

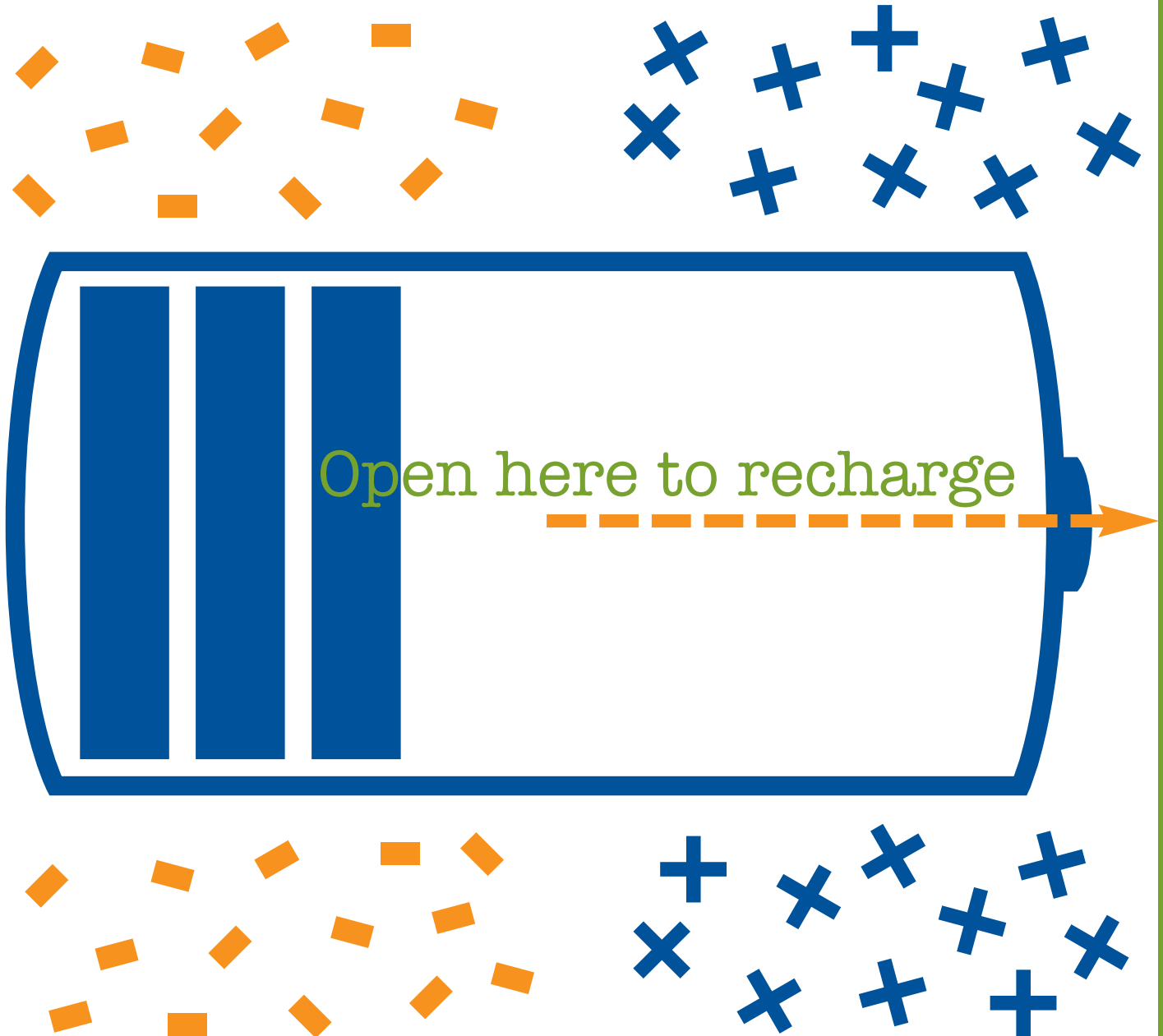


traditional and
online courses

Fall 2018

ADULT & CONTINUING EDUCATION

www.greenwichace.com



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

visit www.greenwichace.com for our interactive online catalog

GREENWICH ADULT & CONTINUING EDUCATION

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NO CLASSES ON:

Sept. 18, 19	Yom Kippur
Sept. 27	No Class
Oct. 11	No Class
Nov 6	Election Day
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**UNLESS OTHERWISE INDICATED
ALL CLASSES ARE HELD AT
GREENWICH HIGH SCHOOL
10 HILLSIDE ROAD
GREENWICH 06830**

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 2018 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 during the day and evening 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 or by visiting our office at the Havemeyer Building on 290 Greenwich Avenue in 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. We are always eager to receive new ideas.

Sincerely,

Braulio Santiago, *Adult and Continuing Education Coordinator*

ADMINISTRATION

Greenwich Public Schools

Ralph F. Mayo	Interim Superintendent of Schools
E. Ann Carabillo	Deputy Superintendent of Schools
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.

REFUNDS: You will receive a refund only when GACE cancels a class or the class is oversubscribed.

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

Clases de inglés son gratuitas 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 24 de septiembre de 2018. 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. en Greenwich High School.

FREE English classes 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 24, 2018 on Monday and Wednesday evenings from 7:00 to 9:00, or in the mornings on Mondays and Wednesdays or Tuesdays and Thursdays from 9:30 to 11:30.

Adult Basic Education

If your reading, writing and math skills are not strong enough for you to enter a high school program, or if you need to brush up for job training or employment, ABE is for you. Many adults need to work on these basic skills as a first step on their road to a diploma. Classes are held every Monday and Wednesday from 6:30 to 9:00 pm, beginning September 24.

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. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here.

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 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 Monday and Wednesday from 6:30 to 9:00 pm, beginning September 24, 2018.

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

In-person 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. GED placement testing is only available during the evening sessions at Greenwich High School. For more information call: 203-625-7423 or email: kathy_post@greenwich.k12.ct.us

Day Registration:

**Tuesday & Wednesday, September 11 & 12
at 10:00 am at the
Greenwich Board of Education
290 Greenwich Avenue, Greenwich, CT**

Evening Registration:

**Tuesday & Wednesday, September 11 & 12
at 6:00 pm at
Greenwich High School
10 Hillside Road, Greenwich, CT**

"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

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

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 | Room 301

Italian IA Beginner #13380A

Thurs 7:00 PM - 9:00 PM 9/20/18-12/13/18

Italian IB Beginner Continuation #13385A

Mons 7:00 PM - 9:00 PM 10/8/18-12/10/18

Italian II Intermediate #13400A

Mons 5:00 PM - 6:50 PM 10/8/18-12/10/18

Italian III Advanced Conversation #13420A

Tues 7:00 PM - 8:50 PM 10/2/18-12/4/18

Spanish with Maryann Greene
10 sessions | \$175 | Room 303

Spanish IA Beginner #13700A

Weds 7:15 PM - 9:00 PM 9/26/18-12/5/18

Spanish IB Beginner Continuation #13710A

Tues 7:15 PM - 9:00 PM 9/25/18-12/4/18

Spanish II Intermediate #13720A

Tues 5:30 PM - 7:00 PM 9/25/18-12/4/18

Spanish III Advanced #13730A

Weds 5:30 PM - 7:00 PM 9/26/18-12/5/18

The Art of the Personal Essay | 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 7:30 PM - 8:30 PM
10/2/18-12/11/18 Room 222 \$159.00

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. 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
10/3/18-11/7/18 Room 405 \$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!

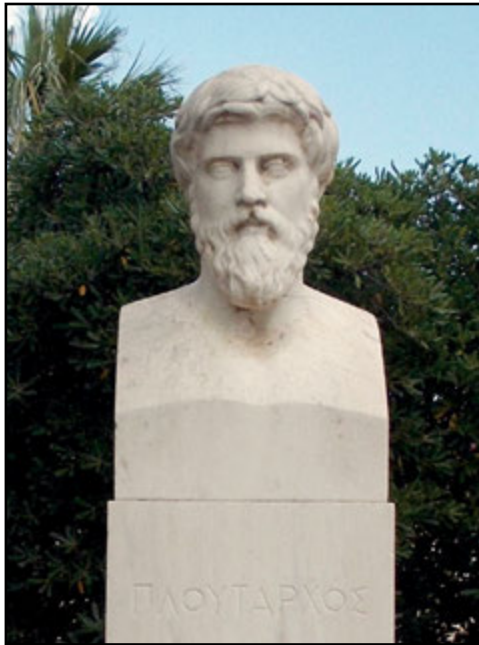
#15330A 6 Thurs 7:00 PM - 9:00 PM
10/4/18-11/15/18 Room 405 \$139.00

Advanced English Conversation and Writing
| Anna Civetta

Continue to advance your English after completion of ESL 4 classes. This course will include conversation practice using interesting and informative topics and grammar and writing lessons to help students write accurately and more fluently. The class will meet on Tuesdays and Thursdays mornings for 20 sessions.

#10170A 10 Tues/10 Thurs 9:30 PM - 11:30 PM
9/24/18-12/6/18 Room TBD \$199.00

When words leave off, music begins. Heinrich Heine



Mainly Oedipus | Anne Gilhuly

We've read Sophocles' great tragedy OEDIPUS THE KING before. Now, having studied the Athens Sophocles lived in and fought for, having examined the life of his friend Pericles and Pericles' vision for Athens (described in his Funeral Oration) let's turn back to OEDIPUS for a deeper understanding. We'll check in briefly with Aristotle and Freud for their views and then move quickly to a more modern one, paradoxically achieved by concentrating on Sophocles' own moment in 5th century BCE Athens with all its intellectual and religious ferment. In the later classes we'll take what we've learned to a rereading of ANTIGONE, and even to a third of Sophocles tragedies if time permits.

Our text will be the Penguin Classics edition of SOPHOCLES, THE THREE THEBAN PLAYS in Robert Fagles translation. Please read OEDIPUS THE KING for our first class.

#15000A 4 Weds 4:00 PM - 5:50 PM
10/10/18-10/31/18 Room 304 \$99.00

Guitar Beginner | Roger White

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
10/2/18-12/11/18 Room 222 \$159.00

PRIVATE MUSIC LESSONS *at GHS*

Voice | *Thomas Woodman*

#19410A #19410B #19410C

Trumpet | *James Hamlin*

#19430A #19430B #19430C

French Horn | *Sara Della Posta*

#19440A #19440B #19440C

Trombone | *Richard Parker*

#19520A #19520B #19520C

Voice | *Erin Windle Bellusci*

#19470 #19470B #19470C

Violin | *Fiona Murray*

#19460A #19460B #19460C

Clarinet | *Malcolm Dickinson*

#19480A #19480B #19480C

Saxophone | *Michael Attias*

#19420A #19420B #19420C

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



Guitar Intermediate | Roger White

Brush up your acoustic and/or classical guitar skills or continue on into new territory. We'll review staff notation and tablature, chord progressions, accompaniment styles and some classical guitar repertoire. You will establish a good foundation to help you pursue your interests in any genre of guitar music. Please provide your own guitar.

#14820A 10 Tues 7:30 PM - 8:30 PM
10/2/18-12/11/18 Room 222 \$159.00

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



Stephen Douglas

The Art of Seeing: Techniques in Drawing, Painting & Portraits | Stephen Douglas

Discover new ways to LOOK at things and SEE MORE of the simple, large abstract patterns, shapes and invisible lines that make up realistic forms. Understand “values” of black and white, and color. Students interested in FACES will learn to get good quick likenesses and follow through to an accomplished portrait. Artist and teacher Stephen Douglas offers individual guidance and incisive critiques to help you improve your perceptual skills. *Bring Strathmore drawing pad, series 400 (9x12) or larger; 4B drawing pencils and kneaded eraser to first class.*

Visit: stephendouglasart.tumblr.com

#14380A	10 Thurs	4:00 PM - 6:00 PM
9/20/18-12/13/18	Room 714	\$175.00
#14380B	10 Thurs	7:00 PM - 9:00 PM
9/20/18-12/13/18	Room 714	\$175.00

Acrylics and Oils: Beginners and Advanced | Joseph Fama

Beginners: Learn the basics in this fundamental class starting with black and white paintings of a still life. Study the three primary colors and full color paintings in landscapes and still life. There are out of class assignments and there will be demonstrations throughout the session. This class is to develop your own distinct style. Study present day artists and masters, especially Monet’s colors. It is recommended that students have some drawing experience.

#14440A	10 Tues	7:00 PM - 8:50 PM
10/2/18-12/11/18	Room 718	\$175.00



Joseph Fama

Introduction to the Art of Drawing | Joseph Fama

Discover the fundamentals needed to capture form and shading value to produce a successful representational drawing. Learn how to apply these principles in producing a still life, landscape and portrait. We will cover the construction of the human head. Drawing media will be in graphite or charcoal pencils. Throughout the session we will copy from the Old Masters.

#14430A	10 Mons	6:00 PM - 8:00 PM
10/8/18-12/10/18	Room 718	\$175.00

Principles of Painting | Nomi Silverman

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

#14420A	10 Tues	4:00 PM - 5:50 PM
9/11/18-12/18/18	Room 718	\$175.00

Photography 101 | Dan and Deborah Tual

A fun and informative course to take your photography to the next level. Learn to use your camera, learn the basics of taking better photographs and learn the pure enjoyment of capturing the perfect image. Learn artistic and technical approaches, such as composition, lighting, center of interest, flash, exposure, people and travel photography, and storing/organizing digital images. Sharing images and critiques are part of every session.

#14645A	6 Tues	7:00 PM - 9:00 PM
9/25/18-10/30/18	Room 714	\$150.00



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.

\$5 materials fee payable to GACE

Visit Michele's website: michelemozianstudioarts.com

#14470A 10 Weds 4:00 PM - 6:30 PM
 10/3/18-12/12/18 Room 718 \$189.00



Deborah Tual

Photo Safaris | Dan and Deborah Tual

LA new learning experience for photography enthusiasts looking for hands-on teaching and real-world practice. Two professional photographers take you on a series of photo safaris in beautiful outdoor settings to learn and apply various principles, such as composition, lighting, and exposure. Each session includes a brief tutorial, on-location photography, and image sharing and discussion. All camera types are welcome. Beautiful settings are the perfect backdrop to improve your photography. Four Saturdays. 1st day class will meet in park.

#14455A 4 Sats 2:00 PM - 5:00 PM
 9/29/18-10/27/18 Bryam Park \$150.00



Nomi Silverman

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
 10/2/18-12/11/18 OGCC \$175.00

PSAT Preparation

For Juniors taking the PSAT/NMSQT on

**Wednesday, October 10, 2018
at Greenwich High School**

Math & Verbal/Writing

4 Saturdays 9/15, 9/22, 9/29, 10/6

#17910A 4 Sats 8:30 AM - 11:30 AM
9/15/18-10/6/18 Rooms 537/8 \$199.00

Math & Verbal/Writing

Tuesdays/Thursdays 9/13, 9/18, 9/20, 9/25, 9/27, 10/2, 10/4, 10/9

#17915B 8 Tues/Thurs 3:25 PM - 4:55 PM
9/13/18-10/9/18 Rooms 116/106 \$199.00

Verbal/Writing

Tuesdays 9/18, 9/25, 10/2, 10/9

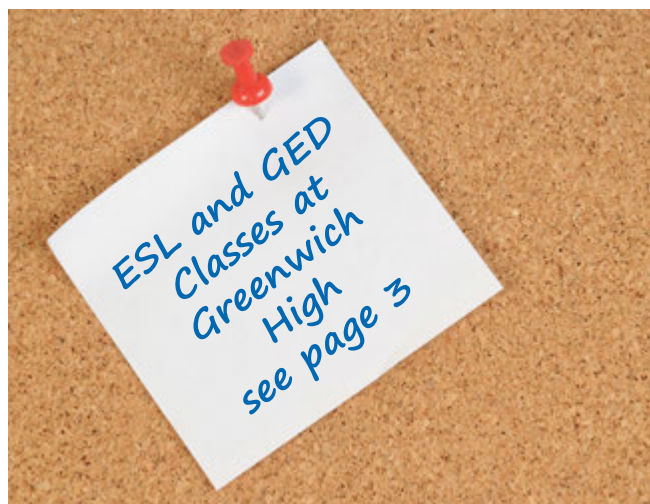
#17920C 4 Tues 3:25 PM - 4:55 PM
9/18/18-10/9/18 Room 116 \$99.00

Math

Thursdays 9/13, 9/20, 9/27, 10/4

#17925D 4 Thurs 3:25 PM - 4:55 PM
9/13/18-10/4/18 Room 106 \$99.00

**Register early
These classes fill quickly!!**



Introduction to Mind Body Medicine | Paul Epstein

Our diseases tell a story, not just about our cells, but about ourselves and our personal histories. Discover how our biography becomes our biology. Learn how to listen for symptoms and inner wisdom using mind-body therapies of guided imagery, meditation and psychotherapy to discover the message and meaning hidden inside pain and symptoms. For everyone interested in healing, including Yoga teachers, health care professionals, care givers and individuals on a healing journey. *Visit www.drpaulepstein.com*

#17230A 1 Thurs 5:15 PM - 6:45 PM
10/18/18 Room 424 \$49.00

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 Thurs 7:00 PM - 9:00 PM
10/18/18-10/25/18 Room 424 \$59.00

How to Keep Your Brain Healthy and Young, for Peace of Mind, Happiness, Health and Longevity | Paul Epstein

Keeping our brain healthy and young enhances our quality and length of life. We'll discuss the many ways you can maintain and enhance brain function. Learn the key factors contributing to brain health and the simple things that can make a big difference in your health and longevity. We'll discuss diet, exercise, stress, attitude, and supplements proven to be of support and delay onset of ageing, including keeping the brain young. *Visit www.drpaulepstein.com*

#17220A 1 Thurs 5:15 PM - 6:45 PM
10/25/18 Room 424 \$49.00



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

The Power of Plant-Based Nutrition | Janet Levine, R.D., D.M.D.

How whole foods and common spices can prevent and reverse disease without side effects.

Eating a whole food, plant-based diet has been scientifically proven to prevent and even reverse chronic illnesses, including heart disease, diabetes and gastro intestinal diseases. It is also the diet many athletes choose to achieve maximum performance.

Come find out how simple it can be to prepare plant-based foods that are satisfying, nutrition packed, and taste amazing!

In this presentation, you will discover:

1. What eating plant-based really means and why it's so healthy
2. How plant-based nutrition can be healthier and more effective than medication when treating many common diseases.

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 Thurs	7:00 PM - 9:00 PM
9/20/18	Room: TBD	\$59.00
#16544B	1 Thurs	7:00 PM - 9:00 PM
11/8/18	Room: TBD	\$59.00

Yoga for the Woodstock Generation | Brittany Davis

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 encouraging relaxation and a sense of well-being. Yoga is a life long path, come join us. All levels are welcome.

#18445A	10 Thurs	7:00 PM - 8:00 PM
10/18/18-12/20/18	Dance Studio	\$165.00

Belly Dance: The Secret Desire | Aszmar

Unleash your inner Diva and Connect with your Feminine Nature. The movements of this beautiful art form give you a safe whole body workout without strain to joints and muscles. Learn the specialized techniques as we build body strength, improve posture and body awareness while having fun dancing. Begin with warm-up exercises, the basic movements and short choreographies. All are welcome, no matter what age or life experience. Wear comfortable clothing (leotard, crop top, footless tights or leggings, a 35" scarf or shawl, ballet slippers or bare feet.)

#18270A	10 Weds	7:00 PM - 8:00 PM
10/3/18-12/12/18	Dance Studio	\$165.00



Belly Dance: The Secret Desire Level II | Aszmar

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. Aszmar'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**

#18280A	10 Weds	8:00 PM - 9:00 PM
10/3/18-12/12/18	Dance Studio	\$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. **(2 Classes: one at 3:45 PM and the other at 5:15 PM)**

#18435A	10 Weds	3:45 PM - 5:00 PM
#18440A	10 Weds	5:15 PM - 6:30 PM
9/26/18-12/4/18	First Congregational	\$165.00

Please note this class will be held at First Congregational Church

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. **Space is limited to 14, sign up early.**

#18395A	10 Tues	7:00 PM - 7:50 PM
10/2/18-12/11/18	Dance Studio	\$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
10/2/18-12/11/18 Dance Studio \$165.00

Move'n Groove Aerobics | Andrea Woodman-Osker

Move & Groove 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 5:15 PM - 6:15 PM
9/24/18-11/26/18 1st Congregational Church \$149.00

#18380B 10 Thurs 5:15 PM - 6:15 PM
9/27/18-12/6/18 1st Congregational Church \$149.00

Move'n Groove Twice per Week

#18382A 20 Mons/Thurs 5:15 PM - 6:15 PM
9/27/18-12/6/18 1st Congregational Church \$249.00

Kenpo Karate with Jeff Kahn

Fifth degree black belt Jeff Kahn offers a complete martial arts program for the beginner and advanced student, concentrating on self-defense and physical conditioning for men and women. Learn self-discipline, self-confidence and build self-esteem through the unification of the mind, body and spirit. There are female and male black belt assistant instructors in each class. Classes are held year-round (since 1982). New students may start at the beginning of any new session

Beginners

#18400A 12 Mons 7:00 PM - 9:00 PM
9/24/18-12/10/18 Room 719 \$150.00

Advanced

#18410A 12 Mons 7:00 PM - 9:00 PM
9/24/18-12/10/18 Room 719 \$150.00

Please Note: Karate Classes are held at Greenwich High School

Zumba | Brittany Davis

Zumba is exercising while having fun! Zumba is a dance fitness class that incorporates Latin and International music and dance movements which create a dynamic, and exciting workout. This class combines fast and slow rhythms that tone and sculpt the body to achieve a unique balance of cardio and muscle toning. Dancers and non-dancers are welcome. Come join the fun and dance the night away.

#18290A 8 Mons 7:00 PM - 8:30 PM
10/8/18-11/26/18 Dance Studio \$145.00

Knitting Today | Andrea Dener

Come "Knit Today!" and learn in a class that was created for you...a beginner knitter! You will learn: The basic stitches—knit, purl, garter, stockinette, how to increase and decrease, how to read a yarn label and how to read a knitting pattern. Instructor will provide yarn and knitting needs to learn and practice with a home, which will be returned to her at the end of the class. We will discuss projects in the 4th class. Project should be finished by the end of the 6th class.

#16515A 6 Weds 6:00 PM - 8:00 PM
9/26/18-10/31/18 Room 302 \$100.00

Crochet Today! (Beginner Crochet) | Andrea Dener

Come "Crochet Today" and learn in a class that was created just for you...a beginner crocheter!

The instructor will provide yarn and a crochet hook to learn and practice with a home, which will be returned to her at the end of the class. We will discuss projects in the 4th class and you'll pick a project to work on—a scarf, a cowl, a hat, and/or boot cuffs—as well as the color & type of yarn you'd like to use. You will work on your project at home and bring it to the last class.

You will learn:

- The 5 basic stitches
- How to increase and decrease
- How to read a yarn label
- How to read a crochet pattern

#16510A 6 Tues 6:00 PM - 8:00 PM
9/11/18-10/23/18 Room 302 \$100.00

"If you cannot get rid of the family skeleton, you may as well make it dance." George Bernard Shaw

Climbing Your Family Tree, Part One | Janeen Bjork

New to genealogy? Or thinking you're ready to give it a second try? Feeling someone (you) should record your family history for posterity, but don't know where to start? Here's a supportive environment for anyone who may be curious about (and yet hesitant to take up) one of America's most popular hobbies. Students will begin with themselves and the information they already know and work backwards. The class will offer guidance in filling out both pedigree and family group charts.

#17110A 2 Tues 7:00 PM - 9:00 PM
9/11/18 & 9/25/18 Room 306 \$49.00

Climbing Your Family Tree, Part Two | Janeen Bjork

This course is for those who have some knowledge of genealogy basics. The class will begin with a discussion of individual students' family history objectives and will be customized to meet group goals. Best practices for conducting research, documenting and organizing information, records and photos will be discussed. The class will explore the advantages and disadvantages of storing information in online family trees, the best of the many paid and free genealogy online resources, and how DNA testing is augmenting genealogy research. The class will also introduce the fundamentals of genealogy research, with an overview of the free, subscription and World Deluxe versions of ancestry.com, the most extensive internet resource for genealogy.

#17110B 2 Tues 7:00 PM - 9:00 PM
10/2/18 & 10/9/18 Room 306 \$49.00

Climbing Your Family Tree, Part Three |

Janeen Bjork

This class is for those who have some knowledge of genealogy basics. The class will begin with a discussion of individual students' family history objectives and will be customized to meet group goals. There will be an overview of the many paid and free genealogy online resources with an emphasis on those that can help students meet their goals.

#17110D 2 Tues 7:00 PM - 9:00 PM
10/16/18 & 10/23/18 Room 306 \$49.00

GIFT CERTIFICATES

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Getting More from Ancestry.com | Janeen Bjork

The class will offer an overview of the free, subscription and World Deluxe versions of ancestry.com, the most extensive internet resource for genealogy. The class will demonstrate and compare the features available from each subscription level. Students will learn best practices for using the site for family history research, creating online trees.

#17110E 2 Thurs 7:00 PM - 9:00 PM
10/30/18-11/6/18 Room 306 \$49.00

Introduction to Using DNA for Genealogy |

Janeen Bjork

Have you seen the television commercials or programming that use DNA for genealogy and wondered what it's all about? Maybe you submitted a DNA sample, received the results, and didn't know how to interpret the findings. This course is a primer on genetic genealogy. The class will introduce the three major companies offering DNA testing for the mass market, the types of tests available, the costs of the tests, and the fact and misconceptions of what testing can do for genealogists. The instructor, Janeen Bjork, will share some of the results of the tests of her family members who took one or more of the three tests and their satisfaction with the result.

#17110C 2 Weds 7:00 PM - 9:00 PM
11/8/18-11/14/18 Room 306 \$49.00

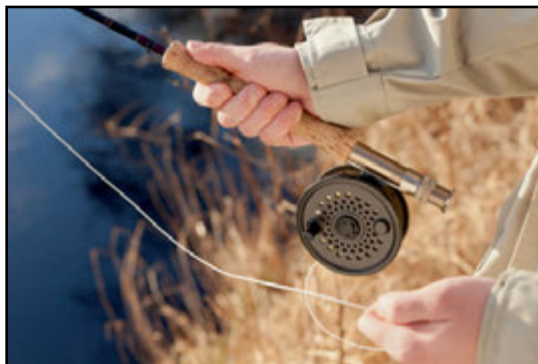
Medicare 101 and Beyond | Lou Pelletier

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. Seniors and children of seniors won't want to miss this FREE seminar

#17300A 1 Tues 6:30 PM - 8:30 PM
9/20/18 Room 304 \$0.00

#17300B 1 Weds 6:30 PM - 8:30 PM
10/17/18 room 304 \$0.00

#17300C 1 Weds 6:30 PM - 8:30 PM
11/7/18 Room 304 \$0.00



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 7:00 PM - 9:00 PM
 10/3/18-11/14/18 Seminar II \$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
 10/4/18-11/29/18 Seminar II \$165.00

Bridge: Intermediate/Duplicate | *Caroline Ballantine*

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 5:30 PM - 7:30 PM
 9/25/18-11/13/181 Seminar II \$165.00

Fly Casting | *Mark Sedotti*

Greenwich and Fairfield County are filled with fly fisherman. The one thing that REALLY helps a long-rodder catch more fish and enjoy the sport more, is better fly casting. So here's your chance. Three sessions to more fun and more fish. Beginners welcome too. This is a great place to learn the art.

Mark Sedotti was fly casting columnist for Saltwater Fly Fishing Magazine and has traveled all over the U.S. doing fly casting demonstrations and fly casting clinics for Fly Clubs, Major Fly Fishing Shows, FFF Conclaves and Fly Shops.

#18725A 3 Tues 6:30 PM - 8:20 PM
 10/9/18-10/23/18 Room 425 \$75.00

Please note this class will be held at Central Middle School

The Astronomical Society of Greenwich joins Greenwich Adult and Continuing Education in offering informal educational experiences at the

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

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

abilis

Social Skills for Adults

For program details contact
 Lisa Bria, Activities Manager
 bria@abilis.us
 or 203-531-1880, ext.162



Fundamentals of Inventory and Control Management for Business | Marvin M. Foster, MHM

Understanding fundamentals of inventory management is a critical undertaking in every organization.

Inventory control is also important to maintaining the right balance of supplies in your warehouses, offices and storage facilities:

Reasons why Inventory and Control Management is important:

1. Control costs
2. Improve turnaround
3. Free-up square needed spaces/square footages
4. Manage planning and forecasting

Negative effective for not understanding the fundamentals of inventory management

Trigger profit losses—whether a product expires, gets damaged, or goes out of season

Financial Implications—because stocks are money that could be used in other venture

#11350A	6 Mons	7:00 PM - 9:00 PM
9/24/18-10/29/18	Room 425	\$85.00

Don't wait to sign up for classes!

**Our classes depend on a
 minimum enrollment.
 Don't risk your class
 being canceled or full.
 Enroll today!**



LinkedIn Profile | Sandra Long

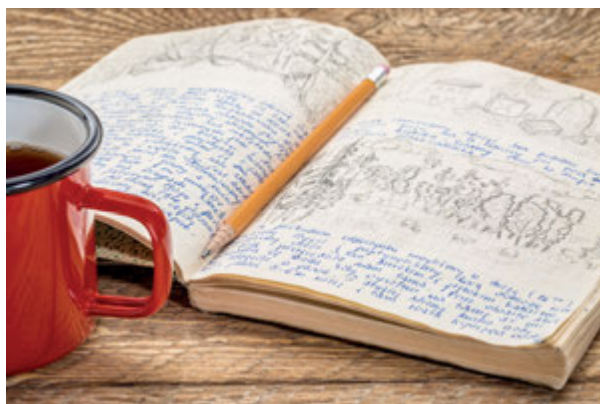
LinkedIn is the number one professional networking site for business and career. Create a LinkedIn profile that will help you impress customers, recruiters, hiring managers and business associates. Help them to find you with a fully optimized online profile. They will certainly look for you on LinkedIn 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.

#11340B 1 Tues 6:30 PM - 9:00 PM
 10/16/18 Room 312 \$59.00

Social media for business/personal use for 2018 | Alan Weaver

This class is designed for those who wish to use or understand social media on both a personal and professional level. A website is no longer sufficient for your organization. Gain relevant knowledge about personal and professional applications including facebook, Twitter, Instagram, LinkedIn, YouTube, Pinterest, and more. These social networking sites are germane to your business both in attracting and retaining customers. These sites are all free unless enriched versions are desired. A detailed handout is provided. This is a demonstration class; there is no hands-on.

#12050A 1 Weds 6:30 PM - 9:30 PM
 11/14/18 Room 112 \$59.00



Writing your memoirs? See page 4

Work like a Pro with MS Office – classes designed for beginners and intermediate | Alan Weaver

WORD, EXCEL, POWERPOINT

Regardless of the version you have or whether you have a Mac or PC, the classes taught will guide through any version of the software. Instructor will discuss the minor differences in class. Unless indicated, classes are designed for both the novice and those with experience.

#12110A 8 Thurs 7:00 PM - 9:30 PM
 10/18/18-12/13/18 Room 112 \$360.00

Use Word Like an Expert! | Alan Weaver

In addition to the basics, students will learn desktop publishing with Word which includes columns, graphics, custom formatting, page number, and more. Learn how to clean up a messy document. In addition to discovering many shortcuts, students will learn tips on creating a resume with visual impact.

#12040A 2 Thurs 7:00 PM - 9:30 PM
 10/18/18-10/25/18 Room 112 \$99.00

Formulas, Charts and More with Excel | Alan Weaver

Students will learn the basics with creating formulas, if statements, v-lookups, multi-page documents, sorting, shortcuts, printing the document, working with large documents. In addition, you'll discover how to create charts and graphs.

#12035A 4 Thurs 7:00 PM - 9:30 PM
 11/1/18-11/29/18 Room 112 \$199.00

Create an Impressive PowerPoint Presentation | Alan Weaver

Even if you're experienced with the program, discover advanced presentation tips to create an effective and memorable presentation. Create custom templates to match visual standards. Learn methods to covert presentations to videos that can be uploaded to YouTube, provide narration, continuous looping, convert to PDF and more. Work with advanced features to such as art, graphics, photos and more.

#12045A 2 Thurs 7:00 PM - 9:30 PM
 12/6/18-12/13/18 Room 112 \$99.00

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



Tips and Tricks with your iPhone and/or iPad | Alan Weaver

Regardless of your model, discover helpful and time saving tips, apps, and customization you may not know about including settings, using Siri productively, photography, and communications. This class is not designed for those with Android devices. **Prerequisite: Bring your fully charged device and IDs/passwords for all accounts including email, iTunes. Instructor cannot assist if you don't have them.**

#12060A 1 Weds 7:00 PM - 9:30 PM
 9/12/18 Room 112 \$49.00

Introduction to Apple Smart TV | Gary Krause

The class is based on the instructor's book, "Smart TV" and designed to take you from learning basic set-up to using it regularly on your big TV screen for entertainment and education. The Apple smart TV, a portable device, is a computerized appliance that when added to an older television set or even to your brand-new store bought Smart TV will breathe new life into it. Learn what the Apple TV can do for your living room television. It is a completely independent source of reception, so have the option to "cut the cord" to your cable box...and save money (\$\$\$!)

#12015A 6 Weds 7:00 PM - 9:30 PM
 10/3/18-11/7/18 Room 404 \$99.00

Apple Mac OS X for Beginners | Gary Krause

Do you have Apple Mac OS 10 on your MacBook/Laptop? You are among the few lucky people that have a Mac computer with an Operating System that's very easy to use. You will love this class because it is designed for beginners. The class will cover the basic operation: the desktop, the apps, the file system, word processing, email, and printing. Tip: Your Mac is based on the powerful UNIX operating system and is pretty much immune from getting a virus. Bring your laptop to class.

#12020A 6 Mons 6:30 PM - 8:00 PM
 11/5/18-12/10/18 Room 112 \$99.00

Introduction to Windows | Gary Krause

Do you want to know how to use Windows on your laptop, PC, or surface Tablet? Develop your comfort zone as you learn the basics including apps, the tiled screen and more. Bring your fully charge laptop to class so you can follow along on your device.

#12010A 6 Mons 6:30 PM - 8:00 PM
 9/24/18-10/29/18 Room 112 \$99.00

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Time Matters: A Women’s Retirement Outlook |

Chris Manimbo

Time Matters: A Women’s Retirement Outlook is a program that shares perspectives on financial concerns facing women who are getting ready for or have recently transitioned to retirement. The presentation shares retirement income strategies, including perspectives around Social Security, withdrawal and reliance rates. It also addresses how to prepare for the unexpected, including market and inflation risks, and the rising costs of health care and long-term care.

#11741A 1 Weds 7:00 PM - 9:00 PM
 11/14/18 Room 425 \$29.00

Preserving Family Assets | Neil Lubarsky

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

#11770A 1 Tues 7:00 PM - 8:30 PM
 9/24/18 Room 425 \$29.00

Who Will Pay your Income During Retirement After the Paychecks Stop | Chris Manimbo

If you are nearing or entering retirement and are interested in a strategy designed to help build an income stream and make your retirement income last, join us for “What Happens After the Paychecks Stop”?

We’ll explore how to budget for retirement expenses, examine potential sources of retirement income and identify ways to address potential risks.

#11742A 1 Weds 7:00 PM - 9:00 PM
 9/26/18 Room 425 \$29.00

Maximizing Your Social Security | John Brenkovich

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

#11730A 1 Tues 7:00 PM - 9:00 PM
 9/20/18 Room 421 \$29.00

Stocks: the nuts and bolts | Chris Manimbo

As you consider your long-term financial goals, how do stocks measure up? During our presentation, you’ll learn the differences between common and preferred stock, the importance of dividends, ways to craft your stock strategy, and different ways to own stock. We’ll look at your Strategy and the Big Picture and discuss stock basics and investment strategy.

#11744A 1 Mon 7:00 PM - 9:00 PM
 12/10/18 Room 421 \$29.00

Demystifying Investing | Chris Manimbo

The purpose of this presentation is to help you feel more comfortable with the investment process. By familiarizing yourself with the strategies and terminology used by financial advisors, you’ll feel more in control of your own financial destiny and more comfortable with the collective decisions you’ll make with the guidance of your financial advisor.

#11743A 1 Weds 7:00 PM - 9:00 PM
 10/24/18 Room 425 \$29.00

An Introduction to Exchange Traded Funds (ETFs) | Paul Tramontozzi

During this session we will review the basics of exchange-traded funds (ETFs): what they are, their origin and how they have grown. Then, we will touch on some technical points: the characteristics, creation and redemption process, types of ETFs as well as the indexes and how they affect ETFs. To wrap up, we will discuss portfolio applications that can be implemented using ETFs.

#11750A 1 Tues 7:00 PM - 9:00 PM
 10/30/18 Room: 425 \$29.00



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BUSINESS COURSES

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Introduction to QuickBooks 2013

Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

Creating WordPress Websites

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Administrative Assistant Fundamentals

Prepare to take advantage of the many new job opportunities in health care, legal services, and other industries.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

How to Get Started:

- 1 Visit our Online Instruction Center: www.ed2go.com/greenwich
2. Click the Courses link, choose the department and course title you are interested in and select the Enroll Now button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the Classroom.
3. When your course starts, return to our Online Instruction Center and click the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

CAREER TRAINING

Medical Terminology: A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Creating Web Pages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Explore a Career as an Administrative Medical Assistant

Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office—from appointment scheduling and chart creation to medical billing and coding.

Creating Mobile Apps with HTML5

Learn to use HTML5, CSS3, JavaScript, JQuery, and Web APIs to create cross-platform mobile apps and mashups.

Introduction to Java Programming

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

REQUIREMENTS

For any ed2go course, you will need Internet access, a non-shared e-mail address, any web browser like Mozilla Firefox or Google Chrome, and the latest Adobe Flash and PDF plug-ins. Visit <http://www.adobe.com/downloads> and click Get Adobe Flash Player and Get Adobe Reader to download these free plug-ins.

Most of our courses are Macintosh compatible. If a course is not Macintosh compatible, this information will be stated on the course's Requirements tab when you view the course details.

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ADULT EDUCATION INSTRUCTORS

Greenwich Adult & Continuing Education Program is looking for enthusiastic and knowledgeable people to teach eager adult learners. If you would like to teach any of the following, or would like to propose a new course, please call Braulio Santiago at 203-625-7474, email me at gce@greenwich.k12.ct.us or complete the form below. **No certification required.**

- ♦ Cooking/Baking ♦ Photography

Additionally, there are periodically openings for teachers in our Adult Learning program. Please contact our office at 203-625-7423 for more information. ESL, ABE and GED teachers must be Connecticut state certified in adult education.

Adult Education Instructors Application Form

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Address: _____

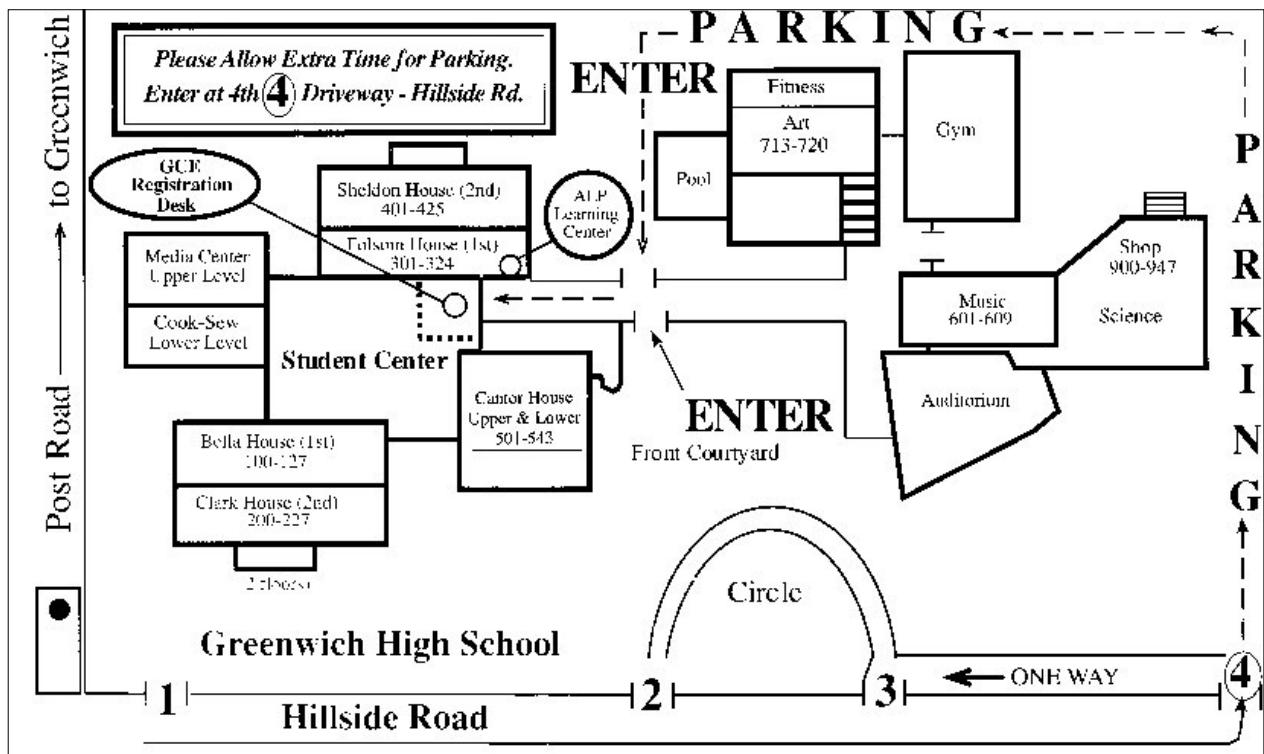
Town: _____ **State:** _____ **Zip:** _____

Telephone: _____

Courses you would like to teach: _____

Courses I would like you to offer: _____

HOW TO FIND US



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RENEW

Merriam-Webster.com, s.v., "recharge," accessed June 10, 2018,
<http://www.merriam-webster.com/dictionary/recharge>.

- + reconnect
- + relearn
- + reflect
- + relive
- + redevelop
- + relax

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