

STAMFORD PUBLIC SCHOOLS

# **Adult & Continuing Education**

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



(203) 977-4209

**We are pleased to offer Instructor-Facilitated Online Courses in addition to our traditional on-site classes.**



**Convenient, Affordable, and Effective.**

**Take ed2go courses anywhere and when it's most convenient for you.**

We offer you hundreds of engaging online courses for adults, covering every topic from SAT Test Preparation to Web Design.

Each ed2go course comes equipped with a patient and caring instructor, lively discussions with your fellow students, and plenty of practical information that you can put to immediate use.

**Enroll today at [www.ed2go.com/stamford](http://www.ed2go.com/stamford)**

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### **It's easy to get started!**

1. Visit our Online Instruction Center:  
**[www.ed2go.com/stamford](http://www.ed2go.com/stamford)**
2. Click on ***Browse Catalog***, choose the department and course title you are interested in. Click on ***Learn More*** for the course description, syllabus, instructor bio, course requirements, student reviews and start dates. Select the ***Enroll Now*** button and follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the classroom.
3. When your course starts, return to the Online Instruction Center and click on the Classroom link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

A new section of every course will begin on:

August 20	November 12
September 17	December 10
October 15	January 21

Unless otherwise specified, 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, supplementary links and more. All courses require Internet access, e-mail, Microsoft Internet Explorer or the Mozilla Firefox Web Browser. Some courses may have additional requirements.

**Most Classes  
Only \$104**

**ed2go**

Dear Neighbor,

Summer is coming to a close; it is time to start thinking, **FALL**. Think of those evenings when you'll reminisce about the lazy days of summer while your mind tells you that it is time to rev up those brain cells and go after your passion. Well, you may not be quite up to your passion, but we do have some new courses that will stimulate the gray matter as well as others for the pleasure center of the brain.

Take a course in "Financial Literacy" and better organize your finances which will leave you more free time to enjoy. Learn how to approach "Social Media for Business," "LinkedIn Profile" and "LinkedIn Networking" and reap the rewards at work. If you have just decided to no longer carry that laptop and prefer to have an IPAD, then "IPAD Overview" will be quite useful.

If all the brain stimulation above got you mentally tired, go for "Burn @ the Barre" or "BellyGong." Both are new courses that will set your body in motion.

As always, we provide an array of courses with new ones each semester to satisfy the needs of the lifelong learners. So, browse this catalog and sign up, you won't regret it.



Maritza Garcia, Administrator  
Adult & Continuing Education

## STAMFORD PUBLIC SCHOOLS

Winifred Hamilton, Ph.D., *Superintendent of Schools*

### BOARD OF EDUCATION

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Maritza Garcia, *Administrator*  
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Alyson Kleiber, *Program Facilitator*  
Howard Levy, *Rippowam Evening Head Teacher*  
Support Staff:

Gail Lenahan    Violet Karacsony    Mary Scalise

The Stamford Public School system is a non-discriminatory educational institution and employer.

If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact Maritza Garcia at (203) 977-4209 for further assistance.

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## SYMBOLS IN THE CATALOG



**MATERIALS PURCHASE**



**SENIOR CITIZEN DISCOUNT**



**ONLINE COURSES**



**NEW CLASS**  
this semester

## SCHOOL LOCATIONS

**ADULT LEARNING CENTER** – 369 Washington Blvd.

**CLOONAN CENTER** – 11 W. North Street

**K.T. MURPHY SCHOOL** – 19 Horton Street

**RIPPOWAM CENTER** – 381 High Ridge Road

**ROGERS INTERNATIONAL SCHOOL** – 202 Blachley Rd

**ROXBURY SCHOOL** – 751 West Hill Road

**STARK SCHOOL** – 398 Glenbrook Road

**WESTOVER SCHOOL** – 412 Stillwater Avenue

The Office of Adult and Continuing Education and the Board of Education provide these courses as a public service and do not endorse or recommend any product or service mentioned in connection with these courses.

# — ENGLISH AS A SECOND LANGUAGE —

LEARN TO SPEAK, READ & WRITE

## ENGLISH

FREE for  
Stamford, Darien  
& New Canaan  
Residents

IN-PERSON  
REGISTRATION  
(2 Hours Needed)



La oportunidad de  
aprender a hablar, leer y  
escribir

## INGLES

DEBE MATRICULARSE  
PERSONALMENTE  
NECESITA DOS HORAS PARA MA-  
TRICULARSE

### MORNING CLASSES

Adult Learning Center  
369 Washington Blvd.

*Registration:*

September 4 & 9  
at 8:30 am

Classes Meet Monday through Thursday

Beginning September 22

8:30-10:30 am • 10:30 am-12:30 pm

### LAS CLASES DE DIA

Adult Learning Center  
369 Washington Blvd.

*Inscripción:*

El 4 y 9 de septiembre  
a las 8:30 am

Las clases se reúnen de lunes a jueves

Empezando el 22 de septiembre

8:30-10:30 am • 10:30 am-12:30 pm

### EVENING CLASSES

Cloonan Center  
11 West North Street

*Registration:*

September 10, 15 & 17 at 6:30 pm

Classes Meet Monday and Wednesday

Beginning September 29

7:00-9:00 pm

### LAS CLASES DE NOCHE

Cloonan Center  
11 West North Street

*Inscripción:*

El 10, 15 y 17 de septiembre  
a las 6:30 pm

Las clases se reúnen los lunes y los miércoles

Empezando el 29 de septiembre 7:00-9:00 pm

## — WORKFORCE PREPARATION: PROJECT SUCCEED —

English as a Second Language, Employability Skills and School-to-Career activities taught through classroom and computer-assisted instruction. Guest speakers are an integral part of the program.

Adult Learning Center  
369 Washington Blvd.

*Registration:*

September 4 & 9 at 8:30 am

Classes Meet  
Monday through Thursday  
8:30 am-12:30 pm  
and Friday, 9:00-11:00 am  
(18 hours per week)

Selection made through  
testing and interview process



Federal Adult Education Grant

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A refundable book deposit is required for all ESL and Citizenship classes.



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## ESL/FAMILY LITERACY

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### MORNING CLASSES

For Parents of Children in Pre-K through Grade 5. Curriculum includes parenting skills and involvement in children's education.

**CLASES EN LA MAÑANA** – Para padres de niños de PreKinder a Quinto grado. El programa incluye las habilidades de padres y la participación en la educación de los niños.

Priority given to host school parents.

Tienen prioridad los padres de estudiantes de Rogers, Westover, Stark y K.T. Murphy.

Federal Adult Education Grant

**Westover Magnet School**

**Cafeteria**

412 Stillwater Road

Registration:

September 15 at 9:00 am

**Stark School**

**Room 143**

398 Glenbrook Road

Registration:

September 16 at 9:00 am

**Rogers International**

**School**

202 Blachley Road

Registration:

September 18 at 9:00 am

*Classes meet Monday through Thursday, 9:00-11:00 am, starting September 22*

**K. T. Murphy School Room 1**

19 Horton Street

Registration: September 12 at 9:00 am

*Classes meet Monday, Wednesday and Friday, 9:00-11:00 am, starting September 22*

### EVENING CLASSES

\*Neighborhood Sites – Priority given to host school parents.

**\*LAS CLASES DE NOCHE** – Tienen prioridad los padres de estudiantes de Rogers o Stark.

**\*Rogers International School**

202 Blachley Road

Registration: September 15 & 17  
at 6:30 pm

*Classes meet Monday and Wednesday,  
7:00-9:00 pm, beginning September 29*

**\*Stark School Media Center**

398 Glenbrook Road

Registration: September 16 & 23  
at 6:30 pm

*Classes meet Tuesday and Thursday,  
7:00-9:00 pm, beginning September 30*

**Neighbors Link**

75 Selleck Street

Registration: September 16 & 23  
at 6:30 pm

*Classes meet Tuesday and Thursday,  
7:00-9:00 pm, beginning September 30*

Please do not bring children to registration.

Por favor no traigan a niños cuando vengán a matricularse.

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## CITIZENSHIP

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Class covers the information needed to become a U.S. citizen, including history, government and how to apply for the exam.

Free of charge for Stamford, Darien and New Canaan residents.

**Register at the first class.**



**Adult Learning Center**  
**369 Washington Blvd.**

**Morning Classes**

Fridays, 9:00-11:00 am  
Starting October 3

**Evening Classes**

Thursdays, 7:00-9:00 pm  
Starting October 2

## EARN YOUR HIGH SCHOOL DIPLOMA

Stamford Adult Education offers adults the opportunity to earn a High School Diploma.

You can enroll in the High School Credit Diploma Program, National External Diploma Program or classes that prepare you for the GED® exam. Select the route to graduation that is best for your background, schedule and needs. If you are not sure, come to our Open House or call (203) 977-4941 and the Adult Education Guidance Counselor will assist you in determining the correct choice.

Classes are free of charge for Stamford, Darien and New Canaan residents.

Refundable book deposits are required for all high school completion programs.

### THINKING ABOUT GOING BACK TO SCHOOL AND EARNING YOUR HIGH SCHOOL DIPLOMA?

Teresa Cavaliero, Stamford Adult Education Guidance Counselor, will explain the three options for earning your diploma, answer your questions and help you decide your next step



**THURSDAY, SEPTEMBER 4**  
**Group Informational Sessions**  
9:00-10:00 am  
6:00-7:00 pm

**Adult Learning Center**  
**369 Washington Boulevard**



# NEDP

The National External Diploma Program is a high school program for adults who have acquired their academic skills through life and work experience. Participants in this program must demonstrate their skills through the successful completion of a series of assignments. Candidates must complete these assignments with 100% accuracy. This is an opportunity for candidates to work independently while maintaining weekly appointments with their EDP advisor/assessor.

*For more information  
call Teresa Cavaliero,  
Guidance Counselor  
(203) 977-4941*

### HIGH SCHOOL CREDIT DIPLOMA

The Adult Education High School Credit Diploma is the same as a diploma awarded by Connecticut public high schools. The requirements for graduation are equivalent. The student must amass twenty credits. They are:

- 4 English
- 3 Math
- 3 Social Studies
- 2 Science
- 1 Art or Vocational
- 7 Electives (including American History and Civics)

Each class meets for two hours twice a week. Credits can be accumulated by previous educational, vocational and life experience. Online classes are offered.

*Please bring your high school transcript to registration. Students 17 and 18 yrs. of age must provide official withdrawal from last high school attended. Withdrawal forms of students 17 yrs. old must be signed by parent/legal guardian.*

#### IN-PERSON REGISTRATION

(2 Hours Needed – Latecomers May Not Be Admitted)

**Rippowam Center**  
**381 High Ridge Road**  
**August 25, 26 & 27 at 6:00 pm**  
Classes begin September 4  
Monday through Thursday  
5:30-7:30 pm and 7:30-9:30 pm

The minimum age for enrollment in adult education is 17 years of age.

# EARN YOUR HIGH SCHOOL DIPLOMA

## PREPARE FOR THE GED® TEST

This program prepares adult learners to pass the four-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive academic instruction plus basic computer skills necessary to take the exam. When you register for classes, a placement test will be administered. Based on the results, you will be assigned to an appropriate instructional level or told to register for the GED® exam.

Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes. 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 stating 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](http://ged.com) and complete the process in person at the Adult Learning Center, 369 Washington Blvd., Stamford.



Individuals with a documented disability who require accommodations to take the GED® exam should contact Guidance Counselor Teresa Cavaliero at [Tcavaliero@StamfordCt.gov](mailto:Tcavaliero@StamfordCt.gov) or (203) 977-4941, or the State Department of Education GED Office at (860) 807-2111 or email [ged@ct.gov](mailto:ged@ct.gov).

### DAYTIME CLASSES

### EVENING CLASSES

#### **IN-PERSON REGISTRATION**

(2 Hours Needed) at the  
Adult Learning Center  
369 Washington Boulevard

Latecomers May Not Be  
Admitted

*Registration:*

**Sept. 9, 16 & 22  
at 9:00 am**

*Classes Start:* September 29  
*Classes Meet:* Mon. thru Thurs.  
8:30-10:30 am

*Registration:*

**Sept. 8, 11, 15, 18 & 22  
at 6:00 pm**

*Classes Start:* September 29  
*Classes Meet:* Mon. & Thurs.  
7:00-9:00 pm

## ADULT BASIC EDUCATION

If your reading, writing and math skills are not strong enough for you to enter a high school program, or if you need to brush up for job training or employment, ABE is for you. Many adults need to work on these basic skills as a first step on their road to a diploma.

### DAYTIME CLASSES

### EVENING CLASSES

**IN PERSON REGISTRATION\***  
(2 Hours Needed)  
at the  
**Adult Learning Center**  
**369 Washington Boulevard**

**\*September 9, 16 & 22  
at 9:00 am**  
Classes Start: Sept. 29  
Classes Meet:  
Monday through Thursday  
8:30-10:30 am  
10:30 am-12:30 pm

**\*September 8, 11, 15, 18 & 22  
at 6:00 pm**  
Classes Start: Sept. 29  
Classes Meet:  
Monday and Thursday  
7:00-9:00 pm

**The minimum age for enrollment in adult education is 17 years of age.**

## 001 DRAWING



Explore the skills involved in drawing by using observation, memory, imagination and emotion. Learn the varied possibilities of line, shape, shading and composition, as well as negative and positive space. Develop your personal style, whether a beginner or experienced artist. See the connection between drawing and painting. Bring an 18"x24" pad of white drawing paper, drawing pencils, charcoal, black or red conte crayon and kneaded eraser to first class. Subsequent classes include work in ink, pastels, and other drawing media.

**Carol Dixon** **Mon., Sept. 8** **7:00-9:00 pm**  
**Rippowam 123** **10 sessions** **\$139**

*Carol Dixon, B.A. Vassar College, M.A. Columbia University, licensed teacher in NY and CT, also studied art at Brooklyn Museum Art School and Pratt Institute. Her art has been exhibited in galleries, museums and juried exhibitions, and she has had numerous one-artist exhibitions. A Lifetime Member of the Silvermine Guild of Artists, she is also active in the Greenwich Art Society, Stamford Art Association and the Art Society of Old Greenwich.*

## 002 STUDIO ART



The relaxed environment of this class encourages creativity in beginning to advanced students. Individual instruction is provided at each student's level in the medium of his or her choice which helps students achieve their greatest potential while developing a personal style. We explore drawing and composition, color theory, technique and problem solving. There is a comfortable dialogue between demonstrations made and positive critiques held for those who wish to participate. The teacher's philosophy is that creating art should be challenging but pleasurable and rewarding as well. First night bring your own supplies, or teacher will supply drawing materials and advise you on what supplies to get for the following week.

**Anne Salthouse** **Tues., Sept. 9** **6:00-8:00 pm**  
**Rippowam 123** **10 sessions** **\$139**

*Anne Salthouse graduated from Moore College of Art in Philadelphia and received a certificate from Kings College of Art in London. She has works in collections all over the world and currently accepts commissions for portraits and murals.*



## 003 OIL PAINTING



We'll take an organized approach to oil painting—color and proper layout of color on the palette will be reviewed along with a discussion of various mediums, brushes, palette knives and surfaces to paint on. Using limited color palettes, color mixing will be explored as we learn about color and value. Painting will

be from still life setups. Students owning portable easels should bring them to class. This course is open to beginners and continuing students. Experience in drawing helpful. Experienced students may work from their own subject matter.

**Kathie Milligan** **Wed., Sept. 10** **6:00-9:00 pm**  
**Rippowam 122** **10 sessions** **\$179**

*Kathie Milligan is a landscape, figure and still life painter who received her MFA in painting from the New York Studio School in Manhattan. Her approach to painting and teaching is from careful observation that becomes the foundation for individual creativity that naturally follows.*

## 004 WATERCOLOR WORKSHOP



This class is for the beginning art student who wants to learn the fundamentals of painting using watercolor as a media. The principles of color theory and composition will be examined and there will be a demonstration at the beginning of every class. A list of supplies will be sent to registrants prior to the start of the class.



**Rosa E. Colon** **Tues., Sept. 9** **6:00-8:00 pm**  
**Rippowam 122** **10 sessions** **\$139**

*Rosa Colon graduated from the Jorge Tadeo Lozano University in Colombia as an Interior Decorator and studied Architectural Expression at the National University of Colombia. She studied under the direction of master artist Enzo Russo in the U.S., and has had numerous solo and group exhibitions in CT and NY. She is a member of the board of the Stamford Art Association and a member of the Loft Artists Association.*

## 005 PAINTING A PORTRAIT



Painting a portrait may seem complex and intimidating at first, but will become easier to grasp once it is broken up into smaller components. We will focus on giving you, no matter what your skill level, the fundamentals necessary to understand the ins and outs of the subject, and exposure to short and long portrait poses which have been an essential part of art education for decades. There will be frequent mini-lectures and demonstrations that will help solidify your overall art knowledge.

**Eddie Nino** **Wed., Sept. 17** **7:00-9:00 pm**  
**Rippowam 123** **8 sessions** **\$125**

*Award-winning artist Eddie Nino studied in New York at the Art Students' League, the Janus Collaborative School, Grand Central Academy of Art, and privately with local artists George Sutherland and Freda Dreany.*



## 006 EXPLORING THE WORLD'S LANDSCAPE WITH PASTELS



Discover the art of pastels...not mere chalk, but a beautiful, exciting and versatile medium of pure pigment in every color you can

imagine! Pastels have a unique way of recapturing the textures and patterns of nature. Explore the various types of pastels, surfaces, application methods and underpainting techniques. Design, composition, color and values will be introduced through hands-on demonstrations and observation. Experience in painting or an artistic background is not required, just a willingness to experiment, explore and be creative. A list of suggested supplies will be sent to registrants prior to the start of the class.

**Christa Forrest** **Mon., Sept. 15** **7:00-9:00 pm**  
**Rippowam 122** **8 sessions** **\$119**

*Christa Forrest studied with some of the most prized pastel artists and at the Art Students' League and the Grand Central Academy in New York. Her work has been seen in various exhibits throughout Connecticut and New York.*



## CULTURAL DESTINATIONS OF NEW YORK CITY

*Explore two of Brooklyn's thriving neighborhoods and discover local art, architecture, fashion and design on our lively escorted walking tours!*

*Your tour leader is Vida Schreibman, adjunct professor at New York University, who has been conducting specialized tours for over 25 years.*

### 007 DUMBO, BROOKLYN

**NEW**

The former warehouses, quaint cobblestone streets and great waterfront views once made this a haven for artists—now upscale residential development has gentrified the area. We'll visit the annual "Art Under the Bridge" festival, explore galleries, see art installations and street performers and end our tour with a visit to "Smorgasburg." A food lover's paradise, it features 75 vendors and local artisans offering sweet, spicy and savory delectable treats!

**Sunday, Sept. 28** **12:00-2:30 pm**  
1 session **\$39**

### 008 WILLIAMSBURG, BROOKLYN

**NEW**

Williamsburg with its rich cultural heritage has been transformed into one of the hippest neighborhoods in America. We will visit a selection of local art galleries, step inside some contemporary fashion and home design boutiques, eclectic vintage stores, and a range of ethnically diverse restaurants and food shops.

**Saturday, Oct. 18** **12:00-2:30 pm**  
1 session **\$39**

**NOTE:** Tours take place rain or shine. Each group will meet at a pre-determined location in Manhattan and will travel together by subway to Brooklyn. Please wear comfortable shoes.

### 009 ART OF THE CINEMA: ENTERTAINMENT TONIGHT



By combining a text on film appreciation and viewing films from the birth of motion pictures to present day, you can follow the growth of the aesthetic value within filmmaking in order to make the experience more than just "going to the movies." We may begin with the silent era and end with a film produced within the last 5-10 years of the same genre.

**Frank Petrilli** **Tues., Sept. 9** **6:00-9:00 pm**  
**Rippowam 129** **8 sessions** **\$79**

*Frank Petrilli is a Writers Guild of America Associate, a member of the Dramatists Guild as well as the Society of Stage Directors and Choreographers. He teaches at Weist Barron Studios in NYC.*

### 010 KNITTING FOR BEGINNERS



Create a lovely scarf that you'll be proud to wear as you learn the basics of knitting—casting on, the knit stitch, binding off, and adding fringe. Materials needed for the scarf: 2 skeins Lion Brand Thick & Quick yarn in a light color (lighter color allows you to see the stitches better) and size 13 knitting needles. If time permits, we will also knit another project.

**Kathy Solimano** **Mon., Sept. 22** **6:00-8:00 pm**  
**Rippowam 225** **3 sessions** **\$59**

### 011 ONE-DAY POTTER'S WHEEL WORKSHOP

A one-time experience on the potter's wheel designed for beginners and for those who have taken beginning pottery classes in the past and would like a refresher lesson. This 2-1/2 hour workshop at Lakeside Pottery's studio introduces the basic skills of working with clay and will provide you with the understanding of what it takes to use the potter's wheel. No previous experience required. Includes firing fee for one pot. Ten students per class. Please bring a medium-sized towel.

**Lakeside Pottery** **Sun., Sept. 21** **1:00-3:30 pm**  
**543 Newfield Ave.,** **1 session** **\$75**  
**Stamford**



### 012 PHOTOGRAPHY



It doesn't matter what kind of equipment you use—from disposable 35mm cameras through state-of-the-art digital single lens reflex cameras, you'll learn the basics of photography in this class.

Photographic fundamentals such as exposure and focus control, posing, and composition will be discussed, and we'll critique your prints to help you take better pictures. We'll also give you photo tips and share professional experience. Bring your photos, a notebook and your camera and plan to have a good time. No experience necessary.

**Norman Ostroff** **Tues., Sept 9** **7:00-9:00 pm**  
**Rippowam 204** **8 sessions** **\$125**

**Introduction to  
Photoshop and  
Photoshop Elements  
See Page 9**

**New Refunds Policy  
See Page 20**

## 013 THE STAMFORD CHORALE



The Stamford Choral Ensemble is a community choral and welcomes anyone who likes to sing. This ensemble, founded in 1948, will give participants the opportunity to perform a wide range of music from Classical to Contemporary in a group setting. The rehearsals will include technique, sight reading and performance

instruction. The Choral schedules two concerts a year. Dues include music. No audition required. For more information call 203 359-0659.

**Tues., Sept. 2** **14 sessions** **7:15-9:30 pm**  
**Atria Stamford** **77 Third Street** **\$150**

## 014 BEGINNING GUITAR

Pull a few strings and add some happy notes to your life! Get started on some basic chords and simple melodies. Demystify that sheet music available on the Internet and in songbooks. Learn tuning and basic maintenance of your guitar. Material fee of \$20 payable to instructor at first class.



**Rory Gordon** **Tues., Sept. 9** **7:30-9:00 pm**  
**Rippowam 90** **8 sessions** **\$119**



## 015 LET'S ROCK 'N ROLL! A Study of Rock & Roll Music, 1955-1999

We'll discuss the origins of music from the early days of the Blues players in the South, to the Big Band era and onto the forefathers of Rock and Roll – Bill Haley, Chuck Berry, Elvis Presley

and Buddy Holly. Learn about the British invasion, the Beatles, and the music of the swinging 60s, how the Disco Era affected Rock music in the 70s and the second British invasion of the 1980s, including Hair Bands, ending with the Grunge Bands of the 1990s. Examples of vintage records, tapes, books and magazines from decades past will be presented for hands-on learning. Join us and gain an understanding and appreciation of Rock and Roll and its place in history.

**Kevin McGinley** **Mon., Oct. 20** **7:00-8:30 pm**  
**Rippowam 201** **3 sessions** **\$45**

*Kevin McGinley is the drummer with Skeleton Crew 55, a classic Rock & Roll band.*

## 016 SOCIAL MEDIA FOR BUSINESS

**NEW**

Does social media leave you mystified? This introductory class will explore free and paid social media options for small business. Learn about the big four social media platforms (Facebook, LinkedIn, Twitter and Google+). Understand the user demographics to see if they match your customer and prospect profiles. The class will also briefly explore Pinterest, Vine, Instagram and an overview of automation and analytical tools.

**Sandra Long** **Thurs., Oct. 16** **7:00-8:45 pm**  
**Rippowam 101** **1 session** **\$35**



## 017 LINKEDIN PROFILE

**NEW**

LinkedIn is the number one professional networking site for business and career. Create (or upgrade) your LinkedIn profile that will help you impress customers, recruiters, hiring managers and business associates. Help them to find you with a fully optimized online profile. They will certainly look for you on LinkedIn after receiving your resume, meeting request or sales proposal. Create a profile that will successfully get you to the next meeting, interview or sale. Bring an updated resume or your list of detailed work and volunteer history to class.

**Sandra Long** **Thurs., Oct. 23** **6:30-9:00 pm**  
**Rippowam 101** **1 session** **\$49**

## 018 LINKEDIN NETWORKING

**NEW**

It's time to take your LinkedIn account and networking to the next level! Find and create new opportunities for your business to advance your career. Learn how to find sales prospects or prospective employers. Discover how to connect with and meet new prospects or industry professionals. Join and network within LinkedIn Groups and your first and second level connections. Learn to properly give and receive recommendations and endorsements. This class will help you to take networking to the next level by leveraging LinkedIn capabilities along with a more proactive face-to-face networking strategy.

**Sandra Long** **Thurs., Oct. 30** **7:00-9:00 pm**  
**Rippowam 101** **1 session** **\$39**

*Sandra Long is a networking and social media expert. Her specialty is business and career social networking. She is President of Post Road Consulting LLC in Westport.*

## 019 AN ACCOUNTANT'S GUIDE TO STARTING A BUSINESS

This course provides an overview of the accounting, tax and business management concepts and methods with which new business owners should be acquainted. Emphases are on basic bookkeeping and accounting, business taxation, how to organize a business in terms of entity structure, labor, financing and management decision-making.

**Geoffrey Levine, CPA, MST** **Tues., Sept. 23** **7:00-9:00 pm**  
**Rippowam 239** **3 sessions** **\$65**

**Register Online**

–

**www.stamfordadulted.com**



## 020 OPENING THE DOOR TO WINDOWS 7



This introduction to Windows is taught at a beginner computer user level. The knowledge that you gain will be the foundation for future Windows application

classes. You will learn how to navigate through the operating system, set up your system to your liking, gain understanding of key tasks and basic commands, create, add and delete icons, files and folders.

**Angela D'Acunto** **Wed., Sept. 10** **7:00-9:00 pm**  
**Rippowam 104** **2 sessions** **\$75**

## 021 MS WORD 2010 – INTRODUCTION



Using Microsoft Word, in this word processing course you will learn how to create, format, save and delete documents. Learn how to use online help, drag and drop, bold, italics, underline, change the font and font size, tabs and indents, line spacing, justification, format painter, bullets and numbering, printing, spell checking, Thesaurus, find and replace, borders and shading, short cut keys, headers and footers, add a picture from file, use Clip Art and Word Art. *Prerequisite: A good working knowledge of Windows.*

**Angela D'Acunto** **Wed., Oct. 1** **7:00-9:00 pm**  
**Rippowam 104** **4 sessions** **\$109**

## 022 MICROSOFT EXCEL 2010: A COMPREHENSIVE INTRODUCTION



This course provides an introduction to the popular spreadsheet program and many of its useful and powerful features. Students will learn concepts and techniques to create and use spreadsheets for various

purposes in the home and office. Topics covered will include data entry and formatting, copying and pasting, formulas, printing, saving and opening files, charts, and basic math concepts. *A working knowledge of any Windows or Mac OS is recommended.*

**Kenneth Young** **Tues., Sept. 9** **7:30-9:30 pm**  
**Rippowam 101** **4 sessions** **\$135**

## 023 MICROSOFT EXCEL 2010: BEYOND THE BASICS



This course looks at the advanced offerings of Excel and their uses in general business applications. Topics covered will include an extensive survey of formulas and functions, data consolidation, filtering, sorting, analysis, pivot tables/charts, and various case situations where these concepts are applied. *Basic familiarity with any version of Microsoft Excel is strongly recommended.*

**Kenneth Young** **Tues., Oct. 14** **7:30-9:30 pm**  
**Rippowam 101** **5 sessions** **\$169**



## 024 IPAD OVERVIEW

**NEW**

Are you one of the millions of lucky iPad owners? Learn the basics of how to maximize your productivity and fun with email, the internet, managing your calendars and address book contacts, reading books and magazines, enjoying movies, TV and music. You will also be able to manage security and more with your settings. Discover how to take, view and share photos! Learn how to download (purchase) and organize iPad apps, music, and more from your iTunes account.

*Prerequisite: Bring your fully-charged iPad and IDs/passwords for all accounts including email, iTunes. Instructor cannot assist if you do not have them.*

**Alan Weaver** **Tues., Sept. 23** **6:30-9:00 pm**  
**Rippowam 115** **1 session** **\$39**



## 025 GOOGLE AND BEYOND

**NEW**

Nearly everyone is familiar with this powerful search engine. However, there are

many techniques to narrow down results. In addition to learning how to search, you will discover many other features in Google such as Picasa, shopping, music, maps and additional features you may find essential. For those overwhelmed by Google, a few alternate search sites are also discussed. *Prerequisite: Familiarity with the keyboard and internet.*

**Alan Weaver** **Tues., Sept. 30** **6:30-9:30 pm**  
**Rippowam 101** **1 session** **\$39**



## 026 INTRODUCTION TO PHOTOSHOP AND PHOTOSHOP ELEMENTS

**NEW**

For photographers, hobbyists and those who want to work with digital images. Topics include layer management, retouching, image manipulation, and more. Regardless of which version of software you have, this class is for you! The hands-on experience will help you to restore old photos, improve your current photos, and retouching. **Note:** School does not have computers with software. Students must bring in laptops with power cord (PC or Mac) with either program (what will be taught is very similar with both programs/versions) with a mouse as a touch-pad is too clumsy. Instructor will have two laptops with software for those who do not have it. A 30-day trial can be downloaded for free from Adobe.com.

**Alan Weaver** **Tues., Dec. 2** **6:30-9:30 pm**  
**Rippowam 115** **2 sessions** **\$75**

**Avoid Disappointment!**  
**Enroll Now!**  
**Class offerings depend on**  
**minimum enrollments**





## 027 COUNTRY WESTERN LINE DANCE

Line dance is easy, low impact and lots of fun! You'll dance to many types of music, both country and non-country as you learn the basic steps of the different line dances

taught each week.

**Vicki Saunders**      **Thurs., Oct. 23**      **7:30-8:30 pm**  
**Rippowam Main Gym**      **6 sessions**      **\$89**

## 028 DANCE SAMPLER

Calling all dance lovers! Want to take a dance class but are not sure of what style to take? Now you can discover the dancer in you! Take a 6-week journey through the styles of Hip Hop, Jazz and Contemporary Dance. You will learn technique and choreography moving to some of your favorite songs! Please wear loose fitting clothing and socks. Jazz shoes and dance paws are suggested but not required; sneakers for hip hop.

**Jennifer Franzetti**      **Wed., Sept. 10**      **6:30-7:30 pm**  
**Rippowam Aux. Gym**      **6 sessions**      **\$89**



## 029 ALL THAT JAZZ DANCE!

**NEW**

Dance to some of today's and yesterday's favorite jazz music! We will explore the different times and turns that jazz has taken, from Fosse to Mandy Moore. Come join the fun. Wear comfortable clothes (not

jeans). Jazz shoes preferred but not required.

**Jennifer Franzetti**      **Wed., Sept. 10**      **7:30-8:30 pm**  
**Rippowam Aux. Gym**      **6 sessions**      **\$89**

## 030 ARGENTINE TANGO

Do you Tango? This course is for everyone interested in learning the authentic way of dancing tango as it is done in Buenos Aires. Each class features the fundamentals, various strength exercises and a fun step with correct styling. Beginners as well as those with some tango experience are welcome. The class will be divided if there is a major difference in levels. Accompanied by music from the dance halls of Argentina, you will experience everything that is necessary to capture the passion and emotional essence that the tango is famous for. Singles are welcome, no partner required. Leather sole or dance shoes recommended.

**Jorge Gem Duras**      **Thurs., Sept. 11**      **7:15-8:15 pm**  
**Rippowam East Cafeteria**      **8 sessions**      **\$145**

*Jorge Gem Duras received his training from the stars of "Forever Tango," most notably the legendary Carlos Gavito with whom he studied extensively. He studied performance tango with Francisco Forquerra and Carolina Bonaventura in Argentina to receive his training certificate. Gem teaches regularly throughout CT and Westchester and travels regularly to Buenos Aires to follow the current trends in Tango.*

## 031 BALLROOM / LATIN DANCE: BEGINNER BASICS

Learning the basics is as easy as 1, 2, 3...the Ballroom Magic way. This class will introduce the basics in the classic smooth dances—Foxtrot and Waltz—as well as popular Latin/Rhythm dances—Rhumba, Cha Cha and Salsa. All dances will be taught using methods that will enable students to retain what they have learned and enjoy their dance skills for years to come. Couples only; partners required. No class Sept. 30.

**Robin Poska**      **Tues., Sept. 16**      **7:00-8:00 pm**  
**Rippowam East Cafeteria**      **5 sessions**      **\$149**

## 032 BALLROOM / LATIN DANCE: INTERMEDIATE

If your goal is to build on your current dance skills and take your dancing to the next level, this class is for you! By adding new steps along with tips on style and proper technique to your smooth dances—Foxtrot and Waltz—as well as your Latin/Rhythm dances—Rumba, Cha Cha and Salsa—you will feel a whole new level of excitement on the dance floor. Couples only; partners required. No class Sept. 30.

**Robin Poska**      **Tues., Sept. 16**      **8:00-9:00 pm**  
**Rippowam East Cafeteria**      **5 sessions**      **\$149**

## 033 SWING DANCE – BEGINNERS

**NEW**

Learn the basic dance moves that will get you off the sidelines and into the swing of things! Couples only; partners required.

**Robin Poska**      **Tues., Nov. 18**      **7:00-8:00 pm**  
**Rippowam East Cafeteria**      **3 sessions**      **\$89**

## 034 SWING DANCE – INTERMEDIATE

**NEW**

If you already know the basics, join us to add some variety and fancy footwork and have a lot of fun! Couples only; partners required.

**Robin Poska**      **Tues., Nov. 18**      **8:00-9:00 pm**  
**Rippowam East Cafeteria**      **3 sessions**      **\$89**

*For more than 25 years Robin Poska, co-owner and dance director of Robin Poska's Ballroom Magic, has been famous for turning cold feet into dancing feet. Her fun and innovative teaching techniques have enabled countless students to move from the sidelines to the dance floor.*



## 035 NIA® DANCE WORKOUT

NIA® is for dancers and non-dancers alike. It is an exhilarating barefoot cardio workout combining dance, martial arts and healing arts. Routines are

easy to follow and varied so you never get bored. Move safely with grace and power to fantastic music. NIA® delivers results: cardio and muscle conditioning, weight loss, stress reduction and increased energy and vitality. It is suitable for everyone and can be danced at all fitness levels.

**Barbara Whitebook**      **10 sessions**      **\$130**

**a) Rippowam Aux. Gym**      **Thurs., Sept. 11**      **6:00-7:00 pm**

**b) CT Dance Center**      **Sat., Sept. 13**      **8:30-9:30 am**

**79 Viaduct Rd., Stamford**

*Barbara Whitebook is a certified brown belt NIA dance instructor and certified holistic health counselor.*



## Please Note:

Our instructors are hired to teach general concepts to groups of students, not to provide specific investment advice to individuals. Students should consult their own financial advisor or attorney before making any investment decisions based on specific examples used by our instructors.

## 036 DIVORCE FINANCIAL PLANNING

The course will focus on financial considerations in a pre-divorce setting, what to look for, what to expect and then focus on post-divorce financial planning and how to live with what you are left with.

**Joseph Masiello** Mon., Oct. 6 6:00-8:00 pm  
Rippowam 101 1 session \$29

## 037 SOCIAL SECURITY AND MEDICARE:

### What You Need To Know

Do you know what your retirement benefit will be or the best time to take it? In this class you'll learn about COLAs, taxation of benefits, estimated lifetime benefits, how to best coordinate spousal benefits and optimize benefits by health, life expectancy, earned income, taxes and overall financial goals.

**Joseph Masiello** Mon., Oct. 20 6:00-8:00 pm  
Rippowam 101 1 session \$29

## 038 LONG TERM CARE

### INSURANCE AND ANNUITIES

What is long term care insurance? When is the best time to buy a policy? Or should you buy one? We'll discuss the major costs associated with long term care and different types of annuities and how they can help provide lifetime income.

**Joseph Masiello** Mon., Oct. 27 6:00-8:00 pm  
Rippowam 101 1 session \$29

## 039 RETIREMENT AND FINANCIAL PLANNING

This discussion of planning and managing retirement will cover income and expense planning, retirement rollovers for 401Ks, IRAs, 403Bs and Roth IRAs, risk management and portfolio review and rebalancing.

**Joseph Masiello** Mon., Nov. 10 6:00-8:00 pm  
Rippowam 101 1 session \$29

*Joseph Masiello, CFP®, ChFC®, CDEA™ founder of JMM Wealth Management, is a professional with over 30 years experience in the investment business.*

## Where Does All My Money Go?

### Online Course

Ever get frustrated that you never seem to get ahead? Find out where your money goes. Make your own choices about where you want it to go. Start to tackle your debt. Learn how to fund your dreams and stop worrying about money.

Register at: [www.ed2go.com/stamford](http://www.ed2go.com/stamford)



## 040 FIVE MONEY QUESTIONS FOR WOMEN

Take control of your financial future: Master the five money questions for women! Women face unique financial circumstances. A strong financial strategy is vital. Ensure your financial strategy fits your lifestyle and needs. Join us and learn more as we explore five critical money questions for women.

**Chris Manimbo** Thurs., Sept. 18 7:00-9:00 pm  
Rippowam 119 1 session \$29

## 041 FOUNDATIONS OF INVESTING

Increase your Investing IQ! Building your investor IQ starts with understanding the basics. Whether you are new to investing or need a refresher, our Foundations of Investing presentation will help you learn about the importance of developing a strategy, the impact of asset allocation, and the influence of inflation on your long-term goals.

**Chris Manimbo** Tues., Oct. 21 7:00-9:00 pm  
Rippowam 239 1 session \$29

*Chris Manimbo has a BS in Finance from Georgetown University, where he graduated with honors. A former investment banking analyst, he is a Financial Advisor at Edward Jones.*

## 042 FINANCIAL LITERACY

Learn the language of the financial world by focusing on security markets, money and banking, retirement plans, financial statements and the economy. Additionally, time will be devoted to mutual funds, hedge funds, commodities and derivatives. Complementing these subjects will be many real-life stories making them both interesting and more easily understood. Topics will be further explained by learning how to read the financial tables in the Wall Street Journal. Note: Students must bring the Sept. 11th edition of the Wall Street Journal to class.

**Robert Salomon, Jr.** Thurs., Sept. 11 6:00-8:00 pm  
Rippowam 115 2 sessions \$39

*Mr. Salomon has over 40 years' experience on Wall Street in investment banking, research and asset management. He also served as a mutual fund director and wrote a monthly column for Forbes Magazine for 10 years. He has been teaching financial literacy for the past 4 years.*

## 043 PROTECTING YOUR ASSETS:

### Basic Estate and Elder Law Planning

Stay current as we explore the Federal and Connecticut gift and estate tax laws and the potential impact on your estate plan. Discover whether living trusts, life insurance trusts or personal residence trusts are the appropriate estate planning tools for you. We will also discuss how to effectively navigate the Medicare and Medicaid programs to assist you in financing your or your loved one's long-term care needs. Examples of durable powers of attorney and living wills with healthcare appointments will be provided.

**Sandra Gottlin** Wed., Oct. 22 6:00-8:00 pm  
Rippowam 239 2 sessions \$45

*Attorney Sandra Gottlin practices law in Stamford, specializing in estate planning and administration, elder law and real estate. She serves on the Board of Directors of the Stamford Senior Center and is a past chair of the Elder Law Committee of the Fairfield County Bar Association.*



## 044 COLUMBUS PARK TRATTORIA

Renew your passion for Italian cuisine and learn to cook like a

chef! In this hands-on class, Columbus Park's owner and Master Pasta Maker Maria Marchetti will show you all of her pasta making techniques from preparing the dough, to cutting fettuccine, stuffing raviolis and rolling cavatelli. After your lesson, you will sit down and enjoy a three-course dinner, which includes Italian wine, some of the various types of pasta, choice of entrée and dessert and coffee. You'll Learn and Dine and have a memorable evening!

**205 Main St., 2nd Floor, Stamford**

**6:00 pm 1 session \$79**

**a) Mon., Sept. 15**

**b) Tues., Oct. 7**

**PLEASE NOTE:** Sorry, due to the preparation necessary for this class, **NO CANCELLATIONS ACCEPTED** for any reason. Refunds or tuition credits will not be issued. You may send a substitute if you cannot attend.

## 045 SUGAR BLUES?

Do you have a "sweet tooth" and want to understand why? Do you eat too many sugary treats? If you easily want to gain control over sweets, the good news is there's a way to understand the craving and gain control over it. Join us to learn how to recognize the many forms of sugar in ingredient lists, how to eat to counter sugar cravings and how to analyze your sweet cravings and rid yourself of them.

**Jean Masters Wed., Oct. 22 6:30-9:00 pm**  
**Rippowam 202 1 session \$35**

## 046 THE SKINNY ON FATS

Do fats always make you fat? Some do while others can actually help you lose fat. Do you ever feel tired and hungry? Eating certain fats can give you more energy and a satisfied feeling. Imagine enjoying delicious food with healthy fat while losing fat! Come get the scoop on fats—healthy and unhealthy.

**Jean Masters Wed., Oct. 29 7:00-9:00 pm**  
**Rippowam 202 1 session \$29**

*Jean Masters is a graduate of the Institute for Integrative Nutrition and owner of Infinite Potential, LLC. She is a wellness coach and certified hypnotist who offers practical guidance for a healthy mind and body.*

## SEARCHING FOR TALENT

**We are always looking for great new courses and instructors.**

**If you would like to teach, please email us at [adulted@stamfordct.gov](mailto:adulted@stamfordct.gov)**



## 047 STAGE YOUR HOME TO SELL

Would you like to sell your home more quickly...and at top dollar? Stage it!

Staging is the process of preparing your house so it speaks emotionally to the buyer, not only by making your home look terrific, but by helping the buyer envision living in the home. Kathy will show you some of the tricks of the trade and help you decide what needs to be done to make sure your home appeals to the largest number of buyers.

**Kathy Engstrom Tues., Oct. 21 1:00-3:00 pm**  
**Adult Learning Center 1 session \$29**

## 048 TRANSFORM A ROOM—REDESIGN IT!

Would you like to transform an ordinary room into a space that lives beautifully? The goal of our Room Transformations class is to show you how to achieve your desired effect with minimal additional purchases. We use your existing furnishings and accessories to create warmth and harmony and flow. Enjoy a fun, interactive class! Bring pictures of the room you will be working on—from all angles—and a floor plan of the room (hand-drawn is fine). Kathy will share basic design theory and as a class activity we will work with a few members of the class to come up with design plans for their rooms.

**Kathy Engstrom Tues., Oct. 28 1:00-3:00 pm**  
**Adult Learning Center 1 session \$29**

*Kathy Engstrom, owner of A Fresh Eye, LLC, is a home decorating professional. She believes a room should not only look beautiful, but also function effectively for the people who live in it. Kathy enjoys working closely with her clients to understand how a room will be used, what kind of look and feel they prefer, and what things they enjoy having around them. A well-designed room should promote feelings of comfort and harmony.*



## 049 FENG SHUI

**NEW**

Feng Shui is the ancient Chinese philosophy and practice that creates harmony and balance in your life. Learn the basic principles of Feng Shui and how

each area of your home represents a different aspect of your life. You can change your chi (energy) flow in your wealth, career, relationships and health to enhance the quality of your life.

**Miriam Tsao Thurs., Oct. 16 7:00-9:00 pm**  
**Rippowam 119 2 sessions \$39**

## 050 HOW GREEN IS YOUR GRASS?

**NEW**

Renovation of your lawn in the late summer/early fall gives the new lawn time to become well established before it faces competition from weeds and hot dry weather the following summer. This class will provide you with a step-by-step approach to renovation of an existing lawn or establishment of a new lawn.

**Dan Schiefferle, MG 1 session Wed., Sept. 10**  
**Bartlett Arboretum and Gardens 7:00-8:30 pm**  
**151 Brookdale Rd., Stamford \$29**

## 051 MUSIC AND YOUR STATE OF MIND:

### PREPARE YOUR OWN MUSICAL PRESCRIPTIONS

Did you know that musical vibrations make their impact upon the entire body, mind and emotions affecting the pulse, blood pressure and nerves? Discover how to choose music that will calm or energize the body and uplift the spirit and how to put music to good use in your daily life. Learn about "Alpha Music," which is composed to encourage the brain to produce alpha waves that enable deep relaxation and stress-free concentration, and learn which music is good for studying and taking exams. A list of this music will be given to each participant.

**Karen Polimeni**      **Wed., Oct. 8**      **7:00-9:00 pm**  
**Rippowam 203**      **2 sessions**      **\$39**

*Karen Polimeni is the founder/director of "The Center for Creative Music" in Old Greenwich. She has studied about the therapeutic value of music with the leading pioneers in this field.*

## 052 INTRODUCTION TO MIND-BODY MEDICINE

In this class and experiential workshop we'll discuss the healing power of mindfulness, stress and the mind-body connection, how biography becomes biography, explore the meaning, message and opportunity of stress, pain and illness and the how and why of integrating healing and curing. Participants will learn about cultivating resilience and the effectiveness of mindfulness and mind-body therapies for people with a wide range of health concerns, symptoms and diseases and supporting the journey of self-healing and awakening. We'll touch on the latest in neuroplasticity and epigenetics.

**Paul Epstein, ND**      **Thurs., Oct. 16**      **5:45-7:15 pm**  
**Rippowam 239**      **3 sessions**      **\$59**

## 053 MEDITATION AS MEDICATION

**NEW**

The best of times is now, facing life's challenges, experiencing life's joys! Through lecture, discussion, sharing, group support, learning mind-body skills of meditation, relaxation, stress reduction, attitudinal healing perspectives, the class will focus on learning to live life in the present moment—finding joy, peace, happiness and serenity in the midst of daily life's inevitable ups and downs. "Serenity is not freedom from the storm; it is peace amidst the storm."

**Paul Epstein, ND**      **Thurs., Oct. 16**      **7:30-9:00 pm**  
**Rippowam 239**      **3 sessions**      **\$59**

*As a naturopathic physician for 30 years, Dr. Epstein is passionate about helping his patients find authentic and lasting healing. As a speaker and teacher, Dr. Epstein appears worldwide to help those seeking healing and find the right "healing soup" to effectively address their concerns. He is in private practice in Westport CT.*

## 054 REIKI LEVEL 1 WORKSHOP

Reiki is an ancient eastern healing technique that enhances your mental, spiritual, emotional and physical well-being. Reiki means "universal life force energy" and employs light-touch healing and meditation. It makes an excellent supplement to other forms of healing work and is used in hospitals, hospices and spas. After completing this workshop, you will be a Reiki first degree practitioner and will receive a certificate. Wear comfortable clothing. Non-refundable material fee of \$20 payable to instructor at first class.

**Gigi Benanti**      **Mon., Sept. 22**      **6:30-9:15 pm**  
**Rippowam 239**      **3 sessions**      **\$135**

## 055 ANGELS, AURAS AND YOUR INTUITION

Through meditation and energy exercises you'll learn how to tap into your intuition as a way to increase awareness in your life. Learn about the energy fields around your body, how to see and sense your aura and auras of others and how to protect yourself from negative experiences. If the students wish, and to enhance the class experience, pure essences of organic essential oils may be used during class. This insightful and stress-reducing evening will end with a healing meditation and may include a Reiki chair healing if time permits.

**Gigi Benanti**      **Wed., Oct. 29**      **7:00-9:00 pm**  
**Rippowam 201**      **1 session**      **\$35**

*Gigi Benanti, B.A., Reiki Master, owns the Angelic Healing Center in Norwalk where she has a full-time teaching and healing practice. She is a member of the International Association of Reiki Professionals. She is also a Reiki therapist for a hospice agency offering Reiki in hospitals and nursing homes.*

## 056 T'AI CHI CHU'AN

The essence of T'ai Chi Chu'an is development of the inner self through meditation in motion. In a slow dance-like movement, you flow and weave through the intricate fabric of space, swimming in the air as though it were water. The dynamic metamorphosis and lucid calmness that follow develop "Chi," the energy of all things in the universe. "Chi" enables one to be in harmony with all, living joyously and attentively under all circumstances. Please bring a cushion for meditation.

**James Best**      **Tues., Sept. 9**  
**Rippowam Aux. Gym**      **8 sessions**  
**a) Beginners**      **6:30-7:30 pm**      **\$99**  
**b) Intermediate**      **6:30-8:00 pm**      **\$129**

## 057 A BEGINNERS GUIDE TO CHAKRA POWER

Chakras are spinning wheels of energy located within the body along the spine. These power centers can be activated to help balance the flow of energy, increase vitality and awaken your inner world. We will use the pendulum to reveal each chakra's hidden energy, your guide to creating positive changes in your life. You will learn basic principles, simple techniques and hands-on experience using the overtones of singing bowls and other tools to clear and invigorate these centers.

**Linda Radice**      **Tues., Nov. 18**      **6:45-9:00 pm**  
**Rippowam 239**      **1 session**      **\$35**

*Since 1997, instructor Linda Radice has studied movement, dance and meditation. As a Reiki Master and with her interest in the healing arts, she volunteers with two local hospitals, offering energy therapy to patients. She is Tai Chi easy certified and teaches movement for health within the community.*

**NEW REFUNDS POLICY – PG. 20**



## CLASSICAL HATHA YOGA



with Kathryn Rhodes,  
Certified Yoga Instructor



Roxbury School Gym • 751 West Hill Road

### 058 BEGINNING YOGA

Learn all the beginning classical yoga postures in a gentle and therapeutic style. Students in the former Restorative Yoga class will be comfortable in this class, which will include poses to strengthen and to stretch every part of the body. The added deep relaxation and breathing techniques will reduce stress through the integration of body, mind and spirit. Wear loose, comfortable clothes and bring a mat and two blankets.

Mon., Sept. 15  
10 sessions

6:00-7:30 pm  
\$139

### 059 SATURDAY MORNING

Join us for this combined Beginner and Intermediate class to learn the yoga techniques that will enable you to experience an overall feeling of peace and well-being.

Sat., Sept. 13  
9 sessions

9:00-10:30 am  
\$125

*Kathryn Rhodes is a certified yoga instructor who has taught these very popular classes at Stamford Continuing Education since 1978. She continually attends workshops in yoga with certified lyengar-trained instructors.*

### 060 PILATES - MAT I

Pilates is a series of precise movements designed to evenly condition the body, build long, lean muscles and develop core strength. Benefits of Pilates include proper breathing, improved posture, balance, stretching and core stability. Exercise modification is demonstrated. Please bring a mat and towel to class.

Lisa Moccia Tues., Sept. 9 7:00-7:45 pm  
Rippowam Main Gym 10 sessions \$129

*Lisa Moccia, certified Pilates and Yoga instructor, has been teaching for the past several years in the Stamford and Greenwich area.*

## General Information

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### 061 BURN @ THE BARRE

NEW

In this new Cardio Barre class for women, you will achieve a full-body workout concentrating on the areas women struggle with the most—hips, thighs, seat, abdominals and arms. We begin with some interval upper-body boxing cardio segments followed by interval strength using light weights, barre segments and Pilates segments. The entire Barre class is low-impact, thus protecting your joints. Each strength section is followed by a stretching section in order to create the long-lean muscles of a dancer. Bring water bottle and towel; carry clean sneakers to studio. No class Oct 13.

Bodywise By Betty Fitness Studio  
990 Hope Street, Stamford

6 sessions  
\$90

a) Mon., Sept. 15

9:15-10:10 am

b) Wed., Sept. 17

9:15-10:10 am

c) Mon., Sept. 15

6:00-6:50 pm

d) Wed., Sept. 17

6:00-6:50 pm

### 062 BOOT CAMP

NEW

Personal Trainer Amy Irish will lead you through this heart-pumping and challenging workout. Exercises that will be included in this popular one-hour class include cardio drills, partner relays, circuit training, plyometrics, obstacle courses, full-body resistance with various equipment (medicine balls, dumbbells, bands), core workouts, agility training and total body stretching. Your overall fitness level will be tested at the beginning and end of the session to chart your progress. Burn between 400 and 700 calories in one hour!

Amy Irish  
Rippowam Main Gym

Wed., Sept. 10  
8 sessions

5:30-6:30 pm  
\$119



### 063 CHAIR YOGA

What is Chair Yoga? It is a gentle method of yoga and fitness which tones the body and reduces stress. It is for anyone who has ever hesitated to try yoga because of the challenge of getting down on the floor or doing standing poses. A chair replaces the traditional yoga

mat—almost all movements are performed while sitting and just about any pose that can be done standing or lying on a mat can be adapted to sitting on a chair. Occasionally very light, hand-held weights are also used for strengthening and toning.

Beth Holland Tues., Sept. 30 1:30-2:30 pm  
Adult Learning Center 10 sessions \$139

*Beth Holland is certified in the Lakshmi Voelker Chair Yoga™ method, RYT-200, having completed her 200-hour yoga teacher training with Pranotthan Yoga. She has practiced yoga and numerous methods of fitness for years and fell in love the concept of chair yoga when her own body was challenged with knee issues.*



## 064 HULA HOOP FIT

Check out this great class taught by Hoopnotica Certified Instructor Amy Irish! You will tone your entire body using an adult-sized hula hoop. We'll focus on getting a great workout while having fun. Learn basic hula hoop tricks and choreography while burning calories to fantastic music. All levels welcome and no experience necessary! Please bring a mat to class. Adult hoops will be available to purchase or to borrow.



**Amy Irish** Mon., Sept. 8 6:00-7:00 pm  
**Rippowam Main Gym** 8 sessions \$119

## ZUMBA



## 065 ZUMBA

Zumba has spread like wildfire and is the single most influential movement in the fitness industry. Why? Because it's the best party around! It fuses hypnotic musical rhythms and tantalizing moves to create a dynamic workout system designed to be fun and easy to do. Routines feature interval training sessions where fast and slow rhythms and resistance training are combined to tone and sculpt your body while burning fat. Add some Latin flavor and international zest into the mix and you've got Zumba!

**Dorothea Mackey**  
a) Mon., Sept. 8 12 sessions \$129  
**Rippowam Main Gym** 7:15-8:15 pm  
b) Sat., Sept. 13 9 sessions \$99  
**Roxbury Gym** 10:45-11:45 am

## 066 ZUMBA TONING



Bringing Zumba to a new level! By using lightweight hand weights, we sculpt our way to a toned body. Hand weights are available from the instructor for \$20 and may be purchased in class.

**Dorothea Mackey** Thurs., Sept. 11 5:30-6:30 pm  
**Rippowam Main Gym** 10 sessions \$109

*Dorothea Mackey is certified in Zumba and Spinning and by the American Council of Exercise in fitness instruction.*

## 067 BELLYGONG: A FUSION OF BELLY DANCE AND QIGONG



Are you looking for new ways to move that are non-impact with a feminine flair? Address women's health concerns? De-stress from your day? Ease joint stiffness? Feel energized? With Belly Dance, graceful poise and posture are achieved from a supportive core—activating your “internal girdle” which is beneficial in all daily activities. Women's Qigong enhances body awareness, promotes suppleness and ease of movement, supports bone health, increases circulation and energy levels. Join us... Breathe, move and renew for a more vibrant and radiant you!

**Linda Radice** Thurs., Sept. 11 7:15-8:15 pm  
**Rippowam Aux. Gym** 8 sessions \$99

## 068 GOLF I

For beginners, or a refresher if you haven't played for a while. Learn how to grip, aim and swing a golf club. These basic fundamentals are the building blocks to a solid golf swing that will last your entire golfing life.

**Jim Montanaro, PGA Pro** Wed., Oct. 1 7:00-8:00 pm  
**Rippowam Main Gym** 5 sessions \$155

## 069 GOLF II

For Golf I graduates or golfers who have been playing for a while but want to be more consistent. Learn theory, physics and ball flight laws. Understanding the results of your shot will help you correct the cause or fault.

**Jim Montanaro, PGA Pro** Wed., Oct. 1 8:00-9:00 pm  
**Rippowam Main Gym** 5 sessions \$155

*Jim Montanaro is a Class A teaching pro as well as a certified club maker. He is a World Top 100 Club Fitter.*

## 070 INSTANT TENNIS: Beginners Only!



Learn to play tennis in just six weeks! Instant Tennis is taught by specially trained pros who will get you started playing the “sport of a lifetime.” The teaching pros will instruct you on all the basics, including the serve, forehand, backhand, volley and rules of play. Bring your own racquet. No cancellations accepted for any reason. Refunds or tuition credits will not be issued. No Substitutes Allowed.

**Solaris Racquet Club** 6 sessions  
**23 Radio Place, Stamford** \$129  
a) Mon., Sept. 8-Oct. 13 8:30-9:30 pm  
b) Mon., Oct. 27-Dec. 1 8:30-9:30 pm  
c) Mon., Dec. 15-Jan. 26 (no class 12/29) 8:30-9:30 pm  
d) Sat., Sept. 6-Oct. 18 (no class 10/4) 8:00-9:00 am  
e) Sat., Nov. 1-Dec. 13 (no class 11/29) 8:00-9:00 am

## 071 INTERMEDIATE TENNIS

This program is for the player who already has a good foundation in the basic fundamentals of each stroke. Our pros will help each player refine his or her tennis strokes and will teach the essentials of game-winning strategies for singles and doubles play. Registration will be limited to 1 session per person. No cancellations accepted for any reason. Refunds or tuition credits will not be issued. No Substitutes Allowed.

**Solaris Racquet Club** 6 sessions  
**23 Radio Place, Stamford** \$159  
a) Tues., Sept. 9-Oct. 14 8:30-9:30 pm  
b) Tues., Oct. 28-Dec. 2 8:30-9:30 pm  
c) Tues., Dec. 16-Jan. 27 (no class 12/30) 8:30-9:30 pm  
d) Sat., Sept. 6-Oct. 18 (no class 10/4) 9:00-10:00 am  
e) Sat., Nov. 1-Dec. 13 (no class 11/29) 9:00-10:00 am

**Please Note:** Classes held at a location other than a public school building may follow a different schedule. Check with your instructor at your first class meeting concerning “No Class” evenings or days at the facility where your class is held.

# Languages



## FRENCH

### 072 BASIC



Perfect if you want to start learning and be able to communicate. After a few classes you will discover how easy and

fun it is to get the correct pronunciation and master the basic language skills. French culture will also be discussed.

Gertrude Merkle, Ph.D. Tues., Sept. 9 6:00-7:30 pm  
Rippowam 203 10 sessions \$119

### 073 CONTINUATION



A continuation and expansion of the Basic French class, you will be introduced to future and past tenses. You will also expand your vocabulary. Emphasis will be on grammar, reading, and discussion.

Gertrude Merkle, Ph.D. Tues., Sept. 9 7:30-9:00 pm  
Rippowam 203 10 sessions \$119

## SPANISH

### 074 BASIC



Vocabulary, pronunciation and functional grammar will be presented through this basic course. No previous knowledge of Spanish required.

Carolyn Choma Tues., Sept. 9 6:00-7:30 pm  
Rippowam 235 8 sessions \$119



### 075 CONTINUATION



Vamos a continuar! Some basic knowledge of Spanish is required. Present tense is continued in more depth. Reflexives, present progressive, command and past tenses introduced.

Carolyn Choma Thurs., Sept. 11 6:00-7:30 pm  
Rippowam 235 8 sessions \$119

## ITALIAN

### 076 BASIC



If you've had no previous experience with the Italian language, "Avanti!" Vocabulary, pronunciation and functional

grammar will be presented through selected dialogue.

Angela Bernardo Tues. & Thurs., Sept. 16 7:30-9:00 pm  
Rippowam 236 10 sessions \$119

### 077 CONTINUATION



A continuation and expansion of Basic Italian. Emphasis will be on grammar, correct pronunciation and dialogue.

Angela Bernardo Tues. & Thurs., Sept. 16 6:30-7:30 pm  
Rippowam 236 10 sessions \$99

## GERMAN

### 078 BASIC



For those who have little or no previous knowledge of the German language, emphasis in this course will be on developing basic language skills with correct grammar, form and pronunciation. We will also cover contemporary German culture.

Christine Binsteiner-Bendett Mon., Sept. 8 6:00-8:00 pm  
Rippowam 202 10 sessions \$129



### 079 CONTINUATION



A continuation and expansion of the Basic German class. Grammar continued in more depth, and we will introduce the past tense and the future tense. Prerequisite: Some basic knowledge of German.

Christine Binsteiner-Bendett Tues., Sept. 9 7:30-9:00 pm  
Rippowam 202 10 sessions \$119

### 080 ADVANCED CONVERSATION



This course is designed for people who want to get a broad knowledge of the German language with emphasis on expression, correct grammar and form. You will continue to expand your vocabulary and improve oral fluency. Prerequisite: Advanced knowledge of German (grammar and vocabulary).

Christine Binsteiner-Bendett Tues., Sept. 9 6:00-7:30 pm  
Rippowam 202 10 sessions \$119

## CHINESE

### 081 MANDARIN CHINESE - BASIC



If you are planning a visit to China or would like to explore the Chinese language and culture, this class will definitely be useful! Gain conversational skills with vocabulary used in daily life and social contexts. The

instructor adapts to the student's needs so that students can learn with ease at a fast pace with no stress!

Fannie Yin Thurs., Sept. 11 6:00-8:00 pm  
Rippowam 222 10 sessions \$129

### 082 MANDARIN CHINESE - Continuation



We will continue to expand our Mandarin Chinese vocabulary as we learn more about Chinese culture and customs.

Fannie Yin Mon., Sept. 8 6:00-8:00 pm  
Rippowam 222 10 sessions \$129

## STAMFORD ENGLISH LANGUAGE ACADEMY

- Beginner to Advanced Students
- Excellent Former UConn Teachers
- Morning, Afternoon & Evening Classes
- Conveniently Located Near Railroad and I-95
- Free Parking
- 14-week Fall Semester: Sept. 2-Dec. 18
- \$305 – 4 Hours/Week; \$405 – 6 Hours/Week
- Course Descriptions available on Website

Whether you are a foreign corporate executive for whom English proficiency is a professional necessity, or are working to improve your English language skills for job advancement, or you hope to eventually pursue higher education in the United States, the Stamford English Language Academy has something to offer you.

The Stamford English Language Academy is designed for students who want to bring their English Language skills to a higher level. It is an academic program taught by ESL professionals with many years of ESL teaching experience at some of the most highly regarded ESL programs in the area, including the University of Connecticut/Stamford.

The Stamford English Language Academy (SELA) offers a variety of courses at the beginner to advanced levels in all of the essential English language skills. Specialized courses such as Vocabulary and Communications Skills, Current Events through the Media, as well as Reading/Writing-intensive classes will be offered.

SELA is not a remedial or 'basic literacy' program. It is an academically oriented program where you can expect to work hard and make significant strides in your English language skills. Homework assignments are given at each class session.

**REGISTER ONLINE AT [www.stamfordadulted.org](http://www.stamfordadulted.org) and follow the link to  
The Stamford English Language Academy  
or call (203) 977-4211**

## Special Interest

### 083 INTRODUCTION TO BRIDGE – PART 1

Bridge provides a good opportunity to create an active social life either locally or worldwide! This course will teach the basics of bidding and play of hands. Instructive handouts will be distributed to assist the process. Join us and meet new friends as you learn the basics of this fascinating, challenging game.

**Paul Miller**      **Thurs., Sept. 11**      **7:00-9:00 pm**  
**Rippowam 24C**      **8 sessions**      **\$129**

### 084 INTRODUCTION TO BRIDGE – PART 2

In this class, we will focus on declarer play, defensive play and carding, more use of conventions, weak two, pre-emptive and slam bids.

**Paul Miller**      **Mon., Sept. 8**      **7:00-9:00 pm**  
**Rippowam 24C**      **8 sessions**      **\$129**

*Paul Miller is an accredited American Contract Bridge League teacher and Silver Life Master. He gives private lessons as well as group classes.*



### 085 INTERMEDIATE BRIDGE

**NEW**

This course assumes you have taken a beginner course, followed up by playing bridge long enough to feel comfortable with the minimal skill set required to be competent at the bridge table. It is designed to add a number of advanced conventional bids to the Stayman, Jacoby Transfer, and Blackwood conventions learned in Beginner Bridge. Many of them will be applications based on the Law of Total Tricks. The two-hour class

will be primarily lecture with handout notes and extensive Q&A. There may also be time for card play to exhibit the conventions learned.

**Bill Wood**      **Tues., Sept. 9**      **7:00-9:00 pm**  
**Rippowam 24C**      **8 sessions**      **\$129**

*Bill Wood, teacher, director and bridge player, operates his Wilton Bridge Studio in Norwalk. He is a Gold Life Master, and for more than 20 years has taught hundreds of former students who are now Life Masters themselves. He has directed his own duplicate bridge club for 20 years as well as tournaments on the Sectional and Regional level.*



## 086 HAUNTED HISTORY OF THE HUDSON RIVER VALLEY NEW

An entertaining course for those interested in ghost stories and legends of the Hudson River Valley, which is considered to be one of the most haunted regions in the country! Among the tales discussed are Washington Irving's Legend of

Sleepy Hollow, the Tales of Edgar Allan Poe and the many tales of haunted houses, forts, ships and castles of the Hudson Valley. A fun course for all that features a few of history's well known people of interest.

**Leon DiMartino** **Mon., Sept. 8** **6:00-8:00 pm**  
**Rippowam 201** **4 sessions** **\$69**

## 087 HISTORY OF THE FIRST WORLD WAR: THE 100TH YEAR ANNIVERSARY COURSE EDITION

It was called "the war to end all wars." By the time it was over the world would be changed forever. This course will relate interesting stories of some of the early participants such as a young Winston Churchill, Charles de Gaulle, Franklin Delano Roosevelt, Erwin Rommel and Lawrence of Arabia. The spying activities of Mata Hari, the Christmas Truce of 1914, and the 1919 Paris Peace Talks and their major impact on world geography and later events will be discussed, as well as World War I deadly weapons such as mustard gas, flame throwers, submarines, tanks and trench warfare. An excellent selection of recommended books and movies based upon the history of the World War I Era will be provided for further follow up on the complete course.

**Leon DiMartino** **Wed., Sept. 10** **6:00-8:00 pm**  
**Rippowam 201** **4 sessions** **\$69**

*Leon DiMartino teaches courses about the historic Hudson River Valley Region as an adjunct instructor at Dutchess, Westchester and Orange Community Colleges. He has earned a Bachelor's Degree from Pace University and a Master's Degree from Fordham University's Graduate School with majors in both history and education. He is an active member of the Kent Historical Society.*



## 088 NUMEROLOGY NEW

Numerology is the study of numbers and their meaning. It is based on the belief that the name you were given at birth and the day, month and year influence who you are and what will happen to you during the course of your lifetime. You will learn to do readings, find the number values of the letters in your name and the numbers in your birth date which when added together in various combinations reveal important information about you and your past, present and future life..

**Mary Francis Abbamonte** **Wed., Oct. 1** **7:00-9:00 pm**  
**Rippowam 239** **1 session** **\$29**

*Mary Francis Abbamonte is an Intuitionist with an international private practice and teaches Astrology, Tarot, Numerology and Dreams. She is the author of two books, "The 13th Sign" and Wizardry 101."*

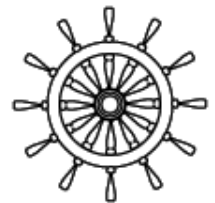
## 089 CURIOUS ABOUT VOICE OVER?

Are you interested in audio books, cartoons, documentaries, commercials or website narration? This interactive, fun and highly educational class is eye (and ear) opening for those interested in voice over. Learn about the industry, vocal training and marketing yourself as a voice talent, including information on recording a demo, trends, agents and production. Read commercial and narration voice over copy, and explore some of the techniques used by top voice over pros. Is voice over for you? Come and find out!

**Randy Kaye** **Wed., Oct. 8** **7:00-9:00 pm**  
**Rippowam 235** **1 session** **\$35**

*Instructor Randy Kaye began her voice over career as a way to keep acting while pregnant with her first child and has been working behind the microphone ever since. Her credits include commercials (Big Lots, Dove products), promos (ESPN), audiobooks (fiction and non-fiction), phone systems (Priceline.com), websites, and narrations (medical, industrial, educational).*

## 090 STAMFORD SAIL & POWER SQUADRON BASIC BOATING COURSE



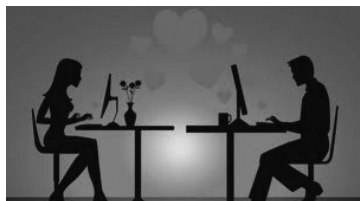
The basic boating course is a comprehensive course covering the basics of reading a chart, plotting courses, understanding emergency procedures and the "rules of the road." Also included is a navigation CD and introduction to GPS. After passing this course, students have completed the requirements for their CT boating certificate and the Coastal Boater Endorsement and are encouraged to take additional "on-the-water" based courses. The fee includes manuals, materials and a discount on membership in the Squadron. For additional information call 203-348-7121 and leave your evening phone number or e-mail [gwik@aol.com](mailto:gwik@aol.com)

**Tues., Sept. 16** **7:00-9:30 pm** **Rippowam 119**  
**9 sessions** **\$150**

**Questions? E-mail us at [adulthood@stamfordct.gov](mailto:adulthood@stamfordct.gov)**



# Special Interest



## 091 THE MYSTERY OF ONLINE DATING UNRAVELLED

In today's dating world, there are websites, events, books, movies, mixers, and more. Dating

can often feel overwhelming. Whether you are new to the dating scene, returning to the dating scene, or actively dating, join us for a night of lively discussion about online dating: the benefits/drawbacks, profile review, and how to make it work for you. Past participants have said: "Pleasant, friendly atmosphere." "Very interesting discussions." "Excellent course!"

**Matthew Levy** **Wed., Oct. 22** **7:00-9:00 pm**  
**Rippowam 201** **1 session** **\$29**

*Matthew Levy is creator and facilitator of "The Truth About Dating" Forum. The purpose of the group is to create open communication between men and women on common dating issues. Participants are able to share experiences, ask questions, and gain new perspective on dating. Forums have been held in Stamford and NYC. In addition, Matthew has been a speaker and consultant for several dating events.*

## 092 COLLEGE BOUND? GET READY!

Is high school graduation looming? Are you and your child panicked, concerned and overwhelmed by the college or higher education selection and application process? This workshop is designed for the parents of rising sophomores, juniors and seniors who are just beginning to think about college applications. We'll address the college admissions and decision process, assumptions, and pitfalls to avoid. Whether you are just starting out or are already engaged in the process, join us and gain insight into the right fit for the college experience with an eye towards post-college employment. Participants will take home tools to give them direction and hopefully, peace of mind.

**Angel Cagnetta and Carol Piscitelli, CLC** **\$35**  
**Wed., Oct. 8** **1 session** **6:00-8:30 pm**  
**Rippowam 239**

*Carol Piscitelli and Angel Cagnetta are proprietors of College-2-Life. They work collaboratively with the college candidate and their family to develop an individualized and complete college admissions and selection process.*



## 093 MAH JONGG

Become an expert player in Mah Jongg—a social, competitive game that requires practice, strategy and a little bit of luck! It is played with a set of tiles based on Chinese

characters and symbols. You will learn how to assemble the tiles into specific patterns and formulate a hand based on an easy-to-read Mah Jongg card. Join us and master this exciting game.

**Regina Klenosky** **Wed., Sept. 10** **7:00-8:30 pm**  
**Rippowam 24C** **8 sessions** **\$119**

## 094 DRIVER EDUCATION For All Stamford Students

**Ages 16-17**

This course provides the classroom component of a Certified Driver Education program. It meets the minimum 30 hours required and includes the mandated Alcohol and Drug Education program. This course does not include the 40-hour road requirement. Please note the following:

- 1) Students must be at least sixteen (16) years of age and bring a copy of their birth certificate to registration.
- 2) Parents may register the student without the child present. They must bring a copy of the student's birth certificate.
- 3) Mail-in registrations for students will be accepted if accompanied by a copy of the child's birth certificate.
- 4) Written parental consent to take the course must accompany registration form.

**Parents, please note:** Parents or legal guardians will be required to complete a two-hour safe driving practices class with the student, which is scheduled for **Nov. 24 at 7:15 pm**. To learn about the laws, requirements and restrictions, visit the CT Department of Motor Vehicles website at [www.ct.gov/dmv](http://www.ct.gov/dmv) and click on "Teen Drivers."

**Andrew Coppola**  
**Rippowam 120**  
**15 sessions**

**Mon. & Wed., Sept. 17**  
**7:15-9:15 pm**  
**\$160**



## 095 ADULT 8-HOUR SAFE DRIVING COURSE FOR THOSE 18 YRS. AND OLDER

Connecticut requires all first-time driver's license applicants age 18 and older to complete an eight-hour course on safe driving practices. These classes promote safe driving skills and strategies that could possibly save your life, or the life of someone else. Please refer to [www.ct.gov/dmv](http://www.ct.gov/dmv) to learn of additional requirements to obtain a CT driver's license prior to registering for this class.

**Andrew Coppola** **Mon. & Wed., Dec. 1** **7:15-9:15 pm**  
**Rippowam 120** **4 sessions** **\$125**

# GENERAL INFORMATION

## SENIOR CITIZEN DISCOUNT

Senior Citizens, 62 years or older, are entitled to a 15% discount on those courses with a ☺ symbol.

## NON-RESIDENT FEE

There is a \$10 surcharge for non-Stamford residents for each order placed.

## **NEW** WITHDRAWALS • REFUNDS **NEW**

All classes in the enrichment program are self-supporting and depend upon full collection of tuition. **Students wishing to cancel their registration must do so at least five business days before the class begins to receive a refund.** A \$20 processing fee will be charged on all refunds. Exceptions are:

**Single Session Classes** – No refunds.

**Restaurant Classes** – No refunds.

**Tennis Classes** – No refunds.

**Online Courses (ed2go)** – Withdrawals and transfer requests accepted only up to 7 days after the start date of the class in which you are enrolled.

Students assume all risk of changes in their personal schedules. Absence from the class does not reduce the cost of operating our programs. For this reason student absence does not result in a refund, tuition credit or make-up session.

## CANCELLATIONS

Stamford Adult and Continuing Education reserves the right to make changes as needed, including limiting enrollment in a course or withdrawing a course due to insufficient enrollment. If a course is cancelled due to low enrollment, students who registered will be notified and will receive a full refund.

Class sessions may be rescheduled due to an unexpected school closing (e.g., stormy weather) or teacher absence. Refunds or credits will not be issued to students unable to attend a rescheduled make-up class.

## POLICY STATEMENT

Stamford Public Schools Adult & Continuing Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, national origin, sex, disability, age, religion or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding the Stamford Public Schools' nondiscrimination policies should be directed to Dr. Stephen Falcone, Executive Director of Human Resources, 888 Washington Blvd., Stamford, CT 06901, phone (203) 977-5598.

## SUPPLIES, MATERIALS AND BOOKS

☑ is placed after the course title if there is a book or material fee. Textbooks assigned by instructors can be purchased the first night of class.

## CONFIRMATIONS

By providing your e-mail address, you will receive an e-mail enrollment confirmation.

If you do not use e-mail and want a confirmation, please enclose a stamped, self-addressed envelope with your registration form.

## CALENDAR ENRICHMENT COURSES

**Classes will not be held at Rippowam  
on the following evenings:**

Rosh Hashanah .....	Sept. 24 & 25
Middle School Open House .....	Oct. 9
Columbus Day .....	Oct. 13
High School Open House .....	Oct. 15
Election Day .....	Nov. 4
Veterans' Day .....	Nov. 11
Thanksgiving .....	Nov. 26 & 27

## MARK YOUR CALENDAR

Classes held at a location other than a public school building may follow a different schedule.

Check with your instructor at your first class meeting concerning "NO CLASS" Evenings or Days at the school you are attending.

## SCHOOL CLOSINGS

As a general rule, if day school is closed because of stormy weather, night school will also be closed. In case of cancellation of night classes because of snow or bad weather, tune to WCBS 880AM, WEBE 108 FM, TV News 12 or the web site, [www.stamfordpublicschools.org](http://www.stamfordpublicschools.org) or call the Adult Education office (203) 977-4209, press 6, for a recorded message.

While every effort is made to provide clear and accurate information, Stamford Adult and Continuing Education is not responsible for omissions, typographical and printing errors.

# HOW TO REGISTER FOR ENRICHMENT CLASSES

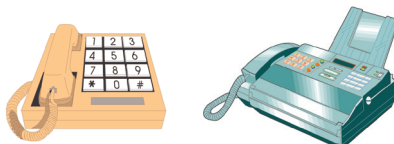
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**ONLINE:**

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

2



**BY PHONE/FAX:**

AMEX, Discover Card,  
MasterCard or VISA  
Telephone: (203) 977-4209

or

FAX: (203) 324-9441  
All day every day  
(FAX machine  
always in service)

3



**IN PERSON:**

Adult Learning Center  
369 Washington Blvd.  
8:30 am–3:30 pm  
Monday-Friday

4



**BY MAIL:**

Use Registration Form  
(One form per person)



You may use AMEX, Discover Card, MasterCard or VISA

**QUESTIONS? e-mail us at [adulthood@stamfordct.gov](mailto:adulthood@stamfordct.gov)**

## REGISTRATION FORM

Make check payable to: **Continuing Education** and attach to your registration form.

**MAIL THIS FORM TO:** Adult Learning Center • 369 Washington Blvd. • Stamford, CT 06902

**OR FAX TO:** (203) 324-9441

Name \_\_\_\_\_ Date \_\_\_\_\_  
Last First

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_





Telephone No. Work \_\_\_\_\_ Home \_\_\_\_\_

**e-mail:** \_\_\_\_\_

*Please provide your e-mail address so we may easily contact you should a schedule change occur.*

☐ M ☐ F ☐ Under 21 ☐ 21-35 ☐ 36-49 ☐ 50-61 ☐ 62 and over

School/Rm	Time	Day/Date	Course #	Course Title	Fee

\_\_\_\_ Check/Money Order  
REGISTRATION BY FAX OR MAIL:     Non Resident Fee \$10  
\_\_\_\_ Credit Card # \_\_\_\_\_ Total Due \_\_\_\_\_  
3-digit Verification # on Back of Card \_\_\_\_\_  
Expiration Date \_\_\_\_\_  
SIGNATURE \_\_\_\_\_

*You will be notified only if a course is closed or withdrawn. If you wish to have your registration confirmed, please provide your e-mail address or send a self-addressed stamped envelope.*

**TIME  
TO  
LEARN!**

## **FAVORITES**

Studio Art

Beginning Guitar

Microsoft Excel

Stage Your Home To Sell

T'ai Chi Chu'an

Argentine Tango

Meditation as Medication

Zumba      Yoga      Pilates

Golf      Tennis      Bridge

Country Western Line Dance

Protecting Your Assets

## **NEW CLASSES**

Financial Literacy

Cultural Destinations of NYC:  
DUMBO, Brooklyn  
Williamsburg, Brooklyn

Boot Camp

Social Media for Business

Five Money Questions for Women

iPad Overview

Burn @ The Barre

Numerology

Introduction to Photoshop and  
Photoshop Elements

LinkedIn Profile

BellyGong

Google & Beyond

Feng Shui

**Enroll  
NOW!**