



traditional and
online courses

Fall 2024

ADULT & CONTINUING EDUCATION

www.greenwichace.com

**Delight in the expected
and the unexpected.**

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

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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 Fall 2024 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 five 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 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 septiembre de 2024. 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 September 9, 2024. 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 beginning on Monday, September 9, 2024.

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: braulio_santiago@greenwich.k12.ct.us
Note: All 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:

August 26, 28 and September 3, 4, 5, 2024

Havemeyer Building: 9:30 a.m., 5:30 p.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

* Classes begin on Monday, September 9, 2024

*Registration by appointment only after September 13, 2024

Email Braulio Santiago at braulio_santiago@greenwich.k12.ct.us

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 begin on Tuesday, September 10, 2024.
We offer GED in English and Spanish.**

Registro en persona empieza:

el 26 y 28 de agosto y el 3, 4, y 5 de septiembre de 2024

Havemeyer Building: 9:30 a.m., 5:30 p.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

"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!**

September 9, 2024 - June 5, 2025

9 de septiembre de 2024 a 5 de junio de 2025

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: Jesus Puerta
Mons/Weds • 9:30-11:30 AM
Havemeyer Building / In-person
- ESL 4/ABE Instructor: Sheri Koonen
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 323 / Folsom House
- ESL 2 Instructor: Diane Nietupski
Mons/Weds • 6:30-8:30 PM
Greenwich High School / In-Person
Room 321 / Folsom House
- ESL 3 Instructor: Marc Couture
Mons/Weds • 6:30-8:30 PM
Greenwich High School / In-Person
Room 320 / Folsom House
- New Arrivals** Instructor: Fr. Douglas Tufaro
- ESL Basic Mons/Weds • 6:30-8:30 PM
Greenwich High School / In-Person
Room 324 / Folsom House
- ESL 1/2 Instructor: Jesus Puerta
Mons/Weds • 6:00-8:00 PM
Hamilton Avenue School / In-Person

Earn Your High School Diploma/GED

Prepare for the GED Test

Spanish / English GED: Greenwich High School

Instructor: Tuesdays, Adriana Damore
Thursdays, Jesus Puerta
Room 404 / Sheldon House

Citizenship

Citizenship Class Online

Instructor: Michele Sabin
Tuesdays • 6:30-8:30 PM

PSAT Preparation

**For Students taking the PSAT on
Wednesday, October 30, 2024
at Greenwich High School
\$225.00 Math/Reading/Writing
(Includes SAT Book)**

Verbal/Writing | *Cassandra Echevarria*
4 Tuesdays 3:20 PM – 4:45 PM
#17920C **October 8, 15, 22, 29**
Room 526 Cantor House

Math | *Amanda Mezzancello*
4 Mondays 3:20 PM – 4:45 PM
#17925D **October 7, 14, 21, 28**
Room 105 Bella House

Verbal/Writing | *Cassandra Echevarria*
4 Saturdays 8:30 AM – 10:00 AM
#17910B **October 5, 12, 19, 26**
4 Saturdays 10:15 AM – 11:45 AM
#17910C **October 5, 12, 19, 26**

Math | *Maria Buono*
4 Saturdays 8:30 AM – 10:00 AM
#17910D **October 5, 12, 19, 26**
4 Saturdays 10:15 AM – 11:45 AM
#17910E **October 5, 12, 19, 26**

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

Classes fill up quickly!

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 **Please pass the word on.**

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

PRIVATE MUSIC LESSONS at GHS

Voice | *Thomas Woodman*
#19410A #19410B #19410C

Trombone/Low Brass | *Richard Parker*
#19520A #19520B #19520C

Voice | *Erin Windle Bellusci*
#19470A #19470B #19470C

Please note that numbers ending in

- A = 8 lessons @ 30 minutes each = \$446
- B = 8 lessons @ 45 minutes each = \$566
- C = 8 lessons @ 60 minutes each = \$686

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, page 5. or email Braulio Santiago, Coordinator, at braulio_santiago@greenwich.k12.ct.us

You Wrote a Book, Now What? - The Secrets to Getting Published | Jan L. Kardys

Gain an insider's view of book publishing with literary agent Jan L. Kardys, Black Hawk Literary Agency and chairman of Unicorn Writers Conference. Jan will share her 40 years of experience inside 10 major NYC book publishers on such topics as developing a concept, writing a manuscript, editing, finding a literary agent, query letters, book proposals, publishing agreements, the various departments within publishing companies, self-publishing vs. traditional book publishing, subsidiary rights, marketing, utilizing the most cutting-edge technologies and social media action plans to increase visibility to literary agents, publishers and readers alike.

#153340A **5 Weds 6:30 PM - 8:00 PM**
10/9/24-11/13/24 Room 401 \$75.00

Poetry Foundations: Crafting Meaningful Verses

| *John Fiordelisi*

Dive into the captivating world of poetry and master the art of painting pictures with words in our immersive poetry class. Discover the nuances that distinguish poetry from prose, and learn to craft vivid, engaging verses that evoke emotions and stir the imagination. Through expert guidance, you'll explore essential techniques for crafting powerful poems and refine your work through meticulous editing. Unlock your inner poet and gain the confidence to share your unique voice with the world as you embark on this unforgettable poetic journey.

#15360A **5 Mons 6:30 PM - 7:30 PM**
10/14/24-11/11/24 Room 308 \$75.00

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 #13380A | In-Person
Weds 7:00 PM - 8:50 PM 10/2/24-12/18/24
Greenwich High School Room 304

Italian 2A Continuation #13385A | In-Person
Tues 5:00 PM - 6:50 PM 10/1/24-12/17/24
Greenwich High School Room 304

Italian III Advanced Conversation #13420A | Online
Mons 7:00 PM - 8:50 PM 10/7/24-12/9/24

SPANISH WITH FIONA MARIA FLOREZ

In-Person | 10 sessions | \$175

Sheldon House | Room 401

Spanish 1A Beginner #13700A
Tues 6:00 PM - 7:15 PM 9/24/24-12/17/24

Spanish II #13720A
Tues 7:15 PM - 8:30 PM 9/24/24-12/17/24

***No classes on October 22, 29**

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**
10/9/24-11/20/24 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!

#15330A **6 Mons 6:30 PM - 8:30 PM**
10/14/24-11/18/24 Room 309 \$139.00

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

The World of Maps: A History of Cartography

| *Dr. Concepcion Saenz-Cambra*

Mapping the world is one of humanity's most enduring passions, something humans have done with varying degrees of success for over thousands of years: from aboriginal rock carvings, to Native American celestial charts, to modern-day satellite maps. Maps illuminate the many ways in which human cultures interpret spatial relationships – their place in the world. This course tells the fascinating story of geographic discovery, scientific invention, and the art and technique of mapmaking.

"The World of Maps" is a concise introduction to the history of cartography and charts the intimate links between maps and history from antiquity to the present day. Organized chronologically with a brief introduction that places the maps in their historical context, each lecture features key cartographic innovators and maps of exceptional artistic quality or historical significance, such as the 1507 Waldseemüller map, the first to use the name America.

#15355A 6 Mons 6:30 PM – 8:30 PM
10/14/24-11/18/24 GHS Room 301 \$125.00

The Silk Road and Central Eurasia

| *Dr. Concepcion Saenz-Cambra*

Join us in an historical journey through Central Eurasia and the byways of the Silk Road – the ancient trade routes linking East Asia with Central Asia, South Asia, and the Mediterranean world from 4500 B.C.E. to the nineteenth century. This course renders tribute to the thousands of years of history in which these routes served as not only a center of trade, but to the vast cultural, artistic and religious movements that either began or flourished around it. Gripping historical narratives of the journeys of monk Xuanzang, the conqueror Genghis Khan, and merchant Marco Polo – all travelers of the Silk Road – will be complemented with representative manuscripts, maps, artifacts, drawings, paintings, and photographs bringing the Silk Road to life, reflecting the diversity of places and cultures and people that were connected when the great silk trade flourished. Additional experiences will extend the course's reach with the sounds, smells, and tastes of the Silk Road.

#15250A 6 Weds 6:30 PM – 8:30 PM
10/9/24-11/20/24 GHS Room 301 \$125.00

Impactful Giving | Steviann Martines

Are you looking to strategically and effectively make a difference in the world? A philanthropist is anyone who gives time, money, experience, skills, and/or networks, in any amount, to help improve the lives of others. This course will empower you to practice philanthropy more effectively and make your giving more meaningful to both you and those you strive to help.

Learn about your community's needs and how to find causes that align with your personal goals and beliefs. Determine your available resources – time, money and expertise – and how to make the most effective impact. Learn how to evaluate an organization strategically.

Join nonprofit manager and grant-maker, Steviann Martines, to create your Giving Action Plan for the future.

#173050 6 Mons 7:00 PM - 8:30 PM
10/28/24-12/2/24 Room 404 \$175.00

America's Lesser-Known Presidents | Mark D. Fichtel

In the season when we will be going to the polls to elect the next President, this timely course offers a look back at the history of the Presidency in the 19th and early 20th centuries. The lectures assume that the great Presidents the country has had are relatively well-known, so they will be omitted in favor of 20 that most people know little about. The histories of these lesser-known Presidents may offer an interesting contrast with today's choices. Many of them served only one term, and more than a few came from modest backgrounds but served the country well, especially in the numerous wars of the 1800s. Though the rarity among these Presidents was truly outstanding in what he accomplished, some did better than might have been expected, some should have done better given their experience, some were truly inept, five died in office, and two were assassinated, but all of them lived (or died) colorfully.

#15560A 5 Mons 6:30 PM – 8:30 PM
10/7/24-11/4/24 GHS Room 306 \$110.00

Biblical Women in Western Art | Mark D. Fichtel

Women have played an outsized, but often forgotten, role in the Judeo-Christian Biblical tradition. These four lectures, richly illustrated with art from the 3rd through the 21st centuries, will tell the stories of women of the Old and New Testaments who were the instrument of their religion's founding or survival, matriarchs of their families, heroines of their people, or falsely accused of being immoral.

Though not in the Bible, in the early days of the new religion Christian women suffered for refusing to give up their faith, and their bravery and agonies will be told using vibrant artworks that have endured through the centuries.

In addition to the tales of the women who are the subject of these talks, there will also be comments on the paintings used to tell the stories, as well as brief, and often entertaining, biographical sketches of the artists who created them.

#15454A 4 Weds 7:30 PM – 8:30 PM
10/9/24-11/6/24 GHS Room 306 \$110.00

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
10/2/24-12/18/24 Room 714 \$175.00

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

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 7 Weds 4:00 PM – 5:55 PM
9/11/24-12/18/24 Room 718 \$175.00

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) 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. 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
10/8/24-12/17/24 First Congregational Church \$165.00

Pilates Stretch | Marcia O'Kane

This slow-moving, intentional class is designed to lengthen and strengthen major muscle groups. Be challenged by fundamental core, arm and leg strengthening moves followed by intense stretching, all to beautiful music. We will use various equipment such as rings, bands and balls. Please bring your mat and wear grip socks.

#18395A 10 Tues 6:00 PM – 6:50 PM
10/8/24-12/17/24 Dance Studio \$175.00

Belly Dance: The Secret Desire Level I | Aszmar

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
10/2/24-12/18/24 Dance Studio \$165.00

Online learning anytime, anywhere...
just a click away!
www.ed2go.com/greenwich

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 Weds 7:00 PM – 8:30 PM
10/23/24-10/30/24 Online \$59.00

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
10/9/24-12/18/24 First Congregational Church \$165.00

#18440A 10 Weds 5:30 PM – 6:45 PM
10/9/24-12/18/24 First Congregational Church \$165.00

Whisper Meditation | John Fiordelisi

Discover the transformative power of deep, whisper meditation and silent prayer in this immersive meditation class. Experience profound relaxation and transcend your everyday thoughts as you journey inward to uncover inner peace and harmony. Our expert guidance will help you develop techniques for cultivating mindful awareness, stress reduction, and spiritual growth. Explore the benefits of combining meditation with silent prayer to enhance your practice and discover a newfound sense of clarity and purpose. Join us on this inward journey and unlock the transformative potential of meditation.

#17350A 5 Weds 7:00 PM – 8:00 PM
10/16/24-11/20/24 Room 404 \$75.00

Breath, Stretch & Dance Meditation | Aszmar

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: Aszmar 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 Mediation classes helped many students deal with their daily stress.

#18280A 10 Weds 6:30 PM – 7:30 PM
10/2/24-12/18/24 Dance Studio \$165.00

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

Italian: Coffee and Conversation | *Federica Pezzuoli*
Are you fascinated by Italy? Do you want to improve your Italian in an easy way? Do you want to be more comfortable on your Italian trip? Join me for fun conversations in front of a good Italian coffee and traditional biscuits!
#16555A **7 Tues** **10:30 AM – 12:00 PM**
9/17/24-10/29/24 **TBA** **\$175.00**

The Tuscan Sun In Connecticut | *Federica Pezzuoli*
Do you love Italian cuisine? Did you ever dream of cooking Italian food while in Italy but never had 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 woman who was born in Italy and has 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 is right for you, so you can pursue your passion for Italian cuisine! You can decide to learn easy or complex recipes choosing one or both courses.

Classes will be held at the instructor's home. Information will be given at time of registration.

1. QUICK AND HEALTHY RECIPES

Are you fascinated by Italy? Do you want to improve your Italian in an easy way? Do you want to be more comfortable on your Italian trip?

Join me for fun conversations in front of a good Italian coffee and traditional biscuits!

#16545A **7 Thurs** **11:00 AM – 2:00 PM**
Every other week 10/10-12/19 **TBD** **\$300.00**

2. COMPLEX AND TRADITIONAL RECIPES

In this class students will learn complex, but not too difficult, traditional Italian recipes. The students will learn traditional and complex recipes taking notes, videos and photographs while watching me cook, so they can learn how to perfect techniques and understand best practices. We will then sit down for a wonderful lunch together and enjoy the dishes with a great glass of wine!

During both classes, I will cook and students can take notes, photos and videos while watching me, so, they can learn how to perfect techniques and understand best practices. We will then sit down for a wonderful lunch together and enjoy the dishes.

#16540A **4 Thurs** **11:00 AM – 2:00 PM**
Every other week 10/17-12/5 **TBD** **\$280.00**

Beginner Knitting | *Carmen Lowden*

If you were ever interested in learning how to knit, then this is the class for you. In this class, you will learn all of the basics of knitting. Skills taught will be, casting on stitches, the knit stitch, the purl stitch and biding off stitches. Once students are comfortable with these skills, the class will move on with picking a beginner pattern and learning how to read a pattern. Individual assistance will be given to each student.

Class supplies not included. Each student will be contacted via email by the instructor for the supply list.

#16515A **6 Mons** **6:30 PM – 8:30 PM**
10/21/24-11/25/24 **Room 308** **\$100.00**

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 Mons** **6:30 PM – 8:30 PM**
10/14/24-12/16/24 **GHS Media Center** **\$195.00**

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 Thurs** **6:30 PM – 8:30 PM**
9/26/24-12/19/24 **GHS Media Center** **\$195.00**

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**
10/9/24-12/11/24 **Room 310** **\$149.00**

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** **6:30 PM – 8:30 PM**
10/2/24-11/20/24 **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** **6:30 PM – 8:30 PM**
10/7/24-11/18/24 **Media Center/Seminar 2** **\$165.00**

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.

#16510A **6 Weds** **6:30 PM – 8:30 PM**
10/9/24-11/20/24 **Room 308** **\$100.00**

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

Get into your Hand-Me Down Genes!
DNA Testing for Everyone | *Janeen Bjork*

Direct-to-consumer testing, for genealogy research, has exploded since it was first introduced in 2000. It is estimated that more than 35 million tests have been processed by the major sites. Controversy followed as law enforcement used consumer databases to solve crimes and cold cases. In the fall of 2023, 23andMe experienced a data breach. Hackers published information about people with Jewish ancestry. Bring your questions about testing, and if you've tested, feel free to bring your results to class.

Janeen Bjork is a Genealogy teacher and author who has been teaching in the Greenwich area for 10 years. Her classes aim to make even the most complex subjects' fun and accessible to everyone.

#17115A **2 Mons** **6:30 PM – 8:30 PM**
October 28, November 4 **GHS: Room 310** **\$99.00**

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 in-person classes on Tuesday, May 7th and May 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.

#17110A **In-Person / 2 Tues** **6:30 PM – 8:30 PM**
October 14, 21 **Room 421** **\$99.00**

Envision Healthy Retirement | *Nancy Schwartz*

Are you in and around retirement? You have planned financially. Have you planned for the 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, with Q&A. A complimentary consulting call is offered.

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 is a frequent podcaster, and published author. 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.

#17220A **3 Weds** **6:30 PM – 8:30 PM**
October 30, November 6, 13 **Room 401** **\$99.00**

Navigating Medicare in 2025: Essential Updates and Coverage Options | *Lou and Jessica 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), including the significant changes to Medicare drug plans in 2025 introduced by the government. They will 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.

#17300A **1 Tues** **6:00 PM – 8:00 PM**
10/15/24 **Room 301** **\$29.00**



Navigating the New Landscape of Long-Term Care | *Lou and Jessica Pelletier*

Join Lou and Jessica Pelletier from Pelletier Senior Planning as they delve into the evolving world of long-term care planning, especially the growing need for care among seniors and baby boomers. This session is crucial for understanding the expanded options available as the demand for care rises. Discover how the long-term care insurance landscape has changed, introducing more choices than ever before. We will explore the new hybrid plans and discuss whether they might be a fit for you. Key topics include understanding long-term care needs, evaluating financial strategies, the benefits of early planning, and essential legal and financial documents. This knowledge is vital for ensuring a secure and informed future as the need for senior care continues to increase.

#17301A **1 Tues** **6:00 PM – 8:00 PM**
10/29/24 **Room 301** **\$29.00**

Maximizing Your Social Security | *John Brenkovich*

With historic changes in Social Security signed into law in 2015, prepare for your retirement and learn how to get the most out of your social security benefits. Learn to manage longevity risk and strategies to maximize the amount of money you receive throughout retirement. Among the topics included are spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation. You'll receive Myths and Facts about Social Security and Social Security: What Should You Do At Age 62.

#11730A **1 Weds** **7:00 PM – 9:00 PM**
TBD **Room 421** **\$29.00**

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

Exploring the World of ChatGPT & Bard (AI Tools)

| *Ganesh Nair*

This curated curriculum delves into ChatGPT, Bard, and other leading AI tools, providing a seamless blend of foundational insights and hands-on applications. Each session merges theory with practicality, empowering participants to harness the potential of AI in both personal and professional spheres. Explore the ethical considerations of AI use and witness the transformative power of these tools. Uncover the ability of AI to amplify your voice, automate tasks, and unlock creative potential. Join us for a future where AI, including ChatGPT and Bard, becomes your indispensable ally. **Students must bring their Laptop & Mouse (Mac or Windows) to class.**

#12110A **6 Mon** **6:30 PM – 8:00 PM**
10/7/24-11/11/24 **GHS Room 403** **\$175.00**

How Tax Planning Changes Through Four Stages of Retirement

| *Paul Tramontozzi*

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for expenses. It is important to apply the tax code in an organized and efficient way. During this workshop you will learn the critical tax questions to answer before retirement, surprises that often make retirement more expensive, four stages of retirement and important tax actions in each stage and mistakes to avoid when it comes to investments, health care, and estate planning.

#11742A **1 Mon** **7:00 PM – 8:30 PM**
10/21/24 **Room 401** **\$29.00**

Preserving Family Assets

| *Neil Lubarsky*

Learn how to legally avoid estate taxes, nursing home costs and family assets from ending up in the hands of your children's spouses, while maintaining control of your assets. You will be taught what needs to be done in order to pass assets to children free of estate taxes; how you can protect your home from future nursing home costs, and how you can avoid in-laws from gaining access to your family's assets. *Neil R. Lubarsky, Esq., a Harvard Law graduate who also possesses a LL.M. in tax law from New York University, has been a practicing estate planning and elder law attorney for over 35 years.*

#11770A **1 Mon** **7:00 PM – 8:30 PM**
TBD **Room 421** **\$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.

#17300A **1 Tues** **6:00 PM – 8:00 PM**
10/15/24 **Room 301** **\$29.00**

Mindful Money-A Holistic Approach to Improving Your Finances

| *Tammy Shweiger*

Many of us grow up thinking money is about math. We are taught logic, rational thinking and the ability to discipline ourselves are the keys to unlocking financial success. This is simply untrue. Our mental health and our finances greatly overlap, with Mindful Money bridging the gap.

Why is this so important?

Because until you heal the wounds of your money past, logic and math will not deliver. If we approach our relationship to money with the understanding that **how we feel**, our experiences, and our neurobiology deeply impact things like how we save, invest, spend and take on debt—we unlock self-compassion and leave shame behind. Your health and your wealth will both begin to thrive. This class will unite mental health and financial literacy skills. You will receive the tips and tools you need to release your financial anxiety so you can finally focus on reaching your goals.

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.

#11751A **1 Tues** **6:00 PM – 7:15 PM**
10/1/24 **Virtual** **\$70.00**

The Ultimate Guide to Online Security & Securing Your Home Network

| *Ganesh Nair*

This comprehensive curriculum delivers a beginner-friendly introduction to online safety and password management, followed by an intermediate-level exploration of home network security. Tailored for adults with basic computer literacy, this empowering program facilitates a gradual buildup of knowledge and practical skills in online self-protection. Sessions seamlessly blend theoretical concepts, hands-on exercises, and practical tips, fostering the transformation of participants into safe and secure digital citizens. Each class empowers you to take control of your online security.

Students must bring their Laptop & Mouse (Mac or Windows) to class.

#12045A **6 Weds** **6:30 PM – 8:00 PM**
10/16/24-11/20/24 **GHS Room 403** **\$175.00**

Master Google Workspace (Gmail & Google Drive)

| *Ganesh Nair*

This curriculum is designed for adults with basic computer skills who want to learn how to use Google Workspace effectively for communication, collaboration, and file management. Participants will achieve comprehensive understanding of Google Workspace, focusing on Gmail for communication and Google Docs and Drive for collaborative document editing and file management. Each session includes a mix of theoretical concepts, hands-on exercises, and practical tips for real-world application.

Students must bring their Laptop & Mouse (Mac or Windows) to class.

#12035A **6 Tues** **6:30 PM – 8:00 PM**
10/15/24-11/26/24 **GHS Room 403** **\$175.00**

GREENWICH ADULT & CONTINUING EDUCATION (GACE) REGISTRATION FORM

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*ESL / ABE / GED / Citizenship classes are free. Registration in person only.					Total	

VISA MasterCard Check

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Greenwich Adult & Continuing Education

_____|_____|_____|_____|_____| _____

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

4 EASY WAYS TO REGISTER FOR CONTINUING EDUCATION CLASSES

Registration for ESL/ABE/GED/Citizenship classes are in-person only.



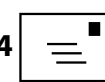
online at www.GreenwichACE.com



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
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