

PLAINVILLE ADULT & CONTINUING EDUCATION

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PROGRAM GUIDE SPRING 2009



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Sponsored by:
**THE PLAINVILLE BOARD
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Tabitha Manafort, Patrick Ringrose,
Becky Tyrrell, and Barbara A. Willard

For additional program information, contact:
Jill Daley, Coordinator
Plainville Adult and Continuing Education
NEW LOCATION:
47 Robert Holcomb Way
Plainville, Connecticut 06062
860.793.3209

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.

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. **March 3 — May 26 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. **March 3 — April 30 Tues. & Thurs. 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. **March 3 — April 30 Tues. & Thurs. 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.

March 3 — May 26 Tuesdays, 5-6:30pm, PHS: room 115, K. Baleshiski

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, Tuesday and Wednesdays, 9am-11am. Call today! 793-3209.

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. **Classes Begin March 23.**

GED / COMPLETE PREPARATION 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.

March 2 — April 29 Mon. & Wed., 5-7pm, PHS: room 229, Congdon/Montgomery

(WIA APPROVED) PHARMACY TECHNICIAN TRAINING PROGRAM Train at Plainville High School to become a Certified Pharmacy Technician. We offer: convenient evening hours, affordability, guidance, and support. Schedule: March 2 -- June 4, Mon-Thurs., 4-7pm.

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

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 Daley (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).

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.

Enrichment Programming--Call today for class details: 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)

Residents & non-residents, 16 years + are encouraged to enroll in any class.

ART

Chinese Brush Painting. Tuesdays. March 3. 5-7pm. 6 sessions. min.6. M. Luo. Rm.102 \$50R \$60NR

Oil Painting. Tues. March 3. 6pm-8:30pm. 8 sessions. min.10 max.12 \$50R \$60NR off-site at the Farmington River School of Art.

Painting w/ Fluid Acrylics. Tues. March 3. 1-3:30pm. 8 sessions. Min.10/Max.12.\$50R \$60NR off-site at the Farmington River School of Art.

NEW Pastels. Thurs. March 5. 1-3pm. 8sessions. min.10 max.12 \$50R \$60 NR off-site at the Farmington River School of Art.

NEW Spring Silk & Dry Floral Arrangement. Wed. March 18. 5-7pm. 1session. min. 4. A. Oved Rm. 107 \$50R \$55NR, materials included.

CAREER

Basic Auto Repair. Mon. March 2, 5-7pm. 5sessions. min. 6. J.Wanner. Rm. 116 \$50R \$55NR

NEW Computer Class Intermediate MS Powerpoint. Tues. March 17. 5-7pm. 2 sessions. min. 5 max. 12. S. Rampertab Rm 126. \$90R \$100NR

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

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

Management 101. Mondays. March 2. 5:30-7pm 6sessions. min. 5. C.Cosgrove. Rm.104. \$50R \$55NR

Starting a Small Business in CT. Thurs. March 19. 5-7pm. 4 sessions. min. 4. CAAS. Rm.102. \$20R \$25NR + \$25Text, payable to Instructor

DAYTRIPS

NEW Boston. Hidden Gardens of Beacon Hill. 80th Anniversary walking tour. Thurs. May 21. \$89pp. Reg. by: May 1.

NEW New York City Food & Markets

Tour. Sun., May 17.\$53pp.Reg. by: 5/1.

FINANCIAL/LEGAL

NEW Entrepreneurship. Learn practical info. on how to start a successful home-based business. Tues. May 12. 6-7pm.B.Nathan. Rm. 104. \$60R\$65NR (+Text fee optional, \$20 due 1st class)

Estate Planning for Children & Adults w/Special Needs. Thurs. March 26. 5:30-7pm. 1session. min. 6. A. LaChance. Rm.104. \$20R \$25NR+ \$10Text , pay to Instructor

NEW How to Buy & Sell Real Estate Wisely. Tues. May 12. 6-7pm. 1session. R.Nathan. Rm107. \$60R \$65NR (+Text fee optional, \$20 due 1 session)

NEW Managing Your Finances to Build Wealth. Establish, manage, & repair your credit.Tues. May 12. 5-6pm.1session. B.Nathan. Rm104 \$60R \$65NR (+Text fee optional, \$20 due 1 session)

My Neighbor has a Living Trust, Should I? Thurs. March 12. 5:30-7pm. 1session. min. 6. A. LaChance. Rm.104 \$20R \$25NR + \$10Text, payable to Instructor

NEW Smart Choices YOU can Make in a Volatile Market. Wed. March 4. 5-7pm. 1session. min. 4. H.Cormier. Rm.107 \$20R \$25NR

Strategies to Prevent going Broke at a Nursing Home. Mon & Thurs. April 6 & 9. 5:30-7pm. 2sessions. min. 6. A. LaChance. Rm.106 \$20R \$25NR+ \$10Text, payable to Instructor

Understanding the Long-term Care Continuum. Monday. March 23. 5:30-7pm. 1session. min. 6. L. Worden. Rm.107 \$20R \$25NR

NEW Wall Street Secrets: Investing Money. Tues. May 12.5-6pm.1session. R.Nathan. Rm.107 \$60R\$65NR (+Text fee optional, \$20 due 1session)

Women & Money. Tues. April 14. 5-7pm. 1session. min. 4. H.Cormier. Rm.107 \$20R \$25NR

FITNESS

NEW Gentle Yoga and Meditation.Wed. March 4. 5:45pm-6:45pm. 4 sessions.

Min. 10 M. Trask. Rm. 106. \$40R \$45NR **NEW Spring Hiking.** Tues. March 3. 5:30-7pm. 5sessions (includes group hike, April 4). min. 5. C.Cosgrove. Rm 107 \$50 R. \$55NR

NEW Power Yoga. (Intro. to)Thurs. March 12. 6pm-7:15pm. 4 sessions. Max. 5 Marcia Vallier. off-site, Vital Life Center LLC \$40R \$45NR

QiGong (A).Mon. March 2 .7:30-8pm. 4 sessions. min. 10. max. 25 offsite, Middle School Cafeteria R. Goden \$20R \$23NR

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

T'ai Chi. March 2. 6:30-7:15pm. 8sessions. min. 15. max. 25 offsite at the Middle School Cafeteria. R. Goden \$50R \$55NR

LANGUAGE

Beginning Sign Language.Wed. April 29. 6-7pm. 5sessions. min. 7. G.Ratcliffe. Rm102 \$30R \$35NR (+Text fee, \$25 due 1st class)

Chinese Language. Wed. March 11. 7-8:45pm. 6sessions. min. 6. offsite at the Plainville Public Library. M.Luo. \$50R \$60NR

Spanish I for Beginners. Wed. March 4. 5-7pm. 6sessions. min.6. A.Bermudez Rm.104 \$60R \$70NR

Spanish II Advanced. Wed. April 15. 5-7pm. 6sessions. min.6. A.Bermudez. Rm.104 \$60R \$70NR

LEISURE

Astronomy. Wed. 3/11 & 4/8 & 5/13. 5:30-7pm. 3sessions total. min.8. max. 20. R. Barker. Rm.107 \$20R \$25 NR

Kayaking for Beginners. Demonstration and Instruction. Saturday May 16. 10am-12pm. 1 session. min. 4. offsite at Collinsville Canoe & Kayak \$45 per person.

Meeting Your Angels and Guides. Tuesday. April 28. 5:30-6:30pm. 1session. min. 5. D.Mullins. Rm107 \$35R \$40NR

Past Life Regression. Tuesday. May 5. 5:30-6:30pm. 1session. min. 5. D.

Mullins. Rm.102 \$25R \$30NR

Tarot Cards for Beginners. Tues. April 7. 5-7pm. 2sessions. min. 4. C.Pavelec. Rm.106 \$50R \$55NR

Tarot Cards (Advanced). Tuesdays. May 5. 5-7pm. 2sessions. min. 4. C.Pavelec. Rm.106 \$50R \$55 NR

MUSIC

Beginning Guitar. BYOG! Fri. May1. 6-6:45pm. 3sessions. min.4. max.8 F. Macri. off-site at the Macri School of Music. \$60R \$65NR

PARENTAL INTEREST

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

College Financial Aid. Mon. March 16. 5-7pm. 1session. min. 6. S. Hoffer Rm. 102.\$25 R \$30NR

Drivers Education. Full Program. Tues. and Thurs. 4/28-6/16. 2:30-4:30. AAA. T. Beyer. Rm 117 Call for reg. form. 793-3209.

NEW NCAA Initial Eligibility. Mon. March 23. 6-7pm. 1 session. min.5.max. 25. M.McCarthy. Rm102. \$20R \$25NR

WELL-BEING

Losing Weight with Hypnosis -Tuesday. April 14. 5:30-6:30pm. 1session. min. 5. D.Mullins. Rm. 104 \$35R \$40NR

Makeovers with Mineral Make-up Before & After picture! Tues. May 5. 6-7pm.1session. min. 10 off-site at Nature's Spa. \$15 for one or \$20per pair.

Reiki Level 1. Thurs. May 7. 5-7pm. 3sessions. min. 3. A. D'Amato. Rm.106. \$80 R \$85NR

FREE SPECIALS

(Please use registration form below) **NEW Unlimited Group Exercise class.** WEEK-LONG PASS: March 23-29. Anytime from 6am-8pm. Off-site: Core Studio. **FREE**

NEW Family Issues & Employee / Property Owner Concerns. Tues..March 3. 5-7pm. 1 session. H&R Block. Rm104 **FREE**

PLAINVILLE ADULT EDUCATION - 2009 SPRING 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: _____ Amount \$ _____

(attach names of passengers)

TOTAL ENCLOSED \$ _____

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

www.plainvilleschools.org

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. **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.