

NEW MILFORD ADULT EDUCATION

WINTER/SPRING 2019



REGISTER ONLINE AT

www.newmilford.coursetorm.com

GENERAL INFORMATION

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WINTER/SPRING 2019 CALENDAR NO CLASSES/OFFICE CLOSED

New Year's Day January 1

Martin Luther King Day..... January 21

Winter Recess..... February 18 – 19

Parent Teacher Conference..... March 14

Spring Recess..... April 15-19

Memorial Day..... May 27

ADMINISTRATIVE STAFF

Christine Martin, Program Director & GED® Registrar
Joe Neff, Guidance Counselor & Career Specialist

OFFICE HOURS

Administrative:

Monday – Thursday, 2:00pm-8:30pm

Guidance:

Tuesday and Thursday, 4:00pm-8:30pm

Welcome to New Milford Adult Education's winter/spring brochure of classes and activities. If you are planning to complete a high school education, or strengthen your English language skills these are free to all our residents. In addition, we offer a variety of enrichment and general interest classes for community members. Browse through the brochure and register to experience the power of lifelong learning.

The New Milford Board of Education provides public education for children in grades pre-K to 12 who are residents of the town of New Milford. As part of its educational program, the New Milford Board of Education offers vocational education and training to eligible students. As is the case regarding all of the school district's programs and activities, all vocational opportunities are offered without regard to race, color, national origin, sex, disability, or any other basis prohibited by law. For questions or complaints regarding the district's policy of non-discrimination, please contact the Title IX/Section 504 Coordinator:

Section 504 Coordinator, Title IX Coordinator for Student

Alisha DiCorpo, Assistant Superintendent
New Milford Board of Education
50 East Street, New Milford, CT 06776
860-354-3235

Title IX Coordinator for Staff

Ms. Ellamae Baldelli, Director of Human Resources
New Milford Board of Education
50 East Street, New Milford, CT 06776
860-210-2200

HIGH SCHOOL DIPLOMA AND GED® TEST PREPARATION

Registration by appointment. Call 860-350-6647 ext 1170

All High School completion programs begin January 28, 2019

All students new to New Milford Adult Education or those who have not attended for two years MUST attend a 4 day orientation **January 22, 23, 24 and 25th** 5:00pm-9:00pm.

Students must be committed to attend class regularly, complete homework assignments weekly, participate in classroom activities and provide their own transportation to all programs.

All students have access to a Guidance Counselor for career and college planning.

HIGH SCHOOL CREDIT DIPLOMA PROGRAM

When you complete a minimum of 23 credits, you earn a New Milford Board of Education Adult High School Diploma! **Classes run Monday through Thursday from 5:00pm-7:00pm and 7:00pm-9:00pm.** Students must be 17 years of age and officially withdrawn from high school. Previously earned credits may be transferable. Bring your most recent transcript and withdrawal papers from your last high school to registration. Academic counseling and confidential services are provided.

Graduation Requirements

A diploma candidate must accumulate 23 credits which include the following:

English	4 credits	Science	3 credits
Math	3 credits	Social Studies*	3 credits
Voc Art	1 credit	Electives**	9 credits

*Must include 1 credit of U.S. History, .5 credit of Civics and **.25 credit of Orientation to Adult Education. All students must also meet graduation standards and complete a portfolio project.

Students must register for a minimum of 2 credits to graduate from the High School Diploma Program. Students are required to meet with the Adult Education staff for an interview, placement test, and course planning for the High School Credit Diploma Program.

GED® TEST PREPARATION

New Milford Adult Education will be offering open lab for GED® Test Preparation support Monday-Thursdays from 5:00 pm to 7:00 pm.

Students must meet with Adult Education staff to interview and complete testing to determine eligibility to enter the GED® Test Preparation program.

To enroll in the GED® Test Preparation program, an adult must:

1. Achieve a score greater than or equal to a 236 on the CASAS 80 Reading Appraisal and/or CASAS 80 Math Appraisal
2. Be 17 years of age or older AND no longer enrolled in school
3. Commit to the program attendance policy

Accommodations on the GED® tests are available for qualified individuals with a documented disability. For more information, contact Christy at 860-350-6647 X 1170. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110 or Sabrina.Mancini@ct.gov.

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There is no charge for these courses. The cost for students is time and commitment to the program. New Milford Adult Education is in compliance with CT General Statutes Sec 10-71c. All mandated programs are free. We do not charge a fee for any textbooks or materials used in the mandated classroom.

ENGLISH AS A SECOND LANGUAGE (ESL) AND CITIZENSHIP

STUDENTS MUST REGISTER FOR ESL AND CITIZENSHIP CLASSES January 23 & 24, 2019, 5:30pm-8:00pm.

Students will take the placement test and register for classes.

ESL classes begin the week of **January 28, 2019**

ESL: ENGLISH FOR LIFE AND WORK

ESL (English as a Second Language) is a free program to assist foreign speaking immigrants and workers, 18 years old and older, who:

1. **Need to improve job skills for job advancement**
2. **Want to learn more about the community and the U.S.A.**
3. **Want to take an active role in their children's education**
4. **Need to become comfortable and more fluent in English**

Courses will provide you with the language skills to enable you to live, work, and study in the United States. Each class includes speaking, listening, reading, writing, vocabulary development, and grammar instruction.

DAY PROGRAMS

THE SCHOOL AND THE HOME AS PARTNERS

Tuesdays 9:15am-10:45am, mixed level Class starts February 5, 2019

This program is designed for parents who want to build their English language skills. You will practice speaking, reading, listening and writing in English as you learn about the school system. The program will also help you learn and practice ways to participate in school and community events. **Class held off site at: Lillis Administration Building, 50 East Street, New Milford, CT 06776**

CONVERSATIONAL ESL

Tuesdays & Thursdays, mixed level, beginning January 28, 2019 from 12:00pm-1:30pm

This program will cover English language and grammar with a focus on conversation skills and pronunciation.

This class is held offsite at Phys-Ed Health & Performance located at 10 Still River Drive, New Milford, CT 06776

Child Watch available for a fee.

THREE EVENING PROGRAMS

ESL 1

Tuesday and Thursday: beginning January 28, 2019 from 6:30pm-8:30pm

Students will practice grammar, reading and writing skills with a focus to succeed in the work place.

ESL 2

Tuesday and Thursday: 6:30pm-8:30pm

Students will practice grammar, reading and writing skills with a focus to succeed in the work place.

US GOVERNMENT/CITIZENSHIP

Class meets Mondays beginning January 28, 2019 from 6:30pm-8:30pm

This class reviews interview skills, covers facts about the U.S.A., and prepares students for the INS requirements for citizenship. Please speak with Adult Education staff at registration for details. It is perfect for students planning to go to college or those planning to apply for citizenship.

Enrollment for ESL classes is open, based on a first come, first served basis. Student attendance is mandatory. Students must understand that by enrolling in the program they are agreeing to do their best to reach their goals.

Students must be committed to attend class regularly, complete homework assignments weekly, participate in classroom activities and provide their own transportation to all programs.

There is no charge for these courses. The cost for students is time and commitment to the program. New Milford Adult Education is in compliance with CT General Statutes Sec 10-71c. All mandated programs are free. We do not charge a fee for any textbooks or materials used in the mandated classroom.

COMMUNITY ENRICHMENT

Courses such as computers, creative arts, professional development, and fitness can involve every adult in the community **age 18 years or older** unless otherwise stated. Professionals or hobbyists from our community or surrounding communities instruct these courses.



ED2GO
DON'T FORGET ABOUT OUR ONLINE CLASSES!!!!
THROUGH www.ed2go.com/nmae

Yes, we have a class for you! Make your dreams into a reality and register for a class, be able to access it 24/7 and let it guide you through a successful and informed conclusion. Most classes run 6-8 weeks. Visit our ed2go website for a complete online course listing that includes: • Accounting Software • Achieving Success with Difficult People • Administrative Assistant Fundamentals • Advanced Grant Proposal Writing • Business and Marketing Writing • Creating a Successful Business Plan • Effective Selling • General Business Skills • Grant Writing • Growing Plants for Fun and Profit • Introduction to Interior Design • Introduction to Microsoft Outlook • Introduction to Microsoft Publisher • Introduction to Stock Options • Jump-Start Your Career With LinkedIn • Keys to Effective Communication • Keys to Successful Money Management • Learn to Buy and Sell on eBay • Management and Leadership • Managing Customer Service • Manufacturing Fundamentals • Marketing Your Nonprofit • Personal Finance and Investments • Real Estate Investing • Sales and Marketing • Secrets of the Caterer • Six Sigma: Total Quality Applications • Start Your Own Small Business • Where Does All My Money Go? • Wow, What a Great Event!

www.ed2go.com/nmae

Course sessions begin on the third Wednesday of each month.

Visit the Online Instruction Center for more information.

The Ed2go instructor facilitated online courses are informative, fun, convenient, and highly interactive. There are **over 300 courses** available through the www.ed2go.com/nmae website. Courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion area, supplementary links, and more. Complete any course from your home or office, any time of the day or night. Requirements: All courses require internet access, email, Adobe PDF plug-in, and one of the following browsers: Mozilla Firefox, Microsoft Internet Explorer (9.0 or above) Google Chrome or Safari. Some courses may have additional requirements.

1. Visit our Online Instruction Center: www.ed2go.com/nmae
2. Click the Courses link, choose the department and course title and select 'Enroll Now.' Follow enrollment instructions.
3. Pay for your course, enter your email address and choose a password to enter the Classroom
4. When your course starts, return to our Online Instruction Center and click the Classroom link.
5. To begin your studies, simply log in with your email address and enter your password.

HEALTH CARE

CERTIFIED NURSE ASSISTANT TRAINING

No Senior Discount Available

This class is designed to provide knowledge and skills for students interested in the health care profession. The course work includes classroom instruction in basic nursing skills, medical terminology, and basic anatomy and physiology. Students complete a MANDATORY 100 hours: 40-hours of classroom study as well as 60-hours clinical experience at a local nursing home. The clinical portion will include some Saturdays so that a full shift at the nursing home is experienced. Classroom and clinical experiences enable students to take the Connecticut State Nursing Assistant certification test at the end of the course. Students MUST complete all course work and clinical hours in order to be eligible to take the state exam. **The cost of the exam (\$118.00) and transportation are the responsibility of the student. Books are included with the course fee. Please note: Students must be in good physical condition and have a social security number.**

D. Duggan • Monday • Wednesday • Saturday:
Some Saturdays will be needed for Clinical Hours

***Begins 2/25**
*Classes run 100 hours total

5:00pm-9:00pm

\$1,199

CPR-AMERICAN RED CROSS

No Senior Discount Available

This certification class will educate you about the signs and symptoms of a heart attack, breathing emergencies, cardiac arrest, and stroke. After demonstrating competent skills on resuscitation mannequins and passing a multiple choice test, you will become certified in CPR. A certification card, valid for two years, will be issued to successful participants. The class is taught by a certified CPR instructor through the American Red Cross.

D. Duggan

Adult Certification:	1 Thursday:	3/21	6:00pm-9:00pm	\$75
Infant/Child Certification:	1 Thursday:	3/28	6:00pm-9:00pm	\$75

BUNDLE! Both CPR classes can be bundled together for our discounted rate of \$135 contingent upon both classes running.
No Senior Discount Available for this package

RETIREMENT & AGING

SOCIAL SECURITY THAT COULD CHANGE YOUR RETIREMENT

No Senior Discount Available

When to collect Social Security may be the simple most important decision you make in context of planning your retirement. That is why this class is a great opportunity to learn **KEY CONCEPTS** you'll need to know **BEFORE** applying for it. Depending on your age, Social Security filing strategies may boost lifetime benefits & increase retirement income by **tens of thousands**. Michael Alimo, a Registered Investment Advisor with a seasoned background in comprehensive financial planning and investment portfolio management, who specializes in retirement planning will host this seminar. He will inform you of the filing timing options available to you; How benefits are calculated and how advanced planning can increase them; How your tax filing status could allow you to miss out on significant lifetime sums; How you can avoid outliving the money you have in retirement and much more.

M. Alimo • 1 Monday: 3/11 6:00pm-7:30pm \$15

INCOME PLANNING FOR RETIREMENT

No Senior Discount Available

Retirement can be a very rewarding time in a person's life. But, planning for retirement and targeting the income you'll require to meet your needs can be a challenging process. The thought of running out of savings gives people the jitters. People want to secure a plan they will not outlive. Learn how to calculate the income you will need and determine what your guaranteed sources of income will be...How to maximize your social security to improve cash flow...Understand your pension options and what an acceptable rate of drawdown is on your retirement savings

M. Alimo • 1 Tuesday 3/12 6:00pm-7:30pm \$15

MEDICARE MADE SIMPLE

No Senior Discount Available

Learn the ABCs of Medicare. Topics include Part A, Part B, Part C, and Part D: Prescription Drug Plan, option for supplemental coverage, Medicare Savings Program and the Soldier, Sailor, and Marine Fund.

J. Somero • 1 Thursday: 3/28 6:00pm-7:00pm \$11

ESTATE PLANNING: DON'T MAKE THESE MISTAKES!

No Senior Discount Available

In this course, you'll learn about Wills, Trusts, Powers of Attorney, and Healthcare Representatives. You may think that drafting an estate plan is straightforward, but in reality, if you do it wrong, you're jeopardizing everything you've worked for. Just because you have a Will or Trust doesn't mean you've covered your bases. In addition to going over the basics of Estate Planning, we'll share real-life stories, showing you the dangers of common estate planning mistakes such as using incorrect phrases in your documents or omitting important ones. Failing to fund or revoke a living trust, using ambiguous provisions, titling assets improperly and not updating beneficiary designations are just some of the blunders you must avoid!

L. Arnold, Esq. • 1 Wednesday: 3/6 6:00pm-7:30pm \$15

PLANNING FOR LONG-TERM CARE: UNDERSTANDING MEDICAID AND HOW TO PROTECT YOUR ASSETS!

No Senior Discount Available. Connecticut has the 2nd highest cost of long-term care in the nation. So unless you're planning to leave the state, you need to protect yourself and your retirement assets from long-term care costs. Should you give your home to your children? How can you get assistance paying for nursing home and home care? How can you qualify for Medicaid benefits while keeping your assets? If you know the rules and plan ahead, you can still protect your hard-earned assets.

L. Arnold, Esq. • 1 Wednesday 3/13 6:00pm-7:30pm \$15

HOLISTIC DEVELOPMENT

MEDITATION FOR INTERPRETATION

Meditation is a practice where an individual uses a technique to achieve a mentally clear and emotionally calm state. Meditation for Interpretation takes you far deeper. Mela Rispoli, will guide you through meditational journeys over 6 weeks covering healing, relationships, and understanding of self to name a few. Her innate ability as a 4th Generation Clairvoyant Medium allows her to interpret the paths you take in your meditations and how they present a basic understanding of how to move forward on life's path. No previous knowledge on the subject is required. All you need is a willingness to learn how to quiet your mind and an openness to venture forward in the growth of your own journey.

M. Rispoli • 6 Thursdays **3/21, 3/28, 4/4, 4/11, 4/25, 5/2** **7:00pm-8:30pm** **\$99**

THE 'M' TECHNIQUE

No Senior Discount Available

The 'M' Technique is a method of structured touch, applied to the hands and feet. It is performed in a specific sequence of Pattern, Pressure and Speed. This technique is extremely beneficial to the recipient because it promotes amazing relaxation and comfort. This is a perfect technique to be administered by caregivers, family members, nurses and doctors.

M.E. Foster, RN, RMT • 1 Wednesday: **2/27** **6:00pm-7:30pm** **\$35**

INTRO TO REIKI

No Senior Discount Available

Reiki is used to reduce stress and restore physical, mental, and emotional health through simple, natural hands-on healing techniques. Understand the basics of this ancient healing art of energy flow, meditation, breathing, and centering exercises. Learn about imbalances within the body and how they can be addressed through healthy, positive changes. A demonstration of Reiki will also be given. This class is for those who want more information about Reiki training. It is for educational purposes only and is not intended to diagnose or treat any illness.

M.E. Foster, RN, RMT • 1 Wednesday: **3/6** **6:00pm-7:30pm** **\$35**

FIRST DEGREE REIKI TRAINING

No Senior Discount Available

Reiki is accepted by hospitals and physical therapists locally and worldwide as a form of complementary medicine. Awaken your healing abilities. Learn this powerful, natural healing technique that uses life energy to promote relaxation, reduce stress, and balance body, mind, emotion, and spirit. This holistic method utilizes energy flow and restores harmony and balance in the body. Learn to direct this gentle and safe energy to benefit yourself, loved ones, or pets. A certificate will be awarded upon completion. Students must purchase manual: Reiki -The Healing Touch, First & Second Degree (spiral bound) by William Lee Rand at www.reikiwebstore.com.

M.E. Foster, RN, RMT • 3 Wednesdays: **3/13, 3/20, 3/27** **6:00pm-8:00pm** **\$165**

SECOND DEGREE REIKI TRAINING

No Senior Discount Available

Second Degree Reiki is a deepening of intention and a rising of vibrations in the student. The student will learn the symbols for empowerment, mental and emotional healing, and long-distance healing. Students will also learn how to use Reiki energy clearing rooms, houses, and workspaces. This class will include hands-on practice and the second level attunement. A certificate will be awarded upon completion. Prerequisite: First Degree Reiki Training

M.E. Foster, RN, RMT • 3 Wednesdays: **4/24, 5/1, 5/8** **6:00pm-8:00pm** **\$165**

ADVANCED REIKI

No Senior Discount Available

This advanced training will include the Usui Master attunement, the Usui Master symbol and its uses, and Reiki moving meditation. You will study the Reiki Grid and will enjoy using crystals to send Reiki continuously. Reiki aura clearing techniques will be utilized to remove blockages. Chair work will be completed with the Usui Master symbol. A certificate will be awarded upon completion. Prerequisite: Second Degree Reiki Training.

M.E. Foster, RN, RMT • 3 Wednesdays: **5/22, 5/29, 6/5** **6:00pm-8:00pm** **\$165**

BUNDLE! The 3 REIKI certification classes (1st Degree, 2nd Degree and Advanced Reiki) can be bundled together for our discounted rate of \$450 contingent upon all classes running. **No Senior Discount Available for this package.**

CHAKRADANCE™ -Back to a Healthy Heart

To truly find freedom in our lives, we need to gently begin to release the pain we have been holding onto so that we can forgive and return to loving AND being loved. Embrace the healing power of profound vibrational shifting music dancing the heart chakra and miraculously exonerate grief, loss, rejection, betrayal, traumas, and brokenness. Leave pulsing a new frequency that will attract wonderful new situations, opportunities, and people into your life.

A. Mace • 3 Tuesdays **2/26, 3/5 & 3/12** **6:00pm-8:00pm** **\$72**

GENERAL KNOWLEDGE

INTUITIVE WRITING WORKSHOP

All you need for this class is the desire to write. Join Alice Barstow Schuette, leader of writing workshops for both children and adults, as she provides prompts and activities to ignite your memory and imagination. Focus will be on memoir and poetry in a supportive environment. You'll learn to trust your inner voice so that your story may unfold. Bring along notepad/paper and pen and come along for a joyful journey of words.

A.B. Schuette • 6 Wednesdays

3/20, 3/27, 4/3, 4/10, 4/24, 5/1

6:30pm-8:00pm

\$95

EFFECTIVE PUBLIC SPEAKING: DIRECT YOUR "BUTTERFLIES" TO FLY IN FORMATION

Learn to tame your "butterflies" in order to communicate your ideas in impromptu settings as well as formal and informal presentations. This course takes the fear out of public speaking by replacing it with confident new skills. It will teach you how to organize, write and deliver the thoughts that you wish to communicate to your audience. Using note cards and developing eye contact skills will replace the need to memorize a speech. **Please bring a package of 3x5 ruled index cards to class.**

P. King • 6 Wednesdays 2/20, 2/27, 3/6, 3/13, 3/20, 3/27

7:00pm-8:30pm

\$99

CLEAR THE CLUTTER WORKSHOP

Imagine being free from clutter forever and no longer a prisoner to your STUFF? Know firsthand the transformation from cluttered chaos, to a place of order, balance and harmony! Evening one of this workshop will focus on WHY you keep the things you do and identify the emotional attachment to the items that clog up your space. This session will conclude with asking you to tackle an area of clutter at home. Class 2 will be about sharing your experience and either help you move thru issues that stopped you from going forward or celebrate your success which will breed more desire to keep moving forward. At the end of the workshop you will be supplied with tips and tools to apply moving forward.

D. Albert • 2 Mondays

4/1 & 4/8

6:00pm-8:00pm

\$44

STREET SMARTS & SELF-DEFENSE – AWARENESS SERIES

You won't find this basic form in any dojo! Come and train in the clothes you wear every day. Learn techniques that are practical, realistic, and that will work when you need them. This series is designed to reach your personal potential for any age, sex, or physical condition. This workshop is intended to spark and develop an acute sense of awareness, share methods to avoid uncomfortable situations and confrontations, recognize and handle practical improvised weapons within your everyday reach, and identify soft and easy targets aiding manageable escapes for people with no previous training in self-defense.

A. Mace • 2 Tuesdays

3/26 & 4/2

6:00pm-8:00pm

\$49

PRE COLUMBIAN VOYAGES TO THE AMERICAS

No Senior Discount Available

Rediscover the history of the ancient Americas with this presentation. Christopher Columbus was only one of the many travelers who came to America. Learn about the Sumerians in South America, the Minoans in the Great Lakes, the Phoenicians on the Coast of Amine, the Romans in Newfoundland and the Vikings in Onterio to name a few of the travelers who came to the Americas prior to the arrival of Columbus.

John Lee Jr. • 1 Tuesday

3/26

6:00pm-7:30pm

\$22

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations the week before the class begins, the course may be cancelled. So please register early!

CULINARY/HOSPITALITY

CULINARY/HOSPITALITY CERTIFICATION CLASSES TAUGHT BY ROBERT PARRINELLO, CFSHM 30 Years of Experience and Food Safety Instructor at the Culinary Institute of America

SERVSAFE® FOOD SAFETY CERTIFICATION

No Senior Discount Available

Become a Certified Food Protection Manager and become more valuable to your current or future employer or a better manager for your own operation. Food and customer safety are top priorities. Many municipalities require that every food service operation employ both a Qualified Food Operator (QFO) and an alternate. Their responsibilities not only include food safety, but staff training as well. Learn to prevent an outbreak of food-borne illness in your operation while earning your mandatory state QFO certification. This class was developed by the National Restaurant Association Educational Foundation. Successful completion of the course and final exam, administered during the last class, will provide you with a Food Protection Manager Certification and wallet ID card. Certification is accredited by the American National Standards Institute (ANSI) - Conference for Food Protection (CFP). CT Food Safety Code requires at least one certified food operator per establishment. Class fee includes exam and textbook, which will be available at New Milford High School in advance of class. **Requirements: Valid picture ID and commitment to text book home study prior to class.**

ServSafe® Manager 7th Edition is now used in class. www.plumsafety.net

R. Parrinello • 2 Mondays: 3/11 and 3/18 5:00pm-9:00pm \$215

SERVSAFE ALCOHOL® TRAINING & CERTIFICATION (RESPONSIBLE ALCOHOL SERVICE TRAINING) **No Senior Discount Available**

This ServSafe Alcohol® Training program, developed by the National Restaurant Association, prepares bartenders, servers, hosts, bussers, valets, bouncers and all front-of-house staff to effectively and safely handle difficult situations in your operation. You will become familiar with alcohol laws and responsibilities; learn to evaluate intoxication levels, properly check identifications and learn proper ways to handle possible risks associated with administering alcohol. Failure to act responsibly could result in fines, imprisonment, losing your liquor license, increased insurance costs or losing your business. Class fee includes Fundamentals of Responsible Alcohol Service textbook with exam answer key and Classroom Instruction and Certification Exam. **MUST BE 21 YEARS**

OR OLDER TO TAKE THIS CLASS. www.plumsafety.net

R. Parrinello • 1 Monday: 4/1 5:00pm-9:00pm \$99

BUNDLE! The 2 Culinary/Hospitality classes can be bundled together for our discounted rate of **\$299** contingent on both classes running.

No Senior Discount Available for this package

Hands on Cooking

Join us for a new series as our guest chef takes us through the basics and everyone helps to make and eat your creations! Come prepared to learn some new kitchen tips, get a recipe or 2 and have fun. Cost of class includes all food and material.

Each class is limited to 10 students

Beef Stew

D. Williams • 1 Wednesday 3/13 6:00pm-7:30pm \$37

Simple Appetizers for Entertaining

D. Williams • 1 Wednesday 4/3 6:00pm-7:30pm \$33

[See coursestorm listing for more details about this new and exciting series](#)

THE EARTH AND THE SKY

SPRING LANDSCAPING DOs AND DONTs

Most people are both excited and overwhelmed leading into spring when it comes to their lawns and landscapes. They tend to start too early on some tasks and miss the window on others. That is why we are bringing back our experts from YardApes. They will set a timeline for proper maintenance tasks for spring as they did for fall with regards to dormant pruning, transplanting, spring clean-up and lawn mowing, summer trimming and pruning and much, much more. Our landscaping class sold out very quickly last semester, so be sure to register early to reserve your seat.

S. Newman • 4 Mondays: 2/25, 3/4, 3/11, 3/18 5:30pm-7:00pm \$60

CONTAINER GARDENS

No Senior Discount Available

In this hands-on class, learn how to plant and design your own container gardens for season long color and texture. Create stunning combinations of flowers and foliage using a variety of tropical, annuals, perennials, and grasses. Containers for shade, containers for sun, any combination is possible using tried and true techniques that have been refined throughout many growing seasons. **Cost of materials for this class (\$30) is included in the fee.** Upgrades are available for additional charges. **Class is held at Meadowbrook Gardens located at 228 Danbury Road in New Milford.**

R. Rosiello • 1 Wednesday: 5/22 6:00pm-8:00pm \$49

PERENNIAL PLANT COMBINATIONS

No Senior Discount Available

One of the joys of gardening is the allure of flowers. Selecting the right perennial combination can turn an ordinary planting into an eye-catching display of color and texture that evolves throughout the growing season. Learn which plants are sure winners and which, with a little extra attention, will reward the home gardener for a stunning display. **Class is held at Meadowbrook Gardens located at 228 Danbury Road in New Milford.**

R. Rosiello • 1 Wednesday: 6/19 6:00pm-7:30pm \$19

WINTER AND SPRING NIGHT SKIES

Join us at the McCarthy Observatory where you will be guided through an exploration and appreciation of the seasonal night sky. At the 16" telescope, outdoors, and in the Observatory classroom, you will learn to navigate among the seasonal stars using constellations and other patterns among the stars as guides. Partake in discussions on current discoveries in space and fascinating astronomy history. Use the brightness and color of stars to help with identification. Develop some personal context for what is in space. Have fun in a casual, small group family-friendly environment. **This class is a family friendly class and open to children under the age of 18 when accompanied by an adult.** **CLASS HELD AT THE MCCARTHY OBSERVATORY, behind New Milford High School.**

Observatory Staff • 6 Wednesdays: 3/20, 3/27, 4/3, 4/10, 4/17, 4/24 7:30pm-9:00pm \$65

FITNESS

EVERY BODIES YOGA

Move through gentle flowing stretches that help restore flexibility while toning the body. Each class will bring movement and breathing together through fluid poses designed specifically to keep the body supple and strong. This class is perfect for those new to yoga as well as yoga regulars who love simple yet effective poses to align and release tension from the back, neck and shoulders. Please bring a yoga mat.

L. Ward • 8 Wednesdays: 1/30, 2/6, 2/13, 2/20, 2/27, 3/6, 3/13, 3/20, 6:30pm-7:30pm \$95
4 Wednesdays: 4/24, 5/1, 5/8, 5/15 6:30pm- 7:30pm \$48

CARDIO BARRE

Grab your sneakers! This class is a fun combination of low-impact cardio exercises, ballet-inspired toning exercises done at the barre, and weight-bearing, Pilates-inspired exercises to tone and strengthen your core and every muscle of your body. The music will get you going and keep you motivated! Please wear athletic shoes and bring a mat.

K. Horvath • 8 Tuesdays: 2/26 3/5, 3/12, 3/19, 3/26, 4/2, 4/9, 4/23 6:00pm-7:00pm \$95
(No Class on 4/16)

CHAIR YOGA: SIT, RELAX AND RESTORE

Designed for the student who wants the added support of a chair, this beginner class will include gentle stretches, twists and traditional yoga poses on or next to a chair. Feel safe and supported as you weave breath and movement together from the heart center; explore poses that bring strength and balance to the body. Please bring a yoga mat to place under the chair.

E. Donahue • 8 Thursdays: 3/21, 3/28, 4/4, 4/11, 4/25, 5/2, 5/9, 5/16 4:45pm-5:45pm \$95
(No Class on 4/18)

CREATIVE ARTS

CREATE YOUR OWN JEWELRY

Have you ever wanted to try your hand at making jewelry? This class will explore the basic tools needed to create your own handcrafted necklaces, bracelets and earrings as well as teach you the application of ribbons, cords and beading thread. You will learn how to choose the right cord tip and glue for a strong finish so you can properly secure your work. You will also learn how to substitute tools. The instructor will have several sets of tools, glass beads, clasps, wire and other supplies. **There will be no charge for utilizing these materials!** Participants in the course will finish with their own necklace or bracelet and a matching pair of earrings, along with the knowledge to do their own basic home repair of pieces that they own.

K. Bolster • 3 Mondays & 2 Thursdays **2/25, 2/28, 3/4, 3/7, 3/11** **6:30pm-8:30pm** **\$110**

ART JOURNALING

No Senior Discount Available

Want a Creative way to spend a Saturday afternoon? Join us and design your own Personal Art Journal at ART Experience! Record your thoughts, memories and emotions through images, art and words using creative techniques such as stamping, collage, painting, printing and image transfer. You will need a hard covered sketchbook 8 x 10 with ***heavier mixed media paper** (*paper that works well for both wet and dry mediums) for the class. Optional items you can bring in are personal photos and scrapbook paper. A \$20 supply fee covering tools, heat guns, stencils, inks, paint, mediums and various art images and papers are included in the class fee. **Class takes place at The Art Experience, 6 East Street, Unit B, New Milford, CT.**

J. Czerenda • 1 Saturday **3/23** **1:00pm-5:00pm** **\$64**

SOULCOLLAGE®

No Senior Discount Available

This class is brought back by popular demand! Come join us for an evening of creative exploration as you choose images that speak to you about your inner being...the mother, the sister, the career minded, the animal lover, the naturalist, the mentor, the teacher, and so forth. There is no limit to what you can uncover about yourself and how you can translate who you are into a kaleidoscopic collage that only needs to speak to you. Images are placed on 5 x 8 inch cards. You can make several cards or take the entire length of the class to focus on one. All supplies, including images, are included in the cost of the class, and you are welcome to bring in your own, even photos! When your card(s) are completed they will go into a protective sleeve and you'll have the opportunity to write about it if you desire. An \$8 supply charge is included in the class fee. **This class is limited to 8** so sign up quickly. But be warned... the process is EXTREMELY ADDICTIVE... You might just become a return customer!!

D. Mitchell-Barry • 1 Thursday **5/9** **6:00pm-8:30pm** **\$35**

CREATE A MARBLEIZED SILK SCARF (Offered on 2 different Nights)

No Senior Discount Available

Our students had so much fun taking this class last semester; we are offering it on two different evenings. Learn the basics of the ancient technique of water marbling a silk scarf from Fabracadabra! Barbara Levitt will provide a short history of marbling and then demonstrate the process before everyone chooses their colors and tools to create their own intricate designs and patterns. Your scarves, sized 8" wide x 52" long will be hung to dry and instructions on how to complete the finishing process at home will be provided. You will also receive suggestions for how to wear your scarf and other options for the finished product. All materials are included in the cost of the class.

B. Levitt • 1 Tuesday **3/19** **5:30pm-8:00pm** **\$45**
1 Tuesday **5/7** **5:30pm-8:00pm** **\$45**

INTRO TO FLOWERS 101 & FLORAL DESIGN

No Senior Discount Available

Love Flowers, love design? Ever wanted to create your own arrangement? Come join us for a two-hour course exploring various types of flowers, learning about which flowers are in season, when, and the push for locally grown, community supported organic flowers. The second half of the class will speak to principles of floral design and the overall creative expression that flower arranging brings. As part of this interactive course, participants will get to design their own one of a kind arrangement to take home at the end of class. All you need is a notebook as a **\$15 supply charge is included as part of the class fee for all other materials you will be using.**

M. Koterska • 1 Tuesday **4/9** **6:30pm-8:30pm** **\$38**

FLOWERS 101 & FLORAL DESIGN: MAKE YOUR OWN FLOWER CROWN

No Senior Discount Available

Join us for another evening of floral design. In this class, we will be exploring using live fresh flowers and greens to design our own one of a kind flower crowns. If you have ever wanted to create your own crown for a special event, or just for fun and are not sure where to start, the instructor will lead a demo for a handful of different crown styles and participants will get to create their own to take home! This makes a great gift for a loved one and with Mother's Day just around the corner, this is a great activity to share or gift to mom. All you need is a notebook as a **\$15 supply charge is included as part of the class fee for all other materials you will be using.**

M. Koterska • 1 Tuesday **5/7** **6:30pm-8:30pm** **\$38**

FREE COMMUNITY SERVICE AMERICAN JOB CENTER!!

CAREER ENHANCEMENT

AMERICAN JOB CENTER

New Milford Adult Education has partnered with the American Job Center and welcomes them to New Milford High School **on the last Wednesday of each month**. In addition to offering expert services to residents of the community on building resumes, constructing cover letters and interviewing skills, they also help individuals navigate the CT Hires website for jobs. During each monthly visit, The American Job Center will highlight employment opportunities in different industries. The American Job Center operates under the Workforce Investment Opportunities Act (WIOA) which allows us to make this service available to the community at absolutely no charge.

American Job Center Staff • Wednesdays: 2/28, 3/28, 4/25, 5/30 4:00pm-6:30pm FREE



MAKE AND TAKE EDUCATIONAL MATERIAL

MAKE AND TAKE EDUCATIONAL GAMES

This workshop is for parents who want to learn how to make educational games for their child. As summer approaches, we will work together to prepare some fun learning activities to pull out when your child announces they are bored! You will complete several projects to use or give as gifts for your child.

C. Martin • 1 Monday 4/29 6:00pm-8:00pm Parents \$25

MAKE AND TAKE WORDLESS BOOKS

This workshop is for parents who want to learn how to make a wordless book for their family using family photos and clip art. Wordless books help children develop language and critical thinking skills and can set your child up for future reading and writing achievement. Have fun creating a family treasure that the whole family can enjoy!

C. Martin • 1 Thursday 5/2 6:00pm-8:00pm Parents \$25

BUS TRIPS



A TASTE OF ITALIAN NEW YORK

No Senior Discount Available

Where else are you going to find the BEST ITALIAN FOOD, outside of Italy? In the city with 2 Little Italy's, of course... New York! Our day will begin with a visit to the amazing Gourmet Market, **ZABAR's**. There you will be able to peruse and purchase the most delicious cheeses, breads, smoked fish, bagels and various international foods. Then it's off to **CARMINE'S**, on the upper west side to sit and indulge on an Italian lunch served with enormous family style portions. Our day will conclude with a stop **on Arthur Avenue, the Little Italy of the Bronx**, where you can find so many scrumptious Italian delicacies under one roof at the **Arthur Avenue Retail Market**. We ask that you heed our advice and take the following along for this trip: **An Appetite, An Elastic Waistband, Comfortable Shoes**, (as there will be a moderate amount of walking), **Reusable Bags** and a **Cooler with Ice packs** to bring home an abundance of delicious delicacies.

Sunday • April 28, 2019

8:00am-7:45pm

\$114

AMERICAN MUSEUM OF NATURAL HISTORY

No Senior Discount Available

Stand under a 94 foot long blue whale. Marvel at the most important collection of dinosaurs in the world. Explore the exhibition of the inside story of the brain. Walk through a Central African rainforest or feel the rumble of an earthquake...all in one day, as we spend a stimulating day at one of the world's greatest museums, The American Museum of Natural History. Once we are done exploring all the fascinating exhibits, we'll be on our own to grab something to eat at the Museum Food Court and peruse the gift shop. Our afternoon will conclude with a visit to the Hayden Planetarium Space Theater where we will view **Dark Universe**, a film celebrating the pivotal discoveries leading us to better understand the structure and history of the universe and our place in it. Be sure to wear comfortable shoes.

Saturday • May 18, 2019

8:00am-7:00pm

\$99

WHITE GLOVE TOUR & HUDSON RIVER CRUISE

No Senior Discount Available

Begin the day with a rare and unusual experience at Mount Gulian Historic Site, a 1600's colonial homestead in Beacon, NY. Take a tour of the site including the kitchen, barn and garden. Then don white gloves to touch, hold, and examine 300 year old artifacts as part of their archival collection. This is a really special opportunity! (Steps required to get into house - no elevator.)

Prior to our cruise, lunch will be at The River Grill. Located in Newburgh's Historic District on the Hudson River, the restaurant features delicious food and magnificent water views. Menu: Garden Salad, Choice of: Penne Al a Vodka, Filet of Sole Stuffed with Crabmeat, Chicken Marsala, or Grilled Flank Steak, Potato, Warm Brownie Sundae, Soda or Coffee. Entrée Choice in Advance.

The River Rose is an authentic New Orleans paddle wheeler that departs from Newburgh, NY & heads south offering a 2 hour narrated tour of historically significant sites such as Bannerman's Island, Catskill water aqueduct, Storm King Mountain, Breakneck Mountain, Village of Cold Spring and West Point.

Sunday • June 23, 2019

8:45am-7:00pm

\$133

**Do you have a specialty, hobby or skill
you would like to teach others?**

**New Milford Adult Education is looking for enthusiastic, qualified people to join our enrichment program. Share your passion for innovative and creative subjects!
Certification is not always required.**

Contact us at

adulted@newmilfordps.org or call 860-350-6647 x1170

Follow Us on Twitter  **AdultEd_NM**

NEW MILFORD ADULT EDUCATION POLICIES

REGISTRATION POLICY

- **Seating Availability:** Registration for enrichment courses is on a first-come, first-served basis.
- **Registration Availability:** Registrations are accepted once our brochure is distributed and our website is live.
- **Who May Enroll:** Enrichment classes are only open to adults age 18 and over unless otherwise stated. Residents of other districts are welcome with no additional out-of-district fee.
- **Senior Discount:** A **10% discount** is given to members of the community **age 62 and over**. Enter appropriate promo code online, or note 'Senior' on brochure registration form. **This discount does not apply to Certification Classes, Ed2Go Classes, Bundled Classes or classes with fees of \$35 and under.**
- **Email addresses are mandatory for all registrations** so that all registrants can be contacted electronically due to course cancellations.
- **Please do not wait to register.** It is advised that you register at least two weeks prior to the start date of class to avoid course cancellation. If there are not enough registrations by the week before the class, the course may be cancelled.
- **Please do not assume you can register the evening of classes.** Showing up the evening of a scheduled class could prove to be a waste of time as the class may have been cancelled or may have reached the maximum number of students allowable. It is highly suggested that you call first. However, keep in mind that calling the day the course is scheduled to begin will not resurrect it so **Please Register Early.**
- **3 Ways to Register:** You may register for classes in three (3) ways: **Online Registration, Mail - In Registration or Walk - In Registration**
- **Online registrations** are available by visiting www.newmilford.coursestorm.com. **It is mandatory to provide an email address for you and all the people you are registering** so they all may be individually contacted electronically in case of course cancellations. Additionally, please be sure to provide appropriate mailing addresses. Online payment is only available via credit or debit card. A minimal fee applies. Agreement to having read and understood our Policies is required.
- **Mail – In registrations** can be made by filling out our registration form completely, inclusive of your email address and signature that you have read and agreed to our Policies. Payment is only available by check (made payable to New Milford Adult Education) and can be sent to New Milford Adult Education, 388 Danbury Road, New Milford, CT 06776. A \$25.00 fee will be charged for any returned check.
- **Walk-in registrations** can only be accepted during New Milford Adult Education business office hours of Monday through Thursday from 3:00pm to 8:30pm. Fully completed registration forms, inclusive of email address and signature stating you have read and understood our policies, must accompany payment which is possible only by check (made payable to New Milford Adult Education) or cash, no Credit Cards. A \$25.00 fee will be charged for any returned check.
- **Room Assignments** will be posted inside the building entrance. Unless otherwise noted, classes will be held at New Milford High School.
- **Adult High School Completion Classes** are open free of charge to those aged 17 and older who are officially withdrawn from day school and who do not have a United States High School or state-issued diploma.
- **ESL Classes** are open free of charge.
- **Bundled Pricing:** Some classes are grouped together for a discounted price. Bundled pricing is contingent upon all classes in that package running.
- **Fees:** A \$25.00 fee will be charged for any returned check
- **Trips:** Run rain or shine, and are non-refundable unless trips are cancelled. Senior discounts do not apply.

REFUND POLICY

- **Cancelled your registration:** Trips and Classes require a minimum number of attendants to run. Trips are non-refundable unless they do not run. Class refunds will only be issued if you withdraw your class registration *five (5) business days, prior to the course's scheduled start date ***(not including dates the school is closed – see 'School Closures' in School Cancellation Policy)**. If you wish to cancel within the allowable time frame, please do so by contacting us via email at adulted@newmilfordps.org or by phone at 860-350-6647 x1170 during business hours (see page 1).
- **Course Cancellations:** Full refunds will be given if a course is cancelled by New Milford Adult Education due to insufficient registrations or unforeseen circumstances. Notification of cancellations will be sent electronically upon immediate notification of the former and *two (2) business days before the class was scheduled to begin for the latter. Classes missed due to inclement weather will be made up. If an instructor is not able to do so, an amortized refund will be given. See 'School Cancellation Policy' for procedures to take due to cancellations caused by inclement weather.
- **Credit Card transactions over 90 days** will be issued in the form of a check.
- **No refunds** can be given after a class has started. If a class is cancelled mid-stream, an amortized refund will be issued.
- **Student's absence(s):** A student's absence(s) from a class does not result in a refund, credit or makeup session.

SCHOOL CANCELLATIONS POLICY

- **School Closures:** Adult Education classes held at New Milford High School will not be held when schools are closed for vacation, holidays, teacher schedule conflicts, day school schedule conflicts or inclement weather. *A listing of these dates (with the exception of inclement weather dates) can be found at the end of this section. *These dates cannot be counted as a “business day” when needing to withdraw a registration or request a refund within the stated REGISTRATION or REFUND policies.
- ***Winter/Spring 2019 SCHOOL CLOSURES are as follows: Jan 1, 21; Feb 18, 19; Mar 14,; April 15-19; May 27.**
With the exception of the McCarthy Observatory, and possibly the Certified Nursing Assistant Program, classes will not be scheduled on these dates.
- **Inclement Weather:** If the day program has an early closing due to inclement weather, there will be no Adult Education that evening if class is scheduled to take place at the school. If inclement weather begins in the afternoon, please call 860-350-6647 X 1170 and listen to the message. **Closing information will also be posted on TV Channels 3, 6, & 8.** Classes canceled due to inclement weather are made up by adding classes at the end of the run of the course. If a class cannot be made up by New Milford Adult Education, a refund will be issued for the missed class. If a class is made up and a student cannot attend that make up class, they cannot receive a refund for that class. If a class takes place off-site (a location other than the school), registrants will be notified via email as to whether or not the class will occur. This cancellation will depend on the status of the location the class is to be held.

DISCLAIMERS

- **Fitness Classes:** All Fitness classes are taken at the participant’s own risk. People taking these classes should be reasonably fit with no pre-existing conditions that might impact their participation or health.
- **Disability Accommodations:** Individuals with a disability who need accommodations should contact Christy Martin at New Milford Adult Education, 860-350-6647 x 1170 for assistance. Individuals with documented disabilities, who need special accommodations on the GED® test, should contact the State GED® Administrator at 1-860-807-2110.
- **Non-Discrimination:** It is the policy of New Milford Adult Education that no person shall be excluded from participation in, denied the benefits of, or otherwise be discriminated against under any program, including employment, because of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, mental ability, and past/present history of mental disorder, learning disability, and physical disability. Individuals with a disability who may need accommodations are requested to contact Christy Martin, New Milford Adult Education 860-350-6647 X1170.

ENROLLMENT CONFIRMATIONS

Enrollment Confirmations will be sent via email when registering for classes online, by USPS mail or in person. If absolutely necessary, confirmations can be mailed when requested and sent with a self-addressed, stamped envelope.

GIFT CERTIFICATES

Give the gift of fun and educational classes. Gift certificates are available by calling 860-350-6647 x 1170.

**There are many reasons to pursue Adult and Continuing Education.
Whether to advance at work, gain employment, enjoy a personal interest,
expand your horizons, satisfy a curiosity, meet new people with common interests,
make your world a safer or healthier place, or make your life easier or more interesting
~ New Milford Adult Education has many options for you ~**

**CERTIFICATION AND BUNDLED COURSES ARE
LISTED AGAIN ON OUR REGISTRATION PAGE FOR YOUR CONVENIENCE!**

**NEW MILFORD ADULT EDUCATION
WINTER/SPRING 2019 ENRICHMENT REGISTRATION FORM**

CERTIFICATION COURSES

Advanced Reiki
 Certified Nursing Assistant Program
 CPR for Adults
 CPR for Infants/Children

First Degree Reiki
 Second Degree Reiki
 ServSafe® Food Safety
 ServSafe Alcohol® Training
 (Responsible Alcohol Service Training)

BUNDLED COURSES

Culinary/Hospitality Certifications: ServSafe® Food Safety + ServSafe Alcohol®
 Reiki Certifications: First Degree Reiki, Second Degree Reiki, Advanced Reiki
 Healthcare Service Certifications: CPR Adult + CPR Infant/Children

REGISTRATION FORM		
*Mandatory Field		
*NAME:		
*STREET:		
*CITY:	*STATE:	*ZIP:
*HOME PHONE:	*CELL PHONE:	
*EMAIL:		
*COURSE TITLE:	*START DATE OF CLASS:	*AMOUNT OF CLASS:
		Bundle Rate: \$ _____
		10% Discount (-\$ _____)
*CHECK#:		*TOTAL : \$
*I have read, understood and agree to all the New Milford Adult Education Policies noted on pages 13 and 14:		
*Signature		*Date
MAIL TO:		
388 DANBURY ROAD, NEW MILFORD, CT 06776		
860-350-6647x1170 phone ~ 860-210-2256 fax ~ adulted@newmilfordps.org ~ Email		
ONLINE REGISTRATION: www.newmilford.coursestorm.com		

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