

SPRING 2026

# New London

## Adult & Continuing Education

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

Dear Friends:

At New London Adult and Continuing Education, imagine what you can achieve!



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

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

U.S. Citizenship classes prepare immigrants for the U.S. Citizen test. The Transitions Program assists our adult learners with career exploration, training, and college preparatory classes. The Integrated Basic Education and Skills Training Program offers workforce education in areas that match local demand. Counseling staff is available to guide and assist you in choosing the program that best meets your educational needs. Our Even Start – Two Generation program is a comprehensive family literacy program that serves the entire family through adult education, a NAEYC accredited early childhood education, parenting education, interactive literacy, and home visits.

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

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

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

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

Sincerely,

*Denise Spellman*

Denise Spellman  
Director

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

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

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

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

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

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

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

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

# Office Information

## New London Adult Education

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

## New London Office Hours

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

## • 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 1..... New Years Day  
January 6..... Three Kings Day  
January 19 ..... Martin Luther King Jr Day  
February 16-17 ..... Presidents Day Break  
April 3 ..... Good Friday  
April 13-17 ..... Spring Break  
May 25 ..... Memorial Day  
June 19 ..... Juneteenth Day

## Program Start Dates

January 12, 2026

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

January 12 ..... CNA Evening Training  
January 17 ..... EMT Training  
February 2 ..... Phlebotomy  
March 4 ..... Bartending  
March 10 ..... Serv Safe Training  
March 22 ..... Security Guard Card

Enrichment Classes begin  
the week of March 2

Content Editor: Dawn Merriman  
Cover Photo: Lee Palombo  
Catalog Design: Ed Murphy

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



## Find our Hidden 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 [merrimand@newlondon.org](mailto:merrimand@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)*

**Drawing Date is April 13<sup>th</sup>.**

# DISCLAIMERS

## Non-Discrimination

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

## General Accessibility and Accommodations

All activities offered by New London Adult & Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Printed materials (e.g. brochure/handbook/newsletter) are available in alternate formats (e.g. large print, audio, Braille) upon request. For assistance, please contact Karen O'Connell at (860)437-2385.

## General Educational Development (GED) Test Accommodations

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

## No Charge for Materials for Mandated Courses

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

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

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

## 5 WAYS TO REGISTER FOR CLASSES & TRIPS

### WEBSITE

[newlondonadulted.org](http://newlondonadulted.org)  
Visa, MasterCard, American Express or Discover

### MAIL

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

### IN PERSON

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

### PHONE

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

### FAX

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

860-437-2385

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# Your Career

AT NEW LONDON ADULT AND CONTINUING EDUCATION

**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)

**Class meets Monday & Thursday starting 1/17-4/23 6:00-9:30 pm & Saturday 8:00 am-4:00 pm**  
**14 weeks NREMT Practical Exam 4/25 NL Adult Education**

**Class meets Monday & Thursday starting 6/15-7/30 6:00-9:30 pm & Saturday 8:00 am-4:00 pm**  
**14 weeks NREMT Practical Exam 8/1 NL Adult Education**

**Resident/Non-resident \$1,300 WIOA Approved & approved for VA Educational Benefits**  
**Instructor: Emergency Training Services**



**101**

## **Phlebotomy**

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

**Monday 2/2 online Mon-Fri 5:30-7:30 pm in person Monday 4/6 online, Mon-Fri 5:30-7:30 pm in person**  
**The Foundry Resident/Non-resident \$1599 WIOA Approved**

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

# Begins Here

**102**

## **Certified Nursing Assistant Training**

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

**Prerequisites:** Prior to attending the class, the student must have the following: Proof of being 18 years or older prior to the practical application portion of the class, Social Security Number, current seasonal flu vaccine (Oct 1- Mar 30), COVID vaccine, clearance from Medical Doctor to be able to lift 50 pounds and proof of Negative TB results read within the last 6 months from the class begin date, active email account and advanced level English proficiency. High School completion or equivalent may be required for employment in this field. **The State of Connecticut requires 100 mandatory hours of training with instructor.** Any questions, please contact the instructor prior to class start.



**Resident/Non-resident \$1,200 WIOA Approved & approved for VA Educational Benefits (Fee includes tuition, textbook, uniform, and State of CT Prometric exam)**

**1/12-2/28 Monday/Wednesday Evening 5–9 pm and Saturday 8 am–4 pm 8 weeks NL Adult Education or 3/16-5/9 Monday/Wednesday Evening 5–9 pm and Saturday 8 am–4 pm 8 weeks NL Adult Education**

**Additional CNA dates will be added. Please check our website ([www.newlondonadulthood.org](http://www.newlondonadulthood.org)) for updates.**

**103**

## **Clinical Medical Assistant Program**

This highly flexible learning program will provide students with the necessary skills and training to work in today's industry. In this hybrid, guided course students will complete the necessary 460 clinical hours to obtain certification and exam preparation. Learning is focused on Medical Terminology, Anatomy and Physiology, Vital Signs and practical skills. With special consideration for target learning, students will have the benefits of building self-reliance. This program encourages students to self-test for understanding. Students are instructed by positive reinforcement from educators, who have a proven track record of success. With a placed emphasis in practical use which fosters a solid understanding of a working environment within a physician's office, hospitals and clinics. This structured curriculum incorporates all aspects for the NHA certification exam.



**Prerequisites:** High School Diploma or GED, basic computer skills, and a working computer.

**Mon 2/2 OnLine Portion / In person Classroom Mon – Fri 5:30–7:30 pm The Foundry, 66 Franklin St, Norwich Resident/Non-resident \$5999**

**105**

## **EKG Technician Certification**

This course will teach students practical skills in a hands-on setting. With a focus on how to apply, monitor and measure electrocardiography tests in a flexible, hybrid learning environment. Additionally, students will learn basic vital signs, performing

rapid response procedures, set up for Holter Monitors, and provide the results to the physician for interpretation. Students will be required to complete 44 clinical hours with at least 10 EKG's on live individuals.

**Prerequisites:** High School Diploma or GED, basic computer skills, and a working computer.

**Mon 3/2 – OnLine Portion / In person 5:30–7:30 pm The Foundry, 66 Franklin St, Norwich, Resident/Non-resident \$1599**

**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. Additional fees are required with application.

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 3/7, 8:00 am–3:00 pm, or Saturday 4/11 8:00 am–3:00 pm or Saturday 5/9 8:00 am–3:00 pm, 1 class NL Adult Education Resident \$150/Non-resident \$155 Instructor: Louis J. Bonito**



## 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 3/4 6:00–9:00 pm 5 Weeks NL Adult Education**  
Resident \$250/Non-resident \$255 Instructor: Paul Rich

## 109 ServSafe

The ServSafe program was created by leaders in the Foodservice Industry to promote food safety. Ledge Light Health District, which promotes healthy communities in all 90 establishments in New London County, requires 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 3/10 5:30 pm- 8:00 pm, 4 Weeks WHS**  
**Saturday 3/14 Spanish ServSafe 9 am -3PM 1 class NL**  
Resident \$195/Non-resident \$200 Instructor: Amarilys Saluk, CDM,CFPP

## 107 SMART Certification for Alcohol Servers

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

**Wednesday 3/4 6:00–9:00 pm One class only NL Adult Education**  
Resident \$55/Non-resident \$60 Instructor: Paul Rich



## 108 Real Estate Principles and Practices

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

**Monday 1/12 5:30-8:30 pm In-Person and Zoom**  
**132 Boston Post Road #11, East Lyme**  
Resident \$575/Non-resident \$580 Instructor: Cadema Education Assoc.

## 110 Introduction to Voice-Over

Have you ever been told that you have a great voice? This exciting introduction will explore numerous aspects of voice-over work from audio books to advertisements and beyond. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors.



**Wednesday 3/4 or 4/29 6:30-8:00 pm**  
**12 students max**  
Live-Online class Resident \$19/Non-resident \$24

**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 Pastel Techniques Workshop

This workshop is a great introduction to materials and techniques to get you started working in pastels. This versatile medium uses both drawing and painting methods. With the vibrancy of pure pigment,



pastels create painterly images. In this workshop we will explore mark-making practices and pastel painting fundamentals as well as advanced methods to create our own work. This workshop is for anyone wanting to explore

and create a medium that has so many possibilities. No prior art training is necessary. \$10 materials fee.

**Saturday 3/14 10:00 am–3:00 pm NL Adult Education 1 Class**  
**Resident \$59/Non-resident \$64 Instructor: Laura LoTurco-Gorian**

## 201 Painting Bamboo Workshop

Learn the art of Sumi-e a traditional Japanese painting style. Please bring these materials that are required for the class: paper towels, water container, palette, newspaper and a cloth to clean brushes. All other materials are supplied for class time use.



**Sat. 3/7 10:00 am–Noon 1 class NL Adult Ed**  
**Resident \$54/Non-resident \$59 Instructor: Silvana Ten**

## 202 Painting Orchids Workshop

Learn the art of Sumi-e a traditional Japanese painting style. Please bring these materials that are required for the class: paper towels, water container, palette, newspaper and a cloth to clean brushes. All other materials are supplied for class time use.

**Sat. 3/14 10:00–12:00 pm 1 class NL Adult Education**  
**Resident \$54/Non-resident \$59 Instructor: Silvana Ten**

## 203 Italic Calligraphy Basics

Students will learn the basics of Italic calligraphy and ways to personalize their writings with accents and flourishes. A felt tip pen will be provided, however, students may purchase and bring with them a Speedball Calligraphy fountain pen to practice with as well.

**Thursday, 4/16 6:00–8:00 pm NL Adult Education 6:00–8:00 pm 1 class**

**Saturday, 6/6 10:00 am–Noon NL Adult Education 1 class**

**Resident \$49/Non-Resident \$54 Instructor: Suzanne Haulotte**

## 204 Pastel Techniques Class

Come draw with the versatile medium of pastel. With the vibrancy of pure pigment, pastels create painterly images through drawing techniques. In this class, we will explore mark-making practices and pastel painting fundamentals as well as advanced methods to create our own work. This class is for anyone wanting to explore and create with a medium that has so many possibilities. No prior art training is necessary. This class is also great for those who want an expanded version of the workshop, covering more techniques.

**Tuesday 3/24- 4/21 6:00-8:00 pm Fitch High School 5 Classes**  
**Resident \$90/Non-resident \$95 Instructor: Laura LoTurco-Gorian**

## 205 Cleaning the Clutter for More Clarity

Start the new year with a fresh perspective. Inspired by *The Cost of Clutter* by Monica J. Jenkins, this five-week workshop helps you clear mental and physical clutter so you can focus on what truly matters for 2026.

Through guided reflection, group discussion, and practical tools, you'll learn how to define your vision, identify your values, and create habits that lead to greater peace and clarity. Each session offers simple strategies for living with more intention and less overwhelm. Leave with your own Personal Clarity Guide to support a lighter, more focused year ahead.

**Saturday 1/17 10AM–11:30 AM 5 classes NL Adult Education**  
**Resident \$89/Non-resident \$94 Instructor: Monica Jenkins**



## 206 Watercolor for Relaxation

Take some time and relax learning the art of watercolor. Material list is available online & with registration.

**Friday 3/6 1:00–3:00 pm 6 classes NL Adult Education or**

**Tuesday 3/3 6:00–8:00 pm 6 classes Waterford HS Waterford HS or**

**Thursday 3/5 6:00–8:00 pm Old Lyme MS 6 classes**

**Resident \$89/Non-resident \$94 Instructor: Silvana Ten**



## 207 Shellabration – Decoupage

Whether you're a seasoned crafter or trying decoupage for the first time, come celebrate the season with Simply Shells and bring a touch of coastal magic to your holidays.

**Thursday 5/14 6:00–7:30 pm NL Adult Ed 1 Class**  
**Resident \$39/Non-resident \$44 Instructor: Tammy Algar**



## 208 Creative Cutting: Cricut Art & Design

Unlock the full potential of your Cricut machine in this hands-on class designed for beginners and experienced crafters alike! Learn how to design, cut, and create stunning personalized projects using vinyl, paper, fabric, and more. From custom home décor and gifts to intricate paper crafts and iron-on designs, this class will guide you through essential techniques, tips, and creative tricks. Material list is online with registration.

**Wednesday 3/11, 3/18, 3/25 6:00–8pm 6:00–8:00 pm NL Adult Education**  
**Resident \$54/Non-resident \$59 Instructor: Brooke Brackett**

## 209 Creative Cutting: Cricut Art & Design Part 2

Take your Cricut skills to the next level in Part Two of Creative Cutting! This class is designed for those who already have some experience with their Cricut and are ready to dive deeper into more advanced techniques. Learn how to create detailed sticker designs, and experiment with specialty materials like heat-transfer vinyl and adhesive foil. We'll also explore more advanced features in Cricut Design Space to help you customize projects with precision and bring your creative visions to life.

**Wednesday 4/22, 4/29, 5/6 7:00–8:30 pm NL Adult Education**  
**Resident \$54/Non-resident \$59 Instructor: Brooke Brackett**

## 210 Amazing U-Pick Peonies

Come to our little farm in Lyme to pick a bouquet of 10 fragrant, farm-fresh peonies. When you arrive, we will teach you how to harvest peonies and how to obtain a long vase life. We will wrap up your peonies and foliage for you in a kraft paper sleeve to take home and enjoy. Come and enjoy our 400 peony plants at the farm! We have clippers to borrow. Please bring a container to take your flowers home. We only postpone for thunder and lightening storms, so dress for the weather.

**Tuesday 6/2 11am – Noon Thursday 6/4 11am – Noon**  
**Saturday 6/6 11am – Noon Saturday 6/6 Noon – 1pm**  
**Monday 6/8 11am – Noon Monday 6/8 Noon – 1pm**  
**1 Session Resident \$54/Non-resident \$59**  
**Best Buds Flower Farm, 52 Blood St, Lyme**



## 211 Arranging Peonies Workshop

Gather peonies and other spring flowers from the field and learn how to arrange in a vase. No experience necessary. Joanie will start with a tour of what's blooming and how to harvest, and then a demo. We will help you get a result you will love or you can roam free and create on your own! Dress for the weather, including a hat, wear sturdy shoes and bring a water bottle. We supply everything you'll need to create your arrangement including vases, flowers, greenery and clippers to borrow.

**Tuesday 6/9 4–6pm Or Saturday 6/13 1–3pm 1 class**  
**Resident \$79/Non-resident \$84**  
**Best Buds Flower Farm 52 Blood St, Lyme**

## 212 The Joy of Movies

Rick Gipstein continues our popular film appreciation series. It will focus on viewing and discussing movies of various genres, including some obscure ones you may not have seen. The course venue is the BP Learned mini theater, which has a large screen and comfortable seats. If you love films, you'll love this course. The movie list will be posted on the NLAE website.

**Wednesdays 3/11, 3/18, 3/25, 4/8, 4/22, 4/29, and 5/6 6:00–9:00 pm 7 classes**  
**BP Learned Theater, 40 Shaw St, New London**  
**Resident \$99/Non-resident \$104**  
**Instructor: Rick Gipstein**



## 213 Zentangle Stars

Students will learn Zentangle designs and create dimensional stars using black ink, colored pencils, and/or colored markers. Heavy card stock will be provided to 'score' and create incredible 3-D effect Zentangle stars. All supplies are provided by instructor; there is a \$10 materials fee per student which can be paid at class.



**Tuesday 3/10 6-7:30 pm New London Adult Ed**  
Resident \$34/Non-resident \$39 Instructor: Heather McNeil

## 214 Zentangle Magic Mushroom

Using designs from the Zentangle method, students will learn how to create botanical designs on Zentangle 'tiles' Using watercolors and black ink, students will create a botanical artwork highlighting our fungi-friends. Students will receive ample materials to create 1-2 projects. All supplies provided by instructor; there is a \$10 materials fee per student.

**Monday 3/30 6:00-7:30 pm 1 Class New London Adult Ed**  
Resident \$34/Non-resident \$39  
Instructor: Heather McNeil

## 215 Zentangle Smooth Gems

Create Zentangle smooth gems using black ink, Zentangle tiles and colored pencils. In this class, students will learn how to make shiny gemstones using a special technique with only colored pencils! Using some of the designs from Zentangle 101 and new designs, students will have ample materials to finish 1 project in class and take another home to do. All supplies will be provided and there is a \$12 materials fee per student which can be paid at class.

**Thursday 5/14 5:30-7:30 pm 1 Class New London Adult Ed**  
Resident \$34/Non-resident \$39  
Instructor: Heather McNeil

## 217 Beginner and Refresher Knitting

Get those fingers moving and learn the simple basics of casting on, knit and purl, binding off, reading a pattern and perhaps a few simple stitches to get you going on a fun project.

Materials required for the class: Pair size 9 or 10 inch (bamboo or wood), Knitting needles (old style metal is ok too), And one skein of DK yarn worsted weight yarn not wool or fuzzy yarn)

**Tuesday 5/5 12:30-2:30 pm 4 classes NL Adult Education**  
Resident \$79/Non-resident \$84 Instructor: Susan Fine

## 218 Summer Knitting

This will be a Basic Knitting class. Students will learn how to Knit and Pearl, how to bind off, and how to do Cable designs. Students will learn how to Knit a blanket, an afghan and/or a shawl. Students can bring any size of Knitting needles and the thread preferred will be Acrylic or Wool.

**Monday 7/6 or Wednesday 7/8 1:00-2:30 pm 6 classes**  
NL Adult Education Resident \$104/Non-resident \$109  
Instructor: Judy Telemaque

## 219 Beginner Crochet Evening

Take a class in crochet and learn basic crochet steps such as single crochet, double crochet and triple crochet. Choose to make a project such as a shawl, blanket, or afghan and more.

**Material List:** needle sizes 2.75mm or 3.25mm for cotton thread and 3.75mm to 4.5mm for acrylic or wool thread and stitch markers/crochet markers and small scissors.

**Thursday 2/19 6:30-8:30 pm 10 classes Friday 2/20 1:30-3:30 pm,**  
10 classes NL Adult Education Resident \$104/Non-resident \$109  
Instructor: Judy Telemaque

## 220 Summer Crochet

Take a class in crochet and learn basic crochet steps such as single crochet, double crochet and triple crochet. Choose to make a project such as a shawl, blanket, or afghan and more. **Material List:** needle sizes 2.75mm or 3.25mm for cotton thread and 3.75mm to 4.5mm for acrylic or wool thread and stitch markers/crochet markers and small scissors.

**Tuesday 6/9 1:00-2:30 pm 6 classes NL Adult Education**  
Resident \$104/Non-resident \$109 Instructor: Judy Telemaque



## 216 Mixed-Media Creative Journaling Workshop

We will explore the creative process and the ability to combine multiple materials and techniques to create compelling imagery behind our stories-and the marriage between words and images. The process of image making through drawing, painting and collage allows everyone the ability to give form to their imagination, while creative writing gives voice to your ideas and memories. These works can often be autobiographical, as well as imaginary, whimsical or serious. We will cultivate your individual voices through the written word and a personal vision working with art mediums. We'll be working in a journal format so that you can keep adding to your story long after the workshop has ended. There is a \$10 materials fee.

**Saturday 4/18 10:00 am-3:00 pm NL Adult Education 1 Class Resident \$59/Non-resident \$64 Instructor: Laura LoTurco-Gorian**

## 221 Intro to Cold Soap

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 and equipment, including a hand-out with reputable supplier information, to take with you. You will take home 2 pounds of soap.



Please come with a bag to take your project home, an apron, closed-toe shoes, and long sleeves.

**Saturday 3/7 8:30–11:30 am 1 class NL Adult Education**  
Resident \$89/Non-resident \$94 Instructor: Lenora Alcee

## 222 Advanced Cold Process Soap Making

In this class we build on the basics learned in the intro class and learn how to use alternative liquids in soap making. You will learn the Kaleidoscope/pull Through technique.

**Saturday 3/14 8:30–11:30 am 1 classes NL Adult Education**  
Resident \$99/Non-resident \$104 Instructor: Lenora Alcee

## 223 Candle and Wax Melts

In this class, we will learn how to safely create beautifully scented candles using coconut wax and novelty wax melts using soy wax blend and candle wax colorants.

**Saturday 4/4 8:30–11:30 am 1 class NL Adult Education**  
Resident \$84/Non-resident \$89 Instructor: Lenora Alcee

## 224 Express & De-Stress: Healing Through Art

Unwind, explore, and reconnect with your creativity in Express & De-Stress: Healing Through Art. This therapeutic art class is designed to help you release stress, quiet your mind, and express emotions through painting, drawing, and mixed media techniques. With a focus on mindfulness and self-expression, you'll experiment with colors, textures, and freeform creativity. No prior art experience needed.

**Wednesday 3/11, 3/18, 3/25 6:00–8 pm NL Adult Education**  
Resident \$54/Non-resident \$59 Instructor: Brooke Bracket

## 229 Color Theory for Painters

In this course, learn how to improve and expand your understanding of color as it applies to painting. This is a comprehensive painting class including drawing, techniques and composition with an emphasis on color theory. We will work from a variety of references, including still-life set ups, photo references, and sketchbooks. Each week we will produce a different completed study painting. Work in your choice of media (watercolor, acrylic, mixed-media, pastel) \*Note: Due to room constraints, traditional oils require special handling. Please contact instructor prior to class for protocols.

**Friday 1/23 10:00 am–1:00 pm 6 classes NL Adult Education**  
Resident \$174/Non-resident \$179 Instructor: Sue Cash

*For any questions, contact the instructor at [susanstruck.art@gmail.com](mailto:susanstruck.art@gmail.com). Materials options are listed online.*

## 225 Reiki Level One

Reiki, pronounced (Ray Key), is an ancient Japanese healing art used for stress reduction, relaxation and promotes healing. Each student will be attuned to Usui Reiki & Angelic Reiki Level One. You will learn the history of Reiki, how to use Reiki for yourself and to assist others, meet your Guide, and much more. After the class is completed, you will receive a certificate as a Level One Reiki Practitioner. \$15 Materials Fee paid to the instructor.

**Thursday 4/9 6:00–8:00 pm 4 classes NL Adult Education**  
Resident \$120/Non-resident \$125 Instructor: April Damato

## 226 Meditation for Everyone

Spend an hour learning about and practicing different meditation techniques. Meditating is a scientifically proven method for improving health and well-being. This class will give a broad outlook and basic understanding for why and how it works.

**Monday 4/20 1:00–2:00 pm 10 weeks NL Adult Education**  
Resident \$44/Non-resident \$49 Instructor: Andrea Team

## 227 Gel Printing

This class is a nice introduction to print making. You will learn printing techniques using a Gel print plate. Gel printing is a fun layering process. It's quick and beginner friendly. Artist apply a thin layer of paint using a brayer. Stencils and textures are applied, then the image is lifted off the plate (transferred) to paper. Material list available at first class.

**Thursday 4/2 1:30–4:00 pm 6 weeks NL Adult Education**  
Resident \$95/Non-resident \$99 Instructor: Andrea Team

## 228 Introduction to Basketry

Beginners and advanced beginners will learn to weave a flat-reed, multi-purpose basket measuring 7 inches long, 5 1/2 inches wide and 5 inches high. Two handles are added to both ends of the basket. Intermediate weavers will be introduced to additional embellishment options to add to their basket. Material fee of \$15 paid to the instructor at the class.

**Saturday 4/4 9:00 am–3:00 pm or Saturday 4/11 9:00–3:00 pm**  
NL Adult Ed 1 Class Resident \$59/Non-resident \$64 Instructor: Nancy Kalos



## 230 Creating with Clay

Explore the possibilities of hand-building with ceramic clay.\* We will work in a variety of construction methods, including basic pinch, slab, and coil techniques to create both functional ware and sculpture. All work will be fired and glazed on site. \$25 Materials/Lab fee includes clay, glaze and firing paid to the instructor day of. \*Note: This course does NOT include the use of potter's wheels.

**Monday 1/26 2:30 – 5:30 pm 6 classes NL Adult Education**  
Resident \$174/Non-resident \$179 Instructor: Sue Cash

### 231 Felting Class Level 1

Come and enjoy the magical and enchanting art of needle felting where you will use special needles and to create shapes and designs from whisks of wool to create sculptures.

**Saturday 3/7 or 3/14 or 3/21 or 3/28, 10:00 am–12:00 pm NL Adult 1 Class Saturday 4/4 or 4/11 or 4/18 or 4/25, 10:00 am–12:00 pm Resident \$44/Non-resident \$49 Instructor: Donna Corna**



### 232 Felting Basics

Learn essential wool sculpting methods, including dividing fibers, drafting, and forming ribbons. Practice wrapping animal legs and toes, and discover how to work with wire to create strong, detailed armatures. Perfect for beginners and those refining their needle felting skills.

**Saturday 4/4 or ,4/11 or 4/18 or 4/25, 10:00 am-12:00 pm NL Adult Education 1 Class Resident \$44/Non-resident \$49 Instructor: Donna Corna**



## PERSONAL GROWTH

### 300 Let's Build a Resume

In this class you will be helped to create your personalized resume, a cover letter, and a resume portfolio to aid you on your search. The instructor, who has been in Human Resources for 20 years, will discuss the most important aspects of the job search process, including employment law. Specific ways to best answer job interview questions will also be addressed, with mock interviews held. Guest speakers who are experts in the field will be invited to speak on these topics and more.

**Thursday 3/5 7:00–9:00 pm NL Adult Ed 8 Classes Resident \$89/Non-resident \$94 Instructor: Lisa Paterno**



### 301 Whispers from Heaven

This class/event helps you to experience the energy and messages that come through in a psychic mediumship reading. This is not a taught class but an opportunity to be read in a smaller setting.

**Friday 3/6 1:00–3:00 pm 1 Class or Wed. 4/1 6:00–8:00 pm 1 Class or Friday 5/1 1:00–3:00 pm 1 Class NL Adult Education Resident \$39/Non-Resident \$44 Instructor: Patricia Griffin**



### 302 Demystifying the Legal System in Connecticut

In this course we will explore an overview of the legal system, learn the nuts and bolts of procedural law and about navigating the court system in the state of Connecticut. We will discover why the system is necessarily complex in some ways and straightforward in others.

**Tuesday 3/3 6:00-7:30 pm WHS 6 Classes Resident \$155/Non-resident \$159 Instructor: Lisa Terenzio**

### 303 The People's Court: Small Claims Process Workshop

The process of small claims is fairly user friendly with a little bit of research and knowledge. Learn what actions can and can't be brought in small claims, the locations of the courts and see the forms that are used to help claimants and respondents pursue their rights.

**Tuesday 4/14 6:00-8:00 pm WHS Resident \$64/Non-resident \$69 Instructor: Lisa Terenzio One 2-hour workshop**

### 304 Freedom of Expression: The First Amendment and You

We hear a lot about people's first amendment rights but what is actually protected often differs from public perception. In this workshop, you will learn the text of the amendment as well as about some of the most relevant case law giving interpretation to the provision.

**Tuesday 4/21 6:00–8:00 pm WHS One 2-hour workshop Resident \$64/Non-resident \$69 Instructor: Lisa Terenzio**

### 304 Connecting with Your Intuition

We will learn about what intuition is, how we receive our inner guidance and what to do with it. In a world where things are ever changing, the one constant is your connection to your intuition. Come prepared to learn just how powerful you can become when you know how to use your inner compass. Now is the time to develop it, connect to it and use it in your daily life. There will be a discussion, meditation and opportunities to experience how intuition works in your life.

**Wednesday 3/11 6:00–8:00 pm classes NL Adult Education Resident \$45/Non-resident \$49 Instructor: April Damato**



## 400 Estate Planning

Avoid leaving your loved ones behind without an Estate Plan. Give your heirs peace of mind and prevent potential conflicts. Come and learn more at this group presentation, and take the guess work out of some of the most important decisions affecting your Estate.

**Thursday 4/16 6:00 pm OLMS Tuesday 4/21 6:00-8:00 pm Waterford HS**  
**Tuesday 4/28 6:00-8:00 pm Fitch HS 1 Class**  
**Resident \$14/Non-resident \$19 Instructor: Abbas Danesh**

## 401 Social Security Planning

This informative presentation covers the basics of Social Security and reveals strategies for maximizing your benefits.

**Monday 3/16 or Tuesday 4/7 or**  
**Wed. 5/13 6:30-8:30 pm Live-Online**  
**Resident \$19/Non-Resident \$24**  
**Instructor: Charles Yannich**



## 402 Retirement & Tax Planning

This educational event will cover the basics of Required Minimum Distributions and Tax planning to optimize your after-tax income. Let's make sure you are in the driver's seat and IRS in the trunk.

**Tuesday 3/3 6:00-8:00 pm Waterford HS or Tuesday 3/10 6:00-8:00 pm Fitch HS**  
**Thursday 3/12 6:00-8:00 pm OLMS 1 Class Resident \$14/Non-resident \$19**  
**Instructor: Abbas Danesh**

## 403 Avoiding Common Investing Errors: Understanding Behavioral and Practical Pitfalls

Investing can be a valuable way to build wealth—but it's also easy to make mistakes that can hinder your progress. This class explores some of the most common investing pitfalls, offering practical insights to help you make more informed and disciplined financial decisions.

**Tuesday/Thursday 2/3 & 2/5 6:30-8:30 pm**  
**Tuesday/Thursday 3/3 & 3/5 6:30-8:30 pm**  
**Two Session 90 min New London Adult Education**  
**Resident \$15/Non-Resident \$19 Instructor: Marc Lowe CFP**

**10** NEW LONDON ADULT EDUCATION

## 404 The 3 Most Dangerous Trends Affecting Today's Retirees

Retirement today isn't what it used to be—and for many, that means facing a new set of risks that weren't on the radar a generation ago. In this eye-opening class, we'll take a deep dive into the three most dangerous trends currently impacting retirees and pre-retirees alike. These include financial, economic, and lifestyle shifts that could derail even the best-laid retirement plans. Perfect for individuals and couples who want to stay ahead of the curve and retire with confidence.

**Thursday 2/26 or Tuesday 3/24 6:30-8:30 pm**  
**One Session 90 min New London Adult Education**  
**Resident \$15/Non-Resident \$19 Instructor: Marc Lowe CFP**

## 405 Medicare & Long-Term Care: 2025 Updates and Planning Strategies

Navigating Medicare and long-term care can be complex, but understanding your options is essential for making informed decisions about your health



and financial future. In this course, we'll explore the latest updates to Medicare for 2025, including changes that may impact your coverage, costs, and benefits. You'll learn how to take full advantage of what Medicare offers, as well as identify potential gaps in coverage. We'll also take an in-depth look at long-term care options—from home care to assisted living and nursing homes—and examine practical strategies for planning and paying for these expenses. This class is ideal for adults approaching retirement, caregivers, and anyone seeking clarity around Medicare and long-term care planning.

**Tuesday 2/17 & 2/19 or 3/10 & 3/12 6:30-8:30 pm**  
**Two Session 90 min New London Adult Education**  
**Resident \$15/Non-Resident \$19 Instructor: Marc Lowe CFP**

## 406 Start Your Own YouTube Channel

Create and launch your YouTube channel in four weeks! Discover your purpose, craft your channel name, produce your first video, and post it confidently. Bring a laptop if you have one. Computers will be available for use.

**Saturday 3/7 8:30-11:30 am NL Adult Education 5 Classes**  
**Resident \$74/Non-Resident \$79 Instructor: NubiYah Taylor**



## Make an Investment in Your Future

Earn your High School Diploma or GED at New London Adult & Continuing Education

## 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. Be prepared to bring your laptop to one of the classes to download your photos when notified.

**Tuesday 3/3 6:00–8:00 pm 8 classes Waterford HS Resident \$144/Non-Resident \$149 Instructor: Lee Palombo & Gregg Jacobson**

## 501 Photo Composition 1

This class will teach you about composing your pictures and guide you in finding your style. Are you a portrait photographer, do you like food photography, sports, maybe pets are where you are at. Landscape and lines to guide you? Are you a method photographer or are you flexible? Let us spend some time focusing on where you want to photograph. We go on field trips around the area to practice and discuss photo editing. Bring your cameras & charged batteries to each class.

**Saturday 3/7-4/4, 5 classes 10:00 am–noon NL Adult Ed**

## 502 Photo Composition II

**Saturdays 1/17/2026, 1/24/2026, 1/31/2026 – 2/7/2026, 2/14/2026 NL Adult Education 5 Classes**

**Resident \$84/Non-Resident \$89  
Instructors: Lee Palombo & Gregg Jacobson**

## 503 Smartphone Photography



This class is dedicated to help you understanding how to use your smartphone photography, how to create great images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essential controls on your phone along with the best free and low-cost tools for editing and image.

**Thursday 2/26,3/5, 3/12, 5:30-7:00 pm**

**Thursday 4/2, 4/9, 4/16, 7:30-9:00 pm**

**Online using Zoom 3 Classes Resident \$64/Non-Resident \$69  
Instructor: Steve McGrath**

## 504 Digital Photography for Newbies

Here's a chance to learn from an expert in this seminar for beginners. Have your camera ready and learn when and how to use its special features – such as program mode, manual mode, aperture priority and shutter priority.

**Thursday 4/2, 4/9, 4/16,4/23, 4/30 from 5:30–7:00 pm  
Online using Zoom 3 Classes Resident \$84/Non-Resident \$89  
Instructor: Steve McGrath**



Lee Palombo

## 505 Digital Photo 2 Intermediate

This class we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. Take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.

**Thursday 2/19, 2/26, 3/5, 3/12, 3/19 Thursday 5/7,5/14, 5/21, 5/28**

**5:30–7:00 pm Online using Zoom 5 Classes  
Resident \$84/Non-Resident \$89 Instructor: Steve McGrath**

## 506 Portrait & Pet Photography

Learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

**Thursday 2/5, 2/12, 2/19 7:30–9:00 pm Online using Zoom 3 Classes  
Resident \$74/Non-Resident \$79 Instructor: Steve McGrath**

# LANGUAGE

## 600 Spanish for the Beginner

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 3/10 4:00–6:00 pm NL Adult Education or Tuesday 3/10 6:30–8:30 pm Waterford HS 8 Classes Resident \$119/Non-Resident \$124 Instructor: Nancy Vega**

## 601 Spanish 2

Continue your Spanish studies with Nancy Vega. The class will begin where Spanish for the Beginner ended. Cost of the text is \$30 if you do not have the textbook from the previous class.

**Thursday 3/12 4:00–6:00 pm or Thursday 3/12 6:30–8:30 pm NL Adult Education 8 Classes Resident \$89/Non-Resident \$94 Instructor: Nancy Vega**

## 602 German I

Experience a new language. Learn basic German in a fast & fun way. Textbook is included.

**Tuesday 3/10 5:30–7:00 pm NL Adult Education 8 Classes Resident \$114/Non-resident \$119 Instructor: Arabelle Vandersloot**

## 603 German II & III

This German combination class is going to integrate language skills (speaking, listening, reading, writing) with cultural content, focusing on communicative competence at an intermediate level. Cost of the text is \$30.

**Wednesday 3/4 7:30–9:00 pm NL Adult Education 8 Classes Resident \$99/Non-resident \$104 Instructor: Arabelle Vandersloot**

## 604 Beginning American Sign Language



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

**Tuesday 3/3 5:30–8:30 pm Waterford HS 8 Classes**

**Resident \$154/Non-Resident \$159 Instructor: Donna Haggerty**

## 605 Advanced ASL

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

**Monday 3/2 NL Adult Education 8 Classes 6:00–9:00 pm Resident \$154/Non-Resident \$159 Instructor: Donna Haggerty**

## 606 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.

**Saturday 3/7 12:30–2:30 pm 11 weeks NL Adult Ed SUMMER Session Thursday and Friday 7/9 10:00 am–12:00 pm 6 weeks Resident \$144/Non-Resident \$149 Instructor: Judy Telemaque**

## 607 French 2

Continue your study of the French language. New Textbook is included in the cost of the class.

**Saturday 3/7 8:30–10:00 am 11 weeks NL Adult Education Summer Session Thursday and Friday 7/9 12:30–2:00 pm 6 weeks Resident \$144/Non-Resident \$149 Instructor: Judy Telemaque**

## 608 Developing French Conversation

This class is a continuation of developing your skills in the French language. It involves reading, interpreting and discussion. (Beginner French and French 2 are suggested).

**Saturday 3/7 10:30–12:00 pm 8 weeks NL Adult Education Resident \$144/Non-Resident \$149 Instructor: Judy Telemaque**

# TECHNOLOGY



## 700 MS WORD 101

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

**Thursdays and Fridays starting 2/5 12:30–2:30 pm at NL Adult Education 8 Classes Resident \$74/Non-Resident \$79 Instructor: Soufyane Ballouki**



## 701 MS EXCEL 101

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

**Thursdays and Fridays starting 2/5 12:30–2:30 pm at NL Adult Education 8 Classes Resident \$74/Non-Resident \$79 Instructor: Soufyane Ballouki**

If you are not comfortable using a computer or do not have basic computer skills, please enroll in the Computer Basics class to support you first. Once you complete that, you will be better prepared to take Excel or Word.



## 702 Beginner's Computers

Learn basic skills such as turning a computer on and off, using a mouse and keyboard, navigating the desktop, and using common programs.

**Thursday and Fridays starting 2/5 12:30–2:30 pm NL Adult Ed 8 Classes Resident \$94/ Non-Resident \$99 Instructor: Soufyane Ballouki**

## 800 Guitar for Beginners

We'll cover guitar fundamentals like tuning and caring for your instrument, strumming and picking techniques, basic and advanced chords, classic riffs and easy to play songs. Just bring your enthusiasm and your guitar!

**Tuesdays 3/3, 6:30–8:30 pm 6 Classes,  
New London Adult Ed Resident \$114/  
Non-Resident \$119 Instructor: Ethan Cash**



## 801 Get to Know Your Ukulele

A two-part workshop for those brand new to the ukulele. We'll learn tuning and a few basic chords to get you started!

**Saturday 3/7 and 3/14 10:00–11:30  
Saturday 3/28 and 4/4 10:00–11:30  
NL Adult Education 2 Classes  
Resident \$54/Non-Resident \$59  
Instructor: Amanda Kennedy**

## 802 Ukulele Slow Jam for Beginners

Learn to strum and sing with simple songs everyone knows and loves. Players brand new to ukulele should attend Get to Know Your Ukulele first.

**Mpnday 4/6 6:00–7:30 pm  
NL Adult Education 4 Classes  
Resident \$75/Non-Resident \$79  
Instructor: Amanda Kennedy**

## 803 Ukuleles by the Sea

We are a community group open to all levels of singing and strumming the ukulele.

**Mondays 2//2 2/16, 3/2, 3/16, 4/6, 4/20, 5/4,  
5/18, 5:30–7:30 pm 4-month registration  
New London Adult Education  
Resident \$15 non-resident \$19  
Instructors: Amanda Kennedy, Mary Randolph**

## 804 Beginner Ukulele

You will learn essential chording and strumming skills using familiar songs and you don't have to read music.

**On-line Wednesday 2/4 or 4/1 Tuesday 3/3 or  
4/28 On-line 6:00–7:30 pm 4 classes  
Resident \$74/Non-Resident \$79  
Instructor: Duncan Perry**

## 805 Learn to Play Conga

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 3/10 6:00–8:30 pm  
NL Adult Education 6 Classes  
Resident \$109/Non-Resident \$114  
Instructor: Doc Frazier**



## 806 Instant Guitar for Hopelessly Busy People

This crash course will teach you some basic chords and get you playing along with your favorite songs. The class includes an online book and online follow-up video lessons to continue your practice and study on your own. For ages 13+.

**Tuesdays 2/17, 3/3, 4/7, 5/12 6:30–9:00 pm  
One Class – Live-OnLine Zoom  
Resident \$64/Non-Resident \$69**



## 807 Instant Piano for Hopelessly Busy People

Learn to play piano the way professionals do—using chords. The course includes an online book and online follow up video lessons to continue your practice and study on your own. Course is partly lecture/demonstration and partly hands-on instruction.

**Mondays 2/16, 3/2, 4/6, 5/11 6:30–9:00 pm  
One class – Live-OnLine Zoom  
Resident \$64/Non-Resident \$69**

## 808 The Enjoyment of Music

Meet other music lovers and have fun as your emotions, mind, and body are moved by great music. Music is best enjoyed with others, so socializing and dancing will be welcomed and encouraged. We'll also have lively discussions about various types of popular music and the artists who make it. And some well known musicians from our region will stop by to talk about music and play for us a little.

**Tuesdays 3/10, 6:30–9:00 pm 7 classes, NLAE  
Resident \$79/Non-Resident \$84  
Instructor: Jack Greene**

## 900 All-Levels Beginner Yoga

No experience or flexibility needed for this gently paced class. Join us in an accepting community to learn about the practice of yoga. You will increase your flexibility & strength, while learning to breathe easily and calm your mind. We honor our bodies as they are and spend our energy creating better health. Bring a yoga mat.

**Saturdays 1/3, 1/10 10–11am Red Barn Yoga, 52 Blood St, Lyme**  
**Resident \$45 per session /Non-resident \$50**  
**Instructor: Anne Redfield**



## 901 All-Levels Therapeutic Yoga

Do you have difficulty moving or pain because of your back, neck, shoulders or hips? Yoga therapy is an evolving field which focuses on using evidence-based yogic practices in the treatment of specific health conditions. In a therapeutic yoga class, we craft a targeted and mindful practice to help release tension and stiffness from the entire body, especially the neck, shoulders and hips. This approach also allows for modifications to accommodate students with mobility issues, chronic illness or other concerns.

**Thursdays January 8, 15, 22, 29 1–2pm Red Barn Yoga, 52 Blood St, Lyme**  
**Resident \$75 per session /Non-resident \$80** Instructor: Lisa Terenzio

## 902 Tai Chi Qigong Baduanjin (8)

Tai Chi Qigong “Ba Duan Jin” is easy to learn and has many healthy fitness effects. Great exercise for everyone.

**Monday 3/9 5:35–6:35 pm 8 Classes NL Adult Education**  
**Resident \$114/Non-Resident \$119** Instructor: Yuehua

## 903 Tai Chi Level 1 (10 Form)

For centuries, millions from all ages have practiced Tai Chi daily. Practicing Tai Chi results in improved circulation, digestion, coordination, strength, and flexibility.

**Monday 3/9 6:30–7:30 pm 8 Classes NL Adult Education**  
**Resident \$114/Non-Resident \$119** Instructor: Yuehua

## 907 G’s Fitness Strength Training

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

**Unlimited Sessions within a 4-week period Monday – Friday**

**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**



## 904 Adult Beginner Ballet

This class is for adults who are new to ballet or dancers who are looking for a slower pace. Most of the class will consist of barre work, with some floor exercise afterward. No experience is necessary. The class will be tailored to the students’ experience. Please wear ballet attire or form-fitting activewear and ballet shoes or socks (no sticky socks).

**Wednesday 3/4 6:30–8:30 pm 8 Classes NL Adult Education**  
**Resident \$79/Non-Resident \$84** Instructor: Emily Semmelrock



## 905 Tae Kwon Do

Tae Kwon Do classes at New London Adult Education are fun, energetic, and a fantastic workout. Open to students of all ages, the class provides opportunities to improve fitness, learn new skills, and build confidence. Students learn in an environment that encourages teamwork, self-development, and safety. Students in this introductory class are welcome to wear a martial arts uniform or comfortable clothing. Dr. Brian Maguire has been practicing and teaching Tae Kwon Do for over four decades.

**Tuesday 3/10 5:30–6:30 pm NL Adult Education 8 classes**  
**Resident \$99/Non-resident \$104** Instructor: Dr. Brian Maguire

## 906 Morning Chair Yoga for all ages with music

Chair Yoga offers numerous benefits!

It helps increase range of motion in joints that may feel stiff due to aging. It helps improve flexibility, mobility and makes daily tasks easier. Also it makes lots of fun and supports physical, mental and emotional well being!



**Wednesday 3/4 10:30–11:30 am NL Adult Education 8 Classes**  
**Resident \$74/Non-Resident \$79** Instructor: Arabelle Vandersloot

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

**Unlimited Sessions within a 4-week period Monday – Friday**

**Sessions conducted at G’s Fitness and Nutrition, Waterford.**  
**Classes meet at these times:**

**6:00 am or 7:30 am or 8:00 am or 11:00 am**  
**12:00 pm or 1:00 pm or 5:00 pm or 6:00 pm**  
**Resident \$130/Non-Resident \$135**



**909**

**Pre Ballet for Child & Adult (3 to 5 years)**

This program is a wonderful introduction to the world of ballet, especially designed for children ages 3 to 5. Each of the basic ballet steps are associated with animal and flower characters that make it easy to remember ballet terminology. Comfortable clothing and slippers are recommended!

**Tuesday 3/3 5:00–6:00 pm NL Adult Education 8 Classes**  
**Resident \$69/Non-Resident \$74 Instructor: Arabelle Vandersloot**



**910**

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

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

**Thursday 3/5 6:15–7:15 pm NL Adult Education 8 Classes**  
**Resident \$69/Non-Resident \$74 Instructor: Arabelle Vandersloot**

**911**

**Belly Dancing II with Extra Flair (all ages)**

This class is designed for students, who want to improve their dynamic belly dance skills with an extra flair of ballet exercises. Whether at the barre or in the center, a wonderful combination to shape and tone the entire body. Comfortable clothing and slippers are recommended.

**Thursday 3/5 7:30–8:30 pm NL Adult Education 8 Classes**  
**Resident \$69/Non-Resident \$74 Instructor: Arabelle Vandersloot**

**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 3/31 6:00–9:00 pm**  
**NL Adult Education 1 Class**  
**Resident \$84/Non-resident \$89**  
**Instructor: Emergency Training Services**



**912**

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

(SAFE) Situational Awareness & Fundamental Empowerment is a one-day workshop for woman, that explores real world violence and offers a pragmatic approach to personal safety. This program examines predator behavior, promotes situational awareness, with a focus on practical self-defense skills. Our 4.5-hour workshop is both informative and empowering and geared towards all fitness levels. Program includes strong language and content and is generally not advised for those age 18 or under with out a female parent or guardian present. Please come in clothing suitable for physical activity. 8 seats max.



**Saturday 3/28 9:00 am -1:30 pm NL Adult Education 1 Class**  
**Resident \$49/Non-resident \$54**  
**Instructors: Frank Dawson & Jennifer Thornell**

**913**

**Personal Safety & Self Defense for Seniors**

As we age, our bodies become slower and weaker, which can make us a target for criminals. In fact, the rate of violent crime against people over 60 has increased over the last two decades. In (4) two-hour sessions, we focus on situational awareness and basic self-defense tactics. The class is geared for ages 60 and up. Age and physical limitations do not have to prevent you from learning how to protect yourself. Please come in gym attire suitable for physical activity.

**Thursday 3/5 10:00-12:00 pm – noon NL Adult Education**  
**4 classes Resident \$44/Non-resident \$49 Instructor: Frank Dawson**

**914**

**Stop the Bleed**

The purpose of the class is to make you better prepared to save lives if people nearby are severely bleeding. This class is done by raising awareness and teaching people how to learn three quick actions to control serious bleeding.



**Tuesday 3/10 6:00–8:00 pm NL Adult Education 1 Class**  
**Resident \$14/Non-resident \$19 Instructor: Emergency Training Services**

**915**

**CPR with AED & Standard First Aid**

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

**Tuesday 3/17 6:00–9:00 pm NL Adult Education 1 class**  
**Resident \$84/Non-resident \$89 Instructor: Emergency Training Services**



## 2000

### 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 4/6 10:00–11:00am or 6:00–7:00 pm**

**Wednesday 4/8 10:00–11:00 am or 6:00–7:00 pm 5 Classes Great Brook Driving Range  
Resident \$225/Non-Resident \$230 Instructor: Christopher Hedden**

## 2001

### 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

**Thursday 4/30 10:00–11:00 am or 6:00–7:00 pm**

**Tuesday 5/5 10:00–11:00 am or 6:00–7:00 pm 5 Classes Great Brook Driving Range  
Resident \$225/Non-Resident \$230 Instructor: Christopher Hedden**

## 2002

### 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 4/11 11:00 am–12:00 pm Saturday 6/6 11:00 am–12:00 pm Great Brook Driving Range Resident \$225/Non-Resident \$230  
Instructor: Christopher Hedden**

## Mark *June 22<sup>nd</sup>* on your calendar for the **35<sup>th</sup> Annual Scholarship Golf Tournament**



### *Great Neck Country Club*

Lamphere Road, Waterford

The cost of \$135 per golfer includes cart, light lunch, prizes, and buffet dinner at Langleys Restaurant.

*Fabulous prizes awarded  
for low gross, low net, long  
drive, and closest to pin!*

Contact Marcus Brucoli at 860-437-2385 or  
brucolim@newlondon.org for information.



*Raising funds to benefit deserving New London Adult Education students.*

### 3000 Pasta & More

Please join me as we make pasta with sauces. There is something for beginners and returning students alike. We will be combining skills of pasta making with sauces to sample at the end of class. As a group we will learn how to make pasta, and I will be demonstrating three different sauces which pair with each of the pastas perfectly. The menu for this session will include Spaghetti and pancetta and cherry tomato sauce, Gnocchi with Basil Pesto, Lemon Ricotta Ravioli and Brown Butter Sage Sauce. The classes will be three consecutive weeks concentrating on one pasta and one sauce each class. Don't forget your aprons and appetites for learning and sampling our pasta together! Bring containers to bring home your pasta!

**Tuesday 3/10 5:30-8:00 pm or Tuesday 3/24**  
**Waterford High School 3 Classes**  
**Resident \$109/Non-resident \$114**  
**Instructor: Kay Ellen Bernardo**



### 3001 Cooking for Health

Come learn some basic home cooking methods. Make delicious dishes and snacks that are healthy, nourishing and easy. Each class will feature a snack such as protein bars and brownies, hearty soup ideas, sauces for pasta, etc. Emphasis on balancing protein with veggies. Material fee (TBD) paid to the instructor.

**Friday 4/17 2:00-4:00 New London Adult Education 6 Classes**  
**Resident \$120/Non-resident \$125 Instructor: Andrea Team**

# Online Learning

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## ONLINE CAREER TRAINING PROGRAMS

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careertraining.ed2go.com/nlae

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

Visit our website to find a course!

ed2go.com/newlondonadult/



## Radio City Rockettes Christmas Spectacular

November 2026 date and price TBD

Experience America's favorite holiday tradition. Enjoy the Parade of the Wooden Soldiers, the living nativity scene and all the glory of the Rockettes from your orchestra seat for the 5:00 pm show. There will be plenty of time before the show to enjoy the sights of New York in the Holiday Season and grab some lunch before the show. Depart Shaw's Cove 3 at 9:30 am.

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

Sunday May 17 \$134 pp Adult, \$124 Child (5 – 16 years)

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. Brookfield Place is a stunning mall with modern upscale food court and beautiful Hudson River views. Plenty of choices for lunch in the building and within walking distance of the museum.



## New York Botanical Gardens

Saturday, June 27, 2026 , \$155pp

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



## Cruise aboard the Coastal Queen Newport Harbor

Saturday August 15 \$156 pp

Come aboard the Coastal Queen and view Newport Harbor and the East Passage of Narragansett Bay Up close on this narrated boat tour of the historic sites that surround beautiful Newport Harbor and the Jamestown shoreline. You will see Historic church steeples and forts, light houses, mega yachts and more. Upon arrival we will have lunch at the iconic Brick Alley Pub on Thames Street, a Newport landmark with the yellow and white striped awning. Time on Bowne's Wharf for shopping and browsing after our Harbor Cruise.



Find our Hidden lighthouse and be entered into a drawing for a \$50 NLAE gift certificate. Email the page number and location to [merrimand@newlondon.org](mailto:merrimand@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). The next drawing date is April 13<sup>th</sup>.*

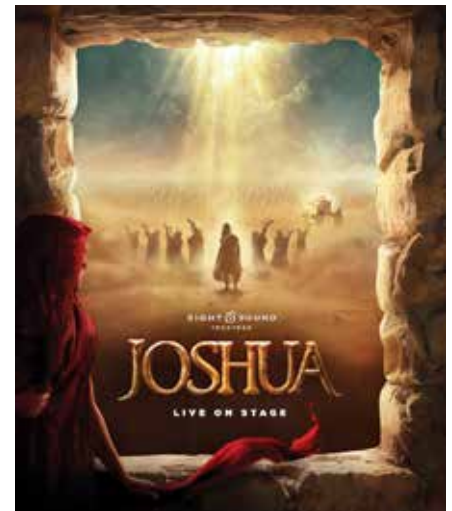
## Sight & Sound Theater Joshua, April 8-10, 2026

We depart via deluxe motorcoach for our tour to Lancaster, PA, the heart of the Amish Country. Two nights at the Comfort Suites Lancaster, featuring spacious guestrooms, indoor pool, fitness center. This evening prepare for a unique and truly memorable experience as we enjoy an authentic Amish dinner prepared by an Amish family. Enjoy their kind and gracious hospitality as the family serves you a delicious Penn Dutch feast.

Venture out onto the roads less traveled through the heart of the Amish farmlands. Enjoy picturesque scenery, see the pristine farms, visit an Amish Broom Shop and a Quilt Shop to chat about quilt making. Explore Kitchen Kettle Village with lunch on your own before taking our preferred reserved seats this afternoon at Sight & Sound Theatre for Joshua.

From the banks of the Jordan River to the towering walls of Jericho, Joshua is a miraculous adventure for the whole family. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. Smorgasbord dinner at Hershey Farm Restaurant. Before departing, step inside the world of old-fashioned craftsmanship at Seltzer's Smokehouse in Palmyra, PA.

**Cost:** \$709 double. Deposit \$150 per person by January 29<sup>th</sup>.



## National Parks and Historic Trains of the Colorado Rockies August 2026



Experience the majesty of the Colorado Rockies, three national parks and two historic trains that celebrate the can-do spirit of the Old West. Marvel at the steep, dramatic majesty of Black Canyon of the Gunnison National Park. Journey aboard the Pike's Peak Cog Railway, the world's highest cog railroad, for an 8.9-mile trip to the top of Pike's Peak. Climb aboard an 1881 steam train for a journey through the San Juan Mountains. Drive through the ancient culture of the Ancestral Puebloans at Mesa Verde National Park (UNESCO). Enjoy an authentic farm-to-table dinner on a 450-acre, family-owned ranch. From towering peaks to deep canyons and Old West

towns to dynamic cities, a region of contrasting beauty and charm awaits.

**Highlights ...** Rocky Mountain National Park, Colorado National Monument, Black Canyon of the Gunnison National Park, Durango & Silverton Narrow Gauge Railroad, Mesa Verde National Park (UNESCO), Pikes Peak Cog Railway

**Included in Price:** Round Trip Air from Logan Intl Airport, Air Taxes and Hotel Transfers, Accommodations, 12 Meals, 7 Breakfasts, 1 Lunch, 4 Dinners. Cost from \$3,928 pp double occupancy



## Wonders of Thailand November 2027

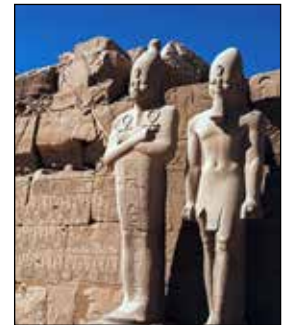
Delve into a land where bustling modern cities, ornate ancient temples, and stunning jungle beaches coexist. Discover the busy metropolitan roads of Bangkok by tuk tuk. Nosh on perfectly balanced street food. See intricate colored tiles and golden statues at Buddhist shrines. Explore the melting pot of culture and bright, eccentric Sino-Portuguese architecture in Phuket's Old Town. Relax at pure white sandy beaches overlooking turquoise waters beside verdant green jungles. Uncover the beautifully balanced mosaic of old and new, metropolitan, rural, and coastal in Thailand.

**HIGHLIGHTS ...** Bangkok, Reclining Buddha, Emerald Buddha, Bangkok Street Food, Choice on Tour: Suan Pakkad Palace Museum or Marble Temple, Sukhothai, Chiang Rai, The Golden Triangle, Chiang Mai, Elephant Experience in Chiang Mai, Lanna Home Visit, Home-Hosted Meal, Choice on Tour: Thai Massage or Dinner, Phuket, Tuk Tuk Ride

**Included in the Price:** Round trip air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 14 Breakfast, 6 Lunch, 4 Dinners. Cost from TBD dbl pp. **Deposit due at time of reservation.**

## Treasures of Egypt February 25 – March 9, 2027

Follow the allure of the Nile, uncover complex legends, and retrace the steps of the pharaohs in ancient Egypt. Stand in awe before the iconic Great Sphinx and the Pyramids of Giza – one of the Seven Ancient Wonders of the World. Embark on a 7-night cruise on the Nile, the world's longest river. In Luxor, explore the Valley of the Kings, the Temple of Queen Hatshepsut, the Colossi of Memnon, and the impressive Temple of Karnak. Partake in a special evening and dress up to join the fun at a traditional galabeya party. Take in the scenery aboard a felucca (wooden sailboat) during a scenic boat ride in Aswan. Egypt's fascinating story waits to be discovered.



**HIGHLIGHTS ...** Grand Egyptian Museum, Pyramids of Giza, Great Sphinx, 7-Night Nile River Cruise, Luxor, Temple of Karnak, Valley of the Kings, Queen Hatshepsut Temple, Kom Ombo, Aswan, Philae Temple

**Included in the Price:** Round trip air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 28 meals – 11 Breakfast, 8 Lunch, 9 Dinners. Cost From \$5,029 dbl pp. **Deposit due at time of reservation, final payment Oct 28, 2026.**

# CULTURE ON WHEELS

## Spotlight on Northern Italy May 1–15, 2026

This unique travel opportunity features Venice, Verona and the Dolomites. The Dolomites are a mountain chain with UNESCO distinction, noted as one of the most beautiful mountainous regions in the world. Eighteen of its peaks are over 70,000 feet tall. Composed of volcanic and dolomitic rock, these Italian Alps have a gray appearance that can fade into a pink color at dusk. The mountains have multiple resort towns nestled among the peaks, with Cortina earning the nickname "the Pearl of the Dolomites." Cortina has played host to the 1956 Olympics, is queued up as a co host for the 2026 Winter Olympics, and has played the backdrop for notable feature films, including *The Pink Panther* and the James Bond movie, *For Your Eyes Only*.

**HIGHLIGHTS** ... Treviso, Tiramisu-Making Demonstration, Verona, Choice on Tour: Verona Painted City or Verona and its Waters Walking Tours, Murano Glass-Blowing Demonstration, Venice, Asolo, Prosecco Winery Tour, The Dolomites, Bassano del Grappa, Venetian Villa Visit.

**Included in the Price:** Round trip air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 7 Breakfast, 1 Lunch, 4 Dinners. Cost from \$4629 dbl pp. **Deposit due at time of reservation, final payment Feb. 6, 2026.**



## Collette Travel Presentations at NLAE – Three Shaw’s Cove, New London

Trips will be determined on the booking for 2027 on Thursday, March 12th at 5:00 pm

## London & Paris: From Cosmopolitan Charm to Timeless Romance April 7–15, 2027

Experience two of the world’s most captivating cities on one unforgettable journey. Begin in London with a walking tour of Westminster, taking in Big Ben, the Houses of Parliament, Westminster Abbey, and Buckingham Palace. Enjoy a traditional afternoon tea in Covent Garden and take in panoramic views of the city on the London Eye.\*



Travel beneath the English Channel aboard the Eurostar to Paris—the “City of Light.” Discover iconic sights such as the Arc de Triomphe and Champs-Élysées, or explore the artistic Montmartre district. Enjoy leisure time to soak in Parisian life or join an optional excursion to the magnificent Palace of Versailles. Pay tribute to U.S. soldiers at the Suresnes American Cemetery before crafting your own signature scent during a hands-on perfume workshop led by a master perfumer.

**HIGHLIGHTS**... Walking Tour in London, Traditional Pub Dinner, London Eye, Covent Garden, Eurostar Train, Eiffel Tower Dinner, American Cemetery in Paris, Perfume Workshop

**Included in the Price:** Round trip air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 11 meals, 7 breakfasts, 1 Lunch, 3 Dinners. Cost from \$5,729 dbl pp. **Deposit due at time of reservation, final payment January 7, 2027.**

## Sunny Portugal March 22 – 31, 2026

From the Portuguese Capital, Lisbon to the sunny cliffs of the Algarve and Portuguese Riviera, venture along Portugal’s stunning shoreline. In Evora, step inside a medieval city with Roman ruins. Enjoy a leisurely 3-night stay in the Algarve region. Explore the soft sandy beaches and classic fishing villages. Take advantage of a free day to soak in the Portuguese sunshine and savor local flavors. Encounter picturesque resort towns, winding cobblestone streets, oceanfront promenades, and quaint villages of perfection.

**HIGHLIGHTS**... Lisbon, Choice on Tour: “Calçadas” Walking Tour or “The Way of the Cod” Tour, Belem, Cork Factory, Evora, Alentejo, Lagos, Algarve, Portimão, Setúbal, Portuguese Riviera, Obidos, Sintra, Choice on Tour: National Palace of Sintra or Walking Tour, UNESCO World Heritage Sites

**Included in Price:** Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 8 Breakfasts, 2 Lunches, 3 Dinners. Cost from \$3,979 dbl pp. **Deposit \$698 pp dbl due before September 16, 2025, final payment December 22, 2025.**



*\*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.*

## Upcoming Tours for 2026 and 2027



### Canadian & Maritime Coastal Wonders

July 2026

#### Highlights:

Halifax, Peggy's Cove, Mahone Bay, Lunenburg, Choice on Tour: Fisheries Museum of the Atlantic or Walking Tour of Lunenburg, Cape Breton Island, Cabot Trail, Prince Edward Island, Anne of Green Gables Museum, Hopewell Rocks, Fundy Trail, Grand Pré National Historic Site.

### Alaska Discovery Land & Cruise

September 2026

#### Highlights:

Fairbanks, Sternwheeler Discovery, Music of Denali Dinner Theater, Denali National Park, Tundra Wilderness Tour, Luxury Domed Rail, Anchorage, Hubbard Glacier, Glacier Bay, Skagway, Juneau, Ketchikan, Inside Passage.

Visit our website ([www.gocollette.com](http://www.gocollette.com)) for the latest travel news and updates.

### Pacific Northwest & California June 2027

From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Explore the natural beauty from Seattle to San Francisco.



**HIGHLIGHTS** ... Seattle, Mount St. Helens Visitor Center, Portland, Columbia River Gorge, Hood River, Yaquina Head Lighthouse, Newport, Bandon State Natural Area, Rogue River Cruise, Redwood National Park, Avenue of the Giants, San Francisco.

**Included in the Price:** TBD

### Spirit of the American Southwest September 2027

Journey through the American Southwest's storied landscapes, where striking canyons and red-rock formations are woven with ancestral histories and enduring Indigenous traditions. Get to know Santa Fe's historic plaza on a locally guided walking tour, and explore Bandelier National Monument, home to cliff dwellings and village ruins from Ancestral Puebloans. Visit the mesa-top Acoma Pueblo, continuously inhabited for nearly 1,000 years. Within Navajo Nation, take in the painted hues of Canyon de Chelly as your Navajo guide shares stories and history. Marvel at the towering monoliths of Monument Valley, and savor a traditional BBQ dinner under desert skies. Stay in Sedona and Scottsdale, two lively cities nestled within desert scenery. From desert cities to ancestral lands, explore the spirit of the region.



**HIGHLIGHTS** ... Santa Fe, Bandelier National Monument, Acoma Pueblo, Canyon de Chelly, Monument Valley, Scenic Outdoor BBQ, Sedona, Scottsdale

**Included in the Price:** TBD

## Information on Cruises

Contact Friendship Tours/Ship Shop for registration and Information on Cruises.

Ask for Donna or Barbara at 1-800-243-1630

## 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 18 and under 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 1 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.

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

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

All day and evening GED classes are held at Three Shaw's Cove. Day classes are from 8:30 a.m. to 12:00 p.m. Monday through Thursday. Night sessions are from 6:00 to 8:30 p.m. Monday, Tuesday and Wednesday.

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

Register under Adult Education Enrollment on the home screen and complete the form. In-house registration can be done from January 5-9 9:00 am – 2:30 pm (closed January 6 for Three King's Day) or Evening Registration January 5 and 7 at 6:00 pm.

Registración & Información de examen - Para todos nuestros programas puede registrarse en nuestro sitio web: [newlondonadulted.org](http://newlondonadulted.org)

Seleccione registrarse en la inscripción de Educación para Adultos en la pantalla de inicio y complete el formulario, o venga personalmente enero 5-9 de 8:30 am a 3:00 pm. También puede registrarse por la tarde enero 5 and 7 a las 6:00 pm.



### Montville Adult Education

**For more information** • Please contact Ken Daniewicz, Adult Education Site Supervisor, at (860) 848-8265 or email: [kdaniewicz@montvilleschools.org](mailto:kdaniewicz@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. 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 5:00 to 8:00 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 Tuesday, Jan 13, 5:00 to 7:00 pm. Classes begin Monday, January 26.



# 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 document with parental/guardian signature.
- Individuals aged 17-18 who are home schooled should request a “Home School Attestation” form signed by the GED Administrator at the CT State Department of Education email: [ged@ct.gov](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. In-person registration for Fitch High School will be conducted Monday January 12 and Tuesday January 13 from 5:00 to 7:00 pm at Fitch High School. Classes begin January 26, 2026.

The Credit Diploma, GED and ESL entrance is through the second set of doors on the lower left side of the school (heading toward the Fitch baseball field).

**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. Classes meet Monday & Tuesdays 5:30-8:00 pm at Fitch High School.

**General Educational Development (GED)** • Instruction for the GED includes Reasoning through Language Arts, Mathematics, Science, and Social Studies. Classes meet Mondays and Tuesdays from 5:30 – 8:00 pm at Fitch High School.

**Location and Date for GED & ESL Classes** • Classes meet at Fitch High School. Spring Semester classes begin Monday, January 12, 2026.

**Walk-in Registration & Placement Testing** • Registration for the Spring Semester takes place at Fitch High School on Monday and Tuesday, January 12 and 13, from 5:30 to 7:30 p.m.

## ESOL ~ English for Speakers of Other Languages: Classes begin January 12, 2026

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. [www.newlondonadulthood.org](http://www.newlondonadulthood.org)

### 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 • 6:00 - 8:30 pm

### ESOL Class Schedule at Fitch High School

**Nights** • 101 Groton Long Point Rd , Groton, CT 06340  
(860) 441-2152  
Monday & Tuesday • 5:30 - 8:00 pm  
Classes begin January 12, 2026.

### ESOL Class Scheduled at Satellite location

**Days** • Huntington Street (entrance at Jay Street)  
(860) 441-2152  
Monday - Thursday • 9:00 am - 12:00 pm  
Classes begin January 12, 2026

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

For children of students registered in GED, ESOL or High School Credit Classes. All children must be registered. For more details, please call Laiza Meléndez at (860) 437-2385.

## Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 12 de enero, 2026

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 se ofrecen todo el año y sin costo alguno. Opciones disponibles en persona y en línea. [www.newlondonadulthood.org](http://www.newlondonadulthood.org)

### 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 am -12:00 pm

**Noches** • New London Adult Ed  
Lunes a miércoles  
6:00 - 8:30 pm



### Clases de ESOL en Fitch High School

**Noches** • 101 Groton Long Point Road  
Groton, CT 06340  
(860) 441-2152  
Lunes & martes • 5:30 - 8:00 pm  
Clases comienzan el 12 de enero.

### Clase de ESOL programada en la ubicación satélite

**Días** • Calle Huntington (entrada por Jay St.)  
(860) 441-2152  
Lunes y jueves • 9:00 am - 12:00 pm  
Las clases comienzan en enero

### 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 estudiantas registrados. Todos los niños tienen que estar registrados. Para más detalles llamar a Laiza Meléndez al (860) 437-2385.

## Free Citizenship Classes Offered at NLAE

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. Intermediate 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:

- Thursdays 12:30-2:30 pm
- Thursday evenings 6:00 - 8:30 pm

**Classes begin January 15.**

*Register now for Citizenship Preparation classes.*



Scan the QR Code for Information on Citizenship classes.

## 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 Julie Beckham at: (860) 437-2385, ext. 180 or email her at: [beckhamj@newlondon.org](mailto:beckhamj@newlondon.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, NAEYC accredited early learning program to prepare them for transition to preschool 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 only open to students currently enrolled in the GED, High School Credit Diploma or ESL classes at New London Adult Education.**

## Paraeducator Training

Paraeducator training prepares students to become members of an educational team in a public school system.

Working under the supervision of licensed teachers, they support student learning and success in a variety of educational settings. Trainees will learn how to work with a diverse group of students, assist with administrative tasks, promote a positive learning environment, and communicate with teachers, students, and parents.

Contextualized instruction includes ESOL and adult basic education in the areas of mathematics, language, and classroom culture. Upon successful course completion, candidates take the ETS ParaPro 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.



## Maritime Painter EB Partnership

The Maritime Painter Program, in partnership with Electric Boat, will teach students the specialized skills required to paint and maintain ships, boats, and marine structures with a focus on submarines. This training equips individuals for work in the maritime industry, with a focus on safety, surface preparation, coating application, and the use of materials to protect vessels from harsh marine environments. Vocational instruction will occur onsite at Electric Boat training facilities. The program integrates work readiness and contextualized basic skills components to prepare candidates for the occupational responsibilities. Topics include literacy, numeracy, industrial work ethic, and employability skills.

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

## 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, blanching, searing, and poaching. The training will include a basic skills education component. The students will develop competencies for a career in food establishments. Those who successfully complete the course and pass the exam will receive a CAFE certificate from Ledge Light Health District and/or a ServSafe 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 successful venipuncture collections, and capillary draws which will be performed in class on fellow students in or during clinical. Upon successful completion of the course, students will be eligible to earn the National Certification upon passing the NHA exam.



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

# *New London Adult Education Students ...*



... Gaining employability skills.



... Observing how government works in Hartford.



... Learning new digital skills in class.



... Earning a credential and building a career.



... Experiencing local history.



... Visiting college campuses.



... Helping out in the community.



... Making new friends.

*... And, yes, Graduating!*



... Meeting local employers.



# 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>Method of Payment:</b> _____ Visa _____ MasterCard _____ Discover _____ American Express			<b>Total Due</b>

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

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

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



**NEW LONDON**  
 ADULT & CONTINUING EDUCATION



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

# Culture on Wheels Trip Registration Form

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

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

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

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

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

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

TRIP NAME	MEAL CHOICE - if required	COST
<b>PAYMENT REQUIRED WITH REGISTRATION</b>		<b>Processing fee only when using a Credit Card - \$2.00</b>
<b>Method of Payment:</b> _____ Visa _____ MasterCard _____ Discover _____ American Express		<b>Total Due</b>

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

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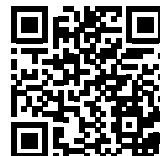


# *Imagine What You Can Achieve!*

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



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