

Newtown Continuing Education



25% Discount for Adults Ages 62+ - Exp. 10/30/20

10% Early Registration Discount - Exp. 10/10/20

(Discounts cannot be combined, and may be used except where noted that discounts do not apply).

Your Lifelong Learning Hub ...

Call Us:
(203) 426-1787

Email Us:
Continued@newtown.k12.ct.us

Online Registration is Here!
Newtown-ce.revtrak.net

A Message for you

Dear Neighbors and Friends,

I write to you today with hopes high – that soon, we will revel in the countless programs Newtown Continuing Education has to offer. It has been an entire season since we have banded together to relish in all that we enjoy. Spring bloomed and summer has peaked. While we don't know what showers tomorrow may bring, today's sunshine brings renewed hope, of all the good that is yet to come.

As you continue to navigate in your new normal, as the foliage brings us yet another season; remember that we are here to support you in refining, or developing, and in exploring all of the activities you have come to enjoy. Fall will debut activities you have been yearning for, as well as give you opportunities to learn or engage virtually.

Whichever way you choose to join us, through the screen or in-person, we can explore our new normal together. We too will have to adhere to guidelines set forth by the State of Connecticut and Governor Lamont. This should bring you comfort in knowing that we will ensure the safety of all participants; patrons and staff alike.

Remember, we will soon enjoy the gifts of an ordinary day; keep your optimism. We hope you find what you are looking for in our Fall offerings.

Until we meet again,
Jennifer Arnold

Director, Newtown Continuing Education

 **Give us a Like on Facebook!**

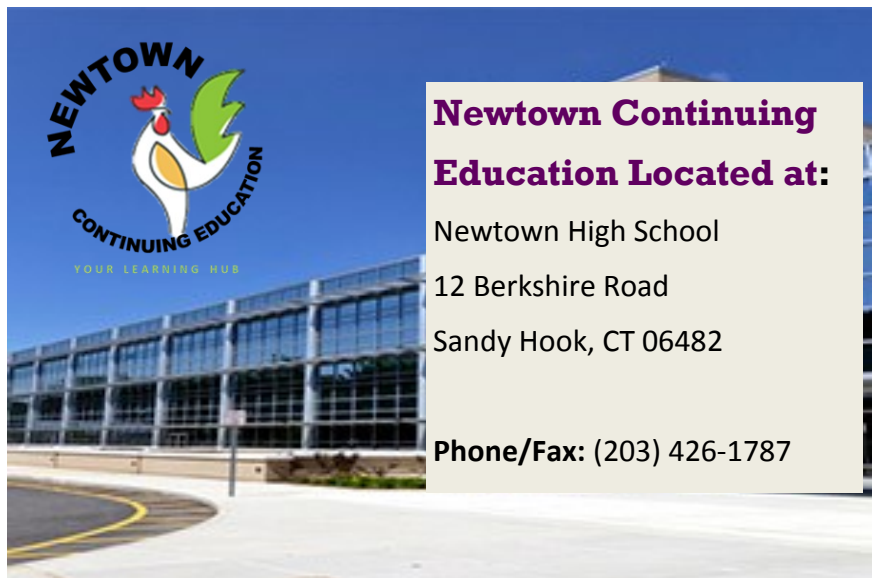
[Newtown Continuing Education](https://www.newtowncontinuinged.org)

Updated Listings:

www.newtowncontinuinged.org

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Office Hours:

**Monday - Friday
8:30 a.m. to 3:00 p.m.**

In an effort to minimize traffic throughout our building, all office hours are by phone only.

We encourage you to use our online or mail-in registration options to register.

Give us a call whether registering, or if you have questions,. We are here to serve you.

Phone: (203) 426-1787

Registering made easy!

New Online Registration:

www.newtown-ce.revtrak.net

By Mail:

Newtown Continuing Education
at Newtown High School
12 Berkshire Road
Sandy Hook, CT 06482

By Fax:

(203) 426-1787

Do you have a Talent or Innovative Idea?

Do you have a **new** or **exciting** course you would like to bring to the Newtown Community through Newtown Continuing Education?

We are always looking for innovative instructors to bring their talent to us! We offer a competitive salary, as well as an opportunity to meet and engage with other members of our community and provide the space to do so!

Email Your Idea: continuinged@newtown.k12.ct.us

Full Name: _____ **Phone:** _____

Email: _____

Program Name: _____

Brief Description: _____

Submit: Fax: (203) 426-1787

or **Mail** to: Newtown Continuing Education at Newtown High School - 12 Berkshire Rd. Sandy Hook, CT 06482

Excursions: Bus Tours

Let Friendship Tours guide you through your travels. Friendship Tours will make your travel arrangements, just book your trip (2 weeks in advance), and hop aboard to discover the world around us. Waiver will be required. Buses are sanitized and stops for bathroom use will be made. All buses have been updated, will be sanitized and a limited number of participants will be allowed to ensure social distancing. Masks will be required, at all times.

Please Consider:

Friendship Tours makes every effort to provide the trip as written. We are not responsible for any changes made in the arrangements or delays.

- ◆ All Trips are non-refundable, but maybe transferrable with sufficient notice.
- ◆ Listed departure times are approximate.
- ◆ All trips must be booked 2 weeks in advance of departure date.

Walk the Highline: Hudson Yards

Home to over 100 diverse shops and restaurants, significant public art and plazas, Hudson Yards is New York's newest neighborhood.

On the itinerary, is Chelsea Markets, for shopping and a bite to eat, followed by a guided walking tour of the High Line, a park created from a former raised railway, which runs up the Westside of Manhattan. The Highline provides a unique view of the city, from two stories up. Explore Hudson Yards and The Vessel, an outdoor labyrinth of staircases that reach 16 stories high. Upscale shopping and Spanish Food Market are not to be forgotten. Hudson Yards, located between 10th and 12th Avenues from West 30th and West 34th Street. **Discounts do not apply.**

Saturday, May 22, 2021

8:30 a.m. departure
Newtown High School

6 p.m. return
Price: \$125

SAT/PSAT Prep: Prepare for Nov. SAT

The
Princeton
Review®

The Princeton Review
and Newtown Cont. Ed.
have partnered to help
get you into your
dream school.



Newtown High School SAT Prep Course:

Knowledge of the test format and a review of test material are very helpful for your student's success. Emphasis will be on basic test-taking techniques, to aid students with the testing process. This 24-hour program is given by teachers who have been carefully screened for their SAT expertise, ability to present the information and test-taking skills in a professional manner.

Math: Beginning with sample questions and progressing through Math itself. Discussion includes strategies and pinpointing the common mistakes students fall into when purposely "tricked" by the SAT.
English: Sample writing, vocabulary and approaches to narrowing down answers. Familiarizing students with the vocabulary and reading content in the SAT. Focus on increasing reading speed. Barron's Books strategies are outlined.

Discounts do not apply.

Course# FNHS1 Price: \$250
Tuesdays & Thursdays (6-8:30 pm)
Course begins October 6 NHS
(Oct 6, 8, 13, 15, 20, 22, 27, 29, Nov 5, 10
(Last class meets 1.5 Hours)

Course# FNHS2 Price: \$250
Saturdays, October 3 (8am-12pm)
Course begins October 3 NHS
(Oct 3, 10, 17, 24, 31, Nov 7)

Web Course The Princeton Review:

Led by a Princeton Review expert, you'll review all of the content tested on the SAT and master our exclusive test-taking strategies through extensive in-class practice and drills. This Ultimate course is our most popular comprehensive prep course. Includes 18 hours of live classroom prep, plus three full-length practice tests.

Interactive whiteboard, engage with other students, and receive live online instruction.
Receive a personalized study plan, practice tools & more.

Promo Code: Newtown25% - save over \$200 on this course! Other Discounts do not apply

Course# FPR2
Price: \$674.25 (w. Disc)
Class Dates: Oct 21, 22, 27, 28 & 29 Nov 3
Class Time: (6-9 pm)
Suggested Test Dates: Oct 20, 26 Nov 2
Test Time: (5-9 pm)

Register:
www.Princetonreview.com/newtownct

SAT/PSAT Courses

Preparing your student to be confident when taking their SAT/PSAT and to give them the extra knowledge and strategies to test well.

Web Course Lentz & Lentz SAT & PSAT Review:

Classes are taught by the best rated teachers. The verbal part consists of essay writing, grammatical skills, reading comprehension, vocabulary, contextual completions, speed-reading techniques - all applicable to the SAT. The mathematical portion covers a myriad of problems including: arithmetical skills, advanced algebra, basic geometry, functions, exponents (including the famous "tip sheet"), and modern mathematical concepts.

Two sixteen-session classes are being held virtually, live through Zoom. Live online courses consists of the same instructional component, as in-person classes. Easy-to-use screen sharing technology enables instructors to provide real-time instruction.

Course# FLL2 Price: \$415

Weekday Course:

Wednesdays (6-7:30p.m.) English
Thursdays (7:30-9 p.m.) Math
Beginning September 23rd NHS
(Sept 23, 24, 30, Oct 7, 8, 14, 15, 21, 22, 28, 29, Nov 4, 5)

Course# FLL23 Price: \$415

Weekend Course:

Saturdays (9-10:30 a.m.) English
Saturdays (11am-12:30 p.m.) Math
Beginning September 26th NHS
(Sept 26, Oct 3, 10, 17, 18*, 24 & 31)

Testing takes place before the last session course.

Discounts do not apply.

Register:
Call 845-638-2826
or visit www.lentzsatprep.com

Drivers Ed: For the High Schooler

Get in the Driver's Seat, with **The Next Street!**

"Learning to drive should be an easy and worthwhile experience. Anyone can teach you how to drive – but no one can do it like us."
- The Next Street

Benefits of The Next Street Drivers Ed Courses :

Flexible, affordable prices to provide your child with professional instruction.

Full Driver's Ed Course:

30 Hours of classroom and 8 hours of behind-the-wheel often qualifies you for an insurance discount!

License Testing: (additional fee)

You can take the test with The Next Street, have Next Street meet you at DMV, or for an additional fee—they take you to DMV!

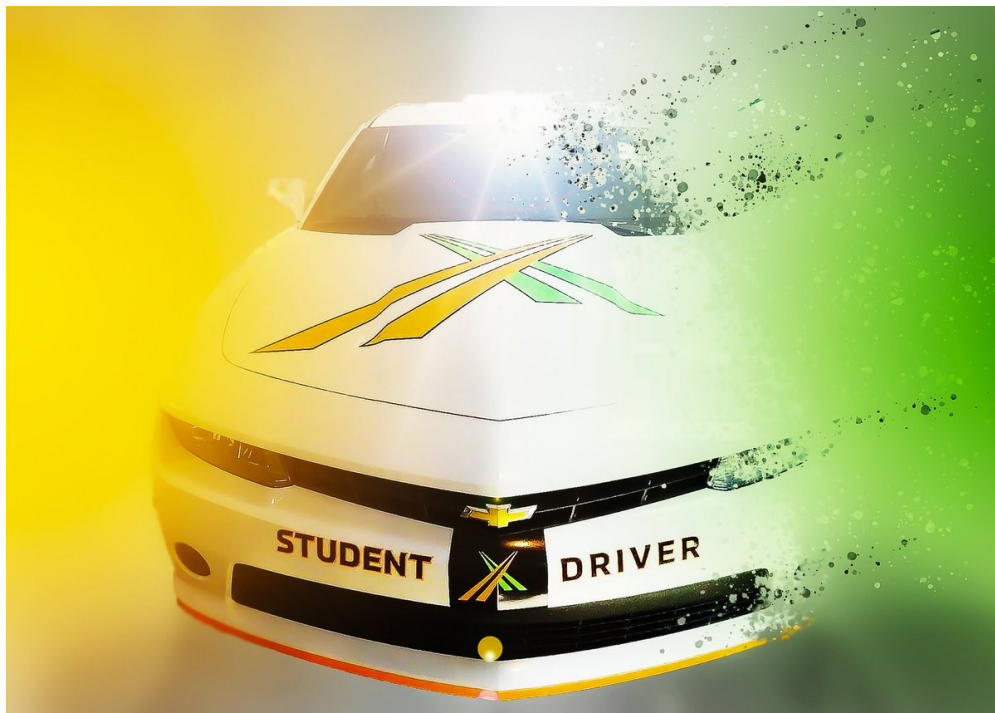
Private Drivers Lessons:

Private driving lessons are 2-hour appointments, and can be purchased at the time of enrollment, or can be added to an existing account.

Students must be 16 years of age at the start of the class.

Call 860.631.4292 for more information or to register.

All Fall 2020 classes are blended learning (virtual classroom and in-person driving).



The Next Street Drivers Ed 30 Hour Course:

This course includes 30 hours of time in the virtual classroom (via Zoom) and 8 hours of private driving lessons, which can be scheduled following the life of Social Distancing. In addition to fulfilling all CT state driver's ed requirements, after completing the course, teen students will have a shorter wait time for their license and most insurance providers will offer a discounted rate.

Course# FDE1 Price: \$599 **Web Course**

After School Course:

Tuesdays & Thursdays (5-7 pm)
Beginning September 22
(Sept 22, 24, Oct 2, 7, 14, 16, 21, 23, 28, 30, Nov. 6, 11, 13, 18, 20)

Course# FDE2 Price: \$599 **Web Course**

After School Course:

Mondays & Wednesdays (5-7 pm)
Beginning October 19
(Oct 19, 21, 26, 28, Nov 2, 4, 9, 11, 16, 23, 30, Dec 2, 7, 9, 14)

Course# FDE3 Price: \$599 **Web Course**

After School Course:

Tuesdays & Thursdays (5-7 pm)
Beginning January 5
(Jan 5, 7, 12, 14, 19, 21, 26, 28, Feb. 2, 4, 9, 11, 18, 23, 25)

Course# FDE4 Price: \$599

After School, In-Person Course:

Mondays & Wednesdays (2:45-4:45pm)
Beginning April 5 NHS
(Apr 5, 7, 19, 21, 26, 28, May 3, 5, 10, 12, 17, 19, 24, 26, Jun 2)

For \$20 Off Use Newtown Discount Code:
LICENSE20

*Other Discounts do not apply

Jewelry & Metalsmithing

Learn the art of metal work and jewelry, with certified art teacher, Lee Skalkos, from Newtown.

Students will experience drawing for design, fabrication and creation of metal pieces. Students will learn cutting with a jewelry saw, filing, forging, twisting of wire, piercing, sanding and polishing. If time allows, students will also learn soldering and torch techniques, possibly stone setting. Lee's metalsmithing students have been awarded 42 gold medals in CT and five national titles. She has been featured in numerous magazines and television spots and was also Victoria Magazines' Entrepreneur of the Year.

No Discounts Apply

Course# FAJ1

Thursdays, October 8 5 classes

(Oct 8, 15, 22, 29 Nov 5)

5:00 - 7:00 p.m.

Newtown High School **Price: \$145**

Lee Skalkos

Certified Art Teacher

Adult Knitting Circle: Intermediate+

For those who can cast on and knit garter stitch, and are ready to build more skills (or have completed the beginner course). Several projects will be created starting with an "oh so cute" hat that can be made in sizes from children to adults, as well as a seamless project "knitting in the round" on circular needles. In this comprehensive, step-by-step, fun class, you'll learn to read patterns, check gauge, master more difficult stitches (including cables) and more! Students need to bring in size 10 (longer length, preferably) straight needles and one skein (150 yards) of worsted weight yarn of their choice to start. Other materials needed discussed in class. Students can also bring independent projects for help and instruction, as well.

Course# FK1: Evening Class:

Thursdays, October 1 8 Classes

(Oct 1, 8, 15, 29, Nov 5, 12, Dec 3, 10)

6:45 - 7:45 pm

Newtown Middle School **Price: \$135**

Course# FK2: Daytime Class:

Wednesdays, September 30 8 Classes

(Sept 30, Oct 7, 14, 28, Nov 4, 11, Dec 2, 9)

12:15 - 1:15 pm

Teen Center

Price: \$135

Nicole Christensen



Adult Beginners Knitting Circle

Make time for yourself and learn to knit! If you've always wanted to knit, but didn't know where to start, or need to brush up on the basics, this course is for you! Learn to cast on, knit, purl and more, creating a fashionable project to start! Knitting is a great hobby that can be transported with you- knit at sports events, waiting rooms...using snippets of time! Learn about different fibers, try out different types and sizes of needles, and more! Crochet basics will also be taught. *Students need to bring in a skein of SUPER bulky-weight yarn (recommended: Lion brand Wool-Ease "Thick N' Quick" available at Joanns, Michaels, or Amazon) of their choice, and US size 13, or 15 knitting needles to start.

Course# FBG1 Evening Session:

Wednesdays, September 30 8 Classes

(Sept 30, Oct 7, 14, 28, Nov 4, 11, Dec 2, 9)

6:45 - 7:45 pm

Newtown Middle School **Price: \$149**

Course# FBG2 Daytime Session:

Wednesdays, September 30 8 Classes

(Sept 30, Oct 7, 14, 28, Nov 4, 11, Dec 2, 9)

11am - 12pm

Teen Center **Price: \$135**

Course# FBG3

Daytime Session

Thursdays, October 1

8 Classes

(Oct 1, 8, 15, 29, Nov 5, 12, Dec 3, 10)

11 am - 12pm

Price: \$135

Nicole Christensen

Web Course



Computer Skills:



Improve your Computer Skills with **Mike Ingber**. Mike has been a computer consultant since 1989. Mike will provide group computer training in specific areas, but tailors the class to ensure beginners or the computer savvy walk away with new knowledge.

All classes are taught by Mike Ingber, Upward Start

Excel Part I

Learn to use Excel, the spreadsheet most used by businesses, students and home-users. Spreadsheets are the best tool for working with rows and columns of information. We will cover working with text, numbers and dates. We will learn how to use formulas and functions, as well as many other features. You will be surprised at how versatile Excel can be and how easy it is to learn. **No Discounts Apply**
Course# FEX1

Wednesday, October 14 **3 classes**
(Oct 14, 28, Nov 4)
6:30 - 9 p.m.
Newtown High School **Price: \$89**

Windows 10 – an Overview

Microsoft Windows has been around for decades, and Windows 10 has been available for a quite a while now. This class will highlight some of the new features included in Windows 10 (such as Cortana, Notifications, the Start Screen, Edge Browser, etc.) as well as discussing some of the ongoing important elements of Windows (such as the Desktop, the Taskbar, and the System Tray). So, if you are looking for some insights and guidance to help you understand more about Windows, come and join us for this class.

Course# FW1
Thursday, October, 1
6:30 - 9 p.m.
Newtown High School **Price: \$45**

Working Remotely: Zoom

You have probably heard about how popular Zoom meetings have become to enable working or socializing from home. This class will help you to feel more comfortable using these remote tools. The class will have a one lecture session
Come join us!

*Sponsored by the Newtown Senior Center

Wednesday, September 30
6:30 - 8 p.m.
Online via Zoom **Price: \$35**

Backup Strategies

Do you backup your irreplaceable computer data? Are you risking losing your precious information? What causes data loss? What can you do to prevent data loss? What should you be backing up? What choices do you have for doing backups? What is an effective backup strategy? Don't wait until you lose precious information. Come to this class for answers to these questions and more!

Course# FBU1
Monday, October 19
6:30 - 9 p.m.
Newtown High School **Price: \$45**

Google Docs & Google Sheets

Do you know a little about word processing and about spreadsheets? If so, you have likely been using Word and Excel for these capabilities. Google offers free versions of word processing and spreadsheet capability called GOOGLE DOCS and GOOGLE SHEETS. These products are becoming quite popular. Come to this one-night class to expand your knowledge of these free cloud-based services.

Course# FGD1
Thursday, October 29
6:30 - 9 p.m.
Newtown High School **Price: \$45**

Staying Safe Online

This class will help you avoid many of the risks that are lurking online. These risks can infect your computer, can steal your personal information, and can cost you money. Among the various topics that we will discuss: security software, passwords, social engineering, phishing, popular scams, recognizing fraudulent emails, popups, malware, ransomware, shopping safely, and the importance of backups. Join us for this 1 for this one-night class to learn more about staying safe online!

Course# FSS1
Monday, November 9
6:30 - 8 p.m.
Newtown High School **Price: \$39**

Future & Financial Planning

Tax Free in Retirement:

Many Americans assume that their taxes in retirement will stay the same or go down. Unfortunately, for most, this may not be the case. Historically, federal tax rates have been as high as 91% in the 50's and 50% in the 80's. Upon retirement, social security maybe taxable as high as 85% to the recipient, and required minimum distributions from retirement accounts can also create substantial taxable income. Include pensions, rental property income, capital gains, dividends, and interest income, and you will see the picture is somewhat unclear on future taxes. Join us to learn about strategies that can help you get closer to a tax free retirement.

Course# FTF1
Tuesday, October 6, 2020
6:30 – 8 p.m.
Newtown High School
Michael Alimo
(USA Financial & Tax Svcs)

Free

Our future and financial planning workshops are led by retirement and financial specialists and or consultants. *As always, please consult your own financial advisor or attorney before making any investment decisions based on specific examples used by our instructors.*



Medicare Basics

Designed for those approaching 65 and or those new to Medicare. A few of the topics included are Medicare Part A, B & D, benefits, costs and various related Medicare solutions. "Medigap," plans (Medicare Supplements), Medicare Health Plans, Medicare Savings Plans, Extra Help, discount drug cards and how Medicare works with other health insurance. This educational workshop will cover many aspects of this somewhat, daunting and complex subject. The goal is to learn about Medicare and to reduce the cost of healthcare.

Course# FMB2
Thursday, September 17 Price: \$9
6:30 - 8 p.m.
Newtown High School

Course# FMB2 **Web Course**
Thursday, September 24
6:30 - 8 p.m. Price: \$9
(Join in by Phone or by Device)

HIQS Group

Web Course Social Security

Maximization

Social Security can provide an income that you can't outlive – But can it provide enough income? In this workshop, we will enhance your Social Security know-how. We will explore the basic rules and guidelines for filing for Social Security retirement benefits, and how one may maximize those benefits for the rest of your life. We will discover that Social Security Maximization can be the cornerstone of a robust, worry-free retirement plan.
(Join in by Phone or by Device)

Course# FSS1
Wednesday, October 7
6:30 - 8 pm
HIQS Group & AAA Retire

Price: \$9

Women in Retirement:

Learn the most common mistakes regarding Social Security—how to avoid them, and how to maximize this benefit. Learn the need-to-know strategies to prevent outliving your hard-earned money in retirement, how to create a legacy that protects you, your spouse or your heirs from the IRS and probate courts. Explore the ways to protect your money from market volatility and the dozens of options available to you. Increase your knowledge and confidence; which will assist you in making the best decisions for a stress-free environment.

Course# FWR1
Monday, October 5, 2020
6:30 – 8 p.m.
Newtown High School Price: \$9
Michael Alimo
(USA Financial & Tax Svcs)

Future & Financial Planning

Basics of Estate Planning, Life Planning & Explanation of Documents

An Estate Plan is both critical and essential to your family. In today's society the "Greatest Gift" that you can leave family members and loved one is an Estate and or Family Life plan. Everyone from Seniors through Millennials, needs to understand the basics of Estate Planning, Family Life Planning and the importance of life documents. The class will go over the processes in establishing a Plan, selecting an Executor, Living Wills, Power of Attorney, a DNR and many more important documents.

Course# FEP1
Tuesday, November 17
6 - 7:30 p.m.
Newtown High School **Price: \$39**
Curt Symes

Long Term Care Planning

All of us are familiar with Health Insurance, but how do we protect ourselves and our income, should a critical illness or critical injury occur? Health Insurance and Medicare do not cover us in these situations – How do we plan ahead for the possible need for Long Term Care? We will explore several approaches to Long Term Care planning in this workshop.

Course# FLT1
Thursday, October 1
6:30 - 8 pm
Newtown High School **Price: \$9**
Course# FLT2
Thursday, October 8
6:30 - 8 pm
(Join in by Phone or by Device)

Web Course

Price: \$9

HIQS Group

Life Planning: For Your College Student

So, you want to prepare your student for college? Maybe you have given thought to the financial process or budgeting, or maybe you haven't! This seminar will go over financials, budgeting, medical and legal considerations; things we haven't even thought about planning for yet. This is a parent or parent and student seminar, that will open up great conversation and get you and your student prepared to open up and talk about topics you may not have considered. ***No Discounts Apply.** Up to 2 people from family.

Course# FLP1
Tuesday, January 12
6 - 7:30 p.m. **Price: \$11 Per Family**
Newtown High School
Curt Symes



What's Happening Now?

Do you know what's happening in Newtown with Boards, Councils, Commissions, Committees and Capital Improvement Projects? This free, hour-long, monthly event sponsored by Newtown Continuing Education, the Commission on Aging, Friends of Newtown Seniors and Curt Symes, Professional Senior Advisor, will discuss and report on current Newtown happenings and hot topics. The seminars will feature relevant guest speakers, and representatives from various town functions. Bring questions, suggestions and topics for discussion. **Limited to 10 participants, pre-registration is required.**

Wednesdays
Sept 23, Oct 4, Nov. 11 & Dec. 9
5 - 6 p.m.
Newtown High School **Free**

So, You Want to be an Author?

Now that you have retired or have some free time, have you been thinking about a new career as a writer or putting together a family memoir? It can be very re-warding and create a legacy for your family to complement your Ancestry Genealogy work. Remember, don't procrastinate—you cannot do it later. This class will be a hands-on, how-to approach by someone currently writing three books and involved in creative writing, editing, printing and publishing.

Course# FA1
Tuesday, November 17
6 - 7:30 PM **Price: \$29**
Newtown High School
Curt Symes

First Aid, CRP & AED Classes :

Offering Blended Learning Courses & a Traditional, In-Classroom Course:

For Blended Learning Courses (Online & Classroom): You will be provided with the American Red Cross, online materials, at least a week prior to Oct 15 (2 1/2 hours of materials), which must be completed on your own time, before coming in for the hands-on skills portion. Please present your completion certification when you come in for the hands-on skills portion.

In-person, hands-on, skills portion of the class is planned for Oct. 15. You must take the hands-on portion, in addition to the online portion to be certified.



Adult & Pediatric CPR/AED

Positively Shocking, LLC provides you with an American Red Cross certification in CPR.

This course is designed so that persons can respond with confidence in an emergency situation. In addition to the CPR/AED class, you can register for a First Aid class.

Course# FAID1

Thursday, October 15, 2020

6:00 - 8:30 pm

Newtown High School

Mary Sireci

Price: \$99

Blended Learning

Positively Shocking, LLC provides you with a 2-year American Red Cross certification in First Aid.

This course is designed to teach persons how to respond in emergency situations and react with confidence.

A CPR/AED class is also available, for an additional fee.

Course# FAID2

Thursday, October 15, 2020

7:15 - 8:15 pm

Newtown High School

Mary Sireci

First Aid

Price: \$85

Adult & Pediatric CPR/AED

Positively Shocking, LLC can teach you the skills and provide you with a 2-year American Red Cross certification in CPR, in an easy, fun and safe environment.

This course is designed so that persons can respond with confidence in an emergency situation. A separate First Aid class is also offered.

Course# FAID3

Thursday, September 24, 2020

6:00 - 8:30 pm

Newtown High School

Mary Sireci

Price: \$99

Pg. 10

Personal Development

Implementing the Genius Creative Skills of Leonardo da Vinci

As a recognized and published researcher in the area of cognitive psychology. I have completed a manuscript on Leonardo's 'mental operacy'. I would like to share some of the unknown secret skills that Leonardo developed, that produced incredible new understanding of scientific phenomena and remarkable works of art. This seminar could help you seek out new insights and perceptual skills that develop creative thinking. It is imperative that we use innovative methods to provoke our minds to raise 'the quality of our thinking' **Discounts do not apply.**

Course# FC1
Thursdays, October 1 **3 Classes**
(Oct 1, 8, 15)
7 - 9 pm
Newtown High School **Price: \$99**
Dr. Rudy Magnan

Security Officer Training

The essential class everyone needs to become a security office in the State of CT. Prepare for your Security Guard License. This dynamic course covers information about the Security Industry, how to be a Security Office and job exploration. CT laws pertaining to self-defense, the use of force, and citizen's arrest will be reviewed. Learn about the use of force continuum, fire safety, the history of security and workplace violence, terrorism, communication skills and more. Upon successful completion of this course, you will be issued a training certificate, required to accompany your license application, to the Connecticut Department of Emergency Services and Public Protection. **No Discounts Apply**

Course# FSO1
Tuesday, October 6 & Thursday, October 8
5:30 - 9:30 p.m. **2 classes**
Newtown High School **Price: \$139**
Louis Bonito
(LJB Security Training & Consulting)

Web Course 20-Min Weeknight Meals

Have you ever come home from work hungry for dinner, but you're too tired to cook? We've all been there! Learn to make quick, healthy, but scrumptious, inexpensive meals, within 20 minutes, that will nourish you. **No Discounts Apply**
Course# FMP1
Sunday, September 27
7 - 8 p.m **Price: \$19**
Stephanie Tornatore
(Fit Couple Cooks)

Web Course Meal Prep Lunches For Your Week

What if, instead of buying take out every day for lunch, you had your lunch already prepared for your work or school day? And what if it was healthy and inexpensive? Join Stephanie as she teaches you how to do just that! **No Discounts Apply**
Course# FMP2
Sunday, October 11
7 - 8 p.m **Price: \$19**
Stephanie Tornatore
(Fit Couple Cooks)



Web Course Fall Garden Tips for Spring Garden Sanity...

In this class, we will discuss how to put your garden and flower beds "to bed" for the end of the season, how to properly store tools and other garden items, and how and what to prune, and how and what to sanitize. Avoid many preventable garden and yard issues, including diseases and other pests throughout the year by doing a few simple things before cold weather sets in. You'll walk away with some great tips!
Course# FG1
Monday, October 19
6:30 - 8:30 PM
Newtown High School **Price: \$39**
Nicole Christensen

Web Course It's Not Over Yet...Fall Planting

It's not over yet! In this class, we'll plan a "fall garden", discussing what to plant now to extend your growing season in both vegetable and flower beds, with tips and tricks. We will also talk about perennials, containers, adding fall color, and thinking spring with bulb planting tips. Both beginner and seasoned gardeners will benefit from this class with great tips!
Course# FG2
Monday, October 5
6:30 - 8:30 pm
Newtown High School **Price: \$39**
Nicole Christensen

The Healing Promise of Qigong & Tai Chi Easy

Ready for the new and improved You? Learn to, "Stay in the Best Shape of Your Life." Activate, "the healer within," using traditional Chinese reflexology, breathing, gentle movement, and meditation. Become balanced, flexible, and graceful—while relieving pain, reducing stress, and healing disease. Enjoy mental clarity, space, peace and relaxation.

Course# FMBT1
Thursdays, October 15 **4 Classes**
 (October 15, 29, Nov. 5, 12)
 6:00 - 7:00 pm
 Newtown High School **Price: \$115**
Audra Mace

Country Western Line Dancing

Once you get moving, you will not be able to stop! Great cardio exercise. If you took this series and missed a few classes, some dances will be repeated, but there are always additional dances to learn! We will also talk about Country Dance technique and dance floor etiquette. Comfortable clothing and flat dance shoes are recommended.

Course# FCW1
Thursdays, October 1 **6 Classes**
 (Oct 1, 8, 15, 22, 29 Nov. 5)
 7:15 - 8:15 p.m.
 Newtown High School **Price: \$89**
Cheryl Carpio

Cardio Dance & Tone

Join us for this fun and effective workout! We will warm-up and then alternate aerobics/cardio dance routines with toning exercises for arms, legs and abs and then finish with stretching. This type of workout has been shown to burn the most fat, as the body readjusts to the varying exercises. All levels are welcome as you can go at your own pace. High intensity and low intensity options will be demonstrated. Please wear comfortable clothing and sneakers and bring hand held weights (or 2 water bottles or soup cans) a yoga, or exercise mat and water.

No Discounts Apply

Course# FCD
Tuesdays **6 Classes**
Session 1: Oct 27, Nov 10, 17, 24, Dec 1,8
Session 2: Dec 15, 22 Jan 5, 12, 19, 26
Session 3: Feb 2, 9,23,Mar 2, 9, 16
 4:30 - 5:30 pm
 Newtown High School **Price: \$69**
Jill Patterson



Web Course

Broadway Burn

This cardio stretch class is set to popular show-tunes from movies, television and of course, Broadway! Low impact interval cardio dance moves are alternated with exercises designed to promote greater range of movement and mobility. Take the stage with a certified trainer, dancer, and group fitness instructor as he leads you through the basic steps that make up the world of theatrical dance. No dance experience necessary. It is recommended that you have a chair in the room, which promotes better balance and core exercise! Wearing comfortable, workout clothing is strongly recommended.

Course# FBB1
Saturdays, October 3 **(5 classes)**
 (Oct. 3, 10, 17, 22, 29)
 8:30 – 9:30 a.m. **Price: \$49**
Matthew Ames

Wellness Sampler

"Variety is the spice of life."
 Relax, let go and have fun sampling an assortment of wellness activities. Breathing, stretching, meditation, yoga, and Tai Chi Easy, qi gong, martial arts, reiki, reflexology, Chakradance and more. This is a "Feel Good," class.

Course# FWS2
Thursdays, October 15 **4 Classes**
 (October 15, 29, Nov. 5, 12)
 7:15 - 8:15 pm
 Newtown High School **Price: \$115**
Audra Mace

Belly Dance Fitness:

Calling all shapes and sizes! Strengthen your core and sculpt your trunk, arms and legs while learning the basics of Middle Eastern Belly Dance! Basic choreography, along with Pop and traditional Middle Eastern music, will have you dancing away the calories. Workout clothes are recommended.

Course# FBD1
Tuesdays, October 13 **8 Classes**
 (Oct 13, 20, 27 Nov 10, 17, Dec 1, 8, 15)
 6:30 - 7:30 p.m.
 Newtown High School **Price: \$99**
Suzanne Candee

Communication & Photography

Web Course

Smartphone:

Photographic Art for Everyone

All levels are welcomed to join in on this class, where we will explore, beyond the basics, to help you take and create gorgeous photographs with your smartphone (iPhone or Android). Whether you wish to simply improve your family photos or learn how to make gorgeous, printable, art for your walls; this class will help you get started and help you progress. Please download the *Snapseed App*, prior to the first class. You will need an iPhone or Android.

Course# *FSP1*

Mondays, October 20 2 Classes

(Oct 20 & 27)

6:30- 8 pm

Price: \$59

Uma Bode

Web Course

Smartphone

Photography: Beginners

Learn how to use your smartphone (iPhone or Android) to create beautiful photographs. This class will take you from the fundamentals of how to use your smartphone camera to how to do basic editing to capture the most vivid and beautiful photographs. Please download the *Snapseed App*, prior to attending the class. An iPhone or Android is required.

Course# *FSP1*

Mondays, October 6

(Oct 6 & 13)

6:30 - 8 p.m.

Uma Bode

2 Classes

Price: \$59



Sign Language for Beginners

Learn a new language in 6 weeks! This class is for the person who has always wanted to learn sign language. A great class to take with a friend or family member so you can practice (or have a new secret with).

No Discounts Apply

Course# *FSL1*

Wednesdays, October 7

6 Classes

(Oct 7, 14, 28, Nov 5, 11, 18)

7 - 8 p.m.

Newtown High School

Price: \$125

Course# *FSL2*

Thursdays, October 8

Web Course

6 Classes

(Oct 8, 15, 22, 29 Nov 5, 12)

7 - 8 p.m.

Price: \$125

Mag Cortese



Exploring History

Jazz, America's Music

Music in all of its forms is the fundamental part of our lives. Jazz is the only true form that was created by musicians in our country. If you have ever been curious, know a little, or would like to learn more.; join me, as we explore this amazing music. Learn about the lives, music and influence of pioneers like Miles Davis, Dave Brubeck, John Coltrane, Chet Baker and others. It's all in the listening. Discover what to listen to and how to listen to this most inventive and creative form of music called, Jazz.

Course# *FJAZ1*

Tuesdays, September 22 6 Classes

(Sept 22, 29, Oct 6, 13, 20, 27)

6 - 8 p.m.

Newtown High School

Price: \$ 99

Bob Chiappetta

Researching our Roots: An Intro into Genealogy

Are you interested in beginning to build your family tree? Join Sarah Miller as she presents strategies for getting started with your ancestral research, using a variety of online sources. We'll focus on the types of American records available and how to locate them. The presentation is followed by guided research time with access to several paid genealogical subscriptions. Please bring family documents and information, as well as a tablet or laptop. This class is designed for those just beginning their ancestral search.

Discounts do not apply.

Course# *FGEN1*

Monday, October 19

5:30 - 8 p.m.

Newtown High School

Price: \$49

Sarah Miller

Researching our Roots: Digging Deeper

Genealogical research is quite rewarding, and can also be challenging. Have you hit a roadblock in your ancestral research? Are you not sure how to find more generations of your family? Join Sarah Miller, as she shares tips and tools to help you dig deeper into your family's past. Sarah will present a case study of how she solved a difficult family mystery and introduce international research. Strategies to feel confident in sourcing your research will be discussed. Please bring any family documents and information you may have, as well as a tablet or laptop for guided research time.

Course# *FJGEN2*

Tuesday, November 10

5:30 - 8 p.m.

Newtown High School

Price: \$49

Sarah Miller

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10 Crosby Street, Danbury

Or Visit their Website at:

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School Closings

Cancellations:

In order to provide the best program possible, we need a commitment at least two weeks prior to your scheduled class. Refunds will not be given without two weeks' notice.

Age Requirements:

- Most classes are open to students ages 16 and older, unless otherwise noted.
- Bus Trips are offered to anyone over 14 years of age, unless otherwise noted or with special permission from NCE.
- State of Connecticut Guidelines suggest individuals over the age of [65] or with other health conditions should continue to stay home and stay safe.

Refund Policy:

- A \$15 charge is assessed to all refunds, refunds are issued with two weeks' notice.
- After the first class (within 24 hours written notice), if a class does not meet your expectations, a credit for future use maybe issued.
- Absolutely no refunds will be given for unforeseeable circumstances, or situations out of our control.

Discounts

The Senior Discount and Early Registration Discount may not be combined, and are for use on select programs. Discounts do not apply to Ed2Go online classes.

Fees

- A \$15 fee will be assessed for any and all cancellations, regardless of reason.
- Returned checks are subject to a \$10 charge.

Make Up Classes:

Make up classes will be offered, either in-person or virtually, depending on circumstance.

Neither refunds, credits, nor proration's, will be given for your absence in a make-up class, regardless of reason.

Arrival for Programs:

Please arrive at least 5 minutes prior to your class, if you arrive earlier, please wait in your car.

Your temperature will be checked prior to entering the building, please do not enter the building before you are screened.

Guidelines

- All District and State of Connecticut recommended guidelines will be adhered to by participants in any Newtown Continuing Education program.
- **Mask** - All instructors and participants are required to wear a facemask or other cloth face covering that completely covers the nose and mouth, unless doing so would be contrary to his or her health or safety due to medical conditions, for which a medical note for exemption will be required in advance of attending a program. If you forget your mask neither a refund nor credit for the class will be issued.

Temperature Screenings:

All participants will be screened to ensure a temperature below 100.4 degrees, or other CDC recommended temperature.

Sanitization:

Classrooms will be sanitized daily and in-between use by custodial staff. Hand sanitizer will be made available.

Social Distancing

- All classes will adhere to 6-foot social distancing, at all times.
- Please do not gather outside of the classroom, or on school grounds.
- Patrons attending Newtown Continuing Education classes are required to limit their travels to their classroom, or if needed, to the bathroom.

Maximum Class Size

All in-person classes will be limited to 10 students or less, and one instructor.

Web Courses

You are to provide your own device. You are expected to adhere to and comply with all Newtown Board of Education policies while attending online courses. Materials will not be provided, unless specified.

Waiver

All participants will be required to sign a waiver for participation in on-site classes.

Visitors

Visitors will not be permitted in the building, only those registered for a program will be given admittance into the building.

Weather Related:

- If day time classes are cancelled because of inclement weather, there will be NO evening classes.
- WLAD Danbury 800, FM WDAQ 98.3, FM WEZN 99.9 and WTNH News Channel 8 broadcast school closings.

Extenuating Circumstances

- If schools are closed to the public at the discretion of the Board of Education or State of Connecticut, make up classes will be given virtually or in a blended learning style for all: computer, PSAT/SAT, Mind and Body, Personal Development, Communication, Photography, history, Driver's Ed, and crafting classes.
- We are not responsible to provide devices to attend virtual classes, some instruction will be given on access to the virtual "classroom," through Zoom or Google Meet, prior to your scheduled class. For seminars, you can join in via phone.
- Bus excursions are subject to cancellation, and will be at the discretion of Friendship Tours or any of their participants. Full refunds, if requested, in this circumstance will be given.

Smoking &

Board of Education Policies:

- All public school buildings and grounds are non-smoking areas, per policy of the Newtown Board of Education.
- Participants are expected to adhere to all District policies, regardless of whether they are attending programs in-person or virtually, with the exceptions of mask and social distancing for virtual programs.

Newtown Continuing Education does not discriminate on the basis of ethnicity, race, color, age, marital status, gender, disability, sexual orientation or religion, mental or physical disability or any other legally recognized protected status in any of its employment practices, school activities, or educational programs.



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Your Full Name: _____ Phone: _____

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Email: _____ Alt. Phone#: _____

Date of Birth (MM/DD/YY): _____

Course: _____ Fee: _____ Total: _____ (inc. disc)

Course: _____ Fee: _____ Total: _____ (inc. disc)

Course: _____ Fee: _____ Total: _____ (inc. disc)

Course: _____ Fee: _____ Total: _____ (inc. disc)

(Be sure to take your discount) **Grand Total: \$** _____

Payment Method: Credit Card (Visa/MasterCard/Amex/Discover) or Check

Credit Card Number: _____

CVV: _____ **Exp:** _____

Signature: _____

Checks Payable to: Newtown Continuing Education Mail to: 12 Berkshire Rd. Sandy Hook, CT 06482