

# Newtown Continuing Education FALL 2019 BROCHURE

**10% Early Registration  
Discount Available Through  
August 30th**

**25% Senior Discount  
Available At All Times**



**Newtown Continuing Education  
Located In Newtown High School  
12 Berkshire Road, Sandy Hook, CT 06482  
(203) 426-1787  
[www.newtowncontinuinged.org](http://www.newtowncontinuinged.org)**

Hello Friends Old and New,

Nothing screams Fall like a train trip through the Catskills in October!

In the heat of the summer we begin designing how our Fall semester will look. When it is 90 degrees outside we are describing Fused Glass Holiday Ornaments and a Norman Rockwell Christmas. Beat the Heat, join us this fall.

We have 42 new classes as well as many of your old favorites.

Our new classes include: Security Officer License Training, Leadership Training, Chakradance Rock Your Root, Chakradance Power Animal Meditation and Dance, Street Smarts and Self Defense, Researching Our Roots, Researching our Roots: Digging Deeper, Reiki I Certification, Reiki II Certification, Acrylic Pour Painting, Paper Mosaic Techniques, Basic Watercolor Techniques, Paint Watercolor From Photos and Still Lives, Byzantine Weave Bracelet, Fused Glass Holiday Ornament, Fused Glass Jewelry Sampler, Fused Glass Snowflakes, Fused Glass Lanterns, Serger Sewing Basics, Advanced Chicken Keeping, Make Your Own All-Natural Lotion, Fall Planting, Fall Garden Tips, Floral Design, The Story of Stan Laurel and Oliver Hardy, History of Television Westerns, Answers To Computer Questions You're Embarrassed to Ask, Going Deeper With Word Graphics, Doing Slide Shows In PowerPoint, Tax Free In Retirement, Changes In Social Security, Medicare Vs. Medicaid, Live Long and Prosper, Basics of Estate Planning, Women in Retirement, Basic Movement and Stretching, Bus Trips to: Rip Van Winkle Flyer on the Delaware and Ulster Railroad, Blossoms and Butterflies in Deerfield, MA, Norman Rockwell Museum in Stockbridge, MA and Culinary Institute of America in Hyde Park, New York.

If you have any questions or we can be of assistance in any way, please call our office at (203) 426-1787 or visit our website [www.newtowncontinuinged.org](http://www.newtowncontinuinged.org).

Elissa Gellis  
Director  
Newtown Continuing Education



[www.newtowncontinuinged.org](http://www.newtowncontinuinged.org)

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**O this learning, what a thing it is!**

**~William Shakespeare~  
(The Taming Of The Shrew)**

## RESUME WRITING 101

This one-hour course outlines exactly what goes into a top-notch resume to impress an employer. You will be guided through the writing process and have the opportunity to create a draft of your resume, **No discounts apply.**

Course #6115 Monday NHS  
6:30-7:30 PM Starts 9/16/19 1 Class  
Jaclyn Gartner Fee \$30  
*First Impression: Resume Writing & Cover Letter Design*

## COVER LETTER WRITING 101

This one-hour presentation teaches you exactly what goes into a top-notch cover letter. You will learn about why they are important, while having the opportunity to create a rough copy of your cover letter. **No discounts apply.**

Course #6120 Monday NHS  
6:30-7:30 PM Starts 9/23/19 1 Class  
Jacklyn Gartner Fee \$30  
*First Impression: Resume Writing & Cover Letter Design*

## LINKEDIN 101

This one-hour presentation discusses the importance of LinkedIn and the purpose it serves. You will also learn how to navigate the website and create a profile. Bring your laptop to follow along live. **No discounts apply.**

Course #6122 Monday NHS  
6:30-7:30 PM Starts 11/4/19 1 Class  
Jaclyn Gartner Fee \$30  
*First Impression: Resume & Cover Letter Design*

## MAKE THE BEST FIRST IMPRESSION

This one-hour presentation will provide you with extraordinary resources, interview tips, the do's and don'ts of applying of jobs, how to make the best first impression to potential employers, and much more! **No discounts apply.**

Course #6121 Monday NHS  
6:30-7:30 PM Starts 11/11/19 1 Class  
Jaclyn Gartner Fee \$30  
*First Impression: Resume & Cover Letter Design*

## LET'S GET A JOB!

The ultimate career counseling bundle, offered at an introductory price! The owner of First Impression: Resume & Cover Letter Design will guide you through everything you need to know to secure your dream job. Learn how to write a resume and cover letter, make a LinkedIn profile, and ace that interview! **No discounts apply.**

Course #6470 Thursday NHS  
6:00-9:00 PM Starts 12/12/19 1 Class  
Jaclyn Gartner \$100  
*First Impression: Resume & Cover Letter*

## NEW SECURITY OFFICER LICENSE TRAINING

Prepare for your Connecticut Security Officer Guard License with LJB Security Training.

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, the history of security, workplace violence, terrorism, communication skills and more. **No discounts apply.**

Course #6144 Mon/Wed NHS  
5:30-9:30 PM 9/23, 9/25 2 Classes  
Louis Bonito Fee \$125

## NEW LEADERSHIP TRAINING: BETTER COMMUNICATION SKILLS

Whether in the professional arena or your personal life, communication plays a huge part of our everyday relationships. Perhaps there is no more important skill that needs to be learned by an individual than that of proper communication. To be able to communicate effectively, first we must learn what communication is and how the communication process works: the most common poor and successful communication behaviors, define what "communication" consists of, break down of the communication process and how self-image and self-esteem play a role in communicating, and how to project our ideas and get ideas from others.

Course #6335 Wednesday NHS  
6:30-8:30 PM Starts 9/18/19 3 Classes  
Daniel Suib Fee \$89





## WELLNESS SAMPLER

"Variety is the spice of life!" Relax, let go, and have fun sampling an assortment of wellness activities including breathing, stretching, meditation, yoga, Tai Chi Easy™, qi gong, martial arts, reiki, reflexology, Chakradance™, and more. This is a "feel good" class.

Course #8460 Thursday NHS  
6:45-7:45 PM Starts 10/17/19 5 Classes  
Audra Mace Fee \$129

## CHAKRADANCE™—CHANGE OF HEART

Shortness of breath, tightness in the chest, shutting down, or resorting to anger and retaliation are signs of physical and emotional manifestations of trapped energy in the heart. Break the chains that bind. Leave pulsing a new frequency that will attract wonderful new situations, opportunities, and people in your life.



Course #6429 Thursday NHS  
6:45-7:45 PM Starts 10/10/19 1 Class  
Audra Mace Fee \$29

## MEDITATION AND MINDFULNESS WORKSHOP—AN INTRODUCTION

This one evening workshop is designed to reach the basics of meditation and mindfulness. The presentation will increase awareness of the proven benefits of meditation and mindfulness and provide tools to build a strong foundation to meditation practice.



Course #6142 Monday NHS  
6:30-7:30 PM Starts 9/16/19 1 Class  
Shyria Barker Fee \$29

## NEW CHAKRADANCE™ ROCK YOUR ROOT

Located at the base of the spine, the root chakra is the foundation of our chakra energy system and contains patterns passed down from our families—both our bloodline and our soul line, making this a powerful conduit to connect with our heritage. Guided imagery set to chakra resonating music along with meditation and spontaneous movement produces a unique individual experience.



Course #6431 Thursday NHS  
6:45-7:45 PM Starts 9/26/19 1 Class  
Audra Mace Fee \$29

## INSTANT INSIGHT WITH NUMEROLOGY

Get instant insight into the disposition of acquaintances, co-workers, your beloved friends, and family. Learn to calculate personality and forecast numbers revealed by birth name and date using simple addition. Ideal for supervisors, teachers, therapists, police officers, personal trainers, retailers, parents, speed daters, and anyone wanting to understand and relate to people better. Numerology is an ancient metaphysical science that reveals the blueprint of every human being's life and is still one of the most accurate and powerful self-help tools available today. Go home with resources that expose your daily relationship with numbers.



Course #6305 Wednesday NHS  
6:00-7:30 PM Starts 11/13/19 1 Class  
Audra Mace Fee: \$39

## BEGINNER MEDITATION AND MINDFULNESS I

This beginner class will explore what meditation is and what it is not; provide guided instruction into meditation and mindfulness practices; provide methods for integrating mindfulness into daily life and finding a still quiet place within that will ultimately reduce stress and empower you to choose love over fear. **NOTE:** see [yogaaccessories.com](http://yogaaccessories.com) or [amazon.com](http://amazon.com) to order a meditation pillow (zafu) and meditation mat (zabuton). A yoga mat may be used in place of the meditation mat or you may use a chair. **Limited to 15 students.**



Course #6112 Monday NHS  
6:00-7:45 PM Starts 9/23/19 5 Classes  
Shyria Barker Fee \$129

## NEW CHAKRADANCE™—POWER ANIMAL MEDITATION AND DANCE

An animal always brings with it a gift or instinctual and timely message. Take a journey guarded by a guide animal to discover your power animal waiting to meet you beyond a sacred gateway in this special meditation exercise. Receive the wisdom your power animal has to offer you, then invite your animal to dance with you merging your energies forging an intimate bond.



Course #6445 Thursday NHS  
6:45-7:45 PM Starts 10/3/19 1 Class  
Audra Mace Fee \$29

## NEW STREET SMARTS AND SELF DEFENSE—AWARENESS SERIES

Join a serious discussion and hands-on practice of intuitive ways to protect yourself learning about heightened awareness and improvised weapons to escape premeditated or spontaneous dangerous situations such as carjacking, elevator assaults, unattended parking garages, stalkers, drunks, obscene calls or email, traveling alone, sexual harassment, weapon confrontation, and more. Don't wish you came.



Course #6461 Thursdays NHS  
6:45-7:45 PM Starts 11/21/19 4 Classes  
Audra Mace Fee \$99

## ADVANCED MEDITATION AND MINDFULNESS

This course is designed to offer guidance and support to individuals with foundational mindfulness/meditation training to maintain, refine and enhance their meditation practice and bring it more uniquely into their lives.



Meditation practice will begin at 20 minutes per session. The class will review and discuss various classic sacred texts and videos applicable to practice. Supplies: Please bring meditation pillows (Zafu and zabuton) and/or yoga mat and a journal book.

Course #6114 Monday NHS  
6:00-7:30 PM Starts 11/4/19 5 Classes  
Shyria Barker Fee \$129

## A FOOL-PROOF ORGANIZING PROCESS TO ELIMINATE CLUTTER

It's Spring Cleaning time! Are you overwhelmed by clutter but unsure how to organize it? Have you made past attempts to declutter and get organized only to be disappointed? This class shows you step-by-step how to clear the clutter. More than just information, you will put into action the best organizing solution. Organizing is a skill that can be learned and this class is the first step. Please bring a purse/handbag/backpack to class (do NOT pre-organize.) You can also email questions you would like to discuss ahead of time through her website—  
InnerSpacesbyKaren.com.



Course #5320 Wednesday NHS  
8:00-9:30 PM Starts 10/2/19 1 Class  
Karen Pierce \$39

Course #5245 Tuesday NHS  
7:30-9:00 PM Starts 10/29/19 1 Class  
Karen Pierce Fee \$39  
*InnerSpaces by Karen Design*

## WRITING FOR REACH COLLEGES: SHOW! DON'T TELL!

Learn how to write dynamite college admission essays. This one-night class offers the powerful, attention-getting *Show! Don't Tell!* Techniques for writing narratives that LEAP off the page. Examples and appropriate handouts guide students to write effective compositions. Copies of the book *Show! Don't Tell! How to Personalize College Applications* with 75 actual student writing samples will be available for perusal and purchase. Students and parents are encouraged to attend together. Private editing sessions may be arranged for a fee when students complete their essays.

Course #2321 Wednesday Trumbull HS  
7:00-9:15 PM Starts 9/11/19 Room C-3  
Susan Berescik Fee \$29



## NEW RESEARCHING OUR ROOTS

Researching Our Roots is designed for those just beginning to trace their family trees. The first half includes a slide show presentation featuring resources researchers can use. The second half is a work session, during which students begin their research with guidance, and have access to paid genealogical subscriptions. **No discounts apply.**

Course #6462 Thursday NHS  
6:00-8:00 PM Starts 10/3/19 2 Classes  
Sarah Miller Fee \$79



## NEW RESEARCHING OUR ROOTS: DIGGING DEEPER

Researching Our Roots, Digging Deeper, is for those who have already begun researching their family trees, and seek assistance to delve further or break through roadblocks. This workshop features a case study on solving a challenging ancestral puzzle, and introduces international research. The presentation is followed by guided research. **No discounts apply.**

Course #6464 Thursday NHS  
6:00-8:00 PM Starts 10/17/19 2 Classes  
Sarah Miller Fee \$79



## SELF HYPNOSIS WORKSHOP

Beginning with a stress reduction group hypnosis session you will experience firsthand the benefits of hypnosis. We will move on to teaching you how to hypnotize yourself, literally at the drop of a finger. Finally, you will learn how you can use the power of hypnosis to draw on the resources of your subconscious mind every day. And did you know that hypnosis can be used to help you become a thoughtful eater, a better student, a non-smoker, more tranquil, and more confident? Access will be provided to an audio file that you may use as a refresher to reinforce what has been learned in this workshop. **No discounts apply.**

Course #6251 Tuesday NHS  
7:00-8:30 PM Starts 9/24/19 1 Class  
Kenneth Lerman Fee \$54



## NEW REIKI 1 CERTIFICATION

Reiki is a Japanese work which translates to "universal life-force energy". The traditional system of working with this energy is known as Usui Reiki Ryoho. The teachings are holistic, integrating the physical, mental, emotional, and spiritual aspects of wellness. Each of the five Reiki precepts address our emotional health. The daily meditation technique promotes a calm and clear mind. Reiki energy work allows for a deep physical relaxation and spiritual well-being. Finally, students learn the hand positions to give Reiki treatments for themselves and others. Reiki is a spiritual practice but it is not a religion, and does not interfere with nor require any religious beliefs. Reiki can have physical benefits, but it is not a replacement for conventional medicine. **No discounts apply.**



Course #6448 Thursday NHS  
6:00-8:00 PM Starts 10/3/19 2 Classes  
Taran Darcy Fee \$149

## NEW REIKI 2 CERTIFICATION

Students must present their Reiki 1 certificate on the first day of class to receive a Reiki 2 attunement. If the student has studied Reiki 1 outside of the Usui Reiki Ryoho tradition, or they are unsure, please contact the teacher for eligibility. Reiki 2 is practitioner level. We learn the symbols for distance treatments, mental and emotional balance, and the power school. This class is a deeper exploration of how we integrate Reiki into our daily lives. Students will be encouraged to take a fresh look at their meditation practice, how they live the Reiki precepts, and their approach to Reiki treatments. Students will leave this course with tools and ongoing support for integrating Reiki into their daily life. **No discounts apply.**



Course #6450 Thursday NHS  
6:00-8:00 PM Starts 11/7/19 2 Classes  
Taran Darcy Fee \$149



**STUDIO ART**

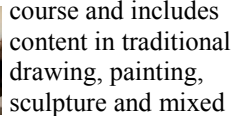
Studio Art is structured like a traditional high school or undergraduate foundational art course and includes content in traditional drawing, painting, sculpture and mixed media. Students will experiment with a variety of media in each discipline, with emphasis on foundation, building, problem solving, and conceptual exploration. Studio Art is ideal for beginning artists seeking regular studio time, students seeking to develop their portfolios, and/or for anyone looking for a fun and engaging general art experience.

Course #1345	Wednesday	NHS
6:00-7:30 PM	Starts 9/25/19	6 Classes
Michael Obre		Fee \$99

**CARTOONING**

Various styles of cartooning are welcome in this exciting course. Emphasis will be placed on the development of original characters and the universes they inhabit. The fundamentals of general art techniques, character development, and storytelling with emphasis on narrative art techniques, penciling, inking, lettering, and coloring (both traditionally and digitally), are the foundations of this class. It is recommended that participants have a sketchbook to work in regularly outside of class.

Course #1449	Thursday	NHS
6:00-7:30	Starts 9/26/19	6 Classes
Michael Obre		Fee \$99

**ACRYLIC POUR PAINTING TECHNIQUES**

Do you want to paint? Are you afraid to try? This may be just the opportunity you are looking for. Come and learn a few simple techniques used in acrylic pour painting. This fun and exciting way to create unique abstract art will give you a sense of joy. It truly is amazing how each piece evolves. Students will be required to purchase supplies. A supply list will be provided.



Course #1452	Monday	NHS
6:30-9:00 PM	Starts 9/16/19	2 Classes
Lisa Dawson		Fee \$49

**PAPER MOSAIC TECHNIQUES**

Have you ever wanted to try mosaics but are put off by the expense of tile or the messiness of tile glue and grout? Come and try paper mosaics. This two-evening workshop will introduce you to this fun and friendly alternative to traditional mosaics. Students will be required to purchase supplies. A list will be provided.



Course #1245	Tuesday	NHS
6:30-9:00 PM	Starts 9/17/19	2 Classes
Lisa Dawson		Fee \$49

**BASIC WATERCOLOR TECHNIQUES**

Come and explore the art of watercolor painting. This course will include the basic techniques for using watercolor as an expressive and versatile way to paint. Basic drawing/illustration techniques for artists will be covered. The class will include more advanced techniques for students who already know some of the basics. Students will be required to purchase supplies. A list will be provided.



Course #1220	Tuesday	NHS
6:30-9:00 PM	Starts 10/8/19	6 Classes
Lisa Dawson		Fee \$139

**BASICS OF DRAWING**

Learn the fundamental steps and techniques needed to understand and create a drawing.



No prior skill necessary.

Learn through a guided exploration in the use of shapes, lines, shading, texture and perspective as the elements and building blocks that make a

drawing come to life. Those who wish to review basics or improve skills are welcome. More advanced techniques covered for experienced students. Students are required to purchase supplies. A list will be provided.

Course #1462	Thursday	NHS
6:30-9:00 PM	Starts 10/10/19	6 Classes
Lisa Dawson		Fee \$139

**PAINT WATERCOLOR FROM PHOTOS AND STILL LIFES**

Create beautiful still lifes and landscapes from your favorite photos. Let the night become bright with the most colorful of all media—watercolor! A

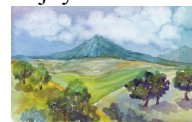


popular Newtown instructor, see his work at [www.chuckfulkerson.com](http://www.chuckfulkerson.com) or in the collection of Newtown Savings Bank, Church Hill Road lobby. **No discounts apply.**

Course #1236	Tues/Thurs	NHS
7:00-9:00 PM	Starts 10/22/19	8 Classes
Chuck Fulkerson		Fee \$124

**PAINTING OUTDOOR LANDSCAPES USING WATERCOLOR**

Enjoy the most colorful of all media, painting



watercolor outside. Learn how to paint clouds, trees, buildings, even people, and be proud of your work. A

popular Newtown instructor, see his work at [www.chuckfulkerson.com](http://www.chuckfulkerson.com) or in the collection of Newtown Savings Bank, Church Hill Road Lobby. **No discounts apply.**

Course #1256	Tues/Thurs	NHS
3:30-5:30 PM	Starts 9/14/19	8 Classes
Chuck Fulkerson		Fee \$124



## BYZANTINE WEAVE BRACELET—METALSMITHING/ WIRE-WORKING

I've always loved this chainmail weave! The Byzantine weave is an ancient unisex chain pattern that is both strong in style and elegant. Don't let the richness of the weave fool



you into thinking this bracelet is too complicated for you to make! With just two tools and more than a few jump

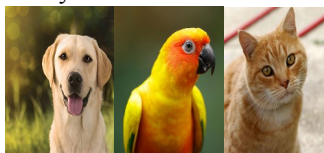
rings, it won't be long before you will be enjoying the meditative rhythm of this repeating pattern. Some may be able to finish the whole bracelet during class. Makes a great gift! High quality copper or silver tone included in materials. With notice and paid additional fee, teacher can order silver or silver fill jump rings. Please contact studio within two weeks notice if you wish to order. Beginners please note: Silver/filled rings are harder to open and close than aluminum or copper and either way they are stunning. A materials fee of \$20.00 is payable to the instructor at the first class. Bring a snack. Please wear long pants and closed shoes. Not handicap accessible (stairs). **Limited to 8 students.**

Course #1659	Saturday	Studio
10:00-2:00 PM	Starts 9/28/19	1 Class
Kelly Makuch		Fee \$69

All classes held at: Kelly Makuch Studio  
222 Brushy Hill Road, Newtown, CT

## PAINT YOUR PET

Imagine the thrill of seeing your precious fur baby on a 12" x 12" canvas, painted by YOU!!! How? Easy! Color On Wheels is coming to make this all possible. All you need to do is register



and then submit an electronic, clear, close-up of your pet's darling face to us at [gellise@newtown.k12.ct.us](mailto:gellise@newtown.k12.ct.us). Files will be sent to the artist who will transfer a simple pencil outline sketch of your pet's basic features, onto the canvas. The evening of the class, the instructor will guide you to paint the background and then work with individuals to paint and shade to create the image of your precious pet. All supplies are provided. Most importantly relax and have FUN. Believe you CAN! I'll show you how. **Limited to 8 students. No discounts apply.**

Course #1406	Thursday	NHS
6:00-8:30 PM	Starts 10/3/19	1 Class
Karen Hess		Fee \$69
<i>Color On Wheels</i>		

## EXPRESS YOURSELF: ACTING AND CREATIVE SELF-EXPRESSION

This fun and dynamic class goes far beyond the "normal" acting class, offering simple, empowering tools which can be applied to



any type of performing, as well as public speaking. Students will experience first-hand what it means to be truly "present," relaxed, engaged and fully self-expressed in an environment that is inspiring and supportive. Students will also leave with a clearer sense of their own creativity and creative goals, and the confidence to manifest them. Actors and performers of all levels of experience are welcome, as well as anyone wishing to feel more comfortable speaking in front of others. Please bring a 1-3 minute monologue, poem, story, song (can be self-written), preferably committed to memory—and come discover the magic and fun of acting and creative self-expression!

Course #1331	Wednesday	NHS
6:30-8:30 PM	Starts 9/18/19	8 Classes
Sheri Bresson		Fee \$129
<i>Actor, Singer, Writer &amp; Teacher</i>		

## LIFE DRAWING

Working from a costumed model, our life drawing sessions are structured traditionally with a series of gestural warm-ups, followed by 20 min poses, and concluding with one long pose. Beginners



are encouraged to attend and instruction will be provided; advanced artists may work in any media they chose. Basic drawing materials (pencils, paper, charcoal) will be provided. Life Drawing is ideal for beginners, art students developing portfolios, and advanced artists looking to stay sharp. A \$25.00 models fee is payable to the instructor at the first class.

Course #1150	Monday	NHS
6:00-7:30 PM	Starts 10/7/19	6 Classes
Michael Obre		Fee \$99

## PHOTOGRAPHY BOOTCAMP FOR BEGINNERS

Do you have a digital camera that you have no idea how to use on any setting other than auto? Then THIS CLASS IS FOR YOU! In one session, learn how to



shoot on manual mode to unleash the camera's potential and your artistic control. This action-packed workshop covers W/B, ISO, Aperture (f-stop), and Shutter Speed, and how they work together under your control to get the artful shots that you want. Participants should bring a DSLR camera to class with a fully charged battery and memory card. A Nikon D5200 camera will be provided for participants without a DSLR for each class session.

Session I		
Course #1644	Saturday	NHS
10:00-11:30 AM	Starts 11/16/19	1 Class
Michael Obre		Fee \$49

Session II		
Course #1263	Tuesday	NHS
6:00-8:30 PM	Starts 10/1/19	1 Class
Michael Obre		Fee \$49

## **NEW** FUSED GLASS HOLIDAY ORNAMENT/SUN CATCHER WORKSHOPS

Get a jump start on your holiday gift-making by joining me in my home-based glass studio for a festive ornament/sun catcher making workshop! Take inspiration from a variety of patterns or use pre-cut glass bases to build your own unique holiday gift or keepsake. I'll provide all materials needed and will teach basic glass cutting skills. You can expect to complete two to three projects. No previous experience necessary. Ornaments will be ready for pick up approximately one week following the workshop. Hot cider will be served. There is a materials fee of \$8.00 payable to the instructor at the class. Optional specialty glass will be available for purchase. Please wear closed shoes and long pants. Not handicap accessible (stairs). **Limited to 10 students.**

Course #1436	Thursday	Studio
6:30-9:30 PM	Starts 10/17/19	1 Class
Kelly Makuch		Fee \$59

Course #1670	Saturday	Studio
10:30-1:30 PM	Starts 11/2/19	1 Class
Kelly Makuch		Fee \$59

All classes held at Kelly Makuch Studio  
222 Brushy Hill Road, Newtown, CT

## **NEW** FUSED GLASS JEWELRY SAMPLER

Give glass jewelry making a try in this abbreviated time sampler style workshop. You will create your own wearable art pieces using opalescent, transparent, and dichroic glasses. Basic cutting techniques as well as various fusing techniques will be exemplified. You will create two pendants and a pair of earrings. Your pieces will be ready for pick-up in about a week. Additional specialty glass and findings will be available for purchase. There is a materials fee of \$6.00 payable to the instructor at the class. Please wear closed shoes and long pants. Not handicap accessible (stairs). **Limited to 8 students.**

Course #1633	Saturday	Studio
10:00-1:00 PM	Starts 11/9/19	1 Class
Kelly Makuch		Fee \$69

All classes held at: Kelly Makuch Studio  
222 Brushy Hill Road, Newtown, CT

## **NEW** FUSED GLASS SNOW-FLAKES

Don't miss this very popular workshop! Guided by a pattern, you will create two beautiful snowflakes using strips and bits of fusible glass. These are wonderful seasonal decorations for any home and make a fabulously unique gift! No previous experience necessary. Snowflakes will be ready for pick up approximately one week following the workshop. Hot cider will be served. There is a materials fee of \$8.00 payable to the instructor at the class. Please wear closed shoes and long pants. Not handicap accessible (stairs). **Limited to 8 students.**

Course #1145	Monday	Studio
6:30-9:30 PM	Starts 11/4/19	1 Class

Course #1356	Wednesday	Studio
6:30-9:30 PM	Starts 11/13/19	Studio

Course #1131	Monday	Studio
10:30-1:30 PM	Starts 12/3/19	1 Class

Course #1142	Monday	Studio
6:30-9:30 PM	Starts 12/3/19	1 Class

Fee For Each Class \$59

All classes held at: Kelly Makuch Studio  
222 Brushy Hill Road, Newtown, CT

## **NEW** FUSED GLASS—SMALL INDOOR/OUTDOOR LANTERN

Get a head start on creating seasonal decorations for your home! In this workshop you will create a cutie-sized fused glass lantern embellished with your own design and seasonal theme. Choose a black or white metal lantern to use as a frame for your six fused glass panels. You will decorate pre-cut base glass, but will learn how to use glass cutting/grinding tools. All tools provided. Studio will assemble the lantern for you and will be ready for pick-up in about a week. There is a materials fee of \$10.00 payable to the instructor at the class. Please wear closed shoes and long pants. Not handicap accessible (stairs). **Limited to 10 students.**

Course #1275	Tuesday	Studio
6:30-9:00 PM	Starts 10/15/19	1 Class
Kelly Makuch		Fee \$69

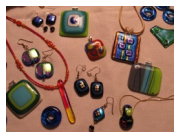
All classes held at: Kelly Makuch Studio  
222 Brushy Hill Road, Newtown, CT

## **NEW** FUSED GLASS LANTERN

Allow this mid-sized metal lantern in your choice of white or black to be the frame for your work of decorative art! Using your own design inspiration and our fusible glass frit, stringers and bits you will decorate four clear panels in a style and theme of your choice. Trust me, this will be a workshop you will want to take again and again so you can create a grouping or a new seasonal décor lantern? No experience necessary. All tools and materials and firing included. We will assemble lantern for you. Pick up in about a week. You will be contacted when it's assembled. This workshop would make a great girl's day out date! There is a materials fee of \$15.00 payable to the instructor at the class. Please wear closed shoes and long pants. Not handicap accessible (stairs). **Limited to 8 students.**

Course #1663	Saturday	Studio
1:00-5:00 PM	Starts 9/21/19	1 Class
Kelly Makuch		Fee \$69

All classes held at: Kelly Makuch Studio  
222 Brushy Hill Road, Newtown, CT





**BEGINNER KNITTING CIRCLE—****AGES 18 & UP**

Make time for yourself and learn to knit! If you've always wanted to knit, but didn't know where to start, or need to brush up the basics, this course is for you! Learn to cast on, knit, purl and more, creating a fashionable pro-



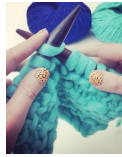
ject to start! Knitting is a great hobby that can be transported with you. Knit at sports events, waiting rooms, etc. using snippets of time! Learn about different fibers, try out different types and sizes of needles, and more! Crochet basics will also be taught. **Students need to bring in a skein of SUPER bulky-weight yarn (recommended: Lion brand Wool-Ease "Thick N Quick" available at Joann's, Michaels, or Amazon) of their choice, and US size 13 or 15 knitting needles to start.**

Course #1370	Wednesday	NHS
6:45-7:45 PM	Starts 10/2/19	8 Classes
Nicole Christensen		Fee \$129

Course #1371	Wednesday	Teen Ctr.
11:00-12:00 PM	Starts 10/2/19	8 Classes
Nicole Christensen		Fee \$129

**INTERMEDIATE KNITTING CIRCLE—****AGES 18 & UP**

For those who can cast on and knit garter stitch, and are ready to build more skills (or have completed the beginner course). Several projects will be created starting with an "oh so cute" hat that can be made in sizes from children to adults, as



well as a seamless project "knitting in the round" on circular needles. In this comprehensive, step-by-step, fun class, you will learn to read patterns, check gauge, master more difficult stitches (including cables) and more! **Students need to bring in size 10 (longer length preferable) straight needles and one skein (150 yards) of worsted weight yarn of their choice to start. Other materials needed will be discussed in class. Students can also bring independent projects for help as well.**

Course #1492	Thursday	NHS
6:45-7:45 PM	Starts 10/3/19	8 Classes
Nicole Christensen		Fee \$129

Course #1393	Wednesday	Teen Ctr.
12:15-1:15 PM	Starts 10/2/19	8 Classes
Nicole Christensen		Fee \$129

**SERGER SEWING BASICS**

Do you have a serger you are afraid to use? Learn how to use it confidently! We will cover what each part does and how to set up your serger. Learn how to thread it, how to achieve different finishes, hem garments, use the differential feed, and



how to adjust the settings. You will become comfortable with your serger and discover how to use its best features. Students should bring their serger machine with manual, any accessories, and thread to class. Instructor will provide general sewing supplies (pins, scissors, scrap fabric) for practice. **Limited to 6 students.**

Course #1424	Thursday	NHS
6:00-8:00 PM	Starts 11/7/19	1 Class
Sarah McFarland		Fee \$49

**SEWING MACHINE FUNDAMENTALS**

Do you have a sewing machine collecting dust in a closet? Learn how to use it! We will cover what each part does and how to set up your sewing machine and start sewing. Learn how to thread it, how to wind a bobbin, and how to adjust the settings. You will become comfortable with your sewing machine and discover how to use its best features and attachments. Students should bring their sewing machine with manual, accessories, needles, and bobbins to class. Instructor will provide general sewing supplies (thread, pins, scrap fabric) for practice. **Limited to 6 students.**



Course #1473	Thursday	NHS
6:00-8:00 PM	Starts 10/10/19	1 Class
Sarah McFarland		Fee \$49

**Class Registration  
confirmations are not mailed.**

If you signed up for a class, assume you are registered and plan to attend. You will be notified if a class is cancelled or filled.

## RAISING BACKYARD CHICKENS FOR BEGINNERS

Move over cats and dogs! Backyard chickens are the new "IT" pet! Learn what it takes to raise your own flock (i.e., money, time, supplies involved) and how to keep them happy and healthy. Topics covered will be breeds of chickens, starting your flock, coop and flock management, chicken behavior, and more. **No discounts apply.**



Course #5362    Wednesday    NHS  
6:30-8:30 PM    Starts 9/25/19    1 Class  
Michelle Nardoizzi    Fee \$49

## NEW ADVANCED CHICKEN KEEPING

You've got your flock...and more questions! This course is designed to address that next level of chicken-keeping such as: hatching eggs (machine incubation vs. broody hen), techniques for handling eggs, healthy flock management, identifying common poultry illnesses and treatments for them, what to keep in your chicken "first-aid kit", and troubleshooting. **No discounts apply.**



Course #5463    Wednesday    NHA  
6:30-8:30 PM    Starts 10/2/19    1 Class  
Michelle Nardoizzi    Fee \$ 49

**Michelle Nardoizzi** is the owner/operator and #GOATBOSS of Newbury Farms LLC, a small farm/homestead in Newtown, CT. The farm was established in 2015 by Michelle and her husband, Rob, after their children's diagnoses with food allergies and other health issues. By taking control of the food they lovingly raise (organically-produced, non-GMO farm fresh eggs, raw goat milk, garden fresh vegetables), they experienced the power of clean-eating through significant improvements in their family's overall health. Michelle, Rob and their two children, also "benefit" from daily snuggles with their beloved chickens, silly goats, adorable pet pigs, and fluffy beast of a livestock guardian dog.

## NEW MAKE YOUR OWN ALL-NATURAL LOTION

Did you know that there are over 1,400+ various chemicals/toxins found in beauty products that are considered "carcinogenic," "potentially toxic" or "harmful." Come prepared to mix up a batch of your own lotion and learn how easy it is to do it at home using local, non-toxic, chemical-free ingredients. Materials provided by instructor (included in course fee). **No discounts apply.**



Course #5441    Thursday    NHS  
6:30-8:30 PM    Starts 9/26/19    1 Class  
Michelle Nardoizzi    Fee \$59

## NEW IT'S NOT OVER YET...FALL PLANTING

It's not over yet! In this class, we will plan a "fall garden", discussing what to plant now to extend your growing season in both vegetable and flower beds, with tips and tricks. We will also talk about perennials, containers, adding fall color, and thinking spring with bulb planting tips. Both beginner and seasoned gardeners will benefit from this class with great tips.



Course #5171    Wednesday    NHS  
6:30-8:30 PM    Starts 9/18/19    1 Class  
Nicole Christensen    Fee \$39  
*Master Gardener*

## NEW FALL GARDEN TIPS FOR SPRING GARDEN SANITY

In this class, we will discuss how to put your garden and flower beds "to bed" for the end of the season, how to properly store tools and other garden items, and how and what to prune, and how and what to sanitize. Avoid many preventable garden and yard issues, including diseases and other pests throughout the year by doing a few simple things before cold weather sets in. You will walk away with some great tips!



Course #5173    Monday    NHS  
6:30-8:30 pm    Starts 10/21/19    1 Class  
Nicole Christensen    Fee \$39  
*Master Gardener*

## NEW FLOWERS 101 AND FLORAL DESIGN

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 and when, the floral industry as it is today, 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 arrangements to take home at the end of class! There is a materials fee of \$15 payable to the instructor at class. **No discounts apply.**



Course #5162    Monday    NHS  
6:30-8:30 PM    Starts 9/16/19    1 Class  
Maria Koterska    Fee \$35

### Register Early!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, **so please register early!**



## THE WORLD OF ALFRED HITCHCOCK

Known as "The Master of Suspense", Alfred Hitchcock has had a major influence on Hol-



lywood Movies and Television with many of his tales of suspense and horror. This presentation is a must

for those who love the stories and movies of this bygone era.

Course #6472 Thursday NHS  
6:30-8:30 PM Starts 11/14/19 1 Class  
Leon DiMartino Fee \$39

## NEW THE STORY OF STAN LAUREL AND OLIVER HARDY

Learn the story of how these two comedians of movies left their impact on filmmaking and how later generations of early television were reintroduced to their movies. We will also discuss their lives.



Course #6473 Thursday NHS  
6:30-8:30 PM Starts 12/5/19 1 Class  
Leon DiMartino Fee \$39

## THE WONDERFUL WORLD OF MEL BROOKS

A gifted and talented comedian, director, producer and actor, learn how this creative genius has left his mark on modern filmmaking and the generations that followed. We will discuss the many films of Mel Brooks and stories of the film actors that made them.



Course #6474 Thursday NHS  
6:30-8:30 PM Starts 11/7/19 1 Class  
Leon DiMartino Fee \$39

## NEW THE HISTORY OF TELEVISION WESTERNS (1950-1970)

Many of the popular television westerns and cowboy series began as radio programs. Learn the history of our favorite westerns and the stories of the stars of these television series.



Course #6475 Thursday NHS  
6:30-8:30 PM Starts 9/26/19 1 Class  
Leon DiMartino Fee \$39

## ADULT CHILD CPR/AED

Want to learn what to do during emergencies? Do you know that you have the power to save someone's life in cardiac, breathing and medical situations? Positively Shocking LLC can teach you skills and provide you with a 2-year American Red Cross Certification in CPR in an easy and fun environment. The course is designed so that lay persons will react with confidence in an emergency situation. In addition to the one-night CPR/AED Class you can also register for a one-night First Aid Class



Course #6483 Tuesday NHS  
6:00-8:30 PM Starts 10/15/19 1 Class  
Mary Sireci Fee \$89  
*Certified Instructor*

## FIRST AID

Want to learn what to do during emergencies? Do you know that you have the power to save someone's life in medical situations? Positively Shocking LLC can teach you skills and provide you with a 2-year American

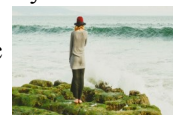


Red Cross Certification in First Aid in an easy and fun environment. This course is designed so that lay persons will react with confidence in an emergency situation. In addition, you can also register for a one-night class in CPR.

Course #6484 Thursday NHS  
6:00-9:00 PM Starts 10/17/19 1 Class  
Mary Sireci Fee \$89  
*Certified Instructor*

## 7 FOUNDATIONS: TOOLS FOR TRANSFORMATION

Did you know that we store experiences in the cells of the body? Are you ready to release stagnant energy? There's a growing hunger for shamanic wisdom because it's worked for 75,000 years! Tools for Transformation is about freeing energy, strengthening your aura, awakening your luminous body and bringing a deeper sense of balance, healing and ease into the world. You will be learning practical and powerful cleansing techniques to heal your energy centers and unleash the full power of your life force. Join Karen Pierce for an experiential 7-week workshop on creating health and harmony using simple yet powerful tools for deep healing and transformation. We will explore:



- The body's energy centers—the Luminous body, chakras and auras.
- Creating Sacred Space, space clearing, personal clearing techniques for protection and removing heavy energy.
- Energy Healing using muscle testing, Ayurveda and analysis tools for determining health as well as Soul Retrieval for trauma.
- Cord Cutting to remove unhealthy attachments and individuals who are no longer beneficial to your well-being
- Journeying to discover your Power animal and Spirit Guide
- Transfiguration to change the world (long distance healing)
- Using Pendulums, color therapy and crystals as tools for divination and transformation. Crystals are a powerful tool. They are used in processing information in computers. Learn how to tap into their power.
- Tapping into the Medicine Wheel and Incan Cosmology (how the shamans view the universe and energy)
- Clearing our ancestral DNA and healing our Father-Mother lineages
- And, many more shamanic healing practices.

These classes are experiential and include specific tools you can use in your daily routine plus mindfulness techniques. This is an invitation to discover your fullest potential and fulfill your sacred destiny. Come with an open mind, leave with an open heart!

Course #6238 Tuesdays Karen Pierce Studio  
11 Nettleton Ave., Newtown, CT  
7:00-9:00 PM Starts 9/17/19 7 Classes  
Karen Pierce Fee \$199  
Inner Spaces by Karen

For an extra 10%  
discount, register by  
August 30, 2019.

Discount applies to most  
classes unless noted.



## INTRODUCTORY COMPUTER CLASSES

### BUYING A COMPUTER???

Are you considering purchasing a new computer, or perhaps just want to understand more about the types of computers available?



We will discuss many aspects of making your purchase, including:

what type of computer might best suit your needs (desktop vs. laptop, Windows vs. MAC, Chromebook, convertible, etc.)? What hardware features are important (RAM, processor, hard drive, touchscreen, etc.)? What about security software, productivity software, and extended warranties? How much should I expect to spend? So, come to this valuable class and be ready to ask plenty of questions!

Course #3459	Thursday	NHS
3:15-5:45 PM	Starts 9/26/19	1 Class
Michael Ingber		Fee \$44
<i>Upward Business Systems</i>		

### SURFING THE INTERNET

Internet Browsers let us enjoy the wealth of content available on the Internet. Join us for this one-session class and learn about using



Internet Browsers to get around the Internet. The most popular browsers, Google Chrome, Microsoft Internet Explorer, Microsoft Edge, and Mozilla Firefox will be compared, but the main focus will

be on Google Chrome. We will discuss browsing techniques, using search engines, adding favorites, using browser tabs, setting a home page, clearing cookies, staying safe, and much more. Join us for this class and really start to browse!

Course #3327	Wednesday	NHS
3:15-4:45 PM	Starts 10/2/19	1 Class
Michael Ingber		Fee \$44
<i>Upward Business Systems</i>		

## NEW ANSWERS TO COMPUTER QUESTIONS YOU'RE EMBARRASSED TO ASK!

There are so many basic questions about



computers that many people do not know the answers to, but think that everyone else does (but they really don't)! If any of the following questions are in that category for you, this may be just the right one

session class!

- When do I right click with my mouse?
- What is a Browser?
- What is the difference between RAM and a Hard Drive?
- What is the Escape Key on the keyboard used for?
- What is The Cloud?
- What are Megabytes vs. Gigabytes vs. Terabytes?
- What is a Chromebook?
- What are the signs of a fraudulent email?
- Many others ... and bring some of your own!

Course #3340	Wednesday	NHS
6:30-8:30 PM	Starts 9/18/19	1 Class
Michael Ingber		Fee \$44
<i>Upward Business Systems</i>		

### WHAT IS THE CLOUD AND AM I USING IT?

So what is "The Cloud" anyway? The Cloud refers to the sharing of data and programs



over the Internet. Here are some common examples of using the Cloud: sharing files or photos, backing up important data using Carbonite,

keeping track of your schedule using Google Calendar, using online versions of Word, Excel, or PowerPoint, using Google Docs to create and collaborate on documents, using online versions of popular programs such as Quickbooks, using Amazon to access your music library from anywhere, and so on. What are the advantages of using the Cloud? Is the Cloud safe? Concepts and usage of the Cloud will be demonstrated and discussed. Come to this one-night demonstration and discussion and finally understand what is meant by "The Cloud"!

Course #3612	Saturday	NHS
10:00-12:00 PM	Starts 9/28/19	1 Class
Michael Ingber		\$44
<i>Upward Business Systems</i>		

## CURRENT TOPICS IN COMPUTER CLASSES

### NEW GOING DEEPER WITH WORD GRAPHICS

So you've been using Word for a while, and are comfortable with textual documents. But what about using graphics in your Word documents? Pictures, Shapes, WordArt, and SmartArt can all add some real pizzazz to your documents. Working with graphics is a valuable capability, but is also fun and creative. Join us for this one-session class, and really enhance your Word usage.



Course #3145	Monday	NHS
6:30-9:00 PM	Starts 10/28/19	1 Class
Michael Ingber		Fee \$44
<i>Upward Business Systems</i>		

### NEW DOING SLIDE SHOWS IN POWERPOINT

If you have been using PowerPoint for a while, you probably know how to add a variety of slides to create an effective presentation. But what about doing Slide Shows, which are typically the best way to present your material? This focused, one-session class will thoroughly cover Slide Shows so that you are able to add **Transitions**, **Animations**, and **Timings**. This class will greatly increase your ability to do successful presentations.

Course #3150	Monday	NHS
6:30-9:00 PM	Starts 11/18/19	1 Class
Michael Ingber		Fee \$44
<i>Upward Business Systems</i>		

*Upward Business Systems*

**STAYING SAFE ONLINE**

None of us wants to be the victim of identity theft, or lose our important data, or find that our computer has become infected. Yet, these



are all far too regular occurrences. In this class we will talk about the threats that are lurking and how to do our best to stay safe online,

from firewalls to phishing, from social engineering to security software, from ransomware to malware, from backups to updates, and from passwords to popups. Learn how to recognize fraudulent emails and how to avoid many popular scams. These are among the topics that we will cover, so join us to learn more about this important topic.

Course #3130	Monday	NHS
6:30-9:00 PM	Starts 11/4/19	1 Class
Michael Ingber		Fee \$44
<i>Upward Business Systems</i>		

**OTHER NOTEWORTHY COMPUTER CLASSES****EXCEL PART 1**

Learn to use Excel, the spreadsheet most used by businesses, students and home-users. Spreadsheets are the best tool for working with rows and columns of information. We will cover working with text, numbers, and dates. And we will learn how to use formulas and functions, as well as many additional features. You will be surprised at how versatile Excel can be, but how easy it is to learn.



Course #3461	Thursday	NHS
6:30-9:00 PM	Starts 10/3/19	3 Classes
Michael Ingber		Fee \$99
<i>Upward Business Systems</i>		Limit 12

**EXCEL PART 2**

Continue to learn more about the most popular spreadsheet product on the market. In this second part you will work with multiple sheet workbooks, charts, advanced formatting capabilities, filtering, validating, scenarios, and much more. Excel Part 1 or equivalent is a prerequisite.



Course #3462	Thursday	NHS
6:30-9:00 PM	Starts 11/7/19	2 Classes
Michael Ingber		Fee \$69
<i>Upward Business Systems</i>		Limit 12

**WORD**

Learn the basics to successfully use Microsoft



Word, the best-selling word processing software. Learn how to create and edit documents, how to format your document, how to use spell-check and thesaurus, how to cut/copy/paste, how to create multiple column layouts and custom tabs, how to use bullet and number lists and many other features.. No prior word processing knowledge is necessary, but a basic knowledge of computers is helpful.

Course #3154	Monday	NHS
6:30-9:00 PM	Starts 9/16/19	4 Classes
Michael Ingber		Fee \$129
<i>Upward Business Systems</i>		Limit 12

**QUICKBOOKS—MANAGING YOUR BUSINESS FINANCES**

We will cover the key features of this highly popular business finance software. Among the topics to be covered: income and expense tracking, checkbook management, credit cards, cash accounts, accounts receivable and accounts payable, customer lists, vendor lists, invoicing and business reports. Please note that this course covers Quickbooks Desktop, not Quickbooks Online.



Course #3328	Wednesday	NHS
6:30-9:00 PM	Starts 10/16/19	4 Classes
Michael Ingber		Fee \$129
<i>Upward Business Systems</i>		Limit 12



**SUPERINTENDENT OF SCHOOLS**  
Dr. Lorrie Rodrique

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## FINANCIAL STRATEGIES FOR SUCCESSFUL RETIREMENT

With financial independence, retirement can be the most fulfilling time of your life. This class covers important money management concepts and issues that are valuable to people near or at retirement. Topics include how to reduce pressures on your retirement income and which assets are appropriate for retirement income. A “hear it, see it, read it, write it” teaching method makes it easy for you to understand and remember the practical information. No products or investments will be promoted or offered. By condensing up-to-date financial information into three classroom sessions, this seminar gives you the answers you need. A \$30 material fee is payable to the instructor at the first class.



Course #4256 Tuesday NHS  
6:30-8:30 PM Starts 9/17/19 3 Classes  
Steve Jacques Fee \$39  
*Voya Financial Advisers Inc.*

## NEW TAX FREE IN RETIREMENT

Many Americans assume that their taxes in retirement will stay the same or go down. Unfortunately for most this may not be the case. Historically, federal tax rates have been as high as 91% in the 50's, 70% in the 70's and 50% in the 80's. Upon retirement, social security may be taxable as high as 85% to the recipient and required minimum distributions from retirement accounts also can create substantial taxable income. Include pensions, rental property income, capital gains, dividend and interest income and you can see the picture is somewhat unclear on future taxes. Join us to learn about strategies that can help you get closer to a tax free retirement.



Course #4215 Tuesday NHS  
6:30-8:00 PM Starts 10/22/19 1 Class  
Michael Alimo Fee \$29  
*USA Financial & Tax Services, LLC*

## NEW CHANGES IN SOCIAL SECURITY AND INTEGRATING THEM IN RETIREMENT

Retirement is one of the most important life events many of us will ever experience.

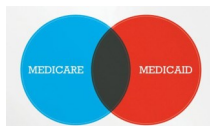


When to collect Social Security may be the single most important decision you make in context of planning your retirement. This is a great opportunity to learn key concepts you need to know before applying for Social Security. Depending on your age, Social Security filing strategies may boost lifetime benefits and increase retirement income by tens of thousands. Always consider Social Security payout as a component of your retirement plan.

Course #6375 Wednesday NHS  
6:30-8:00 PM Starts 10/23/19 1 Class  
Michael Alimo Fee \$29  
*USA Financial & Tax Services, LLC*

## NEW MEDICARE VS. MEDICAID— WHAT, WHEN, WHERE & HOW— SELECTION AND ENROLLMENT

Are you overwhelmed by the Medicare Insurance hype and jargon? Do you understand your current and future benefits? Will you need Medicaid down the road? This class is designed for people approaching age 65 or family members who have questions and concerns related to medical, dental, vision, silver sneakers and long term care insurance. It will put into perspective the TV and media advertising, home mailers, etc. that talk about, Medicare Part A, B, C & D, supplements, medigap and advantage plans. This class will provide answers, estimates and direction along with samples and examples.



Course #6354 Wednesday NHS  
6:30-8:30 PM Starts 11/20/19 1 Class  
Curt Symes and Guest Speaker(s) Fee \$29

## PLAN YOUR SOCIAL SECURITY WITH CONFIDENCE

This ninety-minute presentation covers Social Security basics and reveals strategies for maximizing benefits. We will discuss minimizing taxes on Social Security benefits and coordination of your Social Security benefit with your other sources of retirement income. We welcome your questions

about Social Security benefits as you explore your personal options.

Course #6420 Thursday NHS  
6:30-8:00 PM Starts 10/17/19 1 Class  
Albert D'Agosto and Charles Yannich  
*Retirement & Money Strategies*

## NEW LIVE LONG AND PROSPER— AGE WELL AND THRIVE

Our worlds have become complex, intricate jumbles of happenings—all competing for time in our daily schedules. With smart phones, tablets, on-the-go families and an aging family population the concept of just in time decision making is becoming the new norm. Prioritizing time to “age well” with physical exercise, arts and crafts hobbies and brain fitness or mental enrichment are essential, and can even be fun. Stimulate the mind and body and get the “endorphins” flowing. We will discuss real life tools and techniques to help attendees formulate their own unique approach to living longer and aging well, having fun and possibly even prospering in new endeavors and careers.



Course #6321 Wednesday NHS  
6:30-8:30 PM Starts 12/18/19 1 Class  
Curt Symes Fee \$29



# PLANNING FOR THE FUTURE

## A SERIES FOR BOOMERS, SENIORS AND FAMILY MEMBERS

Page 15

### THE HOW TO'S OF ESTATE AND FAMILY LIFE PLANNING—WILLS, POWERS OF ATTORNEY, TRUSTS, ADVANCED HEALTHCARE DIRECTIVE, LIVING WILL AND THE NEW CT MOLST

Do you understand the importance of having a Will (Testate), Living Will, Curable Power of Attorney (POA), Health Care Directive &



Proxy, Revocable & Irrevocable Trusts, DNR, MOLST/POLST and so on?

Do you know what they mean, how they are created and the negative ramifications of not having them? Do you know how to select an Executor, POA, Proxy, Trustees, etc? If the answer is no to any of these questions, then this class is for you and your spouse or significant other. This is a hands-on how-to class with references, samples, examples and real-life experiences.

Course # 6372 Wednesday NHS  
6:30-8:30 PM Starts 10/16/19 1 Class  
Curt Symes Fee \$29

### **NEW** LEARN THE BASICS OF ESTATE PLANNING AND HOW TO NAVIGATE THE RELATED LEGAL, MEDICAL, FINANCIAL, FAMILY AND PERSONAL DOCUMENTS

An estate plan is both critical and essential to your family in today's society and the "greatest gift" that you can leave family members and loved ones. Everyone from Seniors through Millennials, needs to understand the basics of estate planning and the necessary related legal, medical, financial, family and personal information. Consider the confusion having an organized and documented estate plan will eliminate for your family members and loved ones. This course will take you through a comprehensive plan and the steps that need to be taken in developing the plan with related documents.



Course #6362 Wednesday NHS  
6:30-8:30 PM Starts 9/18/19 1 Class  
Curt Symes Fee \$29

### YOUR PERSONAL FINANCIAL PRIMER

This is the personal financial planning course you never got in school. It is composed of a critical review, especially for recent high school and college graduates, covering the following personal financial planning topics: how to save for your future; setting financial goals; principles of investing; retirement planning (402 (k), IRA, Etc.); preparing your income tax return; buying vs leasing a car; buying your first home; funding your children's education (529 plans); understanding Social Security; reverse mortgages (a good thing or a bad thing); and estate planning. The course comes with a manual. The lecture is by a retired CPA/PFS.



Course #4475 Thursday NHS  
6:30-7:45 PM Starts 9/17/19 2 Classes  
William Colbert Fee \$39

### **NEW** WOMEN IN RETIREMENT

Join us for this **FREE** event to learn: the most common mistakes regarding Social Security—how to avoid them, and how to maximize this benefit, the need-to-know strategies to prevent outliving your hard-earned money in retirement, how to create a legacy that protects you, your spouse or your heirs from the IRS and probate courts, protecting your money from market volatility and the dozens of options available to you and increase your knowledge and confidence which will assist you in making the best decisions for a stress-free retirement.

Course # Thursday NHS  
6:30-8:00 PM Starts 10/24/19 1 Class  
Michael Alimo FREE

### MEDICARE BASICS

Designed for those approaching 65 and/or new to Medicare, this educational workshop will cover many aspects of this somewhat daunting and complex subject. A few of the topics included are Medicare Part A, B, & D, benefits, costs, and various related Medicare solutions—"Medigap" plans (Medicare Supplements) Medicare Health Plans, Medicare Savings Plans, Extra Help, discount drug cards, and how Medicare works with other health insurance. The goal of this class is to learn about Medicare, and to reduce the cost of health care!



Course #6457 Thursday NHS  
6:30-8:00 PM Starts 10/3/19 1 Class  
Suzanne Candee Free

**Note: You should consult your own financial advisor or attorney before making any investment decisions based on specific examples used by our instructors.**

## BEGINNER FRENCH I

Unlock the mysteries of La Langue Francaise! In this fun and engaging beginning level class (little to no previous experience), we will learn proper pronunciation and basic, building block concepts of

French grammar as well as everyday vocabulary, expressions and phrases via spoken games, drills and exercises. Bring a notebook/writing instrument or laptop. **Limited to 8 students. No discounts apply.**

Course #2122	Monday	NHS
6:00-7:00 PM	Starts 10/7/19	8 Classes
Rachel Borne		Fee \$125

## BEGINNER FRENCH II

A continuation of Beginner French I. We begin with a review of building blocks of French language: core auxiliary verbs, gender, subject/verb/adjective agreement, "er" verbs. Then further development of vocabulary with an emphasis will be on everyday, practical language, drills, games and role playing. Emphasis on spoken language and practice of everyday situations. Bring a notebook/writing instrument or laptop. **Limited to 8 students. No discounts apply.**

Course #2123	Monday	NHS
7:15-8:15 PM	Starts 10/7/19	8 Classes
Rachel Borne		Fee \$125

## BEGINNER GERMAN

The instructor, a native speaker, will offer language skills for those people who have little or no prior exposure to the German language. Students will learn how to communicate with simple questions and sentences. Everyday German life will also be discussed in this class. Students will be required to purchase the book "German In 10 Minutes A Day". **No discounts apply.**

Course #2452	Thursday	NHS
6:30-8:00 PM	Starts 10/3/19	6 Classes
Ursula Michaelis		Fee \$125

## BEGINNER SIGN LANGUAGE

Learn a new language in 6 weeks! This class is for the person who has always wanted to learn sign language. A great class to take with a friend or family member so you can practice. **No discounts apply.**

Course #2353	Wednesday	NHS
7:00-8:00 PM	Starts 9/18/19	6 Classes
Maggie Cortese		Fee \$125

## BALLROOM DANCING

Learn the Fox Trot, Waltz, Cha-Cha and more! Joe Williams and Noni Low have been dancing together for over 21 years and teaching ballroom dance for beginners to advanced for over 15 years. Their basic concept of ballroom dancing consists of having fun with easy to learn instructions. Couples and singles welcome.

Thursday		NHS
7:00-8:00 PM		4 Classes
Joe Williams and Nonni Low		
Fee \$99/couple or \$51/single		

Session 1	Course #8441	Starts 9/26/19
Session 2	Course #8442	Starts 10/31/19



## BAM—BASIC MOVEMENT AND STRETCHING

Balance, Align and Move! This class consists of strengthening muscles using isometric toning to achieve flexibility. There will be intensive core based and toning exercises to achieve balance and stability, and body isolations to assist with proper mobility, alignment or realignment. Focus will be on strengthening joints to maximize mobility.



Course #8321	Wednesday	NHS
7:45-8:35 PM	Starts 9/18/19	6 Classes
Cheryl Carpio		Fee \$79

## COUNTRY WESTERN LINE DANCING

Great cardio exercise. Once you get moving you will not be able to stop!!! If you took this series last time and missed a few classes, we will repeat a few dances but will have additional new dances to learn. We will also talk about Country Dance technique and dance floor etiquette. Comfortable clothing and flat dance shoes recommended.



Course #8352	Wednesday	NHS
6:45-7:35 PM	Starts 9/18/19	6 Classes
Cheryl Carpio		Fee \$79

## BELLY DANCE FITNESS

Calling all shapes and sizes! Strengthen your core and sculpt your trunk, arms, and legs while learning the basics of Middle-Eastern belly dance! Basic choreography along with Pop music and traditional Middle Eastern music will have you dancing away the calories. Beautiful hip scarves and silk veils provided. Workout clothes recommended.



Course #8263	Tuesday	NHS
6:30-7:30 PM	Starts 9/17/19	8 Classes
Suzanne Candee		Fee \$89

## YOGA WITH KAREN PIERCE

Unwind from a stress-filled day with a relaxing evening of yoga. Transform from tense and tight to mellow and limber. This yoga practice is designed to lengthen and stretch body, breath and brain! Karen is a master yoga teacher, yoga therapist, and yoga teacher trainer; she will teach you how to create an authentic personal practice. Wear sweatpants and bring an exercise/yoga mat. A yoga strap and yoga blocks are options.



Wednesday NHS  
6:30-7:30 PM 5 or 10 Classes  
Karen Pierce

Course #8348	10 Classes	Starts 9/11	\$100
Course #8349	5 Classes	Starts 9/11	\$55
Course #8350	5 Classes	Starts 10/23	\$55
Course #8351	10 Classes	Starts 1/8	\$100
Course #8353	5 Classes	Starts 1/8	\$55
Course #8354	5 Classes	Starts 2/12	\$55

## YOGA FOR EVERYONE

These sessions help the participant to relieve stress, increase mobility, and help regain youthful movement. Bring yoga mat and towel. Blocks are optional



Course # 8130 Monday NHS  
6:30-7:30 PM Starts 9/23/19 10 Classes  
Mark Delgobbo Fee \$99

## INTERVAL TRAINING

Are you short on time and need to get the most bang for your buck with working out? Come join us for this fun, quick, efficient and effective workout! We will warm-up and then alternate cardiovascular exercises with toning exercises for arms, legs and abs and then finish with stretching. This type of workout has been shown to burn the most fat, as the body readjusts to the varying exercises. All levels are welcome as you can go at your own pace. High intensity and low intensity options will be demonstrated. Please wear comfortable clothing and sneakers and bring hand held weights (3-5 pounds), a yoga or exercise mat, and water. **No discounts apply.**



Tuesday RIS  
4:30-5:30 PM 6 Classes  
Jill Patterson Fee \$69

Session 1	Course #8239	Starts 9/3/19
Session 2	Course #8240	Starts 10/15/19
Session 3	Course #8241	Starts 12/3/19
Session 4	Course #8242	Starts 1/28/20

## TAI CHI EASY™—FIVE FORM SERIES

Look and feel like a Tai Chi expert! Master five forms combining breath with meditative gentle movement. Tai Chi practice is great for improving balance, flexibility, cardiovascular fitness, an sleep quality. Research has proven Tai Chi practice to help relieve pain, heal disease, reduce stress, and support PTSD and drug and alcohol recovery.

Course #8463 Thursday NHS  
5:30-6:30 PM Starts 10/17/19 5 Classes  
Audra Mace Fee \$99

## TAI CHI EASY™—THE TEN PHASES OF CULTIVATING AND MASTERING QI

Qi stands for the energy in everything. Learn the ancient secrets of Qi cultivation accessible to all. Explore and experience your personal power to discover, gather, circulate, purify, direct, conserve, store, transform, dissolve and transmit Qi—mastering a Tai Chi continuous movement routine encompassing all the phases.



Course #8462 Thursday NHS  
5:30-6:30 PM Starts 11/21/19 4 Classes  
Audra Mace Fee \$79



## TAI CHI EASY™—TAKE 10 SERIES

Transform your health by asking your internal healing resources in just ten seconds. Choose to start your day, take a break, or end your day performing the Ten Minute Tai Chi Easy™ Movement Series, Total Body Tune-Up or Massage Intensive. There is a materials fee of \$17.00 payable to the instructor at the first class.



Course #8471 Thursday NHS  
5:30-6:30 PM Starts 9/26/19 3 Classes  
Audra Mace Fee \$59

**It is our policy to include something for everyone. Since some people like to find errors, we regularly include a few in our publications to meet this need.**





## WHATS HAPPENING IN NEWTOWN—FOR BOOMERS, SENIORS AND FAMILY

Do you want to catch up on what's going on in Newtown concerning Seniors, Boomers and families overall? This free, hour-long, monthly event, sponsored by Newtown Continuing Education, the Commission on Aging (COA) and Friends of Newtown Seniors (FONS) will discuss and report on current Newtown events and hot topics of interest to both seniors and members of the community-at-large. Don't just wait for the next Town Referendum to find out "What's Happening in Newtown". These seminars will feature relevant guest speakers including the First Selectman, commission and organization leaders and representatives of the various town functions. Bring your questions and suggestions for topics of discussion! **NOTE:** Please call Newtown Continuing Education to reserve a spot. (203) 426-1787

### Session I

Course # 6390	Wednesday	NHS
5:00-6:15 PM	Starts 9/18/19	1 Class
Curt Symes		Free

### Session II

Course #6391	Wednesday	NHS
5:00-6:15 PM	Starts 10/16/19	1 Class
Curt Symes		Free

### Session III

Course #6392	Wednesday	NHS
5:00-6:15 PM	Starts 11/20/19	1 Class
Curt Symes		Free

### Session IV

Course #6393	Wednesday	NHS
5:00-6:15 PM	Starts 12/18/19	1 Class
Curt Symes		Free

### Session V

Course #6394	Wednesday	NHS
5:00-6:15 PM	Starts 1/15/20	1 Class
Curt Symes		Free

### Session VI

Course #6395	Wednesday	NHS
5:00-6:15 PM	Starts 2/19/20	1 Class
Curt Symes		Free

## ONLINE COURSES

If you have no time for a formal class but have an interest in learning something new or updating your current information, try an online course! All of our courses include expert instructors, many of whom are nationally known authors. The courses are affordable, fun, fast, convenient and geared just for you. All courses require internet access, e-mail and an Internet Explorer browser.



For a complete listing of courses and fees and to register, please visit: [www.ed2go.com/newtown](http://www.ed2go.com/newtown). No discounts apply.

## WERACE—Western Connecticut Regional Adult Education

- Credit Diploma Program (CDP)
- General Equivalency Diploma (GED)
- English As A Second Language (ESL)
- Citizenship Program

### REGISTRATION INFORMATION:

#### CDP, GED & ABE

Returning Students: August 19  
New Students: August 20 and 21

#### Orientation:

All students must attend one orientation session on either August 22 or August 26.

Day Students: 10:00-1:30 PM, 10 Crosby Street, Danbury, CT

Night Students: 5:30-9:00 PM, Danbury High School, Danbury, CT

Day Classes: 9:00-2:00 PM at 10 Crosby Street, Danbury, CT

Night Classes: 5:00-8:30 PM at Danbury High School, Danbury, CT

For more information or information on ESL or Citizenship Programs or registration and class dates and times, please contact:

Danbury Continuing Education, WERACE, 10 Crosby Street, Danbury, CT 06810, 203-797-4731

[www.danbury.k12.ct.us](http://www.danbury.k12.ct.us), click on Schools and then Adult Education/WERACE.

## PROPOSED NEWTOWN POLICE DEPARTMENT



## **NEW** RIP VAN WINKLE FLYER ON THE DELAWARE AND ULSTER RAILROAD

Experience elegant travel and dining aboard the Rip Van Winkle Flyer on the Delaware and Ulster Railroad. Encounter the elegance of yesteryear aboard this post-war Steam liner train as we take a scenic ride through the legendary Catskill Mountains. Enjoy an elegant lunch with linens and china served in their beautifully restored dining cars. The menu for the day is warm bread, seasonal salad, choice of Chicken Marsala served with vegetable and potato, stuffed pork loin or eggplant parmesan, dessert, coffee and tea. Please include your entrée choice with your registration. In the afternoon, we will visit the Emerson Country Store. Step inside a 19th century dairy barn that has been preserved and transformed into an array of shops that contain unique gifts, antiques, original artwork by artisans and more. **No discounts apply.**



Course #9612	Departs NHS	7:30 AM
Saturday	10/26/19	Fee \$134

## **NEW** BLOSSOMS AND BUTTERFLIES

Start the day off with some free time to shop in Yankee Candle located in Deerfield, Massachusetts. Afterward, we head down the road to Magic Wings Butterfly Conservatory and Gardens. Magic Wings opened its doors in 2000, and is an 18,200 square foot facility that includes 8,000 square foot glass conservatory filled with butterflies, moths and tropical vegetation. The sound of the waterfall, peaceful music and hundreds of butterflies fluttering freely through the air creates a tranquil and serene atmosphere. Lunch is included and will be served at the Deerfield Inn. End the day with a stop at the Bridge of Flowers located in Shelburne Falls, Massachusetts. This is a one-of-a-kind landmark made from a former trolley bridge. Over 500 varieties of annuals and perennials are planted and tended by volunteers. Be sure to bring your camera for some great picture opportunities! **No discounts apply.**



Course #9735	Departs NHS	
Sunday	9/22/19	Fee \$134

## **NEW** NORMAN ROCKWELL MUSEUM

Enjoy the day in Stockbridge, MA where charming Main Street looks just as Rockwell painted it. It's a wonderful place to visit during the Holiday Season! We will start the day with an elegant lunch at the famous Red Lion Inn on Main Street beautifully adorned for the season. Enjoy crisp white linens and charming decorations in the beautiful Main Dining Room. The delicious menu will include Soup of the Day, Inn's Daily Bread basket, a choice of herb grilled chicken breast with lemon-thyme au jus or pan seared salmon, warm fruit crisp, coffee and tea. Following lunch, be sure to visit the Red Lion Inn gift shop. There will also be time to stroll Main Street in Stockbridge. This trip includes a visit to the Norman Rockwell Museum, the world's largest collection of Rockwell's work which includes the nostalgic "Stockbridge Main Street at Christmas". Enjoy a self-guided visit of the museum to explore the collection. The Museum shop also offers lots of browsing! **Please include your entire choice with your registration. No discounts apply.**



Course #9765	Departs NHS	9:00 AM
Sunday	12/15/19	Fee \$124

## **NEW** CULINARY INSTITUTE OF AMERICA

The Culinary Institute of America (CIA) has dedicated itself for over 60 years to providing the finest culinary training in the world. Located in St. Andrew-on-Hudson in Hyde Park, New York, the CIA has a student body of over 1900 representing every state and many foreign countries. Upon arrival, we will enjoy a student led campus tour pointing out all the highlights to include the various restaurants, classrooms, bakery and wall of fame. A full course luncheon will be served at their American Bounty Restaurant, a casually elegant farm to table experience. The menu will be Romaine lettuce with grilled red bliss potatoes, sautéed chicken breast and warm caramelized apple. Following lunch we will spend time in the historic Village of Rhinebeck with its wonderful selection of shops and galleries. Be sure to stop at famous Beekman Arms, an historic inn and restaurant dating back to the Revolutionary War. **No discounts apply.**



Course #9319	Departs FFH	8:45 AM
Wednesday	11/6/19	Fee \$129

**Pick up and drop off will be at Fairfield Hills Campus.**



**Listed departure times are approximate. You will receive a full itinerary a week before the trip with exact times.**

**We offer our trips through Friendship Tours and Tours of Distinction. They make every effort to provide the trip as written. We are not responsible for any changes made in the arrangements.**



**Please note that all trips are NON-REFUNDABLE, but you may transfer your trip to another person.**

**All trips must be booked 2 weeks in advance of departure date!!**

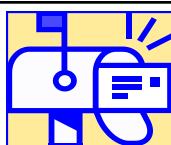
**Please note: No participants under the age of 14 for Bus Trips unless otherwise noted.**



You can register by phone by calling (203) 426-1787 with a Visa, Master, Amex or Discover Card with an expiration date and security code. Please have all the information requested on the mail-in registration form before calling.



You may register in person by coming to the Newtown Continuing Education Office located at Newtown High School, 12 Berkshire Road, Sandy Hook, CT 06482, Monday through Friday from 9:00 am to 1:00 pm.



Simply complete the registration form (or a copy of one) sign it and send it with payment to Newtown Continuing Education, 12 Berkshire Road, Sandy Hook, CT 06482.



Have your FAX transmit a completed registration form to our FAX machine by calling (203) 426-1787. Be sure to include your Visa, Master, Amex or Discover Card number, expiration date, security code and signature.

### GENERAL INFORMATION

- Please register early. Waiting until the last minute to register may result in the cancellation of a class. In addition, many classes have limited enrollment.
- Register by **August 30, 2019** and receive a **10% discount**. This discount **is not** available for bus trips, SAT, Drivers Ed, online courses and others as noted.
- All Senior Citizens (62 and older) receive a 25% discount for courses not specifically excluded. **NOTE:** The Senior discount **is not** available for bus trips, online courses, and others as noted.
- Board of Education rules prohibit anyone under the age of sixteen from taking an Adult Education course without special permission. Call Continuing Education for information.
- **NO NEWS IS GOOD NEWS!** The only time you will hear from us is if there is a change in time or day or the class is full or cancelled.
- Online Classes—please be sure to include your email address when registering for one of these classes.
- You can view our brochure or print a registration form from our **Website:** [www.newtowncontinuinged.org](http://www.newtowncontinuinged.org).

### FEES

- Payment is due at time of enrollment.
- Returned checks are subject to a \$10.00 service fee.
- 

### CLASS LOCATION

All classes are offered at **NHS** (Newtown High School) unless otherwise noted in the course description. **NMS** stands for Newtown Middle School, **RIS** stands for Reed Intermediate School, **SHS** stands for Sandy Hook School and **Teen Ctr** stands for Teen Center. Room assignments will be posted and staff will be available for assistance on the first night of classes at the High School.

**THERE WILL BE NO CLASSES** on 9/19, 9/30, 10/9, 11/5, 11/13, 11/27, 11/28, 11/29, 12/23 through 1/1/20. Additionally, there are no classes at Elementary, Reed and Middle Schools on 10/23, 10/24 and 10/25.

### SCHOOL CLOSING POLICY

**If day time classes are cancelled because of inclement weather there will be NO evening classes.** The following radio stations broadcast “no school” announcements: WLAD Danbury 800, FM WDAQ 98.3, FM WEZN 99.9 and WTNH News Channel 8.

**PLEASE NOTE:** All public school buildings and grounds are non-smoking areas, per policy of the Newtown Board of Education.

**Newtown Continuing Education, (located in Newtown High School) 12 Berkshire Road, Sandy Hook, CT 06482**

*Newtown Continuing Education does not discriminate on the basis of ethnicity, race, color, age, marital status, gender, disability, sexual orientation or religion, mental or physical disability or any other legally recognized protected status in any of its employment practices, school activities, or educational programs.*



# REGISTRATION FORM

Page 21

NAME: \_\_\_\_\_ E-MAIL: \_\_\_\_\_

HOME #: \_\_\_\_\_ BUSINESS #: \_\_\_\_\_ CELL #: \_\_\_\_\_

STREET: \_\_\_\_\_ CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

COURSE #	DESCRIPTION	FEE
	TOTAL	
	SUBTRACT 25% SENOR DISCOUNT if applicable (62 OR OLDER)	
	SUBTOTAL	
	SUBTRACT 10% EARLY REGISTRATION DISCOUNT if applicable	
	TOTAL WITH APPLICABLE DISCOUNTS	

PAYMENT TYPE: (CIRCLE ONE) CHECK MC VISA DISCOVER AMEX

Credit Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_ Security Code: \_\_\_\_\_

Name On Card: \_\_\_\_\_

Signature: \_\_\_\_\_

**WE DO NOT CONFIRM REGISTRATIONS. PLEASE MARK YOUR CALENDARS.  
YOU WILL BE NOTIFIED IF A CLASS IS CANCELED OR FILLED.**

**Eligibility: No participants under 16 years of age except for SAT, Drivers Education  
And Trips or otherwise as noted.**

**Mail or Phone/Fax Your Registration Form to:**  
**Newtown Continuing Education, 12 Berkshire Road, Sandy Hook, CT 06482**  
**(203) 426-1787**  
**[www.newtowncontinuinged.org](http://www.newtowncontinuinged.org)**



## TEENAGE DRIVER EDUCATION

30 hours of classroom and 8 hours behind the wheel often qualifies you for an insurance discount. License testing options are available. Let us prepare you for licensing with one of our programs offered through Newtown Continuing Education at Newtown High School. Optional textbook is \$25. Students must be 16 years old at the start of class.

**FULL DRIVER EDUCATION COURSE:** 30 hours of classroom instruction and 8 hours of private driving lessons \$569. Daytime and evening classes available. For more information on times and dates, please contact The Next Street, 1-800-732-8090, [www.thenextstreet.com/newtownhs](http://www.thenextstreet.com/newtownhs)

**LICENSING TESTING:** You can take the test at The Next Street or we meet you at DMV or we take you to DMV for an additional fee.

**DRIVING LESSONS:** Our private driving lessons are 2-hour appointments and can be purchased at the time of enrollment or added to an existing account at any time.

Call The Next Street at 1-800-732-8090 for more information.



## SAT PREP

Newtown Continuing Education is pleased to be able to offer two different challenging SAT and ACT review classes for your college bound son/daughter with two different price points, geared for the May SAT.

**The Lentz and Lentz PSAT/SAT Prep** is designed to benefit students of all ability levels. This 24-hour program is divided equally between English and Math and covers all facets of the new SAT and PSAT. Class features: test taking techniques, preparation for the essay, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading, grammar tips, and online downloads for supplemental review. The downloads are extremely helpful to all students, especially those with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. Previous SAT and PSAT type problems are used in conjunction with our own copyrighted curriculum. Teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. We also allow students the flexibility to attend live make up classes at any of our nearby locations. Positive scores on the SAT and PSAT could translate into thousands of dollars in scholarships and savings. **Tuition: \$415. For more information or to register call Lentz & Lentz at: (845) 638-2826 or visit [www.lentzSATPrep.com](http://www.lentzSATPrep.com)**

**The Princeton Review** The Ultimate course is our most popular comprehensive prep course. Led by a Princeton Review expert, you'll review all the content tested on the SAT® and master our exclusive test-taking strategies through extensive in-class practice & drills. This course includes 18 hours of live classroom prep plus three full-length practice tests. **Tuition: \$674.25 with promo code NEWTOWN20%.**

**Newtown High School Teachers SAT Prep Course** is a 24-hour program given by teachers who have been carefully screened for their SAT expertise and ability to present the information and test-taking skills in a professional manner. Knowledge of the test format and a review of test material are very helpful for your student's success. Emphasis will be on basic test-taking techniques that will aid students with the test process. Tuition for this program is \$185. For more information or to enroll, call Newtown Continuing Education 203-426-1787 or visit [www.newtowncontinuinged.org](http://www.newtowncontinuinged.org).

## CONTINUING ED CLASSES FOR AGES 16 AND UP

Did you know that Continuing Education classes are open to students ages 16 and older? Do you have an interest in Yoga, Fused Glass, Belly Dancing, etc. Or do you want to brush up on your computer skills? If you don't have time during your regular day, perhaps you would like to join us at night for one or more of the many classes we offer. Check us out online at [www.newtowncontinuinged.org](http://www.newtowncontinuinged.org) or call us at 203-426-1787. Our office hours are Monday through Friday from 9:00 a.m. to 1:00 p.m. We can register you over the phone with a credit card or you can fill out a registration form and mail it with payment to us at: Newtown Continuing Education, 12 Berkshire Road, Sandy Hook, CT 06482. Registering for our Spring Session by February 26th, 2018 will get you an additional 10% discount! **Discount does not apply to Drivers Ed and SAT/ACT classes or those specifying no discount.**



In an effort to continue to bring new and exciting courses to the Newtown Community, Newtown Continuing Education is always looking for new instructors to bring their talent to us. No formal teaching experience or certifications are required. We offer a competitive salary as well as the opportunity to meet other adults interested in the learning experience.

If you have a particular skill and an interesting topic that you would like to share with other adults, please either fill out the form below and return to us or call our office at (203) 426-1787 for further information.

\*\*\*\*\*

**INSTRUCTOR APPLICATION**  
Newtown Continuing Education  
12 Berkshire Road  
Sandy Hook, CT 06482  
Phone & Fax: (203) 426-1787  
[www.newtowncontinuinged.org](http://www.newtowncontinuinged.org)

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP CODE: \_\_\_\_\_

E-MAIL: \_\_\_\_\_ PHONE: \_\_\_\_\_

COURSE TITLE: \_\_\_\_\_

COURSE DESCRIPTION: \_\_\_\_\_

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Our program runs Monday through Thursday and our Spring semester will begin in March 2020. Please return this form to us by Wednesday, January 8, 2020.





Newtown Continuing Education  
Located in Newtown High School  
12 Berkshire Road  
Sandy Hook, CT 06482

Nonprofit Organization  
U.S. Postage  
PAID  
Newtown, CT  
06470  
Permit # 12

## Postal Customer

### New Classes This Fall:

**Security Officer License Training, Leadership Training, Chakradance Rock Your Root, Street Smarts and Self-Defense, Researching Our Roots, Acrylic Pour Painting Techniques, Paper Mosaic Techniques, Basic Watercolor Techniques, Paint Watercolor From Photos and Still Lives, Byzantine Weave Bracelet, Fused Glass—Holiday Ornament, Snowflakes and Indoor and Outdoor Lanterns, Serger Sewing Basics, Advanced Chicken Keeping, Make Your Own All-Natural Lotion, Fall Gardening Classes, Floral Design, The Story of Laurel and Hardy, History of Television Westerns, Computer Questions, Word Graphics, Slide Shows In PowerPoint, Tax Free In Retirement, Changes In Social Security, Medicare vs. Medicaid, Live Long And Prosper, Basics of Estate Planning, Women In Retirement, Basic Movement and Stretching, Tai Chi Easy—Take 10 Series , Bus Trips and much more!!!**

### Register Today by contacting:

Newtown Continuing Education  
Located in Newtown High School  
12 Berkshire Road, Sandy Hook, CT 06482

### OFFICE HOURS:

Monday—Friday 9:00 a.m. to 1:00 p.m.  
(203) 426-1787

[www.newtowncontinuinged.org](http://www.newtowncontinuinged.org)

Find us on Facebook:

[www.facebook.com/newtowncontinuingeducation](https://www.facebook.com/newtowncontinuingeducation)

### Some Returning Favorites:

**Chakradance, Numerology, Meditation and Mindfulness, Eliminate Clutter, Self Hypnosis, Reiki, Studio Art, Cartooning, Basics of Drawing, Painting Landscapes, Paint Your Pet, Life Drawing, Photography Bootcamp, Fused Glass, Knitting, Sewing, Raising Chickens, Gardening, History, Adult Child CPR/AED, First Aid, Tools For Transformation, Surfing the Internet, What is the Cloud, Staying Safe Online, Excel, Word, Quickbooks, Bus Trips, Financial Classes, French, German, Ballroom Dance, Country Western Line Dancing Yoga, Interval Training, Tai Chi and more!!!**



Scan this tag with your mobile  
phone to view our website



We are always looking for new instructors to bring their talent to our community. No formal teaching experience or certifications are required. We offer a competitive salary as well as the opportunity to meet other adults interested in the learning experience. If you have a particular skill and an interesting topic that you would like to share with other adults, please contact

Newtown Continuing Education at  
(203) 426-1787