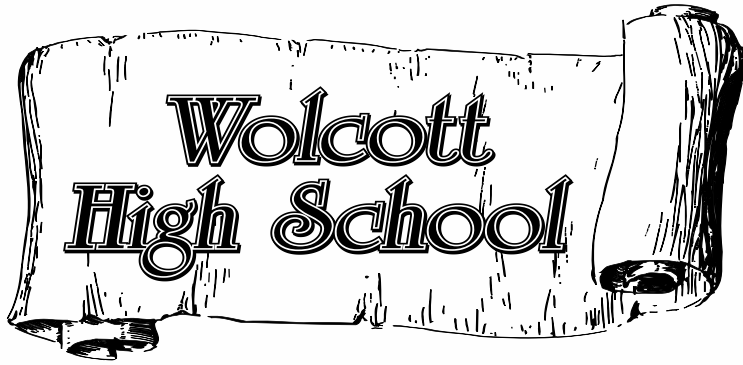


WOLCOTT ADULT EDUCATION



FALL 2017

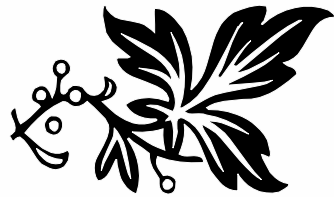
**ADVANCED REGISTRATION
BY MAIL REQUESTED**

REGISTRATION BEGINS SEPT. 1ST

CLASSES BEGIN ON MONDAY, SEPTEMBER 18, 2017



ADULT EDUCATION INFORMATION



- **NO CLASSES – October 9th and November 7th**
- Adult Education is cancelled when the Wolcott Public Day School is not in session. - Unscheduled emergency closings will be announced over WATR, WWCO, and Channel 8 when possible.
- Registration will take place by mail. Make Checks payable to Wolcott Board of Education, Adult Education Account
- Mail to Wolcott Adult Education, 12 Hempel Drive, Wolcott, CT 06716
- Full refunds will be made only for classes that do not attain sufficient enrollment.
- The Wolcott Adult Education Program reserves the right to discontinue, cancel, postpone or change class times, places, dates and instructors when conditions warrant. The program cannot, however guarantee that everyone will be notified prior to the beginning of classes. Books and materials for a class may not be included in the course fee. Please check with your instructor.
- Adult Education instructors are selected for their expertise in specific areas. However, the Wolcott Adult Education Program, the Board of Education, and The Town of Wolcott do not promote the private services of the instructors nor the companies with whom they are associated. The Director, Board of Education, and the Town of Wolcott disclaim any and all responsibility for any services participants may pursue based upon information offered or discussions conducted in an adult education class. Courses are provided to expand the knowledge and skills of the participants, and, as such, the participants are solely responsible for the use thereof.
- An American – Citizenship Class, High School Equivalency, English as a Second Language and courses in Elementary School completion are held by special arrangement with the city of Waterbury or Naugatuck. They are tuition-free to Wolcott residents.
- All activities offered by Wolcott Adult Education are in accessible locations. Accommodations for individuals with a disability are available upon request.
- For further information on any adult course, an issue regarding discrimination, accessibility and accommodation, or if you have a course suggestion, contact, Director of Adult Education currently at 203-879-8423 at Wolcott High School, 457 Bound Line Road, Wolcott, CT 06716 or by email at dcalabro@wolcottps.org

457 Bound Line Road, Wolcott, CT 06716
An Equal Opportunity Employer

REGISTRATION FORM - FALL 2017
ADVANCED MAIL-IN REGISTRATION - REGISTRATION BEGINS SEPTEMBER 1ST

NAME: _____
 ADDRESS: _____
 Home Phone: _____ Work Phone: _____
 Email: _____

<i>Courses:</i>	<i>Day</i>	<i>Fee</i>
1.		
2.		
3.		
4.		
		TOTAL:

Method of Payment:
 CHECK OR MONEY ORDER made payable to:

Wolcott Board of Ed. - Adult Education Account

Mail to: **Wolcott Adult Education
 Wakelee School
 12 Hempel Drive
 Wolcott, CT 06716**

Future Course Suggestions / Comments: _____



ARTS & CRAFTS:

INTRO TO PHOTOGRAPHY: This three session photography class is designed to cover the basics of photography. Do you have a camera and would like to learn how to use it to its greatest potential? Then this is the course for you. You will explore the settings on your camera to produce more professional looking pictures in all settings. Lastly, you will learn photography techniques for low-light conditions, how to use the flash, and fun tricks.

Instructor: Michael Chiarella
 Registration Fee: \$50
 Non Resident Fee: \$55
 Thursdays 6:00-7:30; Room B116
 Sept. 29th, Oct. 6th, and Oct. 13th –
 Three sessions

COOKING:

THEME BASED COOKING: This course is geared for special needs adults who would like to learn cooking vocabulary and nutrition tips. You will also learn how to plan and budget simple meals. Then you will prepare these meals and get to taste test your dishes. A \$5 material fee will be collected each night.

Instructor: Bobbi Thompson
 Registration Fee: \$50
 Non-Resident Fee: \$55
 Wednesday 6:00-8:00 Rm. 120
 Sept. 27th, Oct. 4th, Oct. 11th, Oct.
 18th, and Oct. 25th

FINANCE:

ENTREPRENEURSHIP: STARTING A BUSINESS WITH LITTLE MONEY DOWN: From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid psychological wear and tear and discuss franchising. An optional material fee of \$20.00 will be collected in class.

Instructor: Beverly Nathan
 Registration Fee: \$45
 Non-Resident Fee: \$50
 Thursday 7:45-9:30; Rm. 113
 October 19th – One session

GETTING GREAT REAL ESTATE DEALS WHEN BUYING OR SELLING IN DIFFICULT TIMES:

The instructor Rick Nathan is a consumer advocate and not a real estate agent. He has been buying and selling real estate for fourteen years. He will show you step by step various techniques to save money and how not to get ripped off in real estate. You will be taught how to buy and sell your home, timeshare, foreclosure property, raw land, condominium, co-op, multi-family, vacation home, or retirement home with or without a realtor for the best possible price. Also, you will be taught how to buy investment

properties. The instructor will show you various ways to protect your most valuable asset, your real estate. The following topics will be discussed: mortgage sources, rent with option to buy, screening potential buyers, buying for no money down, buying foreclosures, and how to sell your own home without a realtor. An optional material fee of \$20.00 will be collected in class.

Instructor: Rick Nathan
 Registration Fee: \$45
 Non-Resident Fee: \$50
 Thursday 7:45-9:30; Rm. 112
 October 19th - One session

MEDICARE PLANNING: This class explains how Medicaid works as well as the steps you can take to help protect yourself while your well and when you are in need.

Instructor: Tina LoCasto
 Registration Fee: \$10
 Monday 7:00-9:00; Room 115
 October 23rd – One session

HOW TO DRASTICALLY CUT COSTS IN DIFFICULT FINANCIAL TIMES:

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money, or you could lose your job and want to learn how to save thousands of dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving much money when getting a

car, home and life insurance, and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail. Also hundreds of money saving web sites will be discussed. An optional material fee of \$20.00 will be collected in class.

Instructor: Beverly Nathan
Registration Fee: \$45
Non-Resident Fee: \$50
Thursday 6:00-7:45; Room 113
October 19th - One session

SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY:

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money, IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!

Optional Material fee of \$20.00

Instructor: Rick Nathan
Registration Fee: \$45
Non-Resident Fee: \$50
Thursday 6:00-7:45; Room 112
October 19th - One session

WILLS AND TRUSTS: What everyone should know: This class teaches everyone the basics of estate planning including Wills and Trusts.

Instructor: Tina LoCasto
Registration Fee: \$10
Thursday 7:00-9:00; Room 115
Nov. 2nd - One session

FITNESS:

EVERYONE CAN SALSA AND MERENGUE!

In only 2 nights, have fun learning two of the most popular of today's LATIN Ballroom dances – SALSA & MERENGUE !! Just three steps over four beats (Salsa) or four steps (Merengue) will get you moving to some of the greatest Latin music from around the world and looking like you grew up doing it. It's a fun way to exercise and socialize. ALL AGES welcome (adults & teens, singles or couples) and NO previous dance experience is necessary. We'll develop a complete & easy routine that will get you attention at your next party! Dance notes and Song lists included.

Instructor: Jim Zaccaria
Registration Fee: \$40
Non-Resident Fee: \$45
Wednesdays 6:30-8:30; Cafe
Oct. 25th and Nov. 1st

EVERYONE CAN SWING DANCE AND WALTZ!

Learn the basic steps of two of the most popular Ballroom Dances QUICKLY so that even you "never, ever" dancers will enjoy yourself right away! Jim Zaccaria will lead all the fun as we learn one of the most versatile and easy-to-learn (SWING) and one of the most flowing and beautiful dances (WALTZ)! We'll have instruction sheets to help you remember what you learn and a possible "field trip" to get some real world experience. ALL AGES welcome (adults & teens, singles or couples) and NO partner or previous dance experience necessary.

Instructor: Jim Zaccaria
Registration Fee: \$40
Non-Resident Fee: \$45
Wednesdays 6:30-8:30; Cafe
Sept. 20th and 27th

INTERVAL TRAINING: This fat blasting class will increase muscular strength and cardiovascular endurance. No fancy choreography to follow; just moves designed to challenge you, make you sweat, and burn body fat. No two classes will be the same! Please bring a mat and a pair of 5 lb. weights to each class.

Instructor: Sharon Morell
Registration Fee: \$100
Non-Resident Fee: \$105
Mon & Wed 5:30-6:30; Cafe
Begins September 18th - Twenty sessions

YOGA: A unique way to integrate mind, body, and spirit, without force or competitiveness. This class will guide all levels of students through a flowing asana practice that includes Sun Salutations, and a wide range of standing and seated poses. Your yoga class may incorporate a variety of yoga styles and practices including (but not limited to) Vinyasa and Hatha. Attention is given to breath and proper alignment to promote a healthier lifestyle, relieve stress and increase strength and flexibility

Registration Fee: \$100
Non-Resident Fee: \$105
Tues & Wed 6:00 – 7:00; Resource Room
Begins September 19th – Twenty sessions

ZUMBA: Ditch the work out and dance your worries away while burning tons of calories with ZUMBA! Zumba is a Fusion of Latin & International music and dance themes. It is a mixture of body sculpting movements combined with easy to follow dance steps. Come join this "feel happy" workout! Each session will end with an abdominal workout!

Instructor: Sharon Morrell
Registration Fee: \$100.00
Non-Resident Fee: \$105.00
Mon & Wed 6:45-7:45 Cafe
Begins September 18th – Twenty Sessions

HEALTH & SAFETY:

REDUCE YOUR STRESS BY LEARNING EFT:

EFT is a form of ancient Chinese acupressure and modern psychology. It is light tapping with your fingertips to stimulate traditional Chinese acupuncture points. The tapping on these designated points is combined with verbalizing the identified problem (or telling your story), followed by a general affirmation phrase. Combining the ingredient of EFT balances the energy system and relieves psychological stress and physiological pain. Restoring the balance of the energy system allows the body and mind to resume their natural healing abilities. EFT is safe, easy to apply, and is noninvasive. It is useful in relieving frustration, sadness, anger, and anxiety along with the symptoms our body

attaches to these emotions (such as pain in your body, illness, headaches, sleeplessness, etc.) EFT is a tool for all ages and can be used anywhere, anytime in calming the mind and relaxing the body. In as little as 5-10 minutes (short version) you can relieve pain, anxiety, and even stress. Research has proven EFT can reduce your stress and cortisol levels (stress hormone) by as much as 24-48%. Remember large amounts of cortisol contribute to belly fat. So reducing the levels of stress and cortisol can help in weight loss as well. The benefits of EFT are endless. Come see what it can do for you.

Instructor: Stacy Altomari
 Registration Fee: \$35
 Non-Resident Fee: \$40
 Wednesdays 6:00-7:30; Rm 121
 Sept. 27th, Oct. 4th, Oct. 11th, and Oct. 18th – Four Sessions

AARP DRIVER SAFETY COURSE:

This AARP Safety Program is the first and largest classroom refresher designed for drivers age 50 and over. Students learn defensive driving techniques, new traffic laws and rules of the road. Most students who complete the 4 hour course are entitled to a reduction in insurance premiums.

AARP Certified Instructor
 Registration Fee: \$15
 Non-AARP Members: \$20
 Check must be made payable to AARP, but sent to Wolcott Adult

Education, 12 Hempel Drive,
 Wolcott, CT 06716
 Monday and Wednesday, 6:00-8:00;
 Rm. B121
 October 17th and 19th - Two Sessions

SPECIAL INTERESTS:

“LADIES ONLY SHOOTING DAY”:

Sponsored by The Wolcott Insurance Group; Hosted by WLOPA. Wolcott Landowners Shooting Club will be hosting a “Ladies Only” day where women ages 12 and older can try their hand at target shooting. No experience is needed to try out a variety of firearms including rifles, handguns and shotguns. All equipment will be provided and there will be NRA certified firearms instructors available to get you started correctly with basic safety skills. So ladies, if you have ever been interested in trying the sport of target shooting here is your opportunity to do so safely. Bring your friends, sisters, daughters, nieces and have a great time while learning a new skill. Attendees will also receive a free tee shirt and lunch provided by the Wolcott Insurance Group. Participation limited to the first 30 registrants so don't miss out. Sign up soon!

Saturday, Sept. 30th from 9 am to 2 pm at 920 Woodtick Rd Wolcott

SPANISH: If you studied Spanish in high school and want a refresher or if you plan to travel to a Spanish speaking country, this is the class for you! If you want to learn Spanish so that you can use it in your place of employment, this class will provide you with basic conversational phrases. We'll focus on “everyday Spanish” that you can use right away. This class will teach you how to communicate and help you sustain a conversation with a native Spanish speaker. Each session will include extra material so you can practice and expand your vocabulary at home.

Instructor: Bianca Daniels
 Registration Fee: \$70
 Non-Resident Fee: \$75
 Wednesdays 6:00-8:00; Rm 115
 Sept. 27th, Oct. 4th, Oct. 11th, Oct. 18th, and Oct. 25th - Five Sessions



CALLING ALL TALENTED PEOPLE

Do you have a talent that you would like to share with others? Are you an artist or creator that would like to share your creative genius? Do you have a technology background? We are looking for computer class instructors. Do you want to earn a little extra money doing something you enjoy?

Then teaching an adult education class is for you. Come join our team. Wolcott Adult Education is recruiting new instructors. Tell us what you can do and we will help turn your talent into a class.

Name _____

Address _____

Phone _____

Email _____

I would like to teach a class about _____