

REGISTRATION FORM

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

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

1. LOCATION COURSE DAY TIME

2. LOCATION COURSE DAY TIME

3. LOCATION COURSE DAY TIME

4. LOCATION COURSE DAY TIME

NAME _____

ADDRESS _____

CITY STATE ZIP CODE

TELEPHONE: HOME WORK CELL

EMAIL ADDRESS _____

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

I AM MILITARY RETIRED RESERVES ACTIVE

PLEASE CHECK YOUR METHOD OF PAYMENT: CASH CHECK MONEY ORDER

* MASTERCARD NUMBER _____

* VISA CARD NUMBER _____

* EXPIRATION DATE _____

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

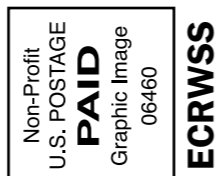
* SIGNATURE _____

* REQUIRED FOR MAIL-IN CREDIT CARD REGISTRATION

**ONLINE REGISTRATION
BEGINS 1/28/2021 AT 8AM**

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.
NO OTHER REFUND REQUESTS WILL BE HONORED



ECRWSS

Residential Customer



**VRABE REGIONAL ADULT BASED
AND CONTINUING EDUCATION**

SPRING 2021

The Adult Enrichment
Courses listed
on our website are
open for enrollment
to all adults in all
towns

REGISTER EARLY!

Due to COVID-19, all classes for
Spring 2021 will be online.
Registration begins on January
28, 2021. To register for classes
visit www.vrabe.com or fill out the
registration form and mail it to
Rockville High School, 70 Loveland
Hill Road, Vernon, CT 06066.



**REGISTRATION BEGINS
January 28, 2021**

See Registration Information
on our website www.vrabe.com
Or call 860-870-6060 for more information
REGISTER EARLY TO ENSURE A SPOT!

GENERAL INFORMATION

VRABE REGIONAL ADULT BASED AND CONTINUING EDUCATION

Dr. Joseph Macary, Superintendent of Schools

Mr. Robert Testa, Assistant Superintendent of Schools

Mr. Andrew K. Rockett, Director of VRABE Regional Adult Based Education

Ms. Sherry Yaruszewicz, Continuing Education Program Facilitator

REGISTRATION BEGINS ON Thursday, January 28, 2021

REGISTER ONLINE AT www.vrabe.com

OR BY TELEPHONE AT 860-870-6060

VERNON CONTINUING EDUCATION OFFICE

ROCKVILLE HIGH SCHOOL 70 LOVELAND HILL ROAD

VERNON, CT 06066 860-870-6060

**CLASSES ARE HELD ONLINE AND ARE OPEN TO
RESIDENTS OF ALL CITIES AND TOWNS.**

All classes will be held online. All participants need an email and a device with a camera to connect to the classes.

1. REGISTRATION FEES are payable at the time of registration. Payment can be made by check, cash, money order, MasterCard or Visa. In some classes, this does not include the cost of books, materials or lab fees. See course description for details. THERE WILL BE A \$20 FEE CHARGED FOR CHECKS RETURNED TO OUR OFFICE DUE TO INSUFFICIENT FUNDS.

2. REGISTRATION BEGINS ON THURSDAY, JANUARY 28, 2021. You may register online at www.vrabe.com or by telephone at 860-870-6060.

3. SENIOR CITIZENS (62 years of age), Military (including active, reserves or retired) and handicapped persons will receive a 25% discount on one course each semester costing \$29 or more. Courses with fees less than \$29 are not subject to any discounts. No discount is given on any limited enrollment course, any new course, or on any academic course. Other courses not subject to a discount are so noted in the catalog.

4. LAB FEES: All Lab and Material Fees are due at the time of registration.

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

6. CLASS CANCELLATIONS: Only in the event of power outages.

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

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

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

Enjoy classes designed to be taken online from the safety and comfort of your own home.

Spring classes will be held on zoom unless otherwise indicated on the website. Most instructors use Zoom.

REGISTER EARLY!

CONTINUING EDUCATION ENRICHMENT COURSES OFFERED

Art

- Beginning Drawing
- Intermediate Drawing
- Painting with Watercolors - Beginners/Intermediate
- Polymer Clay Craft Workshop for All Ages
- Ceramics: An Independent Home Study

Children and Family

- Around Town with Mrs. Y
- Beginner's Fiction Writing for Teens and Young Adults
- Family Qigong
- Introduction to Family Mindfulness
- "Not So Random" Acts of Kindness
- Novelty Cupcakes
- Polymer Clay Craft Workshop for All Ages
- Together in the Kitchen!

Community Service Offerings

- Crumbling Foundations and Mortgages - To Pay Or Not To Pay?

Computers & Technology

- Designing Your Own Website
- Developing Your Own Website
- Excel Intermediate
- Excel Introduction
- Facebook & Instagram for Business
- Facebook 101 - An Introduction to the Social Media Platform
- How to Package Your Knowledge Into A Digital Course
- Introduction to Word
- Lost in Social Media?
- What Can I Do with My Smartphone Photos Now?

Cooking and Baking

- Elevated Chocolate Techniques
- Novelty Cupcakes
- The Great British Bakeoff Comes to Vernon!
- Together in the Kitchen!

Creative Writing

- Beginner's Fiction Writing for Teens and Young Adults
- Finding Your Voice: Writing Workshop
- History of Mystery
- It's a Mystery!
- Romance for Intermediate to Advanced Writers

Enrichment and Personal Development Classes

- Animal Reiki
- Finding Your Dream Career
- How to Start and Launch a Physical Product Brand Online
- Learn the Tarot
- Psychic Development III
- Resume Writing and Cultivating for Any Career
- Understanding Money 101
- Voice-Overs...Now is Your Time!

Exercise, Physical Fitness and Sports

- Bellyrobics
- Cardio Core
- Chair Barre Core
- Express STRONG Nation Personal Coaching
- STRONG Nation Personal Coaching

Fabric Arts

- Crochet 101
- Crochet 102

Financial Planning / Investing

- Investing as a Hobby - Part II - Charting a Course
- Life Planning for Children with Special Needs
- Managing Rental Properties
- Medicare 101
- Plan Your Social Security With Confidence...Do you know which strategy is best for you?
- The Truth About Medicaid and Long-Term Care Costs
- Trading as a Hobby
- What the Heck is a Trust and Do I Need One?
- When the Paycheck Stops
- Women and Financial Planning
- You Really Need to Have an Estate Plan (Learn Why)

Foreign Language

- American Sign Language (ASL) 1
- American Sign Language (ASL) 2
- Beginner Spanish
- Spanish II

Health in Body & Mind

- Balance Without Fear
- Basic First Aid for Children
- Beginner Tai Chi
- Beginner Yoga - Foundations, Explorations
- Better Sleep Now
- Caring for Seniors
- Chair Yoga Is For Everyone!
- Escape the Stress and Doldrums with Guided Meditation and Movement
- Introduction to Family Mindfulness
- Introduction to SoulCollage
- Meditation For Spiritual Awakening
- Qigong
- Reiki Level I
- Reiki Level II Certification Class
- Sound Healing - Level 1
- Sound Healing - Level 2
- Understanding Weight: Beyond Diet & Exercise

Home Improvement

- Home Staging to Enhance Your Profitability
- Kitchen Remodels - All You Need To Know!
- Replacement Window Workshop...Compare --- Products & Prices. See How Windows Are Properly Installed!

Music and Entertainment

- Guitar 101
- Murder Mystery Game Night

Photography

- Become a Stock Photographer
- Digital Photography-Beginner Level
- Macro and Close-Up Photography Done Inexpensively
- Take Great Photos With Your Smartphone
- The Joy of Photographing Everyday Objects

FREE ADULT EDUCATION PROGRAMS

Visit our Website at www.vrabe.org or call 860-870-6060

Text VRABE to 888111

Serving the towns of Ashford, Bolton, Colchester, Coventry, East Windsor, Ellington, Glastonbury, Griswold, Mansfield, South Windsor, Tolland, Vernon, Wethersfield, Willington

HIGH SCHOOL COMPLETION OPTIONS

GENERAL EDUCATIONAL DEVELOPMENT (GED): Earn a State of CT diploma!

- Classes to prepare for the GED® Test
- FREE day and evening classes held all ONLINE

CREDIT DIPLOMA PROGRAM (CDP): Earn a high school diploma!

- Transfer credits earned to date
- Complete remaining credits
- Free ONLINE classes
- Convenient Schedules-- afternoon and evenings

NATIONAL EXTERNAL DIPLOMA PROGRAM: Earn a high school diploma!

- Work individually with an Assessor to demonstrate high school level skills
- FREE computer based programs ONLINE or by appointment
- Work from home when convenient to you

PRE-GED CLASSES: Develop basic skills to prepare for other classes

- Develop additional skills in reading, writing & math
- FREE evening classes held ONLINE

OTHER PROGRAMS

ENGLISH AS A SECOND LANGUAGE (ESL): Improve English Skills!

- Improve listening, speaking, reading & writing skills
- Beginner, intermediate & advanced classes
- FREE day and evening ONLINE classes

CITIZENSHIP: Prepare to become an American Citizen!

- FREE preparation classes ONLINE
- Learn about civics and government
- For foreign born adults who wish to become U.S. Citizens

CAREER PATHWAYS, COLLEGE TRANSITION, FAMILY LITERACY:

- Call or visit our website today to learn about specialized educational opportunities!



Visit our website at www.vrabe.com for pricing information and to register
Please make checks payable to Vernon Continuing Education