



**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**
Fall 2023

ADULT EDUCATION

(High School Completion & ESL):

Register Early for Fall Classes (see page 29)

CONTINUING EDUCATION/ENRICHMENT:

Registration begins August 24th (see page 4)



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

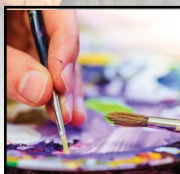
Enjoy some of our most popular classes
as well as our new offerings!

Register Early!

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ART CLASSES

Always a favorite, art classes let you explore your creative side. Whether you are new to drawing or painting, or want to learn how to work with clay, these classes help you explore your artistic side. Enrollment is limited so register early!



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LANGUAGES

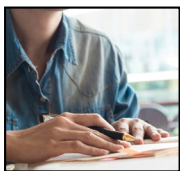
We are very happy to offer American Sign Language I and II to beginning and advanced students. We have also added Spanish III this season, and Conversational English As A Second Language for our ESL students.



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BOOKS, STORIES, WRITING

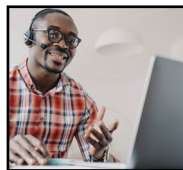
When was the first detective story written in America? What do you know about mystery genres and red herrings? Find out in History of Mystery. Or travel back to your past to write your own story in the Beginner Writer's Workshop.



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FINANCIAL PLANNING

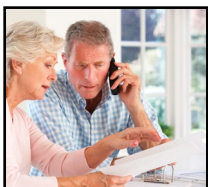
What are Mutual Funds and ETFs? Do you want to know how to Buy a Stock? Do you need a Trust? An Estate Plan? Check out our variety of Financial Planning and Investing classes.



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ENRICHMENT & PERSONAL DEVELOPMENT

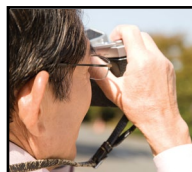
Returning this season are: How to Obtain Your Boating License, Retirement – How to Love It, How to Use a Pendulum, and Developing Your Intuition.



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DIGITAL PHOTOGRAPHY

Another popular set of classes, our photography classes are for beginners to advanced. Don't have a digital camera? Then take the course on how to Take Great Photos With Your Smartphone!



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EXERCISE & PHYSICAL FITNESS

We offer in person and online classes. Want to try something new? How about a 3-session only introduction to Bellyrobics? Or with fall/winter on the horizon – join a 10-session cardio, core, or Zumba class to get you through the changing seasons and start meeting your fitness goals to look and feel great this holiday season!



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REAL ESTATE

Buying a home? Downsizing? Considering flipping or investing in real estate? Check out our new workshops offered this semester.



“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, August 24, 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



www.vrabe.com

CLASSES ARE HELD AT THE FOLLOWING LOCATIONS

ROCKVILLE HIGH SCHOOL
 70 Loveland Hill Road
 Vernon, CT 06066

VERNON CENTER MIDDLE SCHOOL
 777 Hartford Turnpike
 Vernon, CT 06066

LUTHERAN CHURCH OF ST. MARK
 75 Griswold St
 Glastonbury, CT 06033

ONLINE (Virtual Classes)

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CONTINUING EDUCATION/ENRICHMENT REGISTRATION INFORMATION

REGISTER BEGINNING ON AUGUST 24, 2023

The FALL Semester begins on Monday, September 18, 2023

**NO CLASSES WILL BE HELD OCTOBER 9TH,
NOVEMBER 10TH, 22ND and 23RD**

HOW TO REGISTER



• **ONLINE at www.vrabe.com.** ONLINE is the best way to register for class. On-line registration begins on Thursday, AUGUST 24, 2023 and is available 24 hours a day, seven days a week. Some classes have limited enrollment and fill up quickly. By registering online you can see if a class still has space available. 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 located at the back of the catalog. 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. Please include an email address and phone number so we can contact you if necessary.



• **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.

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 refunds will be given regarding Masking Policies, should a policy be implemented.

NO OTHER REFUND REQUESTS WILL BE HONORED.

CREDIT POLICY

Class credit is not offered in place of a refund – full or partial. No credit will be given under any circumstance. Refunds are only given for canceled classes or classes that are full.

GENERAL INFORMATION

CLASSES ARE HELD IN GLASTONBURY AND 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, St. Marks in Glastonbury = SMG, 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, AUGUST 24, 2023. You may register online at www.vrabe.com or by telephone at 860-870-6060. You may also mail in your registration. Please note: The Continuing Education office is closed during the summer.

3. DISCOUNT: A few of our classes offer a 25% discount for one class per semester. To be eligible for the discount you must qualify as a senior citizen (age 62 or older) or military personnel (active, reserves, or retired). Classes that qualify will mention the discount in the description.

4. LAB FEES: Where noted, some of the lab fees (aka material fees) are payable in cash or money order directly to the instructor on the first night of class. This applies to the Florals, Jewelry, Photography, and Pottery courses for FALL 2023. Personal checks will not be accepted. For all other courses, lab (materials, supply) fees are included in the course description, and will be added to your total registration.

5. REGISTRATION CONFIRMATIONS ARE AVAILABLE TO YOU IF YOU REGISTER ONLINE OR IF YOU PROVIDE AN EMAIL ADDRESS WHEN YOU REGISTER. We do not mail paper registration confirmations.

6. CLASS CANCELLATIONS due to inclement weather or other emergencies can be seen on your local television station (and their online website) 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. This includes online classes. We do our best to make up all postponed classes if time allows. No refund is given if there is not enough time to make up classes during the semester.

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 / CREDIT POLICY

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

WE DO NOT OFFER CREDIT

NO OTHER REFUND REQUESTS WILL BE HONORED.

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.

Supply List for Beginner Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
Other supplies may be added as the class progresses

9/19/2023 to 11/14/2023, 8 sessions

Tuesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Jennifer Jeffreys

\$85.00

Please note: Class will not be held on Tuesday, Nov 7th

ADVANCED 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.

Supply List for Advanced Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
Set of Artist Colored Pencils (soft core)
Other tools might be added as the class progresses

9/18/2023 to 11/13/2023, 8 sessions

Mondays: 6:00 PM - 8:00 PM at RHS

Instructor: Jennifer Jeffreys

\$85.00

Please note: Class will not be held on Monday, October 9th

NEW! LANDSCAPE DRAWING

In this class we will explore different techniques, styles and media used to create landscapes. We will closely examine the methods artists use to create the illusion of 3D space on a 2D surface. If you have always wanted to try landscape drawing, now is your chance! A basic knowledge of drawing is recommended before taking this class.

Supply List for Landscape Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness
8x 10 or 11x 14 Pad of White Drawing Paper
Set of Artist Colored Pencils (soft core)
Other tools might be added as the class progresses.

9/20/2023 to 11/8/2023, 8 Sessions
Wednesdays: 6:00 PM - 8:00 PM at RHS
Instructor: Jennifer Jeffreys
\$85.00

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. The supply list will be emailed from info@vrabe.com. Make sure your email will accept email from this sender and not default to junk/spam folder.

9/18/2023 to 11/13/2023, 8 sessions
Mondays: 6:00 PM - 8:00 PM at RHS
Instructor: Maaida Sheriff
\$85.00

Please note: Class will not be held on Monday, October 9th.

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 twelve (12) students. A material fee of \$40 is due to the instructor the first night of class. Please bring cash or money order. No personal checks accepted. If a participant wishes to purchase additional materials they may do so from the instructor directly.

9/19/2023 to 11/28/2023, 10 sessions
Tuesdays: 5:00 PM - 8:00 PM at RHS
Instructor: Katie Sabal
\$205.00

Please note: Class will not be held on Tuesday November 7th

BOOKS, STORIES AND WRITING

(ONLINE) FINDING YOUR VOICE: WRITING WORKSHOP

Beginner Writer's Workshop

Everyone has a story to tell, whether it is a little piece of your own history or someone near to you. Maybe you've always wanted to try your hand at writing a poem or essay, a mystery, romance or some other genre. This workshop will help you navigate the wonderful world of writing as well as oral history and memoirs. Students will be introduced to various genres and tricks of the trade, through discussion, exercises and critiques. By the end of the workshop, you will have found your own voice. Enrollment in this class will be limited to twelve (12) students.

10/18/2023 to 11/29/2023, 6 sessions
Wednesday: 6:00 PM - 8:00 PM Online
Instructor: Rima Riedel
\$62

Please note: There will be no class on Wednesday, November 22nd

NEW! HISTORY OF MYSTERY!

Did you know that the first real detective story was actually written by an American and one of the most unusual "criminals" was a big ape? All will be revealed when Rima Riedel takes you on a fast, fun romp through the "History of Mystery" from the first Detective story through contemporary times. During this entertaining and informative interactive workshop you will learn about famous, infamous and not so famous characters. You will also be introduced to "red herrings" as well as the various mystery genres. A long-time mystery buff, Rima Riedel is a Manchester area author, who has had various stories and essays published in Scholastic Scope and Level Best Books' latest anthology, Noir at the Salad Bar and most recently, Mystery Magazine. In 2021, Rima launched the first book in her Belly Dancing Boomer series. She is currently finishing work on the first book in her second series, Poetic Justice: The Poe Files, due out shortly. It is about Edgar Allan Poe helping Baltimore detectives solve Poe copycat murders in 21st century Baltimore.

10/30/2023, 1 session
Monday: 7:00 PM - 8:30 PM at RHS
Instructor: Rima Riedel
\$22

REFUND POLICY / CREDIT POLICY

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

WE DO NOT OFFER CREDIT

NO OTHER REFUND REQUESTS WILL BE HONORED.

COMPUTERS AND TECHNOLOGY

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, flyers, signs, posters, menus, 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.

9/20/2023 to 10/18/2023, 5 sessions
Wednesdays: 7:00 PM - 8:30 PM at RHS
Instructor: Shaneika Burchell-Kerr
\$65.00

INTRODUCTION TO FACEBOOK & INSTAGRAM

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 want to explore the vast features of social media for personal use or business. You will learn how to navigate both personal and business profiles on Facebook and Instagram. Personal laptop is required.

9/19/2023 to 10/17/2023, 5 sessions
Tuesdays: 5:30 PM - 7:00 PM at RHS
Instructor: Shaneika Burchell-Kerr
\$65.00

(ONLINE) EXCEL INTERMEDIATE

This on-line 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 complex formulas/functions and using named ranges in functions. This class is eligible for a qualifying senior/military discount.

10/4/2023 to 11/8/2023, 6 sessions
Wednesdays: 6:00 PM - 8:00 PM Online
Instructor: Marjorie Cox
\$80.00

(ONLINE) EXCEL INTRODUCTION

This on-line 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. This class is eligible for a qualifying senior/military discount.

10/2/2023 to 11/13/2023, 6 sessions
Mondays: 6:00 PM - 8:00 PM Online
Instructor: Marjorie Cox
\$80.00

Please note: Class will not be held on Monday, October 9th

(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.

9/18/2023 to 10/23/2023, 5 sessions
Mondays: 7:30 PM - 9:00 PM Online
Instructor: Shaneika Burchell-Kerr
\$65.00

Please note: Class will not be held on Monday, October 9th

(ONLINE) HOW TO LAUNCH YOUR BUSINESS ON SHOPIFY

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.

9/18/2023 to 10/23/2023, 5 sessions
Mondays: 5:00 PM - 6:30 PM Online
Instructor: Shaneika Burchell-Kerr
\$65.00

Please note: Class will not be held on Monday, October 9th

ONLINE REGISTRATION

Begins on August 24, 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.

9/19/2023 to 10/10/2023, 4 sessions
Tuesdays: 6:00 PM - 8:30 PM at RHS
Instructor: Theresa Martens
\$50.00

NEW! SEASONAL ICING FLOWERS

In this class you will learn how to make beautiful, colorful buttercream and royal icing flowers to decorate cakes and cupcakes for fall and holidays. You will learn how to make buttercream roses, mums and petal flowers. You will learn how to make colorful lilies and poinsettias with royal icing and learn how to make royal icing. You will need to purchase various supplies prior to class. Class size is limited to (12) twelve students. **A supply list will be sent to you prior to the first class.**

10/17/2023 to 10/24/2023, 2 sessions
Tuesdays: 6:00 PM - 8:30 PM at RHS
Instructor: Theresa Martens
\$35.00

DANCE, DANCE, DANCE

BEGINNING COUNTRY WESTERN COUPLE AND PARTNER DANCING

Participants must sign up as couples

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 two (2) people for this class to your cart. 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.

9/19/2023 to 11/28/2023, 10 sessions
Tuesdays: 5:30 PM - 6:30 PM at RHS
Instructor: Chris Hookie

\$85 per couple

Please note: Class will not be held on Tuesday, November 7th.

BEGINNING SWING FOR COUPLES

Participants must sign up as 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. For ease of movement on the dance floor, please wear shoes not sneakers. You must register 2 people for this class. To do this, add a quantity of 1 to your cart. You will be prompted to add your partner's name before final check-out. Enrollment is limited to fifteen (15) couples.

9/19/2023 to 11/28/2023, 10 sessions
Tuesdays: 6:30 PM - 7:30 PM at RHS
Instructor: Chris Hookie
\$85 per couple

Please note: Class will not be held on Tuesday, November 7th

NEW! COUPLES DANCE – BACHATA + TANGO = BACHATANGO

“Bachatango” is a relatively new style of Latin dance that fuses the four-step pattern of the Dominican Bachata with Argentine Tango moves, including elaborated kicks, dips, turns, ganchos, leg wraps and long pauses. The first 2-3 classes of this 5-class program will focus on participants learning the basics of the Bachata and American Tango dance patterns and moves plus Argentine Tango dance moves. The last 2-3 classes will focus on the fusion of the Bachata foot pattern with the moves of Bachata, American Tango, and Argentine Tango. No previous Bachata or Tango experience required. Wear comfortable shoes (no black soled rubber shoes –they mark up the dance floor), and bring a water bottle. Class size is limited to (15) fifteen couples. You must register as a couple. To do this add (1) one registration to your cart. When prompted please add your partner's name.

9/19/2023 to 10/17/2023, 5 sessions
Tuesdays: 7:30 PM - 8:30 PM at RHS
Instructor: Chris Hookie
\$45.00 per couple

LINE DANCING – CHRIS' GREATEST LINE DANCE HITS

Better known in the VRABE Catalog as the Country Western, Swing, and Latin dance instructor, Chris is also an accomplished line dance choreographer and instructor with a current choreographic library of (39) thirty-nine line dances to his name. This 5-week line dance class is a great supplement to the already popular line dance classes taught by Sarah Preston here for VRABE. This line dance class will feature only line dances Chris has choreographed (such as Zydeco Lady, Wild Wild West Boogie, SLO Cadillac, and Cha Cha Basique) and is geared for the general/experienced line dancer since all levels of Chris' line dances beginning (easy) through advanced (hard) level line dances could be taught, including a couple 'brand new' line dances. Dance description sheets, practice dance songs, and access to YouTube dance videos will be provided to all participants. Participants are encouraged to video Chris demoing his dances before teaching. Comfortable dance shoes or leather soled boots are recommended (no black soled rubber shoes –they mark up the dance floor), and bring a water bottle. Registration is per person (not per couple)!

10/24/2023 to 11/28/2023, 5 sessions
Tuesdays: 7:30 PM - 8:30 PM at RHS
Instructor: Chris Hookie
\$35

Please note: Class will not be held on Tuesday, November 7th

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. This class is eligible for a qualifying senior/military discount.

9/18/2023 to 11/27/2023, 10 sessions
Mondays: 6:00 PM - 7:00 PM at VCMS
Instructors: Sarah Preston, Amanda DeLisle
\$65.00

Please note: Class will not be held on Monday, October 9th

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. This class is eligible for a qualifying senior/military discount.

9/18/2023 to 11/27/2023, 10 sessions
Mondays: 7:00 PM - 8:30 PM at VCMS
Instructors: Sarah Preston, Amanda DeLisle
\$80.00

Please note: Class will not be held on Monday, October 9th

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.

9/26/2023 to 10/24/2023, 5 sessions
Tuesdays: 6:15 PM - 8:30 PM at RHS
Instructor: David Marriott
\$50.00

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

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 ten (10) students. Registration fee includes a \$15.00 materials fee.

10/3/2023 to 10/31/2023, 5 sessions
Tuesday: 6:00 PM - 8:00 PM at RHS
Instructors: Lisa Huppert, Rev. Heather DeLusso
\$80.00

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. Registration fee includes a \$15.00 materials fee.

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

9/19/2023, 1 session

Tuesday: 6:00 PM - 8:00 PM at RHS

Instructors: Lisa Huppert, Rev. Heather DeLusso
\$40

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. This class is eligible for a qualifying senior/military discount.

9/18/2023 to 10/23/2023, 5 sessions
Mondays: 6:00 PM - 8:00 PM at RHS
Instructor: Thomas Allan
\$50.00

Please note: Class will not be held on Monday, October 9th.

EXERCISE & PHYSICAL FITNESS

CARDIO INTERVAL AND CORE

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

9/19/2023 to 11/28/2023, 10 sessions
Tuesdays: 6:00 PM – 7:00 PM at VCMS
Instructor: Marlene Navarro Michaud
\$90

Please note: Class will not be held on Tuesday, November 7th

(ONLINE) INTRODUCTION TO BELLYROBICS

Have you ever tried Bellyrobics? This 3-session class is a great introduction to Bellyrobics, an ultimate exercise for women of all abilities, and a lot of 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!! 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! This class is limited to twelve (12) students.

11/14/2023 to 11/28/2023, 3 sessions

Tuesdays: 6:30 PM - 7:30 PM Online

Instructor: Rima Riedel

\$35

(ONLINE) STRONG BY ZUMBA

This is a Thursday online class.

Do you want to have strong muscles and a flat stomach? Then this class is for you. This 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 modifications will be available for anyone who needs them. 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. Enrollment in this class is limited to ten (10) students. It is optional to be on camera to ensure moves are done correctly for safety reasons.

9/21/2023 to 11/30/2023, 10 sessions

Thursdays: 6:00 PM - 7:00 PM Online

Instructor: Marlene Navarro Michaud

\$90

Please note: Class will not be held on Thursday, November 23rd.

(ONLINE) ZUMBA

Exercise is a vital part of a healthy lifestyle.... make it fun! Zumba's high-energy ONLINE sessions 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-intensity and low-intensity dance moves designed to get your heart rate up and boost your cardio endurance. Zumba emphasizes moving to the music and having fun regardless of your fitness level. Zumba classes 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. Enrollment will be limited to twelve (12) students. It is optional to be on camera to ensure moves are done correctly for safety reasons.

9/18/2023 to 11/27/2023, 10 sessions

Mondays: 5:30 PM - 6:30 PM Online

Instructor: Marlene Navarro Michaud

\$90

Please note: Class will not be held on Monday, October 9th

(ONLINE) ZUMBA TONING

Do you want toned muscles? Do you like to dance? If yes, then this class is for you! This class is perfect for those who want a fun party-like exercise, 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 using the lightweight maraca-like Toning Sticks enhance the sense of rhythm and coordination while toning target zones, including arms, core, and lower body. It is optional to be on camera to ensure moves are done correctly for safety reasons. 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. Enrollment will be limited to twelve (12) students.

9/20/2023 to 11/29/2023, 10 sessions

Wednesdays: 6:00 PM - 7:00 PM Online

Instructor: Marlene Navarro Michaud

\$90

Please note: Class will not be held on Wednesday, November 22nd.

PILATES CORE

Do you want to have a strong core and flat stomach? This class can help you reach your goals! Pilates Core is the right class for you. Pilates Core will focus on the muscles of the abdomen, lower 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; modifications will be available for anyone who needs them. 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. Enrollment in this class is limited to twelve (12) students.

9/19/2023 to 11/28/2023, 10 sessions
Tuesdays: 5:00 PM – 6:00 PM at VCMS
Instructor: Marlene Navarro Michaud
\$90.00

Please note: Class will not be held on Tuesday, November 7th

EXPLORING LANGUAGES

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, Movement, and Facial Expression/Non-Manual Markers
- Become familiar with the various modes of communication used by Deaf individuals.

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

Learning any new language requires time and practice.

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

Purchase of the textbook is optional. A PDF of the chapters covered will be available.
Textbook: *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.

9/18/2023 to 11/27/2023, 10 sessions
Mondays: 6:00 PM - 8:00 PM at RHS
Instructor: Jennifer Stanley
\$100.00

9/19/2023 to 11/28/2023, 10 sessions
Tuesdays: 6:00 PM - 8:00 PM at RHS
Instructor: Jennifer Stanley
\$100.00

Please note: Monday class will not meet on October 9th. Tuesday class will not meet on November 7th.

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 new 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.

Purchase of the textbook is optional. A PDF of the chapters covered will be available.
Textbook: *Learning American Sign Language: Levels I & II - Beginning and Intermediate* (2nd edition) by Tom Humphries and Carol Padden.

9/20/2023 to 11/29/2023, 10 sessions
Wednesdays: 6:00 PM - 8:00 PM at RHS
Instructor: Jennifer Stanley
\$100

Please note: Class will not be held on Wednesday, November 22nd

ONLINE REGISTRATION

Begins on August 24, 2023
at www.vrabe.com

ESL CONVERSATION CLASS

Class Location: The Lutheran Church of St. Mark, Glastonbury

Come practice your English conversation with other above-advanced *English As A Second Language* (ESL) students! This is an opportunity for advanced learners of English to practice their conversation skills. This course would be useful for the English language learner who wishes to advance in the workplace, start college, or become a more active participant in their children's education.

9/19/2023 to 10/17/2023, 5 sessions

Tuesdays: 6:00 PM - 8:00 PM at SMG

Instructor: Sharon Silverstrini

\$35

10/24/2023 to 11/28/2023, 5 sessions

Tuesdays: 6:00 PM - 8:00 PM at SMG

Instructor: Sharon Silverstrini

\$35

Please note: This class will be at The Lutheran Church of St. Mark, 75 Griswold Street, Glastonbury, CT 06033.

Please note: Class will not be held on November 7th.

NEW! (ONLINE) SPANISH III

This ONLINE class will continue where the Beginner Spanish II class concluded. Students will continue to build vocabulary and grammar to improve fluency by practicing vocabulary and grammar in conversational contexts.

Prerequisite: Basic Spanish vocabulary and some knowledge of the present tense. This class will take us into the past tense. This class is limited to twenty-two (22) students.

9/18/2023 to 11/13/2023, 8 sessions

Mondays: 6:00 PM - 8:00 PM Online

Instructor: Nora Mijares Alpers-Leon

\$85

Please note: Class will not be held on Monday, October 9th

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 basic supply list of sewing tools will be provided before the first class. *Since this class is individualized based on experience, we will determine sewing projects the first night of class and additional supply lists will be provided based on those projects.* Class is limited to fifteen (15) students.

9/19/2023 to 11/14/2023, 8 sessions

Tuesdays: 6:00 PM - 9:00 PM at VCMS

Instructor: Sara Jane Reilly

\$70.00

Please note: Class will not be held on Tuesday, November 7th.

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: Two-Color-Skeins of Red Heart Yarn - Solid Medium Color, #4, Worsted Weight, Crochet Hooks ranging in size G through K hooks, scissors, tape measure and crochet markers. Enrollment in this class is limited to ten (10) students.

9/26/2023 to 11/21/2023, 8 sessions

Tuesdays: 6:00 PM - 8:00 PM at RHS

Instructor: Diane Snarski

\$85.00

Please note: Class will not be held on Tuesday, November 7th

REFUND POLICY / CREDIT POLICY

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

WE DO NOT OFFER CREDIT

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 VRABE 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

PROGRAMS

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

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

- enhance skills to improve employability
- earn a high school diploma
- develop 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 & ESL ORIENTATION & REGISTRATION

(see Page 29 for more information about Orientation)

ORIENTATION is required for all High School Completion options and ESL

- 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), National External Diploma Program (NEDP) and English as a Second Language(ESL).

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

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



FREE CHILDCARE
for Adult Education
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 some distance learning options). 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 - Mansfield, Griswold High School - Griswold, and Rockville High School - Vernon. For additional information, call 860-870-6060.



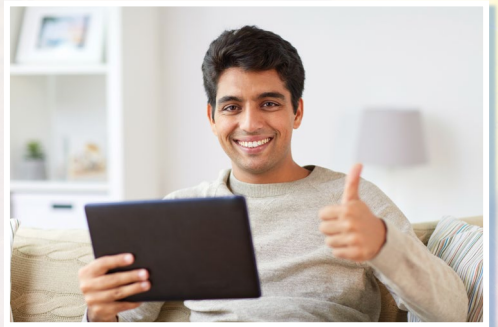
NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)

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.



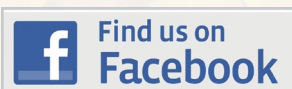
ENGLISH AS A SECOND LANGUAGE (ESL)

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



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.

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

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

**ADULT EDUCATION CLASSES
START THE WEEK OF SEPT. 11
(SEE PAGE 29 FOR
ORIENTATION INFORMATION).**

*Or 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

NEW! (ONLINE) INVESTING AS A HOBBY “WORKSHOP”

Learn how to use an Investment Analysis template that takes you step-by-step through Warren Buffett’s criteria for finding great businesses. In this hands-on workshop you’ll learn what Warren Buffett looks for in great businesses. We’ll use an investment analysis template to research a company Warren Buffett currently owns. Along the way you will grade the company on key metrics and explore five different types of moats (competitive advantages). We’ll check out the management team and try to figure out how much the company is worth and apply a margin of safety. Once the investing template is complete you will have a one-page profile of a company and the information to make an investment decision: invest, don’t invest, or wait for a better price.

You will learn about:

- Competitive Advantages. Some companies have them, some don’t
- Financial Key Metrics. Guidelines to evaluate and grade them
- ROIC. Return on invested capital
- Mr. Market & Margin of Safety. Paying a fair price

Workshop Includes:

- The Google Sheets Investment Analysis template used in class. Use it to analyze a company of your own and begin building a watch list of companies to buy.

10/23/2023 to 11/20/2023, 5 sessions

Mondays: 6:30 PM - 8:30 PM Online

Instructor: Brian Flynn

\$65

(ONLINE) YOU REALLY NEED TO HAVE AN ESTATE PLAN (LEARN WHY)

The past couple years have taught us that life circumstances can change in an instant. If they do, are you prepared? Consider some difficult questions.... Do you want to be on life support? Who will pay your bills if you can’t? And if you pass away, how will your estate be divided amongst your heirs? In this program, you’ll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You’ll walk away understanding what these documents are for, and what you need to do to create yours. Even if you have already created an estate plan, come learn about recent law updates and discover if you should have your existing documents reviewed and updated. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

10/10/2023, 1 session

Tuesday: 6:00 PM - 7:00 PM Online

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 do not 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!

9/25/2023, 1 session

Monday: 6:30 PM - 8:30 PM Online

Instructor: Brian Flynn

\$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. 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.

There are three dates to choose from for this 1-session course.

(a) 9/20/2023, 1 session

Wednesday: 6:30 PM - 8:00 PM Online

(b) 10/10/2023, 1 session

Tuesday: 6:30 PM - 8:00 PM Online

(c) 11/13/2023, 1 session

Monday, 6:30 PM - 8:00 PM Online

Instructors: Albert D’Agosto, Charles Yannich

\$20

NEW! (ONLINE) WHAT ARE MUTUAL FUNDS AND ETFs?

In this class we will explore the world of Mutual Funds and ETFs, what they are and what the differences are. We'll look into the role each can play in your portfolio. What are index funds and sector funds and how to invest in these products. Learn ways to diversify into other asset classes such as gold, silver, oil, volatility, and bonds. We will discuss thematic funds that allow you to target specific areas of the market such as robotics, electric cars, AI, and clean energy. Finally, we will discuss Warren Buffett's investing advice and how to implement it using mutual funds and ETFs. This class includes a Google spreadsheet with all the funds discussed in class.

10/2/2023, 1 session

Monday: 6:30 PM - 8:30 PM Online

Instructor: Brian Flynn

\$25

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

What exactly is a trust? And what can a trust do for you? You've heard about the different types – Revocable, Irrevocable, Special Needs, Discretionary, Testamentary, and Tax trusts. In this program we'll demystify trusts and explain how a trust could be suitable for you and why. You'll walk away knowing how to use trusts to do things like... minimize or avoid taxes, protect assets from potential ex-spouses and creditors, keep public benefits for loved ones, provide for a beneficiary who is disabled or has 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 trusts guidebook written by our attorneys.

10/17/2023, 1 session

Tuesday: 6:00 PM - 7:00 PM Online

Instructor: Attorneys from Czepiga Daly Pope & Perri

\$25.00

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. This seminar is open to women age 18 or older who are looking to take charge of their financial world.

10/25/2023, 1 session

Wednesday: 6:00 PM - 7:30 PM at RHS

Instructor: Kimberly Flynn

\$15

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.

9/20/2023, 1 session

Wednesday: 6:00 PM - 7:30 PM at RHS

Instructor: Sam Moser

\$20.00

NEW! (ONLINE) HOW TO BUY A STOCK USING THINK OR SWIM

TD Ameritrade's Think or Swim is a powerful trading platform that is available to retail investors (like you and me). One of the great features of Think or Swim is that it has a robust paper money trading platform that simulates a live trading environment without risking any of your personal capital. In this class, you will learn: how to open, monitor, and close a trade; adjust the settings on the platform; and create a watchlist of stocks you want to follow. You have \$200,000 of paper money to practice with so you can build a portfolio of stocks and see how it performs before you go live with your strategy. Since we learn best by doing, it is recommended that you open a paper money account with TD Ameritrade (you don't need to fund the account) and download the Think or Swim desktop platform prior to class.

10/16/2023, 1 session

Monday: 6:30 PM - 8:30 PM Online

Instructor: Brian Flynn

\$25

(ONLINE) DON'T LOSE YOUR HOUSE: PROTECTING YOUR ASSETS FROM THE COST OF LONG-TERM CARE

Connecticut's long-term care costs are the 2nd highest in the nation. You've likely heard horror stories of people losing their homes to pay for care. Attend this session to learn how you can protect assets with a carefully-orchestrated plan. 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, Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed. We'll also cover strategies to protect your money if an unforeseen crisis arises. All students will receive an easy-to-understand Medicaid and planning for long-term care guidebook written by our attorneys.

10/24/2023, 1 session
Tuesday: 6:00 PM - 7:00 PM Online
Attorneys from Czepiga Daly Pope & Perri
\$25

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. 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. Enrollment in this class is limited to ten (10) students.

9/20/2023 to 11/1/2023, 7 sessions
Wednesday: 6:30 PM - 8:30 PM at RHS
Instructor: Cindy Gorsky
\$60.00

INTERMEDIATE FLORAL DESIGN

Experienced students will be working with fresh flowers. More challenging designs will be taught. 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. Enrollment in this class is limited to ten (10) students.

a. 9/18/2023 to 11/6/2023, 7 sessions
Monday: 6:30 PM - 8:30 PM at RHS
b. 9/19/2023 to 10/31/2023, 7 sessions
Tuesday: 6:30 PM - 8:30 PM at RHS
Instructor: Cindy Gorsky
\$60.00

Please note: Class will not be held on Monday, October 9th

Wednesdays: 6:00 PM - 8:00 PM at RHS
Instructors: Lisa Huppert, Rev. Heather DeLusso
\$95.00

INTRODUCTION TO SOUL COLLAGE®

Would you like to access your intuition and wisdom, take a relaxing break from stress, renew your spiritual connection, or reconnect with your creativity? If so, SoulCollage™, as created by Seena Frost (www.soulcollage.com) is for you! No artistic skills are needed to create SoulCollage™ cards. Learn how to mix imagination and intuition using powerful images to form a card that will reflect your inner self. Come make one, two, or more cards that eventually will form a deck that becomes your own visual journal. Even though this is a class meant to introduce the process of SoulCollage™, experienced SoulCollage™ card creators are welcome to join in and create! There is a \$10 materials fee payable at the time of registration. Enrollment in this class is limited to twelve (12) students.

11/14/2023 to 11/28/2023, 3 sessions
Tuesdays: 6:00 PM - 8:00 PM at RHS
Instructor: Lisa Huppert
\$45

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.

9/20/2023 to 11/8/2023, 8 sessions
Wednesdays: 7:00 PM - 8:05 PM at VCMS
Instructor: Cynthia Barlow
\$70.00

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. There is a \$30 materials fee payable at the time of registration for the class. All materials are provided. Enrollment in this class is limited to twelve (12) students.

10/4/2023 to 11/1/2023, 5 sessions

NEW! (ONLINE) INTUITIVE EATING

This is an introductory course on how to heal your relationship with food, break free of years of chronic dieting and take back your life. It is designed for people who want to give up dieting and make peace with food and their bodies. Intuitive Eating is a research based, non-diet approach to health and wellbeing.

In this course participants will learn the following:

- What intuitive eating is and why it is linked to better health outcomes than dieting
- Some of the most common myths and misconceptions about intuitive eating
- The 10 principles of intuitive eating, and how to begin applying them in your life
- Common barriers to intuitive eating and ways to address them
- How to recognize and fight back against diet culture, weight stigma and the \$8.4 billion a year diet industry
- Why self-compassion is one of the most powerful resources in the process of making peace with food, and a simple way to start practicing it
- How to begin untangling your self-worth from weight and food
- How to use intuitive eating to support your mental and physical health
- This course will include a workbook, group discussions, tools and resources to put what is learned into practice outside of the classroom.

Recommended reading: Intuitive Eating by Evelyn Tribole, MS, RDN and Elyse Resch, MS RDN. This class is limited to (10) ten participants.

9/18/2023 to 10/30/2023, 6 sessions

Mondays: 6:30 PM - 8:00 PM Online

Instructor: Joni O'Donnell

\$70

Please Note: There is no class on Monday, October 9th

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. Registration cost includes a \$5.00 materials fee. Enrollment in this class is limited to ten (10) students.

10/30/2023 to 11/27/2023, 4 sessions

Mondays: 6:00 PM - 8:00 PM at RHS

Instructor: Lisa Huppert, Rev. Heather DeLusso

\$105.00

Please Note: There will be no class on Monday, 11/6/2023

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 learn the technique on how to practice and 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.

9/20/2023 to 10/18/2023, 5 sessions

Wednesdays: 5:30 PM - 8:30 PM at RHS

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 bathe 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.

10/25/2023 to 11/29/2023, 5 sessions

Wednesdays: 6:00 PM - 8:30 PM at RHS

Instructor: Denise Cassella

\$85.00

Please note: There will be no class on Wednesday, November 22

HOME IMPROVEMENT

CALLING ALL CONTRACTORS - HOW TO ENHANCE YOUR PROFITABILITY & CUSTOMER RELATIONS

Please join our 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.

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11/8/2023, 1 session
Wednesday: 6:00 PM - 8:00 PM at RHS
Instructor: Neil Betts
\$25.00

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.

10/18/2023, 1 session
Wednesday: 6:00 PM - 8:00 PM at RHS
Instructor: Neil Betts
\$25.00

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, we will talk about specific questions that you may have regarding kitchen remodels.

10/11/2023, 1 session
Wednesday: 6:00 PM - 8:00 PM at RHS
Instructor: Neil Betts
\$25.00

(ONLINE) REPLACEMENT WINDOW WORKSHOP

Compare products and prices. See how windows are properly installed from the comfort of your own home! Want to save on your heat and air conditioning bills and take advantage of incentive programs available but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl, Composite. How much should you pay for a good quality window? Confused? Don't be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

10/10/2023, 1 session
Tuesday: 7:00 PM - 9:00 PM Online
Instructor: Paul O'Doherty
\$25

JEWELRY MAKING

JEWELRY MAKING 101

Come join this class for evenings of creativity, relaxation, and enjoyment. Learn to make jewelry that fits your style, enhances your wardrobe and expresses who you are. From simple to more involved pieces, this class is for anyone interested in making beaded jewelry. If you have taken this class before, please join us again! You will learn to make earrings, bracelets and necklaces with many different types of beads including glass, plastic, metal, semi-precious, etc. Each week, the class will focus on a new piece. You can make as many items as time allows in each class. The instructor will supply all of the tools needed and will bring supplies for you to purchase so you can create the perfect pieces for you! The supplies will vary each week, typical cost from \$2 to \$15 depending on the beads selected for each project. You will pay this fee directly to the instructor. Each week you can make something special for you or for gift giving, or both! This popular class is great fun! Enrollment is limited, please register early. This class is eligible for a qualifying senior/military discount.

9/19/2023 to 11/14/2023, 8 sessions
Tuesdays: 6:00 PM - 8:00 PM at RHS
Instructor: Sandy Merrill
\$65

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

PERFORMING ARTS: MUSIC AND ACTING

(ONLINE) INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

This class is on Saturday

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

10/7/2023, 1 session

Saturday: 1:00 PM - 3:30 PM Online

Instructor: Craig Coffman

\$64

Please note: This class is on Saturday

(ONLINE) INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

This class is on Saturday

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"
- How to simplify over 12,000 complex chords

10/7/2023, 1 session

Saturday: 9:00 AM - 12:00 PM Online

Instructor: Craig Coffman

\$64

Please note: This class is on Saturday

PERFORMING ARTS: CAREER

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! Your instructor, Will Kemp, combines his skills as a comedy improv performer, actor, musician, and voice-over artist to deliver a class that you won't forget. Born and raised in San Diego, CA, Will's journey has taken him on many exciting routes. He has been an on-air and on-camera talent for nationally recognized radio and TV stations. He has voiced live and recorded commercials for various businesses and corporations. He was nominated "Best Comedic Actor" for the 2015 San Diego Aubrey Awards, and he's also an accomplished singer/songwriter. Will has over a decade of experience in the broadcast and voice-over industry, and enjoys sharing all that he has learned with others.

11/13/2023, 1 session

Monday: 6:30 PM - 8:30 PM at RHS

Instructor: Will Kemp, Such A Voice

\$25.00

PHOTOGRAPHY

DIGITAL PHOTOGRAPHY – INTERMEDIATE

So, you have:

1. have taken a beginning photography course or its equivalent
2. have done a bit of shooting... hopefully applying the information you've learned
3. maybe feel somewhat overwhelmed from the beginning course!!
4. want to both review the beginning course material and learn even more about photography and your camera

In this class, the major thrust will be integrating both old and new photographic information and skills. We will start with a thorough review of the beginning photography course. We'll then move on to some new and exciting topics, including:

- Live View settings. For certain photographic setups, these can make the picture taking process much much easier.
- Introduction to Photoshop's Adobe Camera Raw. This is the digital editing program I use to fix-up, enhance, or completely alter my photos.
- Advanced depth-of-field and hyperfocal distance concepts. An understanding of these allows for more precise and controlled focusing.
- Composition and aesthetics. Using a selection of photos, I'll demonstrate various types of compositions that can make your pictures more interesting and dynamic.
- Discussing and critiquing each other's pictures. This will be done to further understand photographic composition and aesthetics and to explore specific shooting issues you may be having with your own picture taking.

In addition, you will have plenty of time in

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class to practice shooting with your camera. This will help solidify what you have learned about photographic theory and the operation of your camera. And it will be your chance to experiment with various composing ideas. Be sure to bring your digital camera (with its battery charged), extra lenses, battery charger, and instruction booklet. If you have them, also bring an extra camera battery and camera card. In addition, bring photos you have taken, saved as JPGs, on a flash drive. Prerequisite: my Digital Photography 1 class (or its equivalent) or an understanding of basic photographic theory and some familiarity with the operation of your camera. A \$5.00 material fee is due to the instructor the first night of class. Please bring cash to cover this fee. Enrollment in this class will be limited to fifteen (15) students.

10/17/2023 to 10/24/2023, 2 sessions

Tuesday: 5:30 PM - 8:30 PM at RHS

Instructor: Peter Glass

\$65

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. Be sure to bring your digital camera (with instruction booklet) to class, along with photos you have taken, saved as JPGs, on a flash drive. **IMPORTANT:** Please be sure your camera can operate in non-Automatic modes, such as Manual or Shutter Priority - if it does not and you still want to take the class, that

certainly is fine too. A \$5.00 material fee is due to the instructor the first night of class. Please bring cash to cover this fee. Enrollment in this class is limited to fifteen (15) students.

9/18/2023 to 10/16/2023, 4 sessions

Mondays: 5:30 PM - 8:30 PM at RHS

Instructor: Peter Glass

\$85.00

Please note: There is no class on Monday, October 9th.

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. 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. A \$5.00

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material fee is due to the instructor on the first night of class. Please bring cash to cover this expense. Enrollment in this class is limited to fifteen (15) students.

11/15/2023 to 11/29/2023, 2 sessions
Wednesdays: 5:30 PM - 8:30 PM at RHS
Instructor: Peter Glass
\$45

Please note: There is no class on Wednesday, November 22nd

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. Please bring your fully charged cell phone and any accessories you may have including a battery charger. A \$5.00 material fee is due directly to the instructor the first night of class. Please bring cash to cover this expense.

11/1/2023 to 11/8/2023, 2 sessions
Wednesdays: 5:30 PM - 8:30 PM at RHS
Instructor: Peter Glass
\$45

REAL ESTATE

NEW! HOME BUYER SEMINAR

Buying a home? Learn what the current real estate market is like, how to get prequalified for a loan, and the entire buying process from offer to finish. A loan officer will also present during this class.

9/18/2023, 1 session
Monday: 6:30 PM - 8:00 PM at RHS
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! HOME DOWNSIZING SEMINAR

This course is to help homeowners who are looking to downsize their current home. An estate disbursement expert will speak, staging advice will be given, and resources for cleaning and junk removal as well as housing options for where to go next and relocation assistance will be covered.

10/3/2023, 1 session
Tuesday: 6:30 PM - 8:00 PM at RHS
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! HOUSE FLIPPING AND INVESTING

Should you flip or rent to invest? What are the risks involved? What renovations yield the most returns? This class will answer those questions and more. You will also learn tips for finding the right property.

11/13/2023, 1 session
Monday: 6:30 PM - 8:00 PM at RHS
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! PREPARING YOUR HOUSE FOR SALE

In this course you will learn the step by step process to get your house on the market. Clean, stage, repair and list. A home inspector will be a guest speaker.

11/28/2023, 1 session
Tuesday: 6:30 PM - 8:00 PM at RHS
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! USING CURB APPEAL AND INTERIOR DESIGN TO SELL YOUR HOME

Curb appeal is what gives homebuyers their first impression of a property before they even step inside. Interior design can boost the value of your home and help potential buyers envision a comfortable enjoyable place to call home. This class will cover before and after home exteriors and offer interior staging tips as well as virtual home staging. A home staging expert will be a guest speaker at this class.

10/25/2023, 1 session

Wednesday: 6:30 PM - 8:00 PM at RHS

Instructor: The Goff Team, BHHS NE Properties

\$20

INSTRUCTORS WANTED!

CONTINUING EDUCATION INSTRUCTORS AND CLASSES WANTED!

Have an idea for a class that you would like to teach?

Let us know! Email:

darlene.creed@vernonct.org

ONLINE CLASSES

The following classes will be held virtually via Zoom (or other online platform). Please find details and course descriptions in the catalog listings.

BOOKS, STORIES AND WRITING – pg. 7

Finding Your Voice: Writing Workshop

COMPUTERS AND TECHNOLOGY – pg. 8

Excel Intermediate

Excel Introduction

Facebook and Instagram for Business

How to Launch Your Business on Shopify

EXERCISE AND PHYSICAL FITNESS – pg. 12

Bellyrobics

STRONG by Zumba

Zumba

Zumba Toning

EXPLORING LANGUAGES – pg. 13

Spanish III

FINANCIAL PLANNING – pg. 19

Investing as a Hobby "Workshop"

Investing as a Hobby – Part I

Plan Your Social Security with Confidence...

Do You Know which Strategy is Best for You?

What are Mutual Funds and EFTs?

Trusts – What is One and Why Do You Need One?

You Really Need to Have an Estate Plan (Learn Why)

How to Buy A Stock Using Think or Swim

Long-Term Care – Protecting Your Assets

HEALTH IN BODY & MIND – pg. 21

Intuitive Eating

HOME IMPROVEMENT – pg. 22

Replacement Window Workshop

PERFORMING ARTS: MUSIC AND ACTING – pg. 23

Instant Guitar for Hopelessly Busy People

Instant Piano for Hopelessly Busy People

CONTINUING ED TEACHING/NEW COURSE PROPOSAL

**Have a great idea for a class that you would like to teach?
Fill out the proposal form below!**

(Continuing Ed Teachers do not need to have a teaching certification)

Thank you for your interest in Vernon Adult & Continuing Education. We offer two sessions per year (Spring & Fall). The selection of classes is done in April/May for our Fall Catalog, and October/November for our Spring Catalog. For additional information regarding teaching a class, contact our office at (860)-870-6060.

Name: _____ Date: _____

Business Name: _____

Address: _____

City: _____ State: _____ Zip Code: _____

Cell Phone: _____ Home or Business Phone: _____

Email: _____

Proposed Course Title: _____

Course Objective: _____

Course Description: (approx. 50 words)

No. of Sessions (1 to 10 weeks): _____

Day of Week (circle): Monday Tuesday Wednesday

Fall Semester (Late Sept – Late November) Start: _____

Spring (Late Feb-Late April) Start: _____

Start/End Time (between 5:00 PM-8:30 PM): _____

In Person (Rockville High School) or Online: _____

Do you need to charge a material fee? Y/N If yes, amount and reason:

List any special equipment or materials if needed:

Do you teach this course in other Adult Ed Programs? Y/N _____

If yes, where? _____

Paid Instructor* or Volunteer Instructor? _____

*Paid instructor will need to apply online through Vernon Board of Education Employment Application after proposal is accepted

ADULT EDUCATION (High School Completion & ESL) REGISTRATION PROCEDURES

VRABE Orientation Pre-Registration Form ORIENTATION REGISTRATION

FOR CONNECTICUT RESIDENTS ONLY (living in the 14 town region)
HIGH SCHOOL COMPLETION CLASSES FOR THE 2023-24 SCHOOL YEAR.
CLASSES WILL START THE WEEK OF SEPTEMBER 11, 2023.

All NEW students interested in enrolling in VRABE's High School Completion Programs (CDP, GED or NEDP) are REQUIRED to register for and ATTEND the two-part Orientation Sessions. All High School Completion Programs are FREE to residents in the 14 towns served by VRABE. Towns include Ashford, Bolton, Colchester, Coventry, East Windsor, Ellington, Glastonbury, Griswold, Mansfield, South Windsor, Tolland, Vernon, Wethersfield and Willington.



PROGRAM REQUIREMENTS

ELIGIBILITY: The State of Connecticut's minimum age for students to drop out of high school and attend adult education is 17 years old.

WHAT DO I NEED TO START:

- (1) WITHDRAWAL: Age 17 & 18 ONLY: A letter of withdrawal from your former high school. No out-of-state high school withdrawals will be accepted. NOTE: Out-of-state students must go to their CT town of residence high school to execute a withdrawal from a CT school.
- (2) IDENTIFICATION: State or Government issued I.D. (CT driver's license, CT State I.D., Passport, Military I.D.). NOTE: Out-of-state students must provide proof of residency (i.e. lease, utility bill, recent mail to you at CT address).
- (3) CDP-CREDIT DIPLOMA STUDENTS ONLY: An "OFFICIAL" transcript is REQUIRED to register for CDP classes.

If you have any questions regarding your registration, please contact VRABE at 860-870-6060 Shari Beaupre or email: shari.beaupre@vernonct.org.

English as a Second Language (ESL)

ESL CLASSES FOR FALL 2023 WILL BEGIN THE WEEK OF
SEPTEMBER 11, 2023 AND WILL BE IN-PERSON OR ONLINE.

TO REGISTER: PLEASE COMPLETE THE PRE-REGISTRATION
FORM USING THE QR CODE BELOW.

IF YOU HAVE QUESTIONS EMAIL shari.beaupre@vernonct.org OR CALL 860-870-6060.

Registration Process (Step-by-Step Instructions)

- (1) Fill out the Pre-Registration form using the QR code below.
- (2) Watch for an email asking you to complete a Student Information Form (SIF).
- (3) Submit the completed SIF (you will get a confirmation that form was submitted).
- (4) If you are a new student, email a copy of your Official I.D. (passport, license, state or federal ID) to shari.beaupre@vernonct.org.
- (5) Watch for an email asking you to schedule a pretest to determine your level of English proficiency.
- (6) Watch for an email confirming class placement.

PLEASE NOTE

- Students must be 17 years of age or older.
- Students ages 17 and 18 must have a CONNECTICUT high school withdrawal prior to enrolling in classes.
- Classes are offered free to students in our 14-town region.



For more information, please contact Cortney Gerlach, Regional ESL Coordinator, VRABE Regional Adult Based Education. Email cortney.gerlach@vernonct.org or call 860-896-4113.

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 / CREDIT POLICY

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

WE DO NOT OFFER CREDIT

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: CELL _____ HOME _____

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

- Landscape Drawing
- History of Mystery!
- Seasonal Icing Flowers
 - Couples Dance –
Bachata + Tango = Bachatango
- Investing as a Hobby "Workshop"
 - Intuitive Eating
 - Real Estate Courses

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**REGISTER EARLY
AVOID BEING
DISAPPOINTED**



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

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