VERNON REGIONAL ADULT BASED AND CONTINUING EDUCATION

SPRING 2017

THE ADULT ENRICHMENT COURSES LISTED IN THIS CATALOG ARE OPEN FOR ENROLLMENT TO ALL ADULTS IN ALL TOWNS.

REGISTRATION BEGINS JANUARY 26, 2017

See Registration Information on Page 32
Call 860-870-6060 or
REGISTER ONLINE AT www.vrabe.org
Enjoy some of our most popular classes as well as our new offerings!

Register Early!

Pages 5 and 6
ART CLASSES

Explore your creative side with one of our Art classes. You can discover the joy of creating with clay, or take a fun ceramic painting class. We also offer Painting in Watercolors and Intermediate Drawing. Recently added, Imaginative Theme Crafting will show you how to make a variety of three-dimensional decorations. Enrollment is limited in these classes so please register early!

Pages 6 to 8
HEALTH IN BODY AND MIND

We offer a variety of classes focusing on body and mind wellness. Join us for Reiki I or II, Crystals & Minerals, Yoga for beginners, a trio of Essential Oils classes, Healthy Eating, A Journey into Consciousness, Meditation, and introducing four new classes, Chair Yoga, Creating Your Healthy Body and Mind, Express Yourself: Managing Stress with Art, and Tai Chi for beginners!

Pages 8 and 9
COMPUTER CLASSES

We offer a wide variety of computer classes from beginner levels to advanced including Introduction to Computing, Excel, and Word.

Pages 11 and 12
CROCHET! KNIT! QUILT! SEW!

Looking for a new hobby or already enjoy one of these? Both beginner and more advanced classes are offered in crochet and knitting. Also this semester, Wednesday Night Quilting, Monday Night Sewing, and Bead Knitting are returning.

Pages 17 and 18
EXERCISE, PHYSICAL FITNESS & SPORTS

Working out has never been so much fun! Join our Zumba, Zumba & Kickboxing or Zumba Toning classes to burn calories and ramp up your energy. For those interested in team sports, you can improve your volleyball skills and meet new people with Intermediate Co-ed Volleyball. Offered new this semester is The Unconventional Workout class. Sign up for one or more!

Pages 23 to 25
FINANCIAL PLANNING CLASSES

Are you planning your retirement, wondering what your Social Security benefits will be, beginning to save for your child’s college education, do you have questions about the stock market, buying a home, or nursing home care? We offer a variety of financial planning classes that address all of these issues. Find one or more that answer your questions!

“Enjoying Life’s Dreams Through Learning”
CLASSES ARE HELD IN VERNON AT THE FOLLOWING LOCATIONS

ROCKVILLE HIGH SCHOOL
70 Loveland Hill Road
Vernon, CT 06066

VERNON CENTER MIDDLE SCHOOL
777 Hartford Turnpike
Vernon, CT 06066

VERNON REGIONAL ADULT BASED EDUCATION/ROCKVILLE (WEST MAIN) LEARNING CENTER
33 West Main Street
Vernon, CT 06066

VERNON YOUTH SERVICES
9 Elm Street
Vernon, CT 06066

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REGISTRATION BEGINS ON THURSDAY, January 26, 2017
REGISTER ONLINE AT
www.vrabe.org
OR BY TELEPHONE AT 860-870-6060

VERNON CONTINUING EDUCATION OFFICE
ROCKVILLE HIGH SCHOOL
70 LOVELAND HILL ROAD
VERNON, CT 06066
860-870-6060

www.vrabe.org
Vernon Regional Adult Based Education

HIGH SCHOOL COMPLETION PROGRAMS
★ CDP - Credit Diploma Program
★ NEDP—National External Diploma Program
★ GED Preparation Classes
★ Orientation required for high school completion programs

OTHER PROGRAMS
Citizenship
College Transition
English as a Second Language (ESL)
On-Line/Distance Learning
Pre-GED (ABE)
Workplace Education

860-870-6060
WWW.VRABE.ORG

See pages 19 through 22 for additional information on these specific programs.

Some Federal funds from The Workforce Investment Act (Title II) are used to fund this brochure. Vernon Regional Adult Based Education is a member of the Connecticut Association for Adult and Continuing Education (CAACE).

Vernon Regional Adult Based Education (VRABE) and 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, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity, or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. VRABE and Continuing Education do not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Inquiries regarding VRABE, Continuing Education and the Vernon Board of Education’s nondiscrimination policies should be directed to Title IX and 504/ADA Coordinator, Karen Giangregorio, 860-896-4667, kgiangregorio@vernon-ct.gov.

All activities offered by Vernon Regional Adult Based Education and Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Dr. Claudia Nunn at 860-870-6060, ext. 14.
POTTERY, HANDBUILDING AND THROWING
Discover the joy of creating with clay for the first time, or get back into a long lost craft. This course will introduce the novice ceramist to foundation skills, including basic proficiency in handbuilding, using pinch, coil and slab methods, and basic proficiency in throwing, centering, lifting, and trimming. Upon completion of the course, students will be able to produce a variety of ceramic pieces and apply glazes to create finished products. There will be a materials fee of $35 payable to the instructor at the first class, to cover the cost of clay and glazes for up to ten pieces per student. There is no senior citizen discount on this class. Enrollment in this class is limited to ten (10) students. Please register early!

Wed. 5:00-8:00 p.m. 10 wks. RHS Starts 2/22
Instructor: Sally Robinson
Fee: $135

IMAGINATIVE THEME CRAFTING
Use your imagination to create a collection of three-dimensional objects primarily using paper and/or plastic as the main medium. Have fun and learn to create themed decorations, matching cards and centerpieces using a wide range of techniques: cutting, folding, molding, stitching and gluing. The techniques used are unique to create beautiful shapes of your choice to include 3D objects such as ballerinas, snowflakes, flowers, butterflies and stars. No experience is required. Enrollment in the class is limited to twelve (12) students. There will be a $15 fee payable to the instructor on the first night of class to cover the cost of supplies. Students should bring 3 pairs of scissors to class (small, medium and large) and a stapler. There is no senior citizen discount on this class.

Tue. 6:00-8:00 p.m. 6 wks. RHS Starts 3/7
Instructor: Tarana Lindsay
Fee: $35

INTERMEDIATE DRAWING
If you love to draw and you feel you already have the basics of drawing, this is the course for you. We’ll build on the skills you already have. We will explore different drawing techniques using various media. These may include pencil, ink, charcoal, colored pencil, and more. If you are weak in a specific area, like perspective or shading, we can address that too. Students should bring their usual drawing materials to the first class. There is no senior citizen discount on this class. Enrollment in this class is limited to twelve (12) students. Please register early.

Wed. 6:30-8:30 p.m. 8 wks. RHS Starts 3/8
Instructor: Sally Balukas
Fee: $45

ONLINE REGISTRATION
Begins on January 26, 2017 at www.vrabe.org
PAINTING IN WATERCOLORS—ADVANCED LEVEL
This class is offered for those students who are ready to move beyond introductory level classes in watercolor painting. This semester will offer somewhat more challenging class assignments. Utilizing the basic techniques they already know, students will explore improving their composition skills, brush techniques, etc. Class members will receive individual attention while working on their paintings and will work at their own pace and skill level. The basic supplies for this class will remain the same as for the beginning class. Additional supplies may be needed as the class progresses. Enrollment in this class is limited to fourteen (14) students. There is no senior citizen discount on this class.
Wed. Morning 9:30-11:30 a.m. 8 wks. Vernon Youth Services Starts 3/8
Instructor: Sally Balukas Fee: $55

HEALTH IN BODY AND MIND
CHAIR YOGA IS FOR EVERYONE!
Everyone is invited to experience yoga using a chair! Learn more about pranayama (breathing techniques) and asanas (physical postures) and the benefit from increased range of motion, balance, strength, flexibility, vitality and mental clarity without worrying about how to get on and off the floor. No mat needed, just bring yourself and an open mind and the desire to experience yoga! During our practice, postures will be modified from a seated position or standing next to the chair. Please wear comfortable clothing, footwear and bring a water bottle. Enrollment in this class will be limited to twelve (12) students. There is no senior citizen discount on this class.
Session One: Mon. 6:30-7:30 p.m. 4 wks. RHS Starts 3/6
Session Two: Mon. 6:30-7:30 p.m. 4 wks. RHS Starts 4/17
Instructor: Jennifer Hirschberg-Wise, OTR/L, RYT 200 Fee: $35

THE MESSAGE IN THE BOTTLE: INTRODUCTION TO ESSENTIAL OILS—PART 1
Are you looking to begin using essential oils? Not sure where to start? Attend this introductory class, and learn which oils should become part of your daily routine, how to apply oils, and even unique ways to use oils to optimize your desired results. Leave class with an essential oil sample, a resource guide, and recipes to help you take your first steps to using essential oils. doTERRA® Certified Pure Therapeutic Grade essential oils are said to represent the safest, purest, and most beneficial essential oils available today.
Wed. 6:00-8:00 p.m. One Night RHS Meets on 3/15
Instructor: Jessica Soucy, Essential Oil Educator Fee: $20

ESSENTIAL OILS: A GARDENER’S BEST TOOL
Essential oils can be valuable tools for every gardener. Whether you are trying to chase away garden pests, improve the health and growth of the plants, or restore those gardener hands, essential oils can help. Come learn about easy ways that
you can use essential oils to enhance your natural gardening experience. Leave class with an oil sample, gardening tips, DIY recipes, and resources to help your garden grow in a nontoxic and natural way!

Wed. 6:00-8:00 p.m. One Night RHS
Meets on 5/3
Instructor: Jessica Soucy, Essential Oil Educator
Fee: $20

CREATE A HEALTHIER, TOXIN FREE HOME
Ditch the rubber gloves and join us for an evening of education on how to use Certified Pure Therapeutic Grade essential oils for a natural and cost effective way to keep your home safe and your body healthy. Take control and say NO to the many unnecessary toxic chemicals that may be lurking within your home. Witness a demonstration of just how simple it is to make your own cleaning supplies. Leave class with a resource guide on which chemicals to avoid, an essential oil sample, and recipe guides.

Wed. 6:00-8:00 p.m. One Night RHS
Meets on 4/5
Instructor: Jessica Soucy, Essential Oil Educator
Fee: $20

EXPRESS YOURSELF: MANAGING STRESS WITH ART
When we think of art and artists, we generally think of the “Masters” or those who have chosen art as a profession. However, we all have a creative spirit inside us. Allowing that creative spirit to be expressed helps us to manage our daily and life stresses. Expressive art is not about the product that is produced but rather the process. It is a way to express a moment and feelings. Art does not have to be “perfect” and within the lines or look like a photograph. Creating through art is a way in which one can connect with themselves and to process life experiences. It can provide relaxation and reduce stress offering a pathway to wellness. This three-class workshop series will inform, guide, and instruct participants as they actively engage in various forms of expressive art to reduce stress and promote well-being. No artistic talent is needed. Enrollment in this class is limited to fifteen (15) students. There is a $10 materials fee payable to the instructor in cash at the first class. There is no senior citizen discount on this class.

Wed. 6:00-8:00 p.m. 3 wks. RHS Starts 3/22
Instructor: Lisa Huppert
Fee: $35

HEALTHY EATING – WHAT IT REALLY LOOKS LIKE!
Ever wonder what healthy eating really looks like? With an overload of health shows on TV, articles circulating on the Internet, blogs and posts on social media, it can be confusing and difficult to determine what healthy eating even means! Lindsey Kent, Registered Dietitian for ShopRite of East Hartford and Manchester, will be breaking down simple ways to get your plate in shape. We will be discussing the basics of healthy eating and how to fill your plate with foods that will provide you essential nutrients while increasing your energy, improving your health and mood. Learn how to make the best food choices for you and your family with delicious recipe ideas, easy tips for healthy food swaps, tools for support, and inspiration!

Mon. 6:00-8:00 p.m. One Night RHS
Meets on 5/8
Instructor: Lindsey Kent, RD
Fee: $25

A JOURNEY INTO CONSCIOUSNESS
What is one thing that all human beings do all day, every day? The answer is we interact with, and react to, an endless parade of people, things, and events. How we react always determines our life experience in any moment or period. Our choices always result in either an experience we describe as happiness and peace of mind, or unhappiness and stress. We cannot experience happiness and stress at the same time. This class will (1) allow you to become conscious of how you currently react to and are affected by the people and events you encounter, and (2) provide you with common sense, powerful tools and methods that will have an immediate practical application and relevance in your daily life as you learn to consciously choose and reclaim control of your thoughts, and therefore, your emotions.

Tue. 6:30-8:30 p.m. 6 wks. RHS Starts 3/7
Instructor: Marshall J. Levinson
Fee: $55

MEDITATION FOR SPIRITUAL AWAKENING
“Imagine you are carrying a private retreat around inside you, a sanctuary you can visit whenever modern life gets too much. Imagine contentment and freedom from fear—whenever you wish it. You are imagining the peace of body, mind and soul that meditation can bring you,” as stated by Rajinder Singh. Whether you are already meditating or a beginner, this

continued on next page
class has something to offer you. Learn how meditation enhances physical, mental and emotional well-being. Using some guided imagery, some mental exercises and a simple technique of meditation, you can begin your personal transformation allowing inner peace to permeate your life. Suggested reading before, during, and after this class would be Inner and Outer Peace Through Meditation, by Rajinder Singh.

Wed. 6:30-7:30 p.m. 3 wks. RHS Starts 5/3
Instructor: Clare Vidich
Fee: $35

REIKI LEVEL I
The Reiki system, a gentle “laying-on” of hands technique, helps restore balance in our lives and works on a holistic basis. It promotes well-being on a physical, emotional and spiritual level, recognizing the body’s ability to heal itself. In the Level I Instruction course, students will receive a training manual. You will learn the history and effects of Reiki, receive complete instructions for self-treatment, and receive the Level I attunement. Enrollment in this class is limited to fifteen (15) students. There is no senior citizen discount on this class.

Tue. 6:00-8:00 p.m. 4 wks. RHS Starts 3/7
Instructors: Lisa Huppert
Rev. Heather DeLusso
Fee: $90

REIKI LEVEL II CERTIFICATION CLASS
The Reiki system, a gentle “laying-on” of hands technique, helps restore balance in our lives and works on a holistic basis. It promotes well-being on a physical, emotional and spiritual level, recognizing the body’s ability to heal itself. In the Level 2 Instruction course, students will receive a training manual. They will receive Level 2 sacred symbols and attunement, as well as Reiki 2 Practitioner Certification. The last session will incorporate a practicum part in which participants will practice proper hand placements for treatment. Enrollment in this class is limited to fifteen (15) students. There is a $5 materials fee payable to the instructors in cash at the first class. There is no senior citizen discount on this class.

Tue. 6:00-8:00 p.m. 3 wks. RHS Starts 4/4
Instructors: Lisa Huppert
Rev. Heather DeLusso
Fee: $75

BEGINNER TAI CHI
Do you have sweatpants? A t-shirt? Are you breathing? Then Tai Chi may be for you! In this beginning Tai Chi class, we will link breathing with slow and gentle movements. Come to this class to stretch a little, practice some Qi Gong breathing exercises, release tension, move around a bit, and work on a Tai Chi form. Be prepared to let go of expectations, feel good and let your own body wisdom guide you through a peaceful, meditative Tai Chi practice. Enrollment in this class is limited to fifteen (15) students. There is no senior citizen discount on this class.

Mon. 6:30-7:45 p.m. 8 wks. RHS Starts 3/6
Instructor: Cynthia Barlow
Fee: $65

HATHA YOGA – BEGINNER CLASS
This course is open to beginner students and will focus on basic yoga postures, breathing techniques, stretching and relaxation. Students who enroll in this course need to be physically able to perform the postures taught in this beginner level class. Balancing aids are used to go deeper into the connective tissue and into the stretch. Yoga is a way to explore the mind and body connection. Please wear comfortable clothing and bring a yoga mat and a water bottle with you to class. Enrollment in this class will be limited to twelve (12) students. There is no senior citizen discount on this class.

Session One: Tue. 6:30-7:30 p.m. 8 wks. RHS Starts 3/7
Session Two: Wed. 6:30-7:30 p.m. 8 wks. RHS Starts 3/8
Instructor: Kim Rivest
Fee: $55

COMPUTER CLASSES
EXCEL INTRODUCTION
This course will offer you the basic principles involved in creating a spreadsheet for business or personal use. In addition to learning how to create, save, print, modify and enhance worksheets, you will gain a thorough knowledge of formulas and functions. Also covered in this session will be an introduction to chart and graph making. This hands-on course is intended for someone with a working knowledge of PC’s, the keyboard and the mouse. At home practice is always helpful; therefore, it is recommended that students taking this course have this program installed on their home computer.

Wed. 6:00-8:00 p.m. 8 wks. RHS Starts 3/8
Instructor: Marjorie Cox
Fee: $85
COMPUTER CLASSES OFFERED AT THE ROCKVILLE (WEST MAIN) LEARNING CENTER

INTRODUCTION TO COMPUTING
Are you lost when you sit down at your computer? If so, this is the course for you. In this beginner course you will learn the basic parts of the computer, what the little pictures represent on the computer desktop, and how to move the mouse around the screen. We will practice opening and closing programs, sizing and moving windows, and creating and saving documents. We will briefly explore the Internet and touch on the basics of email.

Monday Morning 9:30-11:30 a.m. 8 wks.
Rockville Learning Center Starts 3/6
Instructor: Marjorie Cox
Fee: $85

INTRODUCTION TO WORD
THE PREREQUISITE FOR THIS CLASS IS A GOOD UNDERSTANDING AND WORKING KNOWLEDGE OF THE KEYBOARD AND THE MOUSE AND/OR THE SUCCESSFUL COMPLETION OF AN INTRODUCTION TO COMPUTERS COURSE.
The focus of this course will be on the basic workings of Microsoft Word. This class will cover such things as creating documents, learning the toolbars, learning to format documents, how to correct errors using spell check, how to change fonts and sizes, how to find and replace features and how to set up a page to print. In order to complete assigned projects, it is recommended that each student have access to a computer outside of class with the subject program installed. We will be working with Microsoft Office 2007 in this class.

Monday Afternoon 12 noon to 2 p.m. 8 wks.
Rockville Learning Center Starts 3/6
Instructor: Marjorie Cox
Fee: $85

EXCEL INTRODUCTION
This course will offer you the basic principles involved in creating a spreadsheet for business or personal use. In addition to learning how to create, save, print, modify and enhance worksheets, you will gain a thorough knowledge of formulas and functions. Also covered in this session will be an introduction to chart and graph making. This hands-on course is intended for someone with a working knowledge of PC’s, the keyboard and the mouse. At home practice is always helpful; therefore, it is recommended that students taking this course have this program installed on their home computer.

Tuesday Morning 9:30-11:30 a.m. 8 wks.
Rockville Learning Center Starts 3/7
Instructor: Marjorie Cox
Fee: $85

INTERMEDIATE EXCEL
This class is designed for people who are already familiar with Excel. Concepts include: creating, modifying and formatting charts, sorting/filtering lists and tables, linking data, using templates, and creating and using named ranges in formulas.

Tuesday Afternoon 12 noon to 2 p.m. 8 wks.
Rockville Learning Center Starts 3/7
Instructor: Marjorie Cox
Fee: $85

COOKING

COOKING ITALIAN
Do you love to eat? Do you love to cook and just want to learn some new techniques to simplify the process? Find out just how easy Italian cooking can really be! This course will be somewhat interactive, with all students helping with the prep each week and some doing the actual cooking. Bring your appetite and enjoy sharing a meal, good company and conversation. At the end of each class you will leave with a printout of the evening’s recipes. There is a lab fee of $45 payable to the instructor the first night of class to cover the cost of food, plates and utensils for all five weeks of class. Please bring containers for taking extra food home. Enrollment in this class is limited to twelve (12) students. There is no senior citizen discount on this class.

Session One: Wed. 6:00-8:00 p.m. 5 wks. RHS Starts 3/8
Session Two: Wed. 6:00-8:00 p.m. 5 wks. RHS Starts 4/19
Instructor: Elyse Fila
Fee: $40

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register.

If there are not enough registrations the week before the class begins, the course may be cancelled.
SOUL FOOD
This class will celebrate foods from the South by making traditional dishes known as “soul food”. We will make a full meal and then share it family style. On this evening, the meal will be catfish, jambalaya, biscuits, collard greens, black-eyed peas, macaroni & cheese, sweet potato pie and sweet tea. Fee for supplies is $15 cash payable to the instructor. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 3/6
Instructor: Lori Gilmore
Fee: $25

SOUL FOOD
This class will celebrate foods from the South by making traditional dishes known as “soul food”. We will make a full meal and then share it family style. On this evening, the meal will be fried chicken, cornbread, rice & beans, black-eyed peas, okra, hushpuppies, shrimp & grits, pecan pie, and sweet tea. Fee for supplies is $15 cash payable to the instructor. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 3/13
Instructor: Lori Gilmore
Fee: $25

CUPCAKE ESSENTIALS
Learn the basics of making cupcakes from scratch and then experiment with flavor combinations. We will make ten flavors of buttercream frosting and then mix and match them with a chocolate or vanilla cake. Flavors include Biscoff, Nutella, caramel, raspberry, mint, maple, cookies and cream, peanut butter, and, of course, chocolate. Fee for supplies is $10 cash payable to the instructor. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 3/20
Instructor: Lori Gilmore
Fee: $25

BACON TO THE MAX
Who doesn’t like bacon? We will make the entire hallway smell good while we make, test, and taste a wide range of appetizers starring bacon. Possible dishes include bacon crab dip, bacon-beer cheese fondue, bacon stuffed mushrooms, bacon soup shooters, and bacon and cheddar puff pastry. Fee for supplies is $15 cash payable to the instructor. Bring your appetite and a medium container for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 3/27
Instructor: Lori Gilmore
Fee: $25

POLISH FAVORITES: PIEROGIES & GOLABKI (Stuffed Cabbage)
Learn how to make dumplings filled with caramelized cabbage, and potato and cheese. We will also make golabki – cabbage leaves stuffed with spiced meat and rice and topped with a tangy tomato sauce. Fee for supplies is $15 cash payable to the instructor. Please bring a container with you for any leftovers. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 4/3
Instructor: Lori Gilmore
Fee: $25

SAVORY CUPCAKES
Interested in expanding your current classic cupcake repertoire? Join this class to experiment with savory profiles such as basil-zucchini with mascarpone, chocolate chipotle bacon, almond cake with strawberry and balsamic reduction, fresh dill and lemon, sweet potato with blue cheese frosting, and chocolate with goat cheese and red wine reduction. Fee for supplies is $15 cash payable to the instructor. Please bring a carrying case for extra cupcakes. Enrollment is limited to twelve (12) students.

Mon. 6:00-8:30 p.m. One Night RHS
Meets on 4/24
Instructor: Lori Gilmore
Fee: $25

ONLINE REGISTRATION
Begins on January 26, 2017 at www.vrabe.org
CROCHET AND KNITTING
SEWING AND QUILTING

CROCHET 101
This class is for anyone wishing to learn or review the basic techniques of crochet and enhance their creative abilities. You will be taught the proper way to hold the crochet hook, the important parts of the crochet hook, proper holding of the yarn and how to put a slip knot on the hook. You will master the six (6) basic crochet stitches, learn the importance of the foundation row, and what turning chains represent. You will learn to recognize stitches and how to correctly count stitches and rows. Reading of crochet patterns, crochet language and terminology will also be taught. You will even learn how to add new yarn to your crochet piece and how to change colors within your crochet piece. Please bring to class a crochet hook, size I or J, as well as two (2) different solid color skeins of “Red Heart Yarn #4”, medium worsted weight. Please bring light colored yarns as it is easier to see your stitches and rows. You will also need small scissors, a plastic yarn needle, a measuring tape and markers. Enrollment in this class is limited to ten (10) students. There is no senior citizen discount on this class.

Tue. 6:00-8:00 p.m. 8 wks. RHS Starts 3/7
Instructor: Diane Snarski
Fee: $65

CROCHET 102
Continue on to the next level of crocheting and increase your skills and knowledge in this wonderful field of needle art. Understanding of and ability in basic crochet skills are required for this next level class. Here you will be taught the next level of working rounds, shaping techniques, working with color, reading and further understanding of patterns beyond basic patterns, creating a crochet button, buttonhole and button loop, and an introduction of stitch patterns and multiples. A crochet project will be assigned on the first night of class. This will be a group project worked on together in class and as homework, which will incorporate the techniques learned in this second level class. Please bring all of your crocheting tools to class along with one or two skeins of solid color, medium worsted weight #4 yarn (no dark colors), as well as a true desire to learn and increase your crocheting knowledge. Enrollment in this class is limited to ten (10) students. There is no senior citizen discount on this class.

Wed. 6:00-8:00 p.m. 7 wks. RHS Starts 3/15
Instructor: Diane Snarski
Fee: $60

BASIC KNITTING FOR BEGINNERS
This class is for anyone who would like to learn basic knitting techniques. In this eight week class, you will learn how to read a pattern. You will also learn casting on stitches, the knit and purl stitch and how to bind off your knitting. We will also get into discussing terms and different yarns and what they are used for. Learn how easy and fun it is to create a dishcloth! A supply list will be mailed to you at the time of registration. Enrollment in this class is limited to eight (8) students. There is no senior citizen discount on this class.

Wed. 6:30-8:30 p.m. 8 wks. RHS Starts 3/8
Instructor: Pauline Shamonis
Fee: $65

BEAD KNITTING
You must know how to knit, purl, cast on and bind off. You will learn the two techniques of bead knitting while you make two cowls. You will be learning how to pre-string your beads, join your work in the round, place your beads, how to read a pattern, and finishing your cowl. Then you are ready to move on to many more beaded designs. A supply list of things needed for the class will be provided when you register. A materials fee of $14 to cover the cost of the pattern and beading needle will be payable to the instructor on the first night of class. Enrollment in this class is limited to eight (8) students. There is no senior citizen discount on this class.

Wed. 6:30-8:30 p.m. 4 wks. RHS Starts 3/8
Instructor: Joanne Kupferschmid
Fee: $40

KNITTING CABLES
Come learn how to do cables…it’s not as hard as it looks! We will be making a cable cowl just in time for the cold weather. Students must know how to knit and purl. A supply list of things needed for the class will be provided when you sign up. Enrollment in this class is limited to eight (8) students. There is no senior citizen discount on this class.

Tue. 6:30-8:30 p.m. 6 wks. RHS Starts 3/7
Instructor: Pauline Shamonis
Fee: $55

MONDAY NIGHT SEWING
Sewing for beginners and beyond. A beginners’ class and a class for those who have just started to sew and want some help. We will focus on learning to use and sew with an approved Learning to Sew pattern or beginner’s pattern from McCall’s or Simplicity. By starting with a Learning to Sew or beginner’s pattern, you

continued on next page
will be learning all the basics. In 10 weeks, you may be able to complete more than one project. We will cover the basics – how to read a pattern, how to layout your fabric, how to layout pattern pieces, correct sewing stitches, and seams, elastic waists, zippers and hemming as they pertain to your pattern. You must have your own sewing machine in good working order to bring to class as well as basic sewing supplies. A supply list will be emailed prior to class for those requesting the information. Class is limited to ten (10) students. There is no senior citizen discount on this class.

Mon. 6:00-9:00 p.m. 10 wks. VCMS Starts 3/6 Instructor: Marie Kopp Fee: $70

WEDNESDAY NIGHT QUILTING

Make your first quilt or continue to gain experience working on another. This beginner and beyond class will help you gain the confidence in quilting. The focus of this class will be on improving cutting and sewing techniques as you work on your quilt. Students may work on a project of choice to continue to build on skills learned. All students must bring their own sewing machine in good working order with a ¼" quilting foot. We will use basic sewing and quilting supplies and learn the tools of the trade. Students can work on a small quilt or communicate by email with the instructor on individual projects. Students from previous beginner classes are welcome! A sampler supply list will be mailed prior to class to those requesting the information. This is a great class to finish up those quilts in your stash. Enrollment is limited to fourteen (14) students.

Wed. 6:00-9:00 p.m. 10 wks. VCMS Starts 3/8 Instructor: Marie Kopp Fee: $70

DANCE, DANCE, DANCE

BEGINNING COUNTRY WESTERN DANCING FOR COUPLES

Country Western (C/W) Dancing has become the most popular social dance phenomenon the nation has ever seen. C/W dance can be performed to Country music as well as to Pop, Rock, Ballroom, and even Techno music. In this 8-week class, you will have the opportunity to learn the basics of the 10 most popular C/W couple and partner dances performed across the nation. The list of the couple dances to be taught include: Single, Double, and Triple Rhythms of the Texas Two-Step, Three-Step, One-Step, Country Waltz, Western Polka, plus the Cotton-Eyed Joe, 10-Step, and Schottische partner dances. Emphasis will be made on proper C/W dance styling, leading and following techniques, dance/music distinction, and the development of dance move amalgamations. Beginning through intermediate level moves and twirls will be taught using the “Dance Move Building Block” method. Once one pattern is learned, the remaining patterns become easier and easier to learn. Dancers will even have the opportunity to develop and create their own dance moves and amalgamations utilizing the “Dance Move Paradigm” method. Class is designed for the beginning dancer, no experience necessary. A graduation “dance” is always planned for the last day of class. Registration for this class must be done as couples. Enrollment is limited to fifteen (15) couples.

Tue. 6:00-7:30 p.m. 8 wks. RHS Starts 3/7 Instructor: Chris Hookie Fee per Couple: $75 (THERE IS NO SENIOR CITIZEN DISCOUNT ON COUPLES DANCING CLASS.)
LINE DANCING FOR BEGINNERS
Come dance with us! This class is all about line dancing and having fun. We will dance to a variety of music—not just country, but also to pop, big band, oldies, Latin and R&B. This is a BEGINNER level line dance class and the dances taught in class will reflect that. We will start with basic steps and patterns and build on those each week. If you have never line danced before, or if you have some dance experience but want to continue to work on your basic skills, this class is for you! Since this class is an on-going class we have a mixed group of experience levels: 1) brand new beginners just starting out for the first time, 2) fairly new dancers back for their second or third session, and 3) seasoned dancers who have been dancing for years but enjoy the pace of the class. Each week when you come in there will be “warm-up” music playing before class starts and you will see people out on the floor dancing. During warm-up time you will hear a variety of music both from the current session as well as music from dances learned in previous sessions. Of course, on week one, if you are new then everything will be new to you. We want you to feel comfortable, so just jump in and see what you can do. Before you know it, you will be out on the floor dancing up a storm! There is a 25% senior citizen discount on this class. Please wear comfortable closed back shoes—no boots that will mark the floor please. Bring a water bottle, and it is a good idea to dress in layers since once you start dancing it warms up fast.
Mon. 6:30-8:30 p.m. 10 wks. VCMS (Cafeteria)
Starts 3/6
Instructor: Sarah Preston
Fee: $85

LINE DANCING BEYOND BEGINNER... PROGRESSIVE LINE DANCING
This class is for you if you are ready to “step” your dancing up to the next level. To participate in this class you will need knowledge of line dance terminology, basic patterns and steps. Dances taught will be a mix of classics that should be part of every dancer’s repertoire along with some of the exciting new dances out there. We will dance to a variety of music including country, pop, big band, oldies and Latin. The variety of music that you can line dance to is simply amazing. Previous line dancing experience or approval of the instructor is required for participation in this class. There is a 25% senior citizen discount on this class.
Wed. 6:30-8:30 p.m. 10 wks. VCMS (Cafeteria)
Starts 3/8
Instructor: Sarah Preston
Fee: $85

ENRICHMENT AND PERSONAL DEVELOPMENT CLASSES

ANIMAL COMMUNICATION
Ever wonder what your pet was thinking? This class teaches the student the basics to intuitively connect with their pets. This skill can be used to address behavioral issues, end of life issues, and to help heal the emotional scars of “rescue” pets. Please bring pet photos to class (not photos on cell phones or laptops).
Wed. 6:00-9:00 p.m. One Night RHS
Meets on 3/29
Instructor: Karen Cote
Fee: $25

ANIMAL REIKI
This class is intended for anyone who is interested in learning Reiki for animals. Reiki can serve animals in the following ways:
- Maintaining health and well-being through regular sessions
- Aiding in pain management for animals who are ill or injured, as well as post-surgery
- Promoting relaxation and calm for animals with emotional issues, anxiety, separation anxiety or stress (including pre-surgery)
- Increasing bond between human and animal – a great way to ease an animal’s transition to a new home environment or to enhance training your pet
- Bringing peace and comfort to our animals that helps ease their transition to the rainbow bridge
In this class you will learn about the history of Reiki, receive your attunement and learn some basic principles for working with animals. Animals are highly intuitive and sensitive to the energies of their surroundings. Reiki is a healing energy that can be used alone or as a complement to other healing practices, balancing the energy patterns and strengthening the animal’s natural healing systems. When this is accomplished, the animal’s body, mind and spirit is at optimal performance and can heal itself. A workbook will be provided. Certification provided upon completion of course. There is a $5 materials fee payable to the instructor in cash at the first class.
Wed. 6:00-8:00 p.m. 4 wks. RHS
Starts 3/29
Instructor: Rev. Heather DeLusso
Fee: $45
BICYCLE REPAIR CLASS
OFFERED AT PEDAL POWER
This class will be offered at Pedal Power, 520 Hartford Turnpike, Vernon, CT. Learn the inner workings of your bicycle with the crew at Pedal Power. After completing this two-night class, you will have a working knowledge of adjusting your gears, brakes, bearing surfaces and straightening wheels. You will also learn what specialized tools are required to properly tune your bicycle. If you aspire to becoming a bicycle mechanic, this class is the perfect primer. This class will be taught by a seasoned bicycle mechanic so any and all questions are welcome. The course content is based on a standard bicycle with rim brakes and external gears. Please do not bring your bicycle to class as a demonstration bike will be supplied. Suspension component and hydraulic brake questions are welcome after the class. Repair manuals and special tools will be available for purchase at a discounted rate with your enrollment in this course. Enrollment in this class will be limited to fifteen (15) students. We must have a minimum of eight (8) students in order to hold the class. There is no senior citizen discount on this class.

Thursday 6:00-8:00 p.m. 2 wks.
Meets on 3/9 and 3/16
Instructor: Dean Whipple
Fee: $39

ABOUT BOATING SAFELY
This beginner boating class, taught by certified instructors of the U.S. Coast Guard Auxiliary, will prepare you to obtain a Connecticut Boating Certificate (License) which allows you to drive a Personal Water Craft or any boat up to 65 feet. Students will gain knowledge needed to boat safely, avoid problems and enhance their enjoyment of on-the-water activities through lectures, demonstrations, and audiovisual presentations.

Tue. 6:30-9:00 p.m. 6 wks. RHS Starts 3/7
Instructors: David Marriott & Eileen Christensen
Fee: $45

BOOK CLUB 101
This seminar is designed for readers who want to enhance their love of books through exploring the benefits of belonging to a successful book club. If you’re planning to launch a book club, considering joining an existing club, or already belong to a club and want to improve it – this interactive program will provide lots of useful information. The facilitator has enjoyed discussing books with the same core members of a book club that has been together for 18 years. The many topics covered will include: selecting books that generate better discussions; keeping a good balance between discussing books and having social conversations; convincing your book club to select books you want to read; leading book discussions; and any related subjects raised by participants. There’s no one size fits all when it comes to book clubs so let’s get together with fellow book lovers and see what we can learn from each other.

Mon. 6:00-8:00 p.m. 4 wks. RHS
Starts 4/17
Instructor: Lauren Lalancette
Fee: $30

INTERMEDIATE BRIDGE
The prerequisite for this course is the completion of Beginner Bridge with Mr. Kelly, or bridge playing experience.
This will be a hands-on bridge class where students will play the game with the instructor giving guidance and direction. Players should have experience in bridge basics or have mastered the concepts taught in the beginner bridge course. This is a great opportunity to utilize your knowledge of beginning bridge and the practical application of bidding, responding and playing. A maximum of sixteen (16) players will be taken in this class.

Mon. 6:30-8:30 p.m. 8 wks. RHS Starts 3/6
Instructor: Jim Kelly
Fee: $55

TOOLS FOR CAREER SUCCESS
Are you searching for that dream job? If employed, are you satisfied with your current job? Anyone can achieve career success including financial certainty in a job market which has become increasingly contract based. Outsourcing, mergers and acquisitions are all a reality of business life. Armed with the right tools and strategy, anyone can thrive in any job market. Learn how to analyze any job description and how to write your resumé in business language so that you stand out from the crowd of other applicants competing for the best jobs. If already in a job, learn how to jump start your career and be seen as a valuable asset to your employer. In this course, learn six key tools which will energize your career success. Enrollment in this class is limited to twelve (12) students.

Mon. 6:00-8:00 pm. 3 wks. RHS Starts 3/20
Instructor: Ted Lloyd
Fee: $35

ONLINE REGISTRATION
Begins on January 26, 2017 at www.vrabe.org
CREATIVE SOLUTIONS FOR ARTISANS
Taking the leap from “hobby” to “business” is scary. Whether you have already made the leap, or are just considering it, we provide you the tools you need to succeed as a creative business owner. In this course, you will discover budget friendly solutions to build a strong business foundation, understand advertising options, and craft an ongoing strategy for success. We inspire you with “out of the box” ideas, and introduce you to budget friendly resources. Our goal is to empower you to find the confidence you need to be a successful creative business owner. Join us and learn a whole new perspective!
Wed. 6:30-8:30 p.m. 4 wks. RHS
Starts 3/8
Instructor: Jenn Webb
Fee: $35

PROTECT YOURSELF FROM CYBERCRIME...WITHOUT BEING A GEEK!
Are you concerned about identity theft and cybercrime? Ever wonder how cyber criminals seem to easily steal information? The truth is, criminals do not need to work that hard or be too technical because the vast majority of cyber threats we face today require human action in order for them to succeed. Absolutely NO technical knowledge is needed to effectively protect yourself or your business from cybercrime. By implementing free or low cost behaviors and practices, anyone can reduce their chances of becoming a victim of cybercrime. The remaining risk can then be managed with an effective response plan. Learn how to protect yourself, your family and your business from cyber criminals in this 2-hour session – no technical knowledge required.
Mon. 6:00-8:00 pm. One Night RHS
Meets on 3/6
Instructor: Ted Lloyd
Fee: $25

DIGITAL PHOTOGRAPHY - BEGINNER LEVEL
Maybe you own a digital camera, but are not getting the quality images you want; or, maybe you are getting some good pictures but don’t know why. If so, then this course is for you. All the basics of photography will be covered, including setting the aperture, shutter speed, and ISO; working with depth-of-field, selecting lenses; focusing the image; backing-up; as well as simple editing and cataloging. The specific controls on your camera that mystify most beginners will be explained thoroughly. You will learn

BECOME A STOCK PHOTOGRAPHER
If you are an amateur or professional digital photographer who loves taking pictures, you might want to consider stock photography as a possible source of additional income. A stock photographer shoots a variety of images and then sends them off to their stock agencies for them to display on their websites. When magazines, businesses, ad agencies, textbook companies, etc. need photos, they often will purchase existing images from one of these stock agencies, thereby saving the expense of having to hire a photographer to shoot new images. When a stock agency sells a photo, the payment for that sale is shared between the photographer and the stock agency. All aspects of the stock business will be presented. Topics will include determining what kind of images will sell, the equipment needed to shoot them, adding metadata to your images, the keywording process, creating catalogs, types of stock agencies, and everything else necessary to set-up your own stock photography business. Enrollment in this class will be limited to fifteen (15) students. There is no senior citizen discount on this class.
Mon. 6:00-9:00 p.m. 2 wks. RHS
Starts 3/27
Instructor: Peter Glass
Fee: $45

ONLINE REGISTRATION
Begins on January 26, 2017
at www.vrabe.org
DO WHAT YOU LOVE – LIVE LIFE @ 300%
This class focuses on your strengths and your career needs and wants. The result is a fresh, informed, and intentional approach to career attracting. With well-defined values and clarity in what YOU want in a career, never again feel uncertain about whether you’re in the right work experience or not. This is for you if...you are unemployed, you have a job and are not happy or hate it, you are a veteran and looking for work or a new career, you have graduated from high school or college and looking for work or a career, you are looking for self-employment opportunities, and/or you are serious about making a positive change in your current lifestyle. There will be a $5 fee for materials payable to the instructor the first night of class. Enrollment in this class will be limited to fifteen (15) students. There is no senior citizen discount on this class.

Mon. 7:00-9:00 p.m. 5 wks. RHS Starts 4/17
Instructor: Leonard Diana
Fee: $45

LET’S GET ORGANIZED TODAY!
Are you tired of living under all that clutter and don’t know where to start? Jeannette Westwood can help guide, motivate and inspire you in this quest from chaos to calm. With her “Judgment Free Zone” approach, Jeannette will help create balance and harmony so you can feel at home inside and out. You can email questions ahead of time that you would like to discuss in class to LgotodayLLC@aol.com or through her website at LetsGetOrganizedToday.net.
Wed. 6:30-8:00 p.m. One Night RHS
Meets on 3/15
Instructor: Jeannette Westwood
Fee: $25

EMPOWERING PARENTS & THEIR TEENS: From Rescuing to Resilience
Feeling disconnected from your teen? Not sure when to step in and when to allow freedom? Join us for an inspirational workshop for parents of teenagers, where you will participate in experiential exercises and discussion about how to build a better relationship with your teen. Topics covered include trust and communication, letting go at the right time, social media and other teen themes, and self-care for parents.
Wed. 6:30-8:00 p.m. 2 wks. RHS
Meets on 3/15 and 3/22
Instructors: Beth Rhines, MA
Jennifer Hoffman, LCSW
Fee: $30

THE MAN IN THE MIDDLE
Do you really know what your mother-in-law or daughter-in-law thinks? Are you tired of struggling for peace in your relationship and ready to try a new approach? You can improve and have a better relationship with your mother-in-law or daughter-in-law. Relax and enjoy the content, discussions and group activities. Some topics include: assumptions, expectations, fear, grandparents, control, and independence. Whether contemplating marriage or married, this seminar entertains and enlightens. Pam has surveyed women for over 20 years and discussed this topic with them. She began her research as a daughter-in-law and finished as a mother-in-law. Her insights about gaining and maintaining a positive relationship are based on this research. It is the basis for her book, The Princess and The Queen. The book’s secrets are shared in this seminar.
Mon. 6:00-8:30 p.m. One Night RHS
Meets on 3/27
Instructor: Pam Reynolds
Fee: $20

HOW TO LOVE YOUR RETIREMENT!!!
Whether you are already retired, thinking about retiring, or just want to plan for the future, this course is for you. This course, taught by an experienced ten-year retiree, is not a financial planning course. What this course will cover are different aspects of retirement including: staying healthy and fit, keeping your mind and your spirit young, traveling and relocating, volunteering, doing good works, making friends, living with a purpose and more. This is also a great opportunity to meet new people.
Mon. 6:00-8:00 p.m. 6 wks. RHS
Instructor: Tom Allan
Fee: $45

ONLINE REGISTRATION
Begins on January 26, 2017 at www.vrabe.org
PSYCHIC DEVELOPMENT III
The focus of this course is to actually develop your psychic abilities. Each night will be spent working on visualization, healing, ESP experiments, developing the use of tools such as auras, palms, tarot cards, delving into past lives, between lives, and future life projections. The objective is for all students to grow exponentially in their psychic abilities and understanding of self.
Wed. 7:00-9:00 p.m. 8 wks. RHS Starts 3/8
Instructor: Mary Cunningham
Fee: $55

SOAPMAKING FOR FUN!
If you are a soap hobbyist or just like knowing what goes into your soaps, this class is for you! Learn a natural, inexpensive way to make laundry soap, hand soap, and body wash for yourself or others. This liquid soap smells wonderful, is very effective and is just fun to make. It is also a safe and effective soap for sensitive skin without the dyes, perfumes or cost of its commercial counterpart. Making a whole year’s worth of liquid laundry soap for under $10 is worth the time to take this class. Students can take some home with them, so bring a container of your choice to hold 2 cups of laundry soap. There is a $10 fee for supplies payable to the instructor in cash on the night of class.
Session One: Wed. 7:00-8:30 p.m. One Night RHS Meets on 3/29
Session Two: Wed. 7:00-8:30 p.m. One Night RHS Meets on 4/26
Instructor: Valerie Galinski
Fee: $25

UFology
Have you ever wanted to know more about UFOs, famous UFO events, or would like to know more about UFology? This class will provide you with a general understanding of some of the more famous cases and the research tools to go out and study ufology on your own. This class is designed for the beginner/novice.
Wed. 6:30-8:00 p.m. 3 wks. RHS Starts 3/15
Instructor: Michael Panicello
Fee: $30

VOICE-OVERS...
NOW IS YOUR TIME!
YOU’VE HEARD WENDY SHAPEIRO ON TV!
Now hear Wendy LIVE as she illustrates how YOU could actually begin using your speaking voice for commercials, films and videos! Most people go about it the wrong way. Wendy will show you a unique, outside-of-the-box way to cash in on one of the most lucrative full or part-time careers out there! This is a business that you can handle on your own terms, on your own turf, in your own time, and with practically no overhead! And NOW is the best time to make this happen as new companies are looking for new voices like never before. This exciting and fun class could be the game changer you’ve been looking for! Wendy Shapero, a successful voice artist and actor, has been heard on Robot Chicken (with Seth Green), other Cartoon Network shows and more! Join Wendy for a fun-filled and enlightening evening!
Mon. 6:30-8:30 p.m. One Night RHS Meets on 3/27
Instructor: Wendy Shapero
Fee: $20

EXERCISE, PHYSICAL FITNESS AND SPORTS

THE UNCONVENTIONAL WORKOUT
Many people, even serious gym goers, ignore working out their hands. In this class, the focus will be on improving strength and dexterity of the hands. You will learn about and use all kinds of different workout equipment that you have never seen in a gym. All fitness levels are encouraged, and everybody will learn techniques that will instantly increase hand strength as well as decrease hand pain. Proper form will be emphasized, and participants will discover how the correct placement of the hands will increase all lifting potential. All equipment will be supplied by the instructor. Enrollment in this class is limited to fifteen (15) students.
Mon. 7:00-8:00 p.m. 8 wks. RHS Starts 3/6
Instructor: Darren Rueb
Fee: $30

ZUMBA…Join in this fitness craze and have fun!!!
ZUMBA is perhaps one of the best workouts and dance routines you will ever do. Hypnotic Latin and International Rhythms and easy-to-follow moves create this one-of-a-kind fitness program that is known as ZUMBA. Working out has never been so much fun.
continued on next page
Join in this hour-long, calorie-burning, body-energizing, awe-inspiring class. ZUMBA routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the entire body. Modification is provided for both high and low impact. ZUMBA is a move fast, have fun, and feel good workout! Since ZUMBA is a high-energy workout, it is important that students registering to take this class are in good physical health. Enrollment in this class is limited to thirty (30) students. Don’t let yourself be disappointed; register early to secure your place in ZUMBA class. Please wear sneakers, comfortable clothing, and bring a water bottle with you to class. There is no senior citizen discount on this class.

Mon. 6:00-7:00 p.m. 9 wks. RHS Starts 3/6
Instructor: Marlene Michaud
Fee: $70

COED VOLLEYBALL– INTERMEDIATE
This intermediate level volleyball class offers fun-filled evenings as you improve your game. To join this class, you must have the fundamentals of volleyball – bumping, setting, and spiking. Classes begin with warm-up exercises and skill-building techniques. The focus is on team playing. Stay fit and meet new people.

Wed. 7:00-9:00 p.m. 8 wks. RHS Starts 3/8
Instructor: Doug Duda
Fee: $55

ZUMBA & KICKBOXING
ZUMBA and Kickboxing is an innovative muscle training program. With the addition of Kickboxing, the class adds a mix of martial art fitness. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance with cardio. This class is open to everyone; no previous dance, ZUMBA or Kickboxing experience is necessary. Since this class provides a high energy workout, it is important that students registering to take this class are in good physical health. Enrollment in this class is limited to twenty (20) students. Please wear sneakers, comfortable clothing, and bring a water bottle with you to class. There is no senior citizen discount on this class.

Tue. 6:30-7:30 p.m. 9 wks. RHS Starts 3/7
Instructor: Marlene Michaud
Fee: $70

ZUMBA TONING
ZUMBA toning class is an innovative muscle training program with the addition of light weight toning sticks. This class will also include some Kickboxing adding a mix of martial art fitness to the class. Please bring 2 ½ or 3 lb. sand-filled toning sticks, which are similar to maracas or regular weight sticks. In a relatively short period of time, this challenging workout helps in building coordination and muscle endurance with cardio. This class is open to everyone; no previous dance, ZUMBA or Kickboxing experience is necessary. Since this class provides a high energy workout, it is important that students registering to take this class are in good physical health. Enrollment in this class is limited to twenty (20) students. Please wear sneakers, comfortable clothing, and bring a water bottle with you to class. There is no senior citizen discount on this class.

Wed. 6:00-6:50 p.m. 9 wks. RHS Starts 3/8
Instructor: Marlene Michaud
Fee: $65

FLORAL DESIGN CLASSES ARE OFFERED IN THE ROCKVILLE HIGH SCHOOL REGIONAL VOCATIONAL AGRICULTURAL BUILDING

INTERMEDIATE FLORAL DESIGN
Experienced students will be working with fresh flowers. More challenging designs will be taught. There is a lab fee of $105 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor. Enrollment in this class is limited to twelve (12) students. There is no senior citizen discount on this class.

Session One: Mon. 6:30-8:30 p.m. 7 wks. RHS VoAg Building Starts 3/6
Session Two: Tue. 6:30-8:30 p.m. 7 wks. RHS VoAg Building Starts 3/7
Instructor: Cindy Gorsky
Fee: $45

BEGINNING FLORAL DESIGN
Beginners will learn the basics of floral design using fresh flowers. Care and handling of fresh materials and the principles of good design will be discussed. There is a lab fee of $105 payable to the instructor in full the first night of class to cover the cost of supplies for all seven classes. This fee should be paid in cash or money order made payable to the instructor. Enrollment in this class is limited to twelve (12) students. There is no senior citizen discount on this class.

Wed. 6:30-8:30 p.m. 7 wks. RHS VoAg Building Starts 3/8
Instructor: Cindy Gorsky
Fee: $45
OUR MISSION

The mission of the Vernon Regional Adult Based Education program is to offer dynamic, multicultural services in an atmosphere of respect, appreciation, and acceptance of all. It is the goal of the Region to empower students with the knowledge and tools necessary to succeed both personally and professionally in a technologically-advanced society.

PARTICIPATING TOWNS

The following fourteen towns participate in the FREE adult-based educational programs described in the next three pages. Vernon Regional Adult Based Education provides these programs which are funded by participating communities, state and federal grants, and other grant sources.

ASHFORD
BOLTON
COLCHESTER
COVENTRY
EAST WINDSOR
ELLINGTON
GLASTONBURY
GRISWOLD
MANSFIELD
SOUTH WINDSOR
TOLLAND
VERNON
WETHERSFIELD
WILLINGTON

PROGRAMS

VRABE’s programs are designed with busy adults in mind allowing them to:
• enhance skills to improve employability
• earn a high school diploma
• work on literacy skills
• improve English speaking, reading, and writing
• prepare for college
• study to earn U.S. Citizenship
• develop technology skills

VRABE can help students meet their goals. Students are placed in a particular program based on individual goals, state mandated testing, and the availability of courses. VRABE’s current programs include:

◆ High School Completion:
  • CDP – Credit Diploma Program
  • NEDP – National External Diploma Program
  • GED® Test Preparation Classes
◆ Citizenship Classes
◆ College Transition
◆ English as a Second Language (ESL Classes)
◆ Pre-GED (ABE)
◆ Workplace Education

Find the program that fits your needs! See program descriptions on the following pages. Visit us at www.vrabe.org.

ORIENTATION IS REQUIRED FOR ALL HIGH SCHOOL COMPLETION PROGRAMS

Students must:
1) Register for an Orientation online at www.vrabe.org or call 860-870-6060 ext. 15.
2) Bring to the Orientation: a current official transcript, a state issued ID (non-driver I.D., valid driver’s license or passport). If student is 18 yrs. or younger, he/she must also bring an official letter of withdrawal from a Connecticut high school.
3) At the Orientation, students learn about the three options for earning a high school diploma: CDP (Credit Diploma Program), NEDP (National External Diploma Program), and GED® Test Preparation Classes. Following an initial skills appraisal, students will schedule a one-on-one meeting with a counselor to develop a plan for high school completion.
PRE-GED CLASSES (ABE)
This classroom-based pre-GED course is designed for the student who needs to develop additional skills before enrolling in GED® test preparatory classes. Students work individually with the classroom teacher on math and basic literacy skills. Instructional levels range from beginning literacy to pre-GED readiness. For additional information, call 860-870-6060 ext. 15.

GED® TEST PREPARATION CLASSES
This classroom-based course prepares students to pass the State of Connecticut administered GED® Test. The computer-based GED® Test is administered at approved GED Testing Centers throughout the State. The GED® test covers four content areas—literacy, mathematics, science and social studies. Students 17 and older can enroll in the GED® test preparatory classes. Individuals ages 17 or 18 must submit documentation that they have been withdrawn from school for at least six months prior to registering for the test, or the class they entered ninth grade with has now graduated. An applicant 21 years of age or older and a non-veteran must pay a fee of $13 to register to take the GED® test. There is no registration fee for veterans or individuals under the age of 21. Accommodations on the GED® test may be available for individuals with a documented disability. We offer GED® test preparation classes in Colchester, East Windsor, Glastonbury, Griswold, Mansfield, Vernon, Wethersfield and at Manchester Community College. Both day and evening classes are available in Vernon. For additional information, call 860-870-6060 ext. 15.

VRABE IS HERE TO HELP:
FREE GED® Test preparation classes and practice tests
• To register for the test, you must be a CT resident, at least 17 yrs. old, and have a valid photo ID
• If 17 or 18 yrs. old, visit www.vrabe.org and click on GED® for additional documents needed
• Testing is free if under age 21 or a veteran, but costs $13 to register to take the test if age 21 or older

COMPUTER-BASED GED® TEST:
To learn more about the Computer-Based GED® Test visit one of the following websites:
• www.sde.ct.gov – click on Adult Education, then GED Testing
• www.ged.com
• http://www.gedtestingservice.com

REGISTRATION PROCEDURE FOR THE GED® COMPUTER-BASED TEST:
Test-takers can register online by visiting www.GED.com and clicking on “Create an Account”;

OR
Test-takers can register through the Pearson VUE call center at 1-877-EXAM-GED (392-6433);

OR
Test-takers can call Vernon Regional Adult Based Education (VRABE) at 860-870-6060 ext. 15 for additional information.

VISIT OUR WEBSITE: www.vrabe.org
CALL US: 860-870-6060 ext. 15

“GED® is a registered trademark of the American Council on Education (ACE) and administered exclusively by GED Testing Service LLC under license. This publication is not endorsed or approved by ACE or GED Testing Service.”
ENGLISH AS A SECOND LANGUAGE (ESL)
The instruction in ESL classes is designed for adults who have limited proficiency in the English language or whose native language is not English. ESL programs assist individuals in improving their English skills in listening, speaking, reading and writing in order to find or maintain employment, attain citizenship, become more involved with their children’s schooling and make greater use of community resources. Instruction is provided in English as a unifying means of serving the broad ethnic diversity of limited-English speaking adults. Classes are offered in Colchester, East Windsor, Glastonbury, Mansfield, Tolland, Vernon and Wethersfield. Some locations offer both day and evening classes. Small classes allow for active participation. This is a wonderful opportunity to experience a variety of cultures. For additional information, call 860-870-6060 ext. 15.

CITIZENSHIP
The instruction in this classroom-based program is designed for foreign-born adults who wish to become United States citizens. Persons completing this program are prepared to pursue citizenship through the prescribed process of the United States Citizenship and Immigration Services. Classes are held on Tuesday evenings, and the program is offered in Vernon and Wethersfield. Students must be able to read and converse in English well enough to pass an appraisal test, administered on the first night of class. For additional information, call 860-870-6060 ext. 15.

HIGH SCHOOL CREDIT DIPLOMA (CDP)
The Credit Diploma Program (CDP) offers students an opportunity to fulfill the State of Connecticut requirements for high school completion by attending classes at one of our sites. Academic classes are structured to meet the graduation requirements of participating school districts and the needs of the students (with distance learning also an option). In addition, students may be awarded credit for work experience, military service, or volunteer services. A Vernon Regional Adult High School Diploma is conferred upon completion of the program. We offer classes at Bacon Academy, E.O. Smith High School, Griswold High School and Rockville High School. For additional information, call 860-870-6060 ext. 15.

NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)
The National External Diploma Program (NEDP) provides students with a path toward high school completion. It is an ideal program for students who are motivated and self-directed. Students work individually with an assessor to demonstrate high school level mastery of skills. This computer-based program takes approximately 6-12 months to complete. A Vernon Regional Adult High School Diploma is conferred upon successful completion. This program is offered at our downtown Rockville Learning Center and at Wethersfield High School. For additional information, call 860-870-6060 ext. 15.
FAMILY LEARNING GED/ESL

CHILDCARE AT NO COST!
EARN YOUR GED OR
LEARN ENGLISH!

FREE on-site childcare (provided by YMCA staff) while you take GED or ESL classes. The FAMILY LEARNING PROGRAM offers adults the opportunity to complete their GED, improve their English language ability, develop their parenting skills, and learn how to become full partners in their child’s education. These programs meet three days per week. Classes meet on Tuesday, Wednesday, and Thursday from 11:45 a.m. to 2:45 p.m. at Rockville United Methodist Church, 142 Grove Street, Vernon. In addition to GED and ESL classes, students will participate in parenting workshops, nutrition programs, “Raising Readers”, and field trips. Guest speakers will make presentations on their areas of specialization. Throughout the semester, students participate in various topics on career counseling and support services. Some activities include exploring career profiles that align to personal interests, skills, and aspirations. The Family Learning instructors conduct workshops based on post-secondary education or training, career advancement, and economic self-sufficiency. Parents are their children’s first and most important teacher. These programs will provide them with additional tools toward achieving success in school and in life. This federally-funded program is part of a joint effort involving Eastern Connecticut Health Network (ECHN), KidSafe, and the Indian Valley YMCA. For additional information, call 860-870-6060 ext. 15 or email svetlana.grishtaev@vernonct.org.

Vernon Regional Adult Based Education is in compliance with Connecticut General Statutes Sec. 10-71c and does not charge a fee for any textbooks or materials used in the mandated program areas.

Individuals with a disability who require an accommodation in order to participate in any class, program or activity, should contact Dr. Claudia Nunn at 860-870-6060 ext. 14 for further assistance.

THE STARTING DATES FOR CLASSES VARY ACCORDING TO PROGRAMS AND LOCATIONS.

Accommodations on the GED® tests may be available for individuals with a documented disability. For more information, contact Dr. Claudia Nunn at 860-870-6060 ext 14. You may also contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2110.

For registration information please visit us online at www.vrabe.org

Find us on Facebook facebook.com/vernonadulted
Our instructors are hired to teach general concepts to groups of students, not to provide specific investment advice to individuals. Students should consult their own financial advisor and/or attorney before making any investment decisions based on specific examples used by our instructors in these courses.

SOCIAL SECURITY PLANNING...
Do you know which strategy is best for you?

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

Session One: Mon. 6:30-8:00 p.m. One Night RHS Meets on 3/6
Session Two: Tue. 6:30-8:00 p.m. One Night RHS Meets on 4/18
Session Three: Wed. 6:30-8:00 p.m. One Night RHS Meets on 5/10
Instructors: Albert D’Agosto, CLU, ChFC
Charles Yannich
Fee: $19

COLLEGE EDUCATIONAL PLANNING AND FUNDING

University of Connecticut now costs over $25,000 a year. Private colleges in the Northeast cost over $60,000 a year! How to begin to save for your children’s college? When to start? Is it too late? What are your options? What mistakes are made? What mistakes to avoid? We will discuss the best techniques for funding your children’s education. Learn what assets count and do not count for financial aid, and what assets can be sheltered. Does sheltering make sense? What are the “REAL” costs – dorm items, student activities, travel to and from home? This four-hour program (two hours each night) will explore ways to accumulate college funds, and in some cases, save taxes. Learn how the financial aid system works, how to increase your chances for assistance, what are sources of financial aid (not just through the FAFSA) as well as your child’s role. Also how much debt will your student graduate with? Bring your questions! There is a $10 lab fee payable to the instructor the first night of class.

Tue. 6:30-8:30 p.m. 2 wks. RHS
Meets on 4/18 and 4/25
Instructor: Gary P. Ruchin, CLU, ChFC, LUTCF, CFP®, AIF®, EA
Enrolled to practice before the Internal Revenue Service
Certified Insurance Consultant (CT Only)
Fee: $20

MORTGAGE LENDING/REFINANCE 101

Want to buy a house or refinance your current house but you don’t know enough about the process to feel comfortable? Don’t let the home buying process scare you! In this class we will discuss everything that you will need to know about purchasing or refinancing a house to ensure that when the time is right, you will be informed on the topic and also feel comfortable with the process. This class will outline everything from the beginning of the process, documents needed, key terms/vocabulary, parties involved, and the time it will take. You will get all of your questions answered by an experienced Loan Officer in this class, don’t miss out!

Tue. 6:30-7:30 p.m. One Night RHS
Meets on 4/7
Instructor: Ryan Catrambone
Fee: $15

ESTATE PLANNING...DON'T MAKE THESE MISTAKES!

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

Wed. 6:00-7:30 p.m. One Night RHS
Meets on 3/22
Instructor: Attorney Brendan F. Daly
Fee: $19
MEDICARE 101
Are you a little confused trying to understand how Medicare works and what is best for YOU? Please join us for this educational Medicare seminar (no selling) and learn about your health care options. You will learn how and when to enroll in Medicare and how to choose the right plan that addresses your specific health-care needs. Did you know that Medicare can also be available to those under 65 who may qualify because of their specific health-care needs? The little known Medicare Savings Program will also be discussed.
Wed. 6:30-8:00 p.m. One Night RHS
Instructor: Jay Cottone
Cottone & Associates Financial Services
Fee: $15

WEALTH AND MONEY MANAGEMENT—HOW TO KEEP IT AND WHERE TO POSITION IT
Every American regardless of income or wealth needs a financial and investment plan. Wealth and Money Management becomes more essential. Long-term and dependable income solutions are vital. Wealth Management assesses you financially and develops a strategy to provide for your long-term income needs after age 65 and into your 80’s and 90’s. By developing a formal Personal Investment Policy Statement (PIPS) (just like corporations do) and monitoring your progress, you can begin to chart overall financial progress. As life changes, your financial and life-style needs change. With proper planning, you can provide for your long-term income needs. We will review mistakes many people make in their planning and discuss ways to avoid making mistakes. When to start and how to catch-up. There is a $10 fee for materials payable to the instructor the first night of class.
REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.
Wed. 7:00-8:30 p.m. 2 wks. RHS
Meets on 4/19 and 4/26
Instructor: Craig Nelson of The Financial Literacy Coalition
No Registration Fee

SAFE MONEY
Does your FINANCIAL PLAN guarantee you will have income no matter how long you live?
WHETHER YOU ARE SINGLE, WIDOWED OR MARRIED—
JOIN US for this REVEALING TWO-WEEK WORKSHOP on how to MAKE AND KEEP MONEY even in these difficult markets. During this class you will learn:
• Why your company’s Pension might not provide the income you counted on
• Why Taxes count even in your retirement years
• How the future of Social Security might affect your financial security
• The truth about Retirement Plans such as 401 (k)s, 403 (b)s, and IRAs
• How to triple, or more than triple, the safe, predictable returns banks offer
• How to Create Your Own Pension
• How to Create Untaxed Income For Your Retirement Needs
SIGN UP TODAY, SEATING IS LIMITED.
Wed. 6:30-8:30 p.m. 2 wks. RHS
Meets on 3/8 and 3/15
Instructor: Dorothy Mautte, CFP®, CLU, ChFC, Master Member of National Association of College Funding Advisors
Owner: Financial Focu$ and College4Less
Fee: $20

LIFE PLANNING FOR CHILDREN WITH SPECIAL NEEDS
This educational workshop will help families through the maze of financial complexities surrounding planning for the future of children and other dependents with special needs. Having access to resources, organizations, and support groups, to help you, future care providers, and your child is critical on a daily basis. Future planning is not only focused on lifetime care, but also quality of care for children or dependents with special needs. The workshop will explain techniques to preserve government benefits eligibility
for SSI and Medicaid. We will discuss the importance of coordinating all documents including a special needs trust, letter of intent, guardianship, ABLE ACT OF 2013, and various funding options for the special needs trust. The workshop helps empower a parent to be an advocate for their child with special needs for the life of the child. Please bring a spousal guest or friend; only one registration fee will be charged. Registrations that include a spousal guest or friend should be mailed in or phoned in to 860-870-6060 ext. 10 in order to accommodate both people.

Wed. 6:30-8:30 p.m. One Night RHS
Instructor: Leonard J. Del Gallo, Jr., M.S., MPAS, CFP®
Fee: $19

TAX-FREE INVESTING

Tax-Free Investing: It’s not what you make, it’s what you keep is an educational class designed to inform individuals of the benefits and considerations of choosing investments that offer tax advantages.

Tue. 6:00-7:30 p.m. One Night RHS
Instructor: Eric Judge, CFP® from Edward Jones
Fee: $19

STOCKS, BONDS & MUTUAL FUNDS...ALL YOU WANT TO KNOW!

This course is designed for adults who want to learn the basics of investing in stocks, bonds, and mutual funds. Topics to be covered will include investment strategy, the financial markets, bond selection, stock selection, diversification, and taxes. You will learn about important concepts like bond quality, taxable equivalent yields, preferred and common stocks, and dividend yields. In addition, you will learn about the benefits of using mutual funds and what are the important things to consider such as reading a prospectus statement. At the end of this course, you will have the opportunity to receive a free financial consultation.

Tue. 6:00-7:30 pm. 3 wks. RHS Starts 3/21
Instructor: Eric Judge, CFP® from Edward Jones
Fee: $29

PLANNING FOR LONG-TERM CARE:
UNDERSTANDING MEDICAID AND HOW TO PROTECT YOUR ASSETS

Connecticut has the second highest cost of long-term care in the nation. So, unless you are planning to leave the State, you need to protect yourself and your retirement assets from long-term care costs. Should you give your home to your children? How can you get the State to pay for nursing home and home care? How can single individuals and married couples qualify for Medicaid benefits while keeping their assets and protecting their children’s inheritances? What is the 5-year lookback? How can you spend down? What should you do when a crisis hits? Is long-term care insurance a good idea? If you know the rules and plan ahead, you can still protect your hard-earned assets. Let’s take the confusion out of the process and give you strategies for putting your ‘house’ in order. Get your questions answered by an experienced attorney who has been teaching for years and will give you the correct answers and provide actual cases showing how all of this works.

Wed. 6:00-7:30 p.m. One Night RHS
Instructor: Attorney Brendan F. Daly
Fee: $19

WHAT SUCCESSFUL RETIREES DO DIFFERENTLY

This course is designed for those who want to enjoy a comfortable retirement. Learn the secrets of being in control of your cash flow, reducing income and estate taxes, maximizing income and investing to provide real returns after taxes and inflation while still protecting principal in any economic environment. Also investigate ways to protect yourself and your retirement assets from the devastating effect of medical expenses not covered by traditional insurances. The instructor of this highly acclaimed course is a Certified Financial Planner with over 25 years of experience.

Tue. 6:30-8:30 p.m. 4 wks. RHS Starts 5/9
Instructor: Dorothy Mautte, CFP®, CLU, ChFC, Master Member of National Association of College Funding Advisors
Owner: Financial Focus and College4Less
Fee: $29

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register.

If there are not enough registrations the week before the class begins, the course may be cancelled.
BEGINNER SPANISH
This beginning course is geared toward individuals who wish to familiarize themselves with the Spanish language and some basic Spanish phrases, greetings, etc. Perhaps you are planning a trip to a country where Spanish is the primary language, or maybe some knowledge of Spanish would be helpful at your present job or in searching for a new job. No previous educational experience with Spanish is necessary for this class. A basic textbook and workbook will be required for this class. The cost of the two books will be approximately $35 and they will be available for purchase the first night before class begins. Enrollment in this class is limited to fifteen (15) students. **There is no senior citizen discount on this class.**
Tue. 6:30-8:30 p.m. 10 wks. RHS Starts 3/7
Instructor: Carmen Parra-Chacon
Fee: $70

INTRODUCTION TO THE ITALIAN LANGUAGE AND CULTURE
This course is ideal for anyone who plans to travel to Italy, or who wants an introduction to the Italian language and culture. Basic phrases, dialogues and grammar points will be covered. The instructor seeks to develop in the learner a sense of ease with the language. The focus will be on daily usage in dealing with everyday situations. Course material will be presented in an informal learning environment. A book will be required for this class at a cost of approximately $35. Books will be available for purchase the first night before class begins. Please note that enrollment in this class will be limited to eighteen (18) students. **There is no senior citizen discount on this class.**
Tue. 6:30-8:30 p.m. 10 wks. RHS Starts 3/7
Instructor: Filomena (Phyllis) Monarca
Fee: $70

JEWELRY MAKING
JEWELRY MAKING 101
This class is for anyone who is interested in making beaded jewelry. If you have taken it before, why not come again! You will have the opportunity to make a different accessory each week. You will learn to make earrings, bracelets, and necklaces with many different types of beads including glass, plastic, metal, semiprecious, etc. You can make as many items as time allows in each class. The instructor will supply all of the tools, and will bring supplies for you to purchase. There will be a lab fee charged each week that will vary from $2 to $15 depending upon the beads selected for each project. Come and make something special for gift giving or for yourself. This course is great fun! Enrollment is limited, please register early.
Tue. 6:30-8:30 p.m. 7 wks. RHS
Instructor: Sandy Merrill
Fee: $55
JEWELRY MAKING 101 OFFERED AT VERNON YOUTH SERVICES
This class is for anyone who is interested in making beaded jewelry. If you have taken it before, why not come again! You will have the opportunity to make a different accessory each week. You will learn to make earrings, bracelets, and necklaces with many different types of beads including glass, plastic, metal, semiprecious, etc. You can make as many items as time allows in each class.

The instructor will supply all of the tools, and will bring supplies for you to purchase. There will be a lab fee charged each week that will vary from $2 to $15 depending upon the beads selected for each project. Come and make something special for gift giving or for yourself. This course is great fun! Enrollment is limited, please register early.

Thursday 9:30-11:30 a.m. 7 wks. WS
Instructor: Sandy Merrill
Fee: $55

HOME IMPROVEMENT

REPLACEMENT WINDOW & SIDING WORKSHOP -
Compare Products & See How It’s Done!
Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don’t know where to start? Low-E, Argon, Triple Pane, Wood, or Vinyl? How much should you pay for good quality windows and siding? What type of siding would be best for my home? Vinyl Clapboard, Polymer Cedar Impressions or Hardie Plank? Confused??? Don’t be! Learn from an experienced Master Carpenter.

This workshop is a must for anyone thinking about having windows or siding replaced or doing the work themselves.

Tue. 6:30-8:30 p.m. One Night RHS
Meets on 4/4
Instructor: Paul O’Doherty
Fee: $20

COMMUNITY SERVICE OFFERINGS

STEALING FROM PETER TO PAY PAUL? Budgeting and Debt Elimination
Are you tired of financing dinner? Imagine returning from a vacation and not having a penny of it on your credit card. Personal and family budgeting does not have to be difficult. With a little instruction anyone can learn to master his or her budget. Learn how to own your own paycheck and get out of debt completely. Students will receive a budget and experienced coaching on how to use it. There will be a $10 fee for materials payable to the instructor the first night of class.

REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.

Wed. 7:00-8:30 p.m. 2 wks. RHS
Meets on 4/19 and 4/26
Instructor: Craig Nelson of The Financial Literacy Coalition
No Registration Fee

INCOME TAX WORKSHOP AND AUDIT-PROOF WAY OF TAX RECORD KEEPING
Hate doing tax returns with pencil and paper? Have you heard that there is a myth that says you need good math to do tax returns? In this educational workshop, we will clarify basic tax concepts, i.e., tax deductions vs tax credits, marginal tax rate and dependency claims. We will also show potential tax savings for a middle class family and how to organize tax documents effectively. Whether you have never filed a Form 1040 or occasionally do tax returns for friends and family, this class will help you understand taxes better and how to avoid errors.

REGISTRATION FOR THIS CLASS MUST BE DONE BY MAIL OR PHONE.

Mon. 7:00-8:30 p.m. 2 wks. RHS
Meets on 3/6 and 3/13
Instructor: Rachel He
No Registration Fee

In an effort to continue to bring new and interesting courses to our program, Vernon Continuing Education is always looking for new instructors to bring their talent to us. No formal teaching experience or certifications are necessary – just your skill and interest in a hobby or topic and a willingness to share your knowledge with other adults.

Please contact: Cathy Berryman
860-870-6060, ext. 10
cathy.berryman@vernonct.org
BREAST CANCER DETECTION AND HEART DISEASE SCREENING
If you are a woman between age 40 and 64 and have limited income and no health insurance, you may be eligible for a FREE Pap test, mammogram, and heart disease screening through Eastern Connecticut Health Network’s CT Breast and Cervical Cancer Early Detection Program. For more information call Debra at 860-872-5368. These services are made possible with the support of the Centers for Disease Control and Prevention, and the Connecticut Department of Public Health and Cervical Cancer Detection Program. Call today to find out if you qualify for these FREE health screenings.

EASTERN CONNECTICUT HEALTH NETWORK FAMILY RESOURCE CENTER
ECHN’s Family Development Centers in Vernon and Manchester offer a variety of services to families in the Vernon and Manchester areas. Services offered at the centers include: playgroups; home visits centered around developmentally appropriate activity rather than individual child; parenting workshops; parenting classes; toy, video and book lending library; and computer and Internet services. Parents can contact LaTanya Cocksfield at the Manchester Center at 860-647-3330 or Stephanie Wilde at the Vernon Center at 860-875-5771.

Community, Medical & Legal Interpreting Workshop
This workshop is designed for adult learners. The participants come to the workshop with previous knowledge and different life experiences that affect how they understand their culture, legal, community and health care settings.

This is a workshop directed to individuals committed to expanding their bilingual skills. This comprehensive three (3) hour workshop offers an intensive study, customized learning experience to introduce the participants to the interpreting profession. The participants will receive a certificate of completion and, for those who may be interested, are welcome to ongoing trainings.

Learning Objectives
The participants will –
• Recognize the basic differences between interpreting roles
• Experiment and dramatize the role of an interpreter depending on real life settings
• Prepare to pursue a new career

The curriculum is as follows:
• Laws & Regulations
• Interpreter’s Role
• Code of Ethics
• Modes of Interpreting Technics
• Protocol of Practice
• Cultural Competency
• Cultural Broker Role
• Role Plays

This workshop is FREE and offered on the dates below:
Monday, March 20, 2017
Tuesday, April 18, 2017
Wednesday, May 17, 2017
at Rockville High School 6:00-9:00 PM

REGISTER BY CALLING:  CHRISTINE VINCENT  860-870-3703
Brought to you by: Vernon Regional Adult Based Education in partnership with My Language Link
WE OFFER CUSTOMIZED TRAINING FOR YOUR EMPLOYEES,
TARGETED TOWARD YOUR COMPANY’S NEEDS

WORKPLACE EDUCATION focuses on the skills your employees need to advance, retain present positions, and increase productivity. Workplace Education includes computer training in Microsoft Office applications.

PRE-GED - This program focuses on basic literacy and math skills, and is designed for students who do not meet the minimum requirements for the GED® test preparation program.

General Educational Development (GED) – This classroom-based program, which is an alternative route toward high school completion, offers courses in English, Writing Skills, Social Studies, Literature, Math, Science and the Arts. The program prepares students to take the Connecticut GED® test.

The National External Diploma Program (NEDP) - This is an alternative path to a high school diploma for adults. This program offers no classroom instruction but is a series of assessments. An adult who completes the portfolio assessment is awarded a Vernon Regional Adult High School Diploma.

The Credit Diploma Program (CDP) - This program offers students an avenue to successfully complete the State of Connecticut’s requirements for high school completion. Academic classes are structured to meet the graduation requirements. Students may also receive credit for work experience and military service. A Vernon Regional Adult High School Diploma is awarded upon completion.

English as a Second Language (ESL) - Instruction is designed for adults who have limited proficiency in the English Language. The program is customized to meet employer and employee needs.

Employer Benefits:
Increased productivity, reduced time per task, lower error rates, enhanced employee retention and employee promotion, improved team performance and ability to understand, learn, and apply new information. Additional employer benefits include an improved health and safety record and a higher success rate in employee transfer within the company.

Employee Benefits:
Improved employee morale, team performance and increased confidence leads to positive attitude towards change. Other benefits include improved capacity to think critically, solve problems and become self-directed learners with the ability to understand, process and apply new information.

Contact: Richard Welk, Coordinator at 860-870-6060 ext. 24 richard.welk@vernonct.org

VERNON REGIONAL ADULT BASED EDUCATION
www.vrabe.org/content/training.asp
Have you always been interested in becoming a paralegal or legal assistant?

“Paralegal and Advanced Paralegal Courses”
The Center for Legal Studies

According to information contained in Connecticut Career Paths, growth in the paralegal and legal assistant fields is expected to grow faster than average. Data obtained from the Connecticut Department of Labor identifies the average annual salary of $51,490 for individuals employed as paralegals or legal assistants.

The Paralegal Certificate Course presented by Vernon Regional Adult Based Education has been offered since 1980 at colleges and universities throughout the nation, and covers all relevant topics and skill sets necessary to work as a paralegal.

The Paralegal Certificate Course includes lectures on how to work as a full-time or part-time paralegal, or how to open your own freelance business. This intensive, nationally acclaimed curriculum is designed for beginning as well as advanced legal workers. There are no prerequisites other than a high school diploma (or GED). Course topics will include how to interview witnesses, investigate complex fact patterns, research the law, prepare legal documents, and assist in preparing cases for courtroom litigation. The instruction is practice oriented and relates to those areas of the law in which paralegals are most in demand.

Students can benefit from the convenience of this online course that is accessible any time of the day or night, and from any computer with Internet access. Students may interact with each other through an online forum, and assignments and exams are emailed to the instructor for grading. This course is completed in two consecutive seven-week sessions.

To receive a Certificate of Completion, students must pass numerous quizzes and successfully complete several legal document writing assignments. Students who successfully complete both Paralegal I & II will be awarded a Certificate of Completion from Vernon Regional Adult Based Education.

Please see below for registration instructions:

1. Go to www.vrabe.org
2. Go to menu on left side and click “On-line Courses”
3. Go to center and click on “On-line Paralegal and Advanced Paralegal Certificate Courses”.

NEW! Software Essentials for the Law Office and Personal Injury for Paralegals
UGOTCLASS Online Certificates and Courses
“Skills for the 21st Century”

Get skills for the 21st century, Demonstrate your knowledge. Boost your productivity and your organization’s bottom line. Online learning is easy. It’s fun! Our online certificates and courses are provided by quality colleges and associations with expert instructors. Participate anytime day or evening, from any computer. Check out our website at:

- www.vrabe.org
- Click on the left: On-line Courses
- Click on: Skills for the 21st Century UGOTCLASS
- Register on-line for any class!

Business
- Business Coaching Certificate
- Cyber Security for Managers
- Entrepreneur Boot Camp
- Extraordinary Customer Service
- Media Buying Strategies
- Photoshop
- Practical Math for the Workplace
- Recruiting and Retaining Gen X and Gen Y
- Successful Survey Techniques

Courses for K12 Teachers
- Gender in the Classroom
- Generational Learning Styles for K12 Teachers
- Social Media and Online Tools for K12 Teachers

eMarketing & Social Media for Business
- Advanced Website Strategies
- Creating Cell Phone Apps for your Business
- eMarketing Essentials
- Facebook for Business
- Google Analytics
- Mobile Marketing
- Mobile Marketing Certificate
- Social Media for Business Certificate
- Twitter
- Video Marketing Certificate

Green Workplace
- Introduction to Implementing Green Workplaces
- Leadership Supervisory and Leadership Certificate

Certified Webinar Planner (CWP)
- Training and Education
- Certificate in Online Teaching
- Dementia Care Specialist
REGISTER BEGINNING ON JANUARY 26, 2017
The SPRING Semester begins on Monday, March 6, 2017
NO CLASSES WILL BE HELD AT ANY OF OUR LOCATIONS
THE WEEK OF APRIL 10TH DUE TO SCHOOL VACATION

HOW TO REGISTER

• ONLINE at www.vrabe.org. ONLINE is the best way to register for class.
  Online registration begins on Thursday, January 26, 2017 at 8 a.m. and is available 24 hours a day, seven days a week. Since some classes have limited enrollment and fill up quickly, online is the best way to assure yourself a spot in the class or classes that are of interest to you. Go to www.vrabe.org and click on the Continuing Education link at the top of the home page. This will bring you directly to the Continuing Education page where you can view the catalog and all of the course offerings. To register for a class click on the category on the left side of that page and all of the offerings under that category will be viewable. Click on the class you would like to take and proceed with your registration.

• BY MAIL: Complete the registration form on Page 35.
  Mail it together with your check payable to Vernon Continuing Education to:
  Vernon Continuing Education, Rockville High School, 70 Loveland Hill Road, Vernon, CT 06066.

• BY TELEPHONE: If you are paying with your MasterCard or Visa, you may register between the hours of 8:00 a.m. and 3:00 p.m., Monday through Friday by calling 860-870-6060.

• TO REGISTER IN PERSON: You may register in person Monday through Thursday from 8:00 a.m. until 2:00 p.m. by visiting the Adult and Continuing Education office at Rockville High School, 70 Loveland Hill Road in Vernon. Please call 860-870-6060 before going to Rockville High School to be certain that there is someone in the office to take your registration. Walk-in registrations will not be taken on Fridays.

PLEASE MAKE CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

CONTINUING EDUCATION CLASSES OFFERED IN THIS CATALOG ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS. ALL CONTINUING EDUCATION CLASSES ARE FEE BASED. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.org OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled.
NO OTHER REFUND REQUESTS WILL BE HONORED.
CLASSES ARE HELD IN VERNON AT MULTIPLE LOCATIONS AND ARE OPEN TO RESIDENTS OF ALL CITIES AND TOWNS.

Please check individual course schedules for date, time and location of each class. Classes are offered at RHS = Rockville High School; VCMS = Vernon Center Middle School; Rockville Learning Center; and Vernon Youth Services.

1. REGISTRATION FEES are payable at the time of registration. Payment can be made by check, cash, money order, MasterCard or Visa. This does not include the cost of books, materials or lab fees. See course description for details. THERE WILL BE A $20 FEE CHARGED FOR CHECKS RETURNED TO OUR OFFICE DUE TO INSUFFICIENT FUNDS.

2. REGISTRATION BEGINS ON THURSDAY, JANUARY 26, 2017. You may register online at www.vrabe.org or by telephone at 860-870-6060.

3. SENIOR CITIZENS (62 years of age) and handicapped persons will receive a 25% discount on one course each semester costing $29 or more. Courses with fees less than $29 are not subject to any discounts. No discount is given on any limited enrollment course or on any academic course. Other courses not subject to a discount are so noted in the catalog.

4. LAB FEES: All lab fees are payable in cash or money order directly to the instructor on the first night of class. Personal checks will not be accepted for lab fees.

5. NO REGISTRATION CONFIRMATION WILL BE MAILED TO YOU. REGISTRATION CONFIRMATIONS ARE ONLY AVAILABLE IF YOU REGISTER ONLINE AT www.vrabe.org, OR IF YOU PROVIDE YOUR EMAIL ADDRESS WHEN YOU REGISTER.

6. CLASS CANCELLATIONS due to inclement weather or other emergencies can be seen on your local television station and will be announced on the telephone voicemail at the Continuing Education office. You may access this information by calling 860-870-6060 and selecting option 3 from the menu. The general rule is that if day school is cancelled or closed early, then all evening classes will be cancelled as well.

7. TEACHER ABSENCE: If an instructor is absent for any reason, he or she will notify class members and a week will be added on to the end of the semester to make up the missed class.

8. Vernon Continuing Education reserves the right to cancel classes, change instructors, or make any modifications to insure the soundness of the program. Refunds will not be given because of a change of instructor.

9. Unless otherwise stated in a specific course write-up, all students taking Continuing Education classes must be at least eighteen years of age.

GENERAL INFORMATION

REFUND POLICY

A refund is given only if the class you are registering for is already full or if a class is cancelled. NO OTHER REFUND REQUESTS WILL BE HONORED.
YOU MUST ENTER ROCKVILLE HIGH SCHOOL EITHER THROUGH THE MAIN DOORS WHICH FACE LOVELAND HILL ROAD OR THROUGH THE BACK DOORS WHICH ARE ON THE VO AG (NORTH) SIDE OF THE BUILDING. YOU MAY PARK IN THE LOT IN FRONT OF THE BUILDING OR IN THE LOT ON THE NORTH SIDE OF THE BUILDING. PLEASE NOTE THAT PARKING IN THE LARGE LOT ON THE SOUTH SIDE OF THE BUILDING WILL CREATE A VERY LONG WALK TO THE FRONT MAIN ENTRANCE OR THE REAR ENTRANCE. THESE ARE THE ONLY TWO ENTRANCES THAT WILL BE OPEN.

DIRECTIONS TO ROCKVILLE HIGH SCHOOL (RHS)
70 Loveland Hill Road, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exits 64-65. Ramp divides. Bear left. Ramp divides again, bear right to stoplight. You will be on Route 83 North. Go to the 9th stoplight on Route 83. At that light turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building. Traveling West: Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. Go straight through the stoplight and follow Center Road to the end. Turn left at the end of Center Road onto Regan Road. At the first stoplight, go right onto Route 83 North. At the first stoplight turn right onto Loveland Hill Road. Rockville High School is at the top of the hill on the right. Follow Loveland Hill Road to the 1st stop sign and take a right into the parking lot on the North side of the building.

DIRECTIONS TO ROCKVILLE LEARNING CENTER
33 West Main Street, Vernon/Rockville, CT 06066

PARKING AVAILABLE PLEASE SEE DIRECTIONS BELOW
Follow the directions above to Rockville High School; however, do not go right at the 9th stoplight but rather continue straight on Route 83. Continue on Route 83 for five additional stoplights. At the fifth set of lights Route 83 takes a left turn, and Route 74 begins. Do not go left. Stay straight on Route 74. At the second set of lights you will see Rockville General Hospital on your right. Go through those lights and the Vernon Regional Adult Education, Rockville Learning Center location is the first storefront in the next block on the right (33 West Main Street). To park in the lot, take a right at the lights at Rockville General Hospital and then take the first left into our parking lot. You may enter the building through the lower level door and walk up the stairs to the main level, or you may walk up the outside stairs and enter the building through the front door.

DIRECTIONS TO VERNON YOUTH SERVICES
9 Elm Street, Vernon/Rockville, CT 06066

Follow the directions above to Rockville High School; however, do not go right at the 9th stoplight but rather continue straight on Route 83. Continue on Route 83 for five additional stoplights. At the fifth set of lights Route 83 takes a left turn, and Route 74 begins. Do not go left. Stay straight on Route 74. At the second set of lights you will see Rockville General Hospital on your right. Go through those lights and proceed to the next set of lights at which you will turn left onto Park St., take another immediate left onto Park Place, follow Park Place to the end. The Vernon Youth Services building and parking lot will be directly across from you. You may either go right onto Elm Street and park on the street, or you may drive across Elm Street and park in the building parking lot. You may enter through the back door of the building. There is an elevator inside the back door. Proceed to the second floor.

DIRECTIONS TO VERNON CENTER MIDDLE SCHOOL (VCMS)
777 Hartford Turnpike, Vernon, CT 06066

Traveling East: Leave Interstate 84 at exit 66. At the end of the exit ramp go left. At the stop sign (blinking light) go left onto Bolton Road. At the first set of lights go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left. Traveling West: Leave Interstate 84 at exit 66. Turn right at the end of the exit ramp. Go to the stop sign and turn left onto Bolton Road. At the first set of lights, go right onto Route 30, Hartford Turnpike. Travel approximately one-half mile and Vernon Center Middle School will be on the left.
REGISTRATION FORM

PLEASE COMPLETE THIS FORM IN FULL AND MAIL IT TO:
VERNON CONTINUING EDUCATION, ROCKVILLE HIGH SCHOOL
70 LOVELAND HILL ROAD, VERNON, CT 06066

PLEASE MAKE ALL CHECKS PAYABLE TO VERNON CONTINUING EDUCATION

NAME ________________________________

ADDRESS __________________________________________

CITY __________________________________________
STATE __________________________________________
ZIP CODE __________________________________________

TELEPHONE: HOME __________________________________________
WORK __________________________________________
CELL __________________________________________

EMAIL ADDRESS __________________________________________

I AM A SENIOR CITIZEN (62 YEARS OLD OR OLDER) ☐ YES ☐ NO

PLEASE CHECK YOUR METHOD OF PAYMENT: ☐ CASH ☐ CHECK ☐ MONEY ORDER

* MASTERCARD NUMBER __________________________________________

* VISA CARD NUMBER __________________________________________

* EXPIRATION DATE __________________________________________

* 3 NUMBER SECURITY CODE ON BACK OF CARD BY SIGNATURE LINE _____________

* SIGNATURE __________________________________________

*REQUIRED FOR MAIL-IN CREDIT CARD REGISTRATION

REGISTER EARLY!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations the week before the class begins, the course may be cancelled. So please register early!
SOME NEW COURSES THIS SEMESTER

- Animal Reiki
- Chair Yoga
- Community, Medical & Legal Interpreting Workshop
- Creating Your Healthy Body & Mind
- Creative Solutions for Artisans
- Cybercrime - Protect Yourself
- Intermediate Drawing
- Income Tax Workshop
- Man in the Middle
- Managing Stress with Art
- Reiki II
- Soapmaking for Fun
- Stock Photography
- Tai Chi
- Tax-Free Investing
- Tools for Career Success
- The Unconventional Workout

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ALSO INSIDE

- High School Credit Diploma
- NEDP – National External Diploma Program
- GED Preparation Classes
- Citizenship
- ESL – English as a Second Language
- Online/Distance Learning

REGISTER EARLY

AVOID BEING DISAPPOINTED

Don’t Forget!