

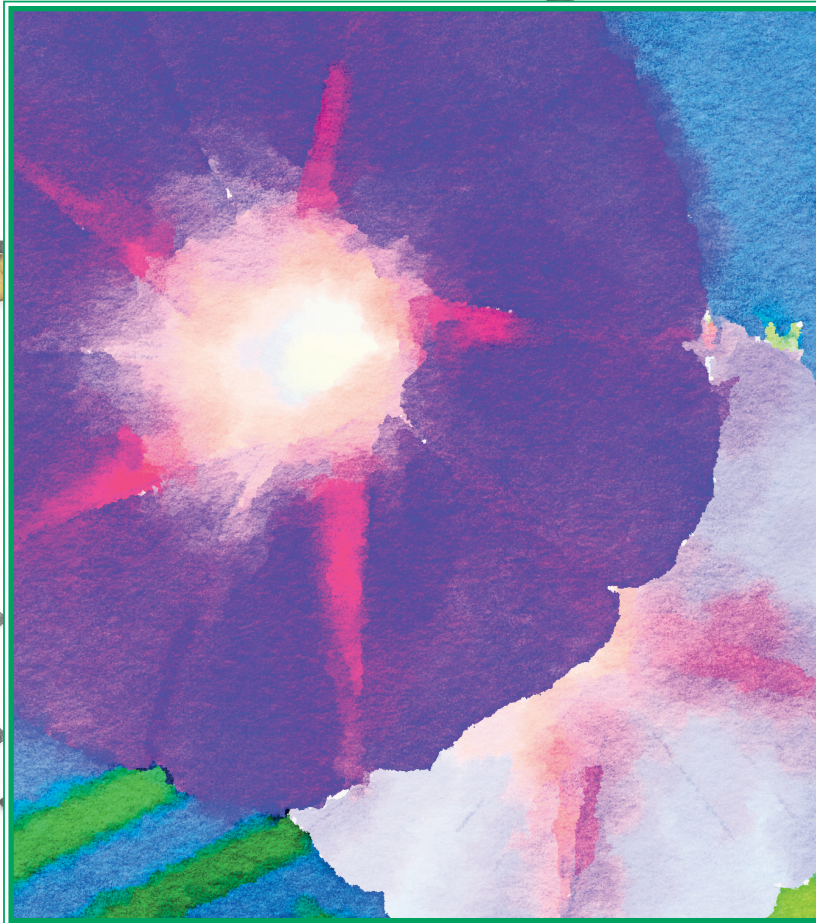
GREENWICH

ADULT & CONTINUING EDUCATION

traditional and
online courses
Spring 2020

www.greenwichace.com

THINK AHEAD



Seeds of Knowledge Mix

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 for our interactive online catalog

GREENWICH ADULT & CONTINUING EDUCATION

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NO CLASSES ON:

Jan. 20	MLK Day
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May. 25	Memorial Day

**UNLESS OTHERWISE INDICATED
ALL CLASSES ARE HELD AT
GREENWICH HIGH SCHOOL
10 HILLSIDE ROAD
GREENWICH 06830**

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 2020 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 four levels of English as a Second Language classes to assist English language learners 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 during the day and evening 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 through ed2go.com. You can register for our programs online, by mail or by visiting our office at the Havemeyer Building on 290 Greenwich Avenue in 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. 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 Carabillo

Deputy Superintendent of Schools

Mr. Peter Bernstein

Chair, Board of Education

Greenwich Adult & Continuing Education

Braulio Santiago

Coordinator GACE Program

Peggy Moore

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. Classes cancelled due to inclement weather 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 27 de enero de 2020. Las clases de día son de 9:30 a.m. hasta las 11:30 a.m. en las iglesias St. Roch's y Second Congregational. Las clases de noche son de 7:00 p.m. hasta las 9:00 p.m. en Greenwich High School, y de 6:00-8:00 p.m. en las escuelas Hamilton Avenue y New Lebanon.

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 27, 2020. Day classes are held at St. Roch's or Second Congregational Church from 9:30 a.m. to 11:30 a.m. Evening classes are held at Greenwich High School from 7:00 p.m. to 9:00 p.m. or at Hamilton Avenue School and New Lebanon School from 6:00 p.m. to 8:00 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 9:00 p.m. beginning January 27, 2020 at Greenwich High School.

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, 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, and 17 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® registration process online at www.ged.com and complete the process in person at the address below.

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, or the State Department of Education GED Office at 860-807-2111 or email ged@ct.gov.

Classes are held every Monday and Wednesday from 6:30 to 9:00 pm, beginning January 27, 2020 at Greenwich High School in Room 305.

HOW TO REGISTER FOR ESL, GED, ABE, CITIZENSHIP OR AMERICAN STUDIES

In-person registration required for all new and returning students. All new students should allow two hours for registration and testing, and bring proof of residence or local employment. GED placement testing is only available during the evening sessions at Greenwich High School. For more information call: 203-625-7423 or email: kathy_post@greenwich.k12.ct.us

Day Registration:

**Tue., Wed., Thur., January 7, 8, 9
at 10:00 am at the
Greenwich Board of Education
290 Greenwich Avenue, Greenwich, CT**

Evening Registration:

**Tue., Wed., Thur., Mon., Wed., January 7, 8, 9, 13, 15
at 6:00 pm and 7:00 pm at
Greenwich High School
10 Hillside Road, Greenwich, CT**

* All classes begin on Monday, January 27, 2020

Register online at www.GreenwichACE.com — or call 203.625.7474

ADULT LEARNING PROGRAMS | ESL | LANGUAGES

"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!

DAY CLASSES / CLASES DE DIA

ESL 1/2 _____ St. Roch's Church
Mons/Weds • 9:30-11:30 AM

ESL 3 _____ St. Roch's Church
Mons/Weds • 9:30-11:30 AM

ESL 4 _____ 2nd Congregational Church
Mons/Weds • 9:30-11:30 AM

EVENING CLASSES / CLASES DE NOCHE

ESL 1 _____ Greenwich High School
Mons/Weds • 7:00-9:00 PM

ESL 2 _____ Greenwich High School
Mons/Weds • 7:00-9:00 PM

ESL 3 _____ Greenwich High School
Mons/Weds • 7:00-9:00 PM

ESL 4 _____ Greenwich High School
Mons/Weds • 7:00-9:00 PM

ESL 1/2 _____ Hamilton Ave. School
Mons/Weds • 6:00-8:00 PM

ESL 3 _____ Hamilton Ave. School
Tues/Thurs • 6:00-8:00 PM

ESL 1/2 _____ New Lebanon School
Mons/Weds • 6:00-8:00 PM

ALSO:

ESL _____ Julian Curtiss
Tues/Thurs • 7:30-8:30 AM

EARN YOUR HIGH SCHOOL DIPLOMA/GED **Prepare for the GED Test**

Greenwich High School
Mons/Weds • 6:30 -9:00 PM

CITIZENSHIP _____ Greenwich High School
Tuesdays • 6:30-8:15 PM

Learn a Foreign 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.

Our ***Beginner*** classes cover basic vocabulary, sentence structure and elementary conversation.

Our ***Intermediate*** classes will help you build on your basic skills to develop and strengthen your command of the language.

Our ***Advanced*** classes will help you hone your skills through conversation on a wide variety of topics.

ITALIAN WITH LUCIANA ORZANO

10 sessions | \$175 | Room 306

Italian IA Beginner #23380A

Tues _____ 5:00 PM - 6:50 PM _____ 2/25/20-5/12/20

Italian IB Beginner Continuation #23385A

Mons _____ 7:00 PM - 8:50 PM _____ 2/24/20-5/4/20

Italian II Intermediate #23400A

Mons _____ 5:00 PM - 6:50 PM _____ 2/24/20-5/4/20

Italian III Advanced Conversation #23420A

Tues _____ 7:00 PM - 8:50 PM _____ 2/25/20-5/12/20

SPANISH WITH SHARON GARCES ALVAREZ

10 sessions | \$175 | Room 401

Spanish IA Beginner #23700A

Thurs _____ 7:15 PM - 8:50 PM _____ 2/27/20-5/7/20

Spanish II Intermediate #23720A

Tues _____ 5:30 PM - 7:00 PM _____ 2/25/20-5/12/20

Spanish III Advanced #23730A

Tues _____ 7:15 PM - 8:50 PM _____ 2/25/20-5/12/20

FRENCH WITH PATRICE MORLEY

10 sessions | \$175 | Room 303

French IA Beginner #23980A

Tues _____ 6:30 PM - 8:30 PM _____ 2/25/20-5/12/20

When words leave off, music begins. Heinrich Heine

The Art of the Personal Essay | Jacqueline Burt

Personal essays are consistently in demand by editors and an effective way to reach and relate to a wide variety of readers. Learn how to turn your own unique experiences into publishable essays for magazines, newspapers or websites. From the humorous to the profound, students will discover how to transform their tales into compelling pieces ready for publication. In this class, we will write and read personal essays, exploring methods of creating the right voice, tone, and tempo. The course will include advice on how and where to pitch completed essays. Students will need to take notes during class; either a notebook and pen or laptop will suffice.

#25340A 10 Tues 7:00 PM - 8:00 PM
2/25/20-5/12/20 Room 305 \$159.00

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.

#25335A 6 Weds 7:00 PM - 9:00 PM
3/4/20-4/8/20 Room 405 \$139.00

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.

Guitar Beginner | Andrew Knebel

Learn to find your way around on the guitar in the company of others who are just starting their own musical journey on this beautiful instrument. A companionable way to begin learning to read staff notation, tablature, chords and the other basics you'll need for your foundation as a guitar player. Once mastered, you can use these guitar skills to play any kind of music. Please bring your own guitar (anything is fine as long as it doesn't plug in) Materials provided by the instructor.

#24800A 10 Tues 6:30 PM - 7:30 PM
2/25/20-5/12/20 Room 222 \$159.00

Guitar Intermediate | Andrew Knebel

Brush up your acoustic and/or classical guitar skills or continue on into new territory. We'll review staff notation and tablature, chord progressions, accompaniment styles and some classical guitar repertoire. You will establish a good foundation to help you pursue your interests in any genre of guitar music. Please provide your own guitar.

#24820A 10 Tues 7:30 PM - 8:30 PM
2/25/20-5/12/20 Room 222 \$159.00

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 Thurs 7:00 PM - 9:00 PM
3/5/20-4/9/20 Room 405 \$139.00

Hesiod and Friends | Anne Gilhuly

Hesiod was a farmer and poet, a contemporary of Homer in the late 8th Century, BCE, and perhaps the first personality in European literature: unlike Homer, Hesiod tells us something about himself. Writing in the same epic style, obviously out of the same tradition of oral performance, he is nevertheless very much his own man. His works are brief: the Theogony gives us an account of the gods from the beginning of the world; Works and Days is, at first glance, on the order of a farmers'almanac. We will give particular consideration to two of his "characters", Pandora and Prometheus.

Please read the Theogony for the first class. Text: HESIOD:

THEOGONY, WORKS, AND DAYS, SHIELD, 2ND ed., translated by Apostolos Athanassakis, Johns Hopkins University Press, \$16.62 from Amazon.

#25000A 4 Weds 4:00PM- 5:50:PM
3/4/20- 3/25/20 Room 304 \$105.00

The Wisdom of Ancient China: What Confucius Can Say to Us Today | Theresa Kelleher

Confucius' vision of life incorporated a wide range of human concerns: politics, ethics, the family, economics, education, and human relationships. No other tradition shaped Chinese history and culture as much as the Confucian. Its relevance extends beyond China and has much to say to our contemporary world. The course will cover a broad range of writings, from basic texts to primers for children and autobiographical writings. Participants will reflect on the relevance to themselves and to the life of our larger social/political community.

#25350A 4 Tues 5:00PM- 7:00PM
4/23/20-5/14/20 Room 304 \$99.00

Drawing the Effective Portrait | Sue Altman

This class covers the basic of drawing the human face including anatomical structure, individual facial features, working from reference, and how to make a portrait both accurate and compelling. We will use pencil, charcoal and/or chalk pastels. There will be art historical examples shown and techniques demonstrated.

#24200A 10 Thurs 6:30PM- 7:45PM
2/27/20 -5/14/20 Room 718 \$175.00

PRIVATE MUSIC LESSONS *at GHS*Voice | *Thomas Woodman*

#29410A #29410B #29410C

Trumpet | *David Scott*

#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

Violin | *Fiona Murray*

#29460A #29460B #29460C

Clarinet | *Malcolm Dickinson*

#29480A #29480B #29480C

Saxophone | *Michael Attias*

#29420A #29420B #29420C

Flute | *Malcolm Dickinson*

#29450A #29450B #29450C

Euphonium | *Richard Parker*

#29560A #29560B #29560C

Cello | *Andrew Knebel*

#29660A #29660B #29660C

Piano | *Andrew Knebel*

#29665A #29665B #29665C

Viola | *Andrew Knebel*

#29760A #29760B #29760C

Please note that numbers ending in

- A = 8 lessons @ 30 minutes each = \$406
- B = 8 lessons @ 45 minutes each = \$526
- C = 8 lessons @ 60 minutes each = \$646

PHOTOSHOP ELEMENTS: Transform and Enhance Your Photos | *Deborah Tual*

Elements is so affordable - so easy to use - with amazing results. You will be able to create, edit, organize and share images with so many automated and custom settings. Elements simplifies common retouching and image enhancing actions with step-by-step instructions to achieve amazing results quickly. Photos are provided by the instructor so you can work on them in class. Please bring your own PC or Mac laptop to class with a recent version of Photoshop Elements loaded.

Skill Level: All

#22090A 3 Tues 6:30 - 8:30 PM
2/18, 2/25, 3/3 Room 212 \$99.00

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.

#24420A 10 Tues 4:00 PM - 5:50 PM
2/25/20-5/12/20 Room 718 \$175.00

Six Great Artists | *Sue Altman*

In this course, we will examine the life and work of an artist from six different eras of Art History. **Michelangelo** represents the Renaissance, **Rembrandt** the Baroque, **Turner** the Romantics, **Degas** the Impressionists, **Gauguin** the Post Impressionists, and **Matisse** the Modernists. We will explore the development of each artist's style, their influences, and their lasting impact on art history.

#24000A 6 Thurs 6:30PM - 7:45 PM
2/27/20-4/9/20 Room 303 \$115.00

Art Movements of the 19th Century | *Sue Altman*

This course takes a look at the transition from Romanticism to Realism to Impressionism and Post Impressionism, and on to Symbolism and Expressionism in the years of the 19th century. Some artists we will look at and discuss include Courbet, Manet, Renoir, Cezanne, Turner and Vuillard. Also discussed will be the impact of photography and the influence of Japanese printmaking.

#24100A 6 Thurs 6:30PM - 7:45PM
4/23/20-5/28/20 Room 303 \$115.00

Introduction to the Art of Drawing | *Joseph Fama*

Discover the fundamentals needed to capture form and shading value to produce a successful representational drawing. Learn how to apply these principles in producing a still life, landscape and portrait. We will cover the construction of the human head. Drawing media will be in graphite or charcoal pencils. Throughout the session we will copy from the Old Masters.

#24430A 10 Mons 6:00 PM - 8:00 PM
2/24/20-5/4/20 Room 718 \$175.00

Painting a Landscape from a Photo-Advanced Oil Paints, Acrylic or Watercolor | *Joseph Fama*

The course will teach the student how to capture the spirit of a landscape scene. Students will take their own photos and paint from them. From their photos, the students will produce a value sketch to learn how to SEE the values. The value sketch will be the guide for the painting. They will also learn how to set up a palette for landscaping painting. Students will learn to see and express color, values and the illusion of depth. Classes will include lectures, demonstrations, as well as individual instruction.

#24465A 10 Tues 10:00 AM - 12:00 PM
2/25/20-5/12/20 OGCC \$175.00

Chinese Watercolor | *Michele Mozian*

Learn the unique art of Chinese Brush Painting. Using authentic Brush Painting supplies, students will learn the basic techniques of an art style considered to be a form of visual poetry by its practitioners. This course will introduce students to a new art form and a new way of thinking about the natural world.

Visit Michele's website: michelemozianstudioarts.com

#24470A 10 Weds 4:00 PM - 6:30 PM
3/4/20-5/13/20 Room 718 \$189.00

PHOTOGRAPHY: DSLR Camera Features and Settings - Beyond Auto Mode | *Dan and Deborah Tual*

This course walks you through the key DSLR camera features and settings so you learn how and when to use them and take your camera off Auto. Learn about the different modes, such as shooting, focusing, and metering. Skill-building exercises will get you up and off your chair to develop your skills with aperture, shutter speed, ISO, lighting, and depth of field. Learn artistic elements of photography, such as composition. Sharing images and discussions are part of every session.

Skill Level: Beginner and Intermediate

Camera types: DSLR only (no point and shoot)

#24645A	4 Tues	6:30 - 8:30 pm
3/10, 3/17, 3/24, 3/31	Room 714	\$95.00

Photo Safari: On-Location Photography | *Dan and Deborah Tual*

Join your fellow photo enthusiasts for a new learning experience with hands-on and real-world practice. Two professional photographers take you on a series of photo safaris in beautiful outdoor settings to learn and apply various principles, such as composition, lighting, and exposure. Beautiful settings are the perfect backdrop to improve your photography and inspire creativity. First session meeting location is TBD.

Note: You need to have a good working knowledge of your camera settings and features. It is recommended you take "Photography: DSLR Camera Features and Settings - Beyond Auto Mode" to familiarize yourself with your camera before taking this course.

Skill Level: Beginner and Intermediate

Camera types: DSLR (no point and shoot)

#24650A	3 Sats	1:30 - 4:00 pm
4/25, 5/2, 5/9	Site TBD	\$135.00

The Astronomical Society of Greenwich joins Greenwich Adult and Continuing Education in offering informal educational experiences at the Bowman Observatory located on the grounds of Julian Curtiss School, 180 East Elm Street, Greenwich CT 06830

Please contact Anne Burns 203-413-6762, anneburns@brucemuseum.org.

Long Island City Tour | *Ronnit Vasserman*

Calling all Contemporary Art Lovers. Outside of Manhattan, Long Island City has the largest concentration of art. Spend the day visiting artist studios, art galleries and Museums. Long Island City is home to MOMA PS 1, a former public school now an internationally renowned museum with blockbuster exhibitions. It is also home to other acclaimed art institutions such as Sculpture Center, Noguchi Museum and Socrates Sculpture Park. These institutions only scratch the surface, LIC also houses a handful of non profit art centers and many other cultural spaces. There is no shortage of wonderful spots to grab lunch, some even include breathtaking views of NYC.

#28570A	1 Fri	11:00AM- 1:00PM
4/24/20	TBD	\$125.00

Tour to Red Hook in Brooklyn, NY | *Ronnit Vasserman*

New York is the art capital of the world with a multitude of art hubs. Explore Red Hook a Brooklyn waterfront neighborhood with deep historical roots and a blossoming art scene. On this tour we will view art by established, emerging, American and International artists. We will visit local galleries and unique art spaces such as Pioneer Works, an interdisciplinary art space inside a former industrial equipment factory, now a favorite destination of the Brooklyn creative set. This tour is not limited to fine art, we will explore a variety of alternative art forms such as furniture design, glass blowing and coffee roasting. This excursion will also include popular attractions like Louis Valentino, Jr. Park where you can snap a great pic with the Manhattan skyline and Statue of Liberty in the background.

We will also do some window shopping along Van Brunt street. Red Hook is accessible by public transportation. The closest subway is Smith-9th Street station, the highest subway platform in New York City. It's a phenomenal place to take in sunset views of Red Hook and the city skyline beyond.

#28580A	1 Wed	11:00AM- 1:00PM
5/6/20	TBD	\$99.00

Chelsea-High Line – Hudson Yards Tour |

Ronnit Vasserman

This tour boasts the most important Chelsea exhibitions of the season. We will also walk along the High Line and view impactful installations by leading Contemporary artists. This tour also incorporates Hudson Yards and you will learn about the SHED and Vessel.

#28575	1 Tues	11:00 AM – 1:30 PM
3/24/20	TBD	\$125.00



Personality Preferences vs. Skill Sets: What does this mean for your career and overall Happiness? | Sandy Gross

Find and work in an area that you're passionate about. In the first session we will review the results of your Neethling Brain Instrument (NBI), an assessment based on neuroscience and psychology that focuses on thinking preferences. A better understanding of your personality preferences will assist you in making more accurate job and career choices. Sessions two through ten will be focused on a pragmatic approach to your job search or career transition, and taking it to the next level.



Sandy Gross runs Pinetum Partners (www.pinelc.com) and is a certified executive coach executive recruiter (ranked in the top 50 in the US in financial services). She has made guest interview appearances on national broadcast media and is a frequently quoted source.

Once enrolled, the participant will be sent an email with login and password to take the NBI assessment. The assessment MUST be completed 2 weeks prior to the 1st session. Please bring a printout of your assessment results to the first session.

#21320A **Session 1: 7:00 PM-9:30 PM**
 Session 2-Session 10: 7:00- 8:30 PM
2/24/20-5/4/20 **Room 303** **\$125.00**

SAT Preparation For Students taking the SAT on Wednesday, March 25, 2020 at Greenwich High School

Math/Verbal/Writing | Maria Buono and Rebecca Wilson

4 Saturdays 8:30 AM – 11:30 AM
#27910A **Cantor House** **\$199.00**
2/22/20 – 3/14/20

Math/Verbal/Writing | Laura Burdick and Lauren Moskovitz

4 Tuesdays and 4 Thursdays 3:30 PM – 4:55 PM
#27915B **Rooms 116/106** **\$199.00**
2/25/20 – 3/19/20

**Register early
These classes fill quickly!!**

America in Vietnam Via Film | Paul Gettler

This course will analyze America's role in Vietnam through a study of some of the key men shaping this experience. Among those to be discussed will be Edward Landsdale, John Paul Vann, William Colby, Robert McNamara, Henry Kissinger, Daniel Ellsberg, and William Calley. Films to be discussed include *We Were Soldiers*, *Full Metal Jacket*, *A Bright Shining Lie*, *The Quiet American*, *The Man Nobody Knew*, and *Hamburger Hill*.

#25200A **5 Tues** **7:00 PM- 9:00 PM**
3/10/20-4/7/20 **Room 303** **\$99.00**

World War One Via Film | Paul Gettler

Many consider World War One the most important event of the 20th century. This course, through the use of film, will debate this point. Films to be discussed include *Doctor Zhivago*, *Lawrence of Arabia*, *Paths of Glory*, *Joyous Noel*, and *The Red Baron*. Films will be analyzed in terms of historical accuracy and artistic merit.

#25400A **5 Weds** **7:00 PM- 9:00 PM**
3/11/20-4/8/20 **Room 303** **\$99.00**

AHA CPR/First Aid/AED-Adult/Child/Infant (The Heartsaver Program) | Louis J Bonito

CPR & First Aid class which includes AED training with an Automated Electronic Defibrillator. This certification is for Adult, Child and Infant certifications all at once. What you get: Certification from American Heart Association for Adult, Child & Infant CPR/First Aid/AED. The Heartsaver First-aid/CPR/AED class covers the following topics: bleeding control, seizures, epi pen use, allergic reactions, snake bites, broken bones, poisoning, CPR for adults, children, and infants, choke-saving, how to use an AED (automated external defibrillators), and other life-threatening emergencies. This course is for renewing, recertification or initial student and is considered a basic first-aid and CPR class. Certification will come in your email within 2 weeks of taking the course so you can print out your card and even save it on your computer in case you ever lose it.

Book: Included with class tuition.

#27250A **Mon/Tues** **6:00 PM – 9:00 PM**
4/20/20-4/21/20 **Room 305** **\$175.00**

How to Keep Your Brain Healthy and Young, for Peace of Mind, Happiness, Health and Longevity | Paul Epstein

Keeping our brain healthy and young enhances our quality and length of life. We'll discuss the many ways you can maintain and enhance brain function. Learn the key factors contributing to brain health and the simple things that can make a big difference in your health and longevity. We'll discuss diet, exercise, stress, attitude, and supplements proven to be of support and delay onset of ageing, including keeping the brain young. Visit www.drpaulepstein.com

#27220A **2 Tues** **5:30 PM - 7:00 PM**
1/14/20-1/21/20 **Room 324** **\$49.00**

Choosing a Plant-Based Diet to Benefit Your Health and that of the Planet | Janet Levine, D.M.D., R.D.N.

Learn about healthy foods that can prevent and reverse chronic illness such as heart disease, type II diabetes, autoimmune diseases, and gastro intestinal issues. Find out how to make the transition to a whole-food plant-based diet and how to navigate grocery stores. Also learn about how the food choices you make today can have an impact on the health of the planet. Session will include recipe demo and samples.

Janet is a registered dietitian and dentist. She has always been fascinated by the effects of good nutrition on health. After learning about plant-based nutrition seven years ago, she completely changed her definition of "healthy foods." Janet is passionate about helping people learn what foods to eat that help to avoid chronic diseases, and eliminate the need for many medications.

#26544A	1 Tues	7:00PM- 9:00PM
2/25/20	Room 308	\$59.00
#26544B	1 Thurs	7:00PM- 9:00PM
4/2/20	Room 308	\$59.00

Get Started with Tai Chi | Will Morrison

Become immersed in this classic Chinese exercise which deepens mindfulness and improves balance and health. While often called "meditation in motion", a recent study published in the British Medical Journal concludes that Tai Chi is more effective in treating certain neurological issues than traditionally prescribed aerobics. This class will cover the first part of the Yang Style short form as popularized in the US by Professor Cheng Man Ching and his senior students, one of whom is Ed Young, Will Morrison's teacher since 1981.

#28400A	10 Thurs	7:00 PM - 8:00 PM
2/20/20-5/7/20	Dance Studio	\$165.00

Introduction to Mind Body Medicine and Trauma Informed Care | Paul Epstein

Our diseases tell a story, not just about our cells, but about ourselves and our personal histories. Discover how our biography becomes our biology. Learn how to listen for symptoms and inner wisdom using mind-body therapies of guided imagery, meditation and psychotherapy to discover the message and meaning hidden inside pain and symptoms. For everyone interested in healing, including Yoga teachers, health care professionals, care givers and individuals on a healing journey. Visit www.drpaulepstein.com

#27230A	2 Tues	5:30 PM - 7:00 PM
2/18/20-2/25/20	Room 324	\$59.00



Meditation as Medication | Paul Epstein

Mindfulness, Stress, Healing and Happiness. The best of times is now, as you face life's challenges and experience life's joys! Our disease tells a story not just of our cells, but of ourselves. Through discussion, sharing, group support and learning the mind-body skills of meditation, and stress reduction, this class will help you focus on learning how to face stress, pain and illness and live life in the present moment and find joy, peace happiness and serenity in the midst of life's inevitable ups and downs. Visit www.drpaulepstein.com

#27210A	2 Tues	7:00 PM - 9:00 PM
2/18/20-2/25/20	Room 324	\$59.00

Mindfulness Gone Mainstream | Karen Pacent

We see the term "Mindfulness" just about everywhere. What exactly has caused this to become a phenomenon showing up in business, universities, sports programs, medical facilities and even the military? Get answers to this and other questions like: "What's the difference between mindfulness and meditation?" "How can I meditate when I can't stop thinking - even for a second?" "How do I fit one more thing into my busy schedule?" "What benefit can I get that I don't already from a good work out?" "Will this really help me focus?" In a very interactive format, we'll explore a variety of practices from programs like: Mindfulness Based Stress Reduction; Primordial Sound Meditation; Mindful Self-Compassion; Chakra Yoga; Finding the Space to Lead. Most important, you'll learn simple, practical approaches to decrease your stress in the moment, everywhere, every day.

Karen is a certified meditation instructor and executive coach with 30 years in corporate leadership development. Visit www.karenpacent.com

#28270A	2 Mons	6:30PM- 8:30PM
2/24/20- 3/2/20	Room 309	\$125.00

Neuroplasticity 101 | Susan Oliver Whitney

Change your thinking and possibly live happily ever after, (If you choose)

Neuroplasticity is defined as the brain's ability to change in both function (i.e. thoughts, attitudes, and behavior) and structure (i.e. physically) in response to repeated stimuli, which ultimately can result in new behavior. This introductory lecture will discuss the principles of Neuroplasticity and when applied, how it can transform one's life. The science of Neuroplasticity, offers hope and encouragement to everyone, at any age!

Apply the principles and you can be transformed.

#27240A	1 Tues	7:00PM- 8:30PM
2/4/20	Room 321	Free

Yoga for the Woodstock Generation | *Andrea Woodman-Osker*

Are you a Baby Boomer wanting to develop and maintain a healthy body as you actively age? This gentle yoga class will Focus on postures designed for strength, flexibility, and balance along with breathing techniques helpful in reducing stress while encouraging relaxation and a sense of well-being.

Yoga is a life long path. Come join us! All levels are welcome.

#28445A 10 Thursday 5:15PM- 6:15PM
2/27/20- 5/7/20 First Congregational Church 149.00

Yummy Mindful Knitting Workshop | *Jessica Meyrowitz*

Come and experience the mindful and meditative benefits of knitting! As a class participant you will learn how to knit a scarf using It's a...Yummy super soft 100% merino wool yarn and oversized needles. At the end of the workshop, you will have learned a skill and leave with your own creation--a Yummy Mini Scarf! This class is appropriate for both novice and experienced knitters.

#26540A 1 Thurs 7:00PM- 8:30PM
5/7/20 Room 308 \$99.00

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 Wed 7:00 PM - 8:00 PM
2/26/20-5/6/20 Dance Studio \$165.00

Belly Dance: The Secret Desire Level II | *Aszmara*

With Movement Exploration, go past the basics with more advanced movements, more choreography and dance, dance, dance! Connect with the music, body, mind and soul. Go beyond movements and steps and unleash your soul's music. Aszmara's insight into movement, music and connecting emotions with dance marks her as an unforgettable teacher. *Prerequisite: Completion of Belly Dance Basics at GACE or equivalent experience*

#28280A 10 Weds 8:00 PM - 9:00 PM
2/26/20-5/6/20 Dance Studio \$165.00

Yoga, Beginner | *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 3:45 PM - 5:00 PM
2/26/20-5/6/20 First Congregational \$165.00

Please note this class will be held at First Congregational Church Old Greenwich, CT

Yoga, Beginner | *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.

#28440A 10 Weds 5:15 PM - 6:30 PM
2/26/20-5/6/20 First Congregational \$165.00

Please note this class will be held at First Congregational Church Old Greenwich, CT

Body Barre | *Marcia O'Kane*

Get in shape for spring with this barre-based fast-paced class appropriate for all levels, beginner to advanced. We'll do standing, sitting and mat-based exercises designed to stretch and strengthen every body part. Lots of reps followed by lots of stretch and then we do it all over again. The focus is on core body strength and flat abs. *Space is limited to 14, sign up early.*

#28395A 10 Tues 7:00 PM - 7:50 PM
2/25/20-5/12/20 Dance Studio \$165.00

Cardio/Strengthen/Stretch Class | *Marcia O'Kane*

The ultimate cardio, strength and stretch workout to get you, or keep you, in shape. This class combines cardio, core strengthening and stretch in one session. Start with just twenty minutes of standing air punches, kicks and squats, targeting both arms and legs in an intense aerobic session. This is followed by a mat session targeted to get your core strong. Then finish with an elongating stretch finale that will leave you strengthened and lengthened. The perfect fun workout!

#28390A 10 Tues 8:00 PM - 8:50 PM
2/25/20-5/12/20 Dance Studio \$165.00

GIFT CERTIFICATES

*For holidays, birthdays, or any special occasion, consider the gift of learning.
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"If evolution really works, how come mothers only have two hands?" Milton Berle

Move 'n' Groove Aerobics | *Andrea Woodman-Osker*

Move & Groove Aerobics is a joyful and energetic blend of modern dance, ethnic dances, jazz movements, martial arts and yoga. It is a natural way to move, natural impact aerobics! A wide range of music from around the world inspires the movements and informs the movement. This holistic approach to dance-exercise integrates dynamic flexibility, yogic breath and core strengthening within the context of the dance, strengthening the cardio-respiratory and muscular systems. The class ends with calming yoga stretching. It is a great way to spend an hour.



#28380A **10 Mons** **5:15 PM - 6:15 PM**
2/24/20-5/4/20 **1st Congregational Church** **\$149.00**

Knit Today! / Beginners Knitting | *Andrea Dener*

Come "Knit Today" and learn in a class that was created just for you... a beginner knitter!

You will learn:

- The basics stitches-knit, purl, garter, stockinette
- How to increase and decrease
- How to read a yarn label
- How to read a knitting pattern

The instructor will provide yarn and knitting needles to learn and practice with at home, which will be returned to her at the end of the class. We will discuss projects in the 4th class and you'll pick a project to work on, as well as the color & type of yarn you'd like to use. You will purchase the materials you'll need for your project. Bring them with you to the 5th class, then you'll begin your project, work on it at home, and bring it to the 6th class to continue working on it and finish it...or at least come close to finishing it.

#26515A **6 Thurs** **6:30 PM - 8:30 PM**
2/20/20-3/26/20 **Room 308** **\$100.00**

Crochet Today! (Beginner Crochet) | *Andrea Dener*

Come "Crochet Today" and learn in a class that was created for you... a beginner crocheter!

The instructor will provide yarn and a crochet hook to learn and practice with at home, which will be returned to her at the end of the class. We will discuss projects in the 4th class and you'll pick a project you want to make as well as the color & type of yarn you'd like to use. You will purchase the materials you'll need for your project and bring them with you to the 5th class. Then you'll begin your project, work on it at home, and bring it to the 6th class to continue working on it and finish it...or at least come close to finishing it.

#26510A **6 Weds** **6:30 PM - 8:30 PM**
2/19/20-3/25/20 **Room 308** **\$100.00**

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** **7:00 PM - 9:00 PM**
2/26/20-4/8/20 **Room 301** **\$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 Thurs** **7:00 PM - 9:00 PM**
2/27/20-4/9/20 **Room 301** **\$165.00**

Bridge: Intermediate/Duplicate | *Khalid Al Doori*

This course is an introduction for intermediate players to a few of the most frequently used bridge conventions. There will also be an explanation of the three parts of the game of duplicate bridge, bidding, play of hand and defense.

#27111A **7 Mon** **7:00 PM - 9:00 PM**
2/24/20-4/6/20 **Room 301** **\$165.00**

Mah Jongg | *Rhonda Greif*

Become an expert player in Mah Jongg, a social, competitive game that requires practice, strategy and a little bit of luck! It is played with a set of tiles (Chinese characters and symbols) that you will learn to assemble into specific patterns and formulate a hand based on an easy-to-read Mah Jongg card. Join us and master this exciting game. Additional \$9 for Mah Jongg playing card included in class fee.

#28750A **6 Weds** **6:30 PM - 8:30 PM**
2/26/20-4/1/20 **Seminar II** **\$174.00**

Four Genealogy Workshops | *Janeen Bjork*

A hands-on Genealogy course, taught in a computer Lab, so that instruction can be followed with supervised practice sessions. Students will work on their families and their specific genealogy questions. 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.

Students must be computer and internet literate.

#27110A **4 Tues** **6:30 PM - 8:30 PM**
3/10/20-3/31/20 **Room 112** **\$99.00**

Fly Fishing | Mark Sedotti

This is a comprehensive course in general fly fishing covering Freshwater fishing and Saltwater fishing (1 Session). Course covers: nymph, dry fly, cast fishing, streamer fishing for trout night fishing, mousing for the same, lake fishing for largemouth bass, smallmouth bass, carp, knot tying, rods, reels, and fly lines to use. It also covers where to locate trout in streams and lakes, steelhead fishing, local salt water fly fishing and where and when to go locally to catch fish. This is NOT JUST a beginners course! The fly casting alone is worth the price of the course (no matter what level fly caster you are), the session on streamer fishing is as cutting edge, up-to-date and as good as any you can find anywhere on the subject, and the nymph techniques are easy to learn and deadly. We'll go fishing for two sessions. Relax and have fun. Fly fishing might be just right for you in these stressful times.

Mark Sedotti was fly casting columnist for Saltwater Fly Fishing Magazine He has traveled all over the U.S. doing fly casting demonstrations and Fly casting clinics for Fly Clubs, Major Fly Fishing Shows, FFF Conclaves, and Fly Shops.

#28725A 8 Thurs 7:30PM- 9:20PM
3/12/20- 5/14/20 Room 301 \$179.00

SUCCESSION! | Sandy Gross

Whether you're a Founder/CEO, or in line to be an heir apparent, learn about the benefits, risks and challenges of creating a legacy. Join Sandy Gross for a lively discussion on what it takes to create long-term success for an organization run by a "key man;" and about "Immunity to Change;" what gets in the way between a person's intentions and actually enacting change. Sandy Gross runs Pinetum Partners (www.pinellc.com) and is a certified executive coach and executive recruiter (ranked in the top 50 in the US in financial services). She has made guest interview appearances on national broadcast media and is a frequently quoted source.

#21310A 1 Weds 7:00 PM-9:00 PM
3/11/20 Room 309 \$75.00

LinkedIn Profile | Janeen Bjork

LinkedIn is the number one professional networking site for business and career. Create a LinkedIn profile that will help you impress customers, recruiters, hiring managers and business associates. Help them to find you with a fully optimized online profile. They will certainly look for you on LinkedIn after receiving your resume, meeting request or sales proposal. Create a profile that will successfully get you to the next meeting, interview or sale. Bring an updated resume or your list of detailed work history to class. Bring your password. Create a LinkedIn account.

#21340B 1 Tues 6:30 PM - 9:00 PM
4/7/20 Room 312 \$59.00



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Let's Save Money - By Reducing your Inventory |

Marvin M. Foster, MHM

Understanding fundamentals of inventory management is a critical undertaking in every organization.

Inventory control is also important to maintaining the right balance of supplies in your warehouses, offices and storage facilities:

- Reasons why Inventory and Control Management is important:
 1. Control costs
 2. Improve turnaround
 3. Free-up square needed spaces/square footages
 4. Manage planning and forecasting
- Negative effective for not understanding the fundamentals of inventory management
- Trigger profit losses—whether a product expires, gets damaged, or goes out of season
- Financial Implications—because stocks are money that could be used in other venture

#21350A 6 Mons 7:00 PM - 9:00 PM
3/2/20-4/6/20 Room 425 \$85.00

Medicare 101 and Beyond | Lou Pelletier

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This class will educate you on the options and programs available. In addition, we will discuss some of the many laws and programs available to people over 60, such as the Medicare Saving Program, Maximizing Social Security, Reverse Mortgages, and protecting your assets from nursing homes without having Long Term Care Insurance.

#27300A 1 Weds 6:30 PM - 8:30 PM
3/25/20 Room 304 \$29.00
#27300B 1 Tues 6:30 PM - 8:30 PM
4/21/20 room 304 \$29.00
#27300C 1 Tues 6:30 PM - 8:30 PM
5/19/20 Room 304 \$29.00

"Computers are like Old Testament gods; lots of rules and no mercy." Joseph Campbell

How to use Social Media | *Nida Ikram*

With all the news about Facebook data collection and your privacy, learn how to use it (and all other social media) safely and protect your privacy. On a positive note, you'll learn how to connect with friends/family and possibly make new friends or expand your business connections with sites including LinkedIn, Twitter, Instagram, Meetup. These sites can be used on your tablet, cell phone, and/or laptop.

As considerable information is presented, this is a demonstration class with no hands-on.

#22050A 5 Weds 6:30 PM - 9:30 PM
3/4/20 - 4/1/20 Room 112 \$59.00

eBay Roadshow | *Janeen Bjork*

Instructor will show you how to market your items, list your item, methods to determine value, marketability, and managing your selling reputation. Other sites and apps such as Craigslist, Close5 and others will be discussed. In addition, discover cost saving shopping techniques on special occasion and high-ticket purchases.

As considerable information is presented, this is a demonstration class with no hands-on.

#22030A 1 Tues 7:00 PM - 9:30 PM
4/21/20 Room 112 \$59.00

WEBSITE DESIGN: EASY WITH WIX | *Deborah Tual*

Easily build a free and stunning Wix website start to finish - for yourself, for your business or for someone else. The drag-and-drop feature is easy to use and allows you to create professional-looking websites without coding knowledge. Use customizable templates or create from scratch. Learn principles of design like layout, colors, font types and sizes, mobile optimization, function and navigation. Connect an existing domain or create a new one.

Computers will be available for in-class work.

Skill level: All

#22025A 2 Weds 6:30 - 8:30 PM
2/19, 2/26 Room 212 \$75.00



For program details contact
Lisa Bria, Activities Manager
bria@abilis.us
or 203-531-1880, ext.162

Become a power user with MS Office

Whether you're about to enter or are attending college, reentering the workforce or wish to update your skills, you'll find these classes to be essential. Taught in a Windows environment with Office 2010, skills apply to all PC and Mac versions. Word, Excel, and Powerpoint will also be included during the 8-week course. Students are welcome to bring their own fully-charged laptop to class. If desired, bring a mouse.

#22110A 8 Tues 6:30 PM - 8:30 PM
2/4/20, 2/18/20, 2/25/20, 3/3/20, 3/10/20, 3/17/20, 3/24/20, 3/31/20 Room 112 \$360.00

Become an expert in Word

After a review of the basics, students discover the basics of desktop publishing with Word which includes columns, graphics, custom formatting, page numbering, and more. Learn how to make an ordinary document professional looking in minutes. In addition to discovering many shortcuts, students will learn tips to create a resume with a strong visual impact.

#22040A 2 Tues 6:30 PM - 8:30 PM
2/4/20, 2/18/20 Room 112 \$99.00

Formulas, Charts and more with Excel

As we progress from formula basics, you'll learn if statements, financial functions, lookups, multi-page documents, sorting, keyboard shortcuts, printing tips, and more. In addition, you'll discover how to create publication-worthy charts and graphs. Unless you're an expert with the touchpad, a mouse may simplify maneuvering throughout the spreadsheet.

#22035A 4 Tues 6:30 PM - 8:30 PM
2/25/20, 3/3/20, 3/10/20, 3/17/20 Room 112 \$199.00



Create an Impressive PowerPoint Presentation

Learn presentation tips to create an effective and memorable production whether it's in print or projected before any size group. Brand your PowerPoint with your own graphics, logos, and photos that can become templates. Students will learn how to convert the PowerPoint into a video that can be uploaded to YouTube. Discover other methods to customize with narration, multimedia, and PDF conversion.

#22045A 2 Tues 6:30 PM - 8:30 PM
3/24/20, 3/31/20 Room 112 \$99.00

Get the most out of your iPhone or iPad

The Lessons are a perfect complement for mobile device training given in Apple stores! As you progress, you will discover additional features and benefits in each device. Use either one to type, or dictate simple text notes and text messages. Learn to connect to and surf the internet and effectively use Apple iCloud to share documents, photos, and contacts with your other devices. Learn to make FaceTime calls/group calls in addition to regular phone calls. You will have fun learning in this class. Bring either an iPhone or an iPad or BOTH to class!

#22060A 3 Thurs 6:30 PM - 8:30 PM
2/6/20, 2/20/20, 2/27/20 Room 112 \$75.00

Apple Mac OS X for Beginners

Do you have Apple Mac OS 10 on your MacBook/Laptop? You are among the few lucky people that have a Mac computer with an Operating System that's very easy to use. You will love this class because it is designed for beginners. The class will cover the basic operation: the desktop, the apps, the file system, word processing, email, and printing. Tip: Your Mac is based on the powerful UNIX operating system and is known for its stability and security. Bring a charged laptop to class.



#12020A 6 Tues 6:30 PM - 8:30 PM
4/7/20, 4/21/20, 5/5/20, 5/12/20, 5/19/20, 5/26/20
Room 404 \$99.00

Don't wait to sign up for classes!

***Our classes depend on a
minimum enrollment.***

***Don't risk your class
being canceled or full.***

Enroll today!

Smart TV/Apple TV for Beginners

Whether you are new to Smart TV or already have one, you should come to this class! We will be working with the best device on the market: the portable Apple TV (4K) model. The class includes discussing how it works and what you need to get going. This will include the new "live streaming" Apps and Apple TV "Plus+". Now you can start right here with this new class offering from GACE. You will learn the options for upgrading your living room television with excellent portable devices, even if you currently have a smart TV. You will also learn about Apps and new App options that include "cable free-live TV" offerings from major corporations. You not only get a new source of marvelous entertainment and educational television, but you will also learn how to save big \$\$\$ on your monthly cable bill.

#22015A 3 Thurs 6:30 PM - 8:30 PM
3/26/20, 4/2/20, 4/9/20 Room 112 \$75.00

Understanding Networks for Beginners

Your home network is where it all starts: your computers and mobile devices are all connected; not only to each other but to the rest of the world. The home network is the underpinning for most of your Communications: phone calls, email, information, and now Television. This class is designed for "rank" beginners who want to get a better understanding of computers, communications, and security... and how it all works. You will have fun too!!!

#22095A 4 Weds 6:30 PM - 8:30 PM
3/4/20, 3/11/20, 3/18/20, 3/25/20
Room 404 \$99.00

Introduction to Windows 10

Do you want to know how to use Windows on your laptop, PC, or surface Tablet? Learn the features of Windows 10, the newest Operating System by Microsoft, including apps, the tiled screen and more. Bring your fully charged laptop to class so you can follow along on your device.

#22010A 6 Thurs 6:30 PM - 8:30 PM
4/23/20, 4/30/20, 5/7/20, 5/14/20, 5/21/20, 5/28/20
Room 404 \$99.00

Cyber Security Basics

Learn how to protect yourself and your loved ones from computer crime. This course will explain how cyber criminals operate and what you can do to reduce risks to your information online. The class will cover protecting your computers from viruses, securing your email and social networking accounts, defending against scams and social engineering.

4 Mons 6:30 PM - 8:30 PM
4/27/20, 5/4/20, 5/11/20, 5/18/20
Room 404 \$99.00

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

Financial Literacy | Robert S. Salomon, Jr.

Learn the language of the financial world by focusing on security markets, money and banking, retirement plans, financial statements and the economy. In addition, there will be time devoted to mutual funds, hedge funds, commodities, and most importantly, how to manage and invest your savings and retirement funds. Complementing these subjects will be many real-life stories making them both interesting and more easily understood. Lastly, these topics will be further explained by learning how to read the financial tables in the Wall Street Journal. Robert Salomon has over 40 years' experience on Wall Street in investment banking, research, and asset management. He has also served as a mutual fund director and wrote a monthly column for Forbes magazine for 10 years and he has been teaching financial literacy for the past 8 years.

#21712A	3 Thurs	6:00 PM – 8:00 PM
4/23/20-5/7/20	Room 425	\$29.00

Foundations of Investing | Chris Manimbo

Foundations of Investing is geared toward people who want an overview of investing including key terms and types of investments. It covers the basic features of bonds, stocks, and packaged investments, and the importance of asset allocation. Whether you are new to investing or need a refresher, Foundations of Investing will help you learn about:

- The importance of developing a strategy.
- The impact of asset allocation.
- The influence of inflation on your long-term goals.

#21350A	1 Weds	7:00 PM – 8:00 PM
3/11/20	Room 421	\$29.00

What is Personal Credit? / What is Money? |

Nida Ikram

Come learn the basics of personal taxes and all the changes that took place within this new tax reform. If you have a child going to college, if you have deductions that you need to take, find out which deductions, expenses, home improvement expenses you can take and what it means for the savings account you have.

You will also be able to learn to do a sample 1040 for yourself (a Basic return) in the event you want to file yourself without having to pay a tax professional. Truly understand your own taxes. Also, learn to improve your credit score, how to raise it, and what key things to look for to get a high score. Sign up today!

#21745A	3 Tues	6:30 PM – 8:30 PM
3/3/20-3/17/20	Room 303	\$59.00

Take Control of Your Financial Future | Chris Manimbo

Take Control of Your Future: Five Money Questions for Women. Women and men have differing considerations when it comes to long-term financial goals. Because of a woman's longer life span, your needs may be significantly different from those of your spouse and others. Does your financial strategy fit your lifestyle and needs? Join us and learn more. As we explore five critical money questions for women.

#21741A	1 Mons	7:00 PM – 9:00 PM
5/11/20	Room 425	\$29.00

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
3/30/20	Room 425	\$29.00

What Happens After Paychecks Stop? | Chris Manimbo

If you are nearing or entering retirement and are interested in a strategy designed to help build an income stream and make your retirement income last, join us for What Happens after the Paychecks Stop? We'll explore how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks.

#217442A	1 Weds	7:00 PM – 9:00 P.M.
2/10/20	Room 425	\$29.00

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 Mon	7:00 PM - 9:00 PM
2/3/20	Room 421	\$29.00

Moving On? Do You Know Your Options? | *Chris Manimbo*

How you handle your 401 (k), pension or other employer-sponsored retirement plan when you leave your job is one of the most important financial decisions you can make.

- Learn:
- The most common distribution options.
 - How to avoid having the IRS withheld 20% of your retirement distribution.
 - How taxes, penalties, and investment options factor into your decision.

Knowing your options when you leave your job can help you make the right choice for your retirement savings.

#21715A 1 Tues 7:00 PM – 9:00 PM
4/22/20 Room 425 \$29.00

Prepare for your Connecticut Security Officer Guard License | *Louis J Bonito*

Upon successful completion of this 8-hour course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection. This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. Connecticut laws will be reviewed, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about: the use of force continuum, fire safety, and the history of security, work place violence, terrorism, communication skills, and more. Administrative directives for Security Officer's Training Certification Identification Card from the Department of Emergency Services and Public Protection Division of State Police Special Licenses & Firearms Unit, will be distributed and reviewed during training, outlining: Application-fees, Fingerprinting-fees, FBI Background Inquiry-fees, State of CT Background Inquiry-fees, and additional requirements, such as, a copy of your current CT Driver's License and Papers of Naturalization, if applicable. Eligibility: Must be at least 18 years of age with no felony record and no sexual offenses. Licensing fees for the State will run a total of \$203.25, but the licensing fees are paid to the State and are NOT due the day of the class. Make sure to bring a copy of your driver's license or State ID.

#21360A Mon, Tues 5:00 PM – 9:00 PM
3/2/20-3/4-20 Room 305 \$150.00

Road to Retirement: A Baby Boomer's Guide | *Paul Tramontozzi*

This four part class is meant to prepare soon-to-be retirees for the decisions they will soon face. Learn how to organize your personal finances, stay invested in an uncertain market, position your portfolio to provide income, determine the financial implications of housing in retirement, transfer wealth to the next generation, and plan for potential long term care costs.

#21750A 4 Tues 7:00PM- 8:30PM
2/18/20- 3/10/20 Room 425 \$60.00

Preparing for Retirement | *Paul Tramontozzi*

Are you overwhelmed with the thought of retirement and unsure if you are ready? This class is meant to prepare soon to be retirees for retirement by discussing how to budget for retirement, manage income and expenses, calculate their net worth, and plan for significant long-term medical and health care coverage.

#21751A 1 Weds 7:00PM- 8:30PM
3/18/20 Room 425 \$29.00

A Night in Italy | *Amy L. Rosen*

Spend the evening with Amy Rosen making a delicious Italian dinner that you can easily make at home. You will make your own homemade pasta with homemade tomato, as well as homemade pesto sauces. A fun appetizer, main course, and dessert.

#26520A 1 Mon 6:30PM- 8:30PM
5/4/20 GHS Kitchen \$75.00

Chicken 4 Ways | *Amy L. Rosen*

Bored of your weekly meals at home? Join Amy Rosen and learn how to make exciting and delicious homestyle chicken dinners for your family. A fully hands-on cooking class. Amy will guide you in the preparation and cooking of Chicken prepared 4 different ways. One sautéed, one stuffed, one baked, and one made in a cast iron pan. The flavors will entice your family to sit down to the table and enjoy eating a home cooked meal together. Bring containers to take home your creations.

#26525A 1 Mon 6:30PM- 8:30PM
3/23/20 GHS Kitchen \$75.00



Fast and Fresh Vegetarian Dinners for Spring | *Amy L. Rosen*

Preparing meals without meat still allows for endless possibilities in the kitchen. Join Amy Rosen as we explore a range of truly delicious nutritional well-balanced, and satisfying spring vegetarian meals using seasonal ingredients that can be put on the table in no time. A fully hands-on cooking experience.

#26530A 1 Mon 6:30PM- 8:30PM
4/20/20 GHS Kitchen \$75.00

Get Ready for your own Dinner Party | *Amy L. Rosen*

Join Amy in an evening of making your own dinner party. She will guide you through making an appetizer, salad, main course, and dessert. It will be a fully hands-on experience preparing for you to have your own delicious Dinner Party that will be the talk of the town.

#26535A 1 Mon 6:30PM- 8:30PM
4/27/20 GHS Kitchen \$75.00

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GREENWICH ADULT AND CONTINUING EDUCATION OFFICE

290 GREENWICH AVE, GREENWICH, CT 06830

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ADULT EDUCATION INSTRUCTORS

Greenwich Adult & Continuing Education Program is looking for enthusiastic and knowledgeable people to teach eager adult learners. If you would like to teach any of the following, or would like to propose a new course, please call Braulio Santiago at 203-625-7474, email at gce@greenwich.k12.ct.us or complete the form below. **No certification required.** Additionally, there are periodically openings for teachers in our Adult Learning program. Please contact our office at 203-625-7423 for more information, if you're interested in teaching ESL, ABE Math or GED.

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Name: _____

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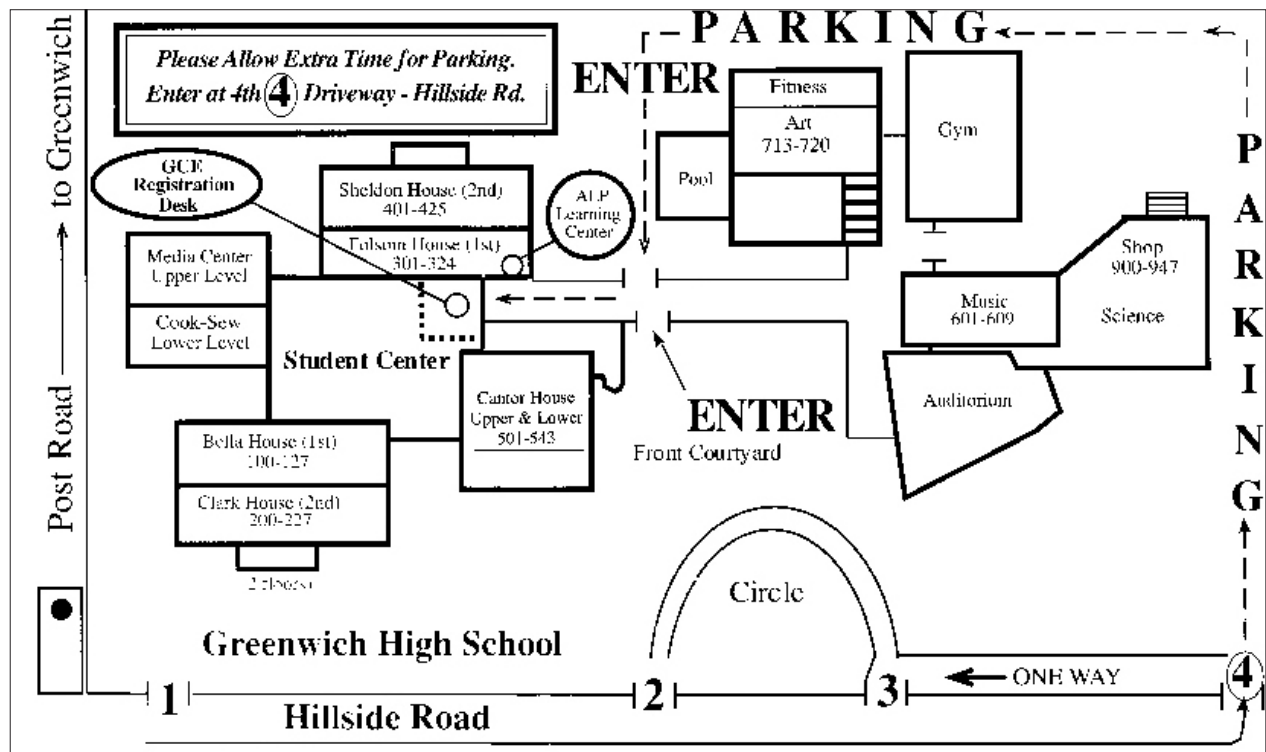
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Registration Fee										5.00
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5 EASY WAYS TO REGISTER:



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