

Newington Public Schools Continuing Education Brochure



Fall 2019

IMPORTANT DATES

Walk-in Registration

Newington High School Cafeteria (Side A)

5:30 p.m. – 7:30 p.m.

Monday, September 23 & Tuesday, September 24, 2019



No classes will be held:

October 9, 2019

October 14, 2019

October 31, 2019

November 5, 2019

November 13, 2019

November 28-29, 2019

www.npsct.org

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 October 1, 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 50% reduction in course fees except where indicated. 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 A person 17 years of age or older may register if officially withdrawn from school for 6 months or their ninth grade class has graduated.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 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.



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 October 1, 2019 and continue through December 19, 2019.*****

ESL Program starts Tuesday, October 1, 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.

GED Preparation starts Tuesday, October 1, 2019

Tues. 6:00 – 8:00 p.m. – Room 130

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

ABE Program starts Monday, October 7, 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.

U.S. Citizenship starts Wednesday, October 2, 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.

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, September 9, 2019. Registration is 5:00 – 7:30 p.m. in Room 124 at NHS September 4-5, 2019.

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

Personal Finance Basics – Manage Your Money Well

Tues. – Oct. 29 (6:00 – 8:00 p.m.)

F. Zocco, Jr. – Rm 227

This introductory seminar discusses the basics of personal finance, including how to set up a budget, where to keep your money, how to handle debt, when investing makes sense and what tools and resources can be of help. **Fee: \$15 Seniors: \$10**

Evaluating Your Investments – Beyond the Basics

Mon. – Nov. 4 (6:00 – 8:00 p.m.)

F. Zocco, Jr. – Rm 227

This seminar moves beyond investment basics to evaluate investments using various portfolio analysis tools and resources. Topics include an in-depth look at asset allocation, including sub asset classes and relative risk and return. Attendees will learn various techniques and best practices that can help them create a sound and appropriate investment strategy for their personal retirement goals. **Fee: \$15 Seniors: \$10**

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

Tues. – Oct. 22 (6:00 – 7:30 p.m.)

B. Daly – Rm 227

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. **Fee: \$15 Seniors: \$10**

Planning for Long-Term Care: Understanding Medicaid and How to Protect Your Assets!

Tues. – Nov. 12 (6:00 – 7:30 p.m.)

C. Masse – Rm 227

Connecticut has the second highest cost of long-term care in the nation. So, 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 their assets and protecting their children's inheritances? What is the 5-year look back? How can you spend down? 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's 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 correct answers and provide actual cases showing how all of this works. **Fee: \$15 Seniors: \$10**

How Money Works

Tues. – Oct. 15 (7:00 – 9:00 p.m.)

G. Callahan – Rm 227

Learn to take control of your finances. We will cover budgeting, paying off debt, saving money more efficiently. Plus learn what type of Life Insurance is best for you. **Fee: \$15 Seniors: \$10**

Pathways to College Planning

Mon. – Nov. 11 (6:00 – 8:00 p.m.)

C. Breitsprecher – Rm 227

A 10-Step process to incorporate College Funding into your financial plan without sacrificing your retirement. **Fee: \$15 Seniors: \$10**

Estate Planning: Don't Make These Mistakes

Tues. – Oct. 8 (6:00 – 7:30 p.m.)

R. Fortune – Rm 227

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 does not 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? What about health care directives? Should I add my children's names to my 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 twenty-five years. Failing to fund or revoke a Living Trust, using ambiguous provisions, tilting assets improperly and not updating beneficiary designations are just some of the blunders that we all must avoid. **Fee: \$15 Seniors: \$10**

Finance Continued

Long Term Planning

Mon. – Oct. 7 (6:30 – 8:30 p.m.)

M. Alimo – Rm 223

The very mention of long-term care makes many of us want to run the other way, but with roughly 10,000 baby boomers turning 65 every day from now until 2030, the future costs of long-term care, and health care in general, are a top concern of current and soon-to-be retirees. It's also one of the toughest decisions to make but given the rising costs of care it's a critical consideration for long-term retirement planning. Whether you decide to buy long-term care insurance or self-fund, it's important to be well-informed and pro-active in your ultimate decision. **Fee: \$15 Seniors: \$10**

Plan Your Social Security with Confidence

Mon. – Nov. 11 (6:30 – 8:00 p.m.)

A. D'Agosto & C. Yannich – Rm 223

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**

Intro to Trading Stock Options

Tues. – Oct. 8, 15, 22 (6:00 – 8:30 p.m.)

H. Whitney – Rm 223

Trading options is an alternative to investing and trading only in stocks. Learn the language of options trading; Puts and Calls, Premiums, Credits, Debits, Option Chains, and more. Discover how to produce income with a defined and limited risk even if the stock market is going down - and without ever having to own stocks. Realize that trading stock options is not as complex or as risky as you might think. **Fee: \$15 Seniors: \$10**

Interviewing

How to Find Your Dream Job in 2019!!!!

Sign up for all dates for only \$20 or \$10 per class – no senior discount

Thurs. – Oct. 10 & 17 (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.

Thurs. – Oct. 24 (6:00 – 8:00 p.m.)

J. Childs – Rm 227

- **How to Create a Powerful Resume:** 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.

Thurs. – Nov. 7 (6:00 – 7:00 p.m.)

J. Childs – Rm 227

- **Goal Setting/ Time Management:** 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.

Thurs. – Nov. 14 (6:00 – 7:00 p.m.)

J. Childs – Rm 227

- **LinkedIn:** 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.

Law

A History of Baxter State Park

Wed. – Oct. 23, 30 (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. **Fee: \$10 Seniors: \$5**

Law Continued

An Introduction to Environmental Law

Tues. – Oct. 15, 22, 29, Nov. 12, 19 (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 National Environmental Policy Act (NEPA). 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**

Art

Doll Family Portrait

Thurs. – Nov. 7 (6:00 – 8:00 p.m.)

A. Rago – Rm 184

Want a unique gift for a loved one this winter? We will be painting wooden peg dolls (like the ones seen on Etsy) modeled after your family or close friends. Brush and paint techniques will be shared as well as best practices in translating a photo into a painted doll. **Fee: \$20 Seniors: \$10 (fee includes material cost)**

Newington Paint Nights

Classes will be held from 6:00 – 8:00 p.m.

Instructor: A. Rago – Rm 184

A series of seasonal paintings (fall theme, winter theme) for adults who wish to explore acrylic painting in a relaxed setting. Paintings make for charming home decor or ideal gifts for the gift-giving season. **Refreshments will be served!**

- **Thurs.** – Oct. 17 (6:00 – 8:00 p.m.)
- **Thurs.** – Nov. 21 (6:00 – 8:00 p.m.)
- **Thurs.** – Dec. 12 (6:00 – 8:00 p.m.)

Sign up for all dates for only \$60 or \$25 per class (fee includes material costs) – no senior discount

Birdwatching

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

Mon. – Oct. 7, 28, Nov. 18 (7:00 – 9:00 p.m.)

G. Hanisek – Rm 232

Field Trips (Sundays) – Oct. 13, Nov. 3, 24, Dec. 8, Jan. 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

Mon. – Oct. 7, 21, 28, Nov. 4, 11, 18, 25, Dec. 2, 9, 16 (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. – Oct. 3, 10, 17, 24, Nov. 7, 14, 21, Dec. 5, 12, 19 (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. – Oct. 3, 10, 17, 24, Nov. 7, 14, 21, Dec. 5, 12, 19 (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. – Oct. 8, 15, 22, 29, Nov. 12, 19, 26, Dec. 3, 10, 17 (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

French II

Tues. – Oct. 8, 15, 22, 29, Nov. 12, 19, 26, Dec. 3, 10, 17 (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**

Italian I

Wed. – Oct. 2, 16, 23, 30, Nov. 6, 20, Dec. 4, 11, 18 (5:00 – 6:15 p.m.)

J. Rosborg – Rm 119

This class is for people who have little to no experience in Italian. 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**

Italian II

Wed. – Oct. 2, 16, 23, 30, Nov. 6, 20, Dec. 4, 11, 18 (6:15 – 7:15 p.m.)

J. Rosborg – Rm 119

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

Photography

Photography Fast Track for Beginners

Mon. – Oct. 7, 21, 28, Nov. 4, 18, 25 (6:00 – 8:00 p.m.)

S. Fenton – Rm 130

Click! Learn the basics of photography in a colorful enjoyable setting with easy-to-grasp-no-math explanations. Geared to owners of DSLR cameras or mid-range cameras with adjustable settings. Included: brief history and how a scene camera picture is taken; cameras and equipment; types of lenses; exposure-aperture, shutter, and ISO; kinds of light; options from automatic to manual; camera features; determining settings; improving photos; composition; JPEG vs RAW; basic editing; tips for photographing genres like landscapes, waterfalls, portraits & fireworks; creative photography; printing & framing; lots of tips, resources, and handouts. Bring: camera, manual, and a notebook. Students may bring optional assignment photos to share if they want to do so. **Fee: \$50 Seniors: \$25**

Military History

Movie Stars in World War II

Tues. – Oct. 29, Nov. 12 (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**

American – Not Japanese-American – Go For Broke

Tues. – Oct. 15, 22 (6:00 – 8:00 p.m.)

J. Shelmerdine, Jr. – Rm 221

This was the motto of Japanese men who volunteered for duty in the Army in World War II. Coming from Hawaii and Mainland America, they became the 442nd regimental combat team, the highest decorated unit in military history. Among many other tasks, they rescued the “Lost BN” that was surrounded by Germans and given up for lost. Senator Onaway was just one of several Medal of Honor awards earned. Come learn about the amazing tasks and how they did it. **Fee: \$10 Seniors: \$5**

Health

Healing Acid Reflux Naturally

Thurs. – Oct. 10 (6:30 – 7:30 p.m.)

S. Berman – Rm 221

Students will discover ways to manage acid reflux with food and lifestyle changes. **Fee: \$10 Seniors: \$5**

Stress Management

Wed. – Nov. 6 (6:00 – 7:30 p.m.)

J. Mandel & S. Kapper – Rm 208

Are you feeling stressed out? Are you looking for ways to help reduce your stress level? Then this workshop is for you! We will cover the science of stress, the impact it has on the body, and methods that you can use to help reduce your own stress levels. There are a multitude of ways to reduce stress, in this workshop we will focus on the use of essential oils, getting back to nature and breathing techniques. At the end of the workshop each participant will have an opportunity to make a shower fizzer or bath bomb of their choice. **Fee: \$20 Seniors: \$10 (fee includes material cost)**

Balance Your Emotions – Make and Take

Thurs. – Dec. 19 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

In the words of Karol Truman, “Feelings buried alive never die.” Everywhere you turn, people seem to be facing difficult challenges & striving to alleviate the emotional chaos created by them. Does this sound like you? During class you will learn how to utilize nature’s tools (essential oils) to create simple solutions you can incorporate daily to help you calm the chaos. I use these daily...let me share my secrets. **Fee: \$20 Seniors: \$10 (fee includes material cost)**

Health Continued

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

Thurs. – Nov. 21 (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! I learned a strategy and I am eager to share this information with you. Just out of curiosity, what have you tried to improve your sleep? During class I'll share my "sleep" secrets with you! This class will include "hands-on" fun! **Fee: \$20 Seniors: \$10 (fee includes material cost)**

Miscellaneous

Plays in Production

Tues. – Oct. 8, 15, 22, 29, Nov. 12, 19, 26, Dec. 3, 10, 17 (6:00 – 8:00 p.m.)

C. LoBello – Rm 217

Theatre skills, improv games and stage direction will be the main focus of this class. **Fee: \$20 Seniors: \$10**

Eco-Friendly Cleaning

Mon. – Oct. 28 (6:00-7:30 p.m.)

J. Mandel & S. Kapper– Rm 208

Are you tired of using harsh chemicals to clean your house that not only smell bad but can also harm you, your family members and/or your pets? In this workshop you will learn about the harmful chemicals found in our everyday cleaning products and how to make cost effective, eco-friendly replacements. Workshop participants will be able to make an eco-friendly cleaner to take home with them. **Fee: \$20 Seniors: \$10 (fee includes material cost)**

Create a Healthy Home – Make and Take

Thurs. – Dec. 5 (6:00 – 8:00 p.m.)

H. Percy – Rm 230

Not only is this a DIY class (known as a Make & Take), it give the attendee the opportunity to up-level your health & home. You will have the opportunity to make something to take home & use immediately.

Fee: \$20 Seniors: \$10 (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 September 24 and September 25 from 6:30 – 8:00 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 "Proposals for Enrichment Program" on left hand side of the page.