

SPRING 2023

# New London

## Adult & Continuing Education

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

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



Dear Friends:

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



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

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

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

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

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

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

Stay tuned for new and exciting building updates!

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

Sincerely,

*Denise Spellman*

Denise Spellman  
Director

• **Inclement Weather:** When the New London Public Schools are closed due to inclement weather, Adult Education is also closed. Listen to a local radio station or watch your local television channels for cancellation notices. Should snow or inclement weather develop during the day, class cancellation is announced by late afternoon. Canceled classes are made up by adding additional sessions.

• **Fees:** If registering by mail, please enclose payment to ensure enrollment in the class/trip.

• **Residents:** Residents are those residing in the following towns: Groton, Lyme, Montville, New London, Oakdale, Old Lyme, Quaker Hill, Uncasville, and Waterford. Out of town residents add a \$5 non-resident fee. Some courses may require additional fees and/or materials. Check the course description for fee information.

• **Gift Certificates:** Certificates are available for any Adult Education course, trip, or special event. They may be purchased at any time at the New London Adult Education office between 9:00 a.m. and 4:00 p.m. This is a great gift for that hard-to-buy-for person in your life!

• **Refunds:** In the event of a filled class or cancellation, every attempt will be made to notify you in advance by email, mail or phone. Refund policy: A full refund is given only when NLAE cancels a course. No refunds at any time for computer courses, one-class courses or bus trips. Refunds for all other courses will be available with a minimum three-week notice prior to the course start date. There will be a \$10 processing fee for refunds. Credit for a future class or trip may be available in place of a monetary refund. Refunds will not be given after a course has started. Please allow at least one month for processing.

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

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

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

# Office Information

## New London Adult Education

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

## New London Office Hours

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

## • Waterford Information •

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

## • Lyme – Old Lyme Information •

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

## • Montville Information •

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

## • Groton Information •

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

## School Calendar Closing Dates

January 2..... New Years Day  
January 6..... Three Kings Day  
January 16 ..... Dr. Martin Luther King Day  
February 20-21 ..... Presidents Day Break  
April 7 ..... Good Friday  
April 10-14..... April Break  
May 29 ..... Memorial Day  
June 19 ..... Juneteenth Day

## Program Start Dates

January 9, 2023

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

January 9 ..... Phlebotomy  
January 19 ..... EMT Training  
January 21 ..... Real Estate  
February 11 ..... Serv Safe Training  
February 11 ... Security Guard Card Training  
March 1 ..... Bartending  
March 16 ..... Espanol Serv-Safe  
April 10 ..... Evening CNA Training

Enrichment Classes begin  
the week of March 13

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 logo. It is tucked away in the catalog)

# DISCLAIMERS

## Non-Discrimination

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

## General Accessibility and Accommodations

All activities offered by New London Adult & Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. 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

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## 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



Follow us on  
**Instagram**



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**facebook**

## Earn your New London Adult Education High School Diploma

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

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

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

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

The program requires satisfactory completion of the following: 4 credits in English, 1 credit in Vocational Education, Art, and Technology, 4 credits in Mathematics, 3 credits in Science, 3 credits in Social Studies (1 credit must be in U.S. History and 0.5 credit in Government), and 10 elective credits.

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



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

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



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

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

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

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

**Registration & Testing Information** • Registration for these classes can be done on-line at our website: [newlondonadulthood.org](http://newlondonadulthood.org).

Select Register under Adult Education Enrollment on the home screen and complete the form. Or in-house Tuesday January 3-5 from 9:00 am-2:00 pm or Evening Registration January 3-5 at 6:00 pm.

Las registraciones para estas clases pueden hacerse en línea en nuestra página web: [newlondonadulthood.org](http://newlondonadulthood.org). Seleccione Register bajo Adult Education enrollment: Seleccione Español. O internamente del martes 3 al 5 de enero de 9:00 a. m. a 2:00 p. m. o Registro vespertino del 3 al 5 de enero a las 6:00 p. m.

## Montville Adult Education

For more information please contact Annette Barber, Adult Education Secretary, at (860) 848-8265 or email: [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 Ed on Wednesday, January 4 from 5:30 - 7:30pm. Classes begin Monday, January 9.





# General Educational Development (GED) Information

## The GED Test:

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

### How to Register for the GED Test:

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



### **GED Test Eligibility Requirements:**

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



**Scan the QR Code for more information on the GED Test**

## Adult Basic Education

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

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

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



**Scan the QR Code for more information on Adult Basic Education**

## Groton Adult Education

**Adult High School Credit Diploma** • Classes meet at Fitch High School, 101 Groton Long Point Rd, Groton. For information on credit classes available at Fitch High School, please call 860-441-2152 for more information. In-person registration for Fitch High School will be conducted Wednesday January 25 and Thursday January 26 from 5:00 to 7:00 pm at Fitch High School. Classes begin January 30 at 5:30 pm.

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

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

**Location for GED, ESL & ABE Classes** • All classes meet at Fitch High School 101 Groton Long Point Rd, Groton, or New London Adult and Continuing Education, Three Shaw's Cove, New London. Classes begin January 9 in Groton and New London.

**Registration & Testing Information** • Registration for all programs can be done online 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.

## ESOL ~ English for Speakers of Other Languages: Classes begin January 9, 2023

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

### ESOL Class Schedule at New London Adult Education

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



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

### ESOL Class Schedule at Church of the City

**Days** • 250 State Street, New London, CT 06320  
(860) 442-4463  
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 & Thursday • 5:30 pm – 8:30 pm  
Classes start January 9.

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

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

## Citizenship Classes

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

To qualify for citizenship, you must:

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

The class is held at New London Adult Education:

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

**Register now for Citizenship Preparation classes.**



Scan the QR Code  
for Information on  
Citizenship classes

## Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 9 de enero 2023

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

### Educación de Adultos en New London

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

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

### Clases de ESOL en la Iglesia de la Ciudad

**Días** • 250 State Street  
New London, CT 06320  
(860) 442-4463  
Lunes - jueves • 9:30 am – 12:30 pm  
Viernes • 9:30 am – 12:30 pm en  
NLAE salón de Computadoras

### Clases de ESOL en Fitch High School

**Noches** • 101 Groton Long Point Road  
Groton, CT 06340  
(860) 441-2152  
Lunes & jueves • 5:30 pm – 8:30 pm  
Clases comienzan el 9 de enero de 2023

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

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



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



## Transitions Program

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



## Jobs, Education and Training

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

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

## Digital Literacy



**The Northstar Digital Literacy Program** is incorporated into many of our mandated classes. Northstar defines the basic skills needed to perform computer and online tasks and each module assesses students' competency for each task. Individuals who receive a score of at least 85% on a proctored assessment may earn the Northstar Digital Literacy Certificate.



## Family Literacy

### Where parents and children learn together

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

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

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



# Integrated Basic Education Skills Training (I-BEST)

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

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

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



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



Personal Care Aide Fall 2021



*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, along with the ability to perform a basic tune-up service. The training will include a basic skills component. Upon successful completion of the course, students will obtain an Introduction to Basic Auto Technician Training certificate.



## **Phlebotomy Certificate**

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

## **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.**

# Careers Begin at New London Adult Ed



**100**

## Emergency Medical Technician Initial Basic Training

Classes are conducted **Monday & Thursday nights and Saturdays daytime**. This intensive program is designed to provide a basic understanding of anatomy, physiology, and pathophysiology. It will allow you to better understand signs, symptoms, and emergency care. An anatomical and body system approach to physical exams will link conditions to assessment findings. This course will give you knowledge of the presentation of common medical conditions and traumatic injuries encountered in the pre-hospital environment. You will learn how to provide the most efficient and effective emergency care. Graduates of this program will satisfy licensure requirements from the National Registry of Emergency Medical Technicians as well as the Connecticut Department of Public Health, Office of Emergency Medical Service. The textbook and NREMT Practical Exam are included in this course.

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

**Begins Thursday 1/19 6:00-9:30 pm 14 weeks NREMT Practical Exam 4/22 NL Adult Education Resident/Non-resident \$1,150**

**WIOA Approved & approved for VA Educational Benefits Instructor: Emergency Training Services**



**101**

## Summer Daytime Emergency Medical Technician Initial Basic Training

**Monday thru Thursday 6/19 8:00 am- 4:00 pm NL Adult Education 6 weeks**

**NREMT Practical Exam 8/5 NL Adult Education**

**Resident/Non-resident \$1,150**

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

**Instructor: Emergency Training Services**

**102**

## PHLEBOTOMY

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

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



**Mon 1/9 OnLine Portion / Inperson Classroom Mon - Fri 1/30 5:30-7:30 pm NL Adult Education or Mon 2/6 OnLine Portion / Inperson Classroom Mon - Fri 2/27 5:30-7:30 pm NL Adult Education or Mon 3/6 OnLine Portion / Inperson Classroom Mon - Fri 5:30-7:30 pm 4/24 NL Adult Education or Mon 5/1 OnLine Portion / Inperson Classroom Mon - Fri 5/22 5:30-7:30 pm NL Adult Education or Mon 6/5 OnLine Portion / Inperson Classroom Mon - Fri 6/26 5:30-7:30 pm NL Adult Education or Mon 7/10 OnLine Portion / Inperson Classroom Mon - Fri 5:30-7:30 pm 7/31 NL Adult Education or Mon 8/7 OnLine Portion / Inperson Classroom Mon - Fri 8/28 5:30-7:30 pm NL Adult Education Resident \$1599/Non-resident \$1599**



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

**Resident/Non-resident \$1,099 WIOA Approved & approved for VA Educational Benefits(Fee includes tuition, textbook, uniform, and State of CT Prometric exam) Instructor: Patricia Conklin, RN** **Classes are held at NL Adult Education**

**DAYTIME CLASSES - 6/5 Thru 6/21 8:00 AM - 4:00 pm Monday - Friday or 7/24 thru 8/9 8:00 am - 4:00 pm Monday - Friday**

**EVENING CLASSES - 4/10 thru 5/24 Monday/Wednesday/Evening 5 pm – 9 pm and Saturday 8 am - 4 pm**



## 104

**Connecticut Security Guard Card Training**

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

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



**Saturday 2/11 or 3/11 or 4/8 8:00 am - 3:00 pm**

**Live OnLine Using Zoom**

**Exam on Thursday 2/13 or Tuesday 3/14 or 4/11 6:00-7:00 pm**

**NL Adult Education**

**Resident \$150/Non-resident \$155**

**Instructor: Louis J. Bonito**



## 105

**Voice-Over Training**

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

**Thursday 3/9 or 5/4 6:30-8:00 pm or 12 students maximum**

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



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

## 106

### Professional Bartending with SMART Certification

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



**Wednesday 3/1 6:00-9:00 pm 5 Weeks NL Adult Education**  
**Resident \$250/Non-resident \$255 Instructor: Paul Rich**

## 109

### 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 3/1 6:00-9:00 pm One day only NL Adult Education**  
**Resident \$55/Non-resident \$60 Instructor: Paul Rich**

## 110

### ServSafe

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



**Tuesday 3/14 5:30-8:30 pm 4 classes Waterford HS or**  
**Saturday 2/11 8:00 am - 3:00 pm NL Adult Education or**  
**Wednesday 3/15 5:30-8:30 pm Montville HS 4 Classes**  
**Resident \$195/Non-resident \$200 Instructor: Amarilys Saluk, CDM,CFPP**

## 107

### Real Estate Principles and Practices

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



**Saturday 1/21 9:00 am - 2:00 pm 7 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**

## 108

### CPR with AED & Standard First Aid

This course will teach you how to recognize and treat life-threatening emergencies, cardiac arrest, and choking in adults, children, and infants. Defibrillator and infant training will also be taught. This program meets OSHA requirement standards for emergency care training in the workplace. A National Safety Council CPR and First Aid Certification will be presented upon completion of this course.



**Tuesday 5/16 6:00-8:00 pm NL Adult Education 1 class**  
**Resident \$84/Non-resident \$89**  
**Instructor: Emergency Training Services**

## 111

### Español Serv-Safe

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

**Thursday 3/16 6:00-9:00 pm 4 weeks NL Adult Education or**  
**4/12 5:00-8:00 pm Montville HS**  
**Resident \$195/Non-resident \$200**  
**Instructor: Amarilys Saluk, CDM,CFPP**



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

**COLOR KEY**

New London Adult Education  
New London STMHS  
Montville High School

Fitch High School  
Waterford High School  
Old Lyme Middle School

## 200 Painting Workshop

Work within a supportive group in this workshop-style class that focuses on the many issues and challenges of painting. Weekly focus topics will be introduced and incorporated into class. Students should bring their own usual painting materials to the first class. Students beginning a new medium may contact the instructor before the first class for recommendations. susanstruck.art@gmail.com. \*Due to room constraints, oil paints and solvents are not allowed. Water-based oils are OK. The class will not meet on 3/1 and 3/8.

Wednesday 1/25 3:00-6:00 pm 9 classes

NL Adult Education

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

## 201 Perspective Drawing Crash Course

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

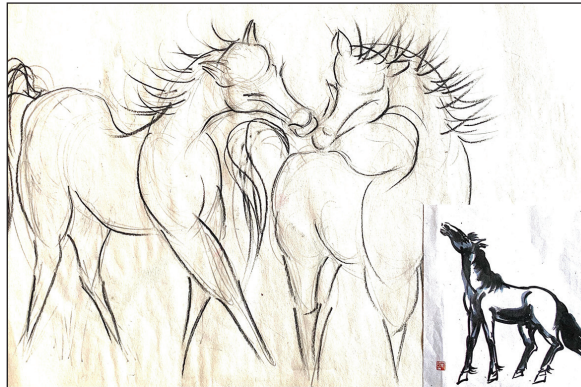
**Material List:** Personal Sketchbook, approx. 9x12, Graph Paper, #2 Pencil, White vinyl eraser, 12" Ruler

Saturday 3/18 10:00 am-1:00 pm 3 classes NL Adult Education

Resident \$69/Non-resident \$74 Instructor: Sue Cash

## Chinese Watercolor Painting Workshops

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



### 203 Painting Horses

Saturday 3/18 9:00 am – 2:30 pm

NL Adult Education

Resident \$84/Non-resident \$89



### 204 Rocks, Mountains Hills & Water

Saturday 4/15 9:00 am – 2:30 pm NL Adult Education Resident \$84/Non-resident \$89

### 202 Learning The Basics Strokes of Chinese Painting

Saturday 2/11 9:00 am – 2:30 pm

NL Adult Education

Resident \$84/Non-resident \$89





## 205

### 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.

**Thursday 3/16 6:00-8:00 pm Fitch HS 6 Classes**  
**Resident \$79/Non-resident \$84 Instructor: Nancy Potter**

## 206

### Crochet

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

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

**Saturday 3/18 9:30-11:30 am 8 classes NL Adult Education**  
**Resident \$99/Non-resident \$104 Instructor: Judy Telemaque**



## 207

### Atmosphere & Weather & Its Influence on Art

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



**Tuesday 3/14 6:00-8:00 pm 1 class NL Adult Education**  
**Resident \$29/Non-resident \$34 Instructor: Ronald Zincone**

## 209

### Calligraphy 101

Learn basics of Calligraphy. Supply List: Micron Calligraphy Pens sizes #5 & #8

**Tuesday 4/25 6:00-8:00 pm Waterford HS 1 class**  
**Resident \$49/Non-Resident \$54 Instructor: Sean Kane**

## 211

### Tarot Card Reading Workshop

An introduction to Tarot reading. If you've thought about reading Tarot cards, whether for yourself or others, this is a great place to start! Maybe you're not sure if Tarot is right for you? Come find out! The session will involve an overview of the story within the cards, discussion of individual cards, and different ways to use them. You will learn how to keep a Tarot Journal and how to begin and progress as a reader. Please bring a deck if you have one, but it's okay if you don't. This is a casual class with plenty of discussion, so bring your questions! There will be a break for lunch, so bring that too!

**Saturday 3/18 9:00 am-2:00 pm NL Adult Education 1 Class Resident \$69/Non-resident \$74 Instructor: Kat Brennan**

## 208

### Found Object Collage

The goal of this class is the creation of a base-relief collage using small objects. These objects can be anything you wish if it is possible to adhere them to a substrate such as thick paper. The technique represents a way to display beach glass, small stones, and beads. On the first day of class, you will see an example of this technique and discuss examples of materials and joining methods. Hopefully, by the end of our four-week class, you will have a unique piece of art to display or gift.

**Saturday 3/18 10:30 am -12:30 pm NL Adult Education**  
**4 Classes \$49/Non-Resident \$54**  
**Instructor: Gretchen van der Lyke**

## 210

### Mug Customization

Design a mug for your daily use with vinyl paper, beads and glass stones and sealed in resin. All materials are included in the class.

**Thursday 3/16 6:00-8:00 pm Fitch HS 6 Classes**  
**\$74/Non-Resident \$79 Instructor: Pascuala Francisco**



## 212 Bottle Decoupage

Transform basic bottles into a work of art.

**Tues 3/14 Waterford HS or Thurs 3/16 Fitch HS**  
or **Wed 4/5 Montville HS 6:00-8:00 pm 2 Classes**  
Materials are included in cost of class Resident  
\$59/Non-resident \$64

Instructor: Esmeralda Bustamante

## 214 Decoupage on Fabric

Create a tote bag adorned with decoupage.

**Wed 3/29 Montville HS or Thurs 3/30 Fitch HS** or  
**Tues 4/18 Waterford HS**

Materials are included in cost of class

Resident \$59/Non-resident \$64

Instructor: Esmeralda Bustamante



## 213 Flower Pot Painting

Paint a flower pot for your garden or patio to enjoy all year long. Materials are included in cost of class.

**Wed 4/19 Montville HS or Thurs 4/20 6:00-8:00 pm Fitch HS** or  
**Tues 4/25 Waterford HS 6:00-8:00 pm**  
2 Classes

Resident \$59/Non-resident \$64

Instructor: Esmeralda Bustamante

## 215 Resin Coasters

Design 4 coasters to compliment your glassware. Materials are included in cost of class.

**Thursday 5/4 6:00-8:00 pm NL Adult Education 2 classes**

Resident \$64/Non-resident \$69

Instructor: Esmeralda Bustamante

## 216 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 4/29 8:30-11:30 am**

**NL Adult Education 1 Class**

Resident \$79/Non-resident \$84

Instructor: Lenora Alcee



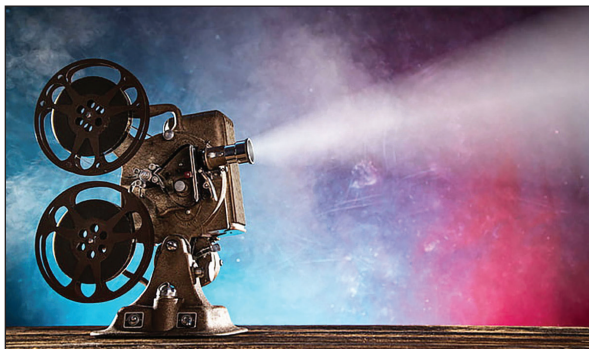
## 218 Return of the Joy of Movies

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

**Wednesday 3/15 6:30-9:30 pm 7 classes BP Learned Theater**

Resident \$99/Non-resident \$104

Instructor: Rick Gipstein



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

## 217 Gift Boxes

Create a gift box to share with friends and loved ones. Materials required for the class: Scrapbook paper (12 " by 12"), glue, pair of scissors, ruler, embellishments and a scoring board, if you have one!

**Saturday 4/8 10:00 am -12:00 pm 3 Classes**

**NL Adult Education**

\$54/Non-Resident \$59

Instructor: Arabelle Vandersloot



## 219 Portrait Drawing

Explore the fundamentals of portrait drawing in this overview. Good as an introduction to portrait or as a review. Designed to improve the accuracy, expression, and likeness of your portraits. General concepts and proportions are covered using photo references, self-portrait, and a live model. A \$5 fee is paid directly to the model.

**Saturday 1/28 10:00 am - 1:00 pm**

**3 Classes Resident NL Adult Education**

\$74/Non-Resident \$79 Instructor: Susan Cash

## Best Buds Farm Floral Classes

**220**

### Everlasting Wreath Workshop

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

**Wednesday 1/11 6:00-8:00 pm 1 class or Friday 1/13 6:00-8:00 pm 1 class**  
**Resident \$84/Non-resident \$89 Best Buds Flower Farm 52 Blood St, Lyme**



**221**

### U-Pick a Bouquet

Come to our little farm in Lyme to pick a bouquet of flowers. When you arrive, we will give you an overview of what is blooming, teach you how to harvest different flowers and how to attain a long vase life. Some of the varieties we grow are daffodils, lilacs, tulips, viburnum, love-in-a-mist, hydrangea, roses, dahlias, sunflowers, zinnias, cornflowers, strawflowers, yarrow, celosia, amaranth, cosmos and others. We will supply a wide mouth mason jar for you to fill with flowers and we will wrap up your bouquet for you in a kraft paper sleeve to take home and enjoy. Don't wait for someone to bring you flowers - come and pick your own at the farm! We have buckets and clippers to borrow. Please bring a container to take your flowers home. We only postpone for thunder and lightning storms, so dress for the weather. Space is limited. Please arrive promptly at the start time.

**Saturday, April 29 9:30 - 10:30 am 1 Session or**  
**Saturday, May 13 9:30 - 10:30 am 1 Session or**  
**Saturday, May 27 9:30 - 10:30 am 1 Session or**  
**Saturday, June 17 9:30 - 10:30 am 1 Session or**  
**Sunday, July 9 10:30 - 11:30 am 1 Session or**  
**Sunday, July 23 10:30 - 11:30 am 1 Session or**  
**Saturday, August 5 9:30 - 10:30 am 1 Session or**  
**Saturday, August 26 9:30 - 10:30 am 1 Session or**  
**Sunday, September 3 10:30 - 11:30 am 1 Session or**  
**Sunday, September 17 10:30 - 11:30 am 1 Session**  
**Resident \$39/Non-resident \$44**  
**Best Buds Flower Farm, 52 Blood St. Lyme**



**222**

### Arranging Dahlias Workshop

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

**Friday 9/1 6:00-8:00 pm 1 Session**  
**Resident \$59/Non-resident \$64**  
**Best Buds Flower Farm, 52 Blood St, Lyme**

## Designing with Farm Flowers

Come to Best Buds Flower Farm in Lyme to gather flowers from the field and learn how to arrange in a vase. No experience necessary. Register Early.

### 223 Spring Season

Daffodils, Tulips, Lilacs, Roses, Peonies, Love in a Mist, Yarrow, Snapdragons  
**Wednesday 4/19, 5/24 and 6/14 3 classes 6:00-8:00 pm Resident \$174/Non-resident \$179**

### 224 Summer Season

Sunflowers, Zinnias, Dahlias, Snapdragons, Hydrangeas, Strawflower, Cornflower, Calendula, Roses, Scabiosa, Celosia, Amaranth, & more  
**Wednesday 7/12 7/26, & 8/23 3 classes 6:00-8:00 pm Resident \$174/Non-resident \$179**

### 225 Spring & Summer Season

Daffodils, Tulips, Lilacs, Roses, Peonies, Love in a Mist, Yarrow, Snapdragons, Sunflowers, Zinnias, Dahlias, Snapdragons, Hydrangeas, Strawflower, Cornflower, Calendula, Roses, Scabiosa, Celosia, Amaranth, & more  
**Tuesday 4/18, 5/23, 6/13, 7/18, & 8/22 5 classes 6:00-8:00 pm Resident \$240/Non-resident \$249**



**226**

### Burlap Twine Weaved Planter

Come make an indoor/outdoor planter 6" wide x 7" high, good for a small house plant or arranged flowers. All materials are included.

**Tues. 3/28 5:30-8:30 pm 1 Class Waterford HS or**  
**Saturday 4/1 9:00 am -12:00 pm**  
**NL Adult Education Resident \$34/Non-resident \$39**  
**Instructor: Meg Lemar**

**227**

### Resin Summer Coasters

Make these simple decorative coasters to save your table from water spots. We can make several different designs using pressed flowers or pictures. All materials are included.

**Tuesday 3/21 5:30-8:30 pm 1 Class Waterford HS**  
**or Saturday 3/25 9:00 am -12:00 pm**  
**NL Adult Education Resident \$44/Non-resident \$49**  
**Instructor: Meg Lemar**

**228**

### Pressed Flower Lantern

Turn any kind of jar into a stunning tea light lantern. This craft only requires some modge podge, a jar, a foam brush pressed flowers or leaves and finish off with a tea light. All materials are included.

**Saturday 4/15 9:00 am-12:00 pm**  
**NL Adult Education Resident \$34/Non-resident \$39**  
**Instructor: Meg Lemar**



## 300

### Astronomy & the Star of Bethlehem

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

**Thursday 3/2 6:00-9:00 pm NL Adult Education**  
1 Class Resident \$29/Non-Resident \$34  
Instructor: R. Zincone



## 301

### The Telescope: 16<sup>th</sup> Century to 20<sup>th</sup> Century

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

**Wednesday 4/19 6:00-9:00 pm NL Adult Education** 1 Class  
Resident \$29/Non-Resident \$34  
Instructor: R. Zincone

## 302

### Introduction to Weather

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

**Tuesday 3/21 or 4/25 6:00-9:00 pm NL Adult Education** 1 Class  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

## 304

### Introduction to SEVERE Weather

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

**Tuesday 3/28 or 5/2 6:00-9:00 pm NL Adult Education**  
1 Class  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

## 306

### Basics for Learning about Drones

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

**Thursday 3/30 4:00-6:00 pm NL Adult Education & Flight Location TBD**  
Flight Date - TBD  
Resident \$79/Non-resident \$84 Instructor: Adam Thorne

## 303

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

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

**Monday 1/30 6:00-9:00 pm NL Adult Education** 1 Class  
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 astro-photographer Ronald Zincone will teach you how to break into this fascinating hobby covering topics such as choosing and using equipment, such as telescopes, optical eyepieces, accessories, and tips and techniques, do's and don'ts.

**Thursday 2/9 6:00-9:00 pm 1 Class NL Adult Education**  
Resident \$29/Non-Resident \$34 Instructor: R. Zincone

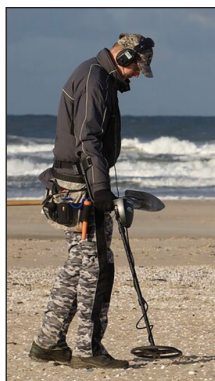


## 307

### Introduction to Metal Detecting

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 3/16 6:00-8:00 pm Old Lyme MS or Wednesday 3/29 Montville HS the "Dig" Field Trip Locations/dates TBD or Saturday 3/25 9:00 am - 1:00 pm NL Adult Education**  
Resident \$39/Non-Resident \$44  
Instructor: George Potts



## 308

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

This course will introduce you 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 5/11 6:00-9:00 pm 1 Class NL Adult Education**  
Resident \$29/Non-Resident \$34  
Instructor: R. Zincone



## 402 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 4/18 Waterford HS or Saturday 5/6 10:00 am -12:00 pm**  
**NL Adult Education 1 Class**  
 Resident \$19/Non-resident \$24 Instructor: Abbas Danesh

## 404 Women & Investing

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

**Thursday 5/4 6:30-8:30pm Old Lyme MS**  
**or Saturday 5/6 10:00 -12:00 pm NL Adult Education 1 Class**  
 Resident \$19/Non-resident \$24 Instructor: Abbas Danesh



## 406 Social Security Planning

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

**Monday 3/13 or Tuesday 4/18 or Wednesday 5/10**  
**6:30-8:30 pm One Session Live-OnLine**  
 Resident \$19/Non-Resident \$24  
 Instructor: Charles Yannich



## 400 Estate Planning to Avoid Mistakes

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

**Monday 5/8 NLSTMHS 6:30-8:30 pm or Saturday 5/13**  
**10:00 am -12:00 pm NL Adult Ed 1 Class**  
 Resident \$19/Non-resident \$24 Instructor: Abbas Danesh

## 401 Taxes & Fees in Retirement

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

**Tues. 5/2 Waterford HS or Thurs. 5/11 NL Adult Education 6:30-8:30 pm**  
 Resident \$19/Non-resident \$24 Instructor: Abbas Danesh

## 403 Retirement Preparation 101

The 5 key areas to address before retirement. How to generate income in retirement. The 3 elements to a more successful retirement and more...

**Saturday 4/29 10:00 am -12:00 pm NL Adult Education or Monday 5/1**  
**6:30-8:30 pm NLSTMHS or Wednesday 4/19 Montville HS 6:30-8:30 pm**  
**1 Class Resident \$19/Non-resident \$24 Instructor: Abbas Danesh**

## 405 Required Minimum Distributions Planning & Taxes & Fees in Retirement

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

**Tuesday 5/9 Waterford HS 6:30-8:30 pm or Monday 4/24 NLSTMHS**  
**6:30-8:30 pm or Wednesday 5/3 Montville HS 6:30-8:30 pm 1 Class**  
 Resident \$19/Non-resident \$24 Instructor: Abbas Danesh



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

Do you have a digital camera you are not sure how to use or do not understand it? This class will instruct you on the basics of how the camera functions, the correct setup, and the camera menus. Our focus is to help you gain experience and understanding on how to use it to its maximum advantage. You'll leave with a stronger foundation and confidence when using your camera. Please bring your camera and charged batteries to every class, a willingness to learn, and we will help you get to a new level. Also bring your laptop to one of the classes to download your photos when notified.



**Monday 3/13 6:00-8:30 pm NLSTMHS or Tuesday 3/14 Waterford HS 6:00-8:30 pm**  
**8 Classes Resident \$139/Non-Resident \$144 Instructor: Lee Palombo & Gregg Jacobson**

**501****Business of Photography**

This exciting course introduces you to the basic and most important steps on how to set up your business for photography. Although the course is designed to concentrate on photography, it also applies to any small business endeavor. Doing your critical research and making the right decisions early on will save you from future anxiety and headaches. Learn how to set yourself up for success immediately. This course covers topics such as creating your website, business card, logo, marketing, licenses and permits, business entity choices and so much more!

**Monday 1/23 6:00-9:00 pm or**

**Thursday 3/30 6:00-9:00 pm**

**NL Adult Education 1 Class**

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

**Instructor: Ronald Zincone**

**502****Basic Astrophotography**

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

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

**Wednesday 2/15 6:00-9:00 pm NL Adult Education 1 Class**  
**Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

**505****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.

**Wednesday 2/22 6:00-9:00 pm NL Adult Education 1 Class**  
**Resident \$29/Non-Resident \$34 Instructor: R. Zincone**

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

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

**Thursday 2/23 6:00-9:00 pm NL Adult Education or**

**Thursday 4/6 NL Adult Education 1 Class**

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

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

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

**Tuesday 2/28 6:00-9:00 pm NL Adult Education or**

**Monday 4/17 NL Adult Education 1 Class**

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

**506****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.

**Thursday 1/26 6:00-9:00 pm or Tuesday 4/4 6:00-9:00 pm**

**NL Adult Education 1 Class Resident \$44/Non-Resident \$49**

**Instructor: Ronald Zincone**

**507****Impressionism - The Influence of Photography**

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

**Thursday 3/9 6:00-9:00 pm NL Adult Education 1 Class**  
**Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone**



**600**

## **PhotoShop Design**

Learn the basics of making creative 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, flyers, digital collages, and artwork. Some art/photo and general computer experience is recommended.

**Tuesday 1/17 4:00-6:30 pm NL Adult Education 8 Classes**

**Resident \$129/Non-Resident \$134**

**Instructor: Ethan Cash**



**601**

## **Introducción a Windows en Español**

Venga a aprender los conceptos básicos del uso de su computadora con Windows. Los estudiantes obtendrán una base del funcionamiento del sistema Windows y obtendrán habilidades que se pueden utilizar en el lugar de trabajo. Conozca los componentes de su computadora y cómo usarlos; cómo guardar y organizar sus archivos; usar múltiples mecanismos del sistema operativo; usar el internet y mucho más..

**Saturday 3/18 9:00 am -12:00 pm NL Adult Education 8 Classes**

**Resident \$129/Non-Resident \$134**

**Instructor: Miguel Luna**

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## **Ed2Go Online Technology Programs**

**These Technology Programs are OnLine Only**

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

### **Accounting with Excel 2016 Suite**

**Instructor Led \$395**

Master the skills and develop the knowledge you need to increase your financial awareness, while taking your Excel skills to add time-saving functions to your repertoire. 96 Course Hrs

### **Getting Started with Google Workspace Instructor Led \$139**

More and more businesses are switching to Google Workspace for their business documents and communications. In this course, you will get experience with nine great Google apps for business and personal use, including Gmail, Docs, Sheets, and Slides, and learn how they all work together in a seamless suite. 6 Weeks Access / 24 Course Hrs

### **Intermediate Microsoft Excel 2016 Instructor Led \$125**

Harness the power of Excel and become a master user of this powerful program. This hands-on course will provide skills using charts, graphs, PivotTables, Slicers, Sparklines, AutoFilter, macros, and other advanced Microsoft Excel 2016 functions. 6 Weeks Access / 24 Course Hrs.

### **Creating Web Pages**

**Instructor Led \$125**

Learn the basics of HTML as you design, create, and post your very own website. This course will help you plan the content, structure, and layout of your website, create neatly formatted text, build links, and add color, graphics, and tables, as well as understand no-cost web marketing strategies and SEO. 6 Weeks Access / 24 Course Hrs

### **Understanding the Cloud**

**Instructor Led \$125**

Learn everything you need to understand cloud computing. This course explores how the cloud works, what drives it, why it is so popular, and what it can do for you. 6 Weeks Access/24 Course Hrs

### **Introduction to PC Security**

**Instructor Led \$125**

Learn why you're at risk and what you can do to protect your precious personal and business data from the outside world. In this course, a security expert will teach you the fundamentals of PC and network security as you learn to install and configure a firewall to build an impenetrable moat around your computer or network. 6 Weeks Access / 24 Course Hrs

### **Introduction to Cybersecurity Self-Paced \$115**

The need for skilled cybersecurity professionals continues to grow year over year, making it a great time to enter this in-demand industry. In this video-based learning course, you will learn fundamentals of cybersecurity such as concepts, commands, and tools from an experienced professional through lectures and follow-along demonstrations. You will also learn about cloud computing, networking, cybersecurity policy, and frameworks, as well as risk management and security auditing in a 100% online, self-paced training format. By the completion of your course, you will have a firm understanding of cybersecurity foundations, including key concepts and best practices. 3 Months Access/ 8 Course Hours





**700****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.

**Monday 4/3 6:30-9:30 pm One class – Live-OnLine**  
**Resident \$59/Non-Resident \$64**

**702****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+.

**Tuesday 4/4 6:30-9:00 pm One Class – Live-OnLine Resident \$59/Non-Resident \$64**

**703****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 3/14 5:30-8:30 pm**  
**NL Adult Education**  
**6 Classes**  
**Resident \$109/Non-Resident \$114**  
**Instructor: Doc Frazier**

**701****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 3/14 6:30-8:30 pm 6 Classes Waterford HS**  
**Resident \$114/Non-Resident \$119**  
**Instructor: Don Cash**

## 800

### Spanish for the Beginner – Old Lyme MS

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 3/16 6:00-8:00 pm 8 Classes Old Lyme MS**  
Resident \$119/Non-Resident \$124 Instructor: Nely Montoya

## 801

### 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 3/14 4:00-6:00 pm NL Adult Education 8 Classes**  
Resident \$119/Non-Resident \$124 Instructor: Nancy Vega

## 802

### Spanish for the Beginner – Waterford HS

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

**Tuesday 3/14 7:00-9:00 pm Waterford HS 8 Classes**  
Resident \$119/Non-Resident \$124 Instructor: Nancy Vega

## 803

### Spanish II – NLAE

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.

**Wednesday 3/15 6:00-8:00 pm NL Adult Education 8 Classes**  
Resident \$84/Non-resident \$89 Instructor: Nely Montoya

## 804

### Spanish II

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

**Saturday 2/18 11:00 am-12:30 pm NL Adult Education 10 Classes**  
Resident \$89/Non-resident \$94 Instructor: Cris Aguilar

## 807

### Beginning American Sign Language

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

**Monday 3/13 6:00-9:00 pm 8 Classes**  
New London STMHS Resident \$154/  
Non-Resident \$159 Instructor: Donna Haggerty

## 808

### Beginning American Sign Language

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

**Tuesday 3/14 6:00-8:00 pm 8 Classes Waterford HS or**  
**Thursday 3/16 6:00-8:00 pm 8 Classes Old Lyme MS**  
Resident \$134/Non-Resident \$139 Instructor: Shaleen Barrett

## 809

### Advanced ASL

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

**Tuesday 3/14 Waterford HS or**  
**Thursday 3/16 NL Adult Education**  
8 Classes 6:00-9:00 pm  
Resident \$154/Non-Resident \$159  
Instructor: Donna Haggerty



## 805

### German for the Beginner

Experience a new language. Learn the basics of German.

**Wednesday 3/15 4:30-6:00 pm NL Adult Education 8 Classes**  
Resident \$79/Non-resident \$84 Instructor: Arabelle Vandersloot

## 806

### French for the Beginner

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

**Thursday 3/16 6:00-8:00 pm NL Adult Education 8 Classes**  
Resident \$119/Non-Resident \$124 Instructor: Judy Telemaque



**900**

## **Humor Writing for TV, Film & Prose**

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

**Monday 3/13 6:00-8:00 pm pm NL Adult Ed 6 Classes**  
**Resident \$74/Non-resident \$79 Instructor: David Iscoe**

**901**

## **Comedy Writing & Performance**

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

**Tuesday 3/14 6:00-8:00 pm pm NL Adult Ed 6 Classes**  
**Resident \$74/Non-resident \$79 Instructor: David Iscoe**

**902**

## **Tell Me About Tox!**

Learn about the Tox Brewing Company's craft beers and the brewing process. Tasting is included.

**Date/Time & Cost**  
**TBD – Check our website in late January for more information**



**904**

## **The Spirituality of Aging**

This is a Live-OnLine book exploration and creative expression opportunity, featuring *The Gift of Years- Growing Older Gracefully*, by Joan Chittister. This 6-week program will include readings, discussion and reflection, and simple creative art experiences to bring out the inner artist in everyone as they explore the gift of aging. Presented by retreat facilitator, expressive arts educator, and Seastar Wellness Studio Director, Patricia Chaffee. Participants need to purchase their own book, available at Amazon or local bookstores. Zoom link will be sent following registration. Registration Deadline February 1

**Monday 2/6-3/13 6:00-7:30 pm 6 Classes Live-OnLine**  
**Resident \$95/Non-resident \$105**  
**Instructor: Patricia Chaffee**

**903**

## **Winter Renewal Retreat**

Embrace the new year in the winter warmth of your own home during this Live- OnLine small group, retreat. Experience the nourishing, creative, comforting practices of easy meditation, journaling and reflection on the new year as we craft a vision board for 2023. Expressive art educator, spiritual director and Seastar Wellness Studio Director, Patricia Chaffee will be your guide during this opportunity for respite and renewal. A simple supplies list and Zoom link will be sent upon registration. Registration Deadline January 16.

**Saturday 1/21 9:00 am - 1:00-pm Live-OnLine 1 Class**  
**Resident \$65/Non-resident \$74**  
**Instructor: Patricia Chaffee**

**905**

## **Haiku-Doodle**

Explore this minimalist poetry process that is ideal for anyone uncertain of their gifts as a poet or artist as we doodle powerful images in response to our written Haiku. Bring colored pencils, gel pens, markers, a little bling, etc, and a small journal or sketch book. One can be provided with advance notice. Presented by award-winning writer, expressive arts educator, and Seastar Wellness Studio Director, Patricia Chaffee. A Zoom link will be sent following registration Registration Deadline March 27.

**Monday 4/3 10:00 am - 12:00 pm 1 Class Live-OnLine**  
**Resident \$45/Non-resident \$54**  
**Instructor: Patricia Chaffee**

**1000**

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

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

**Tuesday 5/9 6:00-8:00 pm NL Adult Ed 1 Class**  
**Resident \$84/Non-resident \$89**  
**Instructor: Emergency Training Services**



# FITNESS & HEALTH



## 1102

### G's Fitness Strength Training

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

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

## 1103

### G's Small Group Training

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

**Unlimited Sessions within a 4-week period**  
**Sessions conducted at G's Fitness and Nutrition, Waterford**  
**Classes meet at these times:**  
6:00 am or 7:30 am  
8:00 am or 11:00 am  
12:00 pm or 1:00 pm or 5:00 pm  
**Monday through Friday 2/1 or 3/1 6:00 pm**  
**Resident \$130/Non-Resident \$135**

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



## 1100

### All Levels Mindful Flow Yoga

This class is a mindful flow class incorporating breath, stretching, and movement allowing you to practice at your level of movement. Yoga increases your mobility, strength, and overall well being. Join us on the mat!

**Wednesday 2/1 9:15-10:15 am 4 Classes Resident \$54/Non-resident \$59**  
**Instructor: Deb Novack Red Barn Yoga, 52 Blood St, Lyme**

## 1101

### All Levels Morning Yoga

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

**Tuesdays 1/10 9:15-10:30 am 3 Classes Resident \$39/Non-resident \$44**  
**Instructor: Joanie Fisler Red Barn Yoga, 52 Blood St, Lyme**



## 1104

### Beginner Yoga

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

**Saturday 1/14 10:00-11:45 am or 2/11, or 3/11 Two Classes each session**  
**Resident \$49/Non-resident \$54**  
**Instructor: Grace Osora Erhart Red Barn Yoga, 52 Blood St, Lyme**





## 1105 A Month of Yoga

Unlimited classes at Red Barn Yoga for the month of January 15 to February 15. We offer Beginner Yoga, Moderate and All-Level Classes and Power Yoga. Our schedule includes classes every morning with two on Saturdays and Tuesdays.

Classes will be held at Red Barn Yoga at 52 Blood St. in Lyme. You can choose classes from the following classes:

**Sunday/Monday - Yoga for Everybody 9:15 am**

**Tuesday - All Levels Vinyasa 9:15 am**

**Tuesday /Thursday- 8am Morning Express 8:15**

**Wednesday - Mindful Flow 9:15 am**

**Friday - Peaceful Practice 9:15 am**

**Saturday - Rise Up Vinyasa 8:00 am**

**Saturday - Beginner Yoga 10:00 am**

**Resident \$120/Non-resident \$125**

## 1107 Arise Power Yoga - Saturday Mornings

This energizing Saturday morning yoga class is for students who have practiced yoga before and want a challenge. You will increase strength, flexibility and endurance. Students are encouraged to take breaks as needed and bring a mat, water and a towel. 8-9 am on three Saturday mornings. All classes are available on Zoom and in the case of snow that prevents driving, class will be held on Zoom. Classes will be held at Red Barn Yoga at 52 Blood St. in Lyme.

**Saturday 1/14 8:00-9:00 am 3 classes or**

**Saturday 2/4 8:00-9:00 am 3 classes**

**Resident \$39/Non-resident \$44 Instructor: Lori Wallace**

## 1108 Valentines Date Night

This gentle partner yoga is about fun and connection. We will do some Thai Yoga Massage, which is a partner yoga that involves relaxing restorative shapes and gentle massage. Partners will experience relaxing, easily accessible shapes. The 45-minute class is appropriate for people of all levels of flexibility. This is an experience for anyone to enjoy. Love is love and we welcome couples of all orientations. Bring a yoga mat. Registration is per couple. Space is limited.

**Tuesday 2/14 7:00-8:00 pm**

**Red Barn Yoga**

**Resident \$59/Non-resident \$64**

*Congratulations  
to Ann Corcoran,  
Valentina Torres &  
Margaret Tumicki  
our Spring 2022  
Find the Lighthouse winners.*



## 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 logo).

## 1109

### Belly Dancing, Level 1 (all ages)

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

**Tuesday 4/25 7:00-8:00 pm NL Adult Education 6 Classes**  
**Resident \$59/Non-Resident \$64 Instructor: Arabelle Vandersloot**



## 1110

### Belly Dancing, Level 1 (50 years+)

Did you ever want to learn the fascination of Belly Dancing? It doesn't matter, how old you are - This class is for students 50 years of age and older. Belly dancing is good for all ages and is fun!! It involves isolating and strengthening the muscles, and improves your posture, your mind and spirit! At the end of every class we will be able to perform a little fun choreography! Comfortable clothing is recommended!

**Tuesday 4/25 5:30-6:30 pm NL Adult Education 6 Classes Resident \$59/Non-Resident \$64 Instructor: Arabelle Vandersloot**



## 1111

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

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

**Saturday 4/8 9:00 am - 1:00 pm NL Adult Education 1 Class**  
**Resident \$49/Non-resident \$54**  
**Instructors: Frank Dawson & Jennifer Thornell**

## 1112

### 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 4/17 6:30-7:30 pm 8 Classes**  
**NL Adult Education**  
**Resident \$114/Non-Resident \$119**  
**Instructor: Yuehua**

## 1113

### 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 4/17 7:35-8:35 pm 8 Classes**  
**NL Adult Education**  
**Resident \$114/Non-Resident \$119**  
**Instructor: Yuehua**





**2000****Horseback Riding: Beginning**

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

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

**Tuesday 2/14 6:00-7:00 pm or**

**Thursday 2/16 6:00-7:00 pm 6 Classes**

**Outback Stables**

**Resident \$155/Non-Resident \$160**

**2001****Horseback Riding: Advanced**

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

**Wednesday 2/15 6:00-7:00 pm 6 Classes**

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



Babe - Outback Stables

**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.

**Monday 4/10 10:00-11:00 am or 6:00-7:00 pm or Wed. 4/12 10:00-11:00 am or 6:00-7:00 pm or**

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

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

**2005****Golf for Ladies Only**

This class is for women who want to learn the art of golf. Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. Each lesson is one hour. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students. 5 Classes

**Tuesday 5/2 10:00-11:00 am or 6:00-7:00 pm or**

**Thursday 5/4 10:00-11:00 am or 6:00-7:00 pm or**

**Thursday 8/31 10:00-11:00 am or 6:00-7:00 pm or**

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

**2003****4-Day Youth Golf Clinics  
Ages 7-15**

Learn to play golf & have some fun. Class size is limited to 12 students. The clinics are held at Elmridge Golf Course, 229 Elmridge Road, Pawcatuck Monday thru Thursdays.

**6/19-22 8:00-11:00 am**

**6/26-29 8:00-11:00 am**

**7/3-6 8:00-11:00 am**

**7/10-13 8:00-11:00 am**

**7/17-20 8:00-11:00 am**

**7/24-27 8:00-11:00 am**

**8/7-10 8:00-11:00 am**

**8/14-17 8:00-11:00 am**

**8/21-24 8:00-11:00 am**

**Resident \$440/Non-Resident \$445**

**(cost includes range balls & green fees)**

**Instructor: Chris Hedden**

**2004****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 4/15 11:00 am - 12:00 pm or**

**Saturday 6/10 11:00-12:00 pm or**

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

**Great Brook Driving Range**

**Resident \$175/Non-Resident \$180**

**Instructor: Christopher Hedden**



## 3000

### Intro to Pasta!

Learn the basics of making your own pasta. Linguine, Gnocchi and Ravioli are on the menu for these classes. Bring an apron and take-home containers to class. All materials included in the class.

**Tuesday 3/14 5:30-8:00 pm**

**Waterford HS or**

**Tuesday 4/18 5:30-8:00 pm**

**NL Adult Education**

**3 Classes**

**Resident \$84/**

**Non-resident \$89**

**Instructor:**

**Kay Ellen Bernardo**



## 3001

### Dinner Rush

Short on time? This class offers home-cooked meals that can be made in a snap for the busy person or family! Class is taught by a certified personal chef.

**Monday 3/20 6:00-8:00 pm Zoom-OnLine**

**3 Classes Resident \$79/Non-resident \$84 Instructor: Erika Gradecki**

## 3002

### Dessert Decorations

Take your desserts to the next level with these simple edible decorations. Chocolate ice cream bowls for starters. All materials are included in the class.

**Saturday 4/22 9:00-12:00 pm NL Adult Education 1 Class**

**Resident \$34/Non-resident \$39**

**Instructor: Meg Lemar**

## 3004

### Cake Decorating 101

Learn a skill that will keep you sweet... Icings, Designs, Materials and Planning the perfect cake. Discover simple and easy ways to cake decorating. Learn new decorating techniques, develop new skills/tricks, learn your decorating tools in a fun exciting way.

**Monday 3/13 6:00-8:00 pm**

**NLSTMHS 7 Classes**

**Resident \$84/Non-resident \$89**

**Instructor: Altigracia Reyes**



## 3003

### Easter Gingerbread Cookie

Just in time for a fresh Easter cookie. Come enjoy making these cute 5x7 inch cookies for your holiday dessert table or even dinner table decoration. We will make the dough, roll out, cut, bake, and decorate these cookies.

All materials are included in the class.

**Tuesday 4/4 5:30-8:30 pm Waterford HS or**

**Saturday 4/8 9:00-12:00 pm NL Adult Education 1 Class**

**Resident \$34/Non-resident \$39**

**Instructor: Meg Lemar**



## 3005

### Chocolate Barks

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

**Tuesday 3/14 5:30-8:30 pm**

**Waterford HS or**

**Saturday 3/18 9:00 am -12:00 pm NL Adult Education 1 Class**

**Resident \$34/Non-resident \$39 Instructor: Meg Lemar**



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

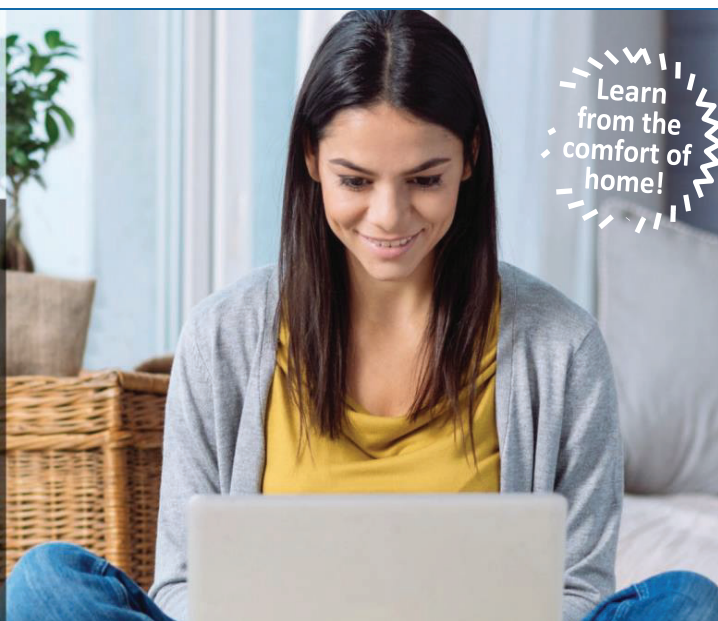


# New London Adult & Continuing Education

Learn  
from the  
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home!

## OnLine Learning

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### ONLINE CAREER TRAINING PROGRAMS

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

- 6-18 Month Format
- Prepare for certification
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- **Arts and Design**
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- **Construction and Trades**
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- **Information Technology**

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

- 6 Week Format
- Monthly start sessions
- Discussion Areas
- Expert Instructor

Categories Include:

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- **Business**
- **College Readiness**
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- **Design and Composition**
- **Healthcare and Medical**
- **Language and Arts**
- **Personal Development**
- **Teaching and Education**
- **Technology**

Visit our website to find a course!

[ed2go.com/newlondonadult/](http://ed2go.com/newlondonadult/)



## Statue of Liberty & Ellis Island Museums

Sunday May 21 • \$118 Adult/\$107 Child

Reserved ferry ticket includes entry to the Ellis Island Immigration Museum, the Statue of Liberty Museum & audio guides for both Islands. Ferry departs from Liberty Park, NJ and stops at Ellis Island and Statue of Liberty Island. Visit to 9/11 Teardrop Memorial in Bayonne. A Friendship Tours Tour Director will help you navigate this day. Depart Shaws Cove Three at 7:00 am.



## 9/11 Museum at the World Trade Center Site

Saturday April 29 • \$125pp

Multimedia displays, artifacts, and narratives commemorate the lives of each & every victim of both the 2001 & 1993 attacks. The Museum's 110,000 square feet of exhibition space is located in the archaeological heart of the World Trade Center site. Time on your own at the Brookfield Place mall. Depart Shaw's Cove Three at 8:00 am.



## The Breakers & Green Animals Topiary Garden

Newport Rhode Island

Saturday, July 15 • \$128pp



Explore The Breakers - the grandest of Newport's summer "cottages" and a symbol of the Vanderbilt family's social and financial preeminence in turn of the century America. Self-guided audio tour is included. Enjoy lunch at a local RI Restaurant. We'll visit the Green Animals Topiary Garden in Portsmouth, RI overlooking Narragansett Bay - the oldest topiary garden in the U.S. overlooking Narragansett Bay. Depart Shaw's Cove Three at 9:00 am



## Friesians of Majesty

Sunday June 25 • \$142pp

*Friesians of Majesty is the only Friesian farm in North America devoted exclusively to a majestic breed of jet-black horses from the Netherlands.*

Marvel at a Choreographed Musical Show performed in an impressive arena by these elegant Friesians! Tour the European style stables and meet these gentle and friendly horses. Enjoy a lunch of classic New England fare en route in Brattleboro, VT. Visit Kringle Candle. Depart Shaw's Cove Three at 7:30 am.



## **Toronto Blue Jays vs New York Yankees** **Saturday May 13**

Cheer on the Blue Jays or Yankees. Transportation to Yankee Stadium on gameday, hot dog, drink and gift from the New York Yankees. Seats in Section 129. Departure time and cost will be posted on our website in March 2023.



## **Charles Riverboat Cruise & The Cheesecake Factory** **Sunday August 27 • \$127pp**

Narrated Sightseeing Cruise on the legendary Charles River. Highlights: sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats & rowers ... and much more. The Cheesecake Factory is known for its upscale casual dining, lavish decor, and high energy atmosphere. Enjoy a fabulous lunch!

**Menu:** choice of entree, beverage, dive into Original, Chocolate Mousse or Dulce de Leche Caramel Cheesecake. Depart Shaw's Cove Three at 9:00 am



## **The Bronx Zoo**

**Sunday May 7 • \$113 Adult/\$106 Child**

Come and experience life on the wild side! Hailed as America's largest urban zoo. Total Experience Pass includes: Full Admission, Zoo Shuttle, Wild Asia Monorail, Conga Gorilla Forest, Butterfly Garden, Jungle World, Bug Carousel & Tiger Mountain. Depart Shaw's Cove Three at 7:30 am.

## **Jack-O-Lantern Spectacular – Providence RI** **Sunday, October 29 • \$95pp**

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

## **Made in Vermont** **Saturday October 14 • \$127pp**

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



## **Covered Bridges of New Hampshire** **Thursday, September 21 • \$125pp**

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

**Check our website & the Fall 2023 Catalog for these and more day trips**

Radio City Rockettes Christmas Spectacular Date TBD  
Stocking Stuffer - NEW in Rhode Island December 16



# OVERNIGHT TOURS

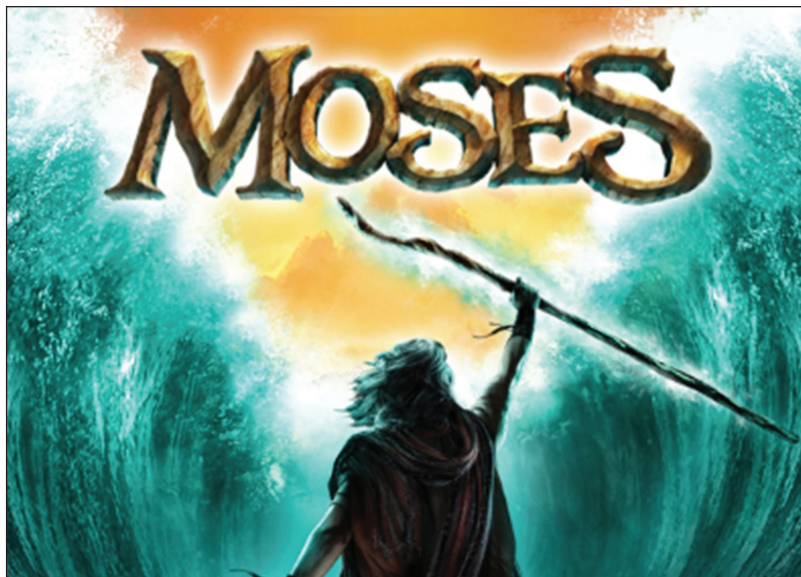


## **Washington DC** April 14-17

Visit our beautiful capital on the Potomac River during Cherry Blossom Time. Enjoy 3 nights at the Hilton Crystal City. See the famous memorials highlighting the new Eisenhower Memorial, Vietnam & Korean War Memorials, FDR, WWI Memorial, World War II Memorial and the Martin Luther King Jr. National Memorial – a must see! Free time in the afternoon at Smithsonian. After dinner enjoy our Washington-By-Night tour. Visit the new National Museum of the United States Army. Spend the afternoon on the National Mall for another afternoon at your leisure. Dinner on your own at the National Harbor. The Waterfront District has a variety of restaurants and shops to choose from. Visit Arlington National Cemetery aboard the tour mobile to see the grounds with stops at the grave of JFK and his brothers, Robert & Ted, and the Tomb of the Unknown Soldier. Deposit \$300pp by January 20. Cost \$842pp dbl / \$1,172 single

## **Saratoga** August 9-10

Horsepower in the Flesh & Steel. Experience the “Sport of Kings” at the oldest Horse Racing Track in America. Spend the day at the Saratoga Racecourse and watch some of America’s best Thoroughbreds race around the track. Enjoy a guided tour of the Saratoga Automobile Museum and learn the history of the many automobiles they have on display. Spend some time in downtown Saratoga to round out this tour. Deposit \$150 by May 17. Cost \$399pp dbl / \$479 single



## **MOSES – Sight & Sound Theatre** June 7-9

Moses at the Sight & Sound Theatre is an incredible show. From the banks of the Nile River to the depths of the Red Sea, MOSES is a spectacular entertainment experience for the whole family! This tour is jammed packed with so much for everyone. Enjoy “Elvis: The Musical” at the Dutch Apple Theater, Tour the Amish Countryside and the shops, take a bus tour through Hershey and stop at the Wind Creek Bethlehem Casino for lunch or a little gambling on your way home. Deposit \$150 by March 15. Cost: \$628pp dbl / \$758 single



*\*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.*



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

Visit to Hershey Chocolate World where you can ride the animated tram to learn the chocolate making process and shop the gift shops for those stocking stuffers. Spend 2 nights at the Hershey Lodge. It has high post and beam ceilings, exposed stonework, and a roaring 4-sided fireplace in the gracious lobby. Welcome dinner marks our arrival before riding through Hershey Sweet Lights. Sit back and relax while viewing 2 miles of over a million sparkling lights and 600 enchanting animated displays. Visit the Hershey Gardens. The Conservatory features a year round indoor Butterfly Atrium with hundreds of tropical and North American butterflies. Visit the Hershey Story Museum. We head to Sight & Sound Theatre in Lancaster in the afternoon to experience the “Miracle of Christmas.” Go back in time and witness the greatest birth in history. Be surrounded by the bustling village of Bethlehem. Visit Byers Choice, see incredible displays of famous Caroler figurines, watch the artisans creating, painting and costuming. Explore Peddlers Village, beautifully decorated Victorian-style, with fruit wreaths and greenery – lovely for strolling and visiting their many shops and restaurants. Head for home with warm holiday memories.



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

## America's Cowboy Country September 15-22, 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. *Cost from \$3,729pp dbl*

### America's Cowboy Country Presentation

**March 16th 5:00pm at NLAE, Three Shaw's Cove**

## The Northern Lights of Finland March 7-14, 2024

### Experience It! The Northern Lights

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

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

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

**The Northern Lights of Finland Presentation**  
**July 27, 3:00pm at NLAE Three Shaw's Cove**





# FLY TOURS & CRUISES

## **Spotlight on the French Riviera** May 2-10, 2024

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

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

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

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

## **Spotlight on the French Riviera Presentation May 25 5:00pm at NLAE Three Shaw's Cove**

### **Columbia & Snake Rivers on the American Empress**

Sept 10-18, 2023 Private Veranda Stateroom \$5,398pp twin

Follow in the footsteps of Lewis & Clark, embrace dramatic scenery and relive the daring exploits of frontiersmen and adventurers. We invite you to experience the serenity of wilderness in the Pacific Northwest aboard the American Empress. The Columbia and Snake Rivers are flowing passageways to rare ventures. Come find your inner explorer with the Ship Shop on this amazing journey!

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

**1 Nt Spokane WA w/Sightseeing Tour \* Clarkston, WA \* Richland, WA \* The Dalles, OR \* Stevenson, WA \* Astoria, OR \* Vancouver, WA**

\* Transportation to Bradley Airport \* Flights to / from Bradley \* 1 Nt in Spokane with Breakfast & Premium Tour \* Port Charges

\* Unlimited Beverage Package Included—Beer, Wine, Spirits, etc \* Cappuccino, Espresso, bottled water & soft drinks

\* Hop on Hop off Tours in each port \* Entertainment \* Lectures by the Riverlorian \* Award winning cuisine & gracious service

### **Greece, Italy & France Cruise on Celebrity Apex**

Oct 25-Nov 23, 2023 • Cost from \$3,582pp twin

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

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

**Highlights...** Flight to Athens, Mykonos Greece, Santorini Greece, Valletta Malta, Rome, Florence/Pisa, Nice, Provence & Barcelona

\* 10 Nts aboard the spectacular APEX \* All Meals onboard - 4 Main Dining Rooms

Daily Activities & Casino \* Wide Variety of Nightly Entertainment \* Full Service Spa and Fitness Center \* Port Charges & Government Fees

### **Christmas & New Years Cruise from New York**

Dec 21-Jan 2, 2024 • Cost from \$2,066pp twin

Spend the Holidays cruising to the sunny Caribbean! Dive into the best of paradise on Norwegian Getaway. Build your first ever pink sandcastle in Bermuda at Horseshoe Bay Beach, tour the dramatic Crystal Caves or top your best score with a round at the country's famous Port Royal Golf Course. Then slow things down, way down, in St. John's as you take a sea taxi to expansive beaches for a dip in the warm waters or simply to recline on the sand with your favorite beverage in hand. Unwind on a scenic catamaran ride in St. Thomas while sailing to Turtle Cove and snorkel with green sea turtles. In Puerto Plata, uncover the local history at the 16th century Fortaleza San Felipe or snorkel among colorful coral reefs off of Dorado Beach. Choose one of these fabulous optional shore excursions or sit back and relax and enjoy your wonderful ship!

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

**Highlights...** Bermuda, San Juan, St Maarten, Antigua, St. Thomas, Tortola, Puerto Plata Transportation to NY pier, 12 nights aboard the NCL Gateway, All meals onboard & Spectacular Entertainment

**For all Cruising Questions and Reservations please call Donna or Barbara at 1-800-243-1630**

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



# 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
<b>PAYMENT REQUIRED WITH REGISTRATION</b>			<b>Processing fee only when using a Credit Card - \$2.00</b>
<b>Total Due</b>			

Method of Payment:

☐ Visa
 ☐ MasterCard
 ☐ Discover
 ☐ American Express

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

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

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



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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
<b>PAYMENT REQUIRED WITH REGISTRATION</b>		<b>Processing fee only when using a Credit Card - \$2.00</b>
<b>Total Due</b>		

Method of Payment:

☐ Visa
 ☐ MasterCard
 ☐ Discover
 ☐ American Express

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

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



**NEW LONDON**  
ADULT & CONTINUING EDUCATION

## New London Adult & Continuing Education

Three Shaw's Cove  
New London, Connecticut 06320

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