

FALL/WINTER 2024

New London

Adult & Continuing Education

*Imagine what
you can achieve!*

Serving and offering classes in New London, Groton, Lyme, Montville, Mystic, Old Lyme, and Waterford

DISCLAIMERS

Non-Discrimination

New London Adult & Continuing Education 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, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal non-discrimination laws. Inquiries regarding the New London Adult & Continuing Education non-discrimination policies should be directed to Denise Spellman (860)-437-2385.

General Accessibility and Accommodations

All activities offered by New London Adult & Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Printed materials (e.g. brochure/handbook/newsletter) are available in alternate formats (e.g. large print, audio, Braille) upon request. For assistance, please contact Karen O'Connell at (860)437-2385.

General Educational Development (GED) Test Accommodations

Accommodations on the GED tests are available for qualified individuals with a disability. For more information, contact Karen O'Connell at (860) 437-2385. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110.

No Charge for Materials for Mandated Courses

New London Adult & Continuing Education 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.

The Board of Education, during the course of any given year, puts on a number of programs utilizing certified teachers, professionals, and local community residents who have special expertise in the areas in which they offer instruction. The Board of Education makes every effort to provide quality instruction in an appropriate atmosphere for all participants in any of its programs. The Board of Education, however, is not responsible nor takes any responsibility for the specific instruction in any particular course or any specific reliance upon such instruction made by an individual. Questions about course content, the educational experience of instructors, or other specifics regarding any particular course should be addressed to the specific instructor or the administrator charged with the operation of the program.

Visit our website: newlondonadulthood.org
for full course descriptions

5 WAYS TO REGISTER FOR CLASSES & TRIPS

WEBSITE

newlondonadulthood.org
Visa, MasterCard, American Express or Discover

MAIL

Mail Registration Form with Visa, MasterCard, American Express, Discover information, check, or money order to:
New London Adult Education, Three Shaw's Cove, Suite 100,
New London, CT 06320 Attention: Peggy

IN PERSON

New London Adult & Continuing Education
Three Shaw's Cove, New London, CT
Monday-Friday, 8 am-4 pm & Monday-Thursday 6-8 pm
Visa, MasterCard, American Express, Discover, check,
money order or cash.

PHONE

(860)437-2385
Visa, MasterCard, American Express or Discover

FAX

(860)447-4025
Visa, MasterCard, American Express or Discover

860-437-2385

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Your Career

AT NEW LONDON ADULT AND CONTINUING EDUCATION

100

Emergency Medical Technician Initial Basic Training

Classes are conducted **Monday & Thursday nights and Saturdays daytime**. This intensive program is designed to provide a basic understanding of anatomy, physiology, and pathophysiology. It will allow you to better understand signs, symptoms, and emergency care.



An anatomical and body system approach to physical exams will link conditions to assessment findings. This course will give you knowledge of the presentation of common medical conditions and traumatic injuries encountered in the pre-hospital environment. You will learn how to provide the most efficient and effective emergency care.

Graduates of this program will satisfy licensure requirements from the National Registry of Emergency Medical Technicians as well as the Connecticut Department of Public Health, Office of Emergency Medical Service. The textbook and NREMT Practical Exam are included in this course.

Prerequisites: Student must be 16 years of age prior to the end of the class. Proof of Tuberculosis (TB PPD) test results within 1 year from the end of the clinical end date, Measles, Mumps, Rubella (MMR), Varicella (Chicken Pox), Tetanus, Diphtheria, Pertussis (Tdap) and Hepatitis B (Hep B)

Class meets Monday & Thursday starting 9/5 6:00-9:30 pm & Saturday 8:00 am-4:00 pm 14 weeks NREMT Practical Exam 12/7 NL Adult Education Resident/Non-resident \$1,200 WIOA Approved & approved for VA Educational Benefits Instructor: Emergency Training Services



101

Phlebotomy

This flexible learning program will provide students the skills necessary to work as a Certified Phlebotomy Technician. Students will learn the components of blood, possible complications of a blood draw, along with some basic Human Anatomy, proper drawing technique, and collection sequence. In order to complete this class it is a requirement to obtain 30 successful venipuncture collections and 10 capillary draws on living persons. These will be performed in class on fellow students and clinical volunteers. This is an 80 hour hybrid course with 70 hours of online learning and 10 hours of in person clinical. Upon successful completion of this course students will have the opportunity to obtain National Certification from the NHA if they successfully pass the exam.



Prerequisites: High School Diploma or GED, basic computer skills, and a working computer. Students will need to show proof of up to date COVID-19 vaccinations and booster shots. Equipment, Book, and Lab Fee, are included in the cost of tuition.

Mon 10/7 OnLine Portion / In person Classroom Mon - Fri 10/28 5:30-7:30 pm NL Adult Education Resident/Non-resident \$1599 WIOA Approved



The Connecticut State Office of Higher Education has approved our Emergency Medical Technician, Real Estate Principles and Practices and Certified Nursing Assistant Programs for educational assistance benefits from the U.S. Department of Veterans Affairs.

Begins Here

102 Certified Nursing Assistant Training

Our CNA program will provide students with the required hours for Certified Nursing Assistant training, basic nurse aide skills, including classroom and clinical training. This program will prepare the students for the Prometric exam, which places successful candidates on the Connecticut Nurse Aide Registry.

Prerequisites: Prior to attending the class, the student must have the following: Proof of being 18 years or older prior to the practical application portion of the class, Social Security Number, current seasonal flu vaccine (Oct 1- Mar 30), COVID vaccine, clearance from Medical Doctor to be able to lift 50 pounds and proof of Negative TB results read within the last 6 months from the class begin date, active email account and advanced level English proficiency. High School completion or equivalent may be required for employment in this field. **The State of Connecticut requires 100 mandatory hours of training with instructor.** Any questions, please contact the instructor prior to class start.

Resident/Non-resident \$1,099 WIOA Approved & approved for VA Educational Benefits (Fee includes tuition, textbook, uniform, and State of CT Prometric exam) Instructor: Patricia Conklin, RN
9/9 -11/2 Monday/Wednesday/Evening (9/30-10/6 no classes) 5 pm – 9 pm and Saturday 8 am - 4 pm 8 weeks or
11/4 -12/21 Monday/Wednesday/Evening(11/11 no class) 5 pm - 9 pm and Saturday 8 am - 4 pm 8 weeks or
1/4 - 2/15 Monday/Wednesday Evening 5 pm-9 pm and Saturday 8 am - 4 pm 8 weeks NL Adult Education



103 Clinical Medical Assistant Program

This highly flexible learning program will provide students with the necessary skills and training to work in today's industry. In this hybrid, guided course students will complete the necessary 460 clinical hours to obtain certification and exam preparation. With focused learning on Medical Terminology, Anatomy and Physiology, Vital Signs and practical skills. With special consideration for target learning, students will have the benefits of building self-reliance. This program encourages students to self-test for understanding. While also being instructed by positive reinforcement from educators, who have a proven track record of success. With a placed emphasis in practical use which fosters a solid understanding of a working environment within a physician's office, hospitals and clinics. This structured curriculum incorporates all aspects for the NHA certification exam.

Prerequisites: High School Diploma or GED, basic computer skills, and a working computer

Mon 10/7-12/29 OnLine Portion / In person Classroom Mon - Fri 12/30 5:30-7:30 pm Foundry, 66 Franklin St, Norwich Resident/Non-resident \$5999

105 EKG Technician Certification

This course will teach students practical skills in a hands-on setting. With a focus on how to apply, monitor and measure electrocardiography tests in a flexible, hybrid learning environment. Additionally, students will learn basic vital signs, performing

rapid response procedures, set up for Holter Monitors, and provide the results to the physician for interpretation. Students will be required to complete 44 clinical hours with at least 10 EKG's on live individuals.

Prerequisites: High School Diploma or GED, basic computer skills, and a working computer.

Mon 11/4-11/24 OnLine Portion / In person Classroom Mon - Fri 11/25 5:30-7:30 pm Foundry, 66 Franklin St, Norwich Resident/Non-resident \$1599

104 Connecticut Security Guard Card Training

Prepare for your Connecticut Security Officer Guard License. Upon successful completion of this course, you will be issued a training certificate required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection.

This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. Connecticut laws will be reviewed, pertaining to the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about the use of force continuum, fire safety, and the history of security, workplace violence, terrorism, communication skills, and more.

Saturday 10/5 8:00 am - 3:00 pm or Saturday 11/2 8:00 am - 3:00 pm NL Adult Education Resident \$150/Non-resident \$155 Instructor: Louis J. Bonito



CAREER TRAINING

106 Professional Bartending with SMART Certification

This professional bartending course includes the state and national SMART (Servers and Managers Alcohol Responsibility Training) certification recognized by the CT Department of Liquor Control and police departments. Servers of alcohol are taught to serve responsibly, how to spot signs of intoxication, and how to respond appropriately. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation, and people skills. Upon successful completion of the course, students will be qualified to work in any environment that serves liquor, including restaurants, clubs, hotels, and catering companies. Students receive a certificate of completion and the SMART certification. Students must be 18 years old or older. No real alcohol is used.



Wednesday 10/2 6:00-9:00 pm 5 Weeks NL Adult Education
Resident \$250/Non-resident \$255 Instructor: Paul Rich

108 SMART Certification for Alcohol Servers

SMART training is a 3-hour certification course developed by those in the hospitality industry for the hospitality industry. Learn how to identify signs of intoxication using the traffic light system as well as learning CT's liquor rules, regulations, and laws. This course has an intense focus on checking IDs properly and identifying underage drinking.

Wednesday 10/2 6:00-9:00 pm One day only NL Adult Education
Resident \$55/Non-resident \$60 Instructor: Paul Rich

110 ServSafe

The ServSafe program was created by leaders in the Foodservice Industry to promote food safety.

Ledge Light Health District which promotes healthy communities in all 90 establishments in New London County are requiring all food establishments to have all their Cooks, Chefs, Person in Charge (PIC) be ServSafe Certified. In the competitive restaurant field, industry certifications can help you stand out among the crowd of applicants. The NRA's ServSafe Food Protection Manager Certification is nationally recognized. Cost includes Tuition, Book, Certificate and Exams with passing grade.



Tuesday 9/17 5:30-8:30 pm 4 classes Waterford HS
Resident \$195/Non-resident \$200
Instructor: Amariyls Saluk, CDM,CFPP

4 NEW LONDON ADULT EDUCATION

107 Real Estate Principles and Practices

This course covers the major aspects of the real estate industry and prepares you for the State licensing examination and meets the 60-hour requirement for licensing. It also provides excellent information for those interested in personal real estate planning and investing. Instructors from Cadema Education Associates will teach the latest and most relevant trends in real estate. To take the State licensing examination you must be 18 years of age or older. Textbooks/E-book are included in the cost of the class. Class meets Monday & Thursday evenings.



Monday 9/16 - 11/21 5:30-8:30 pm In-Person and Zoom
138 Boston Post Road, East Lyme
Instructor: Cadema Education Associates
Resident \$575/Non-resident \$580

109 CPR with AED & Standard First Aid

This course will teach you how to recognize and treat life-threatening emergencies, cardiac arrest, and choking in adults, children, and infants. Defibrillator and infant training will also be taught. This program meets OSHA requirement standards for emergency care training in the workplace.



A National Safety Council CPR and First Aid Certification will be presented upon completion of this course.

Tuesday 10/8 6:00-9:00 pm NL Adult Education 1 class
Resident \$84/Non-resident \$89 Instructor: Emergency Training Services

111 Voice-Over Training

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, audio-books, documentaries and the



Internet in your area. Students will have the opportunity to ask questions and hear examples of demos recorded by professional voice actors.

Thursday 10/10 6:30-8:00 pm 12 students maximum
Live-Online class Resident \$29/Non-resident \$34

Editor's Note: In order to make the locations of Enrichment Classes easier to find, we have incorporated a color-coded system to identify each school hosting classes.

COLOR KEY

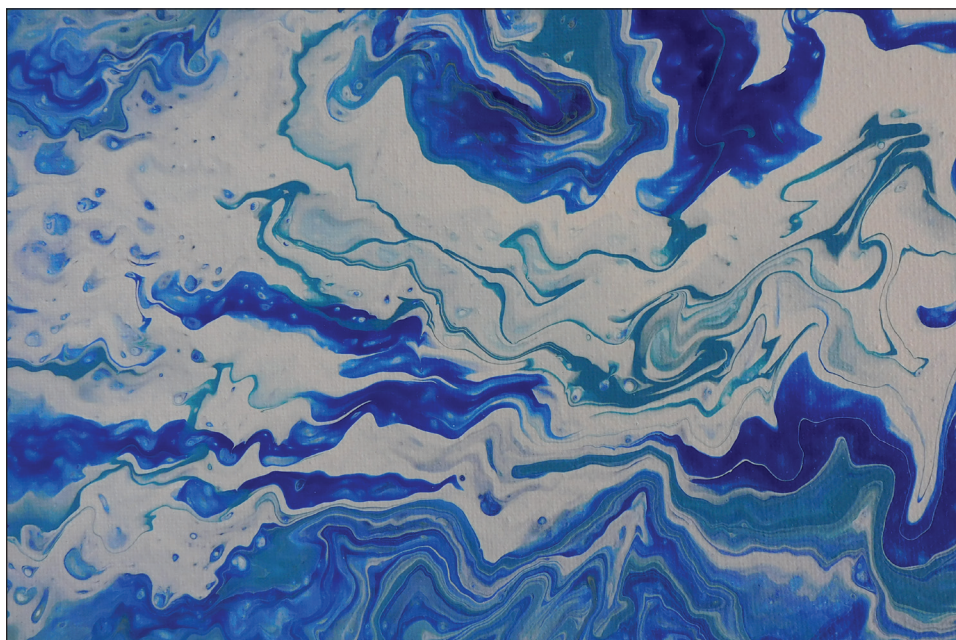
New London Adult Education
New London STMHS
Montville High School

Fitch High School
Waterford High School
Old Lyme Middle School

200 Intro to Acrylic Pouring

Learn techniques with instruction to discover your inner artist with this exciting medium! Using everyday items, you'll create your own wonderful, abstract artwork that you'll be proud to frame. Classes will include information on materials & products, paint delivery systems, and pouring techniques. During each 4-week course, you'll receive a kit including gloves, aprons, cups, mixing sticks, canvases, paints and required additives to produce and finish several beautiful pieces! Everything is provided, including a way to transport your pieces home. Bring only your desire to learn something new and get creative! A \$50 materials fee is payable to instructor at First Class

Saturday 9/14 or 10/12 10:00 am-12:00 pm
4 classes NL Adult Education
Resident \$59/Non-resident \$64
Instructor: Nina Murphy



201 Beginning to Paint Crash Course

Get a concentrated introduction to Painting that will cover the basic foundations for beginning any painting medium. We will begin with the selection of paints and materials and their various uses. Next, color mixing and color theory will be introduced. Finally, an overview of painting methods will be introduced. All classes will include information, demonstration, and hands-on practice. Recommended for new painters and those expanding to a new medium. Contact instructor prior to class for recommended materials for chosen medium and any questions: susanstruck.art@gmail.com

Wednesday 9/18 5:30 - 8:30 pm 3 classes
NL Adult Education
Resident \$94/
Non-resident \$99
Instructor: Sue Cash

202 Drawing & Painting Workshop

Work with a supportive group in this workshop-style class that will focus on the many issues and challenges of artmaking in your chosen medium. Weekly focus topics will be introduced and incorporated into class. Instructor feedback and responsive instruction in areas of interest are provided in an ongoing way. Individual pursuits are encouraged, Work in your choice of media. * (watercolor, acrylic, water-soluble oils, pastel, charcoal, pencil, mixed-media...). Contact instructor prior to class with any questions: susanstruck.art@gmail.com

*Note: Due to room constraints, traditional oils require special handling. Please contact the instructor prior to class for protocols.

Wednesday 10/16 2:30 - 5:30 pm 5 classes NL Adult Education
Resident \$154/Non-resident \$159 Instructor: Sue Cash

203 Novelty Wax Melts & Wood Wick Candles

As the holidays near candles and wax melts are amazing stocking stuffers and gifts. In this class we will learn how to safely create beautifully scented candles using coconut wax and novelty wax melts using a soy wax blend and candle wax colorants.

Please make sure to have on a long sleeve shirt and pants, closed toed shoes, no hanging jewelry on your hands, and hair pulled away from face. Also bring a bag to take your products home!

Saturday 11/16 8:30-11:30 am 1 classes NL Adult Education
Resident \$94/Non-resident \$99 Instructor: Lenora Alcee

Earn your high school diploma and turn your future into a work of art.

Learn the Ancient Art of Quilling

Learn the Ancient Art of Paper Quilling. Paper Quilling dates back to ancient Egyptian times, through the Renaissance and it made its way to America by the Pilgrims.

Class includes hands on instruction, all materials, and classroom use of quilling tools.



204 Contemporary Quilled Necklace

Join Serial Quiller Creations to design a Paper Quilled Necklace! Class includes hands on instruction, all paper, bead and necklace supplies, and classroom use of quilling tools. You will leave with a beautiful handmade piece of wearable jewelry art!

Tuesday 9/17 5:30-8:00 pm Fitch HS

Resident \$45/Non-resident \$50 Instructor: Marcy Kaplan



205 Fall Harvest Pumpkin

Join Serial Quiller Creations to create a festive fall pumpkin design. Class includes hands on instruction, all paper supplies, classroom use of quilling tools and a 5x7 frame for your artwork.

Thursday 10/10 6:00-8:30pm 1 Class NL Adult Ed

Resident \$45/Non-resident \$50 Instructor: Marcy Kaplan

206 Zentangle 101

Experience the art that encourages everyone to tap into the artist within. Anything is possible, one stroke at a time. Attendees will learn between 4-6 designs, all materials provided, and everyone will have supplies to take home” \$10 materials fee to instructor at time of class

Thursday 9/19 6:00-8:00pm 1 Class

New London Adult Ed

Resident \$34/Non-resident \$39

Instructor: Heather McNeil

207 Zentangle Dragon Bookmark

“If you watched Game of Thrones, you will want to attend this class and create your own Zentangle bookmark!

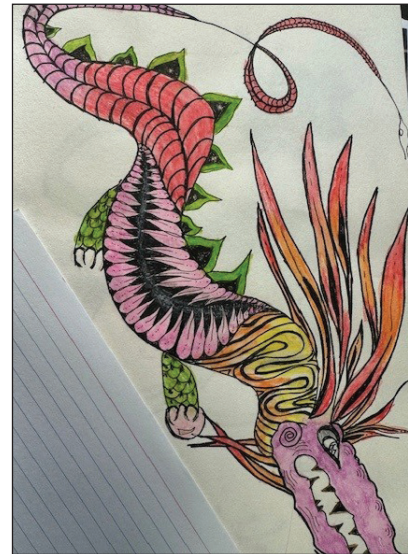
Using black ink pens and vibrant watercolor pencils, bring a fantastic creature to life! \$8 materials fee to instructor at class

Thursday 10/24 6:00-8:00 pm

1 Class New London Adult Ed

Resident \$34/Non-resident \$39

Instructor: Heather McNeil



208 Beginner Crochet

Start your winter projects with a scarf. Learn the basic stitches and enjoy some time to explore the world of Crochet.

Material List: Acrylic or Wool medium weight yarn color of your choice and 8 mm Crochet Hook.

Saturday 9/7 9:00 am-11:00 am 8 classes NL Adult Education

Resident \$79/Non-resident \$84 Instructor: Tina Burke

209 Advanced Crochet

Advance your crochet skills and crochet baby dresses and booties. A gift to cherish.

Material List: needle sizes 2.75mm or 3.25mm for cotton thread and 3.75mm to 4.5mm for acrylic or wool thread.

Saturday 9/7 1:30-3:30 pm 9 classes NL Adult Education

Resident \$79/Non-resident \$84 Instructor: Judy Telemaque

210 Watercolor for Relaxation

Take some time and relax learning the art of watercolor. Material list is available online & with registration.

Friday 9/20 1:00-3:00 pm 8 classes

NL Adult Education or

Tuesday 9/17 6:00-8:00 pm 8 classes

Waterford HS or

Thursday 9/19 6:00-8:00 pm

Old Lyme MS

Resident \$89/Non-resident \$94

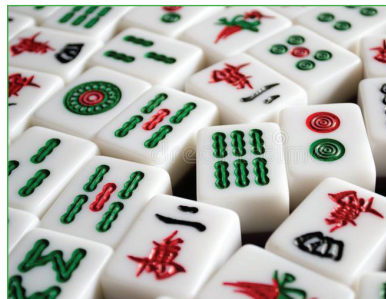
Instructor: Silvana Ten



211 Italic Calligraphy Basics

Students will learn the basics of Italic calligraphy and ways to personalize their writings with accents and flourishes. A felt tip pen will be provided, however, students may purchase and bring with them a Speedball Calligraphy fountain pen to practice with as well

**Tuesday 9/24 6:00-8:00 pm NL Adult Education 1 class or
Thursday 10/17 6:00-8:00 pm NL Adult Education 1 class
Resident \$49/Non-Resident \$54 Instructor: Suzanne Haulotte**



212 Mah Jongg

Learn the stimulating, and addictive fun game of Mah Jongg. Learn all aspects of the game - understanding the tiles, Mah Jongg card, strategies, rules and etiquette. 4 Players are required to register for this table to hold the class. A \$15 material fee due at the first class payable to the Instructor.

Thursday 9/19 6:00 pm - 8:30 pm 6 classes

OL Middle School Resident \$159/Non-resident \$164 Instructor: Barbara Davis



213 Sea Glass Art

Your class fee covers all the supplies to make a matted and framed 5x7 piece of seaglass art that you get to take home with you! You are NOT required to bring your own seaglass but feel free if you would like to add some pieces from your special collection! There are many dates to choose from, choose one or more:

**Thursday 9/12 or 10/3 or 10/17 or 11/7 or 11/21 or
12/5 6:00-8:00 pm NL Adult Education**

**1 class Resident \$39/Non-resident \$44
Instructor: Stacy Madden**

214 The Joy of Movies

Rick Gipstein continues our popular film history series. It will focus on viewing and discussing movies that have some historical significance as well as more obscure ones you may not have seen. The course venue is the BP Learned mini theater, which has a large screen, comfortable seats, and good sound. If you love films, you'll love this course.

Wednesday 9/18 6:30-9:30 pm 7 classes BP Learned Theater 40 Shaw St New London Resident \$99/Non-resident \$104 Instructor: Rick Gipstein

*You can be
the star of your
own show by
earning your
high school
diploma.*

215 Intro to Cold Soap

Learn the basics of soap making. Students will be taught safety measures needed to protect themselves and family members. You will be taught the basics of fragrance oils, essential oils and the proper ingredients and correct ratios used. All ingredients, equipment and mold will be provided including a hand-out with reputable supplier information to take with you. You will take home 2 pounds of soap.

Please make sure to have on a long sleeve shirt and pants, closed toed shoes, no hanging jewelry on your hands, and hair pulled away from face. Also bring a bag to take your soap home!

**Saturday 9/21 8:30-11:30 am 1 classes NL Adult Education
Resident \$74/Non-resident \$79 Instructor: Lenora Alcee**

216 Goat Milk Soap

Learn how to use goat milk or coconut milk to create a beautiful soap, and tips and tricks to ensure success. Supplies will be provided to make the soap, with the exception of the mold that you will need for the product. Here is a link to purchase the mold you will need.

Tall Skinny Mini Mold - Micas and More

The internal dimensions are 6.1 x 2.16 x 3.15. Your finished soap will be roughly 2x3" and however thick you want to make them. It is a clear durable silicone that holds its shape very well and is heat resistant to 400 degrees. Don't forget to bring something to carry it home. Suit up for safety by wearing long sleeve shirts, closed toes shoes and an apron.

**Saturday 10/19 8:30-11:30 am 1 classes NL Adult Education
Resident \$84/Non-resident \$89 Instructor: Lenora Alcee**

Chinese Watercolor Painting Workshops

Spend a Saturday and learn or sharpen your knowledge.

Students will learn basic Chinese brush strokes that can be used in traditional ways or incorporated into western-style painting. All classes require a \$5 material fee to Instructor Eva Leong.

217 Summer Flowers & Birds

**Saturday 9/21 9:00 am – 2:30 pm
NL Adult Ed Resident \$84/Non-resident \$89**

218 Fish & Pond

**Saturday 10/19 9:00 am – 2:30 pm
NL Adult Ed Resident \$84/Non-resident \$89**

219 Big Bird in Nature

**Saturday 11/16 9:00 am – 2:30 pm
NL Adult Ed Resident \$84/Non-resident \$89**

ARTS, CRAFTS & HOBBIES

220 Introduction to Twill Basketry

This 'Introduction to Twill Basketry' basket has a 5 1/2 in. square bottom, is 5 1/2 inches high with a rim diameter of 9 inches. The sides of the basket will be woven in a twill pattern using a variety of available color options. Max 8 students per class. A \$10 material fee is required to the instructor at the class. Tools for making the basket will be provided by the instructor for use during the class. Bring a Lunch.



Saturday 10/19 10:00 am-3:00 pm or Saturday 10/26 10:00-3:00 pm
NL Adult Education 1 Class Resident \$59/Non-resident \$64 Instructor: Nancy Kalos

222 Evergreen Holiday Wreath Workshop

We will create an abundant evergreen wreath with our own Best Buds Flower Farm greenery, vines and everlasting flowers for decorations. Classes will be in the warmth of the barn and no experience needed. We have all the supplies you'll need, just show up. And to top it off, enjoy a homemade sweet treat. Come on your own or come with a friend.

Saturday 11/30 3:00-5:00 pm 1 Session or
Sunday 12/1 12:00-2:00 pm 1 Session
Resident \$94/Non-resident \$99
Best Buds Flower Farm, 52 Blood St, Lyme

223 Workshop: Printmaking Dry Point Engraving

Dry point engraving is a way of engraving, scoring, or scratching into a surface to create a plate for printmaking. In this class we will explore this easy method of platemaking and print the images we create. No prior experience needed. A \$5 Material fee is payable to instructor at class. Bring a Lunch.

Saturday 11/2 9:30-3:00 pm
NL Adult Education 1 Class
Resident \$59/Non-resident \$64
Instructor: Laura LoTurco-Gorian

221 Thanksgiving Centerpiece Workshop

Craft a Thanksgiving Centerpiece out of a specialty pumpkin, dried vines and flowers. No experience necessary. Class will be held in our heated barn. We will guide you as you use dried flowers and greenery from our own farm. Your creation will look beautiful long after Thanksgiving. We will also share some chocolate deliciousness as we go.

Sunday 11/17 12:00-2:00 pm 1 class
Resident \$89/Non-resident \$94
Best Buds Flower Farm 52 Blood St, Lyme

224 Arranging Dahlias Workshop

Spend an evening of harvesting dahlias, plus zinnias, sunflowers and others and learning to arrange in a vase. Take your time to explore and gather flowers using the clippers and buckets we have on hand. Cut at least



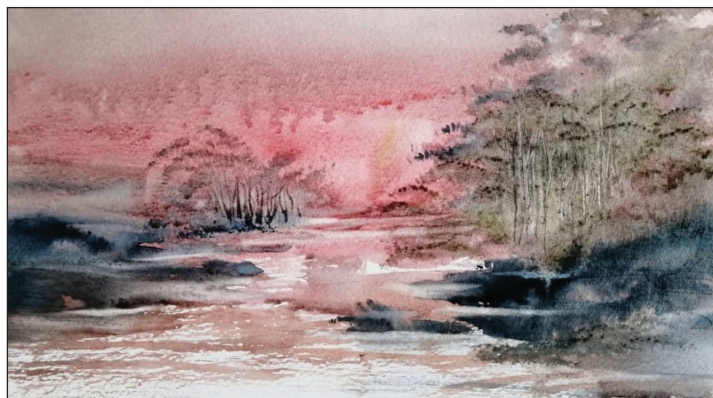
20-30 stems. Please wear sturdy, closed toe shoes and bring a water bottle. We only postpone for thunder and lightening storms, dress for the weather.

Tuesday 9/10 6:00-8:00 pm 1 Session or
Thursday 9/19 6:00-8:00 pm 1 Session or
Tuesday 9/24 6:00-8:00 pm 1 Session
Resident \$64/Non-resident \$69
Best Buds Flower Farm, 52 Blood St, Lyme

225 Workshop: Explore Water Media

This workshop will explore a variety of water media materials such as watercolor, gouache, watercolor crayons, and watercolor pencils. You will learn the exciting and versatile effects these materials and techniques can create that will kick-start your understanding, bringing comfort and confidence into your creativity. \$5 material fee paid to instructor at class. Bring a lunch.

Saturday 10/12 9:30 am -3:00 pm NL Adult Education 1 Class Resident \$59/Non-resident \$64 Instructor: Laura LoTurco-Gorian



These watercolor paintings are examples of work produced by the Instructor in the Watercolor for Relaxation (on Page 6) class.



229 Introduction to Astronomy Part 1 - Our Solar System

Instructor and astrophotographer Ronald Zincone will help you understand and learn about the cosmic wonders such as the planets, stars, comets, meteors, our sun and moon and so much more!

Wednesday 10/2 6:00-7:30 pm NL Adult Education 2 Classes
Resident \$49/Non-Resident \$54 Instructor: R. Zincone

The sky's the limit for students who earn their high school diploma.

230 Introduction to Astronomy Part 2 - Backyard Astronomy

Learn how to break into this fascinating hobby covering topics such as choosing and using equipment, such as telescopes, optical eyepieces, accessories, and tips and techniques, do's and don'ts.

Tuesday 10/15 6:00-7:30 pm 2 Classes NL Adult Education
Resident \$49/Non-Resident \$54 Instructor: R. Zincone

231 Introduction to Weather

This course is designed to introduce and educate you on the basics of our daily weather.

Thursday 10/17 6:00-7:30 pm NL Adult Education 2 Classes
Resident \$49/Non-Resident \$54 Instructor: R. Zincone

232 Introduction to SEVERE Weather

This course specifically covers weather that is of a "severe" nature and that would impact your life at any time.

Monday 10/28 6:00-7:30 pm NL Adult Education 2 Classes
Resident \$49/Non-Resident \$54 Instructor: R. Zincone

226 Workshop: Monotype/Gel Plate Printing

Monotypes are a painterly printmaking process. It offers the flexibility and freedom to create prints using drawing and painting methods, each print being unique. Monotypes, unlike many other printing methods, do not require a press. This workshop will introduce you to this wonderful and fun technique for image making. No prior experience necessary. \$5 material fee payable to instructor at class. Students bring a Gel Plate available on Amazon & in Art Stores. Bring a lunch.

Saturday 10/19 9:30-3:00 pm NL Adult Education 1 Class
Resident \$59/Non-resident \$64
Instructor: Laura LoTurco-Gorian

227 Workshop: Mixed Media and Collage

In this workshop we will bring together a variety of materials and mediums to create personal imagery that tells our own story. No prior art experience necessary. Just the desire to have fun. \$5 material fee payable to the instructor at class. Students bring photo, clippings, anything meaningful to your life – make copies so they can be cut up. Bring a lunch.

Saturday 10/26 9:30-3:00 pm NL Adult Education 1 Class
Resident \$59/Non-resident \$64
Instructor: Laura LoTurco-Gorian

228 Beginning Genealogy

Discover the available resources, including local records, family records, clubs, search angels, online subscription sources, archives, vital records, newspapers, DNA, and more! Christy is a professional genealogist specializing in SECT and Polish, Russian, and Eastern European records.

Thursday 11/7 6:00-7:30 pm NL Adult Education 6 Classes
Resident \$69/Non-Resident \$74 Instructor: Christy Pyatt



301 Estate Planning

Avoid leaving your loved ones behind without an Estate Plan! Estate Planning is not just for the wealthy. Estate Planning is for everyone. Give your heirs peace of mind and prevent potential conflicts. Come and learn more at this group presentation, and take the guess work out of some of the most important decisions affecting your Estate.

Tuesday 11/12 Waterford HS 6-8 pm or Thursday 11/14 Old Lyme MS 6-8 pm
1 Class Resident \$14/Non-resident \$19 Instructor: Abbas Danesh

302 Social Security Planning

This informative presentation covers the basics of Social Security and reveals strategies for maximizing your benefits.

Monday 9/16 or Tuesday 10/8 or Wednesday 11/13
6:30-8:30 pm One Session Live-OnLine
Resident \$19/Non-Resident \$24 Instructor: Charles Yannich

303 Required Minimum Distributions Planning & Taxes & Fees in Retirement

This educational event will cover the basics of Required Minimum Distributions and reveal the latest strategies to help prevent taxes from taking 30% of your savings income! Come and learn more at this group presentation.

Thursday 10/3 Old Lyme MS 6:00-8:00 pm or Tuesday 10/22 Fitch HS 6:00-8:00 pm
or **Saturday 10/12 NL Adult Education 10:00 am-12:00 pm** or
Tuesday 10/8 6:00-8:00 pm Waterford HS
1 Class Resident \$14/Non-resident \$19 Instructor: Abbas Danesh

304 Tax Prep vs Tax Planning

Tax preparation focuses on the past year's financial activities. On the other hand, tax planning aims to optimize your tax situation for future savings, where you have the biggest opportunities to increase your return. Let's make sure you are in the driver seat and IRS in the trunk.

Tuesday 9/17 Waterford HS 6-8 pm or Thursday 9/19 Old Lyme MS 6-8 pm
Tuesday 10/1 Fitch HS 6-8 pm
1 Class Resident \$14/Non-resident \$19 Instructor: Abbas Danesh

403 MS WORD 101

Learn the basics of Microsoft WORD, a versatile program that has many uses in your daily life.

Saturday 9/14 11:30 am-1:30 pm NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64 Instructor: Soufyane Ballouki



405 MS EXCEL 101

Learn the basics of Microsoft EXCEL, a versatile program. Checkbook balancing, inventory & more.

Saturday 9/14 9:00-11:00 am NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64 Instructor: Soufyane Ballouki



400 Beginning Computer

Are you new to the Computer World? Attend this class and learn the basics - Internet tips and more..

Friday 9/13 1:00 pm-3:00 pm NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64 Instructor: Soufyane Ballouki

401 AI for Your Life

Discover the basics of ChatGPT by discussing four pillars of understanding: AI-driven personalization: automating administrative tasks, intelligent support, and ethical considerations.

Saturday 9/14 9:00-10:30 am NL Adult Education 4 Classes
Resident \$49/Non-Resident \$54
Instructor: Christy Pyatt

402 Podcasting101

Are you interested in Podcasting but don't know where to start? Then take our Podcasting Class, learn the in's and outs, & the do's and don'ts of Podcasting, as well as starting one, how to set one up, and what it takes to do it.

Thursday 9/12 6:00-8:00 pm
NL Adult Education 4 Classes
Resident \$49/Non-Resident \$54
Instructor: Steven Christina Jr.

404 MS WORD 102

Advance your knowledge of Microsoft WORD.

Saturday 10/19 11:30 am-1:30 pm NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64
Instructor: Soufyane Ballouki

406 MS EXCEL 102

Advance your knowledge of Microsoft EXCEL

Saturday 10/19 9:00 - 11:00 am NL Adult Education 5 Classes
Resident \$59/Non-Resident \$64
Instructor: Soufyane Ballouki

500**Basics for Learning to Use Your DSLR Camera**

Do you have a digital camera you are not sure how to use or do not understand it? This class will instruct you on the basics of how the camera functions, the correct setup, and the camera menus. Our focus is to help you gain experience and understanding on how to use it to its maximum advantage. You'll leave with a stronger foundation and confidence when using your camera. Please bring your camera and charged batteries to every class, a willingness to learn, and we will help you get to a new level. Be prepared to bring your laptop to one of the classes to download your photos when notified.

Monday 9/16 6:00-8:30 pm NL: Adult Education or **Tuesday 9/17 6:00-8:00 Waterford HS** or
Thursday 9/19 6:00-8:00 pm OL Middle School Resident \$144/Non-Resident \$149 Instructor: Lee Palombo & Gregg Jacobson

501**Photo Composition 1**

This class will teach you about composing your pictures and guide you in finding your style. Are you a portrait photographer, do you like food photography, sports, maybe pets are where you are at. Landscape and lines to guide you? Are you a method photographer or are you flexible? Let us spend some time focusing on where you want to photograph. We go on field trips around the area to practice and discuss photo editing. Bring your cameras & charged batteries to each class.

Saturday 11/2 10:00 am -12:00 pm
NL Adult Education 3 Classes
 Resident \$84/Non-Resident \$89 Instructors:
 Lee Palombo & Gregg Jacobson

502**Photo Composition 2**

Continue your studies with Lee & Gregg in the second part of the composition class. **PREREQUISITE:** Photo Composition 1 has to be completed before joining this class. Bring your cameras & charged batteries to each class. Please note this class begins in January.

Saturday 1/18 10:00 am -12:00 pm
NL Adult Education 3 Classes
 Resident \$84/Non-Resident \$89 Instructors:
 Lee Palombo & Gregg Jacobson

**503****Photography Club**

Prerequisite: Basic Photography class. Monthly meetings enhance your enjoyment of photography. Enjoy a few hours & meet with other photographers. Future dates will be decided at meetings.

Wednesday 9/18 6:00-8:00 pm NL Adult Education 9 month registration
 Resident \$50/Non-Resident \$55 Instructor: Lee Palombo & Gregg Jacobson

504**Smartphone Photography**

This Class is dedicated to helping you with understanding how to use your smartphone photography, how to create great Images on your phone, what editing apps to use, how to share and print your images. Join Steve as we go over how to find out how to use essential controls on your phone along with the best free and low-cost tools for editing and image.

Monday 9/16 6:00-7:30 pm Online using Zoom 3 Classes
 Resident \$64/Non-Resident \$69 Instructor: Steve McGrath

**505****Photography Basics: Part One**

This course in Photography Basics is designed to teach and educate you on the very basics of 35mm photography with an emphasis on "digital photography."

Wednesday 9/18 NL Adult Education 6:00-7:30 pm
2 Classes
 Resident \$54/Non-Resident \$59
 Instructor: Ronald Zincone

506**Photography Basics: Part Two**

Photography Basics Part 2 course will introduce you to the "art side" of photography called "composition" and then introduce you to the principles of "exposure" and "light."

Monday 9/30 NL Adult Education 6:00-7:30pm
2 Classes
 Resident \$54/Non-Resident \$59
 Instructor: Ronald Zincone

507**Learn Your Camera's Creative Modes: say "Good-bye" to Auto**

This class will teach you two camera modes that will take care of 90% of your photographic subjects. Have your camera ready.

Monday 9/16 6:00-7:30 pm NL Adult Education
2 Classes
 Resident \$54/Non-Resident \$59
 Instructor: Ronald Zincone

DAYTIME ENRICHMENT CLASSES AT NEW LONDON ADULT EDUCATION

	Class Title	START DATES	START TIME	NON-RESIDENT	RESIDENT	PAGE
ART, CRAFTS & HOBBIES	CT Security Guard Card Training	10/5	8:00	\$155.00	\$150.00	3
	Drawing & Painting Workshop	10/16	2:30	\$159.00	\$154.00	5
	Intro to Acrylic Pouring	9/14	10:00	\$64.00	\$59.00	5
	Novelty Wax Melts & Wood Wick Candles	11/16	8:30	\$99.00	\$89.00	5
	Advanced Crochet	9/7	1:30	\$84.00	\$79.00	6
	Beginner Crochet	9/7	9:00	\$84.00	\$79.00	6
	Watercolor for Relaxation	9/20	1:00	\$94.00	\$89.00	6
	Chinese Watercolor Painting Workshop	9/21	9:00	\$89.00	\$84.00	7
	Chinese Watercolor Painting Workshop	10/19	9:00	\$89.00	\$84.00	7
	Chinese Watercolor Painting Workshop	11/16	9:00	\$89.00	\$84.00	7
	Goat Milk Soap	10/19	8:30	\$89.00	\$84.00	7
	Intro to Cold Process Soap Making	9/21	8:30	\$79.00	\$74.00	7
	Introduction to Twill Basketry	10/19	9:00	\$64.00	\$59.00	8
	Introduction to Twill Basketry	10/26	9:00	\$64.00	\$59.00	8
	Workshop: Explore Watermedia	10/12	9:30	\$64.00	\$59.00	8
	Workshop: Printmaking Dry Point Engraving	11/2	9:30	\$64.00	\$59.00	8
	Workshop: Mixed Media and Collage	10/26	9:30	\$64.00	\$59.00	9
	Workshop: Monotype/Gel Plate Printing	10/19	9:30	\$64.00	\$59.00	9
	PHOTOGRAPHY / TECHNOLOGY / FINANCE	Req Min Distributions	10/12	10:00	\$19.00	\$14.00
AI for Your Life		9/14	9:00	\$54.00	\$49.00	10
Beginning Computer		9/13	1:00	\$64.00	\$59.00	10
MS Excel 101		9/14	9:00	\$64.00	\$59.00	10
MS Excel 102		10/19	9:00	\$64.00	\$59.00	10
MS Word 101		9/14	11:03	\$64.00	\$59.00	10
MS Word 102		10/19	11:03	\$64.00	\$59.00	10
Photo Composition		11/2	10:00	\$89.00	\$84.00	11
LANGUAGE	Photo Composition 2	1/18	10:00	\$89.00	\$84.00	11
	Beginner Arabic	9/19	12:00	\$114.00	\$109.00	14
	French 2	9/7	11:00	\$149.00	\$144.00	14
PERSONAL GROWTH	French for the Beginner	9/7	8:15	\$149.00	\$144.00	14
	A Roadmap to Spiritual Development	9/7	9:30	\$185.00	\$180.00	15
	Whispers from Heaven	10/11	9:30	\$44.00	\$39.00	15
	Whispers from Heaven	11/8	9:30	\$44.00	\$39.00	15
	Whispers from Heaven	12/13	9:30	\$44.00	\$39.00	15
FITNESS & HEALTH	Whispers from Heaven	12/6	9:30	\$44.00	\$39.00	15
	(SAFE) Basic Self-Defense for Women	10/5	9:00	\$54.00	\$49.00	17
	Ballet/Belly Dance Fusion (all ages)	9/20	1:15	\$74.00	\$69.00	17
	Belly Dancing, Level 1 (all ages)	9/20	0:00	\$74.00	\$69.00	17
	Belly Dancing, Level 2 (all ages)	9/21	9:00	\$74.00	\$69.00	17
	Personal Safety & Self Defense for Seniors	10/10	10:00	\$29.00	\$24.00	17
	Reiki I	9/7	10:00	\$239.00	\$234.00	18
CULINARY	Reiki II	9/14	10:00	\$239.00	\$234.00	18
	Chocolate Candy for the Holidays	11/2	12:00	\$54.00	\$49.00	20
	Holiday Cookies & Bars	10/26	8:30	\$44.00	\$39.00	20
	Holiday Cookies & Bars	11/9	8:30	\$44.00	\$39.00	20
	Holiday Gifts from the Kitchen & Craft Room	10/26	12:00	\$44.00	\$39.00	20
Holiday Gifts from the Kitchen & Craft Room	11/9	12:00	\$44.00	\$39.00	20	

600 Guitar for Beginners and Intermediates

This guitar class is perfect for beginner and intermediate players. Newbies will learn basic right and left hand techniques as well as basic chords to play some easy rock songs. More advanced players will build on their current skills.

Tuesday 9/17 6:30-8:30 pm 6 Classes NL Adult Education
Resident \$114/Non-Resident \$119 Instructor: Don Cash

601 Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs. This class is held online with ZOOM. The class includes an online book and online follow-up video lessons, to continue your practice and study on your own. For ages 13+.

Wednesday 11/13 6:30-9:00 pm One Class – Live-OnLine
Resident \$64/Non-Resident \$69

602 How to Play Piano by Ear

Learn how to play songs without relying on music. A very practical presentation of music theory that includes predicting chord progressions, learning from recordings, and transposing-all expressed in everyday language. This is an ideal follow-up to the "Instant Piano" class and is open to anyone who has a basic understanding of chords on any instrument. Expand your musical horizons, and free yourself from sheet-music dependence, and be the life of the party! Prior experience with chords recommended. Fee includes the online book, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using Zoom.

Saturday 11/23 9:00-11:30 am One Class – Live-OnLine
Resident \$64/Non-Resident \$69

603 Beginner Ukulele

Unleash your inner musician with the ukulele, an instrument accessible to people of all ages and abilities. Students will learn basic chords and strum patterns and learn to sing and strum at the same time. We'll also cover the history of the ukulele and the variety of ukulele musicians active today. Ukuleles may be available for in-class use.

Thursday 9/19 6:00-8:00 pm NL Adult Education 6 Classes
Resident \$59/Non-Resident \$64 Instructor: Amanda Kennedy

604 Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. This class is held online with ZOOM. The course includes an online book and online follow up video lessons to continue your practice and study on your own. The course is partly lecture/demonstration and partly hands on instruction.

Monday 11/11 6:30-9:30 pm
One class – Live-OnLine Resident \$64/Non-Resident \$69

605 Beginning Drum Lessons

Learn the Basics and more in Drumming from Tom DeFaria. Tom DeFaria has played drums and toured the world as a member of the Blood, Sweat and Tears band, as well as with Salsa greats Luis 'Perico' Ortiz and Chico Mendoza. He has also worked with many R&B legends including Etta James, Chuck Berry, Ben E King, and The Drifters. Tom plays locally in Southeastern CT with The Franklin Brothers Band, Andre Danford, and others.

Classes will provide instruction on holding drumsticks, playing rhythm rudiments for the snare drum, rhythm notation and beginning reading. Students would need to supply their own drumsticks, a drum practice pad and the following book, "Stick Control for the Snare Drum by George Lawrence Stone". (Available on Amazon)

Thursday 10/3 7:00-8:00 pm 6 Classes NL Adult Education
Resident \$94/Non-Resident \$99 Instructor: Tom DeFaria

606 Learn to Play Conga

This course will provide the beginner drummer with the fundamentals of conga playing. You will learn a brief history of the drum and how to tune and maintain your drum. Learn hand positioning, tones, techniques and different rhythms and patterns. The course will provide a cool understanding for the beginner and intermediate drummer to enhance and enjoy their drumming experience for years to come. Bring your drum to class. If you do not have a drum, one may be available.

Tuesday 9/17 5:30-8:30 pm
NL Adult Education 6 Classes
Resident \$109/Non-Resident \$114
Instructor: Doc Frazier



LANGUAGE

700 **Spanish for the Beginner**

The goal of this course is to help you develop basic Spanish communication skills. In this class, we will emphasize practical conversational techniques and pronunciation with lessons in grammar, reading and writing.

Thursday 9/19 4:00-6:00 pm NL Adult Education 8 Classes
Resident \$119/Non-Resident \$124 Instructor: Nancy Vega

701 **Spanish 2**

Continue your Spanish studies with Nancy Vega. The class will begin where Spanish for the Beginner ended. Cost of the text is \$30 if you do not have the textbook from the previous class.

Tuesday 9/17 4:00-6:00 pm NL Adult Education or
Tuesday 9/17 6:30-8:30 pm Waterford HS 8 Classes
Resident \$89/Non-Resident \$94 Instructor: Nancy Vega

703 **Beginner Arabic**

Embark on an exciting adventure into the beauty of the Arabic language with our comprehensive course designed especially for absolute beginners. Whether you're looking to travel, connect with Arabic-speaking friends, or simply dive into a new linguistic experience, this class is your perfect starting point.

Thursday 9/19 12:00 pm - 2:00 pm NL Adult Education 8 Classes
Resident \$109/Non-resident \$114 Instructor: Sofia Boutahar

705 **German I**

Experience a new language. Learn basic German in a fast & fun way. Textbook is included.

Tuesday 9/17 6:00-7:30 pm Fitch HS 8 Classes
Resident \$104/Non-resident \$109 Instructor: Arabelle Vandersloot

704 **French for the Beginner**

Start on your exploration of the French language from the beginning. Start with the basics and build your vocabulary. Textbook included in cost of class.

Saturday 9/7 8:15-10:45 am 9 Classes NL Adult Education
Resident \$144/Non-Resident \$149 Instructor: Judy Telemaque

709 **Beginning American Sign Language**

Explore the world of manual communication. Learn the alphabet, how to finger spell, and more.

Thursday 9/19 6:00-9:00 pm NL Adult Education 8 Classes
Resident \$154/Non-Resident \$159 Instructor: Donna Haggerty

710 **Beginning/Intermediate American Sign Language**

American Sign Language is a visual language that enhances communication with those that are unable to hear a spoken language. Learn a language that can open the doors for others.

Tuesday 9/17 006:00-8:00 pm 8 Classes Waterford HS
Resident \$139/Non-Resident \$144
Instructor: Shaleen Barrett

711 **Advanced ASL**

This course is for those who want to expand their ASL Vocabulary.

Monday 9/16 NL Adult Education or
Tuesday 9/17 Waterford HS
8 Classes 6:00-9:00 pm
Resident \$154/Non-Resident \$159
Instructor: Donna Haggerty

706 **German II**

Continue your German classes with Arabelle. Expand your skills. Cost of the text is \$30 if you do not have it from a previous class.

Monday 9/16 5:30-7:00 pm NL Adult Education 8 Classes
Resident \$79/Non-resident \$84 Instructor: Arabelle Vandersloot

707 **German III**

The German 3 class is designed for the language in more sophisticated, complex ways and includes slow German conversation.

Monday 9/16 7:15-8:45 pm NL Adult Education 8 Classes
Resident \$79/Non-resident \$84 Instructor: Arabelle Vandersloot



708 **French 2**

Continue your study of the French language. The New Textbook is included in the cost of the class.

Saturday 9/7 11:00-1:00 pm 9 Classes NL Adult Education
Resident \$144/Non-Resident \$149 Instructor: Judy Telemaque

800
Whispers from Heaven

This class/event helps you to experience the energy and messages that come through in a psychic mediumship reading. This is not a taught class but an opportunity to be read in a smaller setting.

Friday 10/11 1:00-3:00 pm 1 Class or
Friday 11/8 1:00-3:00 pm 1 Class or
Friday 12/6 1:00-3:00 pm 1 Class or
Friday 12/13 1:00-3:00 pm NL Adult Education
Resident \$39/Non-Resident \$44
Instructor: Patricia Griffin

801
Comedy Writing & Performance

Whether you've always wanted to try comedy or simply want to hone your skills, have a space to practice your craft and learn from the pros. The class will have new exercises for returning (or experienced) students, but will be accessible to students of all levels.

Wednesday 9/18 6:00-9:00 pm
NL Adult Education
8 classes
Resident \$94/Non-resident \$99 Instructor:
David Iscoe

802
Love Letters to Release Negative Emotions

Move from anger to love using a guided writing process. Recovering from loss? Making a change? Learn to use this technique when you need it.

Thursday 10/24 6:00-8:00 pm OL Middle School
or Tuesday 10/29 6:00-8:00 pm Fitch HS
1 class
Resident \$29/Non-resident \$34
Instructor: Christy Pyatt

900
Pet First Aid & Disaster Response

This unique course is ideal for all pet owners and pet caregivers. "Pet First Aid and Disaster Response" covers common health and safety related issues, CPR, first aid basics, when to seek professional care, and disaster planning steps for proper care of pets. Pet America Certificate.

Tuesday 10/15 6:00-9:00 pm NL Adult Education 1 Class
Resident \$84/Non-resident \$89
Instructor: Emergency Training Services



803
Unleash Your Creative Potential: Discover Your Writer's Voice & Craft Your First Novel

In this immersive class, you will be provided with personalized guidance and support as you explore various writing techniques and delve into the intricacies of the writing craft in various genres. Whether you're a novice seeking to ignite your creative spark or an experienced writer striving to refine your skills, this class is designed to cater to all levels of expertise.

Tuesday 9/17 6:00-8:00 pm Waterford HS
8 Classes Resident \$79/Non-resident \$84
Instructor: Karla Ciaglo

805
Public Speaking

This class will start you off and give you the basic tools you will need to give effective presentations more confidently to any size group. It will cover topic selection, using notes,

804
A Roadmap to Spiritual Development & Emotional Sobriety

An in-depth training series offering detailed, step-by-step guidance to help build a robust spiritual and emotional foundation. This foundation will enhance emotional intelligence, foster healthy relationships with oneself and others, and provide a fresh perspective on life, ultimately improving overall quality of life.

Saturday 9/7 9:30 -11:30 am NL Adult Education
5 classes Resident \$180/Non-resident \$185
Instructor: Kimberly Haugabook

gestures, eye contact and more. Students will actively participate in a safe environment to gain the skills to increase their confidence.

Tuesday 9/17 7:00-9:00 pm Waterford HS
8 Classes
Resident \$89/Non-resident \$94
Instructor: David Freedman



FITNESS & HEALTH

1000 Beginner Yoga

This is a class that moves at a slower pace so that you can learn in a supportive environment. We will stretch gently and open creaky places, while we breathe deeply. Modifications are given throughout the class so that all levels of flexibility can join in. This is for complete beginners and those who want a more gentle class. Class is limited to 6 students.

**Thursday 9/19 9:15-10:15 am or
Saturday 9/21 10:00-11:00 am or
Saturday 10/12 10:00-11:00 am 1 class**
Resident \$20/Non-resident \$25
Red Barn Yoga Instructor: Anne Redfield



1001 Restorative Yoga & Flowers

Join me for gentle, restorative yoga in our heated and air conditioned barn, and then out to the flower field to pick farm flowers. This yoga is for any level of physical ability. In this restorative yoga class, all poses are on the mat, and we use cushions and blankets for support and comfort. Please register early, space is limited. 1 class.

Sunday 10/20 11:30 am-1:00 pm Resident \$59/Non-resident \$64 Best Buds Flower Farm Instructor: Joanie Fisler



1002 Tai Chi, Level 1 (10 Form)

For centuries, millions from all ages have practiced Tai Chi daily. Practicing Tai Chi results in improved circulation, digestion, coordination, strength, and flexibility.

Monday 9/16 6:30-7:30 pm 8 Classes NL Adult Education
Resident \$114/Non-Resident \$119 Instructor: Yuehua

1003 Tai Chi Level 2 (24 Form)

This class is a continuation for those who have already completed level 1. We will further explore the health benefits of Tai Chi.

Monday 9/16 7:35-8:35 pm 8 Classes NL Adult Education
Resident \$114/Non-Resident \$119 Instructor: Yuehua

1004 G's Fitness Strength Training

If you're interested in feeling stronger, healthier, and more vital, this program is for you. This strength-training program was developed by certified personal trainers who have a degree in exercise science. Choose a start date of September 3 or October 1.

Unlimited Sessions within a 4-week period Monday – Friday

Sessions conducted at G's Fitness & Nutrition, Waterford

Classes meet during these times:

8:00-8:30 am or 12:00-12:30 pm

1:00-1:30 pm or 2:00-2:30 pm or 6:00-6:30 pm

Resident \$130 Non-Resident \$135



1005 G's Small Group Training

In a group setting, this training offers a variety of strenuous exercises to garner better physical results such as an increase in aerobic and anaerobic fitness, tone muscles, increase flexibility, improve balance and coordination. Choose start date of September 3 or October 1.

Unlimited Sessions within a 4-week period Monday – Friday

Sessions conducted at G's Fitness and Nutrition, Waterford.

Classes meet at these times:

6:00 am or 7:30 am or 8:00 am or 11:00 am

12:00 pm or 1:00 pm or 5:00 pm or 6:00 pm

Resident \$130/Non-Resident \$135

1006

(SAFE) Basic Self-Defense for Women

(SAFE) Situational Awareness & Fundamental Empowerment is a one-day workshop that explores real world violence and offers a pragmatic approach to personal safety. This program examines predator behavior, promotes situational awareness, and teaches some practical self-defense skills. The integral component of (SAFE) training is to develop a survival mindset. This program is ideal for women who may have concerns about personal safety. This workshop is both informative and empowering and geared towards all fitness levels. Please come in gym attire suitable for physical activity. The class may include strong language and content.

Saturday 10/5 9:00 am -1:00 pm NL Adult Education 1 Class
Resident \$49/Non-resident \$54
Instructors: Frank Dawson & Jennifer Thornell

1007

Personal Safety & Self Defense for Seniors

Focus on crime prevention, situational awareness, and basic self-defense tactics. The class is geared for ages 60 and up.

Age and physical limitations do not have to prevent you from learning how to protect yourself. Please come in gym attire suitable for physical activity.

Thursday 10/10 10:00-11:30 am NL Adult Education
3 classes Resident \$24/Non-resident \$29
Instructor: Frank Dawson

1008

Tae Kwon Do

This centuries-old art is rooted in basic techniques and formal exercises. It empowers practitioners to develop speed, power, balance, control, and focus. The practice environment encourages teamwork, self-development and safety. Students in this introductory class are welcome to wear a martial arts uniform or comfortable clothing. *Dr. Maguire is a seventh-degree black belt and has been practicing and teaching Tae Kwon Do for over four decades. He has taught in Connecticut, New York, Maryland, Washington DC, and Australia.*



Students in this introductory class are welcome to wear a martial arts uniform or comfortable clothing. *Dr. Maguire is a seventh-degree black belt and has been practicing and teaching Tae Kwon Do for over four decades. He has taught in Connecticut, New York, Maryland, Washington DC, and Australia.*

Tuesday 9/17 6:00-7:00 pm NL Adult Education
No Classes on 10/15 & 10/29
8 classes Resident \$99/Non-resident \$104 Instructor: Dr. Brian Maguire

1009

Stop the Bleed

The purpose of the class is to make you better prepared to save lives if people nearby are severely bleeding. This class is done by raising awareness and teaching people how to learn three quick actions to control serious bleeding.

Tuesday 10/22 6:00-8:00 pm NL Adult Education 1 Class
Resident \$14/Non-resident \$19 Instructor: Emergency Training Services



1010

Belly Dancing, Level 1 (all ages)

Did you ever want to learn the fascination of Belly Dancing? Belly dancing is good for all ages and is fun! It involves isolating and strengthening the muscles, improves your posture and your mind and spirit! At the end of every class, we will be able to perform a little fun choreography! Comfortable clothing and slippers are recommended!

Thursday 9/19 6:15 - 7:15 pm or Friday 9/20 10:00-11:00 am
NL Adult Education 8 Classes
Resident \$69/Non-Resident \$74 Instructor: Arabelle Vandersloot

1011

Ballet/Belly Dance Fusion (all ages)

This class is designed for students, who have some experience in belly dancing and want to do both, but cannot decide or do not have the time to do it! Here is the solution! Where we blend the grace of ballet and the expression of belly dance into one unit, you will tone and shape your body! Whether at the barre or in the center, you will love it! Comfortable clothing and slippers are recommended!

Thursday 9/19 7:30 - 8:30 pm or Friday 9/20 11:15-12:15
NL Adult Education 8 Classes
Resident \$69/Non-Resident \$74 Instructor: Arabelle Vandersloot

1012

Belly Dancing, Level 2 (all ages)

Continue your Belly Dancing class, have fun & get some great exercise. Comfortable clothing and slippers are recommended!

Saturday 9/21 9:00-10:00 am NL Adult Education 8 Classes Resident \$69/Non-Resident \$74 Instructor: Arabelle Vandersloot

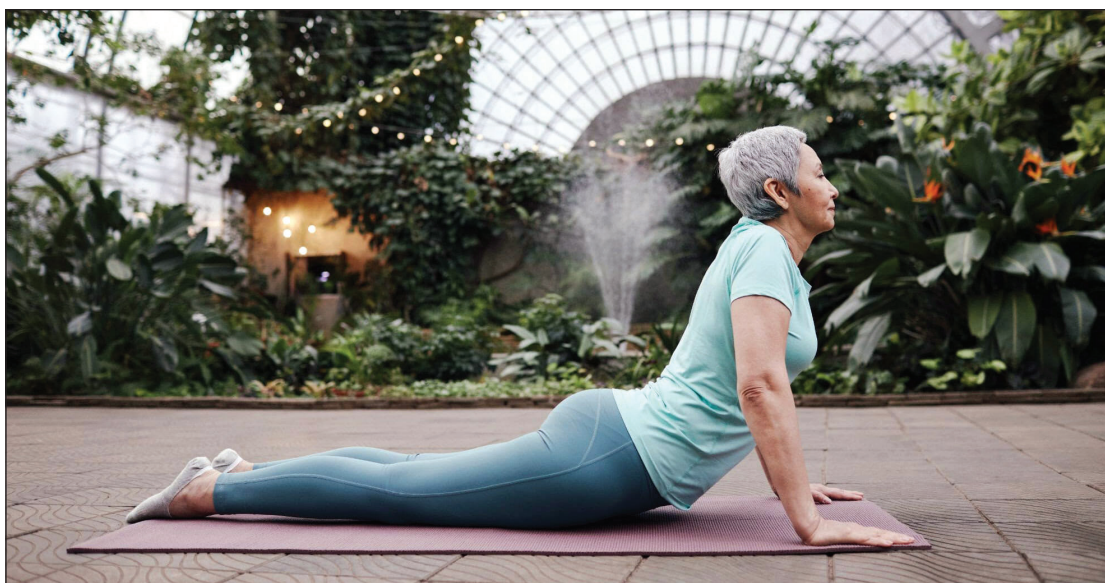
*Flex Your Intellectual Muscles
 by Earning your GED or
 High School Credit Diploma
 at NLAE*

1013 **10-20-30 Challenge**

Have you been looking for a way to tone up and maybe shed a few pounds? This challenge is designed for both men and women 50 plus years of age or anyone who might be struggling to find a more practical fitness program. No need for a gym membership, expensive equipment, or a rigid diet plan. This (30) day challenge will offer you a daily routine that you create at home along with some Blue Zone living tips to aid your health and vitality. Don't wait, start today and except the challenge. Please note that

although much of the exercise will be completed at home, please come in gym attire as some light exercise will also be performed in class.

Tuesday 10/1 6:00-7:00 pm 4 Classes NL Adult Education Resident \$39/Non-Resident \$44 Instructor: Frank Dawson



1014 **Adult Beginner Ballet**

This class is for adults who are new to ballet or dancers who are looking for a slower pace. Most of the class will consist of barre work, with some floor exercise afterward. No experience is necessary. The class will be tailored to the students' experience. Please wear ballet attire or form-fitting activewear and ballet shoes or socks (no sticky socks).

Wednesday 9/18 6:30-7:30 pm 8 Classes NL Adult Education Resident \$79/Non-Resident \$84 Instructor: Emily Semmelrock



1015 **Zumba (for ages 19+)**

A total workout, combining all elements of fitness-cardio, muscle conditioning, balance and flexibility, boosted energy and a serious dose of awesomeness each time you leave class. For ages 19+

Wednesday 9/18 5:00-6:00 pm 6 Classes NL Adult Education Resident \$59/Non-resident \$64 Instructor: John Giannini

1016 **Reiki I**

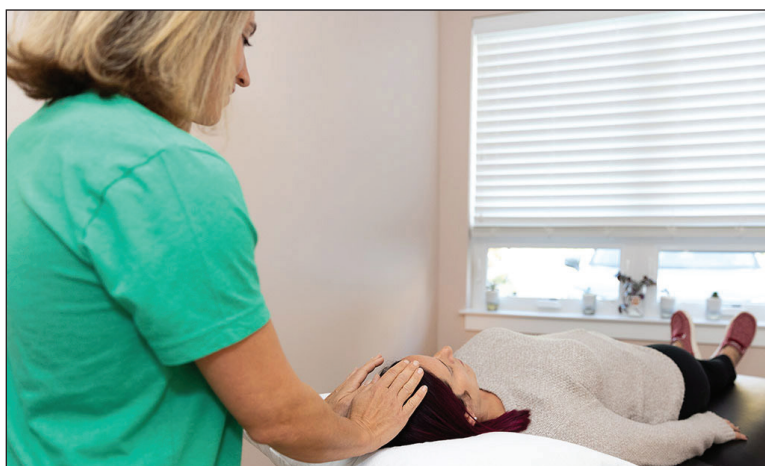
Participants will learn about the capabilities of Reiki, Reiki principles, hand positions for healing both self and others, and receive an attunement to awaken one's ability to utilize the energy. Discuss the plentiful benefits of Reiki for both the client and practitioner, and participate in a guided meditation to meet their Reiki Master Guide. This course includes two Reiki sessions: one as a recipient and one as a Reiki practitioner. Certificate and materials provided to each student.

Saturday 9/7 10:00 am - 2:00 pm 2 Classes NL Adult Education Resident \$235/Non-Resident \$239 Instructor: Janise Gabco

1017 **Reiki II**

Building on First Degree Reiki Training (or if you've taken Reiki with a different instructor), this course introduces the first three ancient, sacred Reiki symbols that are used to focus on healing, and will learn how to conduct a formal distance healing. Participants will also learn to how to create a Reiki Crystal Grid and will participate in a guided meditation to meet their shadow component. At the end of the course, students will incorporate the Reiki symbols to give and receive a full Reiki session and to send a distance healing as a second degree Reiki practitioner. Certificate and materials provided to each student. Please bring a blanket, pillow and snack to class.

Saturday 9/14 10:00 am - 2:00 pm 2 Classes NL Adult Education Resident \$235/Non-Resident \$239 Instructor: Janise Gabco



2000 Horseback Riding: Beginning

Basic instruction will be given on the skill of horsemanship and horse care. This class is for beginners who have little or no experience in riding. Riding instructions will focus on balance and basic mechanics of riding. Students will also learn to groom, tack up and basic care of the horses. Classes are suitable for all ages. Participants should wear heeled shoes, boots are preferred. Riding helmets are provided by the instructor. All classes will be held at Outback Stables.

**Tuesday 9/10 6:00-7:00 pm or
Thursday 9/12 6:00-7:00 pm**

6 Classes

Outback Stables

**538 Colonel Ledyard Highway, Ledyard
Resident \$155/Non-Resident \$160**



2001 Horseback Riding: Advanced Beginner

This course is for students that have taken the beginner class and are ready to take the next step. This class is for students 15 years of age and older. Riding helmets are provided by the instructor.

Wednesday 9/11 6:00-7:00 pm 6 Classes Outback Stables Resident \$155/Non-Resident \$160

2002 Youth Golf Lessons (ages 8-15)

These classes are for youth ages 8-15 who want to learn the art of golf. Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. There is a small fee for a bucket of balls. Each lesson is one hour. Class size is limited to 10 students. 5 Classes

**Saturday 9/7 11:00-12:00 pm
Great Brook Driving Range
Resident \$175/Non-Resident \$180
Instructor: Christopher Hedden**



2003 Golf for Ladies Only

This class is for women who want to learn the art of golf. Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. Each lesson is one hour. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students. 5 Classes

**Thursday 9/5 10:00-11:00 am or 6:00-7:00 pm OR Monday 9/9 10:00-11:00 am or 6:00-7:00 pm 5 Classes
Great Brook Driving Range Resident \$175/Non-Resident \$180 Instructor: Christopher Hedden**

2004 Learning the Fundamentals of Golf

Lessons will cover the following fundamentals: grip, stance, posture, backswing, follow through, sand shots, downswing, chipping, putting, equipment info, and golf etiquette. Please bring a putter, 3 wood, 7 iron, and pitching wedge. Equipment is available to borrow if needed. There is a small fee for a bucket of balls for each lesson. Class size is limited to 10 students.

**Wednesday 9/4 10:00-11:00 am or
6:00-7:00 pm 5 Classes
Great Brook Driving Range
Resident \$175/Non-Resident \$180
Instructor: Christopher Hedden**

*Tee up your future
by earning your
high school diploma
at New London Adult
Education.*



Photo for illustrative purposes only



3003 Gingerbread House Decorating

Mom or Dad, Grandma or Grandpa, Aunt or Uncle and child. Start a family tradition with a loved one, decorating a Gingerbread house! I supply the house (approx. 8x10), icing a ton of candy to choose from and the mounting board. You as the students supply imagination and a box to bring it home in. Suggested box size is 13x18 or larger.

Thursday 12/12 5:30-8:30 pm NL Adult Education
1 Class Resident \$44/Non-resident \$49 Instructor: Meg Lemar

3004 Chocolate Bark

Let's make some chocolate barks! We will use Merkens Milk, Dark and White chocolate and will add items such as: Cashews, Peanuts, Walnuts, Raisins, Marshmallows, Candy Canes and pieces of candy. All materials are included as well as a container to take your chocolates home in. Feel free to bring any ingredients you want to use.

Thursday 11/7 5:30-8:30 pm or Thursday 11/21 5:30-8:30 pm
NL Adult Education 1 Class Resident \$49/Non-resident \$54
Instructor: Meg Lemar

3005 Chocolate Candy Making for the Holidays

Make and bring home hand-made chocolates. A variety of Merkens Milk, Dark and White chocolate will be used as well as cream fillings, transfer ink sheets and sprinkles. All materials are included as well as a container to take your chocolates home in. The 10-24 class will also make Halloween chocolates

Thursday 10/24 5:30-8:30 pm or Saturday 11/2 12:00-3:00 pm
NL Adult Education 1 Class Resident \$54/Non-resident \$59
Instructor: Meg Lemar

*Cook up a delicious future
by earning your GED
or High School Credit Diploma*

3000 Gingerbread Men Cookies

Just in time for the holidays let me give you a great recipe for these holiday favorites. We will mix, roll out, bake and decorate these cookies. All materials are included including a container to take your cookies home in.

Thursday 12/5 5:30-8:30 pm NL Adult Education
1 Class Resident \$29/Non-resident \$34 Instructor: Meg Lemar

3001 Holiday Cookies & Bars

Let me show you how simple these recipes are to make. We will make a variety of bars and cookies that you will impress your families with. You can use them for Holiday platters, gifts and parties. All materials are included including a container to take your goodies home in.

Saturday 10/26 8:30-11:30 am or Saturday 11/9 12:00-3:00 pm
NL Adult Education 1 Class Resident \$39/Non-resident \$44
Instructor: Meg Lemar

3002 Holiday Gifts from the Kitchen & Craft Room

There is nothing more heartfelt than giving a Homemade Gift from your kitchen and craft room. Let me show you how to make 2 different jars that will hold your Homemade Candies Pecans and your Homemade Ultimate Bourbon Pecan Caramel Sauce. Perfect for a teacher, mailman, hostess gift and more. All materials are included.

Saturday 10/26 12:00-3:00 pm or Saturday 11/9 8:30-11:30 am or
Thursday 12/19 5:30-8:30 pm NL Adult Education 1 Class
Resident \$39/Non-resident \$44 Instructor: Meg Lemar



Photo for illustrative purposes only

3006 Chocolate Fudge

Come learn how to make delicious fudge. I will use my recipe that I have been making and selling for over 25 years. We will make several flavors from 1 recipe using flavorings or ingredients like nuts, cookies, candy canes and coconut. All materials are included including a container to take your fudge home in. The fudge is cooked to over 200 degrees PLEASE wear a long sleeve shirt to prevent burn from the bubbling fudge.

Thursday 10/31 5:30-8:30 pm or Thursday 11/14 5:30-8:30 pm
NL Adult Education 1 Class Resident \$39/Non-resident \$44
Instructor: Meg Lemar



ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self paced online Career Training Program. You can begin these Programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6-18 Month Format
- All materials included
- Prepare for certification
- Student advisors

Visit our website for program details!

careertraining.ed2go.com/nlae

INSTRUCTOR-LED ONLINE SHORT COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Visit our website to find a course!

ed2go.com/newlondonadult/

A special Thank You to those who sponsored tees at this year's New London Adult Education's Annual Scholarship Golf Tournament

Baruno Hannaford Heap Aurello & Co. CPA's LLC
 Zados Best
 Robert Bowman
 Automates Business Solutions
 Byles-MacDougall Funeral Service, Inc.
 Bird's Eye Cafe
 David Campo

Chelsea Groton Bank
 Cherrick Can-Do, LLC
 Conway, Londregan, Sheehan & Monaco, PC
 Jack Darras
 Thomas Garbati
 New London Education Association
 ReMax on the Bay
 Hanrahan Painting LLC
 Michael Passero
 Ray & Alison Pollick
 Elizabeth Sabilia





Stormville Airport Antique & Flea Market

October 12 \$89 pp

Join us at the airport in Stormville, New York for an antique show & flea market. Attracting over 600 vendors from more than eight states. A variety of antiques, collectibles, arts & crafts new merchandise and food will be available. Depart Shaws Cove 3 at 8:00 am



Stocking Stuffer — Massachusetts

December 15 \$159 pp

Start your Holiday shopping with our annual Stocking Stuffer Trip. Purchase gifts along the way at The Wayside Country Store, Douglas Farm, Christmas Barn and a special gift from Friendship Tours. Enjoy a lunch at the Wayside Inn, Sudbury. Depart Shaws Cove 3 at 9:00 am

Radio City Rockettes Christmas Spectacular

November 10

\$178 pp

Experience America's favorite holiday tradition. Enjoy the Parade of the Wooden Soldiers, the living nativity scene and all the glory of the Rockettes from your orchestra seat for the 5:00 p.m. show. There will be plenty of time before the show to enjoy the sights of New York in the Holiday Season and grab some lunch before the show. Depart Shaws Cove 3 at 9:30 am



Sight & Sound Theater Noah 2025

See the Spring 2025 Catalog for More Information on this tour

This tour will be offered in late April.

Returning for one season only, this landmark production takes you on board one of the world's best-known voyages as live animals fill the stage and aisles. Set sail inside the enormous ark as this extraordinary story comes to life in this special 30th anniversary season.



Find our lighthouse and be entered into a drawing for a \$50 NLAE gift certificate. Email the page number and location to cherrickm@newlondon.org. In the Subject line write Lighthouse. Two lucky winners will be selected. *(It is not the lighthouse on the registration form or logo). **The next drawing date is November 25th.***

Congratulations to JANE WATSON & ARYA SHAH our Spring Lighthouse Winners

Spotlight on Tuscany March 26 - April 3, 2025

Your tour begins in the famous spa resort town of Montecatini Terme, nestled in the heart of Tuscany. Travel to Borgo a Mozzano, see the Ponte del Diavolo (Devil's Bridge) and the nearby remains of the Gothic Line – the Germans' last defense during WWII. Make your way to a Tuscan winery and learn about the art of winemaking. Next stop Florence... an extensive walking tour showcases the beautiful "Cradle of the Renaissance." Join a local Florentine guide and make your way through the city on foot. At the Piazza del Duomo, see the impressive Cathedral of Santa Maria del Fiore. On to Montecatini... learn more about Montecatini's history during a half-day guided walking or journey to Siena on a full day excursion and embark on a walking tour through its narrow Gothic streets. Get to know the local lifestyle in a contrada (neighborhood) whose community is centered around the colorful Palio horse race. Pisa is your next stop, including the Piazza dei Miracoli, or "Field of Miracles". In Montecatini Terme, the day is yours to relax and experience the local flavor. Take this opportunity to shop at the local boutiques and dine at one of Montecatini's fine local restaurants. Tour San Gimignano, soak in breathtaking views as you travel to this hilltop village. Attend a Tuscan feast of traditional cuisine and wines set in the countryside. Italian memories to take home...



HIGHLIGHTS... Montecatini Terme, Lucca, Gothic Line, Winery Tour, Florence, Choice on Tour: Montecatini Walking Tour or Siena, Pisa, Cooking Class, Cheese Farm, San Gimignano

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 7 Breakfasts, 4 Dinners. Cost from \$3,029 dbl pp

Deposit due before September 10, 2024, final payment January 20, 2025.



Cultural Treasures of Japan May 18-31, 2025

Immerse yourself in the ancient and modern cultures of Japan. Learn the art of the tea ceremony, and stand before the famous Senso-ji Buddhist temple. Tour Matsumoto Castle, known as the "Crow Castle" for its black exterior. Taste legendary Hida beef and sip sake at a local brewery. Delve into Kyoto, the marvelous cultural capital of Japan. Absorb the beauty of the Golden Pavilion and the majesty of Nijo Castle. Board the Shinkansen "bullet" train to travel to Hiroshima to visit Shrine Island and the Peace Memorial Museum. Japan slowly draws you into its eclectic culture and charm, revealing incredible moments every step of the way.

HIGHLIGHTS... Tokyo, Asakusa Sensoji Shrine, Ginza, Tea Ceremony, Hakone, Lake Ashi Cruise, Matsumoto Castle, Takayama, Sake Tasting and Hida Beef Dinner, Shirakawa-go, Kanazawa, Kyoto, Bullet Train, Hiroshima, Kaiseki Dinner & Maiko Show

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations 12 Breakfasts, 2 Lunches, 5 Dinners. Cost from \$7,629 dbl pp

Deposit due before October 12, 2024, final payment February 19, 2025.

Travel Presentations at NLAE – Three Shaw's Cove, New London

Spotlight on Tuscany – September 19th 5:00 pm

Cultural Treasures of Japan – September 19th 5:00 pm

Sequoia & Kings Canyon National Parks – November 7th 5:00 pm

Shades of Ireland – November 7th 5:00 pm

CULTURE ON WHEELS TRAVEL

Sequoia & Kings Canyon National Park October 1-10, 2025

From soaring redwoods to cultural meccas and verdant valleys, explore the rich sights, sounds, and tastes of California. Wander through a forest of some of the world's largest trees at Sequoia and Kings Canyon National Parks. Dive into history in San Diego and into the glitz and glamour of Los Angeles. Discover a centuries-old mission in Santa Barbara and go on a walking food tour in the charming coastal town of Carlsbad. Savor a glass of locally produced wine and lunch at a Paso Robles vineyard.

HIGHLIGHTS... San Diego Harbor Cruise, Carlsbad Walking Food Tour, Los Angeles City Tour, Old Mission Santa Barbara, Pismo Beach, Paso Robles Wine Country Lunch, Sequoia and Kings Canyon National Parks, Choice on Tour: Explore Giant Forest with Local Guide or Brisk Hike with your Tour Manager, Getty Center.

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 9 Breakfasts, 3 Lunches, 4 Dinners. Cost from \$5,029 dbl pp **Deposit due before March 25, 2025, final payment July 2, 2025.**



Sequoia & Kings Canyon National Park Travel presentation November 7th 5:00 pm NLAE Center

Shades of Ireland October 5-14, 2025

From history-filled Dublin to the rolling green hills and dramatic coast, experience Ireland's charms on a journey through the Emerald Isle. Choose how you explore the city of Dublin. Kiss the Blarney Stone at historic Blarney Castle. See Killarney from an Irish jaunting car and pick



from a selection of the best restaurants in town with our Diner's Choice program. Experience the world-famous beauty of the Ring of Kerry. See border collies in action during a traditional sheepdog demonstration. Stand in awe at the top of the stunning 700-foot Cliffs of Moher. Feel like royalty during an overnight stay on the grounds of a castle. A vibrant blend of captivating culture and stunning scenery, these are the shades of Ireland you've always imagined

HIGHLIGHTS... Dublin, Irish Evening, Kilkenny, Waterford, Choice on Tour: Waterford Crystal Factory or Waterford Medieval Museum and Wine Vault, Blarney Castle,

Killarney, Jaunting Car Ride, Ring of Kerry, Limerick, Cliffs of Moher, Sheepdog Demonstration, Galway, Castle Stay

Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 8 Breakfasts, 5 Dinners. Cost from \$4,329 dbl pp **Deposit due before March 30, 2025, final payment July 7, 2025.**

Shades of Ireland Travel presentation November 7th 5:00 pm NLAE Center

**The Board of Education through the Culture on Wheels Program at New London Adult and Continuing Education, offers trips to promote educational and cultural opportunities to the citizens of this region. The Board of Education through the Culture on Wheels program serves as a booking agent only, has no responsibility for any aspects of the trip, its driver or operations including departure or arrivals, schedules, or any loss to person and/or property, however caused during a trip.*

Exploring South Africa, Victoria Falls & Botswana January 12-26, 2026

Get ready for an unparalleled journey through the cultural diversity and abundant wildlife of southern Africa. Seek out the “Big 5” on 8 different safaris. Get a taste of South African culture at local wineries. Witness the natural beauty of Victoria Falls and learn about its people during a township visit and home-hosted lunch. Greet African elephants

and spend time learning about them. Search for animals along the winding Chobe River. Epic scenery and winding coastlines come together in an incredible adventure.

HIGHLIGHTS... Victoria Falls, Chobe National Park, Pilanesberg National Park, 8 Wildlife Safaris, Choice on Tour: Chobe Game Viewing by 4x4 or by Cruise, Cape Winelands, Cape Town, Table Mountain



Included in Price: Round Trip Air from Logan Intl Airport, Air Taxes and Fees/Surcharges, Hotel Transfers, Accommodations, 13 Breakfasts, 6 Lunches, 10 Dinners. Cost from \$8,529 dbl pp

Deposit due before June 6, 2025, final payment November 13, 2025.

Symphony of the Seas from New Jersey - Florida & The Bahamas October 12-19, 2025

Symphony of the Seas is one of the most spectacular Oasis Class ships from Royal Caribbean. Hop on the motorcoach to the NJ pier and you're off – it's a great getaway on an amazing ship!

- Roundtrip transportation to New Jersey Pier
- 7 Nights aboard the incredible Symphony of the Seas
- All Meals onboard; Casino, Full Spa & Fitness Center
- Nightly Entertainment including a fabulous High Dive Show at the Aqua Theatre & Ice Shows
- Rock Climbing, Flow Rider Surfing, Mini Golf and More!
- Departure from Manchester, CT
- Costs from \$1099+ taxes (\$182) pp twin inside



Odyssey of the Seas Caribbean Cruise from New Jersey November 5-16, 2025

Royal Caribbean's newest Quantum class ship is coming to New Jersey! Escape the cold on this beautiful ship and enjoy wonderful features like the Seaplex Entertainment Complex—Basketball, Bumper Cars & Rollerskating; The North Star—a jewel shaped capsule with spectacular ocean views, and Two70 Lounge that morphs from day to night with the most high-tech features ever used at sea—it's something you have to experience to believe.

- Roundtrip transportation to New Jersey Pier
- 11 Nights onboard the Odyssey of the Seas
- All Meals onboard
- Daily Activities
- Nightly Entertainment, Casino & Fitness Center
- Departure from Manchester, CT
- Costs from \$1599 + taxes (\$190) pp twin inside



Information on the Cruises

Contact Friendship Tours/Ship Shop for registration and Information on the Cruises.

Ask for Donna or Barbara at 1-800-243-1630

Earn your New London Adult Education High School Diploma

The New London Board of Education has made available a New London Adult High School Diploma to residents who meet certain requirements. Day and evening classes are held at Three Shaw's Cove, from 8:30 a.m. to 3:00 p.m. and from 6:00 to 9:00 p.m.

- Individuals eligible for the program must be at least 17 years of age and officially withdrawn from school. (Students under the age of 18 must present a withdrawal document with a parental/guardian signature). This includes Adult High School Credit Diploma and GED students.
- To enroll in the Adult High School Credit Diploma program,

the student must reside in New London, Waterford, Montville, or Lyme-Old Lyme. All classes are free.

The program requires satisfactory completion of the following: 4 credits in English, 1 credit in Vocational Education, Art, and Technology, 4 credits in Mathematics, 3 credits in Science, 3 credits in Social Studies (1 credit must be in U.S. History and 0.5 credit in Government), and 10 elective credits.

Credits may also be awarded for documented work, occupational, volunteer, and military experiences.



Scan the QR Code to access more information on the High School Credit Diploma Program

Waterford and Lyme-Old Lyme programs offered in New London

Adult High School Credit Diploma • For information on credit classes available at New London Adult Education, please call Karen O'Connell at (860) 437-2385, ext. 109.

English for Speakers of Other Languages • We offer classes in several levels, i.e., Basic, Beginning, Intermediate, and Advanced. Students are pretested so that they are placed in the appropriate level.

General Educational Development (GED) • Instruction for the GED includes Reasoning through Language Arts, Mathematics, Science, and Social Studies.

All day and evening classes are held at Three Shaw's Cove, from 8:30 a.m. to 3:00 p.m. and from 6:00 to 9:00 p.m.

Registration & Testing Information • Registration for these classes can be done online at our website: newlondonadulthood.org.

Select Register under Adult Education Enrollment on the home screen and complete the form. Or in-house August 19-23 9:00 am - 2:30 pm or Evening Registration August 26-28 at 6:00 pm.

Seleccione registrars en la sección de Inscripción de Educación para Adultos en la pantalla de inicio y complete el formulario. También puede venir personalmente del 19 al 23 de agosto de 9:00 am a 2:30 pm ó por la tarde del 26 al 28 de agosto a las 6:00 pm.



Montville Adult Education

For more information please contact **Annette Barber**, Adult Education Secretary, at (860) 848-8265 or email: abarber@montvilleschools.org

Academic Program Information • Programs at Montville Adult Education are designed to meet the needs of Montville adults desiring their high school diploma. Classes are offered in Math, English, Science, and History. All classes meet at Montville High School and are free. Contact the Program Director at (860) 848-8265. Your class schedule and courses will be tailored to your needs.

Adult High School Credit Diploma • Classes meet on Monday, Tuesday, and Wednesday. Classes are from 5:30 - 8:30 p.m. and run for sixteen (16) weeks.

General Information • Montville Adult Education is in a joint partnership with New London Adult Education.

Walk-in Registration & Placement Testing • Registration for the Fall Semester takes place at Montville Adult Ed on Wednesday, August 21 from 5:30 - 7:30pm. Classes begin Monday, August 26.



General Educational Development (GED) Information

The GED Test:

The GED Testing Service, in partnership with Pearson VUE, offers the GED examination as a computer-based test. The GED test is aligned to the Common Core State Standards (CCSS) and is designed to reflect the knowledge and skills that are needed for college and career success. New London Adult Education offers intensive instruction in English and Spanish to prepare students to meet the rigorous requirements of the GED test.



How to Register for the GED Test:

Visit www.GED.com to create an account. After creating an account, you must complete a paper registration at the Adult Education Office and receive approval for testing which is based in part upon official GED Practice test results.

The exam is offered weekly in English and Spanish at the Adult Education Center, and students schedule themselves. A \$13 registration fee (payable at time of registration) is required for ALL registrants 21 years of age and older (no fee for veterans).

GED Test Eligibility Requirements:

- Minimum age is 17 years old and officially withdrawn from high school for at least 6 months.
- An official high school withdrawal document is needed for all 17- and 18-year-olds.
- All 17-year-olds need a withdrawal document with parental/guardian signature.
- Individuals aged 17-18 who are home schooled should request a "Home School Attestation" form signed by the GED Administrator at the CT State Department of Education email: ged@ct.gov or call (860) 807-2110.



Scan the QR Code for more information on the GED Test

Adult Basic Education

Adult Basic Education classes are for those who are working toward an Adult High School Credit Diploma or a GED.

These classes can help improve basic reading, writing, and math skills. Students may prepare for job advancement, vocational training programs, or high school completion classes, as well as develop greater self confidence and personal satisfaction. These FREE classes are offered days and evenings throughout the year.

Please call (860) 437-2385 for more information.



Scan the QR Code for more information on Adult Basic Education

Groton Adult Education

Adult High School Credit Diploma • Classes meet at Fitch High School, 101 Groton Long Point Rd, Groton. For information on credit classes available at Fitch High School, please call 860-441-2152 for more information. In-person registration for Fitch High School will be conducted Wednesday August 14 and Thursday August 15 during the hours of 5:00 to 7:00 pm at Fitch High School. Classes begin August 26.

English for Speakers of Other Languages • We offer classes in several levels, i.e., Basic, Beginning, Intermediate, and Advanced. Students are pre-tested so that they are placed in the appropriate level. Classes meet Monday & Tuesdays 5:30-8:00 pm at Fitch High School.

General Educational Development (GED) • Instruction for the GED includes Reasoning through Language Arts, Mathematics, Science, and Social Studies. Classes meet Monday, Tuesday 5:30-8:00 pm at Fitch High School.

Location for GED, & ESL Classes • Classes meet at Fitch High School, 101 Groton Long Point Rd, Groton, or New London Adult and Continuing Education, Three Shaw's Cove, New London. Classes begin September 3 at New London Adult Education.

Walk-in Registration & Placement Testing • Registration for the Spring Semester takes place at Fitch High School on Wednesday & Thursday August 14-15 from 5:00 to 7:00 p.m.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

ESOL ~ English for Speakers of Other Languages: Classes begin September 3, 2024

English classes for those whose native language is not English have been provided by New London Adult Education since 1910, helping thousands of adults enter the mainstream of American life. These classes are available year-round and are offered FREE-of-charge. In person and online options available.

ESOL Class Schedule at New London Adult Education

Days • New London Adult Education,
Three Shaw's Cove
New London, CT 06320
(860) 437-2385
Monday-Friday • 9:00 am -12:00 pm



Nights • New London Adult Education
(860) 437-2385
Monday-Wednesday • 6:30 pm – 9:00 pm

ESOL Class Schedule at Fitch High School

Nights: • 101 Groton Long Point Rd , Groton, CT 06340
(860) 441-2152
Monday & Tuesday • 5:30 pm – 8:30 pm
Classes start August 26.

FREE Childcare (New London Adult Education site only)

For children of students registered in GED, ESOL or High School Credit Classes. Children need to be at least 6-weeks old, supervised care will be provided at New London Adult Education by an experienced child care supervisor. All children must be registered. For more details, please call Laiza Melendez or Norma Velez at (860) 437-2385.

Inglés como segundo idioma para personas de distintos lenguajes: Comienzan el 3 de septiembre de 2024

Las clases de inglés como segundo idioma, para aquellas personas cuya lengua natal no es el inglés, han sido ofrecidas por el programa de Educación de Adultos en New London desde 1910, ayudando a miles de adultos a desarrollarse en el ambiente de la vida americana. Estas clases son ofrecidas todo el año y sin costo alguno. Opciones disponibles en persona y en línea.

Educación de Adultos en New London

Días • New London Adult Education
Three Shaw's Cove, New London, CT
(860) 437-2385
Lunes a Viernes • 9:00-12:00 pm

Noches • New London Adult Ed
Lunes, martes y miércoles
6:30-9:00 pm



Clases de ESOL en Fitch High School

Noches: • 101 Groton Long Point Road
Groton, CT 06340
(860) 441-2152
Lunes & martes • 5:30 pm – 8:30 pm
Clases comienzan el 26 de agosto 2024.

Cuidado de Niños Gratis (solamente en la escuela de Shaw's Cove, New London)

El programa de Educación de Adultos en New London ofrece cuidado de niños, para estuades registrados. Para más detalles llamar a Laiza Melendez ó Norma Velez al (860) 437-2385.

Citizenship Classes

This class is for students wishing to work toward becoming naturalized American citizens.

The class helps students gain better understanding of the N-400 application, the interview process, U.S. history, and local, state and federal government. Lessons will stress the procedural steps necessary to become a U.S. citizen. Moderate proficiency in English is required.

To qualify for citizenship, you must:

- Be at least 18 years old and have been a permanent resident for the past 5 years with no special circumstances
- Be at least 18 years old and are currently married to and living with a U.S. citizen and have been married to and



living with that same U.S. citizen for the past 3 years and your spouse has been a U.S. citizen for the past 3 years.

The class is held at New London Adult Education:

- Thursday 12:30 pm – 2:30 pm
- Thursday evenings 6:30 – 8:30 pm

Register now for Citizenship Preparation classes.



Scan the
QR Code
for
Information
on
Citizenship
classes.

Transitions Program

The Transitions Program is available to all current GED, Credit Diploma and ESL students enrolled at New London Adult and Continuing Education. The Transitions Associate assists students with career planning, college and training information, college application completion, financial aid information, and FAFSA application completion. Students participate in college tours and are introduced to American Job Center resources.



Jobs, Education and Training

JET is an employment and training program for eligible out-of-school youths between the ages of 17-24. Funded by the Eastern CT Workforce Investment Board, the program is designed to assist eligible youth who want to move from high school dropout to high school graduate and/or to advance from unemployed or underemployed to gainfully employed and/or to enter college or training programs. Program components include career exploration and workforce training.

For additional information on JET, contact Lora Castronova at: (860) 437-2385, ext. 180 or email her at: LCastronova@tvcca.org

Digital Literacy



The Northstar Digital Literacy Program is incorporated into many of our mandated classes. Northstar defines the basic skills needed to perform computer and online tasks and each module assesses students' competency for each task. Individuals who receive a score of at least 85% on a proctored assessment may earn the Northstar Digital Literacy Certificate.



Family Literacy

Where parents and children learn together

The family literacy program includes four components: adult and parenting education, early childhood education, and interactive literacy activities for the parent and child. The adults attend ESL, high school completion, or GED classes with the focus on improving the skills necessary to lead to employment or post-secondary training.

The adults also participate in parenting education classes designed to assist them in becoming their child's first teacher.

The children engage in an age-appropriate, NAEYC accredited early learning program to prepare them for transition to preschool and future academic success. Literacy in the home is fostered through parent and child activities centered on children's books and the reinforcement of strategies introduced during parenting class.



Integrated Basic Education Skills Training (I-BEST)

Currently enrolled students may be eligible for the Integrated Basic Education and Skills Training (I-BEST) program which partners basic education and vocational training instructors in the delivery of a collaborative program of workplace contextualized learning. Through a team-teaching approach, instructors build a classroom environment that provides maximum support for student success.

These trainings, which allow students to explore possible career pathways, focus on a variety of industry clusters and include employability skills. Students can train for a career or higher paying job but can continue to work on their math, reading, high school diploma or English skills at the same time. Students get the help they need while studying in the career field of their choice; they learn by doing!

The I-BEST program is only open to students currently enrolled in the GED, High School Credit Diploma or ESL classes at New London Adult Education.

Intro to Basic Auto Technician Training

This training program is designed to prepare students for an entry-level automotive technician position. Students will learn safety in an auto repair shop, along with the ability to perform a basic tune-up service. The training will include a basic skills component. Upon successful completion of the course, students will obtain an Introduction to Basic Auto Technician Training certificate.



Certified Nursing Assistant

The Certified Nursing Assistant program will provide students with basic nursing skills, and classroom and clinical training which includes medical terminology. The program offers the opportunity to receive real life-based experience and practical training. Clinical training is completed in the state-of-the-art lab/classroom at New London Adult Education and a local nursing facility. The training course will include a basic skills education component. Upon successful completion of the course, students will take the State of Connecticut exam for CNA certification.

For additional information on any of these programs, please contact Sara Weeks at (860) 437-2385 VM 169

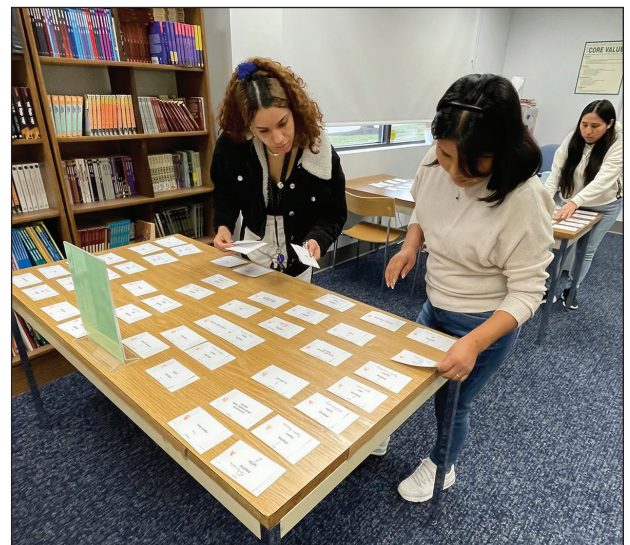
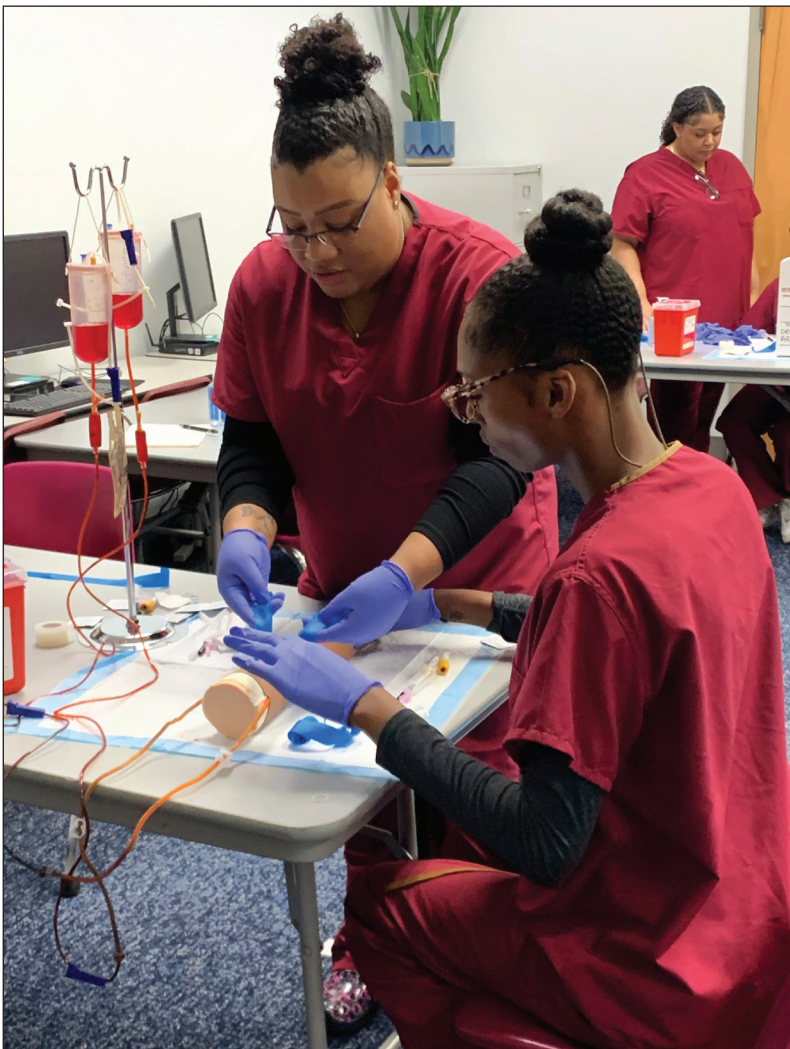
Introduction to Server and Culinary Arts with Food Handlers Certificate

Students will be trained in basic food service, which includes food handling, nutrition, sanitation, and instruction in the art of cooking, including techniques such as sautéing, baking, and grilling. The training course will include a basic skills education component. The students will develop competencies for a career in food establishments. Those who successfully complete the course and pass the exam will receive a CAFE certificate from Ledge Light Health District.



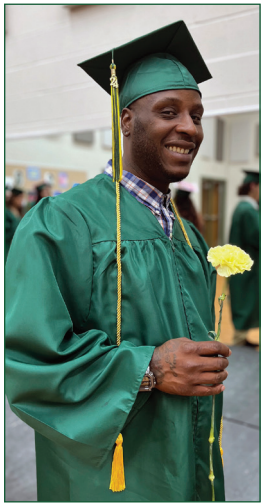
Phlebotomy Certificate

This program prepares students to become Certified Phlebotomy Technicians. Students learn the components of blood, basic human anatomy, potential complications of a blood draw, proper drawing technique, and collection sequence. Training includes occupational-specific basic skills instruction. Program completion requires 30 successful venipuncture collections, and 10 capillary draws which will be performed in class on fellow students. Upon successful completion of the course, students will be eligible to earn the National Certification upon passing the NHA exam.



The I-BEST program is only open to students currently enrolled in GED, High School Credit Diploma or ESL classes.

Congratulations TO THE CLASS OF 2024



New London Adult & Continuing Education

Three Shaw's Cove
New London, Connecticut 06320

Telephone (860) 437-2385
www.newlondonadulted.org

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