

**PROGRAM
GUIDE
FALL 2009**



For additional program information, contact:
Jill O'Brien, Coordinator
Plainville
Adult and Continuing
Education
47 Robert Holcomb Way
Plainville, Connecticut 06062
(860)793-3209

Sponsored by:

***THE PLAINVILLE BOARD
OF EDUCATION***

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Superintendent of Schools**

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REGISTRATION for all courses, mandated, vocational, and special interest, will be held in the Office of Adult and Continuing Education, Plainville High School. Mail-in registrations will begin immediately and be processed as received. Please complete the registration form located on the reverse side of this guide. Tuition must accompany registrations, as appropriate. Payments will only be accepted in cash (exact amount), check, bank check or money order made payable to: **Plainville Adult Education. Adult Education classes are held at Plainville High School (PHS) unless otherwise noted.** There will be no evening classes when school is canceled due to inclement weather or during school vacations.

The Plainville School System does not discriminate in the employment or assignment of staff, or in program offerings to students on the basis of race, color, national origin, sex, age or handicap.

All activities offered by Plainville Adult Education are held in accessible locations, primarily Plainville High School. Accommodations for individuals with a disability are available upon request. For more information, please contact:

Jill O'Brien (860) 793-3209

**GRANT FUNDED:
FREE ON-SITE CHILDCARE
WHILE YOU ATTEND CLASS!**

Offered at Linden Street School for students of English as a Second Language, Adult Basic Education, or GED Preparation.

Schedule:

Monday, Wednesdays, 9am-12noon.

Tuesdays 9am-11am.

Class session in progress.

Join today. Please contact:

Plainville Adult Education, **860-793-3209**

This provider is in compliance with Connecticut General Statutes Sec.10-71c and does not charge a fee for any textbooks or materials used in the mandated program areas. (A deposit may be imposed to ensure the return of borrowed materials).

ACCOMMODATIONS FOR THE GED TEST are available for qualified individuals with specified learning and / or physical disabilities. Please contact:
Jill O'Brien, Coordinator, Plainville Adult Education,
860-793-3209

**GOVERNMENT MANDATED PROGRAMS:
FREE TUITION**

CITIZENSHIP PREPARATION For those who would like help in preparing for oral or written citizenship tests. Basic English is required for the INS process. Review U.S. government structure and history. Sample test questions will be available. **Oct. 20—Jan. 19**

Tuesdays 5-7pm, PHS: room 220, M. Hartshorn

ENGLISH AS A SECOND LANGUAGE Improve speaking, reading, writing, and understanding English. Advanced students may prepare for the TOEFL.

Oct. 20 —Dec. 22 Tues. & Wed. 5-7pm, PHS: room 214, P. Lenge

ADULT BASIC EDUCATION / COMPLETE

PREPARATION **Arithmetic:** structured practice in mastering basic operations of addition, subtraction, multiplication and division using whole numbers, fractions, decimals and percents. Setting up numbers to solve problems is a consumer and employability skill.

Reading and Writing: structured practice in reading and English to survive in today's world. Communication competency stressed.

Oct.19 — Dec. 16 Mon. & Wed. 5-7pm, PHS: room 226, M. Bresnahan.

PARC ADULT ED 101 Focus: Developing skills for independent living. Content: Improve communication skills (conversation and telephone skills), basic consumer skills (money, time, information) functional reading skills. **Join today. Class session in progress, ends December 1. Tuesdays, 5-6:30pm, PHS: room 117, M. Bresnahan**

COMPLETE PREPARATION FOR THE GED ARITHMETIC will focus on math review and instruction in the following areas: number sense and operations, data, statistics and probability, geometry, measurement, algebraic functions and patterns. Students will also practice using a scientific calculator.

READING & WRITING FOR THE GED will focus on reading instruction, comprehension, and developing writing skills. Students will build vocabulary and read to understand concepts in social studies and science areas. Students will practice rephrasing main ideas, analyzing details, and making inferences for a functional grasp of topics tested in the GED (civics, history, geography, economics, biology, and the physical sciences). Includes test-taking strategies.

Oct. 19 — Dec. 16 Mon.& Wed., 5-7pm, PHS: room 221, Congdon/Montgomery

GOVERNMENT MANDATED HIGH SCHOOL COMPLETION PROGRAMS

Free Tuition

CREDIT DIPLOMA PROGRAM

The Plainville Adult High School Credit Diploma Program provides clients the opportunity to earn credits for a high school diploma by taking required and elective courses at Plainville High School. Students accepted into the program can transfer credits from any former schools. Experience in the military, community, home, or work may also qualify for up to five credits. Twenty-two credits are required to graduate: 4 in English, 3 in Math, 3 in Social Studies, 3 in Science, 1 in Computer Technology Applications, 1 in Voc-Ed/Art, 7 in electives. Candidates for this program are goal-oriented and self-motivated. Enrollment is limited.

REGISTRATION REQUIREMENTS: minimum age: 16 • official transcript • letter of official withdrawal • initial assessment • interview • attendance contract.

**Call for your registration appointment today:
(860) 793-3209**

PHARMACY TECHNICIAN **TRAINING PROGRAM**

A Pharmacy Technician Training (PTT) Program will be offered through the Plainville Adult and Continuing Education Program at Plainville High School. The program, facilitated by experienced educators, will offer basic instruction in: orientation to the field, federal law, medical review, aseptic technique, calculation, and pharmacy operations. The PTT program will include 150 hours in theory in a computer lab setting. Graduates will be prepared to take the national Pharmacy Technician Certification Board (PTCB) Exam.

All students will receive comprehensive support in the following areas: guidance counselor, guest speakers, resume writing workshop, business etiquette workshop, and employment opportunities information. We offer convenient evening hours, affordability, guidance, and support.

October 19 - February 1

Time: 4 - 7p.m.

Mondays - Thursdays

Application Deadline: Oct. 14, 2009.

Tuition fee applies. WIA approved.

Call (860)793-3209

ENRICHMENT PROGRAM POLICY:

The Adult Enrichment Program offers courses on a self-sustaining basis. If the enrollment is insufficient to cover the cost of the course, the course will be canceled & the fees received will be refunded. Allow 6 weeks for processing refunds. No registration confirmation will be mailed to you. Unless notified to the contrary, assume that you are enrolled and your class will run as scheduled. In the event of a filled class or class cancellation, every attempt will be made to notify you.

REFUND POLICY:

A full refund is given only when Adult Ed. cancels a course. Regrettably, no other refund requests can be honored. Please allow 6 weeks for processing. Absolutely no refunds once classes have started.

SUPPLIES&MATERIALS:

May be required for some classes.

WAITING LISTS:

Will be taken on all classes w/ limits. Notification will be made only if there is an opening.

ROOM ASSIGNMENTS:

May be subject to change

CERTIFICATE OF ACHIEVEMENT:

Will be presented to all participants upon request.

FEES: See course descriptions.

ENRICHMENT PROGRAM INFORMATION

INSTRUCTORS: Instructors come from a wide variety of backgrounds. Many of our instructors are certified teachers or are members of the community with special areas of expertise that they are qualified to share.

WANT TO HELP? Your suggestions and ideas for courses are needed and appreciated. If you have any ideas or would like to join the faculty, please call (860)793-3209.

BAD WEATHER POLICY: If day school is canceled, ALL Continuing Education Classes are postponed to a later date. If an afternoon storm develops, tune to WTIC Radio for official notices.

Enrichment Programming

Call today for class details: (860) 793-3209

*Please refer to the following description
when reading class offering list:*

Class Title. Weekday class meets. First class date. Time class meets. Number of sessions class meets. Minimum students required to hold class (min.) Instructor's name. Plainville High School room number. Fee for Plainville resident (R) non-resident (NR)

As you browse through these pages, we hope you will find a wide variety of courses that peak your interest and meet your needs. Please, join us this fall to expand your learning, discover a new hobby, and mingle with the community.

Keep in mind that we offer gift certificates for any class - - even Drivers Education!

Thank you

FREE SPECIALS

NEW! The Benefits of Acupuncture

Choose a date: Wed. Oct. 21 or Mon. Nov. 16, 5-7pm.
1 session. min. 6. Dr. Hartney Rm.104.

NEW! Information for First Time Home Buyers.

Tues. Oct. 20. 5-7pm. 1 session. H&R Block. Rm106

Unlimited Group Exercise Class.

WEEK-LONG PASS to workout during scheduled
class times: Nov. 16-22. Off-site: Core Studio.

*Please use the Registration Form on page 21 for
all enrichment classes, including these
FREE Specials!*

A r t H o r n

TV Personality- Meteorologist *presents:*

Global Warming Update: What the News Media and Your Government Won't Tell You.

Tuesday, November 24
5-7pm

1 session. min. 5. Rm. 104
\$30R \$35NR



How the Weather Works

Monday, November 23
5-7pm.

1 session. min. 5. Rm. 104
\$30R \$35NR

ART

Create a Boxwood Tree Planter. Will last throughout the Holidays. Tues. Dec. 8. 5-7pm. 1 session. min. 4. A. Oved Rm. 106 \$50R \$55NR, materials included.

Oil Painting. Tues. Oct. 20. 6pm-8:30pm. 8 sessions. min.10 max.12 \$50R \$60NR off-site at the Farmington River School of Art (FRSA)

Painting w/ Fluid Acrylics. Tues. Oct. 20. 1-3:30pm. 8 sessions. min.10/Max.12.\$50R \$60NR off-site: FRSA

Pastels. Thurs. Oct. 22. 1-3pm. 8 sessions. min.10 max.12 \$50R \$60 NR off-site: FRSA.

CAREER

Basic Auto Repair. Mon. Oct. 19. 5-7pm. 5 sessions. min. 6. J.Wanner. Rm. 116 \$50R \$55NR

Computer Class: Intermediate MS Powerpoint.

Thurs. Nov. 5

5-7pm. 3 sessions. min. 5 max. 12.

S. Rampertab Rm. 126. \$90R \$100NR

CAREER

How to Improve Communication Skills. Thurs. Nov. 12. 5-7pm. 1session. min. 3. A. Smith. Rm.102 \$30R \$35 NR

Journalism. Thurs. Nov. 5. 5-7pm. 1session. min. 3. A. Smith. Rm.102 \$30R \$35 NR

Management 101. Tues. Oct. 20. 5:30-7pm 6 sessions. min. 5. C.Cosgrove. Rm.104. \$50R \$55NR

Starting a Small Business in CT. Mon. Nov. 2. 5-7pm. 4 sessions. min. 4. CAAS. Rm.106. \$20R \$25NR + \$25Text, payable to Instructor.

DANCE

Special: 2 classes for \$25:

NEW!Yoga Dance: Rock your Chakras.

Friday Oct.9. 6pm-7:15pm. 1session. Off-site, Vital Life Center LLC \$15 pp.

DANCE

NEW! Yoga Dance: The Basics of BLISS. Friday
Nov.20. 6pm-7:15pm. 1 session. Off-site, Vital Life
Center LLC \$15 pp.

DAYTRIP

New York City-On Your Own. Saturday November
14. \$45pp. Reg. by: 10/30.
18 years age min. or come with an adult.

FINANCIAL/LEGAL

**Estate Planning for Children & Adults w/Special
Needs.** Wed. Nov.4.5:30-7pm. 1 session. min. 6.
P.Czepiga. Rm.104. \$20R \$25NR+ \$10Text, payable to
Instructor.

NEW! Financial Strategies During a Job Transition.
Thurs. Oct. 29. 5-7pm. 1 session. min.4. H. Cormier.
Rm.107 \$20R \$25NR

NEW! Helping you Plan for a New Retirement.

Mon. Nov. 9. 5-7pm. 1session. min. 4. H. Cormier.
Rm.107 \$20R \$25NR

My Neighbor has a Living Trust, Should I? Mon.

Oct 26. 5:30-7pm. 1session. min. 6. P. Czepiga.

Rm.104 \$20R \$25NR + \$10Text, payable to Instructor

NEW! Strong Women, Powerful Financial

Strategies. Thurs. Nov.19. 5-7pm. 1session. min. 4. H.
Cormier. Rm.107 \$20R \$25NR

Strategies to Prevent Going Broke at a Nursing

Home. Thurs. Oct 29. 5-7pm. 1session. min.6. P.

Czepiga. Rm.106 \$20R \$25NR+ \$10Text, payable to
Instructor

FITNESS

NEW! Hiking In Central CT. Mon. Oct. 19. 5:30-

7pm. 5 sessions (includes group hike, 11/14). min. 5.

C.Cosgrove. Rm 107 \$50 R. \$55NR

FITNESS

Intro. to Power Yoga: most supportive to weight loss. Thurs. Oct.29. 6pm-7:15pm. 6 sessions. Marcia Vallier. off-site, Vital Life Center LLC \$60R \$65NR

QiGong (A) Mon. Oct.19 .7:30-8pm. 4 sessions. min. 10. max. 25 offsite, Middle School of Plainville Cafeteria R. Goden \$20R \$23NR

QiGong (B) . Mon. Nov. 16.
7:30-8pm. 4 sessions. min. 10. max. 25
offsite, Middle School of Plainville Cafeteria. R.
Goden \$20R \$23NR

T'ai Chi. Mon. Oct. 19. 6:30-7:15pm.
8 sessions. min. 10. max. 25 offsite at the Middle
School of Plainville Cafeteria. R. Goden \$50R \$55NR

NEW! Yoga Breath for Beginners: Ocean Breath, Rapid Breath, and Alternate Nostril Breath. Wed.
10/21 & 11/18 & 12/16. 5:30-6:30pm. 3 sessions. min.
4. M. Barker. Rm. 106 \$50R \$55NR

LANGUAGE

Chinese. Wed. Oct. 21. 7:45-8:45pm. 6 sessions. min. 6. offsite at the Plainville Public Library. M.Luo. \$50R \$60NR

LEISURE

Stargazing. (Astronomy) Wed. 10/21 & 11/18 & 12/16. 5:30-7pm. 3sessions. min.8. max. 20. R. Barker. Rm.107 \$20R \$25 NR

Kayaking for Beginners. Demonstration and Instruction. Sat. Oct. 24. 12pm-2pm. 1 session. min. 4. offsite at Collinsville Canoe & Kayak \$45 per person. (Must be 18 years of age, minimum.)

Meeting Your Angels and Guides.

Tues. Nov.10. 5:30-6:30pm. 1session. min. 5. D.Mullins. Rm107 \$35R \$40NR

Past Life Regression. Tues. Nov.17. 5:30-6:30pm. 1session. min. 5. D. Mullins. Rm.102 \$25R \$30NR

Tarot Cards for Beginners. Tues. & Wed. Oct. 20, 21.
5-7pm. 2 sessions. min. 4. C.Pavelec. Rm.102 \$50R
\$55NR

Tarot Cards (Advanced). Tues. & Wed. Oct. 27, 28.
5-7pm. 2 sessions. min. 4. C.Pavelec. Rm.102 \$50R
\$55 NR

NEW! Tarot Cards (Refresher Course). *Prerequisite:
Beginner or Advanced.*

Mon. & Wed. Nov. 2, 4. 5-7pm.

2 sessions. min. 4. C.Pavelec. Rm.102 \$50R \$55 NR

MUSIC

Beginning Guitar. BYOG! Fri. Nov. 6.

6-6:45pm. 3 sessions. min.4. max.8 F. Macri. off-site at
the Macri School of Music. \$60R \$65NR

PARENTAL INTEREST

**Communicating w/ your Child & Building their Self
Esteem.** Mon. Nov. 2. 5:30-7pm. 1 session. min. 8. D.
Johnson. Rm.104 \$25R \$30NR

PARENTAL INTEREST

Drivers Education. Full Program. Tues. and Thurs.

1/26/10 - 3/23/10.

2:30-4:30pm AAA. T. Beyer. Rm 117 Call for reg. form. (860) 793-3209.

WELL-BEING

Losing Weight with Hypnosis -Tues. Nov. 24. 5:30-6:30pm. 1session. min. 5. D.Mullins. Rm. 106 \$35R \$40NR

Reiki Level 1. Thurs. Nov. 5.

5-7pm. 3sessions. min. 3. A. D'Amato. Rm.106. \$80 R \$85NR. \$20Text, payable to Instructor.

NEW! Intuition: How to Tap into the Power of Yours. Tues. Dec. 8. 5-7pm. 1session. min. 4. A. D'Amato. Rm.104. \$25 R \$30NR

PLAINVILLE ADULT EDUCATION

2009 Fall SESSION

Name: _____

Address: _____

City/Zip: _____

Phone: _____

____ Please indicate if you are a Plainville Resident Senior Citizen (62 and over).

Plainville Resident Senior Citizens will be charged **70%** of the advertised fee for any **one program**. Does not apply to day trip.

Course Title: _____ Amount \$ _____

Course Title: _____ Amount \$ _____

Course Title: _____ Amount \$ _____

DAY TRIP: New York City 11/14/09

Amount \$ _____ (attach names of passengers)

Payable to:

PLAINVILLE ADULT EDUCATION

Please photo copy as needed and mail form(s) to: **Plainville Adult & Continuing Education**

47 Robert Holcomb Way

Plainville, CT 06062

QUESTIONS? PLEASE CALL 793-3209