



**GREENWICH**

**traditional and  
online courses**

**Spring 2024**

**ADULT & CONTINUING EDUCATION**

[www.greenwichace.com](http://www.greenwichace.com)



**Try something new for you.**

We offer online courses in addition to our traditional courses.  
As always, traditional learning is face to face, friendly and nearby.

visit [www.greenwichace.com](http://www.greenwichace.com) for our interactive online catalog

# GREENWICH ADULT & CONTINUING EDUCATION

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Greenwich Continuing Education and the Board of Education provide these courses as a public service and do not endorse or recommend any product or service mentioned in connection with these courses. Any medical/health information discussed in a class is provided for general informational and educational purposes only and it's not a substitute for professional medical advice.

Welcome to our Spring 2024 semester! Greenwich Adult and Continuing Education is committed to providing excellence in education by offering stimulating and innovative educational opportunities that meet the needs of our community.

We offer five levels of English as a Second Language classes to assist English language learners to acquire English language proficiency. Adult learners looking to complete their high school education can benefit from our GED Diploma Program. Our U.S. Citizenship classes will prepare immigrants for the U.S. Citizen test. These programs are scheduled at no cost to you.

There is something for everyone. To satisfy your lifelong learning goals, our Continuing Education/Enrichment Program offers a vast number of classes including online courses. You can register for our programs online or by mail at: Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT.

We look forward to providing you with an excellent selection of course offerings. Please feel free to suggest a class that you think would be informative, interesting, and enjoyable. If you are interested in teaching a class, please contact me at: braulio\_santiago@greenwich.k12.ct.us. We are always eager to receive new ideas.

*Sincerely,*

Braulio Santiago, *Adult and Continuing Education Coordinator*

## ADMINISTRATION

### Greenwich Public Schools

Dr. Toni Jones                      Superintendent of Schools  
Dr. E. Ann Caraballo            Deputy Superintendent of Schools

### Greenwich Adult & Continuing Education

Braulio Santiago                  Coordinator GACE Program  
Peggy Moore                        AM Facilitator  
Mitchell Foote                     PM Facilitator  
Kathy Post                          Administrative Assistant

## THINGS YOU NEED TO KNOW

**CANCELLATIONS:** If public schools are closed, GACE classes are automatically cancelled. If public schools have a delayed opening, afternoon and evening classes are held, unless announced otherwise on WGCH 1490 or on WSTC 1400 or on GCE voicemail at 203-625-7474, or on our website [www.greenwichace.com](http://www.greenwichace.com). Classes cancelled will be made up.

**ABSENCE AND PERSONAL SCHEDULE CHANGES:** Students assume all risk of changes in their personal schedules. Absence from the class does not reduce the cost of operating GACE programs. For this reason, an absence does not result in a refund.

**REGISTRATION FEE:** To offset increased operating costs we have a \$5 registration fee. This fee is payable once per semester, and covers all the courses for which you may register during the semester.

**GACE** is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding GACE's nondiscrimination policies should be directed to Peggy Moore 203-625-7402.

**GENERAL ACCESSIBILITY AND ACCOMMODATION:** All activities offered by GACE are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Peggy Moore 203-625-7402.

**GED® TEST ACCOMMODATIONS:** Accommodations for the GED® test are available for qualified individuals with a disability. For more information, contact Peggy Moore at 203-625-7402. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110.

**NO CHARGE FOR MATERIALS FOR MANDATED COURSES:** GACE is in compliance with Connecticut General Statutes Sec.10-73a and does not charge fees for registration, textbooks or materials used in mandated program areas.



## English as a Second Language

Las clases de inglés como segundo idioma (ESL) son para adultos que viven o trabajan en Greenwich. Las clases tienen lugar los lunes y los miércoles o los martes y los jueves empezando el 8 de enero de 2024. Las clases de día son de 9:30 a.m. hasta las 11:30 a.m. Las clases de noche son de 6:30 p.m. hasta las 8:30 p.m.

ESL classes are free for adults living or working in Greenwich. Learn to speak, read, and write English in a program that focuses on the skills needed in everyday life. Classes begin January 8, 2024. Day classes are from 9:30 a.m. to 11:30 a.m. Evening classes are held 6:30 p.m. to 8:30 p.m.

## Adult Basic Education

If your reading, writing and math skills are not strong enough for you to take GED classes, or if you want to improve your English skills for job training or employment, ABE is for you. Many adults need to work on the basic skills as a first step on their road to a diploma. Classes are held every Monday and Wednesday from 6:30 p.m. to 8:30 p.m. beginning on Monday, January 8, 2024.

## HOW TO REGISTER FOR ESL, GED, ABE, CITIZENSHIP

**Registration required for all new and returning students.** All students should allow two hours for registration and testing, and bring proof of residence or local employment. For more information call: 203-625-7474 or email: [kathy\\_post@greenwich.k12.ct.us](mailto:kathy_post@greenwich.k12.ct.us)  
**Note:** All new students must be tested before being assigned to a class. Todos los alumnos tienen que tomar un examen antes de ser asignado a una clase.

### In-Person Registration:

**January 3, 4, 2024**

**Havemeyer Building: 9:30 a.m.,  
5:30 p.m. and 6:30 p.m.**

**Call the Adult and Continuing Education office  
Greenwich Board of Education/Havemeyer Bldg.**

**290 Greenwich Avenue, Greenwich, CT**

**(203) 625-7474 or**

**(203) 625-7403 or email**

**[braulio\\_santiago@greenwich.k12.ct.us](mailto:braulio_santiago@greenwich.k12.ct.us)**

## GED Preparation

This program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive instruction in each of four subject areas – science, social studies, math and language arts – plus basic computer skills to take the exam.

Instructors will also review the official website, [ged.com](http://ged.com), where students can access related exam information and exam registration procedures.

To be able to register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature.

Individuals who are 18 years of age may submit, in lieu of a withdrawal form, a letter from their last high school indicating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated.

Students can begin the GED® exam registration process online at [www.ged.com](http://www.ged.com) and complete the process in person at Havemeyer building, 290 Greenwich Ave.

Individuals with a documented disability who require accommodations to take the GED® exam should contact Peggy Moore at 203-625-7402 or [gce@greenwich.k12.ct.us](mailto:gce@greenwich.k12.ct.us), or the State Department of Education GED Office at 860-807-2111 or email [ged@ct.gov](mailto:ged@ct.gov).

**Classes begin on Tuesday, January 9, 2024.  
We offer GED in English and Spanish.**

### Registro en persona empieza:

**el 3 y 4 de enero de 2024**

**Havemeyer Building: 9:30 a.m.,  
5:30 p.m. and 6:30 p.m.**

**Llame a la oficina de Educación para Adultos  
Greenwich Board of Education/Havemeyer Bldg.**

**(203) 625-7403 o mande un correo electrónico**

**[braulio\\_santiago@greenwich.k12.ct.us](mailto:braulio_santiago@greenwich.k12.ct.us)**

\* Classes begin on Monday, January 8, 2024

\*Registration by appointment only after January 15, 2024

Email Braulio Santiago at [braulio\\_santiago@greenwich.k12.ct.us](mailto:braulio_santiago@greenwich.k12.ct.us)

"Writing is like driving a car at night. You never see further than your headlights, but you can make the whole trip that way." E. L. Doctorow

## English as a Second Language

**LEARN TO SPEAK, READ & WRITE ENGLISH**

**CLASSES ARE FREE!!!**

**MORNING AND EVENING CLASSES**

**APRENDA A HABLAR, LEER Y ESCRIBIR INGLES**

**LAS CLASES SON GRATIS!**

**January 8, 2024 - June 5, 2024**

**8 de enero de 2024 a 5 de junio de 2024**

### DAY CLASSES / CLASES DE DIA

- ESL 1/2 Instructor: Ann Penny  
Tues/Thurs • 9:30-11:30 AM  
Town Hall / In-Person
- ESL 2/3 Instructor: Jesus Puerta  
Mons/Weds • 9:30-11:30 AM  
Havemeyer Building / In-person
- ESL 4/ABE Instructor: Sheri Koones  
Mons/Weds • 9:30-11:30 AM  
Havemeyer Building / In-person
- ESL 2/3 Instructor: Sheri Koones  
Tues/Thurs • 9:30-11:30 AM  
Havemeyer Building / In-person

### EVENING CLASSES / CLASES DE NOCHE

- ESL 1 Instructor: Kitti Farkas  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 324 / Folsom House
- ESL 2 Instructor: Diane Nietupski  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 323 / Folsom House
- ESL 3 Instructor: Marc Couture  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 321 / Folsom House
- ESL 4/ABE Instructor: TBD  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 320 / Folsom House
- New Arrivals** Instructor: Fr. Douglas Tufaro  
ESL Basic Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 303 / Folsom House

## Earn Your High School Diploma/GED

**Prepare for the GED Test**

**Spanish / English GED: Greenwich High School**

Instructor: Tuesdays, Adriana Damore

Thursdays, Jesus Puerta

Room 404 / Sheldon House

**Citizenship**

**Citizenship Class Online**

Instructor: Michelle Sabin

Tuesdays • 6:30-8:30 PM

## SAT Preparation

**For Students taking the PSAT on**

**Wednesday, March 20, 2024**

**at Greenwich High School**

**\$199.00 Math/Reading/Writing**

**Verbal/Writing** | *Laura Burdick*

4 Tuesdays 3:20 PM – 4:45 PM

**#27920C February 20, 27, March 5, 12**

**Room 526 Cantor House**

**Math** | *Amanda Pugliese*

4 Thursdays 3:20 PM – 4:45 PM

**#27925D February 22, 29, March 7, 14**

**Room 105 Bella House**

**Verbal/Writing** | *Cassandra Echevarria*

4 Saturdays 8:30 AM – 10:00 AM

**#27910B February 24, March 2, 9, 16**

4 Saturdays 10:15 AM – 11:45 AM

**#27910C February 24, March 2, 9, 16**

**Math** | *Maria Buono*

4 Saturdays 8:30 AM – 10:00 AM

**#27910D February 24, March 2, 9, 16**

4 Saturdays 10:15 AM – 11:45 AM

**#27910E February 24, March 2, 9, 16**

**Saturday classes will be held online. Any changes will be announced during registration.**

**Classes fill up quickly!**

## INSTRUCTORS WANTED

Greenwich Adult and Continuing Education Program is in need of a Sewing Instructor, Upholstery Instructor, Crafts, Greek/Roman/Greek Mythology Literature Teacher, Finance Instructor, Technology Instructor, Photography Instructor, and Golf Instructor to name a few. We are open to new ideas and creative classes. Instructors do not need a degree.

We are looking for talented people with great hobbies. If you know anyone that may be interested, please contact Braulio Santiago, Coordinator of Adult and Continuing Education at [braulio\\_santiago@greenwich.k12.ct.us](mailto:braulio_santiago@greenwich.k12.ct.us) **Please pass the word on.**

**Learn a World Language**

Whether you want to learn a language for travel, work, or for the pleasure of exploring another culture, we offer classes in Italian, Spanish and French.

**ITALIAN WITH LUCIANA ORZANO**

10 sessions | \$175

**Italian 1A Beginner #23380A | In-Person**

Weds 7:00 PM - 8:50 PM 2/28/24-5/8/24  
Greenwich High School Room 304

**Italian 2A Continuation #23385A | In-Person**

Weds 5:00 PM - 6:50 PM 2/28/24-5/8/24  
Greenwich High School Room 304

**Italian III Advanced Conversation #23420A | Online**

Mons 7:00 PM - 8:50 PM 2/26/24-5/13/24

**SPANISH WITH FIONA MARIA FLOREZ**

In-Person | 10 sessions | \$175

Sheldon House | Room 401

**Spanish 1A Beginner #23700A**

Thurs 6:30 PM - 8:00 PM 3/7/24-5/30/24

**Spanish II #23720A**

Tues 6:30 PM - 8:00 PM 3/5/24-5/28/24

**PRIVATE MUSIC LESSONS at GHS**

**Voice** | *Thomas Woodman*  
#29410A #29410B #29410C

**Trumpet** | *TBA*  
#29490A #29490B #29490C

**French Horn** | *Kathleen Ditmer*  
#29440A #29440B #29440C

**Trombone/Low Brass** | *Richard Parker*  
#29520A #29520B #29520C

**Voice** | *Erin Windle Bellusci*  
#29470A #29470B #29470C

**Viola/Violin** | *David Creswell*  
#29460A #29460B #29460C

**Clarinet** | *Malcolm Dickinson*  
#29480A #29480B #29480C

**Clarinet** | *Laura Newell*  
#29485A #29485B #29485C

**Saxophone** | *Malcolm Dickinson*  
#29420A #29420B #29420C

**Flute** | *Kelly Watson Woelffer*  
#29450A #29450B #29450C

**Tuba / Euphonium/Trombone** | *Chris Leslie*  
#29570A #29570B #29570C

**Drums** | *Martin Wirt*  
#29660A #29660B #29660C

**Piano** | *Martin Wirt*  
#29665A #29665B #29665C

- Please note that numbers ending in
- A = 8 lessons @ 30 minutes each = \$446
  - B = 8 lessons @ 45 minutes each = \$566
  - C = 8 lessons @ 60 minutes each = \$686



**Private Instrumental Lessons for High school and Middle School Students**

The Greenwich Continuing Education Program offers private music lessons for high school and middle school students. There are instrumental lessons for most instruments. If you have any questions, please call the Adult and Continuing Education Office at 203-625-7474 any day between 7:00 a.m. and 12:00 p.m. You can also view our Fall Catalog at [www.greenwichace.com](http://www.greenwichace.com), page 5. or email Braulio Santiago, Coordinator, at [braulio\\_santiago@greenwich.k12.ct.us](mailto:braulio_santiago@greenwich.k12.ct.us)

**Beginner Guitar** | *Martin Wirt*

This course is for students who have always wanted to hone their 6-string skills. Learn to find your way around on the guitar in the company of others who are just starting their own journey on this versatile and easy-to-learn instrument. Basic chords, strumming patterns, and approaches to music reading will be covered. Just bring your own acoustic guitar!

#24800A 8 Weds 6:30 PM - 7:30 PM  
3/6/24-5/1/24 Room 404 \$159.00

**Piano Lessons** | *Martin Wirt*

Piano lessons accommodate adult students of all backgrounds and experience levels. Previous training and reading skills are not a prerequisite for getting started right away with learning your favorite songs on a keyboard instrument. No matter who you are or what your goals, give piano a try!

#24820A In-Person (8) 1-hr Lessons  
1/8/24-5/31/24 GHS \$646.00

*"Dance is the hidden language of the soul." Martha Graham*

**Writing from Life: Memoir Writing** | *Vance Briceland*

Everyone loves a good story; our stories entertain others while they illustrate memorable events in our lives. When we write about these experiences, we challenge ourselves and discover the process that we - who thought we couldn't write - have a lot to write about. This course offers adults a relaxed environment in which to learn strategies to begin or expand a memoir. What better gift for the next generation than our stories for all to read!

**#25330A                      6 Mons                      6:30 PM - 8:30 PM**  
**3/18/24-5/6/24            Room 309    \$139.00**

**Creative Writing Calisthenics** | *Vance Briceland*

Are you looking to work out your imagination, attempt new techniques, and build a strong writer's discipline? This class will have you flexing your creative writing muscles, no matter what type of fiction or literary non-fiction you may be working on. Every week participants will engage in short, fun, innovative exercises designed to inspire new ways to play with language, and then engage in weekly mentored critique sessions designed around their unique needs. Bring your works in progress—whether short stories, novels, memoirs, poetry or short plays—and exchange supportive, friendly feedback with your fellow writers. No matter what your experience level, you'll find something new to enrich your personal writing style. *Vance Briceland has had sixteen novels published for both teens and adults, and has made it a mission to give writers both the tools and the confidence to turn their dreams into reality.*

**#25335A                      6 Weds                      6:30 PM - 8:30 PM**  
**3/6/24-4/10/24            Room 309    \$139.00**

**Tai Chi** | *Will Morrison*

Curious? Learn how proper relaxation is a skill that leads to improved health, balance, agility and mindfulness. Tai Chi is the art of developing this skill through movement and internal focus. Harvard Medical School ranks Tai Chi as a "top five" exercise for any age group.

During the ten sessions of this class we will focus on movement segments and internal relaxation processes found within the classic Tai Chi choreography fluidly practiced in the public squares in China. Playing with the "Basic Moves" from the nationally recognized "Tai Chi Fundamentals" (taichihealth.org) program, "Studies" from different Masters, and early Tai Chi (Gigong) movement meditations will help make them easy to remember and practice at home.

Will is a senior student of Ed Young with whom he has studied since the early '80's. Will also teaches classes for Mr. Young and is a certified Tai Chi Fundamentals instructor. Find out more about Will at [www.experiencetaichi.org](http://www.experiencetaichi.org). Mr. Young was a senior student and translator for Professor Cheng Man Ching. The Professor, as he is known, introduced the 37 posture Yang Style Tai Chi Form into New York in the 1960's and '70's that has become the most prevalent style worldwide.

**#28400A                      10 Tues                      5:30 PM - 6:30 PM**  
**3/5/24-5/7/24            First Congregational Church                      \$165.00**

**The World of Maps: A History of Cartography**

| *Dr. Concepcion Saenz-Cambra*

Mapping the world is one of humanity's most enduring passions, something humans have done with varying degrees of success for over thousands of years: from aboriginal rock carvings, to Native American celestial charts, to modern-day satellite maps. Maps illuminate the many ways in which human cultures interpret spatial relationships – their place in the world. This course tells the fascinating story of geographic discovery, scientific invention, and the art and technique of mapmaking.

"The World of Maps" is a concise introduction to the history of cartography and charts the intimate links between maps and history from antiquity to the present day. Organized chronologically with a brief introduction that places the maps in their historical context, each lecture features key cartographic innovators and maps of exceptional artistic quality or historical significance, such as the 1507 Waldseemüller map, the first to use the name America.

**#25355A                      6 Mons                      6:30 PM - 8:30 PM**  
**3/4/24-4/29/24            GHS Room 301    \$125.00**

**The Silk Road and Central Eurasia**

| *Dr. Concepcion Saenz-Cambra*

Join us in an historical journey through Central Eurasia and the byways of the Silk Road – the ancient trade routes linking East Asia with Central Asia, South Asia, and the Mediterranean world from 4500 B.C.E. to the nineteenth century. This course renders tribute to the thousands of years of history in which these routes served as not only a center of trade, but to the vast cultural, artistic and religious movements that either began or flourished around it. Gripping historical narratives of the journeys of monk Xuanzang, the conqueror Genghis Khan, and merchant Marco Polo – all travelers of the Silk Road – will be complemented with representative manuscripts, maps, artifacts, drawings, paintings, and photographs bringing the Silk Road to life, reflecting the diversity of places and cultures and people that were connected when the great silk trade flourished. Additional experiences will extend the course's reach with the sounds, smells, and tastes of the Silk Road.

**#25250A                      6 Weds                      6:30 PM - 8:30 PM**  
**3/6/24-4/10/24            GHS Room 301    \$125.00**

**Yoga** | *Herma Hale*

Body movements, postures, breathing exercises, and relaxation techniques combine to enable you to experience an overall feeling of peace and well-being. The practice of Yoga aids you in relieving stress, toning your body, and increasing physical and mental energy. Bring sticky mat, water and a blanket to first class.

**#28435A                      10 Weds                      4:00 PM - 5:15 PM**  
**2/28/24-5/1/24            First Congregational Church                      \$165.00**  
**#28440A                      10 Weds                      5:30 PM - 6:45 PM**  
**2/28/24-5/1/24            First Congregational Church                      \$165.00**

*Drawing is like making an expressive gesture with the advantage of permanence. Henri Matisse*

### **Ballet Barre and Mat** | *Marcia O'Kane*

Fulfill your fantasy of being a ballet dancer without any stress. This is a non-threatening beginner barre class designed to strengthen and stretch. We begin at the barre and follow with a half hour of floor exercises. Bring your own mat. Wear regular socks, ballet slippers or socks with grips.

**#28395A**                      **10 Tues**                      **6:00 PM – 6:50 PM**  
**2/27/24-5/7/24**           **Dance Studio**                      **\$175.00**

### **Belly Dance: The Secret Desire Level I** | *Aszmara*

Unleash your inner Diva and Connect with your Feminine Nature. The movements of this beautiful art form give you a safe whole body workout without strain to joints and muscles. Learn the specialized techniques as we build body strength, improve posture and body awareness while having fun dancing. Begin with warm-up exercises, the basic movements and short choreographies. All are welcome, no matter what age or life experience. Wear comfortable clothing (leotard, crop top, footless tights or leggings, a 35" scarf or shawl, ballet slippers or bare feet.)

**#28270A**                      **10 Weds**                      **7:30 PM – 8:30 PM**  
**3/6/24-5/15/24**           **Dance Studio**                      **\$165.00**



### **Breath, Stretch & Dance Meditation** | *Aszmara*

Be present in the moment. Incorporating gentle Classic Dance Stretches, Qi Gong and Yoga, our breath, stretches and movements lead us to greater peace, centering and connectivity. Build body strength, improve posture, increasing flexibility, stamina, and core body awareness with a safe, whole body workout without strain to joints or muscles. Moving through space with awareness, Dance Meditation releases stress as we flow through guided movements that allow the dance to fill and renew our spirit.

*Bio: Aszmara Sherry, a multi-disciplined dancer with 45 years of experience, has been sharing the meditative quality of dance throughout her career. As an Adjunct Professor at The College of New Rochelle her Meditation classes helped many students deal with their daily stress.*

**#28280A**                      **10 Weds**                      **6:30 PM – 7:30 PM**  
**3/6/24-5/15/24**           **Dance Studio**                      **\$165.00**

### **9 Ways to Cultivate Your Resilience for Health and Healing** | *Paul Epstein, ND*

Applying Mindfulness and Resilience to the COVID 19 Health Crisis | 9 Ways to Build Your Capacity to Face and Manage Anxiety and Uncertainty

Learn how to face and transform stress, pain, and illness, manage anxiety, and be comfortable with uncertainty. Cultivate resilience to respond to life's challenges and keep a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief, shame, and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, kindness, and compassion.

*Paul Epstein, ND Naturopathic Physician, Mind-Body Integrative Medicine, Westport, CT*

**#27230A**                      **2 Weds**                      **7:00 PM – 8:30 PM**  
**3/20/24-3/27/24**           **Online**                      **\$59.00**

### **Principles of Painting** | *Nomi Silverman*

Color, light, shade, and form are among the basic painting principles you learn in this introductory course. Using acrylics, oils, or the new water-based oil paints, or other painting medium of your choice, we cover the skills, tools, and techniques needed to begin a lifetime of painting.

**#24430A**                      **7 Weds**                      **4:00 PM – 5:55 PM**  
**1/31, 2/7, 4/3, 4/10, 4/24, 5/1, 5/8**           **Room 718**           **\$175.00**



### **Chinese Painting and Calligraphy** | *Sinrong Chen*

Chinese ink painting has existed for thousands of years and has undergone numerous changes throughout history. The Chinese brush pen is quintessential in the art of China. It is fantastic for creating different lines and brush strokes. This course will introduce different styles of Chinese painting as well as contrast the styles of Chinese art and western art. Students will combine traditional brush techniques with watercolor. The instructor will begin with a demonstration of the various skills needed to use the brush pen. Students will practice in the class as the instructor guides them through a variety of skills. During the class we will make projects using the Chinese brush pen, rice paper, watercolor, and watercolor paper. The student will be encouraged to use their new skills to express their own creativity.

The list of materials/supplies needed for the class will be sent to participants before class starts.

**#24470A**                      **10 Weds**                      **5:00 PM – 7:00 PM**  
**3/6/24-5/22/24**           **Room 714**                      **\$175.00**

"If evolution really works, how come mothers only have two hands?" Milton Berle

**Under the Tuscan Sun: A Journey Through Italian Cuisine** | *Federica Pezzuoli*

Do you love Italian cuisine? Do you ever dream of cooking Italian food in Italy but never have the time to travel there? Do you want to learn how to make regional Italian dishes?

Ciao and welcome to a cooking class that will be offered right here in Greenwich where Italy will be brought to you, in my kitchen! I'm an Italian who was born in Italy and have lived in many countries throughout Europe. As a native of Tuscany, there are so many Italian dishes I grew up eating and now cook for my children, dishes that offer fresh ingredients and incredible flavors. Cooking is my passion and I look forward to helping you find the class that's right for you, so you can pursue your passion for Italian cuisine!

In this class students will learn both easy and complex recipes taking notes, videos and photographs while watching me cooking. I will cook two dishes during each class, for example a main dish and a dessert, so you can learn how to perfect techniques and understand best practices.

Location of the class will be at the instructor's home. Information will be given at registration time.

**#26540A** **7 Thurs** **11:00 AM – 1:00 PM**  
**3/14/24-6/6/24 Every other week Location (See Above) \$250.00**



**Learn the Tarot** | *Ed Moore*

For over 600 years... OK, maybe since the time of ancient Sumeria, or earlier... the Tarot has thrived... in fact, the Tarot is more popular today than ever. Learn the reason(s) the 78 cards of a Tarot deck can be used effectively for stress management, boosting intuition, reclaiming your personal power, divination and so much more. In this course you will learn the Major Arcana cards; the Minor Arcana cards; Tarot spreads, etc. No experience necessary. No intimidation allowed. This course will use the Rider- Waite deck.

**#21710A** **8 Weds** **7:00 PM – 8:30 PM**  
**3/6/24-5/1/24 Room 310 \$149.00**

**Bridge 1: Beginner** | *Khalid Al Doori*

This course will teach the basics of bidding and play of hands. Instructive handouts will be distributed to assist you in this process. Join us and meet new friends as you learn the basics of this fascinating and challenging game. Bridge provides a good opportunity to create an active social life.

**#28745B** **7 Weds** **6:30 PM – 8:30 PM**  
**2/28/24-4/10/24 Media Center/Seminar 2 \$165.00**

**Bridge 2: Advanced Beginners** | *Khalid Al Doori*

Advanced beginner's Bridge is for those who have completed a beginner's 7 week course or the equivalent.

**#28745C** **7 Tues** **6:30 PM – 8:30 PM**  
**2/27/24-4/9/24 Media Center/Seminar 2 \$165.00**

**Mahjong Club** | *Jackie Moy*

*Pre-requisite: Mahjong for Beginners*

The mahjong community awaits you!! Meet and play with other classic Chinese mahjong enthusiasts on a weekly basis. You have learned the Pong, Chow, Kong, and now let's continue to sharpen your game. Have fun and play it like the way they do in movies (like Crazy Rich Asians) without any need of annual rule card. Both fast pacing "Chicken Hands" and more challenging "3 Faans and Above Hands" are played at the club. Our instructor Jackie Moy, will continue to support and guide you through your games. During each meet, your score will be tallied up and added to the "Final Tournament" at the end of the Fall session. Play it relaxingly or competitively, come join the Mahjong Club!

**#28755A** **10 Thurs** **6:30 PM – 8:30 PM**  
**2/29/24-5/9/24 GHS Media Center \$195.00**

**Mahjong for Beginners** | *Jackie Moy*

Come learn the game of Mahjong! A national pastime that traces back to the 1800's in China. This beginner class teaches you the rules, the etiquettes, and everything you need to start playing and be engaging at the Mahjong table. Let's unveil the wisdom of Mahjong together!

**#28750A** **10 Mons** **6:30 PM – 8:30 PM**  
**2/26/24-5/13/24 GHS Media Center \$195.00**

**Learn to Crochet** | *Carmen Lowden*

Have you ever wanted to learn how to crochet? Then this is the class for you! As a beginner you will learn the basics of crochet. That will include the following...

- Chain on stitches
- Single crochet
- Double crochet
- Increase stitches
- Decrease stitches

Guided by your instructor, you will begin and achieve your first project. Such projects could be a scarf, a wash cloth, a granny square or even a baby blanket. So, come join us in this new crochet adventure! \*Students will be contacted by the instructor about supplies for the class.

**#26510A** **6 Weds** **6:30PM-8:30PM**  
**3/6/24-4/10/24 Room 308 \$100.00**

**Beginner Knitting** | *Carmen Lowden*

If you were ever interested in learning how to knit, then this is the class for you. In this class, you will learn all of the basics of knitting. Skills taught will be, casting on stitches, the knit stitch, the purl stitch and biding off stitches. Once students are comfortable with these skills, the class will move on with picking a beginner pattern and learning how to read a pattern. Individual assistance will be given to each student.

Class supplies not included. Each student will be contacted via email by the instructor for the supply list.

**#26515A** **6 Weds** **6:30PM-8:30PM**  
**4/24/24-5/29/24 Room 308 \$100.00**



*"Everybody likes a kidder, but nobody lends him money." Arthur Miller*

**Get into your Hand-Me Down Genes!**

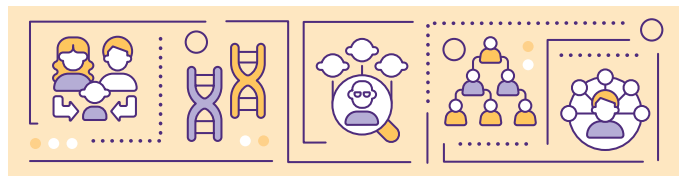
**DNA Testing for Everyone** | *Janeen Bjork*

Direct-to-consumer testing, for genealogy research, has exploded since it was first introduced in 2000. It is estimated that more than 35 million tests have been processed by the major sites. Controversy followed as law enforcement used consumer databases to solve crimes and cold cases. In the fall of 2023, 23andMe experienced a data breach. Hackers published information about people with Jewish ancestry. Bring your questions about testing, and if you've tested, feel free to bring your results to class.

Janeen Bjork is a Genealogy teacher and author who has been teaching in the Greenwich area for 10 years.

Her classes aim to make even the most complex subjects' fun and accessible to everyone.

**#27115A**                      **2 Mons**                                      **6:30 PM – 8:30 PM**  
**May 6, May 13**              **GHS: Room 310**                                      **\$99.00**



**Intro To Genealogy** | *Janeen Bjork*

During the first and final classes, the instructor will introduce the fundamentals of Genealogy research, documentary evidence, and the Genealogical Proof Standard. There will be specific lessons on finding and analyzing U.S. Census records; Birth, Marriage & Death records; U.S. Immigration records; U.S. military records; U.S. City Directories and digitized newspapers that can be found online. In between the two classes, there will be consultations available for each student. The tutorials, either two one-hour sessions, or one two-hour session, will be one-on-one, working on the student's specific Genealogy needs (they could include online trees, DNA questions, and Genealogy research). Classes and one-on-one tutorials will be conducted via Zoom. It is not necessary to subscribe to any Genealogy software to participate in the class. There will be 2 in-person classes on Tuesday, May 7th and May 14th 6:30 PM to 8:30 PM for all participants. There will be 2 one-hour, one-on-one virtual tutorial sessions for each participant. The time and date for the tutorial sessions are to be determined by the instructor and participant.

**#27110A**                      **In-Person / 2 Tues**                                      **6:30 PM – 8:30 PM**  
**May 7, 14**                      **Room 421**                                      **\$99.00**

**Maximizing Your Social Security** | *John Brenkovich*

With historic changes in Social Security signed into law in 2015, prepare for your retirement and learn how to get the most out of your social security benefits. Learn to manage longevity risk and strategies to maximize the amount of money you receive throughout retirement. Among the topics included are spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. You'll receive Myths and Facts about Social Security and Social Security: What Should You Do At Age 62.

**#21730A**                      **1 Weds**                                      **7:00 PM – 9:00 PM**  
**TBD**                                      **Room 421**                                      **\$29.00**

**Start Now: Plan Your Life's Healthy Second Chapter** | *Nancy Schwartz*

Are you in an around retirement? You have planned financially. Have you planned for your Second Chapter of your life? What about your health? The quality of your longevity matters!

Most people spend the last 16 years of their life in poor health. Do you know that you have control over 75% of your longevity through lifestyle tools?

The program, You Planning! consists of 3 modules, and is taught through science-based action steps to maximize healthy longevity. The modules are interactive and fun, Q&A and a PFD workbook included. A complimentary confidential Healthy Retirement strategy call is offered post class.

**BIO:** Nancy Schwartz spent 40 years in corporate leadership roles. She is considered a business expert in healthy retirement, and has published many articles in magazines, including AARP, and a frequent podcaster. Nancy graduated from Skidmore College, and is a member of several global mentorships in health and business. She is a classically trained ballerina and continues to dance today.

**#26544A**                      **3 Weds**                                      **6:30 PM – 8:30 PM**  
**March 13, 20, 27**              **Room 401**                                      **\$99.00**

**Comprehensive Retirement Planning** | *Lou Pelletier*

Join the Father/Daughter Team of Lou and Jessica Pelletier for an Interactive Comprehensive Retirement Planning Workshop. Are you aware of the two new laws passed in 2020 (SECURE? ACT & COVID-19 CARES Act) and how they will impact you? Whether you have made your selection or not, learn about all the options that you have regarding your Social Security selection. Even if you have just made your selection, you have one year to change your mind! If you are 59 1/2 or older, even if you are still working, should you keep your 401K/403B or transfer to an IRA? How do you take Income from your Assets in a volatile market? If you have life insurance, is your plan outdated? Learn what legal documents you should have in Retirement in addition to a Will.

**#27301A**                      **1 Weds**                                      **6:00 PM – 8:00 PM**  
**4/10/24**                      **Room 304**                                      **\$29.00**

**Understanding the Impact Your Emotions Have on Your Finances** | *Tammy Schweiger*

Our money choices are driven by emotion rather than fact most of the time. We will dive deeply into this approach to personal finance, and by the end of this class you will have a new understanding and awareness of your relationship with money. From there, you can decide what changes you want to make in your financial life—relating to the ways you spend, save, invest and more.

You will:

- Understand the relationship between your money and your brain.
- Learn about how your emotions and past experiences can drive your financial choices, often in ways you aren't aware of.
- Develop an understanding of your core money patterns and their origin.

**# 21750A**                      **1 Mon**                                      **6:30 PM – 7:45 PM**  
**4/1/24**                                      **Room 421**                                      **\$75.00**

"Family is not an important thing. It's everything." – Michael J. Fox



**Mindful Money-A holistic approach to improving your finances** | *Tammy Shweiger*

Talking about money can be stressful, and it's hard to improve something that stresses us out. This workshop will provide you with the tools you need to release your financial anxiety so you can finally focus on reaching your goals. You will do this by understanding your money personality, and how to set goals for your unique strengths and challenges. You will leave with mindful financial tips and exercises that you can put into action immediately. Tammy is a Public Certified Public Accountant and a Certified Money Coach, with 10 years of corporate accounting experience. She has a financial coaching business and offers workshops focused on financial wellness. Tammy is also a yoga and meditation teacher. Her mission is to bring together yogic philosophy and finance to help others find balance.

**#21751A**                      **1 Mon**                      **6:30 PM – 7:45 PM**  
**3/25/24**                      **Room 421**                      **\$70.00**

**Preserving Family Assets** | *Neil Lubarsky*

Learn how to legally avoid estate taxes, nursing home costs and family assets from ending up in the hands of your children's spouses, while maintaining control of your assets. You will be taught what needs to be done in order to pass assets to children free of estate taxes; how you can protect your home from future nursing home costs, and how you can avoid in-laws from gaining access to your family's assets. *Neil R. Lubarsky, Esq., a Harvard Law graduate who also possesses a LL.M. in tax law from New York University, has been a practicing estate planning and elder law attorney for over 35 years.*

**#21770A**                      **1 Mon**                      **7:00 PM – 8:30 PM**  
**TBD**                      **Room 421**                      **\$29.00**

**Medicare & Beyond** | *Lou Pelletier*

Mention the word Medicare and you're likely to get a confused look in return. The Father/Daughter Team of Lou and Jessica Pelletier will sort through the Parts (A - Hospital; B - Physician and Outpatient Coverage; D - Drug Coverage) and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, and how to protect your assets from nursing homes without having Long-Term Care Insurance. Join us if you are a senior, a child of a senior, or just want to know more.

**#27300A**                      **Weds**                      **6:00 PM – 8:00 PM**  
**3/13/24, 5/15/24**                      **Room 304**                      **\$29.00**

**Exploring the World of ChatGPT & Bard (AI Tools)**

| *Ganesh Nair*

This curated curriculum delves into ChatGPT, Bard, and other leading AI tools, providing a seamless blend of foundational insights and hands-on applications. Each session merges theory with practicality, empowering participants to harness the potential of AI in both personal and professional spheres. Explore the ethical considerations of AI use and witness the transformative power of these tools. Uncover the ability of AI to amplify your voice, automate tasks, and unlock creative potential. Join us for a future where AI, including ChatGPT and Bard, becomes your indispensable ally. **Students must bring their Laptop & Mouse (Mac or Windows) to class.**

**#22110A**                      **6 Mon**                      **6:30 PM – 8:00 PM**  
**2/26/24-4/8/24**                      **GHS Room 403**                      **\$175.00**

**The Ultimate Guide to Online Security & Securing Your Home Network** | *Ganesh Nair*

This comprehensive curriculum delivers a beginner-friendly introduction to online safety and password management, followed by an intermediate-level exploration of home network security. Tailored for adults with basic computer literacy, this empowering program facilitates a gradual buildup of knowledge and practical skills in online self-protection. Sessions seamlessly blend theoretical concepts, hands-on exercises, and practical tips, fostering the transformation of participants into safe and secure digital citizens. Each class empowers you to take control of your online security. **Students must bring their Laptop & Mouse (Mac or Windows) to class.**

**#22045A**                      **6 Weds**                      **6:30 PM – 8:00 PM**  
**2/28/24-4/3/24**                      **GHS Room 403**                      **\$175.00**

**Master Google Workspace (Gmail & Google Drive)** | *Ganesh Nair*

This curriculum is designed for adults with basic computer skills who want to learn how to use Google Workspace effectively for communication, collaboration, and file management. Participants will achieve comprehensive understanding of Google Workspace, focusing on Gmail for communication and Google Docs and Drive for collaborative document editing and file management. Each session includes a mix of theoretical concepts, hands-on exercises, and practical tips for real-world application. **Students must bring their Laptop & Mouse (Mac or Windows) to class.**

**#22035A**                      **6 Tues**                      **6:30 PM – 8:00 PM**  
**2/27/24-4/9/24**                      **GHS Room 403**                      **\$175.00**

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# **GREENWICH ADULT & CONTINUING EDUCATION (GACE) REGISTRATION FORM**

Name: \_\_\_\_\_ Date: \_\_\_\_\_

Street: \_\_\_\_\_

City: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ Cell: \_\_\_\_\_

E-mail \_\_\_\_\_

Please check:  M  F  62 & over  40 - 62  25 - 40  Under 25  
 How did you hear about us?  Catalog  Website  Library  Newspaper  Flyer  Friend/Family

COURSE No.	COURSE TITLE	START	DAY	TIME	FEE
* Senior Citizen Discount: Only for Art / Language classes *ESL / ABE / GED / Citizenship classes are free. <b>Registration in person only.</b>					Registration Fee 5.00 <b>Total</b>

VISA  MasterCard  Check

Make checks payable to:  
Greenwich Adult & Continuing Education

Signature: \_\_\_\_\_ Exp. Date : \_\_\_\_\_ Security Code: \_\_\_\_\_

## **4 EASY WAYS TO REGISTER FOR CONTINUING EDUCATION CLASSES**

Registration for ESL/ABE/GED/Citizenship classes are in-person only.



online at [www.GreenwichACE.com](http://www.GreenwichACE.com)



by email: [kathy\\_post@greenwich.k12.ct.us](mailto:kathy_post@greenwich.k12.ct.us)



by telephone: 203.625.7474



by mail

## **2 EASY WAYS TO REGISTER FOR ESL, GED, CITIZENSHIP**

by email: [braulio\\_santiago@greenwich.k12.ct.us](mailto:braulio_santiago@greenwich.k12.ct.us) or [peggy\\_moore@greenwich.k12.ct.us](mailto:peggy_moore@greenwich.k12.ct.us)

In-person: Greenwich High School, Mondays and Wednesdays 6:00 PM – 7:00 PM  
 Havemeyer Building, Mondays and Wednesdays 9:30 AM – 10:30 AM

Greenwich Adult & Continuing Education  
290 Greenwich Avenue  
Greenwich, CT 06830  
www.greenwichace.com

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