

FARMINGTON
CONTINUING EDUCATION

Fall 2014

September - December



Farmington Public Schools • Farmington, CT

Online Registration www.fpsct.org/fce

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Hello Life-long Learners,

Farmington Continuing Education is pleased to offer our fall 2014 catalog of class offerings for kids and adults. For over 43 years we have offered a variety of exciting, educational and high-quality programs and trips that are intended to enrich and promote life-long learning in our community.

In January, a new version of the GED test was implemented throughout the country. This transition went from a paper and pencil test to an all computerized one. To date, we have had students successfully pass the test and many prepare in our GED preparation classes. You can join our GED preparation classes starting in September (see page 4) or go to www.myged.com for more information.

We continue to add new instructors and class offerings. This fall, check out the new workforce certificate and online class offerings, jewelry making, cooking, language, grant writing, mind & body, and many day and overnight trips. Many of these classes and trips fill quickly so register early! You can register online at www.fpsct.org/fce, call our office at 860.404.0290 or use the registration page at the back of this catalog.

I look forward to an exciting year and hope to see you on one of the trips or in the classroom!

Lori Wyrebek
Coordinator
860.404.0290
WyrebekL@fpsct.org

Mark your calendars!

Classes will not be held:

September 25 (Rosh Hashanah)

October 13 (Columbus Day)

November 11 (Veteran's Day)

November 26 (Early Closing)

November 27-28 (Thanksgiving)

School Administration**Kathleen C. Greider***Superintendent of Schools***Kimberly Wynne***Assistant Superintendent of Schools***Vincent D. LaFontan***Director of Extended Care & Learning***Board of Education**

Mary Grace Reed, Chair

Paula O'Brien, Vice-Chair

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Jean Baron

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Christopher Fagan

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Continuing Education Staff**Lori Wyrebek***Coordinator***Amy Ferrari***Office Staff***Don Dickey***Catalog Design***Farmington Continuing Education****Town Hall-Lower Level****1 Monteith Drive, Farmington, CT 06032****Phone: 860-404-0290 Fax: 860-404-0294****Email: continuinged@fpsct.org****Website: www.fpsct.org/fce****Hours: 8 a.m. - 5 p.m. (Monday - Friday)**

There are three distinct pathways for adults to attain a high school diploma. These are outlined below:

Credit Diploma Program (CDP):

The Credit Diploma Program is a combination of teacher-led classes and internet-based high school curriculum. Students may earn credits through independent study projects, community service, work experience or vocational training. Our teachers are content-area certified secondary educators, and our courses are as equally challenging as regular high school, but are shorter in length.

If you choose this program, it may be because you are a motivated, independent learner with a busy work schedule and/or family concerns OR you have 4-7 credits left to earn your diploma OR you simply believe that earning a high school diploma similar to day high school is what you want.

Twenty-two credits are required to earn a Bristol High School diploma: 4 in English, 4 in Math, 4 in Social Studies, 2 in Science and 8 electives. A minimum of FOUR credits must be completed in this program, no matter how many credits are transferred from previous high schools.

Semester One: Register Sept. 2 @ 9 AM & Sept. 3 @ 6 PM
Classes start on September 8 -November 20

Semester Two: Register Nov. 24 @ 6 PM & Nov. 25 @ 9 AM
Classes start on December 1 -February 24

Semester Three: Register Feb. 25 @ 9 AM & Feb. 26 @ 6 PM
Classes start on March 2 - May 14

This program is offered through Bristol Adult Education and serves all residents of Avon, Canton, Burlington and Farmington. For an appointment to register, call BAE at 860-584-7865.

National External Diploma Program (NEDP):

NEDP is geared to assisting adults with life experiences through working and raising a family towards a high school diploma. All work is done in a non-traditional, one-to-one setting, as well as at home. Flexible appointments are made with staff to obtain, review and demonstrate mastery of the 70 competencies measured by this nationally certified program.

If you are a resident of Avon, Bristol, Burlington, Canton, Farmington, Plainville, or Southington, you may be eligible to enroll in the NEDP. Although there is no age requirement, most adults that apply are over age 24. High school proficient scores in Math, Reading & Writing are a prerequisite.

This program is available through both Bristol Adult Education (860-584-7865) and West Hartford Continuing Education (860-561-6900). Call a program coordinator to find out when the next NEDP Orientation is being held. You can be on your way to achieving your diploma and moving on with your goals!

General Educational Development (GED):

Adults who have not completed high school must demonstrate, through a four-part computerized examination that includes a writing sample, the attainment of academic skills and concepts normally acquired through completion of a high school program. Applicants for this examination must be at least 17 years of age and officially withdrawn from school for at least six months. Individuals who pass the GED Tests are awarded a CT State High School Diploma.

GED preparation programs are provided through the state in local school districts and a variety of other instructional sites that help individuals prepare for this rigorous examination. The GED preparation program is described on the next page.

The Farmington Board of Education provides classes in Adult Basic Education (ABE), Citizenship, General Educational Development (GED), and English for Speakers of Other Languages (ESOL). These programs are FREE to residents of Farmington, Unionville, Avon, Canton, Collinsville, Burlington, and Harwinton. Registration is required for all classes.

General Education Development (GED)**Test Preparation*****Math, English, Social Studies, Science***

This program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive necessary instruction in each of four subject areas – science, social studies, math and language arts – plus basic computer skills to take the exam. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here. To be able to register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months, and 17 year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age may submit, in lieu of a withdrawal form, a letter from their last high school that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students can begin the GED® registration process online at ged.com and complete the process in person through Farmington Continuing Education.

Individuals with a documented disability who require accommodations to take the GED® exam should contact Farmington Continuing Education or the State Department of Education GED Office at 860-807-2111 or email ged@ct.gov.

(A) English/Social Studies/Science

Classes start: September 15 - December 8

Time: 6:00 - 8:30 PM, 12 sessions (M)

Location: Farmington High School - Room 608

(B) Math

Classes start: September 17 - December 10

Time: 6:00 - 8:30 PM, 12 sessions (W)

Location: Farmington High School - Room 811

All new and returning students should register on September 10 at Farmington High School in Room 810 BEFORE classes start. After September 15, students may register every Monday at 6 p.m. in Room 608 before class.

Registration Info

Registration and assessment is required for all students in ABE, ESOL, GED and Citizenship.

Bring photo identification (drivers license or passport)

Proof of residency

Allow 1-2 hours for assessment testing

Special testing accommodations can be arranged for individuals with appropriate documentation.

Individuals with a disability should call Lori Wyrebek at 860-404-0290.

Venga a las clases para aprender el ingles. Las clases son para mejorar su ingles. El enfasis es en escribir, leer, escuchar, y hablar mejor. Mira abajo para tiempos y fechas. Todos estudiantes tienen que registrar en persona.

Textbook Policy

In accordance with CT General Statute Sec 10-73, Farmington Continuing Education does not charge a fee for any classes, textbooks, or materials used in the mandated programs.

Childcare will be available for children who are 4 years and older and are toilet-trained (evening classes only)

Adult Basic Education (ABE)

This course is 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.

Classes start: September 15 - December 10

Time: 6:00 - 8:30 PM, 12 sessions (M,W)

Location: Farmington High School - Room 812

Citizenship

This 12-week course 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.

Classes start: September 15 - December 8

Time: 6:00 - 8:00 PM, 12 sessions (M)

Location: Farmington High School - Room 811

English for Speakers of Other Languages (ESOL)

Learn to speak, read and write English in a program that will focus on those skills needed in everyday life. Both day and evening classes will be offered at three levels (beginner, intermediate, advanced). Registration is required for all new and returning students. See the registration dates and the class schedule that is listed below. For more information, call 860-404-0290.

(A) Daytime Classes - Tuesdays & Thursdays

Classes start: September 16 - December 16

Times: 10:00 AM - 11:30 PM for Beginner

11:45 AM - 1:15 PM for Intermediate/Advanced

Location: Farmington Library - Upstairs

(B) Evening Classes - Mondays & Wednesdays

Classes start: September 15 - December 10

Time: 6:00 - 8:00 PM

Location: Farmington High School - Rooms 807 & 808

Registration for All Above Programs

**Evening registrations: September 10, 17, 24 - at 6 PM
at Farmington High School in Room 810**

**Daytime registrations: Sept. 9, 11, 16 & 23 at 10 AM-12 noon
at Farmington Library - upstairs**

**Volunteers Needed
for evening ESL program
Call 860-404-0290 or
email continuinged@fpsct.org**

College Transitions Program**What Does Success Mean to You?**

This program is offered by Bristol Adult Education in partnership with New Britain Adult Education, Farmington Continuing Education, and Tunxis Community College.

If you are currently enrolled in Bristol, Farmington or New Britain Adult Education Programs, and have an interest in continuing your education, you may be eligible for the Transitions program.

In addition, to start the Transitions 2013 program:

- **Credit Diploma students must have 16 or more credits**
- **GED students must have a 2500 on the GED practice tests or proficient college-ready Accuplacer scores**
- **NEDP students must be in Portfolio Review**
- **ESL students must be enrolled in the Advanced ESL class**

Students must be referred by their local adult education program for Diagnostic ACCUPLACER testing at Bristol Adult Education.

Accuplacer Test Results:

Students will be enrolled in both adult education and in Tunxis Community College for Math 075 or Math 095, dependent on Accuplacer testing.

Career Awareness Workshops:

Discover what career choices are available for you.

Workshops will be scheduled with college counselors.

Campus Visits:

Buses will be provided for field trips to the campus as needed. Pickups at each adult education program will be scheduled.

Fees:

Non-refundable Participatory fee to cover graduation costs will be charged.

For more information, call 860-584-7865 or your local participating adult education program.

MISSION STATEMENT

The Farmington Board of Education will provide a planned program of studies to expand the educational opportunities for adult learners in the areas of Basic Skills, GED Preparation, ESOL and American 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.

EQUAL TREATMENT

Farmington Board of Education policy states that no person shall be excluded from participation in, denied the benefits of, or otherwise discriminated against under any program, including employment, on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, past/present history of mental disorder, learning disability and/or physical disability. Questions concerning Title VI or Title XI compliance should be directed to the Assistant Superintendent of Schools at 860-673-8298. Section 504 compliance questions should be directed to the Director of Special Services at 860-677-1791.

ACCOMMODATIONS

All activities held by Farmington Continuing Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Lori Wyrebek at 860-404-0290.

ARTS & CRAFTS

Acrylic Painting

Sushobha Jenner (ART 105)

Acrylics are unique non-toxic paints that offer endless possibilities for creativity. Students of all levels are welcome in this class but should have previously taken a drawing class. Beginners will learn the fundamentals of painting, composition, color mixing, and varied methods of paint application. Advanced students will be encouraged to develop their own personal styles. Subject will be up to the student, so please research your ideas and bring possibilities with you.

Oct. 7 - Nov. 18, 6:30 PM to 8:30 PM, 6 sessions (T)
Farmington High School - Room 717
Course Fee: \$74

Watercolor Painting

Phyllis Bailey (ART 106)

For beginners and intermediate students. Come explore the fascinating qualities of watercolors! Learn a variety of watercolor techniques from basics to more complex experiences. A supply list is available at www.fpsct.org/fce or by call 860-404-0290 to request a copy.

Sept. 29 - Nov. 24, 6:00 PM to 8:30 PM, 8 sessions (M)
Farmington River School of Art – Rear
73 East Main Street, Plainville
Course Fee: \$99, Senior Fee (65+): \$69

Pastels

Phyllis Bailey (ART 107)

Pastels are unique because you paint with pigment directly, not using brushes. In this class, you will learn the different materials to paint on and how to use pastels effectively. There are hard, soft, and water-soluble pastels, and pastel pencils. Pastels can also add a special look to watercolors. The first class will be a demonstration and then hands-on. Instructor will help you purchase supplies at class.

Oct. 2 - Nov. 20, 1:30 PM to 3:30 PM, 8 sessions (Th)
Farmington River School of Art - Rear
73 East Main Street, Plainville
Course Fee: \$79, Senior Fee (65+): \$59

Knitting: Beginner

Linda Jorson (ART 109)

Learn the basics of this relaxing, fun and very portable craft. Class project will be a stitch sampler scarf. Practice yarn and knitting needles should be brought to the first class. Supplies: 400-450 yards of a good quality smooth worsted weight yarn and a set of #8 straight bamboo or wood knitting needles.

Oct. 7 - Nov. 25, 6:30 PM to 8:30 PM, 7 sessions (T)
Farmington High School - Room 806
Course Fee: \$74

Register Early!

**We encourage you to register early.
It can often make or break a course.**

Knitting: Intermediate

Linda Jorson (ART 110)

You have mastered basic knitting and are ready to expand your knowledge and skills in this very relaxing and fun craft. Learn more advanced techniques, to read patterns and graphs, correct mistakes, combine different pattern stitches, and create well fitting garments. Students are to choose their own project. Supplies for your project can be brought to the first class or you can discuss your project with the instructor prior to purchasing the supplies.

Oct. 9 - Nov. 20, 6:30 PM to 8:30 PM, 7 sessions (Th)
Farmington High School - Room 806
Course Fee: \$74

Water-soluble Oils

Phyllis Bailey (ART 126)

Water-soluble oils are regular oils that have an additive that make them usable with water, no turpentine or oils. Much safer to use and no odor. You can mix up to 10 percent of your regular oils to keep the water solubility. They are a pleasure to paint with and do not lose that oil paint look. Come try them!

Sept. 30 - Nov. 25, 6:00 PM to 8:30 PM, 8 sessions (T)
Farmington River School of Art – Rear
73 East Main Street, Plainville
Course Fee: \$99, Senior Fee (65+): \$69

Beginner Sewing

Karen Kebinger (ART 141)

Whether you would like to sew items for the home or make clothes or costumes, this class is for you! Learn how to use your sewing machine, which types of stitches to use for different projects, how to shorten and hem clothing, and how to finish seams on different projects. You will learn how to make a fun pillowcase and a mesh tote.

Oct. 9 - Nov. 13, 6:30 PM to 9:00 PM, 6 sessions (Th)
Farmington High School - Room 605
Course Fee: \$74

Beginner Quilting

Karen Kebinger (ART 153)

The beginner quilting class offers a new project, an Alternating Four Patch Quilt 41" x 41". You will learn the basics of quilting including rotary cutting, piecing, layering and quilting. Supplies needed for the course are sewing machine, rotary cutter, mat and ruler. Sewing notions including scissors large and small, straight pins, seam ripper and safety pins. There is a separate supply list for the fabrics and notions needed to make the quilt. If you have any questions about the course or supplies please call Karen Kebinger 860-826-1941. Bring your own machine to class (a few will be available if needed). A supply list is available at www.fpsct.org/fce.

Oct. 7 - Nov. 25, 6:30 PM to 9:00 PM, 7 sessions (T)
Farmington High School - Room 605
Course Fee: \$74

Basic Crocheting**Maria Pizzonia (ART 154)**

This class is for the rusty crocheters and beginners who want a craft that can be relaxing, productive, portable and FUN. With crocheting you can learn to make delicate doilies, elegant clothing and warm cozy afghans all while watching TV or idling time away in a waiting room. You will make a simple scarf while learning the basic stitches and how to read patterns. Bring two skeins medium worsted light colored yarn, and one "I" or "J" aluminum crochet hook to class.

Sept. 30 - Nov. 25, 6:30 PM to 8:30 PM, 8 sessions (T)
Farmington High School - Room 804
Course Fee: \$84

Drawing with Pencil**Sushobha Jenner (ART 169)**

Learn techniques for drawing with pencils, graphite and color. This six session class will provide insight into the basics of black/white art using graphite pencils and also unique techniques with which students can create a variety of textures in a colored pencil drawing. Students will learn how to use burnishing, blending and layering techniques to shade the drawings to add tones gradually. By the end of these sessions students will aim to complete two realistic looking artworks using graphite and color pencils. Pencils will be provided for work during class. Supplies: An 8.5 x 11 (or larger) drawing pad for graphite pencils or charcoal.

Oct. 9 - Nov. 13, 6:30 PM to 8:30 PM, 6 sessions (Th)
Farmington High School - Room 717
Course Fee: \$74

Pearl Knotted Bracelet NEW**Lisa Pichnarcik (ART 180)**

Make beautiful Swarovski crystal pearl bracelets as you learn the traditional method of knotting between each pearl. Students will first practice the technique and then work on making single and multi-strand pearl knotted bracelets. Students will learn about the different types of thread suitable for pearl knotting and how to finish pieces with bead tips, links, and clasps. There will be a \$15 materials fee collected at the first class. Students should bring craft tweezers and sewing scissors with them to class.

Oct. 21-28, 6:30 PM to 8:30 PM, 2 sessions (T)
Farmington High School - Room 615
Course Fee: \$39

Origami For Beginners**Aaron Krerowicz (ART 181)**

Learn the basics of the Japanese art of paper folding through this one-time, two-hour interactive course using a new system of origami notation invented by the instructor. A variety of styles and qualities of paper will be provided for a \$5 materials fee, but feel free to bring your own materials also. For a preview, visit the instructor's origami blog at www.AaronKrerowicz.com.

Oct. 2, 6:30 PM to 8:30 PM, 1 session (Th)
Farmington High School - Room 808
Course Fee: \$15

Origami for Intermediates NEW**Aaron Krerowicz (ART 196)**

Designed as a sequel to "Origami for Beginners," this course will pick up where the original left off by using the same system of notation but put to use on more sophisticated designs, with a particular emphasis on flowers and marine animals. Prior folding experience is strongly recommended. A variety of styles and qualities of paper will be provided, but feel free to bring your own materials as well. For a free preview, visit the instructor's origami blog at www.AaronKrerowicz.com. Materials fee of \$5 payable to instructor at end of course.

Nov. 6, 6:30 PM to 8:30 PM, 1 session (Th)
Farmington High School - Room 804
Course Fee: \$15

Fun with Acrylics (daytime) NEW**Phyllis Bailey (ART 191)**

Learn the many different techniques using acrylics. Includes mixing different color palettes, use of materials, and a variety of unique techniques.

Oct. 7 - Dec. 2, 1:30 PM to 3:30 PM, 8 sessions (T)
Farmington River School of Art - Rear
73 East Main Street, Plainville
Course Fee: \$84, Senior Fee (65+): \$50

Basic Drawing in Pencil & Charcoal**Ray Olsen (ART 194)**

Students will learn the basic techniques of drawing in charcoal, pencil and pastel. Understand how to see and then translate that to paper. The instructor will call you prior to class regarding supplies needed (19 x 24 newsprint pad, charcoal pencils, pastels). The instructor has been creating, exhibiting and selling etchings for over 40 years.

Oct. 20 - Nov. 10, 6:30 PM to 8:30 PM, 4 sessions (M)
Lewis Mills High School - Art 2D
Course Fee: \$79

Pottery (Adults age 15+) NEW**Debbie Altschwager (ART 195)**

Experience the wonders of working with clay on the potters' wheel! Participants will learn throwing, embellishing, and glazing techniques to create dishes they can enjoy using every day. Newcomers and those with experience are welcome. Come enjoy the fun!

(A) Sept. 16 - Oct. 14, 7:00 PM to 9:00 PM, 5 sessions (T)
(B) Sept. 17 - Oct. 15, 1:00 PM to 3:00 PM, 5 sessions (W)
(C) Sept. 18 - Oct. 23, 7:00 PM to 9:00 PM, 5 sessions (Th)

Gildersleeve Pottery Studio, Collinsville
Course Fee: \$165

Folk Art Pumpkin Painting *NEW**Rita Versch (ART 197)*

This course is an introduction to folk art for beginners as well as the experienced. You will learn a unique folk art painting technique by highlighting and shading all in one movement of a stroke. The instructor gives hands-on, one-on-one instruction and demonstrates the technique to allow the students to truly feel like artists. Students will leave with a "paint-a-project" to take home. A \$10 cash material fee due night of class.

Oct. 23, 6:00 PM to 9:00 PM, 1 session (Th)**Farmington High School - Room 615****Course Fee: \$29****Folk Art Snowmen, Evergreen Tree and Pine Garland** *NEW**Rita Versch (ART 198)*

Just in time to paint as a Christmas gift or ornaments. This course is an introduction to folk art for beginners as well as the experienced. You will learn a unique folk art painting technique by highlighting and shading all in one movement of a stroke. The instructor gives hands-on, one-on-one instruction and demonstrates the technique to allow the students to truly feel like artists. Students will leave with a paint a project to take home. A \$20 cash material fee due the first night of class.

Nov. 13-20, 6:00 PM to 9:00 PM, 2 sessions (Th)**Farmington High School - Room 615****Course Fee: \$55****Fresh Evergreen and****Boxwood Table Centerpiece** *NEW**Rita Versch (ART 199)*

Christmas is in the air when you will make this aromatic fresh table arrangement. Learn to design this large centerpiece with a full and thick noble fern, balsam fern, pine and boxwood. Then embellish with glass balls, pinecones, and poinsettias. Add a candle and it will bring the holiday spirit to your home or give as a gift to that special friend. A \$25 cash material fee to be paid at the first class. Bring glue gun, glue sticks and wire cutters.

Dec. 16, 6:00 PM to 9:00 PM, 1 session (T)**Farmington High School - Room 615****Course Fee: \$29****Wirework Pendants** *NEW**Lisa Pichnarcik (ART 200)*

Make stunning pendants and earrings as you learn how to crossweave wire into a variety of shapes. Working with wire and crystals, students will learn the technique and then develop their own patterns. No experience necessary. Students should bring a pair of wire cutters and chain nose pliers to class. There will be a \$15 materials fee collected at the first class.

Oct. 7-14, 6:30 PM to 8:30 PM, 2 sessions (T)**Farmington High School - Room 615****Course Fee: \$39****Bead Stringing - Necklaces** *NEW**Lisa Pichnarcik (ART 201)*

Learn how to design and string your own beautiful necklace using a variety of semi-precious stones, crystals, glass and metal beads. Students will learn basic bead stringing techniques, including making design choices, choosing types of stringing wire, and how to use crimp beads and add clasps. There will be a \$15 materials fee collected at the class.

Nov. 17, 6:30 PM to 8:30 PM, 1 session (M)**Farmington High School - Room 615****Course Fee: \$24****Essay Writing Skills for College Applications, SAT's, & General Essays***Lydia Vine (COL 103)*

This class will encompass college application, SAT Essay and general essay writing. It will be an interactive experience, in which we will review and critique essays from websites, including the College Board's, Purdue University's Online Writing Lab, and Capital's Online Guide to Grammar and Writing. We will be composing and correcting sentences and paragraphs in preparation for the SAT's and for college. The class will include student writing of SAT and college application essays under the guidance of the instructor. The instructor, a former SAT Essay Scorer for the College Board, high school counselor and English teacher with over 25 years of experience, and a current Tutor Liaison and Grammar Teacher at Capital Community College, welcomes high school students of varied abilities. All materials and handouts will be supplied by the instructor. Feel confident and prepared as you take the SAT's and write your college application essay! See disclaimer on registration page.

Sept. 8-22, 6:00 PM to 8:00 PM, 3 sessions (M)**Farmington High School - Room 905****Course Fee: \$49****Looking for College Financial Aid?***Stuart Hoffer (COL 104)*

Why do families with seemingly high income and wealth qualify for college financial aid while others, with far less, fail to get the needed help? Learn about the process, the truths and the myths that will put you in the best position to maximize your eligibility for financial assistance. The class covers the components of financial aid, factors that influence the Expected Family Contribution and how one might reduce it, the necessary forms with instruction on how to complete them, what to do about unsatisfactory awards, and a review of the entire process. Class is specific to parents of Junior and Senior students.

Oct. 1, 6:30 PM to 9:00 PM, 1 session (W)**Farmington High School - Room 906****Course Fee: \$15**

**SAT Preparation: Math Review
(for Oct. 11th & Dec 6th test)**

Tedd Johnson (COL 101)

Improve math test-taking skills and strategies while reviewing geometry, basic and advanced algebra and arithmetic needed for the SAT. Please bring a calculator, pencil and paper to class. Students will be provided with a copy of a SAT practice book and guided through practice questions in the math section. Practice tests will be given and scored.

(A) Aug. 26 - Sept. 30, 6 PM to 8 PM, 6 sessions (T)

(B) Oct. 14 - Nov. 18, 6 PM to 8 PM, 6 sessions (T)

**Farmington High School - Room 810
Course Fee: \$115**

**SAT Preparation: Verbal Review
(for Oct. 11th & Dec 6th test)**

Jack Keniry (COL 102)

Review English skills including vocabulary building and methods for reading comprehension improvement, as well as test-taking strategies needed for the SAT. Students will be provided with a copy of a SAT practice book and guided through practice questions in the verbal section. This course will familiarize students with sections of the verbal portion of the new SAT.

(A) Aug. 27 - Oct. 1, 6 PM to 8 PM, 6 sessions (W)

(B) Oct. 8 - Nov. 19, 6:00 PM to 8:00 PM, 6 sessions (W)

**Farmington High School - Room 903
Course Fee: \$115**

**Revolution SAT Preparation Classes
(COL 105A)**

Revolution Prep is the nation's largest provider of on-campus SAT/ACT test prep programs and offers comprehensive SAT/ACT group classes, private tutoring packages and self-paced options to help high schoolers increase their scores on these crucial tests. All SAT/ACT group programs (on-campus and online options available) include 6 three-hour courses, personalized/targeted homework, and 5+ proctored practice exams with detailed score reports and essay notes. Plus, all Revolution courses now also include 2 six-hour live online Booster Classes at no extra charge for an even greater value. Engaging, top-scoring instructors teach students how to conquer the SAT/ACT test with a focus on developing analytical thinking and critical reasoning skills -- skills that are useful well beyond the SAT/ACT test. Students will also learn how identify and avoid common SAT/ACT traps, increase reading speed and comprehension, and reduce test-taking anxiety. Not sure which test is right for you? Revolution Prep also offers practice exams at Farmington High School. Go to www.revolutionprep.com to register or review course details and dates, practice exam options, and Booster Class topics. You can also call 1.877.738.7737 to speak with a test prep specialist. Group Class \$599 or \$899 for Hybrid Option (includes 4hrs of Private Tutoring). Private Tutoring Packages start at \$999- please call for more information! Financial aid is available and satisfaction is guaranteed. See disclaimer on registration page.

**Sept. 27 - Nov. 5, 9:00 AM to 1:00 PM, 11 sessions (SaW)
Farmington High School - Room 905
CALL REVOLUTION PREP: \$599**

**Catalyst SAT Bootcamp
(Prepare for Oct. 11th & March 14th SAT)**

Taryn Mesaros (COL 120)

In just one weekend, come learn everything you need to know to outsmart the SAT from the only prep company whose curriculum developers have earned multiple perfect scores (2400) on the test. With Catalyst's SAT Bootcamp, you'll arm yourself with a strategy for every type of question guaranteed to be on the exam, learn how to avoid the most common traps, and discover how to compose a perfect-score essay -- no matter what question is asked! The Bootcamp is a momentum-building weekend seminar that gives students not only the insights and confidence they need the day of the test, but also Catalyst's self-study materials for sustained practice right up to the SAT itself. COST: Just \$175 to enroll by Wednesday the week the class starts. No walk-in students will be accepted. TO ENROLL: Visit www.catalystprep.com and click on Bootcamp Sign-up. For more information and to register, email info@CatalystPrep.com or call 800.23556. See disclaimer on registration page.

(A) Sept. 27-28, 9 AM to 1 PM, 2 sessions (SaSu)

(B) March 7-8, 2015, 9 AM to 1 PM, 2 sessions (SaSu)

Farmington High School - Room 901

**Catalyst ACT Bootcamp
(Prepare for April 18th ACT)**

Taryn Mesaros (COL 121)

Learn everything you need to know to outsmart the ACT with Catalyst's veteran test-prep instructors. After Catalyst's ACT Bootcamp, you'll know how to crack the 10 types of English questions, quickly decipher confusing Science passages, shortcut long reading comprehension passages, and tackle every type of math question that's guaranteed to be on the test! Cost is \$175. For more information and sign up at www.CatalystPrep.com or call 800.23556 with any questions. See disclaimer on registration page.

**April 7-9, 2015, 4:00 PM to 8:00 PM, 2 sessions (TTh)
Farmington High School - Room 903**

**Clarifying the College Admission Process
Dorine Russo (COL 127)**

A lecture and discussion-based course from a professional school counselor, educator, and college consultant with over 20 years of experience, which will offer insight into the following aspects of the college admission process: shaping the student's profile, discovering the best-fit college, completing the common application, dealing with financial aid, finding scholarships, writing essays, determining a timetable for standardized tests and college deadlines, and more. See disclaimer on registration page.

**(A) Oct. 2, 6:30 PM to 9:00 PM, 1 session (Th)
Farmington High School - Room 612**

**(B) Nov. 6, 6:30 PM to 9:00 PM, 1 session (Th)
Lewis Mills High School - Room A120**

Course Fee: \$10

SAT Fundamentals Course (March 2015 SAT Prep)

Princeton Review (COL 132A)

Targeted prep to help you achieve your best score. Improving a student's performance on the SAT comes down to one thing: becoming a better test taker. In this course, we'll show students our exclusive strategies and give them the study tools they need to practice on their own and master what we cover in class. The SAT Fundamentals Course is 18 hours of classroom instruction and 4 full-length practice exams.

Classes: Thursdays, Dec 11, 2014 - March 12, 2015
Farmington High School - Room 906

Class hours: 6-9 PM;
(tests on Dec 11, Jan 15, Feb 5, 26 from 5:30 - 9:30 PM)
Course Fee: \$599
Use Promo Code TPRHS100 to receive a \$100 discount!

For more information and to enroll, call The Princeton Review at 1(800)2-REVIEW or visit www.princetonreview.com!

Full-Length Practice SAT *NEW*

Princeton Review (COL 137)

Taking a practice test gives students an opportunity to see how they'll do on the actual test without putting a permanent score on their record. After the test, participants will be mailed an extensive score-report allowing them to see where their strengths and weaknesses are.

September 27, 9:00 AM to 1:00 PM, 1 session (Sa)
Farmington High School - Room 906
Course Fee: \$25

Full-Length Practice ACT *NEW*

Princeton Review (COL 138)

There is a difference between the SAT and the ACT, and some students do better on one over the other! Here is your opportunity to try your hand at the ACT without having to worry about the score going anywhere. After the test, participants will receive an extensive score-report showing you exactly where your strengths and weaknesses are.

October 25, 2014, 9:00 AM to 1:00 PM, 1 session (Sa)
Farmington High School - Room 906
Course Fee: \$25

SAT/ACT Start-Up *NEW*

Princeton Review (COL 134)

Want to experience both the ACT and the redesigned SAT in a single testing experience? This is your opportunity! Perfect for the Class of 2017 and beyond, this test combines question types that you will see on the ACT and the redesigned SAT (coming in Spring 2016). After the test you'll receive a score report highlighting your strengths and areas of focus for each test, including explanations for every question.

March 28, 2015, 10:00 AM to 12:30 PM, 1 session (Sa)
Farmington High School - Room 906
Course Fee: \$20

ACT Fundamentals Course *NEW*

Princeton Review (COL 135)

Targeted prep covering the essentials. How do you score higher on the ACT? By learning how to take the test. Our experts have spent endless hours researching the ACT so that we can teach you the test-taking and pacing strategies needed in order for you to beat this test. In this course you will receive the study tools and guidance you'll need to master the techniques both in and out of the classroom. The ACT Fundamentals Course is 18 hours of classroom instruction and 4 full-length practice exams.

Classes: Thursdays, April 2, 2015 - June 11, 2015
Farmington High School - Room 906

Class hours: 6-9 PM (tests on April 2, 30, May 21, June 4 from 5:30 - 9:30 PM)
Course Fee: \$599
Use Promo Code TPRHS100 to receive a \$100 discount!

For more information and to enroll, call The Princeton Review at 1(800)2-REVIEW or visit www.princetonreview.com!

Princeton Review

Assessment Practice Test *NEW*

Princeton Review (COL 136)

Part-ACT, part-SAT, the Princeton Review Assessment Test helps students determine which test is right for them. The test includes a detailed score report that will help you understand which test plays more naturally to your strengths.

January 24, 2015, 9:00 AM to 1:00 PM, 1 session (Sa)
Farmington High School - Room 906
Course Fee: \$25

Digital Photography & Photo Editing

Frank Zaremba (COM 100)

This class is designed to teach those new to digital photography the skills related to digital camera use, film speed, exposure and shutter speeds, equipment, photography techniques, rules of composition, shooting modes and photo editing using digital imaging software. The class will include both in classroom and individual shooting assignments. The class is intended for those students with Digital SLR type cameras. Please bring your camera, camera manual and a USB flash drive to class.

(A) Oct. 7-28, 6:30 PM to 9:30 PM, 4 sessions (T)

(B) Oct. 9-30, 6:30 PM to 9:30 PM, 4 sessions (Th)

Farmington High School - Room 522
Course Fee: \$89, Senior Fee (65+): \$59

New Workforce Education Classes

See pages 46-49

or visit myedtoday.com/farmington

PhotoShop 102 for Digital Photos**Frank Zaremba (COM 101)**

This course is designed for those with a basic knowledge of Photoshop. The class will enhance your photo editing Photoshop skills. Learn to straighten, sharpen, retouch, color correct. This course will cover filter, layer styles, blend modes, text and more. Users of either Photoshop or Photoshop Elements will benefit from this class. The computer platform is PC; however, Mac users may enroll as well. A USB drive is required, minimum size is 1 gb. Contact the instructor at fhcephoto@comcast.net with any questions. Prerequisite: Basic computer skills, Photoshop 101 or a working knowledge of Photoshop.

Nov. 4 - Dec. 2, 6:30 PM to 9:30 PM, 4 sessions (T)
Farmington High School - Room 522
Course Fee: \$89, Senior Fee (65+): \$59

Mac OS X Basics**Jan Gyurko (COM 102)**

Master the Mac operating system - it's really easy! Included in this two session course are tips on managing and customizing your workspace, adjusting settings, navigating the Dock, plus file and folder management. This is a great course for the beginning Mac user, the "self-taught" or the PC convert! Bring your own MacBook if you like.

Oct. 16-23, 6:00 PM to 8:30 PM, 2 sessions (Th)
Lewis Mills High School - Room A131
Course Fee: \$49, Senior Fee (65+): \$29

Computer Basics**Cathy Poehler (COM 108)**

This course will introduce you to your computer! Experience the fundamentals necessary to use Windows, simple word processing with Microsoft Word, file and folder management, keyboard tips and tricks, start menus, and more. No experience required.

Sept. 22-29, 6:30 PM to 9:00 PM, 2 sessions (M)
West Woods Upper Elementary - Library 602
Course Fee: \$49, Senior Fee (65+): \$29

Microsoft Word 2010 - Beginner**Cathy Poehler (COM 110)**

In this beginner level class, we'll learn how to create, save, retrieve and print documents. We'll cover tool/menu bars, and shortcuts. We'll become skilled at editing and formatting techniques; how to cut, copy and paste. We'll utilize the spell-check and thesaurus tools. Prerequisite: Basic knowledge of computers, mouse and keyboarding skills.

Oct. 2-16, 6:30 PM to 9:00 PM, 3 sessions (Th)
West Woods Upper Elementary - Library 602
Course Fee: \$74, Senior Fee (65+): \$44

Microsoft Word 2010 - Intermediate**Cathy Poehler (COM 111)**

In this intermediate level class we'll create tables, columns, insert clip art, word art, and graphics from the internet. We will review text wrapping and other desktop publishing features including envelopes and labels, mail merge and much more. Prerequisite: Intro to Word or equivalent.

Oct. 30 - Nov. 6, 6:30 PM to 9:00 PM, 2 sessions (Th)
West Woods Upper Elementary - Library 602
Course Fee: \$49, Senior Fee (65+): \$29

The Basics of Selling on eBay**Cathy Poehler (COM 112)**

Learn how to successfully list your items for sale on eBay. Find out how to avoid many of the pitfalls that first time users of eBay make. Emphasis will be on the listing of auctions, setting prices, writing descriptions, and photos. You must have experience using a computer, the mouse, e-mail and the internet.

Oct. 22-29, 6:30 PM to 9:00 PM, 2 sessions (W)
West Woods Upper Elementary - Library 602
Course Fee: \$49, Senior Fee (65+): \$29

Microsoft Publisher 2010**Sandra Rampertab (COM 114)**

Students will create flyers, newsletters, and other marketing advertisements using sophisticated tools found in Publisher 2010. Also, learn how to navigate the tabs and ribbons to find useful style and design features. Students must have excellent computer skills.

Nov. 5-12, 6:15 PM to 8:15 PM, 2 sessions (W)
West Woods Upper Elementary School - Room 602
Course Fee: \$39, Senior Fee (65+): \$25

Microsoft Excel 2010 - Basics**Laura Higgins (COM 116)**

In Excel 2010 Basics you will be introduced to the Excel interface, the commands needed to create a simple worksheet, formulas & functions, charts, and essential formatting techniques. It's easier than you think! Prerequisite: Experience with Windows. The class textbook is available the first night of class for \$20.

Sept. 17 - Oct. 8, 6:30 PM to 9:00 PM, 4 sessions (W)
Farmington High School - Room 522
Course Fee: \$94, Senior Fee (65+): \$64

Microsoft Excel 2010 - Intermediate**Laura Higgins (COM 117)**

In Excel 2010 Intermediate, you will work with large worksheets, analyze data using tables and scenarios in functions & formulas, name a cell range, create lookup tables, and deal with formula errors. Prerequisite: Capable of performing beginner level tasks in Excel. The class textbook is available the first night of class for \$20.

Oct. 15 - Nov. 5, 6:30 PM to 9:00 PM, 4 sessions (W)
Farmington High School - Room 522
Course Fee: \$94, Senior Fee (65+): \$64

Introduction to Facebook

Cathy Poehler (COM 132)

Learn how to register on Facebook and create a user profile. Use the home page, tour the Facebook site, create a group, search, find and add a friend.

Nov. 10, 6:30 PM to 8:30 PM, 1 session (M)
West Woods Upper Elementary - Library 602
Course Fee: \$24

MS PowerPoint 2010 - Intermediate

Sandra Rampertab (COM 133)

Learn more on how to create professional presentations using tables, SmartArt, charts and graphs, shapes and more. Students will learn to add sophisticated style and design to complete their presentations. Students must have excellent computer skills.

Oct. 8-15, 6:15 PM to 8:15 PM, 2 sessions (W)
West Woods Upper Elementary School - Room 602
Course Fee: \$39, Senior Fee (65+): \$25

iPad/iPhone Basics and Apps

Jan Gyurko (COM 154)

Notebooks are getting much less use now that folks rely more on their iPhones and iPads when computing at home, on vacation or on the road. Get more accomplished on your mobile device using these helpful techniques to enter and edit text, and open and manage apps and files. Explore and modify settings to customize your iPhone and iPad, plus take a look at lots of apps for fun and productivity.

Sept. 23-30, 6:00 PM to 8:30 PM, 2 sessions (T)
Lewis Mills High School - Room A131
Course Fee: \$49, Senior Fee (65+): \$29

Evernote Set-up and Use to Organize Your Life

Grant Hagedorn (COM 166)

Evernote basics will give you the knowledge and skills to start using Evernote. It's a free note taking and life organizational software with 50 million users worldwide. Use it as a solution to stay on top of today's demands in your business and personal lives. Bring your own laptop, iPad, iPhone, Android phone or tablet to class to download the software.

Oct. 21-28, 7:00 PM to 8:30 PM, 2 sessions (T)
Farmington High School - Room 612
Course Fee: \$24

Intro to Cloud Computing

Jan Gyurko (COM 168)

What is cloud computing? You've heard of Google drive, dropbox, iCloud, skydrive - what is all this and how does it work? Can you create documents and spreadsheets and presentations and not have software on your computer? Yes! Can you collaborate and share files? Yes! Sign up to see how it all works! You will leave with accounts all set up and hands on experience in cloud computing.

Oct. 6-9, 6:00 PM to 9:00 PM, 2 sessions (MTh)
Lewis Mills High School - Room A129
Course Fee: \$49, Senior Fee (65+): \$29

Mac OS X Everything Photo

Jan Gyurko (COM 172)

Photos on the Mac - there are so many possibilities! Faces, places, photo stream, albums, getting photos off your iPhone/iPad, getting the red-eye out, oh my! Explore iPhoto, Image Capture, Photo Booth & Preview. Bring your own MacBook if you like.

Nov. 6, 6:00 PM to 8:30 PM, 1 session (Th)
Lewis Mills High School - Room A131
Course Fee: \$24

Mac OS X Online with Safari

Jan Gyurko (COM 173)

Learn about using Safari in Mountain Lion, as well as ways to personalize your browsing experience. Explore iCloud Tabs, Share, Smart Search, Bookmarks, Reader and lots more! Bring your own MacBook if you like.

Oct. 30, 6:00 PM to 8:30 PM, 1 session (Th)
Lewis Mills High School - Room A131
Course Fee: \$24

Mac OS X Mail, Contacts, Calendars & Reminders

Jan Gyurko (COM 174)

Set up email accounts, add contacts, create groups, and make appointments. Organize email into folders, share calendars, invite friends to events, make lists and get reminders that show on all your devices! Bring your own MacBook if you like.

Dec. 1-3, 6:00 PM to 8:30 PM, 2 sessions (MW)
Lewis Mills High School - Room A131
Course Fee: \$49, Senior Fee (65+): \$29

Mac OS X Play me an iTunes!

Jan Gyurko (COM 175)

iTunes is the easiest way to organize and enjoy the music, movies, TV shows, apps, and books you've already got - and shop for the ones you want to get. Explore CD's, Playlists, Podcasts and more. Bring your own MacBook if you like.

Nov. 17, 6:00 PM to 8:30 PM, 1 session (M)
Lewis Mills High School - Room A131
Course Fee: \$24

Webpage Design

James Holcomb (COM 311)

Learn HTML techniques to design web pages, an overview of how to setup your website. Incorporate text, images and hyperlinks. Style your web page with fonts, colors, lists, tables, graphics and backgrounds. Use the Notepad HTML editor and Internet Explorer to design your web page. Bring a flash drive to class.

Oct. 7 - Nov. 18, 6:30 PM to 8:30 PM, 6 sessions (T)
Farmington High School - Room 608
Course Fee: \$99, Senior Fee (65+): \$69

Volunteers Needed
for evening ESL program
Call 860-404-0290 or
email continuinged@fpsct.org

Thanksgiving Dinner Bling**Kelley Lanahan (COO 174)**

Whether this is your first Thanksgiving, or your 50th, figuring out what to make for the meal special can be challenging. There are always the family favorites, but what can you add that will be new and show-stopping to your table? Join us as we learn how to make perfect buttermilk mashed potatoes, a beautiful vegetable tart tatin, and a wholesome squash gratin. We'll even try giving a new twist to your mother's green-bean casserole! Bring an apron and some containers to bring your creations home in! Course includes \$20 food fee.

Nov. 19, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 516/518
Course Fee: \$49

Holiday Brunches Made Easy**Kelley Lanahan (COO 176)**

No one likes feeling rushed on special holiday mornings, so join us as we prepare a few "make-ahead" brunch items that will leave you free to enjoy your family and the festivities. On the menu will be potato latkes with homemade applesauce, blueberry French toast casserole, homemade cinnamon rolls, and healthy bacon and egg mini-bites! Bring an apron and some containers to bring your creations home in! Course includes \$20 food fee.

Dec. 10, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 516/518
Course Fee: \$49

India's Culinary Traditions *NEW***Mounika Kasala (COO 181)**

Do you hesitate to cook at home with unfamiliar names, spices and ingredients? In this hands-on class you will learn simple dishes that are rooted in India's culinary traditions. You will get an introduction to Indian spices, copies of featured recipes, learn to cook at least two dishes, get tips and techniques of Indian cooking and have a sit-down meal. A \$10 food fee to be paid to the instructor each night. Sign up for one or all classes.

Oct. 1st: Chilli Chicken, Mint & Peas Pulao

Oct. 8th: Tandoori Chicken, Raita

Oct. 15th: Shrimp on Sticks, Coriander Chutney

Oct. 22nd: Flat Bread, Dal

Oct. 1-22, 6:00 PM to 9:00 PM, 4 sessions (W)
Lewis Mills High School - Room A132
Course Fee: \$29 per class or \$99 for all 4

Homemade Pasta and Sauces from Scratch**Kelley Lanahan (COO 182)**

Nothing warms your heart more than fresh-made pasta and homemade sauce. Join us as we learn the basics of making your own pasta dough, cutting fettuccine and stuffing some of your own ravioli. We will also make quick and satisfying sauces to make your pasta perfect! Bring an apron and some containers to bring your creations home in! Course includes \$20 food fee.

Oct. 8, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 516/518
Course Fee: \$49

Breads of France *NEW***Don Dickey (COO 186)**

This class will explore a selection of completely different types and shapes of French breads from boules to baguettes and more! You will also learn how to use a "preference" to create more complex flavors and textures. This is a "participation type" course for both beginners and experienced bakers, and each student will take home a loaf of bread or batch of rolls fresh-from-the-oven. A materials fee of \$15 is payable to the instructor at the class. Visit www.AtTheStove.com for more info.

Nov. 10 - Dec. 1, 6:30 PM to 9:30 PM, 4 sessions (M)
Farmington High School - Room 516/518
Course Fee: \$69

All Things Gluten Free; Made Simple, Easy & Enjoyable *NEW***Rebecca Tuttle (COO 187)**

Enjoy a happy, healthy, gluten free experience. Learn how to make gluten free fun with helpful tips for an easy gluten free lifestyle, which includes resources, recipes, and a helpful guide for simplifying your gluten free experience.

Oct. 23, 6:30 PM to 8:00 PM, 1 session (Th)
Lewis Mills High School - Room A132
Course Fee: \$15

My Gluten Free Lunchbox *NEW***Rebecca Tuttle (COO 188)**

Enjoy simple, creative and easy lunch options for those looking to pack an inexpensive, healthy, gluten free lunch. This workshop will introduce you to healthy and exciting options for the whole family to enjoy. No more overspending on gluten free, just simple, creative and delicious fun.

Oct. 16, 6:30 PM to 8:00 PM, 1 session (Th)
Farmington High School - Room 615
Course Fee: \$15

Vegetarian Sandwiches *NEW***Charlene Plourde (COO 189)**

Meat eaters aren't the only ones to enjoy a good stacked sandwich. From homemade flat bread sandwiches to a good grilled panini, join me as we layer on some healthy ingredients to build the perfect sammie. Course fee includes \$20 food fee.

Oct. 1, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 516/518
Course Fee: \$49

Low Glycemic Treats *NEW***Charlene Plourde (COO 190)**

Did you think you couldn't satisfy your sweet tooth without all the processed sugar and still have it taste good? Come explore some low glycemic treats that utilize healthy sweeteners that will blow your taste buds away. Course includes \$20 food fee.

Oct. 15, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 516/518
Course Fee: \$49

COOKING

Healthy One Pot Wonders *NEW*

Charlene Plourde (COO 191)

For the herbivore and carnivore alike. Utilize hearty ingredients to satisfy the biggest appetites. Create simple meals that your whole family will love, that save you time, money and stress. Course includes \$20 food fee.

Oct. 29, 6:00 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 516/518

Course Fee: \$49

Vegan Desserts

Charlene Plourde (COO 192)

Whether vegan by choice or to live a healthier lifestyle, being vegan doesn't have to mean using unhealthy substitutes. Come join me as we take the chemicals out of our cupcakes and add an extra layer of yum! Course includes \$20 food fee.

Nov. 12, 6:00 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 516/518

Course Fee: \$49

Lunch Box Snacks that Pass the Test

Charlene Plourde (COO 193)

Tired of giving your child the usual lunch box snacks. Think outside of the processed box and with the use of healthy ingredients we will create snacks that taste great and keep your child fueled throughout the day putting them at the head of the class. Course includes \$20 food fee.

Sept. 17, 6:00 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 516/518

Course Fee: \$49

Guilt Free Holiday Treats

Charlene Plourde (COO 194)

Tired of falling into the usual sugary holiday traps? This year make some low sugar treats that utilize healthy ingredients that will have your guests begging for more. Course includes \$20 food fee.

Dec. 3, 6:00 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 516/518

Course Fee: \$49

Take the Chill Off with Fall Soups *NEW*

Kelley Lanahan (COO 195)

Fall is definitely in the air! Come learn how to make easy homemade soups to help take the chill out of any autumn evening. Bring an apron and some large soup containers to bring your creations home in! Course includes \$20 food fee.

Oct. 22, 6:00 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 516/518

Course Fee: \$49

Easy Family Dinners You Can Make Together

Kelley Lanahan (COO 196)

Everyone knows the kitchen is the heart of the family home. Bring along your favorite partner and team up to make some wonderful dinners together! Parent-child teams welcomed; an adult must attend with the child. Bring an apron and some containers to bring your creations home in! Course includes \$20 food fee.

Nov. 5, 6:00 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 516/518

Course Fee: \$49

Cake Decorating 101 with the Cake Gypsy *NEW*

Deanna Damon (COO 197)

Deanna Damen, Wilton Certified Instructor and owner of Cake Gypsy Bakery in Canton, CT will teach you how to design a professional looking cake like the pros you see on TV. Learn how to properly fill, frost, crumb coat and decorate a butter cream cake. Learn classic butter cream decorating techniques such as borders, flowers, bows, and personalization. Each student will go home with a delicious and beautiful cake to enjoy. Experience the thrill of creating cakes that will delight your friends and family-even if you've never decorated before! Course includes \$15 food fee.

Oct. 6, 6:30 PM to 8:30 PM, 1 session (M)

Farmington High School - Room 516/518

Course Fee: \$39

Cake Decorating "Fondant Fun" with the Cake Gypsy

Deanne Damon (COO 198)

Deanna Damen, Wilton Certified Instructor and owner of Cake Gypsy Bakery in Canton, CT will teach you how to develop your skills working with fondant. Learn essential techniques, such as covering a cake with fondant, borders, shapes, tinting, tie dye and how to create different types of flowers and designs. You will also learn how to properly frost and fill a cake and will bring home your delicious and beautiful completed cake to enjoy. Experience the thrill of creating cakes that will delight your friends and family-even if you've never decorated before! Course includes \$25 food fee.

Oct. 20, 6:30 PM to 9:00 PM, 1 session (M)

Farmington High School - Room 516/518

Course Fee: \$49

Oriental Cooking I

Ayako Jedlicka (COO 179)

Explore the world of Chinese cooking. Recipes include suz chuan (hot sauce style chicken soup), peanut noodle sauce (don don noodle), and sweet sour chicken, fried rice. Bring an apron and containers to class. Course includes \$20 food fee.

October 7, 6:00 PM to 9:00 PM, 1 session (T)

Lewis Mills High School - Room A132

Course Fee: \$49

Sushi

Ayako Jedlicka (COO 101)

Sushi is not only raw fish! Many different vegetable sushi are made with carrots, cucumbers, asparagus, beans, ginger, etc. Learn to make Tekamake, futomake nigire, Inare (bean curd), bara-sushi (Japanese rice pilaf). Bring your apron and containers for left overs. Course includes \$20 food fee.

October 28, 6:00 PM to 9:00 PM, 1 session (T)

Lewis Mills High School - Room A132

Course Fee: \$49

Register Early!

**We encourage you to register early.
It can often make or break a course.**

Dim Sum I**Ayako Jedlicka (COO 122)**

Students will learn to make gyoza (steamed, boiled or fried dumplings), shrimp toast, shrimp balls and spareribs. Learn five different kinds of complimentary dipping sauces. This is a traditional Chinese tea time snack, which also makes excellent hors d'oeuvres! Bring an apron and containers to class.

Course includes \$20 food fee.

October 21, 6:00 PM to 9:00 PM, 1 session (T)

Lewis Mills High School - Room A132

Course Fee: \$49

Dim Sum II**Ayako Jedlicka (COO 111)**

Dim Sum is a part of Hong Kong culture literally translates to "touches the heart" and these small Chinese delicacies are easy and fun to make. Dipping sauces (5 different kinds), wonton for appetizer or dessert, oriental meatballs, finger size chicken with sesame seed and Chinese almond cookies. Bring an apron and containers to class. Course includes \$20 food fee.

November 4, 6:00 PM to 9:00 PM, 1 session (T)

Lewis Mills High School - Room A132

Course Fee: \$49

Retirement Income Strategies**Leonard Del Gallo, CFP® (FIN 103)**

The class on retirement income presents strategies to show individuals how to prepare and make the most of their savings and investments before and during retirement. Important issues are covered, such as retirement plan distributions, split annuity strategies and other income producing vehicles. Participants will learn ways to size up their current situation and sources of income, review distribution methods, develop an investment strategy, and plan for the unexpected. A spousal guest is included at no charge. Course booklet: cost \$5 due the night of the course.

Oct. 16, 6:30 PM to 8:30 PM, 1 session (Th)

Farmington High School - Room 613

Course Fee: \$15

Life Planning for Children with Special Needs**Leonard Del Gallo, CFP® (FIN 104)**

This educational workshop will help families through the maze of legal and financial complexities surrounding planning for the future of children and other dependents with special needs. Having access to resources, organizations, and support groups, to help you, future care providers, and your child is critical on a daily basis. Future planning is not only focused on lifetime care, but also quality of care for children or dependents with special needs. The workshop will explain techniques to preserve government benefits eligibility for SSI and Medicaid. We will discuss the importance of coordinating all documents including a special needs trust, letter of intent, guardianship and various funding options for the special needs trust. The workshop helps empower a parent to be an advocate for their child with special needs for the life of the child. Please bring a spousal guest or friend.

Oct. 9, 6:30 PM to 8:30 PM, 1 session (Th)

Conard High School

Course Fee: \$15

Understanding the Complicated World of Long Term Care Insurance**Corrin Gibbs Burk, CFP®, CLTC (FIN 105)**

We have all asked ourselves what Long Term Care Insurance is and is it right for me. Corrin will help you understand what otherwise can be a difficult product to comprehend. This class has been especially designed to answer many questions regarding LTC Insurance. Key issues include: What should you look for in a LTC Insurance Company? What should you look for in a policy? Should you be considering the purchase of LTC Insurance? When is the best time to buy a policy? What are the benefits of owning a LTC Insurance policy? What a LTC Insurance policy covers and what it doesn't. Key figures for medicare and medicaid and their relationship to long term care will also be discussed. You are encouraged to attend this class for the opportunity to have all your questions answered and gain a greater insight into LTC.

Nov. 18, 6:30 PM to 8:00 PM, 1 session (T)

Farmington High School - Room 614

Course Fee: \$15

Getting Great Real Estate Deals in Difficult Times**Richard Nathan (FIN 111)**

Because of difficult times in the economy, there are some excellent deals in real estate. Learn the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. See how you can wisely buy or sell investment property, primary homes, multi-families, and vacation homes. After this class you will be able to research property at the tax assessor's office, the country clerk's office and various other methods to research a property including the web. Additional discussions will include how to sell your home on your own without a realtor. Rich Nathan is a consumer advocate and not a real estate agent. An optional materials fee of \$20 will be payable to the instructor at class.

Oct. 20, 8:00 PM to 10:00 PM, 1 session (M)

Farmington High School - Room 908

Course Fee: \$49

Secrets That Wall Street**Does Not Want You to Know****Richard Nathan (FIN 112)**

Have you inherited or earned extra money to invest? Learn how to stretch and save your hard earned money. This fact packed seminar is for those who want to learn from a consumer advocate, Richard Nathan. Learn how to not get ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, or investing in mutual funds on your own. You will gain the confidence to invest on your own or be able to interview financial planners and get them to work for you. An optional materials fee of \$20 will be payable to the instructor at class.

Oct. 20, 6:00 PM to 8:00 PM, 1 session (M)

Farmington High School - Room 908

Course Fee: \$49

Entrepreneurship: Starting Your Own Business

Beverly Nathan (FIN 113)

From this lively and informative seminar, you will learn how to start a successful home-based second-income business which can then become full time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. Taking this course will save you time and money. Discussions will also include franchising. Optional materials fee of \$20 payable to instructor at class.

Oct. 20, 8:00 PM to 10:00 PM, 1 session (M)

Farmington High School - Room 613

Course Fee: \$49

How to Drastically Cut Costs in Difficult Financial Times

Beverly Nathan (FIN 114)

If you are trying to drastically cut costs because your retirement plan or your savings plan has lost a lot of money or you could lose your job and want to learn how to save thousands of dollars, this course will help you. Bev Nathan, who is a consumer advocate, will explain how to save. Discussions will include ways to save money by investing on your own with no-load mutual funds, benefits of credit unions, buying used cars, how to save money when purchasing a car, home and life insurance, and methods to reduce school and country taxes on your home. Learn ways to save money and money saving web sites that are available to help you. Optional materials fee of \$20 payable to instructor at class.

Oct. 20, 6:00 PM to 8:00 PM, 1 session (M)

Farmington High School - Room 613

Course Fee: \$49

Financial Strategies for Successful Retirement

Joan Valenti, CFP® (FIN 115)

This in-depth three session course offers retirees or people thinking about retiring the opportunity to plan and enjoy a more comfortable retirement. You'll learn strategies that could help you generate a steady income, help protect your assets from erosion, reduce taxes, and provide a more secure retirement for you and your spouse. This seminar is designed for retired individuals and couples, and those planning on retiring in the next five to ten years. You will also learn how to make best use of your employer's retirement plan, evaluate lump-sum distribution options, and help reduce estate taxes through proper estate planning. You'll also learn about various types of investments such as municipal bonds and tax-deferred annuities. In addition, we will cover Social Security, Medicare, and ways to provide for the costs of potential long-term health care. You'll learn about diversification and asset allocation to properly position your assets according to your objectives, risk tolerance, and prior investment experience. A spousal guest is included at no cost.

Oct. 7-21, 6:30 PM to 9:00 PM, 3 sessions (T)

Farmington High School - Room 614

Course Fee: \$50

Plan for the Future -

Stay in Control with an Estate Plan

Henry Cormier, CFP® (FIN 124)

Estate planning can be for everyone. This seminar will provide you with answers to questions about the components of a basic estate plan, who is involved in the process and what advice and guidance is needed in complex situations. Some of the topics we will cover are care for the people you love, even after you're gone; leave behind a lasting, meaningful legacy; manage estate tax burden - for you and your heirs. This informational seminar is presented by Henry J. Cormier, CFP®, Private Wealth Advisor. There is no obligation and Henry Cormier does not receive any compensation for this presentation. Ameriprise Financial is committed to helping you learn more about your options managing your financial resources and giving clients straight-forward guidance on personal money management and investment strategies. Ameriprise Financial and its representatives do not provide tax or legal advice. Consult your tax advisor or attorney regarding specific tax issues. Ameriprise Financial Services, Inc. Member FINRA and SIPC.

Oct. 22, 6:30 PM to 8:30 PM, 1 session (W)

Conard High School

Course Fee: \$15

Retirement Considerations 101

Henry Cormier, CFP® (FIN 144)

Planning for a Confident Retirement - With the markets and economy changing all the time, you may feel less than confident about reaching your retirement goals. This seminar will offer tips and strategies that can help you plan to bring your retirement dreams and goals more within reach; determine how much you'll need to save to reach your dreams, and find smart and sensible ways to save more, and learn ways to generate dependable income that could last through your whole retirement. Maximizing Your Social Security Benefits - With all the talk about taxes, budget deficits, and legislative changes, Social Security seems to be in the news once again. Learn what you need to know about whether Social Security can provide the income you need when you retire; how to make the most of your Social Security benefits; and sources of retirement income beyond Social Security that can help you bring your dreams more within reach. This complimentary seminar is presented by Henry J. Cormier, CFP and Private Wealth Advisor. There is no obligation and Henry Cormier does not receive any compensation for this presentation. Ameriprise Financial is committed to helping you learn more about options in managing your financial resources and giving clients straight-forward guidance on personal money management and investment strategies. Ameriprise Financial and its representatives do not provide tax or legal advice. Consult your tax advisor or attorney regarding specific tax issues. Ameriprise Financial Services, Inc. Member FINRA and SIPC.

Oct. 1, 6:30 PM to 8:30 PM, 1 session (W)

Conard High School

Course Fee: \$15

Divorce Changes Everything - Find your Independence

Henry Cormier, CFP® (FIN 145)

Are you a woman who is considering or experiencing a divorce? This workshop will offer tips and strategies that can help you understand what you can expect as you move through the divorce process; take control over the situation for your emotional and financial health; focus on your children's needs; and look ahead to the next chapters of your life. This informational seminar is presented by Henry J. Cormier, CFP, Private Wealth Advisor who was recognized as a 2010 and 2011 FIVE STAR: Overall Client Satisfaction Wealth ManagerSM in Connecticut Magazine. There is no obligation and Henry Cormier does not receive any compensation for this presentation. Ameriprise Financial is committed to helping you learn more about your options managing your financial resources and giving clients straight-forward guidance on personal money management and investment strategies. Ameriprise Financial and its representatives do not provide tax or legal advice. Consult your tax advisor or attorney regarding specific tax issues. Ameriprise Financial Services, Inc. Member FINRA and SIPC.

Nov. 13, 6:30 PM to 8:30 PM, 1 session (Th)
Farmington High School - Room 614
Course Fee: \$15

Take Control of your Retirement Income and Maximize Social Security Benefits

Richard Vogler, CFP® CRPC® (FIN 158)

Take control of your retirement income. Plan for inflation, economic challenges and a potentially long retirement. Learn about changes to anticipate planning your distributions wisely building a steady income stream, protecting and managing retirement income. Will social security provide the retirement income you need for life? Learn how to make the most of your social security benefits. The more you know the more confident you can feel about your retirement income. Instructor is a local financial advisor with 17 years of experience from Ameriprise Financial Services, Inc.

Oct. 6, 6:30 PM to 9:30 PM, 1 session (M)
Farmington High School - Room 613
Course Fee: \$19

Medicare Overview (Part 1)

Ida Schnipper (FIN 160A)

The confusion about selecting the appropriate Medicare option for individuals 65 and over has grown along with the increase in the number of options. Learn how to choose the medical and prescription drug plan that best meets your needs. You will gain a better understanding of the options available and learn how to make better choices for Medicare coverage.

Oct. 22, 7:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 907
Course Fee: \$15

Medicare Overview (Part 2)

Ida Schnipper (FIN 160B)

In this Part 2 class, you will better understand the Medicare benefits, what services are covered, not covered and how to appeal a denial if Medicare does not cover a service. Part 1 is recommended to take Part 2 or you have a working knowledge of Medicare Parts A, B and D.

Oct. 29, 7:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 907
Course Fee: \$15

Buying and Financing Your Next Home

Joseph Martins (FIN 161)

Learn to make smarter, better-informed decisions about buying and financing your first or next home. It's not just about rates and fees. It's about understanding how the process works, setting realistic expectations, solid preparation, finding the right expertise, and knowing which pitfalls to avoid. In this workshop you'll learn all that and more for a more successful, rewarding home buying and financing experience.

Sept. 24, 6:30 PM to 8:30 PM, 1 session (W)
Farmington High School - Room 613
Course Fee: \$15

Property Refinancing and Rehabilitation

Joseph Martins (FIN 162)

Whether you hope to purchase a fixer-upper, finance the remodeling and repair of your current home, or simply refinance your home to lower your costs this workshop is your opportunity to learn renovation loans and refinancing processes from start to finish. Successful refinancing and renovation financing means working with facts not assumptions. Attend this workshop to get the facts and increase your chances of success.

Oct. 15, 6:30 PM to 8:30 PM, 1 session (W)
Farmington High School - Room 613
Course Fee: \$15

Financial WISDOM of the BENs - Benjamin Franklin and Benjamin Graham

Richard Vogler, CFP® CRPC® (FIN 163)

With an abundance of financial information available on the internet it's difficult to find valuable and relevant financial advice. This course will provide you with an overview of the financial wisdom of two great American icons: Benjamin Franklin and Benjamin Graham. Benjamin Graham is considered to be the father of value investing and worked closely with Warren Buffett, serving as his mentor. In this course we will explore the many great financial quotes from Benjamin Franklin and Benjamin Graham and discuss their relevance for investing today. You will receive a free copy of Benjamin Graham's book "The Intelligent Investor" in this class. This educational class is offered by Rich Vogler CFP CRPC a local financial advisor with 17 years of experience.

Nov. 3, 6:30 PM to 9:30 PM, 1 session (M)
Lewis Mills High School - Room A124
Course Fee: \$15

Estate Planning and Financial Exploitation: Are you at risk?

Carmine Perri (FIN 165)

Disturbingly, financial exploitation and abuse of seniors are common. And more disturbing is the fact that it often involves family members, relatives, friends and caregivers. Do you know how your power of attorney and healthcare representative can protect you? What's the difference between the two anyway? Are you worried that someone is taking advantage of or exerting undue influence over you or a loved one? Find out what estate planning steps you can take to protect yourself from financial exploitation and the signs that indicate you may already be a victim.

Oct. 2, 6:00 PM to 7:30 PM, 1 session (Th)
Farmington High School - Room 613
Course Fee: \$15

Paying for Long-Term Care - Ways to Keep from Going Broke

Brendan Daly, Esq. (FIN 166)

Connecticut has the 2nd highest cost of long-term care in the nation. So unless you're planning to leave the state, you need to protect yourself and your retirement assets from long term care costs. Should you give your home to your children? How can you get the State to pay for nursing home and home care? How can single individuals and married couples qualify for Medicaid benefits while keeping your assets and protecting your children's inheritances? What should you do when a crisis hits? Is long-term care insurance a good idea? If you know the rules and plan ahead, you can still protect your hard-earned assets. Let's take the confusion out of the process and give you strategies for putting your house in order. Get your questions answered by an experienced attorney who has been teaching for years and will give you the right answers and provide actual cases showing how all this works!

Nov. 5, 6:00 PM to 7:30 PM, 1 session (W)
Conard High School
Course Fee: \$19

Estate Planning: Don't Make These Mistakes!

Brendan Daly, Esq. (FIN 167)

You may think that drafting an estate plan is straightforward, but in reality, if you do it wrong, you're jeopardizing everything you've worked for. Just because you have a Will or Trust doesn't mean you've covered your bases. What's the difference between a Will and a Trust? Why won't a Will be sufficient by itself? Do you need a power of attorney and what should it say? What about health care directives? Should I add my children's names to my bank accounts? We'll share real-life stories showing you the dangers of common estate planning mistakes such as using incorrect phrases in your documents or omitting important ones. We've seen more Will contests and probate litigation in the last 5 years than in the preceding 25 years! Failing to fund or revoke a living trust, using ambiguous provisions, titling assets improperly and not updating beneficiary designations are just some of the blunders that you must avoid!

Oct. 29, 6:00 PM to 7:30 PM, 1 session (W)
Farmington High School - Room 613
Course Fee: \$19

First Time Home Buyers Education *NEW* Tracy McCleary (FIN 168)

Are you looking to buy your first home and don't know where to start? Learn about the homebuying process including choosing an agent and different property. Included will be detailed information about mortgages, inspections and the buying process with multiple professionals and experts.

Oct. 27 - Nov. 3, 6:30 PM to 8:00 PM, 2 sessions (M)
Farmington High School - Room 613
Course Fee: \$19

Understanding and Enrolling in Affordable Healthcare *NEW*

Renee Gary (FIN 169)

This class is for anyone who is considering applying or wants a better understanding of what affordable healthcare can offer you. Discussions will include eligibility requirements, available plans and how they can keep you healthier. By the end of the session you will be able to create your own account with Access Health CT and be able to start the process required to complete an application during the open enrollment period of Nov. 15, 2014 thru February 15, 2015. Access Health CT does not receive any compensation for this seminar.

(A) Oct. 1, 6:30 PM to 8:00 PM, 1 session (W)
Farmington High School - Room 901

(B) Oct. 29, 6:30 PM to 8:00 PM, 1 session (W)
Lewis Mills High School - Room A122

(C) Dec. 3, 6:30 PM to 8:00 PM, 1 session (W)
Farmington High School - Room 901

Course Fee: \$10

Inclement Weather Policy

If Farmington Public Schools or Region 10 is closed, Continuing Education classes in the closed district will not meet. In case of a "delayed opening/early closing" or if severe weather develops during the day, please check for official notices on our web site at www.fpsct.org/fce. Cancellations will also be announced on TV channels NBC & WFSB. Cancelled classes are postponed to a later date, usually by adding on a session after the last scheduled class.

Yoga (daytime)**Lorie Bernard (FIT 118)**

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

(A) Sept. 15 - Oct. 27, 9:30 AM to 10:30 AM, 6 sessions (M)**(B) Nov. 3 - Dec. 8, 9:30 AM to 10:30 AM, 6 sessions (M)****Farmington Community and Senior Center - Rec Room****Course Fee: \$54, Senior Fee (65+): \$30****Zumba Gold (daytime)****Amy Gray (FIT 143)**

We invite you to ditch the workout and join the party for this fun, different, easy and effective total body workout. Exercise doesn't have to be boring! Try my lower-impact Zumba Fitness class and burn calories while dancing your cares away. This is a dance fitness class featuring Latin and International rhythms. Some modified steps will be shown to help you move at your own level. This is a great class for Baby Boomers, beginners, or anyone who would like a lower-impact class that will still make you sweat!

(A) Sept. 18 - Oct. 30, 10:30 AM to 11:30 AM, 6 sessions (Th)
Course Fee: \$58, Senior Fee (65+): \$40**(B) Nov. 13 - Dec. 18, 10:30 AM to 11:30 AM, 5 sessions (Th)**
Course Fee: \$49, Senior Fee (65+): \$35**First Church of Christ in Farmington****Porter Memorial Building - Fellowship Room****Cardio Fitness (daytime)****Rita Johnson (FIT 167)**

Join this friendly exercise class that combines low impact aerobics with stretching, strength training, and routines to improve flexibility, muscular strength, balance and cardiovascular fitness. Please bring a mat, hand weights and your water bottle to class. (Parking is available on School, Church and Mill Streets. Please do not park in Noah Wallace School parking lots.)

(A) Sept. 15 - Oct. 31, 9 AM to 10 AM, 17 sessions (MWF)
Course Fee: \$99, Senior Fee (65+): \$60**(B) Nov. 3 - Dec. 12, 9 AM to 10 AM, 16 sessions (MWF)**
Course Fee: \$93, Senior Fee (65+): \$60**First Church of Christ in Farmington****Porter Memorial Building - Fellowship Room**

Our health & fitness classes can be strenuous. Therefore, consult a physician before enrolling. By enrolling in these courses, you indicate that you have no physical conditions that would make your participation hazardous to your health.

Introduction to Yoga (daytime)**Emily Kelahe (FIT 171)**

This is an introduction class to yoga to bring a sense of wellness to mind and body through breathing and movement. Gentle stretching and moving to basic yoga poses will be introduced ending with rest shavasana! Bring a yoga mat to class.

Sept. 15 - Nov. 24, 10:30 AM to 11:30 AM, 10 sessions (M)**Avon Kempo and Aikido Academy****166 Albany Turnpike, Canton****Course Fee: \$94, Senior Fee (65+): \$55****Pilates (daytime)****Nancy Roy (FIT 176)**

With an emphasis on breath, core conditioning and body awareness, PILATES essential mat exercises are a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Built upon the essence and principles of Joseph H. Pilates, all exercises are performed on a mat with the main focus being on core stability, including pelvic and shoulder girdle stabilization, neutral alignment, and patterned breathing. Pilates helps to restore the natural curve of the spine and is the perfect compliment to cardiovascular exercise, sport, rehab and life. PILATES exercises will leave you looking toned, feeling revitalized and moving with ease. Bring a mat to class.

Sept. 19 - Nov. 21, 9:30 AM to 10:30 AM, 10 sessions (F)**Avon Kempo and Aikido Academy****166 Albany Turnpike, Canton****Course Fee: \$90, Senior Fee (65+): \$70****Yoga for Seniors (daytime) *NEW*****Viviana Pinhasi (FIT 178)**

Yoga is known for twists and challenging poses. This class adapts the yoga practice to older bodies, minds and spirits to achieve a better quality of life. Learn to breathe better, move easier and meet new friends. Bring blanket, yoga mat and yoga blocks (optional) to class.

Oct. 1 - Nov. 19, 11:15 AM to 12:15 PM, 8 sessions (W)**First Church of Christ in Farmington - Porter Memorial****Course Fee: \$72, Senior Fee (65+): \$42****Gentle Yoga (new time, late afternoon)****Clementine Delaney (FIT 119)**

This class is designed to increase your energy level and revitalize your body through connecting breath with movements in the body. Improve flexibility and range of motion, increase circulation and oxygenate your blood cells while increasing your lung capacity are just a few benefits derived from Yoga. Class will close with guided visualization and relaxation meditation bringing peace to your being. All levels welcome. Bring a yoga mat and wear comfortable clothing.

Sept. 16 - Oct. 28, 4:30 PM to 5:30 PM, 7 sessions (T)**Farmington Community and Senior Center - Rec Room****Course Fee: \$63**

Yogalates Core Fusion

Evelyn (Ellie) Bialobrzewski (FIT 101)

This exercise class combines yoga strength and flexibility poses with the core stabilizing dynamics of pilates. It is a movement system that stretches and strengthens all the major muscle groups developing streamline slenderness rather than bulky muscle. At the same time it has excellent therapeutic value for calming the mind and spirit. All levels are welcome. Bring a water bottle and mat to class.

(A) Sept. 17 - Oct. 22, 7:30 PM to 8:30 PM, 6 sessions (W)

(B) Nov. 5 - Dec. 17, 7:30 PM to 8:30 PM, 6 sessions (W)

West Woods Upper Elementary School – Cafetorium
Course Fee: \$54

Muscles in Motion

Lorie Bernard (FIT 102)

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, strengthen your back, gluteus and abdominal muscles will be stressed. Flexibility, breathing exercises, and relaxation will complete this dynamic workout. Bring your own hand weights (optional), exercise mat or towel (a must!) and water bottle. Maximum 35

(A) Sept. 15 - Oct. 27, 6:30 PM to 7:30 PM, 10 sessions (MTh)

Noah Wallace School - Gym

Course Fee: \$90

(B) Nov. 3 - Dec. 8, 6:30 PM to 7:30 PM, 9 sessions (MTh)

Noah Wallace School - Gym

Course Fee: \$81

Zumba

Alyson Grisham (FIT 106)

Zumba is a dance-based class that uses a combination of Latin and International music. It is a cardio-based workout that offers some components of resistance/sculpting training to tone your entire body from top to bottom and from inside out. It's fun! The type of exercise you will want to do everyday. It's different! The music, the steps, the moves, the feel are unlike anything you have ever experienced before. It's easy! The class is designed for everyone. If you can move, you can Zumba!

(A) Sept. 16 - Oct. 21, 6:30 PM to 7:30 PM, 6 sessions (T)

Course Fee: \$54

(B) Nov. 25 - Dec. 16, 6:30 PM to 7:30 PM, 4 sessions (T)

Course Fee: \$36

Lake Garda Elementary School – Gym, Burlington

Yoga *NEW*

Migdalía Merriman (FIT 107)

This class will present the yoga basics for all ages and conditions. You will increase flexibility, reduce stress and bring calm to your busy life. Yoga will tone your body, discipline the mind and improve your overall health. Each class includes stretches, simple breathing techniques and relaxation. Wear comfortable clothing, bring a yoga mat and firm pillow and do not eat a big meal before class.

Oct. 7 - Dec. 16, 6:30 PM to 7:30 PM, 9 sessions (T)

Farmington Community and Senior Center - Rec Room

Course Fee: \$81

Pilates

Evelyn (Ellie) Bialobrzewski (FIT 108A)

With an emphasis on breath, core conditioning and body awareness, PILATES essential mat exercises are a safe and highly effective way to stretch, strengthen and streamline your body without building bulk or stressing your joints. Built upon the essence and principles of Joseph H. Pilates, all exercises are performed on a mat with the main focus being on core stability, including pelvic and shoulder girdle stabilization, neutral alignment, and patterned breathing. Pilates helps to restore the natural curve of the spine and is the perfect compliment to cardiovascular exercise, sport, rehab and life. PILATES exercises will leave you looking toned, feeling revitalized and moving with ease. Bring a mat to class.

(A) Sept. 15 - Oct. 27, 7:30 PM to 8:30 PM, 6 sessions (M)

(B) Nov. 3 - Dec. 15, 7:30 PM to 8:30 PM, 6 sessions (M)

West Woods Upper Elementary - Cafeteria

Course Fee: \$54

Candlelight Yoga

Elizabeth Gait (FIT 111)

Achieve a deeper understanding of yoga by practicing in a room lit by candles. Your perception and emotions can be profoundly effected by your surroundings. Learn exercises in mindfulness including candle gazing, pranayama, and guided meditation. Bring a yoga mat to class.

(A) Sept. 15 - Oct. 27, 6:45 PM to 8:00 PM, 6 sessions (M)

(B) Nov. 3 - Dec. 8, 6:45 PM to 8:00 PM, 6 sessions (M)

Farmington Valley Physical Therapy

112 South Main Street, Unionville

Course Fee: \$68

Low Impact Cardio Sculpt for Menopause and Peri-Menopause

Evelyn (Ellie) Bialobrzewski (FIT 136)

Menopause slows down metabolism which means that even if you eat the exact amount you always did, you're likely to gain weight. You lose muscle as you age, and this is particularly true after menopause. Muscle affects metabolism so losing muscle will slow your body and you will gain more weight. A cardio/weight training program will build strengthen muscle to increase your metabolism and can help you deal with osteoporosis. This class consists of a 7 minute cardio warm-up followed by low-impact 30 minute cardio sculpting routine and finishes with an intense 15 minute core sculpt. Your heart rate will remain in your fat burning zone for the entire class so you will burn fat and calories as you build and strengthen muscles. This class is designed for beginner and intermediate level participants. A set of dumbbells and a mat is all you will need to bring. The instructor recommends starting out with a 5lb pair of dumbbells. If you don't have a set of dumbbells two 20 oz. soda/water bottles filled with sand work great. This class is targeted for menopausal women- but anyone can participate - everyone can benefit from cardio and weight resistance training.

(A) Sept. 15 - Oct. 27, 6:30 PM to 7:30 PM, 12 sessions (MW)

(B) Nov. 3 - Dec. 17, 6:30 PM to 7:30 PM, 12 sessions (MW)

West Woods Upper Elementary – Cafeteria

Course Fee: \$54 (Monday Only)

Course Fee: \$54 (Wednesday Only)

Course Fee: \$99 (both Monday & Wednesday)

Introduction to Tai Chi

Kenneth Zaborowski (FIT 116)

Tai Chi (also spelled Taiji) is a holistic fitness program designed to heal chronic pain and sickness, reverse many symptoms associated with normal aging, significantly reduce the harmful effects of stress, instill a deep sense of calm and relaxation, increase vitality and improve one's overall health. Based on traditional Chinese medical theory, which suggests that pain and sickness are caused by blockages in "Qi" (Vital Energy) circulation within one's body (i.e., tension), Taiji practice dissolves these blockages ("letting go") which allows healing to take place. Taiji has been shown through scientific studies to - among other things - alleviate arthritis, slow bone loss due to osteoporosis, reduce stress and manage blood sugar levels. This beginner's class will focus on the basics of Taiji with simple exercises and movements. Wear comfortable clothing and shoes/sneakers. Visit www.white-lotus.com for more information on Taiji.

(A) Sept. 17 - Oct. 29, 6:00 PM to 7:00 PM, 6 sessions (W)

(B) Nov. 5 - Dec. 17, 6:00 PM to 7:00 PM, 6 sessions (W)

**Farmington Community and Senior Center - Rec Room
Course Fee: \$54**

Body Sculpting

Nancy Roy (FIT 148)

Body sculpting is a cardiovascular strength training class that shapes and tones the entire body and also helps prevent osteoporosis. No dancing, jumping or jazzing, just results! Bring a set of 5 or 8 pound weights and an exercise mat to class. Accommodates beginner to advanced fitness levels. Work out at YOUR own pace.

Sept. 16 - Dec. 2, 5:00 PM to 6:00 PM, 10 sessions (T)

**Farmington Community & Senior Center - Meeting Room C
Course Fee: \$90**

Zumba Gold (evening)

Amy Gray (FIT 154)

We invite you to ditch the workout and join the party for this fun, different, easy and effective total body workout. Exercise doesn't have to be boring! Try my lower-impact Zumba Fitness class and burn calories while dancing your cares away. This is a dance fitness class featuring Latin and International rhythms. Some modified steps will be shown to help you move at your own level. This is a great class for Baby Boomers, beginners, or anyone who would like a lower-impact class that will still make you sweat!

**(A) Sept. 18 - Oct. 30, 5:45 PM to 6:45 PM, 6 sessions (Th)
Course Fee: \$54**

**(B) Nov. 13 - Dec. 18, 5:45 PM to 6:45 PM, 5 sessions (Th)
Course Fee: \$45**

West Woods Upper Elementary - Cafeteria

Interval Training **NEW**

Nancy Roy (FIT 177)

Utilize free weights along with intervals of cardio bursts to raise your heart rate to burn fat and calories while you're toning! Bring free weights, yoga mat, towel, and water to class.

(A) Sept. 18 - Oct. 30, 5:00 PM to 6:00 PM, 6 sessions (Th)

(B) Nov. 6 - Dec. 18, 5:00 PM to 6:00 PM, 6 sessions (Th)

**Farmington Community and Senior Center - Rec Room
Course Fee: \$54**

Tai Chi for Long Life

Kenneth Zaborowski (FIT 144)

For students who have completed Introduction to Tai Chi and wish to delve into the subject in more depth, we'll continue to improve posture, balance and coordination, reduce mental/emotional stress and physical tension, increase agility, improve circulation, enhance awareness and improve concentration, perception and memory. Learn more of the philosophy of Taiji, more advanced breathing exercises and begin study of the "Chen Laojia Yilu." Wear comfortable clothing and shoes/sneakers. Visit www.white-lotus.com for more information on Taiji, the instructor or the program.

(A) Sept. 17 - Oct. 29, 7:00 PM to 8:15 PM, 6 sessions (W)

(B) Nov. 5 - Dec. 17, 7:00 PM to 8:15 PM, 6 sessions (W)

**Farmington Community and Senior Center - Rec Room
Course Fee: \$69**

Introduction to Yoga

Emily Kelaher (FIT 157)

This is an introduction class to yoga to bring a sense of wellness to mind and body through breathing and movement. Gentle stretching and moving to basic yoga poses will be introduced ending with rest shavasana! Bring a yoga mat to class.

(A) Sept. 15 - Oct. 27, 6:30 PM to 7:30 PM, 6 sessions (M)

(B) Nov. 3 - Dec. 8, 6:30 PM to 7:30 PM, 6 sessions (M)

**Farmington Community and Senior Center - Rec Room
Course Fee: \$54**

Kundalini Yoga **NEW**

Viviana Pinhasi (FIT 179)

A yoga practice that includes breathing exercises, series of exercises geared to work on a specific part of the body, conscious relaxation and a short meditation. Tea is served at the end of the practice. Please bring your yoga mat and a blanket.

Oct. 2 - Nov. 20, 7:00 PM to 8:00 PM, 8 sessions (Th)

**West Woods Upper Elementary School - Cafe
Course Fee: \$72**

Get Golf Ready

Chet Dunlop Jr. (FIT 132A)

New golfers are invited to become familiar with a great game that is fun to play. Experienced golfers will find guidance that will help them get back to the fundamentals of the swing. Your award winning PGA Pro Chet Dunlop will help you to discover how to access the joy that the game of golf offers to every player who wishes to play. All you need to bring is a desire to take pleasure in your own natural ability while exploring a game that anyone can play, and everyone can play better. (Equipment provided for those who need it at no extra charge) **NO SENIOR DISCOUNT.**

Sept. 5-19, 6:00 PM to 7:45 PM, 3 sessions (F)

**Burlington Golf Center
Course Fee: \$89**

Bridge: Basic Declarer Play**David Poriss (GAM 103)**

This is a class for novice bridge players concentrating on Declarer play with separate, non-sequential material offered each week. Topics covered include, danger hand, entries, timing, avoidance and unblocking, interspersed with thought providing hands. The teaching methodology is cooperative learning with hands on the table.

Sept. 3 - Oct. 1, 6:30 PM to 9:00 PM, 5 sessions (W)**Farmington High School - Room 605****Course Fee: \$69, Senior Fee (65+): \$50****The ABC's of Photo Organizing *NEW*****Mary Beth Sasso (GAM 120)**

Almost overnight negatives and film were replaced with digital cameras and we gained the ability to snap hundreds of photos in an instant. Most of us have quickly become overwhelmed with the sheer number of photos we take and find that the images linger on our cameras, computers and phones as well as taking up more than their fair share of memory along with them! In addition, the pictures that we do manage to print and all of those printed prior to the digital camera era, are usually still in boxes, bins and bags. Organizing photos can be an intimidating and time-consuming task and one we tend to think can only be done by us alone, however most of us long to someday tackle this task because it is so worthwhile to preserve memories and have the ability to share them with others. Learn all the ways to save your memories, tell your story and save your history.

November 4, 6:30 PM to 8:30 PM, 1 session (T)**Farmington High School - Room 901****Course Fee: \$15****Design Dilemmas****Ira Henowitz (HOM 118)**

Do you have a design dilemma? Could you use valuable design tips to make your home or place of business function better and look great? If so, join us and bring your ideas, sketches and photos to class. You will gain practice advice from a helpful local architect that you can use in your successful remodeling, addition or new construction project.

Oct. 22, 7:00 PM to 9:00 PM, 1 session (W)**Farmington High School - Room 613****Course Fee: \$15****Solarize CT**

Farmington has been selected to be part of a special program called Solarize Connecticut. This town and state-supported initiative offers solar energy to homeowners at discounted pricing, making it more affordable.

Solarize CT is a unique program offered by the CT Clean Energy Financing and Investment Authority (CEFIA) in partnership with SmartPower to increase residential solar.

END DATE: Your Solarize program ends October 7, 2014.

To find out more about the program or to sign up for a **FREE**, no obligation home visit, please visit
www.solarizect.com/farmington

Our next Solarize Farmington informational workshop is scheduled for Wednesday September 5 at the Main Library, Community Room, at 7:00 pm. Please come!

Cut the Cable (or Dish) and Save \$\$\$ *NEW***Don Dickey (HOM XXX)**

Tired of paying more each year, month after month, for cable or satellite TV? Do you get hundreds of channels but have nothing good to watch? Take this class to learn how to get digital television, even HD, for free. Yes, it is completely legal. In our area you can receive over 30 channels of over-the-air TV. Learn about "stealth antennas" and how to make one for under \$10. You will also learn about some great channels you're missing on cable (or a dish) like Create and World along with what channels you will lose if you cut the cord. We'll also cover options to replace pay-per-view and even your landline telephone (aka Triple-Play) with more cost-effective choices.

Oct. 1, 6:30 PM to 9:00 PM, 1 session (W)**Farmington High School - Room 907****Course Fee: \$29****Bathroom Planning Guidelines****Lorey Cavanaugh (HOM 104)**

Minimize the headaches associated with bathroom remodeling by learning about your options. This course will cover materials and financial considerations for bathrooms from a simple powder room to a glorious master suite. Maximum 12

Sept. 30, 7:00 PM to 9:00 PM, 1 session (T)**Kitchen Bath Design Construction****Course Fee: \$19****Kitchen Planning Guidelines & Trends****Lorey Cavanaugh (HOM 105)**

Your kitchen is one of the most used and most important rooms in your home and a kitchen remodel also has one of the highest returns on investment if done properly. Come and learn the principles of good kitchen design and how to get the most bang for your remodeling dollar. Learn how to plan for your remodel both financially and physically, as well as explore the vast array of new materials available on the market today. Discussion will include such topics as cabinetry, countertops, lighting, appliances and flooring. Seminar includes an interactive presentation given by a 25-year veteran of the remodeling industry, a chance to see first hand some of the materials discussed and take away information. Maximum 12

Oct. 14-28, 7:00 PM to 9:00 PM, 2 sessions (T)**Kitchen Bath Design Construction****Course Fee: \$34****Window Replacement Workshop****"Go Green & Save \$\$\$ Too!"****Paul O'Doherty (HOM 100)**

Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Find out how it is done and save money in this replacement window workshop. Low-E, Argon, Triple Pane, Wood, Vinyl? How much should I pay for a good quality window? Confused? Don't be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

Sept. 16, 7:00 PM to 9:00 PM, 1 session (T)**Farmington High School - Room 913****Course Fee: \$10**

Babysitting Basics

Terri Benoit (KID 100)

This course will prepare boys and girls (age 11 at time of registration through age 15) to be responsible babysitters. Includes supervision of children, accident prevention, first aid, caring and feeding of infants and children, and what to do in an emergency. This course is taught by an American Red Cross instructor. Student attendance is mandatory to receive a certificate upon completion of this course. Course fee includes American Red Cross babysitter training book and ARC certificate. Maximum of 10.

Sept. 29 - Oct. 1, 3:30 PM to 6:30 PM, 2 sessions (MW)
West Woods Upper Elementary - Library 601
Course Fee: \$75

First Aid for Babysitters *NEW*

Terri Benoit (KID 273)

This class will give certified babysitters further first aid training including how to stop bleeding, how to take care of broken bones, medical issues and CPR. Must have already completed the basic babysitters course.

Oct. 20-22, 6:00 PM to 8:00 PM, 2 sessions (MW)
Farmington High School - Room 901
Course Fee: \$50

When I am in Charge (Ages 8 & Older)

Terri Benoit (KID 101)

This unique course offered by the American Red Cross is for all boys and girls, 8 and older, who are ever home alone. The course will cover all the safety concerns parents have when their children are by themselves. They will cover areas such as arriving home, responsibilities, phone and internet safety, fire and gun safety and many others. This course is limited in size, so please register soon. Book included in the price of the class and a certificate will be issued upon completion.

Nov. 6, 5:45 PM to 7:30 PM, 1 session (Th)
Farmington High School - Room 905
Course Fee: \$50

Driver Education (KID 116)

AAA in association with Farmington Continuing Education will offer driver education classroom instruction. The cost of the 30 hour classroom training is \$250, which includes textbook materials. Eight (8) hours of car instructions are also available from AAA for a fee of \$345. A package rate for both programs is \$595. Students enrolling must be 16 years of age prior to the start of class. A certificate will be awarded upon successful completion of the classroom training which may be accepted for insurance premium reductions. The first class requires the attendance of a parent and will be held in room 903 at FHS. TO REGISTER, OR FOR MORE INFORMATION, CALL AAA AT 860.570.4235 OR VISIT www.AAA.com/drivingschool. See disclaimer on registration page.

(A) Sept. 15 - Nov. 5, 3:00 PM to 5:00 PM, 15 sessions (MW)
(B) Oct. 14 - Dec. 9, 6:15 PM to 8:15 PM, 15 sessions (TTh)

Pottery for Kids (Ages 7-17) *NEW*

Debbie Altschwager (KID 177)

Experience the wonders with clay on the potters' wheel! Participants will learn throwing, embellishing, and glazing techniques to create dishes they can enjoy using every day. Newcomers and those with experience are welcome. Come enjoy the fun!

(A) Sept. 17 - Oct. 15, 4:00 PM to 5:30 PM, 5 sessions (W)
(B) Sept. 19 - Oct. 17, 4:00 PM to 5:30 PM, 5 sessions (F)
Gildersleeve Pottery Studio Collinsville
Course Fee: \$130

Teen Chef (Grades 9-12)

Kelley Lanahan (KID 208)

Whether you're a passionate cook or just starting to learn the basics, join the Farmington High School Teen Chef program for some fun food journeys. Learn to cook new, healthy and yummy meals for yourself, your family, or even for a crowd!

Sept. 30 - Oct. 28, 3:00 PM to 5:00 PM, 5 sessions (T)
Farmington High School - Room 516/518
Course Fee: \$40

Rising Teen Chef (Grades 7 & 8) *NEW*

Charlene Plourde (KID 272)

Whether you're a passionate cook or just starting to learn the basics, join the Irving A Robbins Rising Teen Chef program for some fun food journeys. Learn to cook new, healthy and yummy meals for yourself, your family, or even for a crowd! Students will ride the bus after school to Farmington High School. Parents need to pick students up at the visitor's (gym/auditorium) entrance at FHS.

Oct. 2 - Nov. 6, 3:00 PM to 5:00 PM, 5 sessions (Th)
Farmington High School - Room 516/518
Course Fee: \$30



Farmington Extended Care & Learning

KIDS CORNER (East Farms Students ONLY)

Ooey Goey Fun! (East Farms Gr. K-2)

Karen Marino (KID 109)

Children will enjoy getting messy with this class. Children will explore science by making many fun projects that include gak, oobleck, playdough, and volcanoes!

Dec. 1-22, 3:45 PM to 4:45 PM, 4 sessions (M)

EXCL Students \$35, Non-EXCL Students \$40

Golf Adventures (East Farms Gr. K-4)

Mark Moriarty (KID 150A)

The goal of this program is to introduce students to the fun, positive, character-building, aspects of the game while creating a lifelong love of the game of golf. All equipment is provided. Students will travel by bus to visit a golf facility to learn technique on the final day of class.

Jan. 16 - Feb. 13, 2015, 3:45 PM to 4:45 PM, 5 sessions (F)

Course Fee: \$99

Kids Can Cook - Exploring a Rainbow of Foods!

(East Farms Gr. 3-4) NEW

Charlene Plourde (KID 230)

Eat a rainbow? Really? We invite your child to join us for a five-week afterschool cooking program that will encourage young chefs to learn how "eating a rainbow" helps us stay healthy. These classes will give students hands-on instruction on how to make easy, kid-friendly dishes, while teaching them about nutrition and how to make healthier food choices. Course fee includes an \$18 food fee.

Oct. 1-29, 4:00 PM to 5:00 PM, 5 sessions (W)

Course Fee: \$65

Intro To Japanese (East Farms: Gr. 1-4)

Remy Boudreau (KID 248)

Japan is a country whose culture and language are very different from our own but nonetheless beautiful. Its language is perceived as difficult, but it is actually fun and easy to learn. Children who are enrolled in this program will learn the basics of the language used in the land of the rising sun. They will also have the opportunity to experience its exotic food, its adorable children's shows and games, and its folk tales which have long endured over centuries. Please consider this culturally enriching and entertaining program.

Oct. 2-30, 3:45 PM to 4:45 PM, 5 sessions (Th)

EXCL Students: \$45, Non-EXCL Students: \$50

Intro to Basic Gardening and Nutrition

(East Farms Gr. 2-4)

Jackie Martin (KID 253)

This program will focus on basic gardening and nutrition related activities. The children will plant, maintain, and harvest their very own garden filled with a variety of herbs, edible flowers and salad greens. Students will get their hands dirty in the garden learning about organic gardening methods, bugs, worms and other garden critters, composting and much more! Students will learn the joy of growing plants from seed to harvest. This is an exciting hands-on program for all students. Course fee includes supplies.

Sept. 9 - Oct. 28, 4:30 PM to 5:30 PM, 8 sessions (T)

Course Fee: \$60

Lacrosse Skills (East Farms Gr. 1-4) NEW

Andrew McElroy (KID 270)

Lacrosse players of any skills level or those who want to learn the game are welcome to join this fun, active class! We will practice to learn and build the skills and techniques necessary to become a successful player at the youth level. Join us to discover the exciting game of lacrosse!

Nov. 3 - Dec. 1, 3:30 PM to 4:45 PM, 4 sessions (M)

EXCL Students: \$45, Non-EXCL Students \$50

Attention Lego Lovers!

Junior FIRST LEGO League will return in the fall for students in Grades 1-4 in the towns of Avon, Burlington/Harwinton and Farmington/Unionville. Teams of 6 students, led by parent coaches, will meet for 90 minutes per week for 6 weeks to complete this year's national challenge "Think Tank: Where and How Learning Happens" with LEGO kits. Farmington classes will be held on Thursdays, October 30 – December 11 at West Woods Upper Elementary School from 6-7:30 PM. Registration will open the end of September. Look for flyers in your school's Friday Folders. Region 10 (Burlington/Harwinton) classes will be held on Tuesdays, October 28 – December 9, 2014 at Lewis Mills High School from 6-7:30 PM. Avon dates and location are TBD. Look for flyers in your school's Friday Folders or announcements in late September.

Parent coaches are needed to run this program. This is a fun and rewarding way to be involved with your child. If you are interested, please contact Lisa Nollman at nollmanl@fpsct.org for more information. No experience is required and training is offered. Come join the fun!



Ooey Gooley Fun! (Noah Wallace Gr. K-2)

Karen Marino (KID 109)

Children will enjoy getting messy with this class. Children will explore science by making many fun projects that include gak, oobleck, playdough, and volcanoes!

Nov. 7 - Dec. 5, 4 PM to 5 PM (no class 11/28), 4 sessions
EXCL Students: \$35, Non-EXCL Students: \$40

Intro to Sign Language (Noah Wallace Gr. 2-4)

Megan (Maggie) Herdegen (KID 199)

Children will learn the basics of American Sign Language including letters, numbers, and simple vocabulary. This will enable them to understand the importance and significance of this language, as well as its unique character.

Nov. 24 - Dec. 15, 4:00 PM to 5:00 PM, 4 sessions (M)
EXCL Students: \$40, Non-EXCL Students: \$45

Aesop Fables (Noah Wallace Gr. K-2)

Jennifer Roberts (KID 216)

Using "Aesop's Fables" students will work to understand the "moral to the story" and create a fun and engaging way to tell the story through theatre. Students will bring these magical animal characters to life using pantomime, movement, music, and simple props and costumes.

Oct. 2 - Nov. 13, 4:00 PM to 5:00 PM, 7 sessions (Th)
EXCL Students: \$80, Non-EXCL Students: \$90

Kids Can Cook - Exploring a Rainbow of Foods! (Noah Wallace Gr. 3&4)

Charlene Plourde (KID 230)

Eat a rainbow? Really? We invite your child to join us for a five-week afterschool cooking program that will encourage young chefs to learn how "eating a rainbow" helps us stay healthy. These classes will give students hands-on instruction on how to make easy, kid-friendly dishes, while teaching them about nutrition and how to make healthier food choices. Course fee includes an \$18 food fee.

Sept. 30 - Oct. 28, 4:00 PM to 5:00 PM, 5 sessions (T)
Course Fee: \$65

Comedy Improv (Noah Wallace Gr. 3-4)

Jennifer Roberts, (KID 231)

For seven weeks, Hartford Stage will work with 3rd and 4th grade students playing improvisational theatre games while learning the tools to think on your feet! Students will explore spontaneity, character development and ensemble building skills in this fast-paced and exciting class.

Oct. 1 - Nov. 12, 4:00 PM to 5:00 PM, 7 sessions (W)
EXCL Students: \$80, Non-EXCL Students: \$90

Mural Art! (Noah Wallace Gr. 3-4)

Suzanne Magnee (KID 265)

Mural art has evolved into its own form, employing abstraction, explosive color, and deep levels of dimension. Students who join this class will participate in an authentic mural experience. The students will analyze the key components of a quality mural, plan out logistical procedures, and produce a mural that will be displayed in the Noah Wallace School in the cafeteria!

Dec. 2-23, 3:45 PM to 5:15 PM, 7 sessions (TTh)
Course Fee: \$20

Lacrosse Skills (Noah Wallace Gr. 1-4) *NEW*

Andrew McElroy (KID 270)

Lacrosse players of any skills level or those who want to learn the game are welcome to join this fun, active class! We will practice to learn and build the skills and techniques necessary to become a successful player at the youth level. Join us to discover the exciting game of lacrosse!

Sept. 22 - Oct. 27, 3:30 PM to 4:30 PM, 5 sessions (M)
EXCL Students: \$45, Non-EXCL Students: \$50



Farmington Extended Care & Learning

For reasons beyond our control, it is occasionally necessary to change instructors, course content, location, time and date. We appreciate your understanding in these circumstances.

KIDS CORNER (Union ONLY)

Ooey Gooley Fun! (Union Gr. K-2)

Karen Marino (KID 109)

Children will enjoy getting messy with this class. Children will explore science by making many fun projects that include gak, oobleck, playdough, and volcanoes!

Jan. 8-29, 2015, 3:45 PM to 4:45 PM, 4 sessions (Th)

EXCL Students: \$35, Non-EXCL Students: \$40

Golf Adventures (Union Gr. K-4)

Mark Moriarty (KID 150A)

The goal of this program is to introduce students to the fun, positive, character-building, aspects of the game while creating a lifelong love of the game of golf. All equipment is provided. Students will travel by bus to visit a golf facility to learn technique on the final day of class.

Jan. 26 - Mar. 2, 2015, 3:45 PM to 4:45 PM, 5 sessions (M)

Course Fee: \$109

Clay Handbuilding and Sculpting (Union Gr. 2-4)

Ria Lira Levine (KID 217)

In this class, professional ceramicist Ria Lira Levine of Riri's Pottery Haus teaches basic clay manipulation techniques. Students will learn to sculpt and handbuild ornamental or functional pieces, and will also explore various decorative techniques to discover their own unique style. All work will be glazed and high-fired to create usable food, microwave and dishwasher-safe stoneware. Course fee includes \$10 for supplies.

Dec. 1, 2014 - Jan. 5, 2015, 4:30 to 5:30 PM, 5 sessions (M)

Course Fee: \$55

Kids Can Cook - Exploring a Rainbow of Foods! (Union Gr. 3-4)

Kelley Lanahan (KID 230)

Eat a rainbow? Really? We invite your child to join us for a five-week afterschool cooking program that will encourage young chefs to learn how "eating a rainbow" helps us stay healthy. These classes will give students hands-on instruction on how to make easy, kid-friendly dishes, while teaching them about nutrition and how to make healthier food choices. Course fee includes an \$18 food fee.

Oct. 2-30, 4:00 PM to 5:00 PM, 5 sessions (Th)

Course Fee: \$65

Irish Step Dancing (Union Gr. K-4)

Courtney Jay (KID 241)

Irish dancing isn't just for St. Patrick's Day! Irish dancing is a great way to exercise, make friends, and learn teambuilding skills, goal setting, and more! In this short introductory course, students will learn the basic steps that make up both solo dances and group ceili dances. Students will also learn the rhythms of Irish music as well as some basic Irish language.

Jan. 14 - Feb. 25, 2015, 4:00 PM to 5:00 PM, 6 sessions (W)

Course Fee: \$55

Intro To Japanese (Union: Gr. 1-4)

Remy Boudreau (KID 248)

Japan is a country whose culture and language are very different from our own but nonetheless beautiful. Its language is perceived as difficult, but it is actually fun and easy to learn. Children who are enrolled in this program will learn the basics of the language used in the land of the rising sun. They will also have the opportunity to experience its exotic food, its adorable children's shows and games, and its folk tales which have endured over centuries. Please consider this culturally enriching and entertaining program.

Oct. 29 - Dec. 3, 3:45 PM to 4:45 PM, 5 sessions (W)

EXCL Students: \$45, Non-EXCL Students: \$50

Intro to Basic Gardening and Nutrition (Union Gr. 2-4)

Jackie Martin (KID 253)

This program will focus on basic gardening and nutrition related activities. The children will plant, maintain, and harvest their very own garden filled with a variety of herbs, edible flowers and salad greens. Students will get their hands dirty in the garden learning about organic gardening methods, bugs, worms and other garden critters, composting and much more! Students will learn the joy of growing plants from seed to harvest. This is an exciting hands-on program for all students. Course fee includes supplies.

Sept. 15 - Nov. 10, 4:30 PM to 5:30 PM, 8 sessions (M)

Course Fee: \$60

Lacrosse Skills (Union Gr. 1-4) **NEW**

Andrew McElroy (KID 270)

Lacrosse players of any skills level or those who want to learn the game are welcome to join this fun, active class! We will practice to learn and build the skills and techniques necessary to become a successful player at the youth level. Join us to discover the exciting game of lacrosse!

Sept. 24 - Oct. 22, 3:30 PM to 4:30 PM, 5 sessions (W)

EXCL Students: \$45, Non-EXCL Students: \$50

Creative Drama Mini Production - Hartford Stage (Union Gr. K-2)

Jennifer Roberts (KID 273)

Hartford stage will work with students in an afterschool creative drama class. Students will build drama skills as they explore and perform scenes from favorite stories, bringing musical characters to life using pantomime, movement, music and simple props and costumes. The program will end with a small performance for family members and friends.

Sept. 9 - Oct. 28, 3:45 PM to 4:45 PM, 8 sessions (T)

EXCL Students: \$80, Non-EXCL Students: \$90

**Volunteers Needed
for evening ESL program
Call 860-404-0290 or
email continuing@fpsct.org**

Ooey Gooley Fun! (West District Gr. K-2)**Karen Marino (KID 109)**

Children will enjoy getting messy with this class. Children will explore science by making many fun projects that include gak, oobleck, playdough, and volcanoes!

Dec. 3, 2014 - Jan. 7, 20, 3:45 PM to 4:45 PM, 4 sessions (W)
EXCL Students: \$35, Non-EXCL Students: \$40

Golf Adventures (West District Gr. K-4)**Mark Moriarty (KID 150A)**

The goal of this program is to introduce students to the fun, positive, character-building, aspects of the game while creating a lifelong love of the game of golf. All equipment is provided. Students will travel by bus to visit a golf facility to learn technique on the final day of class.

Jan. 21 - Feb. 25, 2015, 3:45 PM to 4:45 PM, 5 sessions (W)
Course Fee: \$99

Kids Can Cook - Exploring a Rainbow of Foods! (West District Gr. 3-4)**Kelley Lanahan (KID 230)**

Eat a rainbow? Really? We invite your child to join us for a five-week afterschool cooking program that will encourage young chefs to learn how "eating a rainbow" helps us stay healthy. These classes will give students hands-on instruction on how to make easy, kid-friendly dishes, while teaching them about nutrition and how to make healthier food choices. Course fee includes an \$18 food fee.

Oct. 3-31, 4:00 PM to 5:00 PM, 5 sessions (F)
Course Fee: \$65

Irish Step Dancing (West District Gr. K-4)**Courtney Jay (KID 241)**

Irish dancing isn't just for St. Patrick's Day! Irish dancing is a great way to exercise, make friends, and learn teambuilding skills, goal setting, and more! In this short introductory course, students will learn the basic steps that make up both solo dances and group ceili dances. Students will also learn the rhythms of Irish music as well as some basic Irish language.

Oct. 15 - Nov. 19, 4:00 PM to 5:00 PM, 6 sessions (W)
Course Fee: \$55

Intro To Japanese (West District Gr. 1-4)**Remy Boudreau (KID 248)**

Japan is a country whose culture and language are very different from our own but nonetheless beautiful. Its language is perceived as difficult, but it is actually fun and easy to learn. Children who are enrolled in this program will learn the basics of the language used in the land of the rising sun. They will also have the opportunity to experience its exotic food, its adorable children's shows and games, and its folk tales which have endured over centuries. Please consider this culturally enriching and entertaining program.

Nov. 25 - Dec. 23, 3:45 PM to 4:45 PM, 5 sessions (T)
EXCL Students: \$45, Non-EXCL Students: \$50

Lacrosse Skills (West District Gr. 1-4) *NEW***Andrew McElroy (KID 270)**

Lacrosse players of any skills level or those who want to learn the game are welcome to join this fun, active class! We will practice to learn and build the skills and techniques necessary to become a successful player at the youth level. Join us to discover the exciting game of lacrosse!

Sept. 23 - Oct. 21, 3:30 PM to 4:30 PM, 5 sessions (T)
EXCL Students: \$45, Non-EXCL Students: \$50

Creative Drama Mini Production - Hartford Stage (West District Gr. K-2)**Jennifer Roberts (KID 273)**

Hartford stage will work with students in an afterschool creative drama class. Students will build drama skills as they explore and perform scenes from favorite stories, bringing musical characters to life using pantomime, movement, music and simple props and costumes. The program will end with a small performance for family members and friends.

Oct. 20 - Dec. 8, 4:00 PM to 5:00 PM, 8 sessions (M)
EXCL Students: \$80, Non-EXCL Students: \$90

Story Theatre - Hartford Stage (West District Gr. 2&3)**Jennifer Roberts (KID272)**

Story theatre is a style of theatre that lies somewhere between storytelling and the acted-out play. Through this, the actors simultaneously tell and act out a story themselves - a unique, fun experience!

Jan. 6 - Mar. 3, 2015, 4:00 PM to 5:00 PM, 8 sessions (T)
EXCL Students: \$80, Non-EXCL Students: \$90

Attention Lego Lovers!

Junior FIRST LEGO League will return in the fall for students in Grades 1-4 in the towns of Avon, Burlington/Harwinton and Farmington/Unionville. Teams of 6 students, led by parent coaches, will meet for 90 minutes per week for 6 weeks to complete this year's national challenge "Think Tank: Where and How Learning Happens" with LEGO kits. Farmington classes will be held on Thursdays, October 30 – December 11 at West Woods Upper Elementary School from 6-7:30 PM. Registration will open the end of September. Look for flyers in your school's Friday Folders. Region 10 (Burlington/Harwinton) classes will be held on Tuesdays, October 28 – December 9, 2014 at Lewis Mills High School from 6-7:30 PM. Avon dates and location are TBD. Look for flyers in your school's Friday Folders or announcements in late September.

Parent coaches are needed to run this program. This is a fun and rewarding way to be involved with your child. If you are interested, please contact Lisa Nollman at nollmanl@fpsct.org for more information. No experience is required and training is offered. Come join the fun!

KIDS CORNER (West Woods ONLY)

Rock Climbing Wall (West Woods Gr. 5-6)

Bob Marsh (KID 139A)

Open to West Woods students. Farmington Youth Services will teach students basic rock climbing skills and safety while climbing the indoor rock wall at West Woods.

Waiver must be completed before class starts.

Sept. 30 - Oct. 28, 4:30 PM to 5:30 PM, 5 sessions (T)
EXCL Students: \$45, Non-EXCL Students: \$55

The Flying Squirrel (West Woods Gr. 5-6)

Bob Marsh (KID 162)

Students will learn team building skills as they fly 20 feet in the air above the West Woods gym in a harness. Every student will get a chance to test themselves on the West Woods challenge course's Flying Squirrel. The course will be taught by Bob Marsh, a certified climbing instructor from Farmington Youth Services. Space is limited to 12 students.

Waiver must be completed before class starts.

(A) Sept. 16, 4:30 PM to 5:30 PM, 1 session (T)

(B) Sept. 23, 4:30 PM to 5:30 PM, 1 session (T)

(C) Nov. 25, 4:30 PM to 5:30 PM, 1 session (T)

(D) Dec. 2, 4:30 PM to 5:30 PM, 1 session (T)

Course Fee: \$10

Hartford Stage Comedy Improv (West Woods Gr. 5-6)

Jennifer Roberts (KID 200)

Students will learn and practice a variety of fun theatresport games and activities - surely to make this class a fun, lively experience. Students in grades 5 and 6 will work with a teaching artist from Hartford Stage Company to learn improv techniques. Share day will be on the last day at 4:45.

Sept. 8 - Oct. 27, 3:45 PM to 4:45 PM, 7 sessions (M)
EXCL Students: \$80, Non-EXCL Students: \$90

Hartford Stage Intro to Drama (West Woods Gr. 5-6)

Jennifer Roberts (KID 201)

A Hartford Stage teaching artist will work with students in an afterschool drama program. Students will learn the foundations of acting: building an ensemble, developing a character, practicing proper vocal and movement techniques and strengthening concentration and focus skills, while working toward a small performance for parents and friends.

Sept. 9 - Oct. 21, 3:45 PM to 4:45 PM, 7 sessions (T)
EXCL Students: \$80, Non-EXCL Students: \$90

Kids Can Cook - Exploring a Rainbow of Foods! (West Woods Gr. 5-6)

Charlene Plourde (KID 230)

Eat a rainbow? Really? We invite your child to join us for a five-week afterschool cooking program that will encourage young chefs to learn how "eating a rainbow" helps us stay healthy. These classes will give students hands-on instruction on how to make easy, kid-friendly dishes, while teaching them about nutrition and how to make healthier food choices. Course fee includes an \$18 food fee.

Sept. 29 - Nov. 3, 3:45 PM to 4:45 PM, 5 sessions (M)
Course Fee: \$65

Intro to Guitar (West Woods Gr. 5-6)

Michael Goldberg (KID 236)

In this fun, interactive class, students will be introduced to basic guitar skills. Music books will be provided. Students will be asked to provide their own guitars. We hope your child can join us for this exciting and unique after school musical experience! Course includes a \$9 book fee.

Oct. 9 - Nov. 6, 4:00 PM to 5:00 PM, 5 sessions (Th)
Course Fee: \$60

Intro To Japanese (West Woods Gr. 5-6)

Remy Boudreau (KID 248)

Japan is a country whose culture and language are very different from our own but nonetheless beautiful. Its language is perceived as difficult, but it is actually fun and easy to learn. Children who are enrolled in this program will learn the basics of the language used in the land of the rising sun. They will also have the opportunity to experience its exotic food, its adorable children's shows and games, and its folk tales which have endured over centuries. Please consider this culturally enriching and entertaining program.

Jan. 21 - Mar. 4, 2015, 3:45 PM to 4:45 PM, 5 sessions (W)
EXCL Students: \$45, Non-EXCL Students: \$50

Introduction to Wheel Throwing (West Woods Gr. 5-6)

Ria Lira Levine (KID 251)

In this class, professional ceramicist Ria Lira Levine of Riri's Pottery Haus teaches essential wheel throwing techniques. Students will learn to center clay, pull cylinders and shape walls to make beautiful functional vessels, and will also explore various decorative techniques to discover their own unique style. All work will be glazed and high-fired to create usable food, microwave and dishwasher-safe stoneware.

Oct. 9 - Nov. 13, 3:45 PM to 4:45 PM, 5 sessions (Th)
Course Fee: \$55

Lacrosse Skills (West Woods Gr. 5-6) *NEW*

Andrew McElroy (KID 270)

Lacrosse players of any skills level or those who want to learn the game are welcome to join this fun, active class! We will practice to learn and build the skills and techniques necessary to become a successful player at the youth level. Join us to discover the exciting game of lacrosse!

Oct. 29 - Nov. 19, 3:30 PM to 4:45 PM, 4 sessions (W)
EXCL Students: \$45, Non-EXCL Students: \$50



Farmington Extended Care & Learning

Italian: Beginner**Sava Belanian (LAN 106)**

This course emphasizes comprehension and conversation, including the necessary grammatical rules. It focuses on the sound as the most important aspect in learning to speak a language. Student to purchase textbook (Ultimate Italian Beginner-Intermediate by Living Language Staff; ISBN 9781400021109). Available at Amazon.com or half.com.

Sept. 29 - Nov. 24, 6:30 PM to 8:00 PM, 8 sessions (M)
Farmington High School - Room 907
Course Fee: \$84

Italian: Advanced Beginners**Sava Belanian (LAN 107)**

This is a continuation of our basic program stressing personal usage of the language. This course is for those who have taken Italian Beginner or who have some knowledge of the subject. Students to purchase textbook (Ultimate Italian Beginner-Intermediate Old ISBN 1-4000-2110-3; New 978-1400009671). Available at Amazon.com or half.com.

Oct. 1 - Nov. 19, 6:00 PM to 7:30 PM, 8 sessions (W)
Lewis Mills High School - Room A125
Course Fee: \$84

Italian: Intermediate**Sava Belanian (LAN 108)**

This class is for those who have already taken Italian advanced beginner, and/or have successfully completed a minimum of four semesters of Italian studies, and are able to keep up with the pace of the class. Students to purchase textbook (Ultimate Italian Beginner-Intermediate Old ISBN 1-4000-2110-3; New 978-1400009671). Available at Amazon.com or half.com.

Oct. 1 - Nov. 19, 7:30 PM to 9:00 PM, 8 sessions (W)
Lewis Mills High School - Room A125
Course Fee: \$84

French for Beginners**Christine Chaise Greenwood (LAN 104)**

This practical course for complete beginners will introduce you to the basics of the French conversation and will get you speaking right away. Students to purchase book (includes CD): Berlitz 5-Minute French ISBN 978-981-268-457-8

Oct. 7 - Dec. 2, 6:00 PM to 7:30 PM, 8 sessions (T)
Farmington High School - Room 909
Course Fee: \$84

Intermediate French Conversation**Christine Chaise Greenwood (LAN 117)**

This class will focus on improving your written and oral/aural skills while engaging in simple conversations, presentations and various readings. Book order will be announced at the first class. It will be based on the level of the students.

Oct. 7 - Dec. 2, 7:30 PM to 9:00 PM, 8 sessions (T)
Farmington High School - Room 909
Course Fee: \$84

Spanish: Beginner I**Cruz Saubidet (LAN 101)**

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

Oct. 9 - Dec. 4, 6:30 PM to 8:30 PM, 8 sessions (Th)
Farmington High School - Room 911
Course Fee: \$94

Spanish: Beginners II**Cruz Saubidet (LAN 129)**

Second level of Basic Spanish. For students who have completed at least one Spanish Beginners class and/or have BASIC knowledge of present/past/future verbs in simple tenses. Reinforcing of sentence structure and vocabulary. Conversation, reading comprehension and interpretation of popular Spanish songs.

Oct. 7 - Dec. 2, 7:30 PM to 9:00 PM, 8 sessions (T)
Farmington High School - Room 911
Course Fee: \$84

Spanish: Intermediate**Cruz Saubidet (LAN 102)**

Improve your level of communication in Spanish with an instructor from Argentina. Emphasis will be on conversation but will also include grammar. Learn to make good use of verb tenses and vocabulary. Introduction to the subjunctive. Spanish music and literature will be used in class. No textbook is required. Instructor will supply handouts.

Oct. 7 - Dec. 2, 6:00 PM to 7:30 PM, 8 sessions (T)
Farmington High School - Room 911
Course Fee: \$84

Basic Mandarin Chinese Level I**Kathy Li (LAN 111)**

This class will build the foundation for learning the profound Chinese language and culture. Through various activities, we will be learning basic pronunciation, vocabulary relevant to people's daily life, e.g. greetings, food, clothing, holidays, numbers, time, family members, etc. Learning materials will be provided by the instructor. Just come in to have fun while learning an exotic, but intriguing, language and culture.

Sept. 17 - Oct. 22, 7:00 PM to 8:30 PM, 6 sessions (W)
Farmington High School - Room 908
Course Fee: \$64

Basic Mandarin Chinese Level II *NEW***Kathy Li (LAN 127)**

This course is a continuation of Chinese Level I above. It continues to introduce Mandarin Chinese pronunciation, vocabulary and culture with an emphasis on developing practical listening, speaking and reading skills. Students will learn how to manage many everyday conversational situations, such as asking for address, expressing preferences, ordering simple food, describing appearances, naming sports, pets, etc.

Oct. 29 - Dec. 10, 7:00 PM to 8:30 PM, 6 sessions (W)
Farmington High School - Room 908
Course Fee: \$64

Sign Language Workshop: for Beginners and Intermediary Signers

Liz Carley (LAN 119)

Come one come all! Workshop opportunity in relaxed environment to learn and practice the basics of American Sign Language as used by the Deaf population in America today. Students to purchase textbook "The Joy of Signing" by Lottie Riekehof (ISBN-13: 978-0882435206). Can be purchased as a new or used book at Amazon.com or other online resource.

Oct. 9 - Nov. 13, 6:30 PM to 8:00 PM, 6 sessions (Th)
Farmington High School - Room 908
Course Fee: \$64

Conversational English and Comprehension Practice

Michele Foertsch (LAN 126)

For English Language Learners, practice your conversation skills and sharpen your reading comprehension by reading articles on an array of topics and discussing those topics with your peers. An interesting and informative way to increase your vocabulary and practice conversation in a natural setting.

Oct. 1 - Nov. 19, 1:00 PM to 2:00 PM, 8 sessions (W)
Farmington Library - Board Room 1
Course Fee: \$59

Advanced German I

Joseph Rodgers (LAN 128)

Learn German conversation and discussion on a range of topics (i.e. news, music, history, culture, science, law, medicine and others chosen by participants). The class will include references and info on German poetry, songs, films, sayings and more, and is open to anyone with some past experience with German and a desire to learn more (including interested "advanced beginners"). Students to purchase the textbook "German Made Simple" by Leitner (available at low cost on Amazon, half.com).

Sept. 23 - Nov. 18, 6:30 PM to 8:00 PM, 8 sessions (T)
Lewis Mills High School - Room A130
Course Fee: \$89

Publish Your Book Guaranteed in Paperback, E-book, Audio, and Submit For Movie

David Ewen (LIT 100)

Today's book publishing technology has evolved to more than printed material sold in a bookstore. Authors now produce books that are printed, online, and in audio. The final step is submitting content for film. Books are found everywhere in bookstores, tablet computers, and cell phones. Learn how to put written content in print, online, and in audio. Discover how book publishing has evolved and learn about the free online tools that make publishing easy. Become a marketing expert and use the media to your advantage. Make your book project a success allowing for submission for a film deal.

Dec. 6, 9:30 AM to 12:30 PM, 1 session (Sa)
Farmington Library - Board Room 1
Course Fee: \$24

Grant Writing Basics: The Handbook

Rebecca Tuttle (LIT 123)

Learn the basics of grant proposal writing and how to organize a winning proposal. Templates and resources will be included. Optional material fee of \$20 payable to the instructor for packet of materials outlining grant proposal writing basics.

Oct. 7, 6:30 PM to 8:00 PM, 1 session (T)
Lewis Mills High School - Room A124
Course Fee: \$15

Getting Started in Grant Writing

Rebecca Tuttle (LIT 117)

New to Grant Writing, or in need of a refresher? This course will introduce the art of crafting a well written grant proposal and teach you strategies for developing a winning proposal. Understand the basics and strengthen what you already know.

Oct. 14, 6:30 PM to 8:00 PM, 1 session (T)
Farmington High School - Room 613
Course Fee: \$15

Responding to the Request for Proposal (RFP)

Rebecca Tuttle (LIT 120)

Responding to key elements of the Request for Proposal is important and understanding the RFP guidelines is essential. Formulate a proposal outline to help organize a grant application that directly aligns with the RFP funding priorities.

Oct. 21, 6:30 PM to 8:00 PM, 1 session (T)
Farmington High School - Room 613
Course Fee: \$15

Developing Accountability Measures & Grant Proposal Evaluation

Rebecca Tuttle (LIT 121)

Achieve sustainable results by identifying outcomes that can demonstrate a lasting impact as a result of developing an achievable grant evaluation strategy.

Oct. 28, 6:30 PM to 8:00 PM, 1 session (T)
Lewis Mills High School - Room A124
Course Fee: \$15

Write Your Short Story *NEW*

Eric Hagadorn (LIT 122)

Do you have an idea for a story that you have always wanted to write? Are you a writer who wants to branch out? Or perhaps you have never written a thing before and want to know if writing is for you? Everyone has a story in them. This is your chance to let it out. In this class you will not write a novel or a poem or an essay, but a short story. You will study the techniques of past writers and apply those techniques as you slowly craft your own story from beginning to end.

Oct. 1 - Nov. 19, 6:30 PM to 8:30 PM, 8 sessions (W)
Farmington High School - Room 614
Course Fee: \$84

Lose Weight with Hypnosis

Debra Mullins (MIN 108)

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

Nov. 4, 6:30 PM to 8:00 PM, 1 session (T)

Farmington High School - Room 913

Course Fee: \$39

Past Life Regression

Debra Mullins (MIN 109)

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

Nov. 18, 6:30 PM to 8:00 PM, 1 session (T)

Lewis Mills High School - Room 120

Course Fee: \$39

Angels & Guides I

Debra Mullins (MIN 110)

Have you ever wondered if you are being guided through your daily living? Meet your Angels & Guides through a guided hypnosis session. Bring a blanket and pillow to class.

Oct. 7, 6:30 PM to 8:00 PM, 1 session (T)

Lewis Mills High School - Room 120

Course Fee: \$39

Love Your Feet! *NEW*

Karen Kramer (MIN 148)

Gently stimulating reflex areas on your feet can help you feel better. Learn some self-help techniques from reflexology to help ease aches and pains and help your body function more effectively.

Oct. 27, 6:30 PM to 8:30 PM, 1 session (M)

Farmington High School - Room 612

Course Fee: \$19

Register Early!

**We encourage you to register early.
It can often make or break a course.**

For reasons beyond our control, it is occasionally necessary to change instructors, course content, location, time and date. We appreciate your understanding in these circumstances.

Women in Families Series *NEW*

Donna Ferber, LPC, LADC, a Licensed Psychotherapist and Licensed Alcohol and Drug Abuse Counselor in private practice in Farmington for over 25 years is offering the following series of workshop below.

Sign up for one or all.

Dealing With Divorce *NEW*

(MIN 198A)

Explore the emotional and practical issues of divorce as it specifically impacts women. Attention will be given to dealing with relationships, taking care of yourself, exploring your expectations of the process, your attorney and the legal system. Emphasis is not just on "getting through" the process of dissolution but on thriving as a single women.

October 2, 6:30 PM to 8:30 PM, 1 session (Th)

Farmington High School - Room 901

Course Fee: \$19

Helping Your Children Cope with Divorce *NEW*

(MIN 198B)

One of the major concerns parents have as they go through the process, is how it will impact their children. Discussions will include how to tell your children, what reactions to expect, how to help your children adjust, when professional help might be indicated, and how a child's age impacts their reaction and adjustment to the new family structure.

October 9, 6:30 PM to 8:30 PM, 1 session (Th)

Farmington High School - Room 901

Course Fee: \$19

Adult Daughters of Divorce *NEW*

(MIN 198C)

Learn how adult children, especially daughters, are impacted by the dissolution of their parents' marriage. Often parents of grown children tend to see their children as friends and rely of them in ways that may make the adult children uncomfortable. Discussions will focus on the unique issues confronting the adult daughter as her parents' marriage unravels. Open to both adult daughters over 25 and mothers.

October 16, 6:30 PM to 8:30 PM, 1 session (Th)

Farmington High School - Room 901

Course Fee: \$19

The Challenges of Being a Stepmom *NEW*

(MIN 198D)

Being a stepmother can be an incredibly rewarding yet frustrating experience. This class will discuss strategies for dealing with the difficult situations that can arise from being part of a blended family as well as unexpected joy that are possible in this new family structure.

October 23, 6:30 PM to 8:30 PM, 1 session (Th)

Farmington High School - Room 901

Course Fee: \$19

Everyday Mindfulness

Ken Young (MIN 165)

Did you know that over 70% of doctors' visits and over 80% of serious illnesses are linked to or made worse by STRESS? Since the world isn't going to slow down for us, we need to train our minds to slow our world down. This is a way we can improve our physical & mental well-being. This profound and amazing journey begins when we decide to sit still, learn how to reduce anxiety and increase our focus while bringing more calm to our lives. As we build our mind training practice, we become more present. This brings higher levels of awareness. This also provides us with a mind state that is not easily disrupted by random events in our lives that can lead to stress. When we practice, it improves clarity, and our perspective of our personal environment. No matter what walk of life we are on, this class was designed for you. The instructor has been practicing mind training for over thirty years. He will introduce you to some simple and effective ways to begin your training. This practice will change your life! See you in class.

Sept. 11 - Oct. 23, 6:30 PM to 8:00 PM, 6 sessions (Th)
Farmington Community and Senior Center - Rec Room
Course Fee: \$59

Everyday Mindfulness: Advanced

Ken Young (MIN 169)

This class is about the application of mind training in our daily activities. It's for those that attended the beginners mind training course or for anyone that has a meditative practice already in place. We will participate in and discuss different aspects of mind training. We will learn how to keep your practice fresh and relevant, as mindfulness brings noticeable change to our lives.

Oct. 30 - Dec. 11, 6:30 PM to 8:00 PM, 6 sessions (Th)
Farmington Community and Senior Center - Rec Room
Course Fee: \$59

Animal Communication

Karen Cote (MIN 167)

Ever wonder what your pet was thinking? This class teaches you the basics to intuitively connect with your pet. This can aid in addressing behavioral issues, issues that arise when bringing a new pet into the household, end of life issues in addition to many other areas. Please bring a photo of your pet (s) to class. The instructor, Karen D. Cote, is a professional animal communicator.

Sept. 24, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 612
Course Fee: \$25

Shamanism: An Ancient Healing Modality

Karen Cote (MIN 168)

Are you curious about ghosts, power animals and spirit guides? This class introduces the student to the ancient realm of indigenous healing techniques. Learn through lecture, observation and participation, how the shaman, through an expansion of consciousness, weaves our multidimensional worlds into one. The class is taught by Shamanic Practitioner and minister, Karen D. Cote.

Oct. 29, 6:00 PM to 9:00 PM, 1 session (W)
Lewis Mills High School - Room A121
Course Fee: \$25

Hauntings

Karen Cote (MIN 173)

Ever wonder if your home is haunted? Come and learn the signs of hauntings, how to photograph paranormal phenomenon, how to measure electromagnetic fields and much more. Learn to distinguish between lay lines in the land, stuck psychometric energies, ghosts and those "darker" energies. Students will learn to clear psychometric energies themselves. The facilitator is a professional psycho pump and routinely does house clearing.

Oct. 22, 6:00 PM to 9:00 PM, 1 session (W)
Farmington High School - Room 612
Course Fee: \$25

Empath 101

Laura Rose (MIN 176)

Are you very sensitive to the energies, situations and people around you? Can you feel the emotions of others? Is the world sometimes "too much with you"? Join Laura Rose as we honor and embrace the spiritual gifts that create the empath or sensitive. You will receive a plethora of information, techniques and tools that can make life so much easier and enjoyable. You will learn how to harness these energies with awareness and flow so that you can experience a healthier life for yourself and others as well as bring forth your underlying natural healing and intuitive gifts.

Oct. 21, 6:00 PM to 8:00 PM, 1 session (T)
Farmington High School - Room 906
Course Fee: \$15

Active Isolated Stretching **NEW**

Karen Kramer (MIN 178)

Learn how to help improve your flexibility and reduce the risk for injuries utilizing AIS. Active isolated stretching, or AIS, is a dynamic facilitated stretching technique that aims to extend the range of motion in muscles by holding the stretch no longer than two seconds at a time. Please wear loose clothing and bring a yoga mat.

Nov. 24, 6:30 PM to 8:30 PM, 1 session (M)
Farmington High School - Room 906
Course Fee: \$19

New Workforce Education Classes

See pages 46-49

or visit myedtoday.com/farmington

Relaxation for Life!

Laura Rose (MIN 180)

Join Laura Rose for this amazing opportunity to learn simple techniques to create a better life! We all know happiness begins within each one of us. Laura will share ideas for relaxation including simple meditations that you can do for yourself anytime and anywhere! She will also explain the easy way you can connect to your own inner wisdom to create a life that is more authentic, centered, and grounded. The more you do these practices the easier it all gets until you ultimately find what is the right fit for you.

Nov. 18, 6:00 PM to 8:00 PM, 1 session (T)
Lewis Mills High School - Room A121
Course Fee: \$19

Understanding Mediumship

Laura Rose (MIN 181)

Our departed loved ones are still very much with us and would like to continue to share the love that never subsides. Enjoy this gathering to learn more about how all of us can reach the other side. Everyone has the ability to stay in touch with loving family and friends. We will explore how all of this works and how to easily access this for yourself.

Oct. 30, 6:00 PM to 8:00 PM, 1 session (Th)
Farmington High School - Room 906
Course Fee: \$19

WAVE I NEW

Dominick Violante (MIN 182)

The WAVE (Women Against Violence Everywhere) women's self-defense program is a comprehensive program that deals with real life scenarios and situations. The program teaches participants the proper way to deal with threatening and dangerous situations that may arise at any given time of day or night, both inside and outside the home or work. It is a no frills class that teaches practical techniques that have been proven effective. Techniques will include escape and defense from the many types of attacks a woman may be faced with. Participants will be taught the correct way to use the weapons they possess, i.e. hands, feet, knees, & elbows. A portion of the class will allow participants to practice in a controlled but realistic setting when they get to defend against an attacker dressed in the Red Man Suit T.M. The Red Man Suit T.M. is a fully padded Tactical suit that helps protect the attacker as well as the students from injury, but allows the student to use full contact force that helps them realize and feel their full potential of power they possess. This in turn gives them an amazing sense of Empowerment and Confidence, two of the most important tools a woman needs to be able to defend herself successfully.

The WAVE is a two hour Women's self-defense curriculum that concentrates on Awareness tips and hands on self-defense techniques, that includes the Attacker in the Red Man Suit T.M. Minimum age is 14 years old.

Oct. 2, 6:30 PM to 8:30 PM, 1 session (Th)
West Woods Upper Elementary School - Gym
Course Fee: \$29

WAVE II NEW

Dominick Violante (MIN 183)

The WAVE II is a three hour program that includes the material from the Wave I program, but also includes the use and learning of the Kubotan. The Kubotan is a small baton like weapon which attaches to your key ring and is applied to specific areas and pressure points on the body. It is an extremely practical self-defense tool and is perfectly legal to carry. The class would also include a Kubotan for everyone to keep. Minimum age is 14 years old.

Oct. 16, 6:00 PM to 9:00 PM, 1 session (Th)
West Woods Upper Elementary School Gym
Course Fee: \$29

WAVE III NEW

Dominick Violante (MIN 184)

The WAVE III is a four hour course that includes the material from the WAVE I program, but also includes the learning and proper technique for the use of Pepper Spray. Dominick is a certified instructor through O.C.A.T. (Oleoresin Capsicum Aerosol Training), and will teach the proper technique of use and carry. You will also learn the different effects Pepper Spray has on an individual. Pepper Spray is a weapon and should be treated as one, without instruction and practice on its use; one will not be proficient with it and would fail if needed in a dangerous situation. Too many women I speak with tell me they have Pepper Spray, and say it is somewhere in their purse, but have never practiced with it and, in some cases, have never even taken its cover off. That type of possession will only build a false sense of security. This class would also include a Pepper Spray canister for all participants to keep. Minimum age is 16 years old.

Oct. 23-30, 6:30 PM to 8:30 PM, 2 sessions (Th)
West Woods Upper Elementary School Gym
Course Fee: \$35

Pi Gu (Weight loss & cleanse)

Karen Cote (MIN 186)

This workshop utilizes an old Chinese Qigong technique called Pi Gu to LOSE WEIGHT plus cleanse your energy meridians and channels and improve the functions of internal organs. This is an ancient way of energy cellular cleansing. The workshop is taught by Shamanic Minister Karen D. Cote, Emei Qigong practitioner, Shr Jye T'ai Chi practitioner and Reiki Master/Teacher. Karen is also a member of The International Chinese Boxing Association.

Dec. 2, 6:00 PM to 9:00 PM, 1 session (T)
Lewis Mills High School - Room A121
Course Fee: \$25

Easing into Aging: What you Need to Know to Make Good Choices in the Older Years *NEW*

Karen Dworski (MIN 189)

For many older adults, aging can be a challenge. Join this two session discussion-based presentation by Karen Dworski, L.C.S.W., a social worker with over 25 years of experience in geriatrics and the co-owner of ElderPath LLC Consultation and Mediation. Session 1: education and information about the many aspects of coping well in the older years, enabling you and your family to make informed decisions. Topics covered will include supports and services for older adults, funding sources for care needs, exploring the variety of community living options for seniors, and care at the end of life - living will, palliative care, hospice, and estate planning. There will be a brief discussion of assessing and treating mood and memory changes as this will be the topic of Session 2. Session 2: The second session will focus on mood and memory - normal age related memory loss versus a dementia, Alzheimer's disease and other dementias, both medication and non-medication treatments for dementia, and assessment and treatment for grief, depression and anxiety in the older years.

Oct. 29 - Nov. 5, 6:30 PM to 8:30 PM, 2 sessions (W)
Farmington High School - Room 911
Course Fee: \$34

Angels & Guides II *NEW*

Debra Mullins (MIN 190)

In meeting your Angels and Guides, you received the name of one or more of your angels. In this hypnosis session, we will reconnect with those angels and find out what they are here to help you with. Bring a blanket and pillow to class.

Oct. 14, 6:30 PM to 8:00 PM, 1 session (T)
Farmington High School - Room 913
Course Fee: \$39

Uncover Your Future Through Hypnosis *NEW*

Debra Mullins (MIN 191)

While in a relaxed state, you can access information from your angels and work with them to discover your future. Come see what is in store for you. Bring a blanket and pillow to class.

Oct. 21, 6:30 PM to 8:00 PM, 1 session (T)
Lewis Mills High School - Room A120
Course Fee: \$39

Genetically Modified Organisms (GMO):

What You Need to Know *NEW*

Melissa Talarico (MIN 192)

Confused about GMOs? You're not alone. Learn background history, review potential health risks, outline steps for avoidance, and identify at-risk food label ingredients. Leave with the knowledge to make informed food choices!

Nov. 12, 6:30 PM to 8:30 PM, 1 session (W)
Farmington High School - Room 612
Course Fee: \$10

Finding Your Voice in Midlife *NEW*

Cyma Shapiro (MIN 193)

Are you lost in midlife? Looking for direction, but can't seem to find it? Use your creativity to express yourself and find new direction. Will touch on aspects of writing/blogging and creative exercises to help you find your passion...and yourself.

Oct. 30 - Nov. 6, 7:00 PM to 8:30 PM, 2 sessions (Th)
Farmington High School - Room 612
Course Fee: \$24

Midlife: A Time for Reinvention, Rejuvenation, Reexamination and Renewal *NEW*

Cyma Shapiro (MIN 194)

Are you a member of the Sandwich Generation? A (New) Midlife Mother? Struggling with Empty Nest Syndrome in Midlife? Seeking answers to physical, spiritual and emotional issues in peri/menopause? Join other women for an evening of spirited discussion, introspection and thought-provoking conversation. Recognizing that you are not alone, leave with a better sense of it all, and some tools to navigate these waters.

Nov. 20, 7:00 PM to 8:30 PM, 1 session (Th)
Lewis Mills High School - Room A121
Course Fee: \$15

Crystal Healing *NEW*

Karen Cote (MIN 195)

In this class you will be given the knowledge of how to select your crystals, cleanse and empower them to work for you energetically to promote healing.

Oct. 9, 6:00 PM to 9:00 PM, 1 session (Th)
Lewis Mills High School - Room A121
Course Fee: \$25

Understanding Body Language and Intuition *NEW*

Karen Cote (MIN 196)

Learn how to utilize a basic knowledge of body language and intuitive skills to navigate better in your relationships and social/work circumstances. These skills will give you an advantage when interviewing for a job, managing employees and building relationships.

Dec. 4, 6:00 PM to 9:00 PM, 1 session (Th)
Farmington High School - Room 612
Course Fee: \$25

Improve Balance & Walking Through Hanna Somatic Movements *NEW*

Boguslaw Badon (MIN 197)

Enjoy getting to where you are going on foot? Somatic movements are designed for those who become stiff and tired when walking or have trouble balancing. Learn to identify unsteady postural habits and strategies to decrease falling. Great for individuals who have had back surgery, knee/hip replacements or iliotibial band syndrome.

Sept. 9 - Oct. 28, 6:15 PM to 7:15 PM, 8 sessions (T)
Farmington Valley Physical Therapy
110 South Main Street, Unionville
Course Fee: \$72

Let's Go Dancing**Ron & Lee Cote (MUS 100)**

Learn how to dance for your wedding or just for your own pleasure. Great fun, exercise and lose weight. Be the hit of your crowd any time you go dancing. Learn from the best. Certified National Dance Council of America Instructors & Judge Ron & Lee Cote. Learn the latest HOT CRAZE the Salsa & Swing, the ever-POPULAR Waltz & Fox Trot, the ROMANTIC Tango and the HOT Cha Cha Cha.

Oct. 27 - Dec. 1, 6:30 PM to 9:30 PM, 6 sessions (M)**Irving Robbins Middle School - Cafeteria****Course Fee: \$69, Senior Fee (65+): \$39****Line Dancing (Beginner)****William Belejack (MUS 106)**

Line dancing is healthy for both the body and the mind, as well as a lot of fun. This is an opportunity to learn line dancing and have a good time! Dances will be taught with a gradual degree of challenges each week along with reviews. No partner is necessary.

Sept. 30 - Nov. 25, 6:30 PM to 7:30 PM, 8 sessions (T)**Farmington High School - Cafe****Course Fee: \$59, Senior Fee (65+): \$40****Line Dancing (Intermediate)****William Belejack (MUS 107)**

This class is for those who have some basic knowledge and experience in line dancing. Challenge yourself and learn some more advanced moves.

Sept. 30 - Nov. 25, 7:45 PM to 8:45 PM, 8 sessions (T)**Farmington High School - Cafe****Course Fee: \$59, Senior Fee (65+): \$40****Just ONCE Piano for Busy People****Aaron Krerowicz (MUS 110)**

Some music teachers may not want you to know this, but you don't need years of weekly lessons to learn piano. In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. How do we do it? While regular piano teachers teach note reading, piano professionals use chords. And you can learn all the chords you'll need to play any song in this one session. Any song. Any style. Any key. If you can find middle C and know the meaning of Every Good Boy Does Fine, you already know enough to enroll in this workshop. Total beginners can print out a free pamphlet on the treble clef at http://justonceclasses.com/info/images/fastpresence/class_notes_for_piano.pdf. Topics include: How chords work in a song, how to get more out of sheet music by reading less of it, how to form the three main types of chords, how to handle different keys and time signatures, how to avoid counting, how to simplify over 12,000 complex chords. As seen on the PBS television program "Piano in a Flash." Fee includes a workbook and practice CD.

Nov. 10, 6:30 PM to 9:30 PM, 1 session (M)**Farmington High School - Room 908****Course Fee: \$59****Just Once Guitar for Busy People****Elias Mullane (MUS 112)**

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Bring your acoustic guitar. Class limited to 15 students. Topics include: How chords work in a song, how to form the three main types of chords, how to tune your guitar, basic strumming patterns, how to buy a good guitar (things to avoid), and how to play along with simple tunes. For more information go to justonceclasses.com. Fee includes a workbook and practice DVD.

Oct. 16, 6:30 PM to 9:30 PM, 1 session (Th)**Farmington High School - Room 906****Course Fee: \$59****The Music of Star Wars: A Detailed Look at John Williams' Orchestral Scores** *NEW***Aaron Krerowicz (MUS 126)**

Often called a "space opera," one aspect of the Star Wars films that helped make them such a pop culture phenomenon was composer John Williams' ultra-romantic orchestral score. This 90-minute multimedia presentation [or series of presentations, or discussion courses] will showcase the music of all six movies, citing historical precedents and comparing musical influences with the twofold purpose of (1) illustrating how the music developed, and (2) enlightening listening and furthering enjoyment of the music. For a free preview, visit the instructor's Star Wars blog at www.AaronKrerowicz.com.

Oct. 16, 6:30 PM to 8:30 PM, 1 session (Th)**Farmington High School - Room 610****Course Fee: \$15****Guitar From the Start:****Basics and Fundamentals** *NEW***Michael Goldberg (MUS 127)**

Learn to play chords, scales, improvise, and sight read your favorite songs and more. Also learn the skills you will need to write your own songs and perform them. Bring guitar to class. Students to purchase the following books at Amazon.com or local music store: Mel Bay Guitar Method Grade 1: ISBN: 978-0871663542, Easy Pop Melodies ISBN: 978-0793573851, Easy Pop Rhythms ISBN: 978-0634001260.

Oct. 7 - Nov. 18, 6:00 PM to 7:30 PM, 6 sessions (T)**Farmington High School - Room 616****Course Fee: \$59****Learn How to Sing** *NEW***Zoe Vandermeer (MUS 128)**

Learn the basics for establishing a solid foundation of vocal techniques for all styles of music: breathing, tone, increase range, release and remove vocal tension, flexibility, and discover your real voice! Fun and challenging music.

Oct. 9 - Dec. 4, 7:30 PM to 9:00 PM, 8 sessions (Th)**West Woods Upper Elementary School - Room 32****Course Fee: \$69**

Hikes

(NAT 102)

Join us for 8+ moderately paced 4 - 6 mile hikes on mostly wooded trails in the surrounding area over a variety of terrain. Hikers must be in reasonably fit condition as the trails have rocky and steep sections. Good hiking boots and water are essential, and hiking poles are recommended. The complete schedule and the meeting places for each hike will be posted on www.cthikes.com, and weather-related postponements will be emailed, as necessary, on the morning of each hike. Call one of the Hike Leaders with any questions - Tom Iezzi 860-404-8945, Anne Fitzgerald 860-673-1216, Jerry Marcum 860-810-0087, or John Vibert 860-675-7007. Location: Varies - see www.cthikes.com.

Sept. 11 - Nov. 6, 8:45 AM to 12:15 PM, 8 sessions (Th)

WWW.cthikes.com

Trip Fee: \$89

Naked Eye Astronomy: The Autumn Stars *NEW*

Aaron Krerowicz (NAT 125)

Many people think that cities are poor locations to star gaze, but the brightest stars can be seen from just about anywhere - you don't need binoculars or a telescope (though you can bring them if you'd like) to appreciate astronomy. This 90-minute course will cover the major stars and constellations of the autumn months. The first 60 minutes will be held inside, where we will observe and discuss star charts, while the last 30 minutes will be spent outside (weather permitting) for viewing the real thing.

Nov. 20, 7:00 PM to 8:30 PM, 1 session (Th)

Farmington High School - Room 610

Course Fee: \$15

Boating Course-Power Squadron

(NAT 105)

This course is presented by the Hartford Power Squadron and is designed to provide beginning boaters with the information and techniques vital to the safe enjoyment of America's fastest growing family sport. Completion of this course also satisfies the state education requirements for the Connecticut Boating Safety Operator's Permit and PWC (personal water craft). This course will also cover boat handling, elementary seamanship, registration and equipment requirements, marine charts and the aids to navigation, the marine compass, basic sailing technique, engines and their maintenance, marine radio, trailering, and marlinespike seamanship (knot tying and line handling). Children under 12 must be accompanied by an adult. A materials fee of \$69 for books and supplies will be collected at the first class by the instructor.

Oct. 2 - Dec. 4, 6:30 PM to 8:30 PM, 9 sessions (Th)

Farmington High School - Room 909

Course Fee: \$59

Canoe the Farmington

John Kulick (NAT 106)

Take a leisurely trip down the Farmington River. John Kulick, from Huck Finn Adventures, will lead you down stream with a stop for lunch. Meet at Alsop Meadows in Avon and paddle to Curtiss Park in Simsbury. Flat water, no experience necessary. Bring a picnic lunch. Call John at 860-693-0385 with any questions.

Oct. 11, 11:00 AM to 2:00 PM, 1 session (Sa)

Alsop Meadows

Trip Fee: \$39



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U.S. Immigration Service *NEW*

Babatunde Adebayo (PER 144)

Join us for a presentation from the U.S. Immigration Service on the various services they provide for U.S. Citizenship, greencards, working in the U.S. and family. There will be time for questions and answers.

Oct. 20, 7:00 PM to 8:30 PM, 1 session (M)
Farmington High School - Room 701
FREE but registration is required

The American Civil War *NEW*

Thomas Berrill (PER 145)

Discover the tragic magnitude of the Civil War and its powerful historical impact. Learn the history of the Civil War and explore its causes, its great battles, its most interesting characters and its tremendous impact on history. Students to purchase *The Civil War - The American Heritage Short History* by Bruce Catton ISBN-10: 0618001875 or ISBN-13: 978-0618001873 at Amazon.com, half.com or local bookstore.

Sept. 29 - Nov. 10, 6:30 PM to 8:30 PM, 6 sessions (M)
Lewis Mills High School - Room A122
Course Fee: \$49

What is Jury Service? *NEW*

Jammy Davies (PER 147)

Join us for a presentation from the Jury Outreach Team who will discuss critical information about Jury Service to ease apprehensions and answer questions you have if and when you are summoned for jury duty. It will focus on the eligibility, importance, individual role, and other aspects of jury service.

Oct. 14, 6:30 PM to 8:00 PM, 1 session (T)
Farmington High School - Room 701
FREE but registration is required

A Round-up of the

U.S. Supreme Court's 2013 Term *NEW*

Jilda Aliotta (PER 149)

The President's College at the University of Hartford in conjunction with Glastonbury and Farmington Continuing Education is offering this class to participants interested in exploring significant topics at a high intellectual level under the guidance of university-level faculty. With aggregate campaign contributions, IQ and the death penalty, religious exemptions, health insurance, and affirmative action, there was no shortage of controversial issues as the U.S. Supreme Court completed its 2013 term. Each year the court is in session from early Oct. to late June. Each term the justices issue between 70 and 80 decisions with full opinions. Some of these decisions are blockbusters, some are sleepers. With the 2013 session complete, what are the implications, political and legal, of the decisions handed down, what do they say about the political and legal evolution of the Roberts court and its members, and what does the future hold? Professor Aliotta assesses the past term and looks ahead to some of the major cases to be considered in the upcoming term.

Oct. 14 - Nov. 4, 5:15 PM to 6:45 PM, 4 sessions (T)
University of Hartford - Mortensen Library
Course Fee: \$65

Navigating the Future: Ethics and Governance in Development of Emerging Technologies *NEW*

Wendell Wallach (PER 148)

The President's College at the University of Hartford in conjunction with Glastonbury and Farmington Continuing Education is offering this class to participants interested in exploring significant topics at a high intellectual level under the guidance of university-level faculty. While most of us perceive technology as an engine of promise and productivity, there remains in many people a pervasive disquiet regarding specific fields of research and the overall trajectory of scientific discovery. This disquiet is evidenced in a worldwide prohibition on human cloning, the banning of human growth hormones in sports, restrictions within the European Union on growing and importing genetically modified foods, and the contentious debate in the U.S. over embryonic stem cell research. International proposals to ban killer robots are under consideration, as is a ban on atmospheric experiments directed at mitigating the effects of global climate change. Massive budgetary expenditures on biosecurity and cybersecurity signal a world under threat from new dangers. This course will introduce the many fields of research collectively known as the emerging technology and discuss the benefits they offer. A more in-depth study of robotics will be helpful for illustrating the kinds of challenges that arise in one field. Particular attention will be given to what can go wrong as we adopt new tools and techniques, and how we might manage those harms from the perspective of ethics and public policy. Class will be held on the University of Hartford campus.

Session 1: Navigating the Future of Emerging Technologies.

Session 2: Moral Machines: Robot Minds and Human Ethics.

Session 3: Framing Robot Arms Control.

Session 4: Emerging Technologies:

Ethics, Law, and Governance.

Oct. 14 - Nov. 4, 1:00 PM to 2:30 PM, 4 sessions (T)
University of Hartford - Mortensen Library
Course Fee: \$55

Register Early!

**We encourage you to register early.
 It can often make or break a course.**

Volunteers Needed for evening ESL program

**Call 860-404-0290 or
 email continuinged@fpsct.org**

Dog Grooming

Claudette Munson (PET 100)

Your pet deserves the best! Learn techniques of proper brushing, nail clipping, and ear cleaning as well as tips on trimming and flea control. Dogs are welcome unless they are “unruly.” Taught by Claudette Munson at Claudette’s Creative Clippin’s Pet Salon in Unionville. Maximum 8

Oct. 22, 7:00 PM to 8:30 PM, 1 session (W)

Claudette’s Creative Clippin’s Pet Salon

Course Fee: \$19

Trips are non-refundable but can be transferred to another person plus an additional registration fee. There are no discounts on trips. On rare occasions a trip may be canceled by the bus company due to weather conditions. Scheduled departure and return times are strictly followed. You are responsible to be at the bus prior to the scheduled departure times and through the trip. Any passengers who miss the bus are responsible for arranging and financing their own transportation.

All bus trips depart from and return to the Commuter Parking Lot on 475 Hartford Road in New Britain (across from Target) unless otherwise noted.

Overnight & Day Trip Overview Presentation

(TRI 1234)

Join West Hartford and Farmington Continuing Education as we present an overview of our day and overnight trips being offered. Brief presentations and details of all our trips will be available from our tour groups: Lucy Ochocki - Tours by Design, Silver Mill Tours, Tours of Distinction, and Friendship Tours. You will be able to ask questions and register for the trips at the presentation. This is a free presentation but registration is required.

Sept. 23, 7:00 PM to 9:30 PM, 1 session (Th)

Conard High School

FREE but registration is required

**Waterfire, Providence,
RI & RISD Museum of Art**

Lucy Ochocki (TRI 108)

Visit Providence, a vibrant city with interesting things to do. We will visit RISD Museum of Art at 2 PM, a prominent art museum affiliated with the well known Rhode Island School of Design. We will then visit Federal Hill, where we’ll have time on our own to browse the Italian shops full of fresh pasta, artisan Old World style bread, olive oils, balsamic vinegar and have lunch (at your own cost). You are encouraged to bring a cooler for your purchases. We will then visit AND EXPERIENCE WATERFIRE which symbolizes the city’s renaissance. Water Fire’s bonfires and music will enhance your view of this beautiful city.

Sept. 27, 12 N to 10:30 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$65

9/11 Memorial & Museum, NYC *NEW*

Lucy Ochocki (TRI 178)

Join us as we visit the 9/11 Museum and Memorial in Lower Manhattan in New York City. The 2,982 names of the men, women, and children perished in the attacks of Sept. 11, 2001 and February 26, 1993 are inscribed in bronze on parapets surrounding the twin Memorial pools. We will have a timed pass to visit the Museum and Memorial. You will then have time “on your own” to visit St. Paul’s Chapel, Trinity Church and for lunch. Trip includes: motor coach, escort, timed entrance to the 9/11 Museum and Memorial, maps and meal recommendations in the area will be distributed.

Oct. 11, 8:15 AM to 7:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$89

Skyscraper - Top of the Rock, NYC *NEW*

Lucy Ochocki (TRI 273)

We will visit the 70th floor observatory at the Top of the Rock and have a guided tour of Rock Center. Trip includes admission to Top of the Rock and guided tour. There will be time on your own for shopping/browsing midtown. Lunch is at your own cost.

Oct. 5, 12 N to 10:30 PM, 1 session (Su)

Commuter Parking Lot

Trip Fee: \$99

Cranberries, Chowder & Wine -

Cape Cod Canal *NEW*

Tours of Distinction (TRI 257)

Enjoy a Cranberry Bog Tour with the world's largest cranberry grower, A.D. Makepeace, located in Wareham, MA. The most popular times of year are during harvest, but visit any time of the year to learn the growing cycle of cranberries, see photos and video of the bog at different times of the year. Enjoy the festivities of the Harvest Festival. Lunch will be at Lindsey's Family Restaurant where we have our own private room to enjoy a fabulous local meal. Entree Choice: Lemon Crumb Haddock served with Baked Potato and Vegetable, Baked Stuffed Cranberry Chicken served with Mashed Potatoes and Vegetable, or Old Fashioned Turkey Pot Pie served with Mashed Potatoes and Vegetables. All Entrees served with a cup of New England Clam Chowder, Rolls with Butter, Dessert, Coffee, Tea, or Decaf. Each table will enjoy a local Cape Cod bottle of wine. In the afternoon, enjoy a cruise on the Cape Cod Canal. This 2 hour sightseeing cruise with Hy-Line Cruises will take you along the canal, the widest sea level canal (without locks) in the world.

Oct. 12, 7 AM to 6:30 PM, 1 session (Su)

Commuter Parking Lot

Trip Fee: \$115

Boston's North End Food Shopping

Lucy Ochocki (TRI 275)

We will visit the Italian North End of Boston and visit Bricco Salumeria and Pasta Shop. We will sample Prosciutto, Parmigiano Reggiano, Pecorino Romano, Mozzarella, Bread from Bricco Panetteria, Olive Oil (will go in depth on choosing olive oils), Balsamic Vinegars, and take home a package of pasta at the end of the tour. You will have time on your own to browse and shop the Italian shops and historic sites with recommendations from the escort. Lunch is at your own cost. We will meet at Caffè Vittoria for an espresso granita to top off our fantastic day in the North End!

Oct. 18, 8:00 AM to 7:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$95

Day #1 In An Advanced Alien Civilization

Dave Whitworth (TRI 186)

Some of the walking is high in the sky, on mile-long super-bridges, for vantage points on the geography, structure and flow of the city. Hiking segments connect and alternate with rides on a variety of NYC contraptions, and feasting impromptu on NYC's abundant fresh food. We avoid tourism, inflated prices, traffic and long lines. OK for parents and their kids. Dress for the weather. Carry at least \$10 to cover meals, tramway, subway, ferries et al. Bring your cell phone and a pen. These ALL-DAY ROMPS ARE FOR ENERGETIC PHYSICALLY CAPABLE PEOPLE. Partial or intermittent participation is OK; YOU MUST NEGOTIATE THE SUBWAY SYSTEM SOLO to reach re-entry points. A final rendezvous and departure point gathers all hikers, riders with their own agendas, lost souls and, with luck, the bus driver. The following catalog of specific events is tentative. Actual routing varies as we adjust for weather and NYC's daily assortment of detours for parades, marathons, movie shoots, bridge and subway repair projects, food festivals, Presidential motorcades, broken water mains. etc. Walking distance is 9 miles. Easy shortcuts for slowpokes require solo subway use (at no additional expense). A subway map is provided. Sky-drive into Queens via Triboro Bridge; the Socrates Sculpture Garden; Hike the Roosevelt Island Bridge; Ride the Roosevelt Island Tram, a 126-passenger bubble-car that glides silently through the air as high as a 22-story building; Citigroup Center; Grand Central Terminal; Subway to Hunters Point; View the midtown skyline from the Pulaski Bridge as we walk from Queens into Brooklyn on it for lunch in Greenpoint. Ride Seastreak, the high-speed ferry that blows your hat off and everything out of your pockets as it zooms down the East River, passing under 3 mile-long bridges to Wall Street; See the highest elevation in the NYC subway system (160ft) as the "J" train crosses the Williamsburg Bridge; Stroll thru Williamsburg, Brooklyn, where Polish, Hasidic, Hispanic, artist, industrial, and tumbledown neighborhoods interface; Subway to Montague Street in Brooklyn Heights for dinner. Walk the Brooklyn Heights Promenade and the Brooklyn Bridge for skyline night views; Return to the coach via subway, tramway at night, and Roosevelt Island's West Shoreline. Reminder: Absolutely NO alcoholic beverages on the bus.

Oct. 18, 8:00 AM to 12:00 AM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$69

TRIPS & TOURS

Great Jack O'Lantern Blaze, Hudson Valley New York

Friendship Tours (TRI 155)

This spooky and magical event takes place at Van Cortlandt Manor deep in Sleepy Hollow country. See more than 4,000 individually hand carved, illuminated jack o'lanterns in this elaborate walk-through experience. Meander through an historic, 18th century riverside landscape and discover a breathtaking display. Stroll through the Tunnel Pumpkin Love and emerge to the incredible sight of a Jack in the Box springing up & bouncing around. Flying pumpkin ghosts will soar above the lantern filled path. Prior to our early evening visit to the Blaze we will have time in the delightful village of Tarrytown to enjoy the shops and have a bite to eat at one of the many restaurants (at your own cost). Note: There is considerable walking down a cobblestone path viewing the jack o'lanterns. Bring a flashlight if you want.

Oct. 19, 2:00 PM to 10:30 PM, 1 session (Su)

Commuter Parking Lot

Trip Fee: \$79

Gotham City Ghost Tour in Greenwich Village, NYC *NEW*

NY Discovery (TRI 271)

Listen to some classic ghost stories and see sites of the historic, infamous, eerie and macabre of Greenwich Village history. Some stops include the spooky cemetery at St Marks; the hanging elm, a 19th century execution site; the home of Edgar Allan Poe; the site of the Triangle Shirtwaist Factory fire, and the burial ground at Washington Square, just to name a few. And you thought only subways ran beneath the city streets! Tour is from 10:30 AM - 12:30 PM You will have time on your own after for lunch and shopping.

Oct. 25, 8:00 AM to 6:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$79

Salem Haunted Happenings & Witches Cottage On Halloween Night

Silver Mill Tours (TRI 259)

You are invited to America's most exciting Halloween Festival in the bewitching seaport of Salem, MA. Salem may be most widely known as the site of the Salem witchcraft trials of 1692, but this is also a colorful, coastal city with a rich maritime heritage, an impressive display of historic architecture and amazing stories that span almost four centuries. Visit Salem for a "spell" and let your imagination set sail! At the Witches Cottage, enjoy the Witchcraft and Ghost Show at the Griffen Theatre. Enter the darkened theatre and get ready for an educational thrill ride as you uncover the secrets of the cottage at the live witchcraft and ghost show. Complete with special effects, drama and some truly frightening moments, this presentation is perfect for your visit on Halloween. Learn about the trials, witches of fact, legends and myths. Discover the ghostly haunts of Salem and come close to supernatural entities. You will also have leisure time to enjoy the "Haunted Happenings" around Salem (maps, restaurant suggestions & event schedules will be provided.)

Oct. 31, 7:30 AM to 7:30 PM, 1 session (F)

Commuter Parking Lot

Trip Fee: \$90

Further Foodie Finds - NYC *NEW*

Lucy Ochocki (TRI 135)

Visit the Union Square Greenmarket, which is the best and biggest Greenmarket in New York City. The vendors have the finest produce and goods available in the city. Next, visit Little Italy and Chinatown, with their markets full of produce, meat, and fish. Little Italy has several stores which carry an extensive collection of imported artisan pasta, olive oils, balsamic vinegar, pasta, polenta, breads, fresh and frozen pasta. Then browse Chinatown's extensive produce and fish markets; visit their main store, Kam Man and an excellent tea shop, Ten Ren. You will have time to have lunch on your own. Then onto Zabar's on the Upper West Side, a prime specialty store, full of smoked fish, cheeses, in-house roasted coffee, in-house bread, chocolate and an extensive Mezzanine full of cooking products. There are also several specialty shops nearby that you may want to visit. Trip includes: motor coach, escort, and maps of visited areas with meal/culinary recommendations. Meals are on your own.

Nov. 1, 8:00 AM to 8:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$65

Isabella Stewart Gardner Museum, Boston *NEW*

Lucy Ochocki (TRI 274)

Take a guided tour of the Gardner Museum where we will explore Mrs. Gardner's 15th Century Venetian "Pink Palace on the Fenway." She was a Grand Dame of Boston society, who traveled the world to acquire the finest works of art. Trip includes round-trip transportation, guided tour of Gardner Museum, with time on your own in the museum. We will also visit Copley Square, where you will find cafes and restaurants and fine shopping on Newbury Street. Lunch is on your own.

Nov. 8, 9:00 AM to 7:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$85

Trips are non-refundable but can be transferred to another person plus an additional registration fee. There are no discounts on trips. On rare occasions a trip may be canceled by the bus company due to weather conditions. Scheduled departure and return times are strictly followed. You are responsible to be at the bus prior to the scheduled departure times and through the trip. Any passengers who miss the bus are responsible for arranging and financing their own transportation.

Lower East Side - Tenement Museum & Eldridge Street Synagogue, NYC *NEW*

Lucy Ochocki (TRI 169)

We will start our walking tour with a stop at the Doughnut Plant, which has the best doughnuts in the City. Doughnut Plant makes doughnuts with the freshest, organic ingredients. Sample their coconut creme, creme brulee, or Valhrona Chocolate and you will experience doughnut nirvana. We will then tour the Tenement Museum, the only one of its kind in America. We will hear the stories of our immigrant fathers and mothers, and the families who lived here at the turn of the 20th Century. We will then break for lunch, where you may visit the legendary Katz's Deli and enjoy their famous pastrami sandwich, and visit Il Laboratorio del Gelato for a refreshing gelato. We will then visit the Eldridge Street Synagogue, where we will have a synagogue tour, and then the staff of the Synagogue will take us on a walking tour of the Lower East Side. Trip includes: motor coach, escort, tour of the Tenement Museum and Tour of the Eldridge Street Synagogue and Synagogue-led tour of the Lower East Side. Meals are at your own cost. Escort will provide culinary and shopping recommendations in the Lower East Side.

Nov. 9, 6:30 AM to 7:00 PM, 1 session (Su)

Commuter Parking Lot

Trip Fee: \$89

CIA Caterina de'Medici, FDR, & Val Kill, Hyde Park, NY

Lucy Ochocki (TRI 154)

Join us on a trip to Hyde Park for a guided tour of the Franklin Delano Roosevelt home, Springwood. Springwood was Roosevelt's childhood home in his beloved Hyde Park. We will then have lunch at the Culinary Institute of America's Italian restaurant, Ristorante Caterina de'Medici. Lunch will be Sicilian street salad with radicchio, potatoes, arugula, olives, romaine, fennel and oranges slices; braised beef with polenta, cippolini and carrots; and mascarpone cream layered with lady fingers soaked in coffee. If you have a dietary restriction, please advise when registering. After lunch we will return to Springwood and learn about Roosevelt's extraordinary life as our only four-term president. We will visit the updated FDR Museum, which chronicles his presidency. Trip includes: motor coach, escort, admission with guided tour of Val Kill (Eleanor Roosevelt's cottage), and lunch at the Culinary Institute of America.

Nov. 14, 6:30 AM to 7:00 PM, 1 session (F)

Commuter Parking Lot

Trip Fee: \$105

All bus trips depart from and return to the Commuter Parking Lot on 475 Hartford Road in New Britain (across from Target) unless otherwise noted.

Times Square Discovery Center:

Marvel's Avengers S.T.A.T.I.O.N. *NEW*

Lucy Ochocki (TRI 270)

Join us as we visit Times Square Discovery Center for their newest exhibit: Marvel's AVENGERS S.T.A.T.I.O.N. (Scientific Training and Tactical Intelligence Operative Network) is a completely immersive experience that brings visitors into the world of The AVENGERS. Visitors of all ages are granted S.H.I.E.L.D. access to the official S.T.A.T.I.O.N. headquarters and taken deep into the Marvel Cinematic Universe. Here visitors will have open access to a vast array of intelligence files, classified studies and experiments that explores the history and scientific origins of Marvel's The Avengers. Visitors will also be given unprecedented access to some of S.H.I.E.L.D.'s most highly guarded artifacts such as Captain America's Birth Pod, the Tesseract Portal Device, Loki's Scepter, a hermetically sealed Chitauri and more, recovered after the Battle of New York. NASA, the Science & Entertainment Exchange (a program of the National Academy of Sciences), Neuroverse, and Thwacke are all collaborating on the Marvel's Avengers S.T.A.T.I.O.N. Exhibition visitors will get the chance to map out the stars to find Asgard, learn to operate Iron Man's suit, witness the neurological effects of Bruce Banner's transformation into the Hulk, and physically test themselves against Captain America. Trip includes: motor coach, escort, timed admission to exhibit, maps of area and lunch recommendations for time on your own for lunch at your own cost.

Nov. 15, 9 AM to 6 PM, 1 session (Sa)

Commuter Parking Lot

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

Child (ages 3-18): \$75

Plymouth, MA Thanksgiving Parade *NEW*

Silver Mill Tours (TRI 260)

There is nothing that will get you into the spirit of Thanksgiving like visiting where it all began! The parade is the second biggest Thanksgiving Parade after the Macy's Thanksgiving Day Parade in New York City. The Saturday morning celebration begins on the Plymouth historic waterfront as the parade brings to life America's rich heritage representing each century from 17th through the 21st. Tour highlights: reserved seating at the Thanksgiving Parade, visiting Plymouth Rock and Mayflower II, and a Traditional Thanksgiving Buffet at the Plantation.

Nov. 22, 7 AM to 7 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$132

TRIPS & TOURS

Macy's Thanksgiving Day Parade

Lucy Ochocki (TRI 101)

Usher in the holiday season at the 85th annual Macy's Parade in New York City and be back in time for Thanksgiving dinner. Relax and enjoy your ride to New York City on a double decker bus. The parade route starts at 77th and Central Park West. The bus will drop you off at FAO Schwartz - 5th Avenue, between 58th and 59th streets. Walk across Central Park, by the Plaza Hotel, about 1.5 blocks to the parade route on 6th Avenue. The parade begins at 9 AM and ends at noon. You will return after the end of the parade.

Nov. 27, 5:00 AM to 3:00 PM, 1 session (Th)

Commuter Parking Lot

Trip Fee: \$59

Victorian Christmas:

Origins of Christmas Traditions

NY Discovery (TRI 276)

Want to experience a new Christmas tradition in New York, something beyond the Rockettes and the Rockefeller Center tree? Go off the beaten path this holiday season by taking this guided 2.5 hour walking tour through three Victorian areas; Gramercy Park, Ladies Mile, and Chelsea--exploring the Christmas traditions that emerged from each. Stops include where O. Henry wrote "Gift of the Magi" and where Clement Clarke Moore penned "Twas the Night Before Christmas." The tour will also explore New York's role in the evolution of the modern Kris Kringle, from Washington Irving's St. Nicholas figure to Thomas Nast's jovial Santa. You will have time on your own after the tour for lunch and shopping.

Nov. 29, 8:45 AM to 7:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$79

New York on Your Own

Lucy Ochocki (TRI 116)

Join us for a trip on your own to the "Big Apple." We will make two stops in the City - Metropolitan Museum and Rockefeller Plaza. Meals will be on your own.

Dec. 6, 8:00 AM to 9:00 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$55

Boston Pops Holiday Concert at Symphony Hall *NEW*

Lucy Ochocki (TRI 277)

Bring in the holiday season with the fabulous Boston Pops holiday concert. We will enjoy Keith Lockhart and his special guests and take part in their famous holiday sing-along. Trip includes: round-trip transportation, reserved seats at the concert, with time on your own at Faneuil Hall Market Place for shopping and meals. Meals are at your own cost. Schedule not available until September - call for details and to put your name on a list.

A Gilded Age Christmas

Vanderbilt Mansion and FDR Hyde Park *NEW*
Friendship Tours (TRI 209)

Step back in time on this guided tour of the gorgeous Vanderbilt Mansion with fabulous decorations, elegant art, and sumptuous displays featuring Christmas with the Vanderbilt's during the Gilded Age. No expense is spared! You will also enjoy a guided tour of Franklin Delano Roosevelt's majestic home at Hyde Park. Built in 1826, it remains as it was when he lived there. The Roosevelt tradition was to decorate the dining room and living rooms with all the gifts and decorations made for family members. A delicious holiday brunch will be served at the elegant fine dining restaurant, Shadows on the Hudson. Brunch to include: waffles, pastries, scrambled eggs, sausage, bacon, home fries, fresh fruit, salad, chicken marsala, penne a la vodka, stuffed sole, carved ham and turkey, vegetable, dessert, and unlimited juice, soda and coffee. Bon appetite! Trip includes guided tours, luncheon and deluxe motor coach transportation.

Dec. 7, 8:30 AM to 7:00 PM, 1 session (Su)

Commuter Parking Lot

Trip Fee: \$93

Radio City Christmas Spectacular

Lucy Ochocki (TRI 114)

Join us as we celebrate the holiday season at the Radio City Christmas Spectacular New York City. The holiday show has been updated with new songs, skits and Rockettes costumes! We will see the fabulous Rockettes, Santa and the Nativity Scene and experience the joy of the holiday season. There will be time on your own prior to the concert to view the Rockefeller Center Holiday tree, have lunch, browse/shop and view the Christmas displays in the great Fifth Avenue stores. Trip includes: motor coach, escort, orchestra seats in section 400 (Rows M-R), maps, meal recommendations and nearby site/tour information. This trip sells out quickly - so register early!

Dec. 10, 6:30 AM to 6:30 PM, 1 session (W)

Commuter Parking Lot

Trip Fee: \$130

Historic Deerfield, MA Heritage Holiday Tour

Silver Mill Tours (TRI 263)

Spend a day in old New England during the beautiful holiday season. Visit Historic Deerfield, an authentic 18th-century England settlement in the Connecticut River Valley of Massachusetts. Tour beautifully restored museum houses with period architecture and furnishings in their holiday splendor. See Yankee Ingenuity at work and explore the world-famous collection of early American crafts, ceramics, furniture, textiles and metalwork. It's a celebration of New England heritage and the holidays! Tour includes: round-trip motor coach and tour director. You will have lunch at the Deerfield Inn featuring a themed menu, holiday decor and historic buildings in an authentic village setting. You will have a guided tour of The Street, viewing houses decorated with holiday wreaths and a tour of the Stebbins house featuring period desserts; an open hearth cooking demonstration focusing on the history of holiday treats. You will also visit the Yankee Candle Company.

Dec. 13, 8:30 AM to 5:30 PM, 1 session (Sa)

Commuter Parking Lot

Trip Fee: \$104

Embrace Winter - Ski Killington, VT *NEW* *Silver Mill Tours (TRI 278)*

Ski one of Southern Vermont's premier ski resorts. Killington spans six mountains and features 140 trails all served by 22 lifts. "The Beast of the East" benefits from a 4241 - foot peak elevation, an impressive 600 acre snowmaking system, as well as over 250 inches of average annual snowfall. The terrain is extremely diverse, ranging from gentle groomers and learning areas to steep mogul runs and gladed trails, as well as some of the best terrain parks in the northeast. Take a day and experience winter fun with friends and family on the beautiful slopes of Killington. Trip includes: round-trip transportation and lift ticket.

January 31, 2015, 6:00 AM to 7:00 PM, 1 session (Sa)
Commuter Parking Lot
Adult: \$142, Child (7-18): \$123

Boston Flower & Garden Show & Faneuil Hall *Lucy Ochocki (TRI 160)*

Join us as we visit the Boston Flower Show for the 1st breath of Spring to see the featured luxurious gardens, fantastic displays of landscapes and floral designs. This is a juried show with many lectures and demonstrations and an extensive garden marketplace, filled with gardening supplies, food tastings and upscale vendors. We will have time on our own at Faneuil Hall Marketplace. Trip includes: motor coach, escort, admission to the Boston Flower Show, maps and meal recommendations in the area.

March 14, 2015, 8:00 AM to 7:00 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$79

Maple Sugaring in the Berkshires *NEW* *Silver Mill Tours (TRI 279)*

It's officially spring! Time to visit Ioka Valley Farm's Sugar House to watch the fascinating process of turning fresh maple sap into pure maple syrup. Enjoy a pancake lunch in the "Cafe A", which is a converted calf barn. Lunch includes all you can eat blueberry, chocolate chip, M & M, butterscotch, apple cinnamon, and pecan or plain pancakes, with bacon or sausage, corn muffin and coffee, tea, orange juice, milk, hot chocolate, or maple milk. Trip also includes admission to the Norman Rockwell Museum and some time on your own to visit Stockbridge.

March 28, 2015, 8:00 AM to 5:30 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$92

All bus trips depart from and return to the Commuter Parking Lot on 475 Hartford Road in New Britain (across from Target) unless otherwise noted.

9/11 Memorial & Museum, NYC *NEW* *Lucy Ochocki (TRI 178)*

Join us as we visit the 9/11 Museum and Memorial in Lower Manhattan in New York City. The 2,982 names of the men, women, and children perished in the attacks of Sept. 11, 2001 and February 26, 1993 are inscribed in bronze on parapets surrounding the twin Memorial pools. We will have a timed pass to visit the Museum and Memorial. You will then have time "on your own" to visit St. Paul's Chapel, Trinity Church and have time for lunch on your own. Trip includes: motor coach, escort, timed entrance to the 9/11 Museum and Memorial, maps and meal recommendations in the area will be distributed.

April 18, 2015, 8:15 AM to 7:00 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$89

NYC Foodie Trip *Lucy Ochocki (TRI 177)*

Join us as we eat our way through some fabulous neighborhoods full of scrumptious goodies. We will 1st visit Zabar's, a gourmet grocery store on the Upper West Side, full of smoked fish, cheeses, in house roasted coffee, in house bread, chocolate and an extensive Mezzanine full of cooking products. Then we will visit Agata and Valentina in the West Village for a Sicilian food sampling, which will include prosciutto cotto, focaccia, caponata, Sicilian pizza, a selection of Sicilian cheeses, olives and extraordinary Sicilian cookies. You will have time to shop at Agata and Valentina, and then we will visit Little Italy/Chinatown, for their selection of imported artisan pasta, olive oils, balsamic vinegar, pasta, polenta, breads, fresh and frozen pasta. You may browse Chinatown's extensive produce and fish markets. We will then visit Kalustyan's, for their extraordinary selection of spices, grains, beans, nuts, oils, vinegars and specialty products from all over the world. You will be sure to find that spice you are looking for! There will be time on your own to browse/shop/ have lunch in Little Italy. Lunch is at your own cost. Maps and meal recommendations will be provided.

May 2, 2015, 7:00 AM to 8:00 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$89

Trips are non-refundable but can be transferred to another person plus an additional registration fee. There are no discounts on trips. On rare occasions a trip may be canceled by the bus company due to weather conditions. Scheduled departure and return times are strictly followed. You are responsible to be at the bus prior to the scheduled departure times and through the trip. Any passengers who miss the bus are responsible for arranging and financing their own transportation.

NY Botanical Garden - Frida Kahlo's Garden

Lucy Ochocki (TRI 280)

Frida Kahlo's Garden focuses on the iconic Mexican artist engagement with nature. Stroll through the landmark Enid A. Haupt Conservatory to view a re-imagining of Kahlo's garden and the famed Casa Azul (Blue House) located in Coyocan, New Mexico. The display will be decorated with lava paths lined with a variety of Mexican flora. This exhibition also includes a rare display of over a dozen original Kahlo paintings and drawings on view in the LuEsther T. Mertz Library. This blockbuster presentation is perfectly suited for art and garden lovers alike. This horticulture and art event, much like Monet's Garden in 2012, has already received extensive press coverage from multiple media outlets; including The New York Times, Yareah magazine, and Latina Magazine just to name a few. Trip includes fresh boxed luncheon, all-garden pass and guided tour.

May 16, 2015, 7:30 AM to 4:30 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$65

Hidden Gardens of Beacon Hill, Boston

Silver Mill Tours (TRI 184)

The Beacon Hill Garden Club will once again host the walking tour of the Hidden Gardens of Beacon Hill. The self-guided tour begins at Charles and Mt. Vernon streets or at Charles and Chestnut streets. Individual maps will be provided and flags will mark the tour gardens. This ever popular show is only one day of the year (rain or shine) that the public is invited to enter these private landscapes, which are not visible from the street. Twelve gardens will be on tour this year. See the wonders that can be wrought despite New England weather, urban pollution, space limitations and shade. Suitable shoes are strongly recommended. Beacon Hill's Historic District offers a wide variety of places for lunch or snacks. You will have time on your own at Quincy Market for dinner and shopping.

May 21, 2015, 8:00 AM to 7:00 PM, 1 session (Th)
Commuter Parking Lot
Trip Fee: \$115

Statue of Liberty/Ellis Island NYC

Lucy Ochocki (TRI 131)

Join us as we visit The Statue of Liberty and Ellis Island. Ellis Island was the 1st stop in America for a vast amount of our immigrant forefathers. Walk the Great Hall at Ellis Island, where the immigrants started their lives in America, and visit the Museum at the base of the Statue, where you will see the original Crown and learn about its history as a gift from France. We will depart from Battery Park to 1st visit Liberty Island, and then board the ferry a 2nd time to visit Ellis Island, with its 52 galleries. Trip includes: motor coach, escort, ferry admission to both Liberty and Ellis Islands. You may take a guided tour on both islands with the National Park Service, and visit the Immigration Wall of Honor, which honors family members. You may also research your family history on Ellis Island. There are meals available on both islands, with lunch at your own cost.

May 23, 2015, 7:30 AM to 7:00 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$79

Metropolitan Museum of Art, NYC

Lucy Ochocki (TRI 133)

Join us as we spend the day at the Met. We will have a full day to explore the museum with its extraordinary collection of art from all parts of the world for the past 5,000 years. Their Egyptian, Asian and European collections are the world's finest, and you will enjoy this art-filled day. There are also special exhibits such as the Fashion Institute, the Modern and Contemporary Art galleries, Arms and Armor, Art of Africa, Oceania and Americas, photography, drawings and prints, and the American Wing. Trip includes: motor coach, admission with audio guide, maps and meal recommendations in the area. The museum has several dining options and meals at your own cost.

June 6, 2015, 8:00 AM to 8:00 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$85

Newport Flower Show at Rosecliff Mansion

Lucy Ochocki (TRI 134)

Visit New England's premier flower show to celebrate its 20th anniversary with the American Beauty-Timeless Style at the Rosecliff Mansion in Newport. Long before the Rosecliff became home to the Newport Flower Show, it was the birthplace of the American Beauty Rose. This iconic flower, which became a symbol of excellence, is the inspiration for the 20th anniversary to celebrate the classic and timeless style of the American Beauty. The same titans who built the summer cottages of Newport joined forces to create luxurious travel while also building the infrastructure which would forever change industry in America and become a model for the world. There will be lectures on site, along with upscale vendors. We will also have time on our own in the Newport Wharf area in the afternoon. Trip includes: motor coach, escort, admission to Flower Show, and time on own in Wharf area with maps and meal recommendations in the area. Meals are at your own cost. There is a caterer on site at the Flower Show.

June 20, 2015, 7:00 AM to 7:00 PM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$69

Macy's Fireworks & Cruise

Silver Mill Tours (TRI 248)

Celebrate the 4th of July on board Statue Cruises. As the sun sets behind Lady Liberty, enjoy your evening under the New York City Skyline as you watch the legendary Macy's Fireworks. This spectacular fireworks display will be synchronized to a score of patriotic music and favorite classics. Dance the night away and enjoy a "light buffet" onboard the ship. Make this July 4th one to remember! Tour includes: tour director, round-trip motor coach and 4-hour cruise onboard Statue Cruises. Light buffet onboard (Assorted sandwiches & wraps, potato salad, cole slaw, macaroni salad, mixed green salad, cookies & brownies, soda, juice, water, coffee, & tea. Cash bar available - 21 & older, ID required). Fireworks over the East River and live DJ Entertainment onboard.

July 4, 2015, 2:00 PM to 1:00 AM, 1 session (Sa)
Commuter Parking Lot
Trip Fee: \$186, Child (12 and under): \$142

Innsbruck & Munich Ski Trip *NEW***SKI 93 (OVE 116)**

Call for information and availability. Join us for a trip to Innsbruck and Munich to enjoy the natural sites and wonders of these two destinations. Registration forms are required for ALL passengers. A copy of a current passport is also required along with the FINAL payment. Please contact Farmington Continuing Education at (860)404-0290 or Laura Butterfield at butterfieldl@fpsct.org for additional information or a registration form. Included in the cost of the trip:

- Round-trip airfare from Boston to Munich via Swiss Air
- All round-trip transfers from airports to hotels
- 6 nights lodging at Hotel Grauer Bar in Innsbruck
- 1 night lodging at the Regent Hotel in Munich
- 7 European breakfasts and 6 dinners
- Guided tour of Munich
- OPTIONAL Alpine/cross country skiing and excursions

Triple: \$1,999; Double: \$2,039; Single: \$2,279**Dec. 27, 2014 - January 4, 2015, 9 sessions****New Year's Eve On Cape Cod** *NEW***Silver Mill Tours (OVE 117)**

Spend New Year's Eve in beautiful Cape Cod. Spend 2- nights' ocean-view rooms at the Sea Crest Beach Hotel which has undergone a \$15 million dollar renovation. Enjoy a new look and personality that is light and airy with a playful atmosphere that is just perfect for a New Year's Eve Celebration. Trip includes: round-trip transportation, 2 full American breakfasts at the hotel, a spectacular New Year's Eve Dinner Gala at the hotel with a live band, dinner & dancing, party favors and a champagne toast at midnight, Cape Cod sightseeing tour with a local guide and leisure time to enjoy the lovely hotel amenities (indoor pool, health club, hot tub, Jacuzzi, fireplaces. All taxes & service charges and tour director are included.

Dec. 31, 2014 - January 2, 2015, 10:00 AM to 5:00 PM, 3 sessions (WThF)**Commuter Parking Lot****Single: \$671, Double: \$520, Triple: \$503, Quad: \$387, Child Sharing w/2 adults: \$259****Cherry Blossom Festival, Washington DC** *NEW***Silver Mill Tours (OVE 118)**

Washington, DC welcomes the arrival of spring with the National Cherry Blossom Festival showcasing over 3,000 beautiful cherry trees that the city of Tokyo gave to our nation's capital. The blossoming cherry trees symbolize the arrival of spring. Trip includes: round-trip transportation, 2 nights at the Westin Crystal City hotel, 2 full American breakfasts, and 1 dinner at Buca deBeppo. We will visit many of the famous memorials from the World War II Memorial, FDR Memorial, Iwo Jima Memorial, Lincoln Memorial, to the Washington Monument - framed by the Cherry Blossoms. Baggage, tax and service, and tour director are also included.

April 3-5, 2015, 6:30 AM to 9:00 PM, 3 sessions (FSaSu)**Commuter Parking Lot****Single: \$524, Double: \$419, Triple/Quad: \$408****Child Sharing w/2 adults: \$314****Newport, RI Valentine's Weekend** *NEW***Silver Mill Tours (OVE 119)**

Experience a romantic weekend with your valentine in Newport, the city by the sea. Newport is vibrant and busy during the winter season. You can explore the history and charm of the Newport mansions, museums and churches. Trip includes: round-trip transportation, 1 night at the Newport Marriott, brunch at the Atlantic Beach Club, and the 10-mile ocean drive which starts on Bellevue Avenue and follows Ocean Avenue around a rocky peninsula.

February 14-15, 2015, 8:00 AM to 5:00 PM, 2 sessions (SaSu)**Commuter Parking Lot****Single: \$320, Double: \$209, Triple: \$192, Quad: \$387****Bar Harbor &****Acadia National Park, Maine** *NEW***Silver Mill Tours (OVE 120)**

Spend Memorial Day weekend at Bar Harbor. Today it is a favorite destination for people throughout the world. With Acadia National Park close by, a visit to Bar Harbor affords the comforts and luxury of a classic vacation retreat, with spectacular beauty and natural wonder. Trip includes: round-trip transportation, 2 nights at the Atlantic Eyrie Lodge in Bar Harbor, 2 deluxe continental breakfasts, 2 dinners, including 1 lobster dinner. Trip includes admission to the Maine Lighthouse Museum, guided tour of Acadia National Park, and carriage ride along Acadia National Park's off-the-beaten-track scenic areas.

May 23-25, 2015, 7:00 AM to 6:00 PM, 3 sessions (SaSuM)**Commuter Parking Lot****Single: \$776, Double: \$566, Triple: \$545, Quad: \$366****Nascar Racing at Dover Downs, DE** *NEW***Silver Mill Tours (OVE 121)**

Dover International Speedway, the one-mile oval in Dover, DE has been hosting NASCAR since July 1969. Experience its unique blend of speed in excess of 175 mph, and banking of nine degrees on its narrow straightaways and 24 degrees in its sweeping turns. Trip includes: round-trip transportation, one night at the Sheraton Suites in Wilmington, DE, 1 full American breakfast, ticket to the Nationwide Series Race and the AAA 400 Race, taxes and service charges.

May 30-31, 2015, 5:30 AM to 8:00 PM, 2 sessions (SaSu)**Commuter Parking Lot****Single: \$524, Double: \$408, Triple/Quad: \$398****Child Sharing w/2 adults: \$282****Stanley-Whitman House:****An Old Fashioned Halloween for Children** *NEW*
(WAL 110)

Wear your Halloween costume and meet some friendly ghouls at Stanley-Whitman House, who will guide you through a maze of old-fashioned fun in a magical Halloween atmosphere. Admission is a non-perishable food for "Halloween Against Hunger," a campaign benefiting the Farmington Food Bank.

Oct. 30, 5:00 PM to 7:30 PM, 1 session (Th)**Stanley-Whitman House****FREE but registration is required**

Nine Skills to Help You

Ace a Job Interview *NEW*

Cloris Kiley (WOR 101)

Being offered an interview is a great accomplishment, but how can you make the best out of this opportunity? Join personal development expert Cloris Kiley for an interactive workshop to learn nine critical skills that will help you ace your interviews and land the job of your dreams.

Oct. 14, 6:30 PM to 8:00 PM, 1 session (T)

Farmington High School - Room 610

Course Fee: \$15

Getting Paid to Talk, Making Money with Your Voice

Warren Garling (WOR 103)

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all - important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We have created a new web-accessible page with detailed information specifically about our Getting Paid To Talk class. This page detailed information about class content, answers to common questions, and general information about the voice acting field. <http://www.voicecoaches.com/gppt>.

Nov. 12, 6:30 PM to 9:00 PM, 1 session (W)

Farmington High School - Room 613

Course Fee: \$19

ServSafe Managers Course *NEW*

James Rogers (PER 106)

Improve your job marketability and become a Certified Food Handler (CFH) for your school, business or restaurant. The State of Connecticut requires all food establishments to employ at least one qualified food operator. Learn about foodborne illness, how to prevent it and how to train employees in food sanitation. Earn nationally accredited food safety certification from the National Restaurant Association. The ServSafe program helps prepare you for the ServSafe Food Protection Manager Certification exam. Fee includes Servsafe Essentials textbook, study guide, exam and processing.

October 8-22, 5:30 PM to 8:30 PM, 3 sessions (W)

Farmington High School - Room 906

Course Fee: \$185

General Education Development (GED) Test Preparation

Math, English, Social Studies, Science

This program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive necessary instruction in each of four subject areas – science, social studies, math and language arts – plus basic computer skills to take the exam. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here. To be able to register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months, and 17 year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age may submit, in lieu of a withdrawal form, a letter from their last high school that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students can begin the GED® registration process online at ged.com and complete the process in person through Farmington Continuing Education.

Individuals with a documented disability who require accommodations to take the GED® exam should contact Farmington Continuing Education or the State Department of Education GED Office at 860-807-2111 or email ged@ct.gov.

(A) English/Social Studies/Science

Classes start: September 15 - December 8

Time: 6:00 - 8:30 PM, 12 sessions (M)

Location: Farmington High School - Room 608

(B) Math

Classes start: September 17 - December 10

Time: 6:00 - 8:30 PM, 12 sessions (W)

Location: Farmington High School - Room 811

All new and returning students should register on September 10 at Farmington High School in Room 810 BEFORE classes start. After September 15, students may register every Monday at 6 p.m. in Room 608 before class.

Earn Your High School Diploma!

**Free classes for residents of Farmington,
Unionville, Avon, Canton, Collinsville,
Burlington, and Harwinton**

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HEALTHCARE CERTIFICATION PROGRAM:

As the healthcare industry evolves, certification in various fields is becoming more and more imperative. Healthcare professionals at all levels – whether new entrants to the field or seasoned professionals – require training and certification in order to ensure they have the most up-to-date skills in the latest healthcare technologies and for employers to ensure their staff have been successfully evaluated by an independent certifying body. My Ed Today's Healthcare Certification Programs prepare students not only for work in these fields so they'll be ready from day one on the job, but also ensure they have the study tips, practice tests and course materials necessary for success on the certification exams..

Clinical Medical Assistant Program *NEW* *My Ed Today (WOR 102)*

This program is intended for students who want to prepare for an exciting, challenging and rewarding career in healthcare. This program will train students to assist physicians by performing functions related to the clinical responsibilities of a medical office. Instruction includes amongst other things, preparing patients for examination and treatment, routine laboratory procedures, diagnostic testing, technical aspects of phlebotomy, and the 12 lead EKG and cardiac life cycle. Students will review important topics including phlebotomy, pharmacology, the proper use of administration of medications, taking and documenting vital signs, cardiology including proper EKG lead placements, a professional workplace behavior, ethics and the legal aspects of healthcare. This program includes 140 hours of classroom lecture and hands-on labs and a clinical externship opportunity at a local healthcare provider. To be eligible for the clinical rotation, students must successfully complete the 140 hour program, submit to a thorough background check, drug screening, and meet other predetermined requirements. Note: Upon successful completion of this program, student would be eligible to sit for the National Healthcare Association (NHA) Certified Medical Assistant (CCMA) national examination.

Date TBD, 6:30 PM to 9:00 PM, 1 session
Farmington High School - Room 613
Course Fee: \$2,599

Medical Billing & Coding (online) *NEW* *My Ed Today (WOR 107)*

Medical billing and coding is one of the fastest-growing careers in the healthcare industry today! The need for professionals who understand how to code healthcare services and procedures for third-party insurance reimbursement is growing substantially. Physician practices, hospitals, pharmacies, long-term care facilities, chiropractic practices, physical therapy practices, and other healthcare providers all depend on medical billing and coding for insurance carrier reimbursement. This billing and coding program delivers the skills students need to solve insurance billing and coding problems. Given the impending transition to ICD-10 effective October 2014, this course will also provide a high-level overview of the ICD-10 CM. This course is designed to prepare students to sit for various national certification exams including those from the American Academy of Professional Coders (AAPC) and the American Health Information Association (AHIMA).

Course Fee: \$1,399

WORKFORCE READINESS PROGRAMS:

Ensuring clients are properly prepared to enter the workforce and meet employers' expectations, it is imperative that job-seekers have a mastery of basic workforce readiness skills. Recognizing this need, these course offerings will ensure you have a fundamental understanding of workplace expectations with well-developed skills in problem-solving, communication and professionalism that will contribute to your career development prospects for years to come. These fantastic courses are available to ensure you have the raw skills necessary for future success.

Workforce Readiness Bundle (online) *NEW* *My Ed Today (WOR 109)*

The Workforce Readiness Bundle course provides students with the skills necessary to succeed in the workplace, including topics like critical thinking, communication, taking initiative, productivity, leadership, and financial literacy. It also covers creativity and innovation, flexibility and adaptability, and social and cross-cultural skills. The target audience is individuals who are transitioning into a new career field after 10 or more years in another career, as well as individuals who are new or returning to the workforce. The Workforce Readiness Bundle is mapped to the following course objectives:

- Apply critical thinking, questioning, and problem-solving strategies for the workplace
- Apply creativity skills and innovative thinking to the workplace
- Explain ways to improve flexibility and adaptability and their value in the workplace
- Describe effective workplace communication and collaboration techniques
- Explain the principal elements of social and cross-cultural skills and how they are applied to the workplace
- Describe the principal elements of initiative and self-direction and how those elements contribute to achieving goals for the workplace
- Explain ways to optimize productivity and accountability in the workplace
- Explain the qualities and responsibilities of an effective leader
- Describe the principal elements of financial literacy

Course Fee: \$979

My Ed Today Courses

**Visit myedtoday.com/farmington for Info
Questions? Please call 888.963.5967
or email info@myedtoday.com**

**Register online at www.fpsct.org/fce
or call 860.404.0290**

**Prerequisites: Students need to have or be
on track to achieve either their high school
or GED diploma. Students should have 10th
grade reading and math capabilities.**

WORKFORCE EDUCATION: MY ED TODAY

Workforce Readiness:

Computer Concepts (online) *NEW*

My Ed Today (WOR 108)

The Workforce Readiness Bundle course provides students with the skills necessary to succeed in the workplace, including topics like critical thinking, communication, taking initiative, productivity, leadership, and financial literacy. It also covers creativity and innovation, flexibility and adaptability, and social and cross-cultural skills. The target audience for the Workforce Readiness: Bundle is individuals who are transitioning into a new career field after 10 or more years in another career, as well as individuals who are new or returning to the workforce.

Course Fee: \$219

My Ed Today Courses

Visit myedtoday.com/farmington for Info
Questions? Please call 888.963.5967
or email info@myedtoday.com

Register online at www.fpsct.org/fce
or call 860.404.0290

Prerequisites: Students need to have or be on track to achieve either their high school or GED diploma. Students should have 10th grade reading and math capabilities.

Become a U.S. Citizen



See page 5 for info

BUSINESS & MANAGEMENT TRAINING:

Effective Time Management (online) *NEW*

My Ed Today (WOR 104)

The Effective Time Management course provides students with an overview of time management skills, concepts, and techniques. Students will learn strategies for maximizing personal effectiveness, including organization, delegation, and the proper use of technology. The course encourages the student to identify time challenges and set goals for prioritizing and planning in order to more effectively use his or her time. Students will also learn to identify signs of stress, and how to alleviate common stressors through effective time management. Today's business is moving at a faster rate than ever before, making it imperative to keep pace with fast-moving projects within multiple mediums.

Course Fee: \$289

Business Math Specialist (online) *NEW*

My Ed Today (WOR 105)

This program applies math fundamentals to business applications. Topics include a basic math review, business statistics, profit calculations, payroll, banking, interest calculations, insurance, taxes, and other business topics. Upon completion of this program, students will have a fundamental understanding of how to solve mathematical problems as they pertain to various business transactions. Furthermore, students will also analyze common business problems using mathematical equations and concepts as well as useful business statistics calculations.

Certification: MOS – Students completing this program can sit for the Microsoft Office Certification

Optional Externship Placement

More Information: www.myedtoday.com/farmington

Course Fee: \$1,299

Practical Problem Solving Skills (online) *NEW*

My Ed Today (WOR 106)

Effective problem solving skills are an invaluable asset for any employee in today's fast-paced workplace. Being able to analyze problems, identify the potential severity of a problem and assess the impact of alternative solutions are skills that anyone can use, particularly as they comprise a structure for making quick decisions necessary to keep up with the relentless pace of business today. This course is ideal for helping employees to work more efficiently together, as well as with customers, partners and vendors. Participants will learn to identify various problems that require their attention, propose viable, practical solutions that actually address the problem posed and evaluate the various options available to address the issue head on. Participants will then gain a fundamental understanding of how to implement a solution following this evaluation and learn to apply useful solutions to similar situations going forward.

Course Fee: \$289

CAREER TRACKS:

Career Tracks offer students a chance to hone their skills in a variety of professions by taking a cross-discipline approach to learning. Today's work environment requires professionals to master a variety of skills – some that are clearly applicable to that position and some that will help to enhance the efficacy and abilities of professionals across all fields. These courses offer comprehensive training for a particular field and multi-dimensional solutions for students who need to be prepared for everything their job may throw at them. Students are instrumental to their future employers, and that requires the ability to tackle a number of different tasks, fill in for missing skill sets on staff and have a working understanding of fundamental skills they're likely to encounter on the job, whether every day or just sporadically.

Accounting Professional (online) *NEW*

My Ed Today (WOR 110)

Any successful business owner can tell you that proper accounting is one of the most important aspects of their entire organization. Proper accounting is essential to the effective functioning and success of any small business and the leadership teams in these companies depend entirely on their accounting staff to track and report the overall health of the company from day to day, quarter to quarter and year to year. Staff who understand how to calculate the essential accounting data for a company have the skills to properly advise leadership on the business decisions they need to make. Apart from the CPA who prepares the formal tax filings, the skills students gain from the Accounting Professional Program will ensure they're prepared for an entry-level accounting position with any small business or effectively assist on a sophisticated accounting team. Students who complete the Accounting Professional Program will have the skills necessary for success in these positions starting from day one on the job! Includes optional externship. Certification: MOS – Students completing this program can sit for the Microsoft Office Certification.

Program Objectives: At the conclusion of this program, students will be able to:

- Define terms related to business accounting
- Apply accounting concepts and principles
- Prepare & Analyze financial statements
- Evaluate internal controls
- Account for partnership transactions
- Differentiate international financial reporting standards from generally accepted accounting principles
- Apply a working knowledge of accounting concepts and principles
- Demonstrate the ability to prepare and understand corporate financial statements
- Analyze financial statements using various ratios and tools
- Describe long-term liabilities & Examine how managers use financial information to guide decisions
- Apply concepts related to managerial accounting
- Prepare and analyze various types of budgets
- Differentiate international financial reporting standards from generally accepted accounting principles
- Use Microsoft Office

Course Fee: \$1,299

GREEN TECHNOLOGY

As the building industry moves toward more sustainable concepts, architects, contractors, builders and other construction professionals will require education and certification in these growing fields. To meet the demands of employers in the fast-evolving fields of green building, alternative energy and sustainable design, My Ed Today offers courses and certification from the leading standard-setting institutions in these fields including the US Green Building Council. My Ed Today offers training and certification prep courses in the USGBC's Leadership in Energy and Environmental Design (LEED) as well as multiple courses for both novices and professionals geared toward implementing sustainable goals for facilities serving particular industries.

LEED Green Associate (online)

My Ed Today (WOR 111)

The LEED Green Associate (GA) credential is the first step toward entering the growing field of green building and essential to anyone involved in the building process to ensure the USGBC standards are met and maintained. LEED GA credentials ensure green building professionals are familiar with the LEED credit rating system including the extensive application process and required stakeholder involvement for success. Implementing LEED standards involves proper water management, employing sustainable building systems and materials, understanding energy impacts and reducing overall footprints. The USGBC LEED system is extremely intricate and requires a commitment by all stakeholders involved to create a LEED-Certified building. LEED Green Associates are on the front lines of making these transitions for the existing building stock as well as ensuring the next generation of US buildings use less energy, create less waste and conserve more resources than ever before. The LEED Green Associate course examines green design, construction, and operations concepts that are fundamental to the LEED rating system as designed by the USGBC. The course is intended as preparation for students who will sit for the LEED Green Associate (GA) Exam. Topics include LEED intents and concepts at the credit category level, strategies, and synergies. LEED metrics and LEED-referenced standards are addressed throughout. Alongside LEED Project Experience, the LEED GA credential is the first step toward securing a more advanced LEED Accredited Professional credential.

The LEED Green Associate course will address the following primary course objectives:

- Identify key concepts and goals associated with green building and LEED
- Identify the sustainable elements of building project systems and their respective impacts on site selection, site design, material resource management, water consumption, energy efficiency, and occupant comfort
- Describe the structure of the LEED rating systems and why they were developed
- Describe the LEED Green Associate application, credentialing, and credential maintenance process

**Certification: LEED Green Associate Certification
Certifying Body: US Green Building Council (USGBC)**

Course Fee: \$819



Farmington Continuing Education administers the enrichment program for Region 10 (Burlington and Harwinton). The following classes will be held at Lewis Mills High School. For course description and details of classes, refer to the pages below. Register at www.fpsct.org/fce, by phone at 860-404-0290 or use the registration form on Page 53 of this catalog.

Arts & Crafts (Pages 6-8)

Basic Drawing in Pencil & Charcoal (ART 194)

October 20 - November 10, 2014, 6:30 PM to 8:30 PM, 4 sessions (M)

College Preparations (Pages 6-10)

Clarifying the College Admission Process (COL 127)

November 6, 2014, 6:30 PM to 9:00 PM, 1 session (Th)

Computers (Pages 10-12)

Mac OS X Basics (COM 102)

October 16-23, 2014, 6:00 PM to 8:30 PM, 2 sessions (Th)

Intro to Cloud Computing (COM 168)

October 6-9, 2014, 6:00 PM to 9:00 PM, 2 sessions (MTh)

Mac OS X Everything Photo (COM 172)

November 6, 2014, 6:00 PM to 8:30 PM, 1 session (Th)

Mac OS X Online with Safari (COM 173)

October 30, 2014, 6:00 PM to 8:30 PM, 1 session (Th)

Mac OS X Mail, Contacts, Calendars & Reminders (COM 174)

December 1-3, 2014, 6:00 PM to 8:30 PM, 2 sessions (MW)

Mac OS X Play me an iTunes! (COM 175)

November 17, 2014, 6:00 PM to 8:30 PM, 1 session (M)

Cooking (Pages 13-15)

India's Culinary Traditions (COO 181)

October 1-22, 2014, 6:00 PM to 9:00 PM, 4 sessions (W)

All Things Gluten Free; Made Simple, Easy & Enjoyable (COO 187)

October 23, 2014, 6:30 PM to 8:00 PM, 1 session (Th)

Sushi (COO 101)

October 28, 6:00 PM to 9:00 PM, 1 session (T)

Dim Sum II (COO 111)

November 4, 6:00 PM to 9:00 PM, 1 session (T)

Dim Sum I (COO 122)

October 21, 6:00 PM to 9:00 PM, 1 session (T)

Oriental Cooking I (COO 179)

October 7, 6:00 PM to 9:00 PM, 1 session (T)

Financial & Business (Pages 15-18)

Financial WISDOM of the BENs -

Benjamin Franklin and Benjamin Graham (FIN 163)

November 3, 2014, 6:30 PM to 9:30 PM, 1 session (M)

Understanding and Enrolling in Affordable Healthcare (FIN 169)

October 29, 2014, 6:30 PM to 8:00 PM, 1 session (W)

Fitness (Pages 19-22)

Zumba (FIT 106)

(A) Sept. 16 - Oct. 21, 6:30 - 7:30 PM. 6 sessions (Tu)

(B) Nov. 25 - Dec. 12, 6:30 - 7:30 PM. 4 sessions (Tu)

Get Golf Ready (FIT 132A)

September 5-19, 2014, 6:00 PM to 7:45 PM, 3 sessions (F)

Languages (Pages 29-30)

Italian: Advanced Beginners (LAN 107)

October 1 - November 19, 2014, 6:00 PM to 7:30 PM, 8 sessions (W)

Italian: Intermediate (LAN 108)

October 1 - November 19, 2014, 7:30 PM to 9:00 PM, 8 sessions (W)

Advanced German I (LAN 128)

September 23 - November 18, 2014, 6:30 PM to 8:00 PM, 8 sessions (T)

Earn Your High School Diploma!

Free classes for residents of Farmington, Unionville, Avon, Canton, Collinsville, Burlington, and Harwinton

Call today 860-404-0290

Literature (Page 30)**Developing Accountability Measures & Grant Proposal Evaluation (LIT 121)**

October 28, 2014, 6:30 PM to 8:00 PM, 1 session (T)

Grant Writing Basics: The Handbook (LIT 123)

October 7, 2014, 6:30 PM to 8:00 PM, 1 session (T)

Mind & Body (Pages 31-34)**Past Life Regression (MIN 109)**

November 18, 2014, 6:30 PM to 8:00 PM, 1 session (T)

Angels & Guides I (MIN 110)

October 7, 2014, 6:30 PM to 8:00 PM, 1 session (T)

Shamanism: An Ancient Healing Modality (MIN 168)

October 29, 2014, 6:00 PM to 9:00 PM, 1 session (W)

Relaxation for Life! (MIN 180)

November 18, 2014, 6:00 PM to 8:00 PM, 1 session (T)

Pi Gu (Weight loss & cleanse) (MIN 186)

December 2, 2014, 6:00 PM to 9:00 PM, 1 session (T)

Uncover Your Future Through Hypnosis (MIN 191)

October 21, 2014, 6:30 PM to 8:00 PM, 1 session (T)

Midlife: A Time for Reinvention, Rejuvenation, Reexamination and Renewal (MIN 194)

November 20, 2014, 7:00 PM to 8:30 PM, 1 session (Th)

Crystal Healing (MIN 195)

October 9, 2014, 6:00 PM to 9:00 PM, 1 session (Th)

Personal Development (Page 37)**The American Civil War (PER 145)**

September 29 - November 10, 2014, 6:30 PM to 8:30 PM, 6 sessions (M)

Many other classes, trips & tours for the Fall of 2014!

The Farmington Board of Education provides classes in
Adult Basic Education (ABE), Citizenship,
General Educational Development (GED),
Credit Diploma Program, National External Diploma Program
College Transitions Program
and English for Speakers of Other Languages (ESOL).
These programs are FREE to residents of
Farmington, Unionville, Avon, Canton, Collinsville,
Burlington, and Harwinton.

Registration is required for all classes.

See pages 3, 4 & 5 for complete information.

Attention Lego Lovers!

Junior FIRST LEGO League will return in the fall for students in Grades 1-4 in the towns of Avon, Burlington/Harwinton and Farmington/Unionville. Teams of 6 students, led by parent coaches, will meet for 90 minutes per week for 6 weeks to complete this year's national challenge "Think Tank: Where and How Learning Happens" with LEGO kits. Farmington classes will be held on Thursdays, October 30 – December 11 at West Woods Upper Elementary School from 6-7:30 PM. Registration will open the end of September. Look for flyers in your school's Friday Folders. Region 10 (Burlington/Harwinton) classes will be held on Tuesdays, October 28 – December 9, 2014 at Lewis Mills High School from 6-7:30 PM. Avon dates and location are TBD. Look for flyers in your school's Friday Folders or announcements in late September.

Parent coaches are needed to run this program. This is a fun and rewarding way to be involved with your child. If you are interested, please contact Lisa Nollman at nollmanl@fpsct.org for more information. No experience is required and training is offered. Come join the fun!



**Lake Garda
Elementary School**

NOTES & REMINDERS

Enrollment/Registration: There is a non-refundable \$6 processing fee per student each semester. Assume you are enrolled in the class for which you are registered. No registration confirmation will be mailed to you. In the event of a filled class or cancellation, we will make every attempt to notify you by phone, mail or e-mail. We cancel classes with low enrollment shortly before they start. Please register early to make sure the course you want has adequate enrollment to be offered.

OnlineRegistration at : www.fpsct.org/fce
24 hours a day, 7 days a week.

Senior Citizens: The Farmington Board of Education waives the tuition fee for Farmington senior citizens (age 65+) for one course per term unless otherwise noted. Senior citizens are responsible for processing fee, one session courses, and supply fees. Seniors must identify themselves at time of registration to receive the senior rate.

Waiting Lists: Will be taken on classes/trips with enrollment limits. We will notify you when there are openings.

Refunds: Will be given ONLY if a course is cancelled, or if there is an FCE initiated schedule change, which renders you unable to attend the program. Any refunds will be processed by check. Please allow two weeks for processing.

Inclement Weather Policy: If Farmington Public Schools or Region 10 is closed, Continuing Ed classes in the closed district will not meet. In case of a "delayed opening/early closing" or if severe weather develops during the day, please check for official notices on our web site at www.fpsct.org/fce. Cancellations will also be announced on TV channels NBC & WFSB. Cancelled classes are postponed to a later date, usually by adding on a session after the last scheduled class.

Supplies and Materials: Are required in some classes and are noted in the class descriptions. Lists will be available on-line at www.fpsct.org/fce.

Textbooks: Purchase online @ amazon.com; half.com; varsitybooks.com; mylibros.com; books-by-isbn.com; paperbackswap.com.

Gift Certificates: Make great gifts and they are available for all classes/trips. For additional information, please call the office at 860-404-0290.

Tours & Trips: The cost for trips or tours are non-refundable but are transferable to another person. Everyone must pay full tuition. No senior discounts.

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 qualified to share. 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 make no commitment to the products they sell.

Catalog Distribution: Catalogs are mailed to all residents of Farmington, Unionville, Avon, Canton, Collinsville, Burlington and Harwinton and out of town residents who have previously taken a class. Catalogs are also available at FCE, local town halls and libraries. To get on our mailing list, email us at continuing@fpsct.org or call 860-404-0290.

Disability: Our catalog is available in alternate formats upon request. All activities offered by FCE are held in accessible locations. Accommodations for individuals with a disability are available upon request.

Non-Discrimination Policy: Farmington Board of Education states that no person shall be excluded from participation in, denied the benefits of, or otherwise discriminated against under any program, including employment, on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, past/present history of mental disorder, learning disability and/or physical disability. Questions concerning Title VI or Title XI compliance should be directed to the Assistant Superintendent of Schools at 860-673-8298. Section 504 compliance questions should be directed to the Director of Special Services at 860-677-1791.

REGISTER NOW!

ONLINE
www.fpsct.org/fce



PHONE
860-404-0290

FAX
860-404-0294



MAIL/IN PERSON
Farmington Continuing Education
1 Monteith Drive
Farmington, CT 06032

REGISTRATION FORM

PLEASE COMPLETE A REGISTRATION FORM FOR EACH PERSON ENROLLING

Date: _____
Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Home Phone: _____ Work Phone: _____ Cell Phone: _____
eMail: _____
Date of Birth: _____ M/F: _____

Farmington Continuing Education
Office Hours: 8:00 AM - 5:00 PM
1 Monteith Drive Farmington, CT 06032
Phone: 860-404-0290 Fax: 860-404-0294
Register Online at www.fpsct.org/fce

Please mark your calendar as we do not mail confirmations!
Refund Policy: A refund will be honored only if a class/trip is cancelled

REGISTRATION INFORMATION

Course/Trip #	Course/Trip Title	Date	Time	Location	Fee
Non-Refundable Processing Fee Per Person					\$6.00
Total					

Payment Information:

***Visa/MasterCard/Discover**

***Checks (payable to Farmington Continuing Education)**

NO CASH PLEASE



Visa/MC/Discover _____ - _____ - _____ - _____ Expiration: _____ / _____ CVV: _____

Name of Cardholder: _____

Address: _____

DISCLAIMER

As a service to the community, the Farmington Board of Education, through its Farmington Continuing Education office, offers enrichment courses through its Adult and Youth Enrichment programs.

In some cases these courses are taught by third party businesses pursuant 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 Farmington Continuing Education enrichment courses.

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.

In addition, any person who relies or acts on the advice of any enrichment instructor does so at his or her own risk. In consideration for being allowed to enroll in an enrichment course, the registrant releases, and waives any and all claims he or she may have against, the Farmington Board of Education, Farmington Continuing Education, its officials, agents, and employees with respect to any such advice.

WELCOME

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive.

All courses run for six weeks (with a two-week grace period at the end). Courses are project oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplemental links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

How to Get Started:

1. The following is just a small sampling of what we offer. Visit our Online Instruction Center for a complete listing of over 250 additional course offerings at:

www.ed2go.com/farmington

2. Click the **orientation** link and follow the instructions to enroll and pay for your course. During orientation, you will learn important information about your course. You will also be provided an opportunity to choose the name and password you will use to access your course.

3. When your course starts, return to our Online Instruction Center and click on the **Classroom** link. To begin your studies, simply log in with the name and password you selected during orientation.

Start Dates

A new section of every course begins each month. Go to ed2go.com/farmington for a complete listing.

Requirements

All courses require internet access, e-mail, the Newscape Navigator, or the Microsoft Internet Explorer. Some courses may have additional requirements. Visit our Online Instruction Center for more information.

Business (communication,skills)

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Building Teams that Work

Learn the secrets of dynamic team building.

Fundamentals of Supervision and Management NEW

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflicts.

Managing Customer Service

Become indispensable to any organization by understanding how to identify and meet customer needs.

Marketing Your Own Business

Develop an Internet marketing plan for your business that incorporates SEO, advertising, email, social media, and more.

Computer Applications

Introduction to Microsoft Word 2010

Master the more advanced features of Microsoft Word 2010 and learn how to create an index, build a list of figures, design a table of contents, do desktop publishing, perform a mail merge, and use timesaving shortcuts.

Introduction to Microsoft Excel 2010

Become proficient in using Microsoft Excel 2010 and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Introduction to Microsoft Outlook 2007

Become productive and confident Outlook 2007 user.

Intro to Quickbooks 2010

QuickBooks is designed for the small to midsize business owner who enjoys Quicken's ease of use but prefers more traditional accounting. Learn how this well-designed accounting program can make it a snap to set up a chart of accounts, reconcile your checking account, create and print invoices, receipts, and statements, track your payables, inventory, and receivables, create estimates, and generate reports.

Personal Development

Introduction to Natural Health and Healing

Learn how to promote wellness, balance, and health in all aspects of your daily life.

Medical Transcription

Learn how to transcribe the medical reports most often used in healthcare today, and discover how to get started and advance as a medical transcriptionist.

Genealogy Basics

Learn where to look, who to contact, and how to use various research tools to begin an exciting and fascinating exploration of your roots.

Merrill Ream Speed Reading

Acclaimed speed reading expert teaches you how to save yourself time by reading faster with better comprehension.

Understanding Adolescents

Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop, and how you can best meet their needs.



Several NEW courses launch each month!
View them all at www.ed2go.com/farmington

Farmington High School

10 Monteith Drive, Farmington

I-84 East or West to Exit 39 (Rt. 4 Farmington). Continue straight on Rt. 4 through Farmington Center toward Unionville (approximately 2 miles). Look for railroad overpass. After the overpass, at the second traffic light, take a right onto Monteith Drive. Follow up the hill to the end. School is at top of hill. Park in lot at top of hill. Enter doors to the right as you face the school.

Lewis S. Mills High School

26 Lyon Road, Burlington

Take I-84 west to Exit 39 (Rte 4, Farmington). Follow Rte 4 (approximately 13 miles) to Burlington. (You will pass through Farmington center and Unionville center). Take a left at the junction of Rtes 4 and 179. Go to second traffic light. Take a right onto Lyon Rd. The school is on right.

From Waterbury and Western Connecticut take Rte 8 to Exit 42 (Rte 118, Harwinton). Follow Rte 118 East for 2½ miles to junction of Rtes 118 and 4 (first traffic light). Continue straight on Rte 4 past the intersection of Rte 72 and Rte 4. At the next traffic light, take a left on to Lyons Rd. School is on right.

From Bristol, Connecticut Rte 69 to Rte 4. Take left onto Rte 4 and follow to traffic light. Take right onto Lyons Rd. School is on right.

Irving Robbins Middle School

20 Wolf Pit Road, Farmington

From Unionville: Follow Rt. 4 toward I-84. At I-84 entrance, follow Rt. 4 to the right (Farmington Avenue) toward UCONN Health Center. DO NOT GET ON I-84. Go straight through traffic light on Rt. 4. At next light, take a right onto South Road. At light take right onto Birdseye Road. Take 1st left onto Wolf Pit Road. Follow to stop sign. Take left into parking lot of school.

From I-84 West: Take Exit 38 (Rt. 6/Bristol). Take a right just before light at end of exit ramp onto Wolf Pit Road. Go ¼ mile. Irving Robbins will be on your right and East Farms on your left.

From I-84 East: Take Exit 39 (left exit – Rt. 4/Farmington). Turn right before light at the end of ramp onto Rt. 4/Farmington Avenue East. At light take a right onto South Road. At light take right onto Birdseye Road. Take 1st left onto Wolf Pit Road. Follow to stop sign. Take left into parking lot of school.

Farmington River School of Art

73 East Main Street, Plainville

Follow Rt. 10 from Farmington into Plainville. Turn slight right onto East Main Street/CT-372.

Noah Wallace Elementary

2 School Street, Farmington

I-84 East or West to Exit 39 Continue straight on Rt. 4 into Farmington Center. Take a left onto Rt. 10, go straight and take a second left onto Church Street. The School parking lot is 1/4 mile on the left.

Lake Garda Elementary School

61 Monce Road, Burlington

Take I-84 west to Exit 39 (Rte 4, Farmington). Follow Rte 4 through Farmington. In the center of Unionville take a left onto Rte 177 south. Go over a bridge and up a hill. At the 3rd traffic light take a right onto Burlington Rd. Go to the end of Burlington Rd (stop sign), bear left on Monce Rd. School is ¼ mile on right.

West Woods Upper Elementary School

50 Judson Lane, Farmington

Located off Rt. 6. Take Rt. 177 from Unionville to Rt. 6. At traffic light, take left onto Judson Lane (across from the Centennial Inn) and entrance to Farmington Industrial Park.

Farmington Continuing Education

Town Hall—Lower Level

1 Monteith Drive, Farmington

I-84 East or West to Exit 39 (Rt. 4 Farmington). Continue straight on Rt. 4 through Farmington Center toward Unionville (approximately 2 miles). After railroad bridge, turn right at second light. First building on right.

Farmington Community & Senior Center

321 New Britain Avenue, Unionville

From I-84: Exit 39/Rt. 4. Continue straight off exit on Rt. 4 to traffic light. Turn left onto Route 10 South. Continue on Rt. 10 to the 2nd traffic light. Turn right onto Meadow Road. Follow Meadow Road to stop sign. Turn right onto New Britain Avenue. Follow approximately 2-3 miles. Senior Center will be on the right.

Farmington Library

I-84 East or West to Exit 39 (Rt. 4 Farmington). Continue straight on Rt. 4 through Farmington Center toward Unionville (approximately 2 miles). Look for railroad overpass. After the overpass, at the second traffic light, take a right onto Monteith Drive. The library will be on your left.

First Church of Christ

75 Main Street, Farmington

I-84 East or West to Exit 39 Continue straight on Rt. 4 into Farmington Center (past Parsons Car Dealership). Take a left onto Rt. 10 (south). At traffic light, go straight and take a second left onto Church Street. Church (white) is on the corner. Park on street or in school parking lot.

Commuter Parking Lot: All trips depart from the commuter parking lot located at Hartford Road on the West Hartford - New Britain line (across the street from Target)

Directions from Route 84 East or West: Take I-84 and merge onto CT-9S via Exit 39A toward New Britain/Newington. Take Exit 30 (CT-71). At end of ramp, take a right onto Hartford Road (CT-71). Proceed approximately 1/5 of a mile. Take 1st right onto Village Square Drive. Commuter lot is on the corner to your right. (Across the street from Target.)

Directions from Route 9: Take Route 9 North to Exit 30 (CT-71). At end of ramp, take left onto Hartford Road. Proceed approximately 1/5 of a mile. Take 1st right onto Village Square Drive. Commuter lot is on the corner to your right. (Across the street from Target.)

FARMINGTON SCHOOL DEPARTMENT
FARMINGTON CONTINUING EDUCATION
1 Monteith Drive
Farmington, CT 06032-1053



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FCE website!

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FARMINGTON CONTINUING EDUCATION FALL 2014

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email: continuinged@fpsct.org • Register Online At: www.fpsct.org/fce

Register Online At:
www.fpsct.org/fce

Enrichment Class Offerings for Adults and Kids

*Arts, College Preparations, Computers,
Cooking, Financial, Fitness,
Home & Garden,
Languages, Literature, Mind and Body,
Music, Personal Development,
Pet Care and Trips.*



Farmington Extended Care & Learning