Spring 2020

Classes for Adults

Learn something new & fun!
Take a day trip or vacation!
Earn your diploma!
Improve your English!

Valley Regional Adult Education
Building a Stronger Community
ANSONIA • DERBY • MONROE • SEYMOUR • SHELTON

WWW.VRAE.ORG • 203.924.6651
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**New Programs**

- **Vacation Tours from Collette**
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- **Career Training Online Programs**
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**VRAE…Building a Stronger Community**

At Valley Regional Adult Education, we are committed to developing a sense of “community education” in which local citizens, schools, agencies, and businesses work together to address the educational needs of the Valley community. Our goal is to be a vital organization, responsible for creating an environment that continually fosters 100% engagement of students and staff through:

- Commitment
- Integrity
- Innovation and Creativity
- Quality
Valley Regional Adult Education

ONLINE CAREER TRAINING PROGRAMS

Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

- CPC CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)
  Learn to handle the increasing complexities of healthcare management and medical billing and coding for a competitive edge in the healthcare field.

- CPC MEDICAL BILLING AND CODING (Voucher Included)
  Get a foundation of medical vocabulary, to help you better understand doctors’ notes and medical record contents and learn essential medical office.

- PHARMACY TECHNICIAN (Voucher Included)
  Train to enter this rapidly growing field as a Pharmacy technician, supporting licensed pharmacists in providing health care to patients.

- PARALEGAL (Voucher Included)
  In this program you will prepare you to become a legal secretary or paralegal and to take the Certified Paralegal certification exam.

- COMPTIA CERTIFICATION TRAINING: A+, NETWORK+, SECURITY+ (Vouchers Included)
  Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you certification exams.

- HVACR CERTIFIED TECHNICIAN
  A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

- LEAN SIX SIGMA GREEN BELT AND BLACK BELT (Exam Cost Included)
  Learn the principles of both Lean Six Sigma Green Belt and Lean Six Sigma Black Belt, before sitting for the certification exams.

- THE COMPLETE PROJECT MANAGER WITH CAPM AND PMP PREP
  Expand your knowledge and application of project management concepts with this online program and get prepared for either the CAPM or PMP certifications.

- PROFESSIONAL BOOKKEEPING WITH QUICKBOOKS 2017 (Software Included)
  Prepare for a career in the high-demand field of bookkeeping and accounting, as you master QuickBooks 2017, the leading financial software tool for small businesses.

- HUMAN RESOURCES PROFESSIONAL
  Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR certification exam.

- MOBILE AND DESKTOP WEB DEVELOPER
  Develop a solid background in the latest web development technologies for desktop and mobile environments. At the end of the program, you’ll be able to build traditional and mobile websites.

- CERTIFIED WEDDING PLANNER
  This program will provide all the knowledge you need to work as a professional wedding planner or start your wedding planning business.

Enroll or view our online courses at: careertraining.ed2go.com/vrae
Spring 2020 Enrichment Courses

FITNESS

Walk, Weights & Abs
This class consists of walking with aerobic moves and patterns, light weights to sculpt and tone the lower and upper body, and an abdominal workout. Bring a mat and 3-5 lb. weight. No class 4/14.

Deborah Bailey
Shelton Intermediate School
Tuesdays, 6:00 - 6:45PM
6 Sessions, begins January 7
$39 507S

Tuesdays, 6:00 - 6:45PM
10 Sessions, begins February 25
$99 507S

New! Fitness Dance Party
Dance-based cardio alternating between high and low intensity maximizing calorie-burning and strength training for toning and stretching. Bring weights 2 - 5 lbs. Held at A Time for Us, Belly Dance and Fitness Studio, Bart Center, 600 Main St. 2nd floor Suite 5, Monroe.

Deborah Bailey
Thursdays, 7:15–8:15PM
10 sessions, begins February 27
A Time for Us Studio
$99 504S

Tai Chi
“Meditation in motion” is a centuries-old Chinese discipline used for health, meditation and self-defense. Emphasis on relaxation and strength. No class 2/17, 3/16

Gwen Roman
Shelton Intermediate School
BEGINNERS
Mondays, 6:50 - 7:40PM
8 Sessions, begins January 27
$99 652S

INTERMEDIATE
Mondays, 6:00 - 6:50PM
8 Sessions, begins January 27
$99 654S

Gentle Yoga
A simple yet profound experience of connecting body, mind and spirit. Eliminate stress and tension and experience peace of mind. Increase flexibility, reduce stress, and bring calm to your life. Bring a mat or blanket and wear loose, comfortable clothing. No Class 4/13, 4/15.

Beverly Corvino
Shelton Intermediate School
BEGINNERS
Mondays, 6:00 - 7:30PM
10 Sessions, begins February 24
$99 610S Adv Mon

ADVANCED BEGINNERS
Wednesdays, 6:00 - 7:30PM
10 Sessions, begins February 26
$99 614S Adv Wed

CLASSES AT TAD-G’S
FITNESS FOR WOMEN
Terry DiGiacomo-Galla, 386 East Main St., Ansonia

Latin Kettlebell Fusion
Dance followed by some light-weight Kettlebell moves then dance again! A fun and happy effective workout! All levels.

Mondays, 5:00 – 6:00PM
8 Sessions, begins January 13
$79 508Y

POUND Fit!
Using light-weight ripstixs engineered specifically for exercising, POUND transforms drumming into an effective workout. All levels.

Mondays, 6:30 – 7:15PM
8 Sessions, begins January 13
$79 506Y

New! Circuit Training
Musical chairs” with exercise. Move from station to station every 30 seconds to increase muscle strength, endurance & flexibility.

Tuesday, 5:30 - 6:15PM
8 Sessions, begins January 14
$79 514Y

New! Step-N-Sculpt
Step to ramp up your calorie burn, then some high intensity cardio-conditioning designed to sculpt the body; the level of intensity is up to you! Grab some weights to finish off the workout!

Saturday, 10:00 - 11:00AM
8 Sessions, begins January 18
$79 509Y

REGISTER ONLINE AT WWW.VRAE.ORG

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REGISTRATION INFO ON PAGE 15
CLASSES AT FITNESS FOR LIFE

Ellen Reichelt, Top Martial Arts & Fitness for Life, 90 Bridgeport Ave., Shelton

**Women’s Empowerment and Self-Defense**
Join us for this fun, hands on self-defense seminar. Learn escapes from arm grabs, hair grabs, and more. Improve self-awareness in everyday situations. Ages 16+.

Saturday, 1:00 - 4:00PM
1 Session, February 29
$39 511Y

**Fitness Kickboxing**
Get fit with fun and empowering moves. Kick and punch on bags then stretch and breathe all in a supportive, non-judgmental, clean, modern school. Kickboxing gloves available for $21.25 or bring your own.

Mondays & Wednesdays,
6:15 - 7:00PM
11 Sessions, begins March 23
$129 512Y1

**Strength Training**
Need to start working out, but not sure where to start? Resistance bands help make long, lean strong muscles without the next-day soreness. Classes are super supportive and non-judgmental.

Tuesdays & Thursdays,
6:15 - 7:00PM
11 Sessions, begins March 24
$129 513Y

**Karate for Adults**
Increase your self-confidence with karate and get empowered! Learn kicks, punches, simple self-defense techniques and more in a supportive, non-judgmental, modern school.

Tuesdays & Thursdays,
7:15 - 8:00PM
11 Sessions, begins March 24
$129 510Y

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**CT Security Officer Certification Course**
Upon successful completion of the course, approved by the CT State Police, Special Licensing and Firearms Unit, you will obtain a certificate required to obtain your CT Security Officer Identification Card (Guard Card) allowing you to work as a uniformed security officer for licensed CT employers.

Joseph Porto
Saturday, 8:00AM - 4:30PM
1 Session, March 14
Adult Learning Center* $99 550V

**Boating Safety, Personal WaterCraft**
The About Boating Safety course (ABS) covers topics involved in the safe operation of recreational boating and seamanship, as well as Personal WaterCraft (PWC) operation. Successful completion of the ABS course satisfies the CT licensing requirements for both boats and PWC. For details, email the instructor at skpperrone@hotmail.com. Prior to class, you must obtain your FREE State of CT Conservation ID # at ct.outdoorcentral.net/InternetSales/Sales. You must bring this number to class to receive credit for taking the course.

Steve Perrone, Bob Gesullo
Saturday, 8:00AM - 5:00PM
1 Session, March 14
Adult Learning Center* $69 835V

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**New! Mindfulness… for Stress Reduction, Relaxation, and A Better You!**
This wonderful lecture discusses mindfulness, how to create mindfulness in your life and why this is so vital and necessary for today’s living! There is a meditation segment so be prepared to feel like you are going to float away at the end of the workshop!

Dr. Lori Monaco
Monday, 10:00AM - 12:00PM
1 Session, March 14
Adult Learning Center* $25 237S

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**New! Researching Your Roots**
Begin to trace your family tree. Be connected to the resources professional researchers use. Start your research in class with access to some of the instructors paid genealogical subscriptions. Bring a laptop or tablet to class.

Sarah Miller
Saturday, 10:00AM - 12:00PM
1 Session, March 14
Adult Learning Center* $59 268S

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**New! Needle Felting**
Needle felting transforms wool roving yarn into 3D sculptures using a special needle. Learn to needle felt a cute kitty about 2.5” tall out of 100% wool. Material fee of $5 payable to the instructor the day of class.

Kayleigh Mihalko
Saturday, 10:00AM - 12:00PM
1 Session, March 21
Adult Learning Center* $39 908V2

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You’re on the Air! (How to Really Make it in Voice-Overs!)
Learn to get around the competition and turn voice-overs into a thriving business! You’ve heard the instructor - now hear him live as he illustrates how to use your speaking voice for commercials, films and videos!

Nicole Porche
Saturday, 10:00AM – 12:00PM
1 Session, March 21
Adult Learning Center* $49 204S

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**New! Paint/Draw Your Pet**
Learn simple techniques for drawing or painting your pet’s portrait. Bring a picture of your pet and your art supplies, a canvas and acrylic paint or paper and charcoal, or $15 and the instructor will provide the supplies.

Theresa Kasun
Saturday, 11:00 – 1:00PM
1 Session, March 21
Adult Learning Center* $49 904V

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*Adult Learning Center
Richard O. Belden
Cultural Center
54 Grove St., Shelton
**ARTS & CRAFTS**

**Watercolor Painting**  
Explore watercolor painting including techniques for using watercolor as an expressive and versatile art. Demonstrations and step-by-step instruction. Bring a watercolor pad, paint kit and brushes to the class the first day.

Stephen DiRienzo  
Mondays, 7:00 - 8:30PM  
6 Sessions, begins February 24  
Shelton Intermediate School  
$109 805S

**New! Paint a Food Still Life**  
Learn to paint a Food Still Life of wine and grapes or donuts. Bring your art supplies, a canvas and acrylic paint or paper and charcoal, or $15 and the instructor will provide the supplies.

Theresa Kasun  
Thursday, 6:30PM – 8:30PM  
1 Session, March 19  
Shelton Intermediate School  
$49 903S

**New Teacher! Sewing**  
Learn basic sewing skills, sewing machine and tool basics. Learn to do pattern layout, fabric cutting, essential construction skills and finishing techniques. Gain the confidence and knowledge needed to continue practicing sewing at home. Students must bring a portable sewing machine and basic supplies (thread, scissors, 6” ruler, needles).

Josephine Lifrieri  
Wednesday, 6:30 – 8:30PM  
1 Session, March 25  
Shelton Intermediate School  
$45 904S

**Know Your Sewing Machine**  
Find out how to use your sewing machine. A pattern is not required for this class, fabric supplied. Students must bring a portable sewing machine and basic supplies (thread, scissors, 6” ruler, needles).

Daniella Toth  
Shelton Intermediate School  
Tuesdays, 5:30- 9:00PM  
2 Sessions, begins January 14  
$139 902S

**Furniture Painting**  
Learn the basics of the Annie Sloan Chalk Paint® method: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application, dry brushing, frottage, ombre finish, and more. No chemicals or stripping. $10 materials fee due to instructor each class.

Ursula Michaelis  
Wednesday, 6:30 - 8:00PM  
6 Sessions, begins March 4  
Shelton Intermediate School  
$109 314S

**Online Art Classes**

- Introduction to Digital Scrapbooking
- Introduction to Journaling
- Drawing for the Absolute Beginner
- Intro to Interior Design
- Start Your Own Arts and Crafts Business

Visit www.ed2go.com/vrae

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**WORLD LANGUAGES**

**German**  
For those with little or no prior exposure to this language but want to learn because of heritage, interest or for travel. Learn from a native speaker. Bring The book German in 10 Minutes a Day.

Sylvana Serravezza  
Tuesdays, 6:30 - 8:30PM  
6 Sessions, begins February 25  
Shelton Intermediate School  
$109 303S1

**Italian**  
Learn the basics of this beautiful language. Food, travel, lodging, restaurants, shopping and more. Bring the book Italian Made Simple to class.

Aneta Matyszczyk  
Wednesdays, 6:30 - 8:30PM  
6 Sessions, begins February 26  
Ansonia High School  
$109 305A

**Spanish**  
Learn the basics of Spanish and practice conversational skills for travel, work or daily life. Book required, instructor will mail with the information. Bring the book The Ultimate Spanish 101.

Laurie Boccuzzi  
Thursdays, 6:30 - 8:00PM  
6 Sessions, begins March 19  
Shelton Intermediate School  
$109 311S1

**Online Language Classes**

- French
- Japanese
- Sign Language
- Professional Translator
- Spanish for the Classroom
- Spanish for Law Enforcement

Prices range from $99 - $119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

Visit www.ed2go.com/vrae
**VRAE Spring 2020 Enrichment Courses**

**TECHNOLOGY**

**New! Instagram**
Are you a small business owner or a creative person who has items to sell? Learn the basics of Instagram and get started on social media’s fastest growing marketing platform. Bring your cell phone.

*Theresa Kasun*
Monday, 6:30-8:30
1 Session, March 2
Shelton Intermediate School
$29

**New! Microsoft PowerPoint Intro**
Learn to create and modify materials to convey ideas that can be displayed on computers, screens or printed as handouts. Layouts, background colors, transitions, graphs and effects will be covered. Windows experience necessary.

*Gregory Parkhurst*
Monday, 7:00 - 9:00PM
3 Sessions, begins March 2
Masuk High School (Monroe)
$109 127M

**Microsoft Word**
Learn to add and edit text; work on two or more documents simultaneously; format text. Also see save, retrieve, copy, organize, and print. Bring a USB flash drive to class. No class 2/17.

*Bonnie Waring*
Masuk High School (Monroe)

BEGINNER
Mondays, 6:30 – 8:30PM
4 Sessions, begins February 10
$129 104M1

INTERMEDIATE
Mondays, 6:30 – 8:30PM
4 Sessions, begins March 16
$149 104M2

**Microsoft Excel**
Learn screen elements, navigation and selection techniques to create and edit your spreadsheet. Bring a USB flash drive to save your work.

*Bonnie Waring*
Masuk High School (Monroe)

BEGINNER
Wednesdays, 6:30 – 8:30PM
4 Sessions, begins February 19
$129 105M1

INTERMEDIATE
Wednesdays, 6:30 – 8:30PM
4 Sessions, begins March 18
$149 105M2

**FINANCE**

**Bookkeeping Basics**
Learn the basics of bookkeeping, how to analyze and record financial transactions, and prepare various financial reports. Topics will include: accounts receivable, accounts payable, payroll procedures, sales taxes and other common banking activities.

*Helga Bowen*
Wednesdays, 6:30 – 8:45PM
4 Sessions, begins March 4
Shelton Intermediate School
$99 225S

**New! Medicare Basics**
Are you or a loved one about to turn 65 and getting ready to sign up for Medicare? Attend this Medicare 101 course to learn about Original Medicare, Medicare Parts A, B, C, and D, whether prescriptions are covered, how much it will cost, and the enrollment deadlines. We will also educate you on Medicare Advantage Plans, Part D Prescription drug plans, and Medicare Supplement plans. This is an informational seminar.

*Cindy Ryall*
Wednesday, 6:00 - 7:30PM
1 Session, begins March 11
Shelton Intermediate School
$24 467S

**New! Qualifying for Medicaid and Keeping My Home: Is it possible?**
Worried you might have to sell your house to qualify for long term care? Learn how to legally keep your home and still qualify for Medicaid.

*Attorney Franklin Drazen*
Wednesday, 6:00 - 7:30PM
1 Session, February 26
Shelton Intermediate School
$24 468S

**Online Finance Classes**
- Accounting
- A to Z Grant Writing
- Stocks, Bonds & Investing

More than 100 classes to choose from. Prices range from $99 - $119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

Visit [www.ed2go.com/vrae](http://www.ed2go.com/vrae)

**New! All About Trusts**
Learn how a Trust can be part of your estate plan to protect beneficiaries from lawsuits, creditors, financial harm, divorce. Also: how to leave funds to individuals with special needs.

*Attorney Steven Rubin*
Tuesday, 6:00 - 7:30PM
1 Session, March 31
Shelton Intermediate School
$24 468S

**Online Technology Classes**
- Introduction to QuickBooks
- Introduction to SQL
- Introduction to Python 3
- Adobe Products
- Computer Skills for the Workplace
- Creating Wordpress Websites
- Keyboarding
- CompTIAA+ Certification Prep

More than 100 classes to choose from. Prices range from $99 - $119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

Visit [www.ed2go.com/vrae](http://www.ed2go.com/vrae)
MIND & BODY

Meditation
Meditation is wonderful for the soul; it helps you focus as well as reduce stress and help your immune system. We will try different meditation techniques. Come relax and be still. Wear comfortable clothing, bring water and a mat or towel.

Jamie DellaVolpe
Tuesday, 7:00 - 8:30PM
4 Sessions, begins February 25
Shelton Intermediate School
$79 670S1

New! Astrology
Astrology is much more than your sun sign! A chart can show your hidden personality, career potential, love, talents, life challenges and rewards. Review your past and reveal the trends of your future. Bring your birth date, place and time.

Jamie Dellavolpe
Wednesdays, 6:30 - 8:30PM
4 Sessions, begins February 26
Shelton Intermediate School
$69 670S

Tarot
Tap into your inner wisdom and explore your intuition through the magic and mystery of the tarot. Bring a tarot deck to class.

Sally Russo
Tuesdays, 6:30 - 8:30PM
4 Sessions, begins March 3
Shelton Intermediate School
$69 214S

Practical Mindfulness
Take a deep and gentle look into the application of mindfulness in daily life. Benefits: reduced stress, improved relationships, and a deeper appreciation for life. No class 3/18.

Bruce Nichols
Wednesdays, 7:00 - 8:00PM
4 Sessions, begins March 4
Shelton Intermediate School
$39 671S

EFT Emotional Freedom Technique (Tapping)
Discover EFT and tap your way to better emotional health today. This easy-to-learn self-help method aids to alleviate stress and address emotional factors that result in bad habits. Instructor is a certified EFT practitioner.

Terry Hernon
Tuesday, 6:30- 8:15PM
1 Session, March 9
Shelton Intermediate School
$39 456S

Stepping Into Your Greatness
Achieve success, happiness, health and wellbeing by just simply changing your thoughts. Learn how to break bad habits and diminish negative behaviors and beliefs. If you have wanted to change your life; lose weight, start a new career, go back to school, travel the world, start a new relationship, this class will help inspire and empower you to take the leap of faith and become the person you were always meant to be.

Dr. Lori Monaco
Monday, 6:30 - 8:30PM
1 Session, March 9
Shelton Intermediate School
$25 235S

Law of Attraction
Is it possible to create your life and have the things you’ve always wanted? Yes, if you understand the Law of Attraction. A better job? More money? A strong relationship? Happiness? All you have to do is ask for it!

Dr. Lori Monaco
Tuesday, 6:30 - 8:30PM
1 Session, March 24
Shelton Intermediate School
$25 236S

Laughter is the Best Medicine
Learn the science of laughter, how it affects the brain and the body and how it can reduce pain, depression, and anxiety. Discover simple techniques and ideas to bring more laughter into your life and yes...you will be laughing a lot as you learn! Great for caregivers and those dealing with health challenges.

Dr. Lori Monaco
Monday, 6:30 - 8:30PM
1 Session, March 30
Shelton Intermediate School
$25 235S

Weight Loss Hypnosis
Use hypnosis to lose pounds by changing your relationship with food. Remove the need and desire to overeat. Instructor is a certified hypnotist.

Fern Tausig
Mondays, 6:30 - 8:30PM
3 Sessions, begins April 20
Shelton Intermediate School
$75 221S

Special Event! Whispers from Heaven
Experience the energy and messages of a psychic mediumship reading. This is a gallery reading, not everyone is guaranteed a reading. No drinking of alcohol before the reading; no late admittance.

Patricia Griffin
Thursday, 6:30- 8:30PM
1 Session, March 19
Shelton Intermediate School
$39 688S
New! **ALL ABOUT ANGELS**  
*Classes with Robin Tesei*

**Communicate with Your Angels**
Connect and communicate with your Angels and Spirit Guides. Receive loving, guided, inspiring messages. All angel messages will empower you with their loving support, healing, insight and guidance.

Robin Tesei  
Wednesday, 6:30 - 8:30PM  
1 Session, January 29  
Shelton Intermediate School  
$39 244S

**Angel Signs/Numbers**
Angels are frequently giving us messages through signs, such as rainbows, repetitive number sequences, coins, feathers, and songs. This eye-opening workshop will teach you how to ask the angels for signs, discuss ways the angels show signs, how to recognize these signs, and what the number sequences mean. A handout of angel numbers and meanings will be provided.

Robin Tesei  
Wednesday, 6:30 - 8:30PM  
1 Session, February 5  
Shelton Intermediate School  
$39 247S

**Healing with Archangels**
Learn about the 15 powerful Archangels and their roles they play in healing/guiding you in the areas of relationships, money, career, school, worry, health and much more. With the help from the Archangels learn to heal modalities to clear your mind/body/soul.

Robin Tesei  
Wednesday, 6:30 - 8:30PM  
1 Session, February 12  
Shelton Intermediate School  
$39 246S

**Crystals & Angels**
Learn to combine the healing energy of the Crystals with the divine energy of the Angels to assist in healing all areas of our life—physical, spiritual, emotional, financial, health. Learn how to connect with your Angels and techniques for cleansing and charging Crystals. Receive a crystal as a gift.

Robin Tesei  
Wednesday, 6:30 - 8:30PM  
1 Session, February 19  
Shelton Intermediate School  
$39 245S

New! **Bollywood Dance**
Learn the Bollywood dance form, a mix of Indian classical dance and hip hop. A great way to break a little bit of sweat while having fun and listening to happy music. Held at Bollywood Studios, 477 Main St, Monroe, CT 06468

Jigna Trivedi  
Mondays, 7:00 – 8:00PM  
8 Sessions, begins January 20  
Bollywood Studios  
$119 500Y4

**Country Line Dance**
Enjoy learning to line dance from the basic steps to putting them all together with various assortment of music rhythms. Come have fun learning easy steps as you move in this low impact dance form. No partners needed. No open toe or heeled shoes allowed.

Rebecca Williamson  
Tuesdays, 6:30 - 8:00PM  
8 Sessions, begins February 11  
Shelton Intermediate School  
$119 503S

**Ballroom Dance**
Learn basic elements and techniques of ballroom dances under the direction of our professional instructor. You will be introduced to a variety of dances. Instruction will be given in step patterns, timing, continuity, and style while learning to lead or follow successfully. The purpose of this class is to promote and develop confidence on the dance floor. Wear comfortable clothes and non-slip shoes (sneakers ok). Fee per couple. Limited to 12 couples.

Kristin Prall  
Wednesdays, 6:30 - 8:00PM  
8 Sessions, begins February 12  
Shelton Intermediate School  
$169 502S

**Adult Tap**
Come learn, exercise and laugh as you shuffle, chug and buffalo along to great music. Wear comfortable clothes, tap shoes or sneakers and bring a water bottle. Tap shoes can be purchased a week before class for $35. Held at Step By Step Dance Academy, 495 River Road, Santo’s Plaza 2nd Floor, Shelton.

Stephanie Rose  
Fridays, 7:00 - 7:45PM  
8 Sessions, begins March 6  
Step By Step Dance Academy  
$119 500Y3
HOME & GARDEN

Intro to Gardening
Learn how to plan your outdoor garden. Site planning, choice of plants and maintenance. Using Herbs in your landscape and poisonous plants will be discussed.

Karel Julian
Monday, 6:30 – 8:00PM
1 Session, March 9
Shelton Intermediate School
$29

Vegetable Garden
For beginner gardeners, learn how to set up, design, and cultivate a small vegetable garden. Review the basics of preparing the soil and choosing the best plants for our climate.

Karel Julian
Tuesday, 6:30 – 8:00PM
1 Session, March 24
Shelton Intermediate School
$29

Plant Safety: Two Sides to Every Leaf
Choose your house and yard plants with knowledge as to whether or not they are harmful to humans or pets. Plants can contain dangerous leaves, flowers and berries. Increase your awareness of common toxic plants and what to safely purchase.

Karel Julian
Wednesday, 6:30 – 8:00PM
1 Session, March 18
Shelton Intermediate School
$29

GOLF
Golf
Learn about the game in a fun, small group setting. For beginners, the fundamentals of the golf swing will be worked on. Advanced beginners work on getting your game more consistent and breaking down your swing. Plan on bringing your clubs starting the second class. Clubs will be provided if you do not have any.

Frank Selva
John G. Prendergast School
(Ansonia)

BEGINNER
Tuesdays, 6:30 - 7:30PM
6 Sessions, begins February 25
$149

ADVANCED BEGINNER
Tuesdays, 7:30 - 8:30PM
6 Session, begins February 25
$149

NEW! INTERIOR DESIGN SERIES
Classes with Holly Dar

Floor Plans
Start planning the room YOU want to create. Create a focal point, overcome obstacles and draw a floor plan. Design your room using existing furnishings and discuss how to budget for future purchases. See your room through new eyes.

Shelton Intermediate School
Thursday, 7:00 – 8:30PM
1 Session, March 19
$59

Floors, Walls and Lighting
We will review your floor plans and discover the type of flooring best for your room and how to address the lighting in the room and what to put on the walls. Learn some tips on hanging artwork, mirrors and other decorations.

Shelton Intermediate School
Thursday, 7:00 – 8:30PM
1 Session, March 26
$59

Blending Fabric Patterns
Learn how to blend colors, mix textures and choose paint colors. Discuss the psychology of color and how it affects your decorating scheme. Address the challenges of your design process. Begin a color board for your project.

Shelton Intermediate School
Thursday, 7:00 – 8:30PM
1 Session, April 2
$59

Online Home & Garden Classes
• Introduction to Interior Design
• Start Your Own Edible Garden
• Growing Plants for Fun and Profit

Prices range from $99 - $119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

Visit www.ed2go.com/vrae
DEB’S HEALTHY PLATE CLASSES
Debbie Barbiero, at Deb’s Healthy Plate, 32 Woodfield Dr., Shelton

New! One Night Classes
Learn to prepare healthier versions of old favorites. $10 material fee due to instructor. ($15 for Shrimp Stir-fry).

Bread Bowl with Turkey Chili
Monday, 6:30 - 8:30PM
1 Session, February 3
$39 410Y3

Shrimp Stir-Fry
Tuesday, 6:30 - 8:30PM
1 Session, February 25
$39 410Y1

Chicken Marsala
Wednesday, 6:30 - 8:30PM
1 Session, March 18
$39 410Y1

Blueberry & Banana Bread
Tuesday, 6:30 - 8:30PM
1 Session, March 24
$39 410Y4

Homemade Pastas
Make Gnocchi with Bolognese Sauce, Ravioli with Tomato Sauce, Fettuccine with Alfredo Sauce. $25 material fee due instructor.

Tuesdays, 6:30 - 8:30PM
3 Sessions, begins February 4
$109 410Y4

Pierogies
Learn to make perfect and delicious pierogies. $10 material fee due instructor.

Monday, 6:30 - 8:30PM
1 Session, March 2
$39 410YM1

Wednesday, 6:30 - 8:30PM
1 Session, March 25
$39 410YM2

Tuesday, 6:30 - 8:30PM
1 Session, March 31
$39 410YM2
Daytime Programs

REGISTRATION REQUIREMENTS

• Must be a resident of Ansonia, Derby, Monroe, Seymour, or Shelton.

• All students are accepted on a first-come, first-served basis. Class size limited.

• Prior to class, all students must complete a registration process.

• New students must take a placement assessment.

• All programs are for students age 17 and older and officially withdrawn from school.

ENGLISH AS A SECOND LANGUAGE

Students improve their reading, writing, speaking and understanding of English. Based on assessment results students are assigned to one of three leveled classes.

Adult Learning Center at the Richard O. Belden
Cultural Center, 54 Grove St., Shelton
Monday-Friday, 9:30AM – 12:30PM

REGISTRATION: Tuesday, January 7 & Wednesday, January 8 at 9:30AM
Classes begin on Thursday, January 9 at 9:30AM

ABE/GED® PREPARATION

Students prepare to improve their academic knowledge in Mathematical Reasoning, Science, Social Studies, and Reasoning through Language Arts in order to take the GED® test. If you are 17 years of age you must also provide a copy of your withdrawal letter signed by your parent/guardian from the last day school you attended to register for class. For more information on the exam visit GED.com. We will assist you to setup your account and you will have the opportunity to take official practice tests in class.

Adult Learning Center at the Richard O. Belden
Cultural Center, 54 Grove St., Shelton
Monday-Friday, 10:00AM – 12:30PM

REGISTRATION: Thursday, January 9 & Friday, January 10 at 10:00AM
Classes begin on Monday, January 13 at 10:00AM

We're Here When You Need Us

• Classes are FREE
• Open 12 months a year
• Day and Evening Classes
• Free Parking
• Convenient Location
• Friendly, Caring Staff
• State Certified Teachers
• Counselors Available
• Free Wi-Fi
• Serving the towns of Ansonia, Derby, Monroe, Seymour & Shelton

Valley Regional Adult Education
50 Years of Building a Stronger Community
Free Academic Programs: Spring 2020 Schedule

Evening Programs

**ENGLISH AS A SECOND LANGUAGE**

Students improve their reading, writing, speaking and understanding of English. Based on assessment results students are assigned to one of three leveled classes.

**Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove St., Shelton**
Tuesday & Thursday, 6:00 - 8:30PM

REGISTRATION: Tuesday, January 7 & Thursday, January 9 at 6:00PM
Classes begin on Tuesday, January 14 at 6:00PM

**Masuk High School (multi-level class)**
1014 Monroe Tpk., Monroe
Monday & Wednesday, 6:30 - 8:30PM

REGISTRATION: Monday, January 6 & Wednesday, January 8 at 6:30PM
Classes begin on Monday, January 13 at 6:30PM

**ABE/GED® PREPARATION**

Students prepare to improve their academic knowledge in Mathematical Reasoning, Science, Social Studies, and Reasoning through Language Arts in order to take the GED® test. If you are 17 years of age you must also provide a copy of your withdrawal letter signed by your parent/guardian from the last day school you attended to register for class. For more information on the exam visit GED.com. We will assist you to setup your account and you will have the opportunity to take official practice tests in class.

**Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove St., Shelton**
Monday & Wednesday, 6:00PM – 8:30PM

REGISTRATION:
Monday, January 6 & Wednesday, January 8 at 6:00PM
Class begins Monday, January 13 at 6:00PM

**ADULT HIGH SCHOOL CREDIT DIPLOMA PROGRAM (AHSCDP)**

Students can fulfill the State of Connecticut’s AHSCDP requirements by earning credits needed for high school completion. Classes include English, Math, Science, Social Studies, electives, work experience, training, military experience, community service and transfer of previous credits. Classes are held at the Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove Street, Shelton. Upon completion of 21 credits of approved instruction, students receive a Valley Regional Adult High School Diploma. Call to begin the registration process, 203.924.6651.

**SESSION 1**: January-February, **SESSION 2**: March-April
Classes are held Monday -Thursday, 4:30PM-5:30PM and Monday & Wednesday 5:45PM-7:45PM and Tuesday & Thursday 5:45PM-7:45PM

**CITIZENSHIP**

To become an American citizen is a dream of many who come to this country. Citizenship classes teach American history and government.

**Shelton Intermediate School**
675 Constitution Blvd. North, Shelton
Wednesday, 5:30- 7:30PM

REGISTRATION:
Wednesday, January 15 @ 5:30PM
Classes begin on Wednesday, January 15 @ 5:30PM

**NATIONAL EXTERNAL DIPLOMA PROGRAM**

A computer-based high school diploma program for adults who have acquired their academic skills through life and work experiences. Learn more about this new program by attending the Orientation Session.

ORIENTATION SESSION
Wednesday, January 8, February 12, March 11 & April 8 @ 5:30PM
Adult Learning Center at the Richard O. Belden Cultural Center 54 Grove St., Shelton. Call 203.924.6651 to register.
The Colorado Rockies
Featuring National Parks and Historic Trains
#987918

Take in the majesty of the Colorado Rockies and celebrate the freedom loving spirit of the Old West. Highlights: Denver, Rocky Mountain National Park, Colorado National Monument, Grand Junction, Arches National Park, Canyonlands National Park Durango & Silverton Narrow Gauge Railroad - Search

9 Days and 11 Meals
August 21 - August 29

Tuscany & the Italian Riviera
A romantic rendezvous with Italia awaits
#987729

From the rolling hills of Tuscany to the sun-soaked coast of the Italian Riviera. Highlights: Tuscan Estate, Florence, Choice on Tour, Siena, Tuscan Winery, Lucca, Italian Riviera, Cinque Terre, Portofino.

8 Days and 10 Meals
October 16 - October 23

SPRING DAY TRIPS

Where will YOU go?
Tour the city? Visit a vineyard? See a whale?

Take your pick, then sit back and enjoy the ride! Bring along your morning coffee and eats or wait for the coffee stop along the way. Just remember, always be prepared. You may leave jackets, umbrellas and items on the bus during the day if not needed. Note: Itinerary and times subject to slight changes. Find more details about each trip on our website, www.vrae.org

DEPARTS FROM: Shelton Municipal Parking Lot
415 Howe Ave., Shelton
(Next to Shelton’s Farmer’s Market)

Brooklyn – Live Like a Local
Walk your way through Williamsburg, Brooklyn. Enjoy a wine tasting, magnificent views of NYC, New York pizza, an American burger (or veggie) in a one-of-a-kind setting, chocolate and ice cream then onto Mario Batali’s Eataly.

Saturday, April 25
8:30AM - 8:00PM, $109

Gardens and Arthur Ave
Visit the beautiful NY Botanical Gardens with a narrated tram ride through the park, featuring Japanese artist Yayoi Kusama. Afterwards head over to Arthur Ave - the true Little Italy to shop and dine on your own.

Saturday, May 16
9:00AM – 7:00PM, $109

Moby Dick
Visit beautiful Gloucester, MA. Stroll around the scenic waterfront; enjoy a fresh, delicious meal on your own then catch the boat at 7 Seas Whale Watch Tour.

Saturday, May 30
7:30AM - 9:00PM, $109

NYC Tribute
Visit the 911 Museum with One World Observatory. End the day at Little Italy and Canal Street to shop and dine on your own.

Saturday, June 13
8:00AM - 8:00PM, $119

UPCOMING FALL TRIPS
NY State of Mind
Discover Maine
A Day in Salem
Radio City - Rockettes
Shelton Schools Mentoring Program
Changing the world, one child at a time

Volunteering just one hour a week can make a world of difference in the life of a child.

No prior experience is needed, other than the desire to help a child who is going through a difficult time. Mentors and mentees come from all different walks of life, and come together to shoot hoops, read a story, or just share a laugh or two. The only requirements are a good heart and the willingness to help.

WANT TO FIND OUT MORE?
Call Valerie at: 203-924-1023 x336

Nondiscrimination Policy
VRAE is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. Inquiries regarding VRAE’s nondiscrimination policies should be directed to Lee Wolf, 203.924.6651.

FREE ACADEMIC PROGRAMS REGISTRATION PAGES 12-13
ABE/GED® Program • Adult High School Credit Diploma • Citizenship • ESL • NEDP

REGISTRATION FORM
MAKE CHECKS PAYABLE TO “VRAE.”

| NAME: ________________________________ | PHONE: ________________________________ |
| ADDRESS: ________________________________ | EMAIL: ________________________________ |
| CITY: __________________ STATE: ______ ZIP: __________________ |

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Mail this form including check or money order to:
Valley Regional Adult Education, Attn: Enrichment,
54 Grove St., Shelton, CT 06484. The returned check fee is $45.

VRAE ENRICHMENT REGISTRATION INFORMATION

• Unless you are notified to the contrary, courses will run as scheduled. You will be notified only if a class is canceled. We do not confirm registrations.

• There is a $6 processing fee charged for each order. This processing fee will be refunded if a class is canceled.

• Classes are for adults only, unless specified.

• STORM DAY POLICY: When bad weather closes the regular public schools or there is an early dismissal ALL classes will be canceled.

• REFUND POLICY: Classes - if you cancel 1 week prior to the start of class you will receive a credit voucher for the class fee. Bus Trips - if you cancel 30 days prior to the trip you will receive a credit voucher for the fee. Credit vouchers can be used for any class/trip and can be shared with others.

• No classes during school vacations, holidays, school parent/teacher conferences or other special events. Your instructor will notify you of any schedule changes.
**REGISTRATION OPEN NOW! Find a Class!**

### Spring Classes

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### Academic Programs

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<td>English as a Second Language</td>
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<td>National External Diploma Program</td>
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**Inside Our Spring Catalog…**

- **3 NEW! Programs**
  - Vacation Tours
  - Career Training Online Programs
  - Saturday One-Day Workshops

- **5 Free Academic Programs** (see page 12-13)
- **50 New Enrichment & Online Classes**
- **13 Chances to Travel** (see page 14)

**WWW.VRAE.ORG • 203.924.6651**