

## DISCLAIMERS

### Non-Discrimination

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

### General Accessibility and Accommodations

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

### General Educational Development (GED) Test Accommodations

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

### No Charge for Materials for Mandated Courses

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

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

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

## 5 WAYS TO REGISTER FOR CLASSES & TRIPS

### WEBSITE

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

### MAIL

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

### IN PERSON

New London Adult & Continuing Education  
Three Shaw's Cove, New London, CT  
Monday-Friday, 8 am – 4 pm & 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

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## OUR SITES

### New London Adult Education

Three Shaw's Cove • New London, CT 06320

### New London High School

490 Jefferson Avenue • New London, CT 06320

### Lyme-Old Lyme Middle School & Center School

53 & 49 Lyme Street • Old Lyme, CT 06371

### Waterford High School

20 Rope Ferry Road • Waterford, CT 06385

### Montville High School

800 Old Colchester Road • Oakdale, CT 06370

### Fitch High School

101 Groton Long Point Road • Groton, CT 06340



follow us on  
**facebook**

New London Adult and Continuing Education

# Earn your New London Adult Education High School Diploma

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

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

- To enroll in the Adult High School Credit Diploma

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

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

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

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



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

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

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

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

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

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

Or in-house Monday Aug 30-Sept 2 9:00-2:00pm or Evening Registration August 30-31 6:00pm.

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

## Montville Adult Education

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

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

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

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

**Walk-in Registration & Placement Testing** • Registration for the Fall Semester takes place at Montville Adult Ed on Tuesday, August 24 & Wednesday, August 25 from 5:30-7:30pm. Classes begin Monday, August 30.





# General Educational Development (GED) Information

## The New GED Test:

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

## How to Register for the GED Test:

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

Scan the QR Code for more information on the GED Test



## Adult Basic Education

Adult Basic Education classes are for those who are working toward an Adult High School Credit Diploma or a GED. These classes can help improve basic reading, writing, and math skills. Students may prepare for job advancement, vocational training programs, or high school completion classes, as well as develop greater self-confidence and personal satisfaction. These FREE classes are offered days and evenings throughout the year. Please call (860) 437-2385 for more information.

Scan the QR Code for more information on Adult Basic Education



## Groton Adult Education

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

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

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

**Location for GED, ESL & ABE Classes** • All classes meet at Fitch High School 101 Groton Long Point Rd, Groton, or New London Adult and Continuing Education, Three Shaw's Cove, New London, CT. Classes begin September 7 in Groton and in New London.

**Registration & Testing Information** • Registration for New London classes can be done on-line at our website:

[newlondonadulted.org](http://newlondonadulted.org). Select Register under Adult Education Enrollment for the home screen and complete the form.

If you have any questions please call 860-437-2385 for assistance. Registration for classes held at Fitch High School are being held Wednesday, September 1 and Thursday, September 2 from 5:30-7:30pm at Fitch High School.

# TRANSITIONS, JET, DIGITAL LITERACY AND FAMILY LITERACY

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## 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.

*For additional information please contact:  
Meg Mahon for an appointment at  
(860) 437-2385 ext. 103 or VM 103 or  
email: mahonm@newlondon.org*



## Job, 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 under-employed to gainfully employed and/or to enter college or training programs. Program components include career exploration and workforce training.

*For additional information on JET, please contact  
Lora Castronova or Patricia Spellman at: (860) 437-2385*

## Digital Literacy

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

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

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

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

## Family Literacy

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### Where parents and children learn together

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

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

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

*For additional information on this program, please contact  
Laiza Melendez or Maureen Murphy at (860) 437-2385*



## ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

### ESOL ~ English for Speakers of Other Languages: Classes begin September 7, 2021

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

#### ESOL Class Schedule at New London Adult Education

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



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

#### ESOL Class Schedule at New London Library

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

#### ESOL Class Schedule at Fitch High School

**Nights:** • 101 Groton Long Point Rd , Groton, CT 06340  
(860) 441-2152  
Monday & Tuesday • 5:30 pm – 8:30 pm  
Classes start September 7.

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

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

### Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 7 de Septiembre de 2021

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

#### Educación de Adultos en New London

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

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

#### Clases de ESOL en Biblioteca de New London

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

#### Clases de ESOL en Fitch High School

**Noches:** • 101 Groton Long Point Road  
Groton, CT 06340  
(860) 441-2152  
Lunes & Martes • 5:30 pm-  
8:30 pm  
Clases comienzan el 7 de Septiembre de 2021

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

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



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

### Citizenship Classes

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

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



Scan the QR Code for Information on  
Citizenship classes



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

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

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

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



### Microsoft Office Specialist Certification

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

### Certified Nursing Assistant

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



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



## Introduction to Basic Auto Technician Training

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

## Office Receptionist with Medical Terminology Certificate

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



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

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

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



# Prepare for Industry Certification Online!



## Online Career Training Programs

Our career training programs can start you on a path to an in-demand profession or help advance your current career with industry certification. You may begin these programs at any time and learn at your own pace. Upon successful completion of all coursework, you will receive a certificate of completion.

### Features:

- 6-18 month self-paced, start anytime
- Textbook and materials included
- Prepare for industry certification
- Certification exam vouchers are included
- Financial assistance available
- Student advisors provide you coaching, motivation, and career readiness support

### Other Program Categories:

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

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

## New London Adult & Continuing Education

### Administrative Professional with Microsoft Office 2016 Master

This program teaches the skills you need to become a successful administrative professional and prepares you to sit for the Microsoft Office 2016 Master Certification exams.

### Administrative Professional with Microsoft Office Specialist 2016

This program teaches key skills for becoming an administrative professional and prepares you to sit for the Microsoft Office Specialist Certification exams.

### CBCS Administrative Medical Specialist with Medical Billing and Coding

This nationally recognized program combines the Administrative Medical Specialist program with training in medical billing and coding and medical terminology to give you a competitive edge in the healthcare field.

### CBCS Medical Billing and Coding

This nationally recognized program combines the Medically Billing and Coding program with 60 hours of medical terminology training to give you a competitive edge in the healthcare field.

### CompTIA Certification Training: A+, Network+, Security+

This program provides a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and prepares you for the corresponding industry exams that are desirable for IT professionals.

### CompTIA A+ Certification Training

CompTIA A+ certification is the industry standard for validating the skills of entry-level computer technicians. It opens the door to an exciting career in computer technology, this program's online platform makes training convenient and interactive.

### NASM Certified Personal Trainer and Exam Preparation

This online program will help you pass the NASM exam and earn your NASM Certified Personal Trainer certification, one of the most respected certifications in the fitness industry.

### OMCA Email Marketing Associate

Want to learn more about email marketing? Make the most of your company's efforts and prepare for the OMCA certification exam.

### OMCP Search Marketing Professional

Learn the scope of digital marketing and dive deep into Search Engine Optimization (SEO) techniques, while preparing to take the Online Marketing Certified Professional (OMCP) exam.

### Paralegal

This program will prepare you for success in this growing career field. You'll learn about the American legal system, how to conduct legal research and legal interviews, how to perform legal analyses, and more.

### Pharmacy Technician

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

To Enroll or learn more, visit or call us at:

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

**(860) 437-2385**

# ONLINE CLASSES



These **high-quality courses** are **taught by industry experts** and designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient, and highly interactive.

## **Introduction to Microsoft Excel 2019/Office 365**

Knowing how to create a spreadsheet is key to effectively managing and organizing information. This course will introduce you to Microsoft Excel 2019 and teach you how to use this powerful software.

## **Microsoft Excel 2019/Office 365 Series**

Whether you're new to Excel or need a refresher, the Microsoft Excel 2019 Series bundle will help you master this long standing spreadsheet software.

## **Grammar Refresher**

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

## **Accounting Fundamentals**

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

## **Accounting Fundamentals Series**

If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

## **Introduction to SQL**

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

## **SQL Series**

SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses.

## **Medical Terminology: A Word Association Approach**

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

## **Speed Spanish**

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time.

## **Effective Business Writing**

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

## **A to Z Grant Writing**

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

*24/7 Access • All classes start new every month • Certificate of completion  
6-week format • Average 24 work hours • Discussion boards • Mobile accessible*

Enroll, learn more, or view all our online courses at:  
**[www.ed2go.com/newlondonadult/](http://www.ed2go.com/newlondonadult/)**

# OVERCOME THE OBSTACLES TO

100

### **Connecticut Security Guard Card Training**

Prepare for your Connecticut Security Officer Guard License. Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection. This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. Connecticut laws will be reviewed, pertaining to the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about the use of force continuum, fire safety, and the history of security, workplace violence, terrorism, communication skills, and more.

**Saturday 10/9 8:00 am - 4:00 pm One Day or**

**Saturday 11/13 8:00 am - 4:00 pm One Day**

**NL Adult Education**

**Resident \$150/Non-resident \$155 Instructor: Louis J. Bonito**

101

### **Certified Nursing Assistant Training**

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

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

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

**Instructor: Patricia Conklin, RN**

**Classes are held at Three Shaw's Cove NL Adult Education WIOA approved & approved for VA Educational Benefits**

**Evening Class - October 18-December 6 Monday/Wed./Evening 5 pm – 9 pm and Saturday 8 am – 4 pm or**

**Daytime Class - September 29-October 14 Monday – Saturday 8 am – 4 pm**

102

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

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

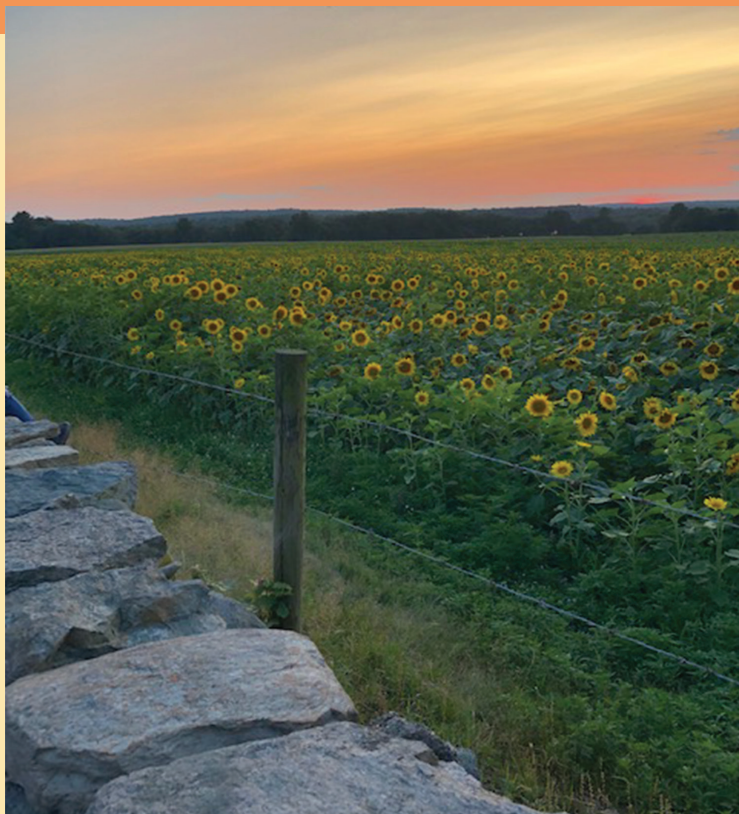
**Prerequisites:** Student must be 16 years of age prior to the end of the class. Proof of Tuberculosis (TB PPD) test results within 1 year from the end of the clinical end date, Measles, Mumps, Rubella (MMR), Varicella (Chicken Pox) Tetanus, Diphtheria, Pertussis (Tdap) and Hepatitis B (Hep B)

**Thursday 9/9 - 12/2 6:00-9:30 pm 14 weeks NREMT Practical Exam 12/4**

**NL Adult Education**

**Resident/Non-resident \$1150 WIOA approved & approved for VA Educational Benefits**

**Instructor: Emergency Training Services**





## A CAREER & BRIGHTER FUTURE

**103**

### **Real Estate Principles and Practices**

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

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

**Monday & Thursday 9/13 5:30-8:30pm 10 weeks WIOA approved & approved for VA Educational Benefits**

**NL Adult Education Instructor: Cadema Education Associates**

**Resident \$575/Non-resident \$580 - Textbooks or**

**Resident \$555/Non-resident \$560 E-book Selection required upon registration**

**104**

### **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 9/22 6:00-9:00 pm 5 Weeks NL Adult Education Resident \$250/Non-resident \$255 Instructor: Paul Rich WIOA approved**

**105**

### **Keep Talking: An Introduction to Professional Voiceovers**

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

**Wednesday 10/13 6:30-9:00 pm 12 students maximum**

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

**107**

### **Serv-Safe Food Protection Managers Course**

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

**Tuesday 9/14 6:00-9:00 pm 4 classes Waterford HS or Thursday 10/14 6:00-9:00 Old Lyme MS**

**if Covid Restrictions are active - Live-OnLine class**

**Resident \$195/Non-resident \$200**

**Instructor: Amarilys Saluk, CDM,CFPP**

**106**

### **SMART Certification for Alcohol Servers**

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

**Wednesday 9/22 6:00-9:00 pm One day only NL Adult Education**

**Resident \$55/Non-resident \$60 Instructor: Paul Rich**

**108**

### **Español Serv-Safe**

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

**Thursday 9/16 6:00-9:00 pm 4 classes Live-OnLine**

**Resident \$195/Non-resident \$200**

**Instructor: Amarilys Saluk, CDM,CFPP**



ESMERALDA BUSTAMANTE

## ART & HOBBIES

### 200 Painted Pony

Learn this painting technique to bring this painted Pony into your home. Materials included.

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

**2 classes NL Adult Ed**

**Resident \$40/Non-Resident \$45**

**Instructor: Esmeralda Bustamante**

### 201 Recycled Painting

A class that takes common recycled materials and transforms them into a work of art. Materials included.

**Saturday 10/16 10:00 am -12:00 pm 3 classes**

**NL Adult Ed**

**Resident \$50/Non-Resident \$55**

**Instructor: Esmeralda Bustamante**



### 202 Indian Girl Acrylic & Texture Painting

Blending two mediums to create a beautiful painting of the Indian Girl. Materials included.

**Saturday 9/25 10:00 am -12:00 pm**

**3 classes NL Adult Ed**

**Resident \$50/Non-Resident \$55**

**Instructor: Esmeralda Bustamante**

### 203 Watercolors for Everyone

De-stress with watercolor. Watercolor is a medium that works well for busy people as it requires very little time to dry. Work on projects in class and if desired, students may do their own projects. Material list available online, or with registration.

**Saturday 9/11 10:00-11:00 am 8 weeks**

**NL Adult Ed Resident \$84/Non-Resident \$89**

**Instructor: Gretchen van der Lyke**

### 204 Chalk Pastel

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

**Saturday 9/11 11:30-1:00 pm 8 weeks**

**NL Adult Ed Resident \$84/Non-Resident \$89**

**Instructor: Gretchen van der Lyke**

### 205 Chinese Watercolor

The brush strokes of Chinese Watercolor seem simple, but create a profound statement. Through twists, rolls, presses, releases, drags and dots, the brush produces a flower's curling petal, a butterfly in flight, a fish wig-wagging through water or the recpitous drop of a waterfall tumbling down a mountain side.

EVA LEONG

**Materials list: CS01-Marie's Watercolor set & SET05- Classroom Painting Set, available thru Orientalartsupply.com 1-800-969-4471**

**Monday 9/13 6:00-8:00 pm 8 weeks**

**Live-OnLine Class**

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

**Instructor: Eva Leong**



### 206 Chinese Watercolor Workshop

This one-day workshop will introduce you to the world of Chinese Watercolor painting. Bring your own materials or pay \$5 to the instructor on the day of the class.

**Saturday 11/6 9:00-2:30 pm 1 class NL Adult Ed**

**Resident \$64/Non-Resident \$69 Instructor: Eva Leong**



207

**Create Your Own Greeting Cards**

Enjoy meeting with others to create your own thematic greeting cards for loved ones or friends. Make stencils to bring home to save money for future use. Personalize your greetings with some introduction to basic calligraphy and scrap-booking. Socialize with others, and have some light fun discovering the artist within you!

**Tuesday October 19 and 26 5:30 - 8:00 pm 2 classes Waterford HS**

**Resident \$54/Non-Resident \$59**

**Instructor: Sean Kane**

209

**Intro to Cold Process Soap Making**

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

**Saturday 10/16 8:30-11:00 am 1 class or**

**Saturday 11/13 8:30-11:00 am 1 class**

**NL Adult Ed Resident \$74/Non-Resident \$79 Instructor: Lenora Alcee**

210

**Luxury Candle Making Class using Coconut Wax**

We love the ambiance and scent of a burning candle. In this class you will learn how to create your own luxurious candles using coconut wax, boutique style high end candle fragrance oils, luxury vessels and extensively tested candle wicks to go with each vessel. Information will be provided on each aspect of the process. Make for yourself or as gifts. All ingredients and equipment will be provided.

*Please wear a apron, closed toe shoes and long sleeves.*

**Saturday 9/18 8:30-11:00 am 1 class NL Adult Ed**

**Resident \$145/Non-Resident \$149 Instructor: Lenora Alcee**

211

**Mah Jongg**

Learn all the aspects and excitement of Mah Jongg. Understanding the tiles, card rules etiquette and strategies. This is a great refresher class.

A \$20 material fee is due to the instructor at the first class.

**Thursday 9/23 6:00-8:30 pm 6 classes**

**OL Middle School**

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

**Instructor: Barbara Davis**

213

**Intro to Tarot Card Reading**

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

**Saturday 10/9 8:30-3:00 pm 1 class NL Adult Ed Resident \$59/Non-Resident \$64**

**Instructor: Kat Brennan**

208

**Paper Flowers**

Learn to create beautiful paper flowers to decorate presents, cards, or your home. Materials included to make 4 medium flowers.

**Saturday 11/6 10:00 am -12:00 pm 1 class NL Adult Ed**

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

**Instructor: Esmeralda Bustamante**



212

**Collage and Mixed Media**

Come and explore Collage and Mixed Media using SoulCollage® format. Explore the changing seasons in nature and how that might parallel the changing seasons within our lives. No art experience necessary! Art supplies will be provided.

**Saturday 9/25 & 10/2 10:00 am-1:00 pm 2 weeks NL Adult Ed or**

**Thursday 9/16 & 10/7 6:00 pm - 8:30 pm 2 weeks Old Lyme MS**

**\$49/Non-Resident \$54 Instructor: Gerlinde Lehner**



## ART & HOBBIES

**213**

### **Knitting for the Beginner**

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

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

**Tuesday 9/14 6:30-8:30 pm 6 weeks Waterford HS Resident \$84/Non-Resident \$89 Instructor: Nancy Potter**

**214**

### **Intermediate 1 Knitting**

Learn the next steps of knitting to enhance your projects, includes cable stitches, bobbles, yarn over and other stitches. Must have prior knowledge of cast on stitches, knit and purl. Bring a pair of size 9 or 10 knitting needles, and a practice skein of worsted weight yarn (RED HEART LOVE, or comparable) MAXIMUM OF 7 STUDENTS

**Saturday 9/11 9:30 am-12:00 pm 4 weeks**

**NL Adult Education Resident \$94/Non-Resident \$104**

**Instructor Susan Fine**

**215**

### **Crochet**

Explore a new hobby... Crochet is making a comeback...

Easy to learn step-by-step instruction to start you on your way. Crochet an afghan, scarf, blanket, baby hat, booties or other projects. Material list available Online, or with registration.

**Saturday 9/11 10:30-12:30 pm 8 weeks**

**NL Adult Education Resident \$89/Non-Resident \$94 Instructor: Judy Telemaque**

**216**

### **Tangled Labyrinth Zentangle**

Create your own relaxing labyrinth on a large Zentangle OPUS tile. Students will draw a 5-circuit labyrinth similar in design to the one constructed in the early part of the 13th century at Cathedral Notre Dame in Chartres, France. Participants will learn Zentangle patterns to fill the spaces as they 'journey' through the labyrinth. Material fee of \$15 payable to instructor

**Saturday 9/11 9:00-11:00 am 1 class NL Adult Ed**

**Resident \$29/Non-Resident \$34 Instructor: Heather McNeil**

**217**

### **Zentangle Holiday/Seasonal Greeting Card**

There may be some glitter and glue guns involved! Using some Zentangle designs, create a memorable holiday greeting card to keep or share with a loved one.

Material fee of \$12 payable to instructor

**Saturday 11/20 9:00-11:00 am 1 class NL Adult Ed**

**Resident \$29/Non-Resident \$34 Instructor: Heather McNeil**



HEATHER MCNEIL



**300**

## **Intro to Metal Detecting**

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

**Saturday 9/11 9:00-12:00 pm 1 class NL Adult Ed or**

**Saturday 9/18 9:00-12:00 pm 1 class NL Adult Ed**

**Resident \$39/Non-Resident \$44 Instructor: George Potts**



**301**

## **"Introduction to Weather!"**

This course is designed to introduce you and educate you on the basics of our daily weather. This course will touch upon many areas but only lightly so that you are not overwhelmed with confusing terminology, scientific math formulas and hard to understand information. Our hope is that you will be more knowledgeable about planet earth's weather, possibly ignite an interest in pursuing the meteorology field and be better informed and prepared. This course covers basic weather such as cloud types, weather patterns, wind currents, precipitation, forecasting and much more!

**Tuesday 9/7 6:00-9:00 pm Live Online – Zoom or Tuesday 11/9 6:00-9:00 pm Live-OnLine Zoom**

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

**302**

## **"Introduction to SEVERE Weather!"**

This course is designed to introduce you and educate you on the basics of severe weather, also known as "extreme weather". This course will touch upon many areas but only lightly so that you are not overwhelmed with confusing terminology, scientific math formulas and hard to understand information. This course specifically covers weather that is of a "severe" nature and that would impact your life at any time and includes hurricanes, tornadoes, severe thunderstorms, flash flooding, safety, and preparedness and more! My hope is that you will be more knowledgeable about planet earth's extreme weather, possibly ignite an interest in pursuing the meteorology field and be better informed and prepared.

**Thursday 9/9 6:00-9:00 pm Live Online – Zoom or Tuesday 11/16 6:00-9:00 pm Live-OnLine Zoom**

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

**303**

## **Introduction to Astronomy Part 1**

Does the Cosmos fascinate you? Would you like to learn more about our cosmic neighborhood?

**Tuesday 10/5 6:00-9:00 pm 1 Class Waterford HS**

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

**Instructor: R. Zincone**

**304**

## **Introduction to Astronomy Part 2**

Continue your study of Astronomy in the second part of this fascinating subject.

**Tuesday 10/12 6:00-9:00 pm 1 Class Waterford HS**

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

**Instructor: R. Zincone**

**305**

## **Introduction to Astronomy Part 3**

The journey into the solar system is never ending... Continue your exploration of the Galaxy.

**Tuesday 10/19 6:00-9:00 pm 1 Class Waterford HS**

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

**Instructor: R. Zincone**

**306**

## **Introduction to Astronomy Part 4**

The final class in the Fall Series on the Galaxy.

**Tuesday 10/26 6:00-9:00 pm 1 Class Waterford HS**

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



# PHOTOGRAPHY

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**400**

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

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

Please bring your camera and charged batteries to every class, and a willingness to learn and we will help you get to a new level.

**Tuesday 9/14 6:00-8:30 pm 6 Weeks Waterford HS**

**Resident \$99/Non-Resident \$104 Instructor: Lee Palombo & Gregg Jacobson**

**401**

## **Composition: Taking Basics to the Next Level**

Like life, photography is an art form and all about choices. Want to create a well-composed picture. One that communicates a message clearly and effectively and brings people back searching to see more of your work. Discover the tools necessary to compose a photograph. Design, depth of field, shutter speeds, and ways to use light in capturing your photo. Investigate how to best compose your images. Please bring your camera and charged batteries to every class.

**Saturday 10/23 9:00-11:00 am 2 Weeks NL Adult Ed**

**Resident \$64/Non-Resident \$69**

**Instructor: Lee Palombo & Gregg Jacobson**



Photos by Peggy Cherrick





402

## **"Photography Basics: Part One"**

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

Wednesday 11/17 6:00-9:00 pm 1 Class Live OnLine via Zoom Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone

403

## **Introduction to Photographic Composition Part 1**

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

Thursday 9/23 6:00-9:00 pm 1 Class OL Middle School Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone

405

## **"How Did I?"**

### **35mm Guide to Photography**

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

Tuesday 9/21 6:00-9:00 pm 1Class Waterford HS Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone

406

## **Learn Your Camera's Creative Modes, Say "Good-bye" to Auto**

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

Thursday 9/16 6:00-9:00 pm 1 Class OL Middle School or  
Thursday 10/28 6:00-9:00 pm 1 class Live-Online via Zoom  
Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone

408

## **Introduction to Adobe Lightroom Classic**

Is learning Lightroom confusing and overwhelming? Fear no more! I can teach you the basics in just one 3-hour class. Adobe Lightroom is the number one imaging editing and organizer for Photographers! By learning just the basics and only what you need to know, you will learn quickly how to organize your images, process them and learn how to create a user-friendly workflow. Students would need to go to download and purchase the Adobe Photography Plan prior to attending the class. Adobe Lightroom Classic will be demonstrated.

Thursday 10/7 6:00-9:00 pm 1 Class Live OnLine via Zoom \$44/Non-Resident \$49 Instructor: Ronald Zincone

404

## **Introduction to Photographic Composition Part 2**

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

Tuesday 9/28 6:00-9:00 pm 1 Class Live-OnLine via Zoom Resident \$44/Non-Resident \$49 Instructor: Ronald Zincone

407

## **"Photography Basics: Part Two"**

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

Wednesday 11/24 6:00-9:00 pm 1 Class  
Live OnLine via Zoom  
\$44/Non-Resident \$49 Instructor: Ronald Zincone



## CULINARY

Be prepared with your favorite knife & cutting board. A grocery list of required fresh items and needed cookware will be emailed along with Zoom Login Information one week prior to the class.

# Live OnLine Cooking Classes

**500**

### **Plant-Based Nutrition Cookin'**

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

**Tuesday 9/14 6:00-8:00 pm 5 weeks Live OnLine**

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

**501**

### **Allergy Free Delicacies**

A new class that will explore recipes free of the 8 major food allergens (fish, shellfish, peanuts, tree nuts, milk products, eggs, wheat, soy)!

**Tuesday 10/19 6:00-8:00 pm 3 weeks**

**Zoom Live-OnLine Resident \$39/Non-Resident \$44**

**Instructor: Erika Gradecki**

**502**

### **Around-The-World Cooking Class**

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

**Saturday 9/18 10:00-12:00 5 weeks Live-OnLine**

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

**503**

### **Chef Jr. Cooking Class**

The class for your young chef. Learn how to make delicious dishes for the whole family in this fun, interactive class. Children under the age of 16 Must be Supervised by an Adult.

**Monday 9/13 6:00-8:00 pm 5 weeks**

**Live-OnLine**

**Resident \$79/Non-Resident \$84**

**Instructor: Erika Gradecki**

**504**

### **Soups & Stews 101**

A crash course workshop featuring soup & stew creations that are broth based and cream based. Just in time for the upcoming winter season.

**Monday 10/25 6:00-8:00 pm 2 weeks Zoom Class Live-Online**

**Resident \$39/Non-Resident \$44 Instructor: Erika Gradecki**

**505**

### **Sweets Baking**

Cookies, cakes, and pies oh my! Roll up your sleeves and gear up for the Holiday Season with this class, learn the fundamentals of baking.

**Saturday 10/23 10:00-12:00 pm 5 weeks Zoom Live-Online Resident \$79/Non-Resident \$84**

**Instructor: Erika Gradecki**

**506**

### **Middle Eastern Appetizers: Vegan, Vegetarian and Meat**

Would you like to learn how to make delicious Middle Eastern appetizers (mezze)? This class will introduce you to simple and healthy recipes. Beginner's welcome. We will make 3 different appetizers each class: one vegan, one vegetarian, and one meat. The class will be held using Teams. Fuat Satar will email you an Invite and instructions to join the class along with recipes and a grocery list prior to the start of the class.

**Friday 9/10 6:00-7:30 pm 8 weeks Microsoft Teams Live-Online**

**Resident \$124/Non-Resident \$129 Instructor: Fuat Satar**



600

## Bible for Beginners

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

Tuesday 9/14 – 11/22 – Waterford HS 8 weeks. 6:00-7:00 pm 8 weeks  
Admin Fee Resident \$30/Non-Resident \$35 Instructor: Pastor Lee Robinson

601

## Bible Questions & Answers

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

We hope to see you there! Blessings

Tuesday 9/14 Waterford HS 8 weeks. 7:05-8:00 pm  
Admin Fee Resident \$30/Non-Resident \$35  
Instructor: Pastor Lee Robinson

602

## How to Have Eternal Life

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

Saturday 9/11 10:00 am-12:00 pm NL Adult Ed  
Admin Fee Resident \$30/Non-Resident \$35  
Instructor: Pastor Lee Robinson



# FINANCE



702

## ¿Qué es el crédito y cómo protegerlo?

El crédito puede hacerte o deshacerte. Aprenda qué es y cómo fortalecer su puntaje crediticio.

Jueves 16 de septiembre 6:00-8:00 pm Waterford HS  
Residente \$19/No residente \$24 Instructor: Johnathon Watt

700

## Social Security Planning

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

Monday 9/20 6:30-8:30 pm or Tuesday 10/5 or 6:30-8:30 pm or

Wednesday 11/10 or 6:30-8:30 pm

One Session Live-OnLine Resident \$19/Non-Resident \$24

Instructor: Charles Yannich

701

## What is Credit & How to Protect it

Credit can make you or break you. Learn what it is and how to strengthen your credit score.

Tuesday 9/14 6:00-8:00 pm Waterford HS

Resident \$19/Non-Resident \$24 Instructor: Jonathon Watt

703

## Medicare 101

Do you have questions about medicare? Learn about medicare eligibility, when to enroll, when you can make changes, available insurance options and costs. Jim will talk about medicare and answer your questions. Class is free. Email address required upon registration to receive Zoom Link.

Monday 10/4 6:00-8:00 pm Live-OnLine No cost

Instructor: Jim Farnham



## **800** **MS Word 101**

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

**Saturday 9/11 930-1130 am**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **801** **MS Excel 101**

Start with the basics of Excel with this introduction class.

Balance a checkbook, keep track of expenses and more.

**Saturday 9/11 12:00-2:00 pm**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **802** **MS Word 102**

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

**Saturday 10/16 930-1130 am**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **803** **MS Excel 102**

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

**Saturday 10/16 12:00-2:00 pm**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **804** **MS Publisher 101**

Learn about this fun program with so many uses.

**Saturday 9/25 930-1130 am**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **806** **MS Publisher 102**

Publisher 102 will expand your knowledge of the program.

**Saturday 11/6 930-1130 am**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **805** **MS Access 101**

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

**Saturday 9/25 12:00-2:00 pm**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

## **807** **MS Access 102**

Learn to use MS Access to organize your files.

**Saturday 11/6 12:00-2:00 pm**

**NL Adult Ed 2 weeks**

**Resident \$69/Non-Resident \$74**

900

**Guitar for Beginners**

Bring your guitar and a recording device and learn from Don Cash. He will get you started or enhance your playing ability.

**Tuesday 9/14 7:00-8:00 pm 6 weeks Waterford HS Resident \$109/Non-Resident \$114**

**Instructor: Don Cash**

901

**Learn to Play Conga**

This course will provide the beginner drummer with the fundamentals of conga playing. You will learn a brief history of the drum and how to tune and maintain your drum. Learn hand positioning, tones, techniques and different rhythms and patterns. The course will provide a cool understanding for the beginner and intermediate drummer to enhance and enjoy their drumming experience for years to come. Bring your drum to class. If you do not have a drum, one may be available.

**Tuesday 9/14 5:30-8:30 pm 6 weeks**

**Waterford HS Resident \$109**

**Non-Resident \$114**

**Instructor: Doc Frazier**

902

**Instant Piano for Hopelessly Busy People**

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

**Saturday 10/23 1:00-3:30 pm One class – Live-OnLine**

**Resident \$54/Non-Resident \$59**

903

**Instant Guitar for Hopelessly Busy People**

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

**Saturday 10/23 9:00am-12:00 pm One class – Live-OnLine**

**Resident \$54/Non-Resident \$59**



## LANGUAGE

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### **1000** **Spanish 1**

Start on your way to learning the Spanish language.  
The textbook is included in the cost of the class.

**Thursday 9/16 4 4:00-5:00 pm 8 weeks NL Adult Education**  
**Resident \$99/Non-Resident \$104 Instructor: Cris Aguilar**

### **1001** **Spanish for the Beginner** **Mornings On-Line**

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. The textbooks are available for pick-up at NLAE a week before the class begins.

**Wednesday 9/15 10:00-11:30 am 8 weeks Live-OnLine**  
**Resident \$114/Non-Resident \$119 Instructor: Claudia Schkepper**



### **1002** **Spanish for the Beginner – Afternoon**

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

**Tuesday 9/14 4:00-6:00 pm 8 weeks NL Adult Education**  
**Resident \$114/Non-Resident \$119 Instructor: Nancy Vega**

### **1003** **Spanish for the Beginner Evenings**

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

**Tuesday 9/14 7:00-9:00 pm 8 weeks Waterford HS**  
**Resident \$114/Non-Resident \$119 Instructor: Nancy Vega**

### **1004** **Italian 1**

Learn Italian in a fun and engaging atmosphere.  
The textbook is included in the cost of the class.

**Thursday 9/16 4 6:00-7:00 pm 8 weeks NL Adult Education**  
**Resident \$99/Non-Resident \$104 Instructor: Cris Aguilar**

### **1005** **German 2**

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

**Tuesday 9/14 6:00-8:00 pm 6 weeks Waterford HS**  
**Resident \$89/Non-Resident \$94**

### **1006** **Conversational German**

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

**Thursday 9/16 6:00-8:00 pm 6 weeks NL Adult Ed**  
**Resident \$89/Non-Resident \$94**







## 1008 French 1

Take a French class and expand your knowledge of world languages. Have fun while learning this classic language.

**Monday 9/13 4:30-5:30 pm 8 weeks NL Adult Education**  
**Resident \$89/Non-Resident \$94 Instructor: Cris Aguilar**

## 1007 French for the Beginner

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

**Saturday 9/11 12:45-2:45 pm 8 weeks NL Adult Ed or Wednesday 9/15 6:30-8:30 pm Live-OnLine using Zoom**  
**Resident \$89/Non-Resident Instructor: Judy Telemaque**

## 1009 French 2

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

**Thursday 9/16 6:30-8:30 pm Live-OnLine using Zoom Resident \$89/Non-Resident \$94 Instructor: Judy Telemaque**



## 1010 Beginning American Sign Language

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

**Monday 9/20 6:00-9:00 pm 8 weeks Live-OnLine using Zoom or Thursday 9/23 6:00-9:00 pm 8 weeks NL Adult Ed**  
**Resident \$134/Non-Resident \$139 Instructor: Donna Haggerty**

## 1011 Advanced American Sign Language

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

**Tuesday 9/21 6:00-9:00 pm 8 weeks Waterford HS**  
**Resident \$134/Non-Resident \$139**  
**Instructor: Donna Haggerty**

# FITNESS & HEALTH

**2000**

## **G's Fitness Strength Training**

If you're interested in feeling stronger, healthier, and more vital, this program is for you! This strength-training program was developed by certified personal trainers who have a degree in exercise science. Chose a start date of September 1 or October 4.

**Unlimited Sessions within a 4-week period**

**Sessions conducted at G's Fitness & Nutrition, Waterford.**

**Monday through Thursday 9/1 or 10/4 8:00-8:30 am**

**Monday through Thursday 9/1 or 10/4 12:00-12:30 pm**

**Monday through Thursday 9/1 or 10/4 1:00-1:30 pm**

**Monday through Thursday 9/1 or 10/4 2:00-2:30 pm**

**Monday through Thursday 9/1 or 10/4 6:00-6:30 pm**

**Resident \$130 Non-Resident \$135**

**2001**

## **G's Small Group Training**

In a group setting, this training offers a variety of strenuous exercises to garner better physical results such as an increase in aerobic and anaerobic fitness, tone muscles, increase flexibility, improve balance and coordination, increase bone density, rapid reduction of body weight, and more.

Chose start date of September 1 or October 4.

All fitness levels welcome!

**Unlimited Sessions within a 4-week period**

**Sessions conducted at G's Fitness and Nutrition, Waterford.**

**Mon-Fri 9/1 or 10/4 6:00 am**

**Mon-Fri 9/1 or 10/4 7:30 am**

**Mon-Fri 9/1 or 10/4 8:00 am**

**Mon-Fri 9/1 or 10/4 11:00 am**

**Mon-Fri 9/1 or 10/4 12:00 pm**

**Mon-Fri 9/1 or 10/4 1:00 pm**

**Mon-Fri 9/1 or 10/4 5:00 pm**

**Mon-Fri 9/1 or 10/4 6:00 pm Resident \$130/Non-Resident \$135**

**2002**

## **Tai Chi, Level 1 (10 Form)**

For centuries, millions from all ages have practiced Tai Chi daily.

Practicing Tai Chi results in improved circulation, digestion, coordination, strength, and flexibility.

**Monday 9/13 6:30-7:30 pm 8 weeks**

**Live-OnLine**

**Resident \$104/Non-Resident \$109**

**Instructor: Yuehua**

**2003**

## **Tai Chi Level 2 (24 Form)**

This class is a continuation for those who have already completed level 1. We will further explore the health benefits of Tai Chi.

**Monday 9/13 7:45-8:45 pm 8 weeks**

**Live-OnLine**

**Resident \$104/Non-Resident \$109**

**Instructor: Yuehua**

**Tai Chi with Yuehua  
Live Online**

## 2004

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

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

**Saturday 9/18 9:00-1:00 pm One Class or**

**Saturday 9/25 9:00-1:00 pm One Class**

**NL Adult Education Resident \$34/Non- resident \$39 Instructors: Frank Dawson & Jennifer Thornell**

## 2005

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

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

**Saturday 11/13 9:00-11:00 am or**

**Saturday 11/20 9:00-11:00 am One Class**

**NL Adult Education Resident \$34/Non- resident \$39**

**Instructors: Frank Dawson & Jennifer Thornell**



## 2006

### **The First 72 Hours – Critical Incident Awareness & Preparation**

In a major disaster it may take three days or more before vital services can be restored. Emergency Services such as Police, Fire, and Medical personnel may not be able to assist you in the immediate aftermath of a critical incident. Preparation and resilience are key to your survival.

The First 72 Hours is a guide to Urban Survival and will help you form a plan for you and your family in the event of natural disaster, civil unrest, terrorist act, or other critical incident which could bring immediate threat to life and property.

**Thursday 10/14 6:30-8:30 pm or Thursday 11/18 6:30-8:30 pm One Class**

**NL Adult Education Resident \$34/Non- resident \$39 Instructors: Frank Dawson**

## 2007

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

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

**Tuesday 9/28 6:00 - 8:30 pm 1 Class Waterford HS**

**Instructor: Emergency Training Services**

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

## 2008

### **CPR with AED & Standard First Aid**

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

**Tuesday 9/14 6:00 – 9:00 pm Waterford HS 2 weeks**

**Instructor: Emergency Training Services**

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



# OUTDOOR SPORTS

## 3000

### Horseback Riding: Beginning

Basic instruction will be given on the skill of horsemanship and horse care. This class is for beginners who have little or no experience in riding. Riding instructions will focus on balance and basic mechanics of riding. Students will also learn to groom, tack up and basic care of the horses. Participants should wear heeled shoes, boots are preferred.

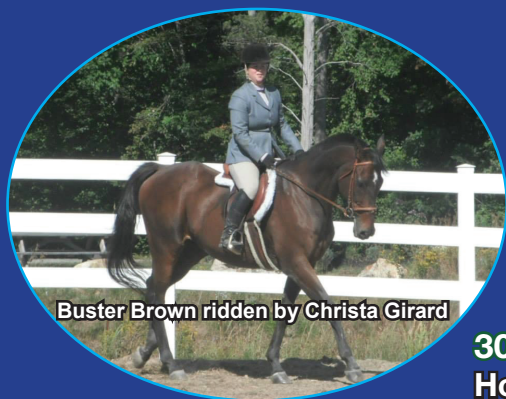
Riding helmets are provided by the instructor.

All classes will be held at Outback Stables

538 Colonel Ledyard Highway, Ledyard, CT

Tuesday 9/14 6:00-7:00 pm 6 weeks or Thursday 9/16 6:00-7:00 pm 6 weeks

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



Buster Brown ridden by Christa Girard



## 3001

### Horseback Riding: Advanced

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

Wednesday 9/15 6:00-7:00 pm 6 weeks Outback Stables Resident \$150/Non-Resident \$155

## 4000

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

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

Saturday 9/11 11:00 am - 12:00 pm 5 weeks Great Brook Driving Range

Resident \$175/Non-Resident \$180 Instructor: Christopher Hedden

## 4001

### Learning the Fundamentals of Golf

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. Please bring a putter,

3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed.

There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students.

5 Classes

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

Great Brook Driving Range

Resident \$175/Non-Resident \$180

Instructor: Christopher Hedden

## 4002

### Golf for Ladies Only

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

Wednesday 9/1 10:00-11:00 am or 6:00-7:00 pm or

Monday 9/13 10:00-11:00 am or 6:00-7:00 pm

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

Instructor: Christopher Hedden





# Culture on Wheels

From day trips to International Tours our Culture on Wheels Travel Program has something for everyone.

All tours are open to everyone anywhere.

*Join the fun and meet some great people!*



Photos by Peggy Cherrick





## New York on Your Own

**Saturday September 18 - cost \$69**

Return to the City and enjoy all it has to offer. Stroll Central Park, visit the Seaport Area, Union Square, take in a show or find a pop-up festival. Registration limited to 40 passengers. Depart Shaw's Cove Three at 7:30am  
Depart New York at 7:30pm.

## Vermont

### Vermont Country Store & More

**Saturday October 23 - cost \$123**

Shop the **Vermont Country Store in Rockingham...** Something for everyone. Maybe a trip down memory lane with some of the items in the store. Lunch at the **New England House in Brattleboro.** Choose from Butternut Squash Ravioli, New England Pot Roast or Cider Chicken. Meal Selection required with registration. Stop at **Kringle Candle and Randall Farms** on the way home. Depart Shaw's Cove Three at 7:45am. Estimated return to NL 6:30pm

## Green Mountain State

## Van Gogh The Immersive Experience in Boston

**Tuesday November 16 - cost \$119**

Step into Van Gogh's world and experience his paintings all around you. View the 360-degree digital projections, a Virtual Reality Experience like no other. Time in Quincy Market after the experience.

Depart Shaw's Cove Three at 7:45am, estimated return to NL 5:30 pm

## Mainly Maine - Kittery Outlets

**Saturday October 2 - cost \$107**

Spend some time in Maine & shop the **Kittery Outlets.** Lunch included at a Kittery restaurant - choice of Broiled Crumb Topped Haddock, Crab Crusted Salmon or Chicken Parmesan- selection required with registration. Visit **When Pigs Fly Bakery** on the way home. Depart Shaw's Cove Three at 7:00am, estimated return to NL 7:30pm

# MAINE



## Annual Stocking Stuffer Trip

**Saturday December 4 - cost \$111**

Begin your day at **Salem Cross Inn**, a restored 18th century farmhouse. A cider reception and an apple pie demonstration tempt your appetite. A full course luncheon includes Homemade soup du Jour, choice of baked Stuffed Chicken Breast or Baked Scrod with Cracker Crumb Topping, including vegetable, potato and Deep-Dish Apple Pie, Coffee and Tea to complete the meal. Next stop is **Brookfield Orchards** for some tasty treats to bring home. Complete your day at **Hebert's Candy Mansion**, famous for their chocolate candies.

**Receive a Gift at Every Stop! Meal choice required with registration.**

Depart Shaw's Cove Three at 9:00 am, estimated return to NL 6:30 pm

## Radio City Music Hall Christmas Show Featuring the Rockettes

**Sunday November 7 - cost \$149**

They are back and ready to entertain you - enjoy a 2:00 pm show with time before to grab a bite to eat and enjoy the Christmas sounds of the city.

Depart Shaw's Cove Three at 7:30 am. Estimated return to NL 8:00 pm

*(At time of catalog printing, Radio City has not announced if proof of vaccination is required to enter Radio City Music Hall. If they announce that vaccinations are required passengers will need to show documentation.)*

## David - Sight & Sound Theater Lancaster

March 30 - April 1, 2022

(check the Winter/Spring 2022 catalog for pricing)



## Master Poet

### Fearless Warrior

### Anointed King

After unprecedented victories lead to devastating failures, this passionate warrior will face the biggest battle of all: the one within himself.

Experience one of the most legendary Bible stories as it comes to life in this brand-new stage production from Sight & Sound Theaters.





## Portugal & its Islands

**March 12-24, 2022 – cost from \$4,029 pp dbl**

It's time to explore Portugal's Riviera with visits to Cascais and Estoril. Discover the bountiful crops of the Azores at pineapple and tea plantations. Gaze upon the pristine twin lakes of Sete Cidades. Featuring Estoril Coast, Azores & Madeira Islands. Join Collette tours on this adventure to Portugal. Tour Lisbon, Belem, Sintra, Ponta Delgada, Funchal and more.

13 Days, 11 Breakfasts, 1 Lunch, 6 Dinners.

Transportation to the Airport, Roundtrip Airfare from Logan, Inter-Flights from Lisbon, Air Taxes & Fees/Surcharges, Hotels, Hotel Transfers and Collette Escort. Register Early.

***Come to the Portugal & its Islands Presentation  
Wednesday August 4<sup>th</sup> 12:30  
at Three Shaw's Cove NL Adult Education***

## Painted Canyons of the West

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

Featuring Utah's 5 National Parks – Arches, Moab, Bryce Canyon, Capitol Reef, & Zion. Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. The backdrop of Denver's Rocky Mountains is the starting point of your journey. In Colorado's wine country, dine with new friends and enjoy a tasting at a family-run winery. Among vistas that evoke the spirit of the Old West, marvel at the unspoiled beauty of Utah's five national parks. Make your way from Arches and Canyonlands to Capitol Reef, Zion, and Bryce National Park. Discover the bright lights and glitz of Vegas. Explore the kaleidoscope of colors found in America's rocky western landscapes. Tour includes Airfare, Airport Transportation, Hotels, 7 Breakfasts, 1 Lunch, 3 Dinners and Collette Escort.

***Come to the Painted Canyons Presentation Thursday October 7<sup>th</sup> 6:00 pm  
at Three Shaw's Cove NL Adult Education***





# CRUISES

## Escorted Newfoundland & Canada Discovery

Join the Friendship Family! We are very excited that Holland America is bringing her newest Pinnacle Class ship to our local ports! Her design draws inspiration from the elegant curves of musical instruments. Combined with this new itinerary including one night hotel in Quebec with dinner & tour, an additional night in Quebec onboard ship, 3 ports in Newfoundland, a stop in Halifax and Bar Harbor....this is bound to be a wonderful vacation! **September 6-17, 2022**  
**Cost from \$2,519 pp**

## Escorted Trans-Atlantic Cruise Copenhagen to Boston Norway – Iceland - Greenland

In a world where everything is harried and hurried, take a step back to a time when traveling was an adventure. Motorcoach Transportation to Airport & home from Pier Flight to Copenhagen from Boston 14 Nights aboard Royal Caribbean's Voyager of the Seas. All meals onboard, Daily activities, Nightly Entertainment, Casino, Full Fitness Center & Spa, Ship Shop Cocktail Parties & Events.  
**September 3-18, 2022 Cost from \$3,220 pp**

## Escorted Alaska Land & Cruise

Escorted 7 Night Land Tour & 7 Night Cruise 2 nights Fairbanks, 2 nights Denali, 1 night Anchorage, 2 nights Seward, McKinley Explorer Domed Train between Denali & Anchorage 7 Night Cruise Holland America's Noordam with Glacier Bay! Flights & Motorcoach to Airport Included  
**June 12-26, 2022 15 Days/14 Nts—PEAK TIME!**  
**Cost from \$5,224 pp**

## Escorted Bermuda, Newport & Charleston

Set sail aboard the revitalized Celebrity Summit—every detail of the staterooms has been renovated, every comfort refined—all staterooms feature a chic design, rivaling the world's best boutique hotels. You will experience the 5-star service and cuisine that has won awards for Celebrity year after year. **May 14-13, 2022 Cost from \$1,654 pp**

## Escorted New Orleans to Memphis

The Lower Mississippi River has stories to share – a legacy that flows from Memphis to the Gulf of Mexico. Embark on more than just a cruise, and return with more than memories: experience, understanding, an enlightened perspective. 1 night in New Orleans, airfare, hop-on hop-off tours in each port. 9 days, 8 nights. **March 6-14, 2022 Cost from \$4,448 pp**

## *Cruising has Returned*

**Contact Donna or Barbara at Friendship Tours to register for the Cruises**  
**Tell them you heard about it at New London Adult Ed**  
**1-800-243-1630**

**Be one of the first to know about the  
new trips being offered.  
Sign up for the Culture on Wheels Mailing List.  
\$5.00 to receive bi-annual mailings**

\*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.

# Come teach with us...

If you have an idea for a new class, want to share your hobby or interests  
contact Peggy at [cherrickm@newlondon.org](mailto:cherrickm@newlondon.org)



Submission deadline for Spring 2022 classes is October 8<sup>th</sup>

## THANK YOU TO OUR SCHOLARSHIP GOLF TOURNAMENT SPONSORS

Thank you to all of the Golfers that made the Tournament a Success....  
Looking forward to seeing you all next year

Arrow Point Painting & Home Improvement

Birdseye Cafe

Byles-MacDougall Funeral Service

Cherrick Can-Do, LLC

Thomas Garbati Builders, LLC

Patricia Green

Mr. G's Restaurant

New London Education Foundation

Mayor Michael Passero

Alison & Ray Pollick

RE/MAX on the Bay

M.J. Sullivan Automotive Corner

Edward Trzinski



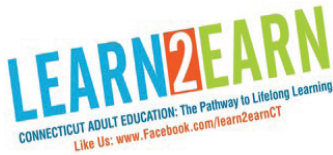
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## New London Adult & Continuing Education

Three Shaw's Cove  
New London, Connecticut 06320

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

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New London  
Adult and  
Continuing  
Education



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## Congratulations 2021 Graduates

**Leeana Barnes**

**Shirley Bennett**

**Jennell Bogue**

**Tyler Burgess**

**Madeline Casillas**

**Gwendolyn Coy**

**Robert Crandall**

**Amie Craven**

**Dalton Dickson**

**Anthony Dixon Jr.**

**Sophia Dooley**

**Rachel Duncan**

**Kelly Dunn**

**Mallory Fowlks**

**Diego Garcia**

**Jacob Gergler**

**Felipe Gomez-Ramirez**

**Julianna Gray**

**Campbell Johnson**

**Robin Johnson**

**Victor Johnston**

**Anthony Kobyluck**

**Ricardo Latorre**

**Jarius Little**

**Kevin Mackintrush**

**Brooklyn Mendez**

**Peter Monaco**

**Christopher Obriskie**

**Casey Osorio**

**Miguel Pacheco Ruiz**

**Jenny Philius**

**Alvaro Polar-Infante**

**Efrain Ruiz**

**Frances Samayoa**

**Jeremy Sanborn**

**Terrence Cazimir Shands**

**Bennysael Torres**

**Daoud Walker**

**Clara Williams**

**Muhammad Woodhall**

**Dugkar Yangzom**



# New London

Adult & Continuing Education

Fall 2021

*Looking Toward a Brighter Future*

High School Credit Diploma Classes

GED Classes

ESOL Classes

Enrichment Classes

Day Trips

Overnight Trips

International & National Fly Tours

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





Dear Friends:

New London Adult and Continuing Education is a truly unique place! We are very proud of our long-standing commitment to adult learners, and our dedication to providing innovative and stimulating educational opportunities in a safe and nurturing environment. We strive to strengthen our community partnerships and value the spirit of collaboration.

We offer ESL classes to assist English language learners improve their English language proficiency. Students looking to complete their high school education can benefit from our Credit Diploma Program and GED Program. The U.S. Citizenship classes will prepare immigrants for the U.S. Citizen test. The Transitions Program will assist our adult learners with career exploration, training and college preparatory classes. Our Integrated Basic Education and Skills Training Program offers workforce education in areas that match local demand. Our counseling staff is available to guide and assist you in choosing the program that best meets your educational needs.

We are very pleased to offer the Even Start – Two Generation program that promotes family literacy. This integrated program meets the needs of the entire family through adult education, early childhood education, parenting education, interactive literacy, and home visits.

Our Continuing Education/Enrichment Program offers a vast number of programs and classes to satisfy your lifelong learning goals. We invite you to take advantage of our Culture-on-Wheels Program which presents stimulating, educational, and affordable opportunities for travel. Numerous day, overnight bus trips, and international world-class tours are thoughtfully planned.

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

Please follow us on Facebook, New London Adult and Continuing Education, to stay connected and learn more about our unique program. There is truly something for everyone.

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

Sincerely,

*Denise Spellman*

Denise Spellman  
Director

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

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

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

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

• **Refunds:** In the event of a filled class or cancellation, every attempt will be made to notify you in advance by email, mail or phone. Refund policy: A full refund is given only when NLAE cancels a course. No 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

September 6 ..... Labor Day  
October 11 ..... Indigenous People Day  
November 11 ..... Veterans Day  
November 25-26 ..... Thanksgiving Break  
December 24-31 ..... Winter Recess

## Program Start Dates September 7, 2021

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

September 9 ..... EMT Training  
September 13 ..... Real Estate  
September 14 ..... Serv Safe Training  
September 16 ..... Espanol Serv-Safe  
September 29 ..... Daytime CNA Training  
October 18 ..... Evening CNA Training  
October 9 ..... Security Guard Card Training  
September 22 ..... Bartending

Enrichment Classes begin  
the week of September 13

Cover Photo/Catalog Design:  
**Peggy Cherrick**

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



## Enrichment Class Registration Form

Mail completed form to:  
NLAЕ, 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**


**Nothing cancels a Class quicker than everyone waiting until the last minute to register.  
Don't miss out on a great class.. REGISTER EARLY**

Processing fee only when  
using a Credit Card \$2.00

Total Due

Credit card information:

\_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ American Express

Credit Card Numer \_\_\_\_\_

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



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

## Culture on Wheels Trip Registration Form

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**


**Nothing cancels a good trip quicker than everyone waiting until the last minute to register.  
Don't miss out on a great trip... REGISTER EARLY**

Processing fee \$2.00 only  
when using a Credit Card

Total Due

Method of Payment:

\_\_\_\_\_ Visa \_\_\_\_\_ MasterCard \_\_\_\_\_ Discover \_\_\_\_\_ American Express

Credit Card Numer \_\_\_\_\_

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



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