

GREENWICH

**traditional and
online courses**

Fall 2020

ADULT & CONTINUING EDUCATION

www.greenwichace.com



Make time for yourself!

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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*Most classes will be online

Welcome to our Fall 2020 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 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 through ed2go.com. You can register for our programs online, by mail at: Havemeyer Building on 290 Greenwich Avenue in Greenwich, CT.

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

Sincerely,

Braulio Santiago, *Adult and Continuing Education Coordinator*

ADMINISTRATION

Greenwich Public Schools

Dr. Toni Jones	Superintendent of Schools
Dr. E. Ann Carabillo	Deputy Superintendent of Schools
Mr. Peter Bernstein	Chair, Board of Education

Greenwich Adult & Continuing Education

Braulio Santiago	Coordinator GACE Program
Peggy Moore	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.

**UNLESS OTHERWISE INDICATED
ALL CLASSES ARE ONLINE**

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.

ADULT LEARNING PROGRAM



English as a Second Language

Las clases de inglés como segundo idioma (ESL) son para adultos que viven o trabajan en Greenwich. Las clases tienen lugar los lunes y los miércoles o los martes y los jueves empezando el 14 de septiembre de 2020. Las clases de día son de 9:30 a.m. hasta las 11:30 a.m. Las clases de noche son de 7:00 p.m. hasta las 9:00 p.m. o 6:00 p.m. hasta las 8:00 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 14, 2020. Day classes are from 9:30 a.m. to 11:30 a.m. Evening classes are held 6:00 p.m. to 8:00 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 Tuesday and Thursday from 6:00 p.m. to 8:00 p.m. beginning September 14, 2020.

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, and 17 year-olds must submit a withdrawal form with a parent or guardian signature.

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

Students can begin the GED® registration process online at www.ged.com and complete the process in person at the address below.

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

Classes are held every Tuesday and Thursday from 6:00 to 8:00 pm, beginning September 14, 2020.

HOW TO REGISTER FOR ESL, GED, ABE, CITIZENSHIP OR AMERICAN STUDIES

Registration required for all new and returning students. All new students should allow two hours for registration and testing, and bring proof of residence or local employment. For more information call: 203-625-7423 or email: kathy_post@greenwich.k12.ct.us

Registration:

Starts August 17, 2020

**Call the Adult and Continuing Education office
Greenwich Board of Education**

290 Greenwich Avenue, Greenwich, CT

(203) 625-7474 or

(203) 625-7403

Registro empieza:

el 17 de agosto de 2020

Llame: (203) 625-7474 o

(203) 625-7403

* All classes begin on Monday, September 14, 2020

Register online at www.GreenwichACE.com — or call 203.625.7474

"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 14, 2020 – December 17, 2020

DAY CLASSES / CLASES DE DIA

ESL 1/2 Instructor: Randie Katzel
Mons/Weds • 9:30-11:30 AM

ESL 3 Instructor: Linda Siwicki
Mons/Weds • 9:30-11:30 AM

ESL 4 Instructor: Xae Reyes
Mons/Weds • 9:30-11:30 AM

EVENING CLASSES / CLASES DE NOCHE

ESL 1 Instructor: Diane Nietupski
Mons/Weds • 6:00-8:00 PM

ESL 2 Instructor: Jean Daniels
Mons/Weds • 6:00-8:00 PM

ESL 3 Instructor: Sheri Koones
Mons/Weds • 6:00-8:00 PM

ESL 4 Instructor: Mitchell Foote
Mons/Weds • 6:00-8:00 PM

ESL 1/2 Instructor: Xae Reyes
Mons/Weds • 6:00-8:00 PM

ESL 3 Instructor: Xae Reyes
Tues/Thurs • 6:00-8:00 PM

ESL 1/2 Instructor: Jean Daniels
Mons/Weds • 6:00-8:00 PM

ALSO:

ESL Julian Curtiss:
Instructor Michele Sabin
Tues/Thurs • 7:30-8:30 AM

EARN YOUR HIGH SCHOOL DIPLOMA/GED
Prepare for the GED Test

Instructor: Peggy Moore
Tues/Thurs • 6:00 -8:00 PM

CITIZENSHIP Instructor: Janell Iyer
Tuesdays • 6:00-8:00 PM

Online Courses

Learn a Foreign 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.

Our ***Beginner*** classes cover basic vocabulary, sentence structure and elementary conversation.

Our ***Intermediate*** classes will help you build on your basic skills to develop and strengthen your command of the language.

Our ***Advanced*** classes will help you hone your skills through conversation on a wide variety of topics.

ITALIAN WITH LUCIANA ORZANO

10 sessions | \$175

Italian IA Beginner #13380A

Tues 5:00 PM - 6:50 PM 9/29/20-12/8/20

Italian IB Beginner Continuation #13385A

Mons 7:00 PM - 8:50 PM 10/5/20-12/14/20

Italian II Intermediate #13400A

Mons 5:00 PM - 6:50 PM 10/5/20-12/14/20

Italian III Advanced Conversation #13420A

Tues 7:00 PM - 8:50 PM 9/29/20-12/8/20

SPANISH WITH SHARON GARCES ALVAREZ

10 sessions | \$175

Spanish IA Beginner #13700A

Tues 7:15 PM - 8:50 PM 9/29/20-12/8/20

Spanish II Intermediate #13720A

Thurs 5:30 PM - 7:00 PM 10/1/20-12/10/20

FRENCH WITH PATRICE MORLEY

10 sessions | \$175

French IA Beginner #13980A

Tues 5:30 PM - 6:50 PM 9/29/20-12/8/20

French 2A Intermediate #13985A

Tues 7:00 PM - 8:50 PM 9/29/20-12/8/20

*When words leave off, music begins. Heinrich Heine***Writing for your Life: How to turn your Experience into Compelling Personal Essays**| *Jacqueline Burt*

Personal essays are consistently in demand by editors and an effective way to reach and relate to a wide variety of readers. Learn how to turn your own unique experiences into publishable essays for magazines, newspapers or websites. From the humorous to the profound, students will discover how to transform their tales into compelling pieces ready for publication. In this class, we will write and read personal essays, exploring methods of creating the right voice, tone, and tempo. The course will include advice on how and where to pitch completed essays. Students will need to take notes during class; either a notebook and pen or laptop will suffice.

#15340A **10 Tues** **7:00 PM - 9:00 PM**
9/29/20-12/18/20 **\$139.00**

Creative Writing Calisthenics | *Vance Briceland*

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

#15335A **6 Weds** **7:00 PM - 9:00 PM**
10/14/20 - 11/18/20 **\$139.00**

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.

Guitar Beginner | *Andrew Knebel*

Learn to find your way around on the guitar in the company of others who are just starting their own musical journey on this beautiful instrument. A companionable way to begin learning to read staff notation, tablature, chords and the other basics you'll need for your foundation as a guitar player. Once mastered, you can use these guitar skills to play any kind of music. Please bring your own guitar (anything is fine as long as it doesn't plug in) Materials provided by the instructor.

#14800A **10 Tues** **6:30 PM - 7:30 PM**
9/29/20 - 12/8/20 **\$159.00**

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 Thurs** **7:00 PM - 9:00 PM**
10/15/20-11/19/20 **\$139.00**

Hesiod and Friends | *Anne Gilhuly*

Hesiod was a farmer and poet, a contemporary of Homer in the late 8th Century, BCE, and perhaps the first personality in European literature: unlike Homer, Hesiod tells us something about himself. Writing in the same epic style, obviously out of the same tradition of oral performance, he is nevertheless very much his own man. His works are brief: the Theogony gives us an account of the gods from the beginning of the world; Works and Days is, at first glance, on the order of a farmers'almanac. We will give particular consideration to two of his "characters", Pandora and Prometheus.

Please read the Theogony for the first class. Text: HESIOD:

THEOGONY, WORKS, AND DAYS, SHIELD, 2ND ed., translated by Apostolos Athanassakis, Johns Hopkins University Press, \$16.62 from Amazon.

#15000A **4 Weds** **4:00PM - 5:50 PM**
10/7/20 - 10/28/20 **\$105.00**

Drawing the Effective Portrait | *Sue Altman*

This class covers the basic of drawing the human face including anatomical structure, individual facial features, working from reference, and how to make a portrait both accurate and compelling. We will use pencil, charcoal and/or chalk pastels. There will be art historical examples shown and techniques demonstrated.

#14200A **10 Thurs** **6:30PM - 7:45 PM**
10/1/20 - 12/10/20 **\$175.00**



Online Courses*Drawing is like making an expressive gesture with the advantage of permanence. Henri Matisse***PRIVATE MUSIC LESSONS at GHS****Voice** | *Thomas Woodman*

#19410A #19410B #19410C

Trumpet | *David Scott*

#19490A #19490B #19490C

French Horn | *Kathleen Ditmer*

#19440A #19440B #19440C

Trombone/Low Brass | *Richard Parker*

#19520A #19520B #19520C

Voice | *Erin Windle Bellusci*

#19470A #19470B #19470C

Violin | *Fiona Murray*

#19460A #19460B #19460C

Clarinet | *Malcolm Dickinson*

#19480A #19480B #19480C

Saxophone | *Michael Attias*

#19420A #19420B #19420C

Flute | *Malcolm Dickinson*

#19450A #19450B #19450C

Euphonium | *Richard Parker*

#19560A #19560B #19560C

Cello | *Andrew Knebel*

#19660A #19660B #19660C

Piano | *Andrew Knebel*

#19665A #19665B #19665C

Viola | *Andrew Knebel*

#19760A #19760B #19760C

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

Collage & Mixed Media | *Anne E. McCormick*

Participants will explore juxtaposing images to create a unique and captivating collage using fabric, decorative paper, ribbon, foil, photos, etc. Design, color, composition and originality will be the focus. Artworks can be vision boards, preplanned designs or creations that flow from free association. This is a relaxing class and perfect for anyone interested in playing with color, texture, and form. Each student will complete at least one treasure. No art experience necessary.

#14485A 10 Tues 6:30 PM – 7:30 PM
9/22/20 - 12/1/20 \$125.00

Chinese Watercolor | *Michele Mozian*

Learn the unique art of Chinese Brush Painting. Using authentic Brush Painting supplies, students will learn the basic techniques of an art style considered to be a form of visual poetry by its practitioners. This course will introduce students to a new art form and a new way of thinking about the natural world.

Visit Michele's website: michelemozianstudioarts.com

#14470A 10 Weds 4:00 PM – 6:30 PM
9/30/20 - 12/9/20 \$189.00

Six Great Artists | *Sue Altman*

In this course, we will examine the life and work of an artist from six different eras of Art History. **Michelangelo** represents the Renaissance, **Rembrandt** the Baroque, **Turner** the Romantics, **Degas** the Impressionists, **Gauguin** the Post Impressionists, and **Matisse** the Modernists. We will explore the development of each artist's style, their influences, and their lasting impact on art history.

#14000A 6 Tues 6:30PM - 7:45 PM
10/6/20 - 11/17/20 \$115.00

Watermedia (Watercolor & Gouache) | *Anne E. McCormick*

The instructor will suggest simple still-life options to inspire students. Watercolor (transparent) and Gouache (opaque) paintings. Students are also welcome to paint from their imagination, art history, or photos, if desired. Color, composition, light, and technique will be reviewed. A bit of Art History will be presented to show some of the masterpieces that have been created using Watercolor & Gouache. No drawing or painting experience is required. Participants will explore their creativity in a highly encouraging environment.

#14480A 10 Thurs 6:30PM – 7:30 PM
9/24/20 - 12/3/20 \$125.00

In-Person Class**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 10:00 AM – 12:00 PM
9/22/20 - 12/15/20 OGCC \$175.00



PHOTOGRAPHY: DSLR Camera Features and Settings - Beyond Auto Mode | *Dan and Deborah Tual*

This course walks you through the key DSLR camera features and settings so you learn how and when to use them and take your camera off Auto. Learn about the different modes, such as shooting, focusing, and metering. Skill-building exercises will get you up and off your chair to develop your skills with aperture, shutter speed, ISO, lighting, and depth of field. Learn artistic elements of photography, such as composition. Sharing images and discussions are part of every session.

Skill Level: Beginner and Intermediate
Camera types: DSLR only (no point and shoot)

#14645A **4 Tues** **6:30 – 8:30 PM**
9/24, 10/1, 10/8, 10/15 **\$95.00**

LECTURE: Warhol Women: Iconic Paintings of Leading Female Figures | *Ronnit Vasserman*

An exploration of Andy Warhol's fascination with women and femininity from the 60's through the 80s. He devotedly represented women regardless of age, race or fame. In this lecture we will view vibrant portraits of Hollywood superstars such as Marilyn Monroe, Elizabeth Taylor and Judy Garland, as well as entertainers such as Debbie Harry, Dolly Parton and Liza Minnelli. Andy was also fascinated by powerful women who wielded power on an international scale, such as Israeli Prime Minister Golda Meir. This lecture will also include figures outside the limelight such as a 1974 portrait of Warhol's then-deceased mother, Julia Warhola. At first glance, the factory made silk screen portraits seem impersonal and detached. Yet, upon extended viewing, they convey portraits where the woman is allowed to be who she is. Moreover, Andy could portray women from the eye of a man without sexualizing the image.

#18575A **Lecture via Zoom** **11:00 AM**
September 9, 2020 **\$20.00**

LECTURE: Warhol Women: Iconic Paintings of Leading Female Figures | *Ronnit Vasserman*

Born Dora Kallamus in 1881 into a privileged Jewish family from Vienna. She purchased her first camera at the age of 23 on a trip in the South of France, later to become one of Europe's leading photographic portraitists of the 20th Century. She was a true pioneer in that she was the first woman to open up a photography studio in Vienna, a field dominated by men. The lecture charts her entire career. We will view her early portraits of Viennese high society followed by capturing the Golden 20s in Paris and then the Post War years. After WW2 Dora turned her lens towards people in displaced person camps and then she worked on another haunting series which included the Parisienne slaughterhouses. This lecture demonstrates her exceptional ability to capture both the essence of beauty and the pathos of death and suffering.

#18580A **Lecture via Zoom** **6:00 PM**
November 9, 2020 **\$20.00**

LECTURE: The Femme Fatales of Art History – An Examination of the Most Famous Paintings of Women | *Ronnit Vasserman*

Given our current reality of staying at home and social distancing, in this lecture we will virtually visit museums throughout the world that are home to famous portraits of women. A thorough analysis of each work including dimensions, material, year(s) created and an introduction to the artists will be explained. We will discuss the significance of the work at the time it was created and how the artwork continues to inspire and be part of popular culture. Some examples of these museum treasures include Birth of Venus by Sandro Botticelli at the Uffizi Gallery in Florence, Mona Lisa by Leonardo Da Vinci at the Louvre in Paris and Girl with a Pearl Earring by Johannes Vermeer at Mauritshuis in the Netherlands. Get ready for an unforgettable journey!

#18570A **Lecture via Zoom** **6:00 PM**
October 6, 2020 **\$20.00**

LECTURE: The Most Influential African American Artists | *Ronnit Vasserman*

An important shift in the art world has been that African American artists are more visible than ever. They have been excluded from the art history canon for too long. This lecture explores the most influential African-American artists with a special emphasis on emerging voices of the last 25 years. We will address reoccurring themes in their works such as identity, experience, culture, racism, civil rights and black power movements and memory. We will look at a variety of artworks spanning all media including sculpture, painting, photography, performance and more. Some of the artists included in this presentation are Betye Saar, Jordan Casteel, Rashid Johnson, Julie Mehretu, Christina Quarles, Mickalene Thomas, Kara Walker, Faith Ringgold, Kehinde Wiley, Chris Ofili, Kerry James Marshall, David Hammons, Lorna Simpson, Carrie Mae Weems, Hank Willis Thomas, Amy Sberald and others. We will also touch on exuberant auction records and notable shows and commissions.

#18585A **Lecture via Zoom** **11:00 AM**
October 20, 2020 **\$20.00**

All lectures are 75-90 minutes.

PHOTOSHOP ELEMENTS: Transform and Enhance Your Photos | *Deborah Tual*

Elements is so affordable - so easy to use – with amazing results. You will be able to create, edit, organize and share images with so many automated and custom settings. Elements simplifies common retouching and image enhancing actions with step-by-step instructions to achieve amazing results quickly. Photos are provided by the instructor so you can work on them in class. Please bring your own PC or Mac laptop to class with a recent version of Photoshop Elements loaded.

Skill Level: All

#22090A **3 Thurs** **6:30 – 8:30 pm**
11/5/20 - 11/19/20 **\$99.00**

Online Courses

AHA CPR/First Aid/AED-Adult/Child/Infant (The Heartsaver Program) | *Louis J Bonito*

CPR & First Aid class which includes AED training with an Automated Electronic Defibrillator. This certification is for Adult, Child and Infant certifications all at once. What you get: Certification from American Heart Association for Adult, Child & Infant CPR/First Aid/AED. The Heartsaver First-aid/CPR/AED class covers the following topics: bleeding control, seizures, epi pen use, allergic reactions, snake bites, broken bones, poisoning, CPR for adults, children, and infants, choke-saving, how to use an AED (automated external defibrillators), and other life-threatening emergencies. This course is for renewing, recertification or initial student and is considered a basic first-aid and CPR class. Certification will come in your email within 2 weeks of taking the course so you can print out your card and even save it on your computer in case you ever lose it.

Book: Included with class tuition.

**#17250A Mon/Tues 6:00 PM – 9:00 PM
11/16/20 – online \$175.00**

**11/24/20 Located at: LJB Security Training and Consulting :
58 Renshaw Drive East Haven, CT 06512**

Finding Peace in the Storm: Applying Mindfulness and Resilience to the COVID-19 Health Crisis, 9 Ways to Build Your Capacity to Face and Manage Anxiety and Uncertainty | *Paul Epstein*

We'll learn how to develop practices and mind-body skills to cultivate resilience and qualities of being able to stay calm and healthy and find peace in the storm.

We'll practice mindfulness and compassion and learn strategies to manage anxiety and 9 ways to deal with uncertainty. How can we hold our difficulties with a compassionate heart and unconditional presence. Ultimately, this can support us to not only get through these challenging times, but learn and grow from them as well.

**#17230A 2 Tues 5:30 PM – 7:00 PM
10/27/20 - 11/10/20 \$59.00**

The Astronomical Society of Greenwich joins Greenwich Adult and Continuing Education in offering informal educational experiences at the Bowman Observatory located on the grounds of Julian Curtiss School, 180 East Elm Street, Greenwich CT 06830

*Please contact Anne Burns 203-413-6762,
anneburns@brucemuseum.org.*

**PSAT Preparation
For Students taking the PSAT on
Wednesday, October 14, 2020
at Greenwich High School
\$199.00 Math/Reading/Writing**

Verbal/Writing | *Cassandra Echevarria*

4 Saturdays 8:30 AM – 10:00 AM or online
#17910B September 12, 26, October 3, 10

4 Saturdays 10:00 AM – 11:30 AM or online
#17910C September 12, 26, October 3, 10

Math | *Maria Buono*

4 Saturdays 8:30 AM – 10:00 AM
#17910D September 12, 26, October 3, 10

4 Saturdays 10:00 AM – 11:30 AM
#17910E September 12, 26, October 3, 10

Verbal/Writing | *Laura Burdick*

4 Tuesdays 3:30 PM – 4:00 PM or online
#17920C September 22, 29, October 6, 13

Math | *Amanda Pugliese*

4 Thursdays 3:30 PM – 4:00 PM
#17925D September 17, 24, October 1, 8

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



The Power of Plant-Based Nutrition: How Whole-Plant Foods Support a Healthy Immune System as well as Prevent and Reverse Chronic Disease | *Janet Levine, D.M.D., R.D.N.*

Learn about healthy foods that can prevent and reverse chronic illness such as heart disease, type II diabetes, autoimmune diseases, and gastro intestinal issues. Find out how to make the transition to a whole-food plant-based diet and how to navigate grocery stores. Also learn about how the food choices you make today can have an impact on the health of the planet. Session will include recipe demo and samples.

Janet is a registered dietitian and dentist. She has always been fascinated by the effects of good nutrition on health. After learning about plant-based nutrition seven years ago, she completely changed her definition of "healthy foods." Janet is passionate about helping people learn what foods to eat that help to avoid chronic diseases, and eliminate the need for many medications.

#16544A **1 Tues** **7:00 PM – 9:00 PM**
9/22/20 **\$59.00**

#16544B **1 Thurs** **7:00 PM – 9:00 PM**
10/27/20 **\$59.00**

Get Started with Tai Chi | *Will Morrison*

Become immersed in this classic Chinese exercise which deepens mindfulness and improves balance and health. While often called "meditation in motion", a recent study published in the British Medical Journal concludes that Tai Chi is more effective in treating certain neurological issues than traditionally prescribed aerobics. This class will cover the first part of the Yang Style short form as popularized in the US by Professor Cheng Man Ching and his senior students, one of whom is Ed Young, Will Morrison's teacher since 1981.

#18400A **10 Thurs** **7:00 PM – 8:00 PM**
9/24/20 - 12/3/20 **\$165.00**

Meditation as Medication | *Paul Epstein*

Mindfulness, Stress, Healing and Happiness. The best of times is now, as you face life's challenges and experience life's joys! Our disease tells a story not just of our cells, but of ourselves. Through discussion, sharing, group support and learning the mind-body skills of meditation, and stress reduction, this class will help you focus on learning how to face stress, pain and illness and live life in the present moment and find joy, peace happiness and serenity in the midst of life's inevitable ups and downs. *Visit www.drpaulepstein.com*

#17210A **2 Tues** **7:00 PM – 9:00 PM**
10/27/20, 11/10/20 **\$59.00**

Exploring Self-Compassion ~ An Online Experience | *Karen Pacent and Susan Plutzer*

In times of extreme uncertainty, we can start doubting ourselves. Am I doing enough? Am I doing it right? Am I pulling my own weight? In short, am I good enough?

If you find yourself asking these questions, it's likely self-criticism is a close companion.

Burgeoning research shows that self-compassion is strongly associated with the following:

- ~ emotional well-being
- ~ coping with life challenges
- ~ lower levels of anxiety and depression
- ~ healthy habits such as diet and exercise
- ~ more satisfying personal relationships.

It is an inner strength that enables us to be more fully human—more fully ourselves.

Program activities include short presentations, experiential exercises, group discussion, and at-home practices. Exploring Self-Compassion is an opportunity to explore how you typically respond when difficulties arise in your life and to learn tools for becoming warm and supportive companion to yourself and others.

Session topics include:

- ~ October 7: What is Self-Compassion
- ~ October 14: Practicing Self-Compassion
- ~ October 21: Discovering Your Compassionate Voice
- ~ October 28: Self-Compassion and Resilience
- ~ November 4: Self-Compassion and Burnout
- ~ November 11: Making it Count

#28270A **6 Sessions** **Wednesdays 6:30 PM - 8:30 PM**
10/7/20 - 11/11/20 **\$195.00 class fee**

Karen Pacent, MBA is a certified meditation instructor and executive coach with 30 years experience in corporate leadership development. Visit www.karenpacent.com

Susan Plutzer, LMSW, EdM holds certifications in: Social Work and Spirituality, MBSR for Healthcare; CBT; Mind-Body Medicine; and Compassion-Focused Therapy.



Online Courses

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

Yummy Mindful Knitting Workshop | *Jessica Meyrowitz*

Come and experience the mindful and meditative benefits of knitting! As a class participant you will learn how to knit a scarf using It's a...Yummy super soft 100% merino wool yarn and oversized needles. At the end of the workshop, you will have learned a skill and leave with your own creation--a Yummy Mini Scarf! This class is appropriate for both novice and experienced knitters.

#16540A **1 Thurs** **7:00 PM – 8:30 PM**
10/29/20 **\$99.00**

Belly Dance: The Secret Desire Level I | *Aszmarara*

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 Wed** **7:00 PM – 8:00 PM**
9/30/20 - 12/9/20 **\$165.00**

Belly Dance: The Secret Desire Level II | *Aszmarara*

With Movement Exploration, go past the basics with more advanced movements, more choreography and dance, dance, dance! Connect with the music, body, mind and soul. Go beyond movements and steps and unleash your soul's music. Aszmarara's insight into movement, music and connecting emotions with dance marks her as an unforgettable teacher. *Prerequisite: Completion of Belly Dance Basics at GACE or equivalent experience*

#28280A **10 Weds** **8:00 PM – 9:00 PM**
9/30/20 - 12/9/20 **\$165.00**

Yoga, Beginner | *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**
9/30/20 - 12/9/20 **\$165.00**

Yoga, Beginner | *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.

#18440A **10 Weds** **5:15 PM – 6:30 PM**
9/30/20 - 12/9/20 **\$165.00**

Body Barre | *Marcia O'Kane*

Get in shape for spring with this barre-based fast-paced class appropriate for all levels, beginner to advanced. We'll do standing, sitting and mat-based exercises designed to stretch and strengthen every body part. Lots of reps followed by lots of stretch and then we do it all over again. The focus is on core body strength and flat abs.

#18395A **10 Tues** **7:00 PM – 7:50 PM**
9/29/20 - 12/8/20 **\$165.00**

Cardio/Strengthen/Stretch Class | *Marcia O'Kane*

The ultimate cardio, strength and stretch workout to get you, or keep you, in shape. This class combines cardio, core strengthening and stretch in one session. Start with just twenty minutes of standing air punches, kicks and squats, targeting both arms and legs in an intense aerobic session. This is followed by a mat session targeted to get your core strong. Then finish with an elongating stretch finale that will leave you strengthened and lengthened. The perfect fun workout!

#18390A **10 Tues** **8:00 PM – 8:50 PM**
9/29/20 - 12/8/20 **\$165.00**

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

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	7:00 PM – 9:00 PM
9/30/20 – 11/11/20		\$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 Thurs	7:00 PM – 9:00 PM
10/1/20 – 11/12/20		\$165.00

Bridge: Intermediate/Duplicate | *Khalid Al Doori*

This course is an introduction for intermediate players to a few of the most frequently used bridge conventions. There will also be an explanation of the three parts of the game of duplicate bridge, bidding, play of hand and defense.

#17111A	7 Tues	7:00 PM – 9:00 PM
9/22/20 – 11/10/20		\$165.00

Mah Jongg | *Rhonda Greif*

Become an expert player in Mah Jongg, a social, competitive game that requires practice, strategy and a little bit of luck! It is played with a set of tiles (Chinese characters and symbols) that you will learn to assemble into specific patterns and formulate a hand based on an easy-to-read Mah Jongg card. Join us and master this exciting game. Additional \$9 for Mah Jongg playing card included in class fee.

#18750A	4 Mons	6:30 PM – 8:00 PM
10/12/20 – 11/2/20	1 Sessions	\$174.00
#18750B	4 Mons	6:30 PM – 8:00 PM
11/9/20 – 11/30/20	1 Sessions	\$174.00

Medicare 101 and Beyond | *Lou Pelletier*

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This class will educate you on the options and programs available. In addition, we will discuss some of the many laws and programs available to people over 60, such as the Medicare Saving Program, Maximizing Social Security, Reverse Mortgages, and protecting your assets from nursing homes without having Long Term Care Insurance.

#17300A	1 Tues	6:30 PM – 8:30 PM
9/15/20		\$29.00
#17300B	1 Weds	6:30 PM – 8:30 PM
10/14/20		\$29.00
#17300C	1 Tues	6:30 PM – 8:30 PM
11/11/20		\$29.00

Four Genealogy Workshops | *Janeen Bjork*

A hands-on Genealogy course, taught in a computer Lab, so that instruction can be followed with supervised practice sessions. Students will work on their families and their specific genealogy questions. 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.

Students must be computer and internet literate.

#17110A	4 Tues	6:30 PM – 8:30 PM
10/6/20 – 10/27/20		\$99.00

LinkedIn Profile | *Resume Building / Nida Ikram*

LinkedIn is the number one professional networking site for business and career. Create a LinkedIn profile that will help you impress customers, recruiters, hiring managers and business associates. Help them to find you with a fully optimized online profile. They will certainly look for you on LinkedIn after receiving your resume, meeting request or sales proposal. Create a profile that will successfully get you to the next meeting, interview or sale. Bring an updated resume or your list of detailed work history to class. Bring your password. Create a LinkedIn account.

#11340B	2 Tues	6:30 PM – 8:30 PM
10/20/20 – 10/27/20		\$59.00



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Online Courses

"Computers are like Old Testament gods; lots of rules and no mercy." Joseph Campbell

Create a Website for your Small Business / Self

| *Nida Ikram*

Easily build a free and stunning Wix website start to finish - for yourself, for your business or for someone else. The drag-and-drop feature is easy to use and allows you to create professional- looking websites without coding knowledge. Use customizable templates or create from scratch. Learn principles of design like layout, colors, font types and sizes, mobile optimization, function and navigation. Connect an existing domain or create a new one.

Computers will be available for in-class work.

Skill level: All

#12026A 4 Tues 6:30 PM – 8:30 PM
10/13/20 - 11/3/20 \$75.00

Use Zoom and other Tools for Video

Communications | *Eugene Korsak*

Learn how to conduct business meetings and maintain social connections online. As business and social activities are increasingly online-only, it is vital to use tools for video calls and meetings securely and professionally. We will start by setting up a Zoom account, configuring audio and video settings on computers and mobile devices. Students will learn how to schedule, moderate, and record Zoom meetings. More advanced topics will include troubleshooting network issues with Zoom and protecting the security of the meetings. Please bring your laptop and/or mobile device to the class to follow along.

#12060A 4 Fridays 6:30 PM – 8:30 PM
9/4, 9/11, 9/25, 10/2 \$199.00

Become a power user with MS Office

| *Eugene Korsak*

Whether you are about to enter or are attending college, reentering the workforce or wish to update your skills, you will find these classes to be essential. Taught in a Windows environment with Office 2016, skills apply to all PC and Mac versions. Word, Excel, and PowerPoint will also be included during the 8-week course.

#12010A 8 Mondays 6:30 PM – 8:30 PM
9/14, 9/21, 10/5, 10/19, 10/26, 11/2, 11/9, 11/16 \$360.00



Become an expert in Word | *Eugene Korsak*

After a review of the basics, students discover the basics of desktop publishing with Word which includes columns, graphics, custom formatting, page numbering, and more. Learn how to make an ordinary document professional looking in minutes. In addition to discovering many shortcuts, students will learn tips to create a resume with a strong visual impact.

#12040A 2 Mondays 6:30 PM – 8:30 PM
9/14, 9/21 \$99.00

Formulas, Charts and more with Excel | *Eugene*

Korsak

As we progress from formula basics, you will learn if statements, financial functions, lookups, multi-page documents, sorting, keyboard shortcuts, printing tips, and more. In addition, you will discover how to create publication-worthy charts and graphs. Unless you are an expert with the touchpad, a mouse may simplify maneuvering throughout the spreadsheet.

#12035A 4 Mondays 6:30 PM – 8:30 PM
10/5, 10/19, 10/26, 11/2 \$199.00

Smart TV / Apple TV for Beginners | *Eugene Korsak*

Whether you are new to Smart TV or already have one, you should come to this class! We will be working with the best device on the market: the portable Apple TV (4K) model. The class includes discussing how it works and what you need to get going. This will include the new "live streaming" Apps and Apple TV "Plus+". Now you can start right here with this new class offering from GACE. You will learn the options for upgrading your living room television with excellent portable devices, even if you currently have a smart TV. You will also learn about Apps and new App options that include "cable free-live TV" offerings from major corporations. You not only get a new source of marvelous entertainment and educational television, but you will also learn how to save big \$\$\$ on your monthly cable bill.

#12015A 3 Thurs 6:30 PM – 8:30 PM
10/1, 10/8, 10/15 \$75.00

Create an Impressive PowerPoint Presentation

| *Eugene Korsak*

Learn presentation tips to create an effective and memorable production whether it is in print or projected before any size group. Brand your PowerPoint with your own graphics, logos, and photos that can become templates. Students will learn how to convert the PowerPoint into a video that can be uploaded to YouTube. Discover other methods to customize with narration, multimedia, and PDF conversion.

#12045A 2 Mondays 6:30 PM – 8:30 PM
11/9, 11/16 \$99.00

Google Search Engine | *Guy Cozzi*

Knowing what's up is easier than ever with Google. Keep up with what matters to you. Discover keeps you up to date on all your favorite topics. Follow everything from sports teams and movies to celebrities, hobbies, and more. Plus, you can dive deeper on any of your interests with a single tap. Find what you need. Get info, ideas and inspiration on the go. The Google app can help you plan your next evening out (or in), with the perfect dinner, the right movie, and much more. Explore deep and wide. Immerse yourself in popular categories like dining, entertainment, sports, and more. Whether you're looking for something specific, browsing, or just wondering what other questions you should ask, there's a ton to explore. Please bring your laptop to class.

#12025A **6:30 PM – 8:30 PM**
Tuesday, October 13, 2020 **\$59.00**

Google Chrome Web Browser | *Guy Cozzi*

Knowing what's up is easier than ever with Google. Keep up with what matters to you. Discover keeps you up to date on all your favorite topics. Follow everything from sports teams and movies to celebrities, hobbies, and more. Plus, you can dive deeper on any of your interests with a single tap. Find what you need. Get info, ideas and inspiration on the go. The Google app can help you plan your next evening out (or in), with the perfect dinner, the right movie, and much more. Explore deep and wide. Immerse yourself in popular categories like dining, entertainment, sports, and more. Whether you're looking for something specific, browsing, or just wondering what other questions you should ask, there's a ton to explore. Please bring your laptop to class.

#12030A **6:30 PM – 8:30 PM**
Tuesday, October 20, 2020 **\$59.00**

Google Gmail | *Guy Cozzi*

Get more done with Gmail. Now more secure, smarter and easier to use. Helping you save time and do more with your inbox. Experience Gmail on any device. The ease and simplicity of Gmail, wherever you are. Stay organized instantly. See what's new at a glance and decide what you want to read and respond to. Never drop the ball. Get nudges that remind you to follow up and respond to messages, so that nothing slips through the cracks. Take action right from the inbox. View attachments, RSVP to events, snooze messages and more without opening any emails. Avoid suspicious emails. Gmail blocks 99.9% of dangerous emails before they reach you. If we think something seems phish-y, you'll get a warning. Please bring your laptop to class.

#12010A **6:30 PM – 8:30 PM**
Tuesday, October 27, 2020 **\$59.00**

Google Docs | *Guy Cozzi*

Get more done with Gmail. Now more secure, smarter and easier to use. Helping you save time and do more with your inbox. Experience Gmail on any device. The ease and simplicity of Gmail, wherever you are. Stay organized instantly. See what's new at a glance and decide what you want to read and respond to. Never drop the ball. Get nudges that remind you to follow up and respond to messages, so that nothing slips through the cracks. Take action right from the inbox. View attachments, RSVP to events, snooze messages and more without opening any emails. Avoid suspicious emails. Gmail blocks 99.9% of dangerous emails before they reach you. If we think something seems phish-y, you'll get a warning. Please bring your laptop to class.

#12070A **6:30 PM – 8:30 PM**
2 Tuesdays, November 10, 17, 2020 **\$99.00**

Google Sheets | *Guy Cozzi*

Can use it with Microsoft Excel. Create powerful spreadsheets. Make it count. Google Sheets makes your data pop with colorful charts and graphs. Built-in formulas, pivot tables and conditional formatting options save time and simplify common spreadsheet tasks. All for free. Get a head start with templates. Choose from a wide variety of budgets, schedules, and other pre-made spreadsheets — all designed to make your work that much better, and your life that much easier. Get to your spreadsheets anywhere, anytime. Access, create, and edit your spreadsheets wherever you go — from your phone, tablet, or computer — even when there's no connection. Never hit "save" again. All your changes are automatically saved as you type. You can even use revision history to see old versions of the same spreadsheet, sorted by date and who made the change. Insights, instantly. Use the Explore panel to get an overview of your data, from informative summaries to a selection of pre-populated charts to choose from. Do more with add-ons. Take your Sheets experience even further with add-ons. Please bring your laptop to class.

#12075A **6:30 PM – 8:30 PM**
2 Tuesdays, November 24, December 1, 2020 **\$99.00**

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Online Courses

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

Google Classroom | *Guy Cozzi*

Manage teaching and learning with Classroom. Classroom helps students and teachers organize assignments, boost collaboration, and foster better communication. Make teaching more productive, collaborative, and meaningful. Google worked with educators across the country to create Classroom: a streamlined, easy-to-use tool that helps teachers manage coursework. With Classroom, educators can create classes, distribute assignments, grade and send feedback, and see everything in one place. Everything teachers and students need to work better, together. Classroom was created hand-in-hand with teachers to help organize day-to-day tasks, communication, and foster greater collaboration. Help students develop authentic work. Generate originality reports by scanning for matching text on the web — right in the Classroom interface. Students can also create reports to cite and strengthen their submissions. Get up to 3 reports per class. Use your favorite apps with Classroom. Thousands of educator-approved apps integrate with Classroom. These apps spark creativity and create endless opportunities for learning.

#12055A **6:30 PM – 7:30 PM**
2 Thursdays, October 15, 22, 2020 **\$99.00**

Google Forms | *Guy Cozzi*

Create effortless forms. Get answers fast. Plan your next camping trip, manage event registrations, whip up a quick poll, collect email addresses for a newsletter, create a pop quiz, and much more. Survey with style. Use your own photo or logo, and Forms will pick just the right colors to complete your own unique form or choose from a set of curated themes to set the tone. Q&A, your way. Choose from a bunch of question options, from multiple choice to dropdowns to a linear scale. Add images and YouTube videos or get fancy with page branching and question skip logic. Create or respond on the go. Forms is responsive, so that means it's easy (and beautiful) to make, edit, and respond to forms on screens big and small. Organized & analyzed. Responses to your surveys are neatly and automatically collected in Forms, with real time response info and charts. Or, take your data further by viewing it all in Google Sheets.

#12050A **6:30 PM – 7:30 PM**
Tuesday/Thursday, December 15, 17, 2020 **\$99.00**



Google Meet / Hangouts | *Guy Cozzi*

Google Meet. Secure video meetings for your business. Keep your team connected with enterprise-grade video conferencing built on Google's robust and secure global infrastructure. Trusted by enterprises around the world. Take advantage of the same secure-by-design infrastructure, built-in protection, and global network that Google uses to secure your information and safeguard your privacy. Meet video meetings are encrypted in transit and our array of default-on anti-abuse measures keep your meetings safe. Enjoy frictionless meetings. Meet takes the headaches out of joining a video call at work. Just set up a meeting and share a link. No worrying about whether teammates, clients, or customers have the right accounts or plug-ins. With a fast, lightweight interface and smart participant management, multi-person video calls are a breeze. Designed for every kind of business. Meet is fully integrated so you can join meetings directly from a Calendar event or email invite. All of the important event details are right there when you need them, whether you're joining from a computer, phone, or conference room. Join meetings on the go. With Meet's specially designed iOS and Android apps, you can see your meetings for the day with all the important information from Calendar, then join with a tap. Works with other meeting solutions too.

#12095A **6:30 PM – 7:30 PM**
2 Thursdays, October 1, 8, 2020 **\$99.00**

Google Slides | *Guy Cozzi*

Can use it with Microsoft PowerPoint. Create impactful presentations. Tell stories that matter. Google Slides makes your ideas shine with a variety of presentation themes, hundreds of fonts, embedded video, animations, and more. All for free. Get a head start with templates. Choose from a wide variety of pitches, portfolios and other pre-made presentations — all designed to make your work that much better, and your life that much easier. Get to your presentations anywhere, anytime. Access, create, and edit your presentations wherever you go — from your phone, tablet, or computer — even when there's no connection. Never hit "save" again. All your changes are automatically saved as you type. You can even use revision history to see old versions of the same presentation, sorted by date and who made the change. Show up, don't set up. Present your stories easily. No wires needed. Google Slides supports presenting to Chromecast Hangouts, and Air Play.

#12085A **6:30 PM – 7:30 PM**
Tuesday/Thursday, December 8, 10, 2020 **\$99.00**

Online Courses

"God never did make a more calm, quiet, innocent recreation than angling." Izaak Walton

Sumptuous Soups | Amy Rosen

Winter is coming and everyone will need a warm comfort meal. Why not learn to make some delicious soups like Turmeric, chickpea and Kale soup or Carrot and Ginger soup or even Good old-fashioned Chicken soup, Swiss Chard with Roasted chicken and rice soup.

#16520A **October 6, 2020**

Beautiful Brunch | Amy Rosen

Brunch is a delicious meal that you can make for any occasion. During this class you will learn how to make a Frittata, baked blueberry pancake, pecan ginger scones, cheese blintzes, scrabbled or sunny side up eggs in a hash brown cup.

#16535A **October 13, 2020**

Chicken 4 Ways | Amy Rosen

Bored of your weekly meals at home, join Amy Rosen and learn how to make exciting and delicious homestyle chicken dinners for your family. A fully hands-on cooking class, Amy will guide you in the preparation and cooking of Chicken prepared 4 different ways. One sautéed, one stuffed, one baked and one made in a cast iron pan. The flavors will entice your family to sit down to the table and enjoy eating a home cooked meal together. Bring containers to take home your creations.

#16525A **October 20, 2020**

Fast and Fresh Vegetarian Dinners | Amy Rosen

Bored of your weekly meals at home, join Amy Rosen and learn how to make exciting and delicious homestyle chicken dinners for your family. A fully hands-on cooking class, Amy will guide you in the preparation and cooking of Chicken prepared 4 different ways. One sautéed, one stuffed, one baked and one made in a cast iron pan. The flavors will entice your family to sit down to the table and enjoy eating a home cooked meal together. Bring containers to take home your creations.

#16530A **October 27, 2020**

Up your Side Dish Game | Amy Rosen

Join Amy in a fully hands on class making many different side dishes to complement your main course. They will be delicious, healthy and beautiful to look out so your family will want to eat them. Dishes will include a variety of potatoes, rice, quinoa and vegetable sides.

#16540A **November 3, 2020**



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If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

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