

# New London

## Adult & Continuing Education

Spring 2022

High School Credit Diploma Classes  
GED Classes  
ESOL Classes  
Enrichment Classes  
Day Trips  
Overnight Trips  
National & International Fly Tours

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



# DISCLAIMERS

## Non-Discrimination

The New London Adult & Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal non-discrimination laws. Inquiries regarding the New London Adult & Continuing Education non-discrimination policies should be directed to Denise Spellman (860)-437-2385.

## General Accessibility and Accommodations

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

## General Educational Development (GED) Test Accommodations

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

## No Charge for Materials for Mandated Courses

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

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

Visit our website: [newlondonadulted.org](http://newlondonadulted.org)  
for full course descriptions

## 5 WAYS TO REGISTER FOR CLASSES & TRIPS

### WEBSITE

[newlondonadulted.org](http://newlondonadulted.org)

Visa, MasterCard, American Express or Discover

### MAIL

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

### IN PERSON

New London Adult & Continuing Education

Three Shaw's Cove, New London, CT

Monday-Friday, 8 am – 4 pm & Monday-Thursday 6 – 8 pm

Visa, MasterCard, American Express, Discover, check, money order or cash.

### PHONE

(860)-437-2385

Visa, MasterCard, American Express or Discover

### FAX

(860)-447-4025

Visa, MasterCard, American Express or Discover

860-437-2385

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## Earn your New London Adult Education High School Diploma

The New London Board of Education has made available a New London Adult High School Diploma to residents who meet certain requirements. Day and evening classes are held at Three Shaw's Cove, from 8:30 a.m. to 3:00 p.m. and from 6:00 to 9:00 p.m.

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

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

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

Credits are conferred for the completion of classes. Credits may also be awarded for documented work, occupational, volunteer, and military experiences.

The program requires satisfactory completion of the following: 4 credits in English, 1 credits in Vocational Education, Art, and Technology, 4 credits in Mathematics, 3 credits in Science, 3 credits in Social Studies (1 credit must be in U.S. History and 1 credit in Government), and 8 elective credits.



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

## Waterford and Lyme-Old Lyme programs offered in New London

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

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

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

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

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

Or in-house Monday January 3, 4, 5 from 9:00-3:00pm or Evening Registration January 3 and 4 at 6:00pm.

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

## Montville Adult Education

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

**Academic Program Information** • Programs at Montville Adult Education are designed to meet the needs of Montville adults desiring their high school diploma. Classes are offered in Math, English, Science, and History. All classes meet at Montville High School and are free. Contact the Program Director at (860) 848-8265. Your class schedule and courses will be tailored to your needs.

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

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

**Walk-in Registration & Placement Testing** • Registration for the Spring Semester takes place at Montville Adult Education on Monday January 10 and Tuesday January 11 from 5:30 - 7:30pm. Classes begin Tuesday January 18.



# General Educational Development (GED) Information

## The New GED Test:

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

## How to Register for the GED Test:

Visit [www.GED.com](http://www.GED.com) to sign up and create an account. After creating an account, you must complete a paper registration at the Adult Education Office and receive approval for testing. The exam is offered weekly in English and Spanish, and students schedule themselves.

Scan the QR Code for more information on the GED Test



## Adult Basic Education

Adult Basic Education classes are for those who are working toward an Adult High School Credit Diploma or a GED.

These classes can help improve basic reading, writing, and math skills. Students may prepare for job advancement, vocational training programs, or high school completion classes, as well as develop greater self-confidence and personal satisfaction. These FREE classes are offered days and evenings throughout the year.

Please call (860) 437-2385 for more information.

Scan the QR Code for more information on Adult Basic Education



## Groton Adult Education

**Adult High School Credit Diploma** • Classes meet at Fitch High School, 101 Groton Long Point Rd, Groton. For information on credit classes available at Fitch High School, please call 860-441-2152 for more information.

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

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

**Location for GED, ESL & ABE Classes** • All classes meet at Fitch High School 101 Groton Long Point Rd, Groton, or New London Adult and Continuing Education, Three Shaw's Cove, New London, CT. Classes begin January 31 in Groton and January 10 in New London.

**Registration & Testing Information** • Registration for New London classes can be done on-line at our website: [newlondonadulthood.org](http://newlondonadulthood.org). Select Register under Adult Education Enrollment for the home screen and complete the form. If you have any questions please call 860-437-2385 for assistance. Registration for classes held at Fitch High School are being held Wednesday, January 26 and Thursday, January 27 from 5:00-7:00 pm at Fitch High School.

## ESOL ~ English for Speakers of Other Languages: Classes begin January 10, 2022

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

### ESOL Class Schedule at New London Adult Education

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



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

### ESOL Class Schedule at New London Library

**Days:** • 63 Huntington Street, New London, CT 06320  
(860) 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 January 31

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

For children of students registered in GED, ESOL or High School Credit Classes. Children need to be at least 6-weeks old, supervised care will be provided at New London Adult Education by an experienced child care supervisor. All children must be registered. For more details, please call Laiza Melendez or Norma Velez at (860) 437-2385.

## Citizenship Classes

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

The class is held at New London Adult Education:

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

Scan the QR Code for Information on  
Citizenship classes



## Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 10 de enero de 2022

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

### Educación de Adultos en New London

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

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

### Clases de ESOL en Biblioteca de New London

**Días:** • 63 Huntington Street  
New London, CT 06320  
(860) 437-2385  
Lunes a 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 31 de enero de 2022

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

El programa de Educación de Adultos en New London ofrece cuidado de niños, para estudiantes registrados. Para más detalles llamar a Laiza Melendez ó Norma Velez al (860) 437-2385.



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



## Transitions Program

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

The Transitions Associate assists students with career planning, college and training information, college application completion, financial aid information, and FAFSA application completion. Students participate in college tours and are introduced to American Job Center resources.



## Jobs, Education and Training

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

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

## Digital Literacy

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

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

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

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

## Family Literacy

Where parents and children learn together

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

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

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



# Meeting the Demands of a 21<sup>st</sup> Century Economy

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

The I-BEST program engages basic education and vocational training instructors in the delivery of a collaborative program of contextualized learning that includes 50% instructional overlap. All areas include employability skills.

These trainings, which allow students to explore possible career pathways, focus on a variety of industry clusters.



## Microsoft Office Specialist Certification

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

## Certified Nursing Assistant

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



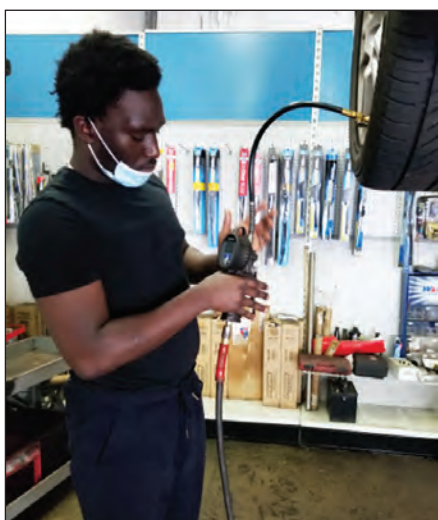
Personal Care Aide Fall 2021



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

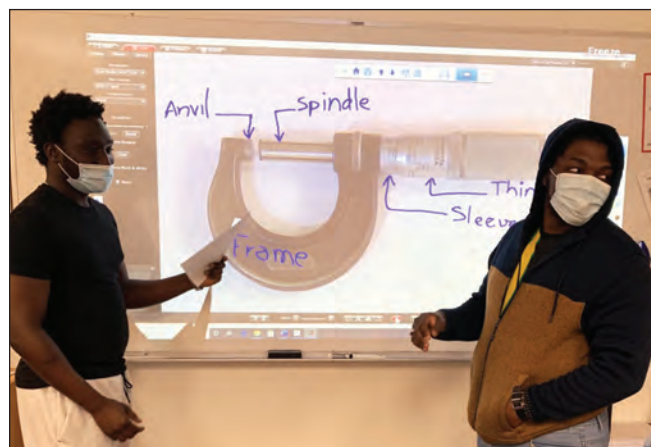
*For additional information on any of these programs,  
please contact Sara Weeks at (860) 437-2385 VM 169*





## Intro to Basic Auto Technician Training

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



## Office Receptionist with Medical Terminology Certificate

This program will introduce and prepare students with the basic skills necessary to gain employment in an entry-level office position such as a receptionist, office clerk, office support, or data entry clerk. The training will include computer operations/applications, office and communication skills, medical terminology, and employment skills. The course will also include a basic skills component. Upon successful completion of the course, students will obtain an Office Receptionist with Medical Terminology Certification.

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

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



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





### FEATURES INCLUDE:

- Self-paced, Start anytime
- 24/7 Access
- Books and materials included
- Certificate of Completion
- Certification Exam Voucher may be included
- Financial assistance available
- Student Advisors Included
- Industry Recognized Certifications
- Counselors help match you to a training course

### ONLINE ADVANCED CAREER TRAINING

Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

#### **MEDICAL BILLING AND CODING (Voucher Included)**

Train for an in-demand healthcare career in medical billing and coding and prepare for industry certification in this course.

#### **CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)**

This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA).

#### **THE COMPLETE PROJECT MANAGER WITH CAPM AND PMP PREP**

Expand your knowledge and application of project management concepts with this online program and get prepared for either the CAPM or PMP certifications.

#### **PHARMACY TECHNICIAN (Voucher Included)**

Train to enter this rapidly growing field as a Pharmacy technician, supporting licensed pharmacists in providing health care to patients.

#### **COMPTIA CERTIFICATION TRAINING: A+, NETWORK+, SECURITY+ (Vouchers Included)**

Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you for the corresponding industry certification exams.

#### **HVAC/R CERTIFIED TECHNICIAN (Voucher Included)**

A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

#### **LEAN SIX SIGMA GREEN BELT AND BLACK BELT (Exam Cost Included)**

Learn the principles of both Lean Six Sigma Green Belt and Lean Six Sigma Black Belt, before sitting for the certification exams.

#### **CERTIFIED ADMINISTRATIVE PROFESSIONAL**

This online course provides the information you'll need to know to sit for the Certified Administrative Professional (CAP) exam offered by the International Association of Administrative Professionals (IAAP).

#### **HUMAN RESOURCES PROFESSIONAL**

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

#### **CLINICAL DENTAL ASSISTANT**

After completion, you'll be ready to pursue certification as a dental assistant by passing the radiology and infection control portions of the Dental Assisting National Board examination.

#### **CERTIFIED WEDDING PLANNER**

This program will provide all the knowledge you need to work as a professional wedding planner or start your wedding planning business.

Enroll or view our  
online courses at:

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

# New London Adult & Continuing Education



Learn from  
the comfort  
of home!

Expert Instructor

24-Hour Access

Online Discussion Areas

6 Weeks of Instruction

Hundreds of courses to choose from

Monthly start sessions

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. Visit our website to view start dates for the courses that interest you.

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

Prices start as low as: **\$99**

**Enroll Now!**

## INSTRUCTOR LED NON-CREDIT ONLINE COURSES

### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals.

### Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate

### Computer Skills for the Workplace

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

### Creating Web Pages

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

### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

### Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines, and other advanced Excel features.

### Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

### Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

### Introduction to Google Analytics

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

### Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

### Introduction to SQL

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

### Leadership

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

### Performing Payroll in QuickBooks

Learn how to use QuickBooks 2013 to create paychecks, pay tax liabilities, and produce forms and reports.

### Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.

**ed2go.com/newlondonadult/**  
**call Felicia at (860) 437-2385**

0718-01



# CAREER TRAINING

**100**

## **Emergency Medical Technician Initial Basic Training**

Classes are conducted Monday & Thursday nights and Saturday's 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 old prior to end of the class. Proof of Tuberculosis (TB PPD) 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), Social Security number.

**Thursday 1/20 6:00-9:30 pm 14 weeks NREMT Practical Exam 4/16 NL Adult Education**

**Resident/Non-resident \$1,150 WIOA Approved & approved for VA Educational Benefits Instructor: Emergency Training Services**



**101**

## **Emergency Medical Technician Initial Basic Training Summer Daytime**

**Monday 6/20 8:00am – 4:00 pm 7 weeks NREMT Practical Exam 8/6 NL Adult Education**

**Resident/Non-resident \$1150 WIOA Approved & approved for VA Educational Benefits Instructor: Emergency Training Services**

**102**

## **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 2/26 8:00 am - 4:00 pm One Day or**

**Saturday 4/2 8:00 am - 4:00 pm One Day**

**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.

**10**

NEW LONDON ADULT EDUCATION

[newlondonadulted.org](http://newlondonadulted.org)

**103****Certified Nursing Assistant Training**

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

**Prerequisites:** Prior to attending the class, the student must have the following: Proof of being 18 years or older upon completion of the program, Social Security Number, current seasonal flu vaccine (Oct 1- Mar 30), clearance from MD to be able to lift 50 pounds and proof of Negative TB results read within the last 6 months from the class begin date, active email account. High School completion or equivalent may be required for employment in this field. (State of Connecticut requires 100 mandatory hours of training with instructor, additional hours if required will be charged separately at \$40 per hour in addition to tuition.) All students should expect to need to be Covid-19 tested weekly during the class. It is the responsibility of each student to have this done. If any questions, please contact the instructor prior to class start. Covid vaccination is required.

**Resident/Non-resident \$1,099 (Fee includes tuition, textbook, uniform, and State of CT Prometric exam)**

**Instructor: Patricia Conklin, RN**

**Classes are held at Three Shaw's Cove NL Adult Education**

**EVENING CLASSES – 1/24-3/12 or 10/8-11/19 Monday/Wed./Evening 5 pm – 9 pm and Saturday 8 am – 4 pm**

**DAYTIME CLASSES -**

**June 1 – 17, Mon-Fri 8 am – 4 pm**

**June 22 – July 13, Mon-Fri 8 am – 4 pm**

**July 25 – August 10, Mon-Fri 8 am – 4 pm**

**August 15 – 31, Mon-Fri 8 am – 4 pm**

**September 7 – 23, Mon-Fri 8 am – 4 pm**

**104****Real Estate Principles and Practices**

This course covers the major aspects of the real estate industry and prepares you for the State licensing examination and meets the 60-hour requirement for licensing. It also provides excellent information for those interested in personal real estate planning and investing. Instructors from Cadema Education Associates will teach the latest and most relevant trends in real estate. To take the State licensing examination you must be 18 years of age or older.

Classes meet Mondays and Thursdays from 6-9 for 10 weeks. Textbooks/E-book are included in the cost of the class.

**Monday & Thursday 1/17 5:30-8:30 pm 10 weeks NL Adult Education Instructor: Cadema Education Associates**

**Resident \$575/Non-resident \$580 - Textbooks or Resident \$555/Non-resident \$560 E-book**

**Selection required upon registration**

**105****Getting Paid to Talk**

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 3/10 6:30-9:00 pm or**

**Thursday 5/5 6:30-9:00 12 students maximum**

**Live-Online class Resident \$29/Non-resident \$34**







## 106 Professional Bartending with SMART Certification

This professional bartending course includes the state and national SMART (Servers and Managers Alcohol Responsibility Training) certification recognized by the CT Department of Liquor Control and police departments. Servers of alcohol are taught to serve responsibly, how to spot signs of intoxication, and how to respond appropriately. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation, and people skills. Upon successful completion of the course, students will be qualified to work in any environment that serves liquor, including restaurants, clubs, hotels, and catering companies.

Students receive a certificate of completion and the SMART certification. Prerequisites: Students must be 18 years old or older, Social Security number. No real alcohol is used.

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

## 107 SMART Certification for Alcohol Servers

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

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

## 108 Serv-Safe

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



**Tuesday 3/8 6:00-9:00 pm 4 classes Waterford HS**  
**Thursday 3/10 6:00-8:00 pm 5 classes Fitch High School**  
**if Covid Restrictions are active-Live-OnLine class**  
**Resident \$195/Non-resident \$200 Instructor: Amarilys Saluk, CDM,CFPP**

## 109 Español Serv-Safe

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

**Monday 3/7 6:00-9:00 pm 4 classes**  
**NL STM High School**  
**Resident \$195/Non-resident \$200**  
**Instructor: Amarilys Saluk, CDM,CFPP**

## 200

### Zentangle Aquarium

Create an underwater Zentangle scene with watercolors and pens (all supplies provided)  
\$15 supply fee paid directly to instructor.

**Saturday 2/19 9:00-11:00 am 1 class NL Adult Education Resident \$34/Non-resident \$39**  
Instructor: Heather McNeil



## 201

### Zentangle Celtic Knot

Create a Celtic Knot for your St. Patrick's Day celebration (all supplies provided)  
\$15 supply fee paid directly to instructor.

**Saturday 3/12 9:00-11:00 am 1 class NL Adult Education Resident \$34/Non-resident \$39**  
Instructor: Heather McNeil

## 202

### Watercolor Painting

Explore the many ways you can use watercolors in this introductory class. We will learn various techniques and styles of painting in this very versatile and expressive medium. Each week we will create a new painting from start to finish. Beginners as well as more experienced painters are welcome.

**Saturday 3/12 10:00-1:00 pm 5 classes**  
NL Adult Education \$99/Non-Resident \$104  
Instructor: Sue Cash



## 203

### Everlasting Wreath Workshop

Come to our barn and cozy up for an afternoon of crafting a dried flower wreath. All dried flowers are sourced from our own Best Buds Flower Farm in Lyme and other small Connecticut farms. Joanie will help you get a result you'll love or leave you to your own creativity. We supply greenery, flowers, wreath base and clippers to borrow. Bring your own glue gun if you have one. Cost includes all supplies, instruction, cupcakes and other refreshments.

**Saturday 1/15 1:00 - 3:00 pm 1 class Resident \$79/Non-resident \$84 Best Buds Flower Farm 52 Blood St. Lyme**

## 204

### Designing with Farm Flowers

Come to Best Buds Flower Farm in Lyme for an evening of picking flowers and learning to arrange in a vase. We will have a quick farm tour with information about how to cut the flowers and greenery. Then take your time to explore and gather flowers using the clippers and buckets we have on hand. You'll want to get at least 25-35 stems. Then we will guide you or let you roam free as you create an arrangement in a vase. We will also share some chocolate deliciousness as we take in the beauty of nature. No experience necessary, and we will help you get a result you will love. Please wear sturdy, closed toe shoes and bring a hat and water bottle. A bouquet a month to brighten your home.

**Wednesday 5/18 6:00-8:00 pm 4 classes (5/18, 6/22, 8/24, 9/14) Resident \$134/Non-resident \$139 Best Buds Flower Farm, 52 Blood St. Lyme**





## 205

### Intro to Cold Process Soap Making

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

**Saturday 4/2 8:30-11:30 pm 1 class NL Adult Education**  
**Resident \$79/Non-resident \$84 Instructor: Lenora Alcee**

## 206

### Advanced Cold Process Soap Making



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

**Saturday 4/30 8:30-11:30 pm 1 classes NL Adult Education**  
**Resident \$94/Non-resident \$99 Instructor: Lenora Alcee**

## 207

### Aluminum Embossing

Learn some basic embossing techniques to make a project to keep or share.

**Thursday 3/24 6:00-8:00 pm, 1 class Fitch HS or Saturday 4/2 9:00-11:00 am**  
**Resident \$34/Non-resident \$39**  
**Instructor: Esmeralda Bustamante**

## 208

### Faux Stained Glass

Create two Faux Stained-Glass projects.

**Thursday 3/10 6:00-8:00 pm, 1 class Fitch HS or Sat. 3/19 9:00-11:00 am**  
**Resident \$34/Non-resident \$39**  
**Instructor: Esmeralda Bustamante**

## 209

### Vellum Paper Cards

Create 3 beautiful cards using a new technique on Vegetable Paper.

**Thursday 4/7 6:00-8:00 pm, 1 class Fitch HS or Saturday 4/9 9:00-11:00 am**  
**Resident \$34/Non-resident \$39**  
**Instructor: Esmeralda Bustamante**

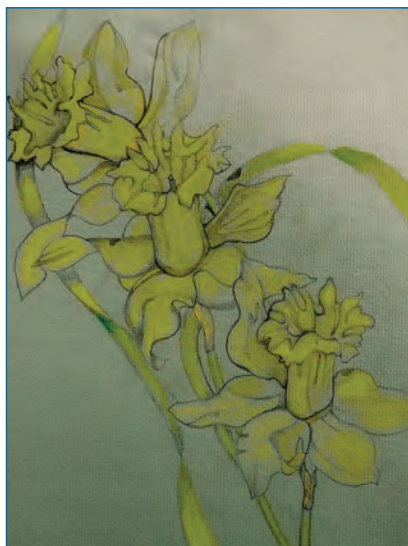


## 210

### Got T-Shirts?

Gather your T-Shirts and turn them into a personalized T-Shirt Quilt. Material list online & with registration.

**Saturday 3/12**  
**12:30-3:00pm**  
**4 classes**  
**NL Adult Education**  
**Resident \$74/**  
**Non-resident \$79**  
**Instructor: Casandra Allen**



## 211

### Pastel Techniques

This class will explore the use of chalk pastels. This medium is like watercolor in terms of its soft luminous nature and the ability to work spontaneously. Material list available online, or with registration.

**Saturday 3/12 11:30-1:00 pm**  
**8 weeks**  
**NL Adult Education**  
**Resident \$84/Non-Resident \$89**  
**Instructor: Gretchen van der Lyke**



## 212

### Chinese Watercolor Painting Workshops

Spend a Saturday and learn or sharpen your knowledge of the art of Chinese Watercolor Painting.

#### **Dogs and Nature**

Saturday 3/5 9:00 am – 2:30 pm NL Adult Education Resident \$74/Non-resident \$79 Instructor: Eva Leong

#### **Chickens & Roosters**

Saturday 4/2 9:00 am – 2:30 pm NL Adult Education Resident \$74/Non-resident \$79 Instructor: Eva Leong

#### **Spring Flowers**

Saturday 5/7 9:00 am – 2:30 pm NL Adult Education Resident \$74/Non-resident \$79 Instructor: Eva Leong

## 213

### Crochet

Explore a new hobby. Crochet is making a comeback. Easy to learn step-by-step instruction will start you on your way.

Crochet an afghan, scarf, blanket, baby hat, booties and more. Material list available online, or with registration.

Saturday 3/12 11:30-1:30 pm 8 weeks NL Adult Education Resident \$89/Non-resident \$94 Instructor: Judy Telemaque

## 214

### Advanced Knitting

Take the basics of knitting to the next level. Knit your first pair of socks using the four-needle technique. Class size is limited: register early. Material list: Double Pointed knitting needles size 8 US and one ball Worsted weight yarn.

Tuesday 3/8 6:30-8:30 pm 6 classes Waterford HS

Resident \$79/Non-resident \$84 Instructor: Nancy Potter

## 215

### Mind Your P's & Q's

Let's turn a fabric panel of your choice into a quilted wall hanging you can proudly display. Material list online & with registration.

Saturday 3/12 10:00-12:00 pm 4 classes NL Adult Ed

Resident \$74/Non-resident \$79 Instructor: Casandra Allen



# OUTDOOR ACTIVITIES

## 300

### Introduction to Weather

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

**Monday 3/21 6:00-9:00 pm New London STMHS or  
Thursday 4/28 6:00-9:00 pm Old Lyme MS  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

## 301

### New England Hurricanes: Past, Present & Future

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

**Thursday 5/12 6:00-9:00pm NL Adult Education  
Resident \$29/Non-Resident \$34  
Instructor: Ronald Zincone**



## 302

### Introduction to SEVERE Weather

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

**Monday 3/28 6:00-9:00 pm New London STMHS or Thursday 5/5 6:00-9:00 pm Old Lyme MS  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

## 303

### Introduction to Metal Detecting

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

**Thursday 3/10 6:00-8:00 pm Fitch HS and  
“Dig” Field Trip on Saturday 3/12 10:00-12:00 pm NL Adult Ed  
or Saturday 4/2 9:00-1:00 pm NL Adult Ed  
Resident \$39/Non-Resident \$44  
Instructor: George Potts**



## 306

### Basics for Learning about Drones

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

**Thursday 3/10 4:00-6:00 pm and Saturday 3/12 10:00-11:00 am NL Adult Education  
Resident \$79/Non-resident \$84 Instructor: Adam Thorne**

## 304

### 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 4/4 6:00-9:00 pm 1 Class New London STMHS  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

## 305

### Introduction to Astronomy Part 2 - Backyard Astronomy

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

**Monday 4/11 6:00-9:00 pm 1 Class New London STMHS  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone**



**400****Return of the Joy of Movies**

Rick Gipstein has returned to offer his Joy of Movies Course. This course continues our popular film history series.

It will focus on viewing and discussing movies that have some historical significance as well as more obscure ones you may not have seen. The course venue is the BP Learned mini theater, which has a large screen, comfortable seats, and good sound. If you love films, you'll love this course.

**Wednesday 3/23 6:30-9:00 pm 7 classes**  
**BP Learned Theater**  
**Resident \$99/Non-resident \$104 Instructor: Rick Gipstein**

**401****Women's Health Coaching**

Are there health behavior changes that you have wanted to make but either don't know how or haven't been successful in the past? Has a new health concern arisen that you want to pay particular attention to? Health coaching effectively motivates and supports health behavior change through a structured partnership between you and coach.

**Wednesday 2/2 10:00-11:00 am or**  
**Thursday 2/3 6:30-7:30 pm 8 classes**  
**Resident \$84/Non-resident \$89**  
**Live-OnLine Instructor: Karen Hedberg, RN BSN,**  
**Certified Health & Wellness Coach**

**402****Processing the Pandemic:  
Where Workers Go From Here**

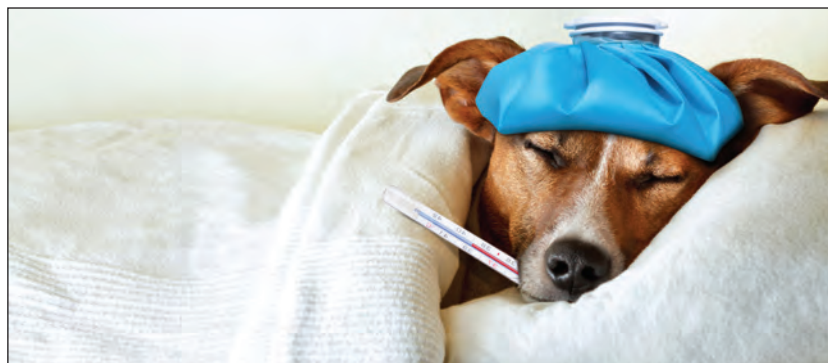
The Covid-19 pandemic has revealed the precarity of the lives of working people in the US. Since the onset of the pandemic, people who work have been bombarded with change after change without any space for reflection. This class intends to provide a space for that reflection "All confused, resigned, hopeful, and angry people are welcome."

**Monday 3/7 7:00-9:00 pm 5 classes**  
**Resident \$64/Non-resident \$69**  
**New London STMHS**  
**Instructor: Abigail Acheson**

**403****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 3/8 6:00-8:00 pm Fitch HS 2 nights**  
**Resident \$84/Non-resident \$89**  
**Instructor: Emergency Training Services**

**500****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 3/22 6:00-8:00 pm Fitch HS 1 night**  
**Resident \$84/Non-resident \$89**  
**Instructor: Emergency Training Services**



## 600

### Introduction to Photographic Composition Part 1

This course will introduce you to the art side of photography known as “composition.” Understanding and learning to compose an image takes time, patience, diligence, and much hands-on application. Bring your camera to class.

**Thursday 3/31 6:00-9:00 pm 1 Class OL Middle School**  
**Resident \$44/Non-Resident \$49**  
**Instructor: Ronald Zincone**



## 601

### Introduction to Photographic Composition Part 2

This course will continue to guide you to developing “a photographer’s eye” in which you will better your imagery by learning how to “see” composing elements such as good light, shapes, forms, lines, patterns, colors, angles and much more! Bring your camera to class.

**Thursday 4/7 6:00-9:00 pm 1 Class Old Lyme MS**  
**Resident \$44/Non-Resident \$49**  
**Instructor: Ronald Zincone**

## 602

### Basics for Learning to Use Your DSLR Camera

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

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

**Tuesday 3/8 6:00-8:30 pm 7 Weeks Waterford HS or Thursday 3/10 6:00-8:00 pm 7 weeks Fitch HS**  
**Resident \$109/Non-Resident \$114 Instructor: Lee Palombo & Gregg Jacobson**



## 603

### Learn Your Camera’s Creative Modes: say “Good-bye” to Auto

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

**Tuesday 3/15 6:00-9:00 pm 1 Class Waterford HS or**  
**Thursday 5/12 6:00-9:00 pm 1 class NL Adult Education**  
**Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone**

## 604

### “How Did I?” 35mm Guide to Photography

My “How Did I?” course is setup to teach you, the photography student, the skillsets I used to create my artwork.

**Thursday 3/24 6:00-9:00 pm 1 Class Old Lyme MS**  
**Resident \$44/Non-Resident \$49**  
**Instructor: Ronald Zincone**

## 605

### Night Sky Photography

This course will teach you the basics of night-sky photography. A Hands-On Field trip date will be announced in class.

**Thursday 4/14 6:00-9:00 pm 3 Classes**  
**Old Lyme MS**  
**Resident \$69/Non-Resident \$74**  
**Instructor: Ronald Zincone**

**606****Introduction to Astronomy Part 3  
Basic Astrophotography**

Ronald will cover the first and most basic level of astro-imaging known as Basic Camera-on-Tripod Astrophotography. Topics such as choosing and using equipment, such as cameras, lenses, accessories, and much more. Learn the "How-to" as well as the celestial subjects ideal for basic astro-imaging, tips and techniques, do's and don'ts and Ronald's own celestial imaging secrets to obtaining great photos. Ronald has loved the night sky and astronomy since childhood and now presents this exciting celestial program in a very user-friendly, educational and humorous style.

**Monday 4/25 6:00-9:00 pm 1 Class New London STMHS**

**Resident \$29/Non-Resident \$34**

**Instructor: R. Zincone**

**607****Introduction to Astronomy Part 4 - Advanced Astrophotography Techniques**

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

**Monday 5/2 6:00-9:00 pm 1 Class New London STMHS Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

**608****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."

**Thursday 3/10 6:00-9:00 pm 1 Class Old Lyme MS**

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

**Instructor: Ronald Zincone**

**609****Photography Basics: Part Two**

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

**Thursday 3/17 6:00-9:00 pm 1 Class**

**Old Lyme MS \$44/Non-Resident \$49**

**Instructor: Ronald Zincone**

**610****Photoshop Design**

Learn the basics of creating creative, artistic designs using Photoshop. Photoshop is much more than a photo editing program. Here we will learn how to combine artwork, photos, text, and filter effects to create designs such as posters, digital collages and artwork. Some art/photo and general computer experience is recommended.

**Tuesday 3/8 4:00-6:00 pm 5 classes NL Adult Education**

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

**Instructor: Sue Cash**







## **700** **Android Phone “How To...”**

Do you have an Android phone and want to learn some tips & tricks on how to use it? Spend a few afternoons and learn about your phone.

**Thursday 3/10 4:00-6:00 pm 2 classes Resident \$34/Non-resident \$39**  
NL Adult Education Instructor: Mariedy Collazo

## **701** **Basic Computer**

Learn the basics of your computer, setting up and retrieving your email, how to navigate the internet and more.

**Wednesday 3/2 4:00-6:00 pm 4 classes Resident \$69/Non-resident \$74**  
NL Adult Education Instructor: Mariedy Collazo

## **702** **Introduction to Computer Coding**

Learn the basics of Front-End Development (HTML5, CSS,) and Back End Development (JavaScript, Python) in order to break into the lucrative and in-demand tech world. Become junior-level software developers land yourself a job in the tech world. Desktop computers will be provided.

**Monday, Tuesday, Wednesday 3/7 5:00-6:00 pm 4 weeks (12 classes)**  
NL Adult Education Resident \$99/Non-resident \$104 Instructor: Charles Natividad

## **Live OnLine Technology Classes** **Resident \$79/Non-Resident \$84 each**

Microsoft Office is required to be downloaded on your computer for these classes

### **703** **MS Word 101**

Start with the basics of Word with this introduction class. Write letters, memos and find the many uses of the Word program.

**Monday 1/31 6:00-8:00 pm**  
**3 weeks**

### **706** **MS Word 102**

Continue your knowledge of MS Word and learn new tips and tricks. Design stationary and envelopes, and more...

**Monday 2/21 6:00-8:00 pm**  
**3 weeks**

### **709** **MS Access 101**

Access has many uses, learn the basics of this multi-function program.

**Wednesday 3/16 6:00-8:00 pm**  
**3 weeks**

### **704** **MS Excel 101**

Start with the basics of Excel with this introduction class. Balance a checkbook, keep track of expenses and more.

**Monday 3/14 6:00-8:00 pm**  
**3 weeks**

### **707** **MS Excel 102**

Explore the next step in learning MS Excel. Find the many uses of this program. Learn some formulas to help your financial bookkeeping.

**Monday 4/4 6:00-8:00 pm**  
**3 weeks**

### **705** **MS Publisher 101**

Learn about this fun program with so many uses. Booklets, flyers, greeting cards are just a few uses.

**Wednesday 2/2 6:00-8:00 pm**  
**3 weeks**

### **708** **MS Publisher 102**

Publisher 102 will expand your knowledge of the program.

**Wednesday 2/23 6:00-8:00 pm**  
**3 weeks**

### **710** **MS Access 102**

Learn to use MS Access to organize your files.

**Wednesday 4/6 6:00-8:00 pm**  
**3 weeks**

**800****Instant Piano for Hopelessly Busy People**

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

**Saturday 2/19 1:00-3:30 pm One class – Live-OnLine**  
**Resident \$54/Non-Resident \$59**

**801****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 3/8 6:30-8:30 pm 6 weeks**  
**Waterford HS**  
**Resident \$114/Non-Resident \$119**  
**Instructor: Don Cash**

**802****Instant Guitar for Hopelessly Busy People**

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

**Saturday 2/19 9:00am-12:00 pm One class – Live-OnLine**  
**Resident \$54/Non-Resident \$59**

**803****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 3/8 5:30-8:30 pm 6 weeks**  
**Waterford HS Resident \$109**  
**Non-Resident \$114**  
**Instructor: Doc Frazier**





## 902 Spanish II

Continue your Spanish classes with Cris. The textbook used in this class is Spanish is Fun, if needed the textbook cost is \$30.

**Thursday 3/10 4:00-5:00 pm 8 weeks NL Adult Education**  
**Resident \$89/Non-Resident \$94 Instructor: Cris Aguilar**

## 903 Spanish II

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

**Tuesday 3/8 6:00-8:00 pm 8 classes Resident \$84/Non-resident \$89**  
**Waterford HS Instructor: Nely Montoya**

## 905 German 2

Continue your German Language classes with step 2 in the series. Textbook is required for the class. The book is available on amazon.com: <https://www.amazon.com/Begegnungen-Kurs-Arbeitsbuch-mit-CDs/dp/3929526867>. Or, students can download it for free at: <https://www.pdfdrive.com/begegnungen-kurs-und-arbeitsbuch-a1-d167499200.html>

**Tuesday 3/8 6:00-8:00 pm 8 weeks Live-OnLine**  
**Resident \$99/Non-Resident \$104**

## 906 Conversational German

Take your knowledge of the German language to the next level.  
Prerequisite – Basic understanding of the German language, German 1 & 2

**Thursday 3/10 6:00-8:00 pm 8 weeks Live-OnLine**  
**Resident \$99/Non-Resident \$104**

## 900

### Spanish for the Beginner - Fitch High School

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

**Thursday 3/10 6:00-8:00 pm 8 weeks Fitch HS**  
**Resident \$114/Non-Resident \$119 Instructor: Cinthia Encinas Baca**

## 901

### 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 3/8 4:00-6:00 pm 8 weeks NL Adult Education**  
**Resident \$114/Non-Resident \$119 Instructor: Nancy Vega**

## 904

### Spanish for the Beginner - Waterford High School

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

**Tuesday 3/8 7:00-9:00 pm 8 weeks Waterford HS**  
**Resident \$114/Non-Resident \$119 Instructor: Nancy Vega**





## 907 French for the Beginner

Start on your exploration of the French language from the beginning. Start with the basics and build your vocabulary.

**Saturday 3/12 9:00-11:00 pm 8 weeks 6:30-8:30 pm Live-OnLine using Zoom**  
Resident \$94/Non-Resident \$99 Instructor: Judy Telemaque

## 908 French 2

Spend your Thursday evening expanding your French vocabulary. Build your knowledge of this classical language.

**Thursday 3/10 6:30-8:30 pm Live-OnLine using Zoom Resident \$94/Non-Resident \$99**  
Instructor: Judy Telemaque

## 909 Haitian Creole

Our Haitian Creole enrichment program enriches individual student experiences and encourages many to reach their potential in Haitian Creole listening, reading, and writing oral expression skills. Special attention is also given to developing the foundations of correct pronunciation and intonation at this level.

**Tuesday 3/8 6:00-8:00 pm Waterford HS 8 weeks \$99/Non-Resident \$104** Instructor: Junel Dulcice

## 910 Lebanese Arabic

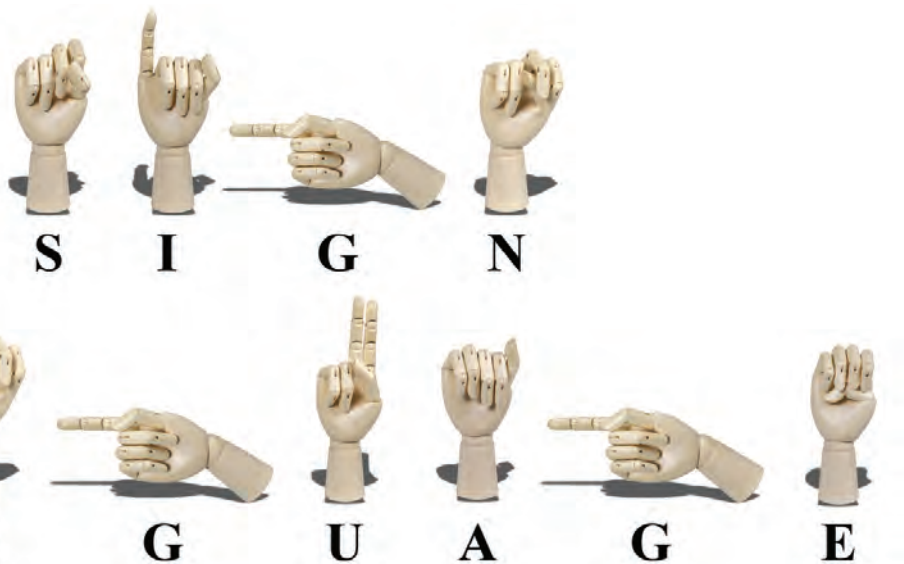
The Arabic language has been around for over 1000 years. Spend your Monday evening discovering a new language.

**Monday 3/7 6:00-8:00 pm 6 classes**  
New London STMHS  
Resident \$74/Non-resident \$79  
Instructor: Nina Jeannotte

## 911 Italian II

Continue your Italian classes with Cris. Textbook if needed is \$30.

**Thursday 3/10 6:00-7:00 pm 8 weeks**  
NL Adult Education  
Resident \$89/Non-Resident \$94  
Instructor: Cris Aguilar



## 912 Beginning American Sign Language

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

**Monday 3/7 6:00-9:00 pm 8 weeks New London STMHS**  
or **Thursday 3/10 6:00-8:00 pm 8 weeks Fitch HS**  
Resident \$134/Non-Resident \$139  
Instructor: Donna Haggerty

## 913 Beginning American Sign Language

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

**Tuesday 3/8 6:00-8:00 pm 8 weeks Waterford HS**  
or **Thursday 3/10 6:00-8:00 pm 8 weeks Old Lyme MS**  
Resident \$134/Non-Resident \$139  
Instructor: Shaleen Barrett

## 914 Advanced American Sign Language

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

**Tuesday 3/8 6:00-9:00 pm 8 weeks**  
Waterford HS  
Resident \$134/Non-Resident \$139  
Instructor: Donna Haggerty



# FITNESS & HEALTH



## 1001

### 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. Choose a start date of March 1 or April 1.

**Unlimited Sessions within a 4-week period**  
**Sessions conducted at G's Fitness & Nutrition, Waterford.**  
**Monday through Thursday 3/1 or 4/1 8:00-8:30 am**  
**Monday through Thursday 3/1 or 4/1 12:00-12:30 pm**  
**Monday through Thursday 3/1 or 4/1 1:00-1:30 pm**  
**Monday through Thursday 3/1 or 4/1 2:00-2:30 pm**  
**Monday through Thursday 3/1 or 4/14 6:00-6:30 pm**  
**Resident \$130 Non-Resident \$135**

## 1002

### 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. Choose start date of March 1 or April 1. All fitness levels welcome!

**Unlimited Sessions within a 4-week period**  
**Sessions conducted at G's Fitness and Nutrition, Waterford.**  
**Monday through Friday 3/1 or 4/1 6:00 am**  
**Monday through Friday 3/1 or 4/1 7:30 am**  
**Monday through Friday 3/1 or 4/1 8:00 am**  
**Monday through Friday 3/1 or 4/1 11:00 am**  
**Monday through Friday 3/1 or 4/1 12:00 pm**  
**Monday through Friday 3/1 or 4/1 1:00 pm**  
**Monday through Friday 3/1 or 4/1 5:00 pm**  
**Monday through Friday 3/1 or 4/1 6:00 pm**  
**Resident \$130/Non-Resident \$135**

## 1000

### Yoga for All Levels

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

**Sunday 1/16 9-10 am 4 classes**  
**Resident \$54/Non-resident \$59**  
**Instructor: Deb Novack Red Barn**  
**Yoga, 52 Blood St Lyme**

## 1003

### All Levels Vinyasa

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 3/8 9:15-10:30 am 4 classes Resident \$54/Non-resident \$59**  
**Instructor: Joanie Fisler Red Barn Yoga, 52 Blood St. Lyme**

## 1004

### Yoga Nidra

This guided relaxation practice allows you to access deeper rest, even in the midst of busy or stressful days. No previous yoga experience necessary.

**Wednesday 2/16 6:30-7:30 pm 4 classes Resident \$54/Non-resident \$59 Live-OnLine**  
**Instructor: Stephanie Draus, ND, RYT-200**



## 1005

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

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

**Saturday 4/9 9:00 am - 1:00 pm One Class or**  
**Saturday 4/23 9:00 am - 1:00 pm One Class**  
**NL Adult Education Resident \$49/Non- resident \$54**  
**Instructors: Frank Dawson & Jennifer Thornell**



## 1006

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

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

**Saturday 4/30 9:00-11:00 am One Class NL Adult Education Resident \$39/Non-resident \$44 Instructors: Frank Dawson & Jennifer Thornell**



## 1007

### **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 3/7 6:30-7:30 pm 8 weeks New London STMHS**  
**Resident \$114/Non-Resident \$119**  
**Instructor: Yuehua**

## 1008

### **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 3/7 7:35-8:35 pm 8 weeks New London STMHS**  
**Resident \$114/Non-Resident \$119**  
**Instructor: Yuehua**

## 1009

### **BOLLYX Dance Fitness**

Bollywood is a dance-fitness program that combines dynamic choreography with the hottest music from around the world. Its 50-minute cardio workout cycles between higher and lower-intensity dance sequences to get you moving, sweating, and smiling.

**Tuesday & Thursday 2/1 7:30-8:05 pm 8 Classes Live-OnLine**  
**Resident \$32/Non-Resident \$37**  
**Instructor: Rashmi Sharma**





# OUTDOOR SPORTS

## 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.

**538 Colonel Ledyard Highway, Ledyard, CT**

**Tuesday 4/12 6:00-7:00 pm 6 weeks or**

**Thursday 4/14 6:00-7:00 pm 6 weeks**

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

## 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 4/13 6:00-7:00 pm 6 weeks**

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



Double O's Dream

## 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. 5 Classes



**Monday 4/11 10:00-11:00 am or 6:00-7:00 pm or**

**Wednesday 4/13 10:00-11:00 am or 6:00-7:00pm or**

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

**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 4/16 11:00 am - 12:00 pm or**

**Saturday 6/11 11:00 am - 12:00 pm or**

**Saturday 9/10 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, and backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. Each lesson is one hour. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students. 5 Classes

**Tuesday 5/3 10:00-11:00 am or 6:00-7:00 pm or Thursday 5/5 10:00-11:00 am or 6:00-7:00 pm or**

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

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

## 3000

### Angels & Archangels

Learn about the historical and practical information about angels and Archangels, the will to develop a connection with their guardian angels and archangels through meditation and journaling. This experience will allow participants to experience the power, love and healing of the angels and archangels when we invite them into our life. Bring a notebook to class.

**Monday 3/7 6:30-8:30 pm 4 classes Resident \$64/Non-resident \$69 New London STMHS**

**Instructor: RosaMaria Lemus**

## 3001

### Comparative World Religions

Explore World Religions including Hinduism, Buddhism, Confucianism, Taoism, Judaism, Christianity, and Islam.

**Thursday 3/10 6:00-9:00 pm 7 classes Resident \$84/Non-resident \$89**

**NL Adult Education Instructor: Reed Hall**

## 3002

### Bible for Beginners

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

**Tuesday 3/8 NL Adult Education 8 weeks. 6:00-7:00 pm 8 weeks**

**Admin Fee Resident \$30/Non-Resident \$35 Instructor: Pastor Lee Robinson**

## 3003

### Bible Questions & Answers

This class provides an open Q&A forum setting for you to ask any question you have and receive thoughtful, considerate biblical answers with Pastor Lee Robinson. All questions are welcome - concerning God, life/death, the church, home life, the state, current events, lifestyle issues, etc. This setting always manages to spark relevant, meaningful, thought-provoking conversations. Relaxed, informal, positive atmosphere. Even if you do not ask anything, just sitting in on the conversations are sure to be interesting and informative. We hope to see you there. Blessings

**Tuesday 3/8 NL Adult Education 8 weeks. 7:05-8:00 pm**

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

**Instructor: Pastor Lee Robinson**

## 3004

### How to Have Eternal Life

Someday we are going to die, probably sooner than we expect. We have all wondered about what happens when we die and thought (perhaps fearfully) what will happen and where we will spend eternity. The Bible teaches very clearly that we can know that we have eternal life. God wants you to experience a vibrant, personal relationship with Him, receive forgiveness and healing for anything broken in your life, and to know that death is simply the vehicle to transport you back to your heavenly home. Come hear from God's Holy Word the simple plan of salvation- It may be the best decision you have ever made.

**Saturday 3/12 10:00 am-12:00 pm NL Adult Ed**

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

**Instructor: Pastor Lee Robinson**



## 4000

### Social Security Planning

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

**Monday 3/14 6:30-8:30 pm or Thursday 4/21 or 6:30-8:30 pm or Wednesday 5/11 or 6:30-8:30 pm**

**One Session Live-OnLine**

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

**Instructor: Charles Yannich**

## 4001

### Tax-efficient Retirement Income Withdrawal Strategy

Earn more income, pay less in taxes. Come and learn more at this group presentation, hosted by retirement specialist, Abbas Danesh. This educational event will cover Asset allocation, Asset location management, withdrawal sequencing and reveal strategies to create a Tax-efficient Retirement income.

**Tuesday 3/22 6:30-8:30 pm 1 class Waterford HS or Thursday 3/31 6:30-8:30 pm Old Lyme MS or Saturday 4/23 10:00-12:00 pm NL Adult Education**

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

## 4002

### Required Minimum Distributions Planning

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

**Tuesday 4/26 6:30-8:30 pm 1 class Waterford HS or Thursday 4/21 Old Lyme MS or Saturday 4/30 10:00-12:00 pm NL Adult Education**

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

**Instructor: Abbas Danesh**



# CULINARY

## 5000

### New Year, New You

Are you ready to start the year off right? Then, this is the class for you. Recipes include nutritious appetizers, meals, and even desserts to get you on the healthy lifestyle track.

**Tuesday 3/15 6:00-8:00 pm Zoom-OnLine**

**3 classes Resident \$49/Non-resident \$54**

**Instructor: Erika Gradecki**

## 5001

### Around the World Cooking

Back by popular demand, this International Cooking Class is taught by a certified personal chef. Explore all new dishes from Africa, Asia, Europe, and Latin America!

**Tuesday 4/5 6:00-8:00 pm Zoom-OnLine**

**3 classes Resident \$49/Non-resident \$54**

**Instructor: Erika Gradecki**



## 5002

### Cupcake Decorating

Great for Beginners and anyone who wants to create elegant cupcakes at home. Bring 12 cupcakes to this class, all other supplies will be provided, including Buttercream Frosting.

**Saturday 3/12 9:00-12:00 pm 1 Classes NL Adult Education Resident \$64/Non-Resident \$69**

**Instructor: Lenora Alcee**



## 5003

### Cake Decorating

Learn a skill that will keep you sweet... Icings, Designs, Materials and Planning the perfect cake. All of this will be covered in this 8 part class.

**Monday 3/7 6:00-8:00 pm 8 Classes New London STMHS Resident \$84/Non-Resident \$89**

**Instructor: Altigracia Reyes**



# CULTURE ON WHEELS SPRING 2022



## STORMVILLE AIRPORT ANTIQUE SHOW & FLEA MARKET October 8 \$82pp

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

## NEW YORK ON YOUR OWN April 23, 2022 \$69pp

Take the day & explore all that The City has to offer  
Depart Shaw's Cove 3 at 7:30 am, depart NY 7:30 pm



## NY BOTANICAL GARDENS ORCHID SHOW April 9 \$115pp

Stroll through the Gardens and learn the tips & tricks to keep your orchids healthy. Time on your own on Arthur Avenue - The Bronx's Little Italy. Depart Shaw's Cove Three at 7:30 am



## DUTCH'S SPIRITS April 24 \$129pp

Guided tour of the historic bunker museum in Pine Plains NY brings the prohibition Era to life. Lunch at the Boat House. Morning visit to Thorncrest Farm.



## TASTE OF ITALIAN NEW YORK June 18 \$140pp

Zabar's Upper West Side Gourmet Market  
Lunch at Carmine's Upper West Side  
Arthur Avenue in the Bronx



## New York Yankees vs Detroit Tigers Saturday 6/4 \$124pp

Cheer on the Yankees, or Tigers...  
Ticket includes motorcoach on June 4, entrance to game Section 130, Hot Dog, Drink and Backpack.  
Game time TBD - check back in April for game time

## HIGH SPEED CATAMARAN WHALE WATCH

August 20

\$140 Adult / \$123 Child 5-11yrs

Board the 350 passenger high speed catamaran for a 3-Hour whale watch from Boston. Free time in Quincy Market for shopping & browsing.

## CRANBERRY BOG TOUR - WAREHAM, MA



## September 25 \$115pp

AD Makepeace Company is the worlds largest cranberry grower... enjoy a narrated tour of the bogs. Lunch at Lindseys Family Restaurant and stop at Wright's Dairy Farm & Bakery.



## Intrepid Museum Air & Space Museum Saturday May 14 \$110 Adult/\$105 Student

Visit the Intrepid Air & Space Museum. Time on your own at Chelsea Landing

## OGUNQUIT MAINE NUBBLE LIGHTHOUSE

July 16 \$129pp

Lunch at Jonathan's in the heart of Ogunquit, time to shop the streets of Downtown Ogunquit.  
Visit Nubble Lighthouse in York "New Englands most photographed lighthouse"





## DAVID - SIGHT & SOUND THEATRE

**March 30-April 1** Enjoy a delicious Authentic Amish Meal in an Amish Home. Spend the day on the "Amish Artisans" Shopping Adventure, tour the area and visit 4 Amish stores. Reserved seats for the new Sight & Sound Production DAVID. Bird-in-Hand Farmers Market and the Strasburg Railroad round out the tour.

2 nights hotel, deluxe motorcoach, 2 Breakfast, 2 Dinners, Sightseeing & Admissions per Itinerary, Friendship Tours Escort, Driver & Escort Gratuity included. \$598 pp double/triple \$728 single. Deposit \$150pp before January 5, final payment February 9.

## PLANTATION ON CRYSTAL RIVER - Manatee Adventure

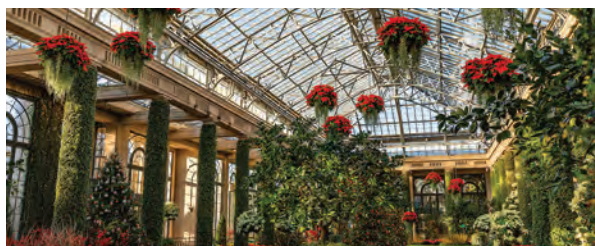
**April 27 - 30** Enjoy a chance of a lifetime to swim with the Manatees in their natural habitat on the Crystal River. Motorcoach to Bradley for flight to Tampa. The Plantation on Crystal River is a beautiful 50-year-old, 232-acre eco-friendly resort surrounded by the natural springs of Kings Bay. Enjoy all the resort has to offer. Visit Heritage Village in historic downtown Crystal River. Motorcoach transportation to Bradley, Roundtrip airfare, 3 Breakfasts, 2 Lunches, 3 Dinners, Swim with Manatees, Sunset River Cruise, Daily Activities, Friendship Tours Escort, Driver & tour Director Gratuity. \$1475 pp dbl \$400 per person deposit with reservation, Final Payment February 1.

**For reservations call Barbara at 1-800-243-1630**

## SECRETS Royal Beach Punta Cana

**December 4-9** *Secrets Royal Beach* in Punta Cana, Dominican Republic is located on over 700 yards of a palm-studded white sand beach along the majestic turquoise Caribbean Sea, this colorful all-inclusive resort offers adults a seaside escape to relaxation. Roundtrip Motorcoach to Hartford/Bradley Airport, Roundtrip flights from Hartford/Bradley, Roundtrip Hotel Transfers, 5 Nights Hotel Accommodations All Inclusive Vacation. \$2199 pp/dbl Jr. Suite Tropical View, \$2349 pp/dbl Jr Suite Partial Oceanview. Deposit of \$800 pp with reservation, final payment due by August 31.

**For reservations call Barbara at 1-800-243-1630**



## A LONGWOOD GARDENS CHRISTMAS

**November 29-December 1**

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

## THE NATURAL BEAUTY OF NEW HAMPSHIRE July 19-21

Accommodations at the Indian Head Resort in Lincoln, tour the Canterbury Shaker Village, Castle in the Clouds, enjoy a Squam Lake Cruise and a North Country 3-hour guided Moose Tour. Enjoy a 5-Course Dinner on the Cafe Lafayette Dinner Train. Includes Deluxe Motorcoach, 2 nights hotel, 2 Breakfasts, 2 Lunches, 2 Dinners, Sightseeing & Admissions per itinerary, Friendship Tours Escort, Driver & Tour Guide Gratuity. Cost from \$732 pp dbl



## 1000 ISLAND CLAYTON NEW YORK October 3-5

Accommodations at the 1000 Islands Harbor Hotel, a AAA Four Diamond property set on the majestic St. Lawrence River. Board the Uncle Sam Boat and experience their "Two Nations Cruise" through the heart of the 1000 Islands. Visit Boldt Castle, the Thousand Island Winery and Antique Boat Museum. Tour includes 2-night Accommodations, 2 Breakfasts, 2 Dinners, Sightseeing & Admissions per itinerary, Friendship Tours Escort, Driver & Tour Director Gratuity. Cost from \$657 pp dbl



## Painted Canyons of the West

October 3-11, 2022 - cost from \$3,429

Featuring Utah's 5 National Parks – Arches, Moab, Bryce Canyon, Capitol Reef, & Zion. Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. The backdrop of Denver's Rocky Mountains is the starting point of your journey. In Colorado's wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah's five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Explore the kaleidoscope of colors found in America's rocky western landscapes.

Tour includes Airfare, Airport Transportation, Hotels, 7 Breakfasts, 1 Lunch, 3 Dinners and Collette Escort.



**Painted Canyons Presentation - March 3<sup>rd</sup> 4:30 pm at NLAE Three Shaw's Cove**



## Southern Italy & Sicily

March 2023

Journey through a crossroads of civilizations in Sicily and on to the spectacular coastlines of Southern Italy. Uncover Sicily's capital Palermo and its Moorish and Norman influences. Explore Agrigento's ancient Valley of the Temples. Travel to the historic hilltop town of Taormina. Visit a local winery for a wine tasting and agriturismo dinner. Venture to the ancient cave dwellings of Sassi di Matera.

Discover spectacular Mt. Etna Volcano National Park. Explore the stunning

Amalfi Coast and Sorrento. Walk in the footsteps of ancient Romans in the excavated Pompeii. Allow the unique culture to capture your heart and get a glimpse into an age-old heritage composed of ancient monuments and cultivated lands.

**Southern Italy Presentation - July 21<sup>st</sup> 1:00 pm at NLAE Three Shaw's Cove**

## Exploring the Alpine Countries

May 2023

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



**Exploring Alpine Countries Presentation - September 15<sup>th</sup> 4:30 pm 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.*



## America's Cowboy Country

September 2023

Enjoy stunning views of the American West as you make your way through Yellowstone, Grand Teton National Park, and more. Overnight in the cowboy towns of Jackson Hole and Cody. Experience the Wild West as it once was with a visit to Deadwood, a town built on gold and gunpowder. Experience Yellowstone National Park, home to an incredible array of

wildlife. Search for free-ranging herds of buffalo in Custer State Park. Marvel at Grand Teton National Park's towering peaks, marked with mountain glaciers. Soak in stunning views of Mt. Rushmore and the Crazy Horse Memorials. Grab your Stetson hat and saddle up for an adventure as you discover natural wonders and cultural treasures. More details will be in the Fall Catalog.



## Plan Your 2023 Cruise Vacations now!

### ESCORTED CARIBBEAN FROM NY - NORWEGIAN GEM

February 27 - March 10, 2023

Visit Puerto Plata, San Juan, Antigua, St. Maarten, Tortola, and Grand Turk

11 Nights aboard the Norwegian Cruise Line Gem, All meals onboard, Spectacular Entertainment, Fully Escorted. Sail from New York Pier - No Flying

Cost from \$1748 pp twin Deposit of \$450 Recommended ASAP

Final Payment October 20, 2022 **For reservations call Barbara at 1-800-243-1630**



### CELEBRITY EDGE PANAMA CANAL & CARIBBEAN

March 27-April 7, 2023

Roundtrip airfare to Fort Lauderdale, All meals onboard, Daily Activities, Nightly Entertainment, Full Service Spa & Fitness Center Visit Aruba, Bonaire, Curacao, Panama Canal Colon, Cartagena 11 nights aboard the **EDGE**

Cost from \$3506 Deposit of \$700 Recommended ASAP

Final payment February 22, 2022

**For reservations call Barbara at 1-800-243-1630**

**Be one of the First to know about the tours - Sign up for the Culture on Wheels Mailing \$5.00 registration fee.**

## Coming in the Fall 2022 Catalog

**MADE IN VERMONT October 16 \$118pp**

**RADIO CITY ROCKETTES November 2022 \$TBD**

**STOCKING STUFFER December 2022 \$111pp**





## New London Adult & Continuing Education

Three Shaw's Cove  
New London, Connecticut 06320

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

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follow us on  
**facebook**

## New London Adult Education Golf Tournament

**June 27th**

**Great Neck Country Club**

The cost includes cart, snack, prizes, and buffet dinner  
at Langley's Restaurant.

Check our website in March for more details

**\$125 per golfer**





# New London

## Adult & Continuing Education

Spring 2022

High School Credit Diploma Classes  
GED Classes  
ESOL Classes  
Enrichment Classes  
Day Trips  
Overnight Trips  
National & International Fly Tours

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



Dear Friends:

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



We are very proud of our long-standing commitment to adult learners, and our dedication to providing innovative and stimulating educational opportunities in a safe and nurturing environment. We strive to strengthen our community partnerships and value the spirit of collaboration.

We offer ESL classes to assist English language learners improve their English language proficiency. Students looking to complete their high school education can benefit from our Credit Diploma Program and GED Program. The U.S.

Citizenship classes will prepare immigrants for the U.S. Citizen test. The

Transitions Program will assist our adult learners with career exploration, training and college preparatory classes. Our Integrated Basic Education and Skills Training Program offers workforce education in areas that match local demand. Our counseling staff is available to guide and assist you in choosing the program that best meets your educational needs. We are very pleased to offer the Even Start – Two Generation program that promotes family literacy. This integrated program meets the needs of the entire family through adult education, early childhood education, parenting education, interactive literacy, and home visits.

Our Continuing Education/Enrichment Program offers a vast number of programs and classes to satisfy your lifelong learning goals. We invite you to take advantage of our Culture-on-Wheels Program which presents stimulating, educational, and affordable opportunities for travel.

Numerous day, overnight bus trips, and international world-class tours are thoughtfully planned.

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

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

We thank you for placing your trust in us to not only provide you with the high-quality education and customer service you seek and deserve, but to also do so in an unprecedented time of change. Your health and well-being will always be at the forefront of our decision making, and we will continue to communicate our plans as we all adapt to this new environment.

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 refund is given at any time for computer courses, one-class courses or bus trips. Refunds for all other courses will be available with a minimum three-week notice prior to the course start date. There will be a \$10 processing fee for refunds. Credit for a future class or trip may be available in place of a monetary refund. Refunds will not be given after a course has started. Please allow at least one month for processing.

• **Returned Check Policy:** Participants will be charged \$50 for each check returned by the bank.

• **Student Regulations:** Smoking is prohibited on school property. Refreshments are not permitted in any classroom, hallway or lavatory. Parking is permitted only in designated areas. Cell phone use is not permitted in the classroom. Fire regulations and alarms must be heeded at all times.

• **Enrichment Course Confirmations:** Enrollment Confirmations will not be mailed, all confirmations will be emailed to the student.

# Office Information

## New London Adult Education

Three Shaw's Cove  
New London, Connecticut 06320  
Telephone (860) 437-2385  
Fax (860) 437-6460  
[www.newlondonadulted.org](http://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

January 6-7 ..... Three Kings Day  
January 17 ..... Martin Luther King Day  
February 21-22 ..... Presidents Day Break  
March 11 ..... No School Staff PD Day  
April 15 ..... Good Friday  
April 18-22 ..... April Break  
May 30 ..... Memorial Day

## Program Start Dates

January 10, 2022

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

January 17 ..... Real Estate  
January 20 ..... EMT Training  
January 24 ..... Evening CNA Training  
Feb. 26 ..... Security Guard Card Training  
March 7 ..... Espanol Serv-Safe  
March 8/10 ..... Serv Safe Training  
March 9 ..... Bartending  
June 1 ..... Daytime CNA Training

Enrichment Classes begin  
the week of March 7

Cover Photo/Catalog Design:  
Peggy Cherrick & Ed Murphy

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



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

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

## 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
Processing fee only when using a Credit Card \$2.00			
Method of Payment: _____ Visa _____ MasterCard _____ Discover _____ American Express			Total Due

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

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

Check Enclosed ☐



**NEW LONDON**  
ADULT & CONTINUING EDUCATION



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

## Culture on Wheels Trip Registration Form

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

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

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

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

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

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

TRIP NAME	MEAL CHOICE - if required	COST
Processing fee only when using a Credit Card \$2.00		
Method of Payment: _____ Visa _____ MasterCard _____ Discover _____ American Express		Total Due

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

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

Check Enclosed ☐



**NEW LONDON**  
ADULT & CONTINUING EDUCATION