

# 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 Denise Spellman (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](http://newlondonadulted.org)  
for full course descriptions

## 5 WAYS TO REGISTER FOR CLASSES & TRIPS

### WEBSITE

[newlondonadulted.org](http://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 & Monday-Thursday 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

860-437-2385

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## Earn your New London Adult Education 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 3:00 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, 1 credits in Vocational Education, Art, and Technology, 4 credits in Mathematics, 3 credits in Science, 3 credits in Social Studies (1 credit must be in U.S. History and .5 credit in Government) and 10 elective credits.



Scan the QR Code to access more information on the High School Credit Diploma Program

## 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 for these classes can be done on-line at our website: [newlondonadulted.org](http://newlondonadulted.org). Select Register under Adult Education Enrollment on the home screen and complete the form.

Or in-house Monday August 29 - September 2 from 9:00 am-2:00 pm or Evening Registration August 29-30 at 6:00 pm.

If you have any questions please call (860)437-2385 for assistance.

## Montville Adult Education

For more information please call Annette Barber, Adult Education Secretary, at (860) 848-8265 or email her at [abarber@montvilleschools.org](mailto: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 Math, English, Science, and History. 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 Monday August 22 from 5:30 - 7:30pm. Classes begin Monday August 29.





# 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](http://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.



Scan the QR Code for more information on the GED Test

## 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.



Scan the QR Code for more information on Adult Basic Education

## Groton Adult Education

**Adult High School Credit Diploma** • Classes meet at Fitch High School, 101 Groton Long Point Rd, Groton. For information on credit classes available at Fitch High School, please call 860-441-2152 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 GED, ESL & ABE Classes** • All classes meet at Fitch High School 101 Groton Long Point Rd, Groton, or New London Adult and Continuing Education, Three Shaw's Cove, New London, CT. Classes begin September 6 in Groton and in New London.

**Registration & Testing Information** • Registration for New London classes can be done on-line at our website: [newlondonadulthood.org](http://newlondonadulthood.org). Select Register under Adult Education Enrollment for the home screen and complete the form.

If you have any questions please call 860-437-2385 for assistance. Registration for classes held at Fitch High School are being held Wednesday, August 31 and Thursday, September 1 from 5:00-7:00 pm at Fitch High School.

## ESOL ~ English for Speakers of Other Languages: Classes begin September 6, 2022

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. In person and online options available.

### 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 New London Library

**Days:** • 63 Huntington Street, New London, CT 06320  
(860) 442-4463  
Monday/Wednesday • 9:30 am – 12:30 pm  
Friday • 9:30 am - 12:30 pm at NLAE Computer Lab

### ESOL Class Schedule at Fitch High School

**Nights:** • 101 Groton Long Point Rd , Groton, CT 06340  
(860) 441-2152  
Tuesday & Thursday • 5:30 pm – 8:30 pm  
Classes start September 6.

### FREE Childcare (New London Adult Education site only)

For children of students registered in GED, ESOL or High School Credit Classes. Children need to be at least 6-weeks old, 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

Scan the QR Code for Information on  
Citizenship classes



## Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 6 de septiembre 2022

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. Opciones disponibles en persona y en línea.

### Educación de Adultos en New London

**Días** • 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 Miércoles  
6:30-9:00 pm

### Clases de ESOL en Biblioteca de New London

**Días:** • 63 Huntington Street  
New London, CT 06320  
(860) 442-4463  
Lunes /miércoles • 9:30 am – 12:30 pm  
Viernes • 9:30 am – 12:30 pm en  
NLAE salón de Computadoras

### Clases de ESOL en Fitch High School

**Noches:** • 101 Groton Long Point Road  
Groton, CT 06340  
(860) 441-2152  
Martes & jueves • 5:30 pm – 8:30 pm  
Clases comienzan el 6 de septiembre de 2022

## 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, para estuades registrados. Para más detalles llamar a Laiza Melendez ó Norma Velez al (860) 437-2385.



Escanee el código  
QR para obtener más  
información sobre las  
clases de ESL



## Transitions Program

The Transitions Program is available to all current GED, Credit Diploma and ESL students enrolled at New London Adult and Continuing Education. The Transitions Associate assists students with career planning, college and training information, college application completion, financial aid information, and FAFSA application completion. Students participate in college tours and are introduced to American Job Center resources.



## Jobs, Education and Training

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 career exploration and workforce training.

*For additional information on JET, contact Lora Castronova at: (860) 437-2385, ext. 180 or email her at: [LCastronova@tvcca.org](mailto:LCastronova@tvcca.org)*

## Digital Literacy

**Northstar Digital Literacy** defines the basic skills needed to perform tasks on computers and online. Modules assess the ability of individuals to perform tasks based on these skills. Included are basic computer digital literacy standards and modules in 3 main areas:

- **Essential Computer Skills**
- **Essential Software Skills**
- **Using Technology in Daily Life**

**Northstar** was developed in response to the needs of job seekers who may lack the digital literacy skills needed to seek, obtain, and retain employment, as well as to perform other tasks in daily life.

Individuals who receive a score of at least 85% on a proctored assessment completed at New London Adult Education can earn the **Northstar Digital Literacy Certificate**.

## 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 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 on children's books and strategies introduced during parenting class.





# Program Merges Basic Education, Vocational Training

The Integrated Basic Education and Skills Training (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. Through a team-teaching approach students work with two teachers in the classroom: one provides job-training and the other teaches basic skills in reading, math or English language. Together, the instructors build a classroom environment that provides maximum support for student success.

These trainings, which allow students to explore possible career pathways, focus on a variety of industry clusters and include employability skills. Students can train for a career or higher paying job but can continue to work on their math, reading, high school diploma or English skills at the same time. Students get the help they need while studying in the career field of their choice; they learn by doing!



## 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.

## 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.



Personal Care Aide Fall 2021



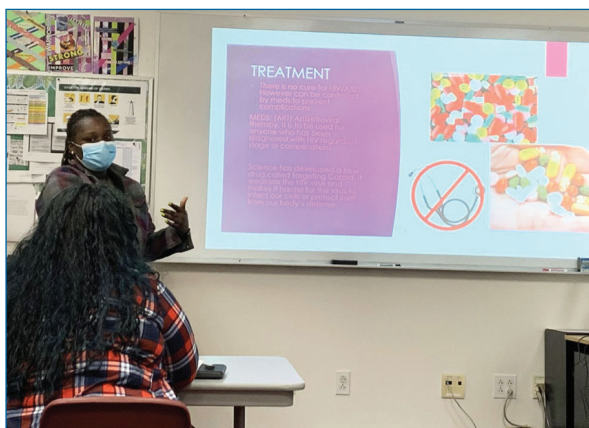
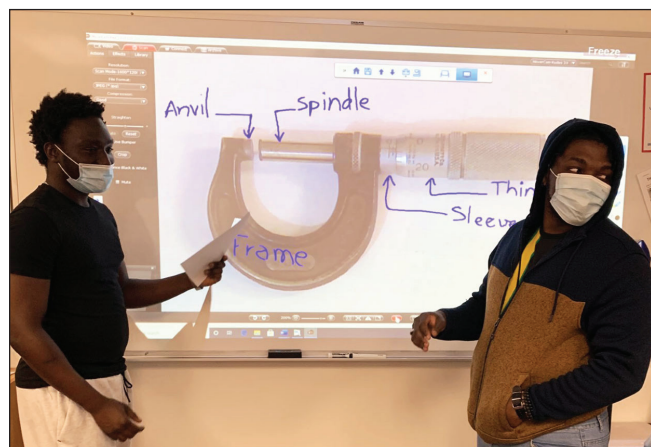
CNA Spring 2021 practicing foot care skill.  
Double masked and vaccinated.

*For additional information on any of these programs, please contact Sara Weeks at (860) 437-2385 VM 169*



## Intro 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.



## 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.

## Introduction to Server and Culinary Arts with Food Handlers 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.



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



**Online Learning** *Anytime, Anywhere...Just a click away!*

## Online Career Training Programs

### New London Adult & Continuing Education

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.

#### Programs available in the following areas:

- **Business and Professional**
- **Healthcare and Fitness**
- **IT and Software Development**
- **Management and Corporate**
- **Media and Design**
- **Hospitality and Gaming**
- **Skilled Trades and Industrial**

#### Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

#### Carpentry

Prepare for a career as a carpenter as you master basic residential construction skills, learn to read blueprints and do jobsite math, and get hands-on practice in three workshop projects.

#### Certified Residential Interior Designer

Prepare for a career as a residential interior designer by learning the basics of good design, getting familiar with design styles and movements, and exploring the materials that interior designers use.

#### Home Inspection Certificate

Learn about standards of practice, defects recognition, inspection guidelines, reporting methodologies, and liability management as you prepare to become a home inspector.

#### Human Resources Professional

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR (Professional in Human Resources) certification exam.

#### OMCA Content Marketing Associate

Bring an audience to your company's website and engage web viewers with valuable content and new strategies for success. **Voucher Included.**

#### OMCP Social and Mobile Marketing Professional

Learn the scope of digital marketing and how to make mobile marketing and social media work in your favor. **Voucher Included.**

#### OMCP Email Marketing and Automation Professional

Learn how to write emails worth opening, reading and acting on. With mobile devices being used frequently, it's critical to write emails that are mobile friendly while being valuable and engaging. **Voucher Included.**

#### Professional Bookkeeping

This program teaches students how to master professional bookkeeping using the QuickBooks 2015 software. **Software Included.**

#### Personal Fitness Trainer

Learn how to apply your client's health history, goals, and abilities, as well as integrating exercise science curriculum and practical training techniques, into a systematic model you can use to progress your clients through different training levels and phases.

#### Freight Broker/Agent Training

Prepare to enter the freight/logistics industry. This program will prepare you to start your own freight broker business or become a freight agent.

#### Grant Writing

Learn to write grant proposals that get funded in this nationally recognized Grant Writing online training program.

#### Technical Writing

Develop your technical writing abilities to a professional level. You'll learn research methods, audience considerations, style, drafting and revision techniques, how to work in a collaborative environment, and more.

**Enroll Today!**



**All materials are included in the program fees. Each course has an instructor assigned to answer student questions and solve student problems.**

To learn more, visit

**<https://careertraining.ed2go.com/nlae/>**

You can also reach us by calling

**(860) 437-2385**



## Use Your Time to Learn Online



## Learn from the Comfort of Home.

Our **Fundamentals** online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners.

**Complete any of these courses entirely from your home or office and at any time of the day or night.**

Prices start as low as: \$95.00

**Enroll Now!**

## INSTRUCTOR LED AND SELF-PACED COURSES ONLINE COURSES

### Personal Finance

Protect your assets and discover how best to achieve all your financial goals. **ILC SPT**

### Using the Internet in the Classroom

Discover how you can use the Internet to make teaching easier for you and more relevant to your students. **ILC**

### Keys to Effective Communication

Lost for words? Don't be! Learn to build rapport, trust, warmth, and respect through conversation. **ILC**

### Creating a Classroom Website

Learn how to create a classroom website and how having one can make you a more effective and dynamic teacher. **ILC**

### Individual Excellence

Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity. **ILC SPT**

### Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web. **ILC SPT**

### Creating WordPress Websites

Learn how to create websites with WordPress, the world's most popular website building platform. **ILC SPT**

### Interpersonal Communication

Become aware of the conscious and unconscious codes of meaning people send when communicating with others. **ILC SPT**

### Homeschool With Success

Discover how to homeschool your children in a way that ensures they get what they need both academically and socially. **ILC**

### Integrating Technology in the Classroom

In this professional development course for teachers, you will learn about technology integration in the classroom and gain the skills needed to use tools like apps, assistive technology, and blogs effectively. **ILC SPT**

### Building Teams That Work

What are the secrets to managing successful teams in the workplace? Explore communication techniques and problem-solving skills that will help you get your team on track in no time. **ILC SPT**

### Leadership

Gain the respect and admiration of others, exert more control over your destiny, and enjoy success in your professional and personal life. **ILC SPT**

**ILC** Instructor-Led Courses - Monthly sessions

**SPT** Self-Paced Tutorials - Start today and study on your own schedule

[www.ed2go.com/Newlondonadult/](http://www.ed2go.com/Newlondonadult/)  
or call Felicia at 860-437-2385 extension # 108

These and many other online courses to choose from

# Careers Begin Here at New London Adult Ed

**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 and NREMT Practical Exam are included in this course.

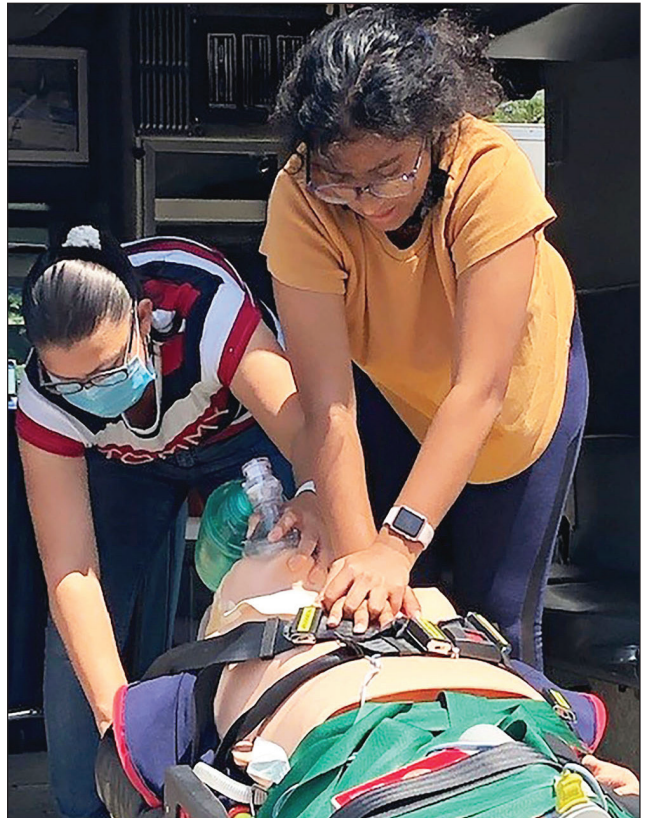
**Prerequisites:** Student must be 16 years of age prior to the end of the class. Proof of Tuberculosis (TB PPD) test results within 1 year from the end of the clinical end date, Measles, Mumps, Rubella (MMR), Varicella (Chicken Pox) Tetanus, Diphtheria, Pertussis (Tdap) and Hepatitis B (Hep B)

**Thursday 9/8 6:00-9:30 pm 14 weeks NREMT Practical Exam 12/3**

**NL Adult Education Resident/Non-resident \$1,150**

**WIOA Approved & approved for VA Educational Benefits**

**Instructor: Emergency Training Services**



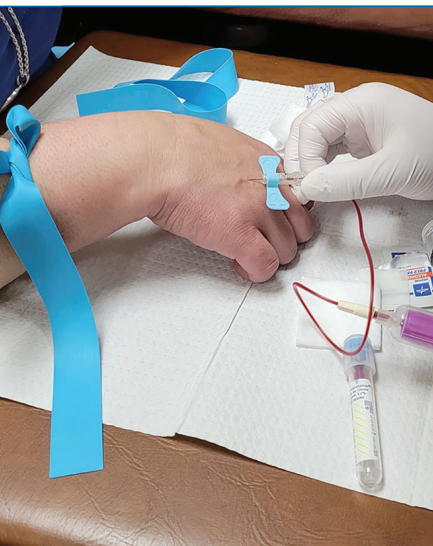
**101**

## **PHLEBOTOMY**

This flexible learning program will provide students the skills necessary to work as a CPT. Students will learn the components of blood, possible complications of a blood draw, along with some basic Human Anatomy, proper drawing technique, and collection sequence. In order to complete this class it is a requirement to obtain 30 successful venipuncture collections and 10 capillary draws on living persons. These will be performed in class on fellow students and clinical volunteers. This is an 80 hour hybrid course with 70 hours of online learning and 10 hours of in person clinical. Upon successful completion of this course students will have the opportunity to obtain National Certification from the NHA if they successfully pass the exam.

**Prerequisites :** High School Diploma or GED, basic computer skills, and a working computer. Students will need to show proof of up to date COVID-19 vaccinations and booster shots. Equipment, Book, and Lab Fee, are included in the cost of tuition.

**Mon 9/12 OnLine Portion / Inperson Classroom Mon - Fri 10/3 5:30-7:30 pm NL Adult Education or Mon 10/10 OnLine Portion / Inperson Classroom Mon - Fri 10/31 5:30-7:30 pm NL Adult Education or Mon 11/7 OnLine Portion / Inperson Classroom Mon - Fri 11/28 5:30-7:30 pm NL Adult Education or Mon 11/28 OnLine Portion / Inperson Classroom Mon - Fri 5:30-7:30 pm 12/19 NL Adult Education Resident \$1599/Non-resident \$1599**





**102****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.

**Prerequisites:** *Prior to attending the class*, the student must have the following: Proof of being 18 years or older prior to the Practical Application portion of the class, Social Security Number, current seasonal flu vaccine (Oct 1- Mar 30), 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, COVID Vaccination and COVID Booster, active email account. High School completion or equivalent may be required for employment in this field. (State of Connecticut requires 100 mandatory hours of training with instructor, additional hours if required will be charged separately at \$40 per hour in addition to tuition.) All students should expect to need to be Covid-19 tested weekly during the class. It is the responsibility of each student to have this done. If any questions, please contact the instructor prior to class start. Covid vaccination is required.

**Resident/Non-resident \$1,099 WIOA Approved & approved for VA Educational Benefits(Fee includes tuition, textbook, uniform, and State of CT Prometric exam) Instructor: Patricia Conklin, RN** Classes are held at Three Shaw's Cove NL Adult Education  
**EVENING CLASSES – 9/26 thru 11/12 Monday/Wednesday/Evening 5 pm – 9 pm and Saturday 8 am – 4 pm**

**103****OSHA 10-hour Construction Course**

The OSHA 10 Construction training covers specific OSHA regulations and requirements as they apply to the Construction Industry. Workers who successfully complete the OSHA-authorized course will earn the official OSHA 10 card from the U.S. Department of Labor (DOL). The course covers safety and health hazards workers may face on construction work sites, placing special emphasis on hazard identification, avoidance, control, and prevention. Students are required to attend the full 10 hours and pass the tests to receive the OSHA 10 29CFR1926 Construction Card. This class can be credited toward the 30-hour class, providing the class is by the same instructor and is completed 6 months from the initial 10 hour completion.

**Thursday 10/13 6:00-9:00 pm 3 classes NL Adult Education**  
**Resident \$84/Non-resident \$89 Instructor: Charles Opalenik**

**104****Connecticut Security Guard Card Training**

Prepare for your Connecticut Security Officer Guard License. Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection.

This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. Connecticut laws will be reviewed, pertaining to the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about the use of force continuum, fire safety, and the history of security, workplace violence, terrorism, communication skills, and more.

**Saturday 10/1 or 10/29 8:00 am - 3:00 pm Live OnLine Using Zoom**  
**Exam on Thursday 10/6 or 11/1 6:00-7:00 pm NL Adult Education**  
**Resident \$150/Non-resident \$155 Instructor: Louis J. Bonito**

**105****Voice-Over Training**

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.

**Thursday 10/13 6:30-9:00 pm 12 students maximum**  
**Live-Online class Resident \$29/Non-resident \$34**



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.



# CAREER TRAINING

## 106 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 10/5 6:00-9:00 pm 5 Weeks NL Adult Education**  
**Resident \$250/Non-resident \$255 Instructor: Paul Rich**

## 107 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 IDs properly and identifying underage drinking.

**Wednesday 10/5 6:00-9:00 pm One day only NL Adult Education**  
**Resident \$55/Non-resident \$60 Instructor: Paul Rich**

## 110 Serv-Safe

The ServSafe program was created by leaders in the Foodservice Industry to promote food safety. Ledge Light Health District which promotes healthy communities in all 90 establishments in New London County are requiring all food establishments to have all their Cooks, Chefs, Person in Charge (PIC) be ServSafe Certified. In the competitive restaurant field, industry certifications can help you stand out among the crowd of applicants. The NRA's ServSafe Food Protection Manager Certification is nationally recognized. Cost includes Tuition, Book, Certificate and Exams with passing grade.



**Tuesday 9/13 6:00-9:00 pm 4 classes Waterford HS or Saturday 9/17 8:00 am - 3:00 pm NL Adult Education.**  
**If Covid Restrictions are active, classes will be Live-OnLine**  
**Resident \$195/Non-resident \$200 Instructor: Amarilys Saluk, CDM,CFPP**

## 108 Real Estate Principles and 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 Mondays and Thursdays from 6-9 for 10 weeks. Textbooks/E-book are included in the cost of the class.



**Monday & Thursday 9/12 5:30-8:30 pm 10 weeks NL Adult Education**  
**Instructor: Cadema Education Associates**  
**Resident \$575/Non-resident \$580 - Textbooks or Resident \$555/Non-resident \$560 E-book Selection required upon registration**

## 109 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, children, and infants. Defibrillator and infant training will also be taught. This program meets OSHA requirement standards for emergency care training in the workplace. A National Safety Council CPR and First Aid Certification will be presented upon completion of this course.



**Tuesday 9/20 600-800 pm Fitch HS 2 nights**  
**Resident \$84/Non-resident\$89**  
**Instructor: Emergency Training Services**

## 111 Español Serv-Safe

El programa ServSafe fue creado por líderes de la industria de alimentos para promover la seguridad alimentaria. El distrito Ledge Light Health que promueve comunidades saludables en los 90 establecimientos en el Condado de New London están requiriendo que todos los establecimientos de alimentos tengan todos sus cocineros, chefs, persona a cargo (PIC) sean ServSafe certificado. En el campo competitivo del restaurante, las certificaciones de la industria pueden ayudarle a destacar entre la muchedumbre de aspirantes. La certificación de ServSafe Food Protection Manager de la ANR es reconocida a nivel nacional. El costo incluye la matrícula, el libro, el certificado y los exámenes con paso de grado.

**Monday 9/12 6:00-9:00 pm 4 classes**  
**NL STM High School-**  
**Resident \$195/Non-resident \$200**  
**Instructor: Amarilys Saluk, CDM,CFPP**

**200****Painting Workshop**

Work within a supportive group in this workshop-style class that focuses on the many issues and challenges of painting. Weekly focus topics will be introduced and incorporated into class. Instructor feedback and responsive instruction in areas of interest are provided in an ongoing way. Individual pursuits are encouraged. Work in your choice of media\* (watercolor, acrylic, mixed-media, other). Ideal for students with a little experience or previously self-taught, as well as those wanting to try a new media.

\*Due to room constraints oils, even with odorless paint thinner, are excluded from class work. Water-based oils are OK.

**Wednesday 9/14 3:00-6:00 pm 9 classes NL Adult Education**  
Resident \$174/Non-resident \$179 Instructor: Sue Cash

**201****Drawing Crash Course**

Improve your drawing with this fast-track class that is sure to improve your observational drawing skills, whatever your current level. We will cover basic drawing of objects, portraits, and structures. These tried-and-true concepts and techniques will greatly improve all aspects of your drawing and benefit whatever individual art interests you apply them to.

**9/17 Saturday 10:00 am-1:00 pm 3 classes NL Adult Education**  
Resident \$69/Non-resident \$74 Instructor: Sue Cash

**202****Color Theory Crash Course**

Explore the fundamentals of color theory and the many ways it applies to all painting and design. Learn about color mixing, color harmonies and the emotional impact of how color is used. Gain the skills and understanding of color that will supercharge your art and design work. Open to all levels.

**Saturday 10/29 10:00 am -1:00 pm 3 classes**  
NL Adult Education \$69/Non-Resident \$74  
Instructor: Sue Cash

**206****Calligraphy**

Join Sean Kane, Humanitarian/Elected Artist, for an afternoon learning basic calligraphy skills using rocks and sharpie markers. Have some fun while making friends! Reduce stress, revitalize and recreate!

**Tuesday 11/1 6:00-8:00 pm 1 class NL Adult Education**  
Resident \$34/Non-resident \$39  
Instructor: Sean Kane

**Chinese Watercolor Painting Workshops**

Spend a Saturday and learn or sharpen your knowledge of the art of Chinese Watercolor Painting. All classes include a \$5 material fee to Instructor Eva Leong.

**203 New England Landscapes**

**Saturday 10/15 9:00 am – 2:30 pm NL Adult Education** Resident \$84/Non-resident \$89

**204 Summer Birds & Flowers**

**Saturday 9/17 9:00 am – 2:30 pm NL Adult Education**  
Resident \$84/Non-resident \$89

**205 Greeting Cards**

**Saturday 11/19 9:00 am – 2:30 pm**  
NL Adult Education  
Resident \$84/Non-resident \$89





## 207 Everlasting Wreath Workshop

Come to the Best Buds Flower Farm and cozy up in the heated barn for an evening of crafting a dried flower wreath. All dried flowers are sourced from our own Best Buds Flower Farm in Lyme and other small Connecticut farms. Joanie will help you get a result you'll love or leave you to your own creativity. We supply greenery, flowers, wreath base and clippers to borrow. Class Limited to 6 Students - Register Early.

**Friday 9/30 6:00-8:00 pm 1 class**  
**Resident \$84/Non-resident \$89**  
**Best Buds Flower Farm 52 Blood St. Lyme**

## 208 U-Pick a Bouquet

Come to our little farm in Lyme to pick a bouquet of flowers. We will teach you how to harvest different flowers and how to attain a long vase life. Options during September are sunflowers, zinnias, cornflowers, strawflowers, cosmos and others. (Dahlias are limited to 3 stems for this event.) Pick 20-25 stems, and we will wrap it up for you in a kraft paper sleeve to take home and enjoy. We have buckets and clippers to borrow. Please bring a container to take your flowers home. We only postpone for thunder and lightening storms, so dress for the weather.

**Saturday 9/17 9:30-10:30 am 1 Session**  
**Resident \$39/Non-resident \$44**  
**Best Buds Flower Farm, 52 Blood St. Lyme**

## 209 Arranging Dahlias Workshop

Come for an afternoon of harvesting flowers, including dahlias, zinnias, sunflowers and others and learning to arrange in a vase. You'll want to get at least 20-30 stems. We will guide you or let you roam free as you create an arrangement in a vase that we provide. No experience necessary, and we will help you get a result you will love. Please wear sturdy, closed toe shoes and bring a hat and water bottle. We only postpone for thunder and lightening storms, so dress for the weather.

**Saturday 9/17 1:00-3:00 pm 1 Session or**  
**Thursday 9/22 5:00-7:00 pm 1 Session**  
**Resident \$59/Non-resident \$64**  
**Best Buds Flower Farm, 52 Blood St. Lyme**

## 211 Rainbow Fish Necklace

Learn how to sculpt and hand build with polymer clay creating this colorful Rainbow Fish Necklace. \$7 material fee to the Instructor at the start of the class

**Tuesday 10/11 6:00-8:00 pm**  
**Seastar Wellness Studio,**  
**263 Main St, Old Saybrook**  
**Resident \$49/Non-resident \$54**  
**Instructor: Gloria Nilsson**



## 213 Wire Globe Ornaments

These creative, giftable ornament will make you the hit of the Holidays! Learn to make two ornaments \$10 material fee to the Instructor at the start of the class

**Tuesday 10/11 6:00-8:00 pm**  
**Seastar Wellness Studio,**  
**263 Main St, Old Saybrook**  
**Resident \$54/Non-resident \$59**  
**Instructor: Gloria Nilsson**



## 210 Thanksgiving Centerpiece Workshop

Come for an evening of crafting a Thanksgiving Centerpiece out of a specialty pumpkin, dried vines and flowers. We will guide you as you use dried flowers and greenery from our own farm. We will also share some chocolate deliciousness as we go. No experience necessary, and we will help you get a result you will love. Please bring a water bottle and a glue gun if you have one. Class Limited to 6 Students - Register Early.

**Thursday 11/3 6:00-8:00 pm**  
**1 class**  
**Resident \$84/Non-resident \$89**  
**Best Buds Flower Farm**  
**52 Blood St. Lyme**

## 212 Harvest Moon Paint Party

Enjoy a stress-free painting experience. This is an adult alcohol-free event. \$5 material fee to the Instructor at the start of the class

**Monday 11/14 6:00-8:00 pm**  
**Seastar Wellness Studio,**  
**263 Main St, Old Saybrook**  
**Resident \$54/Non-resident \$59**  
**Instructor: Gloria Nilsson**





## 214 Beginning Knitting

Learn the basics of knitting in this 6-week course. You will be taught how to knit, purl, cast on and bind off, and how to read and understand knitting instructions. You will also learn how to shape and finish a garment. Knit your first scarf and a pair of mittens, and develop the skills needed to knit any project. Class size is limited - register early!

Materials required for the class: 1 pair 10" #5 Knitting Needles, 1 pair 10" #8 Knitting Needles, 2 Four Ounce Balls Worsted Weight Yarn, 2 Small Stitch Holders.

**Thursday 9/15 6:00-8:00 pm 6 classes Fitch HS**  
**Resident \$79/Non-resident \$84 Instructor: Nancy Potter**

## 215 Crochet

Crochet class for all, from Beginners to those who want to improve their skills. Take a class in crochet and learn basic crochet steps such as single, double & triple crochet. Choose to make a project such as a shawl, blanket, or afghan and more.

Material List: Acrylic or Wool yarn and USC6-4mm Crochet Needle or Cotton Thread and 2.7mm Crochet Needle. or yarn & needle of the students choice.

**Saturday 9/10 9:30-11:30 am or 12:00 pm-2:00 pm 8 classes**  
**Resident \$99/Non-resident \$104**  
**NL Adult Education Instructor: Judy Telemaque**

## 217 Creating a Sacred Scroll

Using collage fodder created during our recent class, or create a scroll using materials from your paper stash, gather as we assemble a long scroll using assorted paints, stencils, and mark making tools.

**Saturday 10/22**  
**10:00 am - 1:00 pm**  
**NL Adult Education**  
**Resident \$54/**  
**Non-resident \$59**  
**Instructor: Gerlinde Lehner**



## 216 Beginning/Intermediate Knitting

If you are a beginner and want to take that next step this class is 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.

Materials: one skein of "Red Heart Worsted Weight Yarn" (preferably "soft") or any yarn similar in weight, and one pair of knitting needles #7 and one pair of #9 (preferably bamboo, or if you have others that is fine).

**Saturday 9/17 9:30 am-12:00 pm 4 classes NL Adult Education**  
**Resident \$74/Non-resident \$79 Instructor: Susan Fine**

## 218 Creating Collage Papers Extraordinaire

Gather together and learn how to create a master sheet of collage material using assorted vintage and paper ephemera, paint, stencils, and assorted mark making tools. Use this master sheet for creating collages on your own, for book pages, or for our second class October 22 during which we will create a sacred scroll together.

**Saturday 10/8 10:00 am - 1:00pm**  
**NL Adult Education**  
**Resident \$54/Non-resident \$59**  
**Instructor: Gerlinde Lehner**



## 219 Tarot Card Reading Workshop

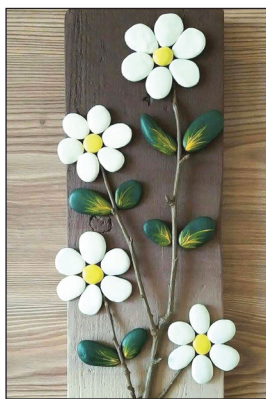
An introduction to Tarot reading. If you've thought about reading Tarot cards, whether for yourself or others, this is a great place to start! Maybe you're not sure if Tarot is right for you? Come find out!

The session will involve an overview of the story within the cards, discussion of individual cards, and different ways to use them. You'll learn how to keep a Tarot Journal and how to begin and progress as a reader. Please bring a deck if you have one, but it's okay if you don't. This is a casual class with plenty of discussion, so bring your questions! There will be a break for lunch, so bring that too!

**Saturday 9/17 9:00 am-2:00 pm 1 class NL Adult Education Resident \$69/Non-resident \$74 Instructor: Kat Brennan**



# ART, CRAFTS AND HOBBIES



## 220 Sticks & Stones

Using sticks and Stones create lovely wall art.

Thursday 9/15 6:00-8:00 pm Fitch HS 2 classes or  
Monday 10/3 6:00-8:00 pm NL STMHS 2 classes or  
Tuesday 9/27 6:00-8:00 pm Waterford HS 2 classes or  
Thursday 10/27 6:00-8:00 pm NL Adult Education 2 classes  
Materials are included in cost of class

Resident \$59/Non-resident \$64 Instructor: Esmeralda Bustamante

## 221 Bottle Art

Transform an ordinary bottle into a work of art.

Thursday 10/13 6:00-8:00 pm Fitch HS 2 classes or  
Monday 11/7 6:00-8:00 pm NL STMHS 2 classes or  
Tuesday 10/25 6:00-8:00 pm Waterford HS 2 classes or  
Thursday 12/1 6:00-8:00 pm NL Adult Education 2 classes  
Materials are included in cost of class  
Resident \$59/Non-resident \$64  
Instructor: Esmeralda Bustamante



## 222 Intro to Cold Process Soap Making

In this class you will learn the basics of soap making. Students will be taught safety measures needed to protect themselves and family members. You will be taught the basics of fragrance oils, essential oils and the proper ingredients and correct ratios used. All ingredients, equipment and mold will be provided including a hand-out with reputable supplier information to take with you. Please come with a bag to take your project home, an apron, closed-toe shoes, and long sleeves.

Saturday 9/17 8:30-11:30 am 1 classes NL Adult Education  
Resident \$79/Non-resident \$84 Instructor: Lenora Alcee



## 223 Advanced Cold Process Soap Making

In this class we build on the basics learned in the intro class and learn how to use alternative liquids in soap making. You will learn the Kaleidoscope/pull through technique. Please come with a bag to take your project home, an apron, closed-toe shoes, and long sleeves.

Saturday 10/8 8:30-11:30 am 1 classes NL Adult Education  
Resident \$94/Non-resident \$99 Instructor: Lenora Alcee

## 224 Novelty Wax Melts & Wood Wick Candles

As the holidays near candles and wax melts are amazing stocking stuffers and gifts. In this class we will learn how to safely create beautifully scented candles using coconut wax and novelty wax melts using a soy wax blend and candle wax colorants. Please come with a bag to take your project home, an apron, closed-toe shoes, and long sleeves.

Saturday 10/8 8:30-11:30 am 1 classes NL Adult Education  
Resident \$84/Non-resident \$89 Instructor: Lenora Alcee



## 225 Faux Stained Glass

Learn the technique to create faux stained glass.

Thursday 9/29 6:00-8:00 pm Fitch HS 2 classes or  
Monday 10/24 6:00-8:00 pm NL STMHS 2 classes or  
Tuesday 10/11 6:00-8:00 pm Waterford HS 2 classes or  
Thursday 11/10 6:00-8:00 pm NL Adult Education 2 classes  
Materials are included in cost of class  
Resident \$59/Non-resident \$64 Instructor: Esmeralda Bustamante

## 226 Comedy & Humor Writing

Taught by a veteran writer from The Onion and Comedy Central. This class will cover the basics of sketch, TV, Stand-Up and prose Comedy Writing.

Tuesday 9/13 6:00-8:00 pm 6 Classes  
NL Adult Education \$64/Non-Resident \$69  
Instructor: David Iscoe

*Get your diploma or GED,  
then craft the future you desire.*

## 301

### Astronomy and the Star of Bethlehem

This exciting and fascinating course introduces you to a brief history of the Star of Bethlehem. Was the story behind the "Star" fact or fiction?

Thursday 11/10 6:00-9:00 pm

1 Class

NL Adult Education

Resident \$29/Non-Resident \$34

Instructor: R. Zincone



## 302

### Introduction to Weather

This course is designed to introduce and educate you on the basics of our daily weather. We will touch upon many areas but only lightly so that you are not overwhelmed with confusing terminology, scientific math formulas and hard to understand information.

Thursday 9/22 6:00-9:00 pm NL Adult Education

Resident \$29/Non-Resident \$34 Instructor: R. Zincone

## 304

### Introduction to SEVERE Weather

This course specifically covers weather that is of a "severe" nature and that would impact your life at any time and includes hurricanes, tornadoes, severe thunderstorms, flash flooding, safety, and preparedness and more!

Thursday 9/29 6:00-9:00 pm NL Adult Education

Resident \$29/Non-Resident \$34 Instructor: R. Zincone

## 306

### Basics for Learning about Drones

Do you have questions or just want to learn how to use drones? This class will teach the basics of how the Drone functions, the necessary setup, and basic controls. We hope this class is informative and fun! If you wish to fly a drone personally, please feel free to bring your own if you have one. Classroom instruction will be followed by a Saturday fly demonstration. 5 maximum in class

Monday 9/26 4:00-6:00 pm NL Adult Education & Flight Location TBD

Flight Date - Saturday 10/1 10:00-11:00 am

Resident \$79/Non-resident \$84 Instructor: Adam Thorne

## 303

### Introduction to Astronomy Part 1- Our Solar System

Instructor and astrophotographer Ronald Zincone will help you understand and learn about the cosmic wonders such as the planets, stars, comets, meteors, our sun and moon and so much more!

Thursday 10/6 6:00-9:00 pm 1 Class NL Adult Education

Resident \$29/Non-Resident \$34 Instructor: R. Zincone

## 305

### Introduction to Astronomy Part 2 - Backyard Astronomy

In this follow up course to Part 1, Instructor and astrophotographer Ronald Zincone will teach you how to break into this fascinating hobby covering topics such as choosing and using equipment, such as telescopes, optical eyepieces, accessories, and tips and techniques, do's and don'ts.

Thursday 10/20 6:00-9:00 pm 1 Class NL Adult Education

Resident \$29/Non-Resident \$34 Instructor: R. Zincone



## 307

### Introduction to Metal Detecting

Have you ever seen the people combing the beaches and other areas with a metal detector and wanted to join in. You never know what you can find right under your feet. Join this class and get on the craze of metal detecting. Bring your detector and learn from someone that has found many interesting items in this area. Some detectors available for class use. Start your search for coins, jewelry and more...

Tuesday 9/20 6:00-8:00 pm Waterford HS and

"Dig" Field Trip on Saturday 9/24 10:00 am -12:00 pm Location TBD

or Saturday 10/1 9:00 am - 1:00 pm NL Adult Education

Resident \$39/Non-Resident \$44

Instructor: George Potts





## 227

### Return of the Joy of Movies

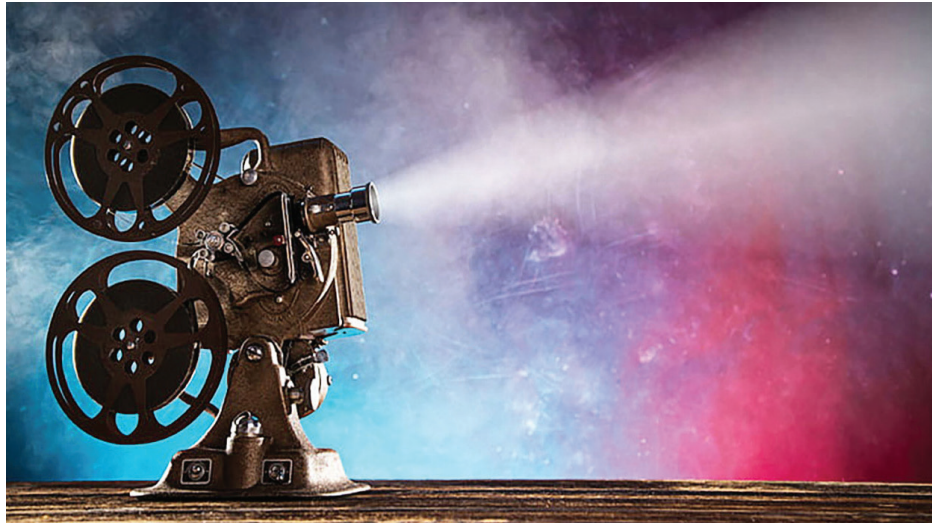
Rick Gipstein continues our popular film history series. It will focus on viewing and discussing movies that have some historical significance as well as more obscure ones you may not have seen. The course venue is the BP Learned mini theater, which has a large screen, comfortable seats, and good sound. If you love films, you'll love this course. Cool Hand Luke, The Misfits, and Badlands are a few of the offerings. The full line up is on our website, [newlondonadulted.org](http://newlondonadulted.org)

**Wednesday 9/28 6:30-9:30 pm 7 classes**

**BP Learned Theater**

**Resident \$99/Non-resident \$104**

**Instructor: Rick Gipstein**



## 400

### Required Minimum Distributions Planning

If you own a 401(k), IRA, 403 (b), or any other retirement account . . . pay close attention. Avoid Paying Half Your Retirement Income to the IRS. Come and learn more at this group presentation. This educational event will cover the basics of Required Minimum Distributions and reveal the latest strategies for maximizing your benefits.

**Monday 9/12 New London STMHS or Tuesday 9/20 Waterford HS or**

**Thursday 9/15 Fitch HS or Thursday 9/22 Old Lyme MS 1 class**

**Class Hours 6:30-8:30 pm**

**or Saturday 9/24 10:00 am -12:00 pm NL Adult Education**

**Resident \$19/Non-resident \$24 Instructor: Abbas Danesh**

## 402

### Women & Investing

Did you know that 53% of women are not confident enough to talk to financial professionals on their own? Come and learn more at this group presentation, hosted by retirement specialist, Abbas Danesh. This educational event will cover the imperative information women investors need to know and reveal the strategies to maximizing their retirement potential.

**Monday 9/26 New London STMHS or Tuesday 10/4 Waterford HS or**

**Thursday 9/29 Fitch HS or Thursday 10/6 Old Lyme MS class**

**Class Hours 6:30-8:30 pm**

**or Saturday 10/8 10:00 -12:00 pm NL Adult Education**

**Resident \$19/Non-resident \$24 Instructor: Abbas Danesh**

## 401

### Estate Planning

Avoid leaving your loved ones behind without an Estate Plan! Estate Planning is not just for the wealthy. Estate Planning is for everyone. Give your heirs peace of mind and prevent potential conflicts. Come and learn more at this group presentation, hosted by Master Certified Estate Planner, Abbas Danesh and take the guess work out of some of the most important decisions affecting your Estate.

**Tuesday 11/1 Waterford HS or Thursday 10/27 Fitch HS or**  
**Thursday 11/3 Old Lyme MS class**

**Class Hours 6:30-8:30 pm**

**Resident \$19/Non-resident \$24 Instructor: Abbas Danesh**

## 403

### Taxes & Fees in Retirement

Discover strategies to help prevent taxes from taking 30% of your savings income! Learn some of the biggest mistakes that can derail retirement plans in a time of a crisis like we are experiencing today... Come and learn more at this group presentation, hosted by retirement specialist, Abbas Danesh. This educational event will reveal the latest strategies for maximizing your benefits.

**Monday 10/3 New London STMHS or Tuesday 10/18 Waterford HS or**  
**Thursday 10/13 Fitch HS or Thursday 10/20 Old Lyme MS class**

**Class Hours 6:30-8:30 pm**

**or Saturday 10/22 10:00-12:00 pm NL Adult Education**

**Resident \$19/Non-resident \$24 Instructor: Abbas Danesh**



## 404

### Social Security Planning

When should you take your Social Security? This presentation covers the basics of Social Security and reveals strategies for maximizing your benefits.

**Monday 9/19 or Tuesday 10/11 or Wednesday 11/9**

**Class Time is 6:30-8:30 pm One Session Live-OnLine**

**Resident \$19/Non-Resident \$24**

**Instructor: Charles Yannich**



**500****Basics for Learning to Use Your DSLR Camera**

Do you have a digital camera you are not sure how to use or do not understand it? This class will instruct you on the basics of how the camera functions, the correct setup, and learning the camera menus. Our focus is to help you gain that experience and understanding on how to use it to its maximum advantage. You'll leave with a stronger foundation and confidence using your camera.

Please bring your camera and charged batteries to every class, and a willingness to learn and we will help you get to a new level. Be ready to bring your laptop to one of the classes to download your photos.

**Monday 9/12 6:00-8:30 pm 7 Weeks NL STMHS**

**Resident \$109/Non-Resident \$114**

**Instructor: Lee Palombo & Gregg Jacobson**

**501****Basic Astrophotography**

This class will cover the first and most basic level of astro-imaging known as Basic Camera-on-Tripod Astrophotography! Topics such as choosing and using equipment, such as cameras, lenses, accessories, and much more! Learn the "How-to" as well as the celestial subjects ideal for basic astro-imaging, tips and techniques, do's and don'ts and the instructors own celestial imaging secrets to obtaining great photos! The instructor has loved the night sky and astronomy since childhood and now presents this exciting celestial program

in a very user-friendly, educational and humorous style.

**Thursday 10/27 6:00-9:00 pm 1 Class NL Adult Education**

**Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

**502****Advanced Astrophotography Techniques**

This course introduces the students to Advanced Astrophotography. Topics include piggybacking, afocal, prime focus, eyepiece projection, webcam astro-imaging using a telescope! You will learn the "How-to" as well as the celestial subjects ideal for advanced astro-imaging, tips and techniques, dos and don'ts and Ronald's own celestial imaging secrets to obtaining great photos.

**Thursday 11/3 6:00-9:00 pm 1 Class NL Adult Education**

**Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

**503****Photography Basics: Part One**

This course in Photography Basics is designed to teach and educate you on the very basics of 35mm photography with an emphasis on "digital photography."

**Tuesday 9/13 6:00-9:00 pm 1 Class NL Adult Education**

**Resident \$44/Non-Resident \$49**

**Instructor: Ronald Zincone**

**504****Photography Basics: Part Two**

In this Photography Basics Part 2 course, I will introduce you to the "art side" of photography called "composition" and then introduce you to the principles of "exposure" and "light."

**Tuesday 9/20 6:00-9:00 pm 1 Class**

**NL Adult Education \$44/Non-Resident \$49**

**Instructor: Ronald Zincone**

**505****Learn Your Camera's Creative Modes: say "Good-bye" to Auto**

This class will teach you two camera modes that will take care of 90% of your photographic subjects. Have your camera ready.

**Tuesday 9/27 6:00-9:00 pm 1 Class NL Adult Education**

**Resident \$44/Non-Resident \$49**

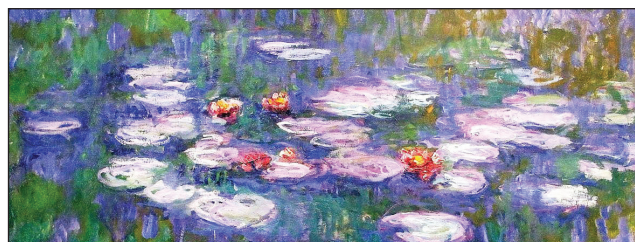
**Instructor: Ronald Zincone**

**506****Impressionism - The Influence of Photography**

This exciting and fascinating course introduces you to how the beginnings of photography influenced the Impressionist painters and what was to become Impressionism in France from the early 1860's to the late 1880's.

**Thursday 9/15 6:00-9:00 pm 1 class NL Adult Education**

**Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone**







## Ed2Go Online Technology Programs

**These Technology Programs are OnLine Only**

**Contact Felicia at 860-437-2385 ext 108 for more information**

### Microsoft Office 2019 Value Suite \$324

Learn the basic features of Microsoft Word 2019, Excel 2019 and PowerPoint 2019, the three fundamental software programs. Microsoft Programs need to be installed on the computer – not included in cost of course

### Wireless Networking Instructor Led Program 6 weeks \$125

Industry experts shows you how wireless networking works, as well as how to plan, deploy and connect to wireless networks

### Understanding the Cloud Instructor Led Program 6 weeks \$125

Learn everything you need to truly understand the cloud – including how it works, what drives it, why it's so popular and how to make the cloud work for you

### Computer Networking Suite 72 Hours \$299

Learn the fundamentals of networking and prepare for a career in an exciting and fast-growing field.

### Introduction to Cybersecurity Self Paced 3 Months \$115

The introductory course is for those with little to no cybersecurity experience that want to learn more about this growing industry

### Creating Web Pages Instructor Led Program 6 weeks \$125

Learn the basics of HTML so you can design, create and post your very own site on the web

### Advanced Web Pages Instructor Led 6 weeks \$125

Take your web development skills to the next level as you learn to create advanced websites using CSS, HTML5, media queries for mobile devices, interactive forms, and embedded video

### C# Programming Series 48 Course Hours \$199

Learn the fundamentals of computer programming with C#, the in demand and incredibly useful programming language that incorporates the best features of Visual Basic, C++, and Java

### Intermediate C# Programming Instructor Led 6 weeks \$125

Learn to write Graphical User Interface in the C# Programming Language

### Introduction to Creating, Styling and Validating Forms Self-Paced 6 months \$159

This course will teach you how to create, style and validate forms using HTML, CSS and JavaScript

### Basic Computer Skills Suite \$299

This suite contains the following sections:

#### Keyboarding

If you want to learn touch-typing or improve your existing typing skills, this is the perfect course for you! With the skills you master here, you'll become faster and more confident at the keyboard. By the end of the course, you'll know how to touch-type the alphabetic, numeric, and symbol keys; create, save, and edit word processing documents; and successfully take a timed writing test during a job interview.

#### Computer Skills for the Workplace

Most jobs today require a working knowledge of certain computer skills. This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace. When you finish this course, you will have learned why employers consider technological literacy so critical to the success of any organization.

#### Introduction to PC Troubleshooting

The vast majority of the problems people experience with their computers are completely avoidable, and most can be solved with nothing more than a few minutes of your time. Whether you're a computer newbie or a master, Intro to PC Troubleshooting will show you how to maintain and optimize a Windows PC. So what are you waiting for? Let's troubleshoot - and fix - some PCs!

**600****Instant Piano for Hopelessly Busy People**

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. You will also receive a recording of the class for your review whenever needed. The course is partly lecture/demonstration and partly hands-on instruction.

**Thursday 10/6 6:30-9:30 pm One class – Live-OnLine**  
**Resident \$59/Non-Resident \$64**

**602****Instant Guitar for Hopelessly Busy People**

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you will not have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. You will also receive a recording of the class for review whenever needed. Class limited to 15 students. For ages 13+.

**Thursday 10/13 6:30-9:00 pm One class – Live-OnLine Resident \$59/Non-Resident \$64**

**603****Learn to Play Conga**

This course will provide the beginner 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. The course will provide a cool understanding for the beginner and intermediate drummer to enhance and enjoy their drumming experience for years to come. Bring your drum to class. If you do not have a drum, one may be available.

**Tuesday 9/13 5:30-8:30 pm 6 weeks**  
**NL Adult Education Resident \$109**  
**Non-Resident \$114**  
**Instructor: Doc Frazier**

**604****How to Play Piano by Ear**

Learn one of music's deepest mysteries: how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing—all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" or the "Instant Guitar" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using Zoom.

**Thursday 11/10 6:30-9:00 pm One class – Live-OnLine**  
**Resident \$59/Non-Resident \$64**



# LANGUAGE

## 700

### Spanish for the Beginner - Fitch High School

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 instructor will also try to include some of your individual learning objectives. The textbook is included in cost of the course.

**Thursday 9/15 6:00-8:00 pm 8 weeks Fitch HS**  
**Resident \$119/Non-Resident \$124 Instructor: Cinthia Encinas Baca**

## 701

### Spanish for Beginners - Saturday

Learn the basics of the Spanish Language from Cris. Lots of laughs and Learning... Textbook is included in cost of class.

**Saturday 9/17 9:00-10:30 am 10 weeks NL Adult Education**  
**Resident \$119/Non-Resident \$124 Instructor: Cris Aguilar**

## 702

### Spanish for the Beginner – Afternoon

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

**Tuesday 9/13 4:00-6:00 pm 8 weeks NL Adult Education**  
**Resident \$119/Non-Resident \$124 Instructor: Nancy Vega**

## 703

### Spanish for the Beginner - Waterford High School

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

**Tuesday 9/13 7:00-9:00 pm 8 weeks Waterford HS**  
**Resident \$119/Non-Resident \$124 Instructor: Nancy Vega**

## 704

### Spanish II - Fitch High School

Take the second step in our Spanish Program with Cinthia. This class will start off where the Beginners class ended. If you do not have the textbook from the Beginners class, the cost of the textbook is \$30.

**Monday 9/12 6:00-8:00 pm 8 classes Resident \$84/Non-resident \$89 Fitch HS**  
**Instructor: Cinthia Encinas Baca**



## 705

### Spanish II - New London STMHS

Continue your knowledge of the Spanish Language. This class will start off where the Beginners class ended. If you do not have the textbook from the Beginners class, the cost of the textbook is \$30.

**Monday 9/12 6:00-8:00 pm 8 classes Resident \$84/Non-resident \$89 New London STMHS**  
**Instructor: Nely Montoya**

## 706

### Spanish III

Continue your instruction in the Spanish Language with Cris. If you do not have the textbook from the Beginners class, the cost is \$30.

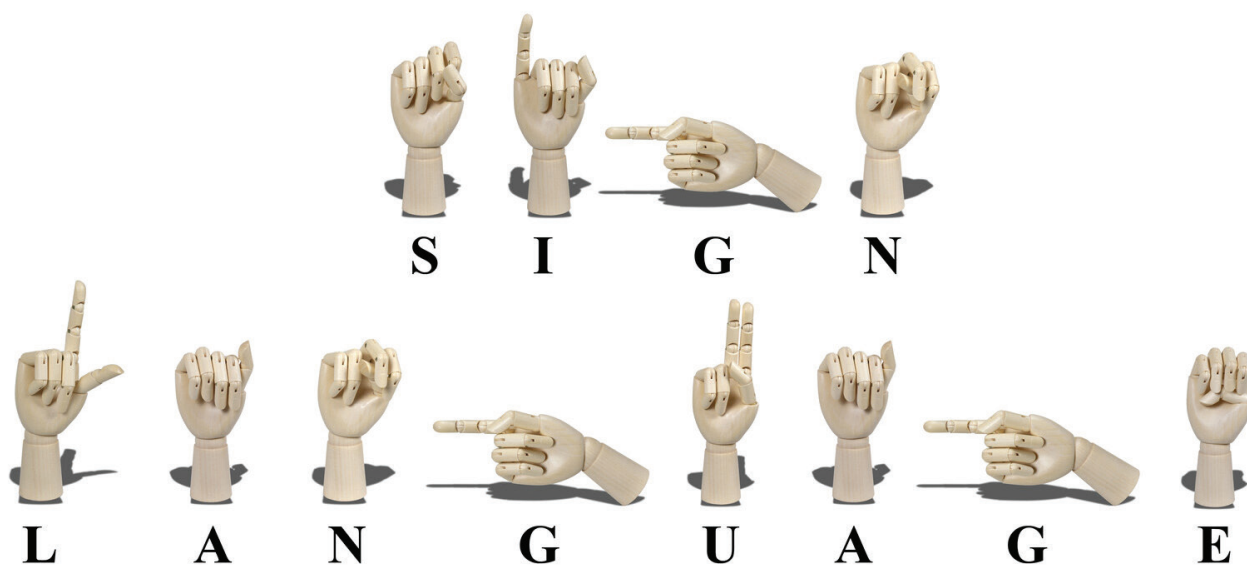
**Saturday 9/17 11:00 am-12:30 pm 10 weeks NL Adult Education**  
**Resident \$89/Non-resident \$94 Instructor: Cris Aguilar**

*Congratulations to  
Deborah Allen, our  
Spring 2022 Find the  
Lighthouse winner.*



### Find our lighthouse, and you may win a prize

Find our lighthouse and be entered into a drawing for a \$50 NLAE gift certificate. Email the page number and location to [cherrickm@newlondon.org](mailto:cherrickm@newlondon.org). In the Subject line write Lighthouse. Two lucky winners will be selected. (It is not the lighthouse on the registration form).



## 707 Beginning American Sign Language

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

**Monday 9/12 6:00-9:00 pm 8 weeks**

**New London STMHS or Thursday 9/15 6:00-8:00 pm**

**8 weeks NL Adult Education Resident \$134/**

**Non-Resident \$139 Instructor: Donna Haggerty**

## 708 Beginning American Sign Language

American Sign Language is a visual language that can enhance communication with those that are unable to hear a spoken language. Learn a language that can open the doors for others.

**Tuesday 9/13 6:00-8:00 pm 8 weeks Waterford HS or**

**Thursday 9/15 6:00-8:00 pm 8 weeks Old Lyme MS**

**Resident \$134/Non-Resident \$139 Instructor: Shaleen Barrett**

## 709 Advanced American Sign Language

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

**Tuesday 9/13 6:00-9:00 pm**

**8 weeks Waterford HS**

**Resident \$134/Non-Resident \$139**

**Instructor: Donna Haggerty**



## 710 French for the Beginner

Start on your exploration of the French language from the beginning. Start with the basics and build your vocabulary. Textbook included in cost of class

**Thursday 9/15 7:00-9:00 pm 8 classes**

**Live-OnLine using Zoom**

**Resident \$119/Non-Resident \$124**

**Instructor: Judy Telemaque**

## 711 French 2

Spend your Thursday evening expanding your French vocabulary. Build your knowledge of this classical language. Textbook included in cost of class.

**Thursday 9/15 5:00-6:30 pm 8 classes**

**Live-OnLine using Zoom**

**Resident \$119/Non-Resident \$124**

**Instructor: Judy Telemaque**

## 712 Haitian Creole

Our Haitian Creole enrichment program enriches individual student experiences and encourages many to reach their potential in Haitian Creole listening, reading, and writing oral expression skills.

**Tuesday 9/13 6:00-8:00 pm**

**Waterford HS 8 weeks**

**\$99/Non-Resident \$104**

**Instructor: Junel Dulcice**

## 713 Lebanese Arabic

The Arabic language has been around for over 1000 years. Spend your Monday evening discovering a new language.

**Monday 9/12 6:00-8:00 pm**

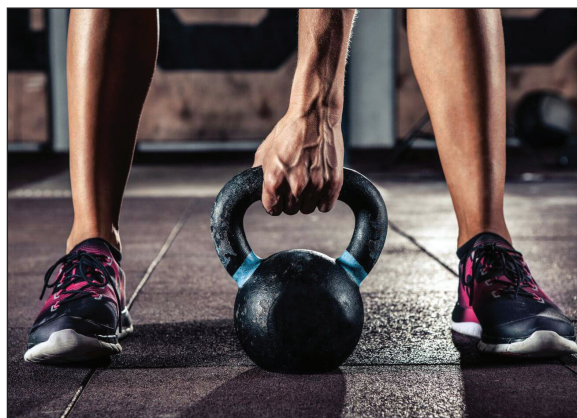
**6 classes**

**New London STMHS**

**Resident \$74/Non-resident \$79**

**Instructor: Nina Jeannotte**





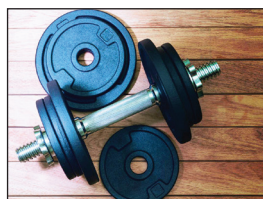
## 801 G's Fitness Strength Training

If you're interested in feeling stronger, healthier, and more vital, this program is for you. This strength-training program was developed by certified personal trainers who have a degree in exercise science. Chose a start date of September 1 or October 1.

**Unlimited Sessions within a 4-week period**  
**Sessions conducted at G's Fitness & Nutrition, Waterford**  
**Classes meet during these times:**  
 8:00-8:30 am or 12:00-12:30 pm  
 1:00-1:30 pm or 2:00-2:30 pm or 6:00-6:30 pm  
 Resident \$130 Non-Resident \$135

## 802 G's Small Group Training

In a group setting, this training offers a variety of strenuous exercises to garner better physical results such as an increase in aerobic and anaerobic fitness, tone muscles, increase flexibility, improve balance and coordination, increase bone density, rapid reduction of body weight, and more. Chose start date of September 1 or October 1. All fitness levels welcome!



**Unlimited Sessions within a 4-week period**  
**Sessions conducted at G's Fitness and Nutrition, Waterford**  
**Classes meet at these times:**  
 6:00 am or 7:30 am  
 8:00 am or 11:00 am  
 12:00 pm or 1:00 pm or 5:00 pm  
 Monday through Friday 9/1 or 10/1 6:00 pm  
 Resident \$130/Non-Resident \$135

## 800 Yoga for All Levels

Whether you're just beginning, or you've done yoga for years, this class offers many options so that you can practice yoga at your level of strength and flexibility. The pace of the class is moderate as students learn to integrate breath, stretching and movement. Yoga is a modality that can result in increased wellbeing, health, and awareness.

**Sunday 9/4 9:00-10:00 am 4 classes Resident \$54/Non-resident \$59**  
**Instructor: Deb Novack Red Barn Yoga, 52 Blood St Lyme**

## 803 All Levels Morning Yoga

This class is an energizing yoga flow practice focused on alignment and breath. This class is designed to open creaky places, heal and calm the spirit, build strength and flexibility and create heightened joy. As usual, modifications are given throughout the class to create physical challenge, or encourage gentle restoration. A practice to build strength, increase flexibility, heighten your vibration and calm your mind.

**Tuesdays 9/13 9:15-10:30 am 3 classes Resident \$39/Non-resident \$44**  
**Instructor: Joanie Fisler Red Barn Yoga, 52 Blood St. Lyme**



## 804 Beginner Yoga

When is the best time to begin a yoga practice? Anytime! If you are new to yoga, this two week, 45 minute class is a great way to experience a yoga class in the soothing environment of Red Barn Yoga in Lyme. During two 45 minute sessions, Grace Osora Erhart, E-RYT 500 will introduce you to the practice of gentle and moderate stretching and strengthening postures, along with a deep relaxation. These two classes will assist you to feel comfortable attending a yoga class, and give you the knowledge of what to expect.

**Friday 9/16 11:00-11:45 am 2 classes Resident \$29/Non-resident \$34**  
**Instructor: Grace Osora Erhart Red Barn Yoga, 52 Blood St, Lyme**



*Flex Your Intellectual Muscles by Earning your GED or  
High School Credit Diploma at NLAE*





## 805

### **(SAFE) Basic Self-Defense for Women**

(SAFE) Situational Awareness & Fundamental Empowerment is a one-day workshop that explores real world violence and offers a pragmatic approach to personal safety. This program examines predator behavior, promotes situational awareness, and will teach some practical self-defense skills. The integral component of (SAFE) training is to develop a survival mindset. This program is ideal for any women who may have concerns about personal safety. This workshop is both informative and empowering and geared towards all fitness levels. Please come in gym attire suitable for physical activity.

**Saturday 10/22 9:00 am - 1:00 pm One Class or  
Saturday 11/5 9:00 am - 1:00 pm One Class  
NL Adult Education Resident \$49/Non- resident \$54  
Instructors: Frank Dawson & Jennifer Thornell**

## 806

### **(SAFE) Self-Defense for Women - Advanced**

*(Prerequisite – SAFE Basic 4-hour class)* This 2-hour workshop picks up where the (4) hour Basic SAFE class leaves off. This session is all hands-on training with an emphasis on refreshing and practicing prior techniques. Some new techniques will be added. Please come in gym attire suitable for physical activity.

**Saturday 11/19 9:00-11:00 am One Class NL Adult Education Resident \$39/Non-resident \$44 Instructors: Frank Dawson & Jennifer Thornell**

## 807

### **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.

**Monday 9/12 6:30-7:30 pm 8 weeks New London STMHS  
Resident \$114/Non-Resident \$119  
Instructor: Yuehua**

## 808

### **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 9/12 7:35-8:35 pm 8 weeks New London STMHS  
Resident \$114/Non-Resident \$119  
Instructor: Yuehua**



## 909

### **Pet First Aid & Disaster Response**

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. Pet America Certificate

**Tuesday 9/13 6:00-8:00 pm Fitch HS 1 night  
Resident \$84/Non-resident \$89  
Instructor: Emergency Training Services**





# OUTDOOR SPORTS

## 1000

### 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. Classes are suitable for all ages. 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 9/13 6:00-7:00 pm 6 weeks or**

**Thursday 9/15 6:00-7:00 pm 6 weeks**

**Outback Stables Resident \$150/Non-Resident \$155**

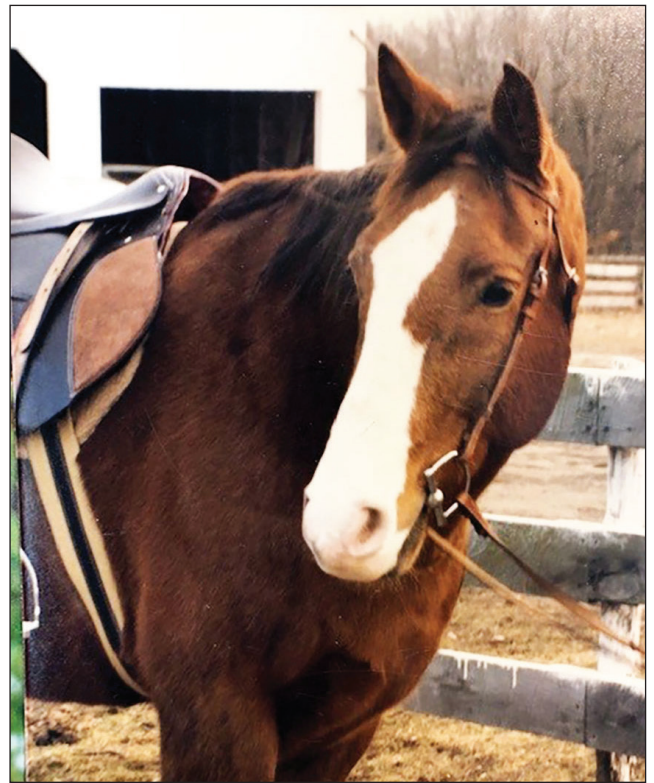
## 1001

### 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 9/14 6:00-7:00 pm 6 weeks**

**Outback Stables Resident \$150/Non-Resident \$155**



## 1002

### Learning the Fundamentals of Golf

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, 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. 5 Classes

**Wednesday 9/7 10:00 11:00 am or 6:00-7:00 pm**

**Great Brook Driving Range Resident \$175/Non-Resident \$180**

**Instructor: Christopher Hedden**

## 1003

### Youth Golf Lessons (ages 8-15)

These classes are for youth ages 8-15 who want to learn the art of golf. Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. There is a small fee for a bucket of balls. Each lesson is one hour. Class size is limited to 10 students. 5 Classes

**Saturday 9/10 11:00 am - 12:00 pm**

**Great Brook Driving Range Resident \$175/Non-Resident \$180**

**Instructor: Christopher Hedden**

## 1004

### 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, 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. 5 Classes

**Thursday 9/1 10:00-11:00 am or 6:00-7:00 pm or Monday 9/12 10:00-11:00 am or 6:00-7:00 pm**

**Great Brook Driving Range Resident \$175/Non-Resident \$180 Instructor: Christopher Hedden**



## 2000

### Bible for Beginners

A relaxed, interactive, 8-week study of major life themes (such as: God, Truth, Humanity, Evil, Righteousness, Forgiveness, Death, Life, etc.) from a Biblical perspective. The goal is to acquire a solid, meaningful understanding of the core message of the Bible. Also, emphasis is given to knowing and having a personal relationship with God.

**Tuesday 9/13 Waterford HS 8 weeks. 6:00-7:00 pm 8 weeks**

**Admin Fee Resident \$30/Non-Resident \$35**

**Instructor: Pastor Lee Robinson**

## 2001

### Bible for Beginners 2

A relaxed, interactive, 8 week Biblical study on the Basics of the Christian Life (such as: Salvation, Baptism, Church, Bible Study & Prayer, Holiness, Love, Christian Testimony, etc.) The goal of the class is for the student to understand and be encouraged to adopt the core beliefs and practices of the Christian faith as presented in Scripture.

**Tuesday 9/13 Waterford HS 8 weeks. 7:05-8:00 pm**

**Admin Fee Resident \$30/Non-Resident \$35**

**Instructor: Pastor Lee Robinson**

## 2002

### How to Have a Happy Home

Developing and maintaining a happy home may very well be the most difficult part of our lives, yet it is also the most rewarding! Family life is foundational to all of life. If the home is not strong and happy then all the rest of our life is compromised. Thankfully, happy homes are possible through practical application of wisdom coupled together with a miracle - both of which are available through God and His Word. This class focuses on the Bible's teaching and promises about having a happy home. We'll discuss topics such as the institution of marriage, being a husband and wife, parenting/child rearing, school, work, etc. Everyone is welcome to attend. Would be great for couples to sign up together.

**Monday 9/12 New London STMHS 8 weeks 6:00-7:00 pm 8 weeks Admin Fee Resident \$30/Non-Resident \$35 Instructor: Pastor Lee Robinson**

## 2003

### Happiness

It has been said that every person has a God shaped hole in their heart that only He can fill. It seems as though we try to fill that vacuum with anything and everything but God. Are you happy, truly happy? Has that hole in your heart been filled? One of the cornerstone teachings of the Bible is the Goodness of God. The root underneath all of our unhappiness is a failure to recognize, appropriate and dwell in the goodness of God. In this class, we will unpack the Good nature of God, and learn how it is His will that every one of us inherit His goodness as our own continually and forever.

**Saturday 9/24 10:00 am-12:00 pm NL Adult Ed Admin Fee Resident \$30/Non-Resident \$35 Instructor: Pastor Lee Robinson**

## 2004

### Does God Exist?

One of the finest philosophers to ever live - the Apostle Paul (who penned most of the New Testament) - once spoke at the famous Areopagus in Athens, the center of Philosophy in ancient times (the same place Plato, Aristotle and Socrates taught from). In his speech, Paul gave four persuasive reasons why belief in God (specifically the Christian God of the Bible) is not only intellectually feasible, but necessary. Come and learn why it is not necessary to check out intellectually when discussing God in the great marketplace of ideas.

**Monday 9/12 New London STMHS 5 weeks 6:00-7:00 pm Admin Fee Resident \$25/Non-Resident \$30 Instructor: Matt Bertels**



## 3000 Cake Decorating 101

Learn a skill that will keep you sweet... Icings, Designs, Materials and Planning the perfect cake. All of this will be covered in this 8 part class. Materials required: Cake turntable, Cake Spatula, Cake Scraper, Piping Nozzles (tips), Cake Comb, Piping Bags.

**Monday 9/12 6:00-8:00 pm**  
**8 Classes New London STMHS**  
**Resident \$84/Non-Resident \$89**  
**Instructor: Altagracia Reyes**



## 3001 Intro to Cake Decorating One Class Saturday

We will use buttercream as the medium for decorating and small amounts of gum paste or fondant to add accents, and Russian piping tips will also be used to create buttercream flowers. Supplies needed: 3- 6 in cakes of your choice, Turn Table, 6 in and 8 in cake board, 2-3 pounds of buttercream, rubber spatula, bent small cake spatula, cake box to take cake home. Some supplies will be on hand including the piping tips, piping bags, colors, sprinkles and fondant.

**Saturday 11/19 9:00-12:00 pm 1 Class**  
**NL Adult Education Resident \$89/Non-Resident \$94**  
**Instructor: Lenora Alcee**



## "Zoom" Culinary Classes with Erika Gradecki

Be prepared with your favorite knife & cutting board.

A grocery list of required items and needed cookware will be emailed prior to the class, along with Zoom Log-in information

## 3002 Plant Based Cookin'

A growing favorite, this plant-based class is geared towards healthy & nutritional dishes.

**Tuesday 9/13 6:00-8:00 pm**  
**Zoom-OnLine 3 classes**  
**Resident \$79/Non-resident \$84**  
**Instructor: Erika Gradecki**

## 3003 Around the World Cooking

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!

**Tuesday 10/4 6:00-8:00 pm Zoom-OnLine**  
**3 classes Resident \$79/Non-resident \$84**  
**Instructor: Erika Gradecki**

## 3004 Holiday Treats Workshops

Holidays are just around the corner and if you are in need of a few quick recipes to satisfy the sweet tooth, you've come to the right place!

**Tuesday 10/25 6:00-8:00 pm Zoom-OnLine**  
**2 classes Resident \$59/Non-resident \$64**  
**Instructor: Erika Gradecki**

*Cook up a new future and earn your GED or High School Credit Diploma*

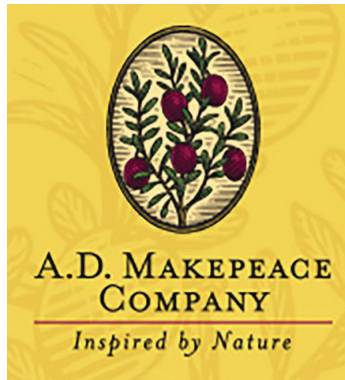


## **Cranberry Bog Tour Wareham, MA**

**Wednesday, September 21 • \$115pp**

AD Makepeace Company is the worlds largest cranberry grower... enjoy a narrated tour of the bogs.

Lunch at Lindseys Family Restaurant, meal selection required in advance: Baked Stuffed Shrimp (with crabmeat stuffing), Old Fashioned Turkey Dinner, or Yankee Pot Roast, all served with rolls, butter, vegetable, starch, coffee, tea, iced tea or soda and a tasty dessert. Complete your day with a stop at Wright's Dairy Farm & Bakery. Depart Shaws Cove Three at 9:15 am.



## **Stormville Airport Antique & Flea Market**

**Saturday, October 8 • \$82pp**

Great Shopping, Great Food, Great Family Fun. Hundreds of vendors from more than eight states. Rain or Shine. Come find some great deals.

Browse the variety of Antiques Collectibles Arts & Crafts new merchandise and food such as hamburgers, hotdogs, gyros, Philly cheese steaks, sausage and peppers... To novelty food items such as fried dough, ice cream, smoothies, shaved ice, kettle corn and fried pickles!

Depart Shaw's Cove Three at 8:30 am

## **Made in Vermont** **Sunday, October 16 • \$118pp**

Spend a day in beautiful Vermont... Grafton Village Cheese, lunch at The Marina in Brattleboro, Vermont Country Store & Hidden Springs Maple Farm. Meal choice required with registration: New England Baked Haddock, Tender 9oz Marinated Steak with sauteed onions & blue cheese topping, VT Cheddar Half Pound Burger or Marina Mac 'n Cheese.

*(As of July 2022, The Marina Restaurant requires proof of Covid Vaccination). Depart Shaw's Cove Three at 7:30 am*

## **Radio City Christmas Spectacular featuring the Radio City Rockettes**

**Sunday, November 20 • \$152pp**

Experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Dreams come to life with their unique take on the Nutcracker, complete with dancing Teddy Bears and Ice Skaters. You'll have time before the 5:00 pm performance to shop, or grab a bite to eat and enjoy the City. Covid Vaccination may be required. Depart Shaw's Cove Three at 9:00 am

## **Annual Stocking Stuffer**

**Saturday, December 3 • \$132pp**

Begin your journey at Yankee Candle in South Deerfield, MA filled with over 200 new and classic fragrances & candle accessories. We'll have a bountiful buffet lunch at the Whately Inn. Including, Baked Vermont Ham, Baked Stuffed Scrod with Crumb Topping, Carved Roast Turkey w/Gravy, and more. Afternoon visit to the Williamsburg Country Store filled with a little bit of everything. Last stop Randall's Farms in Ludlow, MA. A great place for fresh produce, specialty foods & holiday plants. Such a nice way to begin the Holiday Season. Most stops on this holiday trip will provide a gift for you to fill your stocking.

Depart Shaw's Cove Three at 8:30 am





## Sneak Preview of the 2023 Day Trips - Mark Your Calendars

Dates & cost information will be available in the Spring 2023 Catalog

**9/11 Museum - April 2023**

**Statue of Liberty w/ Russian Memorial in Bayonne - May 2023**

**Pride of the Hudson Cruise - June 2023**

**Friesians of Majesty - June 2023**

**The Breakers Topiary Garden - July 2023**

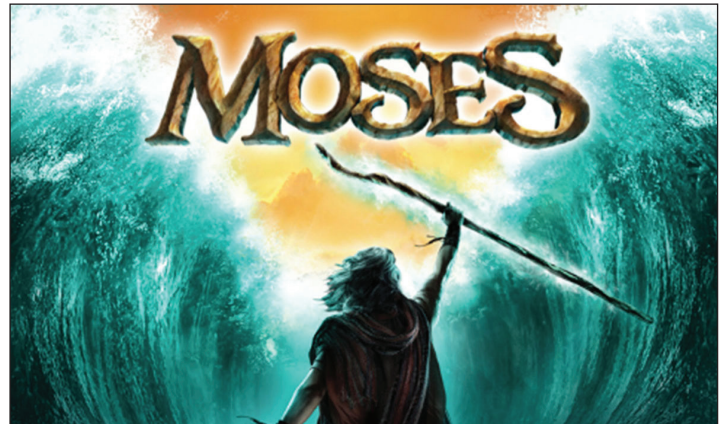


## A Longwoods Garden Christmas Nov 29 - Dec 1

Accommodations at the Inn at Mendenhall Hotel, tour the Brandywine River Museum and see the extensive model train display and Victorian dollhouse and the art collection of the Wyeth Family. Visit the Winterthur Museum, owned by Henry Francis du Pont and see their fabulous Holiday displays. Spend the evening at Longwood Gardens and experience the Christmas Spectacular, featuring over 500,000 lights, poinsettias, Christmas trees and more. Complete your tour with a visit to the Nemours Mansion. Tour includes deluxe motorcoach, 2 nights hotel, 2 Breakfasts, 2 Dinners, sightseeing & admissions per itinerary, Driver & Tour Director. Gratuity included. \$638 pp dbl see our website for full details.

## MOSES - Sight & Sound Theatre April 12-14

Moses at the Sight & Sound Theatre is an incredible show... From the banks of the Nile River to the depths of the Red Sea, MOSES is a spectacular entertainment experience for the whole family! This tour is jammed packed with so much for everyone... Enjoy the Musical "Footloose" at the Dutch Apple Theater, Tour the Amish Country side & the shops, take a bus tour thru Hershey and stop at the Wind Creek Casino for lunch or a little gambling on your way home. *Cost to be announced in the Spring 2023 catalog.*



## Upcoming Overnight Tours:

Saratoga Spring August 2023

Washington DC Fall 2023

Details in the Spring 2023 Catalog





## Exploring the Alpine Countries

May 18-30, 2023 • Cost from \$5,229pp dbl

Discover storybook castles and opulent palaces amidst stunning Alpine vistas as you explore Austria, Germany, and Switzerland. Visit Schönbrunn Palace in Vienna. Take a cruise along the legendary Danube. Stroll the quaint streets of Salzburg, the "City of Music." Spend a night in the heart of the Black Forest. Visit Oberammergau, famous for the Passion Play and expert woodcarvers. See the iconic Neuschwanstein Castle. Enjoy a scenic train ride aboard the Matterhorn Gotthard Bahn. Spend two nights in Zermatt, an Alpine village at the foot of the Matterhorn. From Vienna and the Black Forest to the Swiss Alps and Lucerne, explore the heart of Europe.



## Southern Italy & Sicily

March 31-April 12, 2023 • Cost from \$4,329pp dbl

Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily's capital Palermo and its Moorish and Norman influences. Explore Agrigento's ancient Valley of the Temples. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and agriturismo dinner. Venture to the ancient cave dwellings of Sassi di Matera. Discover spectacular Mt. Etna Volcano National Park. Explore the stunning Amalfi Coast and Sorrento. Walk in the footsteps of ancient Romans in the excavated Pompeii. Allow the unique culture to capture your heart and get a glimpse into an age-old heritage composed of ancient monuments and cultivated lands.

**Exploring Alpine Countries Presentation September 15<sup>th</sup> 4:30 pm at NLAE Three Shaw's Cove**

## America's Cowboy Country

September 15-22, 2023 • Cost from \$3,729pp dbl

Enjoy stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park, and more. Overnight in the cowboy towns of Jackson Hole and Cody. Experience the Wild West as it once was with a visit to Deadwood, a town built on gold and gunpowder. Experience Yellowstone National Park, home to an incredible array of wildlife. Search for free-ranging herds of buffalo in Custer State Park. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials. Grab your Stetson hat and saddle up for an adventure as you discover natural wonders and cultural treasures.



**America's Cowboy Country Presentation October 20<sup>th</sup> 5:30pm at NLAE Three Shaw's Cove**

*\*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.*



## Plan Your 2023 Cruise Vacations now!

*For Cruise reservations call Donna or Barbara at 1-800-243-1630*

Zoom Presentations will be held for these cruises.

See our website for the links to the presentations.

### **Escorted American Countess St. Louis to Minneapolis July 17-25, 2023**

Cruise along the Upper Mississippi and witness the natural splendor as dramatic riverbanks and bluffs of this glacial valley come alive. Relax on the veranda as you watch deer sip water from fluvial terraces, or behold bald eagles swoop into the wake of the paddlewheel all from the comfort of our luxury vessels. Much like Mark Twain would have experienced on his many trips along the river. Cost from \$3298pp dbl Cat E Inside Cabin.

### **Brand new NCL PRIMA from NY April 30-May 7, 2023**

Be one of the first to explore the magnificent brand new NCL ship the PRIMA! The ocean has never been closer—dip into the Horizon at Infinity Beach, take a ride down the 10 story dry slide, walk over water on the new glass bridge, take a ride on the first 3 level race track at sea, or sit back and relax and enjoy the stunning ocean views from one of the most spacious sun decks on any ship. Cost from \$1658 pp Cat. IB Inside Cabin.

### **Martha's Vineyard, Bermuda & Charleston May 15-25, 2023**

Set sail aboard the revitalized Celebrity Summit every detail of the staterooms has been renovated, every comfort refined—all staterooms feature a chic design, rivaling the world's best boutique hotels. Come experience this great ship and awesome itinerary from New Jersey. to Charleston SC. Cost from \$1768 ppdbl Cat I2 Inside Cabin.

### **Norway & Arctic Circle Cruise Royal Caribbeans Jewel of the Seas July 10-23, 2023**

Join Donna from the Ship Shop as we cruise from Amsterdam all the way up the coast of Norway to the Arctic Circle and experience the land of the midnight sun! Sail roundtrip from Amsterdam aboard Royal Caribbean's Jewel of the Seas, a medium-sized ship perfect for this itinerary. On this scenic cruise up the Norwegian coast we will visit port stops including Geiranger—the crown jewel of Norwegian Fjords—where you can take a waterfall walk to the heart of the cascades or climb the skywalk and enjoy Europe's highest bird view! We travel all the way up to Tromsø—the gateway to the Arctic surrounded by deep blue fjords and snow capped mountains. The “icing” on the cake is the day spent cruising the Arctic Circle and experience the sun that never sets—join The Ship Shop on this awesome Norwegian adventure. Cost from \$3,576 Cat 4V Inside Cabin.

### **Best of Alaska & the Yukon June 5-17, 2023**

This wonderful Alaska & The Yukon Land and Sea begins with a flight to Anchorage where you will be greeted by your Holland America Tour Director. Spend one Nt in Anchorage before boarding your Domed Train bound for Denali Park for your 2 Nt stay. Continue to Fairbanks for 1 Nt and have the opportunity to pan for gold! Our adventure begins with a flight to Dawson City in the Yukon Territory for 2 nts and then on to Whitehorse for a fun 1 Nt stay. Board the narrow gauge train to Skagway, an awesome experience where you can actually see the famous Trail of '98! Spend a night in Skagway before boarding the Koningsdam for your 4 Nt cruise to Glacier Bay National Park, Ketchikan and the Inside Passage to Vancouver, British Columbia. A trip of a lifetime! Cost from \$4919 pp dbl Cat J Inside Cabin.

Be one of the First to know about the tours.

Sign up for the Culture on Wheels Mailing \$5.00 registration fee.





## New London Adult & Continuing Education

Three Shaw's Cove  
New London, Connecticut 06320

Telephone (860) 437-2385  
[www.newlondonadulthood.org](http://www.newlondonadulthood.org)

Non Profit Org.  
US Postage  
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New London, CT  
Permit No. 318



**Congratulations to our  
Graduates**



## Thank you to our 2022 Scholarship Golf Tournament Sponsors

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Ray & Alison Pollick  
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FALL 2022

# New London

## Adult & Continuing Education

**High School Credit Diploma Classes**

**GED Classes**

**ESOL Classes**

**Enrichment Classes**

**Day Trips**

**Overnight Trips**

**National & International Fly Tours**

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



Dear Friends:

New London Adult and Continuing Education is a truly unique place!



We are very proud of our long-standing commitment to adult learners, and our dedication to providing innovative and stimulating educational opportunities for our community. New London Adult Education strives to strengthen partnerships and build connections to enhance programming that is responsive to the interests and needs of all learners.

A range of programs are offered including ESL classes to assist English language learners to improve their English language proficiency as well as CDP and GED classes for students looking to complete their high school education.

U.S. Citizenship classes prepare immigrants for the U.S. Citizen test. The Transitions Program assists our adult learners with career exploration, training and college preparatory classes.

Our Integrated Basic Education and Skills Training Program offers workforce education in areas that match local demand. Our counseling staff is available to guide and assist you in choosing the program that best meets your educational needs. Our Even Start – Two Generation program is a comprehensive family literacy program that serves the entire family through adult education, early childhood education, parenting education, interactive literacy, and home visits.

For those looking to travel, acquire new workforce skills, or pursue new interests or hobbies, our Continuing Education/Enrichment Program provides a vast array of programs and classes to satisfy your lifelong learning goals. We invite you to take advantage of our Culture-on-Wheels Program which presents stimulating, educational, and affordable travel opportunities. Numerous day, overnight bus trips, national fly tours, and international world-class travel are thoughtfully planned.

Visit our website, [www.newlondonadulthood.org](http://www.newlondonadulthood.org), to become familiar with the multitude of programs and class offerings. Online registrations are accepted through our website for all Adult Academic and Enrichment programs.

Stay tuned for new and exciting building updates!

Please follow us on Facebook, and Instagram to stay connected and learn more about our unique program. There is truly something for everyone.

Sincerely,

*Denise Spellman*

Denise Spellman  
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. Credit for a future class or trip may be available in place of a monetary refund. 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 \$50 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](http://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 •

Fitch High School  
101 Groton Long Point Road  
Groton, CT 06340  
Direct all inquiries to: (860) 437-2385

## School Calendar Closing Dates

October 10 .....Indigenous Peoples Day  
November 11 .....Veterans Day  
November 24-25 .....Thanksgiving Break  
December 24-31 .....Winter Break

## Program Start Dates September 6, 2022

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

September 9 ..... EMT Training  
September 12 ..... Phlebotomy  
September 12 ..... Espanol Serv-Safe  
September 12 ..... Serv Safe Training  
September 13 ..... Real Estate  
September 26 ..... Evening CNA Training  
October 1 ..... Security Guard Card Training  
October 5 ..... Bartending  
October 13 ..... OSHA Training

Enrichment Classes begin  
the week of September 12

Cover Photo/Catalog Design:  
Peggy Cherrick & Ed Murphy

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



## Find our lighthouse, and you may win a prize

Find our lighthouse and be entered into a drawing for a \$50 NLAE gift certificate. Email the page number and location to [cherrickm@newlondon.org](mailto:cherrickm@newlondon.org). In the Subject line write Lighthouse. Two lucky winners will be selected. (It is not the lighthouse on the registration form).

# Enrichment Class Registration Form

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

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 LOCATION	COST

## PAYMENT REQUIRED WITH REGISTRATION

Processing fee only when using a Credit Card - \$2.00

Total Due

Method of Payment:

Visa MasterCard Discover American Express

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_

CHECK ENCLOSED \_\_\_\_\_



NEW LONDON

ADULT & CONTINUING EDUCATION



Use this QR Code to visit our website [newlondonadulted.org](http://newlondonadulted.org)  
and see the full descriptions of the classes and trips.

# Culture on Wheels Trip Registration Form

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

Name \_\_\_\_\_ Home Phone \_\_\_\_\_

Address \_\_\_\_\_ Cell Phone \_\_\_\_\_

City/State/Zip Code \_\_\_\_\_

Email Address \_\_\_\_\_

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

TRIP NAME	MEAL CHOICE - if required	COST

## PAYMENT REQUIRED WITH REGISTRATION

Processing fee only when using a Credit Card - \$2.00

Total Due

Method of Payment:

Visa MasterCard Discover American Express

Credit Card Number \_\_\_\_\_

Expiration Date \_\_\_\_\_ Security Code \_\_\_\_\_



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