

# Newington Public Schools Continuing Education Brochure

*Spring 2019*



## IMPORTANT DATES

Walk-in Registration  
Newington High School Cafeteria  
5:30 p.m. – 7:30 p.m.  
Monday, February 25 & Tuesday, February 26, 2019

No classes will be held:  
March 20, 2019  
April 8-12, 2019  
May 27, 2019

[www.npsct.org](http://www.npsct.org)



# State Mandated Courses Free to Newington Residents

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All new mandated students must take a placement test. Students will be notified of room, date and time at registration.  
\*\*\*Mandated classes start the week of March 4, 2019 and continue through May 23, 2019.\*\*\*

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## **ESL Program starts Tuesday, March 5, 2019**

English as a Second Language is designed to teach adults, whose first or native language is not English, how to speak, read and write English.

### **ESL Beginners**

**Tues. 6:00 – 8:00 p.m. – Room 128**

Beginning students will learn basic English speaking skills. Conversation and some writing experiences will be introduced.

### **ESL Intermediate**

**Wed. 6:00 - 8:00 p.m. – Room 117**

### **ESL Advanced**

**Tues. 6:00 – 8:00 p.m. – Room 117**

Advanced grammar, writing and reading skills will be covered for preparation of school, job and citizenship.

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## **GED Preparation starts Thursday, March 7, 2019**

**Thurs. 6:00 – 8:00 p.m. – Room 130**

Students planning to take the GED test should participate in this class.

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## **ABE Program starts Monday, March 4, 2019**

Adult Basic Education is for adults (17 years of age or older, who are not in school).

### **ABE Special Needs**

**Mon. 6:30 – 8:30 p.m. – Room 119**

For Newington residents with special educational needs, who may reside either at home or in group homes, and who desire to reinforce basic skills. It is required that group home residents be accompanied by an aide.

### **ABE – Regular Program**

**Mon. 6:30 – 8:30 p.m. – Room 128**

For those who can speak English fluently, but lack basic reading, spelling, math and writing skills. Entry skills may vary from beginning level to early high school.

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## **U.S. Citizenship starts Wednesday, March 6, 2019**

**Wed. 6:00 – 8:00 p.m. – Room 128**

This class can assist you in acquiring your U.S. Citizenship. You will learn about the history and government of the United States while studying for your citizenship exam.

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## **High School Diploma Program (CDP)**

The Newington Public Schools operates an Evening High School Diploma Program. Students enrolled in this program can earn credits toward completion of their high school education. Students must be 17-years of age or older in order to enroll in this program. Interested students should call the Adult Education Office at 860-667-5850 Monday through Thursday between the hours of 5:00 – 8:00 p.m. for an interview. Classes begin Monday, March 4, 2019.

Registration is ongoing 5:00 – 7:30 p.m. in Room 124 at NHS prior to March 4, 2019.

# INFORMATION

**In case of inclement weather, class cancellations will be broadcast on WVIT – Channel 30 and WFSB – Channel 3 (Evening classes are always cancelled when Newington Public Schools are closed during the day).**

**Admission:** Classes are open to all area residents seventeen years of age or older who are no longer in school. All classes are held at the high school, unless otherwise noted in the course description. While non-residents are welcome to enroll, Newington residents will be honored first when class size limit has been reached. Classes will begin the week of March 4, 2019.

**Fees:** Course fees vary depending on the length and nature of the course. Materials and textbooks needed for each course are extra, unless otherwise stated in the course description. Senior citizens (62-years) are entitled to a reduction in course fees. Non-residents will be charged an additional \$10.00. In compliance with the Connecticut General Statute 10-73a, there is no fee for registration, books or materials to any adult enrolled in Citizenship, ESL or high school completion programs. (A reasonable deposit may be charged and refunded when books are returned in good condition.)

**Payment and Refund Policy:** Registration is complete and guaranteed only upon payment. Checks are to be made payable to Newington Adult Education. Fees for the Adult Education courses will be returned if a course is cancelled due to insufficient enrollment. No refunds will be made after classes have begun.

**GED Test:** What is the GED? The General Education Development test program is a method of obtaining a high school equivalency diploma for Connecticut adults. To prepare for the test, you may enter the program at age 17. To take the test:

1. A person 17 years of age or older may register if officially withdrawn from school for 6 months or their ninth grade class has graduated. Proof of age and official letter of withdrawal are required.
2. Social Security Number and Photo ID are required.
3. If 21 or over, a fee of \$13 is required.
4. The GED Test is computer based. Students can begin the GED registration process online at [ged.com](http://ged.com) and complete the process in person at the Newington Adult Education Office, Newington High School, 605 Willard Avenue, Room 124.
5. Accommodations for the GED Test are available for qualified individuals with a disability. For more information contact Dr. Thomas Abbruzzese, Director of Adult/Continuing Education at 860-667-5850 between 5:00 – 8:00 p.m., Monday thru Thursday. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2111.

**Nondiscrimination:** Newington Adult and Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender, 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 Newington Adult Education's nondiscrimination policies should be directed to Kim Davis at 860-665-8630.

**General Accessibility and Accommodation:** All activities offered by Newington Adult and Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Dr. Thomas Abbruzzese at 860-667-5850.

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## ENRICHMENT COURSES

### Informational

#### **Becoming a Foster Parent**

**Tues.** – Mar. 5 (6:00 – 8:00 p.m.)

L. Ortiz – Rm 225

Have you ever wondered if you have what it takes to be a foster parent? Find out information about the training and licensing process as well as the need for foster families during this course. A representative from Community Residences, Inc. (CRI), a non-profit therapeutic foster care and adoption program, will be on hand to answer any questions you have that are not answered during the presentation. **Fee: No Charge**

# Finance

## **How Money Works**

**Mon.** – Mar. 4 (7:00 – 9:00 p.m.)

G. Callahan – Rm 227

Do you know the Rule of 72? Do you need Life Insurance? What is the difference between a Traditional and a Roth IRA? What is the best way to pay off my Debt? Learn all this and more at How Money Works. **Fee: \$15**

**Seniors: \$10**

## **Estate Planning: Don't Make These Mistakes**

**Thurs.** – Apr. 4 (6:00 – 7:30 p.m.)

P. Czepiga – Rm 232

You may think that drafting an estate plan is straightforward, but in reality, if you do it wrong you are jeopardizing everything you have worked for. Just because you have a Will or Trust doesn't mean you have covered your bases. What is the difference between a Will and a Trust? Why won't a will be sufficient by itself? Do you need a power of attorney and what should it say? Should you add your children's names to your bank accounts? We will share real life stories showing you the dangers of common estate planning mistakes such as using incorrect phrases in your documents or omitting important ones. We have seen more will contests and probate litigation in the last five years than in the preceding 25 years! Failing to fund or revoke a living trust, using ambiguous provisions, titling assets improperly and not updating beneficiary designations are just some of the blunders that you must avoid! **Fee: \$15 Seniors: \$10**

## **Planning For Long-Term Care-Understanding Medicaid & How To Protect Your Assets**

**Thurs.** – May 2 (6:00 – 7:30 p.m.)

P. Czepiga – Rm 232

Connecticut has the second highest cost of long-term care in the nation. Unless you are planning to leave the state, you need to protect yourself and your retirement assets from long-term care costs. Should you give your home to your children? How can you get the State to pay for nursing home and home care? How can single individuals and married couples qualify for Medicaid benefits while keeping your assets and protecting your children's inheritances? What should you do when a crisis hits? Is long-term care insurance a good idea? If you know the rules and plan ahead, you can still protect your hard-earned assets. Let us take the confusion out of the process and give you strategies for putting your house in order. Get your questions answered by an experienced attorney who has been teaching for years and will give you the right answers and provide actual cases showing how all this works. **Fee: \$15 Seniors: \$10**

## **Plan Your Social Security with Confidence**

**Mon.** – May 6 (6:30 – 8:00 p.m.)

A. D'Agosto & C. Yannich – Rm 232

When should you take your Social Security? How do you apply? What impact does your spouse's Social Security have on what you collect? This ninety-minute presentation covers not only the basics of Social Security but also reveals strategies for maximizing your benefits. We will discuss how to minimize taxes on Social Security benefits and how to coordinate your Social Security with your other sources of retirement income. We welcome your questions about Social Security benefits as you explore your own personal options in making this financial decision. **Fee: \$15 Seniors: \$10**

# Law

## **Brown v Board of Education in American Society**

**Mon.** – Mar. 11, 18 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

This course begins by examining the decision in the U.S. Supreme Court case Brown v Board of Education. Once that is completed the course moves on to examine the results of that decision. Primary focus of this section of the course will be on the nationalization of state national guard forces in Topeka Kansas and Montgomery Alabama and later the issue of forced bussing as a result of Morgan v Hennissy and Shef v Oneal. **Fee: \$25**

**Seniors: \$15**

## Law Cont.

### **Roe v Wade in American Society**

**Tues.** – Mar. 12, 19 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

The course begins with an analysis of the U.S. Supreme Court decision in Roe v Wade. Following that analysis the course will examine the impact the decision had on American society. The U.S. Supreme Court decision in Planned Parenthood v Casey as well as other important abortion cases will be examined. **Fee: \$25 Seniors: \$15**

## Relationships

### **Respectful Relationships**

**Thurs.** – Mar. 21 (6:00 – 9:00 p.m.)

P. Reynolds – Rm 221

Alienation between in-laws is never a good thing for the children or grandchildren. Vent as we uncover some reasons why mother-in-law's and daughter-in-law's don't get along and how they can improve this mystifying relationship. Bring your complaints! **Fee: \$15 Seniors: \$10**

## Birdwatching

### **Bird Watching Basics [Newington residents only unless openings exist.]**

**Mon.** – Mar. 18, Apr. 1, May 13 (7:00 – 9:00 p.m.)

G. Hanisek – Rm 232

Field Trips (Sundays) – Mar. 24, Apr. 14, May 5, 19, June 9

Learn the basics of bird-watching through classroom discussion and monthly field trips as scheduled above. A field trip guide is recommended and scheduled as above. Maximum of 20 students. **Fee: \$60 Seniors: \$30**

## World Languages

### **Conversation in Spanish I**

**Tues.** – Mar. 5, 12, 19, 26, Apr. 2, 16, 23, 30, May 7, 14 (7:15 – 8:45 p.m.)

J. Rosborg – Rm 119

This class is designed for people who already know basic Spanish. We are going to expand your knowledge on reading, writing and speaking Spanish, to use in everyday life. **Fee: \$50 Seniors: \$25**

### **Spanish I**

**Thurs.** – Mar. 7, 14, 21, 28, Apr. 4, 18, 25, May 2, 9, 16 (5:45 – 7:15 p.m.)

J. Rosborg – Rm 117

This class is for people who have little to no experience in Spanish. The focus of this class will be basic vocabulary and grammar through listening, speaking and writing modalities. **Fee: \$50 Seniors: \$25**

### **Spanish II**

**Thurs.** – Mar. 7, 14, 21, 28, Apr. 4, 18, 25, May 2, 9, 16 (7:15 – 8:45 p.m.)

J. Rosborg – Rm 117

This class is for people looking to expand upon basic skills from Spanish I. Focus will be on real life applications like restaurant, traveling, hospital, etc. **Fee: \$50 Seniors: \$25**

### **French I**

**Tues.** – Mar. 5, 12, 19, 26, Apr. 2, 16, 23, 30, May 7, 14 (5:45 – 7:15 p.m.)

J. Rosborg – Rm 119

This class is for people who have little to no experience in French. We are going to use a simple method "listen and repeat" with vocabulary and phrase sections and a mini-grammar for quick reference. **Fee: \$50 Seniors: \$25**

# World Languages Cont.

## **French II**

**Wed.** – Mar. 6, 13, 27, Apr. 3, 17, 24, May 1, 8, 15, 22 (7:15 – 8:45 p.m.)

J. Rosborg – Rm 119

This class is for people looking to expand upon basic skills from French I. Focus will be on real life applications like restaurant, traveling, hospital, etc. **Fee: \$50 Seniors: \$25**

## **Conversation in French I**

**Mon.** – Mar. 4, 11, 18, 25, Apr. 15, 22, 29, May 6, 13 (7:00 – 8:30 p.m.)

J. Rosborg – Rm 117

This class is designed for people who already know basic French. We are going to expand your knowledge on reading, writing and speaking French, to use in everyday life. **Fee: \$50 Seniors: \$25**

## **Italian I**

**Wed.** – Mar. 6, 13, 27, Apr. 3, 17, 24, May 1, 8, 15, 22 (5:45 – 7:15 p.m.)

J. Rosborg – Rm 119

An entry course, where students will explore novice vocabulary, grammar, and expressions in Italian. Culture and civilization will be covered. **Fee: \$50 Seniors: \$25**

## **Italian Cineclub**

**Thurs.** – Mar. 7, 14, 21, 28 (6:00 – 9:00 p.m.)

M. Georgeo – MOCR

This four week course will continue our exploration of Italian history from 1940-1990 through classic films. The following films will be shown:

Mar. 7 - A Special Day Rossellini

Mar. 14 - Open City Rossellini

Mar. 21 - The Garden of the Finzi Contini Vittorio De Sica

Mar. 28 - Unfair Competition Ettore Scola

**Fee: \$40 Seniors: \$20**

# Photography

## **Photography Fast Track for Beginners**

**Mon.** – Apr. 15, 22, 29, May 6, 13, 20 (6:00 – 8:00 p.m.)

S. Fenton – Rm 130

Click! Learn the basics of photography. This course is geared to owners of DSLR cameras or cameras with adjustable aperture and shutter settings. Included in this course will be an introduction to photography; cameras and equipment; lenses; light and exposure (aperture, shutter, and ISO;) from automatic to manual; camera features & buttons; how to determine settings; elements of composition; JPEG vs RAW; basic editing & types of creative processing; tips for photographing landscapes, waterfalls, portraits & fireworks; printing & framing; photo projects, tips, resources, and more. Teacher will use a colorful slide presentation, easy-to-grasp-no-math explanations, & handouts. Bring your camera, manual, and a notebook. Students may bring their "optional assignment" photos to share. **Fee: \$50 Seniors: \$25**

# Military History

## **Congressional Medal of Honor**

**Tues.** – Apr. 23 (6:30 – 8:30 p.m.)

J. Shelmerdine, Jr. – Rm 221

The Congressional Medal of Honor is the Nation's highest medal for valor in combat. What is the history and origin of this medal? How does a member of the US Military earn the medal? Did a woman ever receive it? We will explore these and other questions in this informative class. **Fee: \$15 Seniors: \$10**

# Military History Cont.

## **Movie Stars in World War II**

**Tues.** – May 7 (6:30 – 8:30 p.m.)

J. Shelmerdine, Jr. – Rm 221

What did our favorite stars do in World War II? Come see what Jimmy Stewart, Clark Gable, Henry Fonda and hundreds of other movie heroes did to defend our country. As a bonus we will look at what the USO shows did to keep our spirits up during this terrible time in our history. **Fee: \$15 Seniors: \$10**

# Miscellaneous

## **Stress Management**

**Tues.** – Mar. 19 (6:00-7:30 p.m.)

J. Mandel & S. Kapper– Rm 208

Workshop participants will learn about the basics of stress and a variety of stress management techniques including proper breathing techniques, guided meditation and the use of essential oils. Each participant will be able to make a shower soother or bath bomb to take home with them. **Fee: \$25 Seniors: \$15 (fee includes material cost)**

## **Green Cleaning**

**Tues.** – Apr. 23 (6:00-7:30 p.m.)

J. Mandel & S. Kapper– Rm 208

Are you tired of cleaning with household products that are full of chemicals that are bad for you, your family and your pets? In this hands-on workshop, you will learn how to make natural and chemical-free cleaning products. These products are easy to make and more affordable than the ones you can buy in the store.

**Fee: \$25 Seniors: \$15 (fee includes material cost)**

## **Essential Oils 101 | Facts vs. Myths**

**Tues.** – Mar. 5 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

Are you looking to begin using Essential Oils? Not sure where to start? Attend our introductory class and learn which oils should become part of your daily routine, how to apply oils and even unique ways to use oils to optimize your desired results. Leave class with an essential oil experience and a resource guide to help you take your first steps to using essentials oils. **Fee: \$15 Seniors: \$10**

## **Essentials Oils 101 | Facts vs. Myths (part 2) | Make & Take**

**Thurs.** – Mar. 21 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

Offering a simple overview of the information provided in Part 1 of Essential Oils 101 | Facts vs. Myths; we will review how to safely use and implement Essential Oils into your lifestyle. This class will be hands-on fun, where you will learn about specific recipes to address common concerns: stress, inability to sleep, feelings of anxiousness, clear breathing, digestive support and more. **Fee: \$30 Seniors: \$20– (fee includes material cost)**

## **Essential Oils Are Awesome For Kids Too**

**Tues.** – Apr. 2 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

Children face an abundance of stresses in their everyday lives including homework, bullying, busy schedules, distractions, peer pressure, detention, cafeteria food, etc., and each of these stresses has an impact on your child's ability to concentrate, socialize, and stay healthy. It is clear that parents want one thing - HAPPY AND HEALTHY CHILDREN - but unfortunately this is often difficult to achieve. The goal of this class is to empower parents to choose oils before many of the unnatural alternatives that exist. I have never met a child who did not love oils, but it all starts with you as the parent. You need to inform yourself in order to bring the purest oils into your home, optimize their utilization, and then share with your kids. During class, I will introduce you to my top oils for children, the most effective method of application, and offer you a "hands-on" opportunity to make blends to take home with you and begin using tonight! **Fee: \$30 Seniors: \$20– (fee includes material cost)**

# Miscellaneous Cont.

## **Be a Super Hero with Essential Oils | Make & Take**

**Tues.** – Apr. 16 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

Life is stressful right? We lead BUSY lives and always seem to be on-the-go, juggling many commitments and priorities. Wouldn't it be great if we had some super hero powers to help us accomplish everything??? I have some awesome "secrets" to help you boost your superhero confidence that I'm excited to share, that will make you feel like your own personal superhero! **Fee: \$30 Seniors: \$20– (fee includes material cost)**

## **Emotional Edge | Tame the Beast with Essential Oils**

**Tues.** – May 7 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

This hands on class is a powerful way to learn the use of essential oils in mood management! Learn the simple science behind how the compounds in essential oils influence mood, cellular functioning, internal processing, behavior and body chemistry in language that anyone can understand and techniques easily utilized at home! **Fee: \$30 Seniors: \$20– (fee includes material cost)**



## **Two Ways to Register**



**Mail** – Fill in the registration form below with check payable to Newington Adult Education. Confirmations are not made; assume you are registered unless we phone or email you. **Mail to: Newington Adult Education, 605 Willard Avenue, Newington, CT 06111.**

**In Person** – In person registration will be held February 25 and February 26 from 5:30 – 7:30 p.m. in the Cafeteria at Newington High School.

### **Registration Form**

Name: \_\_\_\_\_

Street: \_\_\_\_\_ Town and Zip \_\_\_\_\_

Email: \_\_\_\_\_ Home/Cell: \_\_\_\_\_

Course(s): \_\_\_\_\_

Amount Enclosed: \_\_\_\_\_

The Newington Adult Education Program is continually seeking to offer courses of interest to the community. We are also looking for people to teach these courses. If you would like to propose a new course, please go to [www.npsct.org](http://www.npsct.org) then click on Adult & Continuing Education under departments. Once there click on "Proposals for Enrichment Program" on left hand side of the page.