

DISCLAIMERS

Non-Discrimination

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. Printed materials (e.g. brochure/handbook/newsletter) are available in alternate formats (e.g. large print, audio, Braille) upon request. For assistance, 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: newlondonadulthood.org
for full course descriptions

5 WAYS TO REGISTER FOR CLASSES & TRIPS

WEBSITE

newlondonadulthood.org
Visa, MasterCard, American Express or Discover

MAIL

Mail Registration Form with Visa, MasterCard, American Express, Discover information, 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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Follow us on
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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 New London, Waterford, Montville, or Lyme-Old Lyme. All classes are free.

The program requires satisfactory completion of the following: 4 credits in English, 1 credit 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 0.5 credit in Government), and 10 elective credits.

Credits may also be awarded for documented work, occupational, volunteer, and military experiences.



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: newlondonadulthood.org.

Select Register under Adult Education Enrollment on the home screen and complete the form. Or in-house August 21-25 and August 28-September 1 8:30 am - 2:30 pm or Evening Registration August 28- 29 at 6:00 pm.

Seleccione registrarse en la pagina de Inscripción de Educación para Adultos en la pantalla de inicio y complete el formulario. También puede registrarse personalmente del 21 al 25 de agosto y del 28 de agosto al 1 de septiembre de 8:30 a.m. a 2:30 pm. Ó en la tarde el día lunes 28 ó martes 29 de agosto a las 6:00pm

Montville Adult Education

For more information please contact **Annette Barber**, Adult Education Secretary, at (860) 848-8265 or email: 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 Wednesday, August 23 from 5:30 - 7:30pm. Classes begin Monday, August 28.



General Educational Development (GED) Information

The GED Test:

The GED Testing Service, in partnership with Pearson VUE, offers the GED examination as a computer-based test. The GED test 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 GED test.

How to Register for the GED Test:

Visit www.GED.com to create an account.

After creating an account, you must complete a paper registration at the Adult Education Office and receive approval for testing which is based in part upon official GED Practice test results. The exam is offered weekly in English and Spanish at the Adult Education Center, and students schedule themselves. A \$13 registration fee (payable at time of registration) is required for ALL registrants 21 years of age and older (no fee for veterans).



GED Test Eligibility Requirements:

- Minimum age is 17 years old and officially withdrawn from high school for at least 6 months.
- An official high school withdrawal document is needed for all 17- and 18-year-olds.
- All 17-year-olds need a withdrawal document with parental/guardian signature.
- Individuals aged 17-18 who are home schooled should request a "Home School Attestation" form signed by the GED Administrator at the CT State Department of Education email: ged@ct.gov or call (860) 807-2110.



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. In-person registration for Fitch High School will be conducted Wednesday August 23 5:00 to 7:00 pm at Fitch High School.

Classes begin September 5.

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. Classes begin September 5.

Walk-in Registration & Placement Testing • Registration for the Fall Semester takes place at Fitch High School on Wednesday, August 23 from 5:00 to 7:00pm. Classes begin Tuesday September 5.

ESOL ~ English for Speakers of Other Languages: Classes begin September 5, 2023

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 Church of the City

Days • 250 State Street, New London, CT 06320
(860) 437-2385
Monday - Thursday • 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
Monday & Tuesday • 5:30 pm – 8:30 pm
Classes start September 5.

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 naturalized American citizens. The class helps students gain better understanding of the N-400 application, the interview process, U.S. history, and local, state and federal government. Lessons will stress the procedural steps necessary to become a U.S. citizen. Moderate proficiency in English is required.

To qualify for citizenship, you must:

- Be at least 18 years old and have been a permanent resident for the past 5 years with no special circumstances
- Be at least 18 years old and are currently married to and living with a U.S. citizen and have been married to and living with that same U.S. citizen for the past 3 years and your spouse has been a U.S. citizen for the past 3 years.

The class is held at New London Adult Education:

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

Register now for Citizenship Preparation classes.



Scan the QR Code
for Information on
Citizenship classes

Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 5 de septiembre 2023

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 la Iglesia de la Ciudad

Días • 250 State Street
New London, CT 06320
(860) 447-0388
Lunes - jueves • 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
Lunes & martes • 5:30 pm – 8:30 pm
Clases comienzan el 5 de enero de 2023

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

Digital Literacy



The Northstar Digital Literacy Program is incorporated into many of our mandated classes. Northstar defines the basic skills needed to perform computer and online tasks and each module assesses students' competency for each task. Individuals who receive a score of at least 85% on a proctored assessment may 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 also participate in parenting education classes designed to assist them in becoming their child's first teacher.

The children engage 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 the reinforcement of strategies introduced during parenting class.



Integrated Basic Education Skills Training (I-BEST)

Currently enrolled students may be eligible for the Integrated Basic Education and Skills Training (I-BEST) program which partners basic education and vocational training instructors in the delivery of a collaborative program of workplace contextualized learning. Through a team-teaching approach, 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!

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

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, along 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.



Certified Nursing Assistant

The Certified Nursing Assistant program will provide students with basic nursing skills, and 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.

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

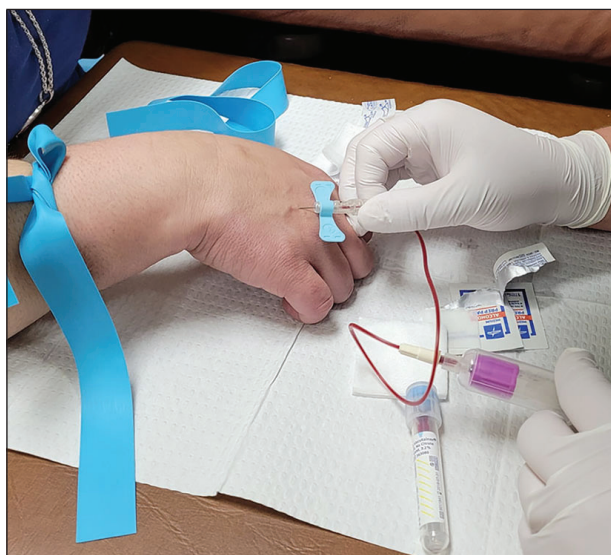
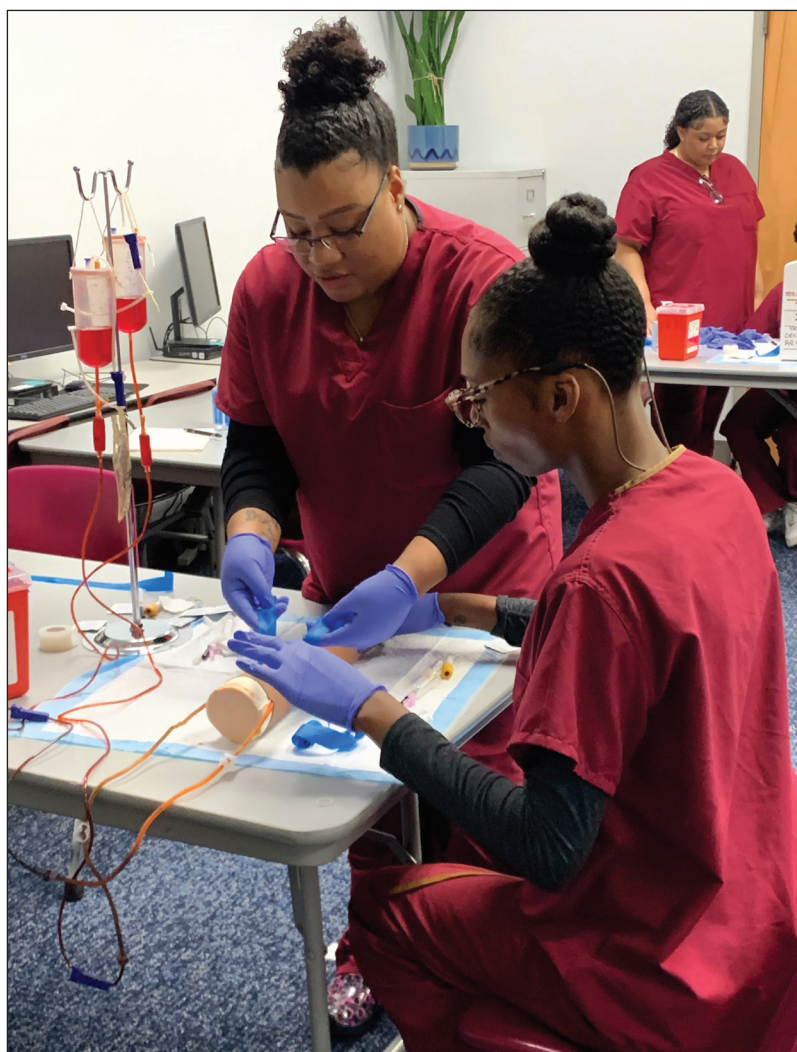
Introduction to Server and Culinary Arts with Food Handlers Certificate

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 CAFE certificate from Ledge Light Health District.



Phlebotomy Certificate

This program prepares students to become Certified Phlebotomy Technicians. Students learn the components of blood, basic human anatomy, potential complications of a blood draw, proper drawing technique, and collection sequence. Training includes occupational-specific basic skills instruction. Program completion requires 30 successful venipuncture collections, and 10 capillary draws which will be performed in class on fellow students. Upon successful completion of the course, students will be eligible to earn the National Certification upon passing the NHA exam.



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

Careers Begin at New London Adult Ed

100

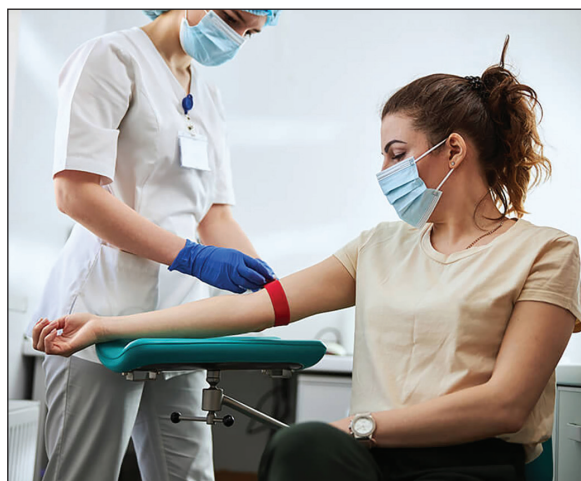
Emergency Medical Technician Initial Basic Training

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)

Begins Thursday 9/7 6:00-9:30 pm 14 weeks NREMT Practical Exam 12/2 NL Adult Education
Resident/Non-resident \$1,150 WIOA Approved & approved for VA Educational Benefits
Instructor: Emergency Training Services



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.

101 Phlebotomy

This flexible learning program will provide students the skills necessary to work as a Certified Phlebotomy Technician. 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.

Mon 9/11 OnLine Portion / In person Classroom Mon - Fri 10/2 5:30-7:30 pm NL Adult Education or
Mon 10/2 OnLine Portion / In person Classroom Mon - Fri 10/23 5:30-7:30 pm NL Adult Education or
Mon 11/6 OnLine Portion / In person Classroom Mon - Fri 5:30-7:30 pm 11/27 NL Adult Education
Resident/Non-resident \$1599 WIOA Approved

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), CO-VID vaccine, clearance from Medical Doctor to be able to lift 50 pounds and proof of Negative TB results read within the last 6 months from the class begin date, and 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.) Any questions, please contact the instructor prior to class start.

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 held at NL Adult Education

EVENING CLASSES - 9/11 thru 10/28 Monday/Wednesday/Evening 5 pm – 9 pm and Saturday 8 am - 4 pm



104

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 10/12 6:30-8:00 pm 12 students maximum
Live-Online class Resident \$29/Non-resident \$34

103

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 9/23 or 10/28 or 11/25
8:00 am - 3:00 pm

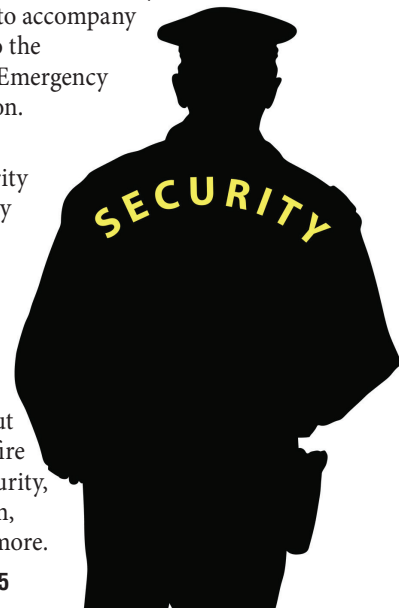
Live OnLine Using Zoom

Exam on Monday 9/25 or 10/30 or 11/27 6:00-7:00 pm

NL Adult Education

Resident \$150/Non-resident \$155

Instructor: Louis J. Bonito



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

105

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 10/4 6:00-9:00 pm 5 Weeks NL Adult Education
Resident \$250/Non-resident \$255 Instructor: Paul Rich

106

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 10/4 6:00-9:00 pm One day only NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Paul Rich

109

ServSafe

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 9/19 5:30-8:30 pm 4 classes Waterford HS or
Saturday 10/7 8:00 am - 3:00 pm NL Adult Education 1 class or
Thursday 9/21 5:30-8:30 pm Old Lyme MS 4 Classes
Resident \$195/Non-resident \$200 Instructor: Amarilys Saluk, CDM,CFPP

107

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. Textbooks/E-book are included in the cost of the class. Class meets Monday & Thursday evenings.



Monday 9/11 5:30-8:30 pm 11 weeks
NL Adult Education Instructor: Cadema Education Associates
Resident \$575/Non-resident \$580

108

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 10/17 5:30-8:30 pm Fitch High School 1 class
Resident \$84/Non-resident \$89
Instructor: Emergency Training Services

110

Español Serv-Safe

El programa Serv-Safe 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.

Saturday 10/14 8:00 am - 3:00 pm 1 class
NL Adult Education
Resident \$195/Non-resident \$200
Instructor: Amarilys Saluk, CDM,CFPP

Editor's Note: In order to make the locations of Enrichment Classes easier to find, we have incorporated a color-coded system to identify each school hosting classes.

COLOR KEY

New London Adult Education
New London STMHS
Montville High School

Fitch High School
Waterford High School
Old Lyme Middle School

200**Drawing Concepts - Part A**

Discover a dynamic new way of drawing! Drawing is more than simply lines, proportion, and accuracy. Explore drawing to organize positive/negative space and create a complete composition. A variety of drawings media will be used, including charcoal. Both representational and abstract imagery will be explored. These methods are particularly transferable to painting and creating finished drawings. Suitable for all levels. (May take either Part A or B, or both.)

Tuesday 9/12 5:00-8:00 pm 4 classes NL Adult Education
Resident \$124/Non-resident \$129 Instructor: Sue Cash

202**Drawing Concepts - Part B**

Discover a dynamic new way of drawing! Drawing is more than simply lines, proportion, and accuracy. Explore drawing as a way to organize positive/negative space and create a complete composition. A variety of painting media will be used to explore direct drawing with paint. Both representational and abstract imagery will be explored. Suitable for all levels. (May take either Part A or B, or both.)

Tuesday 10/10 3:00-6:00 pm 4 classes NL Adult Education
Resident \$124/Non-resident \$129 Instructor: Sue Cash

203**Creative Printmaking**

Monotypes, Dry-point Engraving, Lino-block Printing are all creative approaches to the printmaking process. They offer the flexibility and freedom to create prints often using drawing and painting techniques. We will explore a variety of techniques and impressions that can be created by combining these techniques and simple materials to achieve a creative understanding of printmaking. *Students are required to bring a smock & baby wipes.

Saturday 10/21 9:30 am - 3:00 pm 1 class NL Adult Education
Resident \$84/Non-resident \$89 Instructor: Laura LoTurco-Gorian

The feather print at right is an example of the masterful works students can create in the print-making class.

201**Exploring Mixed Media**

Open up to new, creative possibilities by combining multiple media in your own unique way. Each week will introduce new and different combinations of readily available materials, starting with what you already have available. Then other options and new materials will be explored according to individual interests and styles.

Saturday 11/4 10:00 am-1:00 pm 3 classes NL Adult Education
Resident \$114/Non-resident \$119 Instructor: Sue Cash



Chinese Watercolor Painting Workshops

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

204 Learning The Basics Strokes of Chinese Painting

Saturday 9/16 9:00 am – 2:30 pm
NL Adult Education Resident \$84/Non-resident \$89

205 Landscapes & Horses

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

206 Flowers & Birds

Saturday 10/14 9:00 am – 2:30 pm
NL Adult Education
Resident \$84/Non-resident \$89

ARTS, CRAFTS & HOBBIES

Learn the Ancient Art of Quilling

Learn the Ancient Art of Paper Quilling. Paper Quilling dates back to ancient Egyptian times, through the Renaissance and it made its way to America by the Pilgrims.

Class includes hands on instruction, all paper supplies, classroom use of quilling tools, and a 5x7 shadow box frame for your artwork.

207 Sunflower

Thursday 9/14 6:00-8:30 pm 1 Class NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Marcy Kaplan

208 Fall Floral Bouquet

Thursday 9/21 6:00-8:30 pm 1 Class NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Marcy Kaplan

209 Snowflake Hanging Ornament

Thursday 11/30 6:00-8:30 pm 1 Class NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Marcy Kaplan

210 Christmas Ornament

Thursday 12/7 6:00-8:30 pm 1 Class NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Marcy Kaplan



211 30 Basic Shapes

Tuesday 9/19 6:00-8:30 pm 1 Class
Fitch High School
Resident \$55/Non-resident \$60
Instructor: Marcy Kaplan

212 OceanScape

Tuesday 10/3 6:00-8:30 pm 1 Class
Fitch High School
Resident \$55/Non-resident \$60
Instructor: Marcy Kaplan



213 Snowflake Hanging Ornament

Tuesday 11/14 6:00-8:30 pm 1 Class Fitch High School Resident \$55/Non-resident \$60
Instructor: Marcy Kaplan

214 Beginner Knitting - Fitch High School

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. Class size is limited - register early!

Material list: 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 9/21 6:00-8:00 pm Fitch HS 6 Classes
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 9/23 11:30 am -1:30 pm 8 classes NL Adult Education
Resident \$99/Non-resident \$104 Instructor: Judy Telemaque



216 Atmosphere & Weather & Its Influence on Art

This course introduces you to a brief history of famous artists who have captured and combined elements of Nature, specifically atmosphere and weather, in their compositions. We will look at art paintings from the Impressionistic period from artists such as Monet, Van Gogh, Sisley and Corot and pre-and post-impressionistic painters such as Munch and Turner and touch upon contemporary painters as well.

Monday 11/13 6:00-8:00 pm 1 class NL Adult Education
Resident \$29/Non-resident \$34 Instructor: Ronald Zincone

217 Beginner & Refresher Knitting - NLAE

Get those fingers moving and learn the simple basics of reading a pattern, casting on, knit and purl, and perhaps a few simple stitches to get you going on a fun project! Materials required for the class: 1 Size #9 or #10 needle, -Metal or bamboo, And a skein of DK yarn (worsted weight)

Saturday 9/9 9:30 am- 12:00 pm NL Adult Education 4 Classes
Resident \$79/Non-resident \$84 Instructor: Susan Fine

218 Knitting Beginner 2 - NLAE

Moving forward and learn some newer steps in knitting to enhance your projects and reading of your pattern. This class includes cable designs, bobbles, yarn over, and other stitches. Must have prior knowledge of casting on stitches, Knit, and Purl.

Saturday 10/21 9:30 am- 12:00 pm NL Adult Education 4 Classes
Resident \$79/Non-resident \$84 Instructor: Susan Fine

219 Goat Milk Soap

In this class, you will learn how to use goat milk or coconut milk to create a beautiful soap, and tips and tricks to ensure success. Suit up for safety by wearing long sleeve shirts, closed toes shoes and an apron. Supplies will be provided to make the soap, and there is a link to purchase the mold you will need. Material required: for the class - Tall Skinny Mini Mold from Micas and More.

<https://micasandmore.com/product/s-tsmmini/>

Please come with a bag to take your project home.

Saturday 9/30 8:30-11:30 am or 10/28 8:30-11:30 am NL Adult Education

1 Class

Resident \$84/Non-resident \$89

Instructor: Lenora Alcee

221 Calligraphy Greeting Card

Learn the basics of Calligraphy to design a Greeting Card. Make cards for friends and family and stencils to make future cards.

Supply List: Micron Calligraphy Pens sizes #5 & #8

Thursday 12/7 5:00-7:00 pm NL Adult Education

1 class Resident \$49/Non-Resident \$54

Instructor: Sean Kane

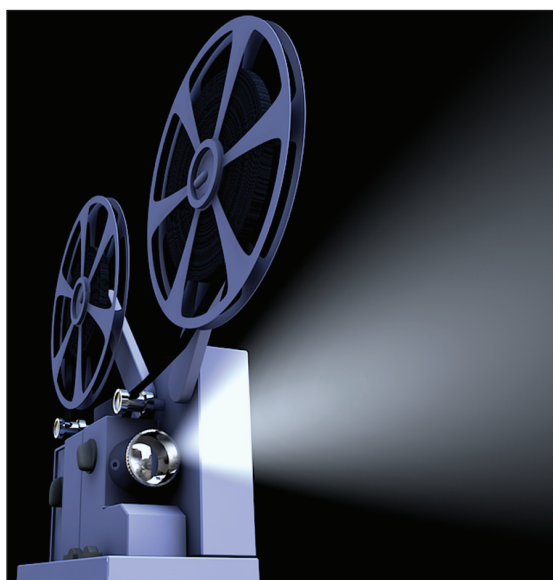
223 Mah Jongg

Learn the stimulating, and addictive fun game of Mah Jongg. Learn all aspects of the game, understanding the tiles, Mah Jongg card, strategies, rules and etiquette. \$15 material fee at first class.

Thursday 9/21 6:00-8:30 pm Old Lyme MS

6 classes Resident \$154/Non-Resident \$159

Instructor: Barbara Davis



220 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.

Wednesday 9/20 6:30-9:30 pm

7 classes BP Learned Theater

Resident \$99/Non-resident \$104

Instructor: Rick Gipstein

222 Sea Glass Art

Your class fee covers all the supplies to make a matted and framed 5x7 piece of seaglass art that you get to take home with you! Supplies INCLUDE seaglass, driftwood, shells, tiny starfish and other natural embellishments. You are NOT required to bring your own seaglass but feel free if you would like to add some pieces from your special collection!

Thursday 9/28 6:00-8:00 pm or 11/2 6:00-8:00 pm

NL Adult Education or Thursday 10/12 6:00-8:00 pm or 10/26

6:00-8:00 pm Fitch HS 1 class

Resident \$39/Non-resident \$44 Instructor: Stacy Madden



224 Painting From Life

Working from a still-life set up is a foundational approach that helps develop drawing, painting technique and composition skills which will apply to a variety of individual interests. Each week will produce a different completed study painting. Work in your choice of media* (watercolor, acrylic, mixed-media, pastel, other?). Suitable for beginner as well as more experienced painters.

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

Friday 10/13 10:00 am - 1:00 pm 6 classes NL Adult Education

Resident \$174/Non-resident \$179 Instructor: Sue Cash

225 In the Creative Spirit: Creativity Workshop

This workshop helps you cultivate your individual voice through the written word and a personal vision in various art mediums including painting, drawing and collage. Emphasize the connection between creative ideas and document your personal voyage into living more creatively. Material fee of \$10 payable to instructor. Students are required to bring a smock & baby wipes.

Saturday 11/4 9:30 am - 3:00pm 1 class NL Adult Education

Resident \$84/Non-resident \$89 Instructor: Laura LoTurco-Gorian



226 Thanksgiving Centerpiece Workshop

Come to Best Buds Flower Farm in Lyme for an evening of crafting a Thanksgiving Centerpiece out of a specialty pumpkin, dried vines and flowers. No experience necessary. Class will be held in our heated barn. We will guide you as you use dried flowers and greenery from our own farm. Your creation will look beautiful long after Thanksgiving. We will also share some chocolate deliciousness as we go. We will help you get a result you will love.

Sunday 11/19 3:00-5:00 pm 1 class
Resident \$84/Non-resident \$89
Best Buds Flower Farm 52 Blood St, Lyme

227 Thanksgiving Centerpiece with Montville Florist

With the start of the holiday season upon us, our social calendar begins to fill up more rapidly. Making time for a family dinner helps family members reconnect and flowers turn eating dinner into a dining experience. Create a charming centerpiece where our freshest autumn flowers, and a variety of foliage are tucked around candles and accented with seasonal ribbon. Keep for yourself or give it to your holiday host!

Thursday 11/16 6:00-7:30 pm 1 class
Montville Florist
Resident \$59/Non-resident \$64
Instructor: Leah Van Ness

228 Autumn Parent/Child U-Pick a Bouquet

Come to our flower farm in Lyme to pick a bouquet of flowers with your little one. We ask that you bring maximum one child per adult, as we need to teach where to walk and the flower clippers require adult supervision. Options during September are sunflowers, zinnias, cornflowers, yarrow, strawflowers, cosmos and others. Pick 20 flowers plus greenery, and we will wrap them up for you in a kraft paper sleeve to take home and enjoy. Please bring a container to take your flowers home. We only postpone for thunder and lightening storms.

Saturday 9/16 11:00 am - 12:00 pm 1 class
Resident \$39/Non-resident \$44
Best Buds Flower Farm 52 Blood St, Lyme

229 Arranging Flowers at the Farm Workshop #1

Come to Best Buds Flower Farm in Lyme for an evening of harvesting flowers, including dahlias, zinnias, sunflowers, roses and others and learning to arrange in a vase. You'll get at least 20-30 stems. No experience necessary, and we will help you get a result you will love. Please wear sturdy, closed toe shoes and bring a water bottle. We only postpone for thunder and lightening storms, so dress for the weather.

Friday 9/15 6:00-8:00 pm 1 Session
or Friday 10/6 6:00-8:00 pm 1 Session
Resident \$64/Non-resident \$69
Best Buds Flower Farm, 52 Blood St, Lyme

230 Winter Holiday Centerpiece with Montville Flowers

Your dining room table called – it is looking for this arrangement! This arrangement that YOU will create using fragrant winter greens, brilliant blooms, textured pinecones, glass ornaments and beautiful ribbon that will surround flickering candles. This incredible arrangement will dress up your table throughout the holiday season or will make a thoughtful gift to give to someone you love.

Thursday 12/14 6:00-7:30 pm 1 class
Montville Flowers
Resident \$59/Non-resident \$64
Instructor: Leah Van Ness

231 Lush Holiday Wreath

This is an abundant evergreen wreath with our own Best Buds Flower Farm greenery, vines and everlasting flowers for decorations. Classes will be in the warmth of the barn and no experience needed. We have all the supplies you'll need, just show up.

And to top it off, enjoy a homemade sweet treat. Come on your own or come with a friend; we have a very welcoming atmosphere.

Sunday 12/3 3:00-5:00 pm 1 Session
Resident \$94/Non-resident \$99
Best Buds Flower Farm, 52 Blood St, Lyme

232 Fall Centerpiece with Montville Flowers

Gathering the bounty from a glorious fall, we will fashion a stunning fresh floral arrangement featuring a variety of foliage, our fresh blooms in rich fall colors and will be accented with dried pods, and gourds. This lovely arrangement will provide bragging rights to your family or will make a charming gift to someone you love.

Thursday 10/12 6:00-7:30 pm 1 class
Montville Florist
Resident \$59/Non-resident \$64
Instructor: Leah Van Ness

*Get your diploma
or GED,
and craft your
way to a
brighter future!*



300

Introduction to Weather

This course is designed to introduce and educate you on the basics of our daily weather.

Monday 11/6 6:00-9:00 pm NL Adult Education 1 Class
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

301

Introduction to SEVERE Weather

This course specifically covers weather that is of a "severe" nature and that would impact your life at any time.

Thursday 11/9 6:00-9:00 pm NL Adult Education 1 Class
Resident \$29/Non-Resident \$34 Instructor: R. Zincone



Hurricane Sandy devastated New England in 2012.

304

Southern New England Hurricanes: A tropical storm in the Bahamas is our Business

Learn how to prepare for future tropical systems and especially a repeat category 3 hurricane. This short but powerful course is designed for public outreach and to educate the population in SNE and especially people who live along the coastal areas.

Wednesday 9/13 6:00-9:00 pm 1 Class NL Adult Education
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

306

New England Hurricanes: Past, Present & Future

This course will introduce you to some of the basic science, historical paths and regional effects that tropical systems, with a focus on Hurricanes have had and can have on New England.

Monday 9/11 6:00-9:00 pm 1 Class NL Adult Education
Resident \$29/Non-Resident \$34 Instructor: R. Zincone



302

The Telescope: 16th Century to 20th Century

Explore the golden age of antique and classic telescopes when men such as Hans Lipperhey, Galileo Galilei, Sir Issac Newton, William Parsons' Leviathan of Parsonstown, William Herschel, George Ellery Hale and many more.

Monday 11/27 6:00-9:00 pm NL Adult Education 1 Class
Resident \$29/Non-Resident \$34
Instructor: R. Zincone

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!

Monday 10/9 6:00-9:00 pm Zoom Class/Online 1 Class
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

305

Introduction to Astronomy Part 2 - Backyard Astronomy

Learn 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.

Monday 10/16 6:00-9:00 pm 1 Class NL Adult Education
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

307

Astronomy & 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?

**Wednesday 11/29 6:00-9:00 pm
NL Adult Education 1 Class**
Resident \$29/Non-Resident \$34
Instructor: R. Zincone





400 Social Security Planning

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

Wednesday 9/20 or Tuesday 10/10 or Monday 11/13
6:30-8:30 pm One Session Live-OnLine
Resident \$19/Non-Resident \$24
Instructor: Charles Yannich



401 Required Minimum Distributions Planning & Taxes & Fees in Retirement

This educational event will cover the basics of Required Minimum Distributions and reveal the latest strategies to help prevent taxes from taking 30% of your savings income! Come and learn more at this group presentation.

Tuesday 9/19 Waterford HS 6:00-8:00 pm or Thursday 9/28 Old Lyme MS 6:00-8:00 pm or
Wednesday 10/4 Fitch HS 6:00-8:00 pm or Saturday 10/14 NL Adult Education 10:00 am - 12:00 pm or
Monday 10/16 NLSTMHS 6:00-8:00 pm 1 Class Resident \$19/Non-resident \$24 Instructor: Abbas Danesh

500 Podcasting101

Are you interested in Podcasting but don't know where to start? Then take our Podcasting Class, learn the in's and outs, & the do's and don'ts of Podcasting, as well as starting one, how to set one up, and what it takes to do it.

Thursday 9/14 6:00-8:00 pm NL Adult Education 5 Classes
Resident \$49/Non-Resident \$54
Instructor: Steven Christina Jr.



501 MS WORD 101

Learn the basics of Microsoft WORD, a versatile program that has many uses in your daily life.

Saturday 9/16 9:00-11:00 am NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64 Instructor: Carmen Kuegler



502 MS WORD 102

Advance your knowledge of Microsoft WORD.

Saturday 10/21 9:00-11:00 am NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64
Instructor: Carmen Kuegler

503 MS EXCEL 101

Learn the basics of Microsoft EXCEL, a versatile program. Checkbook balancing, inventory & more.

Saturday 9/16 11:30 am -1:30 pm NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64 Instructor: Carmen Kuegler



504 MS EXCEL 102

Advance your knowledge of Microsoft EXCEL.

Saturday 10/21 11:30 am - 1:30 pm NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64
Instructor: Carmen Kuegler

600**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 the camera menus. Our focus is to help you gain experience and understanding on how to use it to its maximum advantage. You'll leave with a stronger foundation and confidence when using your camera. Please bring your camera and charged batteries to every class, a willingness to learn, and we will help you get to a new level. Be prepared to bring your laptop to one of the classes to download your photos when notified.

Monday 9/18 6:00-8:30 pm NLSTMHS or Tuesday 9/19 Waterford HS 6:00-8:30 pm or Thursday 9/21 Old Lyme MS 6:00-8:30 8 Classes Resident \$139/Non-Resident \$144
Instructor: Lee Palombo & Gregg Jacobson

601**Business of Photography**

This course introduces you to the basic and most important steps on how to set up your business for photography. This course covers topics such as creating your website, business card, logo, marketing, licenses and permits, business entity choices and so much more!

Thursday 10/5 6:00-9:00 pm
NL Adult Education 1 Class
Resident \$44/Non-Resident \$49
Instructor: Ronald Zincone

602**Basic Astrophotography**

This class will cover the first and most basic level of astro-imaging known as Basic Camera-on-Tripod Astrophotography!

Monday 10/23 6:00-9:00 pm
NL Adult Education 1 Class
Resident \$29/Non-Resident \$34
Instructor: R. Zincone

603**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!

Monday 10/30 6:00-9:00 pm
NL Adult Education 1 Class
Resident \$29/Non-Resident \$34
Instructor: R. Zincone

604**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."

Monday 9/25 NL Adult Education 6:00-9:00 pm
1 Class Resident \$44/Non-Resident \$49
Instructor: Ronald Zincone

**605****Photography Basics: Part Two**

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

Monday 10/2 NL Adult Education 6:00-9:00pm
1 Class Resident \$44/Non-Resident \$49
Instructor: Ronald Zincone

606**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.

Monday 9/18 6:00-9:00 pm NL Adult Education
1 Class Resident \$44/Non-Resident \$49
Instructor: Ronald Zincone

607**Impressionism - The Influence of Photography**

Introduction 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.

Monday 11/13 6:00-9:00 pm NL Adult Education 1 Class
Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone

DAYTIME CLASSES AT NL ADULT EDUCATION

CAREER TRAINING	CLASS	DATE	START TIME	END TIME	RESIDENT	NON-RES.	PAGE
	ServSafe	Saturday, October 7, 2023	8:00 AM	3:00 PM	\$195.00	\$200.00	10
	Espanol ServSafe	Saturday, October 14, 2023	8:00 AM	3:00 PM	\$195.00	\$200.00	10
ART, CRAFTS & HOBBIES	Explore Mixed Media	Saturday, November 4, 2023	10:00 AM	1:00 PM	\$114.00	\$119.00	11
	Drawing Concepts Part B	Tuesday, October 10, 2023	3:00 PM	6:00 PM	\$124.00	\$129.00	11
	Creative Printmaking	Saturday, October 21, 2023	9:30 AM	3:00 PM	\$89.00	\$94.00	11
	Basic Strokes of Chinese Painting	Saturday, September 16, 2023	9:00 AM	2:30 PM	\$84.00	\$89.00	11
	Landscapes & Horses Chinese Painting	Saturday, November 11, 2023	9:00 AM	2:30 PM	\$84.00	\$89.00	11
	Flowers & Birds Chinese Painting	Saturday, October 14, 2023	9:00 AM	2:30 PM	\$84.00	\$89.00	11
	Crochet	Saturday, September 23, 2023	11:30 AM	1:30 PM	\$99.00	\$104.00	12
	Beginner & Refresher Knitting	Wednesday, September 6, 2023	9:30 AM	12:00 PM	\$79.00	\$84.00	12
	Knitting Beginner 2	Saturday, October 21, 2023	9:30 AM	1:00 PM	\$79.00	\$84.00	12
	Goat Milk Soap	Saturday, September 30, 2023	8:30 AM	11:30 AM	\$89.00	\$94.00	13
	Goat Milk Soap	Saturday, October 28, 2023	8:30 AM	11:30 AM	\$89.00	\$94.00	13
	Painting from Life	Friday, October 13, 2023	10:00 AM	1:00 PM	\$174.00	\$179.00	13
	In the Creative Spirit: Creativity Workshop	Saturday, November 4, 2023	9:30 AM	3:00 PM	\$84.00	\$89.00	13
FINANCE / TECHNOLOGY	Required Minimum Distributions Planning & Taxes & Fees in Retirement	Saturday, October 14, 2023	10:00 AM	12:00 PM	\$19.00	\$24.00	16
	MS Word 101	Saturday, September 16, 2023	9:00 AM	11:00 AM	\$59.00	\$64.00	16
	MS Excel 101	Saturday, September 16, 2023	11:30 AM	1:30 PM	\$59.00	\$64.00	16
	MS Word 102	Saturday, October 21, 2023	9:00 AM	11:00 AM	\$59.00	\$64.00	16
	MS Excel 102	Saturday, October 21, 2023	11:30 AM	1:30 PM	\$59.00	\$64.00	16
LANGUAGE	Spanish for the Beginner	Wednesday, September 20, 2023	1:00 PM	3:00 PM	\$119.00	\$124.00	20
	Spanish II	Saturday, September 23, 2023	9:30 AM	10:30 AM	\$89.00	\$94.00	20
	Spanish III	Saturday, September 23, 2023	11:00 AM	12:00 PM	\$89.00	\$94.00	20
	French I	Monday, September 18, 2023	4:00 PM	5:00 PM	\$89.00	\$94.00	20
	Italian I	Monday, September 18, 2023	6:00 PM	7:00 PM	\$89.00	\$94.00	20
	German for the Beginner	Tuesday, September 19, 2023	4:00 PM	5:30 PM	\$79.00	\$84.00	20
	French for the Beginner	Saturday, September 23, 2023	9:00 AM	11:00 AM	\$119.00	\$124.00	20
FITNESS & HEALTH	Zumba Ages 19+	Monday, September 18, 2023	4:15 PM	5:15 PM	\$59.00	\$64.00	22
	Chair Exercises	Thursday, September 14, 2023	10:30 AM	11:30 AM	\$69.00	\$74.00	23
	(SAFE) - Basic Self Defense for Women	Saturday, October 28, 2023	9:00 AM	1:00 PM	\$49.00	\$54.00	23
	BBL - Belly, Booty & Leg	Thursday, September 14, 2023	9:00 AM	10:00 AM	\$69.00	\$74.00	23
	Mindful Brain/Mindful Life	Saturday, October 14, 2023	9:00 AM	10:00 AM	\$49.00	\$54.00	23
CULINARY	Gingerbread Men Cookies	Saturday, September 23, 2023	11:00 AM	2:00 PM	\$39.00	\$44.00	26
	Quick & Easy Holiday Cookies	Saturday, September 30, 2023	9:00 AM	12:00 PM	\$44.00	\$49.00	26
	Mommy & Me Gingerbread House	Saturday, November 25, 2023	9:00 AM	12:00 PM	\$44.00	\$49.00	26
	Adult Gingerbread House	Saturday, November 11, 2023	9:00 AM	12:00 PM	\$44.00	\$49.00	26
	Chocolate Candy Making for the Holidays	Saturday, October 14, 2023	11:00 AM	2:00 PM	\$54.00	\$59.00	27
	Chocolate Candy Making for the Holidays	Saturday, November 4, 2023	11:00 AM	2:00 PM	\$54.00	\$59.00	27
	Chocolate Barks	Saturday, October 7, 2023	11:00 AM	2:00 PM	\$49.00	\$54.00	27
	Chocolate Barks	Saturday, October 28, 2023	11:00 AM	2:00 PM	\$49.00	\$54.00	27

700**Guitar for Beginners and Intermediates**

This guitar class is perfect for beginner and intermediate players. Newbies will learn basic right and left hand techniques as well as basic chords to play some easy rock songs. More advanced players will build on their current skills. They will learn how to play higher areas of the neck and improve their rhythm and lead playing.

Tuesday 9/19 6:30-8:30 pm 6 Classes Waterford HS

Resident \$114/Non-Resident \$119

Instructor: Don Cash

**701****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. This crash course will teach you some basic chords and get you playing along with your favorite songs. This class is held on-line with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure. The class includes an online book and online follow-up video lessons, to continue your practice and study on your own. For ages 13+.

Wednesday 11/1 6:30-9:00 pm

One Class – Live-OnLine

Resident \$64/Non-Resident \$69

702**Instant Piano for Hopelessly Busy People**

In just a few hours, you can learn enough secrets to give you years of musical enjoyment. Learn to play piano the way professionals do—using chords. This class is held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure. This course includes an online book and online follow up video lessons to continue your practice and study on your own. The course is partly lecture/demonstration and partly hands on instruction.

Monday 10/30 6:30-9:30 pm One class – Live-OnLine

Resident \$64/Non-Resident \$69

**703****Beginner Ukulele**

Unleash your inner musician with the ukulele, an instrument accessible to people of all ages and abilities. Students will learn basic chords and strum patterns and learn to sing and strum at the same time. We'll also cover the history of the ukulele and the variety of ukulele musicians active today. Ukuleles may be available for in-class use.

Tuesday 9/19 6:00-8:00 pm

NL Adult Education 6 Classes

Resident \$59/Non-Resident \$64

Instructor: Amanda Kennedy

**704****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 9/12 5:30-8:30 pm

NL Adult Education

6 Classes

Resident \$109/

Non-Resident \$114

Instructor: Doc Frazier



LANGUAGE

800 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 9/19 4:00-6:00 pm
NL Adult Education 8 Classes
Resident \$119/Non-Resident \$124 Instructor: Nancy Vega

801 Spanish for the Beginner – Waterford HS

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 9/19 7:00-9:00 pm Waterford HS 8 Classes
Resident \$119/Non-Resident \$124 Instructor: Nancy Vega

802 Spanish for the Beginner – Daytime NLAE

Spend a few hours a week and learn the basics of the Spanish language with Emy. The textbooks are included in the cost of the class.

Wednesday 9/20 1:00-3:00 pm NL Adult Education 8 Classes
Resident \$119/Non-resident \$124 Instructor: Emy Espinoza

803 Spanish II

Continue your Spanish lessons with Cris Aguilar. If you do not have the textbook from the Beginners class, the cost of the textbook is \$30.

Saturday 9/23 9:30-10:30 am NL Adult Education 8 Classes
Resident \$89/Non-Resident \$94 Instructor: Cris Aguilar

804 Spanish III

Take the 3rd session with Cris Aguilar. If you do not have the textbook from the Beginners class, the cost of the textbook is \$30.

Saturday 9/23 11:00 am - 12:00 pm NL Adult Education 8 Classes
Resident \$89/Non-Resident \$94 Instructor: Cris Aguilar

805 French I

Learn the basics of the French language from Cris.

Monday 9/18 4:00-5:00 pm NL Adult Education 8 Classes
Resident \$89/Non-Resident \$94 Instructor: Cris Aguilar



806 Italian I

Learn the basics of the Italian language from Cris.

Monday 9/18 6:00-7:00 pm NL Adult Education 8 Classes
Resident \$89/Non-Resident \$94 Instructor: Cris Aguilar

807 German for the Beginner - NLAE

Experience a new language. Learn the basics of German.

Tuesday 9/19 4:00-5:30 pm NL Adult Education 8 Classes
Resident \$79/Non-resident \$84 Instructor: Arabelle Vandersloot

808 German II

Continue your German classes with Arabelle. Expand your skills.

Tuesday 9/19 6:00-7:30 pm NL Adult Education 8 Classes
Resident \$79/Non-resident \$84 Instructor: Arabelle Vandersloot

809 French for the Beginner - Saturday

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.

Saturday 9/23 9:00-11:00 am NL Adult Education 8 Classes
Resident \$119/Non-Resident \$124 Instructor: Judy Telemaque

810 German for the Beginner - Waterford HS

Experience a new language. Learn the basics of German.

Tuesday 9/19 6:00-8:00 pm Waterford HS 8 Classes
Resident \$79/Non-resident \$84 Instructor: Carmen Kuegler

811 German Conversational

Expand your German language conversational skills.

Thursday 9/21 6:00-8:00 pm Old Lyme MS 8 Classes
Resident \$79/Non-resident \$84 Instructor: Carmen Kuegler

**FREE GED classes in Spanish and English
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812

Beginning American Sign Language

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

Monday 9/18 6:00-9:00 pm 8 Classes
New London STMHS Resident \$154/
Non-Resident \$159 Instructor: Donna Haggerty

813

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 9/19 6:00-8:00 pm 8 Classes Waterford HS or
Thursday 9/21 6:00-8:00 pm 8 Classes Old Lyme MS
Resident \$134/Non-Resident \$139 Instructor: Shaleen Barrett

814

Advanced ASL

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

Tuesday 9/19 Fitch HS or
Thursday 9/21 NL Adult Education
8 Classes 6:00-9:00 pm
Resident \$154/Non-Resident \$159
Instructor: Donna Haggerty



900

Humor Writing for TV, Film & Prose

Open to all experience levels. Write every week to develop your own project, while reading, watching, and discussing how great humorists use voice, character, and point of view.

Monday 9/18 6:00-8:00 pm NL Adult Ed 6 Classes
Resident \$74/Non-resident \$79 Instructor: David Iscoe

901

Comedy Writing & Performance

Always wanted to try standup or sketch comedy, or trying to hone your act? Each week will combine study, writing, and performing, with a show at the end to bring it all home.

Tuesday 9/19 6:00-8:00 pm NL Adult Ed 6 Classes
Resident \$74/Non-resident \$79 Instructor: David Iscoe

902

Unleash Your Creative Potential: Discover Your Writer's Voice & Craft Your First Novel

In this immersive class, you will be provided with personalized guidance and support as you explore various writing techniques and delve into the intricacies of the writing craft in various genres. Whether you're a novice seeking to ignite your creative spark or an experienced writer striving to refine your skills, this class is designed to cater to all levels of expertise.

Tuesday 9/19 6:00-8:00 pm Waterford HS
8 Classes
Resident \$79/Non-resident \$84
Instructor: Karla Ciaglo



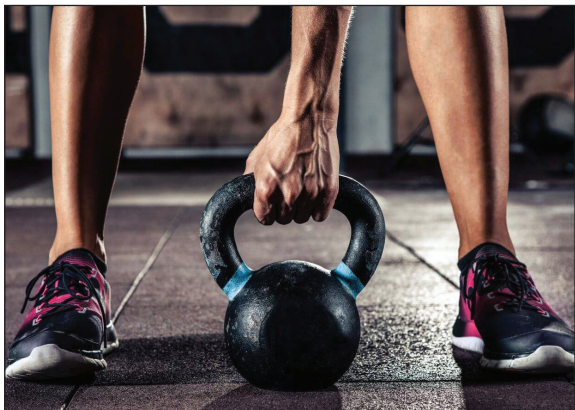
1000

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 10/10 5:30-8:30 pm Fitch High School 1 Class
Resident \$84/Non-resident \$89
Instructor: Emergency Training Services





1102

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 5 or October 2.

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

1103

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 5 or October 2.

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
Resident \$130/Non-Resident \$135

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



1101

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 9/5 9:15-10:30 am 2 Classes Resident \$39/Non-resident \$44
Instructor: Joanie Fisler Red Barn Yoga, 52 Blood St, Lyme

1104

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.

Saturday 10/7 10:00-11:00 am 2 Classes Resident \$49/Non-resident \$54
Instructor: Anne Redfield, Red Barn Yoga, 52 Blood St, Lyme



1105

Yoga A, B, C's at NLAE

Ever wanted to try Yoga but was too intimidated to take the class? This class will go through all the basic poses and include a little yoga history as well. Please bring a yoga mat.

Tuesday 9/19 7:00-8:00 pm NL Adult Education 6 Classes
Resident \$54/Non-resident \$59 Instructor: Jennifer Lambert

1106

Zumba (for ages 19+)

A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesomeness each time you leave class. For ages 19+

Monday 9/18 4:15-5:15 pm 6 Classes
NL Adult Education Resident \$59/Non-resident \$64 Instructor: John Giannini



1107

Belly Dancing, Level 1 (all ages)

Did you ever want to learn the fascination of Belly Dancing? This class is for all ages. Belly dancing is good for all ages and is fun! It involves isolating and strengthening the muscles, and improves your posture, your mind and spirit! At the end of every class, we will be able to perform a little fun choreography! Comfortable clothing is recommended!

Wednesday 9/13
6:15 - 7:15 pm
NL Adult Education
8 Classes
Resident \$69/
Non-Resident \$74
Instructor: Arabelle
Vandersloot



1108

Belly Dancing, Level 2 (all ages)

Continue your Belly Dancing class, have fun & get some great exercise. Comfortable clothing is recommended!

Wednesday 9/13 7:30 - 8:30 pm NL Adult Education **8 Classes**
Resident \$69/Non-Resident \$74 **Instructor: Arabelle Vandersloot**

1109

Chair Exercise

Our chair-exercises help you to improve your energy and mobility and get your body and soul back in shape! Even your face will glow! Special face exercises are included and of course, everything with music!

Thursday 9/14 10:30-11:30 am NL Adult Education
8 Classes
Resident \$69/Non-Resident \$74
Instructor: Arabelle Vandersloot

1110

(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 teaches some practical self-defense skills. The integral component of (SAFE) training is to develop a survival mindset. This program is ideal for 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 10/28 9:00 am -1:00 pm NL Adult Education **1 Class**
Resident \$49/Non-resident \$54
Instructors: Frank Dawson & Jennifer Thornell

1112

Zumba

Every class feels like a party, Ingrid guarantees you will have a blast! Wear comfortable clothing and sneakers. Don't forget your water and get ready for a great time getting into shape. For ages 10+

Thursday 9/21 6:00-7:00 pm **6 Classes**
NL Adult Education **Resident \$59/Non-resident \$64**
Instructor: Ingrid Orellana

1113

Mindful Brain/Mindful Life

Do you find that you get caught up in your head and are missing life as it is unfolding in front of you? Do you find yourself overthinking the past or the future? Mindfulness is a technique that helps us come back staying present and being more aware of what is happening in your thoughts and your environment. Practicing mindfulness can help you increase calm feelings and enjoy life more. This class will offer an overview of the concept of mindfulness as it applies to our thinking and our experience of the world. Student will be able to practice different mindfulness techniques to build their "mindfulness muscles."

Saturday 10/14 9:00 - 10:00 am NL Adult Education **2 Classes**
Resident \$49/Non-resident \$54 **Instructor: Jennifer Lambert**

1111

BBL - Belly, Booty & Leg

Get your beach/vacation body with our BBL (Belly-Booty-Leg Class). A combination of dance and floor exercises and of course - with upbeat music for all ages! Comfortable clothes, an exercise mat or a towel are recommended! That's it! So, let's have fun and let melt the pounds off our hips!

Thursday 9/14 9:00 - 10:00 am NL Adult Education **8 Classes**
Resident \$69/Non-resident \$74 **Instructor: Arabelle Vandersloot**



1114

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 9/18 6:30-7:30 pm **8 Classes** **NL Adult Education**
Resident \$114/Non-Resident \$119 **Instructor: Yuehua**

1115

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 9/18 7:35-8:35 pm **8 Classes** **NL Adult Education**
Resident \$114/Non-Resident \$119 **Instructor: Yuehua**

2000

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.

Tuesday 9/12 6:00-7:00 pm or

Thursday 9/14 6:00-7:00 pm 6 Classes

Outback Stables 538 Colonel Ledyard Highway, Ledyard, CT

Resident \$155/Non-Resident \$160

2001

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 9/13 6:00-7:00 pm 6 Classes

Outback Stables Resident \$155/Non-Resident \$160



2002

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.

Wednesday 9/6 10:00-11:00 am or 6:00-7:00 pm 5 Classes

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



2003

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 9/9 11:00 am -12:00 pm

Great Brook Driving Range

Resident \$175/Non-Resident \$180

Instructor: Christopher Hedden

2004

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, 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

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

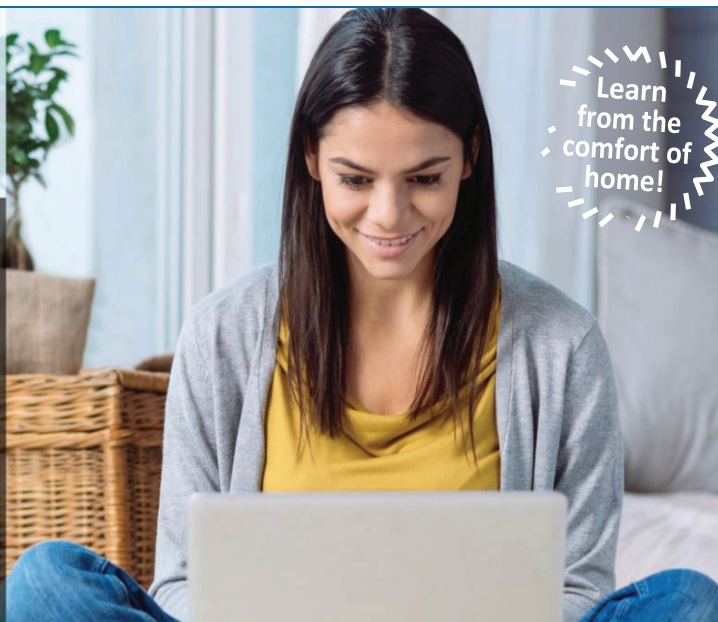
Great Brook Driving Range Resident \$175/Non-Resident \$180 Instructor: Christopher Hedden

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ONLINE CAREER TRAINING PROGRAMS

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

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

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- Discussion Areas
- Expert Instructor

Categories Include:

- **Accounting and Finance**
- **Business**
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- **Computer Applications**
- **Design and Composition**
- **Healthcare and Medical**
- **Language and Arts**
- **Personal Development**
- **Teaching and Education**
- **Technology**

Visit our website to find a course!

ed2go.com/newlondonadult/



3000

Gingerbread Men Cookies

Just in time for the holidays, let me give you a great recipe for these holiday favorites. We will make and decorate these 5x7 cookies. All materials are included in the class.

Saturday 9/23 11:00 am- 2:00 pm or Thursday 10/12 6:00 - 9:00 pm or Thursday 11/2 6:00-9:00 pm NL Adult Education 1 Class
Resident \$39/Non-resident \$44 Instructor: Meg Lemar

3001

Quick & Easy Holiday Cookies

Come and learn 8 quick and easy ways to make a variety of holiday cookies. Students will make and take home 2 dozen cookies.

Saturday 9/30 9:00 - 12:00 pm or Thursday 11/9 6:00-9:00 pm or Thursday 10/26 6:00 - 9:00 pm NL Adult Education 1 Class
Resident \$44/Non-resident \$49 Instructor: Meg Lemar

3002

Mommy & Me Gingerbread House

Start a Holiday Tradition with a loved one, decorating a gingerbread house! Instructor will supply: the pre made gingerbread house, icing, candy decorations and the mounting board. Student required to bring a box to take it home in. Suggested size is a 13x18.

Saturday 11/25 9:00 am - 12:00 pm or Thursday 11/16 5:00 - 8:00 pm
NL Adult Education 1 Class Resident \$44/Non-resident \$49 Instructor: Meg Lemar

3003

Adult Gingerbread House

Start a Holiday Tradition with a loved one, decorating a gingerbread house! Instructor will supply: the pre made gingerbread house, icing, candy decorations and the mounting board. Student required to bring a box to take it home in. Suggested size is a 13x18.

Saturday 11/11 9:00 am - 12:00 pm or Thursday 11/30 5:00 - 8:00 pm
NL Adult Education 1 Class Resident \$44/Non-resident \$49 Instructor: Meg Lemar



Photo for illustrative purposes only

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

3004**Intro to Pasta and Sauces!**

Please join me as we make pasta with sauces. There is something for beginners and returning students alike. We will be combining skills of pasta making along with preparing sauces to enjoy a sample together in class. As a group, you will learn how to make pasta and Kay Ellen will be demonstrating three different sauces which pair with each of the pastas perfectly.

The menu for this session will include:

- Spaghetti and Bolognese
- Gnocchi with Basil Pesto
- Lemon Ricotta Ravioli and Brown Butter Sage Sauce

Tuesday 9/19 5:30-8:00 pm Waterford HS
or 10/10 5:30-8:00 pm Waterford HS or
11/7 5:30-8:00 pm NL Adult Education

3 Classes

Resident \$119/Non-Resident \$124

Instructor: Kay Ellen Bernardo

3005**Chocolate Candy Making for the Holidays**

Students will make to bring home 24 hand made chocolates. A variety of chocolates using cream fillings, solid chocolate and nut. Decorating them with transfer ink sheets and sprinkles. We will use Dark, Milk and White Chocolate as well as colored chocolate for decorations.

Saturday 10/14 11:00 am - 2:00 pm or
Saturday 11/4 11:00 am - 2:00 pm or
Thursday 10/5 6:00 - 9:00 pm
NL Adult Education 1 Class

Resident \$54/Non-resident \$59

Instructor: Meg Lemar

3006**Chocolate Barks**

Let's make some Chocolate barks! We will use Merkens Milk and Dark Chocolate and make Cashew Bark, Raisin and Peanut Bark and Rocky Road Bark. All materials are included in the class.

Saturday 10/7 11:00 am - 2:00 pm or
Saturday 10/28 11:00 am - 2:00 pm or
Thursday 10/19 6:00 - 9:00 pm

NL Adult Education 1 Class

Resident \$49/Non-resident \$54

Instructor: Meg Lemar





Covered Bridges of New Hampshire

Thursday, September 21 • \$130pp

Enjoy a luncheon at the Inn at East Hill Farm, Troy, NH. Covered bridges (or “Kissing Bridges”) are practically a trademark of New England life. They can reflect the town that they reside in, the artist or architect that designed them, or the period in which they were built. Grab your camera and come explore several with us on a Guided Driving Tour of Covered Bridges of Cheshire County in Southern NH. Morning shopping visit to New England Everyday Goods in Jaffrey, NH. Practical products with interesting stories all made in New England. A stop at Kimball’s Ice Cream on the way home. Depart Shaw’s Cove Three at 7:30 am

Jack-O-Lantern Spectacular – Providence RI

Sunday, October 29 • \$95pp



Experience the glow of thousands of pumpkins, set in a magical display of artistry at the Roger Williams Park Zoo. Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o’-lanterns. Prior to the Jack-o’-Lantern Spectacular, enjoy free time at Providence Place Mall for an early dinner (on own) and shopping. Depart Shaw’s Cove Three at 2:00 pm



Made in Vermont

Saturday October 14 • \$130pp

Begin at Grafton Village Cheese in Brattleboro. Lunch at The Marina along the river in Brattleboro. Enjoy beautiful views and great food. The Vermont Country Store in Rockingham has something for everyone including quality merchandise from around the block and around the world and Vermont-made products. A trip to Vermont would not be complete without Maple Syrup! Shop at Hidden Springs Maple Farm Store in Putney - a family maple farm offering 100% natural and organic maple syrup tapped on local family farms. Depart Shaw’s Cove Three at 7:30 am.



Stocking Stuffer - Rhode Island

Saturday December 2 • \$133pp

We'll begin our day at the Brown Hopkins Country store in Chepachet Rhode Island, filled with a little bit of everything. Penny Candy, Jewelry, Fresh Baked Goods, Toys, so much to see & buy. We'll then stop at Wright's Farm, 4000 sq feet of shopping fun. The largest gift shop in northern Rhode Island. We then continue to Trattoria Appia, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef delights and entertains you with his tableside demonstration of the techniques used in pizza making. Our 5 course family-style meal includes: Salad, Calamari, Margherita Pizza, Potato Gnocchi, Penne Pasta, and Chicken Marsala, with Cannoli & Coffee. We'll complete our day at nearby Scialo's Bakery, a staple in the Italian section of downtown Providence since 1916. Time for shopping on your own in this famous Italian neighborhood before heading home. Depart Shaw's Cove Three at 9:00 am.

Radio City Rockettes

Sunday November 19 • \$171pp

Come relax in your Orchestra Seat for America's favorite holiday tradition! Let's head to Radio City for the Christmas Spectacular starring the world-famous Rockettes. 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 5:00pm performance to shop, grab a bite to eat and enjoy the City. Depart Shaw's Cove Three at 9:30 am.



Christmas in Hershey – Miracle of Christmas - Sight & Sound Dec 6-8, 2023



Visit to Hershey Chocolate World where you can ride the animated tram to learn the chocolate making process and shop the gift shops for those stocking stuffers. Spend 2 nights at the Hershey Lodge. It has high post and beam ceilings, exposed stonework, and a roaring 4-sided fireplace in the gracious lobby. Welcome dinner marks our arrival before riding through Hershey Sweet Lights. Sit back and relax while viewing 2 miles of over a million sparkling lights and 600 enchanting animated displays. Visit the Hershey Gardens. The Conservatory features a year round indoor Butterfly Atrium with hundreds of tropical and North American butterflies. Visit the Hershey Story Museum. We head to Sight & Sound Theatre in Lancaster in the afternoon to experience the "Miracle of Christmas." Go back in

time and witness the greatest birth in history. Be surrounded by the bustling village of Bethlehem. Visit Byers Choice, see incredible displays of famous Caroler figurines, watch the artisans creating, painting and costuming. Explore Peddlers Village, beautifully decorated Victorian-style, with fruit wreaths and greenery – lovely for strolling and visiting their many shops and restaurants. Head for home with warm holiday memories. Deposit September 6TH, Final Payment October 18TH

Includes: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions as per itinerary, Friendship Tours Escort, Driver & Tour-Director Gratuity *Cost from \$699pp dbl / \$879 single*

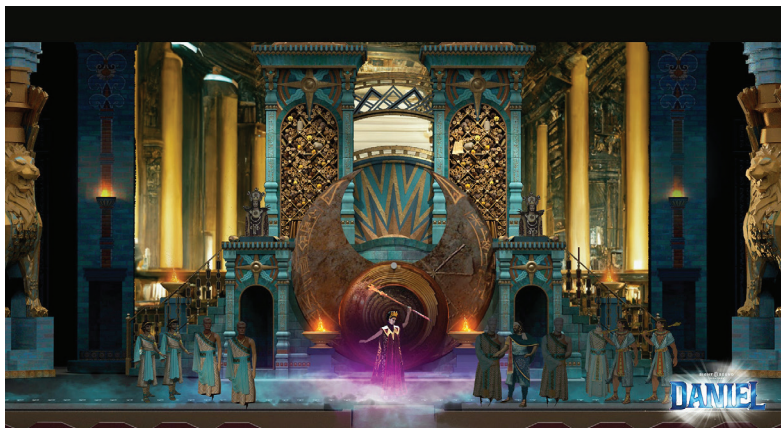


Find our lighthouse and be entered into a drawing for a \$50 NLAE gift certificate. Email the page number and location to cherrickm@newlondon.org. In the Subject line write Lighthouse. Two lucky winners will be selected. *(It is not the lighthouse on the registration form or logo it is Hidden in the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

OVERNIGHT TOURS

DANIEL – Sight & Sound Theatre MAY 15-17

Taken from his people, Daniel is exiled far from home in the powerful kingdom of Babylon. Now this faithful servant must navigate his new life inside a palace filled with golden statues and shifting empires. From the fiery furnace to the infamous den of lions, DANIEL is a spectacular theatrical experience for the whole family. Witness one of the Bible's most hope-filled stories as it comes to life in this brand-new original stage production from Sight & Sound Theatres®. Enjoy a dinner with an Amish Family in their home, visit Amish farms and stores. On the way home visit Longwood Gardens... One of the Worlds Great Gardens, Longwood Gardens is a living legacy of Pierre S. du Pont. Cost from \$665pp double. More information will be in the Spring 2024 Catalog.



Spotlight on the French Riviera May 2-10, 2024

In the heart of Vieux Nice (Old Town), amongst old-world boutiques and petite cafés, you will find the vibrant Nice Flower Market. This bustling market is located on Cours Saleya, the famous promenade in the old city. This favorite daily (except on Monday) stopover for locals and tourists alike features much more than flowers. Vendors tout an array of produce, flowers and various other delicacies. It is a feast for the senses; take in the fragrant aroma of fresh-cut flowers, sample seasonal fruits and fresh baked breads; be dazzled by the bountiful colorful displays; sip and savor a hot cappuccino; take a moment to pause and chat with the locals, or simply listen to the romantic sounds of the French language being spoken all around you.

Highlights... Nice, Food Tour & Tasting, Nice Flower Market, Monaco, Monte Carlo, Choice on Tour, Grasse, Fragonard Perfumery Workshop, Cannes, Saint-Honorat Island & Wine Tasting, Villa Ephrussi de Rothschild, St. Paul de Vence

Round Trip Airfare, Air Taxes & Surcharges, Hotel Transfers are included 7 Breakfasts, 2 Lunches, 3 Dinners, cost from \$4,029pp dbl

For more information on extensions and options for this tour visit <https://gateway.gocollette.com/link/1138904>

Memorials of World War II July 8-17, 2024

Experience it! Normandy: June 6, 1944: the day thousands of allied troops landed on the beaches of Normandy. Otherwise known as D-Day, it is the day that marked the beginning of the end of the Second World War – and the day soldiers from the United States, United Kingdom, France, Australia, Canada, New Zealand, and beyond sacrificed their lives on the shores of Normandy's landing beaches. Embark on a reflective journey through the myriad reminders of this watershed event in world history. Discover the memorials, museums, and landmarks that stand in dedication to the heroic soldiers. Visit Omaha, Juno, Sword, and Utah Beach, and pay respect to the more than 9,000 lives honored at the Normandy American Cemetery and Memorial, the largest American cemetery in the region.

Highlights – London & Paris WWII-Focused City Tours, Portsmouth, The D-Day Story Museum, English Channel Crossing, Juno Beach, Caen Peace Memorial Museum, Arromanche-les-Bains, Longues-sur-Mer, Apple Cider Farm Visit, Normandy American Cemetery, Omaha Beach, Pointe du Hoc, Airborne Museum, Utah Beach, Giverny Gardens, Seine River Dinner Cruise. 10 Days, 12 Meals Deposit by November 9.

For more information visit <https://gateway.gocollette.com/ink/1169660>

Tour includes: Round Trip Airfare, Air Taxes & Surcharges, Accommodations, Hotel Transfers included, 8 Breakfasts, 4 Dinners, *cost from \$5,029pp dbl*

For bookings after Nov. 9 call for rates.

Les Braves Omaha Beach Memorial



The Northern Lights of Finland March 7-14, 2024

Each year, during the winter months, travelers journey to Finland and venture out into the dark to see the magical but elusive northern lights. Streaks of colorful light that change from white to pink to purple, and most commonly, to green, dazzle and move the open sky like it's nature's own dance party. It is known that the best time to witness the Northern Lights in Finland is from late September to mid-April, when the nights are the longest.

Highlights – Helsinki, Senate Square, Helsinki Cathedral, Lapland Region, Kakslauttanen Arctic Resort, Finnish Sauna, Meet & Greet with Santa, Reindeer Safari, Northern Lights Searches, Husky Safari, Glass Igloo Accommodation Round Trip Airfare, Inter-flights from Helsinki, Air Taxes & Surcharges, Hotel Transfers are included 6 Breakfasts, 5 Dinners, *Cost from \$5,529pp dbl*

For more information visit <https://gateway.gocollette.com/link/1138905>



Canadian Rockies & Glacier National Park August 25-31, 2024

Experience It! The Icefields Parkway

Your tour of the Canadian Rockies features a drive along the incredible Icefields Parkway. Paralleling the Great Divide, this special roadway is home to some of the most dramatic vistas in all of North America. Here, snowcapped mountains engulf the landscape, casting shadows on the adjacent glacial streams. During the 1800s, fur traders used a similar route. The first roadway was built in the 1930s and the present parkway was completed by 1965. Highlighting your trip along the Icefields Parkway is a stop at the Athabasca Glacier, part of the Columbia Icefield – a

dramatic 200 square mile stretch of land filled with glaciers. Here you may have an opportunity to ride across a 1,000-foot thick glacier or walk on the Columbia Icefield Skywalk.

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 6 Breakfast, 1 Lunch and 3 Dinners.

Cost from \$4,029 dbl pp

Highlights... Calgary, Head-Smashed-In Buffalo Jump, Waterton Lakes National Park, Glacier National Park, Going-to-the-Sun Road, Banff, Athabasca Glacier, Choice on Tour: Ice Explorer Glacier Tour or Columbia Icefield Skywalk, Lake Louise



Collette Presentations

Canadian Rockies & Glacier National Park & Memorials of World II
Presentation September 21st 4:00pm 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.*

Spain, Portugal & the Canary Islands aboard the Celebrity Apex

Oct 11-23, 2024 • Cost from \$4,399 pp Inside Cabin Twin + taxes

What a wonderful itinerary... Combined with the Celebrity Apex which revolutionizes the way you experience the world! This amazing ship has many visionary features on board such as the Magic Carpet - a movable deck on the outside of the ship which transforms for different functions day and night; incredible high-tech theater with five rotating shows. Surrender to the carefree pleasures of the Rooftop Garden. Infinite Veranda staterooms that transform outside space to inside space with a touch of a button. Deposit \$900 with reservation

Roundtrip Transportation to Airport from New London (Based on min number) * Flights to London & Transfers to Southampton

* 11 nights onboard the incredible Celebrity Apex * All meals onboard * Full Spa & Fitness Center * Variety of Entertainment options

Call Donna or Barbara at 800-243-1630 for Reservations



Escorted Hawaiian Islands Cruise on Norwegian Cruise Lines Pride of America

Oct 17-27, 2024 • Cost from \$5,999 pp twin + taxes

2 nights in Honolulu and a 7 night cruise - Sightseeing, Shore Excursions & Flights are included.

Call Donna or Barbara at 800-243-1630 for Reservations

Highlights... Honolulu, Oahu, 7 night cruise begins * Kahului, Maui, Hili, Hawaii, Kona, Hawaii * Nawiliwili, Kauai * Honolulu, Oahu

Deluxe Transportation to Bradley Airport (minimum # required) * Roundtrip flights to Honolulu (airline baggage fees not included)
2 night stay at a Deluxe Waikiki Hotel * 2 Breakfasts in Waikiki * Sunset Dinner Cruise in Waikiki * 7 Night Cruise aboard NCL's Pride of America
Sightseeing / Shore Excursions as listed in itinerary * All meals included onboard ship * Ship Shop Tour Director throughout tour
Ship Shop Cocktail Party onboard * \$100 per cabin Onboard Credit

Escorted Repositioning Cruise - Southern Caribbean aboard the Zuiderdam

Nov 9-23, 2024 • Cost from \$2,549pp twin + taxes

Cruise from Boston to Bermuda, St. Thomas, St. Maarten, St. Lucia, Barbados, Half Moon Cray to Fort Lauderdale and fly to Boston

Roundtrip transportation from New London to Pier & Return from Airport (based on min. number) * Return flight from Fort Lauderdale

* 14 Nts onboard Holland America's Zuiderdam * All Meals onboard * Daily activities, entertainment * Full service Spa & Fitness Center

* Professional Ship Shop Escort

Call Donna or Barbara at 800-243-1630 for Reservations

For Cruises - There is transportation to Airport from New London with a minimum of 8 passengers.
Other pick-up locations are available.

New London Adult & Continuing Education

Three Shaw's Cove
New London, Connecticut 06320

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

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A vibrant field of sunflowers under a bright blue sky with scattered white clouds. The sunflowers have large, bright yellow heads with dark brown centers. The background is slightly out of focus, showing more sunflowers and green foliage.

New London

Adult & Continuing Education

FALL 2023

GED Classes
ESOL Classes
High School Credit Diploma 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!



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

We are very proud of our long-standing commitment to adult learners and dedication to providing innovative and stimulating educational opportunities for the 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 wide range of programs are offered. They include 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. The Integrated Basic Education and Skills Training Program offers workforce education in areas that match local demand. 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 the Culture-on-Wheels Program which presents stimulating, educational, and affordable travel opportunities. Numerous day, over-night bus trips, national flight tours, and international world-class travel are thoughtfully planned.

Visit our website, newlondonadulted.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.

We are excited to welcome you to our updated building and the programs that utilize our new space!

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.



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. In the Subject line write Lighthouse. Two lucky winners will be selected.
(It is not the lighthouse on the registration form OR logo. It is tucked away in the catalog)

Office Information

New London Adult Education

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

September 4 Labor Day
October 9 Indigenous Peoples' Day
November 7 Election Day
November 10 Veterans Day
November 22-24 Thanksgiving Break
December 25-January 1 Winter Break

Program Start Dates

September 5, 2023

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

September 7 EMT Training
September 11 Phlebotomy
September 11 Real Estate
September 11 Evening CNA Training
September 19 Serv Safe Training
September 23 Security Guard Card
October 4 Bartending
October 14 Espanol Serv-Safe

Enrichment Classes begin
the week of September 18

Cover Photo/Catalog Design:
Peggy Cherrick & Ed Murphy

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

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
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
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