

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Spring 2026

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 22, 2026

Classes begin February 23, 2026

(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

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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.

Page 5

ART CLASSES

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



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 Introduction to Excel, now offered in person at RHS. Master the essentials of Facebook, Instagram, Canva, and Shopify with our online courses! New! Level Up with AI



Page 7

DANCE

Line Dancing is back! This season, we're offering two exciting 8-week line dancing classes for individuals held at VCMS. Whether you're a beginner or looking to perfect your moves, there's something for everyone!



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. 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 10

FABRIC ARTS

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



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FINANCIAL PLANNING

Take charge of your financial future with our expert-led courses. Learn to create a powerful strategy for creating passive income with Dividend Investing. 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.



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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.



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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! New! Reimagine Your Images



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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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REFUND/CREDIT POLICY

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.

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.

FALL 2025 COURSE REGISTRATION & INFORMATION GUIDE

Registration Begins: January 22, 2026

Fall Session Begins: February 23, 2026

No in-person classes will be held during Spring Recess, April 13, 14, 15, 2026 and May 25, 2026

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 22, 2026. 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 22, 2026.



ART

NEW! MIXED MEDIA

Explore Mixed Media! This course introduces the application of various mediums including drawing, abstract art, and fabric forming. The range of mediums include and are not limited to acrylics, paint markers, spray paint, pastels, encaustic paint, paper, artificial flowers, vines fabric and more. Students will apply mixed media to various substrates to bring their art to life. The course will instruct application and technique for various levels of skill.

2/23/2026 to 5/4/26, 10 sessions
Monday: 6:00 PM – 8:00 PM
At RHS, Rm 118
Instructor: Rene Rodriguez
\$100

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 \$45 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!

2/25/2026 to 5/6/2026, 10 sessions
Wednesdays: 5:00 PM - 8:00 PM
at RHS, Rm. 116
Instructor: Katie Sabal
\$205



NEW! THINKING OUTSIDE OF THE BOX/ FOUND ART

In this class, participants will be coached and encouraged to “think out of the box” through art. We will discuss and demonstrate ways people can use their imagination and creative juices in the various areas of design, such as, nature art and recycled art using a variety of items such as moss, flowers—both fresh and dried, pebbles, stones shells of all sizes, twigs leaves, seeds and pits, tooth picks and popsicle sticks, foil solid—anything you can think of, including old shoe boxes, cardboard of all sizes, shapes and colors. There will be some items available for you to use, but feel free to bring your own recyclables, art from your yard or other items.

3/9/2026, 1 session
Monday: 6:00 PM - 8:00 PM
At RHS, Rm 128
Instructor: Rima Riedel
\$35

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.

2/23/2026 to 4/20/2026, 8 sessions
Mondays: 6:00 - PM - 8:00 PM
at RHS, Rm. 117
Instructor: Maaida Sheriff
\$85

2/25/2026 to 4/22/2026, 8 sessions
Wednesdays: 6:00 PM to 8:00 PM
at RHS, Rm. 117
Instructor: Maaida Sheriff
\$85

BOOKS, STORIES & WRITING

(ONLINE) CREATIVE WRITING 101

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.

3/4/2026 to 5/20/2026, 10 sessions
Wednesday: 6:00 PM – 8:15 PM
Instructor: Rima Riedel
*No class on 4/15/2026 and 4/22/2026

WORKPLACE COMMUNICATION & DIGITAL PROFESSIONAL SKILLS

Explore a practical, hands-on course designed for adults looking to strengthen their communication and digital skills for today's professional workplace. In this course, you'll learn how to write clear, professional emails, participate confidently in virtual and in-person meetings, and apply best practices for workplace etiquette. You'll also work with essential tools in Google Workspace, including shared documents, shared drives, and introductory file-organization techniques. A comparison of features with Microsoft Office will be held.

Throughout the course, you'll practice using simple task-tracking templates, managing deadlines with basic project-tracking methods, and communicating effectively across email, chat, and shared digital environments. Through guided instruction, real-world activities, and structured peer review, you'll build practical skills that support success in administrative, customer-facing, and office-based roles. This course is ideal for adults entering or re-entering the workforce, career changers, or anyone seeking to improve their workplace readiness and digital professionalism. **Please note: Personal laptop is required.**

3/4/2026 to 4/1/2026, 5 sessions
Wednesday: 6:00 PM – 8:00 PM
At RHS, Rm 135
Instructor: Jessica Ivancso
\$75

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'.

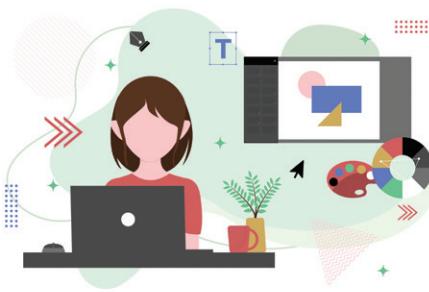
2/26/2026 to 3/19/2026, 4 sessions
Thursdays: 7:45 PM – 9:00 PM (Online)
Instructor: Shaneika Burchell-Kerr
\$65



(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.

2/24/2026 to 3/17/2026, 4 sessions
Tuesday: 7:45 PM – 9:00 PM (Online)
Instructor: Shaneika Burchell-Kerr
\$65



(ONLINE) HOW TO USE CANVA LIKE A PRO

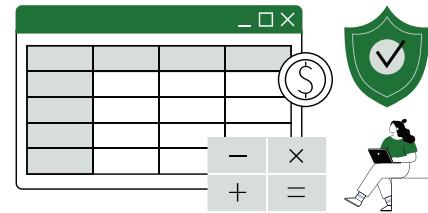
Learn how to design digital content for both personal and business purposes in this course using Canva. Get hands-on experience creating social media posts, flyers, signs, posters, menus, and apparel designs. Perfect for beginners, this course is ideal for anyone looking to enhance their digital design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

2/24/2026 to 3/17/2026, 4 sessions
Tuesday: 6:15 PM – 7:30 PM (Online)
Instructor: Shaneika Burchell-Kerr
\$65

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

Discover the key marketplaces for selling both physical and digital goods. Throughout this course, we'll extensively cover Shopify, Etsy, 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.

3/4/2026 to 3/25/2026, 4 sessions
Wednesday: 6:00 PM – 8:15 PM (Online)
Instructor: Shaneika Burchell-Kerr
\$65



INTRODUCTION TO EXCEL

In this class, you will learn how to:

- Create spreadsheet
- Modify spreadsheet
- Format spreadsheet
- Create basic formulas
- Create basic functions (and how to use Insert Function feature)
- Prepare spreadsheet for printing

This class is eligible for a qualifying senior/military discount

2/23/2026 to 3/30/2026, 6 sessions
Mondays: 6:00 PM – 8:00 PM
At RHS, Rm 135
Instructor: Marjorie Cox
\$80

NEW! (ONLINE) LEVEL UP WITH AI: Tools, Tactics & Time Freedom

Discover how to put artificial intelligence to work for your business instead of adding more to your plate. In this 5-week online course, you will be introduced to the basics of AI, why it matters for entrepreneurs, and how it can help you save time, cut costs, and boost your income.

Each week we will explore practical AI tools for content creation, marketing, customer service, planning, and everyday business tasks – no technical background required. By the end of the course, you will know how to use AI to streamline your workload, make smarter decisions, and start claiming back your time and freedom as a business owner.

2/25/2026 to 3/18/2026, 4 sessions
Wednesday: 7:00 PM – 8:15 PM (ONLINE)
Instructor: Shaneika Burchell-Kerr
\$65

CRAFT/DIY

BATH SOAKS WITH ESSENTIAL OILS

Choose your ingredients from the beauty bar. Many different options and combinations will be discussed. Essential oils, botanicals and other add-ins to create aromatic bath soaks for feet and body. Beautiful containers will be decorated with ribbon and labels as well. This class will have you making beautiful gifts in the future! Leave with two different bath soaks. \$20 supply fee to instructor night of class.

3/2/2026, 1 session
Monday: 6:00 PM – 8:00 PM
At RHS, Rm 128
Instructor: Laurie-Lynne Zlotowski
\$30

TRIPLE WICK SOY CANDLE DOUGH BOWL!

All levels welcome but if you have taken soy candle making 101 you will really love this. This is a large wood bowl candle that can be reused. These make great table centerpieces! Many colors and scents to choose from as well as decorative botanicals to add. Supply fee is \$30 to instructor night of class.

4/7/2026, 1 session
Tuesday: 5:45 PM – 8:00 PM
At RHS, Rm 118
Instructor: Laurie-Lynne Zlotowski
\$30

NEW! BEGINNER CRICUT WORKSHOP (EXPLORE AIR 2)

This hands-on workshop is perfect for anyone curious about the Cricut Explore Air 2 and wanting to learn the basics, or are interested in buying their own. Session 1 Introduces you to the machine and Cricut Design Space – how it works, how to create simple designs, and what tools and materials you can use. Session 2 guides you through cutting and assembling a small project so you can practice your new skills with support. No experience needed, you will purchase your own vinyl/paper.

3/31/2026 to 4/7/2026, 2 sessions
Tuesday: 6:00 PM – 8:00 PM
At RHS, Rm 159
Instructor: Allison Zerio
\$25

4/21/2026 to 4/28/2026, 2 sessions
Tuesday: 6:00 PM – 8:00 PM
At RHS, Rm 159
Instructor Allison Zerio
\$25

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.

2/23/2026 to 4/20/2026, 8 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 April 13, 2026.



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 enjoyable 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, Coaster Step, Rock/Recover and Rumba Box.

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 or floor-marking shoes are permitted, and for safety reasons, open-back shoes or sandals are not allowed. 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 start your dance journey with us! This class is eligible for a military or senior discount.

2/23/2026 to 4/20/2026, 8 sessions
Mondays: 6:45 PM – 8:15 PM
at VCMS, Cafeteria
Instructors: Sarah Preston Britto,
Amanda DeLisle
\$80

ENRICHMENT & PERSONAL DEVELOPMENT

ANIMAL REIKI

This class is intended for anyone who is interested in learning Reiki for animals. In this class you will learn about the history of Reiki, receive your attunement and learn some basic principles for working with animals. Animals are highly intuitive and sensitive to the energies of their surroundings. Reiki is a healing energy that can be used alone or as a complement to other healing practices, balancing the energy patterns and strengthening the animal's natural healing systems. When this is accomplished the animal's body, mind and spirit is at optimal performance and can heal itself.

2/25/2026 to 3/25/2026, 5 sessions
Wednesdays: 6:00 PM – 8:00 PM
At RHS, Rm 128
\$58

NEW! ASTROLOGY FOR BEGINNERS

In this course, you will learn the basics of astrology by looking at your own birth chart as well as the charts of famous or historical figures. Starting with the essential building blocks of astrology (signs, planets, houses, and aspects) you will learn many essential techniques, such as:

- How to locate your chart ruler
- How to use your birth chart to gain insight into the many different areas of your life
- How to read a transit chart to understand how the current placements of the planets are in dialogue with your birth chart
- and many other topics, such as relationship astrology (synastry), lunar planning, eclipses, or solar returns (birthday charts), as time and class interest allow!

3/3/2026 to 4/28/2026, 8 sessions
Tuesday: 7:00 PM – 8:00 PM
At RHS, Rm 165
Instructor: Michelle Householder
\$45

BOATING, PWC & HOW TO OBTAIN YOUR BOATING LICENSE

Boat America offers a comprehensive boating safety course aimed at obtaining a CT boating certificate. Taught by certified U.S. Coast Guard Auxiliary instructors, the course equips participants with essential knowledge for safe boating. Upon completion and acquisition of the state certificate, attendees gain the ability to operate Personal Water Crafts (PWCs) and boats up to 65 feet. Additionally, some insurance providers extend discounts to graduates of this course. Senior citizens and first responders are eligible for a \$10 discount on registration; however, to avail of this offer, registration must be completed via phone.

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

3/11/2026 to 4/8/2026, 5 sessions
Wednesdays: 6:15 PM - 8:30 PM
at RHS, Rm. 164
Instructors: Wayne Mulligan, David Marriott, Eileen Christensen, Neil Shilansky
\$50

DEVELOPING YOUR INTUITION - LEVEL 1

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.

4/1/2026 to 5/6/2026, 5 sessions
Wednesdays: 6:00 PM - 8:00 PM
at RHS, Rm. 128
Instructors: Lisa Huppert, Rev. Heather DeLusso
\$80

GOLF FOR MEN 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.

3/23/2026 to 4/20/2026, 5 Sessions
Mondays: 10:30 AM – 11:45 AM

3/25/2026 to 4/22/2026, 5 Sessions
Wednesdays: 10:30 AM – 11:45 AM

3/27/2026 to 4/24/2026, 5 Sessions
Fridays: 10:30 AM – 11:45 AM

5/4/2026 to 6/1/2026, 5 Sessions
Mondays: 12:00 PM – 1:15 PM

5/6/2026 to 6/3/2026, 5 Sessions
Wednesdays: 9:00 AM – 10:15 AM

5/8/2026 to 6/5/2026, 5 Sessions
Fridays: 9:00 AM – 10:15 AM

Instructor: Lyman Orchards Golf Staff
\$170

Please note: Classes are held at Lyman Orchards Golf Center, 700 Main Street, Middlefield, CT 06455

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!

3/23/2026 to 4/20/2026, 5 sessions
Mondays: 10:00 AM – 11:15 AM

3/23/2026 to 4/20/2026, 5 sessions
Mondays: 5:15 PM – 6:30 PM

3/24/2026 to 4/21/2026, 5 sessions
Tuesdays: 10:00 AM – 11:15 AM

3/24/2026 to 4/21/2026, 5 sessions
Tuesdays: 5:15 PM – 6:30 PM

3/25/2026 to 4/22/2026, 5 sessions
Wednesdays: 10:00 AM – 11:15 AM

3/25/2026 to 4/22/2026, 5 sessions
Wednesdays: 5:15 PM – 6:30 PM

3/26/2026 to 4/23/2026, 5 sessions
Thursdays: 10:00 AM – 11:15 AM

3/26/2026 to 4/23/2026, 5 sessions
Thursdays: 5:15 PM – 6:30 PM

3/27/2026 to 4/24/2026, 5 sessions
Fridays: 10:00 AM – 11:15 AM

3/27/2026 to 4/24/2026, 5 sessions
Fridays: 5:15 PM – 6:30 PM

5/4/2026 to 6/1/2026, 5 sessions
Mondays: 12:00 PM – 1:15 PM

5/4/2026 to 6/1/2026, 5 sessions
Mondays: 6:30 PM – 7:45 PM

5/5/2026 to 6/2/2026, 5 sessions
Tuesdays: 11:30 PM – 12:45 PM

5/5/2026 to 6/2/2026, 5 sessions
Tuesdays: 6:30 PM – 7:45 PM

5/6/2026 to 6/3/2026, 5 sessions
Wednesdays: 11:30 PM – 12:45 PM

5/6/2026 to 6/3/2026, 5 sessions
Wednesdays: 6:30 PM – 7:45 PM

5/7/2026 to 6/4/2026, 5 sessions
Thursdays: 11:30 PM – 12:45 PM

5/7/2026 to 6/4/2026, 5 sessions
Thursdays: 6:30 PM – 7:45 PM

5/8/2026 to 6/5/2026, 5 sessions
Fridays: 11:30 PM – 12:45 PM

5/8/2026 to 6/5/2026, 5 sessions
Fridays: 6:30 PM – 7:45 PM

Instructor: Lyman Orchards Golf Staff
\$170

Please note: Classes are held at Lyman Orchards Golf Center, 700 Main Street, Middlefield, CT 06455

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.

2/23/2026 to 5/4/2026, 10 sessions
Mondays: 6:00 PM – 7:00 PM
at RHS, Large Cafeteria
Instructor: Marlene Navarro Michaud
\$90

2/24/2026 to 5/5/2026, 10 sessions
Tuesdays: 6:30 PM – 7:30 PM,
at RHS Wrestling Room
Instructor: Marlene Navarro Michaud
\$90

(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. Zoom Link will be sent 30 minutes prior to each class.

2/26/2026 to 4/9/2026, 7 sessions
Thursdays: 6:00 PM – 7:00 PM Online
Instructor: Marlene Navarro Michaud
\$70

EXERCISE & PHYSICAL FITNESS

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.

2/23/2026 to 4/20/2026, 8 sessions
Mondays: 7:00 PM – 8:00 PM
at RHS, Large Cafeteria
Instructor: Marlene Navarro Michaud
\$70

2/24/2026 to 4/21/2026, 8 sessions
Tuesdays: 5:30 PM – 6:30 PM
At RHS, Wrestling Room
Instructor: Marlene Navarro Michaud
\$70

ZUMBA AND Z-TONE

Zumba & Z-Tone 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.

2/25/2026 to 4/8/2026, 7 sessions

Wednesdays: 6:00 PM – 7:00 PM

At RHS Wrestling Room

Instructor: Marlene Navarro Michaud

\$70

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!

2/24/2026 to 5/5/2026, 10 sessions

Tuesdays: 6:00 PM - 8:00 PM

at RHS, Rm. 129

Instructor: Jennifer Stanley

\$100



(ONLINE) SPANISH II

The prerequisite for this class is the completion of Spanish I OR you are comfortable counting, using color words, introducing yourself, and are somewhat familiar with 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 interactions. Students will continue to practice the three modes of communication according to ACTFL standards: interpretive (listening), interpersonal (conversational), and presentational (writing & speaking about a particular topic). Students will continue to learn about the many cultures of Spain and Latin America.

3/2/2026 to 4/27/2026, 8 sessions

Mondays: 6:00 PM - 7:00 PM Online

Instructor: Nora Mijares Alpers-Leon

\$85

FABRIC ARTS

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.

2/24/2026 to 4/21/2026, 8 Sessions

Tuesdays: 5:45 PM – 8:15 PM

at RHS, Rm. 135

Instructor: Michelle Veilleux

\$70

CREATIVE CROCHET 101 WORKSHOP

In this crochet workshop, students will have a brief review of the crochet 101 basic skills learned in the classroom. A crochet project pattern will be handed-out on the first night of workshop class to each student and will be discussed in class. The crochet project pattern will present with a fall theme and will be started as a group project on the 2nd

week of the workshop.

One-on-one help will be offered for questions relating to Crochet 101 & 102 students. Crocheters will be taught a few specialty stitch patterns by making swatches and learn inspiring ways to create unique crochet edgings. Personal projects shared in class or if help is needed are welcomed.

2/25/2026 to 4/1/2026, 6 sessions

Wednesdays: 6:00 PM - 8:00 PM

at RHS, Conference Room 2

Instructor: Diane Snarski

\$75

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.

2/24/2026 to 4/28/2026, 9 sessions

Tuesdays: 6:00 PM - 8:00 PM

at RHS, Conference Room 2

Instructor: Diane Snarski

\$85

#VRABE

DREAM. BELIEVE. ACHIEVE.

Ready for What's Next?

- Earn your GED or diploma
- Build job skills
- Improve your English
- Prep for college/training
- Train for a CNA career
- Prepare for U.S. citizenship
- Enjoy enrichment classes

We've got you.
Your goals.
Your future.
Let's go!

VRABE

Regional Adult Based Education

Free adult education services for:

Ashford	Griswold
Bolton	Mansfield
Colchester	South Windsor
Coventry	Tolland
East Windsor	Vernon
Ellington	Wethersfield
Glastonbury	Willington

860.870.6060
vrabe.com

#VRABE

Our Programs

Adult Basic Education

ABE: Build math and literacy skills with one-on-one support to prep for the GED®. From basic to pre-GED readiness, we've got you!

General Education

Development

GED: Get ready to ace the GED® test with in-person or virtual classes covering literacy, math, science, and social studies. Earn your Connecticut State High School Diploma.

Credit Diploma Program

CDP: Complete your high school diploma with flexible in-person or online classes. Meet Connecticut's graduation requirements while earning credits for work experience. Workforce preparation and college-transition courses included!

National External Diploma Program

NEDP: A self-paced, flexible option for independent learners. Demonstrate your skills with an assessor and earn a high school diploma in 6-12 months, accepted by colleges, employers, and training programs.

English as a Second Language

Improve your English language skills in speaking, reading and writing through engaging classes. Small class sizes and multiple levels available. Morning, afternoon, and evening options.

Family Learning

Have children under 5 years old? Free childcare available while you earn your GED® or improve your English. Gain tools to support your child's education and future success, all at no cost!

Citizenship Classes

Ready to become a US citizen? Our classes guide you through the process, preparing you to pass the citizenship test. Start your journey with us.

Certified Nursing Assistant

Bridge into the healthcare field with online learning and hands-on clinical experience. Start your path toward becoming a certified nursing assistant.

Customer Service & Sales

Gain real-world skills and earn nationally recognized certification in customer service and sales. Great for retail, hospitality, and more!

ESL Workforce Preparation

Build your resume, practice interviewing, search for jobs, and sharpen your workplace English—designed for English language learners.

ServSafe Food Handler Certification

Free training and certification for the food service industry. Learn safe food handling while exploring career options in hospitality and food service.

Transition to College Writing

Build confidence in your writing! Practice college-level skills and prepare for success in credit-bearing classes or training programs.

Adult Enrichment Classes

Explore something new! Our adult enrichment classes offer fun, skill-building opportunities from cooking and fitness to art and more.

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Find us on social media

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UNLOCK YOUR POTENTIAL



VRABE REGIONAL ADULT BASED EDUCATION

FREE PROGRAMS - PAGES 11-16

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

BOLTON

COLCHESTER

COVENTRY

EAST WINDSOR

ELLINGTON

GLASTONBURY

GRISWOLD

MANSFIELD

SOUTH WINDSOR

TOLLAND

VERNON

WETHERSFIELD

WILLINGTON

**FALL 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 26 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

Volunteer with VRABE!

Passionate about learning and teaching?
Help adult education teachers!
Morning, afternoon, evening, in-person,
and virtual options available!

Email Cortney.Gerlach@vernonct.org

*Background screening required.



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 16
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.”

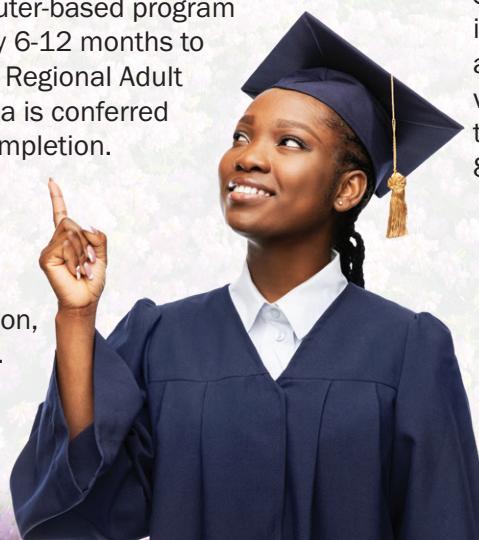
HIGH SCHOOL CREDIT DIPLOMA (CDP)

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
START DATE FOR CLASSES IS
MARCH 2, 2026**

(SEE PAGE 26 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: What I Wish I Learned High School

Investing wasn't taught in my high school. The little I learned in college wasn't very practical. The financial advisor I trusted lost nearly all my money. That experience taught me that no one cares about your financial future as much as you do. In this class you'll learn the basics of investing including:

- Introduction to stocks
- Mutual Funds and ETFs (Exchange Traded Funds)
- Diversifying with Bonds, Gold, Silver, and Crypto
- How to use Morningstar to research stocks and funds
- How to buy a stock (brokers, order types, and placing a trade)

Pre-requisites: No prior investing experience required.

2/24/2026 to 3/17/2026, 4 Sessions

Tuesdays: 6:30 PM – 8:30 PM Online

Class Size: 10 Students

Instructor: Brian Flynn

\$50

NEW! (ONLINE) INVESTING: How to Buy Stock Insurance

Warren Buffett's first rule of investing is "Don't lose money." The second rule is "Don't forget Rule No. 1." Many investors focus on how much money they can make and pay little attention to how much they can lose. We purchase insurance on our house, car, health and phones, but few buy insurance on their stocks. That's what this class is all about – using options to protect your stocks. In this class you'll learn:

- What stock options are and how they work
- How to read an option chain
- A powerful option strategy to protect stocks
- How to limit a stock's downside risk, while maintaining unlimited upside potential

Pre-requisites: Active in the buying and selling of stocks and have current holdings.

3/24/2026 to 4/21/2026, 4 Sessions

Tuesdays: 6:30 PM - 8:30 PM Online

Class Size: 10 Students

Instructor: Brian Flynn

\$50

(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:

3/16/2026, Monday, 6:30 PM – 8:00 PM
Online, Instructors: Albert D'Agosto, Charles Yannich, \$20

4/7/2026, Tuesday, 6:30 PM – 8:00 PM
Online, Instructors: Albert D'Agosto, Charles Yannich, \$20

5/13/2026, Wednesday, 6:30 PM - 8:00 PM
Online, Instructors: Albert D'Agosto, Charles Yannich, \$20

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.

2/25/2026, 1 session
Wednesday: 6:00 PM - 7:30 PM
at RHS, Rm. 160
Instructor: Sam Moser
\$20

WHAT IS A TRUST: Do I need One?

What is a trust, and how can it benefit you? In this program, Attorney Brendan Daly will explain how the different trusts work and clarify when using a trust may, or may not, be appropriate. He 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 trust 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. Following the class, every participant will receive an informational booklet about trust crafted by our estate planning and elder law firm.

3/30/2026, 1 session
Monday: 6:00 PM – 7:00 PM
At RHS Rm 155
Instructor: Attorney Brendan Daly
\$15

HOW ESTATE PLANNING AND ASSET PROTECTION CAN WORK TOGETHER TO SECURE YOUR NEXT EGG

Planning for the future can seem overwhelming..and maybe a bit scary. That's why so many people put it off. But an estate plan is something that every adult should have – especially because we know that life can throw a curve ball at any age. This is why it's never too early to legally document your wishes and form a game plan for protecting your financial future. In this session, Certified Elder Law Attorney Brendan Daly will discuss important estate and asset protection planning documents, such as Wills, Living Trusts, Power of Attorney and Health Care Directives. He'll also share strategies to protect your assets should an unforeseen crisis occur in your family. You'll gain an understanding of how the Medicaid rules work and the pitfalls to avoid. Brendan will explain different planning techniques that can protect your life savings from the costs of long-term care. All students will receive an easy-to-understand guidebook written by our attorneys.

3/16/2026, 1 session
Monday: 6:00 PM – 7:30 PM
At RHS, Rm 155
Instructor: Attorney Brendan Daly
\$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.

2/25/2026 to 4/8/2026, 7 sessions
Wednesdays: 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.

2/23/2026 to 4/6/2026, 7 sessions
Mondays: 6:30 PM - 8:30 PM
at RHS, ASTE Bldg. Rm. 2
Instructor: Cindy Gorsky
\$60

2/24/2026 to 4/7/2026, 7 sessions
Tuesdays: 6:30 PM – 8:30 PM
At RHS, ASTE Bldg. Rm 2
Instructor: Cindy Gorsky
\$60.00



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.

2/23/2026 to 5/11/2026, 10 sessions
Mondays: 6:30 PM – 7:45 PM
at RHS, Wrestling Rm.
Instructor: Cynthia Barlow
\$80

Please Note: Class will not be held on March 9 and April 13

NEW! (ONLINE) GUIDED MEDITATION WITH A TWIST

In this class we will start with warm up stretching, flexing and breathing exercises. Then, I will take you on a "trip" as your mind relaxes and takes you wherever you want to go. We will end with a "wake-up" exercise – all of which will leave you relaxed, refreshed and ready to take on the remainder of your day.

2/23/2026, 1 session
Monday: 6:30 PM – 7:30 PM
Instructor: Rima Riedel

NEW! GUIDED MEDITATION WITH A TWIST

4/6/2026, 1 session
Monday: 6:30 PM – 7:30 PM
At RHS, Rm 128
Instructor: Rima Riedel



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.

2/24/2026 to 3/17/2026, 4 sessions
Tuesdays: 6:00 PM – 8:00 PM
at RHS, Rm 128
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$105.00

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 II Instruction course, students will receive a class book, Level II sacred symbols and attunement, as well as Reiki II 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.

3/31/2026 to 5/5/2026, 5 sessions
Tuesdays: 6:00 PM – 8:00 PM
At RHS, Rm 128
Instructor: Lisa Huppert, Rev. Heather DeLusso
\$106

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.

4/1/2026, 1 session
Wednesday: 6:00 PM – 8:00 PM
At RHS, Rm 163
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.

4/15/2026, 1 session
Wednesday: 6:00 PM – 8:00 PM
At RHS, Rm 163
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!

3/11/2026, 1 session
Wednesday: 6:00 PM – 8:00 PM
At RHS, Rm 163
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.

4/22/2026, 1 session
Wednesday: 6:00 PM – 8:00 PM
At RHS, Rm 163
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.

3/24/2026, 1 session
Tuesday: 7:00 PM – 9:00 PM Online
Instructor: Paul O'Doherty
\$25

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!

3/3/2026 to 4/28/2026, 8 Sessions
Tuesdays: 6:00 PM - 8:00 PM
at RHS, Rm. 117
Instructor: Sandy Merrill
\$65

NEW! METAL STAMPED BRACELET CUFF

Beginner friendly. Allergen-free metal that you can wear in water. All hammers, bender bars, font sets, ink etc are provided to use during class. In this fun hands on workshop you will learn techniques, mistake prevention and so much more... Stamp a short statement, initials or patterns into your very own bracelet! A \$25 supply fee is to instructor night of class which includes use of all tools, blanks, and all materials needed to complete project.

3/25/2026, 1 Session
Wednesday: 6:00 PM - 8:00 PM
at RHS, Rm. 155
Instructor: Laurie-Lynne Zlotowski
\$30

WIRE WRAPPING 101

Wire wrapping 101. Great for all levels. Leave this workshop with the ability to wire wrap anything found on a beach! Two different techniques will be shown and you will leave with one completed wire wrapped necklace. \$20 supply fee goes to instructor night of class. Cording, allergen-free wire in many different colors to choose from, a huge selection of sea glass provided as well as use of all tools.

2/25/2026, 1 Session

Wednesday: 6:00 PM - 8:00 PM

at RHS, Rm. 155

Instructor: Laurie-Lynne Zlotowski

\$30

EARRING MAKING 101

A great selection of beads will be provided and finishing techniques will be shown. Focus will be on design, material options, tool usage and more. Surgical steel, gold plate and brass materials will be available. \$25 supply fee to instructor night of class. (Typically two gorgeous pairs of earrings are created per student).

4/22/2026, 1 Session

Wednesday: 6:00 PM to 8:00 PM

At RHS, Rm 155

Instructor: Laurie-Lynne Zlotowski

\$30

PERFORMING ARTS

INTERMEDIATE ELECTRIC GUITAR

Take your playing to the next level with this immersive 8-week Electric Guitar course, designed for guitarists ready to refine their technique, expand their musical vocabulary, and master the art of expressive, professional-level performance. Through weekly lessons, you will explore various guitarists to develop your own voice. Prerequisites: Minimum 3 years of consistent electric guitar experience or instructor approval. Familiarity with scales, chords, and reading tablature is required. Must bring a serviceable electric guitar and practice amp.

2/24/2026 - 4/21/2026, 8 Sessions

Tuesdays: 6:00 PM - 8:00 PM

at RHS, Rm. 101

Instructor: Jesse Puniello

\$125

(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+.

5/12/2026, 1 Session

Tuesday: 6:30 PM – 9:30 PM

Instructor: Chordsarekey Staff

\$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+.

5/11/2026, 1 Session

Monday: 6:30 PM – 9:30 PM

Instructor: Chordsarekey Staff

\$64

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

Discover Voice-Over: Learn how to make money voicing commercials, audiobooks, animations and more! Learn how to make money voicing commercials, audiobooks, animations and more!

2/25/2026, 1 Session

Wednesday: 6:30 PM - 8:30 PM

Instructor: Such a Voice Staff

\$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.

5/5/2026 to 5/26/2026, 4 Sessions

Tuesdays: 5:30 PM - 8:30 PM

at RHS, Rm. 163

Instructor: Peter Glass

\$90

NEW! REIMAGINE YOUR IMAGES: The Art of Photo Editing using ACR

Photoshop, made by Adobe, is probably the most well-known and, arguably, the best digital imaging program on the market today. However, accompanying Photoshop is another very powerful program called Adobe Camera Raw (ACR). It originally was designed for processing RAW images (most SLR cameras save an image either in the JPG or RAW format – 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.

What most people don't realize is that editing is almost mandatory for making a

picture look the same as what the naked eye originally saw. Therefore, all images can benefit from at least some editing. At the very least, dark areas should be lightened and light areas darkened, colors should be improved, sharpness and contrast should be added, and distracting elements removed.

Further, editing can be used to transform photographs into something entirely different and unique. That's usually my goal. I create images in ACR that I think are a vast improvement over what my camera captures (you can view some of my edited pictures at www.peterglass.com/portfolio).

A very complete handout will be distributed in class. It contains lots of information and will greatly simplify the process of understanding what's being taught. In addition, the handout will allow you to spend less time taking notes and more time listening and participating in class. You'll also find it quite useful for review after you get home.

The current version of Photoshop (which includes ACR) is available through Adobe on a subscription basis only. The cost is about \$15 - \$20 per month, which is very reasonable since Adobe upgrades and fixes issues without you needing to do so. (Please note that owning Photoshop is not a requirement for taking this seminar.) And even if you'd prefer using another editing program instead of ACR, you'll find that what you've learned in this class will most likely apply to that program as well. By the way, ACR is the program I use for almost 90% of my digital editing.

4/20/2026 to 4/27/2026, 2 Sessions
Mondays: 5:30 PM - 8:30 PM
at RHS, Rm. 163
Instructor: Peter Glass
\$50

TAKE GREAT PHOTOS WITH YOUR SMARTPHONE (for both iPhones and Androids)

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.

5/20/2026 to 5/27/2026, 2 sessions
Wednesdays: 5:30 PM - 8:30 PM
at RHS, Rm. 163
Instructor: Peter Glass
\$50

REAL ESTATE

THE SPRING MARKET ADVANTAGE: When Timing Meets Opportunity

Audience: Homeowners thinking about selling in the next 6-12 months

Spring is often the most active season for real estate—but the key to success is timing and preparation. In this class, we'll explore what drives the spring market, how to position your home for top-dollar offers, and which improvements can yield the biggest returns. You'll walk away with a personalized Home Prep Timeline and insights into what today's buyers are really looking for.

3/9/2026, 1 session
Monday: 6:30 PM – 8:00 PM
Instructor: The Goff Team, BHHS NE Properties
At RHS, Rm 160
\$20

BUY SMART: Navigating Today's Market with Confidence

Audience: First-time and move-up buyers

Buying a home can be both exciting and overwhelming—especially in a competitive market. This class breaks down everything from financing options and negotiation strategies to what to expect during inspections and appraisals. Learn how to avoid common pitfalls and make your offer stand out. You'll leave feeling empowered and ready to take the next step toward homeownership.

3/24/2026, 1 session
Tuesday: 6:30 PM – 8:00 PM
At RHS, Rm 160
Instructor: The Goff Team, BHHS NE Properties
\$20

RENOVATE OR RELOCATE? DECIDING WHAT'S RIGHT FOR YOU

Audience: Homeowners considering selling, downsizing, or updating

Should you remodel that kitchen or put your home on the market as-is? This interactive session helps you weigh your options with real data on renovation ROI, buyer preferences, and local market trends. We'll explore case studies and cost comparisons so you can make an informed—and financially smart—decision about your next move.

4/7/2026, 1 session
Tuesday: 6:30 PM – 8:00 PM
At RHS, Rm 160
Instructor: The Goff Team, BHHS NE Properties
\$20

DOWNSIZING WITH DIGNITY: Making Your Next Chapter Your Best Yet

Audience: Empty nesters and retirees

For many, the thought of downsizing can feel emotional and overwhelming. This class offers compassionate, practical guidance on everything from sorting possessions and choosing the right home to understanding today's market values. You'll also learn about timing, tax considerations, and community resources that can make your transition smooth and rewarding.

4/20/2026, 1 session
Monday: 6:30 PM – 8:00 PM
At RHS, Rm 160
Instructor: The Goff Team, BHHS NE Properties
\$20





**NEW!
BUS TRIP**

THE ORCHID SHOW AT THE NEW YORK BOTANICAL GARDEN!

The Bronx, New York

Welcome in the spring with a visit to the New York Botanical Garden for The Orchid Show, held in the famed Enid A. Haupt Conservatory that is modeled after London's Crystal Palace. Orchids have a magical beauty and come in many different shapes, sizes, textures, scents and gorgeous colors. You will be surrounded by this exotic display of orchids that dazzles the senses! This is also the special time of year when the Magnolias are blossoming in profusion. Jump aboard the tram and ride through the magnolia collection for a wonderful treat! Other highlights include the Perennial & Rock Gardens that will be in bloom, and the Azaleas. Hungry? Be sure to stop by the Garden Café or the new Pine Tree Café for a bite to eat (on your own), and don't miss a visit to the beautiful Museum Shop. Next, we will head to Arthur Avenue, with time for shopping at the Italian Markets. or to grab a bite to eat!

Trip includes: deluxe motor coach, tour guide, and an All-Garden Pass admission (includes access to the Garden's grounds, the hop-on hop-off Tram Tour to explore all the gardens, entry into the Conservatory, entry to the Mertz Library and more).

Saturday, April 18, 2026

Departs: Vernon commuter lot at exit 65

7:00am - 7:30pm

Trip Fee: \$155

Additional Notes

TRIP REFUND INFORMATION

DAY TRIPS ARE NON-REFUNDABLE, BUT MAY BE TRANSFERRED TO ANOTHER PERSON.

TRIP IS RAIN OR SHINE

Please note: Check online at www.vrabe.com for additional trips that may be scheduled.



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This course will provide you with comprehensive knowledge of the American judicial system. But, more importantly, it also teaches you practical skills including how to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law, and assist in preparing cases for courtroom litigation.

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These advanced topics build upon the nationally acclaimed Paralegal Certificate Course©. When you successfully complete at least six of the sixteen advanced topics you'll be awarded a Certificate of Completion. You will also earn a digital badge not only for completing the Advanced Course, but for every topic completed.

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- Real Property Law
- Victim Advocacy
- Water Law



IN PARTNERSHIP WITH:

CT COMMUNITY COLLEGE,
MANCHESTER & ELLINGTON
AMBULANCE CORPS.

VRABE CNA PROGRAM

***MUST BE AN ENROLLED VRABE STUDENT**



SCHEDULE OF CLASSES:
TUESDAY & THURSDAY EVENINGS

FIRST SEMESTER:

- **SEPTEMBER 2025 - JANUARY 2026.**
ONLINE THROUGH ZOOM- 5:30-8:30 P.M.

SECOND SEMESTER:

- **JANUARY 2026 - MAY 2026.**
- **TUESDAYS & THURSDAYS IN-PERSON AT
CT STATE COMMUNITY COLLEGE,
MANCHESTER FROM 5:30-8:30 P.M.**



**ARE YOU INTERESTED IN WORKING
IN THE HEALTH CARE FIELD?**



TO REGISTER:
COMPLETE THIS ONLINE REGISTRATION FORM

MUST HAVE:

- **SMARTPHONE, COMPUTER, TABLET, OR
CHROMEBOOK (AVAILABLE FOR LOAN)**
- **RELIABLE INTERNET CONNECTION**
- **STUDENTS MUST BE ABLE TO WORK AND
STUDY IN THE UNITED STATES**
- **STUDENTS MUST BE FULLY VACCINATED
AGAINST COVID-19**

***MUST BE AN ENROLLED VRABE STUDENT**



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: _____

Emergency Contact Name: _____

Emergency Contact Phone: _____ Relationship: _____

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 2, 2026.

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 Lila Call Matson or email: lila.callmatson@vernonct.org.

English as a Second Language (ESL)

ESL CLASSES WILL BEGIN THE WEEK OF MARCH 2, 2026 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 lila.callmatson@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 lila.callmatson@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 Courtney Gerlach, Regional ESL Coordinator, VRABE Regional Adult Based Education. Email courtney.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: _____

EMERGENCY CONTACT NAME _____ RELATIONSHIP _____ PHONE _____

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!

To ensure the class runs smoothly, please register early.
If there aren't enough registrations by the week before the class starts, it may
be canceled. Avoid disappointment by signing up ahead of time!



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REGIONAL ADULT BASED EDUCATION

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New Courses This Semester

- **BUS TRIP: THE ORCHID SHOW AT THE NEW YORK BOTANICAL GARDEN!**
- **GUIDED MEDITATION WITH A TWIST**
- **INVESTING: HOW TO BUY STOCK INSURANCE**
- **INVESTING: WHAT I WISH I LEARNED IN HIGH SCHOOL**
- **LEVEL UP WITH AI**
- **METAL STAMPED CUFF BRACELET**
- **MIXED MEDIA**
- **REIMAGINE YOUR IMAGES**
- **THINKING OUTSIDE OF THE BOX / FOUND ART**

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