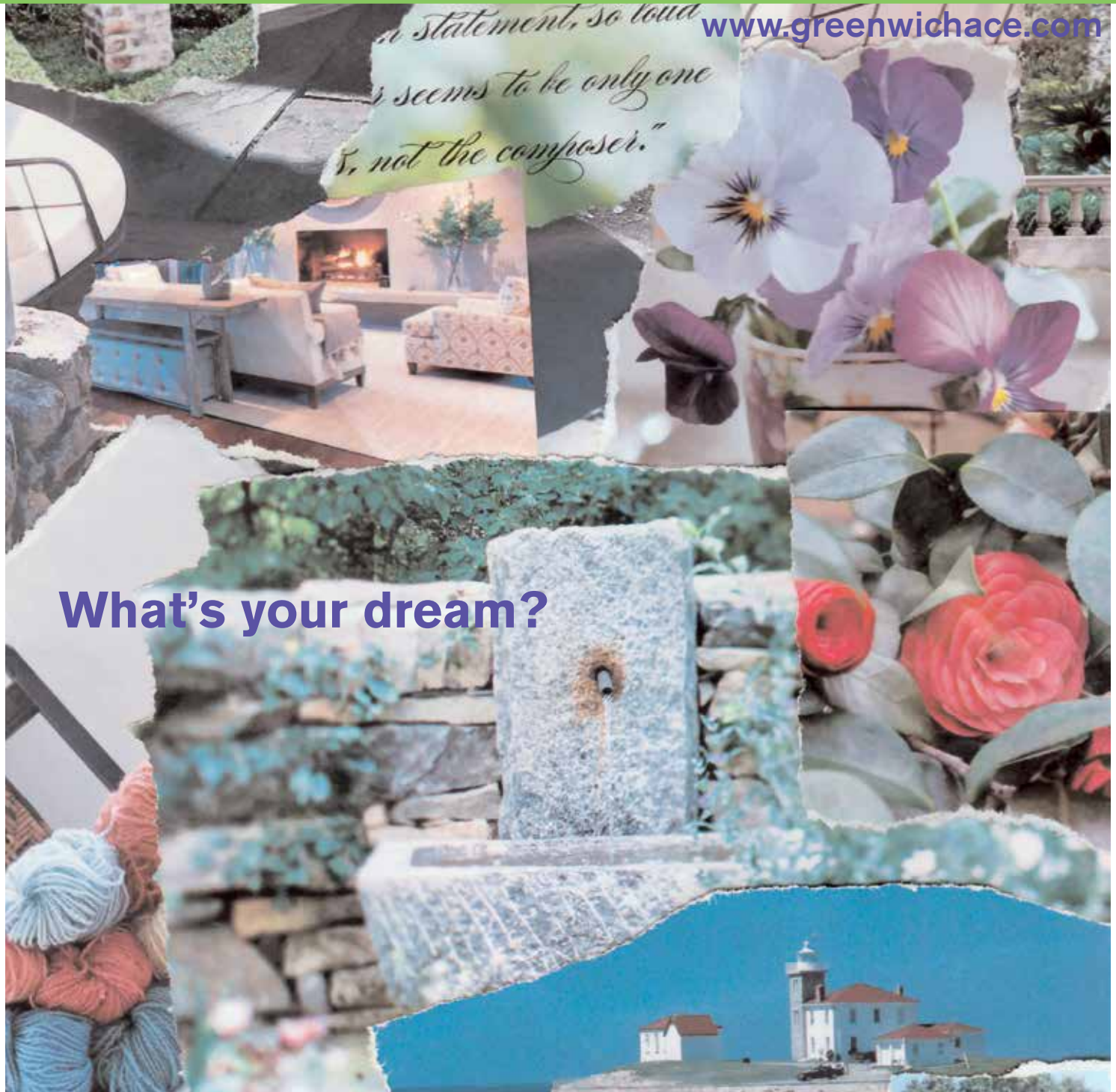




traditional and  
online courses  
Spring 2021

# ADULT & CONTINUING EDUCATION

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



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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**UNLESS OTHERWISE INDICATED  
ALL CLASSES ARE ONLINE  
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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 2021 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 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 through ed2go.com. 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 online 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,*

Brulio Santiago, *Adult and Continuing Education Coordinator*

## **ADMINISTRATION**

### **Greenwich Public Schools**

Dr. Toni Jones	Superintendent of Schools
Dr. E. Ann Caraballo	Deputy Superintendent of Schools
Mr. Peter Bernstein	Chair, Board of Education

### **Greenwich Adult & Continuing Education**

Brulio 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](http://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 11 de enero de 2021. Las clases de día son de 9:30 a.m. hasta las 11:30 a.m. Las clases de noche son de 6:00 p.m. hasta las 8:00 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 11, 2021. Day classes are from 9:30 a.m. to 11:30 a.m. Evening classes are held 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 Tuesday and Thursday from 6:00 p.m. to 8:00 p.m. beginning January 12, 2021.

### 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® registration process online at [www.ged.com](http://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](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 are held every Tuesday and Thursday from 6:00 to 8:00 pm, beginning January 12, 2021.**

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

**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. For more information call: 203-625-7423 or email: [kathy\\_post@greenwich.k12.ct.us](mailto:kathy_post@greenwich.k12.ct.us) Note: All new registrations must be completed at the Greenwich Adult and Continuing Education office.

### Registration:

**Starts January 11, 2021**

**Call the Adult and Continuing Education office  
Greenwich Board of Education**

**290 Greenwich Avenue, Greenwich, CT  
(203) 625-7474 or  
(203) 625-7403**

### Registro empieza:

**el 11 de enero de 2021**

**Llame a la oficina de Educación para Adultos  
Greenwich Board of Education**

**(203) 625-7403**

\* Classes begin on Monday, January 11, 2021

\*Las clases empiezan el 11 de enero de 2021



*"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!**

**Monday, January 11, 2021 – June 9, 2021**

#### **DAY CLASSES / CLASES DE DIA**

ESL 1/2            Instructor: Randie Katzel  
Mons/Weds • 9:30-11:30 AM

ESL 3             Instructor: Linda Siwicki  
Mons/Weds • 9:30-11:30 AM

ESL 4             Instructor: Xae Reyes  
Tues/Weds • 9:30-11:30 AM

#### **EVENING CLASSES / CLASES DE NOCHE**

ESL 1             Instructor: Diane Nietupski  
Mons/Weds • 6:00-8:00 PM

ESL 2             Instructor: Jean Daniels  
Mons/Weds • 6:00-8:00 PM

ESL 3             Instructor: Armen Kassabian  
Mons/Weds • 6:00-8:00 PM

ESL 4             Instructor: Mitchell Foote  
Mons/Tues • 6:00-8:00 PM

#### **EARN YOUR HIGH SCHOOL DIPLOMA/GED**

##### **Prepare for the GED Test**

Instructor: Peggy Moore  
Tues/Thurs • 6:00 -8:00 PM

**CITIZENSHIP** Instructor: TBD  
Mondays • 6:00-8:00 PM

### **Online Courses**

#### **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. Due to Covid-19, all language classes will be held online.

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**

**Online | 10 sessions | \$175**

##### **Italian IA Beginner #23380A**

Tues 5:00 PM - 6:50 PM 1/26/21-4/6/21

##### **Italian IB Beginner Continuation #23385A**

Mons 7:00 PM - 8:50 PM 1/25/21-4/19/21

##### **Italian II Intermediate #23400A**

Mons 5:00 PM - 6:50 PM 1/25/21-4/19/21

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

Tues 7:00 PM - 8:50 PM 1/26/21-4/6/21

#### **SPANISH WITH SHARON GARCES ALVAREZ**

**Online | 10 sessions | \$175**

##### **Spanish IA Beginner #23700A**

Tues 7:15 PM - 8:50 PM 1/26/21-4/6/21

##### **Spanish II Intermediate #23720A**

Thurs 5:30 PM - 7:00 PM 1/28/21-4/8/21

#### **FRENCH WITH PATRICE MORLEY**

**Online | 10 sessions | \$175**

##### **French IA Beginner #23980A**

Tues 5:30 PM - 6:50 PM 1/26/21-4/6/21

##### **French 2A Intermediate #23985A**

Tues 7:00 PM - 8:50 PM 1/26/21-4/6/21



#### **Social Skills for Adults**

*For program details contact  
Lisa Bria, Activities Manager  
bria@abilis.us*

*or 203-531-1880, ext.162*

*When words leave off, music begins. Heinrich Heine***Writing for your Life: How to turn your Experience into Compelling Personal Essays**| *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 - 9:00 PM**  
**3/2/21-5/11/21**      **\$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.

**#25335A**      **6 Weds**      **7:00 PM - 9:00 PM**  
**3/3/21 - 4/7/21**      **\$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.*

**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**      **10:00AM - 12:00 PM**  
**\*Classes will be held in person at Old Greenwich Civic Center**  
**3/24/21-4/14/21**      **\$105.00**

**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**  
**3/2/21 - 5/11/21**      **\$159.00**

**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 - 7:45 PM**  
**3/4/21 - 5/13/21**      **\$175.00**

**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**  
**3/4/21-4/8/21**      **\$139.00**

**Images of Chinese Women in Traditional Chinese Literature: Dutiful? Shrew? Passive? Tiger Mother?** | *Theresa Kelleher*

Course will examine the portrayal of women from the earliest Book of Poetry to China's most famous novel Dream of the Red Chamber, to see the wide variety of female characters presented. We will look at the writings that set out in strict terms the proper behavior of women and then at examples from literature of how women actually conducted themselves, often in ways that challenged these norms in lively and colorful ways. Chinese patriarchy was real but Chinese women often found ways to subvert it.

**#25350A**      **4 Thurs**      **11:00 AM - 1:00 PM**  
**4/8/21 - 4/29/21**      **\$75.00**

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.*

**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 Bellucci*

#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

**Hand Lettering 101** | *Abigail Beal*

Hand lettering is a popular hobby & without a doubt, you can see it just about everywhere you go. Would you like to learn how to create this pretty type of lettering? All it takes is the willingness to practice & try something new! You might be surprised at how easy and friendly hand lettering is, once you get started. This is a great way to make cards look fancier and more special or decorate and hand letter favorite quotes you love and more. We will learn 5 different types of hand lettering and talk about how you can make projects have that personal touch.

Instructor Bio: Abigail A. Beal has taught crafts as a Continuing Education Instructor. She loves many types of crafting, but her very favorite are paper crafts! Abigail is a freelance writer and a published author.

Supply list: gel pens or Micron pens (note: I will give you a link so you have the specific information about the pens, they are inexpensive), a sharpened pencil, a clear ruler, 8 1/2 x 11" paper or sketch pad, an eraser. One class will be on 2 Tuesdays, and another class will be on 2 Saturdays. (2 Sessions)

#24462A 2 Tues 6:00 PM – 7:00 PM

4/3/21 - 4/10/21 \$75.00

#24462B 2 Sat 12:00 PM – 2:00 PM

4/3/21 - 4/10/21 \$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 Tues 6:30PM - 7:45 PM  
3/2/21 - 4/6/21 \$115.00**iPhone Photography: Use your iPhone Camera to its Full Potential** | *-Deborah Tuai*

Get the best results from your iPhone and take better photos by knowing the basics: settings, techniques, lighting, focusing, exposure and composition. Improve your photography by knowing how to use and control your iPhone camera.

Sessions: 1

#21743A 1 Thurs 7:00 PM – 9:00 PM  
5/6/21 \$29.00**PHOTOGRAPHY: DSLR Camera Features and Settings - Beyond Auto Mode** | *Deborah Tuai*

This course explores the key DSLR camera features and settings so you learn how and when to use them and take the camera off Auto. Learn about the shooting, focusing and metering modes, as well as depth of field, motion blur/freeze/pan, exposure compensation, histograms, and bracketing. Skill-building exercises will get you up and off your chair to develop your skills with aperture, shutter speed, and ISO. Sharing images and discussions are part of every session.

Camera Types: DSLR only (no point and shoot)

Skill Level: Beginner and Intermediate

#24645A 3 Tues 6:30 PM– 8:30 PM  
March 9, 16, 23 iPhone**In-Person Class****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  
2/16/21 - 4/27/21 OGCC \$175.00

**Online Courses**

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

**Tai Chi | Will Morrison**

Immerse yourself to see the benefits of Tai Chi. This class begins with an immersion into the fundamental movements of tai chi in order to discover and feel the internal dynamics that lead to the transformative nature of this classical Chinese practice. A relaxed upright posture, catlike weighting and unweighting of steps, and internally focused breathing are some of the hallmarks of the tai chi approach. The movements improve balance, mental sharpness, flexibility and health. Harvard Medical School research ranks tai chi as a 'top five' exercise. Will Morrison has studied with Ed Young since 1981, a senior student of Professor Cheng Man Ching, who popularized the Yang Style Tai Chi in the 1960s and 70s which has become the most prevalent style worldwide. Will is a certified "Tai Chi Fundamentals" instructor. TCF is an approach that makes Tai Chi more accessible to students of all ages and for those with pain and physical limitation. This class has proven successful through Zoom. As the weather warms in March, the class can elect to meet in a park in central Greenwich.

**#28400A                      10 Tues                      6:00 PM – 7:00 PM**  
**2/16/21 - 4/27/21**

**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                      7:00 PM – 8:00 PM**  
**1/20/21 - 3/31/21                      \$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**  
**1/20/21 - 3/31/21                      \$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.

**#28440A                      10 Weds                      5:15 PM – 6:30 PM**  
**1/20/21 - 3/31/21                      \$165.00**

**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                      7:00 PM – 8:30 PM**  
**3/18/21                      \$99.00**

**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/Mons                      6:00 PM – 8:00 PM**  
**1/25/21 - 3/22/21                      Havemeyer Bldg.**  
**\$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 Mons                      6:00 PM – 8:00 PM**  
**3/29/21 - 5/17/21                      Havemeyer Bldg.                      \$165.00**

**Website Design Guide: A Checklist for a**

**Successful Website | Deborah Tuai**

Plan, design and develop an effective and successful website with a step-by-step guide to the art and science of building and improving a website with a better user experience, a successful look and feel, and optimal web page functions. Topics covered include getting visitors to your website (for free), making a great first impression, getting people to know, like and trust you, and achieving your goals and objectives. This class is for anyone who wants to update or improve their current website or start from scratch.

**#24690A                      1 Weds                      6:30 PM – 8:30 PM**  
**3/3/21                      \$99.00**

**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**  
**3/24/21                      \$29.00**

**#27300B                      1 Weds                      6:30 PM – 8:30 PM**  
**5/26/21                      \$29.00**



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

**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 session, 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, 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.

**#27110A 2 Tues (2/2 & 2/23 Virtual Classes, 2/8 - 2/19**  
**One-on-one tutorials: (2) 1- hour sessions or (1) 2 - hour session**  
**6:30 PM – 8:30 PM 2/2/21 - 2/23/21 \$99.00**

**SAT Preparation**  
**For Students taking the SAT on**  
**Wednesday, March 24, 2021**  
**at Greenwich High School**  
**\$199.00 Math/Reading/Writing**

**Verbal/Writing | Cassandra Echevarria**  
 4 Saturdays 8:30 AM – 10:00 AM  
**#27910B February 20, 27, March 6, 13**

4 Saturdays 10:00 AM – 11:30 AM  
**#27910C February 20, 27 March 6, 13**

**Math | Maria Buono**  
 4 Saturdays 8:30 AM – 10:00 AM  
**#27910D February 20, 27 March 6, 13**

4 Saturdays 10:00 AM – 11:30 AM  
**#27910E February 20, 27 March 6, 13**

**Verbal/Writing | Laura Burdick**  
 4 Tuesdays 4:00 PM – 5:30 PM  
**#17920C February 23, March 2, 9, 16**

**Math | Lauren Moskovitz**  
 4 Thursdays 4:00 PM – 5:30 PM  
**#17925D February 18, 25 March 4, 11**

**Please Note: Time may change due to the school's schedule during the pandemic.**

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

**Meditation as Medication | Paul Epstein**

Mindfulness for Stress and Emotional Resilience

Research shows that 80 % of visits to the family doctor are for stress related complaints. Stress and trauma contribute to mental, emotional and physical symptoms and chronic disease and cause people to suffer with anxiety, depression, chronic pain, digestive disorders, headaches, heart disease, PTSD and more. These have been and remain exceedingly stressful and challenging times for all coping with the corona virus, climate change issues (wild fires and storms), a depressed economy and divided nation and of course the usual stresses of life.

You can enhance your ability to adapt to stressful situations or crises. More resilient people are able to "roll with the punches" and adapt to adversity without lasting difficulties; less resilient people have a harder time with stress and life changes. Whatever your challenge, through mind-body skills of mindfulness, compassion and cultivating resilience. you can learn to face your stresses and traumas in a way that supports and decreases, prevents and heals symptoms and diseases.

Serenity is not freedom from the storm, it is peace amidst the storm.

Dr Paul Epstein is a Naturopathic physician specializing in mind-body integrative medicine, trauma informed care and treating people with stress related disease. He is a mindfulness meditation teacher and author of Happiness through Meditation, and has trained in IFS, the Internal Family System model of psychotherapy. In practice for 36 years, Paul mentors health professionals and is an international speaker and teacher. [www.drpaulepstein.com](http://www.drpaulepstein.com)

**#27210A 2 Tues 7:00 PM – 9:00 PM**  
**1/26/21 - 2/2/21 \$59.00**

**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**  
**3/22/21 \$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.

**#21742A 1 Tues 7:00 PM – 9:00 PM**  
**2/23/21 \$29.00**



## Online Courses

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

### 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.

**#21744A**      **1 Thurs**      **7:00 PM – 9:00 PM**  
**1/28/21**      **\$59.00**

### 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**  
**1/25/21**      **Room 421**      **\$29.00**

### 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 Tues**      **7:00 PM – 9:00 PM**  
**1/20/21**      **\$29.00**

### Foundations of Investing | *Chris Manimbo, Edward Jones*

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

**# 21743A**      **1 Thurs**      **7:00PM – 9:00PM**  
**5/6/21**      **\$29.00**

### 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**      **7:00 PM – 8:30 PM**  
**1/26/21**      **\$29.00**

### Beautiful Brunch | *Amy Rosen*

Brunch is a delicious meal that you can make for any occasion. During this class you will learn how to make a Frittata, baked blueberry pancake, pecan ginger scones, cheese blintzes, scrambled or sunny side up eggs in a hash brown cup.

**#26535A**      **February 23, 2021**      **6:00 PM – 8:00 PM**

### Sumptuous Soups | *Amy Rosen*

Winter is coming and everyone will need a warm comfort meal. Why not learn to make some delicious soups like Turmeric, chickpea and Kale soup or Carrot and Ginger soup or even Good old-fashioned Chicken soup, Swiss Chard with Roasted chicken and rice soup.

**#26520A**      **January 26, 2021**      **6:00 PM – 8:00 PM**

### Fast and Fresh Vegetarian Dinners for Spring | *Amy 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 balance 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**      **March 23, 2021**      **6:00 PM – 8:00 PM**

### Chicken 4 Ways | *Amy 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**      **March 2, 2021**      **6:00 PM – 8:00 PM**

### Up your Side Dish Game | *Amy Rosen*

Join Amy in a fully hands on class making many different side dishes to complement your main course. They will be delicious, healthy and beautiful to look out so your family will want to eat them. Dishes will include a variety of potatoes, rice, quinoa and vegetable sides.

**#26540A**      **April 6, 2021**      **6:00 PM – 8:00 PM**

## Instructor-Led **Online Course Bundles**



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