

FARMINGTON CONTINUING EDUCATION

Fall 2024

September - December 2024



"Sushi" and Other Cooking Classes - Pg. 7

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

PROGRAM INFORMATION

Farmington Public Schools CONTINUING EDUCATION

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Monday - Friday (closed major holidays)

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FARMINGTON PUBLIC SCHOOLS

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- Assistant Superintendent of
Curriculum and Instruction -

Dan Zittoun

- Assistant Superintendent of
Finance & Operations -

Hello Lifelong Learners -

Welcome to a new year with Farmington Continuing Education. I'm excited to join this vibrant community of learners and look forward to helping you achieve your personal and professional goals. This fall, our program is offering an exciting array of courses, many of them being held in beautiful classrooms within the new Farmington High School building. From cooking and creative arts to technology and wellness, our courses are a great way to connect with fellow community members while enjoying the benefits of lifelong learning. Taking a community enrichment class is more than just gaining new knowledge or skills; it is about investing in yourself and your community. We encourage you to take this opportunity to explore something new, enhance your talents, and become part of our vibrant learning community.

Sincerely,

Brenda Donlin
Coordinator

MARK YOUR CALENDARS!

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



- September 2 - Labor Day
- Oct. 4 & 12 - Rosh Hashanah & Yom Kippur
- Oct. 14 - Indigenous Peoples' Day
- November 1 - Diwali
- November 5 - Election Day
- Nov. 28 & 29 - Thanksgiving
- Dec. 23 - Jan. 1 - Winter Break



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

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



ADULT ACADEMIC PROGRAMS

Courses in Adult Basic Education (ABE), English for Speakers of Other Languages (ESL), High School Completion (GED), and Citizenship 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 during the day, or at Farmington High School in the evening.

English for Speakers of Other Languages (ESL)

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

DAYTIME COURSES

09/10 to 12/12 24 sessions (T/Th)
10 AM - 2 PM Farmington Library - Upstairs, Board Room 1&2

EVENING COURSES

09/09 to 12/11 25 sessions (M/W)
6 - 8 PM Farmington High School - Room 1103 - 1111

Adult Basic Education (ABE)

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

09/09 to 12/11 25 sessions (M/W)
6 - 8:30 PM Farmington High School - Room 1107

Citizenship

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

09/09 to 12/9 13 sessions (M)
6 - 8 PM Farmington High School - Room 1115

General Education Development (GED®)

LANGUAGE ARTS/SOCIAL STUDIES/MATH/SCIENCE

Certified teachers prepare students for the computer-based GED tests in Math, Reading/Language Arts, Social Studies and Science. This Comprehensive program includes support for college readiness, employment, technology, and communication skills.

9/9 to 12/11 30 sessions (M/W)
6 - 8:30 PM Farmington High School - 1107

STATE MANDATED COURSES

These courses are provided by the Farmington, Avon, Canton, Simsbury, and Region 10 Boards of Education. 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 Basic Education (ABE), English for Speakers of Other Languages (ESL), High School Completion, or Citizenship programs. Students must be at least 17 years old and no longer enrolled in public school to register.

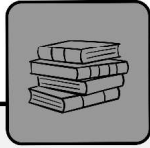
REGISTER FOR OUR ESL, ABE, GED, OR CITIZENSHIP COURSES BY SCANNING THE QR CODE



WWW.FPSCT.ORG/FCE

QUESTIONS? CALL 860-404-0290

3 Pathways to Earn Your Diploma



GED

General Educational Development

- Four subject exams: Mathematics, Reasoning Through Language Arts, Social Studies, and Science.
- The test is computer-based, and you can take each subject individually.
- With a GED, you can apply to most colleges, universities, and vocational schools.
- For information on testing and accommodations visit GED.com.



CDP

Credit Diploma Program

- Students complete Connecticut's high school completion requirements through on site or distance learning.
- Earn credits for work experience or military service.
- Ideal for students who earned 18 or more credits in high school but did not graduate.



NEDP

National External Diploma Program

- Designed for self-directed adults with life and work experiences and a general familiarity with the computer.
- Demonstrate high school-level skills through completing a portfolio of life skills and academic tasks.
- Ideal for students 21 years old or older who are highly motivated and self-directed.

High School Completion Students:

High school completion students must be at least 17 years old and must submit documentation that they have been officially withdrawn from public school to enroll in classes. 17-year-olds must wait 6 months from the date of withdraw to register to take the GED exam.

Disabilities Accommodations.

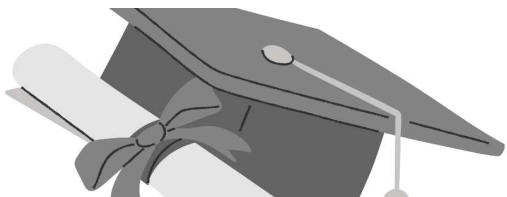
All activities offered by Farmington Continuing Education are held at accessible locations. Accommodations for individuals with disabilities are available upon request. Please contact Brenda Donlin at (860) 404-0290.

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.



Register online at:
www.fpsct.org/fce

VOLUNTEERS

Volunteer to tutor ESL, Citizenship, and GED students and help empower them with the skills they needed to succeed!



ART, GAMES, & HOBBIES

Sea Glass Ornament (Starfish)

Still Waters USA - Victoria Woolard
(A-ART003)

We will use sea glass from RI, CA, CT, MD, and MA to wire wrap a starfish! This craft can be used as an ornament, window cling, or car mirror decoration. Course fee includes supplies. This class involves wire wrapping the ornament.

12/11 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee: \$49

Introduction to Basket Weaving

Nancy Kalos (A-ART006)

Both beginners and intermediate students will enjoy weaving a tray-shaped basket measuring 10 in. long, 6 in. wide, and 4 in. high. Intermediate students will have an option to weave a twill base. Handles will be added.

11/04 to 11/18 (Mon), 3 Session(s)
6:30 PM to 9:00 PM
Farmington High School
Course Fee: \$75

Intermediate Basket Weaving

Nancy Kalos (A-ART010)

Intermediate students will learn how to weave a ribbed 'egg' basket using color weavers provided by the instructor. The basket's 'bowl' is approximately 12 in. long, 9 in. wide and 5 in. deep. The handle which arches the basket adds another 5 in. height.

11/06 to 11/20 (Wed), 3 Session(s)
6:30 PM to 9:00 PM
Farmington High School
Course Fee: \$75



Beginner Knitting

The Stitching Coach - Dawn M. Zillich
(A-ART011)

In this three-class series you will learn to cast on, knit, purl, bind off, and sew seams making a tiny pocket purse for your airpods or headphones.

11/05 to 12/03 (Tue), 3 Session(s)
6:30 PM to 8:30 PM
Lewis S. Mills High School
Course Fee: \$60

Pressed Flower Succulents

Still Waters USA - Victoria Woolard
(A-ART018)

We will make a succulent potter using real pressed flowers. There will be a variety of shapes and colors for the pressed flower class. A succulent will be included too. All supplies included! We will also learn how to press flowers at home and a bit of history on them.

10/07 (Mon), 1 Session(s)
6:00 PM to 7:30 PM
Farmington High School
Course Fee: \$59

Oil Painting for Beginners

ShawnaLee Kwashnak (A-ART008)

Acclimate yourself to oils in this beginner's class! Learn the basics to understand and successfully create oil paintings. Lessons include palette set-up, tips on mixing colors, and studio safety tips. Students will gain experience with Alla-Prima by painting a simple fall foliage landscape. Time allowing, we will explore other approaches such as Grisaille and glazing. A more detailed materials list will be shared with registered students. Class will be taught via Zoom where students have the direct benefit of seeing slides, brief demonstrations, and interactive feedback.

10/03 to 10/24 (Thu), 4 Session(s)
6:30 PM to 8:30 PM
Online
Course Fee: \$125



COMPUTER & TECHNOLOGY

Excel for Beginners

Jennifer A. 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 and keyboarding skills, and must be able to use a mouse/trackpad.

10/15 to 10/29 (Tue), 3 Session(s)
6:00 PM to 8:00 PM
Lewis S. Mills High School
Course Fee: \$75
Senior Fee (65+): \$69

iPhone for Beginners

Richard Scalzo (A-COM007)

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

10/02 to 10/23 (Wed), 4 Session(s)
6:00 PM to 8:00 PM
Farmington High School
Course Fee: \$99
Senior Fee (65+): \$95

Do More with iPhone and iPad

Richard Scalzo (A-COM018)

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, photos, music, and movies, plus using other apps and the web. Bring your iPhone or iPad to class.

10/31 to 11/21 (Thu), 4 Session(s)
6:00 PM to 8:00 PM
Irving Robbins Middle School
Course Fee: \$79
Senior Fee (65+): \$75

Cheesemaking - Ricotta, Mascarpone, and Feta

Rosemary Aldridge (A-COO001)

Making fresh, soft cheese at home is easy and fun! Learn the process and equipment needed to make whole milk ricotta, mascarpone, and feta cheese.

Course fee includes the cost of supplies.

This course will fulfill the prerequisite for the Advanced Beginner cheesemaking class.

10/23 (Wed), 1 Session(s)

6:30 PM to 8:30 PM

Lewis S. Mills High School

Course Fee: \$59

Cheesemaking for Advanced Beginners

Rosemary Aldridge (A-COO003)

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

Course fee includes the cost of supplies.

11/13 (Wed), 1 Session(s)

6:30 PM to 8:30 PM

Lewis S. Mills High School

Course Fee: \$59

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 the Advanced Beginner cheesemaking class.

10/02 (Wed), 1 Session(s)

6:30 PM to 8:30 PM

Lewis S. Mills High School

Course Fee: \$59



Decorating Cookies with Royal Icing

Busy Butler Bakery - Deborah Louise Butler (A-COO007A)

Come learn how to create beautiful sugar cookies with royal icing! You will learn and practice how to outline and flood cookies with icing. You will also learn different techniques to enhance the cookies, such as wet on wet, transfers, and texture. You will leave each session with beautifully decorated cookies to share with friends and families!

Register for one or more sessions below . . .

September 11 (Delicious Fall Fun)

October 9 (Tasty Spooky Haunting)

November 6 (Sweet Thankful Gathering)

December 11 (Jolly Holiday Celebration)

All supplies are provided.

09/11 to 12/11 (Wed), 1 Session Each

6:00 PM to 7:30 PM

Farmington High School

Course Fee: \$35 per Session

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Sushi

Sara Wingard (A-COO009)

Embark on a culinary journey that blends tradition, creativity, and the freshest ingredients.

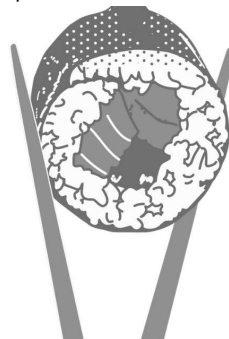
Join us as we dive into the art of sushi-making, honing your skills and crafting exquisite rolls that will tantalize your taste buds. Whether you're a sushi enthusiast or a curious beginner, our expert instructors will guide you through every step, sharing their secrets and techniques. Unleash your inner 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!

11/05 (Tue), 1 Session(s)

6:00 PM to 8:00 PM

Lewis S. Mills High School

Course Fee: \$59



FOOD TOUR with Prudence Sloane - A DONG'S Supermarket & Vietnamese Luncheon

Prudence Sloane (A-COO010)

It's over 30,000 square feet of Chinatown in West Hartford, complete with hanging ducks, live fish, exotic produce and all the ingredients you need to cook Chinese, Vietnamese, Thai and Japanese. Prudence Sloane will guide you through this most extraordinary supermarket and give you expert advice on how to cook and use many of the products offered. All secrets will be revealed. Afterwards, we feast on Vietnamese specialties at Pho Boston next door. Meet at A Dong Supermarket, 160 Shield St, West Hartford. Bring a sweater - the supermarket can get cold! Food allergies and dietary restrictions (shrimp, pork, chicken, beef) must be noted upon registering. Tour includes lunch, tax and gratuities.

11/02 (Sat), 1 Session(s)

10:00 AM to 3:00 PM

A Dong Supermarket

Course Fee: \$95

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

COOKING

Charcuterie: Brunch Board

Chell's Charcuterie - Michelle Richardson
(A-COO013A)

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. Cheeses, meats, fruits and all accompaniments will be available to teach you how to style your own beautiful charcuterie boards.

Treat yourself to a unique experience with a hands-on charcuterie brunch board class. Create a salami rose, kiwi star, strawberry hearts and more. Learn simple design tips to elevate your skills for your at home masterpiece. Includes 9" bamboo charcuterie board, 4 cheeses, 2 meats, fresh fruit, dried fruit, fresh herbs, croissant, and organic honey. All necessary tools provided. No alcohol is permitted.

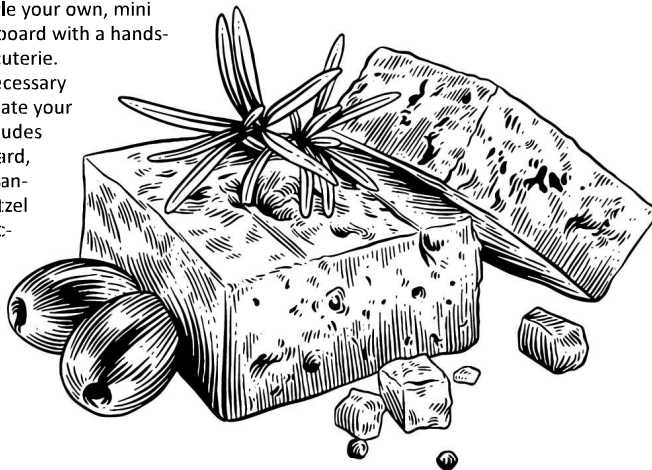
10/09 (Wed), 1 Session(s)
6:00 PM to 7:30 PM
Farmington High School
Course Fee: \$75

Charcuterie: Holiday Wreath

Chell's Charcuterie - Michelle Richardson
(A-COO013B)

Learn how to design and style your own, mini holiday wreath charcuterie board with a hands-on lesson from Chell's Charcuterie. Michelle will bring all the necessary tools, and ingredients to create your own charcuterie board. Includes 10" bamboo charcuterie board, 4 cheeses, 2 meats, sugar cranberries, fresh rosemary, pretzel stars, and fresh fruit. All necessary tools provided. No alcohol is permitted.

12/11 (Wed), 1 Session(s)
6:00 PM to 7:30 PM
Farmington High School
Course Fee: \$75



FINANCIAL & RETIREMENT



You Need to Have an Estate Plan - Learn Why!

Czepiga Daly Pope & Perri (A-FIN001)

The past few 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.

10/08 (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.

10/15 (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.

10/22 (Tue), 1 Session(s)
6:00 PM to 7:00 PM
Online
Course Fee: \$19



FINANCE & RETIREMENT

Financial Strategies for Successful Retirement

Valenti Wealth Management, LLC.
(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.

10/09 to 10/23 (Wed), 3 Session(s)
6:30 PM to 8:30 PM
Farmington High School
Course Fee + Free Guest: \$50

Savvy Social Security Planning for Baby Boomers

Retirement & Money Strategies
(A-FIN010A)

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.

Session A
09/16 (Mon), 1 Session(s)

Session B
10/08 (Tue), 1 Session(s)

Session C
11/13 (Wed), 1 Session(s)

6:30 PM to 8:00 PM
Online
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. 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.

Session A
10/09 (Wed), 1 Session(s)
6:00 PM to 7:30 PM
Farmington High School
Course Fee: \$19

Session B
10/22 (Tue),
1 Session(s)
6:00 PM to 7:30 PM
Lewis S. Mills High School
Course Fee: \$19

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, best utilize, and preserve benefits such as Supplemental Security Income (SSI), Social Security Disability (SSDI), Medicaid, Medicare, and the ABLE Act.

10/30 (Wed), 1 Session(s)
6:30 PM to 7:30 PM
Farmington High School
Course Fee: \$19

Bridge the Gap: Financial Strategies for the Sandwich Generation

Craig Breitsprecher (A-FIN011)

The Sandwich Generation represents a significant portion of our population and yet many individuals find themselves unprepared for the emotional, financial, and logistical challenges that come with simultaneously supporting aging parents and adult children.

Through this seminar, participants will learn strategies for effective caregiving conversations, become familiar with available services, and discover practical tips and boundaries for managing their dual roles.

11/18 (Mon), 1 Session(s)
7:00 PM to 8:00 PM
Farmington High School
Course Fee: \$19

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

FuturesPlanned
(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.

10/23 (Wed), 1 Session(s)
6:30 PM to 7:30 PM
Farmington High School
Course Fee: \$19



INCLEMENT WEATHER POLICY FOR IN PERSON COURSES

If Farmington or Region 10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT be held. If schools have a delayed opening, courses will be held unless told otherwise by the instructor. Canceled courses will be hosted at a later date in order to make up the canceled courses time. Trips do not follow this cancelation policy.

FITNESS

Muscles in Motion

Lorie A. Bernard (A-FIT003A)

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

Bring mat and weights to class.

Session A

09/16 to 10/30 (Mon & Wed)

13 Session(s)

9:00 AM to 10:00 AM

Online

Course Fee: \$149

Senior Fee (65+): \$139

Session B

11/04 to 12/11 (Mon & Wed)

10 Session(s)

9:00 AM to 10:00 AM

Online

Course Fee: \$109

Senior Fee (65+): \$105

Cardio Strength

Personal Euphoria
(A-FIT004)

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

09/11 to 12/11 (Wed), 14 Session(s)

8:30 AM to 9:15 AM

Online

Course Fee: \$149

Strength Training

Personal Euphoria
(A-FIT005)

A complete workout that will help sculpt, strengthen, and reshape your body. You will work the core and more. Class includes standing and floor work so you must be able to get up and down off the floor. Equipment Needed: mat & free weights (1-3 lbs needed, optional 5-8lbs and 10-15 lbs)

09/11 to 12/11 (Wed), 13 Session(s)

6:00 PM to 6:45 PM

Online

Course Fee: \$149

Core Strength

Personal Euphoria - Rob Schrader
(A-FIT006)

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

09/12 to 12/05 (Thu), 11 Session(s)

6:00 PM to 6:45 PM

Online

Course Fee: \$125

Zumba® Gold Dance Fitness

Gulshan Ari (A-FIT012B)

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.

10/09 to 11/20 (Wed), 7 Session(s)

6:15 PM to 7:00 PM

West Woods Upper Elementary School

Course Fee: \$99

Senior Fee (65+): \$95

Zumba® Cardio Dance Fitness

Gulshan Ari (A-FIT012A)

A high-energy dance class features intervals that help improve cardiovascular fitness while also enhancing balance, coordination, agility, and to some degree, strength through the application of beginner-accessible choreography. Zumba classes typically consist of Latin-inspired songs, starting with a slower warm up song, building intensity throughout the workout, and ending with a cool-down song. Even if you're not a strong dancer, the choreography is repetitive and designed to be built upon, so most people will catch on to the moves as they go. Pretty much the most awesome workout ever. Dance to great music, with great people, and burn a ton of calories without even realizing it. No prior dance experience is required.

10/10 to 11/21 (Thu), 6 Session(s)

6:15 PM to 7:00 PM

West Woods Upper Elementary School

Course Fee: \$99

Senior Fee: \$95

Cardio Fitness with Rita

Rita C Johnson (A-FIT014A)

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. Bring a mat, hand weights, resistance bands, and a water bottle. Parking is on School Street or Church Street, NOT in the School or Barney Library parking lots.

Session A:

09/18 to 10/30 (MWF), 18 Session(s)

Session B:

11/04 to 12/18 (MWF), 18 Session(s)

9:15 AM to 10:15 AM

First Church of Christ, Farmington

Course Fee: \$145

Senior Fee (65+): \$135

Punch Card (20 punches): \$175



Register online at:
www.fpsct.org/fce



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www.ed2go.com/farmington



Yoga

Migdalia Merriman (A-FIT015A)

Focus on the basics of yoga - for all ages and conditions. Increase your flexibility, reduce stress, and bring a sense of calm to your busy life. Yoga will tone the body, discipline the mind, and improve your overall health. Each session includes stretches, simple breathing techniques, and relaxation.

Wear comfortable clothing, have a yoga mat and firm pillow available, and do not eat a big meal before class.

Session A

09/04 to 10/16 (Wed), 7 Session(s)

Session B

10/30 to 12/18 (Wed), 7 Session(s)

6:00 PM to 7:15 PM

Online

Course Fee: \$99

Senior Fee (65+): \$95

Intermediate Yoga with Lanelle

Lanelle Gallo (A-FIT016A)

Yoga is a mind, body, and spirit practice that promotes healing. It is a great practice as we age or during turbulent times. In this intermediate-level class we will safely explore our edges by strengthening our core, utilizing and holding balance poses, breathing, and focusing our attention on the present moment. Please bring a yoga mat and a couple of sturdy blocks. Although this practice is rigorous, we can work with our limitations in safe ways. Class length is 60 minutes.

10/09 to 11/13 (Wed), 6 Session(s)

5:30 PM to 6:30 PM

Farmington High School

Course Fee: \$75

Senior Fee (65+): \$69



Pilates

Personal Euphoria - Rob Schrader (A-FIT017)

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 makes 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. Please bring a mat, a water, a green (or medium weight) flex band, and a 7.5-9 inch stability ball.

09/10 to 12/03 (Tue), 13 Session(s)

6:00 PM to 6:45 PM

Online

Course Fee: \$149

Slo-Flow Yoga

Joanne DiPrisco (A-FIT018A)

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.

Class offered on both Tuesdays and Thursdays.

Session A

09/17 to 10/24 (Tue & Thu)

Session B

10/29 to 12/12 (Tue & Thu)

9:30 AM to 10:30 AM

First Church of Christ, Unionville

Course Fee (12 sessions): \$179

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

Course Fee (6 sessions): \$99

Senior Fee (65+) (6 sessions): \$89

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.

No prior dance experience is needed. Bring a water bottle and wear comfortable clothing.

09/23 to 11/11 (Mon), 7 Session(s)

6:15 PM to 7:00 PM

West Woods Upper Elementary School

Course Fee: \$99

Senior Fee (65+): \$95

Strength Training

Gulshan Ari (A-FIT021)

Strength training (also known as resistance training) is a type of exercise that causes your muscles to contract against an outside resistance. A complete workout that will help sculpt, strengthen, and reshape your body. You will work the core and more. Class includes standing and floor work so participants must be able to get up and down off the floor. However, modifications will always be demonstrated.

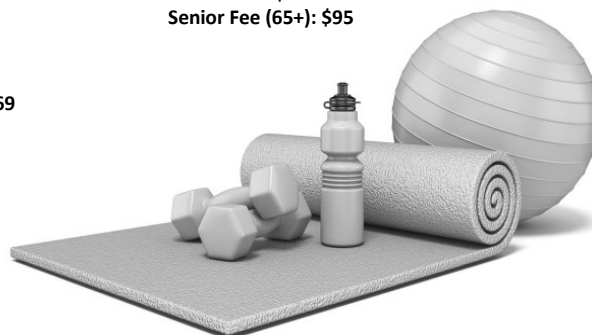
09/27 to 11/15 (Fri), 7 Session(s)

6:15 PM to 7:00 PM

West Woods Upper Elementary School

Course Fee: \$99

Senior Fee (65+): \$95



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!

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.

FITNESS

Yoga with Lorie

Lorie A. 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!"

09/17 to 12/10 (Tue), 11 Session(s)

9:00 AM to 10:00 AM

Online

Course Fee: \$125

Senior Fee (65+): \$115

Basic Ballet & Stretch

Spotlight Art, Dance & Wellness - Amy Perales (A-FIT024)

Enjoy a gentle full-body stretch at the beginning and end of each class. Beginner ballet exercises will be learned and reviewed during this class in a no-pressure environment.

Come in comfortable clothing. Ballet shoes are recommended, but socks are suitable!

09/09 to 10/21 (Mon), 6 Session(s)

10:00 AM to 10:45 AM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

Simple Stretches with Chair Exercises

Spotlight Art, Dance & Wellness - Amy Perales (A-FIT030A)

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

09/11 to 10/16 (Wed), 6 Session(s)

12:30 PM to 1:15 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

15-MIN. HIIT

Personal Euphoria (A-FIT028)

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

09/09 to 12/09 (Mon), 13 Session(s)

8:40 AM to 8:55 AM

Online

Course Fee: \$65

Gentle Essentrics: Aging Backwards Fast Track

Debbie Trovato (A-FIT027)

This session of Gentle Essentrics will focus on Miranda Esmonde-White's book "Aging Backwards Fast Track." We will explore how Essentrics helps you to look and feel younger and healthier with improved balance and posture; loose, supple joints, relief from chronic pain increased flexibility and renewed energy. Music-filled, dynamic 45 minute class for men and women of all ages and fitness levels. Please bring your mat.

10/08 to 11/12 (Tue), 6 Session(s)

9:30 AM to 10:30 AM

First Church of Christ, Farmington

Course Fee: \$89

Senior Fee (65+): \$79



HEALTH & WELLNESS



Reiki I

Inner Mountain Peak Healing, LLC - Shari L. Dorman (A-HEA001)

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 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.

10/02 to 10/23 (Wed), 4 Session(s)

6:00 PM to 8:30 PM

Farmington High School

Course Fee: \$129

Reiki II

Inner Mountain Peak Healing, LLC - Shari L. Dorman (A-HEA022)

Prerequisite for this class is Reiki I. Proof of certification is needed at the first class. Become a certified Reiki II practitioner. This class is created to enhance your healing capabilities and nurture your intuitive development. In the Reiki I class, the focus is healing on the physical level. Reiki II focuses on healing the emotional body. In this class we will focus our attention on how the emotional state affects the physical body. You will learn the three powerful ancient healing symbols that will enable you to offer healing energy on mental and emotional issues for yourself or others. You will be able to send distant healing to people at long distances. You will receive a Reiki II attunement which enables you to channel greater levels of Reiki energy more effectively. At the end of the course, and if you attend ALL classes, you will receive a Reiki II level practitioner certificate.

10/30 to 11/20 (Wed), 4 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$160

Mindfulness Meditation

Loel Meckel (A-HEA003B)

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.

10/02 to 10/30 (Wed), 5 Session(s)

6:00 PM to 7:00 PM

Farmington High School

Course Fee: \$25

Good Sleep

Ideal Health Coach - 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. You will learn what the good sleep means and how you can improve yours without taking medication!

10/21 to 11/11 (Mon), 4 Session(s)

7:00 PM to 8:00 PM

Farmington High School

Course Fee: \$75

Qigong for Women (Online)

Marie Lavendier (A-HEA011A)

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.

Session A

09/24 to 10/29 (Tue), 6 Session(s)

Session B

11/12 to 12/17 (Tue), 6 Session(s)

9:30 AM to 10:30 AM

Online

Course Fee: \$59

Senior Fee (65+): \$55

Chill Out: Stress Reduction Through Hypnosis

AAH - Ryan Jones (A-HEA013)

"Chill Out" is a 5-week program focused on cultivating a sense of inner peace in a world that's gone mad. Join CT's favorite hypnotist, Ryan Jones, and learn the secrets of the subconscious mind that will help you maintain a feeling of peace and serenity. Each week includes a guided hypnosis session focused on increasing inner peace and calmness. Be prepared to take notes.

09/18 to 10/16 (Wed), 5 Session(s)

6:00 PM to 8:00 PM

Farmington High School

Course Fee: \$115

Trimming the Excess: Weight Loss through Hypnosis

AAH - Ryan Jones (A-HEA014)

"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 mindset to one focused on health and wellbeing. Some topics included are belief systems, emotional eating, stress reduction, and much more!

10/23 to 11/20 (Wed), 5 Session(s)

6:00 PM to 8:00 PM

Farmington High School

Course Fee: \$115

Improv Techniques for Informal Dementia Caregivers

Brian Connolly (A-HEA018)

This workshop is for individuals who want to improve the caregiver experience with someone living with cognitive changes due to Alzheimer's or other forms of dementia. We focus on basic improv practices and their applications to better listen, engage, and connect with someone living with dementia.

10/17 to 11/21 (Thu), 6 Session(s)

6:00 PM to 7:00 PM

Irving Robbins Middle School

Course Fee: \$125

Thyroid Management Nutrition

Deb's Healthy Plate (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, forgetfulness, difficulty learning, dry/brittle hair and nails, dry, itchy skin, puffy face, sore muscles, or weight gain? 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.

11/4 (Mon), 1 Session(s)

6:30 PM to 8:30 PM

Online

Course Fee: \$35

Intermittent Fasting

Ideal Health Coach - Neda Mostafavi (A-HEA021)

This course provides you with an in-depth understanding of Intermittent Fasting (IF), an eating pattern that cycles between periods of fasting and eating. Explore the science, benefits, downsides, and various methods of IF, along with practical tips for integrating this lifestyle into daily routines. Understand the principles and science behind IF while learning different protocols. Explore the health benefits of IF and get questions answered.

11/25 to 12/16 (Mon), 4 Session(s)

7:00 PM to 8:00 PM

Farmington High School

Course Fee: \$75

The Love You Want: Relationship Support for Women

Risa Gaul, BS, MQT (A-HEA113)

Find out the three keys to creating loving and fulfilling relationships that last. Transform your relationship, cultivate deep self-love, and create a solid foundation for all your relationships.

10/17 (Thu), 1 Session(s)

6:00 PM to 8:00 PM

Irving Robbins Middle School

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.

11/14 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$35



HOME & GARDEN

Virtual Window Replacement Workshop

PK Windows, LLC - Paul K O'Doherty
(A-HOM001)

REPLACEMENT WINDOW WORKSHOP. COMPARE PRODUCTS & PRICES. 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 an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

09/25 (Wed), 1 Session(s)
7:00 PM to 9:00 PM
Online
Course Fee: \$25

Knock the Socks off Your Neighbors: Guided Patio Pots Planting Workshop

Larson's Garden Center (A-HOM003)

This hands on workshop is all about creating the most stunning patio pots on the block this fall. Whether you're a seasoned gardener or new to the world of plants, you'll learn how to create a beautiful display that will knock the socks off your neighbors. Course fee includes all materials.

09/12 (Thu), 1 Session(s)
6:00 PM to 7:00 PM
Larson's Garden Center
Course Fee: \$85

It's Almost Fall!... What Does My Garden Need Before Winter?

Larson's Garden Center LLC (A-HOM013)

Are you stumped on what to do in the garden before winter, or just want to make the spring opening even easier? You are in luck, this class teaches you what to do with your garden beds to prepare them for New England's chilly season giving them an amazing jump start for spring! We will talk about what to plant, when to feed, what to prune and when.

09/05 (Thu), 1 Session(s)
6:00 PM to 7:00 PM
Larson's Garden Center
Course Fee: \$25

What To Do With That Winter Squash

Larson's Garden Center LLC
(A-HOM004)

This workshop will teach participants how to make the most of their winter squash harvest, with a focus on delicious recipes and creative uses for this versatile fruit. We'll start by discussing the different types of winter squash and their unique flavors and textures. Then, participants will learn how to properly prepare and store the squash for long-term use. Next, we'll dive into a variety of recipe ideas, including soups, stews, pasta dishes, and baked goods. Take home an assortment of winter squash to try your new found skills on!

10/24 (Thu), 1 Session(s)
6:00 PM to 7:00 PM
Larson's Garden Center
Course Fee: \$35

How to Decorate Wreaths and Make Bows Like a Pro!

Larson's Garden Center
(A-HOM005)

This hands-on workshop teaches you how to create beautiful and festive Christmas wreaths and bows for your home. Whether you're a seasoned decorator or new to the holiday decorating game, you'll learn how to decorate wreaths like a pro. When you leave you will have a wreath of your very own, with a bow you make yourself and a conversation starter to last you all season long. Course fee includes all materials.

12/07 (Sat), 1 Session(s)
9:30 AM to 11:00 AM
Larson's Garden Center
Course Fee: \$85



Home Buyers & Sellers Seminar

CT Realty Pros - 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.

11/18 (Mon), 1 Session(s)
6:00 PM to 8:00 PM
Farmington High School
Course Fee: \$29

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

Berkshire Hathaway - Bob LaPerla
(A-HOM007)

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

11/20 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee: \$25

Foraging for Holiday Decor

Larson's Garden Center LLC(A-HOM016)

Nature is stunning and is the perfect place to gather inspiration for your holiday decorating. In this class you will learn how to create different types of holiday decorations like wreaths, swags, and table arrangements using nature's gifts and your garden. We will discuss what materials work best and how to safely and legally forage for them. When you leave this class you will have the insight and confidence to create beautiful and festive decorations for your home using what you already have right outside your doorstep!

11/30 (Sat), 1 Session(s)
10:00 AM to 11:00 AM
Larson's Garden Center
Course Fee: \$25

Register online at:
www.fpsct.org/fce



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

Berkshire Hathaway - 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.

12/11 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee + One Guest: \$25

Buy, Buy, Buy - First Time Home Buyers

Berkshire Hathaway - 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.

10/16 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee: \$25

9 Plants that Will Change Your Life & How to Embrace Them

Larson's Garden Center LLC
(A-HOM014)

This enlightening workshop will explore 9 exciting plants that have the power to lift your mood, make you smile, and bring clarity into your home. In this class you will learn about what you can do now to bring a lightness and joy into your home with plants. From herbs that promote relaxation and reduce stress, to flowers that boost mood and purify the air, these plants are a must!

09/17 (Tue), 1 Session(s)
5:00 PM to 6:00 PM
Larson's Garden Center
Course Fee: \$25

Downsizing: Selling your Home in Retirement

Berkshire Hathaway - Bob LaPerla
(A-HOM011)

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.

10/23 (Wed), 1 Session(s)
6:30 PM to 8:00 PM
Farmington High School
Course Fee: \$25



Use ALL of your Garden - Stunning Fall Table Arrangements

Larson's Garden Center LLC
(A-HOM015)

Impress ALL your guests this fall season with your very own garden grown table arrangement. This exploratory class teaches you how to use your fall garden treasures and "scraps" to make something absolutely beautiful. We will discuss how to use every bit of your garden including what you cut back from your perennial and veggie gardens in preparation for the winter season. We will also discuss great plants to grow throughout the season to make your selection for decorating more robust. Finally, we will discuss arranging techniques, best practices, tips, and tricks to make your combinations stunning and long-lasting. You will go home with the knowledge and confidence to gather and assemble stunning arrangements to make you smile all season long!

10/17 (Thu), 1 Session(s)
6:00 PM to 7:00 PM
Larson's Garden Center
Course Fee: \$25



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. Canceled courses will be hosted at a later date in order to make up the canceled courses time. Trips do not follow this cancellation policy.

LANGUAGE

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; and 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

10/02 to 11/06 (Wed), 6 Session(s)

5:30 PM to 6:45 PM

Farmington High School

Course Fee \$89

Senior Fee (65+): \$79

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 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.

10/02 to 11/06 (Wed), 6 Session(s)

6:45 PM to 8:00 PM

Farmington High School

Course Fee: \$89

Senior Fee (65+): \$79

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

11/07 to 01/02/2025 (Thu), 6 Session(s)

5:30 PM to 6:45 PM

Irving Robbins Middle School

Course Fee: \$89

Senior Fee (65+): \$79

Intermediate French II

Tom McGinnis (A-LAN004)

This course is for students who have completed the Intermediate French I 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 in a variety of tenses with ease and fluency; and understand detailed conversations, recognize social cues, discuss literature, current events, social media, and Podcasts with ease.

11/07 to 01/02/2025 (Thu), 6 Session(s)

6:45 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$89

Senior Fee (65+): \$79

Spanish for Beginners

Ana Ysabel Zapata Pardo Zapata (A-LAN005)

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

10/21 to 12/09 (Mon), 8 Session(s)

6:00 PM to 7:30 PM

Farmington High School

Course Fee: \$119

Senior Fee (65+): \$109



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

LANGUAGE

Spanish - Advanced Beginner

Ana Ysabel Zapata Pardo Zapata
(A-LAN006)

In this advanced beginner Spanish course, you will improve your level of communication. Emphasis will be on the conversation as well as grammar, use of good verb tenses, vocabulary, and an introduction to the subjunctive. Spanish music and literature will also be used.

No textbook is required. The instructor will supply handouts.

10/21 to 12/09 (Mon), 8 Session(s)
7:30 PM to 9:00 PM
Farmington High School
Course Fee: \$119
Senior Fee (65+): \$109

ESL COURSES

English for Speakers of Other Languages DAY and EVENING courses, for adults, are available!
See page 4

ABC Italian

Viktor Isaku (A-LAN008)

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

10/10 to 11/07 (Thu), 5 Session(s)
6:00 PM to 8:00 PM
Irving Robbins Middle School
Course Fee: \$109
Senior Fee (65+): \$99



Register online at:

www.fpsct.org/fce

Basic Mandarin Chinese

Xuan (Fannie) Zhou (A-LAN010)

Learn the profound Chinese language and culture. Through various activities like mock tea parties and listening to authentic music, 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!

10/02 to 10/30 (Wed), 5 Session(s)
7:15 PM to 8:45 PM
Farmington High School
Course Fee: \$89
Senior Fee (65+): \$79

Beginner American Sign Language

Noreen Branley (A-LAN011)

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.

10/16 to 11/13 (Wed), 5 Session(s)
6:30 PM to 7:30 PM
Old Farmington High School
Course Fee: \$59

MUSIC, DANCE, & DRAMA

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—using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture demonstration. Course fee includes Chords are Key for Piano book and videos (electronic copy). Students should have a keyboard or piano available.

11/11 (Mon), 1 Session(s)
6:30 PM to 9:30 PM
Online
Course Fee: \$75



Instant Guitar for Busy People

IKI Inc. - Craig Coffman (A-MUS002)

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. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration.

11/13 (Wed), 1 Session(s)
6:30 PM to 9:00 PM
Online
Course Fee: \$75

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.

10/10 to 11/14 (Thu), 6 Session(s)
5:30 PM to 6:30 PM
Irving Robbins Middle School
Course Fee: \$59
Senior Fee (65+): \$55

Career Training

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

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

www.ed2go.com/farmington

 ed2go



MUSIC, DANCE, & DRAMA

Line Dancing - Beginner

William V 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!

09/30 to 11/25 (Mon), 8 Session(s)

6:30 PM to 7:30 PM

Farmington High School

Course Fee: \$89

Senior Fee (65+): \$79

Intro to Modern Western Square Dancing

Central Valley Squares Dance Club (A-MUS006)

Simon says to "allemande" your corner, then "do-sa-do" your partner. It is as easy as that! Social dance and exercise activity set to great contemporary music. Basic lessons are taught by our professional caller, classes are offered once a year, and no experience necessary. Come as a couple or a single dancer and learn alongside experienced square dancers. Casual dress and sneakers or soft soled shoes should be worn to this class and minors must be accompanied by an adult.

09/30 to 11/11 (Mon), 6 Session(s)

7:00 PM to 8:20 PM

Farmington Community & Senior Center

Course Fee: \$50



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 Waltz, Rumba, Samba and Country 2-Step 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: Waltz

7:30 - 8:30 PM: Country 2-Step

Weeks 4-6:

6:30 - 7:30 PM: Rumba

7:30 - 8:30 PM: Samba

09/23 to 11/04 (Mon), 6 Session(s)

6:30 PM to 8:30 PM

Irving Robbins Middle School

Course Fee: \$109

Senior fee (65+): \$99

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, online follow-up lessons, a recording of the class and an optional monthly question and answer session. Class is held online using zoom.

11/23 (Sat), 1 Session(s)

11:30 AM to 1:30 PM

Online

Course Fee: \$69

Introduction to Adult Tap

Amy Perales Spotlight Art, Dance & Wellness (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.

09/11 to 10/16 (Wed), 6 Session(s)

2:15 PM to 3:00 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

Intermediate Adult Tap

Spotlight Art, Dance & Wellness - Amy Perales (A-MUS023 A&B)

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.

Session A

09/11 to 10/16 (Wed), 6 Session(s)

11:30 AM to 12:15 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

Session B

09/13 to 10/25 (Fri), 6 Session(s)

6:00 PM to 6:45 PM

Farmington Youth Center

Course Fee \$75

Senior Fee (65+): \$69

Adult Tap for Beginners

Spotlight Art, Dance & Wellness - Amy Perales (A-MUS026A)

Adult Tap offers the opportunity to exercise in a unique and fun way. Start with a gentle stretch, learn or review a tap step, work on techniques, and finish with a short tap combination. If you are completely new to tap dance, please sign up for our Introduction to Tap courses.

Wear comfortable clothing and do not forget your tap shoes! Don't have tap shoes but want to experience the course? We may have a gently used pair that you can borrow or purchase.

Session A

09/09 to 10/21 (Mon), 6 Session(s)

10:45 AM to 11:30 AM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

Session B

09/13 to 10/25 (Fri), 6 Session(s)

7:00 PM to 7:45 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69

Health and Wellness Courses From ed2go

- *Lose Weight and Keep It Off*
- *Aging and Health Bundle*

www.ed2go.com/farmington



MUSIC, DRAMA, & DANCE

INTERESTED IN TEACHING A COURSE?

Share your interest or
talents with others!
complete a course proposal
Form available at
www.fpsct.org/fce

Introduction to Jazz Dance

*Spotlight Art, Dance & Wellness - Amy Perales
(A-MUS027)*

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. Attend with clothes you can move comfortably in. Jazz dance shoes are not necessary but are recommended for a more authentic experience.

09/11 to 10/16 (Wed), 6 Session(s)

1:30 PM to 2:15 PM

Farmington Youth Center

Course Fee: \$75

Senior Fee (65+): \$69



NATURE & OUTDOOR

Introduction to Astronomy: Part One - 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! Ron 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.

10/23 to 11/06 (Wed), 2 Session(s)

6:00 PM to 7:30 PM

Online

Course Fee: \$49



Basic Beekeeping: Information and Equipment Needed to Start a Beekeep- ing Career

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, November 2 and 9 at the instructor's bee yard located at 356 Carmel Hill Road North, Bethlehem, CT.

10/01 to 11/09 (Tue & Sat), 5 Session(s)

10:00 AM to 8:30 PM

Bee Yard Lewis S. Mills High School

Course Fee: \$89

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 8:45am. Hiking shoes with vibram 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 levels 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. All hikers must sign a continuing education waiver.

Punch Card (10 punches): \$99

Preparing for a Long-Distance Hike

Ken Sgorbati (A-NAT007)

This course provides critical guidance for anyone interested in taking an extended backpacking trip. The instructor is anxious to share his own experience with long-distance treks to supplement guidance provided by various hiking organizations. Topics will include planning, physical conditioning, gear considerations, health & safety, and many other topics that relate to long treks. This information will allow hikers to experience a safe, fun, and satisfying trek.

10/30 to 11/13 (Wed), 3 Session(s)

6:30 PM to 8:30 PM

Farmington High School

Course Fee: \$49

Hikes - Nature Walk Series

Grant Summers (A-NAT010)

Join Farmington Continuing Education 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.

Any postponement due to weather will be communicated before the hike via email. Good hiking boots and water are essential, and hiking poles are recommended! All hikers must sign a waiver and check the registration page to view the hikes list.

09/03 to 10/08 (Tue), 6 Session(s)

8:45 AM to 12:15 PM

Course Fee: 75\$

Senior Fee (65+): \$69

COURSE CANCELLATION AND REFUNDS

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

NATURE, OUTDOOR, & PERSONAL ENRICHMENT

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!

11/13 to 11/20 (Wed), 2 Session(s)

6:00 PM to 7:30 PM

Online

Course Fee: \$49

Register online at:
www.fpsct.org/fce

Introduction to SEVERE Weather!

Ronald Anthony Zincone (A-NAT009)

This course is designed to introduce you and educate you on the basics of severe weather, also known as "extreme weather." This course 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. This course covers specifically weather that is of a "severe" nature and that would impact your life at any time and includes hurricanes, tornadoes, severe thunderstorms, flash flooding, safety and preparedness and more! My hope is that you will be more knowledgeable about planet earth's extreme weather, possibly ignite an interest in pursuing the meteorology field, and be better informed and prepared.

11/18 to 11/25 (Mon), 2 Session(s)

6:00 PM to 7:30 PM

Online

Course Fee: \$49

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.

11/07 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Irving Robbins Middle School

Course Fee: \$39



PERSONAL ENRICHMENT

From Memory to Memoir: Writing Your Life Story

Writing with Susan - Susan Omilian

(A-PER002)

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

10/09 to 10/30 (Wed), 4 Session(s)

6:00 PM to 7:30 PM

Online

Course Fee: \$65

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 camera.

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

6:00 PM to 9:00 PM

Farmington High School

Course Fee: \$49

Getting Paid to Talk

Anna Bourgeois Creative Voice Development

Group

(A-PER008)

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.

11/07 (Thu), 1 Session(s)

6:30 PM to 8:00 PM

Online

Course Fee: \$29

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!

10/10 (Thu), 1 Session(s)

7:00 PM to 8:00 PM

Online

Course Fee: \$19

Introduction to Voiceovers... Getting Started in Voice Acting

Voices For All - Eliska Hahn 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

Adult CPR & AED Certification

Irma Butler (A-PER015A)

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.

Session A

10/16 (Wed), 1 Session(s)

Session B

12/11 (Wed), 1 Session(s)

7:00 PM to 9:00 PM

Farmington High School

Course Fee: \$100

TRIP CANCELATION 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.

PERSONAL ENRICHMENT & PET GROOMING

Voice-Overs: Now Is Your Time!

*Such A Voice, LLC - Caitlin Deese
(A-PER020)*

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry.

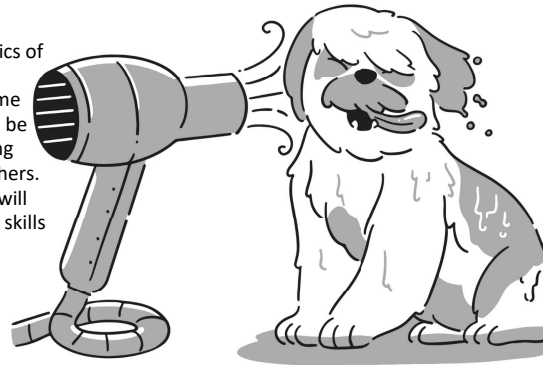
10/03 (Thu), 1 Session(s)
6:30 PM to 8:30 PM
Online
Course Fee: \$29

Pet Grooming

Claudette's Creative Clippings Pet Salon - Claudette Munson (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.

10/23 (Wed), 1 Session(s)
7:00 PM to 8:30 PM
Claudette's Creative Clippings Pet Salon
Course Fee: \$29



FCE BUS PICK-UP & DROP-OFF LOCATION

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

TRIPS & TOURS

Metropolitan Opera – Tosca

Friendship Tours (T-DAY003)

See the OPERA at the magnificent METROPOLITAN OPERA HOUSE at Lincoln Center in New York City! Be a part of the Met's extraordinary Fall 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! Tosca, Puccini's fast-paced operatic thriller, tells the story of the jealous diva Floria Tosca, her passionate lover Cavaradossi, and the wicked Captain Scarpia, determined to have Tosca for himself at any cost. Show time 1 p.m. (running time 3 hours). Before the performance, you will have time on your own to get something to eat.

11/23 (Sat), 1 Session(s)
7:30 AM to 7:30 PM
Park & Ride (Farmington)
Trip Fee: \$209

Hudson Valley Foliage Cruise & Garlic Festival, Saugerties, NY

Friendship Tours (T-DAY006)

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-enhanced 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!

Trip includes motorcoach, Group Leader, admission to the garlic festival, ferry ticket, and all gratuities.

09/28 (Sat), 1 Session(s)
7:45 AM to 7:15 PM
Park & Ride (Farmington)
Trip Fee: \$149

Turkey Train, Lake Winnepesaukee, NH

Friendship Tours (T-DAY007)

Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. It's a great fall day trip! Relax on board the train as we watch the boats on the lake & enjoy the scenery as we travel roundtrip from Meredith, NH. We will make a NH Liquor Store stop prior to boarding the train. Hart's famous home style turkey dinner will be served, just like grandma made at Thanksgiving. Menu: Turkey, Potato, Gravy, Stuffing, Cranberry Sauce, Rolls, Vegetable, Dessert & Beverage. YUM! Following our train ride visit Mill Falls, a

collection of shops along with Ben & Jerry's ice cream.

Trip includes motorcoach, 2-hour train ride on the Winnepesaukee Scenic Railroad from Meredith, NH, a turkey dinner served on board and catered by Hart's Turkey Farm, shopping at the Mill Falls, and Tour Director.

10/12 (Sat), 1 Session(s)
7:30 AM to 8:30 PM
Park & Ride (Farmington)
Trip Fee: \$179



TRIP CANCELATION 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

Magic Wings Butterfly Conservatory & Gardens

Friendship Tours
(T-DAY008)

This is an experience you will not forget! The Conservatory is filled with thousands of gorgeous butterflies flying freely, and includes a heart-shaped koi pond and tropical vegetation. You will learn about the habits, life styles, favorite foods, & origins of these kaleidoscopic beauties. Don't miss the butterfly themed gift shop! Our first stop of the day is at the newly expanded Yankee Candle flagship store, a one-of-a-kind shopping experience with a large variety of household items, gifts and specialty foods. Be sure to take a stroll through the Bavarian Christmas Village where it snows every four minutes! A delicious buffet lunch will be served at Champney's Restaurant located at the historic Deerfield Inn, built in 1884. The Inn is located on tree-lined Old Main St surrounded by beautiful homes from the 18th & 19th century. Buffet Menu: Salad, Fresh Rolls, Herb Crusted White Fish, Slow Roasted Turkey Breast with Stuffing & Vegetable Lasagna, Rolls, Dessert & Coffee.

10/26 (Sat), 1 Session(s)
8:30 AM to 5:00 PM
Park & Ride (Farmington)
Trip Fee: \$159

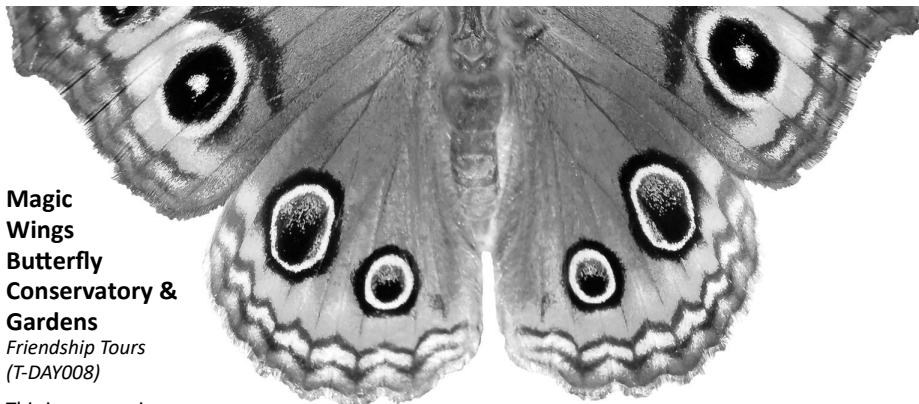
Christmas in Newport

Friendship Tours
(T-DAY009)

The Breakers is the grandest of Newport's 'cottages' and is the mansion of Commodore Cornelius Vanderbilt. Upon arrival everyone receives an audio guide so you can walk through at your leisure listening to the story of the mansion. Enjoy magnificently decorated rooms, poinsettias, charming ornaments, poinsettias, trees, and wreaths. Our lunch will be at Johnny's Restaurant at the Wyndham, a beautiful new hotel on the water in Middletown, RI. Menu: Salad, Vegetable, Potato, Dessert, Iced Tea or Coffee. Choice of entrée in advance: Chicken Piccata or Baked Stuffed Scrod with Seafood Stuffing and Newburgh Sauce or Pasta Primavera. Following lunch we will visit Marble House, the mansion of William Vanderbilt, complete with exquisite marble Corinthian columns, inspired by Versailles. Holiday decorations fill the mansion with additional beauty on this exceptional tour. Audio guide is included.

12/07 (Sat), 1 Session(s)
8:15 AM to 7:00 PM
Park & Ride (Farmington)
Trip Fee: \$159

22 FARMINGTON CONTINUING EDUCATION



New York On Your Own (T-DAY013)

Experience the excitement of New York City with the freedom to discover and explore at your own pace. Immerse yourself in the cultural richness of Museum Mile, indulge in some shopping along Midtown's Fifth Avenue, enjoy a spectacular Broadway show, stop by Union Square Greenmarket, tour the renowned Lincoln Center, or enjoy a meal in the bustling Restaurant District. Get ready for a day of adventure in the city that never sleeps!

Drop off and pick up locations in NYC are TBA. Trip includes motorcoach and trip leader. Maps and meal recommendations will be provided. A note on bus seating - Farmington passengers will be seated on the door side of the bus.

11/09 (Sat), 1 Session(s)
8:00 AM to 8:45 PM
Park & Ride (Farmington)
Trip Fee: \$89

Lower Farmington River with Main Stream Canoes & Kayaks

Myra Emrick (T-DAY014)

Join Main Stream Canoe and Kayak for a wonderful local experience that gave the Farmington River Valley its namesake. In either a kayak or canoe, and guided by one of Main Stream's river guides, you will experience beautiful valley scenery, hills, swamps, grassy fields, and treed areas as you meander along at a very relaxed pace. The scenic Farmington River has plenty of twists and turns though, to make it a truly interesting trip. The session will end at the Pinchot Sycamore tree in Simsbury, at the intersection of Rt. 185 (Hartford Road), and Nod Road. Meeting time is 1:00 PM in a TBD location in Avon, depending on the number of registrants. The exact location will be provided later. The trip will take approximately 2 hours. This program has a rain date of September 28th.

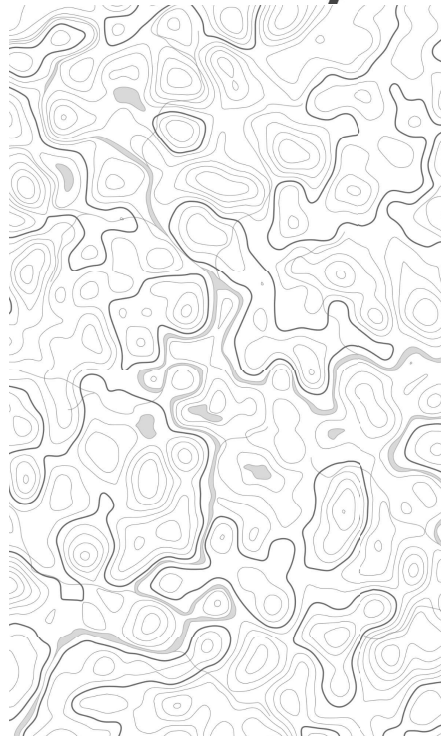
09/21 (Sat), 1 Session(s)
1:00 PM to 3:30 PM
Park & Ride (Farmington)
Trip Fee: \$49

Christmas Spectacular Starring the Radio City Rockettes (T-DAY015)

Experience the magic! Come join us for an unforgettable evening at the Radio City Christmas Spectacular, a cherished New York City holiday tradition. This iconic show, featuring the legendary Rockettes, promises an exceptional blend of fun and quality with nearly a century of performance excellence. Enjoy an enchanting 90-minute experience with over 140 performers, immersive visual effects, and an interactive display that includes drones, giant screens, and spectacular lighting. The performance also features a live orchestra, stunning costumes, and intricate set designs. You don't want to miss this classic show that undoubtedly represents a perfect Christmas experience for the whole family.

12/03 (Tue), 1 Session(s)
8:00 AM to 7:00 PM
Park & Ride (Farmington)
Trip Fee: \$175

**main
Stream**
INC.
canoes & kayaks



YOUTH ENRICHMENT

STEAM Innovators (Grades 1-5)

Abrakadoodle - Brian Ballou Kevin Cox (Y-ART003)

Innovation! Invention! Art! Brilliant minds were exploring Science, Technology, Engineering, Art and Math long before the term STEAM was coined! Navajo Indians wove geometric patterns using simple machines, Leonardo da Vinci dreamed of all sorts of inventions, curious minds explored technology, and mathematicians observed fascinating details in the world around them.

All materials are included in the cost of the course.

**10/16 to 11/20 (Wed), 6 Session(s)
5:30 PM to 6:30 PM**

**Farmington High School
Course Fee: \$119**

When I Am In Charge (Ages 8+)

Certified Safety Resources, LLC. - Terri Benoit (Y-BAB001)

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

09/12 (Thu), 1 Session(s)

**5:15 PM to 6:45 PM
Irving Robbins Middle School
Course Fee: \$55**

Babysitting Basics (Ages 11-15)

Certified Safety Resources, LLC. - Terri Benoit (Y-BAB002)

Taught by an American Red Cross instructor, this course will prepare youth 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

10/17 to 10/24 (Thu), 2 Session(s)

**5:30 PM to 7:00 PM
Irving Robbins Middle School
Course Fee: \$89**

Babysitter CPR and Beyond! (Ages 11-15)

Certified Safety Resources, LLC. - 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).

12/12 to 12/19 (Thu), 2 Session(s)

**5:30 PM to 7:00 PM
Irving Robbins Middle School
Course Fee: \$99**

Food Explorers: Fall Baking Session

Food Explorers - Katie Shepherd (Y-COO002)

Join Food Explorers for a delicious fall baking session! You'll be making four brand new recipes: Pumpkin Cakes with Cream Cheese Frosting, Churro Donuts, Maple Butter Blondies and Apple Cider Cakes. Recipes are nut free but will contain dairy, eggs and gluten. The course fee includes the cost of ingredients and supplies.

11/12 to 12/03 (Tue), 4 Session(s)

**6:00 PM to 7:15 PM
Lewis S. Mills High School
Course Fee: \$89**

Register online at:

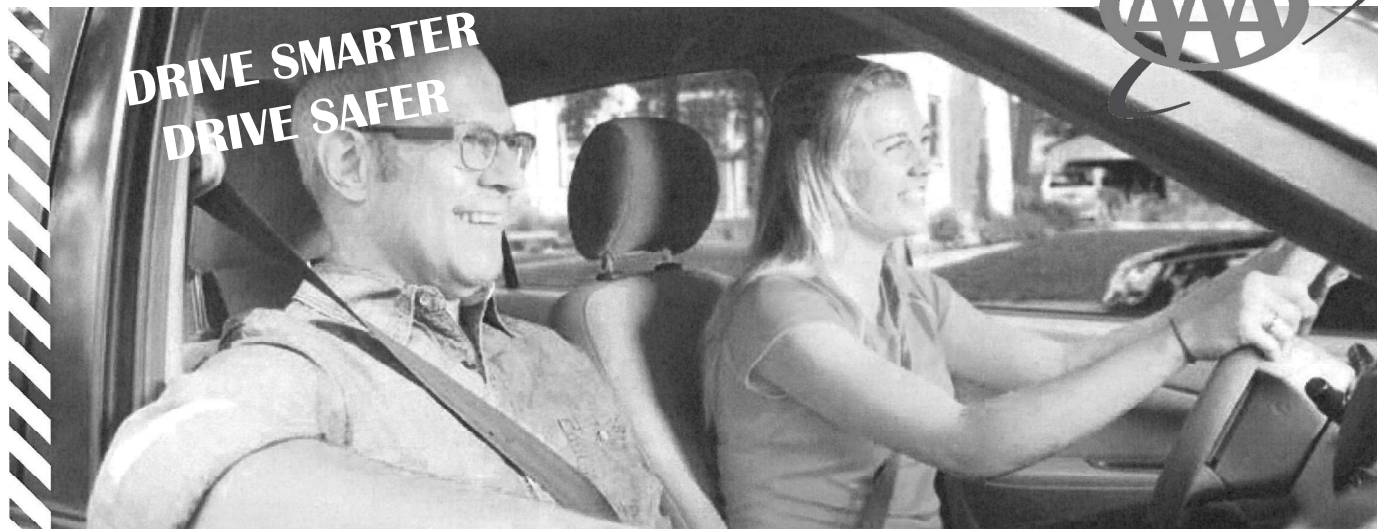
www.fpsct.org/fce

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 23

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.

Starting November 9 (Mon, Wed, & Sat), 9 session(s)

Online and at Farmington High School

Cost: \$999 Full Price, 25% off using Promo Code - FARMINGTON25

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 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.

For ages 8+ only please. The Coder School will provide all needed hardware for this course.

11/12 to 12/17 (Tue), 6 Session(s)

5:00 PM to 6:00 PM

The Coder School

Course Fee: \$139

Kids Corner: Fun Science for Ages 3-5

Kids Corner - Michelle Ambrosio

(Y-STE031)

Calling all junior scientists, new and returning! Join us for our continuation of last year's wildly popular FUN SCIENCE program! We will 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.

10/28 to 11/18 (Mon), 3 Session(s)

5:30 PM to 6:15 PM

Farmington High School

Course Fee: \$79

Kids Corner: Woodworking

Kids Corner - Michelle Ambrosio

(Y-STE032)

Kids Corner helps students create with wood! Our kids will start by doing popsicle-stick creations, birdhouses, boats, helicopters, little catapults, a chalkboard and more! Children will learn to safely use nails, hammers and screwdrivers.

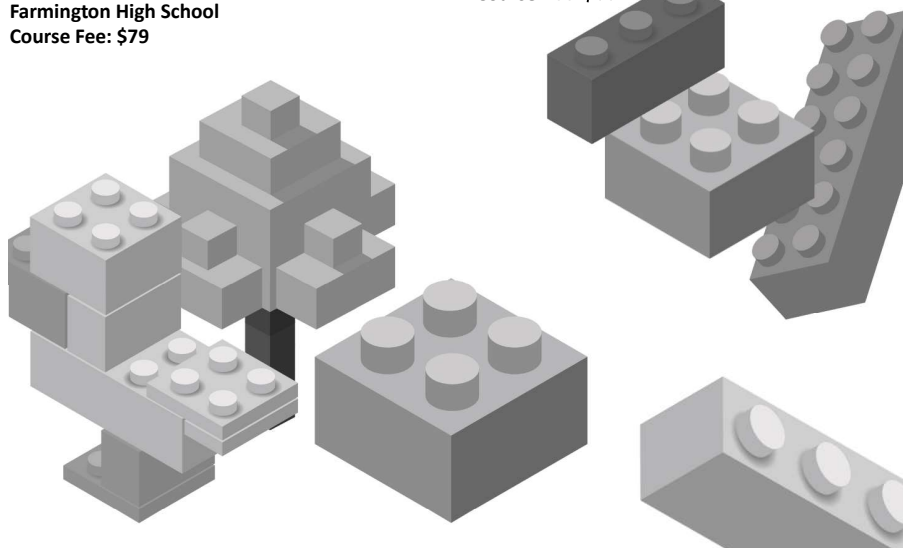
The course fee includes the cost of supplies.

10/10 to 10/31 (Thu), 3 Session(s)

5:30 PM to 6:30 PM

Irving Robbins Middle School

Course Fee: \$99



FIRST® LEGO® League - DISCOVER

(Gr. K)

Tuhan Nguyen

(Y-LEGO: DISCOVER@ LSM)

(Y-LEGO: DISCOVER @ FHS)

Designed for children in Kindergarten, DISCOVER teams focus on the basics of STEM and building as they are introduced to real world problems. This year's LEGO® League Theme is SUBMERGED! In the SUBMERGED challenge, teams will use creative thinking and LEGO® technology to explore the layers of the ocean and bring their learnings and ideas to the surface as they "sea" into the future.

Students will investigate a challenge related to a real-world theme, designing and building their solution as a group. Students will work together to solve fun engineering challenges and build models using LEGO® bricks, gaining habits of learning, confidence, and teamwork skills along the way. Students will think and behave like designers and engineers, developing their ability to observe, question, gather information, and ask more questions.

PARENT COACHES are needed to help assist teams. If you are interested, please email the FIRST LEGO League Program Manager, Tuhan Nguyen at nguyent@fpsct.org, and our Enrichment Supervisor Kevin Riendeau at riendeauk@fpsct.org, for more information. *This program is not possible without parent coaches.

Coaches will manage a group of, at maximum, eight children (including your own child). This program is run in partnership with the Farmington High School Robotics team, and coaches will be assisted by a student mentor who will help teach through the entire season. Coaches are expected to serve as the adult in the room and can be as involved or hands off as they like with the actual teaching. A weekly curriculum will be sent out to serve as a guideline, and all mentors will be fully equipped to teach. In addition, the program manager will be present at all meetings to supervise all coaches.

The course fee includes the cost of supplies.

Lewis Mills High School Session

11/19 to 01/21/2025 (Tue), 8 Session(s)

6:00 PM to 7:30 PM

Course Fee: \$199

Farmington High School Session

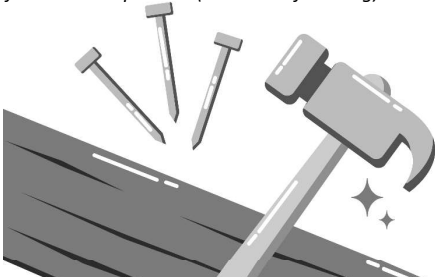
Starts in Late November, 8 Session(s)

Dates TBA

6:00 PM to 7:30 PM

Course Fee: \$199

***Registration for this program starts in September. Get on our weekend email to be notified when it opens!** (See Back of Catalog)*



FIRST® LEGO® League - EXPLORE

(Gr. 1-4)

Tuhan Nguyen

(Y-LEGO: EXPLORE @ LSM)

(Y-LEGO: EXPLORE @ FHS)

Designed for children in grades 1-4, EXPLORE teams focus on the fundamentals of engineering as they explore real-world problems, learn to design and code, and create unique solutions made with LEGO® bricks and powered by LEGO® Education SPIKE®. NEW THIS YEAR, FIRST® and LEGO® have phased in the SPIKE® PRIME, a new motor hub designed to perform significantly better than the now-obsolete EV3®.

This year's LEGO® League Theme is SUBMERGED! In the SUBMERGED challenge, teams will use creative thinking and LEGO® technology to explore the layers of the ocean and bring their learnings and ideas to the surface as they "sea" into the future.

Students will investigate a challenge related to a real-world theme, designing and building their solution as a group. Using LEGO® Education SPIKE® they will learn to code their team model to move and interact using sensors. Students will work together to solve fun engineering challenges and build models using LEGO® bricks, gaining habits of learning, confidence, and teamwork skills along the way. Students will think and behave like designers and engineers, developing their ability to observe, question, gather information, and ask more questions.

PARENT COACHES are needed to help assist teams. If you are interested, please email the FIRST LEGO League Program Manager, Tuhan Nguyen at nguyent@fpsct.org, and our Enrichment Supervisor Kevin Riendeau, at riendeauk@fpsct.org for more information.

***This program is not possible without parent coaches.**

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The course fee includes the cost of supplies.

Lewis Mills High School Session

11/19 to 01/21/2025 (Tue), 8 Session(s)

6:00 PM to 7:30 PM

Course Fee: \$199

Farmington High School Session

Starts in Late November, 8 Session(s)

Dates TBA

6:00 PM to 7:30 PM

Course Fee: \$199

***Registration for this program starts in September. Get on our weekend email to be notified when it opens!** (See Back of Catalog)*

THE NEXT STREET DRIVERS EDUCATION

8-Hour Safe Driving Course

The Next Street

Our 8-hour safe driving course fulfills the minimum driver education requirement for the state of CT. All classroom sessions are taught by a live instructor via Zoom. *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

Includes 30 hours of live Zoom class sessions & 8 hours of driving lessons. Going above & beyond the CT state minimum 8 hour drug & alcohol safety program requirement, this course offers unparalleled, comprehensive knowledge that equips new drivers with the mastery to navigate the roads safely & courteously with the added benefits of a shorter license wait time for teens & possible insurance discounts depending on the insurance provider. Classes may be taken in any order and additional driving lessons can be added at any time.

Course Fee: \$819

Visit www.thenextstreet.com/ct/driving-schools/farmington-hs/ for course offerings or to register!

-OR-

Scan the QR Code!



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

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Stay Tuned!

JOIN THE SUNDAY EMAIL
[FPSCT.ORG/FCE](https://fpsct.org/fce)



FARMINGTON CONTINUING EDUCATION
Fall 2024

Farmington Public Schools
CONTINUING EDUCATION

All Aboard to Lifelong Learning!

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