

Spring Program Guide



Secrets of a Butterfly Garden

Lure magnificent butterflies to your back door. Learn how to create your own butterfly garden! Seasoned gardener MG Trask, shares her garden secrets like "butterflies require special mudbaths to cool their wings and flat stones for hiding..."

Evening lecture: 6-7pm Wed., March 31, Rm 214 min. 10 Res. \$25 non \$30

Free Government Mandated Programs

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. **Instructor: Hartshorn. March 2-May 25. Tuesdays 5-7pm, rm 220.**

ADULT BASIC EDUCATION

Arithmetic: structured practice in mastering basic operations of addition, subtraction, multiplication and division using whole numbers, fractions, decimals and percents.

Reading and Writing: structured practice in reading and writing English to survive in today's world. Communication competency stressed. **Instructor: Bresnahan. March 1-April 28. Mondays and Wednesdays, 5-7pm, room 226.**

ENGLISH AS A SECOND LANGUAGE

Multi level classes improve speaking, reading, writing, and understanding English. Advanced students may prepare for the TOEFL. **Instructor: Lenge. March 1-April 28. Mondays & Wednesdays 5-7pm, room 224.**

PARC: ADULT ED 101

Focus: Developing skills for independent living. Content: Improve communication skills (conversation and telephone skills), basic consumer skills (money, time, information) and functional reading skills. **Instructor: Bresnahan. March 2-May 25. Tues., 5-6:30pm, rm 117.**

All Classes are held at Plainville High School -- join anytime.

HIGH SCHOOL COMPLETION PROGRAMS, INSIDE

OUTDOOR EVENING YOGA



Align your mind, body & spirit with gentle yoga. Relax in nature as you experience breathing techniques & calming energy. All levels welcome. Class includes a cool-down lecture on yoga principles & theory. Bring your own chair. **MG Trask.**

Gather at Adult Ed Office at 5:45.

Wed. April 7,14, 21, 28. 6-7pm.

Even a whisper of rain cancels class, rain dates: May 5, 12.

4-sessions min. 10 Residents \$40 non \$45

PHOTOGRAPHY BASICS



(for digital or film) Beginners, take your pictures to a new creative level! Explore cameras, film, lenses, flash, compositions, and more! Photos shared. Bring camera, pad & pen. **J. Steele.**

Wed. May 5 & 12 (session A) or

Wed. May 19 & 26 (session B)

5-7pm min. 6 max.10 rm 104

Residents \$25 non \$30 2-sessions

BEGINNER'S CHESS



International Chess Master will teach chess through paired play. Bring your chess set, pad & pen.

Game on! K. Steczkowski.

Mon. & Wed. March 29-April 28.

5-7pm min. 10 max.20

8-sessions rm 125

Residents \$35 non \$40

ADMIT 1 ~ DAY TRIP

NEW YORK CITY- TO TIMES SQUARE

MAY 22, 2010. \$49PP. MIN. 15 MAX. 50.

BUS DEPARTURES: 8AM PHS....7PM NYC



butterfly symbol indicates a new class

Free! Earn Your High School Diploma Pharmacy Technician Training

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**

GED 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 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. **Instructors:** Congdon/Montgomery. **March 1-Apr. 28. Mon.&Wed. 5-7pm. rm 221.**

W.I.A. Approved

Train to become a Certified Pharmacy Technician. We offer convenient evening hours, affordability, guidance, and support. **March 1-June 3. Time: 4-7pm. Mondays through Thursdays. Application Deadline: February 18, 2010.** Tuition fee applies. Call 860.793.3209 today!

Plainville Family Resource Network 860.793.6304

Grant Funded: Free ON-SITE Childcare while you attend class during the day.

- English as a Second Language (includes language lab)
- Adult Basic Education
- GED Preparation (includes computer preparation)

Offered at Linden Street School, Feb. 1-May 19. Mondays, Wednesdays, 9am-12 noon. Tuesdays 9am-11am.

PFRN is a school, family and community partnership working to help children grow and acquire literacy skills for a lifetime love of learning. PFRN provides educational programs for children birth through elementary school age, as well as programs for parents, childcare providers, and relatives providing care for their family members. Call Donna Cavallaro for information,

860.793.6304

Sharpen your resume with a Certificate of Completion from any class.

BASIC AUTO REPAIR

This course is designed to teach the basics of auto repair, especially preventative maintenance. Areas covered include the use of basic hand tools, service and owner's manuals, and hands-on performance of oil changes. Electrical, brake, steering and suspension systems will also be considered as well as tune-ups and changing and servicing tires.

J. Wanner.
Mondays, April 5-May 10. 5-7pm
min. 6 Rm 116 5-sessions
Residents \$50 non \$55

BASIC COMPUTER SKILLS

Learn basic parts of the computer, functions of the keyboard, open documents, save and print. Find folders & files. Learn how to access the internet and use Google and Yahoo. Learn about email. Absolutely no experience required. One evening class.

S. Jones
Tuesday, May 4. 5-7pm
min. 6 max. 12 Rm 126
Residents \$30 non \$35



STARTING A SMALL BUSINESS IN CT.

Information will be provided on the planning that goes into starting a business, the records, the taxes, marketing considerations, the reference sources, and assistance available to small business owners.

Text Fee \$30 to instructor.
J. Collins.
Mondays, April 26- May 17. 5-7pm
min. 4 Rm 106 4 sessions
Residents \$20 non \$25

MANAGEMENT 101

Informative class provides support and instruction for those new in management positions. Team leaders take note: will cover a review of management principles, communication, scheduling, staffing, and planning.

C. Cosgrove
Mondays, April 5-May 17. 5:30-7pm
min. 5 Rm 107 6-sessions
Residents \$50 non \$55

INTRO. TO MS PUBLISHER

The many uses for Publisher will be discussed along with hands on creation of custom flyers, newsletters, invitations, business cards, and more. Students will learn how to create template versions while adding style and manipulating text boxes and content, handouts provided.

S. Rampertab
Thursdays, May 6 - 20. 5-7pm
min. 5 max. 12 Rm 126 3-sessions
Residents \$50 non \$55



HOW TO IMPROVE COMMUNICATION SKILLS

Stand out from the competition. Improve your employability skills by improving your communication skills.

A. Smith. Thursday March 11. 5-7pm
min. 4 Rm 102 1-session
Residents \$30 non \$35

Tip: *Get the edge you need now for your career change down the line!*

Classes are affordable & unique. Meet others with similar interests.

HIKING IN CENTRAL CT.

Learn the basics of hiking, clothes to wear, land navigation, food, etc., ending with an exciting Saturday hike in the area on May 29. **C. Cosgrove**
Wed., April 28- May 26 6-7pm
min. 5 Rm 107 6-sessions
Residents \$50 non \$55

SPANISH 1 & II

Learn to speak Spanish, focus on: vocabulary, numbers, nouns, alphabet, grammar, directions, culture, food & music. **A. Bermudez.**
Mon. & Wed. 5-7pm
(Spanish I-beginner) April 5-28.
(Spanish 2-advanced) May 3-19.
min. 6 Rm 117 6-sessions
Residents \$50 non \$55 per course


TAROT CARDS

Have fun reading for your family and friends. C. Pavelec, Intuitive/Reader for 20+ years, will teach you to use your intuition to interpret the cards.
May 4 & 5. For Beginners.
May 11 & 12. Advanced.
May 18 & 19. Refresher Course.
All classes as follows: 2-sessions
Residents \$50 non \$55 per course
min. 4 max. 35 Rm 102 5-7pm

TAI CHI

A holistic system of self-healing exercise and meditation that includes low impact slow movements, breathing techniques and meditation. *All levels welcome.* **R. Godin**
Mon., March 29-May 24 6:30-7:15pm
Residents \$50 non \$55
min.10 max. 25 MSP Caf. 8-sessions


FLORAL ARRANGEMENT

Let a professional florist guide you as you learn to create your own beautiful **fresh** spring arrangement to take home. Materials included. **A. Oved**
Wed. May 5 5-7pm \$40pp
min. 4 Rm 125 1-session 

BEGINNING GUITAR

Designed for beginner students who have been playing less than a year. Will cover basic chord voicings, strumming patterns, music theory, and much more. Bring your own guitar please.
F. Macri. Fri., May 7, 14, 21.
6-6:45pm offsite at Macri School of Music. min. 4 max. 8 3-sessions
Residents \$60 non \$65

DINNER PLATE~PAINT YOUR OWN POTTERY.

 Be creative & relax. It's fun! Class includes all materials and firing.
Off-site at the Pottery Piazza.
Thursday, May 6 5:30-7:30pm
\$30 per person min. 6 1-session

ASTRONOMY

Support equipment will be available for out-door viewing, to view everything from objects within our own solar system to galaxies, nebulae, and other deep space objects **R. Barker**
Wed. March 31, April 28, May 26.
5:30-7pm min. 8 Rm 102
Residents \$20 non \$25 3-sessions

ART CLASSES

Pastels. Wed. Apr. 7-May 26. 1-3:30pm.
Oil Painting. Tuesdays. April 6-May 25. 6-8:30pm.
Understanding the Power of Color. Tues. Apr. 6-May 25. 1-3:30pm
Residents \$50 non \$60 per course
min. 10 max. 12, 8-sessions
OFFSITE AT THE FARMINGTON RIVER SCHOOL OF ART. ALL LEVELS
WELCOME.

JOURNALISM

With 20+ years in the industry, news and sports anchor Al Smith, teaches the ins and outs of working in the electronic media.
Thursday March 4 5-7pm
min. 3 max. 25 Rm 102 1-session
Res. \$30 non \$35

STILL LIFE DRAWING

You **can** draw. Discover this portable, fun hobby and summon your hidden talents! Bring a sketch book & pencil.
B. Trefon. Wed. March 3-31 5-7pm
min. 5 Rm 106 5-sessions
Residents: \$50 non \$60

POSITIVE PARENTING

Build your child's self esteem and create harmony in the home.
D. Johnson.
Thursday, April 15 5:30-7pm
min. 6 max. 25 Rm 104 1-session
Residents \$20 non \$25

HYPNOSIS

May 11. Meeting your Angels & Guides. Share experiences, learn how to recognize & increase awareness.
May 25. Losing Weight. Work with your subconscious mind to reprogram your current thought patterns to help you make healthier food choices.
May 18. Past Life Regression. Explore the possibilities of your past life. Group discussion follows.
All Classes: 5:30-6:30pm
Bring a blanket and pillow.
min. 5 max. 35 Rm 106 1-session
Residents \$35 non \$40 per class


YOGA

Yoga Dance. Have fun and relieve stress. **March 5 or April 9.**
6-7:15pm. \$15 per class or \$25 both.
Pre-natal Yoga. Ease the birth process and stay in shape.
Saturdays. 4-sessions.
March 13-April 3 or May 1-22.
11am-12:15pm. Res. \$40 non \$45
OFF-SITE AT THE VITAL LIFE CENTER, LLC.

CHINESE LANGUAGE

Practice writing, conversing, & learn about culture with Manli Luo.
Mondays April 5-May 17 5:30-7pm
min. 6 max. 35 Rm 102 6-sessions
Residents \$50 non \$55

Get the details on these single-session sensations. Call (860)793-3209.

- #1. My Neighbor has a Living Trust, Should I? Czepiga. Mon., May 3. 5:30-7pm. min. 6 Residents \$20 non \$25
- #2. Strategies-Prevent Going Broke at a Nursing Home. Czepiga. Wed. May 5. 5-7pm. min. 6 Res. \$20 non \$25
- #3. Today's Issues: Tax Talk. H&R Block. Tuesday. April 6. 5-7pm. Min. 3 **FREE** 
- #4. Financial Strategies During a Job Transition. H. Cormier. Tues. May 4. 5-7pm. min. 4 Res. \$20 non \$25
- #5. Helping You Plan for a New Retirement. H. Cormier. Wed. April 7. 5-7pm. min. 4 Res. \$20 non \$25
- #6. Strong Women, Powerful Financial Strategies. H. Cormier. Mon. May 10. 5-7pm. min. 4 Res. \$20 non \$25

Plainville

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06062

Adult Education  **860.793.3209**

Plainville Adult and Continuing Education
47 Robert Holcomb Way
Plainville, CT 06062
Phone: 860.793.3209
www.plainvilleschools.org

*Large print version of
this guide is available
upon request.*

Drivers Education

February 2-April 8. 2:30-4:30pm
at PHS Tuesdays & Thursdays
for registration information, call:
860.793.3209

JIMMY STURD & HIS ORCHESTRA
Jazz! Polka! March 20, 7pm - PHS.
\$15 in advance, \$20 at door.
Call Gloria for Tickets: 860.793.3220 x 244.

free
classes
Core Studio.
Week's pass. April 19-24.
Use registration form below.

Registration Form

PLAINVILLE ADULT EDUCATION - 2010 Spring

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: _____ Amount \$ _____
Course: _____ Amount \$ _____
Course: _____ Amount \$ _____
Course: _____ Amount \$ _____

DAY TRIP: New York City Amount \$ _____
(attach names of passengers)

TOTAL ENCLOSED \$ _____

Payable to: Plainville Adult Education

Please photo copy as needed and
mail form(s) with tuition to:

Plainville Adult and Continuing Education
47 Robert Holcomb Way
Plainville, CT 06062



QUESTIONS?

PLEASE CALL (860) 793-3209

For additional program information, contact:

Jill O'Brien, Coordinator
Plainville Adult & Continuing Education
47 Robert Holcomb Way
Plainville, Connecticut 06062

860.793.3209

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. 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:** Are certified teachers or are members of the community with special areas of expertise that they are qualified to share. **WANT TO HELP?** Suggestions & ideas for courses are needed & 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. **LOCATION:** Classes are held at Plainville High School unless otherwise noted.

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**

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.

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**

Sponsored by: THE PLAINVILLE BOARD OF EDUCATION

*Kathleen Binkowski, Ph.D.,
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