

## 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 (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

### Fitch High School

101 Groton Long Point Road • 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   |
| Transitions .....                             | 5   |
| JET .....                                     | 5   |
| Family Literacy .....                         | 5   |
| I-BEST .....                                  | 6-7 |
| Intro Microsoft Teams .....                   | 11  |

### ENRICHMENT CLASSES

|                               |       |
|-------------------------------|-------|
| Career Development .....      | 8-10  |
| Distance Learning Info .....  | 11    |
| Arts, Crafts, & Hobbies ..... | 12    |
| Computer .....                | 14    |
| Finance .....                 | 14    |
| Photography .....             | 15    |
| Ed2Go .....                   | 16-17 |
| Culinary .....                | 18    |
| Mind, Body & Spirit .....     | 19    |
| Music .....                   | 19    |
| Language .....                | 20-21 |
| Fitness .....                 | 22    |
| Health .....                  | 23    |
| Outdoor Activities .....      | 24    |

### TRAVEL

|                         |       |
|-------------------------|-------|
| Culture on Wheels ..... | 25-28 |
|-------------------------|-------|

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 including nonfiction drawn from science, social studies and workplace contexts and literature. 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 and algebraic problem solving. 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, physical science, and earth and space science. 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, US history, economics, and geography and the world. Two major themes are emphasized: the development of modern liberties and democracy.

## GED PREPARATION CLASSES:

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

**(English and Spanish)**

Monday through Friday 8:30 am -12:30 pm

**(English Only)**

Monday through Wednesday 6:30-9:00 pm

Wednesday 6:30-8:30 pm Online GED Prep

**(Spanish Only)**

Tuesday through Thursday 6:30-8:30 pm

**Classes begin January 11, 2021**

### **Fitch High School**

**101 Groton Long Point Rd**

Monday and Thursday 5:30-8:30 pm

**Classes begin February 1, 2021**



Registration for all programs at all sites is available on our website: [newlondonadulthood.org](http://newlondonadulthood.org)

## 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 3:00 p.m. and from 6:00 to 9:00 p.m.

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

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

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

Credits are conferred for the completion of classes. Credits may also be awarded for documented work, occupational, volunteer, and military experiences. The program requires satisfactory completion of the following: 4 credits in English, 2 credits in Vocational Education, Art, and Technology, 4 credits in Mathematics, 3 credits in Science, 3 credits in Social Studies (1 credit must be in U.S. History and 1 credit in Government), and 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 for these classes can be done on-line at our website: [newlondonadulted.org](http://newlondonadulted.org). Select Register under Adult Education Enrollment from the home screen and complete the form.

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

### 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
- Computer Graphics
- 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 Semester takes place at Montville Adult Ed on Tuesday 1/12 and Wednesday 1/13 from 5:30-7:30pm. Classes begin Tuesday 1/19.

## GROTON ADULT EDUCATION

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

#### Fitch High School

101 Groton Long Point Rd, Groton

#### GED and ESL Classes

GED/ESL In-Person Registration - January 11th 5:00-7:00pm

GED classes held on Monday and Thursday Evenings 5:30-8:30 pm - Start Date January 14

ESL classes held on Tuesday & Thursday 6:30-9:00 pm Online - Start Date - January 12

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 9:00-3:00 pm (various class options)

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

### Adult High School Credit Diploma Classes

#### Fitch High School

101 Groton Long Point Rd, Groton

#### Evenings

Monday, Tuesday and Thursday

5:30-8:30 pm

### Spring Registration

will be conducted

at Fitch High School

January 26 & 28 from 5:00-7:00 pm

### High School Credit Diploma Classes

Start Date is Monday February 1, 2021

Call (860) 441-2152 for more information

# ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

## ESOL ~ English for Speakers of Other Languages: Classes begin January 11, 2021

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

### 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 • various in person and online classes available between 9:00am -3:00 pm.

**Nights** • New London Adult Education  
(860) 437-2385  
Monday & Tuesday 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 • 10:00 am – 1:00 pm  
Friday • 10:00 am - 1:00 pm at NLAE Computer Lab

### ESOL Online Evening Class Schedule

Tuesday, Wednesday, Thursday Online • 6:30 pm – 8:30 pm

### 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.

## Inglés como segundo idioma para personas de distintos lenguajes:

### Comienzan el 11 de enero de 2021

Las clases de inglés como segundo idioma, para aquellas personas cuya lengua natal no es el inglés, han sido ofrecidas por el programa de Educación de Adultos en New London desde 1910, ayudando a miles de adultos a desarrollarse en el ambiente de la vida americana. Estas clases son ofrecidas todo el año y sin costo alguno. 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 • varias clases  
presenciales y en línea disponibles entre  
9:00 am-3:00 pm

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

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

**Días** • 63 Huntington Street  
New London, CT 06320  
(860) 442-4463  
Lunes a Jueves • 10:00 am – 1:00 pm  
Viernes • 10:00 am – 1:00 pm en  
NLAE Salón de Computadora

### Horario Nocturno de clases de ESOL en línea:

Martes, miércoles, jueves en línea  
6:30 pm–8:30 pm

### 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.

## 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 11:30 pm – 1:30 pm
- Thursday evenings 6:30 – 8:30 pm

## 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.



## 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  
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 extension # 180  
or Patricia Spellman Voicemail extension 154 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 extension 121 or Maureen Murphy  
voice mail extension 143 at (860) 437-2385*



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

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

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

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

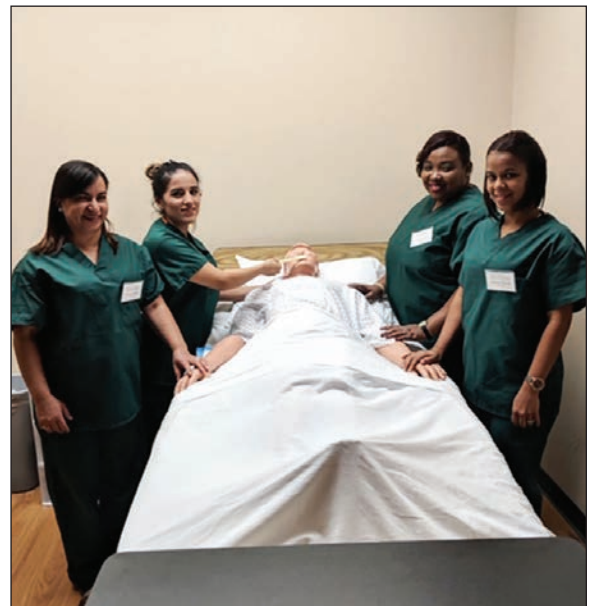


### Microsoft Office Specialist Certification

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

### Certified Nursing Assistant

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



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





## Introduction to Basic Auto Technician Training

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

## Office Receptionist with Medical Terminology Certificate

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



## Introduction to Server and Culinary Arts With Food 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.

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

# Your Career

## AT NEW LONDON ADULT AND CONTINUING EDUCATION

### 100 Spring 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)

Thursday 1/21 - 4/15 6:00-9:30 pm 14 weeks NREMT Practical Exam 4/17  
NL Adult Education or Live-Online-if Covid Restrictions are active  
Resident/Non-resident \$950 WIOA Approved & approved for VA Educational Benefits  
Instructor: Emergency Training Services

### 100S Summer Daytime Emergency Medical Technician Initial Basic Training

Classes are conducted Monday thru Thursday daytime. Same description and prerequisites as above.

Monday 6/21 - 8/7 8:00-4:00 pm 6 weeks NREMT Practical Exam 8/7  
NL Adult Education or Live-Online-if Covid Restrictions are active  
Resident/Non-resident \$950

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.

### 101 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 3/9 6:00-9:00 pm 4 classes  
Waterford HS  
if Covid Restrictions are active-Live-Online class  
Resident \$195/Non-resident \$200  
Instructor: Amarilys Saluk, CDM, CFPP

### 102 Español Serv-Safe

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

Monday 3/8 6:00-9:00 pm 4 classes  
NL High School  
if Covid Restrictions are active-Live-Online class  
Resident \$195/Non-resident \$200  
Instructor: Amarilys Saluk, CDM, CFPP



# Begins Here

103

## Certified Nursing Assistant Training

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

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

*Students are required to have COVID Testing one week prior to the start of the class.*

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

Instructor: Patricia Conklin, RN



Jan. 4 – Jan. 22 (No Class 1/6 and 1/18)  
Monday – Friday 8 am – 4 pm

February 1 – March 20 (No class 2/15)  
Monday/Wed./Evening 6 pm – 9 pm  
and Saturday 8 am – 4 pm

### MAXIMUM OF 8 STUDENTS PER CLASS

June 1 – June 18 (No Class 6/4)  
Monday – Friday 8 am – 4 pm

June 28 – July 15 (No Class 7/5)  
Monday – Friday 8 am – 4 pm

July 26 – August 11  
Monday – Friday 8 am – 4 pm

Aug. 23 – Sept. 10 (No Class 9/6, 9/7)  
Monday – Friday 8 am – 4 pm

104

## Real Estate

This course is one of the first approved live/virtual Real Estate Classes in the State! It 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 virtually via Zoom on Mondays and Thursdays from 6-9 for 10 weeks. Textbooks/Ebooks are included in the cost of the class.

**Students must have a computer/tablet/phone with a camera and an email address to receive Zoom invitations and materials.**

Monday & Thursday 1/4 6:00-9:00 pm 10 weeks

Live-OnLine

Instructor: Cadema Education Associates Resident \$575/Non-resident \$580



105

## Basics in Real Estate and Construction Development

The primary objective of the course is for the participants to learn the principles and strategies employed in the implementation of a successful project.

Such principles include the process of selecting a development site and associated purchase/lease negotiations. The course covers a project's process from the initial program through the design, bidding, contract negotiations and construction administration phases. It includes a review of the necessary contractual agreements between the owner and the various consultants and their disciplines. The course concludes with a review of the elements necessary for a successful project closeout.

Thursday 3/11 6:00-9:00 pm 8 weeks Old Lyme MS

Instructor: Sam Gavish Resident \$325/Non-resident \$329

# 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, work place violence, terrorism, communication skills, and more.

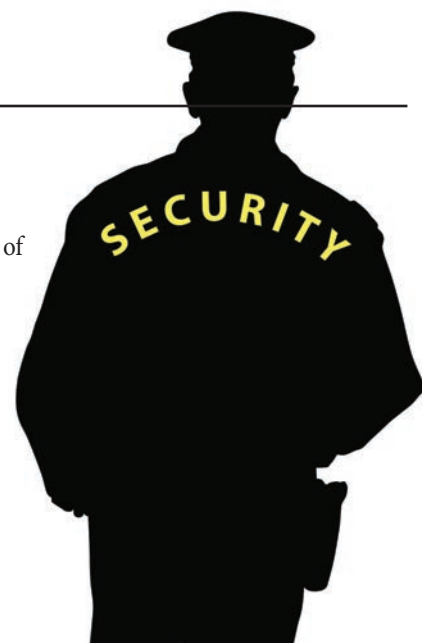
Saturday 1/23 8:00 am - 4:00 pm One Day or

Saturday 3/6 8:00 am - 4:00 pm One Day or

Saturday 4/24 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 3/24 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 3/24 6:00-9:00 pm One day only NL Adult Education Resident \$55/Non-resident \$60 Instructor: Paul Rich

**109**

## 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 3/11 or Wednesday 5/19 6:30-9:00 pm 12 students maximum  
Live-Online class Resident \$29/Non-resident \$34



# DISTANCE LEARNING

In response to the challenges presented by the Coronavirus, New London Adult and Continuing Education has implemented creative approaches on a variety of platforms to fully utilize all the technological resources available.



## How To Join A Class Using Microsoft Teams

How to join a Microsoft Teams Class:

- Following registration, your Teacher will send you an email with a Microsoft Teams invitation to the class.
- Ensure that you have downloaded the Microsoft Teams application to your device by choosing the “personal” account type and joining the New London Public Schools.org as a “Guest.” If your email address has not previously been used to create a Microsoft account, you will be prompted to create one.
- To Join a Microsoft Teams meeting simply click on the link sent to you via email or click on the Join button of the meeting invitation.
- When joining the meeting please ensure that you have your video and audio enabled so you can be heard and seen in the meeting.

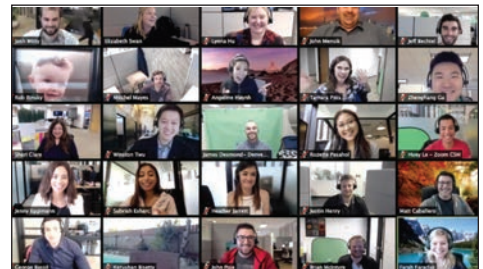
## How To ZOOM

How to join a Class/Meeting:

To Join a Zoom meeting or class, simply click on the link sent over to you via email or click on the Meetings tab to join a scheduled meeting, and you will automatically be brought into the meeting.

Once you are in the meeting, you may choose to connect audio in three different ways:

- Using computer audio (recommended).
- Dialing into a conference bridge from your phone.
- Enter your phone number and have Zoom call you when the meeting begins.
- When joining the classes please ensure that you have your video and audio enabled.
- Click on Start Video and Join Audio to have the Instructor see you in the class.
- When the class has ended, click on Leave to exit the class.



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Adult and  
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Education



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# Enrichment Classes

New London Adult Education makes the personal safety and health of our students a top priority. We have scheduled the Spring 2021 classes to be in-person instruction.

If there are active COVID-19 restrictions classes will pivot to Live-OnLine instruction.

## ARTS, CRAFTS & HOBBIES



### 200 Texture Painting

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

Saturday 4/24 10:00 am-12:00 pm 2 classes NL Adult Ed  
Resident \$40/Non-resident \$45 Instructor: Esmeralda Bustmante

### 201 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.

Materials list: CS01-Marie's Watercolor set & SET05- Classroom Painting Set, available thru [Orientalartsupply.com](http://Orientalartsupply.com) 1-800-969-4471

Monday 3/8 6:00-8:00 pm 8 weeks Live-OnLine Class  
Resident \$134/Non-resident \$139 Instructor: Eva Leong

### 202 Explosion Box

Design an Explosion Box. Bring some photos that you want to see "Explode" from the box. Other materials included.

Saturday 2/6 1:00-3:00 pm 1 class  
NL Adult Ed  
Resident \$30/Non-resident \$35  
Instructor: Esmeralda Bustmante



### 203 Paper Crafts I - Box Cards Spring Flowers

Create a pop up card full of spring flowers. Materials included.

Saturday 2/6 10:00am-12:00 pm 1 class NL Adult Ed  
Resident \$30/Non-resident \$35 Instructor: Esmeralda Bustmante



### 204 Giant Paper Flowers

Learn how to make these beautiful flowers. Materials included.

Saturday 4/10  
1:00-3:00 pm  
1 class  
NL Adult Ed  
Resident \$40/Non-resident \$45  
Instructor: Esmeralda Bustmante

## 205

### Paper Crafts 2 - Tea Cup Canvas

Design a multi-layered canvas with teacups.  
Materials included.

Saturday 4/10 10:00-12:00 pm 1 class NL Adult Ed

Resident \$30/Non-resident \$35

Instructor: Esmeralda Bustmante

## 206

### Introduction to Astronomy

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

Monday 4/5 6:00-9:00 pm 1 Class New London HS

Resident \$29/Non-resident \$34

Instructor: R. Zincone

## 207

### Introduction to Astronomy Part 2

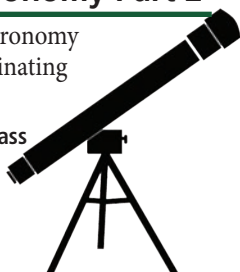
Continue your study of Astronomy in the second part of this fascinating subject.

Monday 4/19 6:00-9:00 pm 1 Class

New London HS

Resident \$29/Non-resident \$34

Instructor: R. Zincone



## 208

### Crochet

Explore a new hobby... Crochet is making a comeback... Easy to learn step-by-step instruction to start you on your way. Crochet an afghan, scarf, blanket, baby hat, booties and more... Material list available online, or with registration.

Saturday 3/13 11:00-12:30 pm 8 weeks

NL Adult Education

Resident \$89/Non-resident \$94

Instructor: Judy Telemaque

## 209

### Knitting for the Beginner

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

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

Tuesday 3/9 6:30-8:30 pm 6 weeks

Waterford HS Resident \$84/Non-resident \$89

Instructor: Nancy Potter



## 210

### Chalk Pastel

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

Saturday 3/6 10:00-11:00 am 8 weeks

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

Instructor: Gretchen van der Lyke

## 211

### Watercolors for Everyone

De-stress with watercolor. Watercolor is a medium that works well for busy people as it requires very little time to dry. We will work on projects in class and if desired, students may do their own projects..

Material list available online, or with registration.

Saturday 3/6 11:30-1:00 pm 8 weeks

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

Instructor: Gretchen van der Lyke



# ARTS, CRAFTS & HOBBIES

**212**

## Intro to Cold Process Soap Making

In this class you will learn the basics of soap making. Students will be taught safety measures needed to protect themselves and family members.

You will be taught the basics of fragrance oils, essential oils and the proper ingredients and correct ratios used. All ingredients, equipment and mold will be provided including a hand-out with reputable supplier information to take with you. *Please come with a bag to take your project home, an apron, closed-toe shoes and long sleeves.*



Saturday 4/24 8:30-11:00 am 1 class  
NL Adult Ed Resident \$74/Non-resident \$79 Instructor: Lenora Alcee

**213**

## Advanced Cold Process Soap Making

This class will build on what was learned in the introduction to soap making class.

In this class you will be taught about some of the soap safe colorants and how to use it, some natural colorants and the correct and safe way to use it. We will be producing two projects using these types of colorants, luxury oils and butters. One of those projects will be spa bars. All ingredients, and equipment will be provided, including a hand-out with reputable supplier information to take with you. Cost of one mold is included in the price of this class. *Please come with a bag, and a cookie sheet or board to take your project with you, an apron, closed toe shoes and long sleeves.*

Saturday 5/8 8:30-11:00 am 1 class NL Adult Ed  
Resident \$94/Non-resident \$99 Instructor: Lenora Alcee

# COMPUTER CLASSES

**300**

## MS EXCEL 1

Start with the basics of MS EXCEL, worksheets and basic financial functions.

Monday 3/1 4:00 - 6:00 pm 2 Classes  
NL Adult Education  
Resident \$69/Non-resident \$74  
Instructor: Carmen Kuegler



**301**

## MS EXCEL 2

EXCEL 2 takes you into the world of Charts, Graphs, more technical financial functions and more

Monday 3/15 4:00 - 6:00 pm 2 Classes  
NL Adult Education  
Resident \$69/Non-resident \$74  
Instructor: Carmen Kuegler

**302**

## MS WORD 1

Start with the basics of MS WORD, letters, address labels and much more.

Monday 3/29 4:00 - 6:00 pm 2 Classes  
NL Adult Education  
Resident \$69/Non-resident \$74  
Instructor: Carmen Kuegler

**303**

## MS WORD 2

WORD 2 explores the creative side of the program.

Monday 4/19 4:00 - 6:00 pm 2 Classes  
NL Adult Education  
Resident \$69/Non-resident \$74  
Instructor: Carmen Kuegler



# FINANCE

**400**

## 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 3/15 6:30-8:30 pm or  
Monday 5/3 6:30-8:30 pm  
One Session Live-Online  
Resident \$19/Non resident \$24  
Instructor: Charles Yannich



Looking to Invest  
in Your Future...

Enroll in New  
London Adult Ed's  
Credit Diploma or  
GED Program

**401**

## CYA - "Cover Your Assets"

Are you tired of not earning any interest on your assets? With the stock market's increasing volatility, are you worried about your retirement nest egg? Do you want to learn how to protect it from eroding away because of low interest rates, inflation, taxes and management fees?

Attend this workshop to learn how to protect and preserve the assets you accumulated over a lifetime of work.

Tuesday 3/16 6:00-9:00 pm Waterford HS  
Resident \$19/Non-resident \$24 Instructor: Stephan Brueckner





The Empty Sky Memorial, Liberty State Park, NJ  
Photo by Peggy Cherrick

## PHOTOGRAPHY

### 500

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

This class will teach you two camera modes that will take care of 90% of your photographic subjects. 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 of science" of 35mm photography. Bring your camera to class.

**Monday 3/8 6:00-9:00 pm 1 Class New London HS**  
**Resident \$39/Non-resident \$44 Instructor: Ronald Zincone**

### 501

#### 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 and 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 have your digital camera on hand at the time of the class and a willingness to learn, and we will help you get to a new level.

**Tuesday 3/9 6:00-8:30 pm 6 Weeks Waterford HS**  
**Resident \$99/Non-resident \$104**  
**Instructor: Lee Palombo & Gregg Jacobson**



### 502

#### 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. Bring your camera to class.

**Monday 3/22 6:00-9:00 pm 1 Class New London HS**  
**Resident \$39/Non-resident \$44 Instructor: Ronald Zincone**

### 503

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

**Monday 3/29 6:00-9:00 pm 1 Class New London HS**  
**Resident \$39/Non-resident \$44 Instructor: Ronald Zincone**

# Ed2Go Self-Paced and Instructor-Led Courses

The Self-Paced Tutorials and Instructor-Led Courses run for 6 to 8 weeks and are composed of 12 lessons. These lessons are supplemented by interactive quizzes, assignments, tutorials and online discussion areas. The instructors will assist you along the way and you can ask questions and give or receive advice at any time during the course. *Below is a sampling of the classes offered:*

For more information and a complete listing of the classes log into  
<https://www.ed2go.com/newlondonadult/>

## Accounting Fundamentals \$95

While it is true that accounting professionals are scarce, those with corporate accounting experience are even scarcer. This course will provide you with a solid understanding of corporate accounting practices.

## Adobe Animate CC Training \$119

This self-paced course will train you in the basics of Animate (formerly Adobe Flash).

## Advanced Grant Proposal Writing \$115

In this course, an experienced grant writer will show you how to research and write winning proposals that get funded.

## Drawing for the Absolute Beginner \$95

If you've always been interested in drawing but don't really know how to get started, then this is the course for you. Gain a solid foundation and understanding of the basics of drawing and become the artist you've always dreamed you could be!

## Creating Web Pages \$125

Create and post your very own website using HTML. You will learn the best strategies for planning the content, structure, and layout of your website as well as creating pages with neatly formatted text, building links between the pages, and more!

## Genealogy Basics (Self-Paced Tutorial) \$100

Tracing your family's history is a fascinating journey. Genealogy Basics will help you understand the genealogy research process and how to interpret the information you find.

## How to Make Money From Your Writing \$95

You'll learn secrets, methods, and tips to help you generate income with your writing.

## Introduction to Illustrator CS6 \$125

In this course, you will learn to apply color, create shading effects and painterly brushstrokes, and add special effects such as 3D to your drawings. *(Adobe Illustrator Download Required-not included)*

## Introduction to Lightroom Classic CC \$125

Adobe Photoshop Lightroom is a fantastic tool for digital photographers at any skill level who need to manipulate and organize photos and images. *(Adobe Lightroom Classic Download Required-not included)*

## Introduction to Microsoft Excel 2019/Office 365 \$129

If you want to learn the 2019 version of Microsoft Excel, this course will introduce you to the program's basic functions and uses. Through hands-on lessons, you will learn numerous shortcuts to quickly and efficiently set up worksheets. *(Microsoft Excel, a subscription to Office 365, or Microsoft Office Home and Student 2019 Required-not included)*

## Introduction to Microsoft Word 2019/Office 365 \$129

This course will introduce you to the 2019 version of Microsoft Word, available through the Office 365 online platform. *(Microsoft Word, a subscription to Office 365, or Microsoft Office Home and Student 2019 Required not included)*

## Microsoft Office 2019/365 Value Suite \$324

Some of the world's most widely used software programs are part of the Microsoft Office suite. This course bundle will teach you how to use Word 2019, Excel 2019, and PowerPoint 2019, Office's top business productivity programs. You will learn the basic features of each program and gain skills applicable to most professional settings. *(Required -Microsoft Word, Excel, and PowerPoint 2019: Available to download with a subscription to Office 365, or with Microsoft Office Home and Student 2019-not included )*

## Photoshop CC for the Digital photographer \$125

Learn how to use Adobe Photoshop Creative Cloud (also called Photoshop CC) to edit and enhance your photographic images.

*(Required -Adobe's Photoshop CC or later updates, such as Photoshop CC (2014), installed and functioning to take full advantage of the course not included )*

## PraxisCore Preparation \$125

Develop the knowledge and skills you need to pass the Praxis Core Exam as you review and prepare for everything the test includes.

## Start Your Own Small Business \$95

Stop dreaming and learn how to start your own successful small business.

## Understanding the Cloud \$125

Learn everything you need to truly understand the cloud—including how it works, what drives it, why it's so popular, and how to make the cloud work for you.

# Ed2Go Career Training Programs

The Career Training Programs offer many opportunities to advance in your career, or start a new one. Some of the programs can be completed in 6 months or less. You will receive all the materials required to complete the program. Upon completing the program with a passing score, you will get a certificate of completion from New London Adult Education. *Below is a sampling of the classes:*

For more information on these any many more Career Training classes log into  
<https://careertraining.ed2go.com/nlae/>

## **AutoCAD 2018 Certified User (Voucher Included) \$2,595**

This AutoCAD 2018 Certified User course will teach you basic and more advanced design skills as you gain hands-on practice using the 2D tools in AutoCAD 2018 to create site and building layouts. Once you successfully complete the course, you'll be prepared to take the Autodesk AutoCAD 2018 Certified User exam. This course includes a voucher which covers the fee of the exam.

## **Payroll Practice and Management with Microsoft Excel 2019 \$2,295**

This online course covers all critical areas of payroll management and teaches you advanced practices for using Microsoft's Excel 2019 software. You will be prepared to take the Fundamental Payroll Certification exam and the Microsoft Office Specialist (MOS) Expert certification exam for Microsoft Excel 2019. Key topics include the major components of the Fair Labor Standards Act of 1938, the Internal Revenue Code and major parts of the state labor code for your chosen state.

## **Certified Master Wedding and Event Planner \$5,495**

If you're serious about an event planning career, this online certification course will set you up for success. You will be mentored by industry leaders and gain the skills needed to translate a client's vision into a reality. With successful course completion, you will qualify for an internship at a Kevin Lee Weddings event, mentored by celebrity wedding and event designer Kevin Lee. You will also have the option to attend two-day workshop and learn directly from Kevin Lee and his vendors.

## **Preston Bailey's Fundamentals of Floral Design \$1,695**

The course is designed for beginners who have no experience with flowers, flower arranging, or floral design. You will learn the tricks that every good professional floral designer depends on. The course will also help you gain a strong foundation in the basics, which prepares you for learning the more complex techniques of Preston's unique floral designs. You can also receive notices of internship opportunities and industry conferences and events.

## **Maintenance Technician \$1,695**

Do you have a knack for tinkering and fixing things with your hands? Are you looking for a career where you can do what you love every day? This online course includes an intensive overview of the skills required for manufacturing maintenance, including the principles of power transfer and rigging safety as well as PLCs and robotics, and will provide you with the knowledge and skills you need to begin a successful career.

## **CPC Medical Billing and Coding (Voucher Included) \$2,695**

CPC Medical Billing and Coding (Voucher Included) will train you in the legal, ethical, and regulatory concepts central to a career in the medical billing and coding field. You will gain hands-on, practical experience in medical billing and coding and work with the main coding manuals: ICD-10-CM, ICD-10-PCS, CPT, and HCPCS Level II. This course also prepares you for the American Academy of Professional Coders' (AAPC) Certified Professional Coder (CPC) exam. You will complete PractiCode lessons, practice exams, and work from the official CPC Certification guide. This course includes a 1-year AAPC membership and voucher for the CPC exam cost and one free retake.

## **Certified Pharmaceutical Sales Representative (Exam Included) \$2,195**

This course bundle provides a foundational training platform to help you build relationships more effectively by increasing your knowledge in technical, scientific, and medical domains of knowledge. Additionally, this course of study provides all of the cornerstone areas necessary for any pharmaceutical sales representative which includes training on compliance, ethics, and regulations influencing the pharmaceutical industry.

In addition, you will learn the origins of medical words and how to recognize prefixes and suffixes used in medical terminology. Then you will learn about the body as a whole and how to differentiate cells, tissues, organs, systems, and cavities. Next, you will learn to define and describe the function of each system of the human body.

With an industry-recognized PRC credential and specialized knowledge of medical concepts, you will be prepared to take the next step in your medical career or education.

**New London Adult & Continuing Education, in partnership with ed2go, offers online open enrollment programs designed to provide the skills necessary to acquire professional level positions for many in-demand occupations.**





## CULINARY

**600**

### Chef Jr. Cooking Class

The class for your young chef. Learn how to make delicious dishes for the whole family in this fun, interactive class. *Children under the age of 16 Must be Supervised by an Adult in the Classroom.* \$50 food fee payable to Erika at the first class. Bring an apron, knife & containers to take food home.

**Tuesday 3/9 6:00-8:30 pm 4 weeks**  
**Waterford HS**  
**Resident \$79/Non-Resident \$84**  
**Instructor: Erika Gradecki**

**601**

### Keto Cooking

This class gives a glance into the emerging Ketogenic Diet, which includes various recipes that exemplify it. The class will be held using Zoom, an Invite will be emailed along with recipes and a grocery list prior to the start of the class.

**Monday 4/5 6:00-7:30 pm 2 weeks**  
**Zoom Live-OnLine**  
**Resident \$39/Non-Resident \$44**  
**Instructor: Erika Gradecki**

**602**

### Around-The-World Cooking Class

Back by popular demand, this International Cooking Class is taught by a certified personal chef. Students will explore all new dishes from Africa, Asia, Europe, and Latin America. Material fee of \$50 payable to Erika on the first class. Bring an apron, knife & containers to take food home.

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

**603**

### Plant-Based Nutrition Cookin'

A growing favorite, this plant-based class is geared towards healthy & nutritional dishes. \$50 food fee payable to Erika at the first class. Bring an apron, knife & containers to take food home.

**Saturday 3/13 12:00-2:30 pm 4 weeks**  
**NL Adult Education**  
**Resident \$79/Non-Resident \$84**  
**Instructor: Erika Gradecki**

**604**

### COVID Survival

Still in the midst of the COVID-19 pandemic, this innovative and exciting class will allow you to prepare dishes in various methods utilizing commonly stocked items.

**Monday 3/8 6:00-7:30 pm 4 weeks**  
**Zoom Class Live-OnLine**  
**Resident \$69/Non-Resident \$74**  
**Instructor: Erika Gradecki**

**605**

### Paleo-Based Offerings for Your Palate

Another popular diet, this Paleo-based class includes recipes that incorporate nuts, seeds, fruit, vegetables, fish and/or lean meat. The class will be held using Zoom, an invitation will be emailed along with recipes and a grocery list prior to the start of the class.

**Monday 4/19 6:00-7:30 pm 2 weeks**  
**Zoom Live-OnLine**  
**Resident \$39/Non-Resident \$44**  
**Instructor: Erika Gradecki**



**606**

### Middle Eastern Cold & Hot Appetizers:

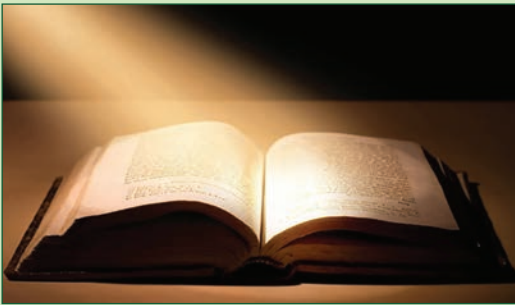
Would you like to learn how to make delicious Middle Eastern appetizers (mezze)? This class will introduce you to simple and healthy recipes. Beginners welcome. We will make 3 different appetizers each class: one vegan, one vegetarian, and one meat. The class will be held using Teams. Fuat Satar will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

**Wednesday 3/3 6:00-7:30 pm 8 weeks** **Microsoft Teams Live-OnLine**  
**Resident \$124/Non-Resident \$129** **Instructor: Fuat Satar**

## 700 Bible for Beginners

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

Monday 3/8 6:00-7:00 pm 8 weeks NL High School  
Admin Fee Resident \$30/Non-resident \$35  
Instructor: Pastor Lee Robinson



## 701 Bible for Beginners 2

A relaxed, interactive, 8 week Biblical study on the Basics of Christian Life (such as: Salvation, Baptism, Church, Bible Study & Prayer, Holiness, Love Christian Testimony, etc.) The goal of the class is for the student to understand and be encouraged to adopt the core beliefs and practices of the Christian faith as presented as Scripture.

Monday 3/8 7:05-8:05 pm 8 weeks NL High School  
Admin Fee Resident \$30/Non-resident \$35  
Instructor: Pastor Lee Robinson



## 702 Introduction to Mindfulness Meditation

Introduction to Mindfulness Meditation will offer a brief overview of the philosophy and practices of the masters. Each week will introduce a deeper level of meditation and how to add it to your life. Register early, the class is limited to 10 seats.

Tuesday 3/9 6:00-7:30 pm 4 weeks Waterford HS  
Resident \$64/Non-resident \$69 Instructor: Carol Vara, MSW

## 703 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 hours, 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 3/4 6:00-8:00 pm OL Middle School  
Thursday 3/25 6:00-8:00 pm OL Middle School  
Resident \$40/Non-resident \$45 Instructor: Alison Ritrovato, APRN



## 800 Learn to Play Conga

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

Tuesday 3/9 5:30-8:30 pm 6 weeks Waterford HS  
Resident \$109/Non-Resident \$114  
Instructor: Doc Frazier

# MUSIC



### Begin your career on a high note

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





## 900

### French 3

Take a French class with Cris and expand your world languages. Have fun while learning a classic language. The class meets once a week for 8 weeks.

Tuesday 3/2 4:30-5:30 pm 8 weeks NL Adult Education  
Resident \$89/Non-resident \$94 Instructor: Cris Aguilar

## 901

### Italian 2

Cris is ready to take you on the second step in your Italian classes. The Italian is Fun book will be used in this class. If you do not have a copy, it can be purchased at NLAE for \$30.00.

Thursday 3/4 6:00-7:00 pm 8 weeks NL Adult Education  
Resident \$89/Non-resident \$94 Instructor: Cris Aguilar

## 902

### Spanish for the Beginner – On-Line

The goal of this course is to help you develop basic Spanish communication skills. In this class, we will emphasize practical conversational techniques and pronunciation with lessons in grammar, reading and writing. The textbooks are available for pick-up at NLAE.

Wednesday 3/10 10:00-11:30 am 8 weeks Live-OnLine  
Resident \$104/Non-resident \$109 Instructor: Claudia Schkepper

## 903

### Spanish for the Beginner – Daytime

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



Tuesday 3/9 4:00-6:00 pm 8 weeks NL Adult Education  
Resident \$104/Non-resident \$109 Instructor: Nancy Vega

## 904

### French for the Beginner – New London

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

Monday 3/8 6:30-8:30 pm 8 weeks NL High School  
Resident \$89/94 Non-resident Instructor: Judy Telemaque

## 905

### Spanish for the Beginner – Waterford

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

Tuesday 3/9 7:00-9:00 pm 8 weeks Waterford HS  
Resident \$104/Non-resident \$109 Instructor: Nancy Vega



## 906 French 2

Spend your Tuesday evenings expanding your French vocabulary. Build your knowledge of this classical language.

Tuesday 3/9 6:30-8:00 pm 8 weeks  
Waterford HS  
Resident \$89/Non-resident \$94  
Instructor: Judy Telemaque

## 907 French 3

Spend your Saturday mornings expanding your knowledge of the French language.

Saturday 3/13 9:00-10:30 am 8 weeks  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Judy Telemaque

## 908 French for the Beginner - Old Lyme

Start with the basics and build your French vocabulary. Enjoy a Thursday evening exploring this language.

Thursday 3/11 6:30-8:30 pm 8 weeks  
Old Lyme MS Resident \$89/Non-resident \$94  
Instructor: Kouro Bo

## 909 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 available at NLAE for pick-up and included in registration fee.

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

## 910 Beginning American Sign Language

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

Monday 3/8 6:00-9:00 pm  
8 weeks Live-Online using Zoom  
Resident \$114/Non-resident \$119  
Instructor: Donna Haggerty



## 911 Advanced American Sign Language

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

Thursday 3/11 6:00-9:00 8 weeks  
Live-Online using Zoom  
Resident \$114/Non-resident \$119  
Instructor: Donna Haggerty

## 912 Italian: Intermediate Level

This course is a continuation for students who have taken Italian I, Intermediate Level 1 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.

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

## 913 Accent Modification & Pronunciation of English

This course is for you if English is not your native tongue and you have studied English as a Second language for years, but still feel that Americans do not understand you when you speak to them in English.

Thursday 3/11 6:00-8:00 pm 8 weeks  
Old Lyme MS  
Resident \$175/Non-resident \$179  
Instructor: Shelia Gavish

## 914 German 2

Continue your German Language classes with step 2 in the series. Textbook required for the class.

The book is available on Amazon:  
Begegnungen-Kurs-Arbeitsbuch-mit-CDs/  
dp/3929526867  
or a free download available at: <https://www.pdfdrive.com/begegnungen-kurs-und-arbeitsbuch-a1-d167499200.html>

Tuesday 3/2 6:00-8:00 pm 6 weeks  
Waterford HS  
Resident \$89/Non-resident \$94  
Instructor: Carmen Kuegler

## 915 Conversational German

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

Thursday 3/4 6:00-8:00 pm 6 weeks  
NL Adult Education  
Resident \$89/Non-resident \$94  
Instructor: Carmen Kuegler

Take the  
**GED® Test** →

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

# FITNESS & RECREATION

## 1000 (SAFE) Self-Defense for Women

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

Saturday 4/3 9:00-1:00 pm One Class or  
Saturday 4/10 9:00-1:00 pm One Class  
NL Adult Education \$44/Non-resident \$49

Instructors: Frank Dawson & Jennifer Thornell



## 1001 (SAFE) Self-Defense for Women - Advanced

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

Saturday 4/24 9:00-1:00 pm  
One Class  
NL Adult Education  
\$44/Non-resident \$49  
Instructors: Frank Dawson & Jennifer Thornell

## 1002 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 3/8 6:30-7:30 pm 8 weeks NL High School  
Resident \$104/Non-resident \$109 Instructor: Yuehua



## 1003 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 3/8 7:45-8:45 pm 8 weeks NL High School  
Resident \$104/Non-resident \$109 Instructor: Yuehua

## 1004 Yoga ABC

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. Please bring a yoga mat to class.

Tuesday 3/9 7:00-8:00 pm 6 weeks Waterford HS Media Center  
Resident \$79/Non-resident \$84 Instructor: Jennifer Lambert

## 1005 G's Fitness Strength Training

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

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

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

## 1006 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. Chose start date of February 1 or March 1. All fitness levels welcome!

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

Mon-Fri 2/1 or 3/1 6:00 am  
Mon-Fri 2/1 or 3/1 7:30 am  
Mon-Fri 2/1 or 3/1 8:00 am  
Mon-Fri 2/1 or 3/1 11:00 am  
Mon-Fri 2/1 or 3/1 12:00 pm  
Mon-Fri 2/1 or 3/1 1:00 pm  
Mon-Fri 2/1 or 3/1 5:00 pm  
Mon-Fri 2/1 or 3/1 6:00 pm  
Resident \$130/Non-resident \$135  
Unlimited Sessions within a 4-week period





## 1007 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 4/17 11:00 am -12:00 pm 5 weeks or  
Saturday 6/12 11:00 am -12:00 pm 5 weeks or  
Saturday 9/11 11:00 am - 12:00 pm 5 weeks  
Great Brook Driving Range  
Resident \$175/Non-resident \$180  
Instructor: Christopher Hedden

## 1008 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 4/12 10:00-11:00 am 5 weeks or  
Monday 4/12 6:00-7:00 pm 5 weeks or  
Wednesday 4/14 10:00-11:00 am 5 weeks or  
Wednesday 4/14 6:00-7:00 pm 5 weeks or  
Thursday 9/2 10:00-11:00 am 5 weeks  
Thursday 9/2 6:00-7:00 pm 5 weeks  
Great Brook Driving Range  
Resident \$175/Non-resident \$180  
Instructor: Christopher Hedden

## 1009 Golf for Ladies Only

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

Tuesday 5/4 10:00-11:00 am 5 weeks or  
Tuesday 5/4 6:00-7:00 pm 5 weeks or  
Thursday 5/6 10:00-11:00 am 5 weeks or  
Thursday 5/6 6:00-7:00 pm 5 weeks or  
Wednesday 9/1 10:00-11:00 am 5 weeks or  
Wednesday 9/1 6:00-7:00 pm 5 weeks or  
Monday 9/13 10:00-11:00 am 5 weeks or  
Monday 9/13 6:00-7:00 pm 5 weeks  
Great Brook Driving Range  
Resident \$175/Non-resident \$180 Instructor: Christopher Hedden

# HEALTH

## 2000 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.

Tuesday 3/9 6:00 - 8:30 pm  
NL Adult Education  
2 weeks  
Resident \$84/Non-resident \$89





# OUTDOOR ACTIVITIES



## 3000 Horseback Riding: Beginning

Basic instruction will be given on the skill of horsemanship and horse care. This class is for beginners who have little or no experience in riding. Riding instructions will focus on balance and basic mechanics of riding. Students will also learn to groom, tack up and basic care of the horses. Participants should wear heeled shoes, boots are preferred. Riding helmets are provided by the instructor. All classes will be held at Outback Stables, 538 Colonel Ledyard Highway, Ledyard, CT.

**Tuesday 4/13 6:00-7:00 pm**  
6 weeks  
**Thursday 4/15 6:00-7:00 pm**  
6 weeks  
**Outback Stables**  
**Resident \$150/Non-resident \$155**

Saddle up and mosey on down to New London Adult Education where you can earn your High School Diploma.



## 3001 Horseback Riding: Advanced

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

**Wednesday 4/14 6:00-7:00 pm** 6 weeks  
**Outback Stables**  
**Resident \$150/Non-resident \$155**

# PET HEALTH

## 4000 Pet First Aid & Disaster Response

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

**Tuesday 3/23 6:00 - 8:30 pm** 1 Class  
**NL Adult Education**  
**Resident \$59/Non-resident \$64**



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

- DAY TRIPS
- OVERNIGHT TOURS
- CRUISES
- INTERNATIONAL TOURS



# NEW LONDON

Adult and Continuing Education

## Culture on Wheels Spring 2021

For your Health and Safety available seats on the trips have been reduced to 30 on Peter Pan coaches.



### Providence Savor the Flavor

Saturday August 14 - cost \$115

See what Providence has to offer.... Enjoy a table side demonstration at Trattoria Zooma Restaurant and a Italian lunch, with a menu of wood-fired pizzas, fried mozzarella, potato gnocchi, penne pasta, and chicken marsala with a cannoli and coffee. After lunch take a short walk to Venda's Ravioli Emporium and shop for fine Italian foods, oils and cheeses... Complete the day with a tour of Providence. Depart Shaw's Cove Three at 8:45 am.

### New York Botanical Gardens Kusama's Exhibit

Saturday May 22 - cost \$133

The NY Botanical Garden presents a major exhibition exploring the work of celebrated Japanese artist Yayoi Kusama. Your PLUS ticket will give access to her signature Mirrored Infinity Room, Monumental Polka Dot Pumpkins, greenhouse installation and more. Spend the day on your own to enjoy the grounds. Your "KUSAMA PLUS PASS" includes entrance to all of the Kusama exhibits, as well as the narrated tram throughout the garden. There is a delightful gift shop & café too.



After the garden, we'll head over to Arthur Avenue to grab a bite to eat (on own) or to purchase some delicious Italian foods to take home. Depart Shaw's Cove Three at 7:30am



### Bronx Zoo

Saturday June 12 - cost \$99 Adult \$96 child 5-12 yrs

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. Depart Shaw's Cove Three at 7:30 am.

### Hudson River Cruise

Sunday July 18 - cost \$141

Enjoy a pre-cruise Sunday brunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff of forty feet above the Hudson River with truly grand views. All aboard the Rip Van Winkle departing from Kingston, NY heading south to Hyde Park and return.

Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water.

Depart Shaw's Cove Three at 8:00 am.

### NY Yankees vs. Chicago White Sox

Sunday May 23 - cost \$125 Game Time TBD

Spend the day at Yankee Stadium watching The Yankees battle the White Sox. *Tickets will come with a choice of a hot dog or chicken tenders, french fries, a soda, or water, or beer, and a New York Yankees Hat.*

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





## King Tut Exhibit

### Saunders Castle Park Plaza Boston

Date and Cost TBD - Check our website in June for updates

Nearly 100 years after the discovery that captivated the world, KING TUT: Treasures of the Golden Pharaoh — the largest collection of Tutankhamun's treasures ever to travel out of Egypt — will open at The Saunders Castle at Park Plaza in Boston the only city in the Northeast to host the exhibit. See over 150 original artifacts, which is three times the amount that has ever toured before. Sixty of the pieces have never left Egypt. Time in Providence Place after the exhibition.

— 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.

## Vermont Shopping Spree

Saturday October 23 - cost \$120

The Vermont Country Store in Rockingham has something for everyone including quality merchandise from around the block and around the world. Everything from wonderful, classic products that can simplify your life to penny candy, specialty foods, and Vermont-made products. Lunch will be at the New England House in Brattleboro, VT. Enjoy a plated meal with advance entrée choice of Butternut Squash Ravioli, New England Beef Pot Roast, OR Cider Chicken with Cheddar Biscuits. Dessert, coffee, and tea are also included.

Enjoy a stop at Cameron's Winery in Northfield, MA for a tasting of 5 wines. The owners are passionate about their winery and provide a memorable experience for their visitor's. Shop for great jams & jellies as well in this cozy New England winery. Depart Shaw's Cove Three at 7:00 am.



## Upcoming Tours - Check our website for Updates in June

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

### Radio City Music Hall Christmas Show featuring the Rockettes

Sunday November 7th

### Annual Stocking Stuffer Trip

Saturday December 4th

*\*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, 2021

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 \$150 per person by January 14. Final payment is due on February 17.**

Cost: \$534 pp dbl Includes: Deluxe motorcoach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions per itinerary, Friendship Tours Escort

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

## Mississippi River Cruise on the American Countess

Departing on October 16-24, 2021

Cost from \$3,398 pp twin Inside Cabin

Classic style—modern comforts. The newest gem of the American Queen Steamboat fleet, the American Countess welcomes 245 guests. Her sleek contemporary design offers plenty of open space for gathering and sharing the fun! Savor fresh, regional cuisine in the Grand Dining Room with its custom Italian fabrics and rich walnut accents and floor to ceiling windows offering panoramic views morning, noon and night! Be one of the first to experience her elegant décor as she makes her way down from Chicago to St. Louis on the Illinois and Mississippi Rivers! Deposits are recommended ASAP. Contact Donna or Barbara 800-243-1630 for Reservations.



- \* Transportation to Bradley Airport
- \* Flights to and from Bradley
- \* 1 Night in St Louis with Breakfast
- \* Hop on Hop off tours in each port
- \* Premium Sightseeing Tour in St Louis
  - \* Wine & Beer with dinner
  - \* Cappuccino, Espresso, bottled water & soft drinks \*
  - Entertainment
- \* Daily lectures by the Riverlorian
- \* Award winning cuisine & gracious service
  - \* Port Charges

# CULTURE ON WHEELS

## Discovering Poland

Departing October 2-13 2021 Cost from \$3,729 pp dbl

This is an all-encompassing tour of Poland, uncover the country's poignant past and engaging present. Tour the thriving capital city of Warsaw, reborn after World War II. See Wawel Castle, the former home to the kings of Imperial Poland. Behold the Black Madonna while visiting the Jasna Góra Monastery. Step into the past when you try your hand at a 500-year-old recipe for gingerbread. During a moving visit to Auschwitz, unveil its somber history and tragic reality. Discover Polish culture at a folklore dinner and show in Krakow. From the thriving capital city of Warsaw to the coastal city of Gdansk, experience Poland at its best. *A deposit of \$600 per person is due with registration, if accepting the travel insurances this is also due at the time of registration. Deposits are due by March 24. Final payment is due by August 3, 2021. Deposits are refundable up until April 3, 2021*

The tour includes Transportation to the Airport, Round Trip Airfare, Lodging, 10 Breakfasts, 4 Dinners, and admissions per itinerary.



## Iceland's Magical Northern Lights

Departing November 1-7, 2021

Cost from \$3,029 pp dbl

Explore Iceland, a land and culture forged by fire and ice. Where steaming lava fields and massive glaciers sculpt mountains and valleys, leaving thundering waterfalls and plunging fjords. In this land of many natural wonders, enjoy the rare opportunity to search for the aurora borealis — one of nature's most dazzling light displays, also known as the northern lights.

Some highlights of this trip of a lifetime are Reykjavík, Northern Lights Cruise, Search for the Northern Lights, Golden Circle, Thingvellir National Park, Gullfoss, Lava Exhibition Center, Vik, Seljalandsfoss, Skógar Museum, Skógafoss, Jökulsárlón Glacial Lagoon, Skaftafell, Vatnajökull Glacier, Blue Lagoon. *A deposit of \$600 per person is due with registration, if accepting the travel insurances this is also due at the time of registration. Deposits are due by April 24. Final payment is due by September 2, 2021. Deposits are refundable up until May 2, 2021*

The tour includes Transportation to the Airport, Round Trip Airfare, 5 Nights Lodging, 5 Breakfasts, 5 Dinners, and admissions per itinerary.

## Classic Christmas Markets

Departing on December 3-11, 2021 Cost from \$3,129 pp dbl

Sip mulled wine and collect unique handicrafts, hand-made ornaments and toys at some of the largest and most famous Christmas markets in Europe. Spend three nights in the traditional Alpine village of Oberammergau and two nights in the heart of the Black Forest. Bask in holiday cheer as you stroll along the cobblestone streets of Innsbruck, capital of Tyrolean Austria, and embark on your choice of a cultural walking tour or a visit to the Museum of Tyrolean Regional Heritage. Explore Strasbourg's Petit France and its quaint market stalls huddled around the imposing cathedral. Discover historic Würzburg and Rothenberg, some of the best preserved medieval towns in Europe. Visit the famous Nuremberg Christmas Market dating back to 1628 and sample roast sausages and gingerbread. Experience the 600-year-old holiday spirit of "Christkindlesmarkts" in Germany, Austria, and France. *A deposit of \$500 per person is due with registration, if accepting the travel insurances this is also due at the time of registration. Deposits are due by May 24. Final payment is due by October 4, 2021. Deposits are refundable up until June 4, 2021*

The tour includes Transportation to the Airport, Round Trip Airfare, 11 Nights Lodging, 7 Breakfasts, 4 Dinners, and admissions per itinerary.





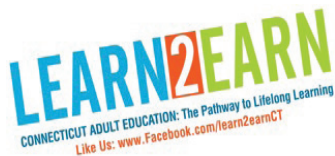


## New London Adult & Continuing Education

Three Shaw's Cove  
New London, Connecticut 06320

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

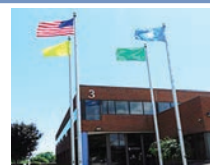
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New London  
Adult and  
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Education



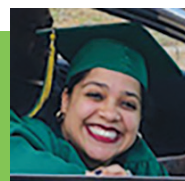
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### There is Something for Everyone at New London Adult Education

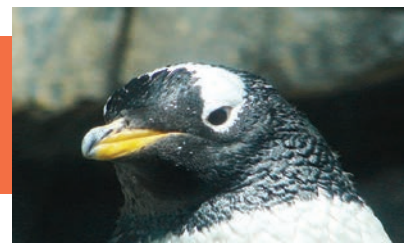
**GED, ESL, High School Credit Diploma Classes**



**Career Training Programs - Page 8**



**Day & Overnight Trips - Page 25**



**Enrichment Classes - Page 12 - 24**





# *New London*

**ADULT AND CONTINUING EDUCATION**

**Spring 2021**

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



# GENERAL INFORMATION

Dear Friends:



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

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

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

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

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

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

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

Sincerely,

*Denise Spellman*

Denise Spellman  
Director

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

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

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

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

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

• **Returned Check Policy:** Participants will be charged \$25 for each check returned by the bank.

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

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

## Office Information



### New London Adult Education

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

### New London Office Hours

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

### • Waterford Information •

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

### • Lyme – Old Lyme Information •

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

### • Montville Information •

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

### • Groton Information •

Fitch High School  
101 Groton Long Point Rd  
Groton, CT 06340  
Direct all inquiries to: (860) 441-2152

## School Calendar Closing Dates

Jan 1..... New Years Day  
Jan 6..... Three Kings Day  
Jan 18..... Martin Luther King Day  
Feb 15-16..... Presidents Days  
April 2..... Good Friday  
April 12-16..... Spring Break

## Program Start Dates

January 11, 2021

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

Jan 21..... EMT Training  
Jan 4..... Daytime CNA Training  
Feb 1..... Evening CNA Training  
Mar 24..... Bartending  
Mar 9..... ServSafe Training  
Mar 8..... Espanol Serv-Safe Training  
Jan 23..... CT Guard Card Training

Enrichment Classes begin  
the week of March 1st

Cover Photo: **Peggy Cherrick**  
Catalog Design: **Ed Murphy**

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



## Registration Form

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



Scan the QR Code to access the catalog online

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

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

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

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

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

| CLASS # | CLASS NAME | CLASS DATE | CLASS LOCATION | COST |
|---------|------------|------------|----------------|------|
|---------|------------|------------|----------------|------|

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

Processing fee only when using  
a Credit Card \$1.50

**Total Due**

Credit card information:

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

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

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



**NEW LONDON**

ADULT & CONTINUING EDUCATION

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

## Culture on Wheels Trip Registration Form

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

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

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

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

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

**TRIP NAME**

**MEAL CHOICE - if required**

**COST**

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

Processing fee only when  
using a Credit Card \$1.50

**Total Due**

Method of Payment:

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

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

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



**NEW LONDON**

ADULT & CONTINUING EDUCATION