

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Spring 2025

ADULT EDUCATION:

High School Completion (CDP, GED, & NEDP)
& English as a Second Language (ESL)

See Page 22 for class registration and other important information

CONTINUING EDUCATION/ENRICHMENT:

Registration for Enrichment Courses begins
Thursday, January 23rd, 2025

Classes begin **February 24th, 2025**

(860)870-6060

All Towns Welcome: Enroll Now in Adult Enrichment Courses!

VERNON 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

Shari Beaupre, Regional Administrative Assistant & GED Test Manager

Lila Call-Matson, Continuing Education Administrative Assistant



VERNON CONTINUING EDUCATION OFFICE

Rockville High School
70 Loveland Hill Road
Vernon, CT 06066

**ONLINE REGISTRATION BEGINS ON
Thursday, January 23rd, 2025**

**REGISTER ONLINE AT
www.vrabe.com
(select Continuing Education)**

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

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.

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ART CLASSES

Discover your creative side with our popular art classes, including intermediate drawing, watercolor painting, and working with clay. Register early to secure your spot, as space is limited. Find more details in our catalog!



Pages 8-9

ENRICHMENT & PERSONAL DEVELOPMENT

Try something new this session with Golf for Women and Golf for Men (beginner-level) at Lyman Orchards Golf Club. Explore Chakra Energy and Develop Your Intuition to enhance your personal growth. Plus, sign up for the popular "How to Obtain Your Boating License" course for an exciting adventure on the water!



Page 6

COMPUTER CLASSES

Unlock new skills and opportunities with our computer courses!

Whether you're a beginner or looking to advance your tech skills, we offer a variety of topics, including the return of Excel for Beginners, now offered in person at RHS. Master the essentials of Facebook, Instagram, Canva, and Shopify with our online courses!



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FABRIC ARTS

Dive into the world of creativity with our Crochet 101 and Crochet 102 courses, tailored for beginners or those seeking to enhance their skills! But wait, there's more! Introducing our new Advanced Creative Crochet Workshop alongside our Beginner Sewing Class and Advanced Creative Sewing Workshop. Whether you're a novice or aiming to refine your craft, we have something for everyone!



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DANCE

Line Dancing is back! This season, we're offering two exciting 10-week line dancing classes for individuals. Whether you're a beginner or looking to perfect your moves, there's something for everyone!



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FINANCIAL PLANNING

Take charge of your financial future with our expert-led courses. Learn investment strategies in The Savvy Investor, plan ahead with Estate Planning and Trusts, maximize your Social Security benefits, and confidently navigate Medicare options. Each course is designed to help you build a secure financial foundation.



Pages 17-18

HOME IMPROVEMENT

Join our single-session workshops in Home Improvement, where you can explore topics like Bathroom Remodels, Kitchen Remodels, Interior Design, and Getting Organized. Plus, sign up for our popular online workshop on Replacement Windows.



Page 19

DIGITAL PHOTOGRAPHY

Discover our well-loved photography courses suitable for all skill levels, from beginners to advanced enthusiasts. No digital camera? Join our class to master the art of capturing stunning photos with your smartphone!



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REAL ESTATE

Explore our sought-after Real Estate Courses tailored for various needs. From mastering the art of navigating the Path to Homeownership and grasping Home Buying Essentials, we cater to all levels of expertise. Don't miss out on invaluable knowledge to achieve your real estate goals!



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A refund will be provided only if the class you're enrolling in is already full or if the class is cancelled. Class credit is not provided as an alternative to a refund, whether it's full or partial. No other refund requests will be accepted.

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MASK POLICY

Please note that mask regulations are in accordance with the Town of Vernon and CDC guidelines. Refunds will not be provided in the event of a mask policy being enforced by either the Town of Vernon or CDC. Prior to registering, assess your comfort level with wearing a mask for a specific class, should the policy come into effect.

SPRING 2025 COURSE REGISTRATION & INFORMATION GUIDE

Registration Begins: January 23, 2025

Spring Session Begins: February 24, 2025

No classes will be held on April 14, 15, and 16.

Payments: Please make checks payable to
Vernon Continuing Education.

Continuing Education classes are open to residents of all cities and towns. All classes are fee-based. Registration confirmations are only available if you register online at www.vrabe.com or provide your email address at registration.



GENERAL INFORMATION

CLASS LOCATIONS: In-Person classes are held at Rockville High School (RHS). Check the course schedule for details on class dates, times, and locations.

- Registration Fees:** Fees are payable at the time of registration. Accepted forms of payment include check, cash, money order, MasterCard, or Visa. Some classes may have additional costs for books, materials, or lab fees (refer to individual course descriptions). Note: A \$30 fee will be charged for checks returned due to insufficient funds.
- Discounts:** A 25% discount on one class per semester is available for seniors (age 62+) and military personnel (active, reserves, or retired). Discounted classes will indicate eligibility in the course description.
- Lab Fees:** For specified classes, lab fees are payable directly to the instructor in cash or money order on the first night of class (e.g., Florals, Jewelry, Photography, and Pottery). Personal checks are not accepted. Lab fees for other courses will be included in your total registration amount.
- Class Cancellations:** In case of inclement weather or other emergencies, cancellation notices will be posted on local TV stations, their websites, and the Continuing Education office voicemail. Call 860-870-6060, option 3, for updates. If day school is canceled or closes early, evening classes, including online ones, will also be canceled. Efforts will be made to reschedule classes, but no refunds will be issued if rescheduling is not possible within the semester.
- Teacher Absences:** If an instructor is absent, students will be notified, and the missed class will be rescheduled for an additional week at the end of the semester.
- Program Modifications:** Vernon Continuing Education reserves the right to cancel classes, change instructors, or make program adjustments as needed. Refunds will not be issued due to changes in instructors.
- Age Requirement:** Unless otherwise specified, students must be at least 18 years old to enroll in Continuing Education classes.
- Refund/Credit Policy:** Refunds are issued only if the class you are attempting to enroll in is full or has been canceled. Class credits will not be offered as a substitute for refunds, either full or partial. No other refund requests will be considered.
- Mask Policy:** Please be aware that mask regulations will follow the guidelines set by the Town of Vernon and the CDC. Refunds will not be issued if a mask policy is enforced by either entity. Before registering, please consider your comfort level with wearing a mask for a specific class in case the policy is implemented.

HOW TO REGISTER



ONLINE: Visit www.vrabe.com to register starting Thursday, January 23, 2025. Online registration is available 24/7. Some classes fill up quickly, so registering online allows you to check availability instantly. Click on the Continuing Education link at the top of the homepage to access the catalog and course offerings.



BY MAIL: Complete the registration form located at the back of the catalog and mail it along with your check to:

Vernon Continuing Education
Rockville High School
70 Loveland Hill Road
Vernon, CT 06066

Be sure to include your email address and phone number.



BY TELEPHONE: Call 860-870-6060 to register with a MasterCard or Visa between 8:00 a.m. and 4:00 p.m., Monday through Friday, beginning January 23, 2025.



ART

INTERMEDIATE DRAWING

If you love to draw and feel you already have the basics of drawing, this is the course for you. We will build on the skills you already have by diving deeper into various drawing techniques. You will be able to work on bringing out your own unique style. If you are struggling with a specific skill, like perspective or shading, we can address that, too.

Supply List for Intermediate Drawing:

Set of 15 Faber-Castell Pencils, assorted hardness
8x10 or 11x14 Pad of White Drawing Paper
Other supplies may be added as the class progresses.

2/24/2025 to 4/21/2025, 8 sessions

Mondays: 6:00 PM – 8:00 PM

at RHS, Rm. 118

Instructor: Jennifer Jeffreys

\$85

Please note: Class will not be held on Monday, April 14th, 2025

POTTERY, HANDBUILDING AND THROWING

Explore the delight of working with clay, whether you're a beginner stepping into the world of ceramics or someone rekindling an old passion. This course is designed to guide novice ceramists through essential techniques, covering fundamental skills in hand building such as pinch, coil, and slab methods. Additionally, participants will gain proficiency in throwing, mastering techniques like centering, opening, pulling, and trimming. By the end of the course, students will have the ability to create a diverse range of ceramic pieces and apply glazes to achieve polished finished products. Class size is limited to twelve (12) students, ensuring personalized attention. **There is a material fee of \$40 payable to the instructor on the first night of the class. Please bring cash or a money order, as personal checks will not be accepted. If participants wish to purchase extra materials, they can do so directly from the instructor.** Join us for a hands-on journey into the art of ceramics!

2/24/2025 to 5/5/2025, 10 sessions

Mondays: 5:00 PM - 8:00 PM

at RHS, Rm. 116

Instructor: Katie Sabal

\$205

Please note: Class will not be held on Monday, April 14th, 2025

WATERCOLOR PAINTING

Discover the art of watercolor painting in our course designed for beginners and those with some experience. Whether you're entirely new to watercolor or have basic skills, this class caters to a wide range of learners. You'll explore essential techniques, various painting methods, and special effects, focusing on landscapes and florals. Our instructor offers personalized guidance, allowing you to progress at your own pace and fully engage in the creative process. Please note that each class is limited to twelve (12) students, ensuring a supportive and interactive learning environment. You'll receive an email from info@vrabe.com with the materials list a few weeks before the class begins. If you can't find it in your inbox, please check your junk mail and move it to your inbox to receive future emails.

2/24/2025 to 4/21/2025, 8 sessions

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

at RHS, Rm. 117

Instructor: Maaida Sheriff

\$85

Please note: Class will not be held on Monday, April 14th, 2025

2/26/2025 to 5/07/2025 8 Sessions

Wednesdays: 6:00 PM to 8:00 PM

Instructor: Maaida Sheriff

\$85

Please note: Class will not be held on Wednesday, April 16th, 2025

BOOKS, STORIES & WRITING

FINDING YOUR PERSONAL VOICE 1: Oral History and Memoir Workshop 101

Join us for Oral History and Memoir Workshop 101, an immersive experience where you'll learn the art of memoir writing and oral history. Through interactive sessions, you'll master effective interviewing, ethical considerations, and crafting compelling narratives. Whether you're a seasoned writer or beginner, this workshop provides a supportive environment to hone your skills and unlock the richness of lived experiences. Class size is limited to twelve (12) students.

4/23/2025, 1 Session

Wednesday: 6:00 PM to 8:00 PM

at RHS, Rm. 160

Instructor: Rima Riedel

\$25

NEW! (ONLINE) FINDING YOUR VOICE: Writing Workshop

This is a 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.

2/24/2025 to 3/31/2025, 6 Sessions

Mondays: 6:00 PM to 8:00 PM Online

Instructor: Rima Riedel

\$85



HISTORY OF MYSTERY 1: From Origins to the Golden Age, 1940's and 1950's Noir

Join author Rima Riedel for a captivating journey through the evolution of mystery literature from its humble beginnings to the Golden Age. Delve into the origins of detective fiction, uncovering fascinating facts about the first real detective story written by an American and intriguing characters like the notorious "criminal" ape. In this interactive workshop, explore the iconic era of 1940s and 1950s Noir, where gritty crime fiction flourished alongside cinematic masterpieces. Learn about the emergence of iconic detectives and the evolution of mystery genres, from hard-boiled detective stories to classic whodunits. Led by Rima Riedel, an esteemed mystery buff and author, this session promises a fast-paced and entertaining exploration of famous, infamous, and lesser-known characters in the world of mystery literature. Get acquainted with essential elements like "red herrings" and diverse mystery genres, setting the stage for an enriching journey through the annals of mystery fiction.

5/07/2025, 1 session

Wednesday: 6:00 PM to 8:00 PM

at RHS, Rm. 160

Instructor: Rima Riedel

\$25

INTRODUCTION TO POETRY

Unlock the power of poetic expression in our Introduction to Poetry workshop, led by published author Rima Riedel. Whether you're a budding poet or someone who simply appreciates the beauty of language, this class invites you to explore the rich world of poetry in a welcoming and supportive environment. You'll embark on a journey through the various forms, styles, and themes of poetry, from traditional sonnets to free verse and everything in between. Through engaging discussions, creative writing exercises, and close readings of both classic and contemporary poems, you'll learn how to craft your own verses, experiment with imagery and metaphor, and tap into your unique voice as a poet. Join us as we celebrate the boundless possibilities of language and discover the transformative power of poetry.

4/30/2025, 1 session
Wednesday: 6:00 PM to 8:00 PM
at RHS, Rm. 160
Instructor: Rima Riedel
\$25

COMPUTERS & TECHNOLOGY

(ONLINE) FACEBOOK & INSTAGRAM FOR BUSINESS

Explore our online course designed specifically for entrepreneurs aiming to establish a robust online presence on social media and connect with their desired customer base. During this program, you'll learn essential skills, including setting up a Facebook business account, mastering Facebook Business Manager, crafting targeted Facebook ads tailored to your brand, creating an impactful Instagram profile, leveraging the latest Instagram features for audience engagement, efficiently generating and scheduling content for both Instagram and Facebook, and designing compelling advertisements for Instagram. For those interested in personal use of Facebook and Instagram, check out 'Facebook and Instagram for Beginners'.

2/26/2025 to 3/19/2025, 4 sessions
Wednesdays: 8:00 PM – 9:30 PM Online
Instructor: Shaneika Burchell-Kerr
\$65

(ONLINE) FACEBOOK & INSTAGRAM FOR BEGINNERS

Explore the world of social media with our class, tailored for beginners, retirees, and current Facebook and Instagram users seeking to improve their skills. Whether you're new to these platforms or have some experience, this course will teach you how to use Facebook and Instagram effectively. Uncover the nuances of personal profiles, empowering you to maximize the potential of these platforms. If you're interested in leveraging these platforms for business, we welcome you to join our 'Facebook and Instagram for Business' course.

2/26/2025 to 3/19/2025, 4 sessions
Wednesdays: 6:30 PM - 8:00 PM Online
Instructor: Shaneika Burchell-Kerr
\$65

EXCEL BASICS: Learn the Essentials

This beginner-friendly class will teach you how to use Excel step by step. You'll learn how to:

- Create a simple spreadsheet
- Edit and organize your data
- Make your spreadsheet look good
- Use basic formulas and functions
- Get your spreadsheet ready to print

Participants are required to bring their own personal laptop with Excel installed. Senior and military discounts are available for eligible participants. Perfect for anyone new to Excel! Enrollment in this class will be limited to ten (10) students.

2/24/2025 to 4/07/2025, 6 Sessions
Mondays: 6:00 PM to 8:00 PM
Instructor: Marjorie Cox
\$80

(ONLINE) HOW TO USE CANVA LIKE A PRO

Learn how to design digital content for both personal and business purposes in this course using Canva. Get hands-on experience creating social media posts, flyers, signs, posters, menus, and apparel designs. Perfect for beginners, this course is ideal for anyone looking to enhance their digital design skills for personal, school, work, or business projects. All you need is a computer and basic computer knowledge to get started.

2/24/2025 to 3/17/2025, 4 sessions
Mondays: 8:00 PM – 9:30 PM Online
Instructor: Shaneika Burchell-Kerr
\$65

(ONLINE) HOW TO SELL ONLINE WITH ETSY, SHOPIFY, AMAZON & TIKTOK

Discover the key marketplaces for selling both physical and digital goods. Throughout this course, we'll extensively cover Shopify, Etsy, Amazon, and TikTok. By the conclusion of the course, you'll possess a comprehensive understanding of these diverse platforms, enabling you to initiate your initial product listing and begin sales. Concerned about not having a product to sell? No need to fret! You'll gain insights into three methods for selling products without the necessity of ownership, inventory, or shipping to your customers. This course caters to individuals seeking to establish or transition their traditional brick-and-mortar or home-based businesses into successful online ventures using the most popular e-commerce platforms.

2/24/2025 to 3/17/2025, 4 sessions
Mondays: 6:30 PM – 8:00 PM Online
Instructor: Shaneika Burchell-Kerr
\$65

(ONLINE) MASTERING ZOOM: Essential Skills for Effective Virtual Collaboration

Join our introductory class designed specifically for Zoom beginners! In this interactive session, you'll learn everything you need to know to confidently navigate Zoom meetings. From joining meetings to adjusting settings and using essential features like video, audio, chat, and screen sharing, we'll cover it all. You'll also discover tips for managing virtual backgrounds, troubleshooting common issues, and engaging effectively with others in online discussions. Whether you're new to remote work, online learning, or simply want to stay connected with friends and family, this class will empower you to make the most out of your Zoom experience. No prior experience necessary – just bring your curiosity and willingness to learn!

2/25/2025 to 3/11/2025, 3 sessions
Tuesdays: 7:00 PM – 8:30 PM Online
Instructor: Shaneika Burchell-Kerr
\$50



COOKING & BAKING

BUTTERCREAM BASICS

Explore the art of cake decorating! Discover the techniques for icing and smoothing, filling and adorning cakes and cupcakes, creating various borders, mastering writing and printing, crafting drop flowers, ribbon roses, rosebuds, ruffle flowers, sunflowers, daisies, leaves, and grass. Additionally, learn the skill of pattern transfer. A list of supplies will be shared before the class commences (and can also be found in the course description online). This class is limited to twelve (12) participants.

3/18/2025 to 4/8/2025, 4 sessions

Tuesdays: 5:30 PM - 8:00 PM

at RHS, Rm. 123

Instructor: Theresa Martens

\$50

NEW! CAKE DECORATING WITH ROSES: A Two-Session Floral Masterpiece

Celebrate the arrival of spring with a beautifully decorated cake adorned with elegant gum paste roses that you'll create to enhance your confection. In this two-session class, you'll learn to craft and arrange realistic roses and rosebuds for a charming, professional finish. In the first session, you'll focus on creating gum paste roses and rosebuds, which will be set aside to dry. For the second session, bring your frosted and decorated two-layer (8" or 9") cake along with your dried flowers. You'll then learn techniques to artfully arrange and secure the flowers on your cake, adding the perfect finishing touches to create a beautiful, spring-inspired centerpiece.

4/22/2025 to 4/29/2025, 2 sessions

Tuesdays: 5:30 PM - 8:00 PM

at RHS, Rm. 123

Instructor: Theresa Martens

\$35



CRAFT/DIY



SOY CANDLE MAKING 101

Join us for a one-night, hands-on workshop where you'll create two beautiful, clean-burning soy candles, each with over 25 hours of burn time! Dive into the world of candle making as you explore over 150 scents and learn essential techniques, including wax coloring, scent-to-wax ratios, and various vessel options. Personalize your candles with labels and decorative supplies provided during the session. Materials Fee: A \$20 supply fee (payable to the instructor on the first night by cash or money order) covers all materials, including soy wax, glass mason jars with lids, scent, wicks, wick stickers, and the use of pitchers and other tools. Please note that personal checks are not accepted. Unleash your creativity and take home two unique candles, custom-made by you, in just a few hours!

3/3/2025, 1 Session

Monday: 6:00 PM - 8:00 PM

at RHS, Rm. 135

Instructor: Laurie-Lynne Zlotowski

\$30

DANCE

LINE DANCING FOR ABSOLUTE BEGINNERS

Discover the joy of line dancing with our beginner-friendly classes! You'll learn the essential steps and patterns that form the foundation of line dancing, all while having a great time. Our dance sessions feature a diverse selection of music genres, including pop, big band, oldies, Latin, R&B, and country. Designed specifically for beginners, the class offers introductory level dances. Please wear comfortable closed-back shoes—no boots or shoes that will mark the

floor. For safety reasons, open-back shoes or sandals are not allowed. Bring a water bottle, and it's a good idea to dress in layers since it warms up fast once you start dancing. If you have a bit more line dance experience, please see our other offering, "Line Dance for Experienced Beginners." Join us on this delightful dance journey! This class is eligible for a senior or military discount.

2/24/2025 to 5/5/2025, 10 sessions

Mondays: 5:45 PM - 6:45 PM

at VCMS, Cafeteria

Instructors: Sarah Preston Britto,

Amanda DeLisle

\$65

Please note: Class will not be held on Monday, April 14th, 2025

LINE DANCING FOR EXPERIENCED BEGINNERS

Explore our Experienced Line Dancing Class, a welcoming space where participants in their 2nd or 3rd session, as well as seasoned dancers with extensive experience, gather to embrace the class's rhythm and immerse themselves in intricate dance routines. We combine both familiar and new steps and patterns to elevate your skills, ensuring an interactive and fun learning experience. This class requires knowledge and the ability to execute basic steps and patterns such as: Grapevine, Jazz Box, Pivot/Push Turn, Triple Step/Shuffle, K Step, Rocking Chair, Mambo Step, Rock/Recover. Our music playlist is a delightful fusion, featuring not only country but also pop, big band, oldies, Latin, and R&B tunes, designed to keep you energized and engaged throughout the session. For your utmost comfort, please wear closed-back shoes—no boots, sandals, open back or floor-marking shoes are permitted. Don't forget to bring your water bottle, and we recommend dressing in layers, as the room quickly warms up once the dancing commences. If you're new to line dancing, consider joining our "Line Dancing for Absolute Beginners" class to embark on your dance journey with us! This class is eligible for a military or senior discount.

2/24/2025 to 5/5/2025, 10 sessions

Mondays: 6:45 PM - 8:15 PM

at VCMS, Cafeteria

Instructors: Sarah Preston Britto,

Amanda DeLisle

\$80

Please note: Class will not be held on Monday, April 14th, 2025

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.

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

2/25/2025 to 4/1/2025, 5 sessions

Tuesdays: 6:15 PM - 8:30 PM

at RHS, Rm. 164

Instructors: David Marriott, Eileen Christensen, Neil Shilansky
\$50

Please note: Class will not be held on Tuesday, March 11th, 2025



DEVELOPING YOUR INTUITION- BEGINNING LEVEL

Embark on a transformative journey where participants delve into the depths of innate psychic intuition and perception, transcending conventional senses such as sight, hearing, touch, taste, or intuition to tap into higher realms of awareness. Everyone is psychic to some degree; this course will take you on your personal journey. Through engaging lectures, group discussions, and experiential exercises, students will unlock hidden potentials, developing practical skills to navigate the world with heightened clarity and personal empowerment. From understanding the conventional senses to honing intuitive faculties, this course offers something for everyone, whether beginners or seasoned practitioners. Participants will receive a comprehensive course workbook designed for both in-class and at-home use. The workbook covers various topics, including psychic terminology, runes, pendulums, self-care techniques, psychic protection, understanding the energetic body, enhancing intuition, and connecting with higher realms. The registration cost includes a \$15.00 materials fee for the course materials.

2/26/2025 to 3/26/2025, 5 sessions

Wednesdays: 6:00 PM - 8:00 PM

at RHS, Rm. 128

Instructors: Lisa Huppert, Rev. Heather DeLusso
\$80



NEW! CHAKRA ENERGY: What's It All About?

Participants will learn to balance their body and mind using an ancient Eastern wellness approach focused on the seven energy centers (Chakras), which govern all organs and function together as a unified yet independent system. Each student will receive materials and instructions to create a personal stone chakra grid, along with a class workbook. There will be a \$30 materials fee, payable at the time of registration in addition to class fee.

4/9/2025 to 05/14/2025, 5 Sessions

Wednesdays: 6:00 PM- 8:00 PM

at RHS, Rm. 128

**Instructor: Lisa Huppert,
Rev Heather DeLusso**
\$65

Please note: Class will not be held on Wednesday, April 16th, 2025

NEW! GOLF FOR WOMEN 101

Have you ever thought about picking up a club? Whether it is for the first time or the first time in a long time you can make golf your sport for a lifetime! Golf Fore Women 101 is designed to teach you in five 75 minute classes everything you'll need to know to step onto a golf course and play with confidence. Lessons will conclude with an on-course activity taught by trained PGA/LPGA golf professionals who will make sure you have fun each step of the way.

This is a five week course. The sixth week that is listed is saved in case Lyman is forced to cancel due to inclement weather in the first five weeks.

- Five consecutive 75 minute classes
- This class was created for students who have no past golf experience
- Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette
- A workbook/reference guide will be provided electronically
- Golf clubs are not needed; clubs/sets will be recommended
- Lyman coupons handed out (10% off merchandise, 25% off apparel, 2 small range baskets and an Apple 9 round)

If any sessions are missed as a result of the student cancelling, a Practice w/ the Pro credit (PWP) can be issued by your instructor by request. The Practice with the Pro (PWP) credit will be added to the student's account and do expire. PWPs are 1-hour clinics with a 10 to 1 ratio that will be run in the spring, summer, and fall by all instructors at the Golf Center. There are four main topics: full swing, pitching/sand, chipping, & putting.

Please choose from the various 5 block sessions that work best for you!

**3/24/2025 to 4/21/2025, 5 Sessions
Mondays: 5:15 PM – 6:30 PM**

**3/25/2025 to 4/22/2025, 5 Sessions
Tuesdays: 12:00 PM – 1:15 PM OR
5:15 PM -6:30 PM**

**3/26/2025 to 4/23/2025, 5 Sessions
Wednesdays: 10:00 AM – 11:15 AM OR
5:15 PM – 6:30 PM**

**3/27/2025 to 4/24/2025, 5 Sessions
Thursdays: 10:00 AM – 11:15 AM OR
5:15 PM – 6:30 PM**

**3/28/2025 to 4/25/2025, 5 Sessions
Fridays: 10:00 AM – 11:15 AM**

**5/5/2025 to 6/2/2025, 5 Sessions
Mondays: 12:00 PM – 1:15 PM OR
5:15 PM – 6:30 PM**

**5/6/2025 to 6/3/2025, 5 Sessions
Tuesdays: 12:00 PM – 1:15 PM OR**

5:15 PM – 6:30 PM

**5/7/2025 to 6/4/2025, 5 Sessions
Wednesdays: 10:00 AM – 11:15 AM OR
5:15 PM – 6:30 PM**

**5/8/2025 to 6/5/2025, 5 Sessions
Thursdays: 10:00 AM – 11:15 AM OR
5:15 PM – 6:30 PM**

**5/9/2025 to 6/6/2025, 5 Sessions
Fridays: 10:00 AM – 11:15 AM OR
5:15 PM – 6:30 PM**

**Instructor: Lyman Orchards Golf Staff
\$170**

NEW! MEN'S GOLF 101

This program is designed for the new male golfer or for golfers who have never played or have not played in a number of years. In five 75 minute sessions, our coaches will cover everything you need to know to play your first round of golf.

Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette.

Our coaches will also discuss what you will need for golf, therefore it is recommended that you do not go out and buy clubs until you have started this class.

You will be given a static club fitting which will allow the coach to make a recommendation as to which clubs to buy.

Lessons will conclude with an on-course session to introduce the various areas of the golf course to complete this introductory class.

Lyman coupons handed out (10% off merchandise, 25% off apparel, 2 small range baskets and an Apple 9 round)

NOTE: This is a five week course. Six weeks are listed as that sixth week is saved in case Lyman is forced to cancel due to inclement weather in the first five weeks. If any sessions are missed as a result of the student cancelling, a Practice w/ the Pro credit (PWP) can be issued by your instructor by request.

**3/25/2025 to 4/22/2025, 5 Sessions
Tuesdays: 1:30 PM – 2:45 PM**

**3/27/2025 to 4/24/2024, 5 Sessions
Thursdays: 11:30 AM to 12:45 PM**

**5/6/2025 to 6/3/2025, 5 Sessions
Tuesdays: 1:30 PM to 2:45 PM**

**5/8/2025 to 6/5/2025, 5 Sessions
Thursdays: 11:30 AM to 12:45 PM**

**Instructor: Lyman Orchards Golf Staff
\$170**

EXERCISE & PHYSICAL FITNESS

NEW! (ONLINE) BELLYROBICS

Bellyrobics is the ultimate exercise for women of all abilities - and the most fun, too! Using actual belly dance movements and isolation exercises, as well as related folk and ballroom dance steps, it works on those areas of major concern, such as bust, midriff, waist, tummy, hips, thighs, calves and arms: firming, toning and whittling down the inches. Bellyrobics will also help develop and improve strength and flexibility, while delivering a low impact, high energy, cardiovascular workout. Most importantly, Bellyrobics makes you feel good about yourself!! Enrollment is limited to twelve (12) students. There are no discounts available for this class.

**2/26/2025 to 3/19/2025, 4 Sessions
Wednesdays: 6:30 PM to 7:30 PM Online
Instructor: Rima Riedel
\$60**

CORE AND CARDIO SCULPT

Ready to shed those extra pounds and feel more energized than ever? Join us for Core and Cardio Sculpt, the ultimate fat-burning and energy-boosting class! This session combines heart-pumping cardio exercises with targeted core workouts, sculpting your abs and improving coordination and muscle endurance. You'll use a variety of equipment, including weights and props, to enhance strength and balance, leaving you feeling stronger and more confident. No experience required; we'll provide modifications for all fitness levels. Get ready to crush your weight loss goals and unleash your full potential, so you can confidently rock your holiday look! Enrollment in this class is limited to twelve (12) students.

**3/11/2025 to 5/6/2025, 8 sessions
Tuesdays: 6:30 PM to 7:30 PM
at RHS, Wrestling Room
Instructor: Marlene Navarro Michaud
\$70**

Please note: Class will not be held on Tuesday, April 15th

(ONLINE) ZUMBA AND Z-TONE

Zumba & Z-Tone ONLINE sessions are set to upbeat music and feature choreographed dance numbers that you might find in a nightclub. You don't need to be a great dancer to feel welcome in a Zumba and Z-Tone class. The classes emphasize moving to the music and having a good time, with no rhythm required. This is a great way to lose extra pounds and have fun. Zumba and Z-Tone classes can be modified to meet your needs. Enrollment will be limited to twelve (12) students. Being on camera is optional.

2/26/2025 to 4/9/2025, 7 sessions
Wednesdays: 6:00 PM – 7:00 PM Online
Instructor: Marlene Navarro Michaud
\$70

(ONLINE) QUICK FAT BURN: Fitness Class for Busy Lives

(This is a Thursday online class)

In today's hectic world, finding time for fitness can feel impossible. But it's not! "Quick Fat Burn: Fitness for Busy Lives" is tailored for those with packed schedules. This course delivers science-backed strategies and practical techniques to optimize fat burning within your busy life.

3/6/2025 to 4/24/2025, 7 sessions
Thursdays: 6:00 PM – 7:00 PM Online
Instructor: Marlene Navarro Michaud
\$70

PILATES CORE

Are you interested in achieving a strong core and toned stomach? This class is designed to assist you in reaching your fitness goals! Pilates Core is the perfect choice for individuals seeking to enhance their core strength. The class specifically targets the muscles in the abdomen, lower back, and hips, commonly referred to as the 'powerhouse,' which is crucial for stability. Pilates Core incorporates a variety of props, light hand weights, and contemporary movements, offering a modified version of the Pilates Mat Workout. By participating in this class, you can develop a sturdy inner core while shaping long, slender muscles. Suitable for individuals of all fitness levels, the class offers modifications for those who require them. All you need to bring is a mat, some water, and 1 or 2 lb. weights. Feel free to wear comfortable attire such as sweats and a t-shirt. It's important for students enrolling in this beginner-level class to be physically capable of performing the taught postures. Please note that class enrollment is limited to twelve (12) students.

2/24/2025 to 5/5/2025, 10 sessions
Mondays: 6:00 PM – 7:00 PM
at RHS, Small Gym
Instructor: Marlene Navarro Michaud
\$90

2/25/2025 to 5/6/2025, 10 sessions
Tuesdays: 5:30 PM to 6:30 PM,
at RHS Wrestling Room
Instructor: Marlene Navarro Michaud
\$90

Please note: Class will not be held on Monday, April 14th or Tuesday, April 15th

EXPLORING LANGUAGES

AMERICAN SIGN LANGUAGE (ASL) I

Embark on a full immersion, voice-off journey into American Sign Language (ASL) with our beginner-level class. Suitable for all, including hearing, hard of hearing, or Deaf individuals, this course is designed to enhance ASL skills through group exercises, games, and dialogues. Explore vocabulary, expressive and receptive signing, language structure, and Deaf culture insights beyond textbooks. Handouts and supplementary resources are available to support learning, with the option of a coursebook. By course end, participants will confidently engage in ASL conversations with fluent signers. Join us for a transformative experience in ASL communication!

2/25/2025 to 5/6/2025, 10 sessions
Tuesdays: 6:00 PM - 8:00 PM
at RHS, Rm. 129
Instructor: Jennifer Stanley
\$100

2/26/2025 to 5/7/2025, 10 sessions
Wednesdays: 6:00 PM - 8:00 PM
at RHS, Rm. 129
Instructor: Jennifer Stanley
\$100

Please note: Class will not be held on Tues., April 15th or Weds, April 16th, 2025

(ONLINE) SPANISH II

The prerequisite for this class is the completion of Spanish I: Beginners and Beyond OR you are comfortable making conversation about where you are from, what you like to do, buying clothes, ordering from a menu, and have some experience conjugating in the present tense.

This ONLINE class will continue where the Beginner Spanish class concluded. Students will continue to build vocabulary and grammar to improve fluency in basic and more advanced interactions. Students will continue to practice the three modes of communication according to ACTFL standards: interpretive (listening), interpersonal (conversation), and presentational (writing & speaking about a particular topic). Students will continue to learn about the many cultures of Spain and Latin America.

2/24/2025 to 4/21/2025, 8 sessions
Mondays: 6:00 PM - 7:00 PM Online
Instructor: Nora Mijares Alpers-Leon
\$85

Please note: Class will not be held on Monday, April 14th, 2025



VRABE REGIONAL ADULT BASED EDUCATION

FREE PROGRAMS - PAGES 11-14

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 |

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

PROGRAMS

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

- enhance skills to improve employability
- earn a high school diploma
- 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 22 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. 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



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 14
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.

Find us on 



facebook.com/VernonAdultContinuingEd



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 VRABE

Find us on 



facebook.com/VernonAdultContinuingEd

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

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

ADULT EDUCATION HIGH SCHOOL COMPLETION (CDP, GED, NEDP) AND ESL CLASSES START THE WEEK OF MARCH 10th, 2025

(SEE PAGE 22 FOR ORIENTATION
INFORMATION).

Or visit us online at [**www.vrabe.com**](http://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



FABRIC ARTS

ADVANCED CREATIVE SEWING

Do you need space and time to further develop your sewing skills? This 8-week advanced sewing class will allow you to pursue projects tailored to your interests and expertise beyond a beginner level. This course is intended for any sewist who is comfortable using a sewing machine independently with basic stitches or who has had some experience with hand sewing. The course is self-paced, and students may work on any machine or hand sewing project they like, though sample projects, ideas, and patterns will be provided for those who need inspiration. The instructor will guide and advise, along with the assistance of technology, to explore different ideas and methods, fostering a collaborative community environment in the class. A sewing machine in good working order, with knowledge of its operation, is required, along with other essential equipment and supplies. Additional materials will be determined based on individual projects.

2/26/2025 to 4/30/2025, 9 Sessions
Wednesdays: 5:45 PM – 8:15 PM
at RHS, Rm. 135
Instructor: Michelle Veilleux
\$70

Please note: Class will not be held on Wednesday, April 16th, 2025

CREATIVE SEWING

Come join our 8-week class for a delightful evening of sewing and camaraderie. Everyone is encouraged to participate, regardless of their sewing experience. Learn the basics of using a sewing machine, commercial patterns, and a variety of sewing techniques. All projects will be tailored to your skill level and interests. Please bring your own sewing machine in GOOD WORKING CONDITION, along with its owner's manual if available. Don't forget bobbins and thread! A basic list of sewing tools will be shared before the first class. Since this class is customized according to your experience, we will decide on sewing projects on the first night, and additional supply lists will be provided based on these projects. This class is limited to 15 people.

2/25/2025 to 4/29/2025, 9 Sessions
Tuesdays: 5:45 PM – 8:15 PM
at RHS, Rm. 135
Instructor: Sara Jane Reilly
\$70

Please note: Class will not be held on Tuesday, April 15th, 2025

CROCHET 101: The Basics

This class is designed for anyone interested in learning or reviewing the basic techniques of crochet to enhance their creative abilities. Throughout the course, participants will cover the following topics:

1. The proper way to hold the crochet hook and understand its important parts.
2. Correct technique for holding the yarn and interpreting information on yarn skein labels.
3. Mastery of the six (6) basic crochet stitches and the significance of the foundation row.
4. Understanding 'turning chains' and their role in crochet.
5. Working in rows with basic stitches, including how to start and finish rows.
6. Recognition of basic stitches, correct hook placement, and counting of stitches and rows.
7. Familiarization with crochet terminology and abbreviations.
8. Reading level-1 and level-2 crochet patterns.
9. Adding new yarn and changing yarn color in a crochet piece.

Students will also delve into advanced topics, including reading crochet patterns, shaping in crochet, and working in rounds. Class size is limited to ten (10) students. Please bring to class: one size K crochet hook, one solid medium color worsted weight Red Heart Yarn or Caron Yarn-#4 (avoid dark or too light color yarns as you need to be able to see your basic stitches), small scissors, a tapestry plastic yarn needle with a large eye, a tape measure or ruler, and crochet plastic markers.

3/4/2025 to 4/29/2025, 8 sessions
Tuesdays: 6:00 PM - 8:00 PM
at RHS, Conf. Rm. 2
Instructor: Diane Snarski
\$85

Please note: Class will not be held on Tuesday, April 15th, 2025



CROCHET 102: Beyond The Crochet Basics

In this crochet class, students will advance to the next level of crochet. The purpose of this class is to enhance their crochet knowledge and skills in this captivating field of crochet needle art. Previous understanding of basic crochet is required. Students will delve deeper into understanding and reading crochet patterns, grasping shaping in crochet, exploring stitch patterns, mastering the next level of working in rounds, introduction to multiples, and familiarizing themselves with universal crochet chart diagrams. Additionally, students will learn to create edgings. Throughout the class, students will work on sample swatches during both in-class sessions and as homework. A class crochet project will be assigned on the first night of class. Class supplies include: one skein of solid color (not dark or multi-color) yarn, medium worsted weight yarn #4, crochet hook size K, small scissors, measuring tape or ruler, and crochet markers. Additional supplies will be required for the crochet pattern project.

3/5/2025 to 4/23/2025, 7 sessions
Wednesdays: 6:00 PM - 8:00 PM
at RHS, Conf. Rm. 2
Instructor: Diane Snarski
\$75

Please note: Class will not be held on Wednesday, April 16th, 2025



FINANCIAL PLANNING

AGING IN PLACE: How to Protect Assets and Stay at Home

Did you know that Connecticut is among the top 3 states with the highest costs for nursing home and long-term care? That's why it is so important to do your due diligence and protect everything that you have worked SO hard for – and if possible – to do so while remaining in the comfort of your home!

In this program, we will help you better understand how to avoid putting your hard earned assets at risk in a way that can best position you to stay in your own home and age in place. Specifically, you'll learn about Medicaid and other public benefit programs the state has to offer as well as strategies that married or single people can use to protect their assets. As part of the program, every participant will receive an informational booklet about long-term care planning crafted by our estate planning and elder law firm.

3/17/2025, 1 Session
Monday: 6:00 PM - 7:00 PM
at RHS, Rm. TBA
Instructor: Attorney Brendan Daly
\$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.

4/8/2025, 1 session
Tuesday: 6:00 PM - 7:30 PM
at RHS, Rm. 160
Instructor: Sam Moser
\$20



(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 coordinate your Social Security with 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 session held via StartMeeting. You will receive instructions on how to log in one week prior to the class.

Choose from three dates for this 1-session course:

3/17/2025, Monday, 6:30 PM – 8:00 PM
Online, Instructors: Albert D'Agosto, Charles Yannich, \$20

4/8/2025, Tuesday, 6:30 PM – 8:00 PM
Online, Instructors: Albert D'Agosto, Charles Yannich, \$20

5/14/2025, Wednesday, 6:30 PM - 8:00 PM
Online, Instructors: Albert D'Agosto, Charles Yannich, \$20

NEW! THE SAVVY INVESTOR

Take your investing to the next level with two essential investing skills: technical analysis and stock options. Just as sailors use nautical charts to navigate the waterways and avoid hazardous areas, we can use price charts to navigate the stock market. Price charts provide valuable insight into what is happening in the market. They help us find areas of support and resistance, identify trends and use patterns to predict what's likely to happen next. By combining the art of technical analysis with the power of stock options we can create strategies to protect stock positions, manage risk and generate income. In this class you will learn what stock options are, how they work and how to read an option chain. We'll explore strategies to strategically protect stocks, limit downside risk, maintain unlimited upside and generate income. The best way to learn these skills is through practical application. It is recommended you bring a laptop to class (Wi-Fi is available). We'll be using TradingView's charting software and Think or Swim's options platform. Instructions to access these tools will be provided upon registration.

Pre-requisites: Active in the buying and selling

of stocks and have current holdings.

2/25/2025 to 4/22/2025, 8 Sessions
Tuesdays: 6:30 PM – 8:30 PM
at RHS, Rm.155
Instructor: Brian Flynn
\$65

Please Note: Class will not be held on Tues., April 15th

WHAT IS A TRUST AND DO I NEED ONE?

What is a trust, and how can it benefit you? In this program, we will explain how the different trusts work and clarify when using a trust may, or may not, be appropriate. We will also discuss the benefits of trusts including how they can be used to minimize or avoid taxes, safeguard assets from potential ex-spouses and creditors, preserve public benefits for loved ones, support beneficiaries with a disability or special needs, and if you can actually avoid probate.

Whether you're new to trusts or have some understanding of them, our goal is to ensure you leave with a comprehensive understanding of how these valuable planning tools can work to your advantage. As part of the program, every participant will receive an informational booklet about trusts crafted by our estate planning and elder law firm.

3/10/2025, 1 Session
Monday: 6:00 PM – 7:00 PM
at RHS, Rm. TBA
Instructor: Attorney Brenden Daly
\$15

(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 health care 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, learn if you need or should have your existing documents reviewed and updated. All students will receive an easy-to-understand estate planning guidebook written by our attorneys. You will receive instructions on how to log in one week prior to class.

3/4/2025, 1 Session
Tuesday: 6:00 PM – 7:00 PM
Online, Instructor: Attorney Jeff Rivard
\$15

FLORAL DESIGN

BEGINNING FLORAL DESIGN

If you're just starting with floral design, this course is for you! You'll learn the basics of working with fresh flowers, including how to take care of them and create beautiful arrangements. 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.

2/26/2025 to 4/9/2025, 7 sessions
Wednesday: 6:30 PM - 8:30 PM
at RHS, ASTE Bldg. Rm. 2
Instructor: Cindy Gorsky
\$60

INTERMEDIATE FLORAL DESIGN

If you're already familiar with floral design, this advanced class is designed to elevate your expertise. You'll engage in crafting more intricate designs using fresh flowers. 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. **2/24/2025 to 4/7/2025, 7 sessions**
Monday: 6:30 PM - 8:30 PM
at RHS, ASTE Bldg. Rm. 2
b. **2/25/2025 to 4/8/2025, 7 sessions**
Tuesday: 6:30 PM - 8:30 PM
at RHS, ASTE Bldg. Rm. 2
Instructor: Cindy Gorsky
\$60



HEALTH IN BODY & MIND

BEGINNER YOGA

Embark on your yoga journey with us! Yoga welcomes everyone, regardless of background, fitness level, body shape, or age. Its numerous health benefits and stress reduction techniques are accessible to all, whether you're a beginner or seasoned practitioner. Join us as we focus on classic yoga postures, breathing techniques, and deep guided relaxation. All you need is a yoga mat, some water, and a smile. Feel free to wear whatever makes you comfortable, whether it's sweats, a t-shirt, or anything else. In this class, we'll explore foundational yoga poses, breaking them down step by step. You can customize the poses to suit your body and experience level. Whether a posture is new, familiar, or something you're working toward, the key is to be gentle with yourself, honor your body, have fun, and experience the positive impact of yoga and stress relief. Students should be physically capable of performing beginner-level postures. Class size is limited to twenty (20) students.

2/24/2025 to 4/21/2025, 8 sessions
Mondays: 6:30 PM - 7:45 PM
at RHS, Wrestling Rm.
Instructor: Cynthia Barlow
\$70

Please note: Class will not be held on Monday, April 14th.



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.

2/25/2025 to 3/25/2025, 4 sessions
Tuesdays: 6:00 PM - 8:00 PM
at RHS, Rm. 128
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$105

Please note: Class will not be held on Tuesday, March 4th, 2025

REIKI LEVEL II

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 2 Instruction course, students will receive a class book, Level 2 sacred symbols and attunement, as well as Reiki 2 Practitioner Certification. This class is a combination of content and practicum work. Enrollment in this class is limited to ten (10) students. A \$6.00 material fee is included in the registration.

4/8/2025 to 5/13/2025, 5 Sessions
Tuesdays: 6:00 PM to 7:00 PM
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$106

Please Note: Class will not be held on Tues., April 15th

HOME IMPROVEMENT

BATHROOM REMODELS

Explore the many options of bathroom remodeling in our informative class. Despite their size, bathrooms offer numerous options. Join us to learn about different styles, cabinets, and bath fixtures, and gain insight into basic space planning and industry trends. Let our guidance assist you in creating a comfortable space. Join our class and discover the possibilities to transform your bathroom into a personal oasis. Whether you're looking to update a small powder room or overhaul a master bath, we'll provide you with the knowledge and inspiration to make your vision a reality. From choosing the perfect tiles to maximizing storage solutions, we'll cover all aspects of bathroom renovation to help you achieve a functional and stylish space. Join us and embark on the journey to create the bathroom of your dreams.

3/26/2025, 1 session
Wednesday: 6:00 PM - 8:00 PM
at RHS, Rm. 164
Instructor: Neil Betts
\$20



INTERIOR DESIGN BASIC TIPS AND TRICKS

Are you considering aesthetic updates for your home or looking to transform specific spaces but feeling unsure where to start? Join expert Neil Betts in this hands-on workshop to explore essential tips and tricks that will help bring your design ideas to life. Learn how to assess your space, choose colors and materials, and discover creative solutions for any room. Walk away with the confidence and insight needed to tackle your projects—big or small—and create a cohesive, personalized look for your home.

4/23/2025, 1 session
Wednesday: 6:00 PM - 8:00 PM
at RHS, Rm. 164
Instructor: Neil Betts
\$20

KITCHEN REMODELS

Feeling overwhelmed and not sure where to start with your kitchen renovation? Enroll in our workshop and discover how to pick the right styles, cabinetry, and kitchen accessories. Dive into essential space planning concepts and stay in the loop about the latest industry trends. Let's kick-start your kitchen remodel journey with knowledge and assurance!

3/19/2025, 1 session
Wednesday: 6:00 PM - 8:00 PM
at RHS, Rm. 164
Instructor: Neil Betts
\$20

LET'S GET ORGANIZED

Join us in exploring practical ways to maximize storage in your home. Learn about affordable or customized storage solutions that can help you declutter, organize your life, and use your space more effectively. In this course, we'll delve into strategies for optimizing storage in every room, from clever closet solutions to innovative kitchen organization ideas. Whether you're dealing with limited space or simply looking to streamline your belongings, you'll leave with practical tips and inspiration to create a more organized and functional living environment. Join us and take the first step towards a clutter-free, stress-free lifestyle.

4/9/2025, 1 session
Wednesday: 6:00 PM - 8:00 PM
at RHS, Rm. 164
Instructor: Neil Betts
\$20

(ONLINE) VERNON REPLACEMENT WINDOW WORKSHOP

Attend our Window Replacement Workshop and explore product options and pricing. Discover the proper window installation process from the comfort of your home! Are you looking to cut down on heating and air conditioning expenses and tap into available incentive programs, but feeling unsure where to begin? With options like Low-E, Argon, Triple Pane, Wood, Vinyl, and Composite windows, determining the right price for high-quality windows can be perplexing. Don't worry – gain clarity by learning from a seasoned Master Carpenter. This workshop is essential for anyone considering window replacements, whether hiring professionals or tackling the project themselves.

3/25/2025, 1 session
Tuesday: 7:00 PM - 9:00 PM Online
Instructor: Paul O'Doherty
\$25

INDUSTRIAL ARTS

SMALL ENGINE REPAIR

This course is designed to help you become better acquainted with the small engines used on lawn mowers, chain saws, garden tractors, and other small equipment. It will cover the care and use of small engine equipment, 2- and 4-cycle engines, and the basic principles of carburetion, ignition, lubrication, cooling, and fuel systems. The first class will be instructional; after that, students may bring in their own small engine items that need repair. Additionally, students can bring their own small tools for use in class. There is a 25% discount for senior citizens and military personnel.

2/24/2025 to 4/21/2025 , 8 Sessions
Mondays: 6:00 PM - 8:00 PM
at RHS, Rm 103
Instructor: Jesse Puniello
\$90

Please Note: Class will not be held on Monday, April 14th



JEWELRY MAKING

BEADING 101

Join our class for evenings filled with creativity, relaxation, and enjoyment. Discover the art of crafting jewelry tailored to your style, enhancing your wardrobe, and reflecting your personality. Whether you're a beginner or experienced, this class caters to all bead jewelry enthusiasts. If you've attended before, we welcome you back!

Learn the intricacies of making earrings, bracelets, and necklaces using a variety of beads such as glass, plastic, metal, and semi-precious stones. Each session focuses on creating a different piece, ranging from simple to more complex designs. You can craft as many items as time permits. The instructor provides all necessary tools and offers supplies for purchase, enabling you to craft your ideal pieces. The cost for supplies typically ranges from \$2 to \$15, depending on the chosen materials for each project. Payment for supplies is made directly to the instructor. Each week, you can fashion something unique for yourself or as a thoughtful gift. This class is eligible for a qualifying senior/military discount. Register now and unlock your creative potential!

3/4/2025 to 4/29/2025, 8 sessions
Tuesdays: 6:00 PM - 8:00 PM
at RHS, Rm. 117
Instructor: Sandy Merrill
\$65

Please note: Class will not be held on Tuesday, April 15th

NEW! STAMPED EXPRESSIONS: Personalized Cuff Bracelet Workshop

Create a one-of-a-kind, custom cuff bracelet in this hands-on workshop using allergen-free aluminum! Learn the art of metal stamping as you personalize your bracelet with a meaningful word or short phrase. Our instructor will guide you through the use of a variety of tools, including specialty fonts, hammers, rulers, inks, and bending tools, so you can bring your unique vision to life. All materials are provided, with a \$25 supply fee that covers everything you need. Join us to make a stylish, waterproof bracelet that's both personal and durable! Limited to 10 students.

5/6/2025, 1 Session
Tuesday: 6:00 PM - 8:00 PM
at RHS, Rm. TBA
Instructor: Laurie-Lynne Zlotowski
\$20

WIRE WRAPPED SEA GLASS 101

Discover the art of wire-wrapping sea glass in this beginner-friendly workshop, using allergen-free wires to create two unique pendant necklaces. For a \$20 supply fee, you'll have access to a great selection of sea glass, colorful wires, necklace cords, and the necessary tools. Learn both single and double wire-wrapping techniques, and leave with the skills to wrap any treasures you find on the beach, from shells to stones!

4/28/2025, 1 Session
Monday: 6:00 PM - 8:00 PM
at RHS, Rm. TBA
Instructor: Laurie-Lynne Zlotowski
\$30

PERFORMING ARTS

GUITAR 101

This course is designed for beginner and intermediate-level guitar students. Students will receive instruction on guitar performance, music notation/tabature reading, and specific skills and techniques required to become successful guitarists. Areas of concentration include correct posture, note/chord reading, aural skills, rhythmic patterns, chord study, musical forms, improvisation, and performing experiences.

Requirements: You must have a serviceable guitar and the ability to download and use apps. There are no discounts available for this class. This class is for adults 18 years old and older.

2/25/2025 to 4/22/2025, 8 Sessions
Tuesdays: 6:00 PM - 8:00 PM
at RHS, Rm. TBA
Instructor: Jesse Puniello
\$125

Please Note: Class will not be held on Tuesday, April 15th



(ONLINE) INSTANT GUITAR FOR HOPELESSLY BUSY PEOPLE

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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture/demonstration. For ages 13+.

5/6/2025, 1 session
Tuesday: 6:30 PM - 9:00 PM Online
Instructor: Craig Coffman
\$64

(ONLINE) INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands-on instruction and partly lecture demonstration. For ages 13+.

5/5/2025, 1 session
Monday: 6:30 PM - 9:30 PM Online
Instructor: Craig Coffman
\$64

(ONLINE) VOICE-OVERS... NOW IS YOUR TIME!

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your voice for commercials, films, audiobooks, and more. Most people go about it the wrong way. In this introductory class, you will learn: about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

4/26/2025, 1 session
Saturday: 6:30 PM - 8:30 PM
Instructor: Will Kamp of Such A Voice
\$30

PHOTOGRAPHY

35 MM DIGITAL PHOTOGRAPHY

Unlock the full potential of your digital camera with our comprehensive class. Move beyond auto mode and gain mastery over aperture, shutter speed, ISO, and more. Explore hand-holding techniques, focus mastery, and lens selection. Delve into image backup, cataloging, and basic digital editing. We'll demystify your camera's controls, provide constructive critiques, and offer hands-on practice. Bring your camera, instruction booklet, and saved JPG photos on a flash drive. No non-automatic modes? No problem, you're still welcome! A \$5.00 material fee applies directly to the instructor. Limited to fifteen (15) students. Stay updated for possible optional on-location shoots.

4/9/2025 to 4/30/2025, 3 sessions
Wednesdays: 5:30 PM - 8:30 PM
at RHS, Rm. 163
Instructor: Peter Glass
\$90

Please Note: Class will not be held on Wednesday, April 16th

TAKE GREAT PHOTOS WITH YOUR SMARTPHONE

Discover the rapid advancements in smartphone camera technology, providing SLR-level quality in a compact package. This course is designed for photography enthusiasts seeking to maximize their smartphone's potential. Emphasizing manual and shutter priority modes, participants will gain greater control and improve image quality. Topics include mastering camera controls, understanding photographic theory, installing additional camera apps, capturing stunning shots, selecting useful accessories, and refining composition skills. Through hands-on engagement and constructive feedback, students will enhance both technical proficiency and artistic expression. A comprehensive handout will be provided for ongoing reference. Ensure to bring a fully charged phone and accessories, with a \$5.00 material fee payable to the instructor. Stay tuned for updates, including the possibility of an optional on-location shoot for an additional fee.

4/29/2025 to 5/6/2025, 2 sessions
Wednesdays: 5:30 PM - 8:30 PM
at RHS, Rm. 163
Instructor: Peter Glass
\$50

REAL ESTATE

NEW! FINDING YOUR PERFECT REALTOR: Key Questions for Sellers

Choosing the right realtor when listing your home. Learn the most important interview questions to ask potential realtors so you will have the best experience and outcome with your sale. Also, you will gain an understanding of the seller's options regarding commissions.

3/4/2025, 1 Session
Tuesday: 6:30 PM – 8:00 PM
at RHS, Rm. 160
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! INSPECTION 101: What to Know Before You Buy

Things to look out for when buying a home. Avoid costly big-ticket repairs by knowing what to look for. A seasoned home inspector will provide useful tips regarding the home inspection process. Everyone will receive a coupon for dollars off their home inspection.

2/24/2025, 1 Session
Monday: 6:30 PM – 8:00 PM
at RHS, Rm. 160
Instructor: The Goff Team, BHHS NE Properties
\$20



NEW! SPRING INTO HOMEOWNERSHIP: Insider Tips for First-Time Buyers

Preparing yourself to purchase a home this spring. Get lender tips and realtor advice on becoming the strongest buyer possible and help to avoid making costly mistakes. How can you lower your rate, access first time home buyer funds and more!

3/11/2025, 1 Session
Tuesday: 6:30 PM – 8:00 PM
at RHS, Rm. 160
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! READY, SET, SELL: Essential Home Prep Tips for Top Dollar

Preparing your home for sale in today's market. What you really need to spend time and money on. Interior and exterior before and after pictures that will help you get the most for your home while spending the least amount of money.

3/19/2025, 1 Session
Wednesday: 6:30 PM – 8:00 PM
at RHS, Rm. 160
Instructor: The Goff Team, BHHS NE Properties
\$20

NEW! YOUR SALE ROADMAP: A Seller's Guide from Listing to Closing

The entire sale process. This will be an overview that takes sellers from the initial walk through all the way to the closing table. When you know what to expect the journey will be far less bumpy.

3/31/2025, 1 Session
Monday: 6:30 PM – 8:00 PM
at RHS, Rm. 160
Instructor: The Goff Team, BHHS NE Properties
\$20



CONTINUING ED TEACHING/NEW COURSE PROPOSAL

Have a great idea for a class you'd like to teach? Fill out the proposal form below!

(Teaching certification is not required for Continuing Education instructors.)

Thank you for your interest in Vernon Adult & Continuing Education. We offer two sessions per year (Spring and Fall). Class selections are made in April/May for the Fall Catalog and in October/November for the Spring Catalog. For more information about 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)

Number 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 - 8:00 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 2025 SCHOOL YEAR.
CLASSES WILL START THE WEEK OF MARCH 10, 2025.

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 WILL BEGIN THE WEEK OF
MARCH 10, 2025 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 ENRICHMENT CLASSES AT ROCKVILLE HIGH SCHOOL

You must enter Rockville High School through either the main doors facing Loveland Hill Road or the back doors on the A.S.T.E. (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 result in a very long walk to either the front main entrance or the rear entrance. These are the only two entrances you may use.

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

Traveling East: Leave Interstate 84 at exits 64-65 and bear left as the ramp divides. When the ramp divides again, bear right to the stoplight, where you will be on Route 83 North. Continue to the 10th stoplight on Route 83 and 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 first 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 and turn right at the end of the exit ramp. Proceed to the stop sign and turn left onto Bolton Road. Continue straight through the stoplight and follow Center Road to the end. Turn left onto Regan Road, and at the first stoplight, turn right onto Route 83 North. At the next 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 first stop sign and turn 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 and turn left at the end of the exit ramp. At the stop sign (blinking light), turn left onto Bolton Road. At the first set of lights, turn 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 and turn right at the end of the exit ramp. Proceed to the stop sign and turn left onto Bolton Road. At the first set of lights, turn right onto Route 30 (Hartford Turnpike). Travel approximately one-half mile, and Vernon Center Middle School will be on the left.



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)



Residential Customer



Find us on 

facebook.com/VernonAdultContinuingEd

New Courses This Semester

- **EXCEL BASICS: Learn the Essentials**
- **MASTERING ZOOM: Essential Skills for Effective Virtual Collaboration**
- **CAKE DECORATING WITH ROSES: A Two-Session Floral Masterpiece**
- **CHAKRA ENERGY: What's It All About?**
- **THE SAVVY INVESTOR**
- **STAMPED EXPRESSIONS: Personalized Cuff Bracelet Workshop**
- **FINDING YOUR PERFECT REALTOR: Key Questions for Sellers**
- **INSPECTION 101: What to Know Before You Buy**
- **SPRING INTO HOMEOWNERSHIP: Insider Tips for First-Time Buyers**
- **READY, SET, SELL: Essential Home Prep Tips for Top Dollar**
- **YOUR SALE ROADMAP: A Seller's Guide from Listing to Closing**

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Once you register online, you'll receive an immediate Order Confirmation email from info@vrabe.com. If you don't see it in your inbox, please check your spam folder. Be sure to move it to your inbox and allow future emails from info@vrabe.com to ensure you receive important class updates, such as Zoom links and material lists.