

FARMINGTON CONTINUING EDUCATION
Winter/Spring 2024
January-June 2024



PROGRAM INFORMATION



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Hello Lifelong Learners -

Happy New Year! You don't want to miss the many NEW course offerings in this catalog. Browse through the pages to find some wonderful arts classes, new languages, cooking, and day/overnight trips. Coming in fall 2024, classes will move to the new Farmington High School with state of the art technology, computer labs, and culinary kitchen.

On a personal note, after 24+ years of working with Farmington Public Schools / Continuing Education, I will be retiring at the end of June 2024. Over the years, I have met and worked with so many wonderful people. It has been my pleasure serving you, the Town of Farmington, and the surrounding communities.

Sincerely,
Lori Wyrebek
Coordinator

MARK YOUR CALENDARS!

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



- January 15 - Martin Luther King Jr. Day
- February 19 & 20 - President's Day Recess
- March 29 - Good Friday
- May 27 - Memorial Day



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

01/23 to 05/16 30 sessions (T/Th)
10 AM - 2 PM Farmington Library - Upstairs, Board Rm 1&2

EVENING COURSES

01/22 to 05/15 30 sessions (M/W)
6 - 8:00 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.

01/22 to 05/15 30 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.

02/05 to 05/06 12 sessions (M)
6 - 8 PM Farmington High - Rm 909

General Education Development (GED®)

LANGUAGE ARTS/SOCIAL STUDIES/MATH/SCIENCE

01/22 to 05/15 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

Sea Glass Tree Ornament/Cling

Victoria Woolard (A-ART001)

NEW

Make a real sea glass mini hanging tree with 7 layers of white and green sea glass. Hang it anywhere as a little decoration for the winter time. Real sea glass used from CT MA and RI and learn about sea glass too! Course fee includes supplies.

03/14 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$55

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.

Course fee includes most supplies. Instructor will email additional items for students to purchase prior to class.

02/26 to 04/01 (Mon), 6 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$135

Sea Glass Necklace (Starfish)

Victoria Woolard (A-ART003)

NEW

Make a sea glass necklace with a starfish using a shimmery foil application on the sea glass. Choose from different pattern options. The sea glass is real sea glass from MD, RI, MA, NY and CT. We will learn about sea glass as well and the history of it. Course fee includes supplies.

05/20 to (Mon), 1 Session(s)

6:30 PM to 8:00 PM

Farmington High School

Course Fee: \$59

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.

04/17 to 05/22 (Wed), 6 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$115

Senior Fee (65+): \$105

Lawn Bowling

Fernleigh Lawn Bowling Club, Inc. (A-ART005A)

Lawn Bowling is a friendly sport suitable for all ages and physical abilities. The social aspects of the game are well suited to a relaxed atmosphere and a camaraderie among bowlers. Learn new skills and get outdoors to meet new people.

A) 04/30 to 05/14 (Tue), 3 Session(s)

B) 05/02 to 05/16 (Thu), 3 Session(s)

6:30 PM to 8:30 PM

Fernleigh Lawn Bowling Club

Course Fee: \$39

Introduction to Basket Weaving

Nancy Kalos (A-ART006)

This rattan basket measures 7 1/2 in long, 5 in wide, 6 in high. Students will practice several weaving techniques including upsetting, twining, shaping, and finishing. Students will have an option to add a handle provided by the instructor. Course fee includes supplies.

04/15 to 04/29 (Mon), 3 Session(s)

6:30 PM to 9:00 PM

Farmington High School

Course Fee: \$75

Sew Fun Pajama Pants

Diane Rigby (A-ART007)

NEW

Everyone loves a comfy pair of pajama pants! In this class you will learn how to work with sewing patterns, make basic adjustments to fit your body, and how to pin and cut fabric, and more. Perfect opportunity for beginner sewers to improve their sewing skills. Select a cotton woven fabric – flannel makes a very cozy pair of pants! Students must be able to independently operate their sewing machine and sew a straight seam.

02/26 to 03/11 (Mon), 3 Session(s)

6:00 PM to 8:00 PM

Farmington High School

Course Fee: \$65

T-Shirt Quilt

Diane Rigby (A-ART008)

NEW

Have you been holding on to t-shirts from the special events and times in your life? Why not turn them into the perfect memory quilt? T-shirt quilts are a fun quilting project and a great way to remember special events or a time in your life, such as graduations, retirements and races. Class will include all of the steps to piece a t-shirt quilt top - planning the quilt, cutting and preparing the shirts, and how to assemble the quilt top.

03/06 to 03/20 (Wed), 3 Session(s)

6:00 PM to 8:30 PM

Farmington High School

Course Fee: \$55

of Sessions Increase

Wonky Stars

Diane Rigby (A-ART009)

NEW

Wonky Stars are a fun quilt block for quilters at all levels! We will be using basic quilting techniques - accurate cutting (familiarity with rotary cutting is needed), piecing and pressing; however we will add some improv so each Wonky Star block has its own personality! We'll start with discussing fabric selections, and quickly move on to constructing 12½" unfinished Wonky Star blocks. In no time you'll have made a handful of blocks and will be ready to play with various block layouts.

04/17 to 05/01 (Wed), 2 Session(s)

6:00 PM to 8:30 PM

Farmington High School

Course Fee: \$59

Intermediate Basket Weaving - Twill Cathead Basket

Nancy Kalos (A-ART010)

NEW

In this class students will practice weaving a "cat-head" shaped bottom while using a 3/3 continuous twill pattern up the sides of the basket. This rattan twill-woven basket measures 10 in across the top, 6 in square on the bottom, and 6 in high. Students will be able to choose which "twill" will be on the outside of their basket. The two 'versions' of the twill can be seen in the photo provided. Course fee includes supplies

05/06 to 05/20 (Mon), 3 Session(s)

6:30 PM to 9:00 PM

Farmington High School

Course Fee: \$75

Creative Memories Card for Beginners

Leonilda DiTomasso (A-ART030)

Create cards from an exclusive Creative Memories Card Kit. At this class, participants will receive supplies to create 12 all-occasion cards, a repositioning tape runner and foam adhesives. You bring a small bag to carry your cards home.

04/15 (Mon), 1 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$39



ART, GAMES, & HOBBIES

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.

03/06 to 04/03 (Wed), 5 Session(s)

6:30 PM to 9:00 PM

Farmington High School

Course Fee: \$115

Senior Fee (65+): \$109

Beginner Knitting

Dawn Zillich (A-ART011)

Learn the basics of knitting and leave with a stitch sampler scarf! You will need minimum 350-yards of good quality worsted weight (#4) yarn (nothing heathered, marled, variegated or very dark), size US8 knitting needles and stitch markers.

02/28 to 04/03 (Wed), 6 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$115

Senior Fee (65+): \$105

Beginner Crocheting

Karen Kebinger (A-ART014)

Whether you are "rusty" at crocheting or a beginner who wants a relaxing, productive, fun, and portable hobby - this course is just for you! Learn how to make delicate doilies, elegant clothing, and warm cozy afghans, all while watching TV or sitting idly by in a waiting room. This course will teach you how to make a simple scarf using basic stitches and simple patterns.

04/18 to 05/30 (Thu), 5 Session(s)

6:30 PM to 8:30 PM

Irving Robbins Middle School

Course Fee: \$89

Senior Fee (65+): \$85

Decoupage Shell

Victoria Woolard (A-ART002)

Use real shells from CT, RI, and MD to make two shell trays. We will use a variety of patterns to craft with as well. The trays are great for favors, gifting, for your jewelry as a holder or even a trinket dish. Course fee includes supplies.

04/04 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$49

NEW

Beginner Scrapbooking

Leonilda DiTomasso (A-ART029)

Join our beginner class and make a full memory album! Each week just bring 6-12 photos and the instructor will take care of the rest. All that is needed is to let the instructor know three weeks before the start of class the "theme" for your album. Samples of themes are "School Days", "Tropic Time"(vacation), "Seasonal Sightings"(winter/holiday); "Nordic Winter" (Snow season); "Sun-rays for Days" (summer fun); "Serenity" (calm everyday theme).

02/26 to 03/18 (Mon), 4 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$89

COMPUTER & TECHNOLOGY

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Everything Google

Jennifer Wollman (A-COM002)

Learn how to navigate the GSuite apps (Drive, Mail, Docs, Sheets). Learn how to create folders and organize your Google Cloud drive; Create Documents and Sheets from your Google Account. We will also cover Google Forms. Participants must have a working Google account before class (Example: joesmith@gmail.com). Basic computer skills are required.

04/16 to 05/07 (Tue), 4 Session(s)

6:00 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$99

Senior Fee (65+): \$95

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.

04/15 to 04/29 (Mon), 3 Session(s)

6:00 PM to 8:00 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.

05/06 to 05/20 (Mon), 3 Session(s)

6:00 PM to 8:00 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.

04/18 to 05/16 (Thu), 4 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$79

Senior Fee (65+): \$75

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

REGISTER ONLINE AT WWW.FPSCT.ORG/FCE

COMPUTER & TECHNOLOGY

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.

03/07 to 03/28 (Thu), 4 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$99

Senior Fee (65+): \$95

Google Forms

Jennifer Wollman (A-COM008)

Learn the basics of creating a Google Form. Google Forms are free to create for google account users. Forms can be designed to collect feedback for or about an event or participant information for an event such as a class reunion or a party. Participants will try different forms to understand how they work and have the chance to develop their own. Participants will receive handouts on creating forms and links where to find assistance. Participants should have an email address that ends in gmail.com.

03/20 to 03/27 (Wed), 2 Session(s)

6:00 PM to 8:00 PM

Farmington High School

Course Fee: \$45

Beginner PowerPoint

Jennifer Wollman (A-COM010)

NEW

Participants will learn the interface of PowerPoint, how to create a presentation from scratch including how to add objects, text and images. We will also cover how to duplicate slides and add simple slide transitions.

03/19 to 03/26 (Tue), 2 Session(s)

6:00 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$55

Senior Fee (65+): \$49

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! NOTE: This course is designed as a demonstration, but students may opt to cook-along.

01/10 (Wed), 1 Session(s)

6:00 PM to 7:00 PM, Online

Course Fee: \$15

French Onion Soup

Cheryl Senick-Kennedy (A-COO002)

NEW

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. NOTE: This course is designed as a demonstration, but students may opt to cook-along.

02/21 (Wed), 1 Session(s)

6:00 PM to 7:00 PM, Online

Course Fee: \$15

Charcuterie

Michelle Richardson (A-COO003)

NEW

Learn how to create your own charcuterie board with a hands-on lesson from Chell's Charcuterie. Michelle will bring all the necessary tools, and ingredients for you to create your own 10" charcuterie board. Cheeses, meats, fruits and all accompaniments will be available to teach you how to style your own beautiful wreath masterpiece. You will make a salami flower, kiwi star, provolone rose and more! Course fee includes supplies.

03/25 (Mon), 1 Session(s)

6:00 PM to 7:30 PM

Farmington High School

Course Fee: \$69

Cheesemaking - Mozzarella, Lemon Cheese, and Coulommiers

Rosemary Aldridge (A-COO004)

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

03/12 (Tue), 1 Session(s)

6:30 PM to 8:30 PM

Lewis S. Mills High School

Course Fee: \$49

Cheesemaking - Ricotta, Mascarpone, and Feta

Rosemary Aldridge (A-COO005)

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 Advanced Beginner's cheesemaking class.

04/16 (Tue), 1 Session(s)

6:30 PM to 8:30 PM

Lewis S. Mills High School

Course Fee: \$49



Cheesemaking for Advanced Beginner's

Rosemary Aldridge (A-COO006)

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.

05/08 (Wed), 1 Session(s)

6:30 PM to 8:30 PM

Lewis S. Mills High School

Course Fee: \$49

Decorating Cookies with Royal Icing

Deborah Butler (A-COO007)

Come learn how to create beautiful sugar cookies with Royal Icing! You will learn and practice how to pipe and flood cookies with icing. You will also learn different techniques to enhance the cookies, such as wet on wet, transfers and texture to name a few. You will leave each session with beautifully decorated cookies to share with friends and family! Course fee includes supplies.

A) Winter: 01/31 (Wed), 1 Session(s)

B) Valentines: 02/07 (Wed), 1 Session(s)

C) Lucky Gnomes: 03/13 (Wed), 1 Session(s)

6:00 PM to 7:30 PM

Farmington High School

Course Fee: \$29

Decorating Cookies with Royal Icing (Adult & Child)

Deborah Butler (A-COO008)

NEW

Come learn how to create beautiful sugar cookies with Royal Icing! You will learn and practice how to pipe and flood cookies with icing. You will also learn different techniques to enhance the cookies, such as wet on wet, transfers and texture to name a few. You will leave each session with beautifully decorated cookies to share with friends and family! Course fee includes supplies.

02/28 (Wed), 1 Session(s)

6:00 PM to 7:30 PM

Farmington High School

Course Fee: \$29

Sushi

Sara Wingard (A-COO009)

NEW

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!

03/07 (Thu), 1 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$59



FINANCIAL & RETIREMENT

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

FuturesPlanned, LLC (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.

02/27 (Tue), 1 Session(s)

6:30 PM to 7:30 PM, Online

Course Fee: \$15

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

FuturesPlanned, LLC (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 Benefit eligibility, Financial Security/Funding Options, ABLE Accounts, and Letter of Intent.

02/22 (Thu), 1 Session(s)

6:30 PM to 7:30 PM, Online

Course Fee: \$15

Veteran's Benefits - What You Need to Know!

Drazen Rubin Law (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.

03/21 (Thu), 1 Session(s)

6:30 PM to 7:30 PM

Irving Robbins Middle School

Course Fee: \$15

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

You Need to Have an Estate Plan - Learn Why!

Czepiga Daly Pope & Perri (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 health care 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, learn if you need or should have your existing documents reviewed and updated. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

03/12 (Tue), 1 Session(s)
6:00 PM to 7:00 PM, Online
Course Fee: \$19

What is a Trust and Do I Need One?

Czepiga Daly Pope & Perri (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 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. All students will receive an easy-to-understand trusts guidebook written by our attorneys.

03/19 (Tue), 1 Session(s)
6:00 PM to 7:00 PM, Online
Course Fee: \$19



Don't Lose Your House: Protecting Your Assets from the Costs of Long-Term Care

Czepiga Daly Pope & Perri (A-FIN003)

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. All students will receive an easy-to-understand Medicaid and planning for long-term care guidebook written by our attorneys.

03/26 (Tue), 1 Session(s)
6:00 PM to 7:00 PM, Online
Course Fee: \$19

Taxes: Upcoming Changes & the Effect on Your Retirement

USA Financial and Tax Services (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.

05/08 (Wed), 1 Session(s)
6:00 PM to 7:30 PM
Farmington High School
Course Fee: \$19

Savvy Social Security Planning for Baby Boomers

Retirement & Money Strategies (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) 03/11 (Mon), 1 Session(s)
B) 05/15 (Wed), 1 Session(s)
6:30 PM to 8:00 PM, Online
Course Fee: \$19



Register online at:
www.fpsct.org/fce



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FINANCIAL & RETIREMENT

Financial Strategies for Successful Retirement

Valenti Wealth Management, LLC. - Francois Marquis, MBA, CFP® & 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.

03/20 to 04/03 (Wed), 3 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$50

Spousal/Other Guest: Free

**PRICE
DROP**

Social Security and Your Retirement Future

*USA Financial and Tax Services
(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

03/21 (Thu), 1 Session(s)

6:00 PM to 7:30 PM

Irving Robbins Middle School

Course Fee: \$19

Medicare Basics Get the Facts!

*Medicare Assurance Group, LLC
(A-FIN013A)*

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) 03/20 (Wed), 1 Session(s)

6:00 PM to 7:30 PM

Farmington High School

B) 04/16 (Tue), 1 Session(s)

6:00 PM to 7:30 PM

Lewis S. Mills High School

Course Fee: \$19

Avoiding Probate

Drazen Rubin Law (A-FIN014)

Protect your estate from heirs, 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 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.

02/29 (Thu), 1 Session(s)

6:00 PM to 7:00 PM

Irving Robbins Middle School

Course Fee: \$15



CITIZENSHIP

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

See page 4

EARN YOUR HIGH SCHOOL DIPLOMA!

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

See page 4

FITNESS



Core Strength

*Personal Euphoria - Rob Schrader
(A-FIT004A)*

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

A) 01/11 to 03/28 (Thu), 12 Session(s)
6:00 PM to 6:45 PM, Online
Course Fee: \$135
B) 04/18 to 06/20 (Thu), 10 Session(s)
6:00 PM to 6:45 PM, Online
Course Fee: \$115

Yoga

Migdalia Merriman (A-FIT005A)

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.

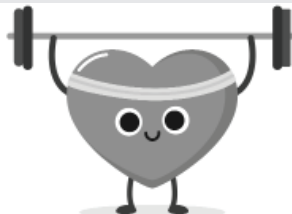
A) 01/10 to 03/27 (Wed), 11 Session(s)
6:00 PM to 7:15 PM, Online
Course Fee: \$155;
Senior Fee (65+): \$145
B) 04/03 to 06/12 (Wed), 10 Session(s)
6:00 PM to 7:15 PM, Online
Course Fee: \$139
Senior Fee (65+): \$129

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.

A) 01/24 to 03/13 (Wed), 7 Session(s)
B) 04/03 to 05/29 (Wed), 7 Session(s)
6:15 PM to 7:00 PM
West Woods Upper Elementary School
Course Fee: \$85
Senior Fee (65+): \$79



All Levels Yoga

Lisa Lazarus (A-FIT006)

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.

A) 01/23 to 03/26 (Tue), 10 Session(s)
B) 04/16 to 06/18 (Tue), 10 Session(s)
6:30 PM to 7:30 PM
Farmington Community & Senior Ctr
Course Fee: \$115
Senior Fee (65+): \$109

Gentle Essentrics I

Debbie Trovato (A-FIT007)

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 tension. If you have chronic pain from arthritis, are recovering from an injury, or want to improve your flexibility, this would be great for you!

A) 01/23 to 02/27 (Tue), 6 Session(s)
9:30 AM to 10:30 AM
First Church of Christ, Farmington
Course Fee: \$85
Senior Fee (65+): \$79
B) 01/25 to 02/29 (Thu), 6 Session(s)
6:00 PM to 7:00 PM
Farmington Community & Senior Ctr
Course Fee: \$75
Senior Fee (65+): \$69

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.

02/05 to 03/18 (Mon), 6 Session(s)
11:00 AM to 11:45 AM
Farmington Youth Center
Course Fee \$75
Senior Fee (65+): \$69



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.

A) 01/08 to 02/28 (Mon/Wed)
14 Session(s), 9 to 10 AM, Online
Course Fee: \$155
Senior Fee (65+): \$145
B) 03/04 to 04/29 (Mon/Wed)
15 Session(s), 9 to 10 AM, Online
Course Fee: \$165
Senior Fee (65+): \$155
C) 05/01 to 06/26 (Mon/Wed)
13 Session(s), 9 to 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) 02/05 to 03/18 (Mon), 6 Session(s)
B) 04/15 to 05/20 (Mon), 6 Session(s)
5:30 PM to 6:30 PM
Farmington Community & Senior Ctr
Course Fee: \$75
Senior Fee (65+): \$69

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!

Slo-Flow Yoga

Joanne DiPrisco (A-FIT018)

This course offers a flowing sequence of seated and standing yoga postures, with modifications, at a relaxed pace. The focus is on mindfulness, flexibility, and stress reduction using various forms of breath work and movement for a full body experience. Poses are held for longer durations, allowing for deeper stretches and a meditative atmosphere. Leave class feeling centered, focused, and ready to start your day. Some yoga experience is helpful. Please bring a yoga mat, 2 blocks, and blanket to class.

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.

Bring a yoga mat and two yoga blocks. Optional - yoga blanket and bolster.

A) 01/16 to 03/26 (Tue/Thu)
20 Session(s)

9:30 AM to 10:30 AM

First Church of Christ, Unionville

Course Fee (20 sessions): \$295

Senior Fee (65+) (20 sessions): \$275

Course Fee (12 sessions): \$179

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

Course Fee (9 sessions): \$139

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

B) 04/16 to 06/13 (Tue/Thu)
18 Session(s)

9:30 AM to 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

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!"

A) 01/09 to 03/26 (Tue), 12 Session(s)

9:00 AM to 10:00 AM, Online

Course Fee: \$135,

Senior Fee (65+): \$125

B) 04/02 to 06/25 (Tue), 10 Session(s)

9:00 AM to 10:00 AM,

Course Fee: \$109

Senior Fee (65+): \$99



Pilates

Personal Euphoria - Rob Schrader

(A-FIT017A)

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.

A) 01/09 to 03/26 (Tue), 12 Session(s)

6:00 PM to 6:45 PM, Online

Course Fee: \$135

B) 04/16 to 06/18 (Tue), 10 Session(s)

6:00 PM to 6:45 PM, Online

Course Fee: \$115

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. Previous punch cards purchased can be used. 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 - Same plan as "Course Fee," but at a reduced rate for seniors.

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. Please contact the Farmington Continuing Education office at 860-404-0290 to receive the promo code.

A) 01/22 to 03/04 (Mon/Wed/Fri)

B) 03/11 to 04/29 (Mon/Wed/Fri)

C) 05/06 to 06/21 (Mon/Wed/Fri)

18 Session(s)

9:15 AM to 10:15 AM

First Church of Christ, Farmington

Course Fee: \$145 (\$129 Session C)

Senior Fee (65+): \$135 (\$129 Session C)

Punch Card (20 punches): \$175

**Session C
PRICE DROP**

Good Sleep

Neda Mostafavi (A-HEA020)

One out of three people in the US don't get enough sleep. Getting a good quality and quantity of sleep is crucial for overall health. Sleep supports physical and mental wellbeing, enhances cognitive function, boosts mood, and contributes to better immune function. In this 4-6 days classes, you will learn what the good sleep means and how you can improve yours without taking a medication!

02/26 to 04/01 (Mon), 5 Session(s)

6:00 PM to 7:00 PM

Farmington High School

Course Fee: \$65

NEW

Cardio Strength (Virtual)

Personal Euphoria - Maggie Downie

(A-FIT019A)

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).

A) 01/10 to 03/27 (Wed), 12 Session(s)

8:30 AM to 9:15 AM, Online

Course Fee: \$135

B) 04/17 to 06/19 (Wed), 10 Session(s)

8:30 AM to 9:15 AM, Online

Course Fee: \$115

Barre-Pilates Fusion

Personal Euphoria - Allison McClain

(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.

01/08 to 03/18 (Mon), 9 Session(s)

5:45 PM to 6:30 PM, Online

Course Fee: \$99

Tai Chi & Chi Gong

JP Behrens (A-FIT029)

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.

A) 02/14 to 03/27 (Wed), 6 Session(s)

B) 04/17 to 06/05 (Wed), 6 Session(s)

6:00 PM to 7:30 PM

Farmington Community & Senior Ctr

Course Fee: \$99

Senior Fee (65+): \$95

Weight Management

Neda Mostafavi (A-HEA021)

In this course we will discuss how lifestyle changes can help individuals achieve and maintain a healthy weight. The course aims to promote longterm, sustainable habits rather than quick fixes. We will focus on nutrition, physical activities, sleep, and stress which all can impact weight.

04/15 to 05/06 (Mon), 4 Session(s)

6:00 PM to 7:00 PM

Farmington High School

Course Fee: \$55

NEW

FITNESS

BollyX: Dance Fitness

Gulshan Ari (A-FIT020)

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.

A) 01/22 to 03/11 (Mon), 7 Session(s)

B) 04/01 to 05/20 (Mon), 7 Session(s)

6:15 PM to 7:00 PM

West Woods Upper Elementary School

Course Fee: \$105

Senior Fee (65+): \$99

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.

02/05 to 03/18 (Mon), 6 Session(s)

11:00 AM to 11:45 AM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

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.

02/07 to 03/13 (Wed), 6 Session(s)

12:30 PM to 1:15 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

Gentle Essentrics II

Debbie Trovato (A-FIT027)

Gentle Essentrics is a stretch and strengthen 45-minute workout designed to increase your energy and flexibility, loosen and hydrate fascia, decompress your joints, and release tension through relaxation and respectful exercise. Great for men and women of all ages and fitness levels. Videos are available at youtube.com or at the bottom of our website page: "essentricswithdebbieandgene.com".

A) 03/12 to 04/23 (Tue), 6 Session(s)

9:30 AM to 10:30 AM

First Church of Christ, Farmington

Course Fee: \$85

Senior Fee (65+): \$79

B) 03/14 to 04/18 (Thu), 6 Session(s)

6:00 PM to 7:00 PM

Farmington Community & Senior Center

Course Fee: \$75

Senior Fee (65+): \$69

DATE, PRICE,
AND LOCATION
CHANGE

HEALTH & WELLNESS

Reiki I

Shari Dorman (A-HEA001)

NEW

Have you been curious about healing energy? Are you interested in finding natural ways to reduce the effects of stress in your life? Reiki may be the perfect remedy! Reiki 1 is an introductory class in which you will be able to use for your own self-care and give energy treatments on your loved ones. The focus of this class will include: The history of Reiki, Principles of Reiki, chakras and auric layers, how reiki works, meditation, attunement and practice healing on self and others. Wear comfortable clothing and bring water and notebook/pen to class.

05/08 to 05/29 (Wed), 4 Session(s)

6:00 PM to 8:30 PM

Farmington High School

Course Fee: \$135

The Secret Behind Vision Boards

Dory Dzinski (A-HEA002)

NEW

Do you know the psychology, science, and energetics involved with Vision Boards and how they actually work? Come learn how to have a deeper experience and connection with your life goals. You will learn about the possibilities for your board in the first class and then begin to build it in your second class. For those who love bringing tactile and sensory experiences into life, and students of the Laws of Attraction, you'll love this class!

03/28 to 04/04 (Thu), 2 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$39

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.

A) 03/06 to 04/17 (Wed), 6 Session(s)

B) 04/24 to 05/29 (Wed), 6 Session(s)

6:00 PM to 7:00 PM

Farmington High School

Course Fee: \$25

STAY UP TO DATE

Scan the QR Code on the back of this catalog to get on FCE's Sunday Email List and always know what courses are upcoming.

One Email, every Sunday, at 4:30 PM.



Dream Interpretation

Dory Dzinski (A-HEA005)

NEW

Do you think your dreams are crazy? Dreams are a conversation we are having with ourselves and they are trying to get a message to you. Dreams can come from the conscious, subconscious, or unconscious levels of our mind. They can also be symbolic or prophetic, or a visitation. We will discuss 9 different ways to look at dreams and consider various methods for dream interpretation. No need to bring a dream dictionary, but do bring some dreams to share!

04/18 (Thu), 1 Session(s)

6:00 PM to 9:00 PM

Irving Robbins Middle School

Course Fee: \$35

What are Chakras and How Do They Work?

Inner Mountain Peak Healing, LLC - Shari L. 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.

02/28 to 02/28 (Wed), 1 Session(s)

6:30 PM to 8:00 PM, Online

Course Fee: \$19

Grief's Journey When We Lose a Pet

Dory Dzinski (A-HEA007)

NEW

When we lose a pet, the feelings that come upon us can be confusing and complicated. We feel as if our lives will never return to "normal" and that we will continue to feel the pain or even guilt forever. Very few around us may understand. No one grieves in the same way, and it may cause us to question if what we are feeling is normal. Come learn about the "normal" grief experiences in the areas of emotions, physical "symptoms," social feelings, time frames, and so much more. This class is for anyone going through their own personal grief process as well as those who are supporting others in the process.

05/13 (Mon), 1 Session(s)

6:00 PM to 9:00 PM

Farmington High School

Course Fee: \$35

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.

03/14 (Thu), 1 Session(s)

6:30 PM to 8:30 PM, Online

Course: \$35

Qigong for Women (Online)

Marie Lavendier (A-HEA011)

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.

02/06 to 03/12 (Tue), 6 Session(s)

9:30 AM to 10:30 AM, Online

Course Fee: \$69

Senior Fee (65+): \$65

Qigong for Women (In Studio)

Marie Lavendier (A-HEA010)

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 06032

02/07 to 03/13 (Wed), 6 Session(s)

5:30 PM to 6:30 PM

Course Fee: \$69

Senior Fee (65+): \$65



Lose Weight with Hypnosis

Debra Mullins (A-HEA012)

Lose weight, curb your sugar and carbohydrate cravings, and change your eating habits with the help of hypnosis! Hypnosis works with your subconscious to re-program 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.

04/25 to 04/25 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$39

Trimming the Excess: Weight Loss through Hypnosis

Ryan Jones (A-HEA014)

NEW

"Trimming the Excess" is a self empowerment course designed to help individuals cultivate healthy eating patterns and eliminate bad ones. Using self-hypnosis techniques, attendees will begin to shift their mind-set to one focused on health and wellbeing. Some topics included are belief systems, emotional eating, stress reduction and much more!

03/26 to 04/30 (Tue), 5 Session(s)

6:00 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$115

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.

HEALTH & WELLNESS

Smoke-Free: Stop Smoking with Hypnosis

Ryan Jones (A-HEA016)

NEW

Smoking is a disgusting habit that millions of people have fallen prey to throughout their lives. Fortunately, there is a better way to live and you can use the natural process of hypnosis to join the ranks of the non-smokers! In this 4-week smoking cessation program, join Connecticut's favorite hypnotist as he guides you through the process of eliminating the habit of smoking easily and naturally. All through the power of your own mind! All attendees will follow the week-by-week process of reducing nicotine intake down to zero, as well as implementing the self-hypnosis techniques to assure for long term success.

05/07 to 05/28 (Tue), 4 Session(s)

6:00 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$99

The Language of Success

Ryan Jones (A-HEA015)

NEW

It has been said before that our words are powerful, but just how powerful are they? Join Ryan as he explains how the words we speak matter to the subconscious levels of our minds, and how they will reflect in our realities. Attendees will learn why some words should be avoided and how the words we speak will subconsciously influence how successful we are in reaching any goal we set for ourselves. A guided hypnosis session focused on developing a "success mind-set" will also be included.

03/19 to 03/19 (Tue), 1 Session(s)

6:00 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$35



Register online at:

www.fpsct.org/fce

3 Keys to Get the Clarity You Need & the Love You Want (Relationship support for women)

Risa Gaull (A-HEA013)

NEW

Unhappy in your relationship? Struggling with whether to stay or go? In this workshop for women you will discover: How to avoid the #1 mistake women make when trying to get their needs met The secret to releasing the patterns that are keeping you unhappy in your relationship The model for creating a healthy relationship that most women don't know about How to know if it's possible for your relationship to improve How to get the clarity you need to make the decision that's right for you Get the tools you need to make clear, empowered decisions and create a loving, supportive relationship that lasts!

03/10 (Sun), 1 Session(s)

1:00 PM to 3:00 PM

Farmington Community & Senior Center

Course Fee: \$35

Angels & Guides

Debra Mullins (A-HEA004)

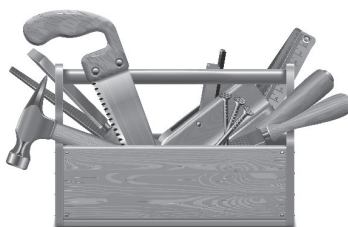
Have you ever wondered if you are being guided through your daily living? Meet your angels and guides through a guided hypnosis session. Bring a blanket and pillow.

05/09 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$35



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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



Inflammation in Your Body

Debbie Barbiero (A-HEA009)

If you battle Type II Diabetes, heart disease, arthritis, body aches and more this class will be helpful to you. You will learn which foods to eat and which foods to avoid to reduce or eliminate many of your symptoms. This class will be taught via ZOOM by Certified Nutritional Health and Life Coach/Author Debbie Barbiero.

04/11 (Thu), 1 Session(s)

6:30 PM to 8:30 PM, Online

Course Fee: \$19

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.

03/13 (Wed), 1 Session(s)

7:00 PM to 9:00 PM, Online

Course Fee: \$25

Save Money!! Barter Like a Boss!!

Robin Denny (A-HOM002)

NEW

In good times and in bad, bartering skills can help you get the items or services you need when you can't use cash, or you want to save your hard earned cash!! Don't buy, barter!! You know how to repair sweaters? Know how to install a faucet? Have chicken eggs or honey? put a value to that and barter away!! In the class you will learn the history of bartering, setting a value to items or services, how to write a contract for higher value bartered items, and how to advertise.

03/26 (Tue), 1 Session(s)

6:30 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$19

Top 30 Plants From the Eyes of a Landscape Designer

Kaitlyn Larson (A-HOM005)

Join Kaitlyn Larson, Owner/Landscape Designer from Larson's Garden Center, who will reveal 30 of her favorite trees, shrubs, and perennials for your New England landscape. Learn about plants that have been tried and tested throughout the years and find ways to keep them thriving. We will walk through a gamut of basic and advanced care tips and tricks for plants and landscapes, as well as discuss how to recognize, identify and treat common pests and diseases. There will be time to "dig in" and ask questions!

04/09 (Tue), 1 Session(s)

6:00 PM to 7:00 PM

Larsen's Garden Center, Burlington

Course Fee: \$20

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

Kaitlyn Larson (A-HOM003)

NEW

This make and take hands on workshop is all about creating the most stunning patio pots on the block this Summer. 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 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 season. You'll also learn how to create different levels of interest in your pot, using both tall and short plants/elements. This workshop is perfect for anyone looking to create a beautiful and unique patio pot. You'll leave with a gorgeous 12" patio pot you created, ready for your season long enjoyment. Kids 3 and up are welcome when accompanied by an adult. Course fee includes supplies.

05/07 (Tue), 1 Session(s)

6:00 PM to 7:00 PM

Larsen's Garden Center, Burlington

Course Fee: \$85

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.

05/28 (Tue), 1 Session(s)

6:00 PM to 7:00 PM

Larsen's Garden Center, Burlington

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. This course will discuss an overview of the process of buying a house and how to choose a realtor to fit your needs, home inspection, and pre-approval.

03/07 (Thu), 1 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$29

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

03/20 (Wed), 1 Session(s)

6:30 PM to 8:00 PM

Farmington High School

Course Fee: \$25



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.

04/03 (Wed), 1 Session(s)

6:30 PM to 8:00 PM

Farmington High School

Course Fee: \$25

Energy Conservation and Your Home: Costs, Efficiency, and Solutions

Christopher Born (A-HOM01)

NEW

With rising costs across the board, home energy conservation has become an increasingly important conversation.

Over two, 1-hour classes, you will learn about home energy costs, efficiency options, terminology, and solutions.

Session 1: The effectiveness and expense of heating, cooling, and maintaining a comfortable and safe home environment is more important than ever in today's economy, whether you own an older home, are planning renovations, or recently purchased a new house. Learn the overall fundamentals, language, and mechanics of residential building science. Be better prepared when dealing with home service providers, and make informed decisions about cost-saving solutions that fit your specific needs.

Session 2: Solar, split units, insulation, energy audits? In this session, heating and cooling systems will be explained and compared by ease of use, efficiencies, and cost. Government and utility incentives for efficiency improvements, solar and renewables will be discussed. You'll also learn about air-sealing procedures and other ways to evaluate, save, and improve your home's energy envelope; Infiltration, insulation, vapor barriers, ventilation and diagnostic tools like blower doors, monometers, and infrared cameras will be explained. Understand moisture control, humidity vs. heat, conflicting vs. compatible systems, efficient refrigeration and lighting, proper ventilation options, and CO2 control.

02/26 to 03/04 (Mon), 2 Session(s)

6:30 PM to 7:30 PM

Farmington High School

Course Fee: \$29

HOME & GARDEN

Buy, Buy, Buy - First Time Home Buyers *Bob LaPerla (A-HOM010)*

Although the experience of owning your first home can be fulfilling and exciting, the actual financing and buying process can be quite overwhelming. From choosing the right neighborhood for your lifestyle to reviewing your financing options, there are a lot of important decisions that you need to make to buy a home. Understanding the home buying process and the financing options available to you should bring you some peace of mind, while helping you make informed decisions.

04/17 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee: \$25

Downsizing: Selling your Home in Retirement

Bob LaPerla (A-HOM011)

NEW

Downsizing has long been a popular option when homeowners reach retirement age. But there are plenty of other life changes that could make downsizing worthwhile. Homeowners who have experienced a change in their lives or no longer feel like their house fits their needs may benefit from downsizing too! When you think about cutting down on your spending, odds are you think of frequent purchases, like groceries and other goods. But when you downsize your house, you often end up downsizing the bills that come with it, like your mortgage payment energy costs, and maintenance requirements.

03/27 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee: \$25

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LANGUAGE

Basic Mandarin Chinese

Xuan Zhou (A-LAN042)

NEW

Learn the profound Chinese language and culture. Through various activities, learn basic pronunciation and vocabulary relevant to daily life, such as greetings, food, clothing, holidays, numbers, time, and family members. Have fun while learning an exotic, but intriguing, language and culture!

02/28 to 03/27 (Wed), 5 Session(s)
6:30 PM to 8:00 PM

Farmington High School
Course Fee: \$85
Senior Fee (65+): \$79

DATE CHANGE

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

02/28 to 04/03 (Wed), 6 Session(s)
6:45 PM to 8:00 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, and professions. Read more detailed texts and watch/listen a variety of videos and authentic conversations. Student should purchase the textbook Ultimate French ISBN-13: 978-1400009633 - or - ISBN-13: 978-1400021048.

02/28 to 04/03 (Wed), 6 Session(s)
5:30 PM to 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, 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. Student should purchase the textbook Ultimate French ISBN-13: 978-1400009633 - or - ISBN-13: 978-1400021048

04/17 to 05/22 (Wed), 6 Session(s)
5:30 PM to 6:45 PM

Farmington High School
Course Fee: \$79
Senior Fee (65+): \$75

Health and Wellness Courses From ed2go

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

Intermediate French II

Tom McGinnis (A-LAN004)

This course is for students who have completed the Intermediate French I Course of 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). No textbook is required.

04/17 to 05/22 (Wed), 6 Session(s)

6:45 PM to 8:00 PM

Farmington High School

Course Fee: \$79

Senior Fee (65+): \$75

French Advanced Communication and Diction

Tom McGinnis (A-LAN007)

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 for you to be able to say that I can: Communicate on advanced topics and understand nuances in French as well as accents from a variety of Francophone countries. Debate and defend topics that you have selected as well. Understand detailed conversations, recognize social cues, discuss advanced literary topics, stereotypes and prejudice. French film and music.

No textbook is required.

03/14 to 04/25 (Thu), 6 Session(s)

5:30 PM to 6:45 PM

Farmington High School

Course Fee: \$79

Senior Fee (65+): \$75

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.

03/04 to 04/29 (Mon), 8 Session(s)

6:00 PM to 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.

03/04 to 04/29 (Mon), 8 Session(s)

7:30 PM to 9:00 PM

Farmington High School

Course Fee: \$119

Senior Fee (65+): \$109

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.

02/29 to 03/28 (Thu), 5 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$105

Senior Fee (65+): \$99

Beginner American Sign Language

Shannon Silver (A-LAN010)

NEW

Learn the basics of American Sign Language. Areas of the language that will be covered include learning to sign the alphabet, numbers, colors, words related to relationships, emotions, and more.

03/20 to 04/24 (Wed), 5 Session(s)

6:30 PM to 7:30 PM

Farmington High School

Course Fee: \$59

ESL COURSES

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

See page 4

Course Cancellation and Refunds

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

MUSIC, DANCE, & DRAMA



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.

03/06 to 04/17 (Wed), 6 Session(s)
5:45 PM to 7:00 PM
Farmington High School
Course Fee: \$99
Senior Fee (65+): \$95



Intermediate Guitar

Lynn Tracey (A-MUS011)

This class is a continuation from Beginning Guitar or previous experience. Learn how to use your knowledge to improvise over the blues and other popular tunes. More chords will be added to your chord library along with incorporating new strumming patterns, as we learn how to play familiar songs. The finger-style method will be introduced as well. Bring your guitar to class.

03/06 to 04/17 (Wed), 6 Session(s)
7:15 PM to 8:30 PM
Farmington High School
Course Fee: \$99
Senior Fee (65+): \$95

Instant Piano for Busy People

IKI Inc. - 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 How to handle different keys and time signatures How to avoid "counting" How to 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.

03/25 (Mon), 1 Session(s)
6:30 PM to 9:30 PM, Online
Course Fee: \$69

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!

03/04 to 04/29 (Mon), 8 Session(s)
6:30 PM to 7:30 PM
Farmington High School
Course Fee: \$89
Senior Fee (65+): \$79

NEW

Instant Guitar for Busy People

IKI Inc. - 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) 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).

03/26 (Tue), 1 Session(s)
6:30 PM to 9:00 PM, Online
Course Fee: \$69

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.

03/14 to 05/30 (Thu), 9 Session(s)
5:30 PM to 6:30 PM
Irving Robbins Middle School
Course Fee: \$89
Senior Fee (65+): \$85

TIME CHANGE

Introduction to Jazz Dance

Amy Perales (A-MUS026)

NEW

Learn the basics of Jazz dance with Amy Perales, an FCE veteran dance and wellness instructor. You will learn basic Jazz dance terminology and steps to music while getting your heart rate up.

02/07 to 03/13 (Wed), 6 Session(s)
1:30 PM to 2:15 PM
Farmington Youth Center
Course Fee: \$75
Senior Fee (65+): \$69



Ballroom Dancing

Van Dance CT - 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: Foxtrot

7:30 - 8:30 PM: East Coast Swing

Weeks 4-6:

6:30 - 7:30 PM: Rumba

7:30 - 8:30 PM: Merengue

03/04 to 04/15 (Mon), 6 Session(s)

6:30 PM to 8:30 PM

Irving Robbins Middle School

Course Fee: \$109

Senior fee (65+): \$99

African Drumming for Beginners

Lance James (A-MUS009)

If you have had little or very little drumming experience and want to go a little further this course is for you. We will explore the Diaspora of the culture of "Drumming Across Cultures." Basic to mildly intricate techniques will be taught for you to be able to enjoy your experience. Before each session we'll do a simple meditation to the sounds of the tongue drum to ease the soul. You will need your own drum!

03/20 to 05/01 (Wed), 6 Session(s)

6:30 PM to 7:30 PM

Farmington High School

Course Fee: \$65

Senior Fee (65+): \$59

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.

02/07 to 03/13 (Wed), 6 Session(s)

2:15 PM to 3:00 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

How to Play Piano by Ear

IKI Inc. - Craig Coffman (A-MUS015)

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

Topics include: How to find the starting note How to determine when chords change How to predict the chord progression How chords help you find the correct melody How the melody helps you find the correct chords How to learn songs from recordings How to transpose The Universal Key Signature How to use the Circle of Fifths How to recognize the most common chord patterns

03/16 (Sat), 1 Session(s)

9:00 AM to 11:30 AM, Online

Course Fee: \$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.

A) 02/05 to 03/18 (Mon), 6 Session(s)

B) 02/09 to 03/15 (Fri), 6 Session(s)

12:00 PM to 12:45 PM

Farmington Youth Center

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) 02/07 to 03/13 (Wed), 6 Session(s)

B) 02/09 to 03/15 (Fri), 6 Session(s)

11:30 AM to 12:15 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69



Four Composers Who Died too Young

Russell Salk (A-MUS003)

NEW

You will learn about the lives and listen to the music of four great composers who all died before their 40th birthdays ... Mozart, Schubert, Chopin, and George Gershwin. Learn why these musical giants are so important to music's history and extend your understanding of the art of music. If you know nothing about classical music, Russ will provide a wealth of information in an easy and friendly way. Perfect for absolute beginners and a lot to enjoy for experienced concertgoers.

03/06 to 03/27 (Wed), 4 Session(s)

7:00 PM to 8:30 PM

Farmington High School

Course Fee: \$59

NATURE & OUTDOORS

Introduction to Astronomy: Our Solar System

Ronald Anthony 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.

03/06 (Wed), 1 Session(s)
6:00 PM to 9:00 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, April 13 & 20 and 28 at the instructor's bee yard located at 356 Carmel Hill Road North, Bethlehem, CT.

03/19 to 04/2 (Tue), 3 Session(s)
6:30 PM AM to 8:30 PM
Lewis S. Mills High School
04/13 to 4/20 (Sat), 2 session(s)
Bee Yard, Bethlehem
Course Fee: \$89

Hikes - Nature Walk Series

Grant Summers (A-NAT010)

NEW

Join us for 6 moderately paced nature walks on wooded trails in Central and Northern CT. Appreciate nature's tranquility and subtle gifts while still getting some exercise with the Top 6 Best Nature Walks. Enjoy 2.5 mile, hour and a half, weekly easy walks on Tuesday mornings starting at 8:45am.

List of Nature Walks: Northwest Park - Brookside/ Rainbow/Wetland Forest Trails, Windsor Stratton Brook Park - Blue/Orange/Red Trails, Simsbury McLean Game Refuge - Blue/Yellow Trails, Granby Burr Pond State Park - Wolcott Trail, Torrington Sessions Woods Wildlife Management Area - Beaver Pond Trail, Burlington Jones Mountain - Red Trail, New Hartford

If you have any questions about the hiking program, please contact our hiking instructor, Grant Summers at gemersonsummers@gmail.com.

04/23 to 05/28 (Tue), 6 Session(s)
8:45 AM to 12:15 PM
Course Fee: \$69

Year-Round Hiking Club

Grant Summers (A-NAT006)

Explore the best mountain parks and forests with expert guides on the most spectacular hiking trails year-round. Enjoy the Year-Round Hiking Club's Top 10 Best Hikes. Enjoy 5 mile, 3 hour, weekly intermediate level hikes on Thursdays at 8:45 am. Hiking shoes with vibrant soles, water bottle, and hiking poles are recommended. Monthly hike details and schedule, GPS addresses, and trail maps are emailed. Custom hikes for all ability level are available upon request. 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

ONE RATE



Introduction to Weather

Ronald Anthony 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!

03/21 (Thu), 1 Session(s)
6:00 PM to 9:00 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.

05/16 (Thu), 1 Session(s)
6:30 PM to 8:00 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.

03/07 to 03/28 (Thu), 4 Session(s)
6:00 PM to 7:30 PM, Online
Course Fee: \$65

Creative Writing

JP Behrens (A-PER008)

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

03/11 to 04/29 (Mon), 6 Session(s)
6:00 PM to 8:00 PM
Farmington High School
Course Fee: \$109

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 of selfies will not be covered in this course.

05/30 (Thu), 1 Session(s)

6:00 PM to 9:00 PM

Irving Robbins Middle School

Course Fee: \$45

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 JPG 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. You will receive a handout in class.

05/09 to 05/16 (Thu), 2 Session(s)

6:00 PM to 9:00 PM

Irving Robbins Middle School

Course Fee: \$85

Photography Basics - Part One

Ronald Anthony Zincone (A-PER005)

Become educated on the very basics of 35mm photography with an emphasis on "digital photography" since we live in the digital age. Start with an introduction to the cameras, lenses, and gear that are most needed. This is an opportunity for you to get started in photography, learn more about the art and science of "writing with light" and help eliminate any confusion or frustration you may have. This course was created to teach you only what you need to know, the basics of photography -- but important basics!

02/19 (Mon), 1 Session(s)

6:00 PM to 9:00 PM, Online

Course Fee: \$49

Photography Basics - Part Two

Ronald Anthony Zincone (A-PER006)

This photography course is designed to educate you on the very basics of 35 mm photography with an emphasis on "digital photography" since we live in the digital age. This course will introduce you to the "art side" of photography called "composition" as well as the principles of "exposure" and "light". This is an opportunity for you to get started in photography, learn more about the art and science of "writing with light" and help eliminate any confusion or frustration you may have. This course was created to teach you only what you need to know, the basics of photography -- but important basics!

02/22 (Thu), 1 Session(s)

6:00 PM to 9:00 PM, Online

Course Fee: \$49

Getting Paid to Talk

Creative Voice Development Group - Voice Coaches (A-PER007)

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.

04/03 (Wed), 1 Session(s)

6:30 PM to 8:00 PM, Online

Course Fee: \$29



American History - the Revolutionary Period

James Holcomb (A-PER009)

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 Litchfields Benjamin Tallmadge. Also what these entrepreneurs did after the war was over. Did George Washington travel to Connecticut?

03/06 to 03/20 (Wed), 3 Session(s)

6:30 PM to 8:00 PM

Farmington High School

Course Fee: \$49

PERSONAL ENRICHMENT & PET CARE

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.

04/03 to 04/24 (Wed), 3 Session(s)

6:30 PM to 8:00 PM

Farmington High School

Course Fee: \$49

Adult CPR & AED Certification

Irma Butler (A-PER015B)

The AHA's Heartsaver 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 Heartsaver 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. This course covers certification to use CPR on adults, children and infants. Students will receive an American Heart Association Heartsaver CPR AED E-Card upon successful completion of this course.

A) 03/20 (Wed), 1 Session(s)

B) 04/24 (Wed), 1 Session(s)

7:00 PM to 9:00 PM

Farmington High School

Course Fee: \$105

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.

A) 02/15 (Thu), 1 Session(s)

7:30 PM to 9:30 PM, Online

Course Fee: \$29

B) 05/15 (Wed), 1 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$29

DATE CHANGE

Introduction to Voiceovers

Voices For All (A-PER012)

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

Internet Safety and Security

Mark Zammatt (A-PER010)

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!

02/21 (Wed), 1 Session(s)

7:00 PM to 8:00 PM, Online

Course Fee: \$15

Pet Grooming

Claudette's Creative Clippings Pet Salon (A-PET001)

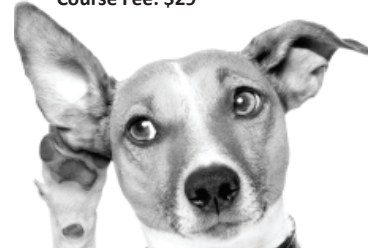
Your pet deserves the best! Learn the basics of in-between grooming such as how to do nails, clean ears, proper combing, and some clipping tips. The majority of the class will be a demonstration. You are welcome to bring your pet as long as they get along with others. Should you bring your pet, the instructor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

03/20 (Wed), 1 Session(s)

7:00 PM to 8:30 PM

Claudette's Creative Clippin's Pet Salon

Course Fee: \$29



TRIPS & TOURS

Berkshire East Ski Resort

(T-DAY003)

NEW

Enjoy the day skiing or snowboarding at the Berkshire East Ski Resort, a medium-sized alpine ski area in the northeastern United States, located in the Berkshires on Mount Institute in Charlemont and Hawley, Massachusetts. Berkshire East is a hidden gem with modern facilities, a million dollar in snowmaking system upgrade, and a first class grooming operation. Come find out why Berkshire East is the best kept secret in the industry! Trip includes group leaders, bus and ski tickets.

Families are welcome on this trip. Children under the age of 14 must be accompanied by a parent / guardian or adult over the age of 18.

02/03 (Sat), 1 Session(s)

6:30 AM to 7:00 PM

Park & Ride (Farmington)

Trip Fee: \$119

Newport Flower Show

Friendship Tours (T-DAY010)

The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Begin by touring the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays. Explore a wonderful Shopper's Marketplace with incredible views! Spend the rest of your day in downtown Newport.... Lots of wonderful shopping and restaurants on Bowen's and Bannister's Wharf. Trip includes motorcoach and tour director.

06/23 (Sun), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$135

Metropolitan Opera – Romeo & Juliet

Friendship Tours (T-DAY004)

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 Nadine Sierra and Benjamin Bernheim as the crossed young lovers. Yannick Nézet-Séguin 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.

03/23 (Sat), 1 Session(s)

8:00 AM to 8:30 PM

Park & Ride (Farmington)

Trip Fee: \$189

Trip Cancellation Insurance

Available through Travel Insured International in East Hartford, CT. Visit them at www.TravelInsured.com or call the 24-hour Customer Care Department at 1-800-243-3174.

TRIPS & TOURS

Medieval Times Dinner & Tournament in Lyndhurst, NJ

Friendship Tours (T-DAY006)

NEW

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

04/20 (Sat), 1 Session(s)

9:45 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$159

Yankees vs. Red Sox @ Yankee Stadium

Tours By Design - Lucy Ochocki (T-DAY001)

Take a trip to Yankee Stadium, where the rivalry between the New York Yankees and the Boston Red Sox continues. Arrive early to enjoy the entertainment and food both in and around the stadium before making your way to your reserved seats.

07/07 (Sun), 1 Session(s)

Game Time: 1:35 PM

Park & Ride (Farmington)

Trip Fee: \$175

PRICE DROP

Culinary Institute of America (Caterina de Medici), Hyde Park, NY

Friendship Tours (T-DAY005)

NEW

The Culinary Institute of America (CIA) has dedicated itself to providing the finest culinary training in the world for over 60 years. Located in St Andrew-on-Hudson in Hyde Park, NY, the CIA has a student body of over 1900 representing every state and many foreign countries. Upon arrival go behind the scenes of the CIA and get an inside look into our world of food. Tour Roth Hall, the building where culinary magic happens, and

be transported to exceptional moments in food history. If you love food and want to learn about the mystique of the world-famous CIA, you'll love this! Enjoy a prepared by CIA students under the instruction of world-class faculty. The restaurant has a sophisticated dining room overlooking a stunning herb and rose garden. Dining at this grand Tuscan-style villa is a culinary escape to another world along the banks of the Hudson River. First Course ~ Rigatoni al Ragu (Bolognese); Entrée ~ Pollo Arroso Pan Roasted Chicken Breast with Fingerling Potatoes, Sautéed Escarole; Dessert ~ Tortino di Cioccolato - warm chocolate lava cake, vanilla gelato. Trip includes motor coach, CIA, lunch, tour director and gratuities.

04/17 (Wed), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$179

A Taste of Italian New York

Friendship Tours (T-DAY007)

NEW

Visit 3 New York Food 'Hot Spots'... all in one fun day! Stop at 3 locations with lunch at Carmine's, shop & bring home your Italian food favorites! ZABAR'S UPPER WEST SIDE: Gourmet Market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas, and New York bagels plus lots of international foods. CARMINE'S UPPER WEST SIDE: Sit and indulge in an Italian lunch served family-style at this famous restaurant - be amazed by the enormous portions! ARTHUR AVENUE in the BRONX: Some consider this the real Little Italy of New York for bread, pasta, sausage, and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the Italian food specialties you could want. Bring a cooler! Trip includes motorcoach, lunch and tour director.

05/04 (Sat), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$159



Boston Old Town Trolley Tour & Quincy Market

Friendship Tours (T-DAY008)

NEW

Hop aboard the city's most enthralling Boston sightseeing excursion! Enjoy a private 2 hour riding tour of the best of Boston highlights aboard the famous orange and green trolleys with double-decker height views through large windows all while protected from the elements. The trolley tour will make a circle through Boston as the expert conductor shows you Boston highlights including: Downtown, Beacon Hill, Back Bay, the Theater District, the Waterfront District, the Historic North End, and more. Old Town Trolley is the best way to relive history and see all our country's Cradle of Liberty has to offer. A visit to Boston is not complete without time spent at Quincy Market - situated around a quaint cobblestone promenade this is the place for shopping & dining. Time for lunch (on own).

05/19 (Sun), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$165

Cruisin' the Capitol, Albany NY (Hudson River Cruise)

Friendship Tours (T-DAY002)

NEW

All aboard the DUTCH APPLE II for a 90 minute, narrated cruise on the Hudson River. This is one of the most fascinating stretches of the Hudson River. Enjoy a narration about Albany & the Hudson River. Relax and listen to music as you take in the sights. Family-style Italian lunch at Buca di Beppo. Visit the New York State Museum in downtown Albany to explore the cultural and natural history of NY State. Trip includes motorcoach, cruise and tour director.

07/13 (Sat), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$165

FCE BUS PICK-UP & DROP-OFF LOCATION

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

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.

TRIPS & TOURS

High Line & Edge, New York

Friendship Tours (T-DAY009)

NEW

Hudson Yards is New York's newest neighborhood and home to 100 diverse shops and restaurants, significant public art, and plazas. Located between 10th and 12th Avenues from West 30th to West 34th Street, Hudson Yards is the newest developed neighborhood in Manhattan's West Side. THE EDGE is the highest sky deck in the Western Hemisphere located at 30 Hudson Yards, with a one-of-a-kind design, it's suspended in mid-air, giving you the feeling of floating in the sky with 360-degree views you can't get anywhere else. Look 100 stories down from the thrilling glass floor, look out over the city on angled glass walls. Time to explore the upscale shopping & Spanish food market in Hudson Yards. Upon arrival in NYC enjoy a guided walking tour of the High Line, a park created from a former raised railway. The High Line runs up the west side of Manhattan with an entrance near Chelsea Market. Because it is two-stories above street level it offers a unique view of the city. Following our tour of the High Line we'll have a chance to grab a bite to eat at Chelsea Market.

06/15/2024 (Sat), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$145

Turkey Train, Lake Winnepesaukee, NH

Friendship Tours (T-DAY007)

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. 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 a 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.

10/12/2024 (Sat), 1 Session(s)

7:30 AM to 8:30 PM

Park & Ride (Farmington)

Trip Fee: \$159

Taste of Providence

Friendship Tours (T-DAY004)

NEW

Welcome to Federal Hill—Providence's Little Italy. It is a great place to stroll and visit the Italian food emporiums and bakeries. Enjoy a slice of Italy as you watch the great fountain in DePasquale Square. Enjoy a tour & demonstration along with a sample of pastry. Right next door, we'll find, Trattoria Appia, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef delights and entertains you with his demonstration of the techniques used in making true Neapolitan style pizza. Our family-style meal includes: Salad, Appetizer, Margherita Pizza, Potato Gnocchi, Penne Bolognese, Chicken Marsala, and...cannoli. Following lunch we will stroll over to Venda's Ravioli Emporium to shop for fine Italian foods, fresh pasta, olive oil, and cheeses... We'll complete our day with a riding Tour of Providence with our local step on guide.

08/10/2024 (Sat), 1 Session(s)

7:30 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$149

Hudson Valley Foliage Cruise & Garlic Festival, Saugerties, NY

Friendship Tours (T-DAY006)

Celebrate garlic! Located between the picturesque Catskill Mountains and the mighty Hudson River in historic Saugerties, NY - this is the festival to enjoy everything garlic! Visit the garlic marketplace with tons of gourmet garlic; visit the food alley featuring garlic-enhances foods such as sausage, pulled pork, garlic soup, garlic green beans, and even garlic ice cream. Enjoy entertainment (Bluegrass, Cajun, Ragtime, Irish and German music), cooking demonstrations by renowned chefs of the Hudson Valley, instructive garlic growing and braiding talks, and numerous arts and craft vendors. In the afternoon, board the 300 passenger Rip Van Winkle in Kingston, NY for a 2-hour narrated cruise on the Hudson River. See beautiful mansions and lighthouses on this stretch of the river. Meals are on your own!

09/28/2024 (Sat), 1 Session(s)

7:45 AM to 7:00 PM

Park & Ride (Farmington)

Trip Fee: \$149

Lighthouse Cruise - Narragansett Bay

Friendship Tours (T-DAY005)

Cruise aboard a beautiful catamaran! This multi-million dollar vessel is state of the art and includes a plush climate-controlled interior, an outside sun deck, and 3 viewing levels for great views! The 90 minute narrated cruise of Narragansett Bay, Rhode Island sails from North Kingstown, RI & offers breathtaking sightseeing: 10 Famous Lighthouses along the coastline, 10 Incredible Islands, sail under the Jamestown and Newport Bridges, view the Newport Naval Base & see the Aircraft Carriers, experience Newport Harbor and fascinating waterfront. This is a cruise you will really enjoy. Prior to the 1 PM cruise, enjoy a wonderful brunch at the Quonset 'O' Club. Sample Menu: orange juice, scrambled eggs, hickory smoked bacon, cottage fried potatoes, Texas style French toast, chicken marsala, wild rice, sautéed green beans, pastries, sliced fresh fruit and coffee/tea. Following our cruise, visit Olde Mistick Village, a delightful shopping experience with lots of options including a General Store for Fudge, an Ice Cream Shoppe, and more.

09/15/2024 (Sun), 1 Session(s)

8:45 AM to 6:30 PM

Park & Ride (Farmington)

Trip Fee: \$155

Florida & Bahamas Cruise May 24-31, 2024

Friendship Tours (T-OVE001)

Symphony of the Seas is one of the most spectacular Oasis Class ships from Royal Caribbean. Hop on the motorcoach to the NJ pier and you're off - it's a great getaway on an amazing ship! Port Canaveral, FL, "Perfect Day" Coco Cay, Bahamas (Private Island), Nassau, Bahamas. FOR MORE INFORMATION AND TO REGISTER, CONTACT Friendship Tours at 860-243-1630 or 800-243-1630.

Escorted Montreal & Canada / New England Cruise

July 12-20, 2024

Friendship Tours (T-OVE001)

One of our most popular cruises is back for 2024! If you are looking for a great experience on a small ship without flying, this is the cruise for you! This is the perfect time of year to sail the St Lawrence and visit some of the most beautiful ports in Canada and New England. With your Ship Shop Escort with you throughout your cruise, all you have to do is sit back and relax and enjoy your vacation! FOR MORE INFORMATION AND TO REGISTER, CONTACT Friendship

Tours at 860-243-1630 or 800-243-1630.



TRIPS & TOURS

The Fabulous Finger Lakes, Geneva, NY September 17-19, 2024

Friendship Tours (T-OVE002)

NEW

Highlights:

- Women's Rights National Historical Park & two nights at the 41 Lakefront Hotel Geneva, Trademark Collection by Wyndham
- Corning Museum of Glass
- Pleasant Valley Winery
- Dinner at the New York Kitchen (3 course dinner in a demonstration theater setting)
- Mohawk Valley
- Cruise on the Historic Erie Canal.
- Lunch at Waterfront Grille

Single PP: \$949, Double PP: \$779, Triple PP: \$779

Island Hopping: Nantucket & Martha's Vineyard

August 16-18, 2024

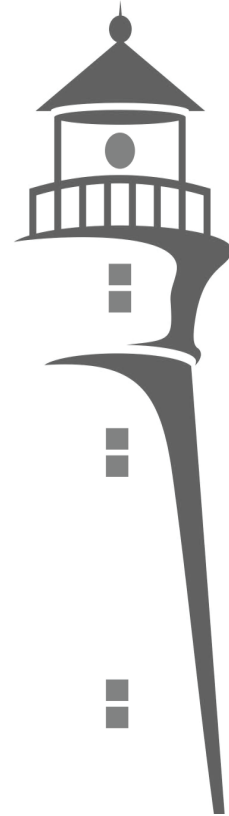
Friendship Tours (T-OVE002)

NEW

Highlights:

- JFK Museum
- Holiday Inn Cape Code, Hyannis
- Day in Nantucket Island with the "Little Grey Lady." Guided Tour - highlights include the Old Mill, Sconset Village, Low Beach, Sankaty Head Lighthouse, Cranberry bogs and Nantucket moors.
- Day in Martha's Vineyard
- Bus to Edgartown
- Browse quaint shops, lunch on own.
- Oak Bluffs

Single PP: \$995, Double PP: \$799, Triple PP: \$799

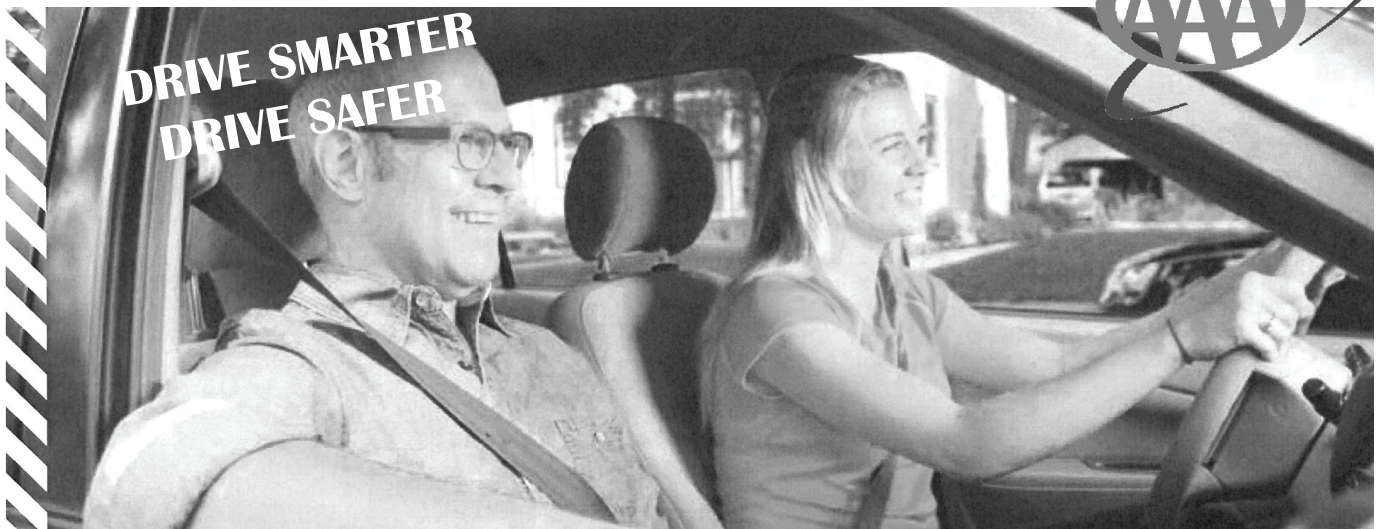


AAA DRIVING SCHOOL

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



REGISTER ONLINE AT WWW.FPSCT.ORG/FCE 27

COLLEGE PREPARATION & YOUTH ENRICHMENT

SAT Essentials

(C-TPR002)

Taking the Digital SAT? In this course, we'll merge content, test-taking strategies, and an abundance of resources in order to support your preparation for the upcoming test. Score higher or get your money back.

1/20 to 3/4 (Sat), 6 session(s)
6-9 PM, Farmington High School
Cost: \$699

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.

EXTREME STEAM (Grades K-5)

Brian Ballou (Y-ART003)

Climb aboard this creative experience to become a 21st-century innovator! In this program, you will translate Science, Technology, Engineering, and Math concepts into Art creations. Using a variety of art techniques, we will make a flying machine like Da Vinci, design a rocket ship, create an aerial view drone map, and much more. Challenge your imagination and creativity and become an EXTREME artist while you play games, make new friends, and have extreme fun!

03/25 to 05/06 (Mon), 6 Session(s)
5:30 PM to 6:30 PM
Farmington High School
Course Fee: \$109

When I Am In Charge (Ages 8+)

Terri Benoit (Y-BAB001)

This 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!

02/22 (Thu), 1 Session(s)
5:15 PM to 6:45 PM
Irving Robbins Middle School
Course Fee: \$55

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 five sessions, an experienced Dungeon Master will guide your young adventurer, and the rest of their party, through the fantastic world of Dungeons & Dragons! Once you sign up for this program, you will be put in contact with Tabletop Gaming Center's outreach coordinator, Val Warner, who will then work with you to place your child into a group. Groups typically are put together during the weekend, but some groups are available during weeknights. This 5-session course runs at Tabletop Gaming Center in Newington, 741 New Britain Avenue, Newington CT, 06111.

Call 860.404.0290 x 7070 to register, or register online, then call.
Course Fee: \$125

Basic First Aid for Ages 7-10

Terri Benoit (Y-BAB004)

This course is designed to instruct students, aged 7-10, how to apply basic first aid and will cover topics including scene safety, 911 calls, handwashing, choking, burns, and how to take care of cuts.

02/29 (Thu), 1 Session(s)
5:30 PM to 7:00 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.

03/21 to 03/28 (Thu), 2 Session(s)
5:30 PM to 7:00 PM
Irving Robbins Middle School
Course Fee: \$89



Register online at:
www.fpsct.org/

YOUTH ENRICHMENT

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).

05/16 to 05/30 (Thu), 2 Session(s)

5:15 PM to 6:45 PM

Irving Robbins Middle School

Course Fee: \$89

Food Explorers: Spring Baking Session (Gr. 2-6)

Food Explorers (Y-COO001)

Join Food Explorers for four baking sessions at Lewis Mills High School! Each week you'll make and bake something delicious that will bring out the tastes and warmth of Spring! The course fee includes the cost of ingredients and supplies.

04/23 to 05/14 (Tue), 4 Session(s)

6:00 PM to 7:15 PM

Lewis S. Mills High School

Course Fee: \$95

The Coder School: Nintendo Switch (Ages 8+)

The Coder School (Y-STE002)

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.

A) 01/19 to 02/23 (Fri), 6 Session(s)

B) 03/01 to 04/12 (Fri), 6 Session(s)

C) 04/19 to 05/24 (Fri), 6 Session(s)

6:00 PM to 7:00 PM

The Coder School

Course Fee: \$139

The Coder School: Minecraft (Ages 8+)

The Coder School (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.

The Coder School will provide all needed hardware for this course.

A) 01/17 to 02/21 (Wed), 6 Session(s)

B) 02/28 to 04/03 (Wed), 6 Session(s)

C) 04/17 to 05/22 (Wed), 6 Session(s)

5:00 PM to 6:00 PM

The Coder School

Course Fee: \$139

The Coder School: Scratch Block Coding (Ages 7+)

The Coder School (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.

A) 01/19 to 02/23 (Fri), 6 Session(s)

B) 03/01 to 04/12 (Fri), 6 Session(s)

C) 04/19 to 05/24 (Fri), 6 Session(s)

5:00 PM to 6:00 PM

The Coder School

Course Fee: \$139

The Coder School: Python (Ages 10+)

The Coder School (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!

A) 01/20 to 02/24 (Sat), 6 Session(s)

B) 03/02 to 04/13 (Sat), 6 Session(s)

C) 04/20 to 05/25 (Sat), 6 Session(s)

11:00 AM to 12:00 PM

The Coder School

Artificial Intelligence Workshop (Ages 9+) NEW

The Coder School (Y-STE015)

Artificial Intelligence is quite the buzz these days, but what is it really? Students will use Google's platform to learn how computers "learn" over time and how computers can detect patterns. Students will learn the basics of AI by using playing cards, facial expressions, and voice commands.

01/06 (Sat), 1 Session(s)

3:00 PM to 6:00 PM

The Coder School

Course Fee: \$89



Fun Science for Ages 3-5

Kids Corner (Y-STE031)

Calling all junior scientists! Join Farmington Continuing Education and Kids Corner this Winter/Spring as we explore asteroids, chemical reactions, dinosaurs, earthquakes, oceans, physics, pollution, rivers, solar eclipses and volcanoes with hands on activities and games. The course fee includes the cost of supplies.

03/04 to 03/25 (Mon), 4 Session(s)

5:30 PM to 6:15 PM

Farmington High School

Course Fee: \$85

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.

Inclement 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 Courses this Semester

T-Shirt Quilt

Sea Glass Tree

Beginner Powerpoint

Dream Interpretation

Stop Smoking with Hypnosis

American Sign Language

Four Composers Who Died Too
Young

Hikes - Nature Walk Series

Intermediate Guitar



Join Our Sunday Email List at WWW.FPSCT.ORG/FCE

FARMINGTON CONTINUING EDUCATION **Winter/Spring 2024**



www.fpsct.org/fce • (860) 404-0290 • continuinged@fpsct.org