

## 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 Maria A. Pukas (860)-437-2385.

### General Accessibility and Accommodations

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

### General Educational Development (GED) Test Accommodations

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

### No Charge for Materials for Mandated Courses

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

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

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

## OUR SITES

**New London Adult Education**  
Three Shaw's Cove • New London, CT 06320

**I-95 from New Haven:** Take the Crystal Mall exit 82. At the end of ramp, turn right onto Broad Street. At second traffic light take a right onto Colman St. Follow Colman St. for 1.5 miles to the end. Turn left onto Bank St. and continue through four traffic lights. Travel straight through the fourth light and turn right into the Shaw's Cove complex. Building #3 is the second one on the right after the Dime Bank.

**I-95 from Providence:** Take the Downtown New London exit 84S onto Eugene O'Neill Dr. and follow to the end. Turn left onto Tilley St. At the light turn right onto Bank St. Go through the next traffic light and turn left into Shaw's Cove complex. Building #3 is the second one on the right after the Dime Bank.

**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

**West Side Middle School**  
250 Brandeggee Avenue • Groton, CT 06340

## Table of Contents

### ADULT ED MANDATED CLASSES

General Educational Development (GED) .....	2
Adult High School Credit Diploma.....	3
Groton Adult Education Info .....	3
Waterford & Lyme-Old Lyme Info .....	3
Montville Adult Education Info.....	3
English for Speakers of Other Languages.....	4
Adult Basic Education (ABE).....	4
Citizenship .....	4
I-BEST.....	5
Transitions.....	6
JET .....	6
Family Literacy .....	6
Ed2Go Online Courses.....	7

### ENRICHMENT CLASSES

Career Development .....	8-10
Arts, Crafts, & Hobbies.....	11-12
Zentangle.....	12
Gardening .....	13
Personal Growth.....	14-15
Technology.....	15
Fitness & Recreation.....	16-17
Mind, Body and Spirit.....	17
Culinary.....	18
Photography .....	19
Finance .....	19
Language .....	20-21
Outdoor Activities.....	22-23
Music.....	23

### TRAVEL

Culture on Wheels.....	24-28
------------------------	-------

5 WAYS TO REGISTER FOR TRIPS & ENRICHMENT CLASSES



#### OUR WEBSITE

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



#### MAIL

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



#### IN PERSON

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



# 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. Connecticut GED Test eligibility requirements are:

1. Individuals 17 or 18 years of age at the time of GED Registration must submit documentation that they have been officially withdrawn from a Connecticut school for at least six months. Individuals who are 18 years of age may submit, in lieu of a withdrawal form, a letter from the last high school attended stating that the class they entered in ninth grade (or would have entered if never enrolled) has already graduated.
2. A withdrawal document is needed for all 17 and 18 year olds. All 17 year olds need a withdrawal document with parental signature.
3. Individuals aged 17-18 who are home schooled, should request a "Home School Attestation" form signed by the GED Administrator from the CT State Department of Education. Forms may be requested by email at [ged@ct.gov](mailto:ged@ct.gov) or telephone (860)-807-2111.
4. \$13 registration fee for ALL registrants who are 21 years and older. No fee for veterans.
5. Current CT picture ID or valid government-issued ID required at time of registration.

## GED Test Accommodations:

Create an account at [www.GED.com](http://www.GED.com). Print and complete the accommodations request form for your disability. Attach documentation for your disability and fax your forms and supporting documents to (202)-464-4894. For further information, contact Karen O'Connell (860) 437-2385.

## GED Test Content:

The GED Exam is a four-part battery including Reasoning through Language Arts (RLA), Mathematics, Science and Social Studies. Test items are multiple choice, short answer, extended response, drag-and-drop, hot spot, and fill-in-the-blank question formats. Writing is required in one of the four tests and mathematical questions are also included in the Science and Social Studies test components. A brief description of the four parts appears below:

**RLA** — Focuses upon informational texts (75%) including nonfiction drawn from science, social studies and workplace contexts and literature (25%). These texts reflect a range of complexity levels, in terms of ideas, syntax and style. The writing tasks, or Extended Response (ER) items, require test-takers to analyze source texts and use evidence drawn from the texts to support their answers.

**Mathematical Reasoning** — Covers two major content areas: quantitative problem solving (45%) and algebraic problem solving (55%). Problem solving skills are measured by questions from both academic and workforce contexts. Candidates are provided with an on-screen calculator.

**Science** — Focuses upon three areas: life science (40%), physical science (40%), and earth and space science (20%). The test includes items that measure textual analysis and understanding, data representation and inference skills, and problem solving that centers on the themes of human health and living systems and energy and related systems.

**Social Studies** — Covers four major content areas: civics and government (50%), US history (20%), economics (15%), and geography and the world (15%). Two major themes are emphasized: the development of modern liberties and democracy.

## GED PREPARATION CLASSES ARE OFFERED AT:

### New London Adult Education: Shaw's Cove Three

(860) 437-2385

Monday through Friday 8:30 a.m.-12:30 p.m.  
(English and Spanish)

Monday through Wednesday 6:30-9:00 p.m.  
Classes begin January 13, 2020



### West Side Middle School 250 Brandegee Avenue (860) 441-2152

Monday and Wednesday 5:30-8:30 p.m.  
Classes begin January 13, 2020



## Everything you need to know about earning a New London Adult 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 2:30 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, 2 credits in Vocational Education, Art, and Technology, 3 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 6 elective credits.

### 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 and Testing for these classes are to be made in person at New London Adult Education during the week of January 7-10 between the hours of 9:00 am and 1:00 pm.

**Evening Registration and Testing** will be at 6:00 pm January 7-8.

### A VARIETY OF CREDIT CLASSES ARE OFFERED, INCLUDING:

- English
- Reading
- Math
- U.S. History
- Government
- Human Biology
- Life Science
- On-Line Classes
- Environmental Science
- Computer Skills
- Personal Finance
- Arts and Crafts
- Film Study

### Montville Adult Education H.S. Credit Program

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 Business Math, Math II, English, Literature, Science, U.S. History, and Contemporary Issues.

All classes meet at Montville High School and are free. Contact the Program Director at (860) 848-8265. Your class schedule and courses will be tailored to your needs.

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

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

**Walk-in Registration & Placement Testing** • Registration for the Spring Semester takes place at Montville Adult Ed on January 14 and 15 from 5:30-7:30pm. Classes begin Tuesday January 21.

## GROTON ADULT EDUCATION

### GED and ESL Classes are now offered in Two Locations

#### West Side Middle School

250 Brandegee Avenue, Groton

#### GED and ESL Classes

Monday and Wednesday Evenings 5:30-8:30 pm

Classes begin Monday January 13, 2020

GED and ESL Registration will begin on January 8 & 9, 2020 5:00-7:00 pm

Groton residents can also attend the following classes at:

#### New London Adult Education

Three Shaw's Cove, New London

#### ESL Classes

Daytime: Monday-Friday from 9:00-12:00 pm

Evening: Monday-Wednesday from 6:30-9:00 pm

#### GED & ABE Classes

Daytime: Monday-Friday from 8:30-12:30 pm

Evenings: Monday-Wednesday from 6:30-9:00 pm

GED, ESL, ABE Start Date is January 13, 2020

### Adult High School Credit Diploma Classes

#### West Side Middle School

250 Brandegee Avenue, Groton

#### Evenings

Monday, Wednesday and Thursday

5:00-8:00 pm

### Spring Registration

will be conducted

at West Side Middle School

January 29 & 30 from 5:00-7:00 pm

### High School Credit Diploma Classes

Start Date is Monday February 3, 2020

Call (860) 441-2152 for more information

# ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

## ESOL ~ English for Speakers of Other Languages: Classes begin January 13, 2020

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.

### 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 • 9:00 am – 12:00 pm  
Friday • 9:00 am - 12:00 pm at NLAE Computer Lab

### ESOL Class Schedule at West Side Middle School

**Nights** • 250 Brandegee Ave, Groton, CT 06340  
(860) 441-2152  
Monday & Wednesday • 5:30 pm – 8:30 pm  
Classes start January 13

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

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

## Citizenship Classes

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

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

## Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 13 de enero de 2020

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. Gratis.

### 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 • 9:00 am – 12:00 pm  
Viernes • 9:00 am – 12:00 pm at  
NLAE Computadora

### Clases de ESOL en West Side Middle School

**Noches** • 250 Brandegee Avenue  
Groton, CT 06340  
(860) 441-2152  
Lunes & Miércoles • 5:30 pm-8:30 pm  
Clases comienzan el 13 de enero de 2020

## 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, estos tienen que ser registrados, no pueden ser menores de tres años y tienen que estar entrenados en el uso del baño. Para más detalles vea a la recepcionista o llamar a Laiza Melendez ó Norma Velez al (860) 437-2385.

## 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.



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

## 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.



## Introduction to Server and Culinary Arts With Food Handler's 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.

## 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.

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

## 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.



## Customer Service Certification

The Customer Service Certificate program teaches valuable skills that will help students get a job, be successful employees, and work their way up the employment ladder. Students will earn a New London Adult Education Customer Service Certificate after successfully completing the classroom, lab, and independent study requirements. Students will improve basic skills in writing and math, and prepare to take the National Retail Foundation's Customer Service Certification exam.

## 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.

## 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.



# TRANSITIONS and JET

## Transitions Program puts the focus on career planning, training programs, college prep and financial aid

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

Students receive assistance from the Transitions Associate with career planning, college information, training information, college application completion, financial aid information and FAFSA application completion, as well as Accuplacer test registration.

The program also offers trips to area colleges. This past year included visits to University of Connecticut at Avery Point, Three Rivers Community College and Mitchell College. We also host mini college fairs and have speakers from additional higher education institutions present to students.

Students utilize a variety of resources for career planning including: the National College Transition Network's Career and College Awareness curriculum and College for Adults websites.

*Please contact: Meg Mahon,  
Transition to Post-Secondary Program Associate  
for an appointment at  
(860) 437-2385 ext. 103 or VM 103 or  
email: mahonm@newlondon.org*



## Job, Employment and Training prepares students for the future

JET is an employment and training program for eligible out-of-school youths between the ages of 17-24. Funded by the Eastern CT Workforce Investment Board, the program is designed to assist eligible youth who want to move from high school dropout

to high school graduate and/or to advance from unemployed or underemployed to gainfully employed and/or to enter college or training programs. Program components include:

**Work Readiness Skills:** resume creation, interviewing techniques, dress for success, leadership opportunities, and basic computer literacy skills.

**Career exploration:** job shadowing and internships.

**Education & Training:** basic skills, high school diploma or GED offered with flexible schedule and part-time attendance, post-secondary education or occupational skills training, financial assistance and transportation for eligible participants.

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

## FAMILY LITERACY

### Where parents and children learn together

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

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

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

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





# New London Adult & Continuing Education

*Enroll Today!*



Discover why millions of students are making the switch to online learning. With online courses, you can study at your convenience in your preferred learning environment. Our courses and programs are highly engaging and relevant and our instructors are interactive and support you through the curriculum. Choose from our growing catalog of Instructor-Led Courses designed to teach you a new skill or refresh a current one or our Career Training Programs geared to place you into a new career in an in-demand field.

## Online Courses

- *Instructor-Facilitated*
- *24-Hour Access*
- *6 Weeks of Instruction*

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners. The course is available to you anytime, anywhere.

### Popular Courses:

- **Accounting Fundamentals**
- **Creating Web Pages**
- **Medical Terminology:  
A Word Association Approach**
- **Speed Spanish**
- **Introduction to Microsoft Excel**
- **Project Management Fundamentals**
- **Grammar Refresher**
- **Introduction to Statistics**
- **Computer Skills in the Workplace**
- **Administrative Assistant Fundamentals**

## Career Training Programs

- *One-On-One Instructor Assistance*
- *24-Hour Access*
- *All Materials and Books are Included!*

Prepare for employment in some of today's hottest careers. Our online Career Training Programs are comprehensive, affordable, and self-paced. You can begin these Programs at any time and learn at your own pace.

### Popular Programs:

- **Medical Billing and Coding**
- **CompTIA™ A+ Certification Training**
- **Six Sigma Black Belt**
- **Building Analyst Quick Start Program**
- **Medical Transcription**
- **Travel Agent Training**
- **Event Management & Design**
- **Human Resources Professional**
- **Project Management**
- **Certified Wedding Planner**
- **Certified Personal Trainer**

**MORE COURSES AVAILABLE AT EACH OF OUR WEBSITES**

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

**[careertraining.ed2go.com/nlae](http://careertraining.ed2go.com/nlae)**

# Your Career

## AT NEW LONDON ADULT AND CONTINUING EDUCATION

### 100

#### Emergency Medical Technician Initial Basic Training

Classes are conducted Monday & Thursday nights and Saturdays daytime. This intensive program is designed to provide a basic understanding of anatomy, physiology, and pathophysiology. It will allow you to better understand signs, symptoms and emergency care.

An anatomical and body system approach to physical exams will link conditions to assessment findings. This course will give you knowledge of the presentation of common medical conditions and traumatic injuries encountered in the pre-hospital environment. You will learn how to provide the most efficient and effective emergency care. Graduates of this program will satisfy licensure requirements from the National Registry of Emergency Medical Technicians as well as the Connecticut Department of Public Health, Office of Emergency Medical Service. The textbook is 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)*



*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 1/30 - 5/7 6:00-9:30 pm 14 weeks NL Adult Education  
Resident/Non-resident \$950 WIOA Approved & approved for VA Educational Benefits  
Instructor: Emergency Training Services

### 101

#### Summer Daytime EMT Basic Training

See the description and requirements above

Monday 6/22 - 8/6 8:00am - 4:00 pm 6 weeks NL Adult Education  
Resident/Non-resident \$950 WIOA Approved & approved for VA Educational Benefits  
Instructor: Emergency Training Services



### 102

#### Real Estate Principles & 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 on Monday and Thursday for 10 weeks. Textbooks are included in the cost of the class.

**INFORMATION SESSION - March 5th 5:00-6:00**  
**Three Shaw's Cove - NLAE Center**

Monday & Thursday 3/9 6:00-9:00 pm 12 weeks  
NL Adult Education  
Resident \$575/Non-resident \$580  
WIOA Approved & Approved for VA Educational Benefits

### 103

#### Real Estate Principles & Practices Saturday Daytime Classes

See the requirements and full course description above. To take the State licensing examination, you must be 18 years of age or older.

Saturday 1/18 8:00 am - 4:00 pm 6 weeks  
New London HS Resident \$575/Non-resident \$580

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



# Begins Here

**104**

## Certified Nursing Assistant Training

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

**Prerequisites:** Prior to attending the class, the student must have the following: Proof of being 18 years or older upon completion of the program, Social Security Number, current seasonal flu vaccine (Oct 1- Mar 30), clearance from MD to be able to lift 50 pounds and proof of Negative TB results read within the last 6 months from the class begin date. 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.)

Fee includes tuition, textbook, uniform and State of Connecticut Prometric exam

Instructor: Patricia Conklin, RN  
Resident/Non-resident \$1,099



**Classes meet Monday thru Friday 8:00 am – 4:00 pm for 3 weeks  
at New London Adult Education**

January Classes..... 1/7 – 1/24

May Classes..... 5/4 – 5/20

June Classes ..... 6/8 – 6/24

July Classes ..... 6/30 – 7/17

August Classes ..... 8/10 – 8/26

**MAXIMUM OF 8 STUDENTS PER CLASS**


**105**

## Making Money with Your Voice

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

Thursday 3/12 6:30-9:00 pm One night only  
NI Adult Education Resident \$29/Non-resident \$34

# CAREER DEVELOPMENT

**106**

## 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 4/25 8:00 am - 4:00 pm One Day NL Adult Education**  
**Resident \$150/Non-resident \$155 Instructor: Louis J. Bonito**



**107**

## 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 4/1 6:00-9:00 pm 5 weeks NL Adult Education**  
**Resident \$250/Non-resident \$255 Instructor: Paul Rich**



**108**

## 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 4/1 6:00-9:00 pm One night only NL Adult Education**  
**Resident \$55/Non-resident \$60 Instructor: Paul Rich**

**109**

## SERV-SAFE

The ServSafe program was created by leaders in the Foodservice Industry to promote food safety. Ledge Light Health District which promotes healthy communities in all 90 establishments in New London County are requiring all food establishments to have all 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 3/10 6:00-9:00 pm 2 weeks**  
**Waterford HS or Saturday 4/25 9:00-3:30 pm**  
**1 day only NL Adult Education**  
**Resident \$175/Non-resident \$180**  
**Instructor: Amarilys Saluk, CDM,CFPP**



**110**

## 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.

**Saturday 5/9 9:00-3:30 pm 1 day only**  
**NL Adult Education**  
**Resident \$175/Non-resident \$180**  
**Instructor: Amarilys Saluk, CDM,CFPP**



# Enrichment Classes

If you are looking to satisfy your lifelong learning goals, start a new hobby, improve your knowledge and skills in a particular discipline or simply expand your horizons, New London Adult and Continuing Education has something for everyone. Our Enrichment Program is open to everyone and it continues to grow. We invite you to browse through the numerous courses we offer.

## ARTS, CRAFTS & HOBBIES

### 200

#### Advanced Knitting

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

**Tuesday 2/25 6:30-8:30 pm** NL Adult Education  
Resident \$69/ Non-resident \$74  
Instructor: Nancy Potter

### 201

#### Intro to Cold Soap Making

In this class you will learn how to formulate a basic soap recipe, lye safety, and a handout will be given containing information on oil properties, a DIY mold how to and a list of suppliers.



Take home 2 pounds of soap.

**Saturday 4/25 8:30-11:00 am – 1 class**  
NL Adult Education  
Resident \$69/Non-resident \$74  
Instructor: Lenora Alcee

### 202

#### Advanced Soap Making

In this class we build on the basics learned in the intro class and learn how to use alternative liquids in soap making. Information on the alternative liquids and what they bring to the soap. We will also have a list of exotic oils and butters to further expand your repertoire and build your brand whether it is for yourself and family or to sell. Take home 2 pounds of soap.

**Saturday 5/2 8:30-11:00 am – 1 class**  
NL Adult Education  
Resident \$79/Non-resident \$84  
Instructor: Lenora Alcee

### 203

#### Basket Weaving - Daytime

Learn the art of basket weaving from a professional basket maker. A \$15 material fee is payable to the instructor at the first class.

**Monday 3/2 3:00-5:30 pm 2 weeks**  
NL Adult Education  
Resident \$54/Non-Resident \$59  
Instructor: Nancy Potter

### 204

#### Basket Weaving

Explore using a variety of materials and weaving techniques to make a lovely basket to use for years to come. There is a \$15 material fee payable at the first class.

**Monday 3/2 6:30-9:00 pm 2 weeks**  
NL Adult Education  
Resident \$54/Non-Resident \$59  
Instructor: Nancy Potter

### 205

#### Crochet for the Beginner

Learn basic crochet steps such as single crochet, double crochet, and triple crochet. Project choices include a shawl, blanket or afghan. Supplies for the class: Acrylic or Wool thread and 4mm Crochet Needle or Cotton thread and 2.7mm Crochet Needle.

**Saturday 3/14 9:00-11:00 am 6 weeks**  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Judy Telemaque

### 206

#### Calligraphy A to Z

Learn a variety of "hands" ... formal to funky skills and techniques. Materials required: Micron Calligraphy Pens, #5 & #8

**Monday 3/30 3:00-5:00 pm 1 weeks**  
NL Adult Education  
Resident \$19/Non-resident \$24  
Instructor: Sean Kane

### 207

#### Dot Painting

Take a Saturday and enjoy this relaxing painting technique. Materials included.

**Saturday 3/14 10 am-Noon**  
NL Adult Education  
Resident \$30/  
Non-resident \$35  
Instructor: Esmeralda Bustmante



### 208

#### Golden Flowers



Design golden roses from basic recycled materials. Materials included.

**Saturday 3/28 10:00-12:00 pm**  
NL Adult Ed

Resident \$30/Non-resident \$35  
Instructor: Esmeralda Bustmante



### 209

#### False Vitral (Stained Glass)

Learn how to make False Vitral. Materials included.

**Saturday 4/4 10:00-12:00 pm**  
NL Adult Education  
Resident \$30/Non-resident \$35  
Instructor: Esmeralda Bustmante



# ARTS, CRAFTS & HOBBIES



## 210 Chinese Watercolor

The brush strokes of Chinese Watercolor seems 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 precipitous drop of a waterfall tumbling down a mountain side. Material Fee of \$10 paid on the first night.

**Monday 3/9 6:00-8:00 pm 8 weeks**  
New London HS  
Resident \$134/Non-resident \$139  
Instructor: Eva Leong

## 211 Chinese Watercolor Workshop

This one day workshop will introduce you to the Art of Chinese Watercolor. Material fee of \$5 is to be paid to the instructor.

**Saturday 3/21 9:00 am -2:30 pm**  
One Day NL Adult Education  
Resident \$64/Non-resident \$69  
Instructor: Eva Leong

## 212 Mexican Train Dominoes

Lots of laughs and strategies all combined into one fun game for the whole family. This game can be played from ages 5 to 105.

**Thursday 4/30 6:00-8:00 pm**  
OL Middle School 2 Days or  
**Thursday 5/14 3:00-5:00 NL Adult Ed 2 Days**  
Resident \$34/Non-resident \$39  
Instructor: Sue Fine

## 213 Dimensional Watercolor

A Dimensional Watercolor can offer you a versatile framework where it is always possible to rework and combine paintings to create new work. Material list available online, or with registration.

**Saturday 3/21 12:30-2:30 pm 6 weeks**  
NL Adult Education  
Resident \$84/Non-resident \$89  
Instructor: Gretchen van der Lyke



## 214 Subtropical Landscaping in Connecticut

Learn how to grow palms, bananas, yucas/cactus, and other warm climate plants in your Connecticut garden or landscape. Subtropical landscaping creates interesting year-round gardens in our climate.

**Monday 3/16 6:30-8:30 pm NL High School**  
**Saturday 4/4 9:00-10:30 am**  
NL Adult Education 1 class or  
Resident \$19/Non-resident \$24  
Instructor: Mike Grammatico



## ZENTANGLE



## 300 Zentangle Dragon

**Saturday 3/14 10:00 am-1:00 pm 1 class**  
Resident \$30/Non-resident \$35 Material fee \$4

## 301 Zentangle with Falling Leaves

**Saturday 4/18**  
**10:00 am-1:00 pm**  
1 class  
Resident \$30/  
Non-resident \$35  
Material fee \$3



## 302 Kimono with Zentangle

**Saturday 5/2**  
**10:00 am-1:00 pm**  
1 class  
Resident \$30/  
Non-resident \$35  
Material fee \$3



*Zentangle® is an easy to learn method of creating beautiful images. NO ARTISTIC ABILITY REQUIRED! Each design is broken down into step-by-step instructions. Learn to relax (the "Zen" part) while creating beautiful, repetitive design work (the "tangle" part). Students will create beautiful designs while discovering a new way to relax and enjoy what happens on the paper. Students will learn a variety of "tangles" (patterns) and combine them in their own unique way. All classes taught by Carol Dunn, CZT (Certified Zentangle Teacher). Contents of \$10 starter kit: Sakura Micron Pigma pens, size .01 and .08 (or Graphic 1), pencil, tortillion, 5 paper tiles, and a cute little bag.*



## ONE-SESSION CLASSES AT MONTVILLE FLORIST

### 400 Orchid Care

Indulge in snacking and sipping while learning some time-tested methods to get your orchid to thrive. All participants will plant an orchid to bring home.

Thursday 2/20 6:00 pm  
Resident \$43/Non-resident \$48

### 401 Going Green for St. Patrick's Day

There is more than one way to "Go Green." Learn how to be a great plant parent. Class will include basic plant care; complete with tips, hints and tricks for pruning, repotting and plant maintenance. Enjoy some sips and snacks. All participants will receive a plant to take home.

Thursday 3/12 6:00 pm  
Resident \$43/Non-resident \$48



Photo for illustration purposes only

### 402 Hello Spring!

Fully celebrate the start of spring by learning some cut flower care and handling tips, tricks and techniques. Practice your skills creating stunning vase arrangements using brightly colored, sweetly scented spring flowers while sharing some snacks and sips.

Thursday 4/16 6:00 pm  
Resident \$43/Non-resident \$48

### 403 Tricky Terrariums

If you plant it, they will thrive. Partake of some sips and snacks while learning how to plant and care for your incredible, self-contained ecosystem. Terrariums can be easy to care for and a great deal of fun to watch grow.

Thursday 4/23 6:00 pm  
Resident \$48/Non-resident \$53

### 404 Porch Pot

Throw your windows open – Spring is here! Share in some sips and snacks while learning what plants are best for your entrance way. We will share some tips and tricks to keep your planter looking its best before getting your hands dirty while planting your own porch pot.

Thursday 5/14 6:00 pm  
Resident \$48/Non-resident \$53

## ONE-SESSION CLASSES AT SMITH ACRES



Photo for illustration purposes only

### 500 Hanging Baskets

Design and plant a 12" Basket, keep it in the greenhouse & ready for Mothers Day.

Please register for any of the dates below, come by anytime on those dates between the hours of 11:00 am and 4:00 pm

Saturday 3/21 or Sunday 3/22

Saturday 3/28 or Sunday 3/29

Saturday 4/4 or Sunday 4/5

Resident \$44/Non-resident \$49

### 501 Plant Your Own Container

Bring in your own containers and we will help you put together a great arrangement. Fee includes soil, fertilizer & advice.

Thursday 5/21 5:30 pm  
Resident \$22/Non-resident \$27

### 502 Succulent Hanging Terrariums

Easy to care for succulents, arranged in a glass orb, all materials/plants are included.

Saturday 3/28 2:00 pm or  
Thursday 4/16 5:30 pm  
Resident \$32/Non-resident \$37

### 503 Seashell Wreath

All supplies are included.

Saturday 3/21 1:00 pm or  
Wednesday 4/22 5:00 pm  
Resident \$42/Non-resident \$47



Photo for illustration purposes only

### 504 Terrarium

Use a 8" glass container to create a low maintenance garden. All supplies included.

Saturday 4/4 2:00 pm or Thursday 4/30 5:00 pm  
Resident \$42/Non-resident \$47

### 505 Herb/Viola Planter

Choose 3 hardy perennial herbs to create an edible garden. All plants can be transplanted into your garden.

Sat. 4/25 3:00 pm  
Resident \$27  
Non-resident \$32



Photo for illustration purposes only

### 506 Chair Planter

Turn your old cane seat chair into a planter, bring your chair or purchase one from Smith Acres.

Wednesday 5/27 5:30 pm  
Resident \$52/Non-resident \$57



## 600 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 work place. A National Safety Council CPR and First Aid Certification will be presented upon completion of this course.

Saturday 3/28 8:30 am -2:30 pm NL Adult Education Resident \$84/Non-resident \$89



## 605 (SAFE) Self-Defense for Women

Situational Awareness & Fundamental Empowerment is a one day workshop that explores real world violence and offers a pragmatic approach to personal safety. This program is ideal for women who have concerns about personal safety. Please come in gym attire suitable for physical activity.

Saturday 4/4 9:00 am-1:00 pm One Class  
or Saturday 4/25 NL Adult Education  
Resident \$40/Non-resident \$45  
Instructors: Frank Dawson & Jennifer Thornell

## 603 (SAFE) Self Defense for Women (Advanced)

*(Prerequisite - SAFE 600 Fall 2019 Semester)* This (2) hour workshop picks up where the (4) hour BASIC class leaves off. This session is all hands-on training with an emphasis on refreshing and practicing prior techniques. Some NEW techniques will then be added.

Saturday 5/2 10:00 am-12:00 pm  
New London Adult Education  
Resident \$25/Non-resident \$30  
Instructors: Frank Dawson & Jennifer Thornell

## 606 Great Films You've Never Seen

This course continues our popular film history series. It will focus on viewing and discussing movies that have some historical significance as well as more obscure ones you may not have seen. The course venue is the BP Learned mini-theater, which has a large screen, comfortable seats and good sound. Film listing available online at [newlondonadulted.org](http://newlondonadulted.org) under Enrichment Classes.

Wednesday 2/19 6:30-9:00 pm 8 weeks  
B.P. Learned Theater, 40 Shaw Street  
Resident \$89/Non-resident \$94  
Instructor: Rick Gipstein, Film Enthusiast

## 601 BLAST – Babysitting Lessons and Safety Training

This course is designed for children ages 13 -16, their parents, and parents looking to hire a babysitter. The BLAST program can prepare children to interview for a babysitting job and to select safe and suitable games and activities. Emergency Care Institute Certificate.

Saturday 4/11 8:30 am -12:30 pm  
NL Adult Education  
Resident \$59/Non-resident \$64

## 602 Podcasting 101

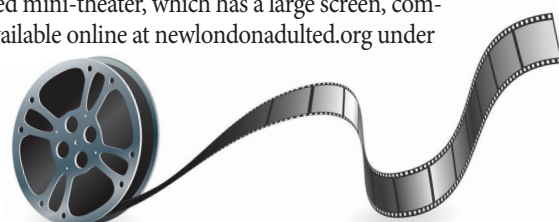
Podcasting is rapidly becoming the most popular listening format. Now you can make it a hobby or a profession by signing up for the Podcasting 101 class. Learn about the history of Podcasting, the do's and don'ts, the importance, responsibilities and duties of maintaining a podcast.

Monday 4/6 4:00-6:00pm 4 weeks  
NL Adult Education  
Resident \$59/Non-resident \$64  
Instructor: Steven Christina Jr.

## 604 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

Saturday 4/4 8:30 am-12:30 pm 1 Class  
NL Adult Education  
Resident \$59/Non-resident \$64





# PERSONAL GROWTH



**607**

## Hurricanes: Past, Present & Future - A Short Course

This course will introduce you to the basic science, historical paths and regional effects of tropical storms & hurricanes.

Saturday 4/18 9:00 am -1:00 pm 1 Class NL Adult Education  
Resident \$10/Non-resident \$15 Instructor: R.Zincone

**608**

## Introduction to Astronomy

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

Saturday 2/8 or 4/25 9:00 am -12:00 pm 1 Class NL Adult Education  
Resident \$29/Non-resident \$34 Instructor: R.Zincone

**609**

## Introduction to Astronomy Part 2

Continue your study of Astronomy.

Saturday 2/15 or 5/2 9:00 am -12:00 pm 1 Class NL Adult Education  
Resident \$29/Non-resident \$34 Instructor: R.Zincone

## FREE FINANCIAL FITNESS CLASSES



**700**

## Credit Do's & Don'ts

Monday 3/16 6:00-7:30 pm 1 Class New London High School or  
Tuesday 3/24 6:00-7:30 pm 1 Class Waterford HS or  
Saturday 5/2 10:00-11:30 am 1 Class NL Adult Education

**701**

## Facebook for Business

Saturday 4/11 10:00-11:30 am 1 Class NL Adult Education

**702**

## Budgeting 101

Tuesday 3/10 6:00-7:30 pm 1 Class Waterford HS  
Monday 3/30 6:00-7:30 pm 1 Class New London HS or

**703**

## First Time Home Buyers

Monday 4/20 6:00-7:30 pm 1 Class New London HS  
Tuesday 4/28 6:00-7:30 pm 1 Class Waterford HS

REGISTRATION REQUIRED FOR THESE CLASSES

# TECHNOLOGY

**800**

## Basic Computer 101

You have the computer... Now what? Learn the basics from how to turn it on to how to write a letter or send an email. How to safely search the internet. Bring your questions, we will supply the answers. This class is for PC Computers. Macs and Apple Products are not included.

Monday 4/20  
1:00-3:00 pm 6 weeks  
NL Adult Education  
Resident \$79/  
Non-resident \$84  
Instructor: Ed Trzcinski



**801**

## MS Word 102

Take the second in the series of MS Word classes. Expand your knowledge of the program.

Thursday 5/7 6:30-8:30 pm 3 weeks  
NL Adult Education  
Resident \$69/Non-Resident \$74  
Instructor: Carmen Kuegler



**802**

## MS Excel 102

Learn the tricks and tips of the Excel Program.

Thursday 5/28 6:30-8:30 pm  
3 weeks  
NL Adult Education  
Resident \$69/Non-Resident \$74  
Instructor: Carmen Kuegler





## 900 All Levels Morning Flow Yoga

This is a class that will expand your flexibility, increase your strength and create an opportunity for your mind to settle and calm. This class is for all levels. Beginners are welcome, as long as you come with a relaxed attitude and do what you can while honoring yourself.

**Saturday 3/7 8:30-9:45 am 4 weeks**  
Red Barn Yoga  
Resident \$59/Non-resident \$64  
Instructor: Joanie Fisler

## 901 Yoga A,B,C's

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

**Tuesday 3/10 7:00-8:00 pm**  
Waterford HS  
Resident \$74/Non-resident \$79  
Instructor: Jennifer Lambert

## 902 Ballroom Basics

Ballroom Dancing is a very important foundation to all types of dances. This class is for the true beginner or those that want to review. No need to be shy; this is an easy-going, fun class. Come alone or bring a partner. You will learn to Merengue, Waltz and Rumba. Students rotate partners, so no partner required. Non-rubber soled shoes are required.

**Monday 3/9 7:00-8:00 pm**  
8 weeks  
New London HS  
Resident \$99/Non-resident \$104  
Instructor: Susanne Morgan

## 903 Tai Chi Basic

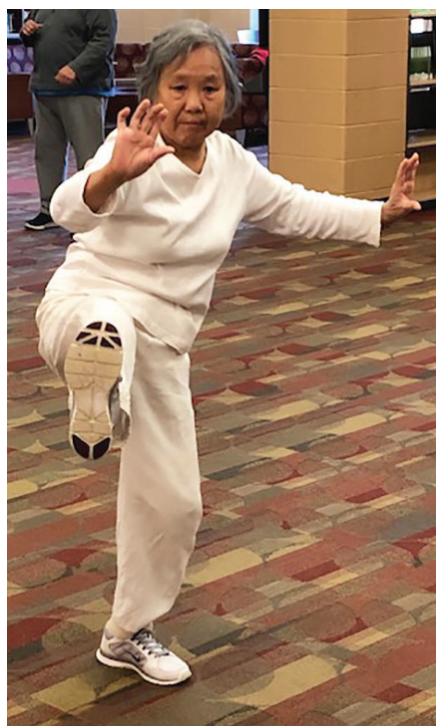
Learn the basic 24 of Tai Chi. Wendy and Brian have practiced Tai Chi for many years and would like to share their knowledge with you. Wear comfortable clothes.

**Tuesday 3/10 5:30-6:30 pm 8 weeks**  
Waterford HS  
Resident \$94/Non-resident \$99  
Instructor: Wendy Liao & Brian Yang

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

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

**Monday 3/9 6:30-7:45 pm 8 weeks**  
New London HS  
Resident \$94/Non-resident \$99  
Instructor: Yuehua



## 905 Tai Chi Level 2 (24 Form)

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

**Monday 3/9 7:45-8:45 pm 8 weeks**  
New London HS  
Resident \$94/Non-resident \$99  
Instructor: Yuehua



## 906 West Coast Swing Beyond Basics

This class is designed as an introduction to Latin Club Dancing. Come alone or bring a partner. Students rotate partners so no partner required. Non-rubber soled shoes are required.

**Thursday 3/12 7:00-8:00 pm 8 weeks**  
Old Lyme Center School  
Resident \$99/Non-resident \$104  
Instructor: Susanne Morgan

## 907 West Coast Swing

This popular style of swing can be done to a variety of music with slower to moderate tempos giving West Coast Swing its unique style. It is much smoother and more versatile than East Coast Swing. No partner required. Non-rubber soled shoes are required.

**Thursday 3/12 6:00-7:00 pm 8 weeks**  
Old Lyme Center School  
Resident \$99/Non-resident \$104  
Instructor: Susanne Morgan

## 908 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. G's Fitness and Nutrition, Waterford.

**Monday through Thursday 3/9 8:00-8:30 am**  
**Monday through Thursday 3/9 12:00-12:30 pm**  
**Monday through Thursday 3/9 1:00-1:30 pm**  
**Monday through Thursday 3/9 2:00-2:30 pm**  
**Monday through Thursday 3/9 6:00-6:30 pm**  
Resident \$130 Non-resident \$135  
Unlimited Sessions within a 4-week period



## 909

### G's Fitness Boot Camp

In a group setting, this boot camp 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. All fitness levels welcome! Sessions conducted at G's Fitness and Nutrition, Waterford.

Mon-Fri 3/9 6:00 am  
Mon-Fri 3/9 7:30 am  
Mon-Fri 3/9 8:00 am  
Mon-Fri 3/9 11:00 am  
Mon-Fri 3/9 12:00 pm  
Mon-Fri 3/9 1:00 pm  
Mon-Fri 3/9 5:00 pm  
Mon-Fri 3/9 6:00 pm

Resident \$130/Non-resident \$135

Unlimited Sessions within a 4-week period



## 910

### Hip - Hop Line Dancing

Looking to stay active and love to dance? Give Hip-Hop Line Dancing a chance. This 6-week course will teach you some of the hottest and latest hip-hop line dances. Learn specially choreographed line dances. Get friends and family to register with you or connect with co-workers for a fun night out.

Monday 3/9 7:00-8:00 pm 6 weeks New London HS

Resident \$69/Non-resident \$74 Instructor: Derrick V. Jones

## MIND, BODY & SPIRIT

## 1000

### Messages from Spirit

Please join Alison Ritrovato, APRN and Spiritual Medium, for an insightful two hours of receiving messages from Spirit especially for you. During the 2 hrs, Alison will lead the group in a short-guided meditation and ask her guides to come in and answer your personal questions or concerns through her as a channel. Register early, the class is limited to 10 seats.

Thursday 3/12 6:00-8:00 pm One day only OL Middle School

Resident \$40/Non-resident \$45 Instructor: Alison Ritrovato, APRN

## 1001

### Mindful Movement Yoga

An even and moderately paced class that provides the student the opportunity to explore poses in a nurturing and accepting environment. This class encourages students to find joy in the place the body is in now and time to gracefully integrate movement with their spirit through mindfulness practices. This class is sure to refresh your spirit and give you a good dose of Zen.

Tuesday 2/25 9:15-10:15 am 4 weeks Red Barn. 52 Blood St, Lyme

Resident \$48 Instructor: Alison Ritrovato, APRN

## 1002

### Why Pain and Suffering?

A contemplation of the mystery of pain and suffering through the lenses of life's bulwark book- the Bible. If God is love why does He allow suffering and evil in the world? If He exists and cares then why do bad things happen to good people? God does not promise an explanation of everything, but He does provide sufficient knowledge and grace for us to confidently believe in a good God and experience peace in a world filled with evil.

Tuesday 3/10 6:00-8:00 pm 8 weeks Waterford HS

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

## 1003

### Past Life Regression, Who's my Guide and What's my Souls Plan?

This 3-week class takes the student on an odyssey to the higher consciousness to access the wisdom of the guides, master guides and of other lifetimes. Perhaps learn what could bring you more joy and peace, how to move through blocks and obstacles or what your life is meant to accomplish. You will learn skills that allow you to access the soul, guides and angels at any time. No prior skill is necessary.

Thursday 3/19 10:00-11:30 am 3 weeks

Healing Energy Wellness, 19 Halls Rd Old Lyme

Resident \$90/Non-resident \$95 Instructor: Alison Ritrovato



# CULINARY

## 2000

### Chef Jr. Cooking Class

For the young chef who loves to learn new recipes. \*Children under age 16 must be accompanied by an adult. Please bring an apron, knife & containers to take food home.

Monday 3/9 6:00-8:30 pm 4 weeks  
\$50 material fee NL High School  
or Saturday 4/25 12:30-3:00 pm 3 weeks  
\$40 material fee NL Adult Education  
Resident \$79/Resident \$84  
Instructor: Erika Y. Gradecki

## 2001

### Soup-er Soups & Stews

Keep warm during the last of the cold months with from-scratch soups, stews and accompanying sides. Materials Fee: \$40 at the first class. Please bring an apron, knife & containers to take food home.

Saturday 2/1 10:00 am-12:30 pm 3 weeks  
NL Adult Education  
Resident \$59/Resident \$64  
Instructor: Erika Y. Gradecki

## 2002

### Divine Date Night

Ever want to cook for your spouse or significant other? Or maybe even bring them with you to class so you can cook together? Well this is your chance! Learn delicious and easy recipes that will make for a Divine Date Night. Materials Fee: \$50 at the first night of class. Please bring an apron, knife & containers to take food home.

Monday 4/6 6:00-8:30 pm 4 weeks  
NL High School  
Resident \$79/Resident \$84  
Instructor: Erika Y. Gradecki

## 2003

### The Dinner Rush

In a rush? Need something healthy and balanced after a busy day? Then this class is for you. Learn recipes that will be quick to whip up at dinnertime without losing flavor in the process. Materials Fee: \$50 at the first night of class. Please bring an apron, knife & containers to take food home.

Tuesday 4/7 6:00-8:30 pm 4 weeks  
Waterford HS  
Resident \$79/Resident \$84  
Instructor: Erika Y. Gradecki



## 2004

### Around-The-World Cooking Class

Back by popular demand, this International Cooking Class is taught by a certified personal chef! Explore all new dishes from Africa, Asia, Europe, and Latin America! Materials Fee: \$50 at the first night of class. Please bring an apron, knife & containers to take food home.

Tuesday 3/10 6:00-8:30 pm 4 weeks  
Waterford HS Resident \$79/Resident \$84  
Instructor: Erika Y. Gradecki

## 2005

### Plant-Based Nutrition Cookin'

A growing favorite, this plant-based class is geared towards healthy & nutritional dishes. Materials Fee: \$50 at the first class. Please bring an apron, knife & containers to take food home.

Saturday 2/29 12:00 pm-2:30 pm 4 weeks  
NL Adult Education  
Resident \$79/Resident \$84  
Instructor: Erika Y. Gradecki



## 3000

### Say "Good-bye" to Auto

This one-session course will teach you two camera modes that will take care of 90% of your photographic subjects. Our goal is to get you off the "auto-everything" settings and gain creative control of your camera and photography. This course will improve your photography by learning the "art and science" of 35mm photography. Bring your camera to class.

Tuesday 3/10 6:00-9:00 pm or  
Tuesday 4/7 6:00-9:00 pm Waterford HS or  
Thursday 3/26 6:00-9:00 pm or  
Thursday 4/23 6:00-9:00 pm OL Middle School  
Resident \$39/Non-resident \$44  
Instructor: Ronald Zincone

## 3001

### Learning the Basic 3's of Your Camera

Have a digital camera you are not sure how to use or understand. This class will help you gain that experience and understanding on how to use it to its maximum advantage. We instruct on setup, learning the camera menus, while teaching about composition and exposure. Learning how to control the light in all situations. You'll leave with a stronger foundation and confidence using your camera. Please bring your digital camera and a willingness to learn and we will help you get to a new level.



Monday 3/9 6:00-8:00 pm  
NL High School or Tuesday 3/10 Waterford HS 4 weeks  
Field Trip Date: 4/6 or 4/7  
Field Trip location TBD  
Resident \$94/Non-resident \$99  
Instructor: Lee Palombo & Gregg Jacobson



## 3002

### 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. This course will 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. No camera needed.

Saturday 2/22 9:00 am -12:00 pm or Saturday 4/4 9:00-12:00 pm NL Adult Education  
Resident \$39/Non-resident \$44 Instructor: Ronald Zincone

## 3003

### Introduction to Photographic Composition Part 2

This course continues from where the Part One course leaves off and 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. 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! No camera needed.

Saturday 2/29 9:00 am -12:00 pm or Saturday 4/11 9:00 am -12:00 pm  
NL Adult Education Resident \$39/Non-resident \$44 Instructor: Ronald Zincone

# FINANCE

## 4000

### Social Security Planning

When should you take your Social Security?

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

Monday 3/16 6:30-8:30 pm  
One night New London HS or  
Tuesday 3/17 6:30-8:30 pm  
One night Waterford HS  
Resident \$29/Non resident \$34  
Instructor: Charles Yannich



Looking to make an investment in your future? Enroll in New London Adult Ed's credit or GED program and earn your diploma.

## 4001

### CYA: Conserve Your Assets

Learn how to protect and preserve assets accumulated over a lifetime of work.

Tuesday 4/7 6:30-8:30 pm One night Waterford HS  
Resident \$29/Non-resident \$34 Instructor: Stephan Brueckner

## 4002

### Investing 101

This course covers the basics to investing and wealth management.

Thursday 3/19 6:00-8:00 pm NL Adult Ed or Thursday 4/23 6:00-8:00 pm  
OL Middle School Resident \$29/Non-resident \$34 Instructor: Jamie Oliver

**Hello**    Здравейте    **Hola**    Добры дзень    مرحبا  
 Γεια σας    স্বাস্টি    Përsëndetje    **Bonjour**    Kaixo  
**Hei**    Kaabo    Dia duit    **Ciao**  
 Alo    ඔබගේ    नमस्ते    ಸಹಜ    Pozdravljeni  
**चैले**    Saluton    Helló    你好    ಹಲೋ  
**Olá**    Hej    Ahoj    Sveiki    Furiya    2tq  
 Salve    Tere    Здравствуйते    Sannu  
 வணக்கம்    こんにちは    **Cześć**  
**Merhaba**    Salam    안녕하세요    شيوخ  
 Chao    Hallå    ह्यालए    Te āheitanga katoa  
**हेलो**    Habari    Bonjour    హలో    Hallo    הלאו    **Ola**

## 5000 Elementary Turkish Language



Learn the basics of the Turkish Language. This class will take you from reciting the alphabet to how

to order in a Turkish restaurant.  
**Monday 3/9 6:00-8:00 pm 8 weeks**  
 New London HS  
 Resident \$94/Non-resident \$99  
 Instructor: Fuat Satar

## 5001 Beginning American Sign Language

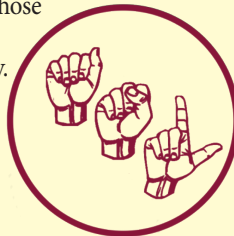
Explore the world of manual communication. Learn the alphabet, how to finger spell, and much more.

**Monday 3/9 6:00-9:00 pm 8 weeks**  
 New London HS or  
**Saturday 2/22 9:00 am-12:00 pm**  
 NL Adult Education  
 Resident \$104/Non-resident \$109  
 Instructor: Donna Haggerty

## 5002 American Sign Language 2

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

**Thursday 3/12 6:00-9:00 pm**  
 NL Adult Education  
**or Tuesday 3/10 6:00-9:00 pm**  
 Waterford HS  
 Resident \$104/Non-resident \$109  
 Instructor: Donna Haggerty



## 5003 Spanish for the Beginner – Daytime

Our beginner class will help students speak, listen, read and write Spanish. Have fun while visual prompts will assist in acquiring language for daily living. The textbooks are included in cost of the course.

**Tuesday 3/10 4:00-6:00 pm 8 weeks**  
 NL Adult Education  
 Resident \$119/Non-resident \$124  
 Instructor: Nancy Vega

## 5004 Spanish for the Beginner

Our beginner class will help students speak, listen, read and write Spanish. Have fun while visual prompts will assist in acquiring language for daily living. The textbooks are included in cost of the course.

**Tuesday 3/10 7:00-9:00 pm 8 weeks**  
 Waterford HS  
 Resident \$119/Non-resident \$124  
 Instructor: Nancy Vega

## 5005 Spanish 2

Take the continuation of the Spanish Courses and expand your grasp of the Spanish Language. The textbooks used in Spanish for Beginners is used in this course. If you need to purchase the text, the cost of the text is an additional \$30.

**Tuesday 3/10 or Thursday 3/12 5:00-6:30 pm 8 weeks**  
 NL Adult Education  
 Resident \$89/Non-resident \$94  
 Instructor: Cris Aguilar



## 5006 Conversational Spanish

Sharpen your reading and speaking skills in the final phase of our Spanish Program.

Thursday 3/12 6:30-8:30 pm 8 weeks  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Liliam Almaraz

## 5007 Italian: Beginning Level 1

Learn Italian with a skilled bilingual instructor. Oral drills will encourage the beginner to develop speaking and listening skills. We will introduce practical vocabulary and expressions, and go over real travel situations and cultural differences. Textbook is included in registration fee.

Wednesday 3/11 6:30-8:30 pm 8 weeks  
NL Adult Education  
Resident \$119/Non-resident \$124  
Instructor: Mirela Gjino

## 5008 Italian: Intermediate Level 1

This course is a continuation for students who have taken Italian Beginning and have a basic knowledge of the Italian language. Learn to start and conclude a conversation and pronunciation of



everyday dialogues. A textbook fee of \$30 is due if you do not have the text-

book from the previous class.

Tuesday 3/10 6:30-8:30 pm 8 weeks  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Mirela Gjino

## 5009 Italian: Intermediate Level 2

This course is a continuation for students who have taken Italian I, Intermediate Level 1 and 2, and have a knowledge of the Italian Language. Students continue to develop and strengthen listening, speaking, reading and writing skills in Italian. Textbook fee same as for Intermediate Level 1.

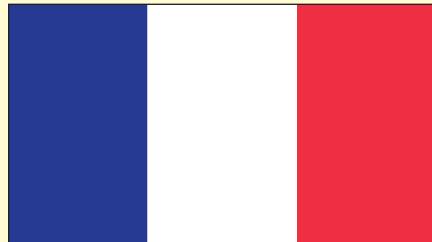
Wednesday 3/11 6:30-8:30 pm 8 weeks  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Mirela Gjino



## 5010 Spanish for the Beginner – Saturday Daytime

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

Saturday 2/22 11:30 am -1:00 pm 8 weeks  
NL Adult Education  
Resident \$119/Non-resident \$124  
Instructor: Cris Aguilar



## 5011 French for the Beginner

Spend your Thursday evenings learning the French language. Start with the basics and build your vocabulary.

Thursday 3/12 6:30-8:30 pm 8 weeks  
Old Lyme MS  
Resident \$89/Non-resident \$94  
Instructor: Kouro Ba

## 5012 French for the Beginner

Spend your Monday evenings learning the French language. Start with the basics and build your vocabulary.

Monday 3/9 6:30-8:30 pm 8 weeks  
New London HS  
Resident \$89/Non-resident \$94  
Instructor: Judy Telemaque

## 5013 French 2

Spend your Monday evenings learning the French language. Start with the basics and build your vocabulary.

Thursday 3/12 6:30-8:30 pm 8 weeks  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Judy Telemaque



## 5014 Classical Connections

Everyone has a "back story" and so do cultures and societies. This course will examine the elements of ancient Rome and Greek tradition that contribute most directly and profoundly to our modern world. Beyond using Latin and Greek to enrich English usage, we will see how ancient art, architecture, science, history, mythology and literature form our lives.

Thursday 3/12 6:30-8:30 pm 4 weeks  
Old Lyme MS  
Resident \$89/Non-resident \$94  
Instructor: Jim Goodwin



## 5015 Conversational German

Expand your grasp of the German language by participating in this five-week course.

Thursday 5/7 4:00-6:00 pm 5 weeks  
NL Adult Education  
Resident \$99/Non-resident \$104  
Instructor: Carmen Kuegler



FREE GED classes in Spanish and English are offered at New London Adult Education.

# OUTDOOR ACTIVITIES



## 6000

### CT Safe Boating/Personal Watercraft Certification Class

Successful completion of this course will allow the student to obtain a Connecticut Certificate of Personal Watercraft Operation. Course fee does not include the one-time lifetime license fee. Prior to attending this class each student must obtain a Conservation ID number. (A Connecticut Conservation ID is a unique number that is assigned to you to obtain licenses and permits in Connecticut.) <https://www.ct.wildlifelicense.com/internetsales> Click on START and follow prompts.

Mon., Tues., Wed. March 30 - April 1 6:00-9:00 pm • NL Adult Education 3 Weeks • Resident \$25 Resident/Non-resident • Instructor: CT DEEP

## 6001

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

Thursday 4/9 6:00-7:00 pm 6 weeks

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

## 6002

### Horseback Riding: Advanced



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

Wednesday 4/8 6:00-7:00 pm  
6 weeks

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

## Would you like to share your knowledge with others and increase your income?

If you have a hobby, career or interest that you would like to share with others, we would like to hear from you.

## We are always looking to offer new classes!

Please forward your class idea to: [cherrickm@newlondon.org](mailto:cherrickm@newlondon.org)

**Deadline for submitting class ideas for Fall 2020 is March 27, 2020**



# OUTDOOR ACTIVITIES

## 6003

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

This class is 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, sandshots, 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.

Saturday 4/18 11:00 am-12:00 pm 5 weeks or  
Saturday 6/20 11:00 am-12:00 pm 5 weeks or  
Saturday 9/12 11:00 am-12:00 pm 5 weeks

Great Brook Driving Range

Resident \$150/Non-resident \$155 Instructor: Christopher Hedden

## 6004

### 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, a 3 wood, a 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.

Tuesday 5/5 10:00-11:00 am 5 weeks or  
Tuesday 5/5 6:00-7:00 pm 5 weeks or  
Monday 9/14 10:00-11:00 am 5 weeks or  
Monday 9/14 6:00-7:00 pm 5 weeks

Great Brook Driving Range

Resident \$150/Non-resident \$155 Instructor: Christopher Hedden

## 6005

### Learning the Fundamentals of Golf

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sandshots, downswing, chipping, putting, equipment info, and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students.

Monday 4/6 10:00-11:00 am 5 weeks or  
Monday 4/6 6:00-7:00 pm 5 weeks or  
Wednesday 4/8 6:00-7:00 pm 5 weeks or  
Thursday 5/7 10:00-11:00 am 5 weeks or  
Thursday 5/7 6:00-7:00 pm 5 weeks or  
Monday 6/1 6:00-7:00 pm 5 weeks or  
Thursday 9/3 10:00-11:00 am 5 weeks or  
Thursday 9/3 6:00-7:00 pm 5 weeks

Great Brook Driving Range

Resident \$150/Non-resident \$155 Instructor: Christopher Hedden



# MUSIC

## 7000

### Learn to Play Conga

This course will provide the beginning 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. Some conga drums are available for class, bring yours if you have one.

Tuesday 3/24 5:30-8:30 pm 6 weeks Waterford HS  
Resident \$109/Non-resident \$114  
Instructor: Herman "Doc" Frazier

## 7001

### Beginner & Intermediate Guitar

Beginners learn the basic right and left-hand techniques including chords, strums, and single note patterns, as well as easy songs. Written and ear approaches will be used. At the intermediate level, students will improve their current level of playing and advance into new areas of neck. Theory and lead guitar will be introduced in a variety of styles. Bring your own guitar and a personal recording device is recommended.

Tuesday 3/10 6:00-9:00 pm 6 weeks Waterford HS  
Resident \$99/Non-Resident \$104 Instructor: Don Cash





- DAY TRIPS
- OVERNIGHT TOURS
- CRUISES
- INTERNATIONAL TOURS



# NEW LONDON

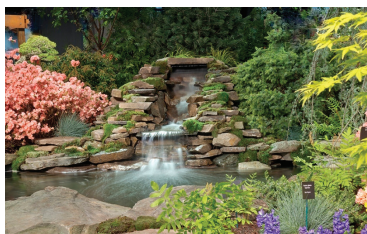
Adult and Continuing Education

*Culture on Wheels Spring, 2020*

## New York on Your Own

Saturday April 18 or Saturday September 12 cost \$59

Spend the day in New York City. Walk thru Central Park, enjoy a pop-up festival ... so much to do in the city. Depart Three Shaw's Cove at 7:30 am. Leave New York at 7:30 pm. It will be a day to remember.



## Boston Flower Show

Saturday March 14 cost \$84

Spring into 2020 with a visit to the Seaport World Trade Center in Boston and experience all spring has to offer. Amazing gardens, displays, lectures and a marketplace. After the show, visit Quincy Market and Faneuil Hall. Depart Shaw's Cove Three at 7:30 am, estimated return 6:00 pm.



## West Point Dress Parade

Saturday April 25 cost \$119



West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds. The Cadets march in full uniform, in cadence with the military music, presenting arms in unison.

Lunch at the Hotel Thayer for a Bountiful Buffet. Wonderful assortment of salads, hot & cold entrees and delicious desserts. After lunch we will have a guided tour of West Point highlights: Cadet Chapel, Trophy Point, Hudson River lookout. Depart Shaw's Cove Three at 7:00 am, estimated return 7:00 pm.

## One World Observatory & 9/11 Museum

Saturday May 16 cost \$129

New York City's Ground Zero has been transformed. From high above to down below, this day will be an emotional look at how the city has been altered since the September 11th events. One World Observatory at One World Trade Center is the tallest building in the Western Hemisphere. Take the Sky Pod Elevator to the 102nd floor in under 60 seconds. From the Main Observatory on the 100th floor you will have a 360-degree view in all directions. You will have free time on your own for lunch and shopping at the Brookfield Place Mall across the street. Admission to the 9/11 Memorial Museum is included in your visit. Depart Shaw's Cove Three at 7:30 am, estimated return 8:00 pm.



## Tampa Bay vs. Yankees

Saturday June 6 cost \$115

Experience the excitement of Yankee Stadium as you watch the Yankees take on the Tampa Bay Rays. Main Level seating in section 206, New Era Yankees cap, a regular size Hot Dog or Chicken Tenders, French Fries and your first drink (a 12 oz. domestic beer for those 21 and over with a valid ID), or a Pepsi product or Poland Spring bottled water. Game time and departure time from Three Shaw's Cove will be available as soon as the Yankees Schedule is released.

New London Adult & Continuing Education Culture on Wheels Program  
860-437-2385 ext. 106 | [cherrickm@newlondon.org](mailto:cherrickm@newlondon.org)





## New York Botanical Gardens Kusama's Exhibit

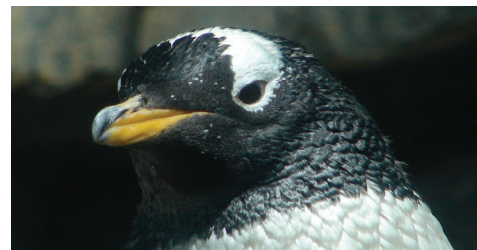
Saturday May 30 - cost: \$112

Experience the multi-sensory work of celebrated artist Yayoi Kusama. Her work is mesmerizing: mirrored environments, polka dotted sculptures of flora, nature based paintings. This exhibition will feature brand new works created by this legendary artist including a monumental pumpkin sculpture and first ever-participatory greenhouse installation. Time on your own on Arthur Avenue.

## Bronx Zoo

Saturday June 13 cost \$96 Adult / \$91 Child 6-12

Come and experiences life on the wild side! Hailed as America's largest Urban Zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands. Come and escape for the day... The Total Experience Pass includes: Full Admission, Zoo Shuttle, Wild Asia Monorail, Congo Gorilla Forest, Butterfly Garden, Jungle World, Bug Carousel, and the New Dinosaur Safari.



## Hudson River Cruise

Sunday July 19 - cost \$123

Enjoy a pre-cruise Sunday brunch at Shadows on the Hudson in Poughkeepsie, NY. The menu includes all the brunch favorites, pastries, eggs, bacon and such, also hot entrees, salads. Including an extravagant mini-dessert display including NY style cheesecake, key lime tarts and more. After brunch, board the Rip Van Winkle for a narrated cruise up the Hudson River. Cruise past beautiful mansions, lighthouses and other amazing sites.

## Providence Savor the Flavor

Saturday October 3 - cost \$99

See what Providence has to offer... taste some of the best Italian foods in Rhode Island, shop the stores and learn some tricks from a true Italian bakery. *See the Fall 2020 catalog for more details.*



## New Hampshire Covered Bridges

Saturday October 24 - cost \$112

Bring your cameras and spend some time in Southern New Hampshire on a guided tour of Covered Bridges. Enjoy a lunch at The Fitzwilliam Inn. Stop at Yankee Candle for some shopping. *See the Fall 2020 catalog for more details.*



## The Wonders of Vermont

Saturday September 19 - cost \$103

Visit the Vermont Country Store in Rockingham Vermont. Shop some for some unique items. Enjoy a great lunch in a Vermont restaurant. Spend some time at Kringle Candle in Bernardston Massachusetts and then on to Randall Farms in Ludlow Massachusetts. A full day of some of New England's best. More details will be in the Fall 2020 Catalog.

**STOCKING STUFFER TOUR INFORMATION  
WILL BE IN THE FALL 2020 CATALOG...**

*\*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.*



## Queen Esther

Sight & Sound Theatres April 7-9, 2020

Spend two nights at the *Comfort Suites Lancaster*. Dinner on the property of *Mount Hope Estate & Winery*. Start your next day as a *Village Insider at Kitchen Kettle Village* with a hands-on experience. Learn the Founder's story and receive one of her private recipes, receive a gift bag to fill with some Village goodies. Experience the *Sight & Sound Theatre* and their brand-new show *Queen Esther*. Set in the opulent yet perilous Persian Empire, Queen Esther is a captivating tale of beauty and bravery. Dinner at Miller's Smorgasbord.

Before we leave Lancaster County visit the *Old Windmill Farm*, an authentic working Amish Farm owned by the Lapp family. Next it's all aboard the *Strasburg Railroad*, a historic and beautifully restored wooden coach pulled by a 100 year old steam engine. Sit back and relax as we travel through 2,500 acres of preserved Amish farmland while learning the history of the railroad and countryside. Deposit of \$200 per person by January 14. Final payment is due on February 18.

Cost: \$522ppbl Includes: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions per itinerary, Friendship Tours Escort



## Atlantic City Airshow - Thunder Over the Boardwalk

August 25-27 Cost \$388 pp dbl



Thunder Over The Boardwalk (also known as the Atlantic City Airshow) is an annual airshow held over the Atlantic City boardwalk every summer. Since 2003, it has set the bar for beachfront airshows across the United States and is currently one of the largest airshows in North America. With the Atlantic Ocean on one side and casinos lining the New Jersey skyline on the other, the air show demonstration fills the afternoon sky with aircraft that fly as high as 15,000 feet and as low as 50 feet along Atlantic City's busy Boardwalk. Watch the show on the 2nd day either from the Boardwalk or from the beach.

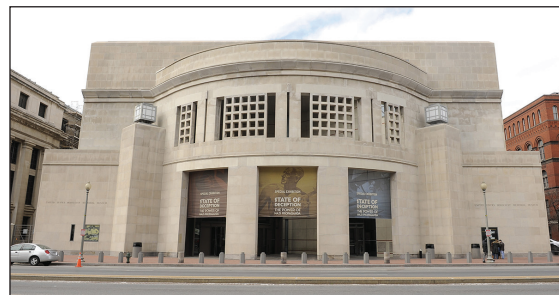
2 Nights at Resorts Casino Hotel, with a prime location at the northern end of the famed Atlantic City Boardwalk

overlooking the Atlantic Ocean. Enjoy Resorts' newer addition - Jimmy Buffett's Margaritaville. This tropical-themed casino section now offers a 5 O'Clock Somewhere Bar, LandShark Bar & Grill and Coffee Shop. Fabulous casino bonus: \$25 Slot, \$10 Food Credit, 1 Show, 2- \$20 meal credits\*\* The \$20 food credits are worth \$25 if used at Breadsticks, Capriccio's, and East Wind. Deposit of \$100 per person due by June 2nd. Final payment due July 7th. **Cost:** \$388 pp double / triple, \$582 single

## Washington DC - US Holocaust Memorial Museum

October 9-11 Cost \$538 pp dbl

Enjoy 2 nights at the first-class Doubletree Washington DC - Crystal City in Arlington, VA - a perfect central location to base ourselves. Welcome dinner marks our arrival. Experience a guided city tour of DC to see the famous memorials ... highlighting the Vietnam & Korean War Memorials, FDR, World War II Memorial and the Martin Luther King Jr. National Memorial, a must see! Free time this afternoon at Smithsonian to visit the many world-famous museums, appropriately nicknamed America's Attic. Dinner to-night before we wrap up today's events with our traditional Washington-By-Night tour of the beautifully illuminated monuments. Before we depart Washington, visit the United States Holocaust Memorial Museum. Experience this powerful living memorial to the Holocaust as you explore the permanent exhibition. The exhibit uses artifacts, photographs and film to provide a chronological telling of the tragedy. See personal objects that belonged to survivors, as well as hear their eyewitness testimonies. Deposit of \$200 per person due June 5. Final payment August 21. Cost: \$538 pp double / triple \$672





## Florida & the Bahamas from NJ

October 11-18, 2020

Cost from \$1061 pp twin

Spend 7 nights onboard the incredible RCL Oasis of the Seas. All meals onboard free, nightly entertainment, casino, full spa, & fitness center. Roundtrip transportation to New Jersey included. Includes government port taxes. Deposit \$350 with registration. Final Payment due June 29, 2020.



For additional details concerning cruises, call 800-243-1630, and ask for Donna or Barbara. Let them know you learned about the trip from New London Adult Education.

## Escorted Hawaiian Islands Cruise

November 5-15, 2020

Cost from \$5226 pp twin airfare included

Relax on the Norwegian Cruise Lines Pride of America for a 11 days, 9 nights escorted Hawaiian Islands Cruise. Spend 2 nights in Honolulu, tour the island and visit the USS Arizona Memorial, USS Battleship Missouri, and a Honolulu city tour. Cruise to Kahului, Maui, Hilo, Kona Hawaii, Nawiliwili Kauai and back to Honolulu. \$900 deposit due with registration. Final payment June 26, 2020.



# GARDE ARTS CENTER

Call New London Adult Education to register: 860-437-2385 ext. 106

*When purchased thru New London Adult & Continuing Education, a portion of the ticket prices benefits NLAE.*

## Eastern Connecticut Symphony Orchestra Concerts

Each concert has a pre-concert lecture (from 6:30-7pm) that is free to all ticket holders.

### All-American Artistry

The 2020 portion of our 19-20 season kicks off with a non-traditional pairing: the New London Big Band on the stage for the first time with the ECSO.

Principal Clarinetist, Kelli O'Connor, returns to the front of the stage to perform Artie Shaw's spirited Clarinet Concerto.

The New London Big Band, led by Sean Nelson, is featured prominently on the 2nd half as they join forces with the ECSO for originals and works by big band composers.

Saturday, Feb. 1 | 7:30pm | \$55

### Turkish Delight

Leap into your seat for this Leap Day concert featuring works by Mozart, Beethoven, and pieces and performers from Turkey.

The evening opens with the orchestra performing Esintiler (Inspirations) a work by one of Turkey's most beloved composers Ferit Tüzün. Two Turkish soloists of international renown – Çağatay Akyol, harpist, and Bülent Evcil, flutist – perform.

Following intermission, Toshi and the orchestra perform Ludwig van Beethoven's Symphony No. 7.

Saturday, Feb. 29 | 7:30pm | \$55

### Spring Strings

Edward Elgar's overture In the South opens the program with a boisterous theme re-purposed from another work, which joyfully expresses his experiences with his family in Italy.

Soloist for the evening, Grammy Award-winning guitarist Jason Vieaux, performs Joaquín Rodrigo's well-known Concierto de Aranjuez.

Johannes Brahms' Symphony No. 2 finishes out the evening. This will sweep the audience away with its jubilation.

Saturday, March 28 | 7:30pm | \$55

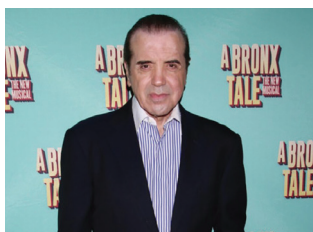
### Feast & Fireworks

The closing concert of our 19-20 season features the splendor and spectacle that is the BBC Proms.

The evening's festivities kick-off with George Frideric Handel's Music for the Royal Fireworks.

To close out the season and evening, the Eastern Connecticut Symphony Orchestra and Chorus join forces with the Mystic River Chorale, Connecticut College Choirs and baritone Gregory Flower to present British composer Sir William Walton's epic cantata Belshazzar's Feast.

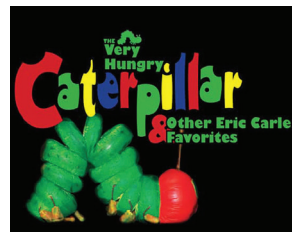
Saturday, April 25 | 7:30pm | \$55



### A Bronx Tale

Based on his childhood memories of working men and gangsters in the Italian-American neighborhood where he grew up, Chazz Palminteri originally wrote the script for the stage and performed it in Los Angeles where it became a hit.

Saturday, April 11, 2020 | 8:00 pm | \$55



### The Very Hungry Caterpillar and Other Eric Carle Favorites

Three beloved stories by Eric Carle, award-winning children's book illustrator and author, are retold on stage through the magic of black light and fanciful puppets.

Saturday, Feb. 22, 2020 | 11:00 am | \$25



## Discover Poland – Warsaw, Gdansk, Torun, Wroclaw & Krakow

October 10-21, 2020 Cost from \$3,729 pp dbl



Embark on an in-depth journey through Poland. Tour the thriving capital city of Warsaw. Reborn after World War II, it is again one of Europe's great cultural centers. Walk the meandering lanes of historical Krakow where you will see Wawel Castle, once home to the kings of Imperial Poland. The somber history and tragic reality of Auschwitz is unveiled during a moving visit. Behold the Black Madonna while visiting the Jasna Gora Monastery. Discover Polish culture at a folklore dinner and show in Krakow. Make tasty gingerbread in Torun. Stand on the dock where union workers formed the Solidarity Anti-Communist movement in 1989 in Gdansk.

Explore the ancient city squares and UNESCO World Heritage sites of Torun, Wroclaw, Warsaw, Gdansk, and Krakow. Tour includes roundtrip airfare, airport transportation, 11 Days, 10 Nights lodging, 10 Breakfasts, 4 Dinners, admissions per itinerary.

*Would you like to be the “first to know” what trips are coming up?*

Sign up for our Culture on Wheels mailing list for \$5 and receive bi-annual mailings.

## Portugal & Its Islands

Departing on March 21, 2021 Cost from \$4,029 pp dbl

The gems of Portugal await! On your adventure to discover the best of Portugal, relax and enjoy multi-night stays on the remote islands of São Miguel, Azores and Madeira: the “Pearl of the Atlantic.” Marvel at the geothermal wonders of the Furnas Valley, and take in the beauty of the twin lakes of Sete Cidades and Lagoa do Fogo (Fire Lake). In Madeira, uncover charming coastal villages and beautiful botanical gardens. Take part in a wine tasting and an interactive cooking demonstration that lets you experience Azorean culinary traditions first hand. Explore charming Cascais and chic Estoril on Portugal's stunning Riviera, and tour the

grand capital of Portugal, Lisbon. Get swept away by the melancholy sounds of Fado, and visit 5 UNESCO World Heritage sites, including the fairytale town of Sintra and the pilgrimage site of Fatima. This 13 Day Tour is a chance of a lifetime to experience all of Portugal's beauty.

The tour includes Transportation to the Airport, Round Trip Airfare, 11 Nights Lodging, 11 Breakfasts, 1 Lunch, 6 Dinners, and admissions per itinerary.



São Miguel Island