

FARMINGTON CONTINUING EDUCATION

Fall 2023

September - December 2023



 Farmington Public Schools
CONTINUING EDUCATION
www.fpsct.org/fce

PROGRAM INFORMATION



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Email: continuinged@fpsct.org

Website: www.fpsct.org/fce

Office Hours: 8:30 AM - 4:30 PM

Monday - Friday (closed major holidays)

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Hello Lifelong Learners -

Now is the time to experience something new or meet some new friends in one of the many course offerings or trips being offered this fall. Explore a new fitness class or indulge in a cooking class. Focus on yourself and some of the many resourceful new enrichment classes and trip offerings in this catalog. Get on our Sunday email list to be the first to hear about NEW class offerings not in this catalog. Visit our website at www.fpsct.org/fce

Lori Wyrebek
Coordinator

MARK YOUR CALENDARS!

Courses will **NOT** be held on the following dates...



- Labor Day - September 4
- Yom Kippur - September 24 - 25
- Indigenous Peoples' Day - October 9
- Thanksgiving Recess - November 22-24
- Winter Recess - December 25 - January 1

Follow FARMINGTON CONTINUING EDUCATION on social media...



Instagram - FarmContEd



Facebook - FarmingContEd



Courses are held at **Lewis Mills High School** on Tuesday evenings. Look for these course offerings throughout this catalog!

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COURSE LOCATIONS

Claudette's Creative Clippin's Pet Salon
22 Main Street
Unionville, CT 06085

Park and Ride Farmington
575 Colt Highway (Route 6)
Farmington, CT 06032

Farmington Community & Senior Center
321 New Britain Avenue
Unionville, CT 06085

Farmington High School
10 Monteith Drive
Farmington, CT 06032

Farmington Library
6 Monteith Drive
Farmington, CT 06032

Farmington Youth Center
25 School Street
Unionville, CT 06085

First Church of Christ - Unionville
61 Main Street
Unionville, CT 06085

First Church of Christ - Farmington
75 Main Street
Farmington, CT 06032

Irving Robbins Middle School
20 Wolf Pit Road
Farmington, CT 06032

Lewis Mills High School
24 Lyon Road
Burlington, CT 06013

Tabletop Gaming Center
741 New Britain Avenue
Newington, CT 06111

The Coder School
1051 Farmington Avenue
Farmington, CT 06032

West Woods Upper Elementary School
50 Judson Lane
Farmington, CT 06032



There are over 100 ONLINE Career Training and Development courses to choose from. There are 12 sessions per course over a 6 week period. New courses begins each month.

www.ed2go.com/farmington/



STATE MANDATED PROGRAMS

The Avon, Canton, Farmington, Simsbury and Region #10 Boards of Education provide courses in Adult Basic Education (ABE), Citizenship, High School Completion Programs (GED®, CDP & NEDP), and English for Speakers of Other Languages (ESL). These courses are FREE to residents of Farmington, Unionville, Simsbury, Avon, Canton, Collinsville, Burlington, and Harwinton. Registration is required for ALL courses! Courses ONLY take place at either the Farmington Public Library or Farmington High School.

English for Speakers of Other Languages (ESL)

Learn to speak, read, and write English with a focus on those skills needed in everyday life. Both day and evening courses will be offered at three levels (beginner, intermediate, advanced). Registration is required for all new and returning students.

DAYTIME COURSES

09/12 to 12/14 27 sessions (T/Th)
10 AM - 2 PM Farmington Library - Upstairs, Board Rm 2

EVENING COURSES

09/11 - 12/13 25 sessions (M/W)
6 - 8:30 PM Farmington High School - Room 908

Adult Basic Education (ABE)

For adults who want to learn basic reading, writing, and math skills. You will improve your life skills and can prepare to enter a High School Completion program.

09/11 to 12/13 25 sessions (M/W)
6 - 8:30 PM Farmington High School - Rm 905

Citizenship

Prepares the applicant in the 3 areas of the naturalization process including both the application and documents, U.S. history and government, and reading and writing skills.

09/11 to 12/11 12 sessions (M)
6 - 8 PM Farmington High - Rm 909

General Education Development (GED®) LANGUAGE ARTS/SOCIAL STUDIES/MATH/SCIENCE

09/11 to 12/13 25 sessions (M/W)
6 - 8:30 PM Farmington High - Rm 905

ADDITIONAL PROGRAMS

This additional program is offered to adult English Language Learner students currently enrolled in ESL classes, including professionals with degrees and credentials in their native countries.

Integrated English Literacy & Civics Education (IELCE) with Integrated Education & Training (IET)

Achieve competency in the English language and acquire basic and more advanced skills needed to function effectively as parents, workers, and citizens in the U.S. This program includes instruction in literacy and English language acquisition, rights and responsibilities of citizenship/civic participation, and workforce training (interest areas include: warehouse/inventory logistics, customer sales/service, food safety/food handler, certified nurses aid (CNA), allied health see workforce training options).

**REGISTER FOR OUR ESL, ABE,
GED, OR CITIZENSHIP COURSES BY
SCANNING THE QR CODE**



REGISTER ▶

WWW.FPSCT.ORG/FCE

QUESTIONS? CALL 860-404-0290

STATE MANDATED PROGRAMS

Three Pathways to Earn Your Diploma

General Educational Development (GED®):

Adults who have not completed high school must demonstrate, through a four-part examination that includes a writing sample, the attainment of academic skills and concepts normally acquired through completion of a high school program. Applicants for this examination must be at least 17 years of age and officially withdrawn from school for at least six months. Individuals who pass the GED Tests are awarded a Connecticut State High School Diploma. GED instructional programs, provided throughout the state in local school districts and a variety of other instructional sites, help individuals to prepare for this rigorous examination.

Credit Diploma Program (CDP):

A prescribed plan, process and structure for earning a required number of academic and elective credits. Credits toward a local diploma must be obtained through a prescribed plan that requires a minimum of 20 credits in academic and elective areas (C.G.S. Section 10-69(b)). Credits for work or military experience, independent study projects and online courses are additional ways to obtain credit. Each provider/town can enhance the basic AHSCD program but must adhere to the minimum state requirements: 1) use certified teachers and counselors; 2) adhere to State Department of Education requirements regarding assessment, enrollment, accountability and reporting; 3) meet required credit standards; and 4) ensure that a one credit course offers a minimum of 48 instructional hours. Credits are required to be distributed as follows: 4 English, 3 Social Studies (including 1 credit in US/American History and half credit in Civics/Government), 3 Math, 2 Science, 1 Arts/Vocational Education, 7 Electives. An adult who successfully completes the required credits of the AHSCD program is awarded a high school diploma by the providing LEA or RESC. This program is offered through Bristol Adult Education (860) 584-7865 and has rolling admissions.

National External Diploma Program (NEDP):

This program provides a secondary school credential designed for adults who have gained skills through life experiences and demonstrated competence in a particular job, talent or academic area. The NEDP is an online portfolio assessment program that offers no classroom instruction. An adult who successfully completes the portfolio assessment, as required, is awarded a high school diploma by the providing LEA or RESC. This program is offered through Bristol Adult Education (860) 584-7865 and has rolling admissions.

Information to the GED® Test-Taker:

This program prepares adult learners to pass the four-part, computer-based GED® exam to earn a State of CT diploma. Students receive necessary instruction in 4 subject areas; science, social studies, Math and Language Arts, plus basic computer skills to take the exam.

- Set-up an account at www.ged.com. Also select and share your test scores with Farmington Continuing Education as your test preparation location.
 - Register with Farmington Cont. Education at www.fpsct.org/fce for GED Preparation, schedule a date for assessment and to meet with a counselor.
 - GED Ready-Tests can be taken at www.ged.com or with Farmington Continuing Education. Students must receive a score of "likely to pass" in each subject area before they can be recommended to take the GED exam.
- CT General Statutes, Section 10-5(a) requires that individuals who are either 17 or 18 years old at the time of registration for the GED® must submit documentation that they have been officially withdrawn from a CT school for at least 6 months.

17-year-olds: For good cause shown, the commissioner may allow a person who is seventeen years of age to apply to take the examination. They must submit a withdrawal form with a parent/guardian signature, proof of identity and CT residency.

18-year-olds: CT General Statutes, Section 11 of Public Act 21-99 requires individuals to be eighteen years of age or older and has been officially withdrawn from school in accordance with the provisions of section 10-184.

Mission Statement:

The Farmington Board of Education will provide a planned program of study to expand the educational opportunities for adult learners in the areas of Basic Education, GED® Preparation, ESL, and Citizenship. The plan takes into account the intent of state statutes to expand educational accessibility of offerings, and educational achievement as indicated by the receipt of a high school diploma. This is a common standards-based educational program that will enable every student to achieve rigorous performance standards.

Non-Discrimination Policy:

Farmington Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate based on 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 non-discrimination policies should be directed to the Director of Special Services at (860) 677-1791.

Disabilities Accommodations:

All activities offered by Farmington Continuing Education are held at accessible locations. Accommodations for individuals with disabilities are available upon request. Please contact Lori Wyrebek at (860) 404-0290.

GED® Test Accommodations:

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact Lori Wyrebek at (860) 404-0290 or Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2111.

Mandated Courses:

Farmington Continuing Education complies with Connecticut General Statute 10-73a, there is no fee for registration, books, or materials to any adult enrolled in the Adult Basics Education (ABE), English for Speakers of Other Languages (ESL), High School Completion, or Citizenship programs.



Register online at:

www.fpsct.org/fce

VOLUNTEERS

Volunteers are needed for State Mandated Courses. If you are interested, complete our Volunteer Sign-Up form by scanning the QR Code below...



ART, GAMES, & HOBBIES

Clay Handled Bottle Openers Or Stoppers

Laurie Lynne Zlotowski (A-ART001)

Clay handled bottle openers or stoppers. In this fun class you will learn how to mix different clay colors and create a custom handle for your very own bottle stopper or choose an opener instead! Laurie of Creative girl studios will show you every step of the way in this simple yet fun class! Course fee includes \$25 for all clay colors & stainless steel components.

9/19, (Tue), 1 session, 6:30-8:30 PM
Lewis S. Mills High School
Course Fee: \$65

Portrait Photography 101

Michele Foertsch (A-ART003)

In this class, you will learn about portraiture - both environmental and studio. Posing, backdrops, props, lighting will all be covered. Ideal lenses for portraiture, camera settings will also be discussed. Last class will feature a demonstration of lighting and posing.

10/21 to 11/18 (Sat), 4 sessions, 10-11 AM
Farmington Community & Senior Center
Course Fee: \$49

Intro to Quilt Piecing

Dawn Zillich (A-ART004)

Students will learn quilt piecing skills with six traditional quilt blocks in a progressive style. Once you finish this course, you will be able to cut fabric more accurately and improve seam allowances and perfect piecing skills.

10/4 to 11/29 (Wed), 6 sessions
6:30-8:30 PM, Farmington High School
Course Fee: \$115, Senior Fee (65+): \$105

Learn to Cable Knit

Dawn Zillich (A-ART005)

Knitters, are you ready to go beyond stockinette and garter stitch? If you've taken any beginner knitting class, then you are ready to knit cables. Students must know how to cast on, knit and purl. Topics to be covered include, but not limited to: gauge, reading patterns and charts, knitting terms and tools. Learn to combine knits and purls to create beautiful braids that can be added to your knitting playbook.

9/20 to 9/27 (Wed), 2 sessions
6:30-8:30 PM, Farmington High School
Course Fee: \$39

NEW

Checked Market Basket

Nancy Kalos (A-ART006)

This basket is for students who have completed a beginner-level basket class. Students will be introduced to three-rod wale weaving and learn the steps to embellish handles and sides. This useful basket measures approximately 12 in long, 8 in wide, 8 in high to the rim ('D' handle is 12 in high). Course fee includes supplies.

9/20 to 10/4 (Wed), 3 sessions
6:30-9 PM, Farmington High School
Course Fee: \$85

Wreath Making

Amy Lopez (A-ART009)

Embrace the scents of the season and immerse yourself in a new tradition. Learn to use fresh ever-greens to make your own holiday wreath. No experience necessary, everyone will take home their own unique wreath. Course fee includes supplies.

12/12 (Tue), 1 session, 6-7:30 PM
Lewis S. Mills High School
Course Fee: \$25

NEW

Sea Glass Bracelets

Victoria Woolard (A-ART007)

Make a real wire wrapped sea glass adjustable bracelet using real sea glass from CT, RI, MD, NY. There will be many color options and size options. No experience needed. Course fee includes supplies.

10/12 (Thu), 1 session, 6-7:30 PM
Irving Robbins Middle School
Course Fee: \$55

NEW

Flower Pressed Bracelets

Victoria Woolard (A-ART008)

Make a real flower pressed adjustable bracelet with pressed flowers. We will layer them into a bracelet. No experience or resin needed! Course fee includes supplies.

11/16 (Thu), 1 session, 6-7:30 PM
Irving Robbins Middle School
Course Fee: \$55

Muffin Basket

Nancy Kalos (A-ART010)

New basket-weavers will enjoy this entry-level basket which can be used in a variety of ways at home. Shaping is emphasized. Students can personalize their basket by selecting from a variety of accent colors made available during class. The basket measures 10 in. long, 6 in. wide, 4 1/2 inches high.

9/18 to 10/16 (Mon), 3 sessions
6:30-9 PM, Farmington High School
Course Fee: \$75

Sewing - Beginner

Karen Kebinger (A-ART013)

Whether you would like to be able to learn how to mend or how to make clothes or costumes, then this course is for you! Learn how to use a sewing machine, which types of stitches to use, how to shorten and hem clothing, and how to finish seams. Make a fun pillowcase and a market tote to bring home.

9/20 to 10/18 (Wed), 5 sessions
6:30-9 PM, Farmington High School
Course Fee: \$115, Senior Fee (65+): \$109

Watercolors For Beginners

ShawnaLee Kwashnak (A-ART015)

An introduction to watercolor painting including exercises for gaining confidence and building excitement! A great class to learn some techniques, practice and have your questions answered!

9/20 to 9/27 (Wed), 2 sessions
6:30-8:30 PM, Online
Course Fee: \$55

Watercolors of Fall - Leaves and Acorns

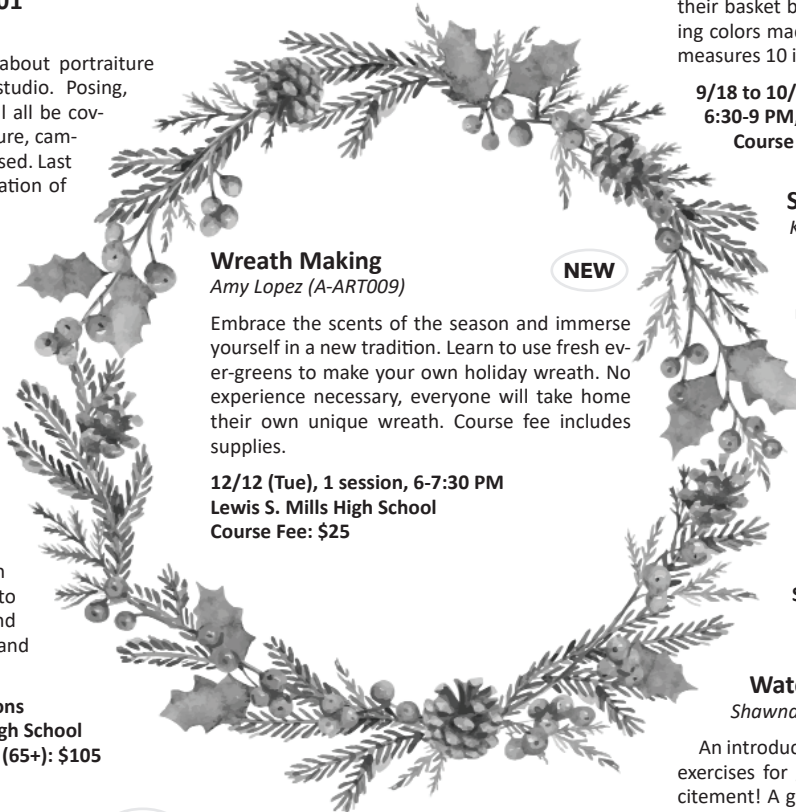
ShawnaLee Kwashnak (A-ART016)

Learn and experience various techniques of watercolor painting and create fall paintings of leaves and acorns. Students will improve their observation skills while sharing the joy of painting from the comfort and convenience of home.

10/4 to 10/25 (Wed), 4 sessions
6:30-8:30 PM, Online
Course Fee: \$95

NEW

NEW



ART, GAMES, & HOBBIES

Introduction to Watercolor

Penelope Kindblom (A-ART020)

Experiment and learn some of the basics of watercolor techniques. A design pattern will be provided for you. We will take a step by step approach from beginning to end in order to complete an 8" x 10" finished piece ready to be matted and framed.

10/16 to 11/20 (Mon), 6 sessions
6:30-8:30 PM
Farmington High School
Course Fee: \$135

Advanced Watercolors - Chinese Lanterns

ShawnaLee Kwashnak (A-ART017)

NEW

Take your watercolor skills to a new level! We will review techniques, materials, and drawing skills needed to create a Chinese lantern painting. Students will gain a deeper understanding of color mixing theories. Each step will be demonstrated and explained as we develop our paintings together.

11/1 to 12/6 (Wed), 6 sessions
6:30-8:30 PM, Online
Course Fee: \$135

Beginner Scrapbooking

Leonilda DiTomasso (A-ART029)

NEW

Have you heard about scrapbooking? Curious as to what is involved? Join our beginner class. When you leave class you will have a completed event photo album. You bring six to twelve photos of one event and the rest will be provided for you.

10/16 (Mon), 1 session, 6:30-8 PM
Farmington High School
Course Fee: \$25

Creative Memories Card for Beginners

Leonilda DiTomasso (A-ART030)

NEW

Create 3 cards from an exclusive Creative Memories Card Kit. All supplies and instructions (embellishments, card basis, etc.) to make cards will be provided.

11/6 (Mon), 1 sessions, 6:30-7:45 PM
Farmington High School
Course Fee: \$19



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COMPUTER & TECHNOLOGY

Everything Google

Jennifer Wollman (A-COM002)

Discover what features you have with your Gmail account other than email. Learn about Google Docs/ Sheets. Participants will discover how to use the cloud based Google apps including Google Docs, Google Sheets, Drive, YouTube, Calendar and Keep. Learn how to use your email more efficiently as well. Participants must have an email address that ends in .gmail.com (Example: JSmith@gmail.com)

10/25 to 11/8 (Wed), 3 sessions
6-8 PM, Farmington High School
Course Fee: \$75, Senior Fee (65+): \$69

Excel for Beginners

Jennifer Wollman (A-COM003)

Designed for beginners, learn the basics of creating spreadsheets in Excel. Entering data, formulas, formatting cells, adding sheets, How to sort data and simple subtotals and totals. Participants should have basic computer skills, keyboarding, and using the mouse/trackpad.

9/20 to 10/4 (Wed), 3 sessions
6-8 PM, Farmington High School
Course Fee: \$75, Senior Fee (65+): \$69

Excel Intermediate

Jennifer Wollman (A-COM004)

Class will cover Conditional formatting, drop-down lists, Pivot tables, If functions, and Data Validation. Participants should have an understanding of how to enter data into Excel and basic calculations.

11/7 to 11/14 (Tue), 2 sessions
6-8 PM, Lewis S. Mills High School
Course Fee: \$49

Intro to Computers

Jennifer Wollman (A-COM005)

Learn basic computer terminology, finding programs and applications, managing windows, file explorer basic computer troubleshooting, and basic internet use.

12/4 to 12/18 (Mon), 3 sessions
6-8 PM, Farmington High School
Course Fee: \$75, Senior Fee (65+): \$69

Do More with iPhone and iPad

Richard Scalzo (A-COM006)

You know the basics, so what's next? In this intermediate course, you will dive deeper into your Apple device and learn about a variety of topics, such as word processing to photos, music, and movies, plus using other apps and the web. Bring your iPhone or iPad to class.

11/2 to 11/30 (Thu), 4 sessions
6-8 PM, Irving Robbins Middle School
Course Fee: \$79, Senior Fee (65+): \$75

iPhone for Beginners

Richard Scalzo (A-COM007)

Is this your first smartphone? Do you want to get the most out of it? In this course, gain confidence with your new technology and use it for more than just making phone calls. Bring your iPhone to class.

10/5 to 10/26 (Thu), 4 sessions
6-8 PM, Irving Robbins Middle School
Course Fee: \$99, Senior Fee (65+): \$95

COOKING

Sushi

Sara Wingard (A-COO010)

Embark on a culinary journey that blends tradition, creativity, and the freshest ingredients. Join us as we dive into the art of sushi-making, honing your skills and crafting exquisite rolls that will tantalize your taste buds. Whether you're a sushi enthusiast or a curious beginner, our expert instructors will guide you through every step, sharing their secrets and techniques. Unleash your inner sushi chef and immerse yourself in an unforgettable experience of flavors, textures, and cultural exploration. Get ready to roll and savor the essence of Japan right here in Connecticut!

10/24 to 10/24 (Tue), 1 sessions

6-8 PM

Lewis S. Mills High School

Course Fee: \$59

Cheesemaking - Ricotta, Mascarpone, and Feta

Rosemary Aldridge (A-COO001)

Making fresh, soft cheese at home is easy and fun! Learn the process and equipment needed to make whole milk ricotta, mascarpone, and feta cheese. Course fee includes the cost of supplies. This course will fulfill the prerequisite for the Advanced Beginner's cheesemaking class.

10/17 (Tue), 1 session, 6:30-8:30 PM

Lewis S. Mills High School

Course Fee: \$49

NEW

Cheesemaking for Advanced Beginner's

Rosemary Aldridge (A-COO003)

Ready to take the next step in making cheese? In this class we will learn to make herbed Havarti and spice-rubbed Montasio. These cheeses involve some new techniques and will expand your knowledge of cheesemaking. Prerequisite: Student has already taken either the Mozzarella or the Feta class.

11/15 (Wed), 1 session, 6:30-8:30 PM

Lewis S. Mills High School

Course Fee: \$49

NEW

Apple Fritters

Cheryl Senick-Kennedy (A-COO002)

Why wait in long lines for expensive apple fritters at fairs and festivals? Learn how to make your own hot and delicious fritters whenever you'd like? The instructor will demonstrate how to make apple fritters to enjoy any time of year! NOTE: This course is designed as a demonstration, but students may opt to cook-along. A list of food and cooking equipment will be provided before each class.

9/13 (Wed), 1 session, 7-8 PM, Online

Course Fee: \$15

Homemade Cavatelli with Vodka Sauce

Debbie Barbiero (A-COO005)

Have you ever wanted to make your own pasta and sauce but didn't know where to begin? Join Chef Debbie and learn how to make cavatelli with vodka sauce. The cavatelli can be made with regular flour or gluten-free flour. Recipe and supply list will be sent prior to class.

11/2 (Thu), 1 session, 6:30-8:30 PM, Online

Course Fee: \$35

Homemade Pierogi

Debbie Barbiero (A-COO006)

Join Chef Debbie and learn how to make Pierogi, also known as Varenyky. Pierogi are filled dumplings of Eastern European origin made by wrapping unleavened dough around a savory or sweet filling and cooking in boiling water.

10/5 (Thu), 1 session, 6:30-8:30 PM

Online

Course Fee: \$35



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www.ed2go.com/farmington



COOKING

La Cucina Italiana: Pizza Night!

Cheryl Senick-Kennedy (A-COO001)

Learn how to make authentic Italian pizza. We will discuss the best ingredients and tools to help you in your kitchen. Then, experience how easy dough-making can be with a simple, four-ingredient recipe. The instructor will share tricks on how to shape your crust, her pizza sauce recipe, and demonstrate how to assemble all the ingredients along with topping variations. Learn simple techniques to slide pizza onto your pizza stone, or pizza steel, as well as how to produce a crispy and chewy crust. Questions, discussions, and comments are encouraged in class. Leave the class with the recipes and information needed to have fun and delicious pizza nights at your home.

1/10/2024 (Wed), 1 session, 6-7 PM

Online, Course Fee: \$15

French Onion Soup

Cheryl Senick-Kennedy (A-COO002)

Learn the steps to making classic French onion soup from caramelizing onions to turning them into a rich, buttery broth topped with a crouton of bread and melted cheese.

2/21/2024 (Wed), 1 session, 6-7 PM

Online, Course Fee: \$15



Don't Delay - We encourage you to register early. It can often make or break a course!



Register online at:
www.fpsct.org/fce



FINANCE AND RETIREMENT

You Need to Have an Estate Plan - Learn Why!

Lara Schneider-Bomzer (A-FIN001)

The past couple years have taught us that life circumstances can change in an instant. If they do, are you prepared? Consider some difficult questions.... Do you want to be on life support? Who will pay your bills if you can't? And if you pass away, how will your estate be divided amongst your heirs? In this program, you'll learn about Wills, trusts, powers of attorney (POA), and healthcare directives. You'll walk away understanding what these documents are for, and what you need to do to create yours. Even if you have already created an estate plan, come learn about recent law updates and discover if you should have your existing documents reviewed and updated. Following the class, all students will receive an easy-to-understand estate planning guidebook written by our attorneys.

10/10 (Tue), 1 session, 6-7 PM, Online

Course Fee: \$19

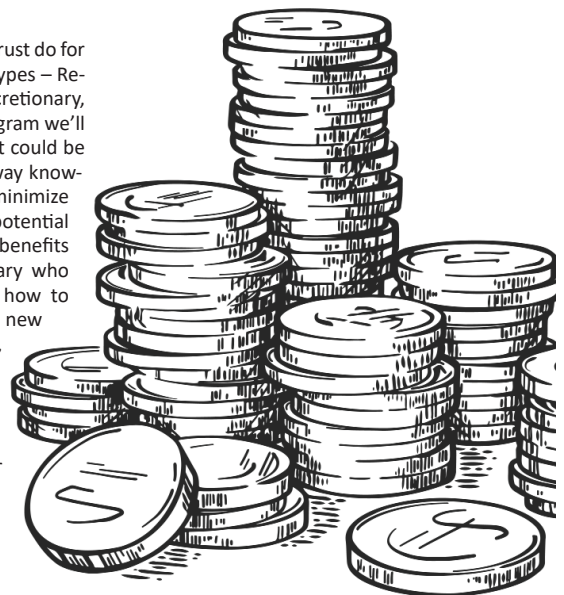
What is a Trust and Do I Need One?

Lara Schneider-Bomzer (A-FIN002)

What exactly is a trust? And what can a trust do for you? You've heard about the different types – Revocable, Irrevocable, Special Needs, Discretionary, Testamentary, and Tax trusts. In this program we'll demystify trusts and explain how a trust could be suitable for you and why. You'll walk away knowing how to use trusts to do things like... minimize or avoid taxes, protect assets from potential ex-spouses and creditors, keep public benefits for loved ones, provide for a beneficiary who is disabled or has special needs, and how to avoid probate court. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage. Following the class, all students will receive an easy-to-understand trust guidebook written by our attorneys.

10/17 (Tue), 1 session, 6-7 PM, Online

Course Fee: \$19



INCLEMENT WEATHER POLICY FOR IN PERSON COURSES

If Farmington or Region #10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT be held. If schools have a delayed opening, courses WILL be held unless told otherwise by the instructor. Cancellations will be announced on TV channels NBC and WFSB. Canceled courses are postponed to a later date. Trips do not follow this cancellation policy.

FINANCIAL & RETIREMENT



The Truth About Medicaid Rules and Long-Term Care Costs

Lara Schneider-Bomzer (A-FIN003)

Long-term care is necessary for a lot of people, but it is VERY expensive! Connecticut's long-term care costs are the 2nd highest in the nation. You've likely heard horror stories of people losing their homes to pay for care. Attend this session to learn how you can protect assets with a carefully-orchestrated plan. You'll walk away understanding how you can properly protect your life savings. You'll also learn about Medicaid and how it can help you pay for long-term care costs, Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be discussed. We'll also cover strategies to protect your money if an unforeseen crisis arises. Following the class, all students will receive an easy-to-understand Medicaid and planning for long-term care guidebook written by our attorneys.

10/24 (Tue), 1 session, 6-7 PM, Online
Course Fee: \$19

Taxes: Upcoming Changes & the Effect on Your Retirement

David Weyner (A-FIN004)

The implications of taxes on the American population are a widely discussed and debated topic. Rising deficits at both the state and federal level are cause for concern for every taxpayer, especially those near retirement. At this educational workshop, you will learn how effective planning and timing can alter the outcome of your retirement. We will discuss current tax law, potential changes to tax law, effects of inflation and strategies to help you minimize your tax liability. We will also share case studies that will illustrate how to successfully navigate this complex topic and get you as close to "tax-free in retirement" as is possible.

10/18 (Wed), 1 session, 6-7:30 PM
Farmington High School
Course Fee: \$19

ABC's of Planning for the Future of Your Loved One with Special Needs

Stuart Hawkins (A-FIN007)

This course educates families on the importance of planning for the future of their child or dependent with

special needs by addressing these vital issues ensures not only lifetime care but the quality of life for your loved one. Topics covered include; Special Needs Trusts, Guardianship/Conservatorship, SSDI/SSI/Medicaid/Medicare, Protecting Government Benefits, Financial Security/Funding Options, ABLE Act, and Letter of Intent.

10/3 (Tue), 1 session, 6:30-7:30 PM
Online, Course Fee: \$15

ABC's of Government Benefits for Your Loved One with Special Needs

Stuart Hawkins (A-FIN008)

This course will provide a greater understanding of the various government benefits available to your loved one. It will discuss in detail how to qualify, manage and best utilize, and preserve benefits such as Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicaid, Medicare, and the ABLE Act.

10/4 (Wed), 1 session, 6:30-7:30 PM
Online, Course Fee: \$15

Veteran's Benefits - What You Need to Know!

Steve Rubin (A-FIN016)

This course will highlight the programs and services that are available to our veterans, with or without disabilities, and how to qualify for them, even if at first glance, they do not meet the financial requirements.

11/16 (Thu), 1 session, 6:30-7:30 PM
Irving Robbins Middle School
Course Fee: \$15

Financial Strategies for Successful Retirement

Joan Valenti, CFP® (A-FIN006)

This in-depth three session course offers retirees or people thinking about retiring the opportunity to plan for a comfortable retirement. You'll learn strategies designed to help generate a steady income, help protect your assets from erosion, reduce taxes, and provide a more secure retirement for you and your spouse. This seminar is designed for retired individuals and couples, and those planning on retiring in the next five to ten years. You will also learn how to make best use of your employer's retirement plan, evaluate lump-sum distribution options, and help potentially reduce estate taxes through proper estate planning. You'll also learn about various types of annuities. In addition, we will cover Social Security, Medicare, and ways to provide asset allocation to properly position your assets to your objectives, risk tolerance, and prior investment experience. A spousal guest is included at no cost but must register. There is no assurance provided that the financial concepts and strategies discussed will provide investment success. Investments are subject to market fluctuation, risk, and potential loss of principal. Actual results depend on many factors as discussed in the seminar. Securities offered through LPL Financial, Member FINRA/SIPC.

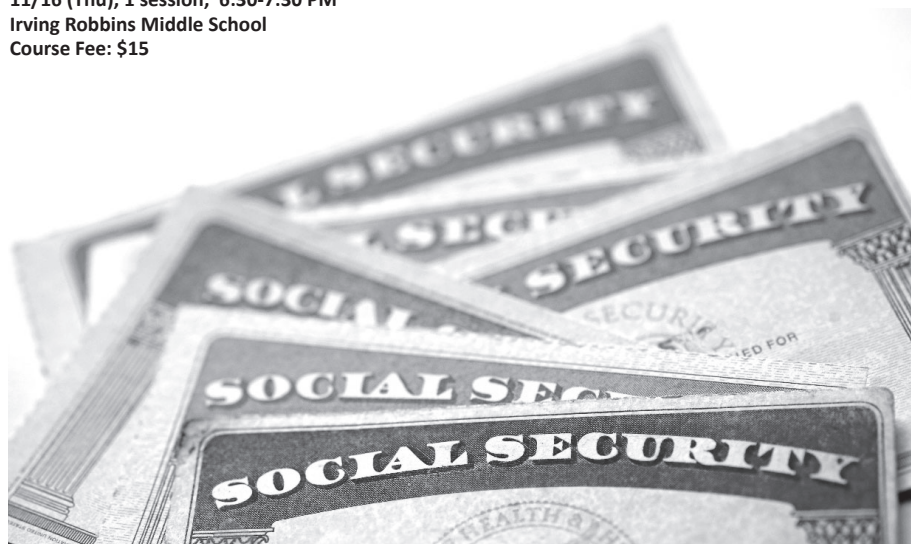
9/20 to 10/4 (Wed), 3 sessions
6:30-8:30 PM, Farmington High School
Course Fee: \$50, Spousal/Other Guest: \$0

Introduction to Fundraising

Rebecca Tuttle (A-FIN011)

Fall is a great time to kick off your fundraising goals. In this course we explore creative fundraising that encourages donors to give to your organization, school, or nonprofit through creative social fundraising.

9/18 (Mon), 1 session, 6:30-7:30 PM
Online, Course Fee: \$15



FINANCIAL & RETIREMENT

Savvy Social Security Planning for Baby Boomers

Charles Yannich (A-FIN010)

The rules for Social Security change often so what you thought you knew may be different now! 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 course 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 options in making this financial decision.

A) 9/20 (Wed), 1 session

B) 10/10 (Tue), 1 session

C) 11/13 (Mon), 1 session

6:30-8 PM, Online

Course Fee: \$19

Asset Protection, Title 19 and Long-Term Care Strategies

Amy Orlando, Esq. (A-FIN015)

If you or a loved one needs long-term care, will you lose your house and all of your assets to the nursing home or the State? You don't have to! Learn the current Medicaid rules and asset protection strategies so you can plan and preserve your assets. Strategies will be presented for both single and married individuals of both modest and significant means.

10/16 (Mon), 1 session, 6-8 PM

Farmington High School

Course Fee: \$19

Social Security and Your Retirement Future

Michael Alimo (A-FIN017)

Choosing when to elect your Social Security benefits can be one of the most important decisions as you approach retirement. During this educational workshop, you will learn the influence of timing strategies on tax liability and overall benefit values. We will discuss spousal benefits, as well as widow, divorced and single claiming concepts. Additionally, we will illustrate how implementing social security timing in the context of your retirement planning is paramount in creating a successful retirement plan.

11/1 (Wed), 1 session, 6-7:30 PM

Farmington High School

Course Fee: \$19

Medicare Basics Get the Facts!

Dan Dempsey (A-FIN013)

Are you or a loved one about to turn 65 soon and getting ready to sign up for Medicare? Are you already on Medicare and would like to learn more about your Medicare options? Wondering how to find your way through the maze of Medicare terms? This course will help you learn more about Medicare and your health plan options. During this course, learn the differences between Medicare and other health coverage, what is Original Medicare and are there other options, is Original Medicare enough health coverage, what are Medicare Parts A, B, C & D, are prescriptions covered, how much will it cost and are there deadlines to enroll? Become educated on Medicare Advantage Plans, Part D prescription drug plans, and Medicare Supplement plans. The advantages and disadvantages will be discussed in an easy-to-understand manner. This course is designed to be informational with ample opportunity for individual questions.

A) 10/2 (Mon), 1 session

6-7:30 PM, Farmington High School

B) 11/14 (Tue), 1 session

6-7:30 PM, Lewis S. Mills High School

Course Fee: \$19

Avoiding Probate

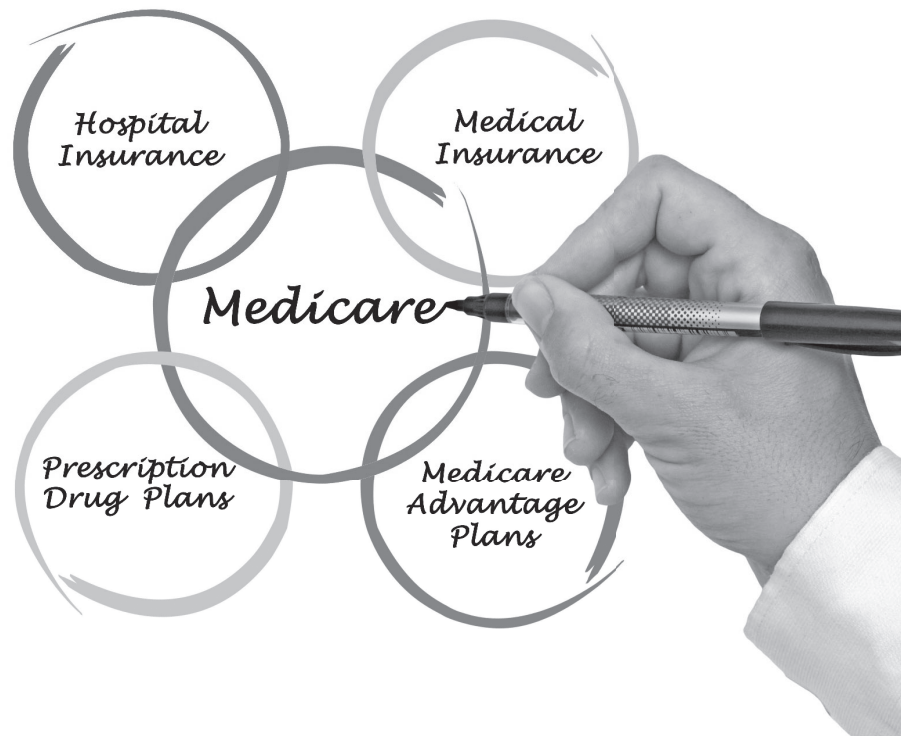
Steve Rubin (A-FIN014)

Protect your estate from heirs, from creditors, predators and the burdensome probate process after your passing. The Connecticut probate process is a long and lengthy procedure that can keep your heirs from receiving their legacy for a year or more after your passing. Going through a full probate proceeding with a Last Will and Testament is a public process where creditors and predators can file claims which delay the process and increase costs. The good news is, with proper planning, this lengthy process is avoidable through the use of trusts and other strategies that keep your affairs private and avoid the financial and emotional cost to your family. This informative seminar will show you how planning to avoid probate is one of the greatest gifts you can give to your family. This workshop is beneficial to everybody.

10/5 (Thu), 1 session, 6-7 PM

Irving Robbins Middle School

Course Fee: \$15



EARN YOUR HIGH SCHOOL DIPLOMA!

FREE courses for residents of Farmington, Unionville, Avon, Canton, Collinsville, Burlington, and Harwinton, and Simsbury!

See page 4

FITNESS

Zumba® Gold

Gulshan Ari (A-FIT012)

Zumba® Gold is for everyone who is looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity and impact. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance. Come ready to sweat, and prepare to leave empowered and feeling strong. Beginners welcome - no prior experience needed. Bring water, a sweat towel and wear comfortable shoes.

- A) 9/20 to 10/25 (Wed), 6 sessions
Course Fee: \$79, Senior Fee (65+): \$75
B) 11/8 to 12/13 (Wed), 5 sessions
Course Fee: \$65, Senior Fee (65+): \$59

6:15-7:15 PM

West Woods Upper Elementary School

Muscles in Motion

Lorie Bernard (A-FIT013)

This course consists of a short warm-up and stretch followed by weight training designed to strengthen and tone major muscle groups and increase bone density. This is a full upper and lower body workout. Learn skills to enhance your overall balance and strengthen your back. Gluteus and abdominal muscles will be stressed. Flexibility, breathing exercises, and relaxation will complete this dynamic workout. Bring mat and weights to class.

- A) 9/11 to 10/30 (Mon/Wed), 13 sessions
B) 11/1 to 12/18 (Mon/Wed), 13 sessions
9-10 AM, Online
Course Fee: \$145, Senior Fee (65+): \$135

Power Flow Yoga

Lanelle Gallo (A-FIT016)

Power flow is a powerful (pun intended) and dynamic yoga flow aimed to light your inner and outer fire. Yoga is a mind and body practice that can build strength and flexibility. The class begins with carefully sequenced poses to prepare the body for more challenging postures throughout the class, interspersed with high energy and core activating movements. Be prepared to gain strength and flexibility balanced with loving and inspiring messages for your heart and soul. Bring a yoga mat to class.

- A) 9/11 to 10/23 (Mon) 5 sessions
B) 10/30 to 12/11 (Mon) 5 sessions
5:30-6:30 PM
Farmington Community &
Senior Center
Course Fee: \$59, Senior Fee (65+): \$55

Cardio Fitness

Rita Johnson (A-FIT014)

A friendly exercise program that combines low-impact aerobics with stretching, strength training, and routines to improve flexibility, muscular strength, balance, and cardiovascular fitness. Bring a mat, hand weights, resistance bands, and a water bottle.

Three Options for Purchase:

Course Fee - Select this if you want access to all the dates for this given season, no punch card needed.
Senior Fee - Reduced rate for seniors who would like access to all the dates for this season, no punch card needed.

Punch Card - Purchasing this option will get you a punch card that will allow you access to 20 sessions of Cardio Fitness across multiple seasons. If you currently have a punch card with punches left, choose this option and enter in the promo code to remove the charge at checkout. Previous punch cards purchased can be used. Please contact the Farmington Continuing Education office at 860-404-0290 to receive the promo code.

A) 9/13 to 10/25 (Mon, Wed, Fri)

B) 11/1 to 12/18 (Mon, Wed, Fri)

17 sessions

9:15-10:15 AM

First Church of Christ, Farmington

Course Fee: \$135, Senior Fee (65+): \$125 Punch
Card (20 punches): \$175

Yoga

Migdalia Merriman (A-FIT015)

Focus on the basics of yoga - for all ages and conditions. Increase your flexibility, reduce stress, and bring a sense of calm to your busy life. Yoga will tone the body, discipline the mind, and improve your overall health. Each session includes stretches, simple breathing techniques, and relaxation. Wear comfortable clothing, have a yoga mat and firm pillow available, and do not eat a big meal before class.

- A) 9/13 to 10/25 (Wed), 7 sessions
Course Fee: \$99, Senior Fee (65+): \$95
B) 11/1 to 12/13 (Wed), 6 sessions
Course Fee: \$85, Senior Fee (65+): \$79
6:00-7:15 PM, Online

BollyX: Dance Fitness

Gulshan Ari (A-FIT017)

BollyX is a Bollywood-inspired dance-fitness program that combines dynamic choreography with the hottest music from around the world. 45-minute cardio workout cycles between higher and lower-intensity dance sequences will get you moving, sweating, and smiling. At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India. BollyX embodies the infectious energy, expression, and movement of Bollywood and aims to expand the reach of fitness to more people worldwide. The fitness curriculum has been created by world-class choreographers and certified fitness professionals to ensure a safe and effective total body dance workout for all. No prior dance experience is needed. Bring a water bottle and wear comfortable clothing.

A) 9/11 to 10/30 (Mon), 6 sessions

Course Fee: \$79, Senior Fee (65+): \$75

B) 11/6 to 12/11 (Mon), 5 sessions

Course Fee: \$65, Senior Fee (65+): \$59

6:15-7:15 PM

West Woods Upper Elementary School

Slo-Flow Yoga

Joanne DiPrisco (A-FIT018)

This course offers a gentle, flowing sequence with modifications at a relaxed pace. Learn or renew basic postures and deepen the practice of yoga as your body allows. Combine various forms of breathwork with the movements for a full-body experience. Leave class feeling centered, focused, and ready to start your day. Bring a yoga mat and two yoga blocks. Optional - yoga blanket and bolster. Students have the following course options: Tuesday AND Thursday - Two (2) days a week, Tuesday OR Thursday - One (1) day a week with the flexibility to weekly choose a Tuesday or a Thursday.

9/19 to 11/21 (Tue, Thu), 18 sessions
9:30-10:30 AM

First Church of Christ, Unionville

Course Fee (18 sessions): \$265

Senior Fee (65+) (18 sessions): \$245

Course Fee (12 sessions): \$179

Senior Fee (65+) (12 sessions): \$169

Course Fee (9 sessions): \$139

Senior Fee (65+) (9 sessions): \$129



DATE
CHANGE

NEW

FITNESS COURSES - Fitness courses can be strenuous. Consult a physician before enrolling.

By enrolling in these courses, you indicate you have no physical conditions that would make your participation hazardous to your health!

Cardio Strength (Virtual)

Personal Euphoria (A-FIT019)

This functionally, fun class provides a complete workout that will help tone and reshape your body. We'll target the arms, legs, abs, and butt. In addition to using weights to help build strength, this class incorporates some light cardio to help improve cardiovascular health. The strength and cardio combo is a great way to improve overall fitness and build bone density. You'll need: yoga mat, weights (1-3 lb. and 5-8 lb., or larger if desired).

9/13 to 12/13 (Wed), 14 sessions
8:30-9:15 AM, Online, Course Fee: \$139

15-MIN. HIIT

Maggie Downie (A-FIT028)

You're in you're out. Short on time? This is the workout for you. Backed by research that shows short bouts of intense exercise can be as effective as longer more moderate workouts, this class makes it easy to fit exercise in your schedule. This class will have a short warm up and cool down, and in between we will be working intensely with fun, full body moves. Modifications will be given so that you can work at the right pace for you. Plan to leave feeling energized. Pairs great with Cardio Strength right after!

9/13 to 12/13 (Wed), 14 sessions
8:10-8:25 AM, Online, Course Fee: \$65

Barre-Pilates Fusion

Personal Euphoria (A-FIT020)

This class combines barre and strength exercises with floor work based on Pilates principles. It is a full-body workout with plenty of stretching and moments to breathe. Equipment: a sturdy chair to act as a "barre" to hold on to, sets of weights (try allowing yourself a range from 2-3 lbs. to 5-8 lbs.). Mat and water are recommended.

9/11 to 12/11 (Mon), 13 sessions
5:45-6:30 PM, Online, Course Fee: \$129

Pilates

Rob Schrader (A-FIT021)

Exercises focus on the core muscles which include the abs, back, glutes, and shoulders. We work to create balance and strength in your trunk and loose, limber limbs. Pilates strives to make you strong and long while improving balance, coordination, and posture. Every part of the body gets worked and you'll discover muscles you never knew you had. Have a mat, water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball available.

9/12 to 12/12 (Tue), 14 sessions
6-6:45 PM, Online, Course Fee: \$139

Yoga with Lorie

Lorie Bernard (A-FIT022)

Yoga draws the mind inward awakening energy through coordination of breath and movement. A combination of Hatha yoga postures will teach you how to be fully present in your body, increasing strength, flexibility, range of motion, and skeletal alignment. Yoga focuses on both the mind and body and is a proponent of physical healing while reducing stress. "All the flowers of tomorrow are in the seeds of today!" Wear comfortable clothes and bring a yoga mat.

A) 9/12 to 10/24 (Tue)
B) 10/31 to 12/19 (Tue)
7 sessions, 9-10 AM, Online
Course Fee: \$ 79, Senior Fee (65+) \$75

Core Strength

Rob Schrader (A-FIT023)

This functionally fun class provides a complete workout that will help tone and reshape your body. You will use light weights, bands, and your body weight to improve strength, flexibility, balance, and stamina to sculpt and tone. Have a yoga mat, water, and lightweights available.

9/14 to 12/14 (Thu), 13 sessions
6-6:45 PM, Online, Course Fee: \$129

Basic Ballet & Stretch

Amy Perales (A-FIT024)

Enjoy a gentle full-body stretch at the beginning and end of each class. Beginner ballet exercises will be learned and reviewed during this class in a no-pressure environment. Come in comfortable clothing. Ballet shoes are recommended, but socks are suitable!

9/18 to 11/6 (Mon), 6 sessions
11-11:45 AM
Farmington Youth Center, Unionville
Course Fee: \$75, Senior Fee (65+): \$69

All Levels Yoga

Lisa Lazarus (A-FIT025)

This course will introduce you to Yoga Asanas. In Sanskrit, the word asana translates as "seat," specifically for meditation and is another name for the poses or postures of yoga. Today asana is synonymous with yoga, but it has only one component. Yoga Asanas will include still, moving, reclining, standing, inverted, twisting, and balancing poses. Students can also expect to learn anatomical alignment and meditation techniques throughout the course.

9/12 to 12/12 (Tue), 12 sessions
6:30-7:30 PM
Farmington Community & Senior Center
Course Fee: \$135, Senior Fee (65+): \$125

Simple Stretches with Chair Exercises

Amy Perales (A-FIT030)

Experience a soft, simple stretch for the mind and body. Lose yourself in the music as you stretch from head to toe (part of this course stretches in a chair). This course is wonderful for those who are less mobile and not as flexible. Come exercise in a setting with support from other participants. Wear comfortable exercise clothing and socks (bare feet are fine as well).

9/20 to 10/25 (Wed), 6 sessions
12:30-1:15 PM, Farmington Youth Center
Course Fee: \$75, Senior Fee (65+): \$69



Health and Wellness Courses

- *Happy and Healthy Pregnancy*
- *Lose Weight and Keep It Off*
- *Aging and Health Bundle*



There are over 100 ONLINE Career Training and Development courses to choose from. **Scan the QR Code** to view ed2go's courses. or visit...



www.ed2go.com/farmington

FITNESS

Gentle Essentrics I

Debbie & Gene Trovato (A-FIT026)

This 6-week session of Essentrics® will focus on rejuvenating and strengthening connective tissue while using our always-moving stretch workout to rebalance each joint in your body, improve your range of motion, and relieve your tension. If you have chronic pain from arthritis, are recovering from an injury or want to improve your flexibility to be better at your activities, this would be great for you!

A) 9/12 to 10/17 (Tue), 6 sessions

9:30-10:30 AM

First Church of Christ, Farmington
(Porter Memorial Building)

Course Fee: \$79, Senior Fee (65+): \$75

B) 9/14 to 10/19 (Thu), 6 sessions, 6-7 PM

Farmington Community & Senior Center

Course Fee: \$69, Senior Fee (65+): \$65

Gentle Essentrics II

Debbie Trovato (A-FIT027)

Essentrics® is a dynamic stretching and strengthening full-body 45-minute workout set to great music that rebalances all your muscles, frees your joints, increases your energy and flexibility and releases tension. It is great for men and women of all ages and fitness levels. Known as "Classical Stretch by Essentrics", it has been a top-rated fitness show on PBS since 1999.

A) 10/31 to 12/5 (Tue), 6 sessions

9:30-10:30 AM

First Church of Christ, Farmington
(Porter Memorial Building)

Course Fee: \$79, Senior Fee (65+): \$75

B) 11/2 to 12/14 (Thu), 6 sessions, 6-7 PM

Farmington Community & Senior Center

Course Fee: \$69, Senior Fee (65+): \$65

Tai Chi & Chi Gong

JP Behrens (A-FIT029)

NEW

Learn the Ancient Art of Yang Tai Chi and Chi Gong to unlock numerous health benefits this martial art can provide. A low intensity workout respected throughout the world and proven to increase mobility, heart health, and lower stress. Through slow movements and controlled breathing, you will develop greater concentration and focus that will help in every aspect of your daily life.

10/4 to 11/15 (Wed), 6 sessions

6-7:30 PM

Farmington Community & Senior Center

Course Fee: \$99, Senior Fee (65+): \$95

HEALTH & WELLNESS

Mindfulness Meditation

Loel Meckel (A-HEA003)

Become a presence of healing, wisdom, and loving-kindness for yourself and others through the practice of mindfulness. Mindfulness is the ability to pay attention to feelings, thoughts, and our physical sense experiences without judgment. We let them arise and go without holding on to or fighting them. Mindfulness makes it easier to release unhealthy patterns of thought and behavior, allowing us to respond to situations, other people, and ourselves with skill, compassion, and wisdom. Equanimity develops, and we can stop chasing after pleasure and running from pain. Clinical studies have shown that the practice of mindfulness can reduce stress, anxiety, pain, depression, insomnia, and high blood pressure. This class is an opportunity to practice meditation and learn about Buddhist psychology in a supportive group. The course will not cover the Buddhist religion.

9/20 to 11/8 (Wed), 8 sessions

6-7 PM, Farmington High School

Course Fee: \$35

Qigong for Women (online)

Marie Lavendier (A-HEA001) NEW

Qigong is a form of healing exercises from ancient China. This class is designed to keep our organ system healthy, and strengthen our bodies and spirits. After warm ups, we will practice Snake Qigong and Radiant Lotus Qigong for Women, both designed for female bodies. Gentle movement flow and guided qigong meditation will be included. The class can be done sitting in a chair. No previous experience is necessary.

9/19 to 10/31 (Tue), 7 sessions

9:30-10:30 AM, Online

Course Fee: \$69, Senior Fee (65+): \$65

Qigong for Women (in person)

Marie Lavendier (A-HEA002) NEW

Qigong is a form of healing exercises from ancient China. This class is designed to keep our organ system healthy, and strengthen our bodies and spirits. After warm ups, we will practice Snake Qigong and Radiant Lotus Qigong for Women, both designed for female bodies. Gentle movement flow and guided qigong meditation will be included. The class can be done sitting in a chair. No previous experience is necessary. This course is in-person at the instructor's studio located at 143 Main Street, Farmington, CT 06085

9/20 to 11/1 (Wed),

7 sessions

5:30-6:30 PM

Studio at 143 Main Street, Farmington

Course Fee: \$69, Senior Fee (65+): \$65

What are Chakras and How Do They Work?

Shari Dorman (A-HEA006)

This class will focus on the following: Learn about the basics of chakras. Locate the 7 chakras in the body. Understand the purpose of each chakras. Learn about blocked chakras and ways to unblock them. Learn about the potential health issues associated with each of the 7 chakras. Affirmation/breath meditation.

11/15 (Wed), 1 session, 6:30-8 PM

Online, Course Fee: \$19



INTERESTED IN TEACHING A COURSE?

Share your interest or talents with others!
Complete a Course Proposal Form available at

www.fpsct.org/fce

HEALTH & WELLNESS

Angels & Guides

Debra Mullins (A-HEA004)

Have you ever wondered if you are being guided through your daily living? Meet your "angels and guides" through a guided hypnosis session. Bring a blanket and pillow.

11/2 (Thu), 1 sessions, 6:30-8 PM

Irving Robbins Middle School

Course Fee: \$35

Clearing Your Karma

Shari Dorman (A-HEA013)

Do you ever find yourself in the same old situations and limiting life patterns? These repeated situations are the result of Karma. This class will use the Integrated Energy Therapy (IET) in the Karma Clearing Process to clean up your Karma with the Energy of Angels.

11/1 (Wed), 1 session, 6:30-8:30 PM

Online, Course Fee: \$25

Thyroid Management Nutrition

Debbie Barbiero (A-HEA008)

Are you or someone you love battling some of these symptoms: persistent fatigue, feeling of exhaustion even if you are sleeping more, drowsiness, feeling abnormally sleepy during the day, forgetful, difficulty learning, dry/brittle hair and nails, dry, itchy skin, puffy face, sore muscles, weight gain and fluid retention, constipation, heavy and irregular menstrual flow, increased frequency of miscarriages, high cholesterol, increased sensitivity to many medications? If so, you don't want to miss this class. Students will learn nutritional health to help manage thyroid symptoms including foods to avoid, ones to consume and some recipe ideas.

9/21 (Thu), 1 session, 6:30-8:30 PM

Online, Course: \$35

Lose Weight with Hypnosis

Debra Mullins (A-HEA020)

Lose weight, curb your sugar and carbohydrate cravings, and change your eating habits with the help of hypnosis! Hypnosis works with your subconscious to reprogram your current thought patterns to help you make healthier food choices. You will also learn self-hypnosis techniques that you can use for added benefit. Bring a blanket and pillow.

11/9 (Thu), 1 session, 6:30-8 PM

Irving Robbins Middle School

Course Fee: \$39



HOME & GARDEN

Virtual Window Replacement Workshop

Paul O'Doherty (A-HOM001)

COMPARE PRODUCTS & PRICES AND SEE HOW WINDOWS ARE PROPERLY INSTALLED from the comfort of your own home! 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, Vinyl, Composite. How much should I pay for a good quality window? Confused? Don't be! Come learn from a local experienced Master Carpenter. This course is a must for anyone thinking about having windows replaced or replacing windows themselves.

9/26 (Tue), 1 sessions, 7-9 PM, Online

Course Fee: \$25



How To Knock The Socks Off Your Neighbors This Fall: Plant The Most Gorgeous Patio Pots On The Block!

Kaitlyn Larson (A-HOM002)

This hands on workshop is all about creating the most stunning patio pots on the block this fall. Whether you're a seasoned gardener or new to the world of plants, you'll learn how to create a beautiful display that will knock the socks off your neighbors. We'll start by discussing the best fall plants for patio pots, including options for both sun and shade. You'll learn how to choose the right color scheme and combination of plants to create a cohesive and eye-catching display. Next, we'll cover the basics of container gardening, including how to properly prepare your pots, how to choose the right soil and fertilizer, and how to maintain your plants throughout the fall. You'll also learn how to create different levels of interest in your pot, using both tall and short plants/elements. Finally, we'll discuss the best ways to add finishing touches to your patio pot, such as using decorative elements like pumpkins, gourds, and leaves to add a touch of autumnal magic. This workshop is perfect for anyone looking to create a beautiful and unique patio pot this fall, and you'll leave with the knowledge and inspiration to do just that. Kids 3 and up are welcome when accompanied by an adult. Course fee includes supplies.

9/5 (Tue), 1 session, 6:30-7:30 PM

Lewis S. Mills High School

Course Fee: \$85

What To Do With That Winter Squash

Kaitlyn Larson (A-HOM003)

This workshop will teach participants how to make the most of their winter squash harvest, with a focus on delicious recipes and creative uses for this versatile fruit. We'll start by discussing the different types of winter squash and their unique flavors and textures. Then, participants will learn how to properly prepare and store the squash for long-term use. Next, we'll dive into a variety of recipe ideas, including soups, stews, pasta dishes, and baked goods. You'll also learn how to use winter squash in sweet and savory recipes, and how to incorporate them in appetizers, entrees, and side dishes. In addition, we'll explore creative ways to use winter squash such as in DIY home decor projects and winter decorating. Whether you're a seasoned cook or new to the world of winter squash, this workshop is sure to provide valuable insights and inspiration for incorporating this bountiful vegetable into your cooking and home decor. Course fee includes materials fee. Take home an assortment of winter squash.

10/24 (Tue), 1 session, 6:30-7:15 PM

Lewis S. Mills High School

Course Fee: \$35

INCLEMENT WEATHER POLICY FOR IN PERSON COURSES

If Farmington or Region #10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT be held. If schools have a delayed opening, courses WILL be held unless told otherwise by the instructor. Cancellations will be announced on TV channels NBC and WFSB. Canceled courses are postponed to a later date. Trips do not follow this cancellation policy.

HOME & GARDEN

Top 12 Plants That Will Change Your Life This Year & How To Embrace Them

Kaitlyn Larson (A-HOM004)

This awesome workshop will explore my favorite 12 plants that have the potential to greatly improve your life in the coming year. From herbs that promote relaxation and reduce stress to flowers that boost mood and purify the air, these plants are a must-have for anyone looking to enhance their physical and mental well-being. Participants will learn about the specific benefits of each plant and how to properly care for them in order to ensure optimal growth and well-being. They will also learn about different ways to incorporate these plants into their daily lives, such as using them in cooking, as a natural remedy, and for decorating their home. In addition, the workshop will cover tips for embracing these plants, such as, finding the right spot in your home or garden for each plant and how to keep them healthy. Whether you're a seasoned gardener or new to the world of plants, this workshop is sure to provide valuable insights and inspiration for incorporating these life-changing plants into your daily routine.

11/14 (Tue), 1 session, 6:30-7:30 PM
Lewis S. Mills High School
Course Fee: \$20

Home Buyers & Sellers Seminar

Bob Canto (A-HOM006)

It's no secret that the real estate market is hot right now. With inventory at all time lows and prices at all time highs, it can be a stressful and discouraging process. You want someone with knowledge, experience, and patience to help you navigate and guide you through the process and prepare you for what to expect from pre approval to the closing day. This class will walk you through the steps and outline what you need to know. Day 1: Overview of the process of buying a house and how to choose a realtor to fit your needs. Day 2: A licensed home inspector will present on the benefits of doing an inspection and what to expect. Day 3: A mortgage representative will go over what you will need to get pre-approved and explain the loan process.

10/12 to 10/26 (Thu), 3 sessions
6-8 PM, Irving Robbins Middle School
Course Fee: \$29

Deck the Halls - Christmas Decor! How To Decorate Your Home Like A Pro!

Kaitlyn Larson (A-HOM005)

This workshop is about creating beautiful and festive Christmas decorations for your home. Whether you're a seasoned decorator or new to the holiday decorating game, you'll learn how to decorate your home like a pro. We'll start by discussing the different types of Christmas decorations, including options for both indoor and outdoor spaces. You'll learn how to choose the right color scheme and combination of decorations to create a cohesive and eye-catching display. Next, we'll cover the basics of decorating, including how to properly prepare your spaces, how to choose the right elements to maximize that festive feel, and how to maintain your decorations throughout the holiday season. You'll learn how to create different levels of interest in your decorations, using both traditional and non-traditional elements. Finally, we'll create your very own decorated live wreath to kick off your holiday decorating, including a beautiful bow! This workshop is perfect for anyone looking to learn how to create beautiful and festive decorations for their home this Christmas, and you'll leave with a beautiful wreath and the knowledge and inspiration to decorate like a pro. Course fee includes materials for wreath decorating and a bow.

12/5 (Tue), 1 session, 6-7:30 PM
Lewis S. Mills High School
Course Fee: \$65

Get Ready, Get Set, SELL: Tips on Decluttering & Staging

Bob LaPerla (A-HOM007)

You only get one chance to make a first impression that applies perfectly to selling your home. Get tips on how to prepare your home to Wow potential buyers to increase your ability to make top dollar. Follow a step-by-step plan on decluttering as soon as you are considering selling your home. It will make your move easier, too. Staging is also key to the first impression. If you are thinking of moving, don't miss this class.

11/1 (Wed), 1 session, 6:30-8 PM
Farmington High School
Course Fee: \$25



Career Training

- Pharmacy Technician
- Certified Clinical Medical Assistant
- Electrical Technician
- Freight Broker/Agent

There are over 100 ONLINE Career Training and Development courses to choose from. Scan the QR Code to view ed2go's courses. or visit www.ed2go.com/farmington



Get Ready, Get Set, SELL: Tips on Repairing and Replacing

Bob LaPerla (A-HOM008)

Don't wait for the official home inspection. Whether you maintain your home annually or not, there are non-negotiable things you need to do before putting your home on the market. Some items on the list are not mandatory, but fixing them can substantially increase the salability of your home and the asking price. Other items could cause you to fail the inspection and add unplanned expenses and delay or ruin the sale. If you are thinking of moving, don't miss this class. Teachers will schedule a complimentary one-on-one with you if you have additional specific questions. Hand-outs will be provided. Bring a spouse for free.

11/15 (Wed), 1 session, 6:30-8 PM
Farmington High School
Course Fee: \$25

Nature Mandala Workshop

Amy Lopez (A-HOM009)

Making a natural mandala is a contemplative practice that is part wandering meditation, part mindfulness practice, part creative project. It's a form of meditation that offers the perfect opportunity to practice staying grounded in the present moment and connect with nature.

10/3 (Tue), 1 session, 6-7:30 PM
Lewis S. Mills High School
Course Fee: \$19

Make Your Own Tea Garden

Amy Lopez (A-HOM010)

Making your own tea with plants from your garden can be a calming meditative ritual that connects you to the seasons. Learn easy to grow plants from starting to tea making, no big yard needed.

10/24 (Tue), 1 session, 6-7:30 PM
Lewis S. Mills High School
Course Fee: \$19



Beginning French

Tom McGinnis (A-LAN001)

This course is for students who are beginning French or would like to brush up on French for travel, business, and pleasure.

The objectives of this course are for you to be able to say that you can: communicate basic information about yourself, your family, your likes and dislikes/hobbies and activities through speaking and writing. Understand basic conversations and read simple texts, advertisements, and informational handouts through a variety of listening/video activities and reading selections, order meals in restaurants, shop at stores and make reservations at hotels.

Student should purchase the textbook Ultimate French ISBN-13: 978-1400009633 - or - ISBN-13: 978-1400021048

9/20 to 10/25 (Wed), 6 sessions
5:30-6:45 PM, Farmington High School
Course Fee: \$79, Senior Fee (65+): \$75

Advanced Beginner French

Tom McGinnis (A-LAN002)

This course is for students who have already studied the basics of French and would like to expand their knowledge by talking about past and future activities.

The objectives of this course are for you to be able to say that I can: Communicate on more advanced topics in a variety of tenses. Understand the more detailed conversation and talk about your home, health, professions. Read more detailed texts and listen to a variety of videos and authentic conversations.

Students should purchase the textbook Ultimate French ISBN-13: 978-1400009633 - or - ISBN-13: 978-1400021048.

9/20 to 10/25 (Wed), 6 sessions
6:45-8:00 PM, Farmington High School
Course Fee: \$79, Senior Fee (65+): \$75

ABC Italian

Viktor Isaku (A-LAN008)

Acquire cultural knowledge of Italy while learning to speak and write and articulate everyday habits and circumstances in the present tense. Throughout the course, through the writing of short compositions that are an integral part of each lesson, you will sharpen your writing skills. In addition, learn to read and understand cultural material. Through a combination of presentations, group work, and guided interaction, improve your Italian proficiency and gain cultural awareness. At the end of the course, you will be able to function in an authentic Italian environment through understanding and participating in basic everyday conversations on topics ranging from introduction, directions, and dining out.

10/12 to 11/9 (Thu), 5 sessions
6-8 PM, Irving Robbins Middle School
Course Fee: \$105, Senior Fee (65+): \$99



Spanish for Beginners

Ana Zapata (A-LAN005)

Whether it is for work, travel, or just plain fun, this course will help you learn the basic conversational skills of Spanish. Emphasis will be on communication and writing for everyday expressions. No previous knowledge of Spanish or textbook is required. The instructor will supply handouts.

10/2 to 12/4 (Mon), 8 sessions
6-7:30 PM, Farmington High School
Course Fee: \$119, Senior Fee (65+): \$109

Spanish - Advanced Beginner

Ana Zapata (A-LAN006)

In this advanced beginner Spanish course, you will improve your level of communication. Emphasis will be on the conversation as well as grammar, use of good verb tenses, vocabulary, and an introduction to the subjunctive. Spanish music and literature will also be used. No textbook is required. The instructor will supply handouts.

10/2 to 12/4 (Mon), 8 sessions
7:30-9 PM, Farmington High School
Course Fee: \$119, Senior Fee (65+): \$109

French Advanced Communication and Diction

Tom McGinnis (A-LAN007)

NEW

This course is for students who have completed the Intermediate French II and would like to hone their communication and listening skills. Students should have had 4 years of high school French or equivalent.

The objectives of this course are to be able to say that I can: Communicate on advanced topics, understand nuances in French as well as accents from a variety of Francophone countries, debate and defend topics that you have selected. Understand detailed conversations, recognize social cues, discuss advanced literary topics, stereotypes and prejudice. French film and music. No textbook is required.

10/5 to 11/9 (Thu), 6 sessions
5:30-6:45 PM, Farmington High School
Course Fee: \$79, Senior Fee (65+): \$75

Intermediate French I

Tom McGinnis (A-LAN003)

This course is for students who have completed the Advanced Beginner Course or 3 years of high school French. Students should have an intermediate low or mid proficiency level in spoken French. This course will continue to hone conversation skills while addressing more advanced grammar topics such as compound tenses, relative pronouns, and direct and indirect objects. The objectives of this course are for you to be able to say that I can: Communicate on advanced topics in a variety of tenses. Understand detailed conversations, recognize social cues, ask for directions, complete travel plans at the airport and train station. Explore the impact of social media and discuss current events, read detailed texts and listen to a variety of videos and authentic conversations. Students should purchase the textbook Ultimate French ISBN-13: 978-1400009633 - or - ISBN-13: 978-1400021048

11/1 to 12/13 (Wed), 6 sessions
5:30-6:45 PM, Farmington High School
Course Fee: \$79, Senior Fee (65+): \$75

Intermediate French II

Tom McGinnis (A-LAN004)

This course is for students who have completed the Intermediate French I Course or 3 years of high school French. Students will be able to talk about advanced topics of their choosing as well as explore the Art of Conversation in French. Students will be able to use strategies to sustain conversations, ask for and receive information and express opinions about current events, films, and Podcasts (and/or news programs).

Students should purchase the textbook Ultimate French ISBN-13: 978-1400009633 - or - ISBN-13: 978-1400021048

11/1 to 12/13 (Wed), 6 sessions
6:45-8:00 PM, Farmington High School
Course Fee: \$79, Senior Fee (65+): \$75

Register online at:
www.fpsct.org/fce

ESL COURSES

English for Speakers of Other Languages DAY and EVENING courses for adults are available!

see page 4

MUSIC, DANCE, & DRAMA



Instant Piano for Busy People

Craig Coffman (A-MUS001)

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do, by using chords. Sit at home in front of your keyboard or piano and take this course without any pressure and continue your practice and study on your own with the provided online materials and follow-up video lessons. The course is part lecture/demonstration and part hands-on instruction. Topics include: How chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, handle different keys and time signatures, avoid "counting," and simplify over 12,000 complex chords. Course fee includes Chords are Key for Piano book and videos (electronic copy). Students should have a keyboard or piano available.

10/30 (Mon), 1 session, 6:30-9:30 PM
Online, Course Fee: \$59

Beginner Guitar Class

Lynn Tracey (A-MUS010)

This class is for the beginner guitar student, and will offer instruction on the following: How to tune the guitar; left hand technique; how to use a pick; basic chords; basic scales; how to play several songs using three easy chords; easy rhythms and strumming patterns. Bring your guitar to class.

10/11 to 11/15 (Wed), 6 sessions
6:45-8:15 PM, Farmington High School
Course Fee: \$99, Senior Fee (65+): \$95



Instant Guitar for Busy People

Craig Coffman (A-MUS002)

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Sit at home with your guitar and take this course without any pressure and continue your practice and study on your own with the provided online materials and follow-up video lessons. The course is part lecture/demonstration and part hands-on instruction. Topics include: How chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), and how to play along with simple tunes. Students will need to have their acoustic guitar on hand. Course fee includes Chords are Key for Guitar book and videos (electronic copy).

11/1 (Wed), 1 session, 6:30-9 PM
Online, Course Fee: \$59

Ballet for Seniors & Adults

Bonnie Flattery (A-MUS004)

Ballet is a fun way to exercise. It's all about movement! Enjoy rhythm while dancing to music using ballet technique. The advantage of dance and movement programs like ballet is that you can go at your own pace. The value of using a chair is that participants can stop and rest while continuing with their arm movements. The focus will be on body alignment, natural movements, building strength, increasing balance, and stability. Through good body alignment, posture is improved, while strength and balance are gained through movement. A touch of Jazz and Modern will be included.

9/21 to 11/16 (Thu), 9 sessions
6:30-7:30 PM
Irving Robbins Middle School
Course Fee: \$89, Senior Fee (65+): \$85

Line Dancing - Beginner

William Belejack (A-MUS005)

Line dancing is healthy for both the body and the mind, as well as a lot of fun! This is a great opportunity to learn how to line dance while having a good time. Each week, the degree of difficulty will gradually increase for both the dances and critiques. Come alone or with a partner!

10/2 to 11/27 (Mon), 8 sessions
6:30-7:30 PM, Farmington High School
Course Fee: \$89, Senior Fee (65+): \$79

Intro to Modern Western Square Dancing

Bill Mager (A-MUS006)

NEW

Social dance activity. Great contemporary music. Exercise through movement. Fun, laughter and friends. Basic lessons taught by a professional caller, Bill Mager. No experience necessary. Couples or singles. Age 16+. Learn along with experienced dancers. Casual dress and sneakers.

10/2 to 11/13 (Mon), 6 sessions
7-8:15 PM

Farmington Community & Senior Center
Course Fee: \$50

Ballroom Dancing

Joseph Belanger & Nicole Lampros (A-MUS008)

Learn how to dance, whether it be for your wedding or just for fun while exercising and meeting new people at the same time. Be the center-of-attention anytime you go dancing. Learn the latest Tango, Cha Cha, Hustle and Salsa from certified ballroom dance instructors Nicole Lampros and Joe Belanger. Come alone or with a partner...you'll be happy you did! Stay for one class or both each evening.

Weeks 1-3:
6:30 - 7:30 PM - American Tango
7:30 - 8:30 PM - Salsa
Weeks 4-6:
6:30 - 7:30 PM - Cha Cha
7:30 - 8:30 PM - Hustle

10/2 to 11/20 (Mon), 6 sessions
6:30-8:30 PM
Irving Robbins Middle School
Course Fee: \$109, Senior Fee (65+): \$99

CITIZENSHIP

Courses offered for residents preparing for the naturalization process to obtain U.S. Citizenship!

See page 4

MUSIC, DANCE, & DRAMA

Introduction to Adult Tap

Amy Perales (A-MUS022)

This course is designed to introduce tap dancing to the complete beginner. If you have never tap danced before and have always wanted to, this is the best place to start! Wear comfortable clothing and do not forget your tap shoes! Don't have tap shoes but want to experience the course? We may have a gently used pair that you can borrow or purchase.

9/20 to 10/25 (Wed), 6 sessions
1:30-2:15 PM,
Farmington Youth Center, Unionville
Course Fee: \$75, Senior Fee (65+): \$69

Intermediate Adult Tap

Amy Perales (A-MUS023)

For students who have already taken the Beginner Adult Tap course or have previous tap dance experience. Adult Tap offers the opportunity to exercise in a unique and fun way. Continue to learn or review tap steps, work on techniques, and tap combinations.

A) 9/20 to 10/25 (Wed), 6 sessions
11:30 AM - 12:15 PM
B) 9/22 to 10/27 (Fri), 6 sessions
6-6:45 PM
Farmington Youth Center, Unionville
Course Fee: \$75, Senior Fee (65+): \$69

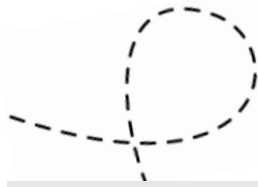
Adult Tap for Beginners

Amy Perales (A-MUS026)

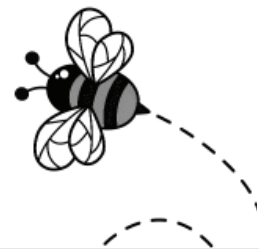
Adult Tap offers the opportunity to exercise in a unique and fun way. Start with a gentle stretch, learn or review a tap step, work on techniques, and finish with a short tap combination. If you are completely new to tap dance, please sign up for our Introduction to Tap courses. Wear comfortable clothing and do not forget your tap shoes! Don't have tap shoes but want to experience the course? We may have a gently used pair that you can borrow or purchase.

A) 9/18 to 11/06 (Mon), 6 sessions
12:00-12:45 PM
B) 9/22 to 10/27 (Fri), 6 sessions
7-7:45 PM

Farmington Youth Center, Unionville
Course Fee: \$75, Senior Fee (65+): \$69



For more information and details about a specific course or trip, visit www.fpsct.org/fce!



NATURE & OUTDOORS

Hikes

CT Hikes (A-NAT001)

Join us for 6 moderately paced hikes (3 to 5-miles) on wooded trails over a variety of terrains within the surrounding area. Good hiking boots and water are essential, and hiking poles are recommended! The complete schedule and the meeting places for each hike will be posted on www.cthikes.com. Any postponement due to weather will be communicated by email by 7:15 AM on the morning of each hike.

9/14 to 10/19 (Thu), 6 sessions
8:45 AM - 12:15 PM, www.cthikes.com
Course Fee: \$59, Senior Fee (65+): \$55

Introduction to Astronomy: Part One - Our Solar System

Ronald Zincone (A-NAT002)

Does the Cosmos fascinate you? Do you often find yourself staring up at the night sky with jaw-dropping awe? Would you like to learn more about our cosmic neighborhood? Well, it's time to hop on board the cosmic express and take a journey from our precious planet earth to our solar system and beyond! Instructor and astrophotographer Ronald Zincone will help you understand and learn about cosmic wonders such as the planets, stars, comets, meteors, our sun and moon and so much more! Zincone has loved the night sky and astronomy since childhood and now presents this exciting celestial program in a very user-friendly, educational, and humorous style.

9/21 (Thu), 1 session, 6-9 PM
Online, Course Fee: \$49

Introduction to Astronomy: Part Two - Backyard Astronomy

Ronald Zincone (A-NAT003)

Does the Cosmos fascinate you? Do you often find yourself staring up at the night sky with jaw-dropping awe? Would you like to learn more about our cosmic neighborhood? Well, it's time to hop on board the cosmic express and take a journey from our precious planet earth to our solar system and beyond! In this follow-up course to Part 1, Instructor and astrophotographer Ronald Zincone will teach you how to break into this fascinating hobby covering topics such as choosing and using equipment, such as telescopes, optical eyepieces, accessories, and tips and techniques, do's and don'ts. The instructor will then take you on a journey to learn about Deep Space subjects such as galaxies, nebulas, star clusters, comets, meteors, and more! Zincone has loved the night sky and astronomy since childhood and now presents this exciting celestial program in a very user-friendly, educational, and humorous style.

9/28 (Thu), 1 session, 6-9 PM
Online, Course Fee: \$49

Basic Beekeeping

Alphonse Avitabile (A-NAT004)

Are you interested in learning more about beekeeping? Then this course is for you! Learn about honey bee biology, how to install a package of bees and witness their progress, as well as information about bee diseases. There will be a live demonstration of the proper way to install a package into the hive on Saturday, October 21 and 28 at the instructor's bee yard located at 356 Carmel Hill Road North, Bethlehem, CT.

9/26 to 10/28 (Tue, Sat), 5 sessions
6:30-8:30 PM
Lewis S. Mills High School & Bee Yard
Course Fee: \$89



NATURE AND OUTDOOR

Year-Round Hiking Club

Grant Summers (A-NAT006)

Enjoy the best local parks and forests with expert guides on the most spectacular trails year-round. Our moderate hikes go for three hours and 3 to 5 miles on Tuesday and/or Thursday mornings (weather depending) starting at 8:45 AM. Hiking shoes with Vibram soles, a water bottle, and hiking poles are recommended. Hike information, GPS addresses, and trail maps are emailed to you. Just confirm when you want to go on a Top Ten Best Hike. Custom hikes for all ability levels are available upon request. Check out our photos on the Summit Hiking Club Facebook page. For more detailed information and hikes, email Grant at gemersonsummers@gmail.com.

Purchase a Hiking Club Punch Card (good for 10 hikes) to pay as you go! Once purchased, Punch Cards will be mailed to registrants.

Punch Card (10 punches): \$99

Preparing for a Long-Distance Hike

Ken Sgorbati (A-NAT007)

Are you interested in spending extended time on the trail while carrying everything you need on your back? This course will help you make that happen. The instructor hiked the entire length of the Appalachian Trail in 2019 and the entire length of Vermont's Long Trail in 2021. He is anxious to share his experience with prospective long distance hikers so that their experience will be safe, satisfying and fun. This class will provide relevant and practical guidance on the most important considerations of long distance hiking. The first session will provide an overview of the instructors' treks along with a detailed discussion of recommended preparations such as gear selection, fitness training, route planning, food resupply, etc. The second session will address health and safety considerations. The third session will be used for review and to examine backpack contents and weight.

**11/8 to 11/29 (Wed), 3 sessions
6:30-8:30 PM, Farmington High School
Course Fee: \$55**

Introduction to Weather

Ronald Zincone (A-NAT008)

This course is designed to introduce you and educate you on the basics of our daily weather. It will touch upon many areas but only lightly so that you are not overwhelmed with confusing terminology, scientific math formulas, and hard-to-understand information. Become more knowledgeable about planet earth's weather, possibly ignite an interest in pursuing the meteorology field and be better informed and prepared. This course covers basic weather such as cloud types, weather patterns, wind currents, precipitation, forecasting, and much more!

**10/17 (Tue), 1 session, 6-9 PM
Online, Course Fee: \$49**



PERSONAL ENRICHMENT

Past Life Regression

Debra Mullins (A-PER001)

If you have ever wondered who you might have been during another lifetime, now you can find out through a guided hypnosis session. Bring a blanket and pillow.

**11/16 (Thu), 1 session, 6:30-8 PM
Irving Robbins Middle School
Course Fee: \$39**

From Memory to Memoir: Writing Your Life Story

Susan Omilian (A-PER002)

Turn memories of significant events in your life into a memoir for your children and grandchildren. Learn where to start, how to get organized, and keep going until you finish. Get tips on pictures and documents to include and how to self-publish your story. No previous writing experience is required.

**10/5 to 10/26 (Thu), 4 sessions
6-7:30 PM, Online, Course Fee: \$65**

Safe and Secure

Mark Zammatt (A-PER006)

Designed by the Center for Cyber Security, this course will provide practical advice for keeping people safe online through a variety of topics and scenarios. With the increased use of the internet for work, school, and shopping needs, this important course is not one to miss!

**10/25 (Wed), 1 session
6-7 PM, Farmington High School
Course Fee: \$15**

Take Great Photos with your Smartphone (16+)

Peter Glass (A-PER003)

The quality of smartphone cameras is improving rapidly. Their capabilities extend far beyond what most people seem to use them for... taking selfies. In many situations, they work quite well as stand-ins for SLR cameras. This is a course for those interested in producing first-rate images with their smartphone cameras. Topics to be covered include understanding basic photography theory, identifying and setting the camera controls, suggestions for hand holding your camera, specific steps to follow when taking a picture, useful accessories for your smartphone camera, finding and installing the best smartphone camera apps and what to look for when buying a new or used smartphone. In addition, you'll be photographing around the school with your smartphone camera. I'll be offering feedback - helping you get more comfortable with the operation of your camera and offering suggestions for improving your image compositions. Please note: taking selfies will not be covered in this course.

**10/26 to 11/2 (Thu), 2 sessions
6-9 PM, Irving Robbins Middle School
Course Fee: \$85**

Photo Editing in Photoshop's Adobe Camera RAW

Peter Glass (A-PER004)

Adobe Camera Raw (ACR) was originally designed for processing RAW images (most 35mm cameras save an image either as a JPEG or RAW image - a RAW image is a more robust format and is preferable for serious digital editing). There are three reasons Adobe Camera Raw may be preferable to Photoshop for digital editing: Photoshop is complex and difficult to master. Adobe Camera Raw, though still demanding, is considerably easier to learn and use. ACR has an extensive variety of editing tools. It has more than enough resources to meet the requirements of most amateur and professional photographers. ACR is designed to edit not only RAW images, but also JPG, TIF, and other image formats. Editing is almost mandatory for making a picture look the same as what the naked eye sees, can benefit from some editing, and be used to transform photographs into something entirely different and unique.

**11/9 to 11/16 (Thu), 2 sessions
6-9 PM, Irving Robbins Middle School
Course Fee: \$85**

Introduction to Voiceovers

Voices For All (A-PER007)

Register for this one-time, 90-minute introductory course at any time! Upon receipt of registration, you will be contacted by a representative from Voices For All to schedule your 90-minute session based on your availability.

Course Fee: \$49

Course Cancellation and Refunds

Refunds are only allowed up to 7 days before a class starts, less a \$10 processing fee.

PERSONAL ENRICHMENT

American History: The Revolutionary Period

James Holcomb (A-PER008)

We will discuss the history of events and local people and towns and their role in the Revolutionary War. Battles that took place in Connecticut. The famous characters that took part in the war and their contribution to our history. The local heroes who served as Washington's Spies. Who was Litchfield's Benjamin Tallmadge. Also what these entrepreneurs did after the war was over. Did George Washington travel to Connecticut?

10/3 to 10/24 (Tue), 4 sessions
6:30-8 PM, Lewis S. Mills High School
Course Fee: \$65

Getting Paid to Talk

Voice Coaches (A-PER010)

Have you ever been told that you have a great voice? If so, then this is the course for you! Have you ever wondered how to begin in voice-over part-time, full time, or for supplemental or retirement income? This workshop is a great, upbeat, and most importantly, the realistic first step to explore voice-over. Our easy-to-access remote learning system will take you behind the scenes at Voice Coaches' main studios, where we regularly produce voice-over content for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and many more. From audiobooks, training material, animation, and commercials to socially relevant content, television, and much more: today's voice-over field has become a great way to leverage your individual voice qualities and communication skill in a whole new way. This course also includes an opportunity to receive a brief one-on-one voice range and quality assessment with the instructor.

11/8 (Wed), 1 sessions
6:30-8 PM, Online, Course Fee: \$29



Adult CPR & AED Certification

Irma Butler (A-PER015)

The AHA's Heart saver First Aid CPR AED course trains participants to provide first aid, CPR, and use an automated external defibrillator (AED) in a safe, timely, and effective manner. Who should take this course? The AHA's Heart saver First Aid CPR AED Course is designed for anyone with little or no medical training or anyone who wants to be prepared for an emergency in any setting. Students will receive an American Heart Association Heart saver CPR AED Card upon successful completion of this course.

A) 9/20 (Wed), 1 session
B) 10/25 (Wed), 1 session
C) 11/29 (Wed), 1 session

7-9 PM, Farmington High School
Course Fee: \$105

American History: The Civil War Period

James Holcomb (A-PER011)

We will discuss the history of events and local people and towns and their role during the Civil War. The famous people and entrepreneurs of this era that took part in the Civil war and their contribution to our history. What was the importance of the Farmington Canal?

How did people from Connecticut embrace the controversy of slavery that existed at the time and their contributions to the Underground Railroad? Famous battles that Connecticut soldiers participated in.

11/7 to 11/28 (Tue), 4 sessions
6:30-8 PM, Lewis S. Mills High School
Course Fee: \$65

Introduction to Grant Writing

Rebecca Tuttle (A-PER012)

If you've got an idea for a grant or are curious about learning grant writing, now is the time to get started. This course teaches you the basics of grant writing and creative ways to make your application stand out.

10/2 (Mon), 1 session, 6:30-7:30 PM
Online, Course Fee: \$15

Introduction to Grant Writing for Business

Rebecca Tuttle (A-PER013)

Grant funding can really accelerate your business development goals. There's never been a better time to get started in grant writing for your business. Learn how you can position your business to explore opportunities for grant funding.

10/23 (Mon), 1 sessions, 6:30-7:30 PM
Online, Course Fee: \$15

Voice-Overs: Now Is Your Time!

Such A Voice, LLC (A-PER020)

Learn how you can begin using your speaking voice for commercials, films, videos, and more! Most people go about it the wrong way. In this introductory course, you will learn about a unique, outside-the-box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your terms, on your turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game-changer you've been looking for. In addition to online instruction, you will be allowed to book a one-on-one script read and voice evaluation via telephone with your instructor for the following day.

11/2 (Wed), 1 session, 6:30-8:30 PM
Online, Course Fee: \$29

DATE
CHANGE

Creative Writing

JP Behrens (A-PER029)

NEW

Get your story ideas on the page and learn how to make them shine for those who want to read them.

10/16 to 11/20 (Mon), 6 sessions
6-8 PM, Farmington High School
Course Fee: \$109

Introduction to Federal Grant Writing

Rebecca Tuttle (A-PER014)

Federal grant writing can yield six-figure grant awards. This course introduces you to the prospect of federal grant writing to help you navigate the complexities of the application process.

9/13 (Wed), 1 session, 6:30-7:30 PM
Online, Course Fee: \$15



Pet Grooming

Claudette Munson (A-PET002)

Your pet deserves the best! Learn the basics of in-between grooming such as how to do nails, clean ears, proper combing, and some clipping tips. The majority of the class will be a demonstration. You are welcome to bring your pet as long as they get along with others. Should you bring your pet, the instructor will provide some time for you to practice the skills being taught.

A) 10/11 (Wed), 1 session
B) 11/15 (Wed), 1 session
7-8:30 PM
Claudette's Creative Clippin's Pet Salon
Course Fee: \$29

COLLEGE PREPERATION

The Digital SAT:

What You Need to Know

(C-TPR004)

The SAT is changing again. In January 2022, College Board announced that the SAT was going "digital" between the spring 2023 and spring 2024. Find out what that means, what is changing and what is staying the same.

Register at <https://secure.princetonreview.com/event?PSOId=524493>

11/9 (Thu), 1 sessions

7-8 PM, Irving Robbins Middle School

Cost: FREE

NEW

ONLINE COURSE CANCELLATIONS

Online courses **WILL** be held on inclement weather days when schools are closed. If an instructor needs to cancel a course for personal reasons, they will notify registrants and the course will be rescheduled.

The Princeton Review

Farmington Continuing Education has partnered with The Princeton Review to bring you 25% off all SAT®, ACT®, and AP® test prep courses with promo code FARMINGTON25 including our popular SAT 1400+, ACT 31+, and AP 4 Score Guarantee* Courses!

All courses include The Princeton Review Guarantee: you'll score higher, or we'll refund your tuition. If you're not 100% satisfied with your course, you may repeat the program for free.*

Considering Graduate School? No matter what academic path you're on, The Princeton Review can help you succeed. Get 15% off GRE®, GMAT®, MCAT®, and LSAT® test prep courses with promo code FARMINGTON15— including our popular GRE 162+, GMAT 700+, MCAT 513+, and LSAT 165+ courses!

Looking for 1:1 support? Get 10% off test prep tutoring for every level, such as SAT 1500+, ACT 34+ and AP 5 Guarantee* Tutoring, and 10% off College Admissions Counseling with promo code FARMINGTON10.

We're not just test prep: promo codes also apply to academic tutoring for 6th – 12th graders!

To learn more and enroll go to PrincetonReview.com or call 800-2REVIEW.

*Visit PrincetonReview.com/Guarantee for full guarantee details. Discount does not apply toward MCAT or LSAT Immersion courses. All tests are registered trademarks of their respective owners. None of the trademark holders are affiliated with The Princeton Review or these products. The Princeton Review is not affiliated with Princeton University.

The
Princeton
Review®



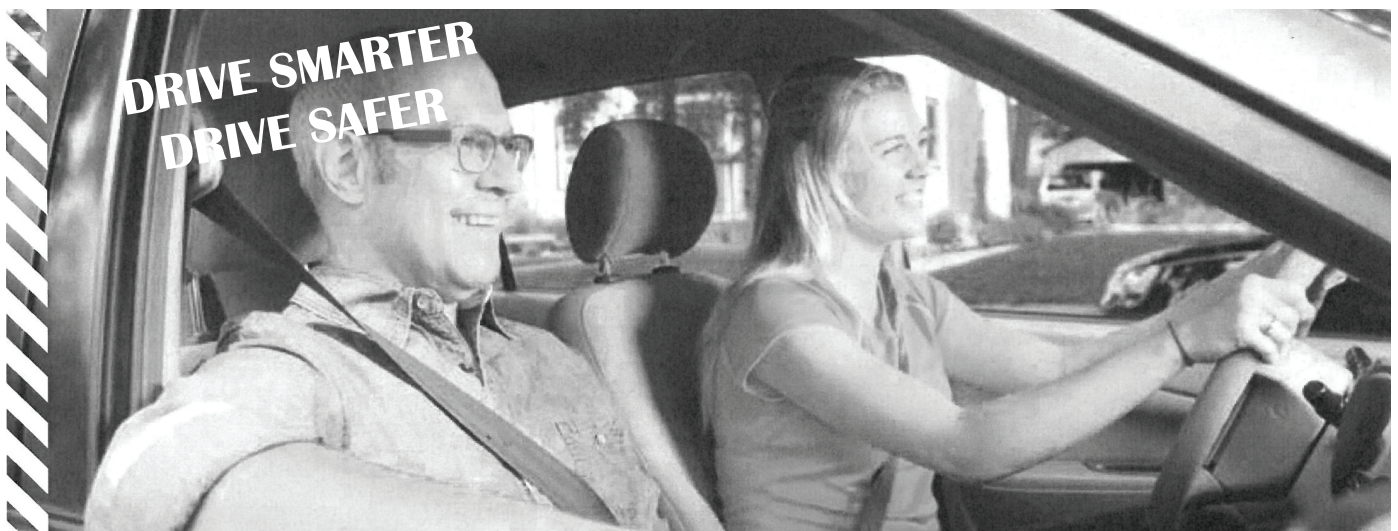
AAA DRIVING SCHOOL

Whether you've never been behind the wheel or are a parent of a novice driver, you have to stay informed. Our carefully developed Driver Education and Safe Driver Courses **MEET THE CONNECTICUT DMV REQUIREMENT** for mandatory driver instruction for all new drivers.



WHAT WE OFFER:

- Full Teen Driver Education Program - Teen & Adult 8-hour Safe Driver Course - Driver Lessons - Mature Driver Improvement Program (MDIP) Roadwise for Seniors - Mature Driving In-Car Assessments -
- AAA.com/DrivingSchool | 860-570-4239 | Visit Your Local AAA Store



TRIPS & TOURS



Bronx Zoo

Friendship Tours (T-DAY011)

Come and experience life on the wild side! The Bronx Zoo's world-class exhibits such as the Congo Gorilla Forest, the Wild Asia Monorail, Tiger Mountain, and Madagascar will get you eye-to-eye with majestic tigers, inquisitive gorillas, and so much more! Hailed as America's largest metropolitan zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands. Bring your lunch or grab a tasty snack at one of the vendors or cafeterias. Come and escape for a day! The TOTAL EXPERIENCE PASS includes Full Admission, Congo Gorilla Forest, Bug Carousel, Butterfly Garden, Jungle World, Wild Asia Monorail, Zoo Shuttle, and the Children's Zoo. Trip includes motor coach, a Total Experience Pass, gratuities, and Tour Director.

10/7 (Sat), 1 session, 8:00 AM - 7 PM
Park & Ride (575 Colt Hwy, Farmington)
Adult Trip Fee: \$129
Child Trip Fee (Ages 3-12): \$125

Turkey Train:

Lake Winnepesaukee, NH

Friendship Tours (T-DAY012)

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. It's a great fall day trip!

Relax on board the train as we watch the boats on the lake & enjoy the scenery as we travel roundtrip from Meredith, NH. We will make a NH Liquor Store stop prior to boarding the train. Hart's Turkey Farm Dinner on board the Train. This is Hart's famous home style turkey dinner, just like grandma made at Thanksgiving. Menu: Turkey, Potato, Gravy, Stuffing, Cranberry Sauce, Rolls, Vegetable, Dessert & Beverage. YUM! Following our train ride visit Mill Falls, a collection of shops along with Ben & Jerry's ice cream. Trip includes motor coach, 2-hour train ride on the Winnepesaukee Scenic Railroad from Meredith, NH, a turkey dinner served on board and catered by Hart's Turkey Farm, shopping at the Mill Falls, and Tour Director.

10/15 (Sun), 1 session, 7:30 AM - 8:30 PM
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee: \$159

New York On Your Own

Lucy Ochocki (T-DAY013)

Explore the most exciting city in the world, New York City! Visit Museum Mile museums on Fifth Avenue, shop the Midtown Fifth Avenue stores, take in a Broadway show, visit the Union Square Greenmarket, tour Lincoln Center and enjoy the Restaurant District. Maps and suggested visits including restaurants will be provided. We will have several drop offs and one pick up location at the end of the day. Enjoy your time in New York City!

11/4 (Sat), 1 session, 8:30 AM - 8:45 PM
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee: \$79

The Newport Playhouse & Cabaret Restaurant: Miracle on South Division Street

Friendship Tours (T-DAY014)

NEW

Meet the Nowak's of Buffalo, NY. Clara and her three grown kids have always known they were special, since the miraculous Christmas Eve in 1942 when the Blessed Mother appeared to Grandpa in his barbershop! Come learn more about this family legend in this heartfelt and hilarious play. This unique dinner theatre is a favorite for locals and visitors since 1983! All food is prepared on the premises. The plentiful buffet includes a variety of hot entrees, salads, veggies, dessert, fruit and beverages. After dining, we'll move to our reserved seats in the theatre to enjoy the show. After the play, we'll return to the dining room for the Cabaret Show.

11/12 (Sun), 1 session, 8 AM - 7 PM
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee: \$159



Christmas Spectacular starring the Radio City Rockettes

Lucy Ochocki (T-DAY015)

Radio City Christmas Spectacular is a show that has become a New York Christmas classic. The people in charge of the show, the Rockettes, are a theatrical group that has been performing this musical for almost a century. Therefore, fun and quality are guaranteed. Of course, the central theme of the show is Christmas. Radio City Christmas Spectacular offers an immersive visual delight with more than 140 performers on stage. Also featured is the interactive experience, which includes drones, giant screens, and dazzling lighting. There is also a live orchestra, breathtaking costumes, and set design. Enjoy 90 minutes of pure dancing, singing, and humor that will be hard to forget. It is a classic show that undoubtedly represents a perfect Christmas experience for the whole family. Entrance to the Music Hall is through Ticketmaster (electronic tickets only). The group will enter the Music Hall together and the group leader will scan everyone in. Bus will depart at 4 PM, at the conclusion of the show.

Trip includes a motor coach, orchestra seating for the 2 PM show, Trip Leader, and free time before the show for sightseeing, and shopping on your own.

12/5 (Tue), 1 session, 8:45 AM - 7 PM
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee: \$165

FDR Home & Library: Hyde Park, NY

Friendship Tours (T-DAY016)

NEW

HOME OF FRANKLIN D. ROOSEVELT NATIONAL HISTORIC SITE AT HYDE PARK - The Home of Franklin D. Roosevelt National Historic Site preserves the Springwood estate in Hyde Park, New York. Springwood, built in 1826, was the birthplace, lifelong home, and burial place of the 32nd president of the United States, Franklin D. Roosevelt. Enjoy a Guided Tour of FDR's elegant home as it remains as it was when he lived there. Also, enjoy time at the FDR Library, Museum & grounds. Prior to our visit at FDR's home we'll have lunch at Eveready Diner. Choice of: Chicken Caesar Salad, Classic Burger, Turkey Club or Reuben served with Fries & ColeSlaw, Dessert & Coffee or Soda.

12/9 (Sat), 1 sessions
9 AM - 7 PM, Park & Ride (Farmington)
Trip Fee: \$149

Trip Cancellation and Refunds

All Trip Purchases are Final. Once purchased, Farmington Continuing Education cannot provide refunds for individuals for any reason. If you are concerned about your attendance, please consider trip Insurance.

PARK AND RIDE FARMINGTON

575 Colt Highway (Route 6) & South Road
 Farmington CT, 06032

TRIPS & TOURS

Metropolitan Opera: Romeo & Juliet

Friendship Tours (T-DAY001)

See the OPERA at the magnificent METROPOLITAN OPERA HOUSE at Lincoln Center in New York City! Be a part of the Met's extraordinary 2024 season, featuring the world's greatest singers and musicians in unforgettable performances. You do not need to be an expert of opera to appreciate the enormous scale of these productions or the amazing voices booming through the Opera House with no microphones! The sweeping Shakespearean tragedy will star Ailyn Pérez and Bryan Hymel as the crossed young lovers. Plácido Domingo conducts. Show time 1 p.m. (running time 3 hours). Following the performance, you will have time on your own to get something to eat.

3/23/2024 (Sat), 1 session, 8 AM - 8:30 PM
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee: \$189



NEW

Medieval Times Dinner & Tournament in Lyndhurst, NJ

Friendship Tours (T-DAY002)

Chivalry, rivalry, & revelry! Knights, horses, jousting, and falconry all set in an 11th century-style medieval castle. The Royal Court invites you to join in a spectacle from the Middle Ages. A royal feast awaits as you watch the incredible pure Spanish horses perform feats of equine skill. Six armor-clad knights on valiant horses compete in thrilling games as the pageant unfolds in the arena. Experience the excitement! Enjoy this 2 hour live horse show while dining on a meal fit for royalty -- all eaten with your hands!

Royal Feast: Garlic Bread, Tomato bisque soup, Roasted Chicken, Sweet Corn, Herb-basted Potato, Dessert of the castle, 2 servings of Fresh-Filtered Water or Pepsi®, coffee. Vegetarian: Garlic Bread, pita w/hummus, carrot sticks; 3 bean stew with roasted tomatoes, Includes dessert, coffee, beverage.

4/20/2024 (Sat), 1 session
9:45 AM - 6:30 PM
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee: \$159

NEW

A Longwood Gardens Christmas

Friendship Tours (T-OVE007)

NEW

Join us on a trip to Pennsylvania and Delaware to visit the Longwood Gardens, Nemours Mansion, Winterthur Museum, and Brandywine River Museum.

This wonderful trip includes visits to the BRANDYWINE RIVER MUSEUM to see their fabulous holiday display, the INN AT MENDENHALL HOTEL for a WELCOME DINNER, the WINTERTHUR MUSEUM, LONGWOOD GARDENS, and the NEMOURS MANSION, built by Alfred du Pont, a spectacular restoration of an incredible 18th century French Style estate. Trip Includes: Deluxe motor coach, 2 nights hotel, 2 breakfasts, 2 dinners, sightseeing & admissions, Friendship Tours Escort, Driver & Tour Director Gratuity.

12/4 to 12/6 (Mon, Tue, Wed), 3 sessions
Park & Ride (575 Colt Hwy, Farmington)
Trip Fee (pp double / triple): \$669
Trip Fee (pp single): \$829



YOUTH ENRICHMENT

STEAM Dreams: Earth, Water, & Space (Grades K-4)

Brian Ballou (Y-ART003)

Take an art STEAM adventure to discover earth and space from ocean depth to faraway galaxies! Dream of the future in visions of space travel and how we care for trees, bees, and plants. Explore amazing art and use reused and recycled materials while learning about planets and ocean life. This series uses paint, clay, drawing, and collage to experience earth, water & space. All supplies provided. All materials are included in the cost of the course.

10/16 to 11/20 (Mon), 6 sessions
5:30-6:30 PM, Farmington High School
Course Fee: \$105

The Coder School: Python (Ages 10+)

Vaishali Shah (Y-STE012)

Learn the fastest growing language out right now, used by Google, Instagram, and Netflix! Learn how to draw shapes and create designs using the turtle library. Learn about "if then" statements, loops, variables, and more. Come join the fun! For ages 10+ only please.

9/29 to 11/3 (Fri), 6 sessions
5-6 PM, The Coder School
Course Fee: \$169

Young Adventurer's Guild: D&D @ Tabletop Gaming Center (Ages 10-17)

Val Warner (Y-ART019)

Come learn Dungeons and Dragons at Tabletop Gaming Center in Newington! Through six sessions, an experienced Dungeon Master will guide your young adventurer, and the rest of their party, through a complete "mini-campaign." Adventurer's will learn the rules of D&D, and use imagination, problem solving, and teamwork to travel through a fantasy story of their own creation. Each session is for different ages. Session A is for ages 13-17; Session B is for Ages 10-12.

A) 10/14 to 11/18 (Sat), 6 sessions
3-6 PM
B) 10/15 to 11/19 (Sun), 6 sessions
2:30 - 5:30 PM

Tabletop Gaming Center, Newington
Course Fee: \$150

The Coder School: Scratch! (Ages 7+)

Vaishali Shah (Y-STE010)

Using the platform scratch developed by MIT and block coding - create advanced games such as a solar system, Mario platformer, and much more! Learn about loops, variables, x and y coordinates, if and then statements, and more! Come join the fun. For ages 7+ only please.

9/27 to 11/1 (Wed), 6 sessions
4-5 PM, The Coder School
Course Fee: \$139

The Coder School: Minecraft (Ages 8+)

Vaishali Shah (Y-STE006)

Using the Minecraft Education Edition students will solve code and go through lesson plans such as planets, pandas, and more. Students will learn the X, Y, and Z coordinates, along with variables, conditions, loops, and more. Come join the fun! For ages 8+ only please. For ages 8+ only please. The Coder School will provide all needed hardware for this course.

9/27 to 11/1 (Wed), 6 sessions
5-6 PM, The Coder School
Course Fee: \$139

The Coder School: Nintendo Switch (Ages 8+)

The Coder School (Y-STE002A)

Using the Game Builder Garage platform, students will create fun and graphical games using block coding. Games can vary from car racing, obstacle courses, and creating 3D homes and buildings.

Requirements: Game builder Garage download (one time fee of \$29.99) and students must bring their own Nintendo Switch for coding. For ages 8+ only please.

10/06 to 11/10 (Fri), 6 sessions
6-7 PM, The Coder School
Course Fee: \$139

YOUTH ENRICHMENT

When I Am In Charge (Ages 8+)

Terri Benoit (Y-BAB001)

This unique course, taught by an American Red Cross instructor, is for boys and girls who are home alone. The course will cover all the safety concerns parents have when their children are by themselves, such as arriving home, responsibilities, phone and internet safety, fire safety, and much more! Students will receive an information packet to take home.

11/16 (Thu), 1 session, 5:15-6:45 PM
Irving Robbins Middle School
Course Fee: \$55

Babysitting Basics (Ages 11-15)

Terri Benoit (Y-BAB002)

Taught by an American Red Cross instructor, this course will prepare boys and girls to be responsible babysitters. Topics include supervision of children, accident prevention, first aid, caring and feeding of infants and children, and what to do in an emergency. Most importantly, your new knowledge and skills will make you a more confident babysitter - which is sure to be good for your business. The course fee includes an American Red Cross babysitter training book and a certificate that is mailed out within a month of successful completion of the course (student attendance is mandatory to receive a certificate). *This course is a prerequisite for the Babysitter CPR & Beyond course.

9/28 to 10/5 (Thu), 2 sessions, 5:15-7:15 PM
Irving Robbins Middle School
Course Fee: \$89

Babysitter CPR and Beyond!

(Ages 11-15)

Terri Benoit (Y-BAB003)

This course will help students learn about infant/child CPR, basic first aid, and how to handle a medical emergency by assessing the scene and calling 911. Prerequisite: Students should either be certified babysitters or have taken the Babysitting Basics course. The course fee includes an American Red Cross babysitter training book and a certificate that is mailed out within a month of successful completion of the course (student attendance is mandatory to receive a certificate).

10/26 to 11/2 (Thu), 2 sessions, 5:30-7 PM
Irving Robbins Middle School
Course Fee: \$89

Food Explorer's: Fall Desserts

Katie Shepherd (Y-COO002)

Join Food Explorers for a delicious series of fall desserts! Each week you'll bake up something new: Vanilla Chai Mini Donuts, Maple Apple Blondies, Pumpkin Cookies, Puff Pastry Apple Rings. All recipes are nut free but do contain dairy/eggs/gluten. Ingredient substitutions will not be possible.

11/14 to 12/5 (Tue), 4 sessions,
6:00-7:15 PM, Lewis S. Mills High School
Course Fee: \$85

FIRST® LEGO® League: DISCOVER (Gr. K) & EXPLORE (Gr. 1-4)

Tuhan Nguyen & FHS Robotics

This year's LEGO League Theme is MASTERPIECE! Lights, camera, STEAM! Science, technology, engineering, arts, and math (STEAM) inspire big ideas, bold action – and creativity. Our skills make it possible to create art and experiences that bring us together, entertain us, and move us. During our 2023-2024 arts-inspired robotics season, FIRST® IN SHOW presented by Qualcomm, we will celebrate the roles our STEM skills play in the arts, design, and building of a world of endless possibilities. The future is yours to create.

Students will investigate a challenge related to a real-world theme, designing and building their solution as a group. Using LEGO® Education WeDo® 2.0 and other LEGO® materials they will learn to code their team model to move and interact. PARENT COACHES are needed to help assist teams. If you are interested, please email the FIRST LEGO League Program Manager Tuhan Nguyen at nguyent@fpsct.org, and our Enrichment Supervisor Kevin Riendeau at riendeauk@fpsct.org for more information. *This program is not possible without Parent Coaches.

This program is run in partnership with the Farmington High School Robotics team, and coaches will be assisted by a student mentor who will help teach through the entire season.

DISCOVER (Gr. K)

- A) 11/28 to 1/23/24 (Tue), 8 sessions
6-7 PM, Lewis S. Mills High School
 - B) 11/29 to 1/24/24 (Wed), 8 sessions
6-7 PM, Farmington High School
- Course Fee: \$109

EXPLORE (Gr. 1-4)

- A) 11/28 to 1/23/24 (Tue), 8 sessions
6-7:30 PM, Lewis S. Mills High School
 - B) 11/29 to 1/24/24 (Wed), 8 sessions
6-7:30 PM, Farmington High School
- Course Fee: \$109

Goop, Gak, Slime, and More (Ages 4-8)

Michelle Ambrosio (Y-STE031)

Squish, splash, smash, squelch, splash, slime, drop, smear, spray, and ooze are some of the things we will do/hear during this fun hands-on program. Children are doing many things at once when engaged in messy play. They can be observing, creating, building, exploring, imagining, discovering, investigating, interpreting, and even collaborating. Active learning through messy play. What child doesn't want to get slimed or at the least play with it! Each day we will create a new group 'creation' and allow for individual crafting. Whether it is Goop, Gak, Slime, and so many more possibilities we can't list them all! The course fee includes the cost of supplies.

10/25 to 11/15 (Wed), 4 sessions
6-7 PM, Farmington High School
Course Fee: \$75

MASTERPIECE



THE NEXT STREET DRIVERS EDUCATION

8-Hour Safe Driving Course

The Next Street

All classroom work will be taught remotely via Zoom. This 8-hour classroom training program fulfills the minimum State of CT requirements to get a Driver's License. *This course DOES NOT include any private driving lessons, but they can be added at the time of enrollment.*

Course Fee: \$149

Full Driver Education Bundle

The Next Street

All classroom work will be taught remotely on Zoom. This course includes 30 hours in the classroom and 8 hours of private driving lessons. In addition to fulfilling all CT state driver's ed requirements, after completing the course teen students will have a shorter wait time for their license and most insurance providers will offer a discounted rate. These classes can be started at any time and taken in any order for no additional fee. The schedules we provide are guidelines, not the rule.

Course Fee: \$779

Visit www.thenextstreet.com/farmingtonhs
for course offerings or to register!



NOTES, REMINDERS & POLICIES

Enrollment & Registration: Courses with low enrollment are subject to cancellation. Register early to make sure the course you want has adequate enrollment to be offered. In the event of a filled course or cancellation, we will notify you by email.

Senior Fee: Seniors (65+) receive reduced rates on courses that have a Senior Fee listed. If no Senior Fee is listed, then no additional discounts apply. Seniors MUST provide a DOB when registering to receive the Senior Fee.

Returned Checks: A returned check penalty fee of \$25 will be charged to an account for any check returned by the bank. If a returned check was used to pay for more than one student, each student will be assessed the \$25 returned check fee. In the instance that we have received two or more returned checks for an account, payment by check will no longer be accepted as a form of payment on that account. Payments made by a returned check are reversed from the account, leaving a balance due and payable immediately. An outstanding balance may result in the participant being dropped from the course or trip.

Instructors: Our instructors come from a wide variety of professional and personal backgrounds. Many are certified teachers or members of the community with areas of expertise. They are not to promote or sell products, make specific financial investment recommendations, or offer consultations to participants. We respect their ability as instructors but do not commit to the products they sell.

Nondiscrimination Policy: Farmington 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 based on 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 Farmington Continuing Education nondiscrimination policies should be directed to the Director of Special Services at (860) 677-1791.

Accommodations: All activities offered by Farmington Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Special testing accommodations can be arranged for individuals with appropriate documentation. Individuals with a disability should call Lori Wyrebek at (860) 404-0290.

Incident Weather Policy: If Farmington Public Schools or Regional School District #10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT meet. If Farmington Public Schools or Regional District #10 Public Schools have a delayed opening, courses WILL meet (unless told otherwise by the instructor). In case of a delayed opening or early closing, cancellations will also be announced on TV channels NBC and WFSB. Canceled courses are postponed to a later date. Trips do not follow this cancellation policy.

Cell Phones, Cameras, and Recording Devices: For the privacy and safety of all participants, the use of photographic and recording equipment, such as cameras, video cameras, and mobile phones with cameras are strictly prohibited.

Waiting Lists: Waiting lists will be taken on courses and trips with enrollment limits. We will notify you when there are openings.

Disclaimer: As a service to the community, the Farmington Board of Education, through Farmington Continuing Education, offers adult and youth enrichment courses. In some cases, these courses are taught by third party businesses according to a contract with Farmington Continuing Education. These businesses, and their personnel who are instructors in Farmington Continuing Education enrichment courses, are not agents or employees of the Farmington Board of Education. The businesses are responsible for the enrichment course and their instructors for the enrichment courses being offered through Farmington Continuing Education. The Farmington Board of Education's offering of an enrichment course does not constitute an endorsement by the Farmington Board of Education or its officials, agents, or employees of any particular information, product, view, opinion, or advice that may be presented in any enrichment course. Also, any person who relies on or acts on the advice of any enrichment instructor does so at their own risk. In consideration of being allowed to enroll in an enrichment course, the registrant releases and waives any claims they may have against the Farmington Board of Education, Farmington Continuing Education, its officials, agents, and employees concerning any such advice.

Refund & Cancellation Policy: **Courses**

- Course fees will not be prorated and refunds will not be given for any unattended portion of a course.
- If a course is canceled by Farmington Continuing Education, a full refund will be automatic.
- Participants can cancel their registration up to 1 week before the start of the course. A \$10 cancellation fee will be assessed.
- There are no cancellations 1 week before the start of the course or after the start of the course.
- Cancellations due to a medical emergency will be considered, but not guaranteed, when accompanied by a physician's note. Please contact our office at (860) 404-0290 as soon as possible

Trips

- Trips are non-refundable. However, registrations can be transferred to a substitute passenger.
 - As part of the previous statement, be aware that trip destinations may delay or reschedule due to weather or other factors. If FCE maintains the position of going, albeit at a rescheduled time, refunds are not available.
- If a trip is canceled by Farmington Continuing Education, a full refund will be automatic.
- Trips are held rain/snow or shine unless conditions deem necessary to cancel based on a decision from the bus company or Coordinator.
- Cancellations due to a medical emergency will be considered, but not guaranteed when accompanied by a physician's note. Please contact our office at (860) 404-0290 as soon as possible.
- Trip insurance is available for all trips. It is advised that you consider this added insurance for any trip that includes admission tickets to shows, musicals, baseball games, the opera, etc.

Credit Vouchers: Credit vouchers are redeemable toward any course, program, or trip. Credit vouchers do not expire and are non-refundable. Please call our office (860) 404-0290 to inquire about a credit balance or to apply a credit to a course or trip.

REGISTRATION FORM

3 WAYS TO REGISTER...



ONLINE

Visit www.fpsct.org/fce to register online



BY MAIL

Mail registration form to
1 Depot Place, Unionville



IN-PERSON

Bring registration form to the
Farmington Continuing office

REGISTRANT INFORMATION:

Name: _____ DOB: ____/____/____ (required to receive Senior Fee)
Street: _____ City: _____ Zip: _____
Email: _____ Home Phone: _____ Cell: _____
Phone: _____ Grade: ____ School: _____ Parent/Guardian Name: _____
Emergency Contact Name and Phone: _____
Special Needs / Allergies / Health Information: _____

COURSE INFORMATION:

Course #	Course(s) Title	Date(s)	Time	Course Fee
TOTAL				

PAYMENT INFORMATION:

Payment **MUST** accompany this registration form:

CHECK: Make checks payable to Farmington Continuing Education

CREDIT CARD: We accept Visa, MasterCard, Discover, and American Express

Credit Card #: _____ Exp. Date: ____/____ CVV: _____

Cardholder Name and Address: _____

ADDITIONAL QUESTIONS (required):

- Yes, I would like to receive marketing emails.
- Yes, I wish to receive text messages specific to the course(s) / trip(s) I am registered for. If yes, please provide a valid cell phone number above.
- I recognize that there are risks involved while participating in any activity. Therefore, in consideration of the Town of Farmington, Farmington Public Schools, and Farmington Continuing Education conducting activities and my enrollment in such activities, I do hereby, on behalf of myself, release the Town of Farmington, Farmington Public Schools, and Farmington Continuing Education and its employees and agents from all liability concerning an injury received by me or my child arising from such activities.
- I have read and agree with all of Farmington Continuing Education's notes, reminders, and policies including those that detail our course and trip refund and cancelation policies.

I ___ **DO** or ___ **DO NOT** permit myself and/or my child to be photographed during the course by the instructor(s) to be used by Farmington Continuing Education for publication to media (website, social media, etc.) solely to document and promote Farmington Continuing Education, its services and programs. I understand that the photograph will not be used for commercial purposes.

Farmington School Department
Farmington Continuing Education
1 Depot Place
Unionville, CT 06085

NON-PROFIT
ORGANIZATION
U.S. POSTAGE
PAID

**NEW TRIP
DEPARTURE
LOCATION**



PARK AND RIDE FARMINGTON

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