



**traditional and
online courses**

Fall 2022

ADULT & CONTINUING EDUCATION

www.greenwichace.com

**Are you ready
to try something
new?**



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

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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 2022 semester! Greenwich Adult and Continuing Education is committed to providing excellence in education by offering stimulating and innovative educational opportunities that meet the needs of our community.

We offer four levels of English as a Second Language classes to assist English language learners to acquire English language proficiency. Adult learners looking to complete their high school education can benefit from our GED Diploma Program. Our U.S. Citizenship classes will prepare immigrants for the U.S. Citizen test. These programs are scheduled at no cost to you.

There is something for everyone. To satisfy your lifelong learning goals, our Continuing Education/Enrichment Program offers a vast number of classes including online courses. You can register for our programs online or by mail at: Havemeyer Building, 290 Greenwich Avenue, Greenwich, CT.

We look forward to providing you with an excellent selection of course offerings. Please feel free to suggest a class that you think would be informative, interesting, and enjoyable. 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
Ms. Kathleen Stowe	Chair, Board of Education

Greenwich Adult & Continuing Education

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

THINGS YOU NEED TO KNOW

CANCELLATIONS: If public schools are closed, GACE classes are automatically cancelled. If public schools have a delayed opening, afternoon and evening classes are held, unless announced otherwise on WGCH 1490 or on WSTC 1400 or on GCE voicemail at 203-625-7474, or on our website www.greenwichace.com. 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 12 de septiembre de 2022. Las clases de día son de 9:30 a.m. hasta las 11:30 a.m. Las clases de noche son de 6:30 p.m. hasta las 8:30 p.m.

ESL classes are free for adults living or working in Greenwich. Learn to speak, read, and write English in a program that focuses on the skills needed in everyday life. Classes begin September 12, 2022. Day classes are from 9:30 a.m. to 11:30 a.m. Evening classes are held 6:30 p.m. to 8:30 p.m.

Adult Basic Education

If your reading, writing and math skills are not strong enough for you to take GED classes, or if you want to improve your English skills for job training or employment, ABE is for you. Many adults need to work on the basic skills as a first step on their road to a diploma. Classes are held every Monday and Wednesday from 6:30 p.m. to 8:30 p.m. beginning September 12, 2022.

GED Preparation

This program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive instruction in each of four subject areas – science, social studies, math and language arts – plus basic computer skills to take the exam.

Instructors will also review the official website, ged.com, 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 September 12, 2022.

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 September 6, 2022

Call the Adult and Continuing Education office

Greenwich Board of Education

290 Greenwich Avenue, Greenwich, CT

(203) 625-7474 or

(203) 625-7403

Registro en persona empieza:

el 6 de septiembre de 2022

Llame a la oficina de Educación para Adultos

Greenwich Board of Education

(203) 625-7403

* Classes begin on Monday, September 12, 2022

*Las clases empiezan el 12 de septiembre de 2022

"Writing is like driving a car at night. You never see further than your headlights, but you can make the whole trip that way." E. L. Doctorow

English as a Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH
CLASSES ARE FREE!!!

MORNING AND EVENING CLASSES

APRENDA A HABLAR, LEER Y ESCRIBIR INGLES
LAS CLASES SON GRATIS!

Monday, September 12, 2022 – 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: Linda Siwicki
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: Randie Katzel
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, October 12, 2022
at Greenwich High School
\$199.00 Math/Reading/Writing

Verbal/Writing | *Laura Burdick*

4 Tuesdays 3:30 PM – 4:55 PM
#17920C September 13, 20, 27, October 11
Room 526 Cantor House

Math | *Amanda Pugliese*

4 Mondays 3:30 PM – 4:55 PM
#17925D September 12, 19, October 3, 10
Room 105 Bella House

Verbal/Writing | *Cassandra Echevarria*

4 Saturdays 8:30 AM – 10:00 AM
#17910B September 17, 24, October 1, 8
4 Saturdays 10:00 AM – 11:30 AM
#17910C September 17, 24, October 1, 8

Math | *Maria Buono*

4 Saturdays 8:30 AM – 10:00 AM
#17910D September 17, 24, October 1, 8
4 Saturdays 10:00 AM – 1:30 AM
#17910E September 17, 24, October 1, 8

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

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 IA Beginner #13380A | In-Person

Weds 5:00 PM - 6:50 PM 9/28/22-12/21/22
Greenwich High School Room 303

Italian II Intermediate #13400A | Online

Mons 5:00 PM - 6:50 PM 10/10/22-12/12/22

Italian III Advanced Conversation #13420A | Online

Mons 7:00 PM - 8:50 PM 10/10/22-12/12/22

SPANISH WITH ANGELICA MORGANTI

In-Person | 10 sessions | \$175

Sheldon House | Room 401

Spanish IA Beginner #13700A

Mons 6:00 PM - 7:30 PM 10/10/22-12/12/22

Spanish II Intermediate #13720A

Weds 6:00 PM - 7:30 PM 9/28/22-12/21/22

FRENCH WITH PATRICE MORLEY

In-Person | 10 sessions | \$175

Folsom House | Room 404

French IA Beginner #13980A

Mons 6:00 PM - 7:30 PM 10/10/22-12/12/22

SIGN LANGUAGE WITH DANA ROMANELLO-FLYNN

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

#13985A | 8 Weds | 6:30 PM - 8:00 PM
10/12/22 - 12/14/22 | Room 301 | \$175.00

PRIVATE MUSIC LESSONS at GHS

Voice | Thomas Woodman

#19410A #19410B #19410C

Trumpet | David Scott

#19490A #19490B #19490C

French Horn | Kathleen Dittmer

#19440A #19440B #19440C

Trombone/Low Brass | Richard Parker

#19520A #19520B #19520C

Voice | Erin Windle Bellusci

#19470A #19470B #19470C

Violin | Fiona Murray

#19460A #19460B #19460C

Clarinet | Malcolm Dickinson / Laura Newell

#19480A #19480B #19480C

Saxophone | Michael Attias

#19420A #19420B #19420C

Flute | Malcolm Dickinson

#19450A #19450B #19450C

Tuba / Euphonium | Richard Parker

#19560A #19560B #19560C

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
10/12/22-12/14/22 Room 404 \$159.00



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

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 Mons 6:30 PM - 8:30 PM
10/17/22-11/28/22 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 Weds 7:00 PM - 8:00 PM
10/19/22-12/7/22 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!

#11340 8 Mons 7:00 PM - 8:00 PM
10/10/22-12/5/22 Room 406 \$75.00

Ancient Greek Mythology | Julia Simonds

From passionate love stories to the adventures of heroes and heroines, to the misadventures of gods and goddesses, explore the myths of the Ancient Greek world. What are myths? How do we make sense of them? Why do we still find these stories from antiquity so powerful, even in the age of reason, science, and the internet? Explore the Ancient Greek myths, starting with the origins of the gods and the world, and the lost goddesses of early Greece, and ending with the warriors and heroines of Homer, by reading works in translation. Take a dip into Ancient Greek used by the authors of our texts as well and explore the linguistic heritage of this classical language that extends to the present day.

#15000A 4 Weds 4:00 PM - 5:55 PM
10/12/22-11/9/22 Room 304 \$105.00

Secret Connecticut | Anastasia Mills Healy

Did you know that a Connecticut resident was president before George Washington, flew before the Wright Brothers, and inspired the character of Indiana Jones? In Connecticut you will find America's smallest Native American reservation, a hotel room with a helicopter inside it, and an underground prison. The state has its own Stonehenge and safari park, and Martin Luther King, Jr. spent two formative summers here. Local travel writer Anastasia Mills Healy will share many of the 84 intriguing stories—including several about Greenwich—that she uncovered in her well-received book *Secret Connecticut: A Guide to the Weird, Wonderful, and Obscure*. His course would be perfect for those who are new to Connecticut and wondering what there is to do and see; who are curious about local history; or who simply want to know more about where they live.

#18575A 4 Mons 6:30 PM - 8:00 PM
Oct. 3, 10, 17, 24 Room 423 \$125.00



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.)

#18270A 9 Weds 7:00 PM - 8:00 PM
10/12/22-12/21/22 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 Mediation classes helped many students deal with their daily stress.

#18280A 9 Weds 6:00 PM - 7:00 PM
10/12/22-12/21/22 Dance Studio \$165.00

Yoga | Herma Hale

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

#18435A 10 Weds 3:45 PM - 5:00 PM
9/28/22-12/21/22 First Congregational Church \$165.00
#18440A 10 Weds 5:15 PM - 6:30 PM
9/28/22-12/21/22 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.

#18380A **10 Mons** **5:30 PM – 6:30 PM**
10/3/22-12/5/22 **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.

#18445A **10 Thurs** **5:30 PM – 6:30 PM**
10/6/22-12/15/22 **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.

#18395A **10 Tues** **6:00 PM – 7:00 PM**
10/4/22-12/13/22 **Dance Studio** **\$175.00**

Mind-Body-Home:

One-Day Workshop | *Dianne Niklaus*

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

#16546A **1 Weds** **5:30 PM – 7:00 PM**
11/16/22 **Room 714** **\$40.00**

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

#17230A **2 Weds** **6:30 PM – 8:30 PM**
11/2/22 & 11/9/22 **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.

#18400A **10 Thurs** **7:00 PM – 8:00 PM**
10/6/22-12/15/22 **Dance Studio** **\$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.

#17210A **2 Weds** **6:30 PM – 8:30 PM**
10/12/22 & 10/19/22 **Room 403** **\$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.

#18390A **10 Tues** **7:00 PM – 8:00 PM**
10/4/22-12/13/22 **Dance Studio** **\$175.00**

Creativity for Wellness: One-Day Workshop |

Dianne Niklaus

An introductory exploration of how personal expression through creative art-as-process activity can improve overall health and well-being. Materials provided.

www.creativemindbodyhome.com

#16544A **1 Weds** **5:30 PM – 7:00 PM**
11/9/22 **Room 714** **\$40.00**

"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.

#14430A 9 Weds 4:00 PM – 5:55 PM
9/28/22-12/21/22 Room 718 \$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.

#14100A 3 Weds 6:30 PM – 8:30 PM
11/9, 11/16, 11/30 Room 312 \$95.00

Drawing the Still Life | Sue Altman

This hands-on class will deal with the fundamentals of still life drawing and painting in various media...pencil, charcoal, pastels, and watercolor. You will learn about composition, perspective, shading, and color theory, and work with a variety of setups to create dynamic and compelling finished work. No experience necessary....materials list to follow.

#14200A 8 Mons 6:30PM – 8:30 PM
10/17/22-12/5/22 Room 312 \$175.00

Painting a Landscape from a Photo-Advanced Oil Paints, Acrylic or Watercolor | Joseph Fama

The course will teach the student how to capture the spirit of a landscape scene. Students will take their own photos and paint from them. From their photos, the students will produce a value sketch to learn how to SEE the values. The value sketch will be the guide for the painting. They will also learn how to set up a palette for landscaping painting. Students will learn to see and express color, values and the illusion of depth. Classes will include lectures, demonstrations, as well as individual instruction.

#14465A 10 Tues 4:00 PM – 6:00 PM
9/27/22-12/6/22 Room 718 \$175.00

Introduction to Art | Luis Maldonado

Are you maybe the next Picasso or Monet? Do you know who Jackson Pollock is? Are you curious on how art works? This class is a general art studio and art history class. Both the process of creating art, art history lessons, and discussions will be implemented. All skill levels are invited. This 10-week lesson will start with the early human "caveman drawing" and end with current contemporary art trends. We will use different materials every week from traditional materials like charcoal and pastels to everyday garbage. The final class will be a student art show.

Luis Maldonado is a local artist that has studied under some of the most prestigious contemporary artists in the world, I have shown art projects in Salzburg, Austria, The Bronx Museum of Art, Three Walls Chicago, The Walker's Point Center of the Arts Milwaukee to name a few.

#14470A 10 Mons 6:30 PM – 8:30 PM
10/10/22-12/12/22 Room 718 \$200.00

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
10/12/22-12/21/22 Room 310 \$149.00

Advanced Tarot | Ed Moore

#11715A 8 Mons 7:00 PM – 8:30 PM
10/17/22-12/5/22 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!

#18750A 8 Weds 6:30 PM – 8:30 PM
10/12/22-12/21/22 GHS Media Center \$175.00

Learn to Crochet | Carmen Lowden

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

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

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

#16510A 6 Mons 6:30PM-8:30PM
10/17/22-11/21/22 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)

#16515A 6 Mons 6:30PM-8:30PM
10/17/22-11/21/22 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.

#18745B **7 Weds** **6:00 PM – 8:00 PM**
10/12/22-12/7/22 **Media Center** **\$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**
10/10/22-11/21/22 **Media Center** **\$165.00**

The Nature of Wood | *Mark Andreas*

Why are ships made with White Oak and not Red Oak? What is the difference between hard and soft wood? Why is 2x4 lumber, not 2"x4"? This seminar explores trees from a carpenter's perspective. Through a slide show, hands-on presentation, and discussion, we will explore the ecology, industry, cultural, historical and practical uses of these woody plants we call trees. The aim is to give the woodworker and non-woodworker alike, a better appreciation and knowledge of wood, the world's most technologically advanced material. A material that we as a specie, have relied upon, worked with, and revered, since we have had thumbs. Refreshments and snacks served after class

#14450A **2 Sats** **6:00 PM – 8:00 PM**
10/1/22 & 11/12/22 **Studio Andreas** **\$25.00**

Make your own Kitchenware**Workshop** | *Mark Andreas*

Create a wooden serving board for your next dinner party, through step by step hands-on instruction. Students will create their own wooden serving board. There is much to learn by making a simple serving board. During this class, students will explore wood designs, joinery and finishing. All materials included.

#14435A **2 Sats** **1:00 PM – 5:00 PM**
10/8/22 & 10/22/22 **Studio Andreas** **\$75.00**

Make your own Foot Stool Workshop | *Mark Andreas*

Transform a single wooden board into a foot stool in a weekend. In this class students will learn through step by step, hand- on instruction, how to craft their very own piece of furniture. Through the making of a wooden stool, students will develop the skills of joinery, spindle turning and wood finishing. Material cost \$100.

Note: All Woodworking Classes will be held at: Studio Andreas, 652 Glenbrook Road, Studio 5-201, Stamford, CT

#14430A **Sat / Sun** **1:00 PM – 5:00 PM**
9/24/22-9/25/22 **Studio Andreas** **\$75.00**

Spoon Carving Workshop | *Mark Andreas*

Learn the fun and satisfaction of making your own cooking spoon. All students will be instructed on how to transform an ordinary piece of wood, into the newest kitchen utensil. Materials and tools will be provided.

#14440A **2 Fridays** **5:00 PM – 9:00 PM**
11/18/22 & 12/2/22 **Studio Andreas** **\$50.00**

Personality Preferences vs. Skill Sets:**What does this mean for your career****and overall happiness?** | *Sandy Scherzer Gross*

Find and work in an area that you're passionate about. In the first session we will review the results of your Neethling Brain Instrument (NBI), an assessment based on neuroscience and psychology that focuses on thinking preferences. By gaining a better understanding of your personality preferences this will assist you in making more accurate job and career choices. Sessions two through five will be focused on a pragmatic approach to your job search or career transition, and taking it to the next level. Once enrolled, the participant will be sent an email with login and password to take the NBI assessment. The assessment **MUST** be completed 2 weeks prior to the 1st session. Please bring a printout of your assessment results to the first session.

Sandy Scherzer Gross runs Pinetum Partners (www.pinellc.com) and is a certified executive coach and executive recruiter (ranked in the top 50 in the US in financial services). She has made guest interview appearances on national broadcast media and is a frequently quoted source.

#11320A **5 Mons** **6:30 PM – 8:00 PM**
10/17/22-11/14/22 **Room 405** **\$300.00**

All About Your Google Account: From**Gmail to Chrome Tips & Tricks** | *Yumi Nakanishi*

Do you have a Gmail account? Did you know that with a Gmail account, you also have access to other communication and collaboration tools that are part of that Google account for an integrative experience? Each class focuses on one or a couple of Google products: 1. Google Account, Gmail, Contacts 2. Calendar, Keep, Tasks, 3. Drive and Docs, 4. Sheets, Forms, Presentations, 5. Chat, Meet, and Photos, 6. Chrome Tips and Tricks. **Sign up for an individual class(es) or for the entire series** to become familiar with all the various Google products in your Google account. The instructor will be using a Mac and will also demonstrate how your Google account can be added to your Mac OS and iOS apps for Mail and Calendar. Students must bring their own fully charged laptop, PC, or Mac, to class. If desired, bring a mouse.

#12110A **6 Mons** **6:30 PM – 8:00 PM**
10/17/22-11/21/22 **Room 420** **\$60 per class / \$300 6 classes**
#12111A **Google Account** **10/17/22**
#12112A **Google Calendar** **10/24/22**
#12113A **Google Drive** **10/31/22**
#12114A **Google Sheets** **11/7/22**
#12115A **Google Chart** **11/14/22**
#12116A **Google Chrome** **11/21/22**

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

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

#11750A **1 Mons** **7:00 PM – 8:15 PM**
10/24/22 **Room 421** **\$99.00**

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

Improve Your Relationship

with Money | Tammy Shwieger

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

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

#11751A	1 Mons	7:00 PM – 8:15 PM
10/17/22	Room 421	\$99.00

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
11/9/22	Room 421	\$29.00

Comprehensive Retirement Planning | Lou Pelletier

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

#17301A	1 Weds	6:30 PM – 8:30 PM
10/26/22	Havemeyer Bldg.	\$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 Weds	6:30 PM – 8:30 PM
10/12/22	Room 304	\$29.00
#17300B	1 Weds	6:30 PM – 8:30 PM
11/16/22	Room 304	\$29.00

Intro To Genealogy | Janeen Bjork

During the first and final classes, the instructor will introduce the fundamentals of Genealogy research, documentary evidence, and the Genealogical Proof Standard. There will be specific lessons on finding and analyzing U.S. Census records; Birth, Marriage & Death records; U.S. Immigration records; U.S. military records; U.S. City Directories and digitized newspapers that can be found online. In between the two classes, there will be consultations available for each student. The tutorials, either two one-hour 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, October 17th and 24th 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	Online	\$150.00
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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
10/24/22	Room 421	\$29.00

Maximize Your Health Insurance | Bill Pokluda

Learn the basics of health insurance literacy (HIL) to help navigate the health insurance landscape and get the most out of your health insurance plan. Whether you get your health insurance through an employer or the health insurance exchange, you can learn to be an active consumer of your health insurance and maximize your coverage. The course will review how the health insurance industry works, identify best practices you can put into action right away, and cover top five HIL skill sets:

- Health insurance terms & concepts
- How to understand what your plan covers
- How to choose a health plan
- Navigate tools and resources
- Managing your claims questions

William Pokluda is a certified benefits professional (CEBS) with over 30 years of experience managing corporate benefits and working in the insurance industry. William has proven/demonstrated experience working with employees and their families helping them learn about and get the most from their health insurance. He is the author of the book "Maximize Your Health Insurance, Keep more money in your pocket".

#11760A	1 Weds	6:30 PM – 8:00 PM
10/19/22	Room 312	\$35.00

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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

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