

FARMINGTON CONTINUING EDUCATION  
**Winter/Spring 2025**

*January - May 2025*



*Evening Yoga pg. 11 | Mindfulness Meditation pg. 13 | Afro Dance Fitness pg. 11*

 Farmington Public Schools  
**CONTINUING EDUCATION**  
[www.fpsct.org/fce](http://www.fpsct.org/fce)

## PROGRAM INFORMATION

# Farmington Public Schools CONTINUING EDUCATION

1 Depot Place, Unionville, CT 06085

Phone: (860) 404-0290

Fax: (860) 404-0294

Email: [continuinged@fpsct.org](mailto:continuinged@fpsct.org)

Website: [www.fpsct.org/fce](http://www.fpsct.org/fce)

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

Monday - Friday (closed major holidays)

### CONTINUING EDUCATION STAFF

Brenda Donlin

Coordinator

[donlinb@fpsct.org](mailto:donlinb@fpsct.org)

Kevin Riendeau

Enrichment Supervisor and Catalog Layout

[riendeauk@fpsct.org](mailto:riendeauk@fpsct.org)

Erik Wiegmann

Mandated Program Facilitator

[wiegmanne@fpsct.org](mailto:wiegmanne@fpsct.org)

*Hello Lifelong Learners,*

*As we begin 2025, now is the perfect time to invest in your future. Farmington Continuing Education offers endless opportunities for personal and professional growth. Whether you're looking to advance your career, learn a language, explore new destinations, or prioritize your health and well-being, we have something for everyone. From yoga and strength training to cooking and financial literacy, our diverse offerings are designed to help you feel your best, expand your skills, connect with others, and achieve your goals. Let this winter be a time to invest in yourself—we are here to support your journey every step of the way.*

Brenda Donlin  
Coordinator

### FARMINGTON PUBLIC SCHOOLS

Kathleen C. Greider

- Superintendent of Schools -

Veronica Ruzek

- Assistant Superintendent of  
Curriculum and Instruction -

Dan Zittoun

- Assistant Superintendent of  
Finance & Operations -

## MARK YOUR CALENDARS!



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

- January 1 - New Year's Day
- January 20 - Martin Luther King Jr. Day
- February 17 - President's Day
- April 18 - Good Friday
- May 26 - Memorial Day



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

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## COURSE LOCATIONS

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

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

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

Farmington High School  
10 Monteith Drive  
Farmington, CT 06032

Farmington Library  
6 Monteith Drive  
Farmington, CT 06032

Farmington Youth Center  
25 School Street  
Unionville, CT 06085

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

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

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

Lewis Mills High School  
24 Lyon Road  
Burlington, CT 06013

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](http://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

01/23 to 05/22 32 sessions (T/Th)  
10 AM - 2 PM Farmington Library - Upstairs, Board Room 1&2

### EVENING COURSES

1/22 to 5/19 25 sessions (M/W)  
6 - 8 PM Farmington High School - Room 1103 - 1111

02/25 to 06/03 (SIMSBURY OPTION) 13 sessions (T)  
6 - 8 PM Henry James Memorial School

## 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.

01/27 to 05/19 14 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.

01/08 to 05/19 32 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

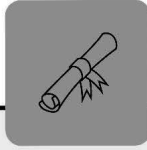
## 3 Pathways to Earn Your Diploma



### 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](http://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.

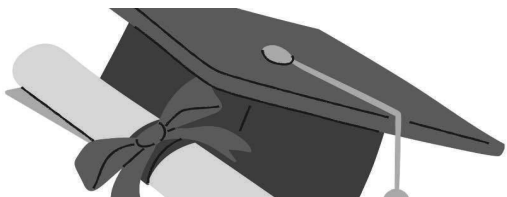
All activities offered by Farmington Continuing Education are held at accessible locations. Accommodations for individuals with disabilities are available upon request. Please contact Brenda Donlin at (860) 404-0290.

#### 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](http://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 Necklaces

*Still Waters USA –  
Victoria Woolard (A-ART003)*

We will use sea glass from Rhode Island, California, Connecticut, Maryland, and Massachusetts to make a necklace to take home. Using metal color and sea glass (in the color of your choice) we will use wire wrapping skills to craft a necklace. Course fee includes the cost of supplies.

**04/02 (W), 1 Session(s)**  
**6:30 PM to 8:00 PM**  
**Farmington High School**  
**Course Fee: \$49**

### Introduction to Basket Weaving

*Nancy Kalos (A-ART006)*

This Confetti Wine Tote is a perfect celebration gift for friends and family or to keep for yourself. Learn the basics of basket weaving to make a basket that is 8 x 12 x 6 inches, with a 14 inch handle. Course fee includes the cost of supplies.

**04/02 to 04/23 (W), 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. You will learn the skills to make their own baskets. The finished dimensions are approximately 12 x 9 x 5 inches, with a 5-inch tall handle. Course fee includes the cost of supplies.

**05/07 to 05/21 (W), 3 Session(s)**  
**6:30 PM to 9:00 PM**  
**Farmington High School**  
**Course Fee: \$75**

### Sea Glass Bracelet

*Still Waters USA –  
Victoria Woolard (A-ART013)*

Make an adjustable sea glass bracelet using metal wire and sea glass (in the color of your choice). We will learn wire wrapping skills to craft a bracelet to take home. All the sea glass we use will be from the East Coast. Course fee includes the cost of supplies.

**03/12 (W), 1 Session(s)**  
**6:30 PM to 8:00 PM**  
**Farmington High School**  
**Course Fee: \$49**

### Sea Glass Jellyfish Painted Scene

*Still Waters USA –  
Victoria Woolard (A-ART014)*

Using real sea glass from the East Coast, we will be creating a wonderful seascape. You will use a circular wood piece, paint, and sea glass to create an octopus scene. Course fee includes the cost of supplies.

**05/07 (W), 1 Session(s)**  
**6:30 PM to 8:00 PM**  
**Farmington High School**  
**Course Fee: \$59**

**NEW**



## COMPUTER & TECHNOLOGY

### Everything Google

*Jennifer A. Wollman (A-COM002)*

**NEW**

Learn how to navigate the G Suite apps (Drive, Mail, Docs, Sheets). You will create folders to organize their Google Cloud drive, create Documents and Sheets from their Google accounts, and learn the basics of Google Forms. Participants must have a working Google account before class. Basic computer skills are required.

**04/28 to 05/19 (M), 4 Session(s)**  
**6:00 PM to 8:00 PM**  
**Farmington High School**  
**Course Fee: \$99**  
**Senior Fee (65+): \$95**

### Excel for Beginners

*Jennifer A. Wollman (A-COM003)*

Designed for beginners, learn the basics of Excel. You will practice entering data, formulas, formatting cells, adding sheets, and how to sort data. Participants should have basic computer and keyboarding skills, and be proficient in using the mouse/trackpad.

**03/04 to 03/18 (T), 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.

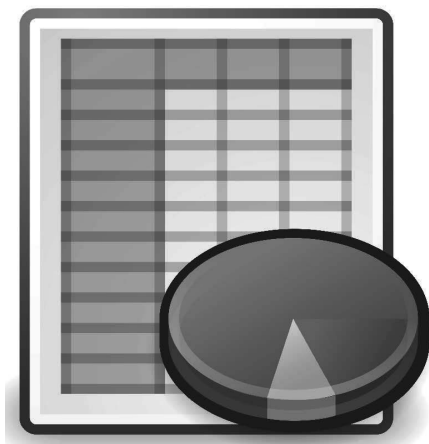
**02/26 to 03/26 (W), 4 Session(s)**  
**6:00 PM to 8:00 PM**  
**Farmington High School**  
**Course Fee: \$99**  
**Senior Fee (65+): \$95**

### 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.

**03/27 to 04/24 (Th), 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-COO001A)

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

Course fee includes the cost of supplies.

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

**04/09 (W), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Lewis S. Mills High School**

**Course Fee: \$59**

**04/29 (T), 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 Advanced Beginners cheesemaking class.

**03/12 (W), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Lewis S. Mills High School**

**Course Fee: \$59**

## Cheesemaking for Advanced Beginners

Insite, LLC (A-COO006)

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

**05/06 (T), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Lewis S. Mills High School**

**Course Fee: \$49**

## 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.

Several sessions to choose from.

**Farmington High School**

**6:00 PM to 7:30 PM**

**Course Fee: \$35**

**Snow Fun**

**01/22 (W), 1 Session(s)**

**Hearts Galore**

**02/12 (W), 1 Session(s)**

**Lucky Clover**

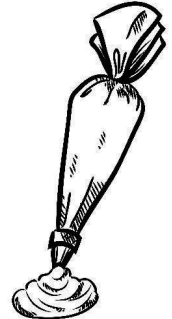
**03/12 (W), 1 Session(s)**

**Hopping Bunnies**

**04/09 (W), 1 Session(s)**

**Spring Sunshine**

**05/14 (W), 1 Session(s)**



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All proceeds Fund Non-Profit Nutmeg TV.

## 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!

**03/11 (T), 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 SUPERMARKET & VIETNAMESE Luncheon

Prudence Sloane (A-COO010)

A Dong is 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. Afterwards we feast on Vietnamese specialties at Pho Boston next door. We will meet at Cha Papi, next to A Dong Supermarket, between 9:30 am and 10 am. Cha Papi is an Asian coffee shop with wonderful rice donuts and amazing coffee (not included on tour). 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. ~ Cash bar/beverages ~

**01/18 (Sa), 1 Session(s)**

**10:00 AM to 3:00 PM**

**A Dong Supermarket**

**Course Fee: \$99**

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

## COOKING

### Charcuterie: Heart and Spring Boards

Chell's Charcuterie –

Michelle Richardson (A-COO013A)

**NEW**

Learn how to create your own charcuterie board with a hands-on lesson from Chell's Charcuterie. Michelle will bring all the necessary tools and ingredients for you to create a heart board (session A) or a spring board (session B). Cheeses, meats, fruits, and all accompaniments will be available to as you learn how to style your own beautiful charcuterie boards to take home. Course fee includes the cost of supplies.

#### Heart Board

02/26 (W), 1 Session(s)

6:00 PM to 7:30 PM

Farmington High School

Course Fee: \$75

#### Spring Board

05/21 (W), 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 will learn about wills, trusts, powers of attorney, and health care directives. You will 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 participants will receive an easy-to-understand estate planning guidebook written by our attorneys.

03/04 (T), 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)

This program aims to provide a comprehensive understanding of trusts, explaining how they function and when they may or may not be appropriate. It will cover the various types of trusts and their benefits, including tax minimization, asset protection from ex-spouses and creditors, preserving public benefits for loved ones, and supporting beneficiaries with disabilities or special needs. Additionally, the program will address the potential to avoid probate using trusts. Whether you are new to trusts or have some knowledge, the goal is to help you understand how trusts can be valuable tools in estate planning. All participants will receive an informational booklet created by an estate planning and elder law firm.

03/11 (T), 1 Session(s)

6:00 PM to 7:00 PM

Online

Course Fee: \$19

### Aging in Place: How to Protect Assets and Stay at Home

Czepiga Daly Pope & Perri (A-FIN003)

**NEW**

Connecticut is one of the top 3 states with the highest nursing home and long-term care costs, making it essential to protect what you've worked hard for—ideally while staying in your own home. In this program, we will help you understand how to safeguard your assets and position yourself to age in place. You will learn about Medicaid and other state public benefits, as well as strategies for married and single individuals to protect their assets. All participants will receive an informational booklet on long-term care planning, crafted by our estate planning and elder law firm.

03/18 (T), 1 Session(s)

6:00 PM to 7:00 PM

Online

Course Fee: \$19

### ABCs of Government Benefits for Your Loved One with Special Needs

Janet Hawkins, FuturesPlanned

(A-FIN008)

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

01/29 (W), 1 Session(s)

6:30 PM to 8:00 PM

Farmington High School

Course Fee: \$19





## FINANCE & RETIREMENT

### Taxes: Upcoming Changes & the Effect on Your Retirement

USA Financial and Tax (A-FIN004)

Taxes are a widely debated topic, especially with rising deficits at the state and federal levels, which concern taxpayers, particularly those nearing retirement. In this educational workshop, you will learn how effective planning and timing can impact your retirement. We will cover current tax laws, potential changes, inflation effects, and strategies to minimize your tax liability. Case studies will also be shared to illustrate how to successfully navigate this complex topic and help you get as close as possible to “tax-free in retirement.”

**02/26 (W), 1 Session(s)**

**6:00 PM to 7:30 PM**

**Farmington High School**

**Course Fee: \$19**

### Financial Strategies for Successful Retirement

Valenti Wealth Management, LLC

(A-FIN006)

This three-session course is designed for retirees or those planning to retire within the next 5 to 10 years. You will learn strategies to generate steady income, protect assets, reduce taxes, and secure a comfortable retirement for you and your spouse. The seminar covers making the best use of your employer’s retirement plan, evaluating lump-sum distribution options, and reducing estate taxes through proper planning. You will also learn about annuities, Social Security, Medicare, and asset allocation to align your investments with your objectives and risk tolerance. A spousal guest can attend at no cost with registration.

Please note, there is no guarantee that the strategies discussed will result in investment success, as investments are subject to market risks, including potential loss of principal. Results depend on various factors.

Securities offered through LPL Financial, Member FINRA/SIPC.

**03/26 to 04/09 (W), 3 Session(s)**

**6:30 PM to 8:30 PM**

**Farmington High School**

**Course Fee: \$50 (+ 1 Free Guest)**

### ABCs of Planning for the Future of Your Loved One with Special Needs

Janet Hawkins, 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.

**01/22 (W), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Farmington High School**

**Course Fee: \$19**

### Savvy Social Security Planning for Baby Boomers

Retirement & Money Strategies

(A-FIN010A)

Social Security rules change frequently, so what you thought you knew may no longer apply. When is the best time to start collecting Social Security? How do you apply, and how do your spouse’s benefits affect yours? This course covers the basics of Social Security and how to coordinate it with other retirement income sources. Learn strategies for maximizing your benefits and minimizing taxes on your Social Security. Bring your questions as we explore your options in making this important financial decision.

Instruction will be held via “Start Meeting.” After registration, participants will receive a confirmation email with the link and instructions.

**03/17 (M), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Online**

**Course Fee: \$19**

**04/08 (T), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Online**

**Course Fee: \$19**

**05/14 (W), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Online**

**Course Fee: \$19**



### INCLEMENT WEATHER POLICY FOR IN PERSON COURSES

If Farmington, Simsbury, or Region 10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT be held in those districts. 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

## Core Strength

*Personal Euphoria (A-FIT006A)*

This fun and effective class provides a complete workout to tone and reshape your body. Using light weights, bands, and your own body weight, you will improve strength, flexibility, balance, and stamina. Bring a yoga mat, water, and light weights.

The class will be held via Zoom. Registrants will receive an email from Farmington Continuing Education with the link and instructor information before the course begins.

All participants must complete a new waiver annually.

**01/09 to 04/03 (Th), 13 Session(s)**

**6:00 PM to 6:45 PM**

**Online**

**Course Fee: \$149**

**04/24 to 06/19 (Th), 9 Session(s)**

**6:00 PM to 6:45 PM**

**Online**

**Course Fee: \$99**

**02/19 to 04/02 (W), 6 Session(s)**

**6:00 PM to 7:45 PM**

**Farmington High School**

**Course Fee: \$79**

**Senior Fee (65+): \$75**

## 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 (bare feet are fine as well).

**01/22 to 02/26 (W), 6 Session(s)**

**12:30 PM to 1:15 PM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

## Zumba® Gold

*Gulshan Ari (A-FIT012)*

Zumba® Gold Dance Fitness is for everyone who is looking for a modified Zumba® class that recreates the original moves you love at a lower-intensity and impact. The design of the class introduces easy-to-follow Zumba® choreography that focuses on balance, range of motion and coordination. Class focuses on all elements of fitness: cardiovascular, muscular conditioning, flexibility and balance.

Come ready to sweat, and prepare to leave empowered and feeling strong. Beginners welcome - no prior experience needed. Bring water, sweat towel and wear comfortable shoes.

**01/08 to 02/19 (W), 7 Session(s)**

**6:15 PM to 7:00 PM**

**West Woods Upper Elementary School**

**Course Fee: \$99**

**Senior Fee (65+): \$95**

## 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. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

**01/08 to 02/26 (W), 7 Session(s)**

**6:00 PM to 7:15 PM**

**Online**

**Course Fee: \$99**

**Senior Fee (65+): \$95**

## Cardio Fitness

*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.

Bring a mat, hand weights, resistance bands, and a water bottle. Previous punch cards purchased can be used.

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

Parking is on School Street or Church Street NOT in the School or Barney Library parking lots.

**01/13 to 03/14 (M, W, F)**

**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**

## 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.

**01/10 to 02/21 (F), 7 Session(s)**

**6:15 PM to 7:00 PM**

**West Woods Upper Elementary School**

**Course Fee: \$99**

**Senior Fee (65+): \$95**



Register online at:  
[www.fpsct.org/fce](http://www.fpsct.org/fce)



## Personal Enrichment Courses

- *Individual Excellence*
- *Personal Finance*
- *Interpersonal Communication*

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](http://www.ed2go.com/farmington)



## Slo-Flow Yoga

Joanne DiPrisco (A-FIT017A)

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.

You can purchase either 6 or 12 sessions out of each date range offered.

Bring a yoga mat, 2 blocks, and a yoga blanket to class.

**01/28 to 03/06 (T, Th)**  
12 Session(s)

**03/11 to 05/01 (T, Th)**  
12 Session(s)

**05/06 to 06/12 (T, Th)**  
12 Session(s)

**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

## Evening Yoga

Studio6 Fitness LLC - Kristin Champagne (A-FIT018)

Join Kristin Champagne for yoga in the evenings. Suitable for all levels, this 60-minute all-levels Hatha/Vinyasa class focuses on strength, flexibility, balance, and mobility. Kristin is a certified yoga and group fitness instructor. She has a Bachelor's Degree in Exercise Physiology and an M.Ed. in Health Promotion. Bring a mat and water bottle.

**04/23 to 05/28 (W), 6 Session(s)**  
6:00 PM to 7:00 PM  
Farmington High School  
Course Fee: \$79

NEW

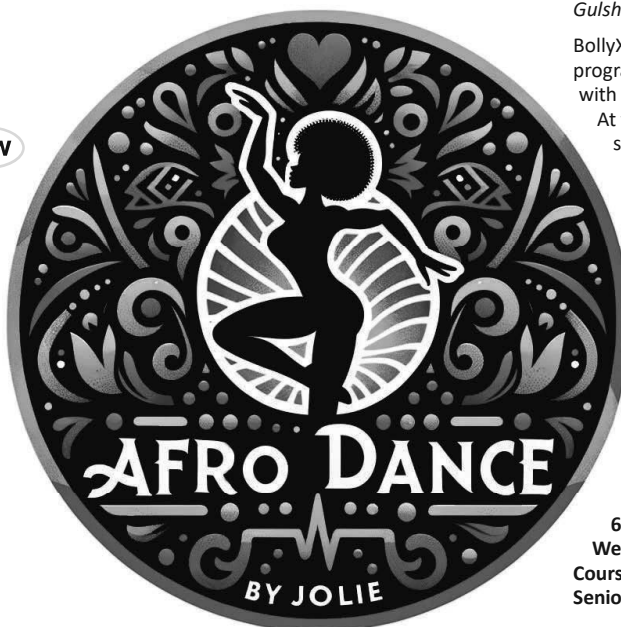
## Afro Dance Fitness Course and FREE DEMO!

Jolie M Cayer (A-FIT008 FREE DEMO) (A-FIT013)

NEW

Welcome to Avon Afro Dance Fitness, led by Jolie Cayer, a certified instructor in health, fitness, and nutrition. This class blends vibrant rhythms and energetic moves for an unforgettable workout. Combining traditional Central African dance techniques with cardio-aerobic fitness routines, Avon Afro Dance Fitness brings the joy of Afro-dance to fitness. Our classes help participants stay active while immersing them in African culture. Whether you're new to dance or experienced, our dynamic classes offer a fun way to get fit and celebrate Africa's rich rhythms. Classes are 45 minutes long. Beginners are welcome—no prior experience needed. Bring water, a sweat towel, and wear comfortable shoes. Try the Free Demo!

**02/05 (W), 1 Session(s)**  
6:15 PM to 7:00 PM  
Farmington High School  
FREE DEMO: \$0



## BARRE Bootcamp

Studio6 Fitness LLC - Kristin Champagne (A-FIT019A)

NEW

A strength based total body workout. Kristin holds a Bachelor's Degree in Exercise Physiology and an M.Ed. in Health Promotion. She has been in personal training and group fitness for more than 20 years. Join her for a 40-minute virtual class combining elements of Barre and bootcamp-style fitness.

You can purchase weekday or Saturday sessions, or join her 3 days a week for a full bootcamp experience. Bring hand weights, a mat, and a chair.

**02/17 to 04/10 (M, Th)**  
16 Session(s)  
6:30 AM to 7:15 AM  
Online  
Course Fee: \$169

**02/22 to 04/12 (Sa), 8 Session(s)**  
7:15 AM to 8:00 AM  
Online  
Course Fee: \$79

## 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.

At the very core of a BollyX workout is the inspiration it draws from the music and dance of Bollywood, the film industry of India.

BollyX embodies the infectious energy, expression, and movement of Bollywood and aims to expand the reach of fitness to more people worldwide. The fitness curriculum has been created by world-class choreographers and certified fitness professionals to ensure a safe and effective total body dance workout for all.

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

**01/06 to 03/03 (M), 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-FIT022A)

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. Wear comfortable clothes and bring a yoga mat. Instruction will take place through Zoom. Registrants will receive an email from the instructor or Farmington Continuing Education containing a link and instructor information before the start of the course.

**01/07 to 03/25 (T), 11 Session(s)**

**9:00 AM to 10:00 AM**

**Online**

**Course Fee: \$125**

**Senior Fee (65+): \$115**

**04/01 to 05/20 (T), 7 Session(s)**

**9:00 AM to 10:00 AM**

**Online**

**Course Fee: \$79**

**Senior Fee (65+): \$75**

## Basic Ballet & Stretch

Spotlight Art, Dance & Wellness - Amy Perales (A-FIT024A)

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.

**01/27 to 03/03 (M), 6 Session(s)**

**10:00 AM to 10:45 AM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

## Gentle Essentrics: Aging Backwards

Debbie Trovato (A-FIT027)

Gentle Essentrics is a full-body stretching and strengthening program which rebalances the body enabling our full range of motion so that we can enjoy the activities we love. A gentle full-body workout that simultaneously combines stretching and strengthening while engaging all your muscles. Experience a deep activation stretch that will work through all the joints and release tight muscles. Effective for flexibility, mobility and pain-relief, as well as injury prevention and recovery. Bring a mat, towel, and waterbottle.

\*\*Classes that take place at the Farmington First Church of Christ location are held in the lower level of the Porter Memorial Building next to the church. The door is accessible from both Church Street and School Street.\*\*

**01/14 to 03/04 (T), 8 Session(s)**

**9:30 AM to 10:30 AM**

**First Church of Christ, Farmington**

**Course Fee: \$119**

**Senior Fee (65+): \$109**

## 15-MIN. HIIT

Personal Euphoria (A-FIT028A)

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 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.

Instruction will take place through Zoom. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

All participants will need to fill out a new waiver annually.

**01/08 to 04/02 (W), 13 Session(s)**

**8:10 AM to 8:25 AM**

**Online**

**Course Fee: \$65**

**04/23 to 06/18 (W), 9 Session(s)**

**8:10 AM to 8:25 AM**

**Online**

**Course Fee: \$49**

## Pilates

Personal Euphoria (A-FIT117A)

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 will 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.

Instruction will take place through Zoom. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

All participants will need to fill out a new waiver annually.

**01/07 to 04/01 (T), 13 Session(s)**

**6:00 PM to 6:45 PM**

**Online**

**Course Fee: \$149**

**04/22 to 06/17 (T), 9 Session(s)**

**6:00 PM to 6:45 PM**

**Online**

**Course Fee: \$99**

## 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 a mat and weights.

Instruction will take place through Zoom. Registrants will receive an email from the instructor or Farmington Continuing Education containing a link and instructor information before the start of the course.

**01/08 to 02/26 (M & W), 12 Session(s)**

**9:00 AM to 10:00 AM**

**Online**

**Course Fee: \$139**

**Senior Fee (65+): \$129**

**03/03 to 04/09 (M & W), 12 Session(s)**

**9:00 AM to 10:00 AM**

**Online**

**Course Fee: \$139**

**Senior Fee (65+): \$129**

**04/21 to 05/21 (M & W), 10 Session(s)**

**9:00 AM to 10:00 AM**

**Online**

**Course Fee: \$129**

**Senior Fee (65+): \$119**



# FITNESS, HEALTH, & WELLNESS

## Cardio Strength

*Personal Euphoria (A-FIT004A)*

This fun, effective class offers a complete workout to help tone and reshape your body. Using light weights, bands, and your own body weight, you will improve strength, flexibility, balance, and stamina. Bring a yoga mat, water, and light weights.

The class will be held via Zoom. Registrants will receive an email from Farmington Continuing Education with the link and instructor information before the course begins.

All participants must complete a new waiver annually.

**01/08 to 04/02 (W), 13 Session(s)**

**8:30 AM to 9:15 AM**

**Online**

**Course Fee: \$149**

**04/23 to 06/18 (W), 9 Session(s)**

**8:30 AM to 9:15 AM**

**Online**

**Course Fee: \$99**

## Mindfulness Meditation

*Loel Meckel (A-HEA003A)*

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.

**04/02 to 04/30 (W), 4 Session(s)**

**6:00 PM to 7:00 PM**

**Farmington High School**

**Course Fee: \$19**

**05/07 to 06/04 (W), 5 Session(s)**

**6:00 PM to 7:00 PM**

**Farmington High School**

**Course Fee: \$25**

## 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.

**04/10 (Th), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Irving Robbins Middle School**

**Course Fee: \$35**

## Thyroid Management Nutrition

*Deb's Healthy Plate / Metamorphosis Body Mind Spirit (A-HEA008)*

Are you or someone you love battling persistent fatigue, forgetfulness, or difficulty learning? Do you have dry, brittle hair and nails, or dry, itchy skin? Are you experiencing weight gain, fluid retention, constipation, or heavy and irregular menstrual flow? Do you have high cholesterol or increased sensitivity to medications? If so, you don't want to miss this class. You will learn nutritional health to help manage thyroid symptoms including foods to avoid, ones to consume, and some recipe ideas.

**04/07 (M), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Online**

**Course: \$39**

## Reduce Inflammation in Your Body

*Deb's Healthy Plate / Metamorphosis Body Mind Spirit (A-HEA009)*

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

**02/24 (M), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Online**

**Course Fee: \$25**

## Kids Brains & Screens

*Giselle Funchion (A-HEA016A)*

**NEW**

The Kids' Brains & Screens Workshop reviews heavily researched topics like how to promote healthy brain development, the difference between screens, as well as how social media, video games, and inappropriate content may affect a developing brain. Parents and caregivers will walk away with the ability to make an informed decision when it comes to screen time and personal devices in their home. Solutions and how-to's will also be covered in this empowering workshop. Approximately 90 minutes for presentation with 30 minute Q&A.

[screenstrong.org](http://screenstrong.org)

[www.kidsbrainsandscreens.com](http://www.kidsbrainsandscreens.com)

**02/25 (T), 1 Session(s)**

**6:00 PM to 8:00 PM**

**Lewis S. Mills High School**

**Course Fee: \$39**

**03/24 (M), 1 Session(s)**

**6:00 PM to 8:00 PM**

**Farmington High School**

**Course Fee: \$39**



## Gluten-Free Eating Workshop

**NEW**

*Deb's Healthy Plate / Metamorphosis Body Mind Spirit (A-HEA018)*

You will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, what foods you should eat and what foods you should avoid if you are battling Celiac disease or have gluten sensitivity.

**02/10 (M), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Online**

**Course: \$39**



## HEALTH & WELLNESS

### Trimming the Excess: Weight Loss through Hypnosis

*Alchemic Ascension Hypnosis - 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, and stress reduction.

**03/05 to 04/02 (W), 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-HEA019)*

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 improve listening, engagement, and connection with someone living with dementia. Gain a better understanding of dementia and learn the improv practice of "Yes, And..." Practice being present, deep listening, and letting go of control while learn about the benefits of acceptance and body language. This course is taught based on the curriculum provided in A Community Education Curriculum Using Improvisational Theatre Techniques for Informal Dementia Caregivers, from the Journal of Arts and Humanities.

**03/31 to 05/12 (M), 6 Session(s)**

**6:00 PM to 7:00 PM**

**Farmington High School**

**Course Fee: \$125**

**NEW**

### Sleep Smarter

*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 good sleep means and how you can improve yours without taking any medications.

**02/03 to 03/03 (M), 4 Session(s)**

**5:00 PM to 6:00 PM**

**Farmington High School**

**Course Fee: \$75**

### 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. Participants will explore the science, benefits, down sides, and various methods of IF, along with practical tips for integrating this lifestyle into daily routines. Explore the health benefits of IF and gain insights into potential risks and how mitigate them. Develop a suitable personalized plan. Get answers to your questions and the support you need in your IF journey.

**02/05 to 02/26 (W), 4 Session(s)**

**6:00 PM to 7:00 PM**

**Farmington High School**

**Course Fee: \$75**

### 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 in which you will be able to use for your own self-care and give energy treatments on your loved ones. The focus of this class will include: The history of Reiki, Principles of Reiki, chakras and auric layers, how reiki works, meditation, attunement and practice healing on self and others. Wear comfortable clothing and bring water and notebook/pen to class.

**03/05 to 04/02 (W), 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 on 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 attended ALL classes, you will receive a Reiki II level practitioner certificate.

**05/07 to 05/28 (W), 4 Session(s)**

**6:30 PM to 8:30 PM**

**Farmington High School**

**Course Fee: \$160**



## INCLEMENT WEATHER POLICY FOR IN PERSON COURSES

If Farmington, Simsbury, or Region 10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT be held in those districts. 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.

**Buying and Selling Real Estate in Today's Climate***Bob Canto (A-HOM006)***NEW**

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.

**04/07 (M), 1 Session(s)****6:00 PM to 8:00 PM****Farmington High School****Course Fee: \$29****Virtual Window Replacement Workshop***PK Windows, LLC - Paul K O'Doherty (A-HOM001)*

Learn how windows are 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? How much should you pay for a good quality window? Confused? Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

Instruction will take place through Zoom. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

**03/18 (T), 1 Session(s)****7:00 PM to 9:00 PM****Online****Course Fee: \$25****Top 30 Plants From the Eyes of a Landscape Designer***Larson's Garden Center LLC - Kaitlyn Larson (A-HOM005)*

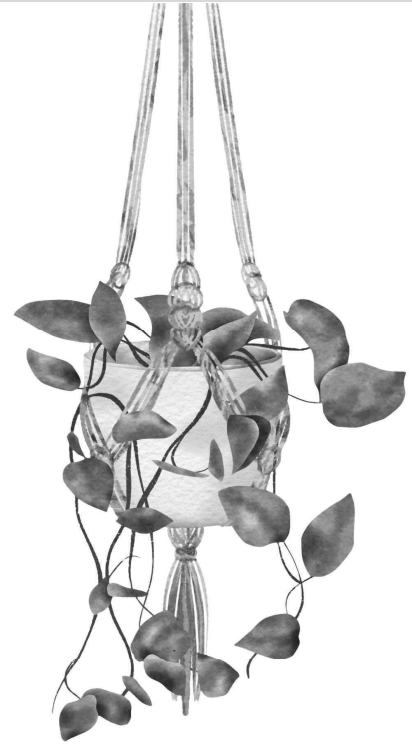
Join Kaitlyn Larson, owner/landscape designer from Larson's Garden Center, who will reveal 30 of her favorite trees, shrubs, and perennials for your New England landscape. Learn about plants that have been tried and tested throughout the years and find ways to keep them thriving. We will walk through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

**04/25 (F), 1 Session(s)****5:00 PM to 6:00 PM****Larson's Garden Center****Course Fee: \$20****How To Knock The Socks Off Your Neighbors This Summer: Plant The Most Gorgeous Patio Pots On The Block!***Larson's Garden Center LLC - Kaitlyn Larson (A-HOM003)*

This hands-on "make and take" workshop is designed to help you create stunning patio pots for the summer. Whether you're an experienced gardener or new to plants, you will learn how to design a beautiful display that will impress your neighbors. We will cover the best plants for sun and shade, choosing the right color scheme, and combining plants for an eye-catching display. You will also learn container gardening basics, including pot preparation, soil selection, fertilizing, and seasonal plant care. We will teach you how to create interest with varying plant heights and add finishing touches like non-plant accents. By the end, you will leave with a beautiful 12" patio pot you created, ready for the season. Kids 3 and up are welcome with an adult.

**05/20 (T), 1 Session(s)****5:00 PM to 6:00 PM****Larson's Garden Center****Course Fee: \$85****Get Ready, Get Set: SELL: Home Fixes and Staging***Berkshire Hathaway - Bob LaPerla (A-HOM008)***NEW**

Making a great first impression is key when selling your home. In this class, you'll learn how to prepare your home to wow potential buyers and increase its value. We'll cover essential steps like decluttering and staging, which not only improve your home's appeal but also make your move easier. You'll also learn important pre-market tasks to ensure your home passes inspection and avoids costly delays or expenses. Some repairs are optional but can boost your home's salability, while others are necessary to avoid issues during the inspection. If you're thinking of selling, don't miss this class! Instructors will offer a free one-on-one consultation for specific questions, and hand-outs will be provided. Bring a spouse for free.

**03/03 to 03/03 (M), 1 Session(s)****6:30 PM to 8:00 PM****Farmington High School****Course Fee: FREE****Top 12 Plants That Will Change Your Life This Year & How To Embrace Them.***Larson's Garden Center LLC - Kaitlyn Larson (A-HOM004)*

In this exciting workshop, we will explore 12 of my favorite plants that can significantly enhance your life in the coming year. From stress-relieving herbs to mood-boosting flowers that purify the air, these plants are essential for improving your physical and mental well-being. Participants will learn about each plant's specific benefits and how to care for them to ensure optimal growth. We will also discuss ways to incorporate these plants into daily life, whether in cooking, natural remedies, or home decor. Plus, we will share tips for placing them in the right spots and keeping them healthy. Whether you're an experienced gardener or a beginner, this workshop offers valuable insights for integrating these life-changing plants into your routine.

**05/08 (Th), 1 Session(s)****10:00 AM to 11:00 AM****Larson's Garden Center****Course Fee: \$20**

Register online at:  
**www.fpsct.org/fce**



# 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 communicate basic information about yourself, your family, your likes and dislikes, hobbies and activities; 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

**02/05 to 03/12 (W), 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 to be able to communicate on more advanced topics in a variety of tenses, understand more detailed conversation, talk about your home, health, 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

**02/05 to 03/12 (W), 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 communicate on advanced topics in a variety of tenses; understand detailed conversations, recognize social cues, ask for directions, complete travel plans, explore the impact of social media and discuss current events. You will 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

**03/19 to 04/30 (W), 6 Session(s)**

**5:30 PM to 6:45 PM**

**Farmington High 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 communicate on advanced topics in a variety of tenses with ease and fluency, understand detailed conversations, recognize social cues, discuss literature, current events, social media, and podcasts with ease.

**03/19 to 04/30 (W), 6 Session(s)**

**6:45 PM to 8:00 PM**

**Farmington High 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.

**01/27 to 03/24 (M), 7 Session(s)**

**6:00 PM to 7:30 PM**

**Farmington High School**

**Course Fee: \$119**

**Senior Fee (65+): \$109**

## 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 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.

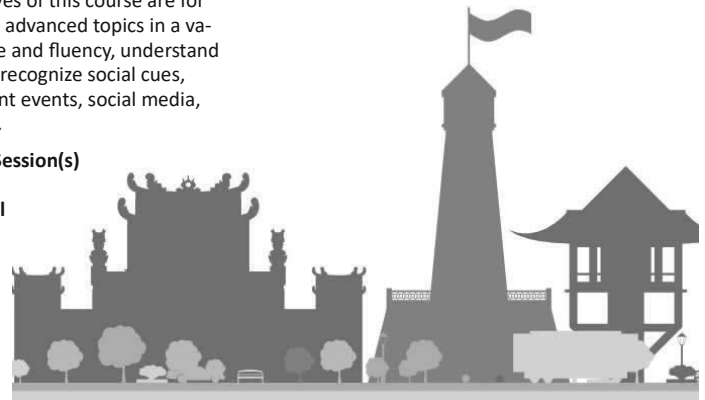
**01/27 to 03/24 (M), 7 Session(s)**

**7:30 PM to 9:00 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

## The Language of Vietnamese

Talia Vu (A-LAN101)

**NEW**

This fascinating course will provide you with an understanding of learning the basics of how to speak and read Vietnamese. The primary objectives will be centered on pronunciation, reading, speaking, and writing in the language. In addition, proverbs, idioms, and novels will be introduced.

**03/18 to 04/29 (T), 7 Session(s)**

**5:30 PM to 7:00 PM**

**Henry James Memorial School**

**Course Fee: \$75**

## ABC Italian

Viktor Isaku (A-LAN008)

Acquire cultural knowledge of Italy while learning to speak and write and articulate everyday habits and circumstances in the present tense. Throughout the course, through the writing of short compositions that are an integral part of each lesson, you will sharpen your writing skills. In addition, learn to read and understand cultural material. 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 introductions, directions, and dining out.

**02/06 to 03/20 (Th), 6 Session(s)**

**6:00 PM to 8:00 PM**

**Irving Robbins Middle School**

**Course Fee: \$125**

**Senior Fee (65+): \$119**

## ABC Italian Part II

Viktor Isaku (A-LAN009)

This course is an extension of ABC Italian, which is a prerequisite to take Part II. In this course we will learn and practice the Italian language, using the foundation learned in ABC Italian.

**04/03 to 05/22 (Th), 5 Session(s)**

**6:00 PM to 8:00 PM**

**Irving Robbins Middle School**

**Course Fee: \$109**

**Senior Fee (65+): \$99**



## ESL COURSES

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

See page 4



Register online at:  
[www.fpsct.org/fce](http://www.fpsct.org/fce)



# MUSIC, DANCE, & DRAMA

## 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 Foxtrot, Nightclub 2-Step, and Hustle from certified ballroom dance instructors Nicole Lampros and Joe Belanger. Come alone or with a partner. The dances for this session are Foxtrot, Nightclub 2-Step, and Hustle.

**02/24 to 04/07 (M), 6 Session(s)**

**6:30 PM to 8:30 PM**

**Irving Robbins Middle School**

**Course Fee: \$109**

**Senior fee (65+): \$99**



## 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 a lot 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. Instruction will take place through Zoom. Registrants will receive an email containing a link and instructor information before the start of the course.

**03/03 (M), 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. For ages 13+. Students will need to have their acoustic guitar on hand. Course fee includes Chords are Key for Guitar book and videos (electronic copy). Instruction will take place through Zoom.

**03/04 (T), 1 Session(s)**

**6:30 PM to 9:00 PM**

**Online**

**Course Fee: \$75**

## 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](http://www.ed2go.com/farmington)



# MUSIC, DANCE, & DRAMA



## Introduction to Adult Tap

*Spotlight Art, Dance & Wellness - Amy Perales (A-MUS022)*

This course is designed to introduce tap dancing to the complete beginner. If you have never tap danced before and have always wanted to, this is the best place to start.

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

**01/22 to 02/26 (W), 6 Session(s)**

**2:00 PM to 2:45 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.

**01/27 to 03/03 (M), 6 Session(s)**

**10:45 AM to 11:30 AM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

**01/24 to 02/28 (F), 6 Session(s)**

**6:15 PM to 7:00 PM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

## Intermediate Adult Tap

*Spotlight Art, Dance & Wellness - Amy Perales (A-MUS023A)*

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.

**01/22 to 02/26 (W), 6 Session(s)**

**11:30 AM to 12:15 PM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

**01/24 to 02/28 (F), 6 Session(s)**

**5:30 PM to 6:15 PM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

## 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.

**01/22 to 02/26 (W), 6 Session(s)**

**1:15 PM to 2:00 PM**

**Farmington Youth Center**

**Course Fee: \$75**

**Senior Fee (65+): \$69**

## Line Dancing - Beginner

*William V Belejck (A-MUS060)*

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.

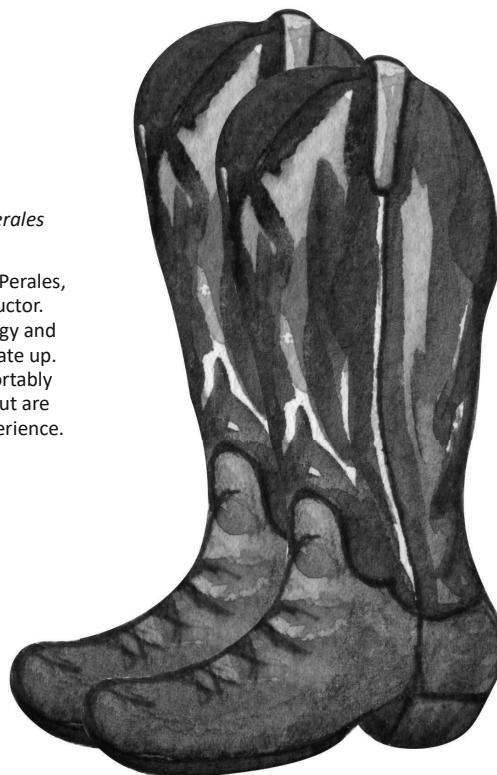
**02/24 to 04/28 (M), 8 Session(s)**

**6:30 PM to 7:30 PM**

**Farmington High School**

**Course Fee: \$89**

**Senior Fee (65+): \$79**



## Health and Wellness Courses From ed2go

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



[www.ed2go.com/farmington](http://www.ed2go.com/farmington)



## NATURE & OUTDOOR

### INTERESTED IN TEACHING A COURSE?

Share your interest or talents with others! complete a course proposal Form available at [www.fpsct.org/fce](http://www.fpsct.org/fce)

#### Basic Beekeeping: Information and Equipment Needed to Start a Beekeeping 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 the Saturday dates at the instructor's bee yard located at 356 Carmel Hill Road North, Bethlehem, CT.

**03/18 to 04/05 (T & Sa), 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. All registrants MUST complete a Hiking Waiver BEFORE the start of the course.

Purchase a Hiking Club Punch Card (good for 10 hikes) to pay as you go. Once purchased, Punch Cards will be mailed to registrants. Check out the online description for a list of the hikes.

**Punch Card (10 punches): \$99**

#### Hikes - Nature Walk Series

*Grant Summers (A-NAT010)*

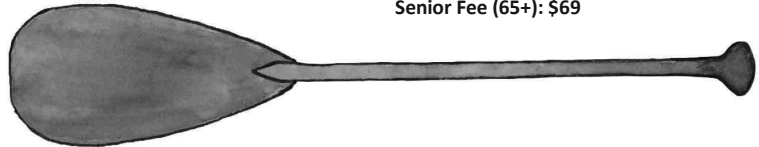
Join Farmington Continuing Education for 6 moderately paced nature walks on wooded trails in Central and Northern CT. Appreciate nature's tranquility and subtle gifts while still getting some exercise with the Top 6 Best Nature Walks. Enjoy 2.5 mile, hour and a half, weekly easy walks on Tuesday mornings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

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.

If you have any questions about the hiking program, please contact our hiking instructor, Grant Summers at [gersonsummers@gmail.com](mailto:gersonsummers@gmail.com). Check the course description online for a list of the hikes.

All registrants MUST complete a Hiking Waiver BEFORE the start of the course.

**04/15 to 05/20 (T), 6 Session(s)**  
**8:45 AM to 12:15 PM**  
**Course Fee: \$75**  
**Senior Fee (65+): \$69**



**Check Out Our Canoe and Kayak Programs  
in the Trips and Tours section on pg. 22**

## PERSONAL ENRICHMENT

#### Past Life Regression

*Debra Mullins (A-PER001)*

Have you ever wondered who you might have been during another lifetime? Now you can find out through a guided hypnosis session.

**04/24 (Th), 1 Session(s)**  
**6:30 PM to 8:00 PM**  
**Irving Robbins Middle School**  
**Course Fee: \$39**

#### Introduction to Voiceovers... Getting Started in Voice Acting

*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**



### COURSE CANCELLATION AND REFUNDS

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

# 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.

Instruction will take place through Zoom. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

**03/05 to 03/26 (W), 4 Session(s)**

**6:00 PM to 7:30 PM**

**Online**

**Course Fee: \$65**

## Take Great Videos with your Smartphone (16+)

*Peter Glass (A-PER004)*

**NEW**

Unlock your smartphone's potential and learn to create captivating videos for personal projects, social media, or small business marketing. This hands-on course covers everything from mastering your smartphone's video camera controls to using a free editing program to produce polished videos. You will learn how to adjust settings for optimal quality, use accessories to enhance footage, and follow key steps for preparing and shooting your videos. The course also covers composition techniques and introduces a powerful editing program to finalize your videos.

A helpful handout will be provided for reference. Be sure to bring your fully charged smartphone, charger, and any accessories. Whether for personal or business use, this class will help you maximize the power of the smartphone in your pocket.

**04/24 (Th), 1 Session(s)**

**6:00 PM to 9:00 PM**

**Irving Robbins Middle School**

**Course Fee: \$49**

## Getting Paid to Talk

*Creative Voice Development Group (A-PER008A)*

From audio books to advertisements and beyond, we encounter recorded voices everywhere. In this one-night, live online class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You will gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. Because this class is live, you will have the opportunity to ask questions. Additionally, there will be a chance for a one on one script read.

Instruction will take place through Zoom. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

**02/04 (T), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Online**

**Course Fee: \$29**

**04/09 (W), 1 Session(s)**

**6:30 PM to 8:00 PM**

**Online**

**Course Fee: \$29**

## 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.

This course is designed for anyone with little or no medical training or anyone who wants to be prepared for an emergency in any setting.

The course covers certification to use CPR on adults, children and infants.

You will receive an American Heart Association Heartsaver CPR AED Card upon successful. The CPR card will be sent to your Email.

**01/22 (W), 1 Session(s)**

**7:00 PM to 9:00 PM**

**Farmington High School**

**Course Fee: \$99**

## Internet Safety and Security

*Mark Zammett (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.

Instruction will take place through Zoom. Registrants will receive an email from Farmington Continuing Education containing a link and instructor information before the start of the course.

**04/16 (W), 1 Session(s)**

**7:00 PM to 8:00 PM**

**Online**

**Course Fee: \$15**

## Voice-Overs: Now Is Your Time!

*Such A Voice, LLC (A-PER020A)*

In this enlightening webinar, a professional voice coach will show you how to start using your speaking voice for commercials, films, videos, and more. You will discover a unique, outside-the-box method to break into the creative and potentially lucrative world of voice-overs. Learn how to manage voice-over work on your own terms, from home, at your own pace, and with minimal overhead. Whether you pursue it part-time or full-time, this could be the career change you've been looking for.

The class will be held via Zoom, and you will receive a link 24 hours prior to the session. In addition to the webinar, you will have the opportunity to book a 1-on-1 script read and voice evaluation with your instructor the following day.

**03/10 (M), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Online**

**Course Fee: \$29**

**05/12 (M), 1 Session(s)**

**6:30 PM to 8:30 PM**

**Online**

**Course Fee: \$29**



Register online at:

**[www.fpsct.org/fce](http://www.fpsct.org/fce)**

## TRIP CANCELANATION INSURANCE

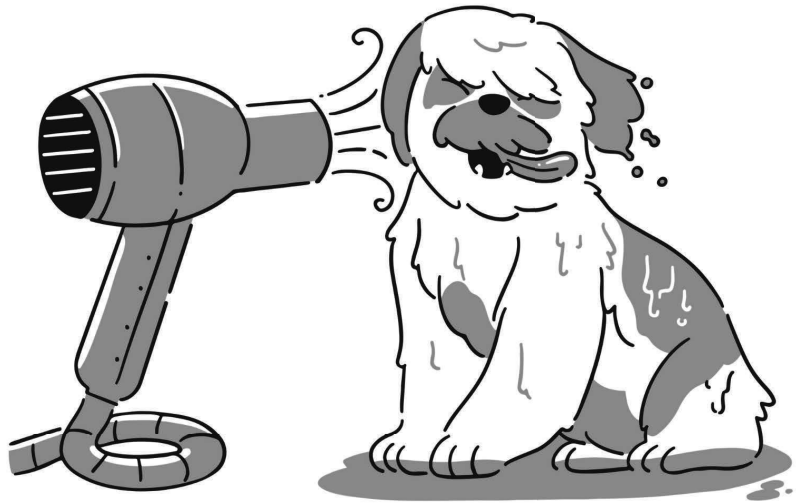
Available through Travel Insured International in East Hartford, CT. Visit them at [www.TravelInsured.com](http://www.TravelInsured.com) or call the 24-hour Customer Care Department at 1-800-243-3174.

**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.

**03/19 (W), 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 – Barber of Seville**

*Friendship Tours (T-DAY001)*

**NEW**

A lifetime experience not to be missed! Come see the opera at the magnificent Metropolitan Opera House at Lincoln Center and be a part of the Met's extraordinary Spring 2025 season. Bribery, deception and disguise: The Barber of Seville tells the story of two young lovers and their quest to be together. Main character Figaro needs all his wiles to help the Count outwit Dr. Bartolo and ensure true love wins the day. With memorable arias, captivating music and a delightful blend of humor and romance, The Barber of Seville is easily one of composer Rossini's most popular works. Balcony Prime Seating ~ 1:00pm Performance. Show runs about 3 hours. Time in Lincoln Center prior to the Opera to grab a bite to eat.

**05/03 (Sa), 1 Session(s)**  
**7:30 AM to 7:30 PM**  
**Park & Ride (Farmington)**  
**Trip Fee: \$215**

**New York Botanical Gardens**

*Tours of Distinction (T-DAY002)*

**NEW**

Set out for New York City to visit the New York Botanical Garden. The 250-acre Garden—the largest in any city in the United States—is a National Historic Landmark. In addition to the natural attributes that attracted the Brittons, NYBG encompasses 50 specialty gardens and collections comprising more than one million plants, the Nolen Greenhouses for Living Collections, and the Enid A. Haupt Conservatory, the nation's preeminent Victorian-style glasshouse. Highlights include the award-winning Peggy Rockefeller Rose Garden, considered among the world's most sustainable rose gardens; the Native Plant Garden, celebrating the diversity of northeastern North American plants; and 30,000 distinguished trees, many over 200 years old. Enjoy lunch on your own and free time on Arthur Avenue.

Trip includes: motorcoach, admission to NYBG, tour director, and gratuities for driver and tour director.

**06/21 (Sa), 1 Session(s)**  
**7:00 AM to 8:00 PM**  
**Park & Ride (Farmington)**  
**Trip Fee: \$149**



**TRIP CANCELTION 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

### West Hill Lake with Main Stream Canoes & Kayaks

Myra Emrick (T-DAY004)

**NEW**

Looking for a relaxing day surrounded by nature? Join us for a beginner-friendly trip to West Hill Lake, located in Barkhamsted, an ideal destination for first-timers, families, and anyone seeking a casual outdoor escape. Whether you're fishing, swimming, or boating, West Hill Lake offers a peaceful environment where you can unwind and enjoy the great outdoors. With its pristine waters, diverse wildlife habitat, and scenic shoreline, this hidden gem is the perfect place to explore at your own pace. Spend your day surrounded by natural beauty, make lasting memories, and enjoy a day of pure relaxation!

Exact meeting location at West Hill Lake will be provided within a week of the start of the program.

This program has a rain date of May 17.

**05/10 (Sa), 1 Session(s)**

**1:00 PM to 3:30 PM**

**West Hill Lake**

**Trip Fee: \$49**

### Lower Farmington River with Main Stream Canoes & Kayaks

Myra Emrick (T-DAY005)

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, Embark on a serene and scenic journey along the Farmington River, perfect for paddlers of any skill level. Whether you're a seasoned kayaker or a first-time canoe enthusiast, this slow-paced adventure offers the perfect opportunity to connect with nature. Starting at Fisher Meadows in Avon and meandering through Simsbury, you will be guided along a smooth current, surrounded by a breathtaking canopy of trees. Enjoy tranquil stops to take in the views and spot local wildlife. This leisurely outing is ideal for families, friends, or anyone seeking a peaceful escape in nature. Meeting time is 1:00 PM in a TBD location along the river in Avon. The trip will take approximately 2 hours.

This program has a rain date of June 28.

**06/21 (Sa), 1 Session(s)**

**1:00 PM to 3:30 PM**

**TBD in Avon – Likley Nod Road**

**Trip Fee: \$49**

### Explore Salem: The Witch Museum and Beyond

Tours of Distinction (T-DAY006)

**NEW**

Begin your day with a self-guided tour of the Salem Witch Museum (admission included) where you can experience first-hand the reign of terror and hysteria that was rampant in Salem in the 1690's through the powerful multi-sensory presentation. Visitors are given a dramatic history lesson using stage sets with life-size figures, lighting and narration (an overview of the Witch Trials of 1692). The afternoon will permit free time to enjoy "Haunted Happenings" around town. Visit the Witch Dungeon Museum or the Salem Pirate Museum (admission not included). You can take a walking tour or ride the trolley. Enjoy the unique shops and quaint stores Salem offers. Lunch is on your own at one of the many restaurants in the area.

Trip includes: Trip includes: motorcoach, tour director, admission to the Witch Museum, and gratuities for driver and tour director.

**10/18 (Sa), 1 Session(s)**

**7:00 AM to 8:00 PM**

**Park & Ride (Farmington)**

**Trip Fee: \$159**

### Newport Mansions: The Elms and The Breakers

Tours of Distinction (T-DAY003)

**NEW**

Head to Newport, Rhode Island for a self guided tour of two of the most famous Newport Mansions. The Elms was the summer residence of Mr. and Mrs. Edward Julius Berwind of Philadelphia and New York. Construction of The Elms was completed in 1901 at a cost reported at approximately \$1.4 million.

The Breakers mansion is the grandest of the Newport summer 'cottages' and is also a symbol of the Vanderbilt family's social and financial preeminence. Your visit will offer a self-guided interpretation of its place in American architectural, social, and cultural history. Enjoy lunch on your own at one of the many restaurants in central Newport.

Trip includes: motorcoach, tour director, admission to the mansions, and gratuities for driver and tour director.

**07/19 to 07/19 (Sa), 1 Session(s)**

**7:00 AM to 8:00 PM**

**Park & Ride (Farmington)**

**Trip Fee: \$139**



### Maple Madness: Brattleboro, VT

Friendship Tours (T-DAY013)

**NEW**

Our day begins with a buffet breakfast at the historic Deerfield Inn - Indulge in French toast with local maple syrup! Visit the Robb Family Farm & Sugar House in Brattleboro, VT. Tour the Sugar House to see how maple syrup is made. Shop their store for everything maple - syrup, candy, cream & sugar. To complete the day we will make a shopping stop along the way home at the Yankee Candle Flagship Store in South Deerfield, MA.

**03/14 (F), 1 Session(s)**

**7:00 AM to 8:00 PM**

**Park & Ride (Farmington)**

**Trip Fee: \$159**

**main  
Stream  
INC.  
canoes & Kayaks**

### DAY TRIP PICK-UP & DROP-OFF LOCATION

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

## YOUTH ENRICHMENT

### Clay Explorers (Grades 1-5)

*Abakadoodle (Y-ART003)*

**NEW**

Clay Explorers: Experiment with ideas from master sculptors and historical objects. Get inspired by African clay pots, ancient bells, Native North American canoes, Katarzyna Kobro sculptures, Claymation characters and much more. Using clay, modern plasticene and Model Magic®, students will learn and practice the possibilities of creating unique three-dimensional objects. All materials are included in the cost of the course.

**03/20 to 04/10 (Th), 4 Session(s)**

**5:30 PM to 6:30 PM**

**Irving Robbins Middle School**

**Course Fee: \$79**

### When I Am In Charge (Ages 8+)

*Certified Safety Resources (Y-BAB001)*

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

No snacks or food is to be brought to the class.

**02/20 (Th), 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 (Y-BAB002)*

Taught by an American Red Cross instructor, this course will prepare young people 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.

No snacks or food is to be brought to the class.

**03/20 to 04/03 (Th), 3 Session(s)**

**5:30 PM to 7:00 PM**

**Irving Robbins Middle School**

**Course Fee: \$99**



## INCLEMENT WEATHER POLICY FOR IN PERSON COURSES

If Farmington, Simsbury or Region 10 Public Schools are closed for the day or close early, Farmington Continuing Education courses will NOT be held in those districts. 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.

## FARMINGTON PUBLIC SCHOOLS THEATRE

  
**SHREK**  
The  
**MUSICAL JR.**

**At Irving Robbins Middle School - April 4 and 5**

# 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 January 25 (M, W, & Sa), 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 SAT25NOW 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.\*

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



## Babysitter CPR and Beyond! (Ages 11-15)

*Certified Safety Resources, LLC (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).

No snacks or food is to be brought to the class.

05/15 to 05/22 (Th), 2 Session(s)

5:30 PM to 7:00 PM

Irving Robbins Middle School

Course Fee: \$99

## Food Explorers: Spring Baking

*Food Explorers (Y-COO002)*

Join Food Explorers for a fun and flavorful baking class where you will learn to create four delicious treats. Master the art of making Raspberry Vanilla Whoopie Pies, Chocolate Chip Cookie Pies, Blueberry Lemonade Donuts, and Mocha Cakes. All recipes are nut-free and vegetarian but will contain dairy, eggs, and gluten.

The course fee includes the cost of ingredients and supplies.

02/04 to 03/04 (T), 4 Session(s)

6:00 PM to 7:15 PM

Lewis S. Mills High School

Course Fee: \$89

## The Coder School: Minecraft (Ages 8+)

*The Coder School (Y-STE006A)*

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, and loops. Come join the fun! For ages 8+. The Coder School will provide all needed hardware for this course.

Courses are held at The Coder School  
1051 Farmington Ave, Suite D Farmington, CT  
06032

01/15 to 02/19 (W), 6 Session(s)

4:00 PM to 5:00 PM

The Coder School

Course Fee: \$139

02/26 to 04/02 (W), 6 Session(s)

4:00 PM to 5:00 PM

The Coder School

Course Fee: \$139

04/09 to 05/14 (W), 6 Session(s)

4:00 PM to 5:00 PM

The Coder School

Course Fee: \$139





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

*The Coder School (Y-STE010A)*

Using the platform Scratch, developed by MIT, and block coding, create advanced games such as Solar System and Mario Platformer. Learn about loops, variables, x and y coordinates, if-then statements, and more! Come join the fun. For ages 7+. Courses are held at The Coder School in Farmington, 1051 Farmington Ave, Suite D Farmington, CT 06032.

**01/18 to 02/22 (Sa), 6 Session(s)**

**11:00 AM to 12:00 PM**

**The Coder School**

**Course Fee: \$139**

**03/01 to 04/05 (Sa), 6 Session(s)**

**11:00 AM to 12:00 PM**

**The Coder School**

**Course Fee: \$139**

**04/12 to 05/17 (Sa), 6 Session(s)**

**11:00 AM to 12:00 PM**

**The Coder School**

**Course Fee: \$139**

## Kids Corner: Fun Science for Ages 3-5

*Kids Corner - Michelle Ambrosio (Y-STE031)*

Get ready for an exciting adventure in science with our third installment of FUN SCIENCE! This 3-week class invites junior scientists, both new and returning, to dive into the fascinating worlds of chemistry, astronomy, and physics through engaging hands-on activities. Put on your lab coats and goggles as we explore the wonders of our Earth and the universe, experiment with force and motion, and watch as our (safe) mixtures react.

**03/13 to 03/27 (Th), 3 Session(s)**

**5:30 PM to 6:15 PM**

**Irving Robbins Middle School**

**Course Fee: \$79**

## The Coder School: Python (Ages 10+)

*The Coder School - (Y-STE012A)*

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

Courses are held at The Coder School  
1051 Farmington Ave, Suite D Farmington, CT 06032

**01/15 to 02/19 (W), 6 Session(s)**

**6:00 PM to 7:00 PM**

**The Coder School**

**Course Fee: \$179**

**02/26 to 04/02 (W), 6 Session(s)**

**6:00 PM to 7:00 PM**

**The Coder School**

**Course Fee: \$179**

**04/09 to 05/14 (W), 6 Session(s)**

**6:00 PM to 7:00 PM**

**The Coder School**

**Course Fee: \$179**

## 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/](http://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.

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

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

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

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

## **Refund & Cancellation Policy:** **Courses**

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

## **Trips**

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

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

# REGISTRATION FORM

## 3 WAYS TO REGISTER...



### ONLINE

Visit [www.fpsct.org/fce](http://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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# FARMINGTON CONTINUING EDUCATION **Winter/Spring 2025**

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