

Milford Adult Education

NEW!

Online Registration &
Credit Cards Accepted!

See Page 3
for details!

Fall 2019 Course Catalog

www.milforded.org

MILFORD ADULT EDUCATION

70 West River Street
Milford, CT 06460

Office: (203) 783-3461
Lori Hart, Director
Judy Berard, Office

DISTRICT ADMINISTRATION

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Superintendent

Dr. Amy Fedigan
Asst. Superintendent

James L. Richetelli, Jr.
Chief Operations Officer

Wendy Kopazna
Dir. of Human Resources

Carole Swift
Director of PPS

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Dear Friends and Neighbors,

Welcome! We hope you will be able to join us for an interesting, informative and exciting learning experience.

We offer two types of classes through Milford Adult Education. The first are the **free Academic Courses**. If you need to get your high school diploma (GED/ABE), want to become a U.S. citizen (Citizenship classes), or want to improve your reading, writing or speaking skills (ESL), you've come to the right place! All of these courses are offered to Milford residents **FREE** of charge.

Next are our **General Interest** courses which offer a wide variety of topics including classes in the Arts, Career Development, Cooking, Languages, and Recreation. Take a look through our comprehensive catalog, I am sure you will find a class that interests you. Our catalog is also online at www.milforded.org.

Please read the **General Policies page** as there are directions, details and dates, to help make the registration process go smoothly. We recommend that you register early, because many classes fill up quickly and we wouldn't want you to miss out on a great learning opportunity.

We look forward to meeting you. Please come out and have fun with us at Milford Adult Education.

Lori Hart
Director, Adult Education

Nondiscrimination Statement

The Milford Adult and Continuing Education Program is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Milford Public School district's nondiscrimination policies should be directed to **Wendy Kopazna** at (203) 783-3400.

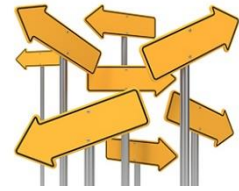
The Title VI and Title IX Coordinator and Compliance Officer is **Wendy Kopazna**. The Section 504 Compliance Officer is **Carole Swift**. They may be contacted by mail at the Milford Public Schools, 70 West River Street, Milford, CT 06460, or by phone at (203) 783-3400. Questions, concerns or comments regarding possible discrimination under the Americans with Disabilities Act (ADA) should be made in person or in writing to the following department(s):

Regarding Facilities: James L. Richetelli Jr., Chief Operations Officer, (203) 783-3405; **Regarding Employment:** Wendy Kopazna, Director of Human Resources, (203) 783-3403; **Regarding Programs:** Carole Swift, Director of Pupil Personnel Services, (203) 783-3491.

General Accessibility and Accommodations

All activities offered by the Milford Adult and Continuing Education Program are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact **Lori Hart** at (203) 783-3461.

School Locations



Parsons Complex

70 West River Street (06460)
Park in the lot next to Wasson Baseball Field. Enter the building through Door 8.

Joseph A. Foran High School

80 Foran Road (06460)
Enter through the main entrance doors.

Jonathan Law High School

20 Lansdale Avenue (06460)
Park on the left side of the building adjacent to Milford Point Road.

Harborside Middle School

175 High Street (06460)

John F. Kennedy Elementary

404 West Avenue (06461)

Orange Avenue Elementary

260 Orange Avenue (06461)

Mathewson Elementary

466 West River Street (06461)



Cover Artist: Abigail Richards

Congratulations to **Abigail Richards**, this season's Cover Artist photographer. Abby took this beautiful picture and included it as part of her portfolio in Advanced Photography 2 at Joseph A. Foran High School. She recently graduated from Foran and will attend Southern Connecticut State University in the fall to pursue a degree in Health Care.

General Policies

The Adult and Continuing Education Program is operated by the Milford Board of Education under the provisions of the statutes of the State of Connecticut. The General Interest program is open to residents as well as non-residents who are 18 years of age and older. To enroll in Basic Skills or GED classes, a student must be at least 17 years of age and no longer enrolled in day school. Students who are at least 17 years old and have been withdrawn from school for six months and are CT residents are eligible to take the GED exam. ABE, GED, ESL and Citizenship are tuition-free classes for Milford residents and follow state guidelines with certified instructors.

Waiver of Responsibility

Adult Education instructors are selected for their subject expertise. The Milford Board of Education and the Adult Education program do not promote the private services of the instructors nor endorse the companies with whom they are associated. Students are solely responsible for how the information provided in these courses applies to them.

Affirmative Action Policy Statement

The Milford Board of Education does not knowingly condone discrimination in employment, assignment, program or services on the basis of race, color, religion, gender, national origin, age, marital status, sexual orientation, ancestry, disability, or related abilities to perform the duties of the position.

Class dates and information

See page 3 for important dates and class descriptions. See the instructor contact information at the back of the catalog to call or email any questions or concerns pertaining to the class.

Registration Process

All students with an email address will receive a class registration confirmation. No walk-in registrations can be accepted by any instructor for any class. All registrations must be made in advance. A \$10 Late Fee (per course) will be added to registrations received less than two weeks prior to the start of class. For classes starting the week of September 23rd you must register by September 9th in order to avoid a late fee.

Tuition and Fees

Tuition and fees for each course appear with the course description. Milford Senior Citizens (60 years or older) receive a discounted rate where noted. **The Senior Citizen rate only applies to Milford resident seniors.** Books and materials for all classes will be acquired by students at their own expense.

Withdrawing from a class

Class withdrawals will be honored **ONLY** if requested by September 9, 2019. Unfortunately, after this date **no refunds can be given regardless of the reason since the decision to run the class has been decided based on enrollment: NO EXCEPTIONS.** A processing fee of \$10 will be deducted from the withdrawal refund. Refunds will be issued by the end of the semester.

Refunds

If a class has to be cancelled for any reason, refunds will be processed as quickly as possible. **Please allow approximately 4 weeks from the start date of the class to receive your refund.** If you have not received it after that time, you may contact the office at (203) 783-3461.

Parking

Parking is permitted only in designated areas. Do not park in fire zones, handicapped areas, or in front of any doorway. Violators may be towed.

School Closings

Classes will not meet when schools are closed for holidays, vacations, or bad weather. If the weather deteriorates during a scheduled school day necessitating canceling of evening classes, an announcement will be made on www.milforded.org and on local tv stations.

Student Regulations

Smoking in any building or on school grounds is prohibited. Refreshments are permitted only in the cafeteria or designated areas.

Location

Classes are held at the site listed under the course description. All activities offered are held in accessible locations. The administration reserves the right to limit enrollment and cancel at any time without notice.

REGISTRATION DATES

(GED®, ABE, ESL, and CITIZENSHIP)

- **August 20 – 23**
- **Where to Register:** Parsons Bldg.
70 West River Street
10:00 a.m. – 3:00 p.m.
In the GED/ESL classroom
- **In person** registration only
- Night Appts. Available, call office.

REGISTRATION DATES

(General Courses)

2 Weeks Prior to Course Start Date

To avoid late fee, registration must be received at least 2 weeks prior to the start of class.

(Late fees = \$10 per course)
Register Early!

Classes Will NOT be Held on the Following Dates:

Sept. 24.....Orange Ave. only
Sept. 30..... All bldgs
Oct. 3.....Foran only
Oct. 9..... All bldgs
Oct. 10..... Law only
Oct. 23-24 All bldgs
Nov. 5, 27-28 All bldgs

ABE/GED® Preparation

Improve your academic skills in Social Studies, Science, Mathematics, and Language Arts in order to prepare for the GED® exam. **Adult Basic Education (ABE)** focuses on strengthening basic academic skills. **General Education Diploma (GED®) Preparation** continues skill development as students prepare for the GED® exam. Basic computer skills are also reviewed along with career education. Students will become familiar with the official GED.com website and the test registration process. All sessions are led by certified teachers and follow state guidelines.

EVENING COURSES

Start September 4

Monday/Wednesday/Thursday
6:30 – 8:30 p.m.

Joseph A. Foran High School
Room 305, Instructor: Emily Guerrucci

DAYTIME COURSES

Start September 4

Monday/Wednesday/Friday
12:30 – 2:30 p.m.

Parsons Complex, 70 West River Street
Instructor: Rachel Yakubik

TECHNOLOGY AND CAREER EDUCATION

will be provided to both
GED and ESL Students.

Details will follow.

English as a 2nd Language

Students improve their reading, writing, speaking and understanding of English. Two course offerings available, depending on student fluency. Basic computer skills are also reviewed along with career education. All sessions are led by certified teachers and follow state guidelines.

DAYTIME COURSES: Start September 4

Beginner/Low Intermediate

Monday/Wednesday/Friday, 9:30 – 11:30 a.m.
Parsons, 70 West River Street, Instructor: Rachel Yakubik

High Intermediate/Advanced

Monday/Wednesday/Friday, 9:30 – 11:30 a.m.
Parsons, 70 West River Street, Instructor: Teresa Cavaliero

EVENING COURSES: Start September 4

Beginning/Low Intermediate

Monday/Thursday, 6:30 – 8:30 p.m.
Joseph A. Foran High School, Room 346, Instructor: Charlene Convertino

High Intermediate/Advanced

Monday/Wednesday, 6:30 – 8:30 p.m.
Joseph A. Foran High School, Room 308, Instructor: Claudia Anderson

U.S. Citizenship Preparation

This course is designed to prepare prospective United States citizens for the naturalization examination. There will be a brief overview of U.S. History, the Constitution, and the governmental process. Discussion about the rights, responsibilities, and privileges of citizenship are included in the course. Sessions led by a certified teacher.

EVENING COURSE: Starts September 4

Monday/Wednesday, 6:30 – 8:30 p.m., Joseph A. Foran High School, Room 309, Instructor: Eric Anderson

GED® Test Information

To register for the **GED® EXAM** (separate from the GED Preparation Course), you first must meet with **Lori Hart**, Director of Adult Education. Students may begin the process by going online at GED.com, but registration will not be complete until they have met with the Director. Appointments are held at the Parsons Complex (70 West River Street, Milford) and can be made by calling (203) 783-3461.

Test Location

The actual test site is determined at the time of registration. Joseph A. Foran High School is **NOT** a test location.

GED® Test Accommodations

Available for qualified individuals with a disability. Contact **Lori Hart** at (203) 783-3461 or **Sabrina Mancini** at the Connecticut State Dept. of Education at (860) 807-2111.

National External Diploma Program (NEDP): For adults who have acquired their academic skills through life and work experiences. Contact the West Haven Adult Education Dept. at (203) 937-4375 for more information.

Transcript Info: Transcript requests may be downloaded online at portal.ct.gov/SDE/adult-ed/GED.

NO CHARGE for materials for GED/ESL/CITIZENSHIP courses:

The Milford Adult and Continuing Education Program is in compliance with Connecticut General Statutes Sec. 10-73a. There is no fee for registration, books or materials to any adult enrolled in the Citizenship, ESL, or high school completion programs. All Academic Classes (ABE/Pre-GED, GED, ESL, and Citizenship) are FREE to Milford residents.

ADDITIONAL SUPPORT: Students may seek additional academic support through the Literacy Volunteers of Southern Connecticut, located in Milford. Call (203) 878-4800 for additional information or visit lvsct.org online.

Registration Dates and Deadlines

GED®/ESL/CITIZENSHIP COURSES

Students must register **in person** for any of these FREE Academic Courses.

Registration for GED®/ESL/CITIZENSHIP courses will take place exclusively at the Parsons Complex, 70 West River Street from **10:00 a.m. – 3:00 p.m. in the GED/ESL classroom, August 20-23, 2019**. Please call to set up an evening appointment, if needed.

You must bring the following when you register for GED®/ESL/CITIZENSHIP. No registration form is needed.

- Proof of age (must be at least 17 years for GED® Prep course)
- Proof of Milford residency
- Photo ID

GED® EXAM

To register for the **GED® EXAM** (*separate from the GED Preparation Course*), you first must meet with **Lori Hart**, Director of Adult Education. Students may begin the process by going online at GED.com, but registration will not be complete until they have met with the Director. Appointments are held at the Parsons Complex (70 West River Street, Milford) and can be made by calling (203) 783-3461.

Eligibility/Items Required

- At least 17 years of age and a Connecticut resident
- Officially withdrawn from high school for at least 6 months
- Photo ID
- Withdrawal Form from high school (parent/guardian signature required for those younger than 18).

Costs

- Younger than 21: FREE
- Age 21 or older: \$13 test fee
- Veterans (no age restriction) with at least 181 days of active duty: FREE
- Fees are non-refundable. Make check or money order payable to **Milford Adult Education**.

GENERAL COURSES

Course registration is on a first come, first served basis. The deadline to register for a GENERAL COURSE is two weeks prior to class start date to avoid a late fee.

THREE WAYS TO REGISTER

BY MAIL: Complete the Fall 2019 registration form and mail the form with payment to the Milford Adult Education Office, Parsons Complex, 70 West River Street, Milford, CT 06460.

IN PERSON: Drop off your completed registration form and payment in an envelope in the locked drop box outside the Adult Education Office in the Parsons building.

NEW! ONLINE: Go to www.milforded.org. Under **Our Schools**, click on **Adult Ed**. We now accept Mastercard/VISA/Discover/American Express, both as credit cards or debit cards carrying these logos.

IMPORTANT: Mark your calendar with the dates that your General Interest class is held. Only students with an email address will get a class registration confirmation.

FEES: (R) = Resident Milford Resident
(MSC) = Milford Senior Citizen (age 60+)
(NR) = Non-Milford Resident

LATE FEES: To avoid a late fee, registration must be received at least two weeks prior to the start of class. Afterwards, a \$10 Late Fee (per course) will be added.

REFUNDS: Will be given only for withdrawals received by September 9th. A \$10 processing fee will be charged per course for each withdrawal. **Refunds will NOT be granted for any reason after September 9th.**

NO classes: September 24 @ Orange Ave. only, September 30 all buildings, October 3 @Foran only, October 9 all buildings, October 10 @ Law only, October 23, 24, November 5, 27, 28 all buildings.

General Interest classes: Start the week of September 23, unless otherwise noted in the course description.

New! Online Registration Unveiled Credit/Debit Cards Now Accepted

Great news! We are pleased to announce we can now accept **MasterCard/VISA/Discover/American Express** as payment for any course offered through our **ONLINE REGISTRATION** process.

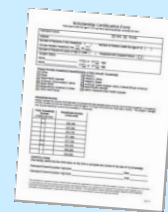


A **\$5.00 Convenience Fee** will be added to your registration fee for those using this online service.

To access the **ONLINE REGISTRATION** system, please visit our website at www.milforded.org and click on the **Our Schools** tab. Select **ADULT ED** to go to our page.

Scholarships Available

Through a community grant, Adult Education will offer scholarships to qualifying income-eligible residents who hope to gain or improve their employment skills and opportunities. The courses that are eligible for these scholarships are indicated with an asterisk (*) in the *Computers and Career & Work* categories. To download the application form, please visit the Milford Public Schools website at www.milforded.org and click on the **Our Schools** tab. Paper copies are also available at the Milford Adult Education office in the Parsons building. Submit your completed Scholarship Form, along with your General Interest Course Registration Form, to the Adult Ed office as indicated above. We will notify you of your eligibility prior to the first class.



First Come, First Served

Arts & Crafts

■ Basic Woodcarving

This course is for beginners wanting to learn the art of woodcarving, and will guide you through the steps needed to finish a hand-carved piece. Students who have taken this course in the past may return to work on intermediate projects. Tools supplied.

Materials included for first time students only.

GF001: Ken Cowden
Mondays, 6:30 – 8:30 p.m.
5 sessions, September 23
R \$65, MSC \$55, NR \$75
Law 139

■ Woodworking - Beginner

Students plan and work on projects while learning basic fundamentals of woodworking. Students will also be instructed on the proper use of various large power tools. No prior skills needed. Note: class dates are subject to change based on instructor's schedule.

GF027: Chris Sweetwood
Wednesdays, 6:00 – 8:00 p.m.
6 sessions, September 25
R \$89, MSC: \$79, NR: \$99
Law 139

■ Woodworking - Advanced

This class is for those who have knowledge of woodworking or have taken woodworking classes before. Students will plan and complete a project. Note: class dates are subject to change based on instructor's schedule.

GF027A: Chris Sweetwood
Thursdays, 6:00 – 8:00 p.m.
6 sessions, September 26
R \$89, MSC: \$79, NR: \$99
Law 139

■ Handcrafted Knives

Learn the art of making a handmade knife. Class covers all aspects of design, heat treating and finishing. You will also learn how to make a wet formed leather sheath in the class. A \$45 materials fee to be paid to the instructor at the first class.

GF008: Jim Turecek
Thursdays, 7:00 – 9:00 p.m.
8 sessions, September 26
R \$89, MSC \$79, NR \$99
Foran 396

■ Knitting

A class for all levels. Beginners will receive assistance in choosing a first project and will be guided to its completion. For intermediate and advanced knitters, instructions, tips, and techniques will be presented.

GF009: Lynn Perry
Wednesdays, 7:00 – 9:00 p.m.
8 sessions, September 25
R \$75, MSC \$65, NR \$85
Law Media Center

■ Drawing – Beginners

This class is for those with little or no drawing experience and focuses on understanding and building fundamental drawing skills. Individual attention and critiquing provided to each student. Students must bring a sketch pad and pencil.

GF005: Joseph Adiletta
Thursdays, 7:00 - 9:00 p.m.
6 sessions, September 26
R \$75, MSC \$70, NR \$80
Law 228

■ Drawing Workshop – The Human Head

Learn basic construction and facial features of the head as well as rendering shades and hair textures. Facial expressions and movement of the head will be taught as well.

GF007: Joseph Adiletta
Mondays, 7:00 – 9:00 p.m.
5 sessions, September 23
R \$69, MSC \$59, NR \$79
Law 228

■ Get to Know Your Sewing Machine and Small Project

Bring your sewing machine and owner's manual to class. Learn how to thread the machine, wind a bobbin, use different presser feet, change a needle and more. Fabric and supplies will be discussed on the first night. A project will be made at the second class. Materials not included in class fee.

GF019A: Nancy Satkowski
Thursdays, 6:30 – 8:30 p.m.
2 sessions, September 26
R \$0, MSC \$35, NR \$50
Law 142

■ **NEW!** Quilting – Table Runner

Learn the patchwork technique. Makes a great holiday gift. Students must have knowledge on the use of their machine & it should be portable and in good working condition to bring to each class. Fabric and supplies are an additional cost. The supply list will be emailed prior to the start of the first class. Beginners welcome.

GF019B: Nancy Satkowski
Tuesdays, 6:30 – 8:30 p.m.
6 sessions, September 24
R \$69, MSC \$64, NR \$79
Law 142

■ Tunisian Crochet

Tunisian crochet (the afghan stitch) is a variation of regular crochet, using a long hook resembling a knitting needle with a crochet hook on the end. Basic knowledge of crochet needed. Project supplies provided. A material fee of \$10 is due to the teacher the first night of class.

GF312: Deborah Zotian
Tuesdays, 6:00 – 8:00 p.m.
4 sessions, October 8
R \$55, MSC \$50, NR \$65
Foran 307

Just in Time for the Holidays

■ **NEW!** Holiday Gifts - Crochet

Three weeks - three easy to do, easy to make, easy to multiply gifts! Make a beaded coffee cozy, fingerless gloves and scarf. Knowledge of basic crochet stitches required. Bring worsted weight yarn and a crochet hook to first class. Beads provided. Supply list will be given the first night of class.

GF312A: Deborah Zotian
Thursdays, 6:00 – 8:00 p.m.
3 sessions, November 7
R \$50, MSC \$45, NR \$60
Foran 307



■ Beading

Learn about beads, hardware and various beading techniques to make your own unique jewelry. Cost of supplies is additional. A supply list is given in the first class. Material fee of \$5 payable to the instructor the first night of class.

GF013: *Joni Kollar*
Mondays, 6:30 – 8:30 p.m.
6 sessions, September 23
R \$69, MSC \$64, NR \$79
Law 230

■ Beach Comber Art

Do you collect shells, sea glass, driftwood or other interesting miscellaneous treasures you can find on the beach? Come create beautiful art, such as driftwood plaques, wind chimes, wreaths and more. Material fee of \$5 payable to the instructor the first night of class.

GF014: *Joni Kollar*
Tuesdays, 6:30 – 8:30 p.m.
5 sessions, September 24
R \$61, MSC \$56, NR \$71
Law 228

■ Calligraphy I

Learn the old art of decorative handwriting. Class covers: the tools, basic strokes and technique and full alphabets. Bring a set of calligraphy markers to class. Cost of supplies is additional. A supply list is given in the first class. Material fee of \$5 payable to the instructor the first night of class.

GF002: *Joni Kollar*
Wednesdays, 6:30 – 8:30 p.m.
5 sessions, September 25
R \$61, MSC \$56, NR \$71
Law 228

■ **NEW!** Furniture Painting

Learn the Annie Sloan Chalk Paint® method including: two-color finish, smooth/modern, rustic finish, colored wash, wax application, dry brushing, frottage, ombre finish and more. No chemicals or stripping. Pay \$10 material fee to the instructor the first night.

GF073: *Daniella Toth*
Wednesdays, 6:00 – 9:00 p.m.
2 sessions, September 25
Fee: \$125
Law 230



■ Paint & Snack

Come for an evening of painting fun by re-creating a beautiful masterpiece to take home. All supplies included. Bring your own snacks. No alcohol allowed in public buildings. Must be at least 18 to take this class. *Gayle Caro, 1 Night, 7:00 – 9:00 p.m.*

Margaret Egan Center, Rm. 136, 135 Mathew Street, Milford Fee: \$25



GF205A: *Leaves and Sunflowers*
Monday, October 7th



GF205B: *Eiffel Tower*
Monday, October 14th



GF205C: *Fall Witch*
Monday, October 21st

■ Oil Painting – Still Life

Class covers fundamental drawing, painting concepts and skill building. Fundamental art elements such as value and space, perspective and composition as well as color theory and art history are covered. Materials not included in class fee.

GF011: *Isabelle Day*
Tuesdays, 6:30 – 8:30 p.m.
8 sessions, September 24
R \$89, MSC \$79, NR \$99
Law 230

■ Painting Journey (oils or acrylics)

Increase your knowledge of composition, values and color mixing. Work from still life setups, photos and drawings. For artists of all levels and abilities. Materials additional. Email teacher for supply list.

GF203: *Cathy Liontas*
Thursdays, 6:15 – 8:15 p.m.
6 sessions, September 26
Artist's Studio
135 Wilcox Rd, Milford
Fee: \$125

■ **NEW!** Intro to Plein Aire Painting

Learn about the equipment and supplies you'll need to paint outdoors on location. Email teacher for location and details.

GF260: *Cathy Liontas*
Friday, 4:00 – 6:00 p.m.
One night, October 4
Location TBD/email for details
Fee: \$25

■ **NEW!** Plein Aire Painting Weekend Workshop

In this weekend workshop, paint outdoors and capture the beauty and light of autumn. Paint on location in oils or acrylics. Email teacher for location and details.

GF261: *Cathy Liontas*
Saturday and Sunday, 1:00 - 3:00 p.m.
2 sessions, October 19, 20
Location TBD/email for details
Fee: \$75

■ Watercolor Studio Class

Learn a basic approach to the techniques of transparent watercolors. Demonstration and individual instructions will be given. This class is perfect to learn how to get control of this exciting medium. Beginners welcome. Materials not included in class fee.

GF026: *Isabelle Day*
Thursdays, 6:30 – 8:30 p.m.
8 sessions, September 26
R \$89, MSC \$79, NR \$99
Law 230

■ Stained Glass

A course in the art of stained glass by use of the copper foil method. Special attention will be given to color coordination and pattern design. Students will be required to purchase their supplies (approximately \$75 - \$100). Supplies are additional and not in class fee.

GF025: *Paul Petrushonis*
Mondays, 6:30 – 9:00 p.m.
8 sessions, September 23
R \$89, MSC \$84, NR \$99
Foran 396



■ Pottery

This class is a hands-on course in clay techniques. Learn about ceramic material properties, hand building (coil, pinch and slab), firing, glazing and throwing on the potter's wheel. A materials fee of \$50 is due to the instructor at the first class.

GF015: Maureen Shea Krolewicz
Mondays, 6:00 – 8:15 p.m.
9 sessions, September 23
R \$89, MSC \$84, NR \$99
Foran 125

GF016: Maureen Shea Krolewicz
Tuesdays, 6:00 – 8:15 p.m.
9 sessions, September 24
R \$89, MSC \$84, NR \$99
Foran 125

Money Matters: A series of 1-night classes to help you plan for the future

■ When the Child Becomes the Parent

It is a truism in life that a parent and child's roles become reversed as the parent ages and needs more assistance. Learn how to help your loved one age with dignity. Discuss the legal techniques that can help with transitions to avoid a crisis.

GF054A: Drazen Law Group
Thursday, 6:30 – 8:30 p.m.
1 Night, September 26
R \$31, MSC \$29, NR \$34
Foran 310



■ Estate Administration in CT

Learn what it means to "Probate" an estate in Connecticut. If you've been appointed as Executor of an estate, this class will help you figure out where to start and what important forms need to be filed with the Probate Court.

GF204: Nicole Camporeale, Esq.
Thursday, 6:30 – 8:00 p.m.
1 Night, October 3
R \$29, MSC \$29, NR \$31
Law 104

■ Medicaid Rules and Spend Down

Class will give an overview of the government benefit program, Medicaid/Title 19 and the rules associated with how to qualify. We will review the valid ways you can spend down money in order to qualify, how to avoid common mistakes that result in a penalty and asset protection techniques as well.

GF230: Nicole Camporeale, Esq.
Thursday, 6:30 – 8:00 p.m.
1 Night, November 7
R \$29, MSC \$29, NR \$31
Law 104

■ Avoiding Probate

This class will provide and share important information on the obstacles of probate and proactive steps to avoid this emotionally-taxing challenge. Make the process quick and smooth for your loved ones.

GF031: Drazen Law Group
Tuesday, 6:30 – 8:30 p.m.
1 Night, October 8
R \$31, MSC \$29, NR \$34
Foran 310

■ Steps for Asset Protection

How do you protect your assets when you pass away? Learn the legal guidelines so your assets are not lost.

GF033: Drazen Law Group
Tuesday, 6:30 – 8:30 p.m.
1 Night, October 1
R \$31, MSC \$29, NR \$34
Foran 310

■ Mortgages 101

Whether you are expanding to a bigger home, downsizing or jumping in for the first time, this class covers the mortgage process from pre-approval right down to the closing. Learn about needed documents and financial requirements along with the available loan programs to suit your needs. Complimentary Debt Analysis included.

GF301: Lisa Sidella, NMLS #1643213
Thursday, 6:30 – 8:00 p.m.
1 Night, September 26
R \$29, MSC \$29, NR \$31
Law 102

■ Estate Planning 101

Class will cover Last Will and Testament, Durable Power of Attorney, Health Care Instructions and a Revocable Trust. You will also learn the difference between Probate and Non-Probate property and what you need to know about estate taxes.

GF052: Nicole Camporeale, Esq.
Thursday, 6:30 – 8:00 p.m.
1 Night, September 26
R \$29, MSC \$29, NR \$31
Law 104

■ Social Security

Learn what your full retirement age is and how your benefit is determined. Find out how when you retire will affect that benefit, the importance of planning with your spouse, strategies to boost retirement and survivor's benefits and how working after you receive benefits will affect how much you receive. Workbook included.

GF051: Richard Forzano
Tuesday, 6:30 – 8:00 p.m.
1 Night, October 22
R \$31, MSC \$29, NR \$34
Law 170

LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
Like Us: www.Facebook.com/learn2earnCT

■ Estate Planning Basics

Learn why you need an estate plan. You'll learn strategies to plan for incapacity, including special health care directives, wills, trusts, life insurance, and key tax basics including an overview of the federal gift tax, estate tax and generation-skipping transfer tax. Workbook included.

GF053: Richard Forzano
Tuesday, 6:30 – 8:00 p.m.
1 Night, October 8
R \$31, MSC \$29, NR \$34
Law 170

■ Planning for Long Term Care

This class teaches you what long-term care is, where it's provided and strategies to pay for it. You will learn about government incentives and how Medicare and Medicaid factor into long-term care planning.

GF043: Richard Forzano
Tuesday, 6:30 – 8:00 p.m.
1 Night, September 24
R \$31, MSC \$29, NR \$34
Law 170

■ **NEW!** Medicare 101

Are you Medicare eligible? Learn more about Medicare and your health plan options. Find your way through the maze of Medicare terms.

GF722: Kim McGuire & Cindy Ryall
Wednesday, 6:30 – 8:00 p.m.
1 Night, October 2
R \$29, MSC \$29, NR \$31
Law 105

Complete your high school education and receive your diploma with the GED® program.

It's FREE.

**Now registering
Aug. 20-23.**

See pg. 3 for details.



■ Street Smarts: How Money Works

Learn how to have your money work for you and improve your financial situation. Topics include: the rule of 72, the best ways to pay off debt, credit card tips, understanding life insurance and more!

GF047: Ashley Upson
Wednesday, 6:30 – 8:30 p.m.
1 Night, October 2
R \$31, MSC \$29, NR \$34
Law 104

■ **NEW!** Retirement Planning Today

Learn how to blend finances with life planning to manage investment risks, use new tax laws to your advantage, and adjust your estate plan to function under the new laws and more. Make informed decisions about both your retirement and estate plans. Textbook included.

GF700: Brian Skinner
Tuesday, 6:30 – 9:00 p.m.
2 nights, September 24 & October 1
R \$49, MSC \$44, NR \$54
Law 105

GF701: Brian Skinner
Monday, 6:30 – 9:00 p.m.
2 nights, October 7 & October 14
R \$49, MSC \$44, NR \$54
Law 105



■ Financial Planning 101

Create a financial strategy that includes formulating a household budget, paying down your debt, building up your credit and why your credit score is important. Learn how to save for the future and plan for the unexpected.

GF048: Ashley Upson
Monday, 6:30 – 8:30 p.m.
1 Night, October 7
R \$31, MSC \$29, NR \$34
Law 104

■ Retirement Basics

Don't delay, put together a retirement road map to start saving now. Retirement strategies will include: the three savings accounts that you need, power of compound interest, tax-deferred vs. taxable investments and more.

GF046: Ashley Upson
Monday, 6:30 – 8:30 p.m.
1 Night, September 23
R \$31, MSC \$29, NR \$34
Law 104

Career & Work (*) qualifies for scholarship, see page 3 for details



■ Bookkeeping Basics*

Gain a marketable new skill by learning the basics of double-entry bookkeeping, how to analyze and record financial transactions and prepare various financial reports at the end of the fiscal period. Accounts receivable, accounts payable, payroll procedures, sales taxes and other common banking activities will be discussed. Material fee of \$4 due to instructor at first class.

GF039: Helga Bowen
Tuesdays, 6:30 – 9:00 p.m.
4 sessions, September 24
R \$65, MSC \$55, NR \$75
FREE with scholarship
Law 102

■ Getting Paid to Talk: Intro to Voice Overs

From audio books to cartoons to documentaries and commercials, this class will introduce you to the growing field of voice over. Learn what the pros look for and how to prepare.

GF040: Creative Voice Dev. Grp
Tuesday, 6:30 – 9:00 p.m.
1 Night, October 8
R \$35, MSC \$30, NR \$40
Foran 339

■ Commercializing your Invention

You have an invention, now what? Topics covered: can I make money with this invention, when to monetize, investors, do I need a prototype, how to license my invention and more.

GF045: Attorney Mike Blake
Thursday, 6:30 – 8:30 p.m.
1 Night, September 26
R \$31, MSC \$29, NR \$34
Law 101

■ Online Job Searching Workshop*

Discuss how to create a digital resume and cover letter in Microsoft Word. Find out how to navigate and search the top job sites and how to apply and upload your information.

GF220: Blessing Nwaohuocha
Wednesday, 6:00 – 8:30 p.m.
1 Night, September 25
R \$31, MSC \$29, NR \$34
FREE with scholarship
Law 132

■ First Aid/CPR/AED

Learn the skills needed to respond to an emergency. Upon successful completion, you will obtain a certificate from the American Red Cross. Materials and certification included in class fee. (If you only need partial certification, call the Adult Ed office and arrangements will be made at a lower cost).

GF206: Lori Hart
Wednesdays, 6:00 - 9:30 p.m.
2 sessions, September 25
Fee: \$75
Foran 224

■ NEW! First Aid/CPR/AED Recertification only

This class is for people holding a current American Red Cross certification and it needs to be updated. Bring your current card to class. You will be given a quick review before taking a recertification test. Upon successful completion, you will obtain a new certificate from the American Red Cross.

GF715: Lori Hart
Tuesday, 6:00 - 9:00 p.m.
1 Night, September 24
Fee: \$55
Foran 224

■ Real Estate Practices & Principles

Class covers a basic understanding of real estate concepts and meets the minimum standards set forth by the CT Real Estate Commission. Completion qualifies the student for application for the State Real Estate Exam to obtain a salesman's license. Cost of textbook is extra.

GF044: Alliance Real Estate
Tuesdays & Thursdays
6:00 – 9:00 p.m.
20 sessions,
(starts Tues., September 24)
Tuition: \$385
Foran 338

Scholarships Available

Through a community grant, Adult Education will offer scholarships to qualifying income-eligible residents who hope to gain or improve their employment skills and opportunities. **The courses that are eligible for these scholarships are indicated with an asterisk (*)** in the *Computers* and *Career & Work* categories. To download the application form, please visit the Milford Public Schools website at www.milforded.org and click on the **Our Schools** tab. Paper copies are also available at the Milford Adult Education office in the Parsons building. Submit your completed Scholarship Form, along with your General Interest Course Registration Form, to the Adult Ed office as indicated above. We will notify you of your eligibility prior to the first class.

Computers (*) qualifies for scholarship, see page 3 for details

■ Basic Computer 1*

For beginners or those who have a basic understanding of the computer. Use a Windows operating system to learn skills such as keyboarding, point and click with the mouse and Internet navigation. Topics covered: basics of the internet including how to search and set up an email account; saving files on your PC and printing.

GF056: Rachel Yakubik
Tuesdays, 10:00 a.m. – 12:00 n
5 sessions, September 24
R \$70, MSC \$60, NR \$75
FREE with scholarship
Parsons, Adult Ed Classroom
70 West River St.

GF056A: William Coley
Thursdays, 6:30 – 8:30 p.m.
5 sessions, September 26
R \$70, MSC \$60, NR \$75
FREE with scholarship
Law 144

■ Basic Computer 2*

This class will extend basic computer knowledge and include the basics of Microsoft Word such as document creation, printing, editing, text formatting and more.

GF056B: William Coley
Tuesdays, 10:00 a.m. – 12:00 n.
5 sessions, October 29
R \$70, SC \$60, NR \$75
FREE with scholarship
Parsons, Adult Ed Classroom
70 West River St.

■ Microsoft Word 1*

Learn the basics of Microsoft Word. Topics include: document creation, printing, editing, text formatting, selecting text, tabs, using spell check, and more. Prerequisite: basic familiarity with the keyboard, computers and Windows.

GF066: William Coley
Wednesdays, 6:30 – 9:00 p.m.
5 sessions, September 25
R \$84, MSC \$74, NR \$94
FREE with scholarship
Law 144

■ Microsoft Word 2*

Go beyond the basics of Microsoft Word. Topics include: various tips and tricks to improve your use of Word, creation of tables, columns, mail merge and more. Prerequisite: Microsoft Word - Beginners or a familiarity with the basic features of MS Word.

GF067: William Coley
Wednesdays, 6:30 – 9:00 p.m.
5 sessions, November 13
R \$84, MSC \$77, NR \$94
FREE with scholarship
Law 144

GF705: Take Word 1 & 2 together:
R \$159/MS \$139/NR \$179

■ Microsoft Excel 1*

Learn the basics of Excel and how to create, build, save and print spreadsheets. Topics covered include copying and moving text, inserting rows and columns, sorting and various ways to make your spreadsheets both informative and professional. Prerequisite: basic familiarity with computers and Windows.

GF063: William Coley
Mondays, 6:30 – 9:00 p.m.
5 sessions, September 23
R \$84, SC \$74, NR \$94
FREE with scholarship
Law 144

■ Microsoft Excel 2 *

More features of Microsoft Excel will be covered with emphasis on skills that are used in the business world. Topics covered include customizing your worksheet, building formulas, creating graphs, pivot tables, range names, and more. Prerequisite: Microsoft Excel 1 or a basic familiarity with Excel.

GF064: William Coley
Mondays, 6:30 – 9:00 p.m.
5 sessions, November 4
R \$84, MSC \$74, NR \$94
FREE with scholarship
Law 144

GF706: Take
Excel 1 & 2 together:
R \$159/MS \$139/NR \$179

■ **NEW!** iPad and iPhone Basics

Review the basics of the Apple iPad and iPhone, including the various parts, applications, settings, syncing and sharing information. Please bring your iPad and/or iPhone to class with an updated operating system.

GF060: Ryan Springer
Tuesday, 6:00 – 8:00 p.m.
1 Night, October 22
R \$31, MSC \$31, NR \$35
Foran 345

■ Social Media Workshop

Want to know more about social media? In this class, learn about the main social media sites such as Facebook, Twitter, Instagram and more.

GF207: Blessing Nwaohuocha
Monday, 6:00 – 8:30 p.m.
1 Night, September 23
R \$31, MSC \$31, NR \$35
Law 132

■ Home Computer Maintenance and Support

This class will help the beginner/average computer user by providing tips and tricks for computer maintenance. Identify and repair simple hardware and software issues yourself, and learn how to keep your computer safe.

GF221: Ryan Springer
Tuesdays, 6:00 – 8:00 p.m.
2 sessions, September 24
R \$39, MSC \$34, NR \$44
Foran 345

■ Cyber Security for Home

Learn how to keep your computer and information safe. Includes: creating strong passwords, combat scams, viruses, malware, data and privacy protection.

GF222: Ryan Springer
Tuesdays, 6:00 – 8:00 p.m.
2 sessions, October 8
R \$39, MSC \$34, NR \$44
Foran 345

GF707: Take Home Computer
Maintenance & Cyber Security together:
R \$73/MS \$63/NR \$83

Have Double the Fun ... Bring a Friend!

Dance

The following 4 dance courses are taught by **Ms. Carol A. Farrell** at the **Carol Farrell Dance Studio**; 246 New Haven Avenue, Milford.

■ Ballet - Beginner/Intermediate

Do cardio, strengthen muscles, and increase flexibility through ballet! Ballet shoes required.

GF071: Tuesdays, 8 sessions
6:30 - 7:30 p.m.
September 24
R \$77, MSC \$67, NR \$87

■ Ballroom Dancing

A workout for body and mind, improve your posture, broaden your social skills, spend time with your partner and make new friends. Learn the Fox Trot, Rumba, Waltz and more. Singles welcome; no partner required, but one can't be guaranteed.

GF072: Tuesdays, 8 sessions
7:30 - 8:30 p.m.
September 24
R \$89, MSC \$79, NR \$99

GF073: Thursdays, 8 sessions
7:30 - 8:30 p.m.
September 26
R \$89, MSC \$79, NR \$99

■ Jazz - Just Dance

Desire to dance? Learn the basic techniques of jazz dancing. A great workout and fun for all. Ballet or Jazz shoes required.

GF078: Mondays, 8 sessions
7:30 - 8:30 p.m.
September 23
R \$77, MSC \$67, NR \$87

■ Tap Dancing – Beginner/Intermediate

Whether you have tapped before or not, come join this class! Improve your balance, coordination, concentration, and burn calories. Tap shoes required.

GF080: Mondays, 8 sessions
6:30 - 7:30 p.m.
September 23
R \$77, MSC \$67, NR \$87

GF081: Thursdays, 8 sessions
6:30 - 7:30 p.m.
September 26
R \$77, MSC \$67, NR \$87

■ Cize

From the creator of Insanity, CIZE LIVE is professional dance for everyday people. Professionally choreographed dance routines are broken down so you'll be busting out the hottest moves and burning calories the whole time.

GF074: Jason Thigpen
Tuesdays, 7:00 - 7:45 p.m.
4 sessions, October 8
Fee: \$40
Harborside MS Gym

■ Michael Jackson's Thriller

Learn the iconic and easily recognizable Michael Jackson Thriller dance that set the world on fire. Everyone can do this dance. Grab a friend or co-worker for a fun night out!

GF079: Jason Thigpen
Monday, 7:00 - 8:15 p.m.
1 Night, October 28
Fee: \$20
Harborside MS Gym

■ Argentine Tango for Beginners

Learn the authentic tango as done in Buenos Aires. Each class features fundamentals, strength and flexibility exercises, and a fun step with correct styling. Singles welcome, no partner required. Leather sole or dance shoes recommended.

GF070: Gem Duras
Mondays, 7:00 - 8:00 p.m.
8 sessions, September 23
R \$135, MSC \$135, NR \$145
Milford Center for the Arts
40 Railroad Ave. South

■ Hip Hop Workshop

Hip Hop dance combines break dancing, popping, locking, funk and various street style dance. ALL levels of experience welcome.

GF077: Jason Thigpen
Tuesday, 7:00 - 8:00 p.m.
1 Night, November 12
Fee: \$20
Harborside MS Gym

Fitness & Exercise

■ **NEW!** Boxing

Do a full body one hour trainer-led workout, all while learning the fundamentals of boxing.

GF303: Staff
Saturdays, 9:30 - 10:30 a.m.
8 sessions, September 28
R \$109, MSC \$109, NR \$129
TITLE Boxing Club
169 Cherry Street, Milford

■ Body Blast

Challenge every muscle group in a fast paced, fun environment. This class has it all: Cardio, Core, Balance and Strength through the use of body weight, free weights, resistance tubing and mat work. Bring a floor mat, one set each of light and heavy free weights, one light or medium resistance tubing and two yoga blocks.

GF082: Bonnie Clark
Mondays, 7:00 - 8:00 p.m.
10 sessions, September 23
R \$60, MSC \$50, NR \$70
St. Andrew's Church Hall
283 Bridgeport Avenue, Milford

■ Self-Defense Workshop for Women

Learn life-saving techniques and how to take control of potentially dangerous situations using practical, effective tactics. Safety and prevention tips will also be discussed.

GF102: Adam Rylski
Monday, 7:00 - 8:15 p.m.
1 Night, November 18
Fee: \$20
Harborside MS Gym



■ Zumba

Zumba is a dance fitness class incorporating Latin music and dance movements. In this class, routines will feature slow and fast movements to achieve cardio and muscle-toning benefits while burning up to 300-700 calories. Beginners welcome.

GF209: Rosa Vantapool
Tuesdays, 6:30 – 7:30 p.m.
8 sessions, October 1
R \$58, MSC \$48, NR \$68
Orange Ave. School Gym

■ Total Body Conditioning

Burn calories, firm and sculpt your entire body using light to moderate weights, low impact movements and floor work. Bring a floor mat, one set each of light and heavy free weights, one light or medium resistance tubing.

GF104: Bonnie Clark
Tuesdays, 7:00 – 8:00 p.m.
10 sessions, September 24
R \$60, MSC \$50, NR \$70
Mathewson Gym

GF105: Bonnie Clark
Thursdays, 7:00 – 8:00 p.m.
10 sessions, September 26
R \$60, MSC \$50, NR \$70
Mathewson Gym

GF106: Take both days:
R \$109, MSC \$89, NR \$129

■ Zumba Gold

Zumba Gold is an easy, low impact, fun, dance fitness class designed for any level or ability. Move to a fusion of Latin and International dance rhythms. Beginners welcome.

GF107: Robin Allen
Wednesdays, 7:00 – 8:00 p.m.
8 sessions, September 25
R \$58, MSC \$48, NR \$68
St. Andrew's Church Hall
283 Bridgeport Avenue, Milford

Food & Wine

The following four wine classes are taught by Raymond Spaziani, Chapter Director of the American Wine Association, New Haven Chapter. Classes are held at Citrus Restaurant, 56 South Broad Street., Milford. \$15 Lab fee is due to the instructor the night of class.

■ Wines of Africa

Explore wines from the world's second largest continent.

GF111B: 1 night
Tuesday, October 1
7:00 – 9:00 p.m.
R \$25, MSC \$25, NR \$28

■ Wines of Italy, Spain and Portugal

Taste the wines of this Mediterranean Region and healthy lifestyle.

GF112B: 1 night
Tuesday, October 15
7:00 – 9:00 p.m.
R \$25, MSC \$25, NR \$28

■ North America vs. South America

Savor the differences between wines produced north and south of the Equator!

GF113B: 1 night
Tuesday, October 29
7:00 – 9:00 p.m.
R \$25, MSC \$25, NR \$28



■ Affordable Super Wines

Wines do not have to be expensive to be wonderful.

GF114B: 1 night
Tuesday, November 12
7:00 – 9:00 p.m.
R \$25, MSC \$25, NR \$28

GF110: Take all four wine classes:
R \$90, MSC \$90, NR \$102

■ Cooking Delectable Dinners (and desserts)

Looking for dinner solutions? Learn to cook a variety of dinners and desserts. Includes tips on shortcuts and cooking on a budget. Plus knife skills! Eat what you make in class. New meals introduced. A \$50 materials fee will be paid the first night of class to the instructor.

GF304: Michelle Ryan
Mondays, 6:00 – 8:15 p.m.
5 sessions, September 23
R \$70, MSC \$65, NR \$80
Law 112

■ **NEW!** Candy Making 101

Learn the basics to make molded candies and specialty items. Great for gift giving. A \$40 materials fee will be paid the first night of class to the instructor.

GF800: Anita Ferron
Tuesdays, 6:00 – 8:15 p.m.
3 sessions, October 15
R \$55, MSC \$45, NR \$65
Law 114

■ **NEW!** Pies 101

From crust to filling, make the perfect pie for the holidays. Focus is on pumpkin and apple pies. A \$10 materials fee will be paid the first night of class to the instructor.

GF801: Anita Ferron
Tuesdays, 6:00 – 8:15 p.m.
2 sessions, November 19
R \$45, MSC \$40, NR \$55
Law 114

[More on Next Page!]

'Tis the Season!

What's better than the start of the baking season? We welcome you to take a look at the wonderful selection of special courses designed to help you prepare for the holidays and give one or more a try! Look for the **Holiday Holly Leaf** icon to learn more about these great courses!



[Food & Wine, cont.]

■ Christmas Cookies from Around the World

Each week make 2 to 3 different kinds of cookies from around the world. A \$40 materials fee will be paid the first night of class to the instructor.

GF410: Anita Ferron
Tuesdays, 6:00 – 8:15 p.m.
3 sessions, December 3
R \$55, MSC \$45, NR \$65
Law 114

■ **NEW!** Chocolate Christmas House

Build and decorate a chocolate house. Leave with an all edible chocolate house in a decorator bag. Makes a great gift or centerpiece for the holidays. A \$40 material fee due at class for all supplies needed for the night. Must register by Nov. 1.

GF802: Liz Smethurst & Diane Pasacrete
Monday, 6:30 – 9:00 p.m.
1 Night, December 2
R \$35, MSC \$35, NR \$45
Law 112

Fun & Recreation

■ Tarot

Tap into your inner wisdom and begin to explore your intuition through the magic and mystery of the tarot. Bring a Tarot deck to class.

GF122: Sally Ruso
Mondays, 6:30 – 8:30 p.m.
4 sessions, September 23
R \$59, MSC \$49, NR \$69
Law Media Center

■ Golf Workshops

Work with a golf pro to ace your golf game. All levels welcome. Instructor: Brian Giordano, PGA.

GF722: Golf Swing Analysis
Wednesday, 7:00 – 8:00 p.m.
1 Night, October 30
Fee: \$40
John F. Kennedy Gym

GF723: Chipping and Pitching
Wednesday, 7:00 – 8:00 p.m.
1 Night, November 13
Fee: \$40
John F. Kennedy Gym

■ Astrology – Beginners – Part A

Overview of how Astrology works with signs/house elements. Having your own chart is not necessary as one can be printed for a \$5 material fee paid to the instructor.

GF126: Cathy Mortimer
Monday, 7:00 – 9:00 p.m.
1 Night, September 23
R \$35, MSC \$35, NR \$45
Law 102



■ Astrology – Beginners – Part B

Class will cover what an Astrologer analyzes to “read” a chart. Having your own chart is not necessary as one can be printed for a \$5 material fee paid to the instructor.

GF126: Cathy Mortimer
Monday, 7:00 – 9:00 p.m.
1 Night, October 7
R \$35, MSC \$35, NR \$45
Law 102

■ Piano I

Learn basic piano skills and have fun playing familiar songs. No keyboard required. Access to a piano or an electronic keyboard to practice in between classes is suggested. A \$15 material fee is payable to the instructor at the first class.

GF117: Sal Grillo
Tuesdays, 6:00 – 7:30 p.m.
6 sessions, October 1
R \$79, MSC \$74, NR \$89
Foran Music Room

■ Mah-Jongg

Mah-jongg is a fun and challenging game using colorful tiles. In order to get the important groundwork, you must attend the first three classes. A \$15 materials fee is payable to the instructor at the first class.

GF125: Susan Kopsco
Tuesdays, 10:30 – 12:30 a.m.
9 sessions, September 17
R \$79, MSC \$74, NR \$89
Woodmont Library/Fannie Beach Bldg.
16 Dixon Street, Milford

Health & Wellness

■ Let Your Yoga Dance - Gentle

This form of yoga is breath-based movement. The mission is to expand body, brain, heart and soul health to all populations through joy and acceptance. Use chairs for support. Great for seniors!

GF158: Andrea Cashman
Tuesdays, 2:00 – 3:00 p.m.
6 sessions, September 24
Fee: \$48
Mystics by the Sea II
394 New Haven Ave., Milford

■ Kripalu Yoga Experience

Get two classes in one session. Enter anytime during 6 - 6:45 p.m. to Let Your Yoga Dance, get your body, heart and spirit warmed up with free movement and energy. Then at 6:45 p.m. Kripalu gentle yoga begins to stretch and strengthen your body, connect with your spirit and soothe your nerves. All levels welcome. Attend one part or full class.

GS157: Andrea Cashman
Tuesdays, 6:00 – 7:30 p.m.
6 sessions, September 24
Fee: \$72
Tranquility Wellness Spa
88 Noble Avenue, Milford

■ **NEW!** Chair Yoga

Gentle stretching and meditation for all ages and abilities. Improve strength, flexibility and manage stress.

GF804: Andrea Cashman
Wednesdays, 5:15 – 6:00 p.m.
6 sessions, September 25
Fee: \$36
Mystics by the Sea II
394 New Haven Ave., Milford

■ **NEW!** Yoga Nidra

Yoga Nidra is likened to hypnosis and results in deep relaxation and reduced stress. Bring a yoga mat, blanket and headrest to each class.

GF714: Joann Dunsing
(certified hypnotist)
Mondays, 6:30 – 8:00 p.m.
4 sessions, November 4
R \$60, MSC \$55, NR \$70
Foran Fitness Room

■ Qigong/Tai Chi for Calm

This class is about slow, rhythmic, meditative movements designed to help you find peace and calmness through a standing or sitting position.

GF138: Lamont Thomas
Saturdays, 9:00 – 10:00 a.m.
8 sessions, September 28
R \$80, MSC \$70, NR \$90
Trinity Lutheran Church
21 Robert Treat Pkwy., Milford

■ Self-Care for Women - Intro

Experience the Art and Science for self-care. Class will include gentle movement, mindfulness practices, food and mood awareness.

GF312: Ellen-Marie DiGioia/
Karen Pace
Thursdays, 7:00 – 8:00 p.m.
6 sessions, September 26
R \$50, MSC \$45, NR \$60
Foran 307

■ **NEW!** Fit Fun Walk

Take a briskly paced Fitstyle™ walking tour around Milford, and learn fun facts along the way. Route will keep to about a 20-minute mile and covers about 2 miles. (Morning session is at a slower pace – great for seniors).

Shana Schneider
GF716: Thursdays, 5:30 – 6:30 p.m.
3 sessions, September 26

GF717: Thursdays, 9:00 – 10:00 a.m.
3 sessions, September 26
Fee: \$45
Location emailed

■ **NEW!** Fitstyle™ Your Life

Learn how to overcome the challenge of finding the time to get fit. Focus is on the small steps you can take to make a big difference in your health. Appropriate for all fitness levels. Please wear sneakers.

GF718: Shana Schneider
Thursday, 6:30 – 7:30 p.m.
1 Night, October 17
R \$29, MSC \$29, NR \$31
Law 101

Learn Something NEW!

Senior Citizens Welcome

Milford Seniors: Ages 60+

Make Your Own Spa 'Essentials'

■ Essential Oils for Self Care

Learn what oils are good to remedy digestive issues, support your immune and respiratory systems, and comfort head pain. Design your own oil. Materials fee of \$15 paid to the instructor.

GF710: Sheila Tarantino
Tuesday, 6:30 – 8:00 p.m.
1 Night, October 1
R \$29, MSC \$29, NR \$31
Law 101



■ Essential Oils for Stress & Anxiety

Learn why and how therapeutic essential oils work to support your emotional well-being. Make something for calming and something uplifting to take home. Materials fee of \$16 paid to the instructor.

GF711: Sheila Tarantino
Tuesday, 6:30 – 8:00 p.m.
1 Night, October 8
R \$29, MSC \$29, NR \$31
Law 101



■ Essential Oils for Spa Products

Learn how you can make top quality, non-toxic, therapeutic spa products that also benefit your health. Craft four products and go home with them to use daily. Materials fee of \$28 paid to the instructor.

GF712: Sheila Tarantino
Tuesday, 6:30 – 8:00 p.m.
1 Night, October 15
R \$29, MSC \$29, NR \$31
Law 101



■ **NEW!** Essential Oils as Gifts

Use essential oils to make a personalized gift for stress, anxiety, clear breathing, sleep, digestion, brain revitalizer, courage, energy boost or choose from a list of perfumes, linen sprays, colognes or a foot soak. Material fee of \$6 per crafted gift. Fee paid to instructor.

GF713: Sheila Tarantino
Tuesday, 6:30 – 8:00 p.m.
1 Night, November 12
R \$29, MSC \$29, NR \$31
Law 101



■ Weight Loss

Have you ever felt out of control with your eating? Use hypnosis to lose pounds by changing your relationship with food. Remove the need and desire to over-eat and change your attitude about food.

GF161: Joann Dunsing
(certified hypnotist)
Mondays, 6:30 – 8:00 p.m.
4 sessions, September 23
R \$75, MSC \$65, NR \$85
Law 201

■ **NEW!** Drum and Rhythm Circle for Wellness

Share your inner rhythm in an interactive session using drums and percussion instruments to learn beats from around the world. Group drumming is music making while being therapeutic for the body, mind and soul. Drums and percussion provided. All abilities welcome.

GF715: Lydia Smith
Tuesdays, 7:00 – 8:00 p.m.
3 sessions, September 24
R \$60, MSC \$55, NR \$65
Foran Media Center

■ **NEW!** 3-Step Wellness

Intro to a three dimensional approach to wellness. Learn the connection between good nutrition, exercise and ways to reduce stress to encompass your best self. \$5 paid to instructor to sample healthy snacks brought to class.

GF719: Michele Tenney
Monday, 6:30 – 8:30 p.m.
1 Night, September 23
R \$25, MSC \$25, NR \$29
Law 142

■ **NEW!** Mindful Moments

Learn to apply ancient wisdom to our modern lives with easy and accessible meditation and breathing techniques.

GF721: Connie Goebel
Tuesdays, 6:30 – 8:30 p.m.
3 sessions, September 24
R \$45, MSC \$40, NR \$50
Law 201

LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
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Languages

■ Conversational French – Beginner

Have fun learning about French culture while you sharpen your conversational skills. Refresh old or pick up new vocabulary and grammar. Cost of textbook is additional.

GF147: Isabelle Day
Wednesdays, 6:30 – 8:30 p.m.
8 sessions, September 25
R \$87, MSC \$77, NR \$97
Law 102

■ Conversational German – Beginners

Enjoy learning about German culture while you practice speaking and building vocabulary. Grammar will also be reinforced through use in conversation. Textbook costs may apply.

GF148: Manfred Mohring
Tuesdays, 7:00 – 9:00 p.m.
8 sessions, September 24
R \$87, MSC \$77, NR \$97
Law 104

■ Conversational Italian – Beginners

This class will introduce you to basic Italian grammar and structure, giving you the tools to build your own sentences. Not only will you learn language skills, you will enjoy learning about Italian culture too. Cost of textbook is additional.

GF149: Sylvana Serravezza
Thursdays, 7:00 – 9:00 p.m.
8 sessions, September 26
R \$87, MSC \$77, NR \$97
Law 131

■ Conversational Italian II

This class is for those that have knowledge of Italian and/or have already taken Italian beginners. You will continue building your language skills and learn about Italian culture. (Textbook costs may apply).

GF149A: Sylvana Serravezza
Thursdays, 6:00 – 7:00 p.m.
8 sessions, September 26
R \$50, MSC \$50, NR \$60
Law 131

■ Spanish-Beginner

Learn essential tools to develop comprehension and conversational skills. Latino culture will also be discussed. A material fee of \$60 for textbook and workbook is payable to the instructor the first night of class.

GF151: Fernando Rincon
Tuesdays, 6:30 – 8:30 p.m.
8 sessions, September 24
R \$87, MSC \$77, NR \$97
Law 222

■ Spanish – Intermediate

Building on Spanish for Beginners, this course goes into more advanced grammar, speech and cultural subjects and delves into exercises aimed to gain strong conversational and writing skills. A material fee of \$60 for textbook and workbook is payable to the instructor the first night of class.

GF152: Fernando Rincon
Mondays, 6:30 – 8:30 p.m.
8 sessions, September 23
R \$87, MSC \$77, NR \$97
Law 222

■ Conversational Sign Language

A continuation of the fall semester with added vocabulary, deaf culture, activities and conversational skills. Knowledge of the manual alphabet and some vocabulary is required.

GF150: Judi Reynolds
Mondays, 7:00 – 9:00 p.m.
8 sessions, September 23
R \$87, MSC \$77, NR \$97
Foran 347

Wait, There's More!

■ REACH – Recreation Experience Acceptance Community Hands-on

REACH is a program designed for adults with cognitive impairments. This hands-on program fosters opportunities to learn life skills through academics, recreation and social opportunities. REACH provides a positive environment where students feel safe and comfortable learning, sharing, and forming life-long friendships.

GS156: Kelly Graham and Sharon Kish
Thursdays, 6:30 – 8:30 p.m.
8 sessions, September 26
Fee: \$125
The Academy Art Room

■ Cleaning Made Easy

Clean less and enjoy more free time. Learn the must have tools and the seven things to do in seven minutes to keep dirt and clutter away. Get your home in shape quickly and easily.

GF145: Nicky Tomboulides
Monday, 7:00 – 9:00 p.m.
1 Night, October 7
R \$31, MSC \$31, NR \$34
Law 142

■ Basic Automotive Maintenance

Learn basic preventive maintenance repairs and procedures as well as how to put your car on a vehicle lift. Topics: balance and rotate tires, inspect brake systems, change light bulbs and do vehicle safety inspections. Each student will perform an oil change on their vehicle and learn how to check all fluids. Must have your own vehicle, license and insurance. For beginner students only.

GF155: William Domeracki
Wednesdays, 6:00 – 8:00 p.m.
6 sessions, September 25
R \$89, MSC \$84, NR \$99
Foran 394



■ Daytime Driver's Education

The Next Street, in cooperation with Milford Public Schools, offers Driver's Education at both Jonathan Law and Foran High Schools, immediately following school dismissal. Classes meet twice per week for 2 hours per day. This course includes 30 hours of classroom time and 8 hours of on the road driving lessons. To register, log on to thenextstreet.com/jonathanlaw - or - thenextstreet.com/foran - or - call (203) 287-9600.

The Next Street Staff
Law 194: Mondays & Wednesdays
Foran 210: Tuesdays & Thursdays
Fee: \$559

Sit back and enjoy your day trip as the bus driver takes you to your destination. Always be prepared for the weather, as you may leave items not needed on the bus. All trips are rain or shine and subject to participation. We ask that you arrive 15 minutes prior to departure time to check in. NOTE: itinerary and times are subject to slight changes. Itinerary will be emailed one week prior to trip date.

Call S&S Travel, LLC with any questions at (203) 906-9491.

DEPARTURE: All bus trips depart from the commuter parking lot on Old Gate Lane across from the Pilot Truck Stop, Exit 40 off I-95 N in Milford.

TO REGISTER FOR BUS TRIPS: Complete the registration form (found in the catalog or online). Be sure to include all names of those going on the trip and bus trip number from the catalog. **Cell Phone** numbers and an **Email Address** MUST be included with registration. All sales are FINAL. **No refunds given on bus trips.**

SEPTEMBER 14, 2019

Maine – The Way Life Should Be: \$109

A day to visit and explore York, Ogunquit and Kennebunkport, Maine. Some highlights will be Hubble Light House and Goldenrod's (home of the salt water taffy) in York, the Marginal Way and town center of Ogunquit, and The Clam Shack in Kennebunkport. This trip is popular so register early!

B007: Saturday, September 14, 2019

Pick up time: 6:30 a.m. Return time: 9:30 p.m.

SEPTEMBER 21, 2019

Wine Tasting Tour: \$109

Enjoy a day of wine tasting and food. Tour includes a visit to three wineries in the Hudson Valley area and one vineyard in CT. Lunch at one vineyard and cheese and crackers at another vineyard are included in the price. Must be 21 years of age. Please bring a valid ID with you. Seats fill quickly!

B008: Saturday, September 21, 2019

Pick up time: 8:30 a.m. Return time: 7:00 p.m.

OCTOBER 19, 2019

Day in Salem: \$109

Experience the fun and magic of Salem's Haunted Happenings. The tour includes a visit to the House of Seven Gables, the Witch House and an evening candlelit walking tour. Ample time on your own to stroll throughout all of Salem to shop and eat.

B011: Saturday, October 19, 2019

Pick up Time: 6:45 a.m. Return time: 10:00 p.m.

OCTOBER 26, 2019

NYC Meatpacking District Walking Tour: \$109

The Meatpacking District is a slice of all of New York City! As you walk, learn the areas secrets; take in the views from the world famous High Line and sample diverse food in the historic Chelsea Market. After the Chelsea Market food tour, we will head over to Eataly NYC Flatiron District to check out the shops and foods. Pack a cooler.

B012: Saturday, October 26, 2019

Pick up Time: 7:45 a.m. Return time: 8:30 p.m.



NOVEMBER 2, 2019

Kittery Maine: \$109

Start at the well-known Foster's in York, Maine where you will enjoy a lobster bake. After lunch, stop for a quick visit to the Stonewall Kitchen where you can buy great jams, sauces, mustards, and more. Then head over to the Kittery Outlets to shop until you drop with over 120 outlet stores. Be ready to walk!

B012: Saturday, November 2, 2019

Pick up Time: 7:15 a.m. Return time: 9:30 p.m.

NOVEMBER 16, 2019

Boston's North End "Little Italy" Food Tour: \$109

Enjoy a walking food tour of Boston's North end and shopping at Quincy Market. Our walk has lots of stops with frequent, generous servings of food along the way. Soak in the history and culture of this famous area of Boston. Food tour is 3 hours and 1.75 miles. Quincy Market is on your own.

B013: Saturday, November 16, 2019

Pick up Time: 6:45 a.m. Return time: 8:30 p.m.

DECEMBER 7, 2019

NYC/Radio City Christmas Spectacular Show: \$145 (approximate cost)

See the Radio City Christmas Spectacular Show. Ticket included. Show time will be on our website. Also, enjoy time to shop and eat on your own in NYC during this wonderful time of year. Note: The drop-off and pick-up in NYC will be 2 blocks from Radio City Music Hall, at this time of year the streets around Rockefeller Center are closed to bus traffic.

B014: Saturday, December 7, 2019

Pick up Time: 8:00 a.m. Return time: 9:00 p.m.


Bring a Friend ... and Have Double the Fun!

| | | | |
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Milford Adult Education, Parsons Complex ■ 70 West River Street ■ Milford, CT ■ 06460
 (203) 783-3461 ■ www.milforded.org

Registration Must be Received at Least 2 Weeks Prior to the Start of the Class.

Late fee of \$10 (per course) will apply for registrations not received on time.

- ONLINE:**  Register and pay for your classes online by visiting www.milforded.org. Click on **Our Schools** and go to the Adult Education section. VISA/MasterCard/Discover/American Express credit cards accepted; Debit cards also accepted carrying the logo of any of these.
- MAIL:** MAIL the registration form and a check for the tuition (**payable to Milford Adult Education**) to the above address.
- IN PERSON:** Drop off your completed registration form and payment in an envelope in the locked drop box located outside the Adult Education Office in the Parsons building.
- CLASS CANCELATIONS:** If there are not enough registrations in any particular class by the registration deadline, the class will be canceled. Register early to ensure a spot and to avoid late fees.
- NOTE:** All students with an email address will get a class registration confirmation.

GENERAL INTEREST/BUS TRIPS REGISTRATION FORM – FALL 2019

Tuition payment must accompany your registration or you will not be registered for your class.
MAKE CHECKS PAYABLE TO: Milford Adult Education.

**ONLINE PAYMENTS
NOW ACCEPTED!**
 Please visit
www.milforded.org and
 click on **OUR SCHOOLS.**

NAME:

ADDRESS:

CITY: STATE: ZIP:

PHONE: (provide the best number for us to reach you quickly):

E-MAIL: TODAY'S DATE:

I AM A: (check one): Milford Resident Milford Senior Citizen (Age 60+) Non-Resident

| Course/Bus # | Course Title | Day/s | Location | Fee |
|--------------|--------------|-------|----------|-----|
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| | | | | |
| Total Due: | | | | |

NOTE: There will be a \$25.00 fee for any check returned by the bank. To withdraw from a class, notice must be given no later than September 9, 2019 and a \$10 processing fee will apply. No refunds will be given after this date.

Milford Adult Education Program
Parsons Complex
70 West River Street
Milford, CT 06460

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ECRWSS

**IMPORTANT GENERAL INTEREST CLASS REGISTRATION POLICIES
PLEASE NOTE THE FOLLOWING:**

- The deadline to register for a GENERAL INTEREST COURSE is 2 weeks prior to the class start date in order to avoid a late fee. A \$10 LATE FEE, per course, applies after this date.
- Mark your calendars with the dates of your classes. All students with an email address will receive a class registration confirmation.
- REFUNDS are only given for withdrawals if you notify us by September 9, 2019. A \$10 processing fee is deducted from your refund for withdrawing from a class. Refunds will not be granted FOR ANY REASON after Sept. 9th.
- A \$25 fee is charged for any check returned to us by the bank.
- For Bus Trip information call S&S Travel, (203) 906-9491.
- Bus company policy is NO REFUNDS for bus trips.