

New London

ADULT AND CONTINUING EDUCATION

FALL 2018

Serving and offering classes in...
New London, Lyme, Old Lyme, Montville,
Waterford, and Groton/Mystic

GED Prep Classes
Citizenship Classes
Adult High School Credit Diploma
English as a Second Language Classes
Adult Basic Education (ABE)

Enrichment Classes
Daytime Enrichment Classes
Career Training Program
Culture on Wheels Travel Program

Disclaimers

Non-Discrimination

The New London Adult & 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, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal non-discrimination laws. Inquiries regarding the New London Adult & Continuing Education non-discrimination policies should be directed to Maria A. Pukas (860)-437-2385.

General Accessibility and Accommodations

All activities offered by New London Adult & Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Karen O'Connell at (860)-437-2385.

General Educational Development (GED) Test Accommodations

Accommodations on the GED tests are available for qualified individuals with a disability. For more information, contact Karen O'Connell at (860)-437-2385. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110.

No Charge for Materials for Mandated Courses

New London Adult & Continuing Education is in compliance with Connecticut General Statutes Sec.10-73a and does not charge fees for registration, textbooks or materials used in mandated program areas.

The Board of Education, during the course of any given year, puts on a number of programs utilizing certified teachers, professionals, and local community residents who have special expertise in the areas in which they offer instruction. The Board of Education makes every effort to provide quality instruction in an appropriate atmosphere for all participants in any of its programs. The Board of Education, however, is not responsible nor takes any responsibility for the specific instruction in any particular course or any specific reliance upon such instruction made by an individual. Questions about course content, the educational experience of instructors, or other specifics regarding any particular course should be addressed to the specific instructor or the administrator charged with the operation of the program.

Visit our website: newlondonadulted.org
for full course descriptions

OUR SITES

New London Adult Education
Three Shaw's Cove • New London, CT 06320

I-95 from New Haven: Take the Crystal Mall exit 82. At the end of ramp, turn right onto Broad Street. At second traffic light take a right onto Colman St. Follow Colman St. for 1.5 miles to the end. Turn left onto Bank St. and continue through four traffic lights. Travel straight through the fourth light and turn right into the Shaw's Cove complex. Building #3 is the second one on the right after the Dime Bank.

I-95 from Providence: Take the Downtown New London exit 84S onto Eugene O'Neill Dr. and follow to the end. Turn left onto Tilley St. At the light turn right onto Bank St. Go through the next traffic light and turn left into Shaw's Cove complex. Building #3 is the second one on the right after the Dime Bank.

New London High School
490 Jefferson Avenue • New London, CT 06320

Lyme-Old Lyme Middle School & Center School
53 & 49 Lyme Street • Old Lyme, CT 06371

Waterford High School
20 Rope Ferry Road • Waterford, CT 06385

Montville High School
800 Old Colchester Road • Oakdale, CT 06370

West Side Middle School
250 Brandegee Avenue • Groton, CT 06340

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5 WAYS TO REGISTER FOR TRIPS & ENRICHMENT CLASSES



OUR WEBSITE

newlondonadulted.org
Visa, MasterCard, American Express or Discover



MAIL

Mail Registration Form with Visa, MasterCard, American Express, Discover, check, or money order to: New London Adult Education, Three Shaw's Cove, Suite 100, New London, CT 06320 Attention: Peggy



IN PERSON

New London Adult & Continuing Education
Three Shaw's Cove, New London, CT
Monday-Friday, 8 am – 4 pm & 6 – 8 pm
Visa, MasterCard, American Express, Discover, check, money order or cash.



PHONE

(860)-437-2385
Visa, MasterCard, American Express or Discover



FAX

(860)-447-4025
Visa, MasterCard, American Express or Discover



General Educational Development (GED) Information

The New GED Test:

In 2014, the GED Testing Service, in partnership with Pearson VUE, began to offer the GED examination as a computer-based test. The new version is aligned to the Common Core State Standards (CCSS) and is designed to reflect the knowledge and skills that are needed for college and career success. New London Adult Education offers intensive instruction in English and Spanish to prepare students to meet the rigorous requirements of the new GED test.

How to Register for the GED Test:

Visit www.GED.com to sign up and create an account. After creating an account, you must complete a paper registration at the Adult Education Office and receive approval for testing. The exam is offered weekly in English and Spanish and students schedule themselves. Connecticut GED Test eligibility requirements are:

1. Individuals 17 or 18 years of age at the time of GED Registration must submit documentation that they have been officially withdrawn from a Connecticut school for at least six months. Individuals who are 18 years of age may submit, in lieu of a withdrawal form, a letter from the last high school attended stating that the class they entered in ninth grade (or would have entered if never enrolled) has already graduated.
2. A withdrawal document is needed for all 17 and 18 year olds. All 17 year olds need a withdrawal document with parental signature.
3. Individuals aged 17-18 who are home schooled, should request a "Home School Attestation" form signed by the GED Administrator from the CT State Department of Education. Forms may be requested by email at ged@ct.gov or telephone (860)-807-2111.
4. \$13 registration fee for ALL registrants who are 21 years and older. No fee for veterans.
5. Current CT picture ID or valid government-issued ID required at time of registration.

GED Test Accommodations:

Create an account at www.GED.com. Print and complete the accommodations request form for your disability. Attach documentation for your disability and fax your forms and supporting documents to (202)-464-4894. For further information, contact Karen O'Connell (860) 437-2385.

GED Test Content:

The GED Exam is a four-part battery including Reasoning through Language Arts (RLA), Mathematics, Science and Social Studies. Test items are multiple choice, short answer, extended response, drag-and-drop, hot spot, and fill-in-the-blank question formats. Writing is required in one of the four tests and mathematical questions are also included in the Science and Social Studies test components. A brief description of the four parts appears below:

RLA — Focuses upon informational texts (75%) including nonfiction drawn from science, social studies and workplace contexts and literature (25%). These texts reflect a range of complexity levels, in terms of ideas, syntax and style. The writing tasks, or Extended Response (ER) items, require test-takers to analyze source texts and use evidence drawn from the texts to support their answers.

Mathematical Reasoning — Covers two major content areas: quantitative problem solving (45%) and algebraic problem solving (55%). Problem solving skills are measured by questions from both academic and workforce contexts. Candidates are provided with an on-screen calculator.

Science — Focuses upon three areas: life science (40%), physical science (40%), and earth and space science (20%). The test includes items that measure textual analysis and understanding, data representation and inference skills, and problem solving that centers on the themes of human health and living systems and energy and related systems.

Social Studies — Covers four major content areas: civics and government (50%), US history (20%), economics (15%), and geography and the world (15%). Two major themes are emphasized: the development of modern liberties and democracy.

GED PREPARATION CLASSES ARE OFFERED AT:

New London Adult Education: Shaw's Cove Three (860) 437-2385

Monday through Friday 8:30 a.m.-12:30 p.m.
(English and Spanish)
Monday through Wednesday 6:30-9:00 p.m.
Classes begin September 4, 2018.



West Side Middle School 250 Brandegee Avenue (860) 441-2152

Monday and Wednesday 5:30-8:30 p.m.
Classes begin September 4, 2018.



Everything you need to know about earning a New London Adult High School Diploma

The New London Board of Education has made available a New London Adult High School Diploma to residents who meet certain requirements. Day and evening classes are held at Three Shaw's Cove, from 8:30 a.m. to 2:30 p.m. and from 6:00 to 9:00 p.m.

- Individuals eligible for the program must be at least 17 years of age and officially withdrawn from school. (Students under the age of 18 must present a withdrawal document with a parental/guardian signature). This includes Adult High School Credit Diploma and GED students.

- To enroll in the Adult High School Credit Diploma program, the

student must reside in Groton, New London, Waterford, Montville, or Lyme-Old Lyme. All classes are free.

Credits are conferred for the completion of classes. Credits may also be awarded for documented work, occupational, volunteer, and military experiences. The program requires satisfactory completion of the following: 4 credits in English, 2 credits in Vocational Education, Art, and Technology, 3 credits in Mathematics, 3 credits in Science, 3 credits in Social Studies (1 credit must be in U.S. History and 1 credit in Government), and 6 elective credits.

Waterford and Lyme-Old Lyme programs offered in New London

Adult High School Credit Diploma • For information on credit classes available at New London Adult Education, please call Karen O'Connell at (860) 437-2385, ext. 109, for more information.

English for Speakers of Other Languages • We offer classes in several levels, i.e., Basic, Beginning, Intermediate, and Advanced. Students are pre-tested so that they are placed in the appropriate level.

General Educational Development (GED) • Instruction for the GED includes Reading, Language Arts, Mathematics, Science, and Social Studies.

Location for Classes • All classes meet at New London Adult and Continuing Education, Three Shaw's Cove, New London, CT.

Registration & Testing Information • Registration and Testing for these classes are to be made in person at New London Adult Education during the week of Aug 27-31 as follows: **Session 1 Testing** - 9:00 am or **Session 2 Testing** - 12:00. **Evening Registration and Testing** will be at 6:00 pm Monday, Tuesday or Wednesday 27th, 28th or 29th.

A VARIETY OF CREDIT CLASSES ARE OFFERED, INCLUDING:

- English
- Reading
- Math
- U.S. History
- Government
- Human Biology
- Life Science
- On-Line Classes
- Environmental Science
- Computer Skills
- Computer Graphics
- Personal Finance
- Arts and Crafts
- Film Study

Montville Adult Education H.S. Credit Program

For more information please call Annette Barber, Adult Education Secretary, at (860) 848-8265 or email her at abarber@montvilleschools.org

Academic Program Information • Programs at Montville Adult Education are designed to meet the needs of Montville adults desiring their high school diploma. Classes are offered in Business Math, Math II, English, Literature, Science, U.S. History, and Contemporary Issues.

All classes meet at Montville High School and are free. Contact the Program Director at (860) 848-8265. Your class schedule and courses will be tailored to your needs.

Adult High School Credit Diploma • Classes meet on Monday, Tuesday, and Wednesday. Classes are from 5:30 - 8:30 p.m. and run for sixteen (16) weeks.

General Information • Montville Adult Education is in a joint partnership with New London Adult Education.

Walk-in Registration & Placement Testing • Registration for the Fall Semester takes place at Montville Adult Ed on August 22 & 23 from 5:30-7:30pm. Classes begin August 29.

GROTON ADULT EDUCATION

GED and ESL Classes are now offered in Two Locations

West Side Middle School

250 Brandegee Avenue, Groton

GED and ESL Classes

Monday and Wednesday Evenings 5:30-8:30 pm

Classes begin Wednesday September 5, 2018

GED and ESL Registration will be conducted on August 29 and 30 5:00-7:00 pm

Groton residents can also attend the following classes at:

New London Adult Education

Three Shaw's Cove, New London

ESL Classes

Daytime: Monday-Friday from 9:00-12:00 pm

Evening: Monday-Wednesday from 6:30-9:00 pm

GED & ABE Classes

Daytime: Monday-Friday from 8:30-12:30 pm

Evenings: Monday-Wednesday from 6:30-9:00 pm

GED, ESL, ABE Start Date is September 4, 2018

Adult High School Credit Diploma Classes

West Side Middle School

250 Brandegee Avenue, Groton

Evenings

Monday, Wednesday and Thursday

5:30-8:30 pm

Fall Registration

will be conducted

at West Side Middle School

August 29 and 30 from 5:00-7:00 pm

High School Credit Diploma Classes

Start Date is Tuesday September 4

Call (860) 441-2152 for more information

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

ESOL ~ English for Speakers of Other Languages: Classes begin September 4, 2018

English classes for those whose native language is not English have been provided by New London Adult Education since 1910, helping thousands of adults enter the mainstream of American life. These classes are available year-round and are offered FREE-of-charge.

ESOL Class Schedule at New London Adult Education

Days • New London Adult Education, Three Shaw's Cove
New London, CT 06320
(860) 437-2385
Monday–Friday • 9:00 am -12:00 pm

Nights • New London Adult Education
(860) 437-2385
Monday–Wednesday • 6:30 pm – 9:00 pm

ESOL Class Schedule at Centro de la Comunidad

Days: • 109 Blinman Street, New London, CT 06320
(860) 442-4463
Monday-Thursday • 9:00 am – 12:00 pm

ESOL Class Schedule at West Side Middle School

Nights: • 250 Brandegee Ave, Groton, CT 06340
(860) 441-2152
Monday & Wednesday • 5:30 pm – 8:30 pm
Classes start September 5.

FREE Babysitting (New London Adult Education site only)

For children of students registered in GED, ESL or High School Credit Classes. Children need to be at least three years of age and toilet-trained, supervised care will be provided at New London Adult Education by an experienced child care supervisor. All children must be registered. For more details, please call Laiza Melendez or Norma Velez at (860) 437-2385.

Citizenship Classes

This class is for students wishing to work toward becoming American citizens. Concepts of local, state, and federal government and history will be emphasized. Lessons will stress the procedural steps necessary to become a U.S. citizen. Moderate proficiency in English is required.

The class is held at New London Adult Education:

- Thursday 12:30 pm – 2:30 pm
- Thursday evenings 6:30 – 8:30 pm

Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 4 de septiembre de 2018

Las clases de inglés como segundo idioma, para aquellas personas cuya lengua natal no es el inglés, han sido ofrecidas por el programa de Educación de Adultos en New London desde 1910, ayudando a miles de adultos a desarrollarse en el ambiente de la vida americana. Estas clases son ofrecidas todo el año y sin costo alguno. Gratis.

Educación de Adultos en New London

Dias • New London Adult Education
Three Shaw's Cove, New London, CT
(860) 437-2385
Lunes a Viernes • 9:00-12:00 pm

Noches • New London Adult Education
Lunes, Martes y Miercoles
6:30-9:00 pm

Clases de ESOL en Centro de la Comunidad

Dias: • 109 Blinman Street
New London, CT 06320
(860) 442-4463
Lunes a Jueves • 9:00 am – 12:00 pm
Viernes 9:00 am – 12:00 pm at NLAE
Computadora

Clases de ESOL en West Side Middle School

Noches: • 250 Brandegee Avenue
Groton, CT 06340
(860) 441-2152
Lunes & Miercoles • 5:30 pm-8:30 pm
Clases comienzan el 5 de septiembre de 2018.

Cuidado de Niños Gratis (solamente en la escuela de Shaw's Cove, New London)

El programa de Educación de Adultos en New London ofrece cuidado de niños, estos tienen que ser registrados, no pueden ser menores de tres años y tienen que estar entrenados en el uso del baño. Para más detalles vea a la recepcionista o llamar a Laiza Melendez ó Norma Velez al (860) 437-2385.

ADULT BASIC EDUCATION

Adult Basic Education classes are for those who are working toward an Adult High School Credit Diploma or a GED. These classes can help improve basic reading, writing, and math skills. Students may prepare for job advancement, vocational training programs, or high school completion classes, as well as develop greater self-confidence and personal satisfaction.

These FREE classes are offered days and evenings throughout the year. Please call (860) 437-2385 for more information.

The I-BEST program is open ONLY to students currently enrolled in GED, High School Credit Diploma or ESL classes.

Introduction to Basic Auto Technician Training

This training program is designed to prepare students for an entry-level automotive technician position. Students will learn safety in an auto repair shop with the ability to perform a basic tune-up service. The training will include a basic skills component. Upon successful completion of the course, students will obtain an Introduction to Basic Auto Technician Training certificate.



Introduction to Server and Culinary Arts With Food Handler's Certificate

Students will be trained in basic food service, which includes food handling, nutrition, sanitation, and instruction in the art of cooking, including techniques such as sautéing, baking, and grilling. The training course will include a basic skills education component. The students will develop competencies for a career in food establishments. Those who successfully complete the course and pass the exam will receive a certificate from Ledge Light Health District.



Meeting the Demands of a 21st Century Economy

Southeastern Connecticut has been identified as one of the slowest regions in the country to recover from the effects of the recent recession. Labor market data shows the region as the most challenged area of the state and underscores the dire need for supportive employment transition programming. The Integrated Basic Education and Skills Training (I-BEST) program responds to the needs of those marginalized by educational and workforce skills deficits.

The I-BEST program engages basic education and vocational training instructors in the delivery of a collaborative program of contextualized learning that includes 50% instructional overlap. All areas include employability skills. These trainings, which allow students to explore possible career pathways, focus on a variety of industry clusters.

For additional information on any of these programs, please contact Sara Weeks at (860) 437-2385

Certified Nursing Assistant

The Certified Nursing Assistant program will provide students with basic nursing skills, classroom and clinical training which includes medical terminology. The program offers the opportunity to receive real life-based experience and practical training. Clinical training is completed in the state-of-the-art lab/classroom at New London Adult Education and a local nursing facility. The training course will include a basic skills education component. Upon successful completion of the course, students will take the State of Connecticut exam for CNA certification.



Customer Service Certification

The Customer Service Certificate program teaches valuable skills that will help students get a job, be successful employees, and work their way up the employment ladder. Students will earn a New London Adult Education Customer Service Certificate after successfully completing the classroom, lab, and independent study requirements. Students will improve basic skills in writing and math, and prepare to take the National Retail Foundation's Customer Service Certification exam.

Office Receptionist with Medical Terminology Certificate

This program will introduce and prepare students with the basic skills necessary to gain employment in an entry-level office position such as a receptionist, office clerk, office support, or data entry clerk. The training will include computer operations/applications, office

and communication skills, medical terminology, and employment skills. The course will also include a basic skills component. Upon successful completion of the course, students will obtain an Office Receptionist with Medical Terminology Certification.

Microsoft Office Specialist Certification

The Microsoft Office Specialist Certification: Word, PowerPoint, Excel and Outlook program teaches valuable skills that will help the student obtain an entry-level position or start a career pathway in the IT field. After successfully completing the classroom, lab, and homework requirements, the student will receive a certificate. Students will prepare to take the National Microsoft Office Specialist Certification exam.



TRANSITIONS and JET

Transitions Program puts the focus on career planning, training programs, college prep and financial aid

The Transitions Program is available to all current GED, Credit Diploma and ESL students enrolled at New London Adult and Continuing Education.

Students receive assistance from the Transitions Associate with career planning, college information, training information, college application completion, financial aid information and FAFSA application completion, as well as Accuplacer test registration.

The program also offers trips to area colleges. This past year included visits to University of Connecticut at Avery Point, Three Rivers Community College and Mitchell College. We also host mini college fairs and have speakers from additional higher education institutions present to students.

Students utilize a variety of resources for career planning including: the National College Transition Network's Career and College Awareness curriculum and College for Adults websites.

*Please contact: Meg Mahon,
Transition to Post-Secondary Program Associate
for an appointment at
(860) 437-2385 ext. 103 or VM 103 or
email: mahonm@newlondon.org*

Job, Employment and Training prepares students for the future

JET is an employment and training program for eligible out-of-school youths between the ages of 17-24. Funded by the Eastern CT Workforce Investment Board, the program is designed to assist eligible youth who want to move from high school dropout to high school graduate and/or to advance from unemployed or underemployed to gainfully employed and/or to enter college or training programs. Program components include:

Work Readiness Skills: resume creation, interviewing techniques, dress for success, leadership opportunities, basic computer literacy skills.

Career exploration: job shadowing and internships.

Education & Training: basic skills, high school diploma or GED offered with flexible schedule and part-time attendance, post-secondary education or occupational skills training, financial assistance and

transportation for eligible participants.

*For additional information on this program,
please contact
Lora Castronova
or Patricia Spellman at:
(860) 437-2385*



FAMILY LITERACY

Where parents and children learn together

The family literacy program includes four components: adult and parenting education, early childhood education, and interactive literacy activities for the parent and child. The adults attend ESL, high school completion, or GED classes with the focus on improving the skills necessary to lead to employment or post-secondary training.

The adults are also enrolled in parenting classes designed to assist them in becoming their child's first teacher.

The children participate in an age-appropriate early learning program to prepare them for transition to kindergarten and future academic success. Literacy in the home is fostered through parent and child activities centered around children's books and strategies introduced during parenting class.

*For additional information on this program, please contact
Laiza Melendez or Maureen Murphy at (860) 437-2385*



New London Adult & Continuing Education

Online Learning

anytime, anywhere...
just a click away!

Learn from the comfort of home!



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6-18 Month Format
- All materials included
- Prepare for certification
- Student advisors

Some of our most popular programs include:

Medical Transcription

Learn to transcribe medical reports in hospitals, offices, or from home with the most popular transcription program in the country for entry-level training.

Certified Electronic Health Records Specialist

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

Physical Therapy Aide

Master the skills needed to begin a career as a physical therapy aide.

CompTIA™ A+ Certification Training

This course will prepare you for CompTIA A+ certification exams 220-901 and 220-902. It covers the foundational hardware knowledge a PC support technician should know.

Medical Transcription + Medical Terminology

Start a new career as a medical transcriptionist with the training provided in this program, which includes medical terminology training.

Administrative Dental Assistant

Learn how to perform the administrative tasks essential for managing the business aspects of a dental practice.

Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

Administrative Medical Specialist with Certified Electronic Health Records Specialist + Medical Terminology

This program combines the Administrative Medical Specialist program with training in electronic health records and medical terminology to give you a competitive edge in the healthcare field.

Certified Electronic Health Specialist with Medical Terminology

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

Visit our website for program details!

careertraining.ed2go.com/nlae

ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- 24-Hour Access
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Some of our most popular courses include:

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Administrative Assistant Applications

Gain the skills and knowledge you'll need to prepare for the Certified Administrative Professional exam and begin a career in this field.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Explore a Career as a Paralegal

Find out if a paralegal career is the perfect choice for you, as you explore the fundamentals of U.S. law and legal terminology.

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Introduction to PHP and MySQL

Learn how to create dynamic, interactive Web sites using PHP and a MySQL database server.

Introduction to QuickBooks 2013

Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Java Programming

Deepen your understanding of the Java programming language, and start writing programs that are more sophisticated and professional.

Medical Coding

Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

Visit our website to view start dates!

ed2go.com/newlondonadult/

Your Career

AT NEW LONDON ADULT AND CONTINUING EDUCATION



101 Real Estate Principles & Practices

This course covers the major aspects of the real estate industry and prepares you for the State licensing examination and meets the 60 hour requirement for licensing. It also provides excellent information for those interested in personal real estate planning and investing. Instructors from Cadema Education Associates will teach the latest and most relevant trends in real estate. To take the State licensing examination you must be 18 years of age or older. Classes meet on Saturdays for 8 weeks or Monday and Wednesday for 10 weeks. Textbooks are included in the cost of the class.



Saturday 9/8 8:00 am-4:30 pm 8 weeks
NL Adult Education or
Monday & Wednesday 9/10 6:00-9:00 pm 12 weeks
NL Adult Education
Resident \$575/Non-resident \$580
WIOA Approved & Approved for VA Educational Benefits

102 Getting Paid to Talk: Voiceovers

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio-books, documentaries and the Internet in your area. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors.



Wednesday 11/7 6:00-9:00 pm One night only
NL Adult Education
Resident \$29/Non-resident \$34

100 Emergency Medical Technician Initial Basic Training

Classes are conducted Monday & Thursday nights and Saturdays daytime. This intensive program is designed to provide a basic understanding of anatomy, physiology, and pathophysiology. It will allow you to better understand signs, symptoms and emergency care. An anatomical and body system approach to physical exams will link conditions to assessment findings. This course will give you knowledge of the presentation of common medical conditions and traumatic injuries encountered in the pre-hospital environment. You will learn how to provide the most efficient and effective emergency care. Graduates of this program will satisfy licensure requirements from the National Registry of Emergency Medical Technicians as well as the Connecticut Department of Public Health, Office of Emergency Medical Service. The textbook is included in this course. *Prerequisites: Student must be 16 years of age prior to the end of the class. Proof of Tuberculosis (TB PPD) test results within 1 year from the end of the clinical end date, Measles, Mumps, Rubella (MMR), Varicella (Chicken Pox) Tetanus, Diphtheria, Pertussis (Tdap) and Hepatitis B (Hep B)*

Thursday 9/6 6:30-9:30 pm 13 weeks
NL Adult Education
Resident \$950/Non-resident \$950
WIOA Approved & approved for VA Educational Benefits
Instructor: Emergency Training Services

The Connecticut State Office of Higher Education has approved our Emergency Medical Technician, Real Estate Principles and Practices and Certified Nursing Assistant Programs for educational assistance benefits from the U.S. Department of Veterans Affairs.

Begins Here

103

Certified Nursing Assistant Training

Our CNA program will provide students with the required hours for Certified Nursing Assistant training, basic nurse aide skills, including classroom and clinical training. This program will prepare the students for the Prometric exam, which places successful candidates on the Connecticut Nurse Aide Registry.

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Patient Care Assistant Training

The PCA training program is for CNAs that have worked for at least three months full-time as a CNA. A PCA works along side medical professionals as a direct care giver for patients. This 74 hour course includes the classroom and clinical requirements to be eligible to take the NHA CPCT/A Exam.

PCA Daytime Classes

Classes meet on Tuesday, Thursday 7:00-11:45 am and Saturday 8:00-4:00 pm
Classes begin on October 27 and ending on November 29
4 weeks NL Adult Education
Resident/Non-resident \$1,099 Textbook and uniform included

CNA and PCA Prerequisites: *Prior to attending the class* the student must have the following: Proof of being 18 years or older, Social Security Number, current seasonal flu vaccine, up to date immunizations and clearance from MD to be able to lift 50 pounds, and proof of Negative TB results read within the last 6 months from the class begin date. High School completion or equivalent may be required for employment in this field. A criminal background check may be performed by the clinical site.

CNA Daytime Classes

Classes meet Monday thru Friday starting
Monday Sept.17 ending Oct.3 or Dec.3 ending Dec.17
8:00 am - 4:00 pm 3 weeks NL Adult Education
Resident/Non-resident \$1,099

CNA Evening Classes

Monday/Wednesday starting October 15
ending December 8 5:00 pm-9:00 pm
and Saturdays 8:00 am-4:00 pm
Resident/Non-resident \$1,099

Fee includes tuition, textbook, uniform and State of Connecticut Prometric exam



104

Professional Bartending with SMART Certification

This professional bartending course includes the state and national SMART (Servers and Managers Alcohol Responsibility Training) certification recognized by the CT Department of Liquor Control and police departments. Servers of alcohol are taught to serve responsibly, how to spot signs of intoxication, and how to respond appropriately. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation, and people skills. Upon successful completion of the course, students will be qualified to work in any environment that serves liquor, including restaurants, clubs, hotels, and catering companies. Students receive a certificate of completion and the SMART certification. Students must be 18 years old or older. No real alcohol is used.

Wednesday 10/3 6:00-9:00 pm 5 weeks
NL Adult Education
Resident \$250/Non-resident \$255
Instructor: Paul Rich

105

SMART Certification for Alcohol Servers

SMART training is a 3-hour certification course developed by those in the hospitality industry for the hospitality industry. Learn how to identify signs of intoxication using the traffic light system as well as learning CT's liquor rules, regulations, and laws. This course has an intense focus on checking ID's properly and identifying underage drinking.

Wednesday 10/3 6:00-9:00 pm One night only NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Paul Rich



Enrichment Classes

If you are looking to satisfy your lifelong learning goals, start a new hobby, improve your knowledge and skills in a particular discipline or simply expand your horizons, New London Adult and Continuing Education has something for everyone. Our Enrichment Program is open to everyone and it continues to grow. We invite you to browse through the many courses offered.



ARTS, CRAFTS & HOBBIES

200

Knitting for the Beginner

Learn the basics of knitting in this 6-week course. Knit, Purl, Cast-on and Bind-off and read & understand knitting instructions. Knit your first scarf and a pair of mittens. Material list on-line and with registration. Class size is limited - register early!

Tuesday 9/11 6:30-8:30 pm 6 weeks
NL Adult Education,
Resident \$69/ Non-resident \$74
Instructor: Nancy Potter

201

Get Acquainted/Reacquainted with Your Sewing Machine

Bring your current machine to class along with the Manual (essential), all attachments and power cords. Together we will review all the basics and address how to thread the machine, wind a bobbin and explore how to use each foot (most machines have several).

Saturday 9/8 9:00-12:00 pm – 1 class
NL Adult Education
Resident \$30
Non-resident \$35
Instructor: DeeDee Piscatella

202

Sewing Basics

Spend six Saturdays with DeeDee Piscatella as she shows you how to create a Plastic Bag Storage Sleeve, Cervical Rice Filled Microwave Pack, Bottle Gift Bag, Thread Catcher, Library Tote and Drawstring Back Pack. All materials except the thread are included in the kits. Each kit is \$10 per project. Bring your sewing machine in good working order and its tool box containing the necessities.

Saturday 10/6 9:00-12:00 pm – 6 weeks
NL Adult Education
Resident \$79/ Non-resident \$84
Instructor: DeeDee Piscatella

203

Knitting for the Beginner & Advanced Beginner

If you are a Beginner and want to take that next step this one's for you. You will be taught technique, basic stitches, learning to read a pattern, shaping a garment and some design stitches to get you on your way. Material list available with registration and online.

Thursday 9/20 3:00-5:30 pm 5 weeks
NL Adult Education
Resident \$79/ Non-resident \$84
Instructor: Susan Fine

204

Basket Weaving - Daytime

Learn the art of basket weaving from a professional basket maker. A \$15 material fee is payable to the instructor at the first class.

Monday 9/24 3:00-5:30 pm 2 weeks
NL Adult Education
Resident \$54/Non-Resident \$59
Instructor: Nancy Potter



Photo for illustration purposes only

205

Basket Weaving

This is a special opportunity to learn the art of Basket Weaving from a professional basket maker. Explore using a variety of materials and weaving techniques to make a lovely basket to use for years to come. There is a \$15 material fee payable to the instructor at the first class.

Monday 9/24 6:30-9:00 pm 2 weeks
NL Adult Education
Resident \$54/Non-Resident \$59
Instructor: Nancy Potter

206

Crochet for the Beginner

Take a class in crochet and learn basic crochet steps such as single crochet, double crochet, and triple crochet. Choose to make a project such as a shawl, blanket or afghan. Supplies for the class: Acrylic or Wool thread and 4mm Crochet Needle or Cotton thread and 2.7mm Crochet Needle.



Saturday 9/15 9:00-11:00 am 6 weeks
NL Adult Ed
Resident \$79/ Non-resident \$84
Instructor: Judy Telemaque

207

Let's Have Fun with Calligraphy 101

Learn a variety of "hands"... formal to funky handwriting skills and techniques. Enjoy a basic introduction to Calligraphy. Materials required: Micron Calligraphy Pens, #5 & #8

Monday 10/15 3:00-5:00 pm 3 weeks
NL Adult Education
Resident \$49/Non-resident \$54
Instructor: Sean Kane

Picture yourself here with your Diploma



208 Landscape Painting

This class will cover space division and composition, limited simple perspective, color and value recession, focal point and things to avoid in landscape painting. Lecture, demonstrations and a completed painting will be covered. The students will then paint with individual help. Material list upon registration or online.

Saturday 9/29 9:00-12:00 pm One day only
NL Adult Education
 Resident \$24/Non-resident \$29
 Instructor: Mary La Forge

209 The Joy & Beauty of Watercolor Painting for Beginners - Daytime

This class is for anyone who loves watercolor. If you think you cannot make corrections in watercolor, you will learn this is not true. If you believe you cannot draw a straight line, you will learn it does not matter. All you need is the desire to paint. You will learn color mixing, color properties and different ways to apply color. You will have fun in a relaxed environment. Material list upon registration or online.

Tuesday 9/25 3:00-5:00 pm
NL Adult Education or
Thursday 9/20 3:00-5:00 pm
NL Adult Education
 6 weeks
 Resident \$84/Non-resident \$89
 Instructor: Mary La Forge

210 The Joy & Beauty of Watercolor Painting for Beginners - Evening

Thursday 9/20 6:00-8:00 pm Old Lyme MS
 6 weeks
 Resident \$84/Non-resident \$89
 Instructor: Mary La Forge

211 Fun with Watercolor

Develop existing Watercolors while learning new techniques. Each stage of the painting process will be demonstrated. Information on color, design, value, glazing and composition will be given. Students should have previous experience using watercolors with an instructor. Material list online and with registration.

Monday 9/17 3:00-5:00 pm 6 weeks
NL Adult Education or
Wednesday 9/19 3:00-5:00 pm 6 weeks
NL Adult Education or 6 weeks
Monday 9/17 6:00-8:00 pm New London HS
 Resident \$84/Non-resident \$89
 Instructor: Mary La Forge

212 Basic Watercolor

This class is for anyone who has always wanted to try watercolor. Techniques and gimmicks will be covered. The instructor will do a demonstration and then the class will paint. Material list upon registration or online. This is an interactive class where questions are answered and one can learn to make corrections in watercolor painting. Individual attention will be given.

Saturday 9/22 9:00-12:00 pm One day only
NL Adult Education
 Resident \$24/Non-resident \$29
 Instructor: Mary La Forge

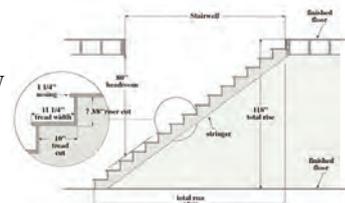
213 Mah Jongg

Learn the stimulating, and addictive fun game of Mah Jongg. Learn all aspects of the game - understanding the tiles, Mah Jongg card, strategies, rules and etiquette.

Tuesday 9/25 3:00-5:00 pm 6 weeks
NL Adult Education or
Thursday 9/20 6:00-8:30 pm 6 weeks
Old Lyme MS
 Resident \$44/Non-resident \$49
 Instructor: Barbara Davis

214 Technical Drawing for DIY Projects

In this class you will learn the basics of technical/mechanical drawings. Whether you are building some new stairs or creating some unique



flower boxes, or trying to figure out how much wallpaper you need ... simple but exact drawings will be a great help. A material list is online and with registration.

Thursday 10/18 6:00-8:00 pm 2 weeks
NL Adult Education
 Resident \$84/Non-resident \$89
 Instructor: Danna Mancini

215 Dimensional Watercolor

Do you wish your watercolor had more depth? Do you wish you could accentuate the positive in your watercolor, while eliminating or repositioning problem areas? A Dimensional Watercolor can offer you a versatile framework where it is always possible to rework and combine paintings to create new work. Material list available online, or with registration.

Saturday 9/8 10:00-12:00 pm
 6 weeks
NL Adult Education
 Resident \$84/Non-resident \$89
 Instructor:
 Gretchen van der Lyke

ARTS, CRAFTS & HOBBIES

ZENTANGLE

300 Teacups with Zentangle

Saturday 9/15
10:00 am-1:00 pm 1 class
Resident \$30/
Non-resident \$35
Material fee \$3



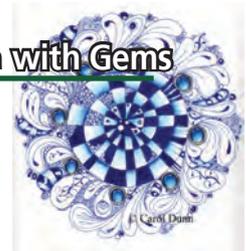
301 Tangled House

Saturday 9/29
10:00 am-1:00 pm
1 class
Resident \$30/
Non-resident \$35
Material fee \$3



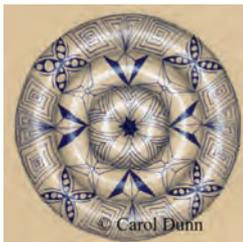
302 Blue Zendala with Gems

Saturday 10/27
10:00 am-1:00 pm
1 class
Resident \$30/
Non-resident \$35
Material fee \$3



303 Zen Buttons

Saturday 10/13
10:00 am-1:00 pm
1 class
Resident \$30/
Non-resident \$35
Material fee \$3



304 Huggins with Delft Patterns & Crazy Huggins

Saturday 11/24
10:00am-1:00 pm
1 class
Resident \$30/
Non-resident \$35
Material fee \$3



305 Watercolor Zendala

Saturday 11/10
10:00 am-1:00 pm
1 class
Resident \$30/
Non-resident \$35
Material fee \$3



Zentangle® is an easy to learn method of creating beautiful images. NO ARTISTIC ABILITY REQUIRED! Each design is broken down into step-by-step instructions. Learn to relax (the “Zen” part) while creating beautiful, repetitive design work (the “tangle” part). Students will create beautiful designs while discovering a new way to relax and enjoy what happens on the paper. Students will learn a variety of “tangles” (patterns) and combine them in their own unique way. All classes taught by Carol Dunn, CZT (Certified Zentangle Teacher). Contents of \$10 starter kit: Sakura Micron Pigma pens, size .01 and .08 (or Graphic 1), pencil, tortillion, 5 paper tiles, and a cute little bag.

PHOTOGRAPHY

Put your future in focus
Earn your High School
Diploma or GED



400 “Learn it, Snap it, Critique it”

You have the camera; now get the knowledge to get on your way to taking spectacular photos. This course will teach you about your camera and its basic functions. Take a field trip on a Saturday morning with the class to practice what you have learned. Time will be taken to review your photos by the instructors. Field trip location to be determined.

Monday 9/17 6:00-8:00 pm NL High School 4 weeks or Thursday 9/20 6:00-8:00 pm Old Lyme MS 4 weeks
Saturday TBD 9:00-12:00 pm Field Trip location TBD Saturday TBD 9:00-12:00 pm Field Trip location TBD
Resident \$94/Non-resident \$99 Instructor: Lee Palombo & Gregg Jacobson

401 Say “Good-bye” to Auto

This one-session course will teach you two camera modes that will take care of 90% of your photographic subjects. Our goal is to get you off the “auto-everything” settings and gain creative control of your camera and photography. This course will improve your photography by learning the “art of science” of 35mm photography.

Thursday 11/8 6:00-9:00 pm
Old Lyme MS or
Saturday 9/15 10:00-1:00 pm
NL Adult Education
Resident \$39/Non-resident \$44
Instructor: Ronald Zincone

GARDENING & OUTDOOR CRAFTS

ONE-SESSION CLASSES AT MONTVILLE FLORIST

500

This is a Different Kind of Frog!

Learn how to utilize this useful floral tool to create unique arrangements in a variety of containers. All students will create two armatures to use at home and create an arrangement with one of them. Gardeners, flower lovers and creative people will enjoy this class.

Thursday 10/11 6:00 – 8:00 pm
Resident \$49/Non-resident \$54

501

Spooky Spiders

Using a wooden container, you will create a spooky arrangement perfect to match your Halloween décor. We will create spiders and maybe add a centipede or two; we will finish off your delightfully frightening arrangement with the addition of cobwebs.

Thursday 10/25 6:00 – 8:00 pm
Resident \$44/Non-resident \$49

502

Autumn Harvest Basket

You will create a harvest themed arrangement in a dark willow basket. Gourds, berries and autumn ribbon will be tucked among the freshest, brightest blooms the fall has to offer.



Thursday 11/8 6:00 – 8:00 pm
Resident \$44/Non-resident \$49

503

Giving Thanks Centerpiece

Impress family and friends with a stunning Thanksgiving centerpiece that you created. Autumn flowers, autumn leaves, autumn ribbon, and autumn accents are all in there!

Saturday 11/17 3:00 – 5:00 pm
Resident \$44/Non-resident \$49

504

Christmas Wreath

Mixed evergreens will be bundled and made into a fabulous and fragrant wreath, perfect to give as an early holiday gift or keep for yourself to dress up your door. We will add pinecones, ornaments, and bow (we'll teach you how!) A great way to find your Christmas spirit!

Thursday 11/29 6:00 – 8:00 pm
Resident \$44/Non-resident \$49

505

Christmas Centerpiece

Mixed evergreens, long lasting flowers will be fashioned into a lush holiday centerpiece. Pine cones, ornaments, bows and candles will complete your masterpiece. Keep this masterpiece for yourself or give it to a friend as a gift!

Thursday 12/13 6:00 – 8:00 pm
Resident \$44/Non-resident \$49

ONE-SESSION CLASSES AT SMITH ACRES

600

Terrarium

Saturday 9/22 3:00 pm Tuesday 9/25 6:00pm
Resident \$40/Non-resident \$45

601

Fairy Houses

Saturday 10/13 4:00 pm
Resident \$40/Non-resident \$45

602

Succulent Hanging Terrariums

Tuesday 10/2 3:00 pm
Resident \$40/Non-resident \$45

603

Fairy Gardens for Kids

Sunday 10/7 4:00 pm
Resident \$45/Non-resident \$50

604

Seashell Wreath

Monday 9/24 4:30 pm Tuesday 10/16 6:00 pm
Resident \$50/Non-resident \$55

605

Cocktails Anyone?

Sunday 9/30 4:00 pm
\$40 Resident/\$45 Non-resident

606

Pumpkin/Succulent Centerpiece

Tuesday 10/23 5:30 pm/Sunday 10/21 1:00 pm
\$47 Resident/\$540 Non-resident

607

Holiday Wreath

Tuesday 11/27 6:00 pm
\$45 Resident/\$50 Non-resident

608

Boxwood Wreath

Monday 11/26 5:00 pm Monday 12/3 2:00 pm
Wed. 12/5 6:00 pm \$40 Res./ \$45 Non-res.

609

Boxwood Tree

Friday 11/16 11:00 am Sun. 11/18 2:00 pm or
Tues. 11/20 6:00 pm \$45 Res./Non-res. \$50

610

Bow Making Class

Saturday 11/17 1:00 pm Wed. 11/28 5:00 pm
\$20 Resident/\$25 Non-resident

611

Seashore Wreath

Thursday 12/13 6:00 pm
\$45 Resident/\$50 Non-resident

See website for full Smith Acres class descriptions at newlondonadulted.org

700

Understanding Commonly Used Plant Material for the Residential Landscape

This course focuses on the horticultural understanding and practical landscape usage of commonly used trees, shrubs and perennials for Residential Landscape Design purposes. Required text: "Native Shrubs for Landscaping," available at Connecticut College Arboretum Bookstore

Monday 9/17 6:30-8:30 pm 8 weeks New London HS or Tuesday 9/25 6:30-8:30 pm Waterford HS
Resident \$109/Non-resident \$114 Instructor: Charles Cocca



PERSONAL GROWTH



800 (SAFE) Self-Defense for Women

Situational Awareness & Fundamental Empowerment is a (3) hour comprehensive workshop in personal safety and self-defense for women. The class examines predator behavior, promotes situational awareness, and will teach a few basic and very practical self-defense skills to both gain confidence and to develop survival skills. This program is ideal for women who have concerns about personal safety. Please come in gym attire suitable for physical activity.

Saturday 9/15 9:00-12:30 pm One Class
or **Saturday 11/10**
NL Adult Education
\$44/Non-resident \$49
Instructors:
Frank Dawson & Jennifer Thornell

801 More Joy of Movies

This course continues our popular film history series. It will focus on viewing and discussing movies that have some historical significance as well as more obscure ones you may not have seen. The course venue is the BP Learned mini-theater, which has a large screen, comfortable seats and good sound. Film listing available online at newlondon-adulted.org under Enrichment Classes.

Wednesday 9/26 6:30-9:00 pm 8 weeks
B.P. Learned Theater, 40 Shaw Street
Resident \$89 Non-resident \$94
Instructor: Rick Gipstein, Film Enthusiast

802 Connecticut Genealogy

Discover your family's Connecticut roots. Learn how to use vital records, probate files, land records and more to learn about your family's Connecticut past. Please bring your Connecticut Library Card to class.

Saturday 9/8 10:30 am -12:30 pm
One day only
NL Adult Education
\$39/Non-resident \$44
Instructor: Bryna O'Sullivan

803 Revolutionary War Genealogy

Interested in joining SAR or DAR or simply want to learn more about your ancestors who served in the American Revolution? This course will introduce you to the sources used



to determine if your ancestor served, when and where. Please bring what information you have. Documentation gathered should serve as "proof" of service for a lineage society.

If time permits, we will begin your application paperwork so you can continue your journey of exploration.

Saturday 9/15 10:00 am -12:00 pm
One day only
NL Adult Education
\$39/Non-resident \$44
Instructor: Bryna O'Sullivan

804 Creative Writing 102

Learn how to critique your own and others' work so we can see the problems in our stories. Hone your writing skills so that you can polish your novel, and then add the little details that will make your writing stand out.

Thursday 9/20 6:00-7:00 pm 6 weeks
Old Lyme MS
\$79/Non-resident \$84
Instructor: Brianna Agnew-Weber

805 Grant Writing Workshop

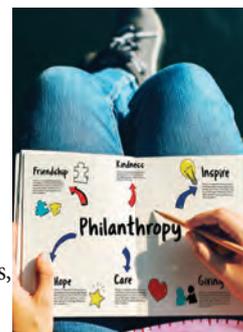
Learn the basic steps to Grant Writing. This course is an introductory class that will get you started on your way to that Grant for your business or self.

Saturday 9/29 9:00-12:00 pm One day only
NL Adult Education
\$49 Resident/\$54 Non-resident
Instructor: Phyllis Cappuccio

806 Grant Writing

This course will cover the basics of grant writing. Topics will include researching funders, formatting your grant and telling your story. Class will include the opportunity to work on a project of your choice.

Thursday 10/4 6:00-8:00 pm 3 weeks
Old Lyme MS
\$69 Resident/\$74 Non-resident
Instructor: Phyllis Cappucci



807 Elder Care

An Elder Care specialist will present some of the many issues, concerns, information and resources pertinent to the needs of our aging population.

Thursday 9/20 6:00-8:00 pm
Old Lyme Middle School or
Saturday 9/29 10:00-2:00 pm
New London Adult Education
Resident: \$35/Non-resident \$40
Instructor:
Anne-Marie Rustic



808 Pet Sitting

What does it mean to be a professional pet sitter? These topics and more will be covered in the course.

Saturday 10/6 10:00-12:30 pm One day
NL Adult Education
\$44 Resident/\$49 Non-resident
Instructor: Linda Norton

809 Pet First Aid

This unique course is ideal for all pet owners and pet caregivers. "Pet First Aid and Disaster Response" covers common health and safety related issues, CPR, first aid basics, when to seek professional care, and disaster planning steps for proper care of pets.

Saturday 10/20 8:30-12:30 pm
NL Adult Education
Resident \$59/Non-resident \$64

810 Podcasting 101

Podcasting is rapidly becoming the most popular listening format to date. Now you can make it a hobby or a profession by signing up for the Podcasting 101 class. Learn about the history of Podcasting, the do's and don'ts, the importance, responsibilities and duties of maintaining a podcast, and so much more.



Saturday 11/10 9:00-11:00 am 3 weeks
NL Adult Education
\$45 Resident/\$50 Non-resident
Instructor: Steven Christina Jr.

811 Social Media Marketing/ Branding for Writers, Artists and Creative Entrepreneurs

This course is targeted towards writers/artists and other creative entrepreneurs who are looking to get ahead with their marketing and social media, but don't know where to start and/or are limited in time and funds.

Thursday 9/20 6:00-8:00 pm 8 weeks
Old Lyme MS
\$89 Resident/\$94 Non-resident
Instructor: Karla Ciaglo



812 It's Your Idea: Protect it

Learn the different methods of protection available, and how they are applied. We will cover the basics of: copyrights, trademarks, patent searches, non-disclosure documents, provisional patents, design patents, utility patents, and trade secrets.

Thursday 11/1 6:00-9:00 pm One day only
Thursday 9/20 6:00-9:00 pm Old Lyme MS
\$49 Resident/\$54 Non-resident
Instructor: Danna Mancini

813 The World of Sherlock Holmes

Learn all about Sherlock Holmes, from original stories, to the TV and cinema adaptations, to the hundreds of societies in the United States and the World.

Thursday 10/4 6:00-9:00 pm One night
Old Lyme MS
\$49 Resident/\$54 Non-resident
Instructor: Danna Mancini

814 Do You Have a Story to Tell?

Take the steps to put the words together to craft a compelling tale.

Tuesday 9/25 6:00-9:00 pm 8 weeks
Waterford HS
\$99 Resident/\$104 Non-resident
Instructor: Margaret McNellis

815 CPR with AED & Standard First Aid

This course will teach you how to recognize and treat life-threatening emergencies, cardiac arrest, and choking in adults and children 8 years or older. Defibrillator and infant training will also be taught. This program meets OSHA requirement standards for emergency care training in the work place. An American Heart Association CPR and National Safety Council First Aid Certification will be presented upon completion of this course.

Saturday 10/6 8:30-2:30 pm
NL Adult Education
Resident \$84/Non-resident \$89



816 BLAST – Babysitting Lessons and Safety Training

This course is designed for children ages 13 -16, their parents, and parents looking to hire a babysitter. The BLAST program can prepare children to interview for a babysitting job and to select safe and suitable games and activities.

Saturday 10/13 8:30-2:30 pm
NL Adult Education
Resident \$59/Non-resident \$64

FITNESS & RECREATION

901 Yoga for Mental Wellness

This is a beginner class that includes a mixture of poses, breathing exercise, and short meditations to develop strategies for coping with the ups and downs of life. Please bring a yoga mat.

Tuesday 9/25 7:00-8:00 pm 8 weeks
Waterford HS
Resident \$74/Non-resident \$79
Instructor: Jennifer Lambert

902 Tai Chi, Level 1 (10 Form)

For centuries, millions from all ages have practiced Tai Chi daily. Practicing Tai Chi results in improved circulation, digestion, coordination, strength and flexibility. Tai Chi helps to improve the immune system and relax your mind.

Monday 9/17 6:30-7:45 pm 8 weeks
Resident \$94/Non-resident \$99
New London HS
Instructor: Yuehua

903 Tai Chi Level 2 (24 Form)

This class is a continuation for those who have already completed level 1. We will further explore the health benefits of Tai Chi.

Monday 9/17 7:45-8:45 pm 8 weeks
Resident \$94/Non-resident \$99
New London HS
Instructor: Yuehua

904 Beginner West Coast Swing Dance

This popular style of swing can be done to a variety of music with slower to moderate tempos giving West Coast Swing its unique style. It is much smoother and more versatile than East Coast Swing. Students rotate partners so no partner required. Non-rubber soled shoes are required.

Monday 9/17 6:00-7:00 pm 8 weeks
New London HS
Resident \$99/Non-resident \$104
Instructor: Susanne Morgan



907 Beginner Country 2-Step Partner Dancing

Country 2 step is a popular partner dance that travels counter clockwise around the room. You can be on the floor two stepping in no time at all as it is fairly easy to learn. We have some fun upbeat music for this class. Students rotate partners, so no partner required. Non-rubber soled shoes are required.

Thursday 9/20 7:00-8:00 pm 8 weeks
Old Lyme MS
Resident \$99/Non-resident \$104
Instructor: Susanne Morgan

905 West Coast Swing-Beyond Basics

Prerequisite West Coast Swing with a command of the Basic 6 Count Moves and the 8 Count Whip. This class will expand on the basics and introduce new moves. Students rotate partners, so no partner required. Non-rubber soled shoes are required.

Monday 9/17 7:00-8:00 pm 8 weeks
New London HS
Resident \$99/Non-resident \$104
Instructor: Susanne Morgan



906 Tai Chi Basic

Learn the basic 24 of Tai Chi. Wendy and Brian have practiced Tai Chi for many years and would like to share their knowledge with you. Wear comfortable clothes.

Tuesday 9/25 5:30-6:30 pm 8 weeks
Resident \$94/Non-resident \$99
Waterford HS
Instructor: Wendy Liao & Brian Yang

FINANCE

1000

CYA: Conserve Your Assets

Learn how to protect and preserve the assets accumulated over a lifetime of work.

Tuesday 10/9 6:30-8:30 pm One night Waterford HS
Resident \$29/Non resident \$34
Instructor: Stephan Brueckner

1001

Social Security Planning

When should you take your Social Security? This presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits and more.

Tuesday 9/25 6:30-8:30 pm One night Waterford HS or
Monday 10/1 6:30-8:30 pm One night NL High School
Resident \$29/Non resident \$34 Instructor: Charles Yannich

1002

Investing 101

This course covers the basics to investing and wealth management.

Tuesday 10/16 6:00-8:00 pm Waterford HS or
Monday 11/19 6:00-8:00 pm NL High School or
Thursday 9/27 6:00-8:00 pm Old Lyme MS
Resident \$29/Non resident \$34 Instructor: Jamie Oliver

1003

Estate Planning

This one-night course helps you understand and achieve your financial goals.

Monday 9/24 6:00-8:00 pm NL High School or
Tuesday 10/23 6:00-8:00 pm Waterford HS or
Thursday 11/8 6:00-8:00 pm Old Lyme MS
Resident \$29/Non resident \$34 Instructor: Jamie Oliver

908

Latin Bachata, Salsa Beginners & Advanced

Learn how to master sensual and spicy footwork from Latin rhythms, such as bachata and salsa. Bachata music has become a hit in the past ten years in the U.S. Come to class and discover why. You do not need a partner to participate in this class. All classes are held at the Hispanic Alliance, 165 State Street, New London.

Salsa Beginners Tuesday 9/25- 6:00-7:00 pm 6 weeks

Salsa Advanced Tuesday 9/25- 7:10-8:10 pm 6 weeks

Latin Bachata Tuesday 9/25 - 8:15-9:15 pm 6 weeks
or

Salsa Beginners Friday 9/21- 6:00-7:00 pm 6 weeks

Salsa Advanced Friday 9/21- 7:10-8:10 pm 6 weeks

Latin Bachata Friday 9/21 - 8:15-9:15 pm 6 weeks

Resident \$79/Non-resident \$84

Instructor: Oswaldo Tirano



800

(SAFE) Self-Defense for Women

Situational Awareness & Fundamental Empowerment is a 3 hour comprehensive workshop in personal safety and self-defense for women. The class examines predator behavior, promotes situational awareness, and will teach a few basic and very practical self-defense skills to both gain confidence and to develop survival skills. This program is informative and empowering and ideal for women who have concerns about personal safety. Please come in gym attire suitable for physical activity.

Saturday 9/15 9:00-12:30 pm One Class

or Saturday 11/10 NL Adult Education

\$44/Non-resident \$49

Instructors: Frank Dawson & Jennifer Thornell

FINANCE

FREE FINANCIAL FITNESS 101 CLASSES WITH CHELSEA GROTON BANK

2001

Credit Do's and Don'ts

Learn the tips and tricks to establishing, maintain and repairing your credit score. Insights into what lenders are looking for when they analyze credit will also be shared.

Thursday 10/18 6:00-8:00 pm Old Lyme MS or

Monday 9/17 6:00-8:00 pm New London HS

Saturday 11/3 9:00-11:00 am NL Adult Education

2002

Home Buying Seminar

Learn key steps to purchase a home from start to finish, especially first-time homebuyers regarding mortgage financing, underwriting and the approval process.

Tuesday 9/25 6:00-8:30 pm Waterford HS or

Saturday 10/6 9:00-10:30 am NL Adult Education or

Thursday 10/11 6:00-8:00 pm Old Lyme MS

2003

Budgeting Basics

Learn how to create a basic budget, reduce debt and build savings. The first step to effective financial planning is developing and implementing a budget and spending plan.

Tuesday 10/2 6:00-8:00 pm One night Waterford HS or

Tuesday 10/16 3:00-5:00 pm One day NL Adult Ed or

Thursday 11/1 6:00-8:00 pm One night Old Lyme MS

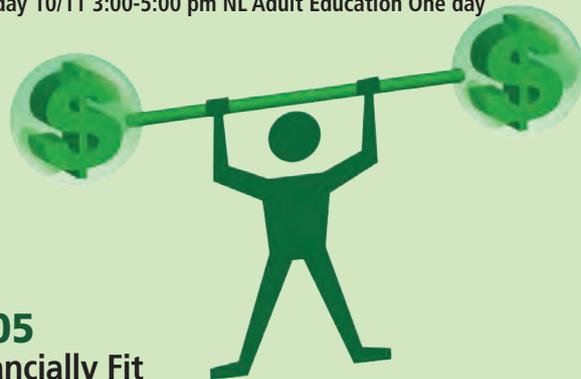
2004

Money Smarts for Older Adults

MSOA is designed to provide information and tips to help prevent common frauds, scams and other types of elder financial exploitation in your community. This class is designed to encourage planning ahead for financial well-being.

Wednesday 9/26 3:00-5:00 pm NL Adult Education One day

Thursday 10/11 3:00-5:00 pm NL Adult Education One day



2005

Financially Fit

Get your finances on track. Learn how to budget, what your FICO Score means and how to improve it.

Thursday 10/4 6:00-8:00 pm Old Lyme MS One day

Saturday 10/20 9:00-11:00 am NL Adult Education One day

2006

Facebook for Business

Facebook is for branding, community-building, and customer engagement that may lead to sales. You will learn how to start a business page and understand the difference between a business page and a personal page. You'll also learn the difference between a social media presence and a social media strategy.

Tuesday 9/25 6:00-8:00 pm Waterford HS One day

Saturday 9/22 9:00-10:30 am NL Adult Education One day

Make an Investment in Your Future
Earn your High School Diploma or GED



3000 Plant-Based Nutrition Cooking

A plant-based class geared towards healthy & nutritional dishes. Materials Fee: \$50 at the first class. Please bring an apron, knife & containers to take food home.

Saturday 9/8 10:00-12:30 pm 4 weeks
NL Adult Education Resident \$79/Resident \$84
Instructor: Erika Y. Gradecki

3001 Tabemashou! (Let's Eat)

A class centered around Japanese cooking techniques that offer an array of colors, flavors and textures. Materials Fee: \$50 at the first day of class. Please bring an apron, knife & containers to take food home.

Saturday 10/6 10:00 am-12:30 pm 4 weeks
NL Adult Education Resident \$79/Resident \$84
Instructor: Erika Y. Gradecki

3002 Filomena's Seafood Fra Diavolo

Spend an evening at Filomena's discovering the secrets to their Seafood Fra Diavolo. Capture this opportunity to learn from an experienced chef as he explains the steps in preparing tonight's meal. This demonstration class fills fast.

Sunday 10/7 6:00-8:00 pm
One night only Filomena's Restaurant
Resident \$40/Non-resident \$45

3003 "Comfort Foods 101"

Classic from scratch dishes "just like Mom used to make" can be found in this class, with a few offerings for the upcoming Holiday Season. Materials Fee: \$50 at the first class. Please bring an apron, knife & containers to take food home.

Tuesday 10/23 6:00-8:30 pm 4 weeks
Waterford HS Resident \$79/Resident \$84
Instructor: Erika Y. Gradecki

3004 Chef Jr. Kids' Cooking Class

The class for your young chef! Learn how to make delicious dishes in this fun, interactive class! *Children under age 16 must be accompanied by an adult.* Materials Fee: \$50 at the first night of class. Please bring an apron, knife & containers to take food home.

Tuesday 9/25 6:00-8:30 pm 4 weeks
Waterford HS Resident \$79/Resident \$84
Instructor: Erika Y. Gradecki

3005 "Around-The-World Cooking Class"

Back by popular demand, this International Cooking Class is taught by a certified personal chef! Explore all new dishes from Africa, Asia, Europe, and Latin America! Materials Fee: \$50 at the first night of class. Please bring an apron, knife & containers to take food home.

Monday 9/17 6:00-8:30 pm
4 weeks
New London HS
Resident \$69/
Resident \$74
Instructor:
Erika Y. Gradecki

3006 The Healthy Dinner Rush

In a rush? Need something healthy and balanced after a busy day? Then this class is for you... Learn recipes that will be quick to whip up at dinnertime without losing flavor in the process. Materials Fee: \$40 at the first class. Please bring an apron, knife & containers to take food home.

Saturday 11/3 10:00-12:30 pm 3 weeks
NL Adult Education
Resident \$69/Resident \$74
Instructor: Erika Y. Gradecki



4000 Messages from Spirit

Please join Alison Ritrovato, APRN and Spiritual Medium, for an insightful two hours of receiving messages from Spirit especially for you. During the 2 hrs, Alison will lead the group in a short-guided meditation and ask her guides to come in and answer your personal questions or concerns through her as a channel. The messages she receives are always to encourage you on your life's journey and to help you open up to a life better than you could ever imagine. Everyone will receive a detailed message and will also learn a lot from listening to other's messages. Register early; limited seats.

Thursday 10/25 6:00-8:00 pm
One day only
OL Middle School
Resident \$35/Non-resident \$40
Instructor: Alison Ritrovato, APRN

4001 After Death Communication

Have you felt the presence of someone who has passed? What are the prevalent signs and messages that deceased loved ones send to us? What can a near death experience teach us about the afterlife? These questions and more will be discussed and explored.

Thursday 9/20 3:00-5:00 pm One day only
NL Adult Education
Resident \$25/Non-resident \$30
Instructor: Carla Augustyn

4002 Introduction to Angels

This class is a delightful introduction to the world of angels. Cards not required for class.

Tuesday 9/18 3:00-4:30 pm One day only
NL Adult Education
Resident \$25/Non-resident \$30
Instructor: Carla Augustyn

4003 Past Life Regression

Learn how your past lives contribute to your current life. Experience a group session of past life regression and access the wisdom stored in your past lives to heal and transform your life. This class is fun, enriching and can be life changing. Alison Ritrovato, APRN, is a spiritual medium, past-life regressionist, advanced angel practitioner, certified hypnotist and soul coach.



Thursday 11/1 6:00-8:00 pm One day only
Waterford HS
Resident \$35/Non-resident \$40
Instructor: Alison Ritrovato, APRN

MUSIC

5000 Chords are Key for Piano

In just a few hours you can learn enough secrets of the trade to give you years of musical enjoyment. Regular piano teachers teach note reading, piano professionals use chords. You can learn all the chords you'll need to play any song in this class. Cost includes online book and online video instruction.

Monday 9/17 6:30-9:00 pm One day only New London HS
Resident \$59/Non-Resident \$64 Instructor: Dan Fontana

5001 Learn to Play Conga

This course will provide the beginning drummer with the fundamentals of Conga playing. You will learn a brief history of the drum and how to tune and maintain your drum. Learn hand positioning, tones, techniques and different rhythms and patterns. Some conga drums are available for class, bring yours if you have one.

Tuesday 9/25 5:30-8:30 pm 6 classes Waterford HS
Resident \$109/Non-resident \$114 Instructor: Herman "Doc" Frazier

5002 Chords are Key for Guitar

In just a few hours you can learn the basic chords to start you playing along with your favorite songs. Bring your acoustic guitar. Fee includes an online book and online instructional videos. Class limited, register early

Monday 9/24 6:30-9:00 pm One day only New London HS
Instructor: Dan Fontana Resident \$59/Non-Resident \$64

5003 Beyond Basics Guitar

Have you heard of Ticket to Ride? This course will immerse you in the Beatles songs... Bring your guitar and learn from a local artist. This class is for *"more than Beginners, but less than advanced students."*

Thursday 9/20 6:00-9:00 pm
Old Lyme MS
8 weeks
\$129 Resident/\$134 Non-resident
Instructor: Dave Geisler



 **Begin your career on a high note**
Earn your High School Diploma or GED

5004 Singing/Music Reading

Have you ever wanted to learn the language of music? Ever wondered about the mechanics of singing? This is a great class for you. We will:

- learn about the voice as an instrument
- learn and sing vocal warmups used by professional singers
- learn portions of songs to be sung in harmony
- learn beginning music reading and musical alphabet!

Please join us to learn more about the universal language of music, and to enrich your appreciation for the music and singing you enjoy.

Monday 9/17 6:00-9:00 pm 8 weeks New London HS
Resident \$99/Non-Resident \$104 Instructor: Samantha Talmadge

LANGUAGE



6000

Español for the School Teacher

This course is ideal for teachers who interact with students whose primary language is Spanish and use it in the classroom. Make your teaching more impactful by providing simple commands, exchange basic information, tell time, use classroom-specific vocabulary, make small talk with your students en Español, and much more.

Thursday 9/20 6:30-8:00 pm 8 weeks

Old Lyme Middle School

Resident \$89/Non-resident \$94

Instructor: Cris Aguilar

6001

French 3

Take the third step in our French program. Sharpen your skills in this romantic language.

Saturday 9/8 9:30-11:00 am 8 weeks

NL Adult Education

Resident \$89/Non-resident \$94

Instructor: Cris Aguilar

6002

Spanish 2

This is the continuation of the Spanish for the Beginner. This class picks up where you left off last semester! The Spanish for the Beginner Text will be used in this class. If needed, you can purchase one for \$30.

Saturday 9/8 11:30-1:00 pm 8 weeks

NL Adult Education

Resident \$89/Non-resident \$94

Instructor: Cris Aguilar

6003

Italian Phrases for the Traveler

Are you planning to travel to Italy? This course will give you the phrases to make your trip a success.

Monday 9/17 6:30-8:30 pm New London HS

Resident \$89/Non-resident \$94

Instructor: Bruno Roberto



6004

Classical Connections

Everyone has a "back story" and so do cultures and societies. This course will examine the elements of ancient Rome and Greek tradition that contribute most directly and profoundly to our modern world. Beyond using Latin and Greek to enrich English usage, we will see how ancient art, architecture, science, history, mythology and literature form our lives.

Thursday 9/27 6:00-9:00 pm 4 weeks

Old Lyme MS

Resident \$89/Non-resident \$94

Instructor: Jim Goodwin

6005

Beginning American Sign Language

Explore the world of manual communication. Learn the alphabet, how to finger spell, and much more.

Monday 9/17 6:00-9:00 pm 8 weeks

New London HS

Resident \$99/Non-resident \$104

Instructor: Donna Haggerty

6006

American Sign Language 2

This course is for those who want to expand their ASL Vocabulary.

Tuesday 9/25 6:00-9:00 pm 8 weeks

Waterford HS or

Thursday 9/20 6:00-9:00 pm

NL Adult Education

Resident \$99/Non-resident \$104

Instructor: Donna Haggerty



6007

Spanish for the Beginner - Daytime

Our beginner class will help students speak, listen, read and write Spanish. Have fun while visual prompts will assist in acquiring language for daily living. The textbook is included in cost of the course.

Tuesday 9/25 3:00-5:00 pm 8 weeks

NL Adult Education

Resident \$109/Non-resident \$114

Instructor: Nancy Vega

6008

Spanish for the Beginner

Our beginner class will help students speak, listen, read and write Spanish. Have fun while visual prompts will assist in acquiring language for daily living. The textbook is included in cost of the course.

Tuesday 9/25 7:00-9:00 pm 8 weeks

Waterford HS

Resident \$109/Non-resident \$114

Instructor: Nancy Vega

6009

Spanish for the Beginner

The goal of this course is to help you develop basic Spanish communication skills. In our class, we will emphasize practical conversational techniques and pronunciation with lessons in grammar, reading and writing. The textbook is included in cost of the course.

Thursday 9/20 5:00-7:00 pm 8 weeks

NL Adult Education

Resident \$109/Non-resident \$114

Instructor: Claudia Schkepper

6010 Advanced Spanish 2

Immerse yourself into the Spanish Language. Enhance your reading and speaking skills and spend the evening surrounded by the Spanish Language. Practice reading Spanish newspapers and books.

Tuesday 9/25 6:30-8:30 pm 8 weeks
Waterford HS
Resident \$89/Non-resident \$94
Instructor: Liliam Almaraz

6011 Conversational Spanish

Sharpen your reading and speaking skills in the final phase of our Spanish Program.

Thursday 9/20 6:30-8:30 pm 8 weeks
NL Adult Education
Resident \$89/Non-resident \$94
Instructor: Liliam Almaraz

6012 Italian: Beginning Level 1

Learn Italian with a skilled bilingual instructor! Oral drills will encourage the beginner to develop speaking and listening skills.



We will introduce practical vocabulary and expressions, and go over real travel situations and cultural differences. Textbook is included in registration fee.

Monday 9/17 6:30-8:30 pm 8 weeks
NL Adult Education
Resident \$119/Non-resident \$124
Instructor: Mirela Gjino

Monday 9/17 6:30-8:30 pm 8 weeks
NL Adult Education
Resident \$119/Non-resident \$124
Instructor: Mirela Gjino

6013 Italian: Intermediate Level 1

This course is a continuation for students who have taken Italian Beginning and have a basic knowledge of the Italian language. Learn to start and conclude a conversation and pronunciation of everyday dialogues. A textbook fee of \$30 is due if you do not have the Italian Two and Three Years Textbook.

Wednesday 9/19 6:30-8:30 pm 8 weeks
NL Adult Education
Resident \$89/Non-resident \$94
Instructor: Mirela Gjino

6014 Italian: Advanced

This course is a continuation for students who have taken Italian I, Intermediate Level 1 and 2, and have a knowledge of the Italian Language. Students continue to develop and strengthen listening, speaking, reading and writing skills in Italian. Textbook fee same as for Intermediate Level 1.

Tuesday 9/25 6:30-8:30 pm 8 weeks
NL Adult Education
Resident \$89/Non-resident \$94
Instructor: Mirela Gjino



6015 German Grammar

This course will teach you the basics of German Grammar.

Tuesday 10/16 6:00-9:00 pm 5 weeks
Waterford HS
Resident \$99/Non-resident \$104

6016 Conversational German

Expand your grasp of the German Language by participating in this five-week course.

Monday 10/22 6:00-9:00 pm
4 weeks
New London HS
Resident \$99/Non-resident \$104

6017 German Advanced

This class is the continuation of the German 2 Class beginning with chapter 9. If you do not have the textbook it can be purchased for \$30. Please notify the registrar that a book is needed with your registration.

Thursday 10/18 6:00-9:00 pm
5 weeks
NL Adult Education
Resident \$99/Non-resident \$104

6018 Arabic for the Beginner

Learn Arabic from a skilled bilingual instructor. This class will introduce you to the basics, alphabet, numbers and simple phrases.



Tuesday 9/25 6:00-8:00 pm 8 weeks
Waterford HS
Resident \$79/Non-resident \$84
Instructor: Salwa Elsayed

6019 Arabic Intermediate

This class is a continuation of the Arabic for the Beginner course. Prerequisite: Arabic for the Beginner, or basic understanding of the Arabic Language.

Monday 9/17 6:00-8:00 pm 8 weeks
New London HS
Resident \$79/Non-resident \$84
Instructor: Salwa Elsayed



6020 Spanish for Law Enforcement

Learn and understand the phrases that will help you in your position as a First Responder and Law Enforcement Officer. This course is taught from someone that is on the front line and familiar with the phrases most used in his profession.

Thursday 9/20 7:00-9:00 pm 8 weeks
Old Lyme MS
Resident \$89/Non-resident \$94
Instructor: Fabian Silva

GED classes in Spanish and English are offered at New London Adult Education.



OUTDOOR ACTIVITIES

7000

Introduction to the Solar System

Hop on board the cosmic express and take a journey from our precious planet earth through our solar system and beyond. Learn about our cosmic neighborhood. Study such celestial wonders as the planets, stars, comets, meteors, sun, moon and more.

Monday 9/17 6:00-9:00 pm
New London HS or
Tuesday 11/13 6:00-9:00 pm
Waterford HS
One night only
Resident \$39/Non-resident \$44
Instructor: Ronald Zincone



7001

Introduction to Hurricanes

New England has been frequently visited by tropical storms that have been historically recorded to some extent over the last few centuries. This course will introduce you to some of the basic science, historical paths and regional effects that tropical systems have, with a focus on Hurricanes in New England.

Saturday 9/22 8:30-3:30 pm
NL Adult Education
One day only
Resident \$69/Non-resident \$74
Instructor: Ronald Zincone



7002

Horseback Riding: Beginning

Basic instruction will be given on the skill of horsemanship and horse care. This class is for beginners who have little or no experience in riding. Riding instructions will focus on balance and basic mechanics of riding. Students will also learn to groom, tack up and basic care of the horses. Participants should wear heeled shoes, boots are preferred. Riding helmets are provided by the instructor. All classes will be held at Outback Stables, 538 Colonel Ledyard Highway, Ledyard, CT.

Tuesday 9/18 6:00-7:00 pm 6 weeks
Thursday 9/20 6:00-7:00 pm 6 weeks
Outback Stables
Resident \$150/Non-resident \$155

7003

Horseback Riding: Advanced

This course is for students that have taken the beginner class and are ready to take the next step. This class is for students 15 years of age and older. Riding helmets are provided by the instructor.

Wednesday 9/19 6:00-7:00 pm 6 weeks
Outback Stables
Resident \$150/Non-resident \$155

Saddle up and mosey on down to New London Adult Education where you can earn your High School Diploma.



7004

Private Pilot Ground School

In this fun and interactive class, we will cover all subjects required by the FAA to take the Private Pilot written exam. We cover everything from basic aerodynamics to planning a cross-country flight, and we will even have guest speakers throughout the course. At the end of the class, you will receive an endorsement to take the FAA written exam. This is also a great refresher course for licensed pilots who are non-current, might be a little rusty, or just want to get caught up on the latest information.

Course location: Mystic Jet Center North Hangar,
Groton New London Airport
Saturday 11/3 6 weeks Instructor: Brian Godburn
\$675 with materials (Jeppesen Private Pilot kit), \$475 without materials

OUTDOOR ACTIVITIES

7005 Youth Golf Lessons

This class is for youth ages 8-15 who want to learn the art of golf. Lessons will cover the following fundamentals: grip, stance, posture, and backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. There is a small fee for a bucket of balls. Class size is limited to 10 students.

Great Brook Driving Range - 5 weeks Saturday 9/8 10:00-11:00 am
Resident \$150/Non-resident \$155 Instructor: Christopher Hedden

7006 Golf for Ladies Only

This class is for women who want to learn the art of golf. Lessons will cover the following fundamentals: grip, stance, posture, and backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. Each lesson is one hour. Please bring a putter, a 3 wood, a 7 iron, and pitching wedge. Equipment is available to borrow. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students.

Great Brook Driving Range - 5 weeks
Monday 9/10 10:00-11:00 am Resident \$150/Non-resident \$155
Monday 9/10 6:00-7:00 pm Instructor: Christopher Hedden



7007 Learning the Fundamentals of Golf

Lessons will cover the following fundamentals: grip, stance, posture, and backswing, follow through, sandshots, downswing, chipping, putting, equipment info, and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students.

Great Brook Driving Range
5 weeks
Tuesday 9/18 6:00-7:00 pm
Resident \$150/Non-resident \$155
Instructor: Christopher Hedden

TECHNOLOGY

8000 MS Word 101

Step-by-step instruction will give you the knowledge you need to use Word in your job and at home.

Saturday 11/3 10:00am-12:30 pm 2 weeks NL Adult Education
Resident \$69/Non-resident \$74



8001 MS Word 202

Continue your study of MS Word in this course.

Saturday 11/17 10:00am-12:30 pm 2 weeks NL Adult Education
Resident \$69/Non-resident \$74

8002 MS Excel 101

Saturday 11/3 1:00 am-3:30 pm 2 weeks NL Adult Education
Resident \$69/Non-Resident \$74

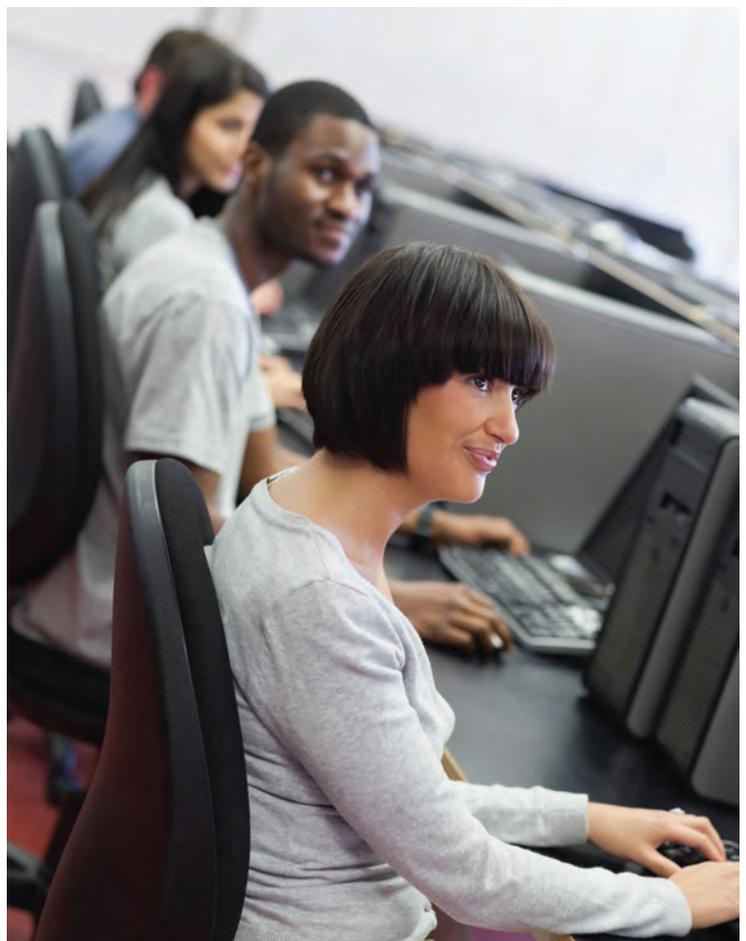


8003 MS Excel 102

Saturday 11/17 1:00 am-3:30 pm 2 weeks NL Adult Education
Resident \$69/Non-Resident \$74.

8004 MS Access101

Saturday 11/24 10:00 am-3:00 pm 1 week NL Adult Education
Resident \$69/Non-Resident \$74.





NEW LONDON

Adult and Continuing Education

Culture on Wheels Fall 2018

FALL 2018 DAY TRIPS

September 15

NY on Your Own – \$59

October 6

Bennington, Vermont
\$103

October 27

“Savor the Flavor”
Providence, Rhode Island
\$98

November 4

Boston Christmas Festival
\$69

November 11

Radio City Christmas Spectacular
\$145

December 1

Stocking Stuffer 2018
\$105

New York on Your Own

Saturday September 15, 2018
\$59 per person

Spend the day in New York City...

So much to do. San Genaro Festival, German Steuben Parade and Festival... Depart Three Shaw's Cove at 7:30 am, Leave New York at 7:30 pm. Plenty of time to see a play, walk the Park and more...



Stocking Stuffer 2018

Saturday December 1 \$105 per person



Receive a present at every stop ... First stop at Kringle Candle to shop their main store and visit their Christmas Barn. Then on to Whately Inn for a New England Lunch. Next stop is the Williamsburg Country Store, full of old fashioned wares, crafts, jewelry and more... Atkins Farm, a New England Apple Orchard and Country Food Market is our next stop. Finish the day with Bright Nights in Springfield. Depart Three Shaw's Cove at 8:30

2019 OVERNIGHT TOURS

March 4-6, 2019

Philadelphia Flower Show
cost from \$554 pp/dbl

September 20-22, 2019

Adirondack Balloon Festival
cost from \$570 pp/dbl

Miracle - Sight & Sound Theater

November 2019

pricing TBD

INTERNATIONAL TOURS

April 12-19, 2019

Tuscany

October 4th Presentation

2019 CRUISES

January 6-18, 2019

Southern Caribbean - Anthem of the Seas

May 5-12, 2019

Bermuda - Celebrity Summit

August 22-Sept 1, 2019

Transatlantic the Queen Mary 2

November 9-24 2019

Panama Canal - NCL Dawn



GARDE ARTS CENTER

The Music of Cream 50th Anniversary Tour

October 12 • 8:00 pm • \$39

Fifty years after their earth-shaking debut album, the bloodlines of that hallowed trilogy come together to pay tribute to Cream's legendary four-album reign over the psychedelic frontier of the late 1960s. Kofi Baker (son of Ginger). Malcolm Bruce (son of Jack) and Will Johns (nephew of Eric) unite in an once-in-a-lifetime multi-media concert salute to the most innovative and explosive super group of all time.



Cherish the Ladies - Celtic Christmas

December 21 • 8:00 pm • \$38

Celebrate the holidays with a spectacular blend of virtuoso instrumental talents, beautiful vocals, captivating arrangements, stunning step dancing, and great wit. For more than three decades, Cherish the Ladies – one of the top Celtic groups in the world – has shared timeless Irish traditions and good cheer with audiences worldwide as well as the White House, the Olympics, and PBS with their television special, An Irish Homecoming.



New London Adult & Continuing Education Culture on Wheels Program
860-437-2385 ext. 106 | cherrickm@newlondon.org



Radio City Christmas Spectacular

November 11 cost \$145 per person

Come celebrate the 90th Anniversary of the Radio City Rockettes Christmas Spectacular. 2:00 show with time before and after the show for Holiday shopping and lunch(on your own).Orchestra Seats- Depart Three Shaw's Cove at 7:30

Would you like to be the "first to know" what trips are coming up?
 Sign up for our Culture on Wheels mailing list for \$5.00 and receive bi-annual mailings.



Bennington, Vermont

Saturday October 6, 2018 - cost: \$103

Tour **Bennington Potters**, home of the world famous hand-made pottery for over 68 years. Savor classic New England fare for lunch at the **Publyck House** for "Vermont Dining with a view." Choose from Roast Turkey dinner, Homemade Meatloaf or New England Scrod with Vermont Cheddar and Cracker Crumb topping, followed by a seasonal fruit crisp. *Meal choice required with*

registration. Following lunch we'll visit **The Apple Barn and Country Bake Shop** where we will have a guided coach tour of the beautiful orchard with spectacular views. Depart Three Shaw's Cove at 8:45 / Return 5:00

"Savor the Flavor" Providence, RI

Saturday October 27, 2018 - cost: \$98

Begin your day at Scialo Bros. Bakery and see a demonstration and sample their pastry along with coffee or tea. Visit Trattoria Zooma, a Southern Italian kitchen featuring handmade pasta and wood fired pizza, for a tableside demonstration of the techniques in pizza making. Enjoy a 5 course family style meal including salad, assortment of grilled pizzas, fried mozzarella, potato gnocchi, penne pasta and Chicken Marsala with cannoli & coffee. Following lunch visit Venda Ravioli Emporium. Complete the day with a riding tour of Providence. Depart Three Shaw's Cove at 8:45 Return 5:00



Boston Christmas Festival

Sunday November 4, 2018 - cost: \$69

Do your Holiday shopping at one of the largest Holiday Craft shows on the east coast. Over 300 of America's finest craft artists will be selling their products. Tour the 32nd Annual Boston Christmas Festival at the Seaport World Trade Center. Depart Three Shaws Cover at 8:00 / Return 6:30

Miracle - Sight & Sound Theatres

November 2019

See the Spring 2019 Catalog for Details

Spend 2 nights at the Comfort Inn & Suites in Amish Country, enjoy dinners at Local Restaurants

Visit the Sight and Sound Theatre to watch the spectacular show that brings Christmas memories to life, Miracle of Christmas. This sensory experience will show you the amazing story of kings, angels, and a faithful couple used by God, and Jesus the Messiah coming to earth in human form. This touching, one-of-a-kind show has become a hit at the Sight & Sound Theatre.



Adirondack Balloon Festival

September 20-22, 2019 Friday - Sunday

Depart via deluxe motorcoach to New York State for the beautiful Adirondack Balloon Festival. Begin our day in Albany, NY State's Capital and visit the NY State Museum. Spend 2 nights at the Comfort Suites Hotel Lake George featuring spacious guestrooms.

Wake up and enjoy the Adirondack Balloon Festival – wander onto the field and help get the balloons ready for a 6:30 am launch. Keep your cameras handy... 90+ colorful, airborne balloons make a breathtaking sight. Explore Lake George Village for lunch and stroll through their great Shoppes. Enjoy a leisurely Dinner Cruise aboard the Lake George Steamboat Company's, Lac Du Saint.

Before we depart for home it is all aboard... as we experience elegant travel and dining aboard the Rip Van Winkle Flyer on the Delaware & Ulster Railroad and an elegant lunch.

Cost: \$570 pp double / triple, \$724 pp single

Includes: Deluxe motorcoach, 2 nights' hotel, 5 meals: 2 dinners, 2 breakfasts, 1 lunch, sightseeing & admissions as per itinerary, Friendship Tours Escort.

Philadelphia Flower Show

March 4-6, 2019 Mon-Wed

We begin our trip with a visit to the brand new Museum of the American Revolution. Spend 2 nights' accommodations at the Holiday Inn Express Midtown located in the heart of downtown Philadelphia. Welcome dinner marks our arrival.

We're off to the fabulous Philadelphia Flower Show – "Flower Power." The Philadelphia Flower Show is America's largest horticultural event, which attracts 250,000 guests



each year. After the show enjoy the Independence Hall After Hours Tour. Before we leave for home, we join our local costumed guide for a guided city tour.

Includes: Deluxe motorcoach, 2 nights' hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary, Friendship Tours Escort

Cost: \$554 pp double / triple, \$714 single

Saratoga 2019

Look for the Spring 2019 Catalog for all the great details on this tour. Reserved seats at the Saratoga Racetrack, Dinner, City tour and more...

**The Board of Education through the Culture on Wheels Program at New London Adult and Continuing Education, offers trips to promote educational and cultural opportunities to the citizens of this region. The Board of Education through the Culture on Wheels program serves as a booking agent only, has no responsibility for any aspects of the trip, its driver or operations including departure or arrivals, schedules, or any loss to person and/or property, however caused during a trip.*



Escorted London Stay & Trans-Atlantic Cruise aboard the Queen Mary 2

August 22-September 1, 2019

Cost from \$3883 pp twin.

Fly to London, two nights stay in London with dinner and West End Theater Tickets, half day guided sightseeing tour, 2 continental breakfasts. Then step onboard the incredible Queen Mary 2 and cruise to New York. Tour includes airfare, Ship Shop Escort, all meals onboard Queen Mary 2, hotel and all transfers...

\$800 deposit due with registration, Second payment of \$800 by check only due March 30, Final payment May 11.

Escorted New York to Panama Canal

Nov 9-24, 2019

Cost from \$2484 pp twin

Spend 15 nights of the Norwegian Cruise Lines Dawn, tour includes motorcoach transportation to NY pier, airfare from Tampa to Bradley, all meals onboard with free amenities – choose from free beverages, 5 specialty dinners, free gratuities, shore excursion or Internet Credit.



Southern Caribbean from NJ on the Anthem of the Seas

Jan 6-18, 2019

Cost from \$1636 pp twin

Tour includes Roundtrip Transportation to NJ Pier, 12 nights onboard the Anthem of the Seas, all meals onboard, Government Fees & Taxes are included.

Bermuda – Celebrity Summit

May 5-12 2019

Cost from \$1444 pp twin

Roundtrip Transportation to NJ Pier, 3 days docked in Kings Wharf, 7 nights aboard the Celebrity Summit, all meals onboard with Celebrity's 5-Star Cuisine, Island Tour Included. Escorted.



Tuscany & the Italian Riviera

April 12-19, 2019 Cost from \$3,649 pp dbl

Experience the romance of travel among the rolling hills of Tuscany and along the colorful coast of the Italian Riviera. Spend three nights in Tuscany at a traditional Tuscan Estate and three nights on the Italian Riviera in a Tuscan Estate. Start your Tuscan Experience with an interactive Pasta-Making demonstration with the winery's on-site chef. How will you experience the "Cradle of Italian Renaissance"? Your choice to join a Florentine Guide to see the city's iconic sites such as the Piazza del Duomo, Cathedral of Santa Maria del Fiore... or some of the



lesser-known treasures, the Piazza Santa Maria Novella, San Lorenzo Market of the Orsanmichele Church. Experience the city of Siena with its magnificent palaces and historic Piazza del Campo. Visit one of the oldest wine estates in the Siena region. Sit with a family member and hear about their wine and taste their creations. On your way to the Riviera, tour the medieval city of Lucca and spend some time in Republic of Pisa, discover the Piazza Dei Miracoli. Once in the Riviera spend the day exploring the colorful cliff-sided villages of the Cinque Terre with a local guide. Travel to the seaside resort of Santa Margherita Ligure and soak in the view of the town's colorful harbor.



The tour includes Round Trip Airfare, Air Taxes and Tuscan Estate lodgings, Hotel Transfers Fees/Surcharges, Transportation to Airport, 6 Breakfasts and 4 Dinners.

***Come to the Tuscany Presentation on Thursday October 4, 6:00pm at Three Shaw's Cove
Please RSVP to cherrickm@newlondon.org or 860-437-2385 ext 106***

Do you have a knack for teaching
and would like to share your knowledge with others?

If you have a hobby, career or interest that
you would like to share with others, we
would like to hear from you.
We are always looking to offer new classes.



**Please forward your class idea to:
cherrickm@newlondon.org**

Deadline for submitting class ideas for Spring 2019 is October 5

GENERAL INFORMATION



Dear Friends:

Welcome to our Fall 2018 semester! New London Adult and Continuing Education is committed to providing excellence in education by offering stimulating and innovative educational opportunities that meet the needs of our diverse community. We are very proud of our long-standing commitment to adult learners and continue to strive to offer state-of-the-art education, job skill training opportunities and special programs.

We have numerous programs to help you grow. We offer four levels of English as a Second Language classes to assist English language learners acquire English language proficiency. Adult learners looking to complete their high school education can benefit from our Credit Diploma Program and the GED Diploma Program. Our U.S. Citizenship classes will prepare immigrants for the U.S. Citizen test. These programs are conveniently scheduled during the day and evening at no cost to you.

Our Transitions Program focuses on career exploration, training and college preparatory classes. I-BEST, our job skills training program offers workforce education in areas that match local demand and show potential for growth. In collaboration with the Eastern CT Workforce Investment Board (EWIB) we offer an out-school-youth program that provides eligible students with workforce readiness skills, career exploration, education and training.

We invite you to visit our website www.newlondonadulthood.org and become familiar with the multitude of program and class offerings. There is truly something for everyone. To satisfy your lifelong learning goals, our Continuing Education/Enrichment Program offers a vast number of classes including online courses through ed2go.com. Our Culture-on-Wheels Program presents exciting and affordable opportunities for travel. We offer numerous day and overnight bus trips as well as overseas world-class tours that depart from our facility in New London. You can register for our programs online, by mail or by visiting our office at Shaw's Cove Three, New London CT.

We look forward to providing you with an exciting program and excellent customer service. Thank you for your support and continued patronage.

Sincerely,

Maria A. Pukas

Director

- **Inclement Weather:** When the New London Public Schools are closed due to inclement weather, Adult Education is also closed. Listen to a local radio station or watch your local television channels for cancellation notices. Should snow or inclement weather develop during the day, class cancellation is announced by late afternoon. Canceled classes are made up by adding additional sessions.
- **Fees:** If registering by mail, please enclose payment to ensure enrollment in the class/trip.
- **Residents:** Residents are those residing in the following towns: Groton, Lyme, Montville, New London, Oakdale, Old Lyme, Quaker Hill, Uncasville, and Waterford. Out of town residents add a \$5 non-resident fee. Some courses may require additional fees and/or materials. Check the course description for fee information.
- **Gift Certificates:** Certificates are available for any Adult Education course, trip, or special event. They may be purchased at any time at the New London Adult Education office between 9:00 a.m. and 4:00 p.m. This is a great gift for that hard-to-buy-for person in your life!

- **Refunds:** In the event of a filled class or cancellation, every attempt will be made to notify you in advance by email, mail or phone. Refund policy: A full refund is given only when NLAE cancels a course. No refunds at any time for computer courses, one-class courses or bus trips. Refunds for all other courses will be available with a minimum three-week notice prior to the course start date. There will be a \$10 processing fee for refunds. **Refunds will not be given after a course has started.** Please allow at least one month for processing.
- **Returned Check Policy:** Participants will be charged \$25 for each check returned by the bank.
- **Student Regulations:** Smoking is prohibited on school property. Refreshments are not permitted in any classroom, hallway or lavatory. Parking is permitted only in designated areas. Cell phone use is not permitted in the classroom. Fire regulations and alarms must be heeded at all times.
- **Enrichment Course Confirmations:** Enrollment Confirmations will not be mailed, all confirmations will be emailed to the student.

Office Information



New London Adult Education

Three Shaw's Cove
New London, Connecticut 06320
Telephone (860) 437-2385
Fax (860) 437-6460
www.newlondonadulthood.org

New London Office Hours

Monday-Friday: 8:00 am – 4:00 pm
Monday-Thursday: 6:00 pm – 9:00pm

• Waterford Information •

Waterford High School
20 Rope Ferry Road
Waterford, CT 06385
Direct all inquiries to: (860) 437-2385

• Lyme – Old Lyme Information •

Lyme – Old Lyme Middle School
53 Lyme Street
Old Lyme, CT 06371
Direct all inquiries to: (860) 437-2385

• Montville Information •

Montville High School
800 Old Colchester Road
Oakdale, CT 06370
Direct all inquiries to: (860) 437-2385

• Groton Information •

West Side Middle School
250 Brandegee Avenue
Groton, CT 06340
Direct all inquiries to: (860) 437-2385

School Calendar Closing Dates

September 3 Labor Day
October 8..... Columbus Day
November 12..... Veterans Day
November 22-23 Thanksgiving Break
December 24-28 Holiday Break

Program Start Dates

September 4, 2018

English for Speakers of Other Languages
Adult Basic Education and GED
Adult High School Credit Diploma

September 8 – Real Estate

September 6 – EMT Training

September 17 – Daytime CNA Training

October 15 – Evening CNA Training

October 3 – Bartending

Enrichment Classes begin
the week of September 17

Cover Photo: **Peggy Cherrick**

*To err is human and we are...
We are not responsible for typographical errors.*

Registration Form

Mail completed form to: NLAE, Three Shaw's Cove, Suite 100
New London, CT 06320



Scan the QR Code to access the catalog online

Name _____ Home Phone _____

Address _____ Cell Phone _____

City/State/Zip Code _____

Email Address _____

Do you want to be added to our email list? YES NO

CLASS #	CLASS NAME	CLASS DATE	CLASS LOCATION	COST

Nothing cancels a Class quicker than everyone waiting until the last minute to register.
Don't miss out on a great class.. REGISTER EARLY

Processing fee *only* when using
a Credit Card \$1.50

Total Due

Credit card information:

_____ Visa _____ MasterCard _____ Discover _____ American Express

Credit Card Numer _____

Expiration Date _____ Security Code _____



NEW LONDON
ADULT & CONTINUING EDUCATION



15th Annual

Winefest by the Sea

WE LOOK FORWARD TO SEEING YOU THIS FALL.



New London Adult & Continuing Education

Three Shaw's Cove
New London, Connecticut 06320

Telephone (860) 437-2385
www.newlondonadulthood.org

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