



Norwalk ▶
Public
Schools



CONTINUING EDUCATION

F A L L 2 0 0 9

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FALL 2009 CALENDAR

September 2/3	Registration for G.E.D., High School Diploma, Basic Skills and E.S.L. Classes
September 8	Classes begin for G.E.D., High School Diploma, Basic Skills and E.S.L. Classes
September 15	No Classes Held at Brien McMahon High School
September 21	Registration for Enrichment Classes
September 28	No Classes Held – Yom Kippur
October 5	Enrichment Classes Begin
October 12	No Classes Held – Columbus Day
November 3	No Classes Held – Election Day
November 11	No Classes Held – Veterans' Day
November 25/26	No Classes Held – Thanksgiving

NORWALK PUBLIC SCHOOLS

BOARD OF EDUCATION MEMBERS

Jody Bishop-Pullan
Greg Burnett
Jack Chiamonte
Susan Hamilton
Glenn Iannaccone
Amy Jimenez
Shirley Mosby
Rosa Murray
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CONTINUING EDUCATION STAFF

Donald Foust, *Director*
Linda Cervi, *Secretary*
Site Managers
Benjamin Mierzejewski
Daniel Sullivan
Angela Tudisco
Roger White
Evening Counselors
Yvonne Berrios
Angela Tudisco

ADULT EDUCATION ADVISORY COMMITTEE

Annette Esposito
Curtis Law
John O'Donnell
Migdalia Rivas
Gwendolyn Young

Anthony Daddona,
*Assistant Superintendent for
Curriculum & Instruction*

GENERAL INFORMATION 854-4115

PROGRAM COSTS— ENRICHMENT COURSES

Course fees for each course appear under the Course Listings.

Senior Citizens (62 or older) receive a 1/3 discount. No discount on one session courses or on those courses noted. For those courses involving physical activity, a physical examination by your doctor is recommended.

Some of our enrichment courses may be taught by people who are actively involved in a business or profession that is related to the subject they teach. Although we endorse their ability as instructors, we make no comment as to their professional skills or abilities or the value of any product or service they sell.

REFUNDS

Absolutely no refunds will be made after the first night of class. Requests for refunds prior to first night of class **must** be in writing and received before the first night of class. No refunds for **one session** classes. Fees listed include a \$10 registration fee which is **nonrefundable** unless the course is cancelled by Continuing Education. Allow 6 weeks after classes begin to receive refunds.

PROCEDURES

Classes with enough enrollment to be self-sufficient will run, so be sure to register early. The administration reserves the right to limit enrollment, withdraw courses or discontinue classes.

Registrants will be notified only if a course is closed or withdrawn. No confirmation will be mailed to you unless you enclose a self-addressed envelope with the registration form.

All registrations will be processed on a first-come, first-served basis.

STORM DAY POLICY

If daytime schools are closed because of bad weather, Continuing and Adult Education classes are also cancelled. If daytime classes are held, then Adult Education classes will also be held unless during the day the weather changes drastically. In that case, please listen to WNLK (1350), WMMM (1260) and WICC (660) after 4:00 p.m.

ENRICHMENT COURSES FOR FALL 2009

10 IMPORTANT QUESTIONS FOR YOUR CPA
A FRENCH CHRISTMAS
A NEW ENGLAND WINTER
ACING THE INTERVIEW
ACTING
ADVANCED BAKING SKILLS
ANGELS, AURAS AND YOUR INTUITION
AQUACISE
AQUA JOG
AUTUMNAL PIES
BALLROOM DANCING
BASIC AND ARTISANAL BREADS
BASIC CROCHET
BATH SALTS & BODY SCRUBS
BE FABULOUS—LEARN FASHION, STYLE
AND BEAUTY TECHNIQUES
BEGINNING & INTERMEDIATE FRENCH
CIAO (LEARN ITALIAN)
COLLEGE FUNDING DURING THE ECONOMIC CRISIS
CULINARY BOOT CAMP #1 & #2
DESIGN FOR SELLING
FINANCIAL STRATEGIES DURING A JOB TRANSITION
FRENCH CONVERSATION
HEALING WITH REIKI
HELPING YOU PLAN FOR A NEW RETIREMENT
HOLIDAY ENTERTAINING
HORS D'OEUVRES
INTRODUCTION TO THE PC & WINDOWS
INVESTMENT PLANNING FOR WOMEN
KNITTING CLASS
LEARN HOW TO GIVE A RELAXING MASSAGE
LIVING TRUSTS
PACIFIC RIM CUISINE
PIZZA NIGHT
PRAXIS I MATH SUPPORT
ROOM REDESIGN
SAUSAGE MAKING
SUBSTITUTE TEACHER TRAINING
TECHNIQUE FOCUS ON: SAUTÉ
THE BEST DARN COLLEGE SAVINGS PLAN EVER
UNIQUE VOICE? CURIOUS ABOUT VOICE-OVER?
VEGETARIAN INDIAN CUISINE
WARRIOR OF LIFE PROGRAM
WINTER STEWS
WRITING A GREAT RESUME
YOUR LIFE—YOUR STORY—YOUR WAY—
CREATIVE MEMORIES

E.S.L. • BASIC SKILLS • SPECIAL PROGRAMS

Registration for the classes held at Brien McMahon High School listed below will be held on September 2 and 3, 2009, from 7:00-8:30 p.m. in the **Main Lobby of Brien McMahon High School. Brien McMahon High School is located at 300 Highland Avenue.**

Classes will begin on September 8 and last for 12-1/2 weeks.

• **NO FEE REQUIRED • PROOF OF RESIDENCY REQUIRED•**

Registration for ESL classes at Nathaniel Ely School will take place on Wednesday, September 9, at the school. Beginners should register at 11:30 a.m. and Advanced Beginners at 9:30 a.m. **Nathaniel Ely School is located at 11 Ingalls Avenue.** Registration for ESL classes at the

Carver Community Center will take place on Wednesday, September 9, at 10:00 a.m. at the center. **The Carver Center is located at 7 Academy Street.** Registration for ESL classes at Columbus School will take place on Wednesday, September 9, at 7:00 p.m.

at the school. **Columbus School is located at 46 Concord Street.** Registration for classes at Brookside School will take place on Saturday, September 19, at 9:30 a.m. at the school. **Brookside School is located at 382 Highland Avenue.**

E.S.L. CLASSES

Held at Brien McMahon High School, 7:00-9:00 p.m.,
Tuesday and Thursday:

927	Beginners	Room 2049
929	Beginners	Room 2094
932	Beginners	Room 2050
935	Beginners	Room 2052
942	Beginners	Room 2055
926	Intermediate	Room 2056
938	Intermediate	Room 2057
1000	Intermediate	Room 2059
998	Advanced	Room 2105
939	Advanced/Americanization	Room 2054

Held at Columbus School, 7:00-9:00 p.m.,
Monday and Wednesday:

924	Beginners
933	Advanced Beginners
937	Intermediate

Held at Brookside School, 9:30 a.m.-12:30 p.m.
Saturday:

1001	Beginners
1003	Advanced Beginners
1002	Intermediate

Classes filled on a first come, first served basis.

Clases de Inglés como segundo idioma

Estas clases se ofrecen en los siguientes lugares, en las mañanas y las noches:

Escuela: Nathaniel Ely School

Lunes y Miércoles
Principiantes:
11:30-1:30 p.m.
Principiantes Avanzados:
9:30-11:30 a.m.

Escuela: Carver Community Center

Lunes y Miércoles
Intermedios:
10:00-12:00 noon
Avanzados:
12:00-2:00 p.m.

Escuela: Brookside School

Sabado
Principiantes y Intermedios
9:30 a.m.-12:30 p.m.

Escuela: Brien McMahon High School

Martes y Jueves
Principiantes, Intermedios y Avanzados:
7:00-9:00 p.m.

Escuela: Columbus School

Lunes y Miércoles
Principiantes y Intermedios:
7:00-9:00 p.m.

Matrícula Limitada Los primeros en llegar serán los primeros a ser matriculados.

E.S.L. CLASSES – English As A Second Language

For new arrivals in Norwalk from other countries, these classes offer English conversation, writing, reading, and competency skills.

925	Beginners	11:30 a.m.-1:30 p.m. Mon. & Wed. Nathaniel Ely School
928	Advanced Beginners	9:30 a.m.-11:30 a.m. Mon. & Wed. Nathaniel Ely School
930	Intermediate	10:00 a.m.-12:00 noon Mon. & Wed. Carver Center
931	Advanced	12:00-2:00 p.m. Mon. & Wed. Carver Center

ADULT BASIC EDUCATION

BASIC SKILLS

This program provides assistance to adults who need to learn basic skills in reading, writing and mathematics before taking G.E.D. Prep classes.

943	Tuesday and Thursday	7:00-9:00 p.m. Brien McMahon High–Room 2108
954	Basic Education	7:00-9:00 p.m. Wednesday Brien McMahon High, Room 1097

FIND OUT ABOUT A NEW OPPORTUNITY TO GET YOUR HIGH SCHOOL DIPLOMA BY TAKING COURSES ONLINE THROUGH OUR VIRTUAL HIGH SCHOOL PROGRAM

For further information come to our registration on September 2 & 3, 2009, from 7:00-8:30 p.m.

at Brien McMahon High School.

If you are new to our program please bring a copy of your high school transcript with you.

Norwalk Continuing and Adult Education does not charge a fee for any textbooks or materials used in the mandated program areas.

HIGH SCHOOL DIPLOMA • G.E.D.

Registration for classes held at Brien McMahon High School listed below will be held on September 2 and 3, 2009, from 7:00-8:30 p.m. in the Main Lobby of Brien McMahon. **Brien McMahon High School is located at 300 Highland Avenue.** If you are enrolling for the first time for high school classes or individual LAB programs you must bring your high school transcript. Classes begin September 8 and continue for 12-1/2 weeks.

• **NO FEE OR MAIL-IN REGISTRATION REQUIRED • PROOF OF RESIDENCY REQUIRED**

Registration for Carver Community Center GED classes will take place on Wednesday, September 9, at 10:00 a.m. at the center. **Carver Community Center is located at 7 Academy Street.** Registration for classes at Brookside School will take place on Saturday, September 19, at 9:30 a.m. at the school. **Brookside School is located at 382 Highland Avenue.**

HIGH SCHOOL DIPLOMA

Twenty credits are required to earn an accredited Adult Education High School Diploma. These credits include previous education and vocational and life experiences. A minimum of two credits must be earned in the Adult Education program. A guidance counselor will review the course(s) needed to complete the requirements for graduation. These classes are open to all residents 16 years of age or older and no longer attending high school. These classes will be held at Brien McMahon High School. If you are enrolling for the first time, you **must** bring your high school transcript.

Monday & Wednesday	7:00-9:00 p.m.	25 sessions
901	English I, II	2059
902	English IV	2052
903	General Science	2108
904	Business Math/Algebra I	2055
906	Computer	2061
908	Electronics	1186
911	Civics	2054
Tuesday & Thursday	7:00-9:00 p.m.	25 sessions
905	World History	2107
912	Fundamental Math	2097
913	English III	2106
914	U. S. History	2104
917	Physical Science	2107
919	Workplace Readiness	2061

LITERACY VOLUNTEERS

Literacy Volunteers work closely with the Adult Education Program. Trained volunteers tutor adults in either basic reading, writing or conversational English skills on a one-to-one basis two hours a week. **For further information call Literacy Volunteers at 853-7437.**

INDIVIDUALS WITH A DISABILITY WHO REQUIRE AN ACCOMMODATION IN ORDER TO PARTICIPATE IN ANY CLASS, PROGRAM OR ACTIVITY, OR WHEN TAKING THE GED EXAM, PLEASE CONTACT DONALD FOUST, DIRECTOR OF ADULT EDUCATION, AT (203) 854-4115.

G.E.D.–Connecticut High School Diploma

Provides an opportunity for adults who have never earned a high school education to develop necessary skills and understanding to take the GED Examination. The five parts (reading, writing, math, science and social studies) are reviewed and areas needing special study are identified.

921	Monday and Wednesday Brien McMahon High	7:00-9:00 p.m. Room 2109
922	Monday and Wednesday Spanish—Brien McMahon High School	7:00-9:00 p.m. Room 2049
923	Monday and Wednesday Carver Community Center	10:00-12:00 noon
960	Saturday-Spanish Brookside School	9:30 a.m.-12:30 p.m.

INDIVIDUAL LAB PROGRAM

This program is designed to assist students who are close to graduation and need an additional credit, or less, that can be satisfied through the Individual Labs available. Due to limited space, students will be selected on a priority basis. Students can only take one credit, or partial credit course, to fulfill a requirement. Once this credit is completed, they may return to the waiting list...no exceptions. The packets meet the required 60 hours of instructional learning time per credit. These classes are given at Brien McMahon High School on Monday, Tuesday, Wednesday and Thursday from 5:00-7:00 p.m. These classes meet in the library, by scheduled times only.

800	Increasing Your Vocabulary	813	Life Skills Math II
801	Basic English I	814	Basic Algebra Intro
802	Basic English II	815	Algebra
803	Life Skills Reading	816	General Science
804	Life Skills Writing	817	Life Skills Science
805	You and The Law	818	Biology
806	U.S. Government	819	Chemistry
807	American History I	820	Study Skills I
808	World History	821	Study Skills II
809	Counseling Topics	822	Literature and Comprehension
810	Basic Math I		
811	Basic Math II		
812	Life Skills Math I		

**Additional packets available—arrangements made through instructor of class.*

The External Diploma Program is available to qualified students to work with a certified teacher to earn an External Diploma through Literacy Volunteers. For more information please call Paula Reed or Judy Klein at (203) 338-9007.

CULINARY ARTS

Richard Barbour is a graduate of the Culinary Institute of America and Michigan State's Hotel Program. He is currently Chef Teacher at Brien McMahon High School and a Doctoral Candidate. With over thirty years of culinary experience, he had led and managed the kitchens for The "21" Club and the Rainbow Room. He has also directed food and beverage activities for restaurants and hotels including positions at The Pierre, Regency and Plaza Hotels, and the SoHo Wine Bar. These classes are designed to be very "hands-on" to mimic the pace of a professional kitchen, and there are usually plenty of leftovers. Bring your food storage containers!

204 – NEW! PIZZA NIGHT

Make your own dough and create pizzeria-quality pies in a flash! We will organize a toppings bar and enjoy our creations. **There is a food fee of \$15 payable to the instructor at the beginning of the class.**

Brien McMahon	Monday	1 session
Barbour	7:00-9:00 p.m.	\$26
	10/5	

205 / 206 – CULINARY BOOT CAMP #1

Learn professional kitchen techniques from an Executive Chef! Feel confident in taking on any recipe. Many subjects will be explored including: equipment selection and care—more bang for your buck; cooking methods and terminologies—what cut of meat is best for a dish; basic knife cuts; boning and portion techniques; the five "Mother" sauces. In a combination of demonstration, lecture and hands-on cooking, each participant will gain valuable insight and secrets from the trade from a professional chef. **There is a food fee of \$25 payable to the instructor on the first night of class.**

Brien McMahon	Offered twice	3 sessions
Barbour	7:00-9:00 p.m.	\$50
205	Tuesday	Begins 10/6
206	Monday	Begins 11/9

207 – NEW! CULINARY BOOT CAMP #2

Extending our exploration focusing on techniques, we will prepare items utilizing specialized equipment from a professional kitchen. Using the slicing mandoline, Robot Coupe, immersion blender and others, we will create entrees and side dishes that will welcome your own custom variations. **There is a food fee of \$30 payable to the instructor on the first night of class.**

Brien McMahon	Wednesday	3 sessions
Barbour	7:00-9:00 p.m.	\$50
	Begins 10/7	

208 – NEW! TECHNIQUE FOCUS ON: Sauté

Sauté means "to jump", and is a quick way to prepare delicious foods. Learn the method the professional way. Perfect your flipping skill over OUR floor! **There is a food fee of \$15 payable to the instructor at the beginning of the class.**

Brien McMahon	Thursday	1 session
Barbour	7:00-9:00 p.m.	\$26
	10/8	

209 – NEW! HORS D'OEUVRES

The art of the cocktail appetizer, just in time for the season! We will make the simple to extravagant, all with attractive flair. Hot and Cold, Seafood, Meat and Vegetarian offerings. **There is a food fee of \$30 payable to the instructor on the first night of class.**

Brien McMahon	Thursday	3 sessions
Barbour	7:00-9:00 p.m.	\$50
	Begins 10/15	

210 – NEW! PACIFIC RIM CUISINE

Authentic Asian ingredients and techniques with lamb, beef and duckling. Indonesian Satay Skewers and traditional dips/side dishes. **There is a food fee of \$25 payable to the instructor on the first night of class.**

Brien McMahon	Monday	3 sessions
Barbour	7:00-9:00 p.m.	\$50
	Begins 10/19	

211 – NEW! ADVANCED BAKING SKILLS

An extension of our popular Artisan Bread class, we will further explore the wonders of yeast breads, and delve into basic cake techniques together. **There is a food fee of \$20 payable to the instructor on the first night of class.**

Brien McMahon	Tuesday	3 sessions
Barbour	7:00-9:00 p.m.	\$50
	Begins 10/27	

212 – NEW! AUTUMNAL PIES

Imagine the aroma of your own pie baked from fresh fruit permeating your kitchen! We will work on traditional American fruit pies, as well as classic continental presentations. **There is a food fee of \$20 payable to the instructor on the first night of class.**

Brien McMahon	Wednesday	2 sessions
Barbour	7:00-9:00 p.m.	\$36
	Begins 10/28	

213 – NEW! HOLIDAY ENTERTAINING

We will focus on appetizers, entrees and desserts that suit themselves well to holiday entertaining, designed to garner praise while staying out of the kitchen when the guests are in the den! **There is a food fee of \$25 payable to the instructor on the first night of class.**

Brien McMahon	Thursday	2 sessions
Barbour	7:00-9:00 p.m.	\$36
	Begins 11/5	

214 – NEW! SAUSAGE MAKING

One aspect of the art of Charcuterie is making custom, delicious sausages. We will grind, season, and fill our own Chorizo, Duck with Green Apple, and Seafood Sausage. **There is a food fee of \$20 payable to the instructor on the first night of class.**

Brien McMahon	Wednesday & Thursday	2 sessions
Barbour	7:00-9:00 p.m.	\$36
	11/18 & 11/19	

CULINARY ARTS

215 – VEGETARIAN INDIAN CUISINE

Shama Mital has been teaching Indian vegetarian cuisine in Norwalk for a number of years. She teaches the authentic Indian way using various spices and herbs. In the class appetizer, full meals, desserts, chutney and beverages are cooked. This is a hands-on class where everyone participates and enjoys what is cooked. **A one-time food fee of \$25 is payable to the instructor at the beginning of the first class.**

Nathan Hale Mital	Tuesday 7:00-9:00 p.m. Begins 10/13	3 sessions \$50
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216 – NEW! A FRENCH CHRISTMAS!

All from scratch: French Five-Onion Soup, your choice of Beef Wellington or Coulbiac of Salmon, a salad of baby greens and cheese, and a Pear Tarte Tatin are featured. You will know some secrets to offering this for plated or buffet service. **There is a food fee of \$30 payable to the instructor on the first night of class.**

Brien McMahon Barbour	Wednesday 7:00-9:00 p.m. Begins 12/2	2 sessions \$36
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217 – NEW! WINTER STEWS

Brace yourself for winter with these warming, easy-to-prepare meals. A selection of Lamb or Beef and Chicken Pot Pie are featured. **There is a food fee of \$20 payable to the instructor on the first night of class.**

Brien McMahon Barbour	Monday 7:00-9:00 p.m. Begins 11/30	2 sessions \$36
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218 – BASIC AND ARTISANAL BREADS

Learn basic yeast and sourdough techniques with white, wheat and rye dough. Also, flatbreads and pitas. **There is a food fee of \$20 payable to the instructor on the first night of class.**

Brien McMahon Barbour	Tuesday 7:00-9:00 p.m. Begins 11/24	3 sessions \$50
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219 – NEW! A NEW ENGLAND WINTER!

The comfort stuff: Clam Chowder, Yankee Braised Pot Roast with Root Vegetables and Parsley Noodles, and an old-fashioned Apple Cobbler. **There is a food fee of \$25 payable to the instructor on the first night of class.**

Brien McMahon Barbour	Thursday 7:00-9:00 p.m. Begins 12/3	2 sessions \$36
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FOREIGN LANGUAGES

500 – “CIAO”

This is a fun Italian course which will focus on the basic parts of speech, grammar and essential vocabulary needed for daily conversation and travel. Students will have the opportunity to speak Italian with the instructor and in class.

Brien McMahon Ruffo	Monday 7:00-9:00 p.m. Begins 10/5	8 sessions \$98
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501 – NEW! BEGINNING FRENCH

This is an introduction to French, including basic conversation, pronunciation and culture. This course is designed for people who have no knowledge of French at all—come and have fun learning to express yourself *en francais!* Play “frenghish”, and find out how much you already know! It’s extraordinaire!

Brien McMahon Thorpe	Monday 7:00-9:00 p.m. Begins 10/5	8 sessions \$98
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502 – NEW! FRENCH CONVERSATION

If you are reasonably fluent in French and would just like to practice, come and join our group! We will read and discuss articles from time to time, and if questions of grammar come up, we will address those, with a little practice if necessary. The emphasis is on everyday spoken French, rather than literary French. Enjoy relaxed conversation and discussion of everyday subjects.

Brien McMahon Thorpe	Wednesday 7:00-9:00 p.m. Begins 10/7	7 sessions \$86
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503 – NEW! INTERMEDIATE FRENCH

This course is for those who already speak some French and would like to improve and develop their knowledge. We will focus on grammar and vocabulary, with lots of opportunities to speak and use what you have learned. Play more “frenghish” and learn some idiomatic expressions. The aim is to have fun while learning!

Brien McMahon Thorpe	Tuesday 7:00-9:00 p.m. Begins 10/6	8 sessions \$98
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600 – COLLEGE FUNDING DURING THE ECONOMIC CRISIS

Senator Chris Dodd recently estimated that over \$110 billion dollars in college savings has been lost in the recent market downturn. John F. Pearson, CPA, founder of TaxScholarship.com and nationally known speaker and columnist on college planning, will show you creative tax, scholarship, and college admission strategies that can help you fund your child's college education, while leaving you in better financial shape to retire.

Brien McMahon Pearson	Tuesday 7:00-8:30 p.m. 11/10	1 session \$23
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601 – INVESTMENT PLANNING FOR WOMEN

Before you invest your money, you should know what you are buying and why you are buying it! Through discussion and class materials we will demystify the world of investing. You will come to understand the meaning of cash equivalents, bonds, stocks, mutual funds and annuities and how each category can work for you. This is an excellent course for learning about the basic asset classes and simple strategies for a lifetime of investing. **Brenda Catugno, CASL, is a Financial Planner and Investment specialist with MetLife. She has been teaching this course with us for nine years.**

Brien McMahon Catugno	Tuesday 7:00-8:30 p.m. Begins 11/10	3 sessions \$45
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602 – NEW! THE BEST DARN COLLEGE SAVINGS PLAN EVER!

Tuition at colleges and universities around the country continue to rise, in spite of outside factors that one would think would slow the increases. More and more responsible parents start savings plans to help cover the costs when their children go off to school. The problem is, those plans are running into difficult times, and it is tough to project how they will do. The plans also do not take into consideration others factors such as the continued health of the parent affecting their ability to make deposits. The plans also do not maximize the ability to receive need-based financial help. "The Best Darn College Savings Plan Ever" resolves these problems and more. Don't miss this class if your children are in elementary or middle school now. The instructor saved over \$80,000 during his two daughters' seven years of college attendance. Learn how you can do that too.

Brien McMahon Carter	Wednesday 7:00-9:00 p.m. 10/21	1 session \$26
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603 – NEW! HELPING YOU PLAN FOR A NEW RETIREMENT

Retirement today isn't what it used to be. Your retirement can be the beginning of a new lifestyle and a time of opportunity and discovery. This dynamic workshop will help you explore your options for feeling more confident, in control and on track with your retirement planning—and help you develop a strategy that's right for you. Some of the topics this class will cover are envisioning your ideal retirement, determining your future income needs and sources, managing your risks in retirement savings, managing tax and estate planning strategies and 401(k) rollover options.

This class is presented by Henry J. Cormier, CFP Senior Financial Advisor and Private Wealth Advisor with Ameriprise Financial Services, Inc. This is an educational seminar. There is no obligation and Henry Cormier does not receive any compensation for this presentation.

Brien McMahon Cormier	Tuesday 7:00-9:00 p.m. 10/13	1 session \$26
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604 – NEW! FINANCIAL STRATEGIES DURING A JOB TRANSITION

Today's unprecedented economy is forcing an unfortunate situation for many talented and successful people. We don't always choose change but how we respond to change can profoundly affect our future success. This dynamic workshop will help you plan to bridge the gap between this job loss and the next phase in your career. Some of the topics we will cover are how long will my money last, how do I evaluate my severance package, what do I do with my retirement plan and how can I bridge my next opportunity.

This class is presented by Henry J. Cormier, CFP Senior Financial Advisor and Private Wealth Advisor with Ameriprise Financial Services, Inc. This is an educational seminar. There is no obligation and Henry Cormier does not receive any compensation for this presentation.

Brien McMahon Cormier	Tuesday 7:00-9:00 p.m. 10/27	1 session \$26
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DID YOU HEAR ABOUT OUR SATURDAY MORNING ESL AND GED CLASSES AT BROOKSIDE SCHOOL?

Classes are held from 9:30 a.m. - 12:30 p.m.
Registration will take place on
Saturday, September 19, 2009 at 9:30 a.m.
at Brookside School.

FINANCIAL • BUSINESS

605 – NEW! 10 IMPORTANT QUESTIONS FOR YOUR CPA

Do you know what questions to ask your CPA this year when you meet with him to work on your tax return? There are several important things (at least 10) to discuss with your accountant that would lower your taxes or eliminate or reduce taxes on your social security as well as possibly increasing your rate of return and increasing your safety on your investments.

Come to this class and find out what they are!

Christopher H. Cooke, Chartered Life Underwriter (1980), Chartered Financial Consultant (1989), has been in the financial services industry since June 1970, after graduating from Purdue University with a BS in Economics. Chris operates a local branch of *The Senior Financial Center*, a firm specializing in asset protection and income planning. SFC is an innovative establishment where those individuals 60 and better can obtain financial advice and services for their overall financial and insurance planning concerns.

Brien McMahon	Tuesday	1 session
Cooke	7:00-9:00 p.m.	\$26
	10/20	

606 – NEW! LIVING TRUSTS

During the next 10 years over 18 Trillion Dollars will change hands as senior Americans pass their estates to their heirs. The IRS would be delighted if the average citizen did no planning because it would diminish their “take”. Also probate fees and attorney fees average 6% of the gross estate, much of which can be minimized and or eliminated! Only in America do you have the privilege of dying and still have to pay tax on the assets you paid tax on to acquire. An AARP report states “it may take as much as 17 times longer and cost 100 times more to transfer a deceased person’s wealth to survivors” than in Great Britain. A Living Trust will keep your estate out of probate and eliminate unnecessary taxes and expenses and do it in a short amount of time with no hassles. Come to this Adult Education class to find out about this and more.

Christopher H. Cooke, Chartered Life Underwriter (1980), Chartered Financial Consultant (1989), has been in the financial services industry since June 1970 after graduating from Purdue University with a BS in Economics. Chris operates a local branch of *The Senior Financial Center*, a firm specializing in asset protection and income planning. SFC is an innovative establishment where those individuals 60 and better can obtain financial advice and services for their overall financial and insurance planning concerns.

Brien McMahon	Tuesday	1 session
Cooke	7:00-9:00 p.m.	\$26
	10/13	

SELF IMPROVEMENT

700 – SUBSTITUTE TEACHER TRAINING

Learn how to be a successful substitute teacher. This workshop will introduce a variety of techniques to make substituting a successful experience for students. Training is provided by Norwalk Public School teachers who use the research based Utah State University training model. **Text included in fee.**

Brien McMahon	Tuesday	1 session
Staff	6:00-9:00 p.m.	\$35
	10/20	

701 – AQUA JOG

This is a fun, low impact exercise program performed in the deep end of the pool with flotation devices to work upper and lower body to strengthen and tone muscles, increase flexibility. No stress on joints or muscle soreness the following day. **This is a fitness program for adults that is performed in the deep water with flotation devices. Basic swimming skills required. Co-ed.**

Norwalk High	Monday	7 sessions
Duff	7:00-7:45 p.m.	\$75
	Begins 10/19	

DON'T WAIT TO SIGN UP FOR CLASSES!

Class offerings depend on minimum enrollments.

Don't take a chance that your class may be canceled or filled ... enroll today!

SELF IMPROVEMENT

702 – BE FABULOUS

Learn fashion, style and beauty techniques to help you create a confident and comfortable image

Sheri McCready is an expert in the field of fashion and style. This workshop will focus on how the correct wardrobe will enhance body, career and mind. The class will show participants how to develop the confidence to dress with style and individuality. Participants will be shown how to revive their style based on their flexibility and needs. Topics will include closet analysis, image makeover and personal shopping.

Based in Norwalk, Connecticut, WonderLooks Image Specialists is owned and operated by Sheri McCready. After ten years in the fashion and beauty industries, she launched WonderLooks Image Specialists in response to the growing need for style and image assistance for individuals. Ms. McCready provides private consultations and remarkable makeovers to men and women who want to overhaul or fine tune their image into a self-assured, comfortable style.

Brien McMahon McCready	Thursday 7:00-9:00 p.m. 10/8	1 session \$26
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703 – NEW! ACTING

Are you a local actor who wants to sharpen your skills or are you just enthusiastic about acting but haven't had the opportunity to perform? Either way, this class is for you! This acting workshop provides the opportunity to explore various emotions through text, action, and character while focusing on what is most important in good acting skills—the importance of being real and the unveiling of truth. Students will begin by taking part in various acting exercises that help with focus, listening, and being in the moment. We will follow up by working in groups to do scene work from various comedic and dramatic plays. Finally, we will work briefly with monologues and cold readings to sharpen auditioning skills.

Leigh Katz is a graduate of The American Musical and Dramatic Academy in New York City. She also holds a B.F.A. in Theater from The New School University and an M.A. in Education from Columbia University Teachers College. She has performed a broad range of leading roles in various local and professional theaters throughout Connecticut and New York.

Brien McMahon Katz	Thursday 7:00-9:00 p.m. Begins 10/8	8 sessions \$98
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704 – NEW! WARRIOR OF LIFE PROGRAM

Following in the footsteps of historical warrior traditions from the Native American Tribes to the Japanese Samurai, The Warrior of Life Program encompasses a holistic approach for experiencing fun, security, love, and happiness in your life. Using these same warrior traditions as a framework for personal and spiritual development, this program will teach in a cohesive format interdependent skills for navigating the key areas of life. This is a program in basics, and at the end of this program, participants will have a basic understanding of how to improve overall physical and spiritual well-being, set and achieve personal goals, thrive at work, cultivate stronger lasting relationships, and more. The material for this class will be drawn from the instructor's extensive knowledge in reiki, chi gung, the martial arts, interpersonal communication, sales, physical fitness and nutrition, as well as his first hand experience as a martial arts school owner, sales professional, licensed skydiver, scuba diver, Reiki master, marathon runner and adventurer.

Brien McMahon Householder	Tuesday 7:00-8:30 p.m. Begins 10/6	8 sessions \$75
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705 – PRAXIS I MATH SUPPORT

Provided for teacher certification candidates who need to refresh math skills. **Use of text included in fee.**

Ponus Ridge DeAndrade	Monday 4:00-5:00 p.m. Begins 10/19	8 sessions \$50
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706 – HEALING WITH REIKI

Would you like to know more about this special light touch healing that is now used in churches and hospitals? Reiki is great for stress and pain reduction for both the practitioner and clients and helps to speed up the healing process. While this is not a class to learn how to do Reiki it is an introduction in which various techniques will be discussed to help you to not be drained in your helping profession or in your daily life. A short healing will be received at the end of the class.

Gigi Benanti is a Certified Reiki Master/teacher. She owns Angelic Healing Center in Norwalk where she has a healing and teaching practice since 1996. Gigi continues attending various holistic workshops. Gigi is a popular teacher among adults seeking alternative routes to spiritual understanding.

Brien McMahon Benanti	Monday 7:00-9:00 p.m. 11/2	1 session \$26
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SELF IMPROVEMENT

707 – ACING THE INTERVIEW

Do you have any job interviews coming up—or anticipate that you might? In this marketplace it is important to do everything you can to sell yourself well and nail that interview. Attend this session to learn specific techniques you can use before, during and after the interview to boost your confidence and significantly improve your results! The session will include time for participants to practice what they learn. Please bring a current resume.

Cathy Alfandre, MBA, MILR, CCMC, is a career fulfillment coach and certified Master Resume Writer (MRW) with 15 years of professional experience in the private and public sectors. Her background in human resources and consulting includes extensive involvement in recruiting and selection. Her coaching practice helps people discover more fulfilling work and take practical steps to move forward. For more information please contact Cathy at calfandre@earthlink.net or visit www.cathyalfandre.com.

Brien McMahon Alfandre	Tuesday 7:00-9:00 p.m. 10/27	1 session \$26
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708 – WRITING A GREAT RESUME

In these uncertain times, it's critical to stay ready for possible job change. Having a great, up-to-date resume is one way to prepare. Whether you want to create a new resume or update an old one, this class will be sure to make it better. Come and learn the five key strategies for writing a competitive resume that gets you interviews. Get important tips for each section and individualized feedback on your resume! Please bring a few copies of your current resume or an outline of your job experience and education.

Cathy Alfandre, MBA, MILR, CCMC, is a career fulfillment coach and certified Master Resume Writer (MRW) with 15 years of professional experience in the private and public sectors. Her background in human resources and consulting includes extensive involvement in recruiting and selection. Her coaching practice helps people discover more fulfilling work and take practical steps to move forward. For more information please contact Cathy at calfandre@earthlink.net or visit www.cathyalfandre.com.

Brien McMahon Alfandre	Tuesday 7:00-9:00 p.m. 10/20	1 session \$26
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709 – NEW! ROOM REDESIGN: Updating Your Space

Do you need to update the look of a room or add a home office? Want to make your home look great even in the new economy? Explore the function of rooms so that you are using the space in your home to meet your needs and lifestyle. Learn to use what you already have to make a fresh statement. Discover fun and inexpensive finishing touches that can brighten your room and make your home your favorite place to be.

A former Wall Street marketing executive, Catherine Avery is proprietor of Avery Design Interiors in Norwalk, Connecticut. She is an Allied Member of the American Society of Interior Designers and holds a Professional Certificate in Interior Design from Fairfield University.

Brien McMahon Avery	Tuesday 7:00-9:00 p.m. 10/20	1 session \$26
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710/711 – BALLROOM DANCING: Beginners "Dance with B."

Are you a spectator at affairs, sitting on the sidelines? Don't be left out. Learn the basics of Ballroom Dancing and enjoy each lesson. Introduction to: Fox Trot, Waltz, Swing and Latin Rhythms.

Brien McMahon Nelson 710	Monday 7:00-8:00 p.m. Begins 10/19	8 sessions \$98/couple
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Nelson 711	8:00-9:00 p.m. Begins 10/19	\$98/couple
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712 – UNIQUE VOICE? CURIOUS ABOUT VOICE-OVER?

Interested in audio books, cartoons, documentaries, commercials, website narration? This straightforward, current and highly educational class is eye (and ear) opening for those interested in voice-over. By guiding you in finding your vocal strengths, you can better determine the sectors of voice-over most marketable to you. This class reviews the industry, marketing, and vocal training, including demo information, trends, agent and production. Read and record voice-over copy, choose from commercial narration. We welcome questions. Is voice-over for you? Help find out.

Brien McMahon Goldberg	Monday 7:00-9:00 p.m. 12/7	1 session \$26
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SELF IMPROVEMENT

713 – LEARN HOW TO GIVE A RELAXING MASSAGE

Massage is used in many ways to enhance your life and decrease stress. Combat your stressors and learn how to massage your friends and family. Share a gift that no one can refuse! Become familiar with basic techniques to reduce stress, increase your body awareness and just feel great. Areas of concentration—head, neck, shoulders, arms, legs, feet and hands. Please wear comfortable clothing so that you may be able to move freely. You may wear a tee shirt and shorts. Bring a large towel and massage cream.

Brien McMahon	Monday	1 session
Coroneos	7:00-9:00 p.m.	\$26
	10/5	

714 – NEW! DESIGN FOR SELLING

The days of just opening your doors and waiting for business are over. So how do you let people know you are out there? How do you entice them into your store? How do you present them your product, and most importantly, how do you get them to walk out with a purchase? This course will discuss image (branding) from logo to store design, display, advertising and promotion—all the visual aspects of your business. Retailers, those thinking of becoming retailers and those interested in the mechanics of shopping should find it exciting.

Richard Erlanger has taught graphic design and visual problem-solving on the college level for twenty years. He and his wife have had a unique retail shop for even longer.

Brien McMahon	Thursday	6 sessions
Erlanger	7:00-9:00 p.m.	\$75
	Begins 10/8	

715 – ANGELS, AURAS AND YOUR INTUITION

In this workshop we will learn how to connect with our guardian angels. Through meditation and energy exercises you will learn how to tap into your intuition as a way to increase awareness in your life. Learn about the energy fields around your body and how to see and sense your aura and the auras of others. Learn how to protect yourself from negative experiences. Pure essences of organic essential oils may be used during the class (if the students choose to.) These oils enhance the class experience. We will end this workshop with a healing meditation, which can include Reiki chair healing. Join us for this insightful and stress-reducing evening.

Gigi Benanti is a Certified Reiki Master/teacher. She owns Angelic Healing Center in Norwalk where she has a healing and teaching practice since 1996. Gigi continues attending various holistic workshops. Gigi is a popular teacher among adults seeking alternative routes to spiritual understanding.

Brien McMahon	Thursday	1 session
Benanti	7:00-9:00 p.m.	\$26
	10/8	

716 – AQUACISE

A great way to exercise, have fun and meet people. This is a program to strengthen and tone muscles, and increase flexibility with cardiovascular exercise. Trim away excess inches and increase endurance. No stress on joints or muscle soreness the following day. **This is a fitness program for adults that is performed in the deep and shallow water with flotation devices. Basic swimming skills required. Co-ed.**

Norwalk High	Wednesday	7 sessions
Duff	7:00-8:00 p.m.	\$90
	Begins 10/14	

LITERACY VOLUNTEERS: Tutor training

Literacy Volunteers will be conducting ESL and BL tutor training workshops throughout Fairfield County to train volunteers to tutor adults in either Basic Literacy or English as a Second Language. After completing the training workshop, volunteers are matched with an adult learner. Training is free, however, there is a \$25 charge for materials. Call 853-7437 to register.

FAMILY RESOURCE CENTERS

Family Resource Centers are located at Fox Run and Naramake Elementary Schools and provide workshops and speakers on a variety of topics of interest to parents and caregivers; programs for families, including playgroups, youth and daycare providers; and referrals to local organizations serving the needs of Norwalk families. The Centers can also help adults find quality childcare and after-school care while working or attending adult education classes. For more information contact either:

Fox Run Family Resource Center 899-2326

Naramake Family Resource Center 899-2900, ext. 123

2009 FALL PROGRAMS AT THE NORWALK SENIOR CENTER

MAIN SITE: 11 ALLEN ROAD, NORWALK, CT 06851 • (203) 847-3115 • WWW.NORWALKSENIORCENTER.ORG
SOUTH SITE: 92 CEDAR STREET (CEDAR COURT SENIOR HOUSING), SOUTH NORWALK, CT 06854 • (203) 299-1500

The Norwalk Senior Center is a non-profit center designed to enhance the independence and dignity of adults, 60 and over. Quality programs and services are provided at affordable rates for area seniors. Persons under 60 may participate on a space-available basis. Yearly membership is \$10 and includes a bi-monthly newsletter mailed to your home. The South site has bilingual programs from 9:00am-1:00pm.

Holiday Luncheon

Thursday July 2 @ 11:30am

Join friends for a lively holiday celebration. A Calypso Band will perform out on the patio while you enjoy lunch. You must reserve by Monday, June 29. Fee: \$6/person

Annual Picnic at Cranbury Park

Thursday September 10, 10-2pm

Enjoy our annual outing with games, bingo with prizes and a picnic lunch.

Cost: \$ 8 per person

Registration required. 847-3115

Computer Open House

Monday, September 14, @ 12:30pm

Hear an overview and brief description of computer classes offered by the Senior Center, presented by the instructors who teach the classes. Register for Fall classes and enjoy refreshments. For further information, call 847-3115 x111. Walk-ins are welcome.

Wound Treatment

Wednesday, September 9, @ 10:30am

Dr. Sandra Wainwright from Norwalk Hospital will present a free seminar on causes, prevention and treatment of wounds. She will discuss the medical uses for hyperbaric medicine which is beneficial for radiation damage, etc.

Cardiovascular Screening

Wednesday, October 7, @ 9:30-1:30pm

Participants will be screened for Total cholesterol, HDL (good cholesterol), blood glucose (sugar) and blood pressure. Anyone interested must sign up in advance. There will be 8 stations, screening 16 people per hour. Call 203-847-3115 for appointment.

Caregivers Support Group

First Thursday of every month

11:00 am – Noon

A FREE support group for caregivers of family members or friends diagnosed with Alzheimer' Parkinson's or memory loss. If you are interested in joining the group, call Jean Northup at 853-7234.

Finding Your Voice

Writing Workshop

8-week sessions on Wednesdays from 2:00-3:00pm

New Class starts in the Fall. This course is taught by Magdalen Livesey and offers a chance to explore the joys of writing.

Pre-registration is required.

\$40/members; \$45 non-members.

AARP Driving Course

Thursday & Friday

Aug. 27 & 28 and Sept. 24&25

9:00-1:00pm

Fee: \$12 to AARP members;

\$14 to non-members

Call 847-3115 for more information.

Spanish Classes: 2 Levels

Wednesdays. Start in the Fall.

Advanced Beginners: 11:30am

To improve conversational Spanish skills.

Intermediate: 1:30pm More advanced classes with reading and grammar.

Bridge Lessons

Wednesday, Start in September

ACBL instructor Dr. Richard Olson.

2-hour classes.

10:30-12:30pm & 1:30-3:30pm

Call Center at 847-3115 for details..

EXERCISE CLASSES

Pay only for classes you attend.

AEROBICS: Monday, 10:00am & Friday, 10:30, \$2.50

YOGA: Tuesday, 9:00am;
Fee determined by # students.

CHAIR AEROBICS: Tuesday, 10:30am, \$2.50

STRENGTH & STRETCH: Wednesday, 11:00am, \$2.50

CHAIR PACE ARTHRITIS CLASS:
Thursday, 10:30am, \$2.50

TAI CHI: Thursday, 9:00am, \$5.00

PILATES: Friday, 9:00am; Call for session dates. Fee determined by # students.

LINE DANCING: Thursday, 10:30am, \$5.00

TAP DANCE: Tuesday, 1:00pm. Fee determined by # students.

Other Activities & Services

- Mah Jong
- Sewing & Quilting
- Meals on Wheels
- Blood Pressure clinics
- Health & Legal seminars
- Insurance counseling
- Poker, pinochle, bridge, bingo
- Wii Bowling
- Shopping trips

Trips

Call trip coordinator, Joan Theroux at 847-3115 x 109 to inquire about upcoming trips.

Call the Center to receive a copy of Life & Times for a complete listing of the various programs and services offered. 847-3115.

REGISTRATION INFORMATION • 854-4115

Registration for G.E.D., High School Diploma, Basic Skills and E.S. L. Classes held at Brien McMahon High School: Wednesday, September 2, 2009, and Thursday, September 3, 2009, from 7:00-8:30 p.m. in the Main Lobby of Brien McMahon High School

• **CLASSES BEGIN SEPTEMBER 8, 2009** •

Registration for Enrichment Courses:

Monday, September 21, 2009, from 7:00-8:30 p.m.
in the Main Lobby of Brien McMahon High School

Or you may also register by mail through September 21, 2009, after which there will be a \$5 late fee.

• **CLASSES BEGIN OCTOBER 5** •

Please complete a separate registration form for each person and mail, along with your check, to this address before classes begin. A \$5 late fee must be paid if you register after September 21, 2009. Mail to: Norwalk Continuing Education, Norwalk Public Schools, 125 East Avenue, Norwalk, CT 06852.

Date: _____
 Name: _____
 Street: _____
 City: _____
 State: _____ Zip: _____
 Home phone: _____
 Work phone: _____

Course #	Title	Day	Location	Fee	
				Late Fee (\$5)	
				Total Due	

Make checks payable to Norwalk Continuing Education.

Absolutely NO refunds after the first night of class. Student Signature _____

Please complete a separate registration form for each person and mail, along with your check, to this address before classes begin. A \$5 late fee must be paid if you register after September 21, 2009. Mail to: Norwalk Continuing Education, Norwalk Public Schools, 125 East Avenue, Norwalk, CT 06852.

Date: _____
 Name: _____
 Street: _____
 City: _____
 State: _____ Zip: _____
 Home phone: _____
 Work phone: _____

Course #	Title	Day	Location	Fee	
				Late Fee (\$5)	
				Total Due	

Make checks payable to: Norwalk Continuing Education.

Absolutely NO refunds after the first night of class. Student Signature _____



Continuing Education

Do you have expertise in a subject area, or an interesting hobby that you would like to share with the community by teaching it in Adult Education? If so, please send this form to:

CONTINUING EDUCATION

Norwalk Public Schools
125 East Avenue
Norwalk, CT 06852
c/o Linda Cervi

Name: _____

Address: _____

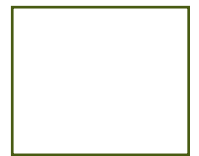
Phone: _____

Area of Expertise: _____

Multiple horizontal lines for writing the area of expertise.

NORWALK CONTINUING EDUCATION

Norwalk Public Schools
125 East Avenue
Norwalk, CT 06852



For further information, call the Continuing Education office at (203) 854-4115.

Norwalk Public Schools does not discriminate based on race, color, religion, age, marital status, national origin, sexual orientation, mental disability, learning disability or physical disability in any of its educational programs, activities or employment policies.