

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION SPRING 2023

The Adult Enrichment Courses
listed in this catalog are open for
enrollment to all adults in all towns



REGISTRATION BEGINS
January 26, 2023

See Registration Information on Page 4
Call 860-870-6060 or
REGISTER ONLINE AT www.vrabe.com

Enjoy some of our most popular classes
as well as our new offerings!

Register Early!

Page 6

ART CLASSES

Explore your creative side with one of our Art classes. You can discover the joy of creating with clay or try your hand at Drawing or Painting with Watercolors. We offer both a beginners and more advanced level art classes. Enrollment is limited in these classes so please register early!



Page 20

FLORAL DESIGN CLASSES

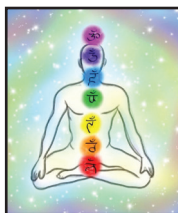
Learn the art of working with fresh flowers at either the beginner or intermediate level. The principles of good design will be discussed, with more challenging designs being taught at the Intermediate level.



Page 21

HEALTH IN BODY AND MIND

We offer a variety of classes focusing on body and mind wellness. Try Yoga, Reiki, Chakra Energy, and Sound Healing. Learn true self-care with classes that are developed to help your body and mind feel healthy and balanced.



Page 17

SIGN LANGUAGE

Learn how to speak to the Deaf and the Hard of Hearing. Join us for a 10-week course on American Sign Language (ASL) 1 and for those looking for a more advanced class, we've added American Sign Language (ASL) 2.



Page 10

ENRICHMENT & PERSONAL DEVELOPMENT

Among the returning classes are favorites such as How to Love Your Retirement, Developing Your Intuition, and Learn the Tarot. New this semester we have How to Use a Pendulum and Intermediate Bridge.



Page 9

DANCE, DANCE, DANCE!

Come join the fun, make new friends and dance the night away! We have several offerings for the novice and more experienced dancers. We offer Line Dancing and a variety of Dancing for Couples.



Page 24

DIGITAL PHOTOGRAPHY

Learn how to take quality photos as well as all the basics of photography with Digital Photo for Beginners. We have a photo class for everyone from novice to more experienced, to Smartphone photographers. Don't miss your chance to explore the world of photography this spring.



Page 7

COMPUTER & TECHNOLOGY

Are you interested in learning more about the computer or the internet? Do you want to learn how social media can help your personal and professional life? Do you need to brush up on your skills using programs such as Excel? If you answered yes to any of these questions, check out our Computers and Technology offerings!



"Enjoying Life's Dreams Through Learning"

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Dr. Joseph Macary, Superintendent of Schools
Mr. Robert Testa, Assistant Superintendent of Schools
Melissa Iles, Director of VRABE Regional Adult Based Education
Darlene Creed, Continuing Education Program Facilitator

**ONLINE REGISTRATION BEGINS ON
Thursday, January 26, 2023**

**REGISTER ONLINE AT
www.vrabe.com**

**OR BY TELEPHONE
AT 860-870-6060**

**VERNON CONTINUING
EDUCATION OFFICE**

Rockville High School
70 Loveland Hill Road
Vernon, CT 06066

860-870-6060



VRABE

REGIONAL ADULT BASED EDUCATION

www.vrabe.com

CLASSES ARE HELD IN VERNON AT THE FOLLOWING LOCATIONS

ROCKVILLE HIGH SCHOOL
70 Loveland Hill Road
Vernon, CT 06066

VERNON CENTER MIDDLE
SCHOOL
777 Hartford Turnpike
Vernon, CT 06066

ONLINE (Virtual Classes)

Table of Contents

Acting.....	23	Line Dancing	10
American Sign Language	13	Long-Term Care	19
Bellyrobics	12	Medicare	21
Boating	10	Online (Virtual) Classes	25
Bread Making.....	9	Painting and Watercolors	6
Bridge (Intermediate)	11	Photography.....	24
Budgeting	20	Piano	23
Cake Decorating	8	Pilates.....	13
Canva.....	8	Portrait Drawing.....	7
Cardio Core.....	13	Pottery	7
Chakra Energy	21	Psychic Development	10
Computer Classes.....	7	Registration	4
Cooking Classes (1 Night).....	8	Reiki	21
Crochet.....	14	Retirement...How to Love It.....	11
Dancing for Couples.....	9	Sewing.....	14
Directions.....	26	Social Security.....	19
Drawing (Beginning and Advanced)	6	Sound Healing (1-3).....	21
Estate Planning	19	Spanish.....	13
Exercise and Fitness.....	12	Tarot	11
Facebook and Instagram	7	Trusts.....	20
Floral Design	20	Voice Overs	23
Guitar	23	VRABE -	
Home Improvement.....	22	Regional Adult Based Education Programs.....	15
Investing.....	19	Wealth and Women	20
Jewelry.....	22	Yoga.....	21
Launch Your Business on Shopify	8	ZUMBA.....	12

REGISTRATION INFORMATION

REGISTER BEGINNING ON JANUARY 26, 2023

The SPRING Semester begins on Monday, February 27, 2023

NO CLASSES WILL BE HELD APRIL 10TH, 11TH, 12TH, 13TH

HOW TO REGISTER



• **ONLINE at www.vrabe.com.** ONLINE is the best way to register for class. On-line registration begins on Thursday, January 26, 2023 and is available 24 hours a day, seven days a week.

Since some classes have limited enrollment and fill up quickly, online is the best way to assure yourself a spot in the class or classes that are of interest to you. Go to www.vrabe.com and click on the Continuing Education link at the top of the home page. This will bring you directly to the Continuing Education page where you can view the catalog and all the course offerings. To register for a class click on the category on the left side of that page and all the offerings under that category will be viewable. Click on the class you would like to take and proceed with your registration.



• **BY MAIL:** Complete the registration form on Page 31. Mail it together with your check payable to **Vernon Continuing Education** to: Vernon Continuing Education, Rockville High School, 70 Loveland Hill Road, Vernon, CT 06066.



• **BY TELEPHONE:** If you are paying with your MasterCard or Visa, you may register between the hours of 8:00 a.m. and 3:00 p.m., Monday through Friday by calling 860-870-6060.

PLEASE MAKE CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

CONTINUING EDUCATION CLASSES OFFERED IN THIS CATALOG ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS. ALL CONTINUING EDUCATION CLASSES ARE FEE BASED. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.com OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

No refunds will be given regarding MASKING POLICIES, should a policy be implemented (see statement below).

Masks may be required dependent on Town of Vernon and CDC recommendations. Please consider carefully if you would be willing to wear a mask for a given class BEFORE you register. Please look at our website at www.vrabe.com for the most up to date information regarding health and safety policies.

NO OTHER REFUND REQUESTS WILL BE HONORED.

GENERAL INFORMATION

CLASSES ARE HELD IN VERNON AT MULTIPLE LOCATIONS AND ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS.

Please check individual course schedules for date, time and location of each class. Classes are offered at RHS = Rockville High School; VCMS = Vernon Center Middle School and ONLINE (virtual classes).

1. REGISTRATION FEES are payable at the time of registration. Payment can be made by check, cash, money order, MasterCard or Visa. In some classes, this does not include the cost of books, materials or lab fees. See course description for details. THERE WILL BE A \$30 FEE CHARGED FOR CHECKS RETURNED TO OUR OFFICE DUE TO INSUFFICIENT FUNDS.

2. REGISTRATION BEGINS ON THURSDAY, JANUARY 26, 2023. You may register online at www.vrabe.com or by telephone at 860-870-6060.

3. SENIOR CITIZENS (62 years of age), Military (active, reserves or retired) and handicapped persons may receive a 25% discount on one course each semester on a very limited number of courses. Please read course descriptions to see if the course you desire is eligible. New, one-session, and limited enrolment classes are not eligible for discounts.

4. LAB FEES: Where noted, some of the lab fees are payable in cash or money order directly to the instructor on the first night of class. This applies to the Florals and Jewelry courses for SPRING 2023. Personal checks will not be accepted for lab fees for these classes.

For all other courses Lab (materials, supply) fees for many of the classes will now be paid at the time you register for the class. These fees can be paid by whatever method you are using for the registration fee - credit card, personal check or cash. If you are mailing in your registration and using a personal check, please make sure to include the lab fee if your class is one of those where it must be paid when you register.

5. NO REGISTRATION CONFIRMATION WILL BE MAILED TO YOU. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.com, OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

6. CLASS CANCELLATIONS due to inclement weather or other emergencies can be seen on your local television station and will be announced on the telephone voicemail at the Continuing Education office. You may access this information by calling 860-870-6060 and selecting option 3 from the menu. The general rule is that if day school is cancelled or closed early, then all evening classes will be cancelled as well.

7. TEACHER ABSENCE: If an instructor is absent for any reason, he or she will notify class members and a week will be added on to the end of the semester to make up the missed class.

8. Vernon Continuing Education reserves the right to cancel classes, change instructors, or make any modifications to insure the soundness of the program. Refunds will not be given because of a change of instructor.

9. Unless otherwise stated in a specific course write-up, all students taking Continuing Education classes must be at least eighteen years of age.

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

NO OTHER REFUND REQUESTS WILL BE HONORED.

INSTRUCTORS WANTED!

Have a great idea for a new class? Submit a course proposal. No specialized certification required.

VRABE

Regional Adult Based Education offers FREE programs in the following areas

•High School Completion:

- CDP – Credit Diploma Program
- NEDP – National External Diploma Program
- GED® Preparation Classes

•Citizenship Classes

•College Transition

•English as a Second Language (ESL Classes)

•Pre-GED (ABE)

FREE CHILDCARE AVAILABLE AT SOME LOCATIONS

See pages 15 through 18 for additional information on these specific programs.

VRABE Regional Adult Based Education is a member of the Connecticut Association for Adult and Continuing Education (CAACE).

VRABE Regional Adult Based Education (VRABE) and Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity, or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. VRABE and Continuing Education do not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding VRABE, Continuing Education and the Vernon Board of Education's nondiscrimination policies should be directed to Title IX and 504/ADA Coordinator. 860-896-4666

All activities offered by VRABE Regional Adult Based Education and Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact the coordinator for Support Services at 860-870-6060.

ART

BEGINNING DRAWING

Drawing is the basis for most forms of art. Yes, you can learn to draw. We will work on class projects that will help you develop your drawing ability as well as master shading, perspective, and the ability to create a pleasing composition. A supply list is available in the notes below. **There is no discount for this class.**

Begins on 2/28/2023 at RHS

Tuesday: 6:00 PM - 8:00 PM, 8 sessions

Instructor: Jennifer Jeffreys

\$85.00

Supply List for Beginner Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness

8x 10 or 11x 14 Pad of White Drawing Paper

Other tools might be added as the class progresses

Note: There will be no class on Tuesday, April 11th

INTERMEDIATE DRAWING

If you love to draw and feel you already have the basics of drawing, this is the course for you. We will build on the skills you already have by diving deeper into various drawing techniques. You will be able to work on bringing out your own unique style. If you are struggling with a specific skill, like perspective or shading, we can address that, too. **There is no discount for this class.**

Begins on 2/27/2023 at RHS

Monday: 6:00 PM - 8:00 PM, 8 sessions

Instructor: Jennifer Jeffreys

\$85.00

Supply List for Intermediate Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness

8x 10 or 11x 14 Pad of White Drawing Paper

Other tools might be added as the class progresses

Please note: There will be no class Monday, April 10th

PAINTING WITH WATERCOLORS - BEGINNERS/INTERMEDIATE

This course is for beginners and intermediate students with little or no knowledge of watercolor painting. Basic watercolor technique will be introduced. Different painting methods and special effects will be taught. Techniques are geared toward landscapes and florals. Individual attention will be provided. Each student can work at their own pace and enjoy this creative course. Supply/Material list will be sent via email. Enrollment in this class is limited to twelve (12) students. **There is no discount for this class.**

Begins on 3/1/2023 at RHS
Wednesday: 6:00 PM - 8:00 PM, 8 sessions
Instructor: Maaida Sheriff
\$85.00

Note: There will be no class on Wednesday, April 12th

NEW! PORTRAIT DRAWING

In this class we will explore different techniques, styles and media to create portraits. If you have always wanted to try portraiture, now is your chance! At least a basic knowledge of drawing is recommended before taking this class. **There is no discount for this class.**

Begins on 3/1/2023 at RHS
Wednesday: 6:00 PM - 8:00 PM, 8 sessions
Instructor: Jennifer Jeffreys
\$85.00

Supply List for Portrait Drawing:
Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
Additional tools and materials will be added as the class progresses.

Note: There will be no class on Wednesday, April 12th

POTTERY, HANDBUILDING AND THROWING

Discover the joy of creating with clay for the first time, or get back into a long-lost craft. This course will introduce the novice ceramist to foundation skills, including basic proficiency in hand building, pinch, coil, and slab methods. Basic proficiency in throwing; centering, opening, pulling, and trimming. Upon completion of the course, students will be able to produce a variety of ceramic pieces and apply glazes to create finished products. Enrollment in this class is limited to ten (10) students. **There is no discount for this class.**

Begins on 2/28/2023 at RHS
Tuesday: 5:00 PM - 8:00 PM, 10 sessions
Instructor: Katie Sabal
\$240.00

Registration cost includes \$35 to cover the cost of clay and glazes. Materials price is based on volume. If a participant wishes to purchase additional materials they may do so from the instructor directly.

Please note: There will be no class on Tuesday April 11th

COMPUTERS AND TECHNOLOGY

(ONLINE) EXCEL INTRODUCTION

This course will offer you the basic principles involved in creating a spreadsheet for business or personal use. In addition to learning how to create, save, print, modify and enhance worksheets, you will gain a thorough knowledge of formulas and functions. Also covered in this session will be an introduction to chart and graph making.

Begins on 3/13/2023 at RHS
Monday: 6:00 PM - 8:00 PM, 6 sessions
Instructor: Marjorie Cox
\$80.00

Please note: There will be no class on Monday April 10th

(ONLINE) EXCEL INTERMEDIATE

This class is designed for people who are already familiar with Excel. Concepts include: creating, modifying and formatting charts, sorting/ filtering lists and tables, linking data, using templates, and creating and using named ranges in formulas.

Begins on 3/15/2023 at RHS
Wednesday: 6:00 PM - 8:00 PM, 6 sessions
Instructor: Marjorie Cox
\$80.00

Please note: There will be no class on Wednesday, April 12th

(ONLINE) FACEBOOK & INSTAGRAM FOR BUSINESS

This on-line class is for business owners looking to create an online presence on social media and reach a targeted audience for their business. We will cover how to start a Facebook business account; how to use Facebook business manager; how to create a Facebook advertisement to find the right audience for your brand; how to create an Instagram account and how to use the latest features of Instagram to reach and engage your audience; how to quickly and easily create and schedule content for both Instagram and Facebook, and how to create an advertisement for Instagram. **There is no discount for this class.**

Begins on 4/4/2023 Online
Tuesday: 7:00 PM - 9:00 PM, 5 sessions
Instructor: Shaneika Burchell-Kerr
\$60.00

Please note: There will be no class on Tuesday, April 11th

ONLINE REGISTRATION

Begins on January 26, 2023
at www.vrabe.com

NEW! HOW TO LAUNCH YOUR BUSINESS ON SHOPIFY

Personal laptop required.

Shopify is the leading e-commerce platform today. If you are looking to sell your products or start a drop shipping business online then this is the perfect class for you. Learn from a Shopify Partner & Expert, the exact steps to launch your own online business or transition your current business online with Shopify. Must have basic computer knowledge. **There is no discount for this class.**

Begins on 2/28/2023 at RHS
Tuesday: 7:00 – 8:30 PM, 5 sessions
Instructor: Shaneika Burchell-Kerr
\$60.00

NEW! HOW TO USE CANVA LIKE A PRO

Personal laptop required.

This course provides hands on guidance on how to use Canva design tool for personal and business. Learn how to create anything such as social media content, Flyer, signs, posters, menu, apparel designs, and other creative content. This is for anyone who wishes to learn digital designing for personal, school, work, or business. Must have a computer and understand basic computer knowledge. **There is no discount for this class.**

Begins on 2/27/2023 at RHS
Monday, 7:00-8:30 PM, 6 sessions
Instructor: Shaneika Burchell-Ker
\$75.00

INTRODUCTION TO FACEBOOK & INSTAGRAM

Personal laptop required.

This class will teach you how to use Facebook and Instagram even if you have never used it before. Perfect for newbies, retirees or already Facebook and Instagram users who need to explore the vast features of social media for personal or business. You will learn how to navigate both personal and business profiles on Facebook and Instagram. Personal laptop is required. **There is no discount for this class.**

Begins on 2/27/2023 at RHS
Monday: 5:30 – 7:00 PM, 5 sessions
Instructor: Shaneika Burchell-Kerr
\$60.00

ONLINE REGISTRATION

Begins on January 26, 2023
at www.vrabe.com

COOKING AND BAKING

BUILDING BUTTERCREAM SKILLS

Do you wish you could decorate a beautiful cake? Learn how to ice and smooth a cake or torte, fill and decorate a cake and cupcakes, numerous borders, writing & printing, drop flowers, ribbon rose, rosebud, ruffle flower, sunflower, daisy, leaf, grass and a pattern transfer. A certificate will be awarded on the last night of the 4-week class. A supply list will be sent to you prior to the first class. Students will purchase their own supplies. Wilton Course One kits and Student Guide books can be found online. Other supplies can be purchased in local hobby stores or online. Enrollment in this class is limited to twelve (12) students. **There is no discount for this class.**

Begins on 3/14/2023 at RHS
Tuesday: 6:00 PM - 8:30 PM, 4 sessions
Instructor: Theresa Martens
\$50.00

These popular one-night classes are sure to fill up quickly! Register early to ensure your spot!

NEW! DECADENT CARAMELS

Make caramel sauce, caramel candy, brittle, and Southern pralines in this class. Additionally, there will be a demonstration on how to make a caramel cage. Keep the goodies for yourself, or give them as a gift. Please bring a carrying case. Registration cost includes a \$15.00 materials fee. **There is no discount for this class.**

Begins on 2/28/2023 at RHS
Tuesday: 6:00 PM - 8:30 PM, 1 session
Instructor: Lori Gilmore
\$45.00

NEW! GNOME-SWEET-GNOME CAKE

Gnomes are everywhere! Let's welcome spring with an adorable Gnome House! In this class, we will decorate a 2-layer 6-inch round cake with frosting and fondant to create the perfect little cake tree stump home! We will decorate with buttercream frosting and fondant mushrooms, spring flowers, a door, windows, chimney, and of course - a gnome! Come to class with a small (6") unfrosted two-layer cake on a plate or cake board. I will supply the fondant, buttercream frosting and tools! You will learn basic fondant and buttercream piping skills to create an adorable edible spring scene at this Gnomes Sweet Gnomes class! Registration cost includes a \$15.00 materials fee. **There is no discount for this class.**

Begins on 4/18/2023 at RHS
Tuesday: 6:00 PM - 8:30 PM, 1 session
Instructor: Theresa Martens
\$45.00

NEW! INTERNATIONAL BREADS

Looking for something to serve other than canned biscuits? In this class, you will make 2 of 3 breads offered (your choice): Brazilian Cheese Bread, Challah, and Povitica. Breads will be made and shaped in class and baked at home. Please bring two sturdy cookie sheets. Enrollment is limited to twelve (12) students. Registration cost includes a \$15.00 materials fee. **There is no discount for this class.**

Begins on 3/1/2023 at RHS

Wednesday: 6:00 PM - 8:30 PM, 1 session

Instructor: Lori Gilmore

\$45.00

TRUFFLES GALORE

Starting with a few basic ingredients, we can make a variety of chocolate dipped truffles that would please any palate. Then, adding variations and techniques, we will alter our flavors and embellishments to produce specialty confections to impress everyone. Each participant will make and take home a minimum of forty truffles. Please bring a carrying case. Registration cost includes a \$15.00 materials fee. **There is no discount for this class.**

Begins on 2/27/2023 at RHS

Monday: 6:00 PM - 8:30 PM, 1 session

Instructor: Lori Gilmore

\$45.00

DANCE, DANCE, DANCE

BEGINNING COUNTRY WESTERN COUPLE AND PARTNER DANCING

Country Western C/W dance can be performed to Country music as well as to Pop, Rock, Ballroom, and even EDM music. In this 10-week class you will have the opportunity to learn the basics of 10 most popular C/W couple and partner dances performed across the nation. The list of the Couple dances to be taught include: Single, Double, and Triple Rhythms of the Texas Two-Step, Three-Step, One-Step, Country Waltz, Western Polka, plus the Cotton-Eyed Joe, 10-Step, and Schottische Partner dances. Emphasis will be made in proper C/W dance styling, leading and following techniques, dance/music distinction and the development of dance move amalgamations. Beginning through intermediate level moves and twirls will be taught using the "Dance Move building Block" method. Once one pattern is learned, the remaining patterns become easier and easier to learn. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the beginning dancer, no experience necessary. Practice dance music will be provided so participants can practice

at home in between classes. Be sure to bring a smart phone to class to video instructor reviewing and teaching new dances and dance moves. You must register 2 people for this class. To do this, add a quantity of 1 to your cart. You will be prompted for your partner's name when adding the class to your cart. Enrollment in this class is limited to fifteen (15) couples. **There is no discount for this class.** For ease of movement on the dance floor, please wear shoes not sneakers.

Participants must sign up as couples

Begins on 2/28/2023 at RHS

Tuesday: 6:30 PM - 7:30 PM, 10 sessions

Instructor: Chris Hookie

\$80.00 (total for 2 dancers)

Please note: There will be no class on Tuesday, April 11th

BEGINNING SWING FOR COUPLES

The 'Swing' is as versatile as the music it is performed to. In just 10 weeks you will learn the basics to a variety of popular Swing Patterns performed nationwide. Including: Two "Hustle" patterns (4-ct. Western Swing and 3-ct. Street Hustle), three patterns of the 6-Count/East Coast Swing (AKA: 'Jitterbug'), and a variety of Latin Swing patterns (Merengue Swing, Cha Cha and Mambo Swing variations, and then finally a taste of Salsa). Dancers will swing to Rock, Pop, Country and Big Band tunes. Proper leading, following, and hand positioning skills, as-well-as rhythmic skills will be taught. Beginning through intermediate level moves and twirls will be taught using the "Dance Move building Block" method. Once one pattern is learned, the remaining patterns become easier and easier to add on. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the "Dance Move Paradigm" method. Class is designed for the beginning dancer and no dance experience is necessary, but some dance experience would greatly enhance your learning ability. Practice dance music will be provided so participants can practice at home in between classes. Be sure to bring a smart phone to class to video instructor reviewing and teaching new dances and dance moves. Registration for this class must be done as couples. You must register 2 people for this class. To do this, add a quantity of 1 to your cart. You will be prompted for your partner's name when adding the class to your cart. For ease of movement on the dance floor, please wear shoes not sneakers. Enrollment in this class is limited to fifteen (15) couples. **There is no discount for this class.**

Participants must sign up as couples

Begins on 2/28/2023 at RHS

Tuesday: 5:30 PM - 6:30 PM, 10 sessions

Instructor: Chris Hookie

\$80.00 (total for 2 dancers)

Please note: There will be no class on Tuesday, April 11th

LATIN DANCE FOR COUPLES

This is not your typical Ballroom dance class like taught at nationwide franchise dance studios. This class focuses on "fun" in a relaxed atmosphere. In this Latin course you and your partner will gain a foundation of Latin movement whether you have previous dance experience or not. Emphasis will be on developing couple skills, lead and follow techniques and timing as you learn the basic foot work and simple turn patterns to the Cha Cha, (all 3 "break" patterns) Mambo, American Tango, Rumba (two patterns), Merengue, and Bachata! So grab a partner and join the fun! Practice dance music will be provided so participants can practice at home in between classes. Be sure to bring a smart phone to class to video instructor reviewing and teaching new dances and dance moves. Wear comfortable shoes (no black soled rubber shoes –they mark up the dance floor), and bring a water bottle.

Enrollment will be limited to 15 (fifteen) couples. **There is no discount for this class.**

Begins on 2/28/2023 at RHS
Tuesday: 7:30 PM - 8:30 PM, 10 sessions
Instructor: Chris Hookie
\$80.00 (total for 2 dancers)

Please note: There will be no class on Tuesday, April 11th

LINE DANCING FOR ABSOLUTE BEGINNERS

Have you always wanted to try line dancing? Well, here's your chance to learn from the ground up. If you have never line danced before this class is for you. You will learn the steps and patterns that lay the foundation of line dances AND have fun at the same time! We will dance to a variety of music—not just country, but also to pop, big band, oldies, Latin and R&B. This is a BEGINNER level line dance class and the dances taught in class will reflect that. Please wear comfortable closed back shoes—no boots or shoes that will mark the floor please. Bring a water bottle, and it is a good idea to dress in layers since once you start dancing, it warms up fast.

Begins on 2/27/2023 at VCMS
Monday: 6:00 PM - 7:00 PM, 10 sessions
Instructor: Sarah Preston, Amanda DeLisle
\$65.00

Please note: There will be no class on Monday, April 10th

LINE DANCING FOR EXPERIENCED BEGINNERS

This class is for you if: You are a fairly new dancer back for your 2nd or 3rd session OR if you are a seasoned dancer who has been dancing for years but enjoys the pace of the class and the level of dances taught. The dances taught in this class will incorporate familiar steps and patterns, as well as introduce new ones to build your skill set.

We will dance to a variety of music—not just country, but also to pop, big band, oldies, Latin and R&B. If you are BRAND NEW to line dance please see our other listing "Line Dancing for Absolute Beginners." Please wear comfortable closed back shoes—no boots or shoes that will mark the floor please. Bring a water bottle, and it is a good idea to dress in layers since once you start dancing, it warms up fast.

Begins on 2/27/2023 at VCMS
Monday: 7:00 PM - 8:30 PM, 10 sessions
Instructor: Sarah Preston, Amanda DeLisle
\$80.00

Please note: There will be no class on Monday, April 10th

ENRICHMENT & PERSONAL DEVELOPMENT

BOATING, PWC & HOW TO OBTAIN YOUR BOATING LICENSE

Boat America is a boating certificate class that offers an in-depth and interesting boating safety course and provides the knowledge needed to obtain a CT boating certificate. The class is taught by certified instructors of the U.S. Coast Guard Auxiliary and, with the purchase of your state certificate, will allow you to drive a Personal Water Craft (PWC) or any boat up to 65 feet. Some insurance companies will also offer discounts on boating insurance to boaters who successfully complete this course. A \$10 discount is available for senior citizens and first responders for this class. **You must phone in your registration to receive this discount.**

Begins on 3/14/2023
Tuesday: 6:00 - 8:30 PM, 5 sessions
Instructor: David Marriott
\$50.00

Please note: Students must attend all 5 classes to pass the course.

Note: There will be no class April 11th.

DEVELOPING YOUR INTUITION- BEGINNING LEVEL

Psychics are individuals who are able to see, hear, feel, sense, taste, or have intuition beyond the boundaries of what we have been taught. Everyone is a psychic to some degree. The first step to becoming a psychic medium is to learn particular skills, in which this course will empower and help you develop. Participants will be given a course workbook that will be used in class and at home covering the following topics: psychic terminology, runes, pendulums, self-care for the psychic, psychic protection, energetic body, opening up your intuition, connecting and perceiving Spirit and Spirit Guides. In addition to the class workbook students will be given materials to create a set of runes and chakra stones.

Enrollment will be limited to fourteen (14) students. **There is no discount for this class.** Registration fee includes a \$15.00 materials fee.

Begins on 3/1/2023 at RHS
Wednesday: 6:00PM - 8:00PM, 5 sessions
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$80.00

NEW! HOW TO BECOME AN ENTREPRENEUR AS A RETIREE

Explore your options to embark on the entrepreneurial journey as a retiree. There are plenty of options available today that allows retirees to continue to earn income while living the freedom lifestyle of retirement. Learn how to sell physical products or package your years of experience and knowledge into a profitable business. You do not have to be retired to take this class.

Begins on 3/1/2023 at RHS
Wednesday 5:00PM - 6:30PM, 5 sessions
Instructor: Shaneika Burchell-Kerr
\$65.00

NEW! HOW TO USE A PENDULUM

Join us for this fun interactive and insightful class. There are a multitude of methods to dowsing; this class includes how to connect to your pendulum and how to ask the right questions. Together we will discover the in's and out's to using a pendulum along with exploring different charts that can assist you with a pendulum reading. A pendulum is a fun divination tool that you can use to get answers to questions. A pendulum is included with this class. **There is no discount for this class.**

In this class you will learn:
The correct way to hold a pendulum
How to create and use pendulum tables
How to receive answers to questions
How to cleanse and care for your pendulum
Registration fee includes a \$15.00 materials fee.

Begins on 2/27/2023 at RHS
Monday: 6:00PM - 8:00PM, 1 session
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$40

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

NO OTHER REFUND REQUESTS WILL BE HONORED.

NEW! INTERMEDIATE BRIDGE

The prerequisite for this course is the completion of Beginner Bridge with Mr. Kelly, or bridge playing experience. This will be a hands-on bridge class where students will play the game with the instructor giving guidance and direction. Players should have experience in bridge basics or have mastered the concepts taught in the beginner bridge course. This is a great opportunity to utilize your knowledge of beginning bridge and the practical application of bidding, responding and playing. A maximum of sixteen (16) players will be taken in this class. **There is no discount for this class.**

Begins on 3/29/2023 at RHS
Wednesday: 6:00 PM - 8:00 PM, 6 sessions
Instructor: Jim Kelly
\$55.00

Note: There will be no class on Wednesday, April 12th.

LEARN THE TAROT

Learn the exciting world of tarot cards! The tarot is a deck of 78 picture cards that has been used for centuries to reveal hidden truths and carry individuals on meditative discovery. Discover ways to blend inner and outer realities so you can live your life more creatively and purposefully. Upon completion, you will receive your certificate of completion and set sail on a powerful personal growth journey. Students will need to purchase a Rider-Waite Tarot Deck (available on Amazon or a book store). This is the tarot deck we will be using to teach this class. Enrollment in this class is limited to twelve (12) students. Registration cost includes a \$7.00 materials fee. There is no discount for this class.

Begins on 3/13/2023 at RHS
Monday 6:00 PM - 8:00 PM, 6 sessions
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$72.00

Please note: There will be no class on Monday, April 10th

RETIREMENT – HOW TO LOVE IT!!

Whether you are already retired, thinking about retiring, or just want to plan for the future, this course is for you. This course, taught by an experienced fifteen-year retiree, is not a financial planning course. What this course will cover are different aspects of retirement including: staying healthy and fit, keeping your mind and your spirit young, traveling and relocating, volunteering, doing good works, making friends, living with a purpose and more. This is also a great opportunity to meet new people.

Begins on 3/6/2023 at RHS
Monday: 6:00 PM - 8:00 PM, 5 sessions
Instructor: Thomas Allan
\$50.00

EXERCISE & PHYSICAL FITNESS

(ONLINE) INTRODUCTION TO BELLYROBICS

Bellyrobics is the ultimate exercise for women of all abilities - and the most fun, too! Using actual belly dance movements and isolation exercises, as well as related folk and ballroom dance steps, it works on those areas of major concern, such as bust, midriff, waist, tummy, hips, thighs, calves and arms: firming, toning and whittling down the inches. Bellyrobics will also help develop and improve strength and flexibility, while delivering a low impact, high energy, cardiovascular workout. Most importantly, Bellyrobics makes you feel good about yourself!! Enrollment is limited to twelve (12) students. **There is no discount for this class.** In the comfort of your own home, participate wearing ballet slippers or go barefoot! Dress comfortably in clothes that allow you to move easily. Have a water bottle close by for quick refreshment!

Begins on 2/28/2023 ONLINE
Tuesday: 6:30 PM - 7:30 PM, 4 sessions
Instructor: Rima Riedel
\$45.00

Please note: There will be no class on Tuesday, March 7th.

(ONLINE) STRONG NATION PERSONAL COACHING

This full length class combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every move is driven by the music, helping you make it to that last rep, and maybe even five more. This class is open to everyone; no previous experience necessary and modification will be available for anyone who needs it. Enrollment in this class is limited to ten (10) students. For safety purposes students will need to be ON CAMERA. **There is no discount for this class.**

Begins on 3/2/2023 (Thursday) ONLINE
Thursday: 6:30 PM - 7:30 PM, 10 sessions
Instructor: Marlene Navarro Michaud
\$95

You will need a mat, some water, a 1 or 2 lb. weight, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class. This is a virtual class and students will need to open their zoom video.

Please note: There will be no class on Thursday, April 13th

(ONLINE) ZUMBA

The high-energy classes are set to upbeat music and feature choreographed dance numbers that you might see in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba class. With the tag line "Ditch the Workout, Join the Party," the classes emphasize moving to the music and having a good time, no rhythm required. Working up a sweat in the 60-minute classes burns an average of 369 calories. You'll get a great cardio workout that melts fat, strengthens your core, and improves flexibility. Zumba is an interval workout. The classes move between high- and low-intensity dance moves designed to get your heart rate up and boost cardio endurance. Zumba emphasizes moving to the music and having fun regardless of your fitness level. Zumba class can be modified to meet your needs. Have some water, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner-level class. For safety purposes students will need to be ON CAMERA. Enrollment will be limited to fifteen (15) students. **There is no discount for this class.**

Begins on 2/27/2023 at ONLINE
Monday: 5:30 PM - 6:30 PM, 10 sessions
Instructor: Marlene Navarro Michaud
\$90

Have some water, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner-level class

Please note: There will be no class on Monday, April 10th

(ONLINE) ZUMBA TONING

This class is perfect for those who want to party, but put extra emphasis on toning and sculpting to define those muscles! The challenge of adding resistance by using Zumba Toning Sticks (or light weights), helps you focus on specific muscle groups, so you (and your muscles) stay engaged! The benefits of this class are the lightweight maraca-like Toning Sticks enhances the sense of rhythm and coordination, while toning target zones, including arms, core, and lower body. Bring a 3 or 5 lb. weight, (or get Zumba Toning Sticks from Walmart store) wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner-level class. For safety purposes students will need to be ON CAMERA. Enrollment will be limited to fifteen (15) students. **There is no discount for this class.**

Begins on 3/1/2023 ONLINE
Wednesday: 6:00 PM - 7:00 PM, 10 sessions
Instructor: Marlene Navarro Michaud
\$90

You will need a 3 or 5 lb. weight, (or get Zumba Toning Sticks from Walmart store) wear sweats, a t-shirt or whatever you like. Students

who enroll in this course need to be physically able to perform the postures taught in this beginner-level class.

Please note: There will be no class on Wednesday, April 12th

CARDIO INTERVAL AND CORE

Do you want to burn fat and have a strong core? Then Cardio Core is the class that you are waiting for. This class is a mix of exercises focusing on the muscle of the core which will help build coordination and muscle endurance with cardio. This class will help get your blood flowing and use weights and other props to improve strength, balance, and core. This class is open to everyone; no previous experience is necessary and modification will be available for anyone who needs it. Enrollment in this class is limited to twelve (12) students. **There is no discount for this class.**

Begins on 2/28/2023 at RHS
Tuesday: 6:05 – 7:05 PM, 10 sessions
Instructor: Marlene Navarro Michaud
\$90.00

Bring a mat, some water, a 3 or 5 lb. weight, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner-level class.

Please note: There will be no class on Tuesday, April 11th

PILATES CORE

Do you want to have a strong core and flat stomach? What are you waiting for? Pilates Core is the right class for you. Pilates Core will focus on the muscles of the abdomen, low back, and hips, often called the "powerhouse" and thought to be the key to a person's stability. This class will focus on a variation of the Pilates mat workout using various props, light hand weights, and contemporary movements. This class will help develop a strong inner core while sculpting long, lean muscles. This class is for everyone and every level; modification will be available for anyone who needs it. Enrollment in this class is limited to twelve (12) students. There is no discount for this class.

Begins on 2/28/2023 at RHS
Tuesday: 5:00 PM - 6:00 PM, 10 sessions
Instructor: Marlene Navarro Michaud
\$90.00

Bring a mat, some water, a 1 or 2 lb. weight, wear sweats, a t-shirt or whatever you like. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class.

Please note: There will be no class on Tuesday, April 11th

EXPLORING LANGUAGES

(ONLINE) BEGINNER SPANISH

This beginning course is geared toward individuals who wish to familiarize themselves with the Spanish language and some basic Spanish phrases, greetings, etc. Perhaps you are planning a trip to a country where Spanish is the primary language, or maybe some knowledge of Spanish would be helpful at your present job or in searching for a new job. No previous educational experience with Spanish is necessary for this class. Enrollment in this class is limited to fifteen (15) students. **There is no discount for this class.**

Begins on 2/27/2023 ONLINE
Monday: 6:00 – 8:00 PM, 8 sessions
Instructor: Nora Mijares Alpers-Leon
\$85

A basic textbook and workbook will be required for this class. The cost of the two books will be approximately \$35 and they will be available for purchase from the VRABE office in the weeks prior to the first class. Please call 860-870-6060 to arrange a time to pick up the materials.

Please note: There will be no class on Monday, April 10th

AMERICAN SIGN LANGUAGE (ASL) 1

This is a beginner Full Immersion, voice off class. You will enjoy building your knowledge of ASL through communication activities including group practice, games, exercises, and dialogues. This class is designed for all individuals, hearing, Hard of Hearing, and Deaf who want to learn how to communicate in ASL. Classes will include vocabulary, expressive and receptive signing skills, language structure, and touch on information related to Deaf Culture. Many topics are not covered in the textbook. Handouts and other resources will be provided.

Course Objectives

- Recognize and produce ABC's and basic finger spelled words.
- Demonstrate the ability to use the numbers from 1-50.
- Demonstrate the ability to use appropriate signs based on conceptually accurate signs/vocabulary in chapters studied, approximately 350 vocabulary words from the chapters.
- Create basic sentences using vocabulary learned.
- Develop basic small talk conversational strategies in ASL using interactive activities.
- Identify, and begin to apply and utilize the grammatical features of ASL (5 ASL Parameters) – Handshape, Location, Palm Orientation, and Facial Expression/Non-Manual Markers
- Become familiar with the various modes of communication used by Deaf individuals.

continued on next page 13

- Demonstrate the ability to have a basic conversation with a fluent signer.

This course is 10 weeks and will cover units #1-8 from the textbook.

Please purchase textbook prior to first class, Learning American Sign Language: Levels I & II - Beginning and Intermediate (2nd edition) by Tom Humphries and Carol Padden. The same book will be used for future classes. **There are no discounts available on this class.** This course is offered on Monday or Wednesday

Begins 2/28/2023 Tuesday: 6:00 PM - 8:00 PM, 10 sessions

Begins 3/1/2023 Wednesday: 6:00 PM - 8:00 PM, 10 sessions

**Instructor: Jennifer Stanley
\$100.00**

Please Note: Tuesday class will not meet April 11th. Wednesday class will not meet on April 12th.

AMERICAN SIGN LANGUAGE (ASL) 2

ASL 2 is a continuation of ASL 1. This course is designed to continue development of American Sign Language expressive and receptive skills, grammar, vocabulary, cultural awareness and related terminology. The larger goal of this class is to provide students with a cultural, rather than a pathological, view of deafness and thereby increase their understanding of a variety of Deaf and Hard of Hearing individuals. Many topics are not covered in the textbook. Handouts and other resources will be provided. This course is 10 weeks and will cover units #9-16 of the textbook. Learning any language requires time and practice. This class is designed for all individuals, hearing, Hard of Hearing, and Deaf who want to learn how to communicate in ASL. We will continue to use textbook, Learning American Sign Language: Levels I & II - Beginning and Intermediate (2nd edition) by Tom Humphries and Carol Padden, please bring your copy to class. **There are no discounts available for this class.**

**Begins on 02/27/2023 at RHS
Monday: 6:00 PM - 8:00 PM, 10 session(s)
Instructor: Jennifer Stanley
\$100.00**

Please note: There will be no class on Monday, April 10th

ONLINE REGISTRATION

**Begins on January 26, 2023
at www.vrabe.com**

FABRIC ARTS

CREATIVE SEWING

Join this 8-week class for an enjoyable evening of sewing and sharing. All are welcome regardless of experience. Learn the basics of using a sewing machine, commercial patterns, and a variety of sewing techniques. All projects will be based on skill level and interests. You must bring your own sewing machine in GOOD WORKING ORDER with the owner's manual, if possible. (Bobbins and thread would also be helpful!) A supply list of sewing tools will be provided before the first class. Project materials to be determined at the first class. Class is limited to fifteen (15) students. **There are no discounts available on this class.**

**Begins on 2/28/2023 at VCMS
Tuesday: 6:00 PM - 9:00 PM, 8 sessions
Instructor: Sara Jane Reilly
\$70.00**

Please note: There will be no class on Tuesday, April 11th

CROCHET 101

This class is for anyone wishing to learn or review the basic techniques of crochet and enhance their creative abilities. You will be taught the proper way to hold the crochet hook, the important parts of the crochet hook, proper holding of the yarn and how to put a slip knot on the hook. You will master the six (6) basic crochet stitches, learn the importance of the foundation row, and what turning chains represent. You will learn to recognize stitches and how to correctly count stitches and rows. Reading of crochet patterns, crochet language and terminology will also be taught. You will even learn how to add new yarn to your crochet piece and how to change colors within your crochet piece. Please bring to class a crochet hook, size H, I, J, or K, as well as one (1) solid color skein of Red Heart medium worsted weight yarn #4. Please bring a medium colored yarn as it is easier to see your stitches and rows. You will also need small scissors, a plastic yarn needle (small eye needle), a tape measure and crochet plastic markers. Enrollment in this class is limited to ten (10) students. There are no discounts available on this class.

**Begins on 3/7/2023 at RHS
Tuesday: 6:00 PM - 8:00 PM, 8 sessions
Instructor: Diane Snarski
\$85.00**

Please note: There will be no class on Tuesday, April 11th

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

NO OTHER REFUND REQUESTS WILL BE HONORED.

VRABE REGIONAL ADULT BASED EDUCATION

FREE PROGRAMS - PAGES 15-18

OUR MISSION

The mission of the VRABE Regional Adult Based Education program is to offer dynamic, multicultural services in an atmosphere of respect, appreciation, and acceptance of all. It is the goal of the Region to empower students with the knowledge and tools necessary to succeed both personally and professionally in a technologically-advanced society.

PARTICIPATING TOWNS

The following fourteen towns participate in the **FREE** adult-based educational programs described in the next three pages. VRABE Regional Adult Based Education provides these programs which are funded by participating communities, state and federal grants, and other grant sources.

ASHFORD	GRISWOLD
BOLTON	MANSFIELD
COLCHESTER	SOUTH WINDSOR
COVENTRY	TOLLAND
EAST WINDSOR	VERNON
ELLINGTON	WETHERSFIELD
GLASTONBURY	WILLINGTON

SPRING CLASSES IN-PERSON AND SOME VIRTUAL OPTIONS AVAILABLE

PROGRAMS

VRABE's programs are designed with busy adults in mind allowing them to:

- enhance skills to improve employability
- earn a high school diploma
- work on literacy skills
- improve English speaking, reading, and writing
- prepare for college
- study to earn U.S. Citizenship
- develop technology skills

VRABE can help students meet their goals. Students are placed in a particular program based on individual goals, state mandated testing, and the availability of courses. VRABE's current programs include:

- ◆ High School Completion:
 - CDP – Credit Diploma Program
 - NEDP – National External Diploma Program
 - GED® Test Preparation Classes
- ◆ Citizenship Classes
- ◆ College Transition
- ◆ English as a Second Language (ESL Classes)
- ◆ Pre-GED (ABE)

Find the program that fits your needs! See program descriptions on the following pages. Visit us at www.vrabe.com.

GED, CDP, & NEDP ORIENTATION & REGISTRATION

ORIENTATION is required for all high school completion options (virtual on ZOOM)

- 1) Register for an Orientation online at www.vrabe.com or call **860-870-6060**.
- 2) All students must provide a valid photo I.D. (state issued, driver's license, non-driver or passport). *Proof of Connecticut residency in our regional towns required to join classes.*
- 3) Students ages 17 and 18 must provide Connecticut withdrawal paperwork from their local school district.
- 4) Students interested in the Credit Diploma Program must provide an Official Transcript from the last high school they attended.
- 5) See descriptions on next pages for the three High School Completion Options: GED Test Preparation, Credit Diploma Program (CDP), and National External Diploma Program (NEDP).

PRE-GED CLASSES (ABE)

This pre-GED course is designed for the student who needs to develop additional skills before enrolling in GED® test preparatory classes. Students work individually with the classroom teacher on math and basic literacy skills. Instructional levels range from beginning literacy to pre-GED readiness. For additional information, call 860-870-6060.

GED® TEST PREPARATION CLASSES

This course prepares students to pass the State of Connecticut administered GED® Test. The computer-based GED® Test is administered at approved GED Testing Centers throughout the State. The GED® test covers four content areas – literacy, mathematics, science and social studies. Students 17 and older can enroll in the GED® test preparatory classes. Individuals ages 17 or 18 must submit documentation that they have been withdrawn from school for at least six months prior to registering for the test, or the class they entered ninth grade with has now graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of \$13 to register to take the GED® test. There is no registration fee for veterans or individuals under the age of 21. Accommodations on the GED® test may be available for individuals with a documented disability. We offer GED® test preparation classes in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, Vernon, and Wethersfield. Both day and evening classes are available in Vernon. For additional information, call 860-870-6060.

VRABE IS HERE TO HELP:

FREE GED® Test preparation classes and practice tests

- To register for the test, you must be a **CT resident**, at least **17 yrs. old**, and have a **valid photo ID**
- If 17 or 18 yrs. old, visit www.vrabe.com and click on GED® for additional documents needed
- Testing is free if under age 21 or a veteran, but costs \$13 to register to take the test if age 21 or older

**SPRING CLASSES
IN-PERSON AND SOME
VIRTUAL OPTIONS
AVAILABLE**



FREE CHILDCARE
for Adult Ed students
enrolled in
Family Learning
GED or ESL classes

Complete your high
school diploma or
improve English (ESL)

See page 18
860-870-6060
www.vrabe.com

REGISTRATION PROCEDURE FOR THE GED® COMPUTER-BASED TEST:

Test-takers can register online by visiting www.GED.com and clicking on "Create an Account"; **OR**

Test-takers can register through the Pearson VUE call center at 1-877-EXAM-GED (392-6433); **OR**

Test-takers can call VRABE Regional Adult Based Education (VRABE) at 860-870-6060 for additional information.

VISIT OUR WEBSITE: www.vrabe.com

CALL US: 860-870-6060

"GED® is a registered trademark of the American Council on Education (ACE) and administered exclusively by GED Testing Service LLC under license. This publication is not endorsed or approved by ACE or GED Testing Service."

HIGH SCHOOL CREDIT DIPLOMA (CDP)

The Credit Diploma Program (CDP) offers students an opportunity to fulfill the State of Connecticut requirements for high school completion by attending classes at one of our sites. Academic classes are structured to meet the graduation requirements of participating school districts and the needs of the students (with distance learning also an option). In addition, students may be awarded credit for work experience, military service, or volunteer services. A Vernon Regional Adult High School Diploma is conferred upon completion of the program. We offer classes at William J. Johnston Middle School - Colchester, E.O. Smith High School, Griswold High School and Rockville High School. For additional information, call 860-870-6060.



NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)

The National External Diploma Program (NEDP) provides students with a path toward high school completion. It is an ideal program for students who are motivated and self-directed. Students work individually with an assessor to demonstrate high school level mastery of skills. This computer-based program takes approximately 6-12 months to complete. A Vernon Regional Adult High School Diploma is conferred upon successful completion. This program is available to eligible residents in our 14 town region. For additional information, call 860-870-6060.



ENGLISH AS A SECOND LANGUAGE (ESL)

The instruction in ESL classes is designed for adults who have limited proficiency in the English language or whose native language is not English. ESL programs assist individuals in improving their English skills in listening, speaking, reading and writing in order to find or maintain employment, attain citizenship, become more involved with their children's schooling and make greater use of community resources. Instruction is provided in English as a unifying means of serving the broad ethnic diversity of limited-English speaking adults. Classes are offered in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, Vernon and Wethersfield. Some locations offer both day and evening classes. Small classes allow for active participation. This is a wonderful opportunity to experience a variety of cultures. For additional information, call 860-870-6060.



CITIZENSHIP

The instruction in this virtual program is designed for foreign-born adults who wish to become United States citizens. Persons completing this program are prepared to pursue citizenship through the prescribed process of the United States Citizenship and Immigration Services. Students must be able to read and converse in English well enough to pass an appraisal test, administered prior to start date. Daytime or evening virtual classes are available to residents in our 14 town region. For additional information, call 860-870-6060.



facebook.com/vernonadulthood



FAMILY LEARNING GED/ESL

FAMILY LEARNING PROGRAM FREE CHILDCARE! EARN YOUR GED® OR LEARN ENGLISH

Do you have **young children**? Do you need your **GED®** (high school diploma)? Do you want to **improve your English**? The **Family Learning program** provides the following:

- ✓ prepare to complete your GED®
- ✓ improve your English language ability (ESL)
- ✓ develop your parenting skills
- ✓ become full partners in your child's education
- ✓ learn from guest speakers
- ✓ career counseling and employment readiness
- ✓ early childhood education at no cost

You are your child's first and most important teacher. This program will give you additional tools to improve your children's success in school and in life. Register early, space is limited. For additional information, call 860-870-6060.

Glastonbury – Lutheran Church of St. Mark (ESL/GED)

Tuesdays: 11:00 a.m - 2:45 p.m.
Wednesdays: 12:00 - 2:00 p.m. (virtual)
Thursdays: 11:00 a.m. - 2:00 p.m.

Childcare provided by YMCA



facebook.com/vernonadulted

VRABE Regional Adult Based Education is in compliance with Connecticut General Statutes Sec. 10-73a and does not charge a fee for registration, textbooks or materials used in the mandated program areas.

All activities offered by VRABE Regional Adult Based Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Call Disability Contact Person at 860-870-6060

THE STARTING DATES FOR CLASSES VARY ACCORDING TO PROGRAMS AND LOCATIONS.

For registration information please visit us online at www.vrabe.com

Accommodations for the GED® tests are available for qualified individuals with a disability. For more information, call Disability Contact Person at 860-870-6060. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110

FINANCIAL PLANNING

(ONLINE) ESTATE PLANNING...DON'T MAKE THESE MISTAKES!

Did you know that if you don't create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you're OK with this, you really don't need to take this course! But if you would like to decide how your estate is divided, who is responsible for your care, who gets custody of your minor children, and more... this course is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. You'll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You'll walk away knowing what these documents are for, and what you need to do to create them. You'll also learn about the probate process and how it works. Even if you already have an estate plan, there's a good chance it needs updating because laws often change. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

Begins on 3/21/2023 ONLINE

Tuesday: 6:00 PM - 7:30 PM, 1 session

Instructor: Attorneys from Czepiga Daly Pope & Perri

\$25.00

(ONLINE) INVESTING AS A HOBBY - PART 1

Whether you are new to the stock market or looking for a refresher, Investing As A Hobby is a great way to tour the stock market before investing your money. Many investors blindly invest in the stock market, doing little to no research. We don't believe in giving money to strangers, so to speak. As investors we like to "date" our companies prior to tying the knot. We prefer lengthy courtships over "red-eye" flights to a chapel in Las Vegas. During this class we will research a real "sweet" company using real data. You will learn: How the stock market works. Which companies you can invest in and which you can't. 5 Simple Steps to Dating a Company. How to use a free stock analysis tool to evaluate a company. Determine if a company's stock price is "cheap" or "expensive." After completing the class, you will receive a workbook with the class notes as well as exercises to reinforce the concepts taught in class. No prior experience is required, just a sincere desire to learn!

Begins on 3/6/2023 ONLINE

Monday: 6:30 - 8:30 PM, 1 session

Instructor: Brian Flynn

\$25.00

(ONLINE) MEDICAID AND LONG-TERM COSTS-WHAT YOU SHOULD KNOW

Long-term care is necessary for a lot of people. But long-term care is expensive. VERY expensive.

You've likely heard horror stories of people losing their houses to pay for care. Or about nursing home costs being over \$13,000 per month. What's worse is the misinformed "advice" that is often heard through the proverbial grapevine:

- "It's OK to give away \$15,000 per year."
- "If your money is in a trust, it's safe"
- "You can just give your house to your kids."

These statements aren't necessarily true! Long-term care planning **MUST** be done the right way. If it's not, your assets might be at risk. Come learn the truth from an experienced elder law attorney. You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs. You'll learn strategies to protect money if a crisis arises. Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be covered. All students will receive an easy-to-understand Medicaid and planning for long-term care guidebook written by our attorneys.

Begins on 4/4/2023 ONLINE

Tuesday: 6:00 PM - 7:30 PM, 1 session

Instructor: Attorneys from Czepiga Daly Pope & Perri

\$25.00

(ONLINE) PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE...DO YOU KNOW WHICH STRATEGY IS BEST FOR YOU?

When should you take your Social Security? How do you apply? What impact does your spouse's Social Security have on what you collect? This ninety-minute presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and how to coordinate your Social Security with your other sources of retirement income. We welcome your questions about Social Security benefits as you explore your own personal options in making this financial decision. There are 3 dates to choose from for this 1 session course.

(a) Begins on 3/13/2023 ONLINE

Monday: 6:30 PM - 8:00 PM, 1 session

(b) Begins on 4/18/2023 ONLINE

Tuesday: 6:30 PM - 8:00 PM, 1 session

(c) Begins on 5/10/2023 at ONLINE

Wednesday: 6:30 PM - 8:00 PM, 1 session

Instructor: Albert D'Agosto, Charles Yannich

\$20.00

This class will be a LIVE online class held via StartMeeting. You will be sent instructions on how to log in one week prior to the class.

(ONLINE) TRUSTS – WHAT IS ONE AND DO I NEED ONE?

You've heard about trusts. But what exactly are they and what do they do for you? You've heard about the different types – Revocable. Irrevocable. Special Needs. Testamentary. In a nutshell, a trust is an ownership system between 3 people –The first person who gives the second person legal right to hold money (or other assets) for the third person who receives the money. Simple, right? Well... there's a little more to trusts than just that! In this course we'll explain how trusts are created, explain the different types of trusts, and go over who you should choose to participate. You'll walk away knowing how to use trusts to do things like... minimize and/or avoid taxes, protect assets and keep public benefits for loved ones with special needs, and how avoid probate court. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

Begins on 3/28/2023 ONLINE

Tuesday: 6:00 PM - 7:30 PM, 1 session

Instructor: Attorneys from Czepiga Daly Pope & Perri
\$25.00

NEW! BUDGETING YOUR WAY TO FINANCIAL FREEDOM

Learn how to gain financial freedom in 8 simple steps, this course will teach you how to: identify what areas of improvement are needed to better manage your budget and align your spending with your lifestyle and future goals. Identify and analyze your spending habits and formulate a simple financial plan to achieve your financial goals. This course is design for college students, employed individuals and retirees who have a desire to achieve financial freedom. **There are no discounts available on this class.**

Begins on 3/8/2023 at RHS

Wednesday: 6:00 – 8:00 PM, 6 session

Instructor: Jennifer Thompson
\$65.00

Please note there will be no class on Wednesday, April 12th

MEDICARE 101

Are you a little confused trying to understand how Medicare works and what is best for YOU? Please join us for this educational Medicare seminar (no selling) and learn about your healthcare options. You will learn how and when to enroll in Medicare and how to choose the right plan that addresses your specific healthcare needs. Did you know that Medicare can also be available to those under 65 who may qualify because of their specific healthcare needs? The little known Medicare Savings Program will also be discussed.

Begins on 3/22/2023 at RHS

Wednesday: 6:00 PM - 7:30 PM, 1 session

Instructor: Bill McCloskey
\$20.00

NEW! WEALTH AND WOMEN

Unlock Your Potential is a seminar to help overcome the gender gap, teach women core principles of financial planning, and motivate them to become financially independent. A licensed benefit consultant, Joan Norman, will also present key facts regarding health insurance and Medicare. There is no financial commitment, the seminar is free of charge, and there are no strings attached. This seminar is open to women age 18 or older who are looking to take charge of their financial world.

Begins on 3/6/2023 at RHS

Monday: 6:00 PM - 7: 00 PM, 1 session

Instructor: Kimberly Flynn
\$ Free

FLORAL DESIGN

BEGINNING FLORAL DESIGN

Beginners will learn the basics of floral design using fresh flowers. Care and handling of fresh materials and the principles of good design will be discussed. Enrollment in this class is limited to ten (10) students. **There are no discounts available on this class.**

Begins on 3/8/2023 at RHS

Wednesday: 6:30 PM - 8:30 PM, 7 sessions

Instructor: Cindy Gorsky
\$60.00

There will be a lab fee of \$120 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor.

Please note: There will be no class on Wednesday, April 12th

INTERMEDIATE FLORAL DESIGN

Experienced students will be working with fresh flowers. More challenging designs will be taught. Enrollment in this class is limited to ten (10) students. **There are no discounts available on this class.**

a. Begins on 3/6/2023 at RHS

Monday: 6:30 PM - 8:30 PM, 7 sessions

b. Begins on 3/7/2023 at RHS

Tuesday: 6:30 PM - 8:30 PM, 7 sessions

Instructor: Cindy Gorsky
\$60.00

Please note: There will be no class on Monday, April 10th and Tuesday, April 11th

HEALTH IN BODY & MIND

CHAKRA ENERGY: WHAT'S IT ALL ABOUT?

Participants will learn how to balance their body and mind using an ancient Eastern wellness belief based on seven energy centers (Chakras) that govern all your organs and work together as one system yet independently. Each student will be given the materials and instructions to create their own stone chakra grid for personal use as well as a meditation CD and class workbook. Enrollment in this class is limited to twelve (12) students. **There are no discounts available on this class.**

Begins on 4/5/2023

Wednesday: 6:00 PM - 8:00 PM, 5 sessions

Instructor: Lisa Huppert, Rev. Heather DeLusso
\$90.00

Registration cost includes a \$25.00 materials fee. All materials are provided.

Please note: There will be no class on Wednesday, April 12th

INTRODUCTION TO YOGA

Are you thinking of trying yoga? What are you waiting for? Yoga is for everyone, and that means you, too. The health and stress reduction benefits of yoga are available to everyone regardless of prior experience, athleticism, balance, twistiness, size, shape, age, and expensiveness of chic yoga attire. Bring a mat, some water, a smirky smile, wear sweats, a t-shirt or whatever you like, and let's spend some time with classic, foundational yoga postures, breathing techniques, and guided deep relaxation. Relax, increase strength, and take it easy. Come as a beginner, or come with years of experience and an open mind. In this class, we will spend some time with the postures, building them from the ground up, exploring our own expression of the shapes, and modifying as we might each see fit. A posture might be a new friend or an old friend, or a future old friend in the making, but we will, above all, be kind to our bodies, have some fun, and feel the positive effect of yoga. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class. Please wear comfortable clothing and bring a yoga mat and a water bottle with you to class. Enrollment in this class will be limited to fifteen (15) students. **There are no discounts available on this class.**

Begins on 3/1/2023 at RHS

Wednesday: 7:00 PM - 8:05 PM, 8 sessions

Instructor: Cynthia Barlow
\$70.00

Please note: There will be no class on Wednesday, April 12th

REIKI LEVEL I

The Reiki system, a gentle "laying-on" of hands technique, helps restore balance in our lives and works on a holistic basis. It promotes well-being on a physical, emotional and spiritual level, recognizing the body's ability to heal itself. In the Level I Instruction course, students will receive a training manual. You will learn the history and effects of Reiki, receive complete instructions for self-treatment, and receive the Level I attunement. Enrollment in this class is limited to ten (10) students. **There are no discounts available on this class.**

Begins on 2/28/2023 at RHS

Tuesday: 6:00 PM - 8:00 PM, 4 sessions

Instructor: Lisa Huppert, Rev. Heather DeLusso
\$105.00

Registration cost includes a \$5.00 materials fee.

Please note: There will be no class on Tuesday, April 11th

NEW! REIKI LEVEL II CERTIFICATION CLASS

This is the next level in the series of Reiki training. This level teaches you how to further harness and direct the use Reiki in your everyday life along with interactive learning and comprehension to help others on their healing journey. You will receive your Level Two attunement, learn three sacred healing symbols and how to incorporate them into a healing for other people. You will learn how to clear blockages of energy and clear the energy of a space. This course incorporates practicum sessions. Enrollment in this class is limited to ten(10) students. **There are no discounts available on this class.**

Begins on 3/28/2023 at RHS

Tuesday: 6:00 PM - 8:00 PM, 5 sessions

Instructor: Lisa Huppert, Rev. Heather DeLusso
\$115.00

Registration cost includes a \$6.00 Book & Certificate Fee

Please note: There will be no class on Tuesday, April 11th

SOUND HEALING - LEVEL 1

Come have fun bathing in the sound of the antique Tibetan Singing Bowls! Learn how to raise your vibrations with sound by moving and healing stagnation in the body. Students will be able to put down their electronics, release stress, anxiety, depression, manage pain, and get their chakras flowing again! This class will teach the history of the bowl, how to choose your bowl, what to listen for, and how to use and make the bowl "sing." Students will interact with each other, and get a balancing from the instructor. You will receive a Level 1 Sound Healer Certification at the end of the class. This course can be used for professionals looking to enhance their skills and broaden their holistic approach. Enrollment will be limited to twelve (12)

students. **There are no discounts available on this class.**

Begins on 3/1/2023 at RHS
Wednesday: 5:30 PM – 8:30 PM, 5 sessions
Instructor: Denise Cassella
\$85.00

SOUND HEALING - LEVEL 2

Prerequisite for this class is Sound Healing - Level 1; Proof of Certification will be needed at the first class if it was received outside of Vernon Continuing Education.

Come bath in sound and de-stress, get your chakras flowing again with Tibetan Singing Bowls! Students will have fun relaxing and healing each other by playing with more than one bowl. This class will teach you how to use three to four bowls. It will give students an understanding of the depth of the healing properties given by the vibration of the bowls, and how to use Tingshas, and Hand Drums. You will receive a Level 2 Sound Healer Certification at the end of the class. Level Two will enhance your skills and increase the ease with which you balance the left and right brain binaurally. Good for professionals looking to enhance their practice and broaden their skills. Enrollment will be limited to twelve (12) students. **There are no discounts available on this class.**

Begins on 4/5/2023 at RHS
Wednesday: 6:00 PM – 8:30 PM, 5 sessions
Instructor: Denise Cassella
\$85.00

Please note: There will be no class on Wednesday, April 12th

HOME IMPROVEMENT

~~(ONLINE)~~ HOME STAGING TO ENHANCE YOUR PROFITABILITY

Are you thinking about selling your home? Did you know "staging your home helps it to sell 73% faster" based on The Mortgage Reports. Join our Home Staging class and learn how to create a captivating environment to attract potential buyers. Come explore proven techniques to maximize your bottom line. This session will enable you to enhance features of your home.

Begins on 4/26/2023 ~~ONLINE~~
Wednesday: 6:30 PM - 8:30 PM, 1 session
Instructor: Neil Betts
\$25.00

This class has been changed to be held in person at RHS.

ONLINE REGISTRATION
Begins on January 26, 2023
at www.vrabe.com

~~(ONLINE)~~ KITCHEN REMODELS - ALL YOU NEED TO KNOW!

Want to do a kitchen remodel or update, but don't know where to start? Are you completely confused with all the industry choices and trends out there? Please join our design class and learn how to select your traditional, transitional or contemporary style cabinets and colors. Let's explore the questions about stock, semi-custom and custom cabinetry. Get a better understanding about space planning and industry trends. Lastly, what questions can we explore together that you may have regarding kitchen remodels.

Begins on 3/29/2023 ~~ONLINE~~
Wednesday: 6:30 PM - 8:30 PM, 1 session
Instructor: Neil Betts
\$25.00 **This class has been changed to be held in person at RHS**

~~(ONLINE)~~ NEW! CALLING ALL CONTRACTORS - HOW TO ENHANCE YOUR PROFITABILITY & CUSTOMER RELATIONS

Please join our on-line class and learn a few quick tips to compliment your trade and stay ahead of a changing industry. Learn how to work smarter and create a more referral base clientele.

Begins on 5/10/2023 ~~ONLINE~~
Wednesday: 6:30 PM - 8:30 PM, 1 session
Instructor: Neil Betts
\$25.00 **This class has been changed to be held in person at RHS**

JEWELRY MAKING

JEWELRY MAKING 101

This class is for anyone who is interested in making beaded jewelry. If you have taken it before, why not come again! You will have the opportunity to make a different accessory each week. You will learn to make earrings, bracelets, and necklaces with many different types of beads including glass, plastic, metal, semi-precious, etc. You can make as many items as time allows in each class. The instructor will supply all of the tools, and will bring supplies for you to purchase. Come and make something special for gift giving or for yourself. This course is great fun! Enrollment is limited, please register early.

Begins on 3/14/2023 at RHS
Tuesday: 6:30 PM - 8:30 PM, 7 sessions
Instructor: Sandy Merrill
\$60.00

There will be a lab fee charged each week that will vary from \$2 to \$15 depending upon the beads selected for each project. You will pay this fee directly to the instructor each class.

Please note: There will be no class on Tuesday, April 11th

PERFORMING ARTS: MUSIC AND ACTING

NEW! (ONLINE) INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students.

Topics include:

- How chords work in a song
- How to form the three main types of chords
- How to tune your guitar
- Basic strumming patterns
- How to buy a good guitar (things to avoid)
- How to play along with simple tunes

Begins on 3/21/2023 ONLINE

Tuesday: 6:30 PM - 9:00 PM, 1 session

Instructor: Craig Coffman

\$59.00

(ONLINE) INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction. Topics include: How chords work in a song, How to get more out of sheet music by reading less of it, How to form the three main types of chords, How to handle different keys and time signatures, How to avoid counting, and How to simplify over 12,000 complex chords.

Begins on 3/20/2023 ONLINE

Monday: 6:30 PM - 9:30 PM, 1 session

Instructor: Craig Coffman

\$59.00

PERFORMING ARTS: CAREER

ACTING AS A HOBBY OR A PROFESSION

This class is designed to inform adults on steps to take to enter the world of acting. (Please note: this class does not teach acting). Tips, techniques and equipment needed to explore the field of acting will be discussed. Whether you are interested in acting as a hobby or a career, this class will show you how to implement or supplement the steps to take to get started or get reignited. Leave with a check list of things to do and best sites to register with or submit for work. Find out what is going on here in CT on a paid or volunteer basis. Enrollment is limited to fifteen (15) students. **There are no discounts available for this class.**

Begins on 4/18/2023 at RHS

Tuesday: 5:30 PM - 8:30 PM, 1 session

Instructor: Joyce Vaudreuil

\$35.00

Please note: No electronic devices are to be used for note taking. Please bring a pen or pencil.

NEW! CHILD ACTORS IN CT! INFORMATION & TRAINING FOR PARENTS/GUARDIANS!

Is your child interested in acting? Has your child started in the acting industry but you are not sure what to do to help? Sign up for this one (1) session class on how to read and interpret a script your actor will receive, how to create a resume and the all important how to create a self tape. Samples of resumes and a self tape checklist will help you help your child navigate this exciting industry. **There are no discounts available for this class.**

Begins on 4/25/2023 at RHS

Tuesday: 5:30 PM - 8:30 PM, 1 session

Instructor: Joyce Vaudreuil

\$35.00

Voice-Overs...Now is Your Time!

In what could be one of the most enlightening two hours you've ever spent, this class will show you how YOU could actually begin using your speaking voice for commercials, films, videos and more! Most people go about it in the wrong way. In this class, you will learn about a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you've been looking for! **There are no discounts**

continued on next page 23

available for this class.

Begins on 03/28/2023 at RHS

Tuesday: 6:30 PM - 8:30 PM, 1 session

Instructor: Hannah Trusty

\$25.00

PHOTOGRAPHY

NEW! BECOME A STOCK PHOTOGRAPHER

If you are an amateur or professional digital photographer who loves taking pictures, you might want to consider stock photography as a possible source of additional income. A stock photographer shoots a variety of images and then sends them off to their stock agencies for them to display on their websites. When magazines, businesses, ad agencies, textbook companies, etc. need photos, they often will purchase existing images from one of those stock agencies, thereby saving the expense of having to hire a photographer to shoot new images. When a stock agency sells a photo, the payment for that sale is shared between the photographer and the stock agency. All aspects of the stock photography business will be presented. Topics will include: determining what kind of images will sell, the equipment needed to shoot them, adding metadata to your images, the keywording process, using a digital asset management program, types of stock agencies, and everything else necessary to set up and run your own stock photography business. Enrollment in this class is limited to fifteen (15) students. **There are no discounts available on this class.**

Begins on 4/17/2023 at RHS

Monday: 5:30 – 8:30 PM, 2 Sessions

Instructor: Peter Glass

\$50.00

DIGITAL PHOTOGRAPHY 1

Maybe you own a digital camera, but are not getting the quality images you want. Or, maybe you're getting some great pictures but can't figure out why. This, then, is the class for you. The major emphasis will be on moving away from the automatic mode, which most beginners gravitate towards, to shooting modes where you have total control of your camera. All the basic photography concepts will be presented and discussed in depth. Included will be: Hand-holding the camera; Setting the aperture, shutter speed, and ISO; Using the camera's light meter to make properly exposed pictures; Focusing the lens to create sharp images; Depth-of-field options; Finding the best lenses to purchase; Backing-up images; Cataloging images; Digital editing basics. Next, the specific controls on your camera that mystify most beginners will be identified and explained thoroughly. You will learn exactly where they are located on your camera and precisely what they do. Then we will discuss and critique each other's pictures. This will be done both as a way to understand photographic

composition as well as to explore specific shooting issues you may be having with your own images. There will be time in class to practice shooting with your camera. This will help solidify what you have learned about photographic theory and the camera controls. And it will be your chance to try a variety of composing ideas. A very complete handout will be given to you when you arrive. It contains lots of information and diagrams, and will greatly simplify the process of understanding what is being taught in class. In addition, the handout will allow you to spend less time taking notes and more time listening and participating in class. You also will find it quite useful for review after the course has ended. Enrollment in this class is limited to fifteen (15) students. **There are no discounts available on this class.**

Begins on 3/1/2023 at RHS

Wednesday: 5:30 – 8:30PM, 4 sessions

Instructor: Peter Glass

\$90.00

EDITING YOUR PICTURES IN PHOTOSHOP'S ADOBE CAMERA RAW

Photoshop is probably the most well-known and, arguably, the best digital imaging program on the market today. However, within the Photoshop program is another very powerful program. Its name is Adobe Camera Raw (ACR), and it originally was designed for processing RAW images (most SLR cameras save an image either as a JPG or RAW image – a RAW image is a much more robust entity than a JPG image, and it's the format to use for serious digital editing). There are three reasons Adobe Camera Raw may be preferable to Photoshop for digital editing: As wonderful as Photoshop is, its complexity makes mastering it a long-term challenge. Adobe Camera Raw, though still demanding, is considerably easier to learn and use. As wonderful as Photoshop is, its complexity makes mastering it a long-term challenge. Adobe Camera Raw, though still demanding, is considerably easier to learn and use. ACR is a muscular program, with an extensive variety of editing tools. It has more than enough resources to meet the requirements of many amateur and professional photographers. ACR is designed to edit not only RAW images, but also JPG, TIF, and other image formats. It should be mentioned that all images can benefit from at least some editing in a digital imaging program. At the very least, dark areas can be lightened and light areas darkened. In addition, colors can be improved, sharpness and contrast added, and distracting elements removed. Further, I consider the editing of pictures to be just as important as the taking of pictures. Not only can the photos be improved, as mentioned above, but editing can transform them into something entirely different and unique. For myself, for example, if I spend three hours photographing a model, I'll often spend three or four times that amount of time in Adobe Camera Raw. What I'm doing is interpreting each image I shot – applying my

own style and vision. A very complete handout will be given to you when you arrive. It contains lots of information, and will greatly simplify the process of understanding what is being taught in class. In addition, the handout will allow you to spend less time taking notes and more time listening and participating in class. You also will find it quite useful for review after the course has ended. The current version of Photoshop (which includes ACR) is available through Adobe on a subscription basis only. The cost is about \$10 per month, and that also includes a copy of Adobe Lightroom. (Please note that owning Photoshop is not a requirement for taking this seminar). By the way, ACR is the program I use for almost 100% of my digital editing. Enrollment in this class is limited to fifteen (15) students. **There are no discounts on this class.**

Begins on 5/2/2023 at RHS
Tuesday: 5:30-8:30 PM, 2 Sessions
Instructor: Peter Glass
\$50.00

TAKE GREAT PHOTOS WITH YOUR SMARTPHONE

The quality of smartphone cameras is improving rapidly. Their capabilities extend far beyond what most people seem to use them for... taking selfies. In many situations, they work quite well as a stand-in for an SLR camera. It therefore is no longer necessary to drag around a big camera because you're afraid of missing that great photo opportunity. A good quality smartphone can work pretty well instead.

This is a class for those truly interested in producing first-rate images with their smartphone cameras. That means moving

away from the Auto Mode, where control by you is almost nonexistent, to the Manual or Shutter Priority modes. This puts you more in charge of how the final images will look, and they no doubt will be much improved.

Please note: the taking of selfies will not be covered in this class.

All the information necessary for taking superior smartphone pictures will be addressed. Topics to be covered include:

- Understanding basic photography theory
- Identifying and setting the camera controls
- Suggestions for handholding your camera
- Specific steps to follow when taking a picture
- Useful accessories for your smartphone camera
- Finding and installing the best smartphone camera apps
- What to look for when buying a new or used smartphone

In addition, you'll be taking photographs with your smartphone camera. Feedback will be offered both to help you become more comfortable with the operation of your camera and to improve the composition of your images.

A very complete handout will be given to you. It contains lots of information and will greatly simplify the process of understanding what's being taught in class. You'll also find it quite useful for review after class has ended.

There are no discounts available for this class.

Please bring your fully charged cell phone and any accessories you may have including a battery charger.

Begins on 3/29/2023 at RHS
Wednesday: 5:30 PM - 8:30 PM, 2 session
Instructor: Peter Glass
\$50.00

ONLINE CLASSES

PLEASE READ DESCRIPTIONS LISTINGS THAT CORRELATE WITH THE CATEGORIES LISTED BELOW

COMPUTERS AND TECHNOLOGY

- Facebook and Instagram for Business
- Excel Introduction
- Excel Intermediate

EXERCISE AND PHYSICAL FITNESS

- Introduction to Bellyrobics
- STRONG Nation Personal Coaching
- Zumba
- Zumba Toning

EXPLORING LANGUAGES

- Beginner Spanish

FINANCIAL PLANNING

- Estate Planning...Don't Make These Mistakes!
- Investing as a Hobby - Part I
- Plan Your Social Security With

Confidence...Do you know which strategy is best for you?

- Medicaid and Long-Term Care Costs
- Trusts – What is One and Do I Need One?

HOME IMPROVEMENT

- Home Staging to Enhance Your Profitability
- Kitchen Remodels - All You Need To Know!
- Calling All Contractors – How to Enhance Your Profitability

PERFORMING ARTS: MUSIC AND ACTING

- Instant Piano for Hopelessly Busy People
- Instant Guitar for Hopelessly Busy People

FOR ADULT STUDENTS TAKING CLASSES AT ROCKVILLE HIGH SCHOOL

YOU MUST ENTER ROCKVILLE HIGH SCHOOL EITHER THROUGH THE MAIN DOORS WHICH FACE LOVELAND HILL ROAD OR THROUGH THE BACK DOORS WHICH ARE ON THE VO AG (NORTH) SIDE OF THE BUILDING. YOU MAY PARK IN THE LOT IN FRONT OF THE BUILDING OR IN THE LOT ON THE NORTH SIDE OF THE BUILDING. PLEASE NOTE THAT PARKING IN THE LARGE LOT ON THE SOUTH SIDE OF THE BUILDING WILL CREATE A VERY LONG WALK TO THE FRONT MAIN ENTRANCE OR THE REAR ENTRANCE. THESE ARE THE ONLY TWO ENTRANCES THAT WILL BE OPEN.

DIRECTIONS TO ROCKVILLE HIGH SCHOOL (RHS) 70 Loveland Hill Road, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exits 64-65. Ramp divides. Bear left. Ramp divides again, bear right to stoplight. You will be on Route 83 North. Go to the 10th stoplight on Route 83. At that light turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

Traveling West: Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. Go straight through the stoplight and follow Center Road to the end. Turn left at the end of Center Road onto Regan Road. At the first stoplight, go right onto Route 83 North. At the first stoplight turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

DIRECTIONS TO VERNON CENTER MIDDLE SCHOOL (VCMS) 777 Hartford Turnpike, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exit 66. At the end of the exit ramp go left. At the stop sign (blinking light) go left onto Bolton Road. At the first set of lights go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left.

Traveling West: Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. At the first set of lights, go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left.

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.

NO OTHER REFUND REQUESTS WILL BE HONORED.

REGISTRATION FORM

PLEASE COMPLETE THIS FORM IN FULL AND MAIL IT TO:
VERNON CONTINUING EDUCATION, ROCKVILLE HIGH SCHOOL
70 LOVELAND HILL ROAD, VERNON, CT 06066

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

1.	LOCATION	COURSE	DAY	TIME
2.	LOCATION	COURSE	DAY	TIME
3.	LOCATION	COURSE	DAY	TIME
4.	LOCATION	COURSE	DAY	TIME

NAME: _____

ADDRESS: _____

CITY STATE ZIP CODE

TELEPHONE: HOME WORK CELL

EMAIL ADDRESS: _____

I AM A SENIOR CITIZEN (62 YEARS OLD OR OLDER) ☐ YES ☐ NO

I AM MILITARY ☐ RETIRED ☐ RESERVES ☐ ACTIVE

PLEASE CHECK YOUR METHOD OF PAYMENT: ☐ CASH ☐ CHECK ☐ MONEY ORDER

* MASTERCARD NUMBER: _____

* VISA CARD NUMBER: _____

* EXPIRATION DATE: _____

* 3 NUMBER SECURITY CODE ON BACK OF CARD BY SIGNATURE LINE: _____

* SIGNATURE: _____

(REQUIRED FOR MAIL-IN CREDIT CARD REGISTRATION)

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations the week before the class begins, the course may be cancelled. So please register early!

SOME NEW COURSES THIS SEMESTER

- Instant Guitar for Hopelessly Busy People
 - Intermediate Bridge
 - Portrait Drawing
- How to Launch Your Business on Shopify
 - Child Actors in CT

TABLE OF CONTENTS ON PAGE 3

**REGISTER EARLY
AVOID BEING
DISAPPOINTED**



70 Loveland Hill Road
Vernon, CT 06066
www.vrabe.com

Non-Profit
U.S. POSTAGE
PAID
Graphic Image
06460

ECRWSS

Residential Customer



Find us on
Facebook

facebook.com/vernonadulted