



New Milford Adult Education

Winter/Spring 2020

Learning and Travel Opportunities

A community of lifelong learners, responsible global citizens,
and champions of our own success



Register online at
www.newmilford.coursestorm.com

Welcome to New Milford Adult Education's winter/spring brochure of classes and activities! If you are planning to complete a high school education or strengthen your English language skills, these are free to all our residents. In addition, we offer a variety of enrichment and general interest classes for community members. Browse through the brochure and register to experience the power of lifelong learning.

TABLE OF CONTENTS

	<u>PAGE</u>
Class Closures	1
Ed2Go Online Courses	2
High School Completion Programs	3
ESL and Citizenship Information	4
Community Partners	5
Healthcare and Services	5
Culinary and Hospitality	6, 7
Fitness/ Holistic Development	7, 8, 9
Gift Certificates	9, 14
Planning Your Future	10
Music/Crafts	11
Outdoors /Language/Gen. Knowledge	12,13
Family Learning	14
Make and Take/Bus Trips	15
General Information/Policies	1,2,6,7,16
Registration form for mail in	17

ADULT EDUCATION CLOSURES

January 1 – New Year's Day
 January 20 – Martin Luther King Day
 February 17+18 – Winter Recess
 March 12 – District Schools Closed
 April 10 – Good Friday
 April 13-17 – Spring break
 May 25– Memorial Day

OFFICE HOURS

Administrative: Monday-Thursday 2:00 - 8:30 pm
 Friday by appointment

Guidance: Tuesday and Thursday 4:00 - 8:30 pm

ADMINISTRATIVE STAFF

Christine Martin, Program Director, GED®
 Registrar
 Joe Neff, Guidance Counselor & Career
 Specialist

SCHOOL CANCELLATIONS POLICY

School Closures: Adult Education classes held at New Milford High School will not be held when schools are closed for vacation, holidays, teacher schedule conflicts, day school schedule conflicts or inclement weather. *These dates cannot be counted as a "business day" when needing to withdraw a registration or request a refund within the stated REGISTRATION or REFUND policies. With the exception of the McCarthy Observatory, and possibly the Certified Nursing Assistant (CNA) Program, classes will not be scheduled on these dates.

Inclement Weather: If day school is closed or has an early closing due to inclement weather, there is no Adult Education that evening if class is scheduled to take place at the school. If inclement weather begins in the afternoon, please check the New Milford Public Schools website. **Closing information will also be posted on TV Channels 3, 6, & 8** as well as our Twitter page: @AdultEd_NM . Classes canceled due to inclement weather are made up by adding classes. If New Milford Adult Education determines an enrichment class cannot be made up, a refund will be issued for the missed class.

Room Assignments will be posted inside the building entrance. Unless otherwise noted, classes are held at New Milford High School.

**There are many reasons to pursue Adult and Continuing Education.
 Whether to advance at work, gain employment, enjoy a personal interest,
 expand your horizons, satisfy a curiosity, meet new people with common interests,
 make your world a safer or healthier place, or make your life easier or more interesting
 ~ New Milford Adult Education has many options for you ~**

For information and updates on New Milford Adult Education

Follow Us on Twitter  @AdultEd_NM

Eligibility for All Enrichment Programs:

Enrichment classes are open to adults age 18 and over unless otherwise stated as in family programs. Residents of other districts are welcome with no additional out-of-district fee.

Eligibility for All Academic Programs:

Students enrolling in these free classes must be residents of New Milford or Region 12, be at least 17 years of age, and do not have a United States high school diploma.

Statement of Nondiscrimination:

New Milford Adult Education is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or Federal nondiscrimination laws.

Statement of Accommodation:

All activities offered by New Milford are held in accessible locations. Accommodations for individuals with disability are available upon request.

Disabilities Contact Person:

Christine Martin, 860-350-6647 x 1170

GED® Test Accommodation:

Accommodations for the GED® test are available for qualified individuals with a disability. For more information, contact GED® Registrar Christine Martin, 860-350-6647 x 1170 or you may contact Sabrina Mancini at the CT State Dept. of Education at 860-807-2110. Sabrina.Mancini@ct.gov.

New Milford Adult Education is in compliance with Connecticut General Statute 10-73a, there is no fee for registration, books or materials to any adult enrolled in the Citizenship, ESOL or high school completion programs.



Whether you're looking for professional development or personal enrichment, these six-week online courses are the perfect way to learn a new skill or enhance your existing ones. You'll spend roughly two to four hours each week completing two engaging lessons in an enjoyable, interactive learning environment. Expert instructors develop and lead every course, and you'll be able to interact with them and with fellow students in lively online discussion areas. New sessions start every month, so you can sign up anytime.

Over 300 topics available, including:**Introduction to Chrystal Reports -**

Learn how to use Chrystal Reports to create attractive business documents that are easy to read and understand

**Discover Sign Language -**

Explore the fun of learning sign language and using your hands to communicate

**Wireless Networking -**

Industry expert shows you how wireless networking works, as well how to plan, deploy and connect to wireless networks

**Soft Skills Suite -**

Brush up on your soft skills. The suite includes topics like working with tough personalities and making better business decisions.

**Get Grants! -**

Learn how to develop successful, fundable grant proposals from experts in the field

www.ed2go.com/nmae

Course sessions begin on the third Wednesday of each month.

Visit the Online Instruction Center for more information.

Requirements: All courses require internet access, email, Adobe PDF plug-in and one of the following browsers: Mozilla Firefox, or Microsoft Internet Explorer (9.0 or above), Google Chrome or Safari.

Some courses may have additional requirements; those are noted in their description. **Unfortunately, no senior discount is available for online classes.**

To get started:

- Visit our Online Instruction Center: www.ed2go.com/nmae
- Click the Courses link, choose the department and course title and select 'Enroll Now.' Follow enrollment instructions.
- Pay for your course, enter your email address and choose a password to enter the Classroom.
- When your course starts, return to our Online Instruction Center and click the Classroom link.
- To begin your studies, log in with your email address and enter your password.

FREE HIGH SCHOOL COMPLETION PREPARATION



**Register: By phone to schedule an appointment
860 350-6647 ext. 1170**

**High School completion classes begin:
New students January 21, 2020
Returning students January 27, 2020**

All students new to New Milford Adult Education or those who have not attended for two years MUST attend our four (4) night orientation January 21, 22, 23, and 24, 2020 from 5:00pm–9:00pm

Students must be committed to attend class regularly, complete homework assignments weekly, participate in classroom activities and provide their own transportation to all programs

All Students have access to a Guidance Counselor for career and college planning.

Individuals wishing to enroll in the high school diploma or GED® Test Preparation program must meet the following criteria:

- Must be at least 17 years of age or older
- Must be officially withdrawn from day school
- Must submit a copy of the official withdrawal form with parents signature for students 17 years old
- Must not have a high school diploma or a GED certificate

Please bring an official transcript from all schools in which you were enrolled, as well as a copy of your withdrawal from day school. Be prepared to take both a basic Math and English test and complete admission paperwork (approximately 45 minutes long) on the day you register.

Graduation Requirements

A diploma candidate must accumulate 23 credits which include the following:

English	4 credits	Science	3 credits
Math	3 credits	Social Studies*	3 credits
Voc Art	1 credit	Electives**	9 credits

*Must include 1 credit of U.S. History, .5 credit of Civics. **.25 credit of Orientation to Adult Education and .25 Senior Portfolio. All students must also meet graduation standards and complete an information literacy project.

To enroll in the GED® Test Preparation program, an adult must:

- Achieve a score greater than or equal to a 236 on the CASAS 80 Reading Appraisal and/or CASAS 80 Math Appraisal
- Be 17 years of age or older AND no longer enrolled in school
- Commit to the program attendance policy.

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FREE ENGLISH AS A SECOND LANGUAGE (ESL) AND CITIZENSHIP CLASS



Enrollment for ESL classes is open, based on a first come, first served basis

Register: January 28th or 30th, 2020 - 6:30pm-8:30pm at the Adult Education office, located in New Milford High School.

Students will take the placement test and register for classes.

ESL classes begin the week of February 3rd, 2020

ESL: ENGLISH FOR LIFE AND WORK

ESL (English as a Second Language) is a free program to assist community members, age 18 years and older, whose first or native language is not English.

DAY PROGRAMS

ENGLISH IN THE COMMUNITY

Students will travel to a variety of community settings for an opportunity to visit and learn about the services available to them. They will be able to practice vocabulary and experience how the New Milford community works. **Class held at Lillis Administration Building, located at 50 East Street, New Milford, CT.**

S. Pilla Monday 1:00pm-2:30pm, mixed level

Class starts February 3, 2020

US GOVERNMENT/CITIZENSHIP

These classes review interview skills, cover facts about the U.S.A., and prepare students for the INS requirements for citizenship. **Class held at New Milford High School**

S. Pilla Wednesday 1:00pm-2:30pm, mixed level

Class starts February 5, 2020

CONVERSATIONAL ESL

This program will cover English language and grammar, with a focus on conversation skills and pronunciation, **and is held at Phys-Ed Health & Performance, located at 10 Still River Drive in New Milford.**

S. Pilla Tuesday & Thursday 1:00pm-2:30pm, mixed level

Class starts February 4th, 2020

EVENING PROGRAMS

ESL COMMUNITY NIGHT

Monthly meetings to hear speakers, practice conversation and job skills in an informal relaxed atmosphere. Sign up at www.newmilford.coursesstorm.com to attend these events. Follow us on twitter to learn what the focus/speaker of the month will be.

Class held at New Milford High School

Last Monday of the month 6:45pm-8:45pm Feb. 24, March 30th, April 27th and May 18th (May one week early due to holiday the last Monday)

ESL 1 and ESL 2 Classes held at New Milford High School

Tuesday and Thursday: 6:45pm-8:45pm

Class starts February 5, 2020

- To improve job skills for job advancement
- To learn more about the community and the U.S.A.
- To take an active role in their children's education
- To become comfortable and more fluent in English

Courses will provide you with the language skills to enable you to live, work, and study in the United States. Each class includes speaking, listening, reading, writing, vocabulary development, and grammar instruction.

Students must be committed to attend class regularly, complete homework assignments weekly, participate in classroom activities and provide their own transportation to all programs.

COMMUNITY PARTNERSHIPS



FREE COMMUNITY SERVICES for '20!

New Milford Adult Education hosts the American Job Center on the last Wednesday of each month: **2/26, 3/25, 4/29 and 5/27** in the Career Center of New Milford High School from 4:00pm – 6:30pm.

American Job Center offers **FREE TRAINING** to jobseekers looking to change careers and employers. Career services include: **FREE TRAINING**, job search, and résumé writing assistance; résumé critiques; skills assessments; interviewing; career exploration/guidance and employer recruitment events.



This nonprofit provides the following assistance to qualified students and adult learners:

- admissions application fee waivers for income eligible participants
- adults enrolling in college for the first time
- residents in default of a student loan
- individual career counsel to set realistic, attainable career choices

J. Barron • 1 Tuesday	3/3	Career Exploration	5:15-6:15	Free
J. Barron • 1 Tuesday	3/10	Financial Literacy-The FASFA	5:15-6:15	Free
J. Barron • 1 Tuesday	3/17	How to succeed in College	5:15-6:15	Free

HEALTH CARE & SERVICES

CNA - CERTIFIED NURSE ASSISTANT TRAINING

No Senior Discount Available

This class is designed to provide knowledge and skills for students interested in the health care profession. The coursework includes 40 hours of classroom instruction in basic nursing skills, medical terminology, and basic anatomy and physiology. In addition, students complete a MANDATORY 60-hour clinical experience at a local nursing home. The clinical portion will include some Saturdays so that a full shift at the nursing home is experienced. The classroom and clinical experiences enable students to take the Connecticut State Nursing Assistant certification test at the end of the course. Students MUST complete all course work and clinical hours (100 hours total) in order to be eligible to take the state exam. The cost of the exam (\$118.00) and transportation are the responsibility of the student. Books are included with the course fee. **Please note: Students must be in good physical condition and have a social security number.**

D. Duggan • Mondays, Wednesdays,*Saturdays **Begins 2/24** **5:00pm-9:00pm** **\$1,199**
***Some Saturdays will be needed for clinical hours**

CPR-AMERICAN RED CROSS '20

No Senior Discount Available

These certification classes will educate you about the signs and symptoms of a heart attack, breathing emergencies, cardiac arrest, and stroke. After demonstrating competent skills on resuscitation mannequins and passing a multiple choice test, you will become certified in CPR. A certification card, valid for two years, will be issued to successful participants. These classes are taught by a certified CPR instructor through the American Red Cross.

D. Duggan

Adult • 1 Thursday	3/19	6:00pm-9:00pm	\$75
Infant/Child • 1 Thursday	3/26	6:00pm-9:00pm	\$75

BUNDLE! Both CPR classes can be purchased together for the discounted price of \$135 (savings of \$15); contingent upon both classes running. **No Senior Discount Available for this package.**

CULINARY/HOSPITALITY

THINGS TO KNOW:

1. Online registration is the best way to register. Payments are processed through our secure website immediately.
2. You may also register in person or by mail. Phone inquiry about enrichment classes will be returned in the late afternoon and evening, Monday through Thursday.
3. Full course descriptions are online at: www.newmilford.cousestorm.com
4. Registrations accompanied by an email address are confirmed via email. If you mail your registration with a self-addressed stamped envelope we will mail a confirmation to you.
5. When a course is full, cancelled or if the start date, time or location has changed we will contact you by email or phone. Please provide an accurate email that you check.
6. Room numbers are posted at the entry of school unless specified in the catalog.
7. There are no refunds unless the class is cancelled. Using a credit card to register assures a speedy refund. If the class is cancelled and you paid by check, the check will be returned to you.
8. If it is necessary to withdraw from a class, it must be done no less than five (5) business days before the first day of the class.
9. No refunds for bus trips.
10. If mailing in registration, please write one check per course.
11. Checks are cashed around the time of your class. If multiple classes are paid for with one check, the check will be cashed when the first class runs.

BUNDLE!

Food Safety, safe alcohol and Allertrain classes can be bundled together for our discounted rate of \$390 contingent upon all classes running. **No Senior Discount Available for this package.**

SERVSAFE® FOOD SAFETY CERTIFICATION '20

No Senior Discount

Become a Certified Food Protection Manager and become more valuable to your current or future employer or a better manager for your own operation. Food and customer safety are top priorities. Many municipalities require that every food service operation employ both a Qualified Food Operator (QFO) and an alternate. Their responsibilities not only include food safety, but staff training as well. Learn to prevent an outbreak of food-borne illness in your operation while earning your mandatory state QFO certification. **This class was developed by the National Restaurant Association Educational Foundation.** Successful completion of the course and final exam, administered during the last class, will provide you with a Food Protection Manager Certification and wallet ID card. Certification is accredited by the American National Standards Institute (ANSI) - Conference for Food Protection (CFP). CT Food Safety Code requires at least one certified food operator per establishment. A textbook, to borrow only, will be available at New Milford High School in advance of class. Class fee includes Certification Exam. **Requirements: Valid picture ID and commitment to take text book home for study prior to class. ServSafe® Manager 7th Edition is used in class. www.plumsafety.net**
R. Parrinello • 2 Mondays 4/20 & 4/27 5:00pm-9:00pm \$215

**Also offered in Spanish
También se ofrece en español**

CERTIFICACIÓN DE SEGURIDAD ALIMENTARIA SERVSAFE® '20 **No hay descuento para personas mayores disponible**

Conviértase en un Gerente Certificado de Protección de Alimentos y sea más valioso para su empleador actual o futuro o un mejor gerente para su propia operación. La seguridad alimentaria y del cliente son las principales prioridades. Muchos municipios requieren que cada operación de servicio de alimentos emplee tanto un Operador de alimentos calificado (QFO) como un suplente. Sus responsabilidades no solo incluyen la seguridad alimentaria, sino también la capacitación del personal. Aprenda a prevenir un brote de enfermedades transmitidas por alimentos en su operación mientras obtiene su certificación QFO obligatoria del estado. Esta clase fue desarrollada por la Fundación Educativa de la Asociación Nacional de Restaurantes. La finalización exitosa del curso y el examen final, administrado durante la última clase, le proporcionará una Certificación de Gerente de Protección de Alimentos y una tarjeta de identificación de billetera. La certificación está acreditada por el American National Standards Institute (ANSI) - Conferencia para la Protección de los Alimentos (CFP). El Código de Seguridad Alimentaria de CT requiere al menos un operador de alimentos certificado por establecimiento. Un libro de texto, solo para pedir prestado, estará disponible en New Milford High School antes de la clase. La tarifa de la clase incluye el examen de certificación. Requisitos: identificación válida con fotografía y compromiso de llevar el libro de texto a casa para estudiar antes de la clase. ServSafe® Manager 7th Edition se usa en clase. www.plumsafety.net

Carlos A. Lopez • 2 Mondays 3/9 & 3/16 5:00pm-9:00pm \$215

SERVSAFE ALCOHOL® TRAINING & CERTIFICATION

(RESPONSIBLE ALCOHOL SERVICE TRAINING)

No Senior Discount

This ServSafe Alcohol® Training program, developed by the National Restaurant Association, prepares bartenders, servers, hosts, bussers, valets, bouncers and all front-of-house staff to effectively and safely handle difficult situations in your operation. **Certification could lower your insurance costs.** You will become familiar with alcohol laws and responsibilities, learn to evaluate intoxication levels, properly check identifications and learn proper ways to handle possible risks associated with administering alcohol. Failure to act responsibly could result in fines, imprisonment, loss of liquor license, increased insurance costs or potential loss of business. A textbook will be available in advance of class. Class fee includes textbook and Certification Exam. **MUST BE 21 YEARS OR OLDER TO TAKE THIS CLASS. www.plumsafety.net**

R. Parrinello • 1 Monday 3/23 5:00pm-9:00pm \$99

ALLERTRAIN™ ALLERGY (AWARENESS TRAINING)

No Senior Discount Available

AllerTrain™ is the leading food allergy and gluten-free training program for the food service industry. Learn how to identify basic information about food allergies and techniques that prevent cross-contact. Learn the successful techniques for implementing a food safety plan related to food allergies, and how to take the proper steps when a diner has a reaction. Upon completion of the training, you will understand the most important practices related to allergen control in the front and back of the house as well as in emergency situations. Following the successful completion of the course final exam, each participant will be issued an AllerTrain™ Certificate of Achievement that is accredited by ANSI. Certificate is valid for 5 years. Providing your restaurant staff with this training shows that your restaurant went above what was required and invested in comprehensive allergy training to educate staff. www.plumsafety.net

R. Parrinello • 1 Monday

3/30

5:00pm-9:00pm

\$99

FITNESS / HOLISTIC

Adult Education is pleased to offer a variety of exercise, fitness and dance programs to meet the needs of students with a range of interests and physical abilities. IMPORTANT: Those enrolling in exercise, fitness, dance or sports programs should make certain that specific course requirements and activities are appropriate for them. Check with your physician before participating in any program. New Milford Adult Education relies on each individual to seek appropriate medical advice as to his/her capacity to participate, and will not be responsible for any injuries, damages or loss resulting from an individual's inability to do so.

EVERY BODIES YOGA '20

Move through gentle, flowing stretches that help restore flexibility while toning the body. Each class will bring movement and breathing together through fluid poses designed specifically to keep the body supple and strong. This class is perfect for those new to yoga as well as yoga regulars who love simple yet effective poses to align and release tension from the back, neck and shoulders. **Please bring a yoga mat.**

L. Ward • Two session options are available:

Session I: 6 Wednesdays 1/29, 2/5, 2/12, 2/19, 2/26, 3/4

6:30pm-7:30pm

\$78

Session II: 6 Wednesdays 3/25, 4/1, 4/8, 4/22, 4/29, 5/6 (No class 4/15)

6:30pm-7:30pm

\$78

CHAIR YOGA

"Come as you are, use what you have, do what you can." This gentle class explores breath, movement and meditation while seated on and/or standing behind a chair. Students can expect to learn different breathing techniques and a variety of Yoga poses promoting strength, balance, endurance and flexibility. Each class features a short themed meditation for creativity of the spirit, flowing "dance" moves on the chair to lighten our bodies. At the end of each class there's time for relaxation where your body will incorporate all it accomplished throughout the hour. All are welcome: **no yoga experience necessary**. Come with the desire to learn how to move your body, and improve your health and well-being. Please bring a Yoga Mat to place under your chair.

L. Ward • 6 Wednesdays 3/25, 4/1, 4/8, 4/22, 4/29, 5/6 (No class 4/15)

5:00pm-6:00pm

\$78

NEW

EXPLORE REFLEXOLOGY

No Senior Discount Available

This ancient technique brings balance, relaxation and good health by applying pressure to specific points in the hands and feet relating to our body organs and systems. For this light hearted program, we will explore both reflexology for the hands and feet. You are welcome to attend either on your own to learn self-reflexology on both the hands and feet, or come with a partner and practice on each other's hands or feet.

L. Ward • 1 Tuesday

2/25

6:30pm-7:30pm

\$15

NEW

GOOD NIGHT SLEEP

No Senior Discount Available

Whether suffering from chronic insomnia or simply wishing for a better night's rest, learn and practice techniques to help you fall and stay asleep. Learn gentle stretches to prepare the body for sleep, and relaxation techniques to prepare the mind to stay asleep. Lastly, helpful sleep science tips for what to do when sleep is elusive.

L. Ward • 2 Tuesdays

3/10 and 3/24

6:30pm- 7:30pm

\$30

CARDIO BARRE '20

Grab your sneakers! This class is a fun combination of low-impact cardio exercises, ballet-inspired toning exercises done at the barre, and weight-bearing, Pilates-inspired exercises to tone and strengthen your core and every muscle of your body. The music will get you going and keep you motivated! **Please wear athletic shoes and bring a mat.**

K. Horvath • 8 Tuesdays 1/28, 2/4, 2/11, 2/25, 3/3, 3/10, 3/17, 3/24 (No class 2/18) 6:00pm-7:00pm \$95

INTRO - TAI CHI EASY™ '20

No Senior Discount Available

Find out what all the Tai Chi buzz is about and in just one session you will activate the "healer within" using traditional Chinese techniques to release your body's own medicine. This is achieved through gentle movement, self-applied reflexology, meditation, and breathing, providing simple and effective self-care skills that can be used throughout life and well into the "successful aging" process. Go home with a book with content that is practical and life transforming. You will leave feeling wonderful and will join the buzz about Tai Chi yourself! (\$17 materials fee payable to instructor).

A. Mace • 1 Tuesday 2/25 6:00pm-8:00pm \$25

TAI CHI EASY™ FIVE FORMS SERIES '20

Look and feel like a Tai Chi expert! Master five forms combining breath with meditative gentle movement. Tai Chi practice is great for improving balance, flexibility, cardiovascular fitness, and sleep quality. Research has proven Tai Chi practice to help relieve pain, heal disease, reduce stress, and support PTSD and drug and alcohol recovery. (\$17 materials fee payable to instructor)

A. Mace • 2 Tuesdays 3/24, 3/31 6:00pm-8:00pm \$46

CHAKRADANCE™ Power Animal Meditation & Dance '20

No Senior Discount Available

An animal always brings with it a gift or instinctual and timely message. Take a journey guarded by a guide animal to discover your power animal waiting to meet you beyond a sacred gateway in this special meditation exercise. Receive the wisdom your power animal has to offer you, then invite your animal to dance with you merging your energies forging an intimate bond.

A. Mace • 1 Tuesday 4/7 6:00pm-8:00pm \$25

NEW MEDITATION IN MOTION

Sample a variety of meditation practices from simple grounding to transcendence for personal peace, relaxation, and mental clarity. Techniques include chant, guided imagery, progressive relaxation, and gentle movement drawing from Five Tibetans, Chakradance™, Tai Chi Easy™, Qigong, and more. Find the time...live in the present.

A. Mace • 2 Tuesdays 3/3, 3/10 6:00pm-8:00pm \$46

NEW HEALING WITH YOUR CHAKRA SYSTEM '20

Join us to better explore and understand the connection between the mind and body in terms of your energy centers, your Chakras. Through discussion, and exercises you will leave with not just a better understanding of your own energy centers, but also how to cope with and begin to heal those areas of your body, and self. We will discuss the Chakra system, physical symptoms and/or illness that can manifest as a result of any blockages, as well as foods associated with each for better health and vitality. This class is appropriate for anyone whether you are in tune with Reiki, Yoga, or just wish to better understand the Chakra system, and how to gain or maintain your emotional and physical well being. Please bring a notebook and a willingness to explore.

M. Rispoli • 7 Tuesdays: 2/25, 3/3, 3/10, 3/17, 3/24, 3/31, 4/7 7:00pm-8:30pm \$148

3 easy ways to register:



Online



By Mail



In Person



GIFT CERTIFICATES

Give the gift of knowledge! Available through the Adult Ed Office - 860-350-6647 x 1170

THE 'M' TECHNIQUE '20

No Senior Discount Available

The 'M' Technique is a method of structured touch, applied to the hands and feet. It is performed in a specific sequence of Pattern, Pressure and Speed. This technique is extremely beneficial to the recipient because it promotes amazing relaxation and comfort. This is a perfect technique to be administered by caregivers, family members, nurses and doctors.

M.E. Foster, RN, RMT • 1 Wednesday

2/26

6:00pm-7:30pm

\$35

REIKI INTRODUCTION '20

No Senior Discount Available

Reiki is used to reduce stress and restore physical, mental, and emotional health through simple, natural hands-on healing techniques. Understand the basics of this ancient healing art of energy flow, meditation, breathing, and centering exercises. Learn about imbalances within the body and how they can be addressed through healthy, positive changes. A demonstration of Reiki will also be given. This class is for those who want more information about Reiki training. It is for educational purposes only and is not intended to diagnose or treat any illness.

M.E. Foster, RN, RMT • 1 Wednesday

3/4

6:00pm-8:00p

\$35

REIKI FIRST DEGREE TRAINING '20

No Senior Discount Available

Reiki is accepted by hospitals and physical therapists locally and worldwide as a form of complementary medicine. Awaken your healing abilities. Learn this powerful, natural healing technique that uses life energy to promote relaxation, reduce stress, and balance body, mind, emotion, and spirit. This holistic method utilizes energy flow and restores harmony and balance in the body. Learn to direct this gentle and safe energy to benefit yourself, loved ones, or pets. **A certificate will be awarded upon completion.** Students must purchase the manual: **Reiki -The Healing Touch, First & Second Degree** (spiral bound) by William Lee Rand at

www.reikiwebstore.com.

M.E. Foster, RN, RMT • 3 Wednesdays

3/18 3/25, 4/1

6:00pm-8:00pm

\$165

REIKI SECOND DEGREE TRAINING '20

No Senior Discount Available

Second Degree Reiki is a deepening of intention and a rising of vibrations in the student. The student will learn the symbols for empowerment, mental and emotional healing, and long-distance healing. Students will also learn how to use Reiki energy clearing rooms, houses, and workspaces. This class will include hands-on practice and the second level attunement. **A certificate will be awarded upon completion. Prerequisite: First Degree Reiki Training**

M.E. Foster, RN, RMT • 3 Wednesdays

4/22, 4/29, 5/6

6:00pm-8:00pm

\$165

REIKI ADVANCED TRAINING '20

No Senior Discount Available

This advanced training will include the Usui Master attunement, the Usui Master symbol and its uses, and Reiki moving meditation. You will study the Reiki Grid and will enjoy using crystals to send Reiki continuously. Reiki aura clearing techniques will be utilized to remove blockages. Chair work will be completed with the Usui Master symbol. **A certificate will be awarded upon completion. Prerequisite: Second Degree Reiki Training.**

M.E. Foster, RN, RMT • 3 Wednesdays

5/20, 5/27, 6/3

6:00pm-8:00pm

\$165

BUNDLE! The 3 REIKI certification classes (1st Degree, 2nd Degree and Advanced Reiki) can be bundled together for our discounted rate of \$450 contingent upon all classes running. See bundle class in courseform. **No Senior Discount Available for this package.**

PLANNING YOUR FUTURE

ESTATE PLANNING: *You Really Need to Have an Estate Plan (Learn Why).*

No Senior Discount Available

Did you know that if you don't create your own estate plan, some of your end of life decisions are dictated by the state of Connecticut? If you are OK with this, you really don't need to take this course! But - if you would like to decide how your estate is divided, who is responsible for your care, who gets custody of your minor children, and more... this course is for you! Come learn from an experienced elder law attorney about important documents EVERY ADULT should have. Topics include Wills, trusts, powers of attorney (POA), and healthcare directives. Walk away knowing what these documents are for, and what you need to do to create them. You will also learn about the probate process and how it works. Even if you already have an estate plan, there is a good chance it needs updating because laws often change. All students will receive an easy-to-understand estate planning guidebook written by our attorneys.

L. Arnold, Esq. • 1 Wednesday

3/18

6:00pm-7:30pm

\$15

LONG-TERM CARE PLANNING '20: The Truth about Medicaid rules and long-term care costs

No Senior Discount Available

Long-term care is necessary for a lot of people. But long-term care is expensive. VERY expensive. You've likely heard horror stories of people losing their houses to pay for care. Or about nursing home costs being over \$13,000 per month. What's worse is the misinformed "advice" that is often heard through the proverbial grapevine:

- "It's OK to give away \$15,000 per year."
- "If your money is in a trust, it's safe"
- "You can just give your house to your kids."

These statements aren't necessarily true! Long-term care planning MUST be done the right way. If it's not, your assets might be at risk. Come learn the truth from an experienced elder law attorney. Walk away understanding how you can properly protect your life savings. Learn about Medicaid and how it can help you pay for long-term care costs. Learn strategies to protect money if a crisis arises.

Medicaid's confusing rules, what it takes to apply, who can help you complete an application, and much more will be covered. All students will receive an easy-to-understand Medicaid and planning for long-term care guidebook written by our attorneys.

L. Arnold, Esq. • 1 Wednesday

3/25

6:00pm-7:30pm

\$15

SOCIAL SECURITY CHANGES - INTEGRATING THEM INTO RETIREMENT

No Senior Discount Available

When to collect Social Security may be the single most important decision you make in context of planning your retirement. This class is a great opportunity to learn **KEY CONCEPTS** you'll need to know **BEFORE** applying for it. Depending on your age, Social Security filing strategies may boost lifetime benefits & increase retirement income by **tens of thousands**. Michael Alimo, a Registered Investment Advisor with a seasoned background in comprehensive financial planning and investment portfolio management, specializing in retirement planning, hosts this seminar. He will share filing timing options available to you, how benefits are calculated and how advanced planning can increase them. Also, how tax filing status could allow you to miss out on significant lifetime sums, avoid outliving retirement funds, and much more.

M. Alimo • 1 Thursday

3/19

6:00pm-7:30pm

\$15

WHAT THE HECK IS A TRUST? DO I NEED ONE? '20

No Senior Discount Available

You've heard about trusts. But what exactly are they and what do they do for you? You've heard about the different types – Revocable. Irrevocable. Special Needs. Testamentary. In a nutshell, a trust is an ownership system between 3 people –The first person who gives the second person legal right to hold money (or other assets) for the third person who receives the money. Simple, right? Well... there's a little more to trusts than just that! In this course we'll explain how trusts are created, the different types of trusts, and go over who you should choose to participate. You'll walk away knowing how to use trusts to do things like minimize and/or avoid taxes, protect assets and keep public benefits for loved ones with special needs, and how avoid probate court. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools.

L. Arnold, Esq. • 1 Wednesday

4/1

6:00pm-7:30pm

\$15

NEW

WOMEN IN RETIREMENT A women only event!

No Senior Discount Available

Increase your knowledge and confidence, which will then assist you to make the best decisions for a stress-free retirement! Ladies, attend this event to learn:

- The most common mistakes people make regarding Social Security, what to avoid, AND how to maximize this benefit!
- Need-to-know strategies to avoid outliving your hard-earned money
- How to create a legacy plan to protect you, your spouse or your heirs from the IRS and probate courts
- How to protect your money from market volatility using the dozens of available options

M. Alimo • 1 Wednesday

3/18

6:00pm-7:30pm

\$15

MUSIC

NEW

The World of Mandolin

We will study four styles of music; Bluegrass, Irish, Italian and jazz. Previous experience reading music notation or tablature for mandolin or other instruments is a big plus. Bring along your mandolin and a tuner. Class limited to 5

PREREQUISITE: Must read music

R. Willaum • 5 Mondays **3/2, 3/9, 3/16, 3/23, 3/30** **6:00pm-7:00pm** **\$238**

NEW

Classical Guitar

For those acoustic players who have had experience reading music notation, leave your pick at home. We will be studying lute and guitar music from the Renaissance, Baroque and Classical periods. The techniques will also help to widen your ability to explore ragtime, folk and jazz guitar. Class limited to 5

PREREQUISITE: Must read music

R. Willaum • 5 Mondays **4/20, 4/27, 5/4, 5/11, 5/18** **6:00pm-7:00pm** **\$238**

NEW

The Music of Django Reinhardt and Stephane Grapelli

Reading music is required for this study of the guitar and violin jazz giants from the Hot Club of Paris in the 1930's and 40's. Guitarists be prepared for some crazy chords. Violinists who read music are welcome. Class limited to 5

PREREQUISITE: Must read music

R. Willaum • 5 Mondays **3/2, 3/9, 3/16, 3/23, 3/30** **7:15pm-8:15pm** **\$238**

CRAFTS



NEW

BEGINNER CROCHET FOR RIGHT AND LEFT HANDED

This course is designed for beginners and those new to crochet. Participants will learn basic foundation stitches, how to read a pattern and information about yarns. The student will learn skills needed to make a scarf of grannie squares or continuous crochet. A variety of pattern books and source materials will be available to stimulate your creative juices. Class size is limited. Instructor Bobbie Cahill, left-handed, learned at a young age from her right-handed mom, how to crochet. Please bring a H, I or J size crochet hook and a couple of skeins of inexpensive yarn to class.

B. Cahill • 4 Tuesdays **3/3, 3/10, 3/17, 3/24** **6:30pm-8:00pm** **\$72**

NEW

BEGINNER CROCHET PART 2

This is a continuation of the Beginner class begun in March. Expect to learn more stitches including an introduction to Tunisian stitch, also known as the Afghan stitch. Feel free to bring your own pattern. Start a new project or feel free to seek help on any in progress project on which you are working. Class size is limited.

B. Cahill • 4 Tuesdays **4/7, 4/21, 4/28, 5/5** **(school closed 4/14)** **6:30pm-8:00pm** **\$72**

BUNDLE! The 2 crochet classes can be bundled together for our discounted rate of \$134 contingent upon both classes running. See bundle class in courseform.

OUTDOORS / YARD / NIGHTSKIES

CONTAINER GARDENS '20

No Senior Discount Available

In this hands-on class, learn how to plant and design your own container gardens for season long color and texture. Create stunning combinations of flowers and foliage using a variety of tropical, annuals, perennials, and grasses. Containers for shade, containers for sun, any combination is possible using tried and true techniques that have been refined throughout many growing seasons. **Cost of materials for this class (\$30) is included in the fee.** Upgrades are available for additional charges. **Class is held at Meadowbrook Gardens located at 228 Danbury Road in New Milford.**

R. Rosiello • 1 Wednesday: 5/20 6:00pm-8:00pm \$49

PERENNIAL PLANT COMBINATIONS '20

No Senior Discount Available

One of the joys of gardening is the allure of flowers. Selecting the right perennial combination can turn an ordinary planting into an eye-catching display of color and texture that evolves throughout the growing season. Learn which plants are sure winners and which, with a little extra attention, will reward the home gardener for a stunning display. **Class is held at Meadowbrook Gardens located at 228 Danbury Road in New Milford.**

R. Rosiello • 1 Wednesday: 6/17 6:00pm-7:30pm \$19

SPRING '20 LANDSCAPING DOs AND DONTs

Most people are both excited and overwhelmed leading into spring when it comes to their lawns and landscapes. They tend to start too early with some tasks and miss the window on others. That is why we rely on our experts from YardApes. They have a set timeline for proper spring maintenance tasks as they do for fall regarding dormant pruning, transplanting, spring clean-up, lawn mowing, summer trimming and pruning, and much more.

S. Newman • 4 Mondays 2/24, 3/2, 3/9, 3/16 5:45pm-7:15pm \$60

WINTER + SPRING NIGHT SKIES '20

Join us at the McCarthy Observatory where you will be guided through an exploration and appreciation of the seasonal night sky. At the 16" telescope, outdoors, and in the Observatory classroom, you will learn to navigate among the seasonal stars using constellations and other patterns among the stars as guides. Partake in discussions on current discoveries in space and fascinating astronomy history. Use the brightness and color of stars to help with identification. Develop some personal context for what is in space. Have fun in a casual, small group family-friendly environment. **This class is a family friendly class and open to children under the age of 18 when accompanied by an adult.** **CLASS HELD AT THE MCCARTHY OBSERVATORY, behind New Milford High School.**

Observatory Staff • 6 Wednesdays: 3/18, 3/25, 4/1, 4/8, 4/22, 4/29 (No School 4/15) 7:30pm-9:00pm \$65

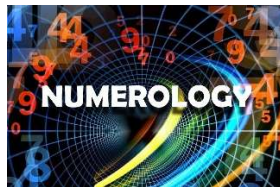
LANGUAGES

NEW GERMAN FOR BEGINNERS

This course is for those looking to learn German. You do not need any prior experience to take this class. We will begin with the basics and move slowly through German sayings, grammar, and tenses. PLEASE PURCHASE AND BRING TO CLASS the following textbook. German: The Ultimate Guide for Beginners ISBN #9781093817300.

K. O'Hara-Ferrari • 8 Thursdays 3/5, 3/19, 3/26, 4/2, 4/9, 4/23, 5/7, 5/14 6:00pm-8:00pm \$238
(no class 3/12 and 4/16)

GENERAL KNOWLEDGE



NEW INSTANT INSIGHT WITH NUMEROLOGY

Get instant insight into the disposition of acquaintances, co-workers, your beloved friends, and family. Learn to calculate personality and forecast numbers revealed by birth name and date using simple addition. Ideal for supervisors, teachers, therapists, police officers, personal trainers, retailers, parents, speed daters, and anyone wanting to understand and relate to people better. Numerology is an ancient metaphysical science that reveals the blueprint of every human being's life and is still one of the most accurate and powerful self-help tools available today. Go home with resources that expose your daily relationship with numbers.

A. Mace • 1 Tuesday 5/12 6:00pm-8:00pm \$25

ALIGNING WITH YOUR INTUITION '20

We all have a sixth sense just waiting to be discovered. It connects us to those aspects of ourselves and our lives that can make us flourish on many levels of our existence, if we just learn to channel it appropriately. Come and explore the many facets of your being, and how you can make it work in your everyday existence. Through exercises meant to enhance these areas, we can explore them together. No prior experience is required. Only the willingness to be open to whatever is meant for you on your particular journey. Let us venture there together! **Please come prepared with a notebook and an open mind.**

M. Rispoli • 5 Thursdays: 3/5, 3/19, 3/26 4/2, 4/9 (no class 3/12) 7:00pm-8:30pm \$105

MEDITATION FOR INTERPRETATION '20

Meditation is a practice where an individual uses a technique to achieve a mentally clear and emotionally calm state. Meditation for Interpretation takes you far deeper. Mela Rispoli will guide you through meditational journeys over six weeks covering topics such as healing, relationships, and understanding of self. No previous knowledge on the subject is required. All you need is a willingness to learn how to quiet your mind and an openness to venture forward in the growth of your own journey.

M. Rispoli • 6 Thursdays: 4/23, 4/30, 5/7, 5/14, 5/21, 5/28 7:00pm-8:30pm \$126

NEW FINDING YOUR HAPPY PLACE FOR ADULTS

Ready for a change? Sign up for a new perspective on life. This course will take you on a journey of self-discovery. Your adventure includes exploring topics such as self-love, gratitude, judgement, letting go, being present, finding your inner self, and much more. All that is required during this escape is an open mind and the willingness to make a positive shift in both yourself and our world.

K. Viera • 5 Thursdays 3/12, 3/19, 3/26, 4/2, 4/9 5:00pm-6:00pm \$70

NEW FINDING YOUR HAPPY PLACE FOR FAMILIES

Life is crazy! Take a break for family time with a twist. Join us on a journey of gratitude, positive thinking, compassion, self-love, resilience, self-esteem, and good decision making. Together, we'll create a new family culture and an understanding of others. Lessons are taught through games, group discussions, and projects.

**K. Viera • 3 Thursdays 4/23, 4/30, 5/7 5:00pm-6:00pm Parent and 1 child \$63
Additional family member \$30**

ONE DANCE '20

Bored of what you are doing on the dance floor, or just outright terrified? Your days of rocking back and forth while turning clockwise slowly are over! Learn a few basic steps that are natural and fun to look and feel super confident for that One Dance that is important to you or someone else. Party, proposal, prom, wedding, Father-Daughter dance, anniversary, community event, beach, or your living room - bring it! This practice is so versatile, it can be done with any genre - pop, metal, Latin, country, alternative, etc. - couples or freestyle. Bring your preferred music to sync to a blue tooth speaker.

A. Mace • 2 Tuesdays 4/21, 4/28 6:00pm-8:00pm \$46 Ages 16+

NEW Perfect Your Pitch: Client Attraction Success Soundbite

Are you telling people what you do and they're just not intrigued? Then this workshop is meant for you! Learn how to share your brilliance with the perfect pitch. Participants will learn:

- the 6 elements of a great pitch, your inviting introduction, and
- how to create your 30-second client attraction soundbite

Denise Ann Watson 1 Monday 3/2 6:00pm – 7:30pm \$25

NEW Credit Success: For New and Experienced Credit Users

Credit Success is a short seminar designed to provide highly informative details, tips, and tricks on establishing a solid credit profile that is ideal for new and established credit users. Participants will learn:

- the credit industry basics
- what factors are used to calculate your credit score
- a few insider tips and tricks on how to build a strong credit profile now!

Denise Ann Watson 1 Monday 3/9 6:00pm – 7:30pm \$25



The shopping cart in our registration site www.newmilford.coursetorm.com is there for your convenience.

NEW PERSONAL FINANCE-WHAT DOES IT ALL MEAN?

Come join us for this 2 night workshop where you will learn about goal setting, budgeting and spreadsheet tools that will help you organize and understand your finances. Learn about credit scores and how they affect you.

A. Chamorro • 2 Mondays **3/23, 3/30** **6:30pm-8:00pm** **\$46**

Also offered in Spanish
También se ofrece en español

NEW FINANZAS PERSONALES: ¿QUÉ SIGNIFICA TODO?

Únase a nosotros en este taller de 2 noches donde aprenderá sobre el establecimiento de objetivos, el presupuesto y las herramientas de hoja de cálculo que lo ayudarán a organizar y comprender sus finanzas. Aprenda sobre puntajes de crédito y cómo le afectan.

A. Chamorro • 2 lunes **4/20, 4/27 6:30 pm-8:00pm** **\$46**

Register Early!

What? My class is cancelled?

We hate to do it, but if too many people wait until the last minute to register, we have no choice. Please register early to avoid disappointment for yourself and others.

Family Learning Nights



Dr. Seuss '20

All students in preschool through 1st grade and their families are welcome! Come explore a special birthday celebration of Dr. Seuss. Enjoy Seuss themed learning through crafts, stories, games and more with a focus on learning as a family. Games and activities reinforce math and reading skills as well as provide a fun family learning experience. When you register, please indicate the number of children attending and their ages.

C. Martin **Monday March 2nd** **6:30pm-8:00pm** **Free**

EARTH DAY '20

All students in preschool through 1st grade and their families are welcome! Come explore a special evening of Earth Day-themed learning through crafts, stories, a bingo game and more with a focus on learning as a family. Games and activities reinforce math and reading skills as well as provide a fun family learning experience. When you register, please indicate the number of children attending and their ages.

C. Martin **Tuesday April 21st** **6:30pm-8:00pm** **Fr**

MAKE AND TAKE

MAKE AND TAKE EDUCATIONAL GAMES

This workshop is for parents who want to learn how to make educational games for their child. As summer approaches, we will work together to prepare some fun learning activities to pull out when your child announces they are bored! You will complete several projects to use or give as gifts for your child.

C. Martin • 1 Thursday 4/26

6:00pm-8:00pm

Adults \$25

MAKE AND TAKE WORDLESS BOOKS

This workshop is for parents who want to learn how to make a wordless book for their family using family photos and clip art. Wordless books help children develop language and critical thinking skills and can set your child up for future reading and writing achievement. Have fun creating a treasure that the whole family can enjoy!

C. Martin • 1 Thursday 5/3

6:00pm-8:00pm

Adults \$25

BUS TRIPS

Trips are non-refundable and run rain or shine.

Please indicate your meal choice at registration either in the drop down menu in Coursestorm or on the registration form.

NEW

DON'T MISS THE MET, NYC

No Senior Discount Available

The Metropolitan Museum of Art is one of the world's largest and finest art museums. Its collection includes more than 2 million works of art spanning 5,000 years of history. This is New York City's most visited museum & should not be missed! We'll enjoy a docent tour of the Museum Highlights. Take a journey around the world, experiencing highlights of the Museum's vast collections of master painting, sculpture, and arts from ancient times to present. This tour will help you to get the big picture of this vast collection. Lunch will be on own at the Museum cafeteria. Time to explore the gift shop and museum exhibits.

Sunday, April 26th

Departure: 7:30am New Milford High School Est. Return: 6:00pm New Milford

\$119

NEW

SUNDAY BRUNCH JAZZ CRUISE

No Senior Discount Available

The Experience Awaits.... See New York City...From a New Perspective! Enjoy the Hornblower's spectacular fleet! Come aboard one of these beautiful vessels and experience the dynamic views and countless sites of New York Harbor. You will even get up close and personal with lovely Lady Liberty! During our 2 hour cruise, we enjoy a fabulous Sunday Buffet Brunch with live Jazz entertainment followed by a DJ for dancing. The upscale brunch buffet features hot and cold breakfast and luncheon options, an Omelette station, Carving Station, baked goods and more. Mimosa's, juice & coffee included (cash bar available).

Sunday, July 19th

Departure: 9:15am New Milford High School Est. Return: 5:00pm New Milford

\$139

SAVE the Date!

Oct 26th by popular demand we have booked a trip to the Blaze. Details will follow

ADDITIONAL NEW MILFORD ADULT EDUCATION INFO

Seating Availability: Registration for enrichment courses is on a first-come, first-served basis.

Registration Availability: Registrations are accepted once our brochure is available and our website is live.

Who May Enroll: Enrichment classes are **only open to adults age 18 and over** unless otherwise stated. Class fees must be paid in full prior to inception of any class. No one is permitted to attend class for one evening as a drop-in for an amortized rate. Registrations after a class has begun still require full registration fee. Residents of other districts are welcome with no additional out-of-district fee.

Senior Discount: A **10% discount** is given to enrollees age 62 and over **for some classes**. When registering **Online**: Enter appropriate promo code: **senior s20** and hit **Apply Button** or it will not register. When registering **By Mail**: note **seniors20** on brochure registration form. **This discount does not apply to Certification Classes, Ed2Go Classes, Bundled Classes, Trips or classes with fees of \$35 and under.**

Email addresses are requested for all registrations so that all registrants can be contacted electronically due to course changes or cancellations.

Register Early. Please register at least 2 weeks prior to the start date of class to avoid course cancellation. If there are not enough registrations by the week before the class, the course may be cancelled.

Online registrations are available by visiting www.newmilford.coursesform.com. Online payment is available via credit or debit card. A minimal fee applies. **Agreement to having read and understood our policies is required.**

Mail – In registrations can be made by filling out our registration form completely, **inclusive of your signature, indicating that you have read and agreed to our policies**. Payment is only available by check (made payable to New Milford Adult Education) and can be sent to New Milford Adult Education, 388 Danbury Road, New Milford, CT 06776.

Walk-in registrations can only be accepted during New Milford Adult Education business office hours Monday through Thursday from 3:00pm to 8:30pm. Fully completed registration forms, **inclusive of your signature, indicating that you have read and understood our policies**, must accompany payment.

Bundled Pricing: Some classes are grouped together for a discounted price. Bundled pricing is contingent upon all classes in that package running.

Fees: A \$25.00 fee will be charged for any returned check

Cancelling your registration: Trips and Classes require a minimum number of attendants to run. Class refunds will only be issued if you withdraw your class registration *five (5) business days, prior to the course's scheduled start date ***(not including dates the school is closed)**. If you wish to cancel within the allowable time frame, please do so by contacting us via email at adulted@newmilfordps.org or by phone at 860-350-6647 x1170 during business hours (see page 1). **No refunds** can be given once a class begins. If a class is cancelled mid-stream, an amortized refund will be issued. A student's absence(s) from a class does not result in a refund, credit or make-up.

Course Cancellations: Full refunds will be given if a course is cancelled by New Milford Adult Education due to insufficient registrations or unforeseen circumstances. Notification of cancellations will be sent electronically upon immediate notification of the former and *two (2) business days before the class was scheduled to begin for the latter. Classes missed due to inclement weather will be made up. If an instructor is not able to do so, an amortized refund will be given.

Credit Card transactions over 90 days will be issued in the form of a check.

Trips: Run rain or shine, and are non-refundable unless trips are cancelled. Senior discounts do not apply

DO YOU HAVE A HOBBY, SKILL OR SPECIALTY YOU WOULD LIKE TO SHARE WITH OTHERS?

New Milford Adult Education is always looking to add new courses to its already popular lineup. We are looking for enthusiastic, qualified instructors to share their passion in either computers, crafts, a language, music photography, or any other area of interest, with our community.

The possibilities are endless. Certification is not always required.

Contact us at adulted@newmilfordps.org or
860-350-6647 x 1170

New Milford Adult Education WINTER/SPRING 2020 ENRICHMENT REGISTRATION FORM

*Indicates mandatory field

*NAME:				
*STREET:				
*CITY:		*STATE:		*ZIP:
*HOME PHONE:		*CELL PHONE:		
*EMAIL:				
*COURSE TITLE:	*START DATE OF CLASS:	<u>Full Amt</u>	<u>Bundled Amt</u>	<u>Sr. Discount Amt</u>
		Full \$ _____	Bundled \$ _____	Disc: \$ _____
		Full \$ _____	Bundled \$ _____	Disc: \$ _____
		Full \$ _____	Bundled \$ _____	Disc: \$ _____
*CHECK#		*TOTAL\$		
<p>I have read, understood and agree to all the New Milford Adult Education Policies noted throughout catalog</p>				
*SIGNATURE		*DATE		
<p>Enrollment Confirmations will be sent by email when registering for classes when an email address is provided. Confirmations can be mailed by U.S.P.S. when requested with a self-addressed, stamped envelope.</p>				
MAIL TO:				
<p>NEW MILFORD ADULT EDUCATION 388 DANBURY ROAD, NEW MILFORD, CT 06776 860-350-6647 x1170 phone ~ adulted@newmilfordps.org Email</p>				
ONLINE REGISTRATION: www.newmilford.coursestorm.com				

The New Milford Board of Education provides public education for children in grades pre-K to 12 who are residents of the town of New Milford. As part of its education program, the New Milford Board of Education offers vocational education and training to eligible students. As is the case regarding all of the schools district's programs and activities, all vocational opportunities are offered without regard to race, color, national origin, sex, disability, or any other basis prohibited by law. For questions or complaints regarding the district's policy of non-discrimination, please contact the Title IX/Section 504 Coordinator:

Section 504 Coordinator, Title IX Coordinator for Students
Alisha DiCorpo, Assistant Superintendent
New Milford Board of Education
50 East Street, New Milford, CT 06776
860-354-3235

Title IX Coordinator for Staff
Ms. Ellamae Baldelli, Director of Human Resources
New Milford Board of Education
50 East Street, New Milford, CT 06776
860-210-2200