



traditional and  
online courses  
Spring 2022

# ADULT & CONTINUING EDUCATION

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# GREENWICH ADULT & CONTINUING EDUCATION

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

Welcome to our Spring 2022 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. You can register for our programs online or by mail at: Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT.

We look forward to providing you with an excellent selection of course offerings. Please feel free to suggest a class that you think would be informative, interesting, and enjoyable. We are always eager to receive new ideas.

*Sincerely,*  
Braulio Santiago, *Adult and Continuing Education Coordinator*

## **ADMINISTRATION**

### **Greenwich Public Schools**

Dr. Toni Jones	Superintendent of Schools
Dr. E. Ann Caraballo	Deputy Superintendent of Schools
Ms. Karen Kowalski	Chair, Board of Education

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

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

## **THINGS YOU NEED TO KNOW**

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

## ADULT LEARNING PROGRAM



### 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 10 de enero de 2022. Las clases de día son de 9:30 a.m. hasta las 11:30 a.m. Las clases de noche son de 6:30 p.m. hasta las 8:30 p.m.

ESL classes are free for adults living or working in Greenwich. Learn to speak, read, and write English in a program that focuses on the skills needed in everyday life. Classes begin January 10, 2022. Day classes are from 9:30 a.m. to 11:30 a.m. Evening classes are held 6:30 p.m. to 8:30 p.m.

### Adult Basic Education

If your reading, writing and math skills are not strong enough for you to take GED classes, or if you want to improve your English skills for job training or employment, ABE is for you. Many adults need to work on the basic skills as a first step on their road to a diploma. Classes are held every Monday and Wednesday from 6:30 p.m. to 8:30 p.m. beginning January 10, 2022.

### 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 in-person on Mondays and Wednesdays from 6:30 to 8:30 pm, beginning January 10, 2022.**

## 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: 203-625-7474 or email: [kathy\\_post@greenwich.k12.ct.us](mailto:kathy_post@greenwich.k12.ct.us)

**Note:** All new students must be tested before being assigned to a class. Todos los alumnos tienen que tomar un examen antes de ser asignado a una clase.

### In-Person Registration:

**Starts January 3, 2022**

**Call the Adult and Continuing Education office**

**Greenwich Board of Education**

**290 Greenwich Avenue, Greenwich, CT**

**(203) 625-7474 or**

**(203) 625-7403**

### Registro en persona empieza:

**el 3 de enero de 2022**

**Llame a la oficina de Educación para Adultos**

**Greenwich Board of Education**

**(203) 625-7403**

\* Classes begin on Monday, January 10, 2022

\* Las clases empiezan el 10 de enero de 2022

*"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 10, 2022 – June 1, 2022**

**DAY CLASSES / CLASES DE DIA**

- ESL 1/2            Instructor: Randie Katzel  
Tues/Thurs • 9:30-11:30 AM  
Havemeyer Building / In-Person
- ESL 2/3            Instructor: Ann Penny  
Tues/Thurs • 9:30-11:30 AM  
Town Hall
- ESL 3                Instructor: Linda Siwicki  
Mons/Weds • 9:30-11:30 AM  
Havemeyer Building / In-person
- ESL 4                Instructor: Xae Reyes  
Tues/Weds • 9:30-11:30 AM  
One Day at Havemeyer Building /  
One Day Online

**EVENING CLASSES / CLASES DE NOCHE**

- ESL 1                Instructor: Diane Nietupski  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person
- ESL 2                Instructor: TBD  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person
- ESL 3/4             Instructor: Xae Reyes  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person

**EARN YOUR HIGH SCHOOL DIPLOMA/GED**

**Prepare for the GED Test**

**Spanish GED**    Instructor: Braulio Santiago  
Saturdays • 9:30 -12:00 PM (Online)

**CITIZENSHIP**    Instructor: Michelle Sabin  
Tuesdays • 6:00-8:00 PM (Online)

**ABE**                Instructor: TBD  
Mon/Weds • 6:30 -8:30 PM  
(In-Person) Greenwich High School

**GED**                Instructor: Peggy Moore  
Mons/Weds • 6:30 -8:30 PM  
(In-Person) Greenwich High School

**Learn a World Language**

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

**ITALIAN WITH LUCIANA ORZANO**

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

**Italian IA Beginner #23380A**  
Weds 5:00 PM - 6:50 PM 1/24/22-4/13/22

**Italian II Intermediate #23400A**  
Mons 5:00 PM - 6:50 PM 11/24/22-4/11/22

**Italian III Advanced Conversation #23420A**  
Mons 7:00 PM - 8:50 PM 1/24/22-4/11/22

**SPANISH WITH ANGELICA MORGANTI**

**In-Person | 10 sessions | \$175**  
**Sheldon House | Room 401**

**Spanish IA Beginner #23700A**  
Mons 6:00 PM - 7:30 PM 1/24/22-4/11/22

**Spanish II Intermediate #23720A**  
Weds 6:00 PM - 7:30 PM 1/26/22-4/13/22

**FRENCH WITH PATRICE MORLEY**

**In-Person | 10 sessions | \$175**  
**Folsom House | Room 320**

**French IA Beginner #23980A**  
Mons 6:00 PM - 7:30 PM 2/28/22-5/16/22

**SIGN LANGUAGE WITH DANA ROMANELLO-FLYNN**

Have you watched people signing and thought to yourself "That is SO cool - I would LOVE to learn sign language!" I know - I thought the same thing and started off learning American Sign Language (ASL) in a continuing education class just like this over 25 years ago! Now, I teach ASL here at GHS and love it. So, let's start with the end goal - by the end of this class you will be able to have a short conversation related to you, your family and seasonal topics. You will learn the alphabet, of course, along with numbers 1 - 50, and begin working on how to organize space, information within that space, how we use expression in ASL to alter the meaning of what we are saying. We will also touch lightly on cultural topics. If there are topics you'd like to learn, just let me know and I will do my best to work it in! Our goal is to have lots of fun and leave each class with hands full of language and smiles on our faces!

**#23985A | 10 Weds | 6:30 PM - 8:00 PM**  
**2/23/22 – 5/11/22 | Room 301 | \$175.00**

*When words leave off, music begins. Heinrich Heine*

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

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

**#25335A**      **6 Mons**      **6:30 PM - 8:30 PM**  
**2/28/22-4/4/22**      **Room 309**      **\$139.00**

### **The Tyranny Of Empire** | *Anne Gilhuly*

From its glory days in the mid-fifth century B.C., democratic Athens declined and fell to defeat at the hands of totalitarian Sparta by the end of the century. This was despite the fact of Athens' stunning creative energy and fabled navy and also despite Sparta's being landlocked, smaller and poorer. How could this have happened? We'll follow Thucydides' account in the main, trying to understand the factors at play and being on the alert for insights into our own moment in time.

**#25000A**      **4 Weds**      **4:00 PM - 5:55 PM**  
**3/9/22-3/30/22**      **Room 304**      **\$105.00**

### **Book Publishing 101: A How-To for Aspiring Writers** | *Vance Briceland*

Many writers dream of getting a book published—only to encounter frustration at making a first sale. This course will help aspiring writers navigate the sometimes-tricky road to becoming a traditionally-published professional author. Students will learn the role of the literary agent, will write effective queries and irresistible synopses for critique, and will receive guidance on techniques to help handle rejection. Students should have a completed manuscript to for submission, or be prepared to create marketing materials for a single proposed project.

**#25330A**      **6 Weds**      **6:30 PM - 8:30 PM**  
**3/2/22-4/6/22**      **Room 309**      **\$139.00**



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

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

### **PRIVATE MUSIC LESSONS** *at GHS*

**Voice** | *Thomas Woodman*

**#29410A**      **#29410B**      **#29410C**

**Trumpet** | *David Scott*

**#29490A**      **#29490B**      **#29490C**

**French Horn** | *Kathleen Dittmer*

**#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

### **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 Mons**      **6:30 PM - 7:30 PM**  
**1/24/22-4/11/22**      **Room 304**      **\$159.00**

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.*



## FITNESS | DANCE

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

### **Tai Chi** | *Will Morrison*

Discover what makes Tai Chi unique and effective by learning the "Basic Moves" of the nationally recognized "Tai Chi Fundamentals" (taichihealth.org) program and other movements such as the "Five Animals" and "Silk Reeling". The movements are easy to learn, introduce flow and mindfulness, and form the basis of the seemingly simple, yet complex tai chi choreography practiced in public places around the world. The patterns improve balance, mental sharpness, flexibility and health. Harvard Medical School ranks Tai Chi as a "top five" exercise for any age group.

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

**#28400A**      **10 Thurs**      **7:00 PM – 8:00 PM**  
**1/27/22-4/7/22**      **Dance Studio**      **\$165.00**

### **Yoga** | *Herma Hale*

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

**#28435A**      **10 Weds**      **3:45 PM – 5:00 PM**  
**1/26/22-4/13/22**      **First Congregational Church**      **\$165.00**  
**#28440A**      **10 Weds**      **5:15 PM – 6:30 PM**  
**1/26/22-4/13/22**      **First Congregational Church**      **\$165.00**

### **Pilates Mat** | *Marcia O'Kane*

This is a mat-based Pilates class designed to engage every muscle group to develop strong yet flexible muscles through lengthening and strengthening exercises. The focus is also on creating a solid core area. Both beginner and advanced students can benefit since modifications will be included for every move. Learn how to develop the perfect posture. Bring your own mat and desire to create your best body.

**#28390A**      **10 Tues**      **8:00 PM – 8:50 PM**  
**3/15/22-5/24/22**      **Dance Studio**      **\$175.00**

### **Chi Flow Aerobics** | *Andrea Woodman-Osker*

Chi Flow 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**      **5:30 PM – 6:30 PM**  
**1/24/22-4/11/22**      **First Congregational Church**      **\$165.00**

### **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**  
**3/15/22-5/24/22**      **Dance Studio**      **\$175.00**

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

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

**#28270A**      **10 Weds**      **7:00 PM – 8:00 PM**  
**1/26/22-4/6/22**      **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**  
**1/26/22-4/6/22**      **Dance Studio**      **\$165.00**

### **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 encourage relaxation and a sense of well-being.

Yoga is a life-long path. Come join us! All levels are welcome.  
**#28445A**      **10 Thurs**      **5:30 PM – 6:30 PM**  
**1/27/22-4/7/22**      **First Congregational Church**      **\$165.00**

### **Pound** | *Dorothea Mackey*

According to the Pound fitness website Pound is "an exhilarating full-body workout that combines cardio, conditioning, and strength training with yoga and Pilates-inspired movements. Using Ripstix®, lightly weighted drumsticks engineered specifically for exercising, POUND transforms drumming into an incredibly effective way of working out.

**#28200A**      **10 Mons**      **6:00 PM – 7:15 PM**  
**2/28/22-5/9/22**      **Dance Studio**      **\$125.00**

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

**Zumba** | *Dorothea Mackey*

Toning combines body-sculpting exercises and high-energy cardio work infused with Zumba moves to create a calorie-torching, strength-training fitness party. Zumba toning sticks are used in class. Toning sticks are provided by the instructor.  
**#28300A**      **10 Mons**      **7:20 PM – 8:50 PM**  
**2/28/22-5/9/22**      **Dance Studio**      **\$125.00**

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

This course will teach the basics of bidding and play of hands. Instructive handouts will be distributed to assist you in this process. Join us and meet new friends as you learn the basics of this fascinating and challenging game. Bridge provides a good opportunity to create an active social life.  
**#28745B**      **7 Weds**      **6:00 PM – 8:00 PM**  
**3/2/22-4/13/22**      **Room 303**      **\$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**  
**2/28/22-4/11/22**      **Room 303**      **\$165.00**

**Fly Fishing** | *Mark Sedotti*

This is a comprehensive course in general fly fishing, covering mostly freshwater, but it has one session on saltwater fly fishing as well. The course covers nymph, dry fly, and steamer fishing for trout, as well as night fishing, and mousing for the same. It also covers lake fishing for Largemouth Bass, Smallmouth Bass, carp and pan fish, fly casting, leaders, knot tying, rods, reels, and fly lines to use for everything, steel head fishing, local salt water fly fishing and where and when to go locally to catch fish. This is NOT JUST a beginner' course. The fly casting alone is worth the price of the course (not matter what level fly caster you are), the session on streamer fishing is as cutting edge 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 as well. Relaxing, fun, and contemplative, fly fishing might be just for you in these stressful times.

*Mark Sedotti was the fly casting columnist for Saltwater Fly Fishing Magazine and has traveled all over the United States doing fly casting clinics for Fly Clubs, Major Fly Fishing Shows, FFF Conclaves, and Fly Shops.*

**#28725A**      **8 Mons**      **6:30PM - 8:30 PM**  
**3/30/22-5/25/22**      **Room 425**      **\$179.00**

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

Color, light, shade, and form are among the basic painting principles you learn in this introductory course. Using acrylics, oils, or the new water-based oil paints, or other painting medium of your choice, we cover the skills, tools, and techniques needed to begin a lifetime of painting.  
**#24430A**      **9 Weds**      **4:00 PM – 5:55 PM**  
**2/2/22-4/13/22**      **Room 718**      **\$175.00**



**Creativity for Wellness: One-Day Workshop** |

*Dianne Niklaus*

An introductory exploration of how personal expression through creative art-as-process activity can improve overall health and well-being. Materials provided.  
[www.creativemindbodyhome.com](http://www.creativemindbodyhome.com)

**#26544A**      **1 Weds**      **5:30 PM – 7:00 PM**  
**3/9/22**      **Room 714**      **\$40.00**

**From Sargent to Rockwell: Figurative Art in the**

**20th Century** | *Sue Altman*

This course examines the developments in art in America following the artistic revolutions in Europe in the late 19th century. We will explore American Impressionism, the Ashcan School, Regionalism, Social Realism, the Harlem Renaissance, and the Bay Area Artists.

Some of the artists we will view and discuss are John Singer Sargent, Edward Hopper, Grant Wood, Jacob Lawrence as well as many lesser known men and women.

**#28400A**      **3 Weds**      **6:30 PM – 7:45 PM**  
**2/9, 2/23, 3/2/22**      **Room 312**      **\$95.00**

**Mind-Body-Home: One-Day Workshop** |

*Dianne Niklaus*

An introductory exploration of how your physical home or work environment impacts your state of health and wellbeing. Will offer insights and advice on how to assess and improve energetic flow, healthy home design tips, and decluttering strategies. [www.creativemindbodyhome.com](http://www.creativemindbodyhome.com)

**#26546A**      **1 Weds**      **5:30 PM – 7:00 PM**  
**3/16/22**      **Room 714**      **\$40.00**

**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 Mons**      **6:30PM - 7:45 PM**  
**2/7/22-5/2/22**      **Room 301**      **\$175.00**

## ART | RECREATION

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

### Art History for Travelers | Sue Altman

This is a class for armchair travelers, those who want to relive the joys of a past trip or those planning one in the future. Each class explores a different country and their essential contributions to art history.

**France:** An exploration of French art: from Roman structures to the must-see masterpieces of the Louvre to the Impressionist museums of the South. **Italy:** Treasures of the Renaissance and Baroque are featured as well as Roman architectural wonders like the Colosseum and Forum. **Greece:** The wonders of the Parthenon and the unique contributions of the Minoan and Cycladic civilizations and **Spain, The Netherlands, and the UK.**

#24100A                      3 Weds                      6:00 PM – 8:30 PM  
3/9, 3/16, 3/23/22      Room 312                      \$95.00

### Learn the Tarot | Ed Moore

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

#21710A                      8 Weds                      7:00 PM – 8:30 PM  
2/23/22-4/13/22      Room 310                      \$149.00

### 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  
2/1/22-4/12/22      Boys/Girls Club                      \$175.00

### Learn to Crochet | Carmen Lowden

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

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

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

#26510A                      6 Weds                      6:30 PM – 8:30 PM  
2/23/22-4/14/22      Room 308                      \$100.00

### Knitting Today | Jinhee Apelgren

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

You will learn: The basic stitches — knit, purl, stockinette, etc., and techniques including how to read patterns. Most of all, we will work on a project for an item you will use and love!

Please bring yarn of your choice and knitting needles to the first class.

Yarn – 2-3 balls of no. 4 or Worsted Weight (wool/acrylic for colder and cotton/linen for warmer weather)

Knitting needles – No. 6-9 (a pair of needles)  
#26515A                      6 Mons                      6:30 PM – 8:30 PM  
2/28/22-4/11/22      Room 308                      \$100.00

### Introduction to Woodworking | Mark Andreas

Learn the skills, confidence and safety so that your only limit for your woodworking project will be your imagination. Through step by step instruction students will learn how to work safely with hand tools, power tools and woodworking equipment. New students to woodworking will often start by making a small stool, wooden spoon or cheese board. Then students can take those skills and scale up to larger projects. Materials will be discussed at the first class. **Class Location:** Studio Andreas, 652 Glenbrook Road, Stamford, CT

#24430A                      6 Weds                      1:00 PM – 4:00 PM or 6:00 - 9:00PM  
2/10/22-3/17/22      Studio Andreas                      \$225.00

### Personality Preferences vs. Skill Sets: What does this mean for your career and overall happiness? | Sandy Scherzer 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. By gaining a better understanding of your personality preferences this will assist you in making more accurate job and career choices. Sessions two through five will be focused on a pragmatic approach to your job search or career transition, and taking it to the next level. 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.

Sandy Scherzer Gross runs Pinetum Partners ([www.pinellc.com](http://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.

#21320A                      5 Tues                      6:30 PM – 8:00 PM  
2/2, 2/9, 3/2, 3/16, 4/6      Room 405                      \$300.00



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

### 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  
3/21/22                      Room 421                      \$29.00

### Comprehensive Retirement Planning | Lou Pelletier

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

#27301A                      1 Weds                      6:30 PM – 8:30 PM  
4/13/22                      Room 304                      \$29.00

### Intro To Genealogy | Janeen Bjork

During the first and final classes, the instructor will introduce the fundamentals of Genealogy research, documentary evidence, and the Genealogical Proof Standard. There will be specific lessons on finding and analyzing U.S. Census records; Birth, Marriage & Death records; U.S. Immigration records; U.S. military records; U.S. City Directories, and digitized newspapers that can be found online. In between the two classes there will be consultations available for each student. The tutorials, either two one-hour 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 Mons                      4/5 & 4/12 (All Participants),  
**One-on-one tutorials: (2) 1- hour sessions TBD by instructor  
and participant                      6:30 PM – 8:30 PM                      \$99.00**

### Five Money Questions for Women | 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 Weds                      6:30 PM – 8:30 PM  
1/26/22                      Virtual                      \$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 Weds                      6:30 PM – 8:30 PM  
2/9/22                      Virtual                      \$29.00

### Become a Power User with MS Office/Google

Suite | Nida Ikram

Whether you're about to enter or are attending college, reentering the workforce or wish to update your skills, you'll find this class 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.

G Suite (Google Suite) is a software platform that allows you to access multiple applications, with Gmail being one of the most popular. Its other products include Google Docs, Google Drive, Google Sheets, Google Hangouts, and Google Calendar. Students must bring their own fully charged laptop to class. If desired, bring a mouse.

#22110A                      8 Weds                      6:30 PM – 8:30 PM  
2/23/22-4/13/22                      Room 112                      \$360.00

### Why Did I Do That? Identify Your Money Habits and How to Change Them | Tammy Shweiger

Our past experiences "hardwire" our money behaviors. In this class, you will have the unique opportunity to explore your money habits through a carefully designed exercise that will bring you clarity. You will learn more about why you make the choices you do, and identify challenging money habits you want to change. Together, we will map out an action plan by creating goals specific to you.

#21750A                      1 Mons                      7:00 PM – 8:15 PM  
3/7/22                      Room 421                      \$99.00

### Improve Your Relationship with Money | Tammy Shweiger

This workshop is NOT about retirement, investing or social security -- but it will better prepare you to handle all that and more. You will understand your money personality and your unique strengths and challenges. You will leave with mindful financial tips and exercises that you can put into action immediately. This workshop will leave you feeling financially focused and empowered. No Math Required

#21751A                      1 Mons                      7:00 PM – 8:15 PM  
2/28/22                      Room 421                      \$99.00

Tammy Shwieger has facilitated similar workshops for Dress For Success Fairfield County, Stamford Adult Education, Six Degrees Society, Manhattanville College, Women's Business Development Council Stamford, and Soul Camp.

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

With historic changes in Social Security signed into law in 2015, prepare for your retirement and learn how to get the most out of your social security benefits. Learn to manage longevity risk and strategies to maximize the amount of money you receive throughout retirement. Among the topics included are spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. You'll receive Myths and Facts about Social Security and Social Security: What Should You Do At Age 62.  
**#21730A**      **1 Weds**      **7:00 PM – 9:00 PM**  
**1/24/22**      **Room 421**      **\$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 Weds**      **7:00 PM – 9:00 PM**  
**4/6/22**      **Virtual**      **\$29.00**

**Leave It, Move It, Roll It, Take It** | *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. *Edward Jones, its employees and financial advisors cannot provide tax or legal advice. You should consult your attorney or qualified tax advisor regarding your situation.*  
**#21744A**      **1 Weds**      **6:30 PM – 8:30 PM**  
**4/27/22**      **Virtual**      **\$59.00**

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

Mention the word Medicare and you're likely to get a confused look in return. The Father/Daughter Team of Lou and Jessica Pelletier will sort through the Parts (A - Hospital; B - Physician and Outpatient Coverage; D - Drug Coverage) and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, and how to protect your assets from nursing homes without having Long-Term Care Insurance. Join us if you are a senior, a child of a senior, or just want to know more.  
**#27300A**      **1 Weds**      **6:30 PM – 8:30 PM**  
**3/16/22**      **Room 304**      **\$29.00**  
**#27300B**      **1 Weds**      **6:30 PM – 8:30 PM**  
**5/18/22**      **Room 304**      **\$29.00**

**How to Beat the Pros When Investing and Related Topics** | *Robert S. Salomon, Jr.*

Learning the language of the financial world by focusing on the 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 of 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. He has been teaching financial literacy for the past 8 years.  
**#11712A**      **3 Weds**      **6:00 PM – 8:00 PM**  
**3/30, 4/6, 4/13**      **Room 421**      **\$29.00**

**SAT Preparation**  
**For Students taking the SAT on**  
**Wednesday, March 23, 2022**  
**at Greenwich High School**  
**\$199.00 Math/Reading/Writing**

**Verbal/Writing** | *Laura Burdick*  
 4 Tuesdays      3:30 PM – 4:55 PM  
**#27920C**      **February 22, March 1, 8, 15**  
**Room 526**      **Cantor House**

**Math** | *Amanda Pugliese*  
 4 Mondays      3:30 PM – 4:55 PM  
**#27925D**      **February 28, March 7, 14, 21**  
**Room 106**      **Bella House**

**Verbal/Writing** | *Cassandra Echevarria*  
 4 Saturdays      8:30 AM – 10:00 AM  
**#27910B**      **February 26, March 5, 12, 19**

4 Saturdays      10:00 AM – 11:30 AM  
**#27910C**      **February 26, March 5, 12, 19**

**Math** | *Maria Buono*  
 4 Saturdays      8:30 AM – 10:00 AM  
**#27910D**      **February 26, March 5, 12, 19**

4 Saturdays      10:00 AM – 11:30 AM  
**#27910E**      **February 26, March 5, 12, 19**

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

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



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

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

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

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

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

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

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

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

VISA    MasterCard    Check

*Make checks payable to:*  
Greenwich Adult & Continuing Education

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

## **4 EASY WAYS TO REGISTER:**



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



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



by telephone: 203.625.7474



by mail

Greenwich Adult & Continuing Education  
290 Greenwich Avenue  
Greenwich, CT 06830  
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