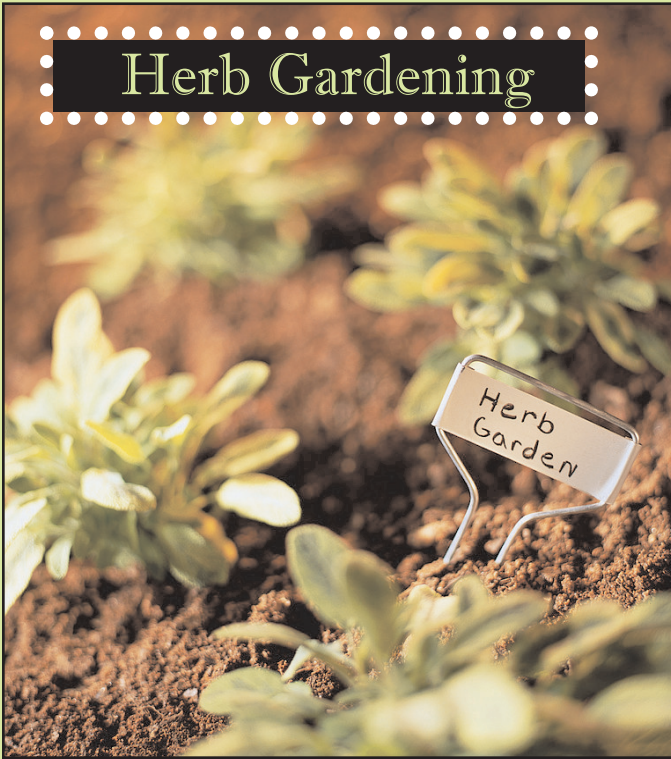


Spring 2012 Program Guide

Herb Gardening



New Master Gardener, MG Trask, will dig deep into the fascinating world of herbs! Discover the magic of herb gardening. You'll be pleased to explore the plentiful and wide range of uses for herbs: brew teas, create your own aromatherapy, intensify your culinary repertoire, learn about medicinal benefits and more. A variety of herbal plants will be available (complimentary) to begin your garden.

Monday, May 21 6-7pm 1-session PHS rm 125
min. 4 max. 12 resident \$15 non-resident \$20

New Introduction to Woodworking

This hands-on course will teach the basics of woodworking and tool use. Students will have the option to bring in their own small furniture piece to work on, or have the option to create their own small piece. Students are responsible for getting their own material, and bringing in their own wood and hardware. Sorry, no storage. Students must be at least 18 years of age.

A. Borgia Tuesdays March 27- May 1 5-7pm
min. 6 max. 10 room 114 5-sessions
resident \$50 non-resident \$55

New Small Gas Engine: Basic Repair and Maintenance

This course is designed to teach participants how to maintain and perform basic repairs on their small gas engine yard equipment. Topics covered will include basic repairs, as well as seasonal/preventative maintenance. Limited to 4-stroke small gas engine, yard equipment only. Participants bring in their own 4-stroke lawn equipment to work on. Sorry, no storage. Must be at least 18 years of age.

A. Borgia and B. Richard
Thursdays March 29 - May 3 5-7pm
min. 6 max. 10 room 116 5-sessions
\$50 resident \$55 non-resident

New Perfecting your Resume and Cover Letter using Computers

Improve your resume and get results. This course will cover content and format of resume and cover page letters. Students should bring their current resume to class.

S. Jones Tuesday April 24 5-7pm
min. 6 max. 12 room 126 1-session
resident \$30 non-resident \$35

New Introduction to CAD

A class designed to introduce the computer user to the world of computer aided drawing and design. 2-D and 3-D renderings will be created. A basic knowledge of PC computers and functions is required.

J. Wanner Mondays March 12 - May 7 5-7pm
min. 8 max. 15 room 124 8-sessions
resident \$90 non-resident \$100

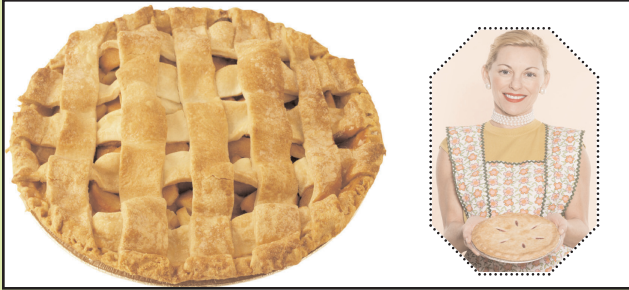
New Healthy ??? Fast Food

Fast food is cheap, convenient, filling, and to many of us it tastes good but eating fast food on a regular basis can lead to a host of different health problems. As an informed customer, though, you can learn to make healthier choices and still enjoy the price and convenience of fast food restaurants. In this class you will learn about the nutritional consequences of typical fast food meals and keys to choosing healthier options from fast food menus. In the second part of the class, we will prepare some healthy food fast by combining some simple ingredients into a satisfying and healthy meal.

J. Wilson Wednesday April 4 5-7pm
min. 4 max. 35 room 108 1-session
resident \$50 non-resident \$55

Develop new skills. Expand your interests. Explore a new hobby.

Apple Pie



New Learn how to make apple pie...just like Mom's! All the ingredients provided. With guided instruction, you will make pie crust and filling from scratch, bake your pie, and take it home with you...still warm from the oven!

M. Hartshorn Monday, March 26 5-7pm
Min. 4 Max. 12 room 108 1-session
\$20 resident \$25 non-resident

New Spring Floral Vase

Create a gorgeous vase arrangement with a spectacular array of fresh spring flowers. With Mothers Day right around the corner, make that special someone a gift with love.

Tuesday May 8 5-7pm
min. 4 max. 12 room 125 1-session
\$50 per person, includes materials.
Students, please bring floral cutters to class.

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.

Each course as follows: 3-sessions min. 4 max. 10 room 102 6-7pm resident \$50 non-resident \$55
Beginners: Tues. Wed. & Thurs. March 20, 21, 22.
Advanced: Tues. Wed. & Thurs. March 27, 28, 29.

Computer Skills for Beginners

Learn the basic parts of a computer, functions of the keyboard, open documents, save and print. Find folders and files. Learn how to access the Internet and use Google and Yahoo. Learn about email. Absolutely no experience required. **S. Jones** will instruct this evening class.

Tuesday April 3 5-7pm
min. 6 max. 12 room 126 1-session
resident \$30 non-resident \$35

Basic Computer Skills

Once your comfort level increases, so will your skills. Learn more about the Internet and word processing.

Prerequisite: completion of Computer Skills for Beginners
S. Jones Tuesday April 10, 5-7pm
min. 6 max. 12 room 126 1-session
resident \$30 non-resident \$35

Spanish Beginner

Learn to speak Spanish. Focus on: vocabulary, numbers, nouns, alphabet, grammar, directions, culture, food and music.

A. Bermudez March 19 - April 2 5:30-7pm
Mondays and Wednesdays
min. 5 max. 12 Rm 117 5-sessions
resident \$50 non-resident \$55

Spanish Intermediate: 10 Sessions!

Build from your experience. You're ready to increase your knowledge of: vocabulary, numbers, nouns, alphabet, grammar, directions, culture, food and music.

A. Bermudez April 4 - May 14 5:30-7pm
Mondays and Wednesdays
min. 5 max. 12 room 117 10-sessions
resident \$70 non-resident \$75

Counted & Cross Stitch Social Gathering

Have an unfinished or new project just lying around? If the answer is "YES" then come and enjoy a social night out to work on it. Come share your thoughts and concerns about your project, if any. Enjoy a relaxing informal social time with others. This course is open to all levels of stitching skills. Instructional help is available as needed.

N. Cooperman
Thursdays May 3, 10, 17 6-7pm 3-sessions
min. 4 max. 8 room 125 \$10 per person

Farmington River School of Art Studio Art Classes

P. Bailey will instruct these courses at the Farmington River School of Art, located at 73 East Main Street, Plainville. A suggested materials list will be provided at the first class. resident \$50 non-resident \$55 (per course)

Pastels

Pastels are unique because you paint with pigment directly, not using brushes. Learn about the different materials to paint on and how to use pastels effectively.

Thursdays March 29 - May 17 1-3pm
min. 10 max. 12 8-sessions

Oil Painting

This course is designed for beginner to intermediate students. Composition, color mixing and other techniques will be discussed. (Only water soluble oil paints used).

Tuesdays March 27- May 15 6-8:30pm
min. 10 max. 12 8-sessions

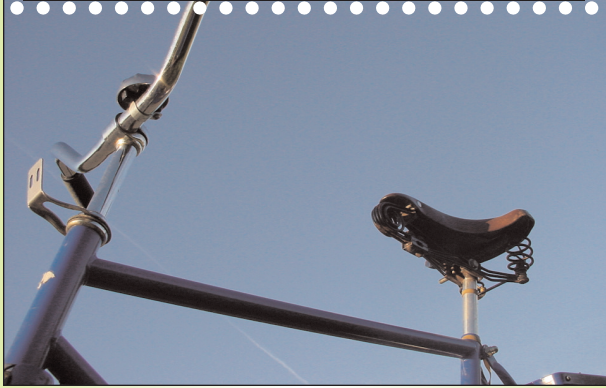
WIA Approved

Pharmacy Technician Training

Now accepting registration for fall '12.

Call (860) 793-3209 for detailed information

Bicycle Repair



NEW Basic Bicycle Repair and Maintenance

This course will teach the basics of bicycle repair and maintenance. Topics covered will include tune-up procedures and basic adjustments, as well as routine maintenance procedures and repairs of flat tires. Course will be very hands-on with participants working on their own bicycles. No storage. Must be at least 18 years of age.

B. Richard Tuesdays March 27 - May 1 5-7pm
min. 6 max. 12 room 116 5-sessions
resident \$50 non-resident \$55

Tai Chi for Health

According to R. Godin, Instructor: this course focuses on the practice of T'ai Chi for Health. Each weekly session consists of: Meditation - to quiet the mind, Qigong Warm-ups - to relax the body, and T'ai Chi forms practice - to improve health. Benefits of daily practice are: 1) strengthens the immune system 2) reduces stress and tension 3) can lower blood pressure and cholesterol 4) improves balance and coordination and 5) strengthens major muscle groups and improves flexibility. T'ai Chi Chuan is an exercise system that that uses slow smooth body movements to achieve a state of relaxation for both body and mind. As a system of physical exercise used to improve and maintain health, T'ai Chi can be helpful in achieving longevity and quality of life. The first 20 positions of C.C. Chen's 60 position Yang style form will be taught. This form has been derived from Chen Man-Chen's 37 posture form, the 24 posture form, and the Long form. Various Qigong systems will be introduced. *All levels welcome.*

R. Godin Tuesdays March 20 - May 22 6:30-7:15pm
min.10 max. 25 8-sessions
Middle School of Plainville: cafeteria
(Address: 150 Northwest Drive, Plainville)
resident \$50 non-resident \$55

Qigong for Health

According to R. Godin, Instructor: this is a basic course in Qigong (pronounced chee gong'). Benefits of daily practice are: 1) lowers heart rate and blood pressure and increases circulation 2) improves the lung's ability to absorb and circulate more oxygen to the cells & tissues of the body 3) improves the immune system and lymph fluid flow and increases the amount of disease-fighting white blood cells in the blood 4) removes "garbage" and toxin substances from the body. Sessions will focus on: Qigong Basics: 1) Fundamentals of Posture & Breath Control 2) Regulating the Mind and Body 3) the Stages of Qigong Practice. A Traditional Qigong set will be practiced such as Baduanjin - Eight Strands of Silk. Qigong is a holistic system of self healing exercises which with daily practice can improve health. It includes low-impact slow movements, natural breathing, and meditation. There are Qigong exercises suitable for every age and physical condition. With only slight adjustments in technique, it is possible to practice many standing exercises from a seated position. Classes will be facilitated by a Certified Health Preservation Association Instructor who is being trained by Grandmaster Jianye Jiang in Taiji, Qigong for Arthritis, Qigong for Diabetes, and Medical Qigong.

R. Godin Tuesdays March 20 - April 24. 7:30-8pm
min.10 max. 25 4-sessions
Middle School of Plainville: cafeteria
(Address: 150 Northwest Drive, Plainville)
resident \$30 non-resident \$35

Single Session Financial Classes

#1. Do I Need a Living Trust? What is an Estate Plan?

Orlando. Tues. March 13. 5:30-7pm. min. 10 Res. \$10 non \$15

#2. Prevent Going Broke at a Nursing Home.

Orlando. Tues. March 20. 5:30-7pm. min. 10 Res. \$10 non \$15

#3. Estate Planning Helps Put You in Control.

H. Cormier. Mon. Apr. 23. 5-7pm. min. 4 Res. \$10 non \$15

#4. Retirement Considerations 101: Planning for a Confident Retirement and Maximizing your Social Security Benefits

H. Cormier. Thurs. March 1. 5-7pm. min. 4 Res. \$10 non \$15

#5. Strong Women, Powerful Financial Strategies.

H. Cormier. Thurs. April 5. 5-7pm. min. 4 Res. \$10 non \$15

Please Call for Details! (860) 793-3209

Call (860) 793-3209 and find out how to get your GED. Confidential.

The 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 in specific subject areas. Candidates for this program are goal-oriented and self-motivated. Enrollment is limited. Please telephone with your confidential inquiry today: (860) 793-3209.

English as a Second Language (ESL) classes are designed to assist students in a multi-level group atmosphere. With students who have little or no fluency in English, attention is given to learning the basic English skills that permit increased self-reliance in speaking the language. Students with this base knowledge increase fluency in speaking, reading and writing. In addition, language structure, grammar, and punctuation are stressed. *(Available mornings also, with free childcare.)*

Instructor: M. Smith

Plainville High School, Room 227, 5-7pm

Mondays through Thursdays

Spring Semester: February 27 -- June 5, 2012

Adult Basic Education (ABE) is a competency based program of instruction for native or foreign-born English speaking adult students who need to develop fundamental skills. Classes offer structured practice in reading and English to survive in today's world, with communication stressed. In addition, students are instructed in mastering basic operations of addition, subtraction, multiplication and division using whole numbers, fractions, decimals, percents, and setting up numbers to solve problems--a consumer and employability skill. ABE may serve as a transition to the GED Preparation Program or Adult High School Credit Diploma Program.

Instructor: M. Bresnahan

(Available mornings also, with free childcare.)

Plainville High School, Room 224, 5-7pm

Mondays through Thursdays,

Spring Semester: February 27 -- June 5, 2012

PARC Adult Basic Education 101

This course focuses on developing skills for independent living. Students improve communication skills (conversation and telephone skills), basic consumer skills, (money, time, information) and functional reading skills.

Instructor: M. Smith

Plainville High School, Room 117, 5-6:30pm, Tuesdays

Spring Semester: February 28 -- May 22, 2012

It's never too late to return to school.

Citizenship Preparation is a competency-based program of instruction for immigrants who wish to become American citizens. This program assists those who would like help in preparing for oral or written citizenship tests; sample test questions will be available. Classes provide knowledge of American history, the United States Constitution, rights of citizens and the structure and function of national, state, and local government.

Instructor: M. Hartshorn

Plainville High School, Room 220, 5-7pm, Tuesdays

Spring Semester: February 28 -- May 22, 2012

General Educational Development (GED)

Preparation Program features multi-level class instruction. GED Mathematics 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 instruction focuses on reading 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). Test-taking strategies and warm-up tests of official GED questions will predict success on the real thing.

(Available mornings also, with free childcare.)

Instructors: D. Congdon / M. Bresnahan

Plainville High School, Room 221, 5-7pm

Mondays through Thursdays

Spring Semester: February 27 -- June 5, 2012



**Call (860) 793-3209
to register**

**FREE on-site childcare while you attend
morning classes at Linden Street School**

GED Preparation • English as a Second Language

Adult Basic Education • Language & Computer Labs

February 6 - May 23, 2012

Mondays & Tuesdays: 9am-11am

Wednesdays: 9am-Noon

In partnership with the Plainville Family Resource Network, Plainville Adult and Continuing Education proudly present these federally grant funded programs to state residents.

Plainville Family Resource Network

PLAINVILLE COMMUNITY SCHOOLS

Linden Street School
69 Linden Street
Plainville, CT 06062



Phone (860) 793-6304
Fax (860) 793-3269

Celebrating 14 Years of Learning and Growing with Plainville Families. Building the Bridge Between Home and School.

The Plainville Family Resource Network (PFRN) located in Room 154 at Linden Street School is a warm and welcoming place to meet other families and enjoy fun activities, stories and more with your child. This opportunity is a great introduction to school in a play based setting. The 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.

PLAY & LEARN GROUPS The PFRN continues to provide Play & Learn Groups for families with young children. Play & Learn Groups at Linden Street School are held 9:15 - 10:45a.m. Mon., Tues. & Wed. Also an evening Play & Learn Group is available Mon. 6-7:15p.m. All Plainville children birth to age 5 are welcome to attend with a parent, grandparent, care provider or other responsible adult. The mixed age group provides children with many social & language development opportunities. Parents have opportunities to play with their children and to interact with other parents. They may also borrow books, videos and other parenting information from our lending library. Please call Ms. Donna Cavallaro 860-793-6304 for additional information.

EVENING PLAY & LEARN GROUP FOR WORKING PARENTS Enjoy a special evening focused on quality time with your child while meeting with other Plainville families. Creative play and story time included. Each Monday while school is in session 6 - 7:15 p.m.

RAISING READERS PARENT BOOK CLUB Get to know other parents while building your home library and discovering fun new ideas for exploring books with your child. Childcare provided during club meetings. Call the PFRN at 860-793-6304.



Free on-site childcare while you attend class at Linden Street School.

FEBRUARY 6 TO MAY 23

- English as a Second Language
- Adult Basic Education
- GED Preparation

Mondays & Tuesdays: 9am-11am
Wednesdays: 9am-12noon

In partnership with the Plainville Family Resource Network, Plainville Adult and Continuing Education proudly present these federally grant funded programs to state residents.

CHILD CARE PROVIDERS

The Plainville Family Resource Network offers services to family child care providers and relatives who care for young members of their extended family. These services include: professional development opportunities, personal visits and in-home read aloud sessions for children, a lending library, field trips, and resources/referrals for providers and their families. Care providers also have the opportunity to participate in the nationally-renowned "Parents-As-Teachers" (PAT) program, with professional support materials and resources for families. Contact the Plainville Family Resource Network for more information or to make an appointment: 860-793-6304.

PARENTS AS TEACHERS Parents as Teachers (PAT) program provides education and support to families from pregnancy through age 5. Parents are supported by Parents as Teachers-certified parent educators trained to translate scientific research on early brain development into specific when, what, how and why information for families. By understanding what to expect during each stage of development, parents can easily capture the teachable moments in everyday life to enhance their child's language development, intellectual growth, social development and motor skills. Home and personal visits available to meet the individual needs of each family. Call the PFRN to schedule your first visit: 860-793-6304.

PRE-K DEVELOPMENTAL SCREENINGS

Screenings provided each month by Plainville Community Schools. This program is a developmental screen for all Plainville children aged three to five. It is an opportunity for parents to have their child observed in an informal fun atmosphere by a professional Early Childhood Team to ensure development is progressing smoothly. There are also opportunities to talk with the observers and ask questions or voice concerns. Contact Ms. Cathy Demers: 860-793-3270, ext. 217 for additional information.

EARLY LINKS: Plainville Community Schools' program for incoming kindergarten children and their families. This program is intended to foster partnerships between the families and schools that will facilitate children's literacy learning at home and upon their entry to school in September. Early Links sessions will be held at each elementary school beginning in February 2012. All families with children entering kindergarten in September 2012 are invited to attend. Please call your child's school for more information and to register for the Early Links program: Linden St. School: 860-793-3270, Toffolon: 860-793-3280, & Wheeler: 860-793-3290.

Plainville

NON-PROFIT ORGANIZATION
U.S. POSTAGE PAID
PERMIT # 416
FARMINGTON, CT 06032



Adult Education

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

A large print version of this guide is available upon request. Please call (860)793-3209

Plainville Adult and Continuing Education offers programming, free of cost, in the following areas: Adult Basic Education (Math and Reading/Writing), Adult High School Credit Diploma Program, Citizenship Preparation, English as a Second Language, GED Preparation, and PARC Adult Basic Education. **Please see page 4** for details or call **(860) 793-3209** to discuss your options.

Registration Form

PLAINVILLE ADULT EDUCATION - spring 2012

Name: _____

Address: _____

City/Zip: _____

Phone: _____

____ Please indicate if you are a Plainville Resident Senior Citizen (62 and over). Plainville Resident Senior Citizens deduct **30%** off of the advertised fee for any **one** program.

Course: _____ Amount \$ _____

Course: _____ Amount \$ _____

Course: _____ Amount \$ _____

Course: _____ Amount \$ _____

TOTAL ENCLOSED \$ _____

Payable to: Plainville Adult Education

Please photo copy as needed and mail form(s) with tuition to: **Plainville Adult Education**
47 Robert Holcomb Way
Plainville, CT 06062

Location: The Adult and Continuing Education Department is located within Plainville High School. When visiting, please use the designated entrance door, accessible from the West Parking Lot, clearly marked with a white and blue sign: **PLAINVILLE ADULT AND CONTINUING EDUCATION**. Refrain from using any other entrance. For the safety of all students, all other doors in PHS will not be accessible for Adult Education office visits. For detailed directions, please 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. 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. **WHO MAY ENROLL:** Residents & nonresidents, ages 16 +. (Mandated Programs: 17+)

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**

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

Jeffrey C. Kitching *Superintendent of Schools*
Sponsored by:
THE PLAINVILLE BOARD OF EDUCATION
Robert Anderson, Lisa Buckley, Michael Giuliano,
Deborah Hardy, Charlotte Koskoff, Cheryl Provost
Andrea Saunders, Becky Tyrrell, Barbara Willard

