

Newington Public Schools Continuing Education Brochure

Spring 2020



IMPORTANT DATES

Walk-in Registration
Newington High School Cafeteria (Side A)
5:30 p.m. – 7:30 p.m.
Monday, February 24 & Tuesday, February 25, 2020

No classes will be held:
Wednesday, March 18, 2020
Week of April 13 – 16, 2020
Tuesday, April 28, 2020
Monday, May 25, 2020

www.npsct.org



State Mandated Courses Free to Newington Residents

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 2, 2020 and continue through May 22, 2020.***

ESL Program starts Tuesday, March 3, 2020

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.

GED Preparation starts Thursday, March 5, 2020

Thurs. 6:00 – 8:00 p.m. – Room 130

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

ABE Program starts Monday, March 2, 2020

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.

U.S. Citizenship starts Wednesday, March 4, 2020

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.

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 9, 2020. Registration is 5:00 – 7:30 p.m. in Room 124 at NHS prior to March 9, 2020.

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 2, 2020.

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 or older) 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 ABE, Citizenship, ESL or high school completion programs.

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 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.

ENRICHMENT COURSES

Instructor Disclaimer: Although courses are taught by practicing financial planners, promoters of investment products or services, or are actively involved in some type of business related to the course they are offering, Newington Continuing Education does endorse their ability as instructors, however, we do not promote the private services of the instructors nor the companies with whom they are associated.

Finance

Handle Your Finances - Debt, College, & Retirement

Wed. – Mar. 4, 11 (7:00 – 8:00 p.m.)

A. Maslak – Rm 227

Eight of ten Americans are currently living paycheck to paycheck. Ninety-six percent are unable to retire at 65. What's worse, most people suffer from their financial trouble in silence because "money" is a taboo subject to talk about. It doesn't have to be this way! Come learn the highest leverage points to pay off debt, get the most out of your money, and navigate the minefield of college and retirement savings in a supportive, understanding, and solution-based environment. Remove the stress and worry about money from your life. **Fee: \$15 Seniors: \$10**

How Money Works

Mon. – Mar. 16 (7:00 – 9:00 p.m.)

G. Callahan – Rm 227

Do you know the Rule of 72? Do I 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**

Finance Cont.

Changes in Social Security and Integrating Them in Retirement

Wed. – Mar. 4 (6:30 – 8:30 p.m.)

M. Alimo – Rm 223

Retirement is one of the most important life events many of us will ever experience. When to collect Social Security may be the single most important decision you make in context of planning your retirement. This is a great opportunity to learn KEY CONCEPTS you need to know BEFORE applying for Social Security.

Depending on your age, Social Security filing strategies may boost lifetime benefits & increase retirement income by tens of thousands. Always consider Social Security payout as a component of your retirement plan.

The following information will be discussed:

- January 1, 2016 Social Security regulation changes impacting the filing timing options available to you.
- How Social Security benefits are calculated and the advanced planning required to increase them.
- Why married couples, divorced and widowed individuals can miss out on significant lifetime sums.
- How Social Security sums may be integrated into a retirement analysis projecting future monthly income.
- The “three legged stool” approach to retirement planning and how to support your needs in the future.
- What is your money earmarked for? Income, growth, preservation, legacy?
- Will I outlive my money in retirement? How can I avoid this? **Fee: \$15 Seniors: \$10**

Plan Your Social Security with Confidence

Mon. – May 4 (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

You Really Need to Have an Estate Plan (Learn Why)

Tues. – March 3 (6:00 – 7:30 p.m.)

R. Fortune – Rm 232

Did you know that if you don’t create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you’re OK with this, you really don’t need to take this course! But if you would like to decide how your estate is divided, who is responsible for your care, who gets custody of your minor children, and more... this course is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. You’ll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You’ll walk away knowing what these documents are for, and what you need to do to create them. You’ll also learn about the probate process and how it works. Even if you already have an estate plan, there’s a good chance it needs updating because laws often change. All students will receive an easy-to-understand estate planning guidebook written by our attorneys. Minimum of 10 students needed for course to run. **Fee: \$15 Seniors: \$10**

The Truth About Medicaid Rules and Long-Term Care Costs

Tues. – Apr. 7 (6:00 – 7:30 p.m.)

R. Fortune – 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. Minimum of 10 students needed for course to run. **Fee: \$15 Seniors: \$10**

What the Heck Is A Trust and Do I Need One?

Tues. – Apr. 21 (6:00 – 7:30 p.m.)

B. Daly – Rm 232

You’ve heard about trusts. But what exactly are they and what do they do for you? You’ve heard about the different types – Revocable. Irrevocable. Special Needs. Testamentary. In a nutshell, a trust is an ownership system between 3 people – The first person who gives the second person legal right to hold money (or other assets) for the third person who receives the money. Simple, right? Well... there’s a little more to trusts than just that! In this course we’ll explain how trusts are created, explain the different types of trusts, and go over who you should choose to participate. You’ll walk away knowing how to use trusts to do things like... minimize and/or avoid taxes, protect assets and keep public benefits for loved ones with special needs, and how to avoid probate court. Whether you are new to trusts or even understand them well, you’ll walk away understanding how to use these powerful planning tools to your advantage. Minimum of 10 students needed for course to run.

Fee: \$15 Seniors: \$10

Law/History

History of Baxter State Park

Tues. – Mar. 10, 17 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

This 2 week course will explore the history of Baxter State Park. In the first week students will explore the controversy over a national park around Katahdin along with how former Maine Governor Percival Baxter purchased the land that is now Baxter State Park. The course will further explore how following the original 6,000 acre purchase in 1931, the park grew to a total of 209,644 acres. In the second week the course will explore exactly what Governor Baxter meant by “the right unspoiled way” of land use in protecting the resource that is Baxter State Park.

Fee: \$10 Seniors: \$5

Law/History

Environmental Law

Thurs. – Mar. 5, 12, 19, 26, April 2 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

During this course students will explore the basic details of the Clean Air Act (CAA), the Clean Water Act (CWA) and the Endangered Species Act. The course will spend the first two weeks exploring the basic details of the CAA. The second two weeks will be spent exploring the details of the CWA. Finally, in the final week of the course the basic details of the NEPA will be explored. By the end of the 5 weeks students will have a strong basic understanding of these three major environmental law statutes. **Fee: \$10 Seniors: \$5**

An Introduction to the U.S. Census

Tues. – Mar. 3 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

Article I Section 3 states in relevant part that an “actual enumeration shall be made within three years after the first meeting of the congress of the United States, and within every subsequent term of 10 years.” Therefore starting in 1790 and proceeding forward during each year ending in 0 a complete census is taken. The main purpose of this enumeration is to determine the number of representatives from each state to sit in the House of Representatives. The next census is to be performed on April 1, 2020. This course will provide an overview of why the data is collected and the security procedures in place to protect the privacy of each and every respondent. **Fee: \$10 Seniors: \$5**

An Introduction to Constitutional Law

Tues. – Mar. 24, 31, Apr. 7, 21, May 5, 12 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

This course will provide an introduction to the first three articles of the United States Constitution. It will explore in detail the powers of the legislative branch (Article I), the Executive (Article II) and the judiciary (Article III). In addition case law relevant to each of the above three articles will be examined. **Fee: \$10 Seniors: \$5**

An Introduction to the Major Constitutional Amendments

Mon. – Mar. 2, 9, 16, 23, 30, Apr. 6 (6:30 – 8:30 p.m.)

M. Gaffney (Paralegal) – Rm 115

This course will examine the text and the case law behind the 1st, 4th, 5th 6th, 8th and 14th amendments to the U.S. Constitution. It will explore what type of speech is and is not protected (Amendment I), what is a search or a seizure (Amendment IV), Due Process in the federal courts (Amendment XIV). **Fee: \$10 Seniors: \$5**

Interviewing

Interviewing Techniques & Networking Your Way to Success

Thurs. – Mar. 12, 19 (6:00 – 8:00 p.m.)

J. Childs – Rm 227

- **Interviewing Techniques:** Whether you are new to interviewing or experienced there is always something to learn. Brush up on your interview skills, learn how to answer those hard questions, learn about behavioral interviewing and have an opportunity to practice in a safe setting.
- **Networking Your Way to Success:** Not sure how to build a professional network? Or how to find the hidden job market? This course will teach you about informational interviewing and networking. How to talk with people about your job search. This course also explores how to research and organize your job search and utilize the internet to identify job leads and company information. **Fee: \$10 Seniors: \$5**

How to Create a Powerful Resume

Thurs. – Mar. 26 (6:00 – 8:00 p.m.)

J. Childs – Rm 227

Does your resume need some fine tuning? or has it not yet been created. This course will help you build a stronger resume. The first part of the course will review different types and styles of resumes as well as resume dos and don'ts. On the second night, we will review then host a resume clinic where you will work on your own resume and help your classmates. **Fee: \$10 Seniors: \$5**

Goal Setting/ Time Management

Thurs. – Apr. 2 (6:00 – 7:00 p.m.)

J. Childs – Rm 227

A review of how to set SMART goals which are reasonable and manageable for job search and a review for how to manage your time during job search. **Fee: \$10 Seniors: \$5**

LinkedIn

Thurs. – Apr. 9 (6:00 – 7:00 p.m.)

J. Childs – Rm 227

Learn the basics of LinkedIn how to navigate the site, and the importance of having a profile. See how LinkedIn can help you move your career forward. **Fee: \$10 Seniors: \$5**

Birdwatching

Birdwatching

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

Mon. – Mar. 16, Apr. 20, May 11 (7:00 – 9:00 p.m.)

G. Hanisek – Rm 232

Field Trips (Sundays) – Mar. 22, Apr. 26, May 17, June 7, TBA

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

Mon. – Mar. 9, 16, 23, 30, Apr. 6, 20, 27, May 4 (7:15 – 8:45 p.m.)

J. Rosborg – Rm 117

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. 12, 19, 26, Apr. 2, 9, 23, 30, May 7 (5:45 – 7:15 p.m.)

J. Rosborg – Rm 119

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. 12, 19, 26, Apr. 2, 9, 23, 30, May 7 (7:15 – 8:45 p.m.)

J. Rosborg – Rm 119

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 & II

Tues. – Mar. 10, 17, 24, 31, Apr. 7, 21, May 5, 12 (6:00 – 8:00 p.m.)

J. Rosborg – Rm 119

This combined class will work with students who have little to no experience in French as well as students who already know basic French. For beginning students, we are going to use a simple method “listen and repeat” with vocabulary and phrase sections and a mini- grammar for quick reference. For students with a basic knowledge, focus will be on real life applications like restaurant, traveling, hospital, etc.

Fee: \$50 Seniors: \$25

Conversation in French

Mon. – Mar. 9, 16, 23, 30, Apr. 6, 20, 27, May 4 (6:15 – 7:15 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 Spanish, to use in everyday life. **Fee: \$50 Seniors: \$25**

Italian I & II

Wed. – Mar. 11, 25, Apr. 1, 8, 22, 29, May 6, 13 (5:15 – 7:15 p.m.)

J. Rosborg – Rm 119

This combined class will work with students who have little to no experience in Italian as well as students who already know basic Italian. Beginning students, will explore novice vocabulary, grammar, and expressions in Italian. Culture and civilization will be covered. For students with a basic knowledge, focus will be on real life applications like restaurant, traveling, hospital, etc.

Fee: \$50 Seniors: \$25

Creative Arts

Opera

Mon. – Mar. 9, 16, 23, 30, Apr. 6, 20, 27, May 4, 11, 18 (7:00 – 9:00 p.m.)

C. Williams – Rm 230

Opera is a superior art form that is inclusive of both the performing and visual arts; which are part of our humanity, making us humans.

Participants in this course will learn about:

- Opera and its main musical and dramatic features;
- How opera has changed with the world around the opera houses;
- The major intricacies involved in staging an opera, both in the past and today;
- The art and classification of human voices in opera;
- Opera’s changing role in culture and society during its fourth century history;
- How new technologies have altered the way audiences experience opera;
- What opera has to offer in the 21st century? **Fee: \$30 Seniors: \$20**

Photography

Photography Fast Track for Beginners

Mon. – Mar. 30, Apr. 6, 20, 27, May 4, 11 (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 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

Writing

A Picture Paints a 1,000 Words - Using Visuals to Inspire Personal Writing

Thurs. – Mar. 5, 12, 19, 26, Apr. 2, 9 (6:00 – 8:30 p.m.)

E. McDonald – Rm 232

It has been famously said that a picture paints a 1,000 words. Often, writers gain the greatest inspiration for their writing through photography, paintings, drawings, or sketches. Join professional writer and blogger, Elizabeth McDonald, a former English teacher, to gain inspiration from the images in your life! Create a biography or personal memoir, a personal narrative or short story, poem or other piece, complemented by visual images. Bring your journal, scrapbook, drawing pad, or collection of photos (on an iPad or in a photo album). We'll explore how to emotionally draw from these images to infer meaning and gain visual inspiration for your written works. Participants will write, share progress, and celebrate your successes in a safe, supportive setting of like-minded writers seeking similar inspiration. Exceptional completed works will be eligible to be showcased on the "Featured Creatives" page at <https://thewordwrightsworkshop.com>. Go to <https://thewordwrightsworkshop.com/featured-creatives-sought> for more information about this fabulous opportunity to celebrate and promote your work. Minimum of 8 students required for course to run. **Fee: \$20 Seniors: \$10**

Write On! A Writers' Workshop for Adults

Thurs. – Apr. 23, 30, May 7, 14 (6:00 – 8:30 p.m.)

E. McDonald – 232

Are you an adult writer who struggles to get started, starts something and sets it aside, or wonders, "Is this any good?" Join professional writer and blogger, Elizabeth McDonald, a former English teacher, to express your creativity in Write On!, A Writers' Workshop for Adults. Bring a project you've been wanting to finish, start something totally new, or explore your creativity with the writing prompt provided. The itinerary will provide time to write, share your work, and discuss what obstacles can get in your way of your creativity. In order to exchange works with thought partners, please bring along a notebook and a writing utensil. Our final session will serve as an opportunity to share your work and celebrate your progress. Exceptional completed works will be eligible to be showcased on the "Featured Creatives" page at <https://thewordwrightsworkshop.com>. Go to <https://thewordwrightsworkshop.com/featured-creatives-sought> for more information about this fabulous opportunity to celebrate and promote your work. Minimum of 8 students required for course to run. **Fee: \$20 Seniors: \$10**

Military History

Civil War As He Knew It

Tues. – Mar. 17, 24 (6:00 – 8:00 p.m.)

J. Shelmerdine, Jr. – Rm 221

Come learn Abraham Lincoln's own immortal words – urgent telegram to his harried consoling letters to grieving mothers, forceful proclamation and history making speeches. **Fee: \$10 Seniors: \$5**

Movie Stars in World War II

Tues. – Mar. 31, Apr. 7 (6:00 – 8:00 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: \$10 Seniors: \$5

World War II Trivia Challenge

Tues. – May 5, 12 (6:00 – 8:00 p.m.)

J. Shelmerdine, Jr. – Rm 221

This class is meant for history buffs or dedicated students. Come challenge your skills! **Fee: \$10 Seniors: \$5**

Wellness/Life Coaching

15 Invaluable Laws of Growth

Wed. – Three opportunities to attend-see course description (7:00 – 9:00 p.m.)

L. Gambino – Rm 221

There will be three different opportunities to work with Laura Gambino, Certified Life Coach with John Maxwell Team. This personal growth course based on John C. Maxwell's book 15 Invaluable Laws of Growth will be offered March 4, 11, 25 or April 1, 8, 22 or April 29, May 6, 13. This course includes a certificate of completion at the end of the course. Registration fee includes book cost. **Fee: \$50 Seniors: \$3**

Essential Oils

Essential Wellness

Thurs. – Mar. 19 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

Join this class to learn more about wellness and giving the gift of health to you first, and then to those you love! Creating a healthy lifestyle includes our day to day lifestyle choices; nutrition, exercise, essential oils, energy and all the thoughts or ideas we tell ourselves. Explore gifting ourselves and others with wellness! **Fee: \$35 Seniors: \$25**

Perfume Crafting

Tues. – Apr. 21 or Thurs. May 7 (6:30 – 8:30 p.m.)

K. Marquis – Rm 221

Come craft your own high-end perfume without chemicals (& no headaches) using essential oils such as Rose, Jasmine, Neroli, Bergamot, Frankincense and more. You can pick among fragrances to choose your signature scent. We'll also learn how to use oils to reduce stress, improve sleep, focus, skin, immune support, & energy, soothe muscles & joints, manage appetite, and more. You will leave the class with a bottle of perfume. Registration fee includes \$25 to cover the cost of supplies. **Fee: \$35 Seniors: \$25**

Essential Oils Cont.

Managing Stress

Mon. – Mar. 30 (6:00 – 7:30 p.m.)

J. Mandel & S. Kapper– Rm 208

In this workshop you will be learning about stress and how to use essential oils and nature to alleviate the symptoms of stress. Essential oils are a natural way to help you cope with either daily stress or those stressful situations we run into in life. Recent research has also shown that something as simple as taking a walk in the woods cannot only help relieve our stress level but may also have other health benefits to it. All participants will have the opportunity to assess their stress level and sample various essential oils to find a blend that suits them best. Participants will also be making a shower soother to take home with them. **Fee: \$25 Seniors: \$15 (fee includes material cost)**

Spring Cleaning

Tues. – Apr. 7 (6:00 – 7:30 p.m.)

J. Mandel & S. Kapper– Rm 208

Are you tired of using harsh chemicals that cost a lot of money to clean your house? Learn how to make your own household cleaning products with essential oils, vinegar, distilled water and baking soda. In this workshop, we will discuss the chemicals found in our everyday cleaning products and then learn how to make eco-friendly, cost effective products to take their place. All participants will be making either a carpet cleaner or an all-purpose cleaning spray to take home with them. **Fee: \$25 Seniors: \$15 (fee includes material cost)**

Sleep & Stress Support – Get the Best Night Sleep of Your Life with Essential Oils

Thurs. – Apr. 23 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

This class is pivotal for anyone suffering with sleep issues. It is time for you to acquire a specific game plan to transform this area of your life! During class learn “sleep” secrets to improve your sleep. This class will include “hands-on” fun! **Fee: \$35 Seniors: \$25 (fee includes material cost)**

Women’s Health Essentials – Make & Take

Thurs. – May 14 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

*** FOR WOMEN WHO ARE MOTIVATED TO TAKE CONTROL OF THEIR HEALTH ***

Learn about natural solutions geared specifically for women. Your health is your absolute most precious asset! Far too many women already understand this but simply struggle to create the space or resources to make health a priority. Remember, prevention is the key & the growing list of health challenges that women face is scary. **Fee: \$35 Seniors: \$25 (fee includes material cost)**

**For further information on any program, please contact: Dr. Thomas Abbruzzese,
Director of Adult/Continuing Education, at 860-667-5850.**



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 Monday, February 24 and Tuesday, February 25 from 5:30 – 7:30 p.m. in the Cafeteria (Side A) 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 then click on Adult & Continuing Education under departments. Once there click on “Submit An Enrichment Proposal.”