



**traditional and
online courses**

Spring 2023

ADULT & CONTINUING EDUCATION

**Now is
your time
to bloom.**

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 for our interactive online catalog

GREENWICH ADULT & CONTINUING EDUCATION

WHAT'S INSIDE

ADULT BASIC EDUCATION 4

Citizenship
ESL
GED

SAT PREP 4

LANGUAGES 5

Spanish
Italian
French
German
American Sign Language

MUSIC 5

Private Music Lessons
Guitar

LITERARY 6

DANCE 6

Belly Dance
Yoga

FITNESS 7

Tai Chi
Yoga
Cardio Sculpt
Pilates Stretch
Aerobics

ART 8

Painting
Drawing

RECREATION 8

Learn the Tarot
Knitting
Crochet
Fly Fishing

TECH/RECREATION 9

FINANCE 9/10

GENEALOGY 10

REGISTRATION FORM 11

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 2023 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. If you are interested in teaching a class, please contact me at: braulio-santiago@greenwich.k12.ct.us. We are always eager to receive new ideas.

Sincerely,

Braulio Santiago, *Adult and Continuing Education Coordinator*

ADMINISTRATION

Greenwich Public Schools

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

Greenwich Adult & Continuing Education

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

THINGS YOU NEED TO KNOW

CANCELLATIONS: If public schools are closed, GACE classes are automatically cancelled. If public schools have a delayed opening, afternoon and evening classes are held, unless announced otherwise on WGCH 1490 or on WSTC 1400 or on GCE voicemail at 203-625-7474, or on our website www.greenwichace.com. 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 9 de enero de 2023. 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 9, 2023. 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 9, 2023.

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. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature.

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

Students can begin the GED® exam registration process online at www.ged.com and complete the process in person at Havemeyer building, 290 Greenwich Ave.

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

Classes are in-person on Mondays and Wednesdays from 6:30 to 8:30 pm, beginning January 9, 2023.

HOW TO REGISTER FOR ESL, GED, ABE, CITIZENSHIP

Registration required for all new and returning students. All students should allow two hours for registration and testing, and bring proof of residence or local employment. For more information call: 203-625-7474 or email: kathy_post@greenwich.k12.ct.us
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 4, 2023

Havemeyer Building: 9:30 a.m.

Greenwich High School: 6:00 p.m.

**Call the Adult and Continuing Education office
Greenwich Board of Education/Havemeyer Bldg.
290 Greenwich Avenue, Greenwich, CT**

(203) 625-7474 or

(203) 625-7403 or

braulio_santiago@greenwich.k12.ct.us

Registro en persona empieza:

el 4 de enero de 2023

Havemeyer Building: 9:30 a.m.

Greenwich High School: 6:00 p.m.

**Llame a la oficina de Educación para Adultos
Greenwich Board of Education/Havemeyer Bldg.
(203) 625-7403 o**

braulio_santiago@greenwich.k12.ct.us

* Classes begin on Monday, January 9, 2023

*Las clases empiezan el 9 de enero de 2023

"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 9, 2023 – June 7, 2023

DAY CLASSES / CLASES DE DIA

- ESL 1/2 Instructor: Ann Penny
 Tues/Thurs • 9:30-11:30 AM
 Town Hall / In-Person
- ESL 2/3 Instructor: Xae Reyes
 Mons/Weds • 9:30-11:30 AM
 Havemeyer Building / In-person
- ESL 4 Instructor: TBD
 Mons/Weds • 9:30-11:30 AM
 Havemeyer Building / In-person

EVENING CLASSES / CLASES DE NOCHE

- ESL 1 Instructor: Kitti Farkas
 Mons/Weds • 6:30-8:30 PM
 Greenwich High School / In-Person
 Room 305
- ESL 2A Instructor: Diane Nietupski
 Mons/Weds • 6:30-8:30 PM
 Greenwich High School / In-Person
 Room 324
- ESL 2B Instructor: Kenneth Bardelli
 Mons/Weds • 6:30-8:30 PM
 Greenwich High School / In-Person
 Room 323
- ESL 3 Instructor: Xae Reyes
 Mons/Weds • 6:30-8:30 PM
 Greenwich High School / In-Person
 Room 321
- ESL 4 Instructor: Patrice Morley
 Mons/Weds • 6:30-8:30 PM
 Greenwich High School / In-Person
 Room 320

Earn Your High School Diploma/GED

Prepare for the GED Test

ABE/GED Instructor: Peggy Moore
 Mon/Weds • 6:30 -8:30 PM
 Greenwich High School / In-Person
 Room 306

Spanish / Español GED Online
 Instructor: Braulio Santiago
 sábados • 9:00 -12:00 PM

Citizenship
Citizenship Class Online
 Instructor: Michelle Sabin
 Tuesdays • 6:30-8:30 PM

SAT Preparation

For Students taking the SAT on
Wednesday, March 22, 2023
at Greenwich High School
\$199.00 Math/Reading/Writing

Verbal/Writing | *Laura Burdick*
 4 Tuesdays 3:30 PM – 4:55 PM
#27920C February 21, 28, March 7, 14
Room 526 Cantor House

Math | *Amanda Pugliese*
 4 Thursdays 3:30 PM – 4:55 PM
#27925D February 23, March 2, 9, 16
Room 105 Bella House

Verbal/Writing | *Cassandra Echevarria*
 4 Saturdays 8:30 AM – 10:00 AM
#27910B February 25, March 4, 11, 18
 4 Saturdays 10:00 AM – 11:30 AM
#27910C February 25, March 4, 11, 18

Math | *Maria Buono*
 4 Saturdays 8:30 AM – 10:00 AM
#27910D February 25, March 4, 11, 18
 4 Saturdays 10:00 AM – 1:30 AM
#27910E February 25, March 4, 11, 18

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

INSTRUCTORS WANTED

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

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

Learn a World Language

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

ITALIAN WITH LUCIANA ORZANO

10 sessions | \$175

Italian 2A Beginner #23380A | In-Person

Weds 5:00 PM - 6:50 PM 3/1/23-5/10/23
Greenwich High School Room 310

Italian III Advanced Conversation #23420A | Online

Mons 7:00 PM - 8:50 PM 2/27/23-5/15/23

SPANISH WITH ANGELICA MORGANTI

In-Person | 10 sessions | \$175

Sheldon House | Room 401

Spanish IA Beginner #23700A

Mons 5:30 PM - 7:00 PM 2/27/23-5/15/23

Spanish II Intermediate #23720A

Mons 7:00 PM - 8:30 PM 2/27/23-5/15/23

FRENCH WITH PATRICE MORLEY

In-Person | 10 sessions | \$175

Folsom House | Room 404

French IA Beginner #23980A

Tues 6:00 PM - 7:30 PM 2/28/23-5/9/23

GERMAN WITH ANNA RODE

10 sessions | \$175

German 1 Beginner #23560A | In-Person

Weds 6:00 PM - 7:30 PM 3/1/23-5/10/23
Greenwich High School Room 404

SIGN LANGUAGE WITH ANN ANDERSON

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 | 8 Weds | 6:30 PM - 8:00 PM
3/1/23-4/26/23 | Room 301 | \$175.00

PRIVATE MUSIC LESSONS at GHS

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

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

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

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

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

Violin | David Carswell
#29460A #29460B #29460C

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

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

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

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

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

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

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

- Please note that numbers ending in
- A = 8 lessons @ 30 minutes each = \$406
 - B = 8 lessons @ 45 minutes each = \$526
 - C = 8 lessons @ 60 minutes each = \$646



Beginner Guitar | Martin Wirt

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

#24800A 8 Weds 6:30 PM - 7:30 PM
3/1/23-4/26/23 Room 404 \$159.00

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

The History of Classical Music/Lecture Performances | *with Steinway Artist Jenny Lin*

This course will examine Western music Classical Music from Baroque to Modern, surveying the development of styles and genres of European music. Furthermore, the course will have a special focus on piano/keyboard music, discussing the lives and works of the great composers such as Mozart, Beethoven, Chopin and Stravinsky. Upon completion, the students will have a greater understanding of the wonders of classical music and its rich literature. The lectures will be accompanied with live performances.

#24890A **5 Weds** **6:00 PM - 8:00 PM**
3/1/23-3/29/23 **Room TBD** **\$75.00**

Creative Writing Calisthenics | *Vance Briceland*

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

Vance Briceland has had sixteen novels published for both teens and adults, and has made it a mission to give writers both the tools and the confidence to turn their dreams into reality.

#25335A **6 Weds** **6:30 PM - 8:30 PM**
3/1/23-4/5/23 **Room 309** **\$139.00**

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 Weds** **6:30 PM - 8:30 PM**
4/19/23-5/24/23 **Room 309** **\$139.00**

Public Speaking & Presentation Skills | *Alice Ma Wu*

At some point, most of us have to present ideas in front of classmates, colleagues or clients. Do you feel nervous, stumble over words, and wish you could present your thoughts and ideas in a cohesive and confident manner, either in person or via zoom?

Whether your goal is to provide information or convince others of an idea, this course is a great way to learn the art of public speaking and persuasion. You will learn tips on organization, presentation, effective communication, and audience engagement. And we'll practice giving actual presentations!

#21340 **8 Mons** **7:00 PM - 8:00 PM**
3/20/23-5/22/23 **Room 406** **\$75.00**

Between the World Wars | *Joshua Hoffman*

The Interwar Period: Before the First World War in 1914, six empires ruled Europe and most of the world. By the war's end in 1919, two were badly weakened, two radically transformed through revolution, and two were completely shattered, never to rise again. What happened for the world to plunge itself into an even more devastating war just twenty years later? The answer lies in issues still grappling the world today. By examining the tumultuous two decades between the world wars, we find the seeds of problems that not only lead to the second world war but still haunt us to this day. Nationalism, Fascism, Socialism, Communism, Isolationism, even "America First" all have their starts one hundred years ago, in the two decades between the World Wars.

#28270A **6 Weds** **6:30 PM - 8:30 PM**
3/1/23-4/5/23 **Room 303** **\$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**
3/1/23-5/10/23 **Dance Studio** **\$165.00**

Breath, Stretch & Dance Meditation | *Aszmara*

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

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

#28280A **10 Weds** **6:00 PM - 7:00 PM**
3/1/23-5/10/23 **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** **4:00 PM - 5:15 PM**
2/22/23-5/3/23 **First Congregational Church** **\$165.00**
#28440A **10 Weds** **5:30 PM - 6:45 PM**
2/22/23-5/3/23 **First Congregational Church** **\$165.00**

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

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**
2/27/23-5/8/23 **First Congregational Church** **\$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**
2/23/23-5/4/23 **First Congregational Church** **\$165.00**

Cardio Sculpt | *Marcia O’Kane*

Here is your all-inclusive fifty-minute exercise session that includes cardio, sculpting and killer core exercises, ending with a long stretch. A great workout for any level. No equipment needed but you must bring your own mat.

#28395A **10 Tues** **6:00 PM – 7:00 PM**
3/7/23-5/16/23 **Dance Studio** **\$175.00**



Mindful Healing:

Finding Peace in the Storm | *Paul Epstein, ND*

Applying Mindfulness and Resilience to the COVID 19 Health Crisis | 9 Ways to Build Your Capacity to Face and Manage Anxiety and Uncertainty
 Learn how to face and transform stress, pain, and illness, manage anxiety, and be comfortable with uncertainty. Cultivate resilience to respond to life’s challenges and keep a positive attitude. Connect with and develop inner resources and learn practical skills to work with and process difficult emotions of fear, grief, shame, and anger. Learn mindfulness meditation as we train the mind and open the heart to awaken joy, kindness, and compassion.

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

#27230A **2 Tues** **6:30 PM – 8:30 PM**
2/7/23 & 2/14/23 **Room 403** **\$59.00**



Tai Chi | *Will Morrison*

Students will learn the basics of Gigong and Tai Chi such that they will be able to enjoy the curative and mindful benefits that come with daily practice. Harvard Medical School ranks Tai Chi as a "top five" exercise for any age group. The movements presented and studied will be a curated list drawn from classic Qigong traditions - The Five Animals, Silk Reeling, and the Eight Elements - the "Basic Moves" of the nationally recognized "Tai Chi Fundamentals" (taichihealth.org) program and the 37 posture Yang Style Tai Chi Form. 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. Mr. Young was a senior student and translator for Professor Cheng Man Ching, The Professor, as he is known, who introduced the 37 posture Yang Style Tai Chi Form to New York students in the 1960's and '70's and has become the most prevalent style worldwide.

#28400A **10 Tues** **5:30 PM – 6:30 PM**
2/21/23-5/2/23 **First Congregational Church** **\$165.00**

Meditation as Mediation | *Paul Epstein, ND*

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 from 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 coronavirus, climate change issues (wildfires 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.

#27210A **2 Tues** **6:30 PM – 8:30 PM**
2/21/23 & 2/28/23 **Online** **\$59.00**

Pilates Stretch | *Marcia O’Kane*

This slow-moving class is designed to lengthen and strengthen major muscle groups. Be challenged by fundamental core strengthening moves followed by intense stretching, all to beautiful music. Please bring your mat.

#28390A **10 Tues** **7:00 PM – 8:00 PM**
3/7/23-5/16/23 **Dance Studio** **\$175.00**

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

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 10 Weds 4:00 PM – 5:55 PM
3/1/23-5/17/23 Room 718 \$175.00



Chinese Painting and Calligraphy | *Sinrong Chen*

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

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

#24470A 10 Weds 6:00 PM – 8:00 PM
3/1/23-5/10/23 Room 714 \$175.00

Great Museums of the World | *Sue Altman*

This series of slide lectures will take you on a tour of some of the most fascinating art museums in the world, including the Louvre, the Prado, the Rijksmuseum, the Uffizi Gallery, and the British Museum, and our beloved Metropolitan. Each class will cover 2 of these institutions, with an abundance of beautiful examples of the treasures they contain.

#24100A 3 Weds 6:30 PM – 8:30 PM
3/1/23, 3/8, 3/15 Online \$95.00

Fly Fishing | *Mark Sedotti*

This is a course in general fly fishing, focused on freshwater, specifically trout fishing, but it will also cover some warmwater fishing as well as having a session on saltwater fly fishing. We will cover fly casting, dry fly, nymph, and streamer fishing, tying knots, leaders, rods, reels, fly lines, accessories, fishing techniques, fish location and habits, saltwater fly-fishing tackle and techniques, as well as where to fish locally. At end of the course, we'll go fishing.

Mark Sedotti is an innovator in flies, fly tying, fly casting, Northeast saltwater fly fishing, and streamer fishing for trout. He has written many articles for various fishing publications, was Fly Casting Columnist for Saltwater Fly-Fishing Magazine, and is currently Fly-Fishing Columnist for The Fisherman Magazine. He is considered one of the finest fly casters in the World. This is his 32nd year teaching Fly Fishing for Greenwich Continuing and Adult Ed.

#28725A 8 Weds 6:30 PM – 8:30 PM
3/29/23-5/24/23 Room 404 \$179.00

Learn the Tarot | *Ed Moore*

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

#21710A 8 Weds 7:00 PM – 8:30 PM
3/1/23-4/26/23 Room 310 \$149.00

Advanced Tarot | *Ed Moore*

#21715A 8 Mons 7:00 PM – 8:30 PM
3/6/23-5/8/23 Room 310 \$149.00

Mah Jongg | *Jackie Moy*

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

#28750A 8 Weds 6:30 PM – 8:30 PM
3/1/23-4/26/23 GHS Media Center \$175.00



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



Learn to Crochet | *Carmen Lowden*

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

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

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

#26510A **6 Weds** **6:30PM-8:30PM**
3/1/23-4/5/23 **Room 307** **\$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** **6:30PM-8:30PM**
3/6/23-4/24/23 **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** **6:00 PM – 8:00 PM**
3/8/23-4/26/23 **Media Center/Seminar 2** **\$165.00**

Bridge 2: Advanced Beginners | *Khalid Al Doori*

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

#28745C **7 Mons** **6:00 PM – 8:00 PM**
3/6/23-5/1/23 **Media Center** **\$165.00**

Adept with TechSM-Practical Insights for Getting the Most from Your Technology | *Howard Fields*

Do you wish you were more tech-savvy? The truth is, it’s never been easier to take advantage of the computer, tablet, and phone apps designed to increase productivity and enhance our lives. All it takes is a desire to learn and some pragmatic instruction to help you navigate and apply the pertinent knowledge.

Each week we’ll explore a new topic. In Section 1, we look at proven techniques for preventing problems and solving them when they inevitably occur. We’ll also discuss effective ways to organize your digital files so you can always find them. In Section 2, we focus on applications such as photo editing, in-home health & fitness, home banking & investment, personal data management, music creation, podcasting, selling via online marketplaces, lifetime learning, and video collaboration. This 8-week course is open to anyone who wants more from their technology. Lessons are based on applications that run on Microsoft and Apple operating systems and will be presented via lectures, discussions, and hands-on demos. Students must bring their own fully-charged device to class and if desired, a mouse. Please email questions to howard@adeptwithtech.com. This course offers an excellent opportunity for you to become more adept with tech. We hope you’ll join us.

#22025A **8 Mons** **6:30 PM – 8:30 PM**
3/20/23-5/15/23 **Room 420** **\$125.00**

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

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

#21751A **1 Mon** **6:30 PM – 8:30 PM**
4/3/23 **Room 421** **\$70.00**

Why Did I Do That? Understand your money habits so you can change them | *Tammy Shweiger*

Often, we have a pretty good idea what we should be doing in terms of our finances but it feels impossible to change. That is because our past experiences hardwire our current money behaviors—without us realizing it is happening. In this class, you will learn why you make the choices you do. With this newly cultivated awareness we will map out a financial action plan specific to your needs.

Tammy is a Certified Public Accountant and a Certified Money Coach, with 10 years of corporate accounting experience. She has a financial coaching business and offers workshops focused on financial wellness. Tammy is also a yoga and meditation teacher. Her mission is to bring together yogic Philosophy and finance to help others find balance.

#21750A **1 Mon** **6:30 PM – 8:00 PM**
4/17/23 **Room 421** **\$70.00**

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

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**
3/1/23 **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**
3/29/23 **Room 304** **\$29.00**

Medicare & Beyond | *Lou Pelletier*

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

#27300A **1 Weds** **6:30 PM – 8:30 PM**
3/15/23 **Room 304** **\$29.00**
#27300B **1 Weds** **6:30 PM – 8:30 PM**
4/26/23 **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 sessions, or one two-hour session, will be one-on-one, working on the student's specific Genealogy needs (they could include online trees, DNA questions, and Genealogy research). Classes and one-on-one tutorials will be conducted via Zoom. It is not necessary to subscribe to any Genealogy software to participate in the class. There will be 2 (Online) classes on Monday, May 1st and 15th for all participants. There will be 2 one-hour, one-on-one virtual tutorial sessions for each participant. The time and date for the tutorial sessions are to be determined by the instructor and participant.

#27110A **Online** **\$150.00**

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**
3/20/23 **Room 421** **\$29.00**

Online learning
anytime, anywhere...
just a click away!

www.ed2go.com/greenwich

GREENWICH ADULT & CONTINUING EDUCATION (GACE) REGISTRATION FORM

Name: _____ Date: _____

Street: _____

City: _____ State: _____ Zip: _____

Home Phone: _____ Cell: _____

E-mail _____

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

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

VISA MasterCard Check *Make checks payable to:*
 Greenwich Adult & Continuing Education

Signature: _____ Exp. Date : _____ Security Code: _____

4 EASY WAYS TO REGISTER FOR CONTINUING EDUCATION CLASSES

 online at www.GreenwichACE.com
  by email: kathy_post@greenwich.k12.ct.us
 by telephone: 203.625.7474
  by mail

2 EASY WAYS TO REGISTER FOR ESL, GED, CITIZENSHIP

by email: braulio_santiago@greenwich.k12.ct.us or peggy_moore@greenwich.k12.ct.us
In-person: Greenwich High School, Mondays and Wednesdays 6:00 PM – 7:00 PM
 Havemeyer Building, Mondays and Wednesdays 9:30 AM – 10:30 AM

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

ADULT & CONTINUING EDUCATION

Welcome Spring 2023

Sign Language

German

French

Spanish

Italian

Yoga

Dance

Mah Jongg

Bridge

Knitting

Crochet

Finance

Medicare

SAT Prep

ESL

GED

Instrumental

Lessons



Scan the QR Code to visit www.greenwichace.com for our interactive online catalog and to register online anytime.



Learn something new every day or at least once a week.