



traditional and  
online courses

**Fall 2023**

# ADULT & CONTINUING EDUCATION

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



**Leave it to us.**

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

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# GREENWICH ADULT & CONTINUING EDUCATION

## WHAT'S INSIDE

### ADULT BASIC EDUCATION 3-4

Citizenship | ESL | ABE | GED

### SAT PREP 4

### LANGUAGES 5

Spanish | Italian | French  
American Sign Language

### MUSIC 5-6

Private Music Lessons  
Guitar | Piano

### WRITING 6

Memoir | Creative Writing

### FITNESS 6

Tai Chi | Yoga

### DANCE 6-7

Ballet | Belly Dance

### HEALTH 7

Meditation | Resilience

### ART 7-8

Painting | Calligraphy  
Art Museums | Italian Art

### CUISINE 8

Italian Cuisine

### RECREATION 8-9

Bridge | Learn the Tarot  
Mahjong | Crochet | Knitting

### FINANCE 9-10

Social Security | Retirement  
Holistic Financing | Medicare  
Family Assets | Money Habits

### GENEALOGY 9

### FOSTER CARE/ADOPTION 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 Fall 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](http://www.greenwichace.com). Classes cancelled will be made up.

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

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

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

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

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

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



### English as a Second Language

Las clases de inglés como segundo idioma (ESL) son para adultos que viven o trabajan en Greenwich. Las clases tienen lugar los lunes y los miércoles o los martes y los jueves empezando el 11 de septiembre de 2023. Las clases de día son de 9:00 a.m. hasta las 11:00 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 September 11, 2023. Day classes are from 9:00 a.m. to 11:00 a.m. or 9:30 a.m. to 11:30 a.m. Evening classes are held 6:30 p.m. to 8:30 p.m.

### Adult Basic Education

If your reading, writing and math skills are not strong enough for you to take GED classes, or if you want to improve your English skills for job training or employment, ABE is for you. Many adults need to work on the basic skills as a first step on their road to a diploma. Classes are held every Monday and Wednesday from 6:30 p.m. to 8:30 p.m. beginning on Monday, September 11, 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](http://ged.com), where students can access related exam information and exam registration procedures.

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

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

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

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

**Classes begin on Monday, September 11, 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](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 August 28, 2023**

**Havemeyer Building: 9:30 a.m., 10:30 a.m., 5:30 a.m. and 6:30 p.m.**

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

**290 Greenwich Avenue, Greenwich, CT**

**(203) 625-7474 or**

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

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

### Registro en persona empieza:

**el 28 de agosto de 2023**

**Havemeyer Building: 9:30 a.m., 10:30 a.m., 5:30 a.m. and 6:30 p.m.**

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

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

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

\* Classes begin on Monday, September 11, 2023

\*Las clases empiezan el 11 de septiembre 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 • 9:00-11:00 AM  
Havemeyer Building / In-person
- ESL 4/ABE Instructor: Sheri Koones  
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 324
- ESL 2 Instructor: Diane Nietupski  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 323
- ESL 3 Instructor: Kenneth Bardelli  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 321
- ESL 4/ABE Instructor: Xae Reyes  
Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 320
- New Arrivals Instructor: Fr. Douglas Tufaro  
ESL Basic Mons/Weds • 6:30-8:30 PM  
Greenwich High School / In-Person  
Room 303

## Earn Your High School Diploma/GED

**Prepare for the GED Test**

GED Instructor: TBD

Spanish / Español GED Online

Instructor: TBD

**Citizenship**

**Citizenship Class Online**

Instructor: Michelle Sabin

Tuesdays • 6:30-8:30 PM

## SAT Preparation

**For Students taking the SAT on**  
**Wednesday, October 11, 2023**  
**at Greenwich High School**  
**\$199.00 Math/Reading/Writing**

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

4 Tuesdays 3:30 PM – 4:55 PM

**#17920C September 12, 19, 26, October 3**

**Room 526 Cantor House**

**Math** | *Amanda Pugliese*

4 Thursdays 3:30 PM – 4:55 PM

**#17925D September 14, 21, 28, October 5**

**Room 105 Bella House**

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

4 Saturdays 8:30 AM – 10:00 AM

**#17910B September 9, 16, 30, October 7**

4 Saturdays 10:45 AM – 11:45 AM

**#17910C September 9, 16, 30, October 7**

**Math** | *Maria Buono*

4 Saturdays 8:30 AM – 10:00 AM

**#17910D September 9, 16, 30, October 7**

4 Saturdays 10:15 AM – 11:45 AM

**#17910E September 9, 16, 30, October 7**

**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, Crafts, Greek/Roman/Greek Mythology Literature Teacher, Finance Instructor, Technology Instructor, Photography Instructor, and Golf Instructor to name a few. We are open to new ideas and creative classes. Instructors do not need a degree.

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

## Learn a World Language

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

### **ITALIAN WITH LUCIANA ORZANO**

10 sessions | \$175

#### **Italian 1A Beginner #11385A | In-Person**

Weds 5:00 PM - 6:50 PM 9/27/23-12/19/23  
Greenwich High School Room 310

#### **Italian 2A Continuation #13380A | In-Person**

Weds 7:00 PM - 8:30 PM 9/27/23-12/18/23  
Greenwich High School Room 310

#### **Italian III Advanced Conversation #13420A | Online**

Mons 7:00 PM - 8:50 PM 10/2/23-12/4/23

### **SPANISH WITH FIONA VAN IERSEL**

In-Person | 10 sessions | \$175

Sheldon House | Room 401

#### **Spanish 1A Beginner #13700A**

Mons 5:30 PM - 7:00 PM 10/2/23-12/4/23

#### **Spanish II Intermediate #13720A**

Mons 7:00 PM - 8:30 PM 10/2/23-12/4/23

### **FRENCH WITH VALERIE LEGER**

In-Person | 10 sessions | \$175

Folsom House | Room 404

#### **French 2A Beginner #13980A**

Tues 6:00 PM - 8:00 PM 10/3/23-12/12/23

### **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!

#13985A | 8 Weds | 6:30 PM - 8:00 PM  
10/4/23-12/20/23 | Room 301 | \$175.00

## PRIVATE MUSIC LESSONS at GHS

#### **Voice | Thomas Woodman**

#19410A #19410B #19410C

#### **Trumpet | TBA**

#19490A #19490B #19490C

#### **French Horn | Kathleen Ditmer**

#19440A #19440B #19440C

#### **Trombone/Low Brass | Richard Parker**

#19520A #19520B #19520C

#### **Voice | Erin Windle Bellusci**

#19470A #19470B #19470C

#### **Viola/Violin | David Creswell**

#19460A #19460B #19460C

#### **Clarinet | Malcolm Dickinson**

#19480A #19480B #19480C

#### **Clarinet | Laura Newell**

#19485A #19485B #19485C

#### **Saxophone | Malcolm Dickinson**

#19420A #19420B #19420C

#### **Flute | Kelly Watson Woelffer**

#19450A #19450B #19450C

#### **Tuba / Euphonium/Trombone | Chris Leslie**

#19570A #19570B #19570C

#### **Drums | Martin Wirt**

#19660A #19660B #19660C

#### **Piano | Martin Wirt**

#19665A #19665B #19665C

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!

#14800A 8 Weds 6:30 PM - 7:30 PM  
10/4/23-12/12/23 Room 404 \$159.00



*"Dance is the hidden language of the soul." Martha Graham***Piano Lessons** | *Martin Wirt*

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

**#14820A** **In-Person** **(8) 1-hr Lessons**  
**9/25/23-12/15/23** **GHS** **\$646.00**

**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!

**#15330A** **6 Mons** **6:30 PM - 8:30 PM**  
**10/16/23-12/4/23** **Room 309** **\$139.00**

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

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

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

**#15335A** **6 Weds** **6:30 PM - 8:30 PM**  
**10/11/23-12/13/23** **Room 309** **\$139.00**

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

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

**Tai Chi** | *Will Morrison*

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

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

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

**#18400A** **10 Tues** **5:30 PM - 6:30 PM**  
**10/2/23-12/12/23** **First Congregational Church** **\$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.

**#18435A** **10 Weds** **4:00 PM - 5:15 PM**  
**9/27/23-12/13/23** **First Congregational Church** **\$165.00**

**#18440A** **10 Weds** **5:30 PM - 6:45 PM**  
**9/27/23-12/13/23** **First Congregational Church** **\$165.00**

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

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

**#18395A** **10 Tues** **6:00 PM - 6:50 PM**  
**9/26/23-12/5/23** **Dance Studio** **\$175.00**

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

### 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.)

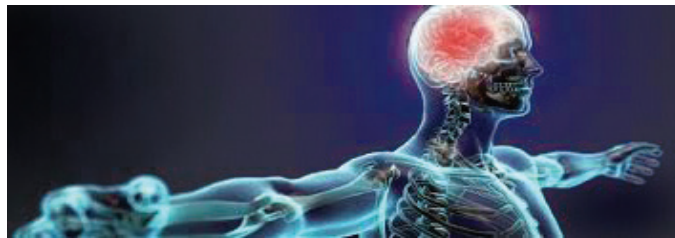
#18270A      10 Weds      7:30 PM – 8:30 PM  
9/27/23-12/20/23      Dance Studio      \$165.00

### 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.*

#18280A      10 Weds      6:30 PM – 7:30 PM  
9/27/23-12/20/23      Dance Studio      \$165.00



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

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

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

#17230A      2 Tues      7:00 PM – 8:30 PM  
10/10/23 - 10/17/23      Online      \$59.00

### Principles of Painting | Nomi Silverman

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

#14430A      10 Weds      4:00 PM – 5:55 PM  
9/20/23-12/6/23      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.

#14470A      10 Weds      5:00 PM – 7:00 PM  
9/27/23-12/20/23      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  
10/9/23-11/13/23      Online      \$95.00



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

## The History of Fascinating Italian Art

**Federica Pezzuoli**

Do you speak Italian and want to take a class beyond learning language and conversation?

Did you ever want to study Italian art but never had the time? The Italian works of art are some of the best in the world. This special class is 2 classes in one. It's a chance for you to learn about the history of some of the greatest works of Italian art, taught in Italian, by an Italian art historian, while simultaneously improving your Italian speaking skills. This class will review Italian paintings, sculptures and architecture. Take a behind the scenes look at famous Italian art and use this knowledge as you prepare for upcoming trips to many museums around the world.

\*Note you must be able to fully understand Italian to enjoy this class.

**#14430A** **5 Mons** **6:00 PM – 7:30 PM**  
**10/9, 10/23, 11/6, 11/20, 12/4** **Room 310** **\$145.00**

## Under the Tuscan Sun: A Journey Through

**Italian Cuisine | Federica Pezzuoli**

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

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

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

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

**#16540A** **7 Thurs** **11:00 AM – 1:00 PM**  
**9/21-12/14 Every other week** **Location (See Above)** **\$250.00**

## 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.

**#18745B** **7 Weds** **6:00 PM – 8:00 PM**  
**9/27/23-11/15/23** **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.

**#18745C** **7 Mons** **6:00 PM – 8:00 PM**  
**10/2/23-11/13/23** **Media Center** **\$165.00**

## 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.

**#11710A** **8 Weds** **7:00 PM – 8:30 PM**  
**10/10/23-12/5/23** **Room 310** **\$149.00**

## Mahjong for Beginners | Jackie Moy

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

**#18750A** **10 Mons** **6:30 PM – 8:30 PM**  
**10/2/23-12/4/23** **GHS Media Center** **\$195.00**

## Mahjong Club | Jackie Moy

*Pre-requisite: Mahjong for Beginners*

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

**#18755A** **10 Thurs** **6:30 PM – 8:30 PM**  
**10/5/23-12/14/23** **GHS Media Center** **\$195.00**





"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.

<b>#16510A</b>	<b>6 Weds</b>	<b>6:30PM-8:30PM</b>
<b>10/4/23-11/15/23</b>	<b>Room 307</b>	<b>\$100.00</b>

### Hat Knitting Basics | Ann Senter

Basic hat knitting course for beginner knitters. Basic hat knitting course for beginner knitters with some experience in how to cast on, knit, purl, and decrease stitches. Skills will be reviewed.

We will look at several hat patterns for guidance and ideas. We'll break down each component and you will create your own custom design choosing from simple brim, shape, style, color and pattern choices. Use of straight, circular and double-pointed needles will be considered. Hats are a fun, quick and gratifying project. With this course, you'll come away with a unique hat of your design and ideas for your next one. You will also develop a good sense of how to address common mistakes, where to find helpful instruction, and enjoy the creative process regardless of outcome. Materials needed for class will be reviewed the first night of class.

<b>#16515A</b>	<b>6 Weds</b>	<b>6:30PM-8:30PM</b>
<b>10/4/23-11/15/23</b>	<b>Room 308</b>	<b>\$125.00</b>

### 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.

<b>#11730A</b>	<b>1 Weds</b>	<b>7:00 PM – 9:00 PM</b>
<b>TBD</b>	<b>Room 421</b>	<b>\$29.00</b>

### Start Now: Plan Your Life's Healthy

#### Second Chapter | Nancy Schwartz

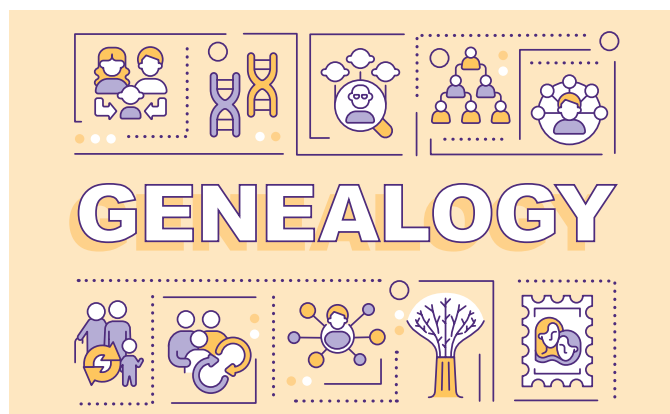
Are you in an around retirement? You have planned financially. Have you planned for your Second Chapter of your life? What about your health? The quality of your longevity matters!

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

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

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

<b>#16544A</b>	<b>GHS</b>	<b>6:30 PM – 8:30 PM</b>
<b>October 4,11, 18</b>	<b>Room 401</b>	<b>\$95.00 per module</b>



### 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, Nov. 7th and 14th 6:30 PM to 8:30 PM for all participants. There will be 2 one-hour, one-on-one virtual tutorial sessions for each participant. The time and date for the tutorial sessions are to be determined by the instructor and participant.

<b>#17110A</b>	<b>Online</b>	<b>\$99.00</b>
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"Family is not an important thing. It's everything." – Michael J. Fox



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

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

<b>#11751A</b>	<b>1 Mon</b>	<b>6:30 PM – 8:30 PM</b>
<b>10/16/23</b>	<b>Room 421</b>	<b>\$70.00</b>

## 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.

<b>#11770A</b>	<b>1 Mon</b>	<b>7:00 PM – 8:30 PM</b>
<b>TBD</b>	<b>Room 421</b>	<b>\$29.00</b>

## 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.

<b>#17300A</b>	<b>1 Weds</b>	<b>6:30 PM – 8:30 PM</b>
<b>10/11/23</b>	<b>Room 304</b>	<b>\$29.00</b>

## Everything You Ever Wanted to Know About Becoming a Foster/Adoptive Parent

Deb Kelleher, Annie C Courtney

Brief overview of the process for becoming a licensed foster/ adoptive parent in CT. This free two-hour course will focus on foster care and adoption of children in the CT child welfare system. Information regarding prerequisites for families, the children needing to be placed in foster/pre-adoptive homes will be discussed. The difference between regular foster care, treatment foster care and enhanced foster care will be discussed, as well as the current trend in adoption to place children in legal-risk pre-adoptive placements. Information will be available for all area foster care programs licensed by the state of CT. The final half hour of the session will be devoted to questions from the attendees. This course will be free to all attendees.

Attendees will need to call Thomas Moore, Foster Family Recruiter, since information is needed to ensure person meets certain DCF safety criteria. Phone Number will be given after registering.

<b>#15820A</b>	<b>Online</b>	<b>No Cost</b>
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## 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.

<b>#11750A</b>	<b>1 Mon</b>	<b>6:30 PM – 8:00 PM</b>
<b>10/23/23</b>	<b>Room 421</b>	<b>\$70.00</b>



# **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
<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 FOR CONTINUING EDUCATION CLASSES**



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



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



by telephone: 203.625.7474



by mail

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

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

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

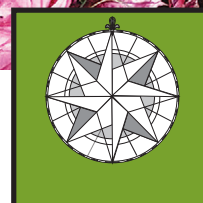
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