

Valley Regional Adult Education

FALL 2014 CATALOG



Learn something
new & fun!

Take a bus trip!

Earn your diploma!

Improve your English!



Ansonia • Derby • Monroe • Seymour • Shelton

WWW.VRAE.ORG • 203.924.6651

**VALLEY REGIONAL
ADULT EDUCATION**

Adult Learning Center
415 Howe Avenue
Shelton, CT 06484
Phone: (203) 924-6651
Fax: (203) 924-8435
Email: vrae@vrae.org

OFFICE HOURS

Monday-Friday,
8:00 AM-3:00 PM

Monday-Thursday
evenings, 6:00-8:30 PM
starting September 15, 2014

LOCATIONS

Adult Learning Center
415 Howe Ave., Shelton

Ansonia High School
20 Pulaski Hwy., Ansonia

Derby High School
Nutmeg Ave., Derby

John G. Prendergast School
59 Finney St., Ansonia

Masuk High School
1014 Monroe Tpk., Monroe

Seymour High School
2 Botsford Rd., Seymour

**Shelton Intermediate
School**
675 Constitution Blvd. N.,
Shelton

REGISTER ONLINE!
www.vrae.org

*Cover Photo: Susan Albright,
Shelton Intermediate School
Photography Club Advisor*



Valley Regional Adult Education

Building a Stronger Community

**Welcome to the Fall Semester
at Valley Regional Adult Education**

Welcome to your adult education program catalog.

In our Enrichment Program, we offer over 100 classes at various locations throughout the Valley, exciting bus trips, and online courses available year-round for anytime, anywhere learning. The classes range from food, health and wellness, to dance, art, careers, computers, world languages and many more. Browse the listing starting on page 8 and online at www.vrae.org.

Our FREE Academic Programs begin in early September, with GED®, Adult High School Credit Diploma, Citizenship and English as a Second Language classes. Please see pages 4 and 5 for registration information.

This catalog introduces you to everything we have to offer, for more information, current news and to register online for enrichment classes, please visit our website, www.vrae.org, today!

Register for a class today, don't wait!

— Reina Marasco, Director

www.vrae.org



VRAESheltonCT

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**FREE ACADEMIC
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

No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving state or federal assistance. Individuals with a disability who require an accommodation in order to participate in any class, program, activity or when taking the GED® exam, please contact Lee Wolf at 203.924.6651.

REGISTER NOW FOR ENRICHMENT COURSES!

Valley Regional Adult Education



ONLINE

www.vrae.org
Using Your
MasterCard & Visa



MAIL

VRAE-Enrichment
415 Howe Ave.
Shelton, CT 06484



PHONE

(203) 924-6651
Using Your
MasterCard or Visa

FREE ACADEMIC PROGRAMS

- ABE/GED® Program
- Adult High School Credit Diploma
- Citizenship
- ESL

See pages 4-6 for details.

VRAE ENRICHMENT PROGRAM 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.
- REFUND POLICY: Regretfully, there are no refunds unless a class is cancelled, this includes bus trips.
- 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. Check www.vrae.org or call (203) 924-6651 for updated class cancellations after 3:00PM.
- No classes during school vacations, holidays, school parent/teacher conferences or other special events. Your instructor will notify you of any schedule changes.
- For directions and additional information, please visit: www.vrae.org.

VRAE ENRICHMENT PROGRAM FALL 2014 REGISTRATION FORM

MAKE CHECKS PAYABLE TO "VRAE."

NAME: _____

ADDRESS: _____ CITY: _____ STATE: _____ ZIP: _____

DAY PH: _____ EVENING PH: _____ CELL PH: _____

EMAIL: _____

NAME	COURSE TITLE/BUS TRIP	COURSE #	FEE


Mail this form including check or money order if applicable to:
Valley Regional Adult Education, Attn: Enrichment,
415 Howe Ave., Shelton, CT 06484. The returned check fee is \$45.

PROCESSING FEE **\$6.00**

TOTAL _____

PAYMENT INFORMATION

Check Enclosed: Check # _____ Make check payable to VRAE.

Credit Card Payment  
Card # _____ Exp. Date _____ CVV # _____
Name of Cardholder _____ Signature _____ (3 digits on the backside.)

Free Academic Programs: 2014 Fall Schedule

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 registration process.
- New students must take a placement assessment.
- All programs are for students age 17 and older, officially withdrawn from school.

DAYTIME

ENGLISH AS A SECOND LANGUAGE

Non-English speakers will improve reading, writing, speaking and understanding English. Based on assessment results students are assigned to one of five leveled classes.

Adult Learning Center
415 Howe Ave., Shelton
Monday-Friday, 9:30AM – 12:30PM
Computer Lab, Monday-Friday, 9:00AM – 9:30AM

REGISTRATION: Monday, September 8, Tuesday, September 9 & Wednesday, September 10 @ 9:30AM
Classes begin on Monday, September 15 @ 9:30AM

ABE/GED® PREPARATION CLASSES

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.

Adult Learning Center
415 Howe Ave., Shelton
Monday-Friday, 9:30AM – 12:30PM
Computer Lab, Monday-Friday, 9:00AM – 9:30AM

REGISTRATION: Monday, September 8 & Tuesday, September 9 @ 9:30AM
Classes begin on Monday, September 15 @ 9:30AM

GED® EXAM INFORMATION

Official 2014 GED® Exam Registration Information
All 2014 GED® exam information and registration are now available online. Setup an account and get started today at www.GED.com.

- Eligibility requirements are:
- You must have a valid picture ID.
 - 17 and 18 year olds must have a letter from the last high school they attended stating they have been withdrawn 6 months or more OR the class they entered in freshman year has graduated.
 - There is a \$13.00 registration fee for students 21 years of age and older. Veterans are exempt.



Free Academic Programs: 2014 Fall Schedule

Evening 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 registration process.
- New students must take a placement assessment.
- All programs are for students age 17 and older, officially withdrawn from school.

ENGLISH AS A SECOND LANGUAGE

Non-English speakers will improve reading, writing, speaking and understanding English.

Adult Learning Center (*leveled classes*)
415 Howe Ave., Shelton
Tuesday & Thursday, 6:00 - 8:30PM

REGISTRATION:
Monday, September 8 & Tuesday, September 9 @ 6:00PM

Classes begin Tuesday, September 16 @ 6:00PM

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

REGISTRATION:
Tuesday, September 9 & Thursday, September 11 @ 6:30PM

Classes begin on Tuesday, September 16 @ 6:30PM

ABE/GED® PREPARATION CLASSES

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.

Adult Learning Center
415 Howe Ave., Shelton
Monday & Wednesday, 6:00PM – 8:30PM

REGISTRATION:
Monday, September 8 & Tuesday, September 9 @ 6:00PM
Classes begin on Monday, September 15 @ 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 transference of previous credits.

Classes are held at the Lafayette Complex, 54 Grove Street, Shelton. Upon completion of 21 credits of approved instruction, students receive a Valley Regional Adult High School Diploma.

NEW STUDENTS: Students (age 17 and older), officially withdrawn from school must have an official transcript from the last high school they attended. 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. All new students must call to begin the registration process, (203) 924-6651 x106.

Session 1: New Student Registration: week of September 1; classes begin the week of September 8
Session 2: Classes begin the week of October 21, for more information, call (203) 924-6651, x106.

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
Tuesday, 5:30PM - 7:30PM
REGISTRATION: *Tuesday, September 16 @ 5:30PM*
Classes begin on Tuesday, September 16 @ 5:30PM

EVENING

My Life. My Future. MyGED™



Eunice, 2012 graduate

LET US PREPARE YOU TO TAKE THE NEW COMPUTER-BASED GED® TEST!

- Day & Evening classes held at the Adult Learning Center in Shelton (see pages 4 & 5 for registration information).
- Registered students receive FREE practice test in class.

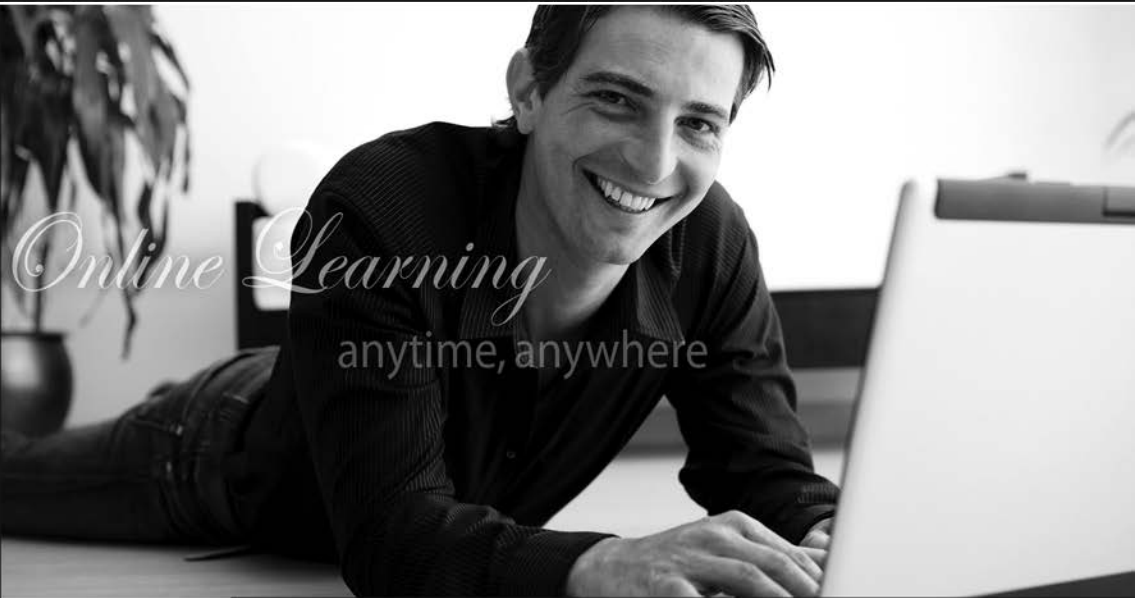
Sign up for classes today!

*Registration is the week
of September 8th.*



Online Learning at www.vrae.org

ed2go



Online learning anytime, anywhere...just a click away!

Learn from the comfort of home... Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive. Our instructors are famous for their ability to create warm and supportive communities of learners.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

You can complete any course entirely from your home or office. Any time of the day or night. A new session of each course begins each month. Most of the courses cost \$99.

Did you know there are more than 300 courses online to choose from? Some of the most popular courses are:

- Creating Web Pages
- Accounting Fundamentals
- Networking
- Medical Terminology: A Word Association Approach
- Introduction to Microsoft Excel
- Medical Coding
- Grammar Refresher
- Beginning Writer's Workshop
- Human Anatomy and Physiology
- Introduction to SQL
- Introduction to WordPress
- Introduction to QuickBooks
- Discover Digital Photography
- Secrets of Better Photography
- Introduction to Java Programming
- Computer Skills for the Workplace
- Introduction to PC Troubleshooting
- Effective Business Writing
- Intermediate Microsoft Excel
- Introduction to Microsoft Word

**MORE COURSES AVAILABLE
AT OUR ONLINE INSTRUCTION CENTER
WWW.ed2go.com/VRAE**

Fall 2014 Enrichment Courses



Health & Wellness

Meditation

Meditation has been known to help reduce stress levels, lower blood pressure, help with concentration and enhance the immune system to name but a few! In this class allow your body to relax and rejuvenate with a guided meditation ~ beginners welcome! Learn different types/forms of meditations.

Keri Uihlein
 Thursday, 6:45 PM - 7:45 PM
 3 sessions, begins September 22
 Ansonia High School
 \$49 670A

Diabetes - The Basics and Beyond

Taught by a registered Dietitian and Certified Diabetes Educator. Learn about the diabetic diet and nutrition, medications, blood sugar numbers, complications and more.

Maureen Devlin
 Monday, 6:30 PM - 8:30 PM
 1 session, September 22
 Shelton Intermediate School
 \$30 655S

Tai Chi

Tai Chi, described as "meditation in motion" is a centuries-old Chinese discipline used for health, relaxation, meditation and self defense. Relaxation and inner calm and strength are emphasized. It can be practiced by anyone, regardless of age, or athletic ability. *No class Mon Oct 13.

BEGINNERS
Gwen Roman
 Monday*, 7:00 PM - 8:00 PM
 7 sessions, begins September 22
 Shelton Intermediate School
 \$75 652S

INTERMEDIATE
Gwen Roman
 Monday, 6:00 PM - 7:00 PM
 7 sessions, begins September 22
 Shelton Intermediate School
 \$75 654S

New! Basic Self Defense for Women

This class will cover preventing crime before it happens and will teach you practical self defense to help escape an attack. Being in charge of yourself and your personal safety is your responsibility. Don't be a Victim! Class covers information and physical tips and practice. Please wear sneakers and comfortable clothes.

Jessica Tsutis
 Tuesday, 6:30 PM - 9:00 PM
 1 session, September 23
 Shelton Intermediate School
 \$30 511S

Jessica Tsutis
 Tuesday, 6:30 PM - 9:00 PM
 1 session, October 7
 Shelton Intermediate School
 \$30 512S

Weight Loss Hypnosis

Use hypnosis to lose pounds by changing your relationship with food. Remove the need and desire to over-eat. Become a healthy, happier person. Change your attitude about food forever. Your instructor is a certified hypnotist.

Fern Tausig
 Monday, 6:30 PM - 8:30 PM
 3 sessions, begins October 20
 Shelton Intermediate School
 \$65 221S

Yoga

Reconnect your mind and body through the coordination of breath with movement and postures. Bring a mat or towel.

Kelly Warters
 Tuesday, 7:00 PM - 8:00 PM
 6 sessions, begins September 23
 Ansonia High School
 \$55 667A

Gentle Yoga

A simple yet profound experience of connecting body, mind and spirit. Eliminate stress and tension, experience peace of mind. Beginner's class presents yoga basics. Increase flexibility, reduce stress. Bring a mat or blanket, wear loose, comfortable clothing. *No class Mondays Oct 13, Nov 24, Dec 1.

Beverly Corvino
BEGINNERS
 Monday*, 6:00 PM - 7:30 PM
 10 sessions, begins September 22
 Shelton Intermediate School
 \$89 610S

Wednesday, 7:30 PM - 9:00 PM
 10 sessions, begins September 24
 Shelton Intermediate School
 \$89 612S

INTERMEDIATE
 Monday*, 7:30 PM - 9:00 PM
 10 sessions, begins September 22
 Shelton Intermediate School
 \$89 614S

Wednesday, 6:00 PM - 7:30 PM
 10 sessions, begins September 24
 Shelton Intermediate School
 \$89 616S

New! Dance the Decades

Tired of the same old exercise? No experience required. Come join us for an hour of dancing through the decades. Each week dance to a different decade of music. Join the fun. You set your own pace and your own style. Let's all boogie together! Wear sneakers and comfortable clothes.

Donna Wright
 Wednesday, 6:30 PM - 7:30 PM
 5 sessions, begins September 24
 Shelton Intermediate School
 \$35 510S

VRAE Fall 2014 Enrichment Courses

Zumba

Zumba your way to your healthiest you! It is a fun and effective fitness program that combines easy-to-follow moves to Latin and international rhythms. All welcome. No experience needed. Learn as you go! Be sure to bring water and wear supportive sneakers. This class is held at Kim Bensen Weight Loss Center in Shelton. Ages 16 and up are welcome.

Suzzane Palazzi
 Wednesday, 5:30 PM - 6:15 PM
 5 sessions, begins September 24
 Kim Bensen Weight Loss Center
 \$35 505V

Suzzane Palazzi
 Saturday, 10:00 AM - 10:45 AM
 5 sessions, begins September 27
 Kim Bensen Weight Loss Center
 \$35 506V

Zumba Gold

A modified, slower paced Zumba® class. Don't miss out on the fun! No experience needed. Bring water and wear supportive sneakers. This class is held at Kim Bensen Weight Loss Center in Shelton

Suzzane Palazzi
 Thursday, 12:00 PM - 12:45 PM
 5 sessions, begins September 25
 Kim Bensen Weight Loss Center
 \$35 507V

Drums Alive

Join in this new fun group exercise experience. Reap the benefits of fitness, music and rhythm as you combine drumming and exercise. No experience needed. Equipment supplied. View drums-alive.com to learn more. This class is held at Kim Bensen Weight Loss Center in Shelton.

Suzzane Palazzi
 Monday, 6:30 PM - 7:15 PM
 6 sessions, begins September 22
 Kim Bensen Weight Loss Center
 \$60 658V

Saturday, 11:00 AM - 11:45 AM
 6 sessions, begins September 27
 Kim Bensen Weight Loss Center
 \$60 659V



Pets

Animal Communication

Ever wondered if there is a way to understand what your pet is thinking? A seasoned animal communicator provides insight into the world of animal communication. Learn techniques and exercises. Bring a photo of your pet to class for a short reading.

Donna Velardi
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 1
 Ansonia High School
 \$28 713A

Crystal and Gemstone Healing for Animals

Learn about gemstone and crystal energies and how they affect, heal and benefit your pet. Explore animal chakras and the corresponding gemstone. Discussions will also include animal problems and issues such as abuse and trauma, allergies, stress, anxiety, and training, among others.

Donna Velardi
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 8
 Ansonia High School
 \$28 714A

New! Canine Lifestyle

Learn the latest canine lifestyle tips for helping to ensure your dog has bright eyes and a bushy tail. Topics covered include: canine health, food & treat options (includes a home cooking demonstration and doggie bags), mental health, play, socialization, grooming & training tips and more. Information provided is intended to help attendees help their dogs live well and have fun doing it and does not replace proper grooming or veterinary care or advice regarding your dog. Class is for humans only!

Mandy Oram
 Monday, 6:30 PM - 8:30 PM
 3 sessions, begins October 27
 Shelton Intermediate School
 \$125 723S

New! Puppy Socialization

Puppies need to learn at a young age to play and socialize properly with other dogs. Unsocialized puppies grow into adult dogs that are fearful of and/or aggressive towards other dogs. Class meets outside in the parking lot. Puppies must be between 4 1/2 and 12 months old. If over 9 months they must be spayed or neutered. Advance proof of vaccinations and fecal flotation test is required for the puppy to participate in class. Bring puppy to class on 6 or 8 foot nylon or leather leash (no flexleads). Use a regular collar, a martingale collar or harness, no prong collar or choke chains. Instructor will contact you prior to class for paperwork.

Mandy Oram
 Monday, 6:15 PM - 7:30 PM
 3 sessions, begins September 15
 Shelton Intermediate School
 \$125 721S

New! Trainers on the Trails

Bring your dog and join experienced and professional trainers on three local trails (Shelton Reservoir, Bic Trail and Veterans Park) for a fun and educational trail walk each week. Start with a brief training orientation and Q & A, followed by a trail walk (45 minutes). Get advice on leash walking, leash aggression, recall, jumping socialization, and doggie manners. Dogs must have had some basic obedience training and no major aggression issues. Up to family of four humans (Two adults and two children 8 and over / no strollers allowed) and two dogs per registration. Please bring: water for you and your dog, poop bags, bug repellent, proper footwear, 6 foot nylon or leather leash (no flexileads), regular collars or harness (no prong collars or choke chains) for dogs.

Mandy Oram
 Sunday, 10:00 AM - 11:15 AM
 3 sessions, begins September 28
 \$125 722S

VRAE Fall 2014 Enrichment Courses



Dance

Ballroom Dancing - Beginner

Learn basic elements and techniques of ballroom dances under the direction of our professional instructors. You will be introduced to a variety of dances including: Fox Trot, Waltz, Rumba, Tango, Swing, and more. 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. Limited to 12 couples. Fee is per couple.

Pete Mila
Tuesday, 7:00 PM - 8:30 PM
7 sessions, begins September 16
Masuk High School (Monroe)
\$108 500M

Pete Mila
Wednesday, 7:00 PM - 8:30 PM
7 sessions, begins September 24
Prendergast School (Ansonia)
\$108 500A

New! Ballroom Dancing - Advanced

Learn advanced dance steps and techniques of various ballroom dances under the direction of our professional instructor. Must have taken prior ballroom dance classes to attend. Limited to 12 couples. Fee is per couple. No class Oct 13.

Pete Mila
Monday, 7:00 PM - 8:30 PM
7 sessions, begins September 22
Shelton Intermediate School
\$108 503S

Country Western Dancing - Beginner

Enjoy learning to line dance beginning with the basic steps and 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. All levels welcome, no partners needed. No open toe or heeled shoes allowed.

Doris Dommer
Thursday, 7:00 PM - 8:30 PM
8 sessions, begins September 25
Shelton Intermediate School
\$76 501S

New! Country Western Dancing - Intermediate

Must have knowledge of basic step patterns and line dance experience. Have fun, get some exercise and meet new friends! No open toe or heeled shoes allowed.

Doris Dommer
Tuesday, 7:00 PM - 8:30 PM
8 sessions, begins September 23
Shelton Intermediate School
\$76 502S



Food & Wine

Taste Testing Wines

Explore wines from different regions to determine best values. We'll look at price rather than type. What do you get for \$20 or \$30? Find out! Must be over 21 years of age, bring photo id to class. \$60 material fee due first night. Bring four wine glasses. Held at the Valley Center of the Arts, 119 Caroline St., Derby.

Henry Coppola
Monday, 7:00 PM - 8:30 PM
6 sessions, begins September 22
Valley Center for the Arts, Studio
\$96 421V

Healthy Cooking

Prepare healthy versions of old favorites and new. Learn about juicing, sauces, meatballs, quinoa, ground turkey and desserts. Cook and learn nutrition information and tips to improve your health. Additional material fee of \$50 payable to instructor the first night of class. Class held at Metamorphosis Body, Mind and Spirit, 32 Woodfield Dr., Shelton.

Debbie Barbiero
Monday, 6:30 PM - 8:30 PM
6 sessions, begins September 22
Metamorphosis Body, Mind and Spirit Studio
\$115 410V

Whatcha Got Cookin'?

A cooking experience proudly brought to you by the owners of Shelton's Liquid Lunch. Gain a new love for what you have in your kitchen, learn new uses for spices you always have and bring out the flavors that you love. This 2-week cooking experience will focus on the areas: (1st class) Soups n' Salads - Learn to create two specialty soups and yummy salads, (2nd class) Italian Night - The best chicken dish you ever had with 2 sides. Material fees \$12 for Soups n' Salads and \$15 for Italian Night - payable to the instructors the night of class. Held at Liquid Lunch, 6 Research Dr., Suite 110 (rear of building), Shelton. Don't miss out on the fun and the yum.

Fred & Michele Bialek
SOUPS N' SALADS
Tuesday, 6:00 PM - 8:30 PM
1 session, September 23
Liquid Lunch, Suite 110
\$45 405V1

ITALIAN NIGHT
Tuesday, 6:00 PM - 8:30 PM
1 session, October 7
Liquid Lunch, Suite 110
\$45 405V2

Scones with a Spot of Tea

Enjoy a night of learning how to make homemade Australian scones. While scones are baking, taste a variety of teas and hear about their origins. After scones have been baked, sit back and enjoy your choice of tea with your own fresh out of the oven scones at Tea With Tracy, 16 Bank Street, Seymour.

Tracy Tenpenny
Wednesday, 6:30 PM - 8:00 PM
Tea with Tracy Tea Room
\$25

SELECT A DAY:
September 24 407Y
October 1 408Y
October 8 409Y

VRAE Fall 2014 Enrichment Courses



Self Discovery

New! Creative Writing

Discover what fun writing can be. Polish your prose, fashion some fiction and noodle with non-fiction. Use your powers of narration and imagination to create written pieces you can be proud of. Learn to use language to communicate details, imagery and emotion and share your creations.

David Ortoleva
 Thursday, 6:30 PM - 8:30 PM
 6 sessions, begins September 25
 Shelton Intermediate School
 \$90 720S

Angel Readings 1

Learn to read an Angel Oracle Card deck and explore how you can read interpret angel messages. See how beautiful and easy it can be—bring an open heart and mind and learn how the messages give you guidance on the underlying issues at hand. A new angel deck is required to bring to class, no tarot cards.

Keri Uihlein
 Tuesday, 6:30 PM - 8:30 PM
 1 session, September 23
 Ansonia High School
 \$30 718A

Angel Readings 2

Expand upon your knowledge of learning to trust your own intuition as well as the messages from the angels. Become more comfortable interpreting their signs and messages. Requirements: must have taken Angel Readings 1. Bring an Angel Oracle Card deck to class, no tarot cards.

Keri Uihlein
 Tuesday, 6:30 PM - 8:30 PM
 1 session, October 7
 Ansonia High School
 \$30 719A

Intro to Tarot Cards

Use the Tarot to help develop creativity, communication, and an understanding of yourself and others. For fun or serious study, Tarot can enrich your life. Bring tarot deck to class.

Sally Russo
 Tuesday, 6:30 PM - 8:30 PM
 4 sessions, begins September 23
 Shelton Intermediate School
 \$75 214S

New! Physic Mediumship

Ever catch yourself following your "gut" instinct and have it be correct? Discover if you are clairvoyant or clairsentient! Ever wonder the difference between being psychic and a medium is? Learn the difference between angels and spirit guides and how to use them to communicate.

Keri Uihlein
 Tuesday, 6:30 PM - 8:30 PM
 3 sessions, begins October 14
 Ansonia High School
 \$65 725A

Discovering the Chakras

Discover the seven energy fields called the Chakras and how they affect you physically and emotionally. Explore the characteristics and see how color and gemstones are connected. Balancing the Chakras will be discussed also.

Donna Velardi
 Monday, 6:30 PM - 8:30 PM
 1 session, October 6
 Ansonia High School
 \$28 220A

Letting Go and Taking Your Life Back

Do you sometimes feel trapped? Have problems moving forward? Want to get rid of negativity in your life? Identify issues holding you back and learn to let go.

Donna Velardi
 Tuesday, 6:30 PM - 8:30 PM
 1 session, October 14
 Shelton Intermediate School
 \$28 218S

Discovery of Past Lives for Beginners

Explore the importance of discovering our past lives. Learn the role that karma plays in each past life, as well as techniques for uncovering who you were in a previous life.

Donna Velardi
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 15
 Shelton Intermediate School
 \$28 220S

How to Recall and Interpret Dreams

Dreams are how your mind communicates ideas and warnings. Learn easy and effective ways to analyze them.

Donna Velardi
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 22
 Shelton Intermediate School
 \$28 216S

Intro to Palmistry

Ever wonder what those lines in our palms mean? Learn the difference between your love line, life line and other lines in your palm, what each finger represents and what the mounts in your hands reveal about you.

Donna Velardi
 Monday, 6:30 PM - 8:30 PM
 1 session, October 27
 Shelton Intermediate School
 \$28 217S

Intro to Numerology

Learn the basics of numerology, including the five Core Numbers: Life Path, Destiny, Soul, Personality and Maturity. Other numerologies covered. No need to be good with numbers, just a willingness to spend time in self discovery and enlightenment!

Donna Velardi
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 29
 Shelton Intermediate School
 \$28 716S

Developing Your Psychic Intuition

Learn to develop your psychic ability and find out which psychic skills that you possess. Explore your intuitive powers and learn about the psychic tools such as runes, pendulums and tarot cards. Gain hands on experience and try some tools in class.

Donna Velardi
 Thursday, 6:30 PM - 8:30 PM
 1 session, October 30
 Shelton Intermediate School
 \$28 219S

VRAE Fall 2014 Enrichment Courses



Recreation

Golf

For the beginner/intermediate golfer wanting to learn the golf basics and wanting to get more consistent in their game. Class will cover all aspects of the game in a fun, small group setting. Get expert advice on how to self-correct your swing. High school Jr./Sr. welcome. Bring your clubs. Clubs will be provided if you do not have your own.

Frank Selva
 Tuesday, 7:00 PM - 8:00 PM
 6 sessions, begins September 23
 John G. Prendegast School
 (Ansonia) \$110 800A

Stand Up Paddle Boarding

Get a new perspective on exploring our waterways. Cover all the basics: get familiar with equipment, water entry and balance, proper stance and positioning on the board, paddling techniques, safety and etiquette. A sport that can be enjoyed in both calm water as well as surf! Class is held by Collinsville Canoe & Kayak, 41 Bridge Street, Collinsville, CT on the Farmington River.

Saturday, 12:00 PM - 1:30 PM
 1 session, September 27
 Collinsville Canoe & Kayak
 \$44 803V

Intro to Kayaking

Designed for the beginner, or someone who wants to tune-up their kayaking skills. Basic strokes such as paddling forward, backward, turning and bracing are covered. Also learn basic capsizing and recovery skills. Kayaks, PFDs and Paddles included in cost. Class is held by Collinsville Canoe & Kayak, 41 Bridge Street, Collinsville, CT on the Farmington River.

Saturday, 2:00 PM - 5:00 PM
 1 session, September 20
 Collinsville Canoe & Kayak
 \$65 802V



Go Green

New! Gardening into Fall

The hot summer days are over and it is a wonderful time to be back in the garden. Learn about gardening activities that are best done in fall (like spring bulb planting) as well as how to help your garden survive the winter and thrive next spring. Bring your questions and challenges and let's keep gardening.

Renee Marsh
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 1
 Shelton Intermediate School
 \$30 731S

Go Green - Toxic Free Cleaning

Rediscover nontoxic solutions to everyday cleaning problems and avoid unnecessary "green-washed" commercial products. Learn the science of grime and see how a few simple ingredients can be combined for effective and inexpensive cleaning and disinfecting. Make your home clean and safe for you, your loved ones and pets.

Renee Marsh
 Wednesday, 6:30 PM - 8:30 PM
 1 session, October 8
 Shelton Intermediate School
 \$30 730S

New! How to Make Powdered Deodorant

Tired of buying commercial deodorant with toxic ingredients you can't pronounce? Learn how to make your own all natural deodorant. It costs less, lasts forever and really works! Make your own to take home and receive the recipe card to make future batches. Material fee \$6 payable to the instructor.

Tracy Viverretta
 Monday, 6:00 PM - 7:00 PM
 1 session, September 22
 Shelton Intermediate School
 \$20 732S

New! Recycled Craft: Make a T-shirt Tote

Have a t-shirt you don't want anymore? Learn how to turn unwanted t-shirts into a tote that you can use for grocery shopping, library books, school and more! No sewing and easy to do! Make for yourself or as a gift! Bring a couple of any sized t-shirts to class, you will make at least one during class.

Tracy Viverretta
 Monday, 6:00 PM - 7:00 PM
 1 session, September 29
 Shelton Intermediate School
 \$20 733S

Languages

Chinese

Taught by a native Chinese speaker, this class is designed primarily for students who have little or no prior exposure to Chinese. It will aide in building a strong foundation in Mandarin. No class Oct 13.

Rui Du

Monday, 6:00 PM - 8:00 PM
6 sessions, begins September 22
Ansonia High School
\$90 313A

French for Travelers

Learn basic French for traveling or self including vocabulary for directions, shopping and emergencies. Cultural information will be covered also.

Wendi Stowe

Wednesday, 6:30 PM - 8:00 PM
6 sessions, begins September 24
Shelton Intermediate School
\$90 312S

New! German

Learn German from a native German speaker. Class level is for those with little or no prior exposure to this language but want to learn because of heritage, interest or for travel.

Ursula Michaelis

Thursday, 6:30 PM - 8:30 PM
6 sessions, begins September 25
Shelton Intermediate School
\$90 314S

Italian

Planning a trip to Italy? Start with a good vocabulary. Whether for travel or family conversation, you will learn the basics of this beautiful language. Food, travel, games, lodging, restaurants, shopping, services, and many other topics will be covered.

Antonette Mirci

Tuesday, 6:30 PM - 8:30 PM
6 sessions, begins September 23
Shelton Intermediate School
\$90 303S

Polish

Join this class and improve your understanding and interaction with the Polish community. The teacher, a native speaker, will prepare you to interact with Polish speakers in everyday situations. Approx. \$20 book fee payable to the instructor the first night of class. No class on Oct 13.

Aneta Matyszczuk

Monday, 6:30 PM - 8:30 PM
6 sessions, begins September 22
Ansonia High School, Classroom
\$90 305A

Spanish

Learn the basics of Spanish and practice conversational skills for travel, work or daily life.

Luciana Coku-Rakaj

Wednesday, 6:30 PM - 8:00 PM
6 sessions, begins September 24
Shelton Intermediate School
\$90 311S

Sign Language

Learn the basics of sign language, the history, and a comparison of different sign language systems in the US. Students will learn to fingerspell using the sign language alphabet and will learn signs in different categories to represent words.

Diane Gamse

Thursday, 6:30 PM - 8:00 PM
6 sessions, begins September 25
Masuk High School (Monroe)
\$90 315M



Digital Photography

Digital Photo Editing 1

Learn common digital photo editing features: red eye removal, color correction, image manipulation and more. You will be using Adobe Photoshop software in this class and the skills learned with this software are easily transferable to all other photo editing software. Bring photos pre-burned onto CD, USB jump drive or laptop (no Macs).

Brian Schmitt

Wednesday, 7:00 PM - 9:00 PM
6 sessions, begins September 24
Shelton Intermediate School
\$108 151S

Digital Photo Editing 2

A continuation of the Digital Photo Editing Class 1. Learn more advanced techniques and picture enhancement.

Brian Schmitt

Wednesday, 7:00 PM - 9:00 PM
6 sessions, begins November 5
Shelton Intermediate School
\$118 154S

You and Your dSLR 1 (Digital SLR Camera)

Explore the basic and advanced features, of your camera. Plus composition, lighting, still life, portrait, sports, macro, and landscapes. One class will meet on a Saturday afternoon to shoot outdoors. Bring your dSLR camera and manual to class. Additional fee of \$10 for the model shoot is payable to the instructor the first night of class

Brian Schmitt

Tuesday, 7:00 PM - 9:00 PM
6 sessions, begins September 23
Shelton Intermediate School
\$118 152S

You and Your dSLR 2

Students will continue with the principles that were already introduced in "You and Your dSLR I." Students will be presented with a variety of shooting scenarios to get the desired photograph. We will be actively shooting in the class.

Brian Schmitt

Tuesday, 7:00 PM - 9:00 PM
6 sessions, begins November 4
Shelton Intermediate School
\$125 153S



Computer Online Classes

Register at www.ed2go.com/vrae

Excel

Become proficient in using Microsoft Excel and discover dozens of shortcuts and tricks for setting up fully formatted worksheets quickly and efficiently.

Chad Wambolt
12 Lessons, \$99

Creating Webpages

Learn the basics of HTML so you can design, create, and post your very own site on the Web.

Alan Simpson
12 Lessons, \$99

WordPress

Learn how to use WordPress, a free and popular Web design tool, to quickly and easily create attractive blogs and interactive websites.

John Agress
12 Lessons, \$99

Java

An experienced Java programmer introduces important Java topics with clear, step-by-step instructions.

Brain Hall
12 Lessons, \$99

QuickBooks

Gain control of your business as you learn to use this powerful accounting software to create and print invoices, track your payables and receivables, and more.

Scott Paxton
12 Lessons, \$99

SQL – Database

Gain a solid working knowledge of the most powerful and widely used database programming language.

Cecelia Allison
12 Lessons, \$99

Visit www.ed2go.com/vrae for these courses and more!



Computers

New! Learning to Use Your iPad - Level 1

Learn basic functions of your iPad including how to personalize settings, searching for, downloading and organizing apps. You will also learn about iCloud and how to sync information. Bring your own iPad and connection cables to class.

Jim Grueb
Thursday, 6:30 PM - 8:30 PM
3 sessions, begins September 25
Shelton Intermediate School
\$89 105V

New! Learning to Use Your iPad - Level 2

Learn advanced tricks and techniques. Bring your own iPad and connection cables to class. Prerequisite: Learning to use your iPad- Level 1

Jim Grueb
Thursday, 6:30 PM - 8:00 PM
2 sessions, begins October 16
Shelton Intermediate School
\$62 106V

New! Pinterest

Currently the third most popular social network. A virtual bulletin board where you can collect ideas, recipes and crafts. Set up an account, create your virtual bulletin boards and learn how and what to follow. This is the virtual way to organize your cluttered your desk.

Jaime Sherry
Thursday, 6:30 PM - 8:30 PM
1 session, October 23
Masuk High School (Monroe)
\$35 103M

New! Prezi

Leave PowerPoint behind and take a journey into the world of creative presentations. Bring your vision to life with Prezi. Your audience will be amazed with what you are presenting as well as how you are presenting it.

Jaime Sherry
Thursday, 6:30 PM - 8:30 PM
1 session, November 6
Masuk High School (Monroe)
\$35 104M

VRAE Fall 2014 Enrichment Courses

Facebook Intro

Explore how to use Facebook to connect to people using the social network. Topics will include setting up a profile, adding friends, photos, games and all issues surrounding the privacy of your account. Overall, the class focuses on how to best use these tools to connect to the people you know.

Jaime Sherry
 Tuesday, 6:30 PM - 8:30 PM
 1 session, October 21
 Masuk High School (Monroe)
 \$35 119M

eBay: Selling Online

Need some cash? Learn the ins and outs of online buying and selling: how to become an e-Bay seller, what it costs, how to protect your personal information, how to price and list your item, payments and shipping, and completing the sale. A real 5-day auction to sell item(s) will be created during the second class and the results reviewed in the third class. Prerequisite: Basic computer skills.

Gary Koos
 Saturday, 9:30 AM - 12:00 PM
 3 sessions, begins September 27
 Adult Learning Center
 \$108 115V

Home Computer Maintenance

Is your computer running slow? Does it take forever to boot up? This class will help you set up a home maintenance schedule to keep things under control with easy-to-use built-in programs. Configure your memory resources for optimal performance, prevent viruses, spam, cookies and pop-up ads from cluttering up your hard drive and slowing the computer. Keep your computer running well. Prerequisite: Basic computer skills and familiarity with Windows.

Gary Koos
 Saturday, 9:30 AM - 12:00 PM
 3 sessions, begins October 25
 Adult Learning Center
 \$108 118V

Computer Basics

Learn what the computer can do for you. Learn/update your mouse and keyboard skills. Learn to organize files, produce and save documents, and browse the internet.

Gary Koos
 Wednesday, 1:30 PM - 3:30 PM
 5 sessions, begins September 24
 Adult Learning Center
 \$90 100V

Computer Basics 2

Extend your computer skills. This is a continuation of the Computer Basics class. Prerequisite: Computer Basics.

Gary Koos
 Wednesday, 1:30 PM - 3:30 PM
 5 sessions, begins October 29
 Adult Learning Center
 \$95 101V

Microsoft Word Intro

Learn to create new documents and edit existing documents. Also: how to edit and format, use of format painter, more. Windows experience needed.

Gary Koos
 Tuesday, 1:30 PM - 3:30 PM
 Thursday, 1:30 PM - 3:30 PM
 2 sessions, October 7 & 9
 Adult Learning Center
 \$80 102V

Mike D'onofrio
 Tuesday, 7:00 PM - 9:00 PM
 Thursday, 7:00 PM - 9:00 PM
 2 sessions, October 7 & 9
 Masuk High School (Monroe)
 \$80 125M

Microsoft Excel Basics and More

Detailed knowledge of what can be accomplished using this spreadsheet program. Learn basic functions and how to use them including mail merges. Prerequisite: Windows experience necessary. Bring a thumb drive to first night of class.

Peter Pavone
 Tuesday, 6:00 PM - 9:00 PM
 4 sessions, begins November 11
 Shelton Intermediate School
 \$118 126S

Microsoft Excel Intro

Using Microsoft Excel, learn to create spreadsheets, use the Help function, use the Function Wizard to use advanced mathematical equations, convert spreadsheets to/from other applications, cut, copy and paste information inside the same and to different spreadsheets, format text, and copy existing formatting using the format painter. Windows experience necessary.

Gary Koos
 Tuesday, 1:30 PM - 3:30 PM
 Thursday, 1:30 PM - 3:30 PM
 2 sessions, October 28 & 30
 Adult Learning Center
 \$80 104V

Mike D'onofrio
 Tuesday, 7:00 PM - 9:00 PM
 Thursday, 7:00 PM - 9:00 PM
 2 sessions, October 28 & 30
 Masuk High School (Monroe)
 \$80 126M

Web Page Design I

Learn HTML techniques to design web pages. Incorporate text, images and hyperlinks. Style your web page with fonts, colors, graphics, backgrounds. Basic computer skills and familiarity with the internet necessary. Bring a flash drive to class. No class Nov 24, Dec 1.

James Holcomb
 Monday, 6:30 PM - 8:30 PM
 6 sessions, begins November 3
 Shelton Intermediate School
 \$118 116S

Microsoft PowerPoint Intro

Learn how to use PowerPoint 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 various effects will be covered to make effective presentations. Windows experience necessary.

Gary Koos
 Tuesday, 1:30 PM - 3:30 PM
 Thursday, 1:30 PM - 3:30 PM
 2 sessions, October 14 & 16
 Adult Learning Center
 \$80 103V

Mike D'onofrio
 Tuesday, 7:00 PM - 9:00 PM
 Thursday, 7:00 PM - 9:00 PM
 2 sessions, October 14 & 16
 Masuk High School (Monroe)
 \$80 127M



Register Early!

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled.

So please register early:
[www.vrae.org/!](http://www.vrae.org/)

VRAE Fall 2014 Enrichment Courses


**LITERACY
VOLUNTEERS**
GREATER NEW HAVEN
MERIDEN/WALLINGFORD
THE VALLEY

*If you can
READ,
you can
HELP!*

Literacy Volunteers needs volunteer tutors who live in the Valley to help adults in the Valley learn to read and speak English. Just two hours a week can make a big difference in someone's life and most tutors tell us it's the best part of their week!

**Free tutor training
will be held in
September, 2014.**

Go to www.lvaghn.org
to fill out/send in a
tutor application or call

203-776-5899
for more information.



Arts & Crafts

Basic Drawing

Fun, relaxing and accessible to anyone wanting to explore their creative potential, we cover the basics of drawing technique. Through a practical study of form, space, shading, color and perspective, You'll gain the skills needed to produce a lovely landscape, still life, figure drawing or drawing from nature. High school Jr./Sr. are welcome. No class April 16.

Mike Valentine
Wednesday, 7:30 PM - 8:30 PM
8 sessions, begins September 24
Shelton Intermediate School
\$90 803S

Oil Painting

This course teaches the basics and then some. From beginner to intermediate, you will learn something new and finish this class with a painting suitable for framing. Please come prepared to paint bring a 16x20 canvas or canvas board, oil paints, bristle brushes of different sizes, odorless thinner (Turpinoid Brand), paper towels and a palette. Paper palettes work well for class, they come in pad form. You will also need a table easel. If you intend to continue painting invest in a stable easel. Best place to buy your supplies: Jerry's Artarama in Norwalk., Cheap Joes (online only) and Michael's. No class Oct 13.

Diane Napolitano
Monday, 6:30 PM - 8:00 PM
6 sessions, begins September 22
Shelton Intermediate School
\$95 813S



Watercolor Painting

Explore the art of watercolor painting; basic techniques, demonstrations and step-by-step instruction are given. Bring a watercolor paint kit and brushes to the class the first night

Mike Valentine
Thursday, 7:00 PM - 8:00 PM
8 sessions, begins September 25
Ansonia High School
\$90 805A

Illustration 1

Learn basic illustration techniques and how they apply across several mediums. A fun and interesting workshop for budding artists who are just discovering their talents, as well as those serious about honing their skills for a career in the arts. Materials will be required as the course progresses. Held at the Valley Center of the Arts, 119 Caroline St. Derby.

Stephen DiRienzo
Thursday, 7:00 PM - 8:30 PM
6 sessions, begins September 25
Valley Center for the Arts
\$70 803V

Interior Design Intro

Have you ever wondered what the "secrets" are designers and decorators use to pull a room together? Are you decorating a room now or in the future and need some help? Learn the basics of design, including basic design principles, where and how to begin planning a room makeover, and making the proper color, furniture and fabric selections so that you won't make costly or time-consuming mistakes.

Ann Anderson
Tuesday, 6:00 PM - 8:00 PM
1 session, September 30
Shelton Intermediate School
\$30 811S

Photos: The Glass Source

VRAE Fall 2014 Enrichment Courses

Crochet - Beginner

In this basic class learn single and double crochet. Class projects include scarves, a hat, baby blanket and booties. Please bring a size J and P hook, one skein of red heart yarn (4 worsted) and one kein of thick and quick wool ease yarn choose light colors.

Linda Milardo
Thursday, 6:30 PM - 8:30 PM
7 sessions, begins September 25
Ansonia High School
\$80 906A

Know Your Sewing Machine

Find out how to use your sewing machine. Learn the basics and get sewing! 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) to class. Note: this class is not suitable for Serger® machines.

Josephine Lifrieri
Monday, 7:00 PM - 9:00 PM
1 session, September 22
Shelton Intermediate School,
Tech Ed Room (back of school)
\$30 904S

Sewing

Sewing is a fun and practical lifetime skill. Learn: selecting fabric, reading a pattern, layout, cutting and stitching. Familiarity with the basic operation of a sewing machine required. Bring a portable sewing machine and basic supplies (thread, scissors, 6" ruler, needles). If you have never used a machine, enroll in the "Know Your Sewing Machine" one-night workshop, held the week before this class begins.

Josephine Lifrieri
Thursday, 7:00 PM - 9:00 PM
6 sessions, begins October 16
Shelton Intermediate School
Tech Ed Room (back of school)
\$105 902S

Quilting

Make a quilt, the size of your choice: wall (30x36) or large lap (72 x 87). The new pattern for this class is easy and fun to do. Learn how to use the "Twister" tool for the pinwheels. Choose your theme fabric, the teacher's theme will be lighthouses. Bring your sewing machine to class. Will need to purchase supplies and bring to first class. Approx. Cost \$20. The instructor will contact you prior to class. Class is held at The Quilter's Touch, 43 Woodsend Ave, Shelton.

Nancy Satkowski
Thursday, 6:30 PM - 8:30 PM
6 sessions, begins October 2
The Quilter's Touch Studio
\$98 914V

Zentangle®

A fascinating new art form that is fun and relaxing. It increases focus and creativity and is a meditative form of art. Easy and fun to do Zentangle® provides artistic satisfaction and increased sense of well being one stroke at a time. Material fee of \$10 payable to the certified Zentangle instructor. For more info on this art form visit zentangle.com

Cari Camarra
Monday, 7:00 PM - 9:00 PM
1 session, September 29
Shelton Intermediate School
\$35 806S

Wednesday, 7:00 PM - 9:00 PM
1 session, October 15
Shelton Intermediate School
\$35 807S

Floral Design Instruction

The class will include a hands-on format with some class lecture, teaching basic principles and elements of floral design. Learn design mechanics for the beginner. An approx. \$20 material fee is payable to the instructor. Class held at Flower Barn, Village Square, Monroe. Class limit 8.

George Bradley
Monday, 7:00 PM - 9:00 PM
1 session, November 3
The Flower Barn
\$25 815M

Thanksgiving Arrangement

Create a centerpiece of fresh seasonal flowers for your Thanksgiving table or to give as a host gift. An approx. \$20 material fee payable to the instructor. Class held at the Flower Barn, Village Square, Monroe. Class limit 8.

George Bradley
Monday, 7:00 PM - 9:00 PM
1 session, November 24
The Flower Barn
\$25 816M

Fresh Boxwood

Tree Decoration
Long lasting and ideal for holidays and gifts, these trees can be decorated with flowers, fruit, ornaments, and ribbon. Bring scissors, wire cutters, and a sharp knife to class. An approx. \$20 material fee payable to the instructor. Class held at the Flower Barn, Village Square, Monroe. Class limit 8.

George Bradley
Monday, 7:00 PM - 9:00 PM
1 session, December 1
The Flower Barn
\$25 817M

Holiday Centerpiece

Create a centerpiece of fresh greens and seasonal decorations that will last through the holiday season. An approx. \$20 material fee payable to the instructor. Class held at the Flower Barn, Village Square, Monroe. Class limit 8.

George Bradley
Monday, 7:00 PM - 9:00 PM
1 session, December 8
The Flower Barn
\$25 818M

GLASS CLASSES

Held at The Glass Source Studio, 415 Howe Ave. Shelton.

Stained Glass - Beginner

Learn the art of stained glass: design and layout, glass selection, cutting and grinding. Create an interesting piece to take home. Some glass and materials will need to be purchased.

Tuesday, 6:00 PM - 8:30 PM
6 sessions, begin September 9
\$165 810V

Tuesday, 6:00 PM - 8:30 PM
6 sessions, begins October 28
\$165 811V

Fused Ornaments

Create six fused glass ornaments. Make a variety of ornaments or sun catchers such as tree, poinsettia, snowman and wreath to keep or give as gifts. Fee includes glass and kiln firing.

1 session
Visit website www.vrae.org
for date, time & cost.

Holiday Plates

Create a one-of-a-kind fused glass plate for the holiday season. Learn to cut glass and use pieces to decorate your plate. Choose from a variety of molds. All materials are included: specialty glass can be purchased at class. Pick up plate the following week.

1 session
Visit website www.vrae.org
for date, time & cost.

Fused Snowflakes

Learn to assemble and layout individual pieces of glass to create one of a kind snowflake ornaments. Each will be fused in the kiln and ready for pick up the next week. Make 5 snowflakes ready for hanging.

1 session
Visit website www.vrae.org
for date, time & cost.



WBDC

Women's Business Development Council
The Leader of Entrepreneurial and Financial Training for Women in Connecticut

WBDC empowers women and men to become thriving employers and more effective employees. From starting or growing a business to advancing a career or increasing income, WBDC illuminates business success in a tangible and accessible way. Founded in 1997 as a 501(c) (3) not for profit organization, WBDC is host to two US Small Business Administration - Office of Women's Business Ownership (OWBO) Women's Business Centers. Through workshops, one-on-one coaching and training programs, WBDC delivers business and financial education that makes a difference in people's lives. We help women and men to reach beyond where they are and grow to the next level.

Exploring Entrepreneurship

Are you an aspiring business owner? Is entrepreneurship for you? How can you find out? Gain insight into what you need to get started. Launching your own business takes more than just a good idea. Examine entrepreneurship from soup to nuts, and offers insight into what you need to get started.

Thursday, 6:00 PM – 8:00 PM, 1 session, October 23
Greater Valley Chamber of Commerce
10 Progress Drive, Shelton

Contractor, Consultant or Employee: What's the Difference?

Whether you are self-employed, considering self-employment as an independent contractor, or are using or considering hiring independent contractors to expand your business, this two-session workshop will provide the information regarding the obligations and requirements that you need to know.

Thursday, 6:00 PM – 8:00 PM, 1 session, November 20
Greater Valley Chamber of Commerce
10 Progress Drive, Shelton

**FREE. Register online @ www.ctwbdc.org
or call 203.925.0686.**



Career & Work

Bookkeeping Basics

Gain a marketable new skill by learning the basics of double-entry bookkeeping, how to analyze and record financial transactions, and prepare various financial reports at the end of the fiscal period. Accounts receivable, accounts payable, payroll procedures, sales taxes and other common banking activities will be discussed.

Helga Bowen
Tuesday, 6:30 PM - 9:00 PM
4 sessions, begins September 23
Shelton Intermediate School
\$85 225S

You're on the Air! (How to Really Make it in Voice-Overs!)

Learn about an exciting new way to get around the competition and actually turn voice-overs into a thriving full or part-time business! You've heard the instructor on TV and in radio commercials. Hear him live as he illustrates how you can actually begin using your speaking voice for commercials, films and videos! New companies are looking for new voices all the time.

Steve Wahlberg
Monday, 6:30 PM - 8:30 PM
1 session, October 20
Shelton Intermediate School
\$50 204V

Greeting Card Writing

Learn how to design, layout, write and market your own greeting cards. Find out what sells, pricing, self-publishing and other useful info for this industry so that you can work from home. Class project includes designing/writing your own printed card. A material fee of \$5-\$10 will be payable to the instructor for the class project.

Debra Hamuka-Falkenham
Tuesday, 6:30 PM - 8:00 PM
4 sessions, begins September 30
Ansonia High School
\$59 228A

2014 Bus Trips

*Come Join us for one,
a couple, or all the trips!*

Sit back and enjoy as the driver takes you to your destination. Bring along your morning coffee and eats or wait for the coffee stop along the way.

Always be prepared, you may leave jackets, umbrellas and items on the bus during the day if not needed.

Please note that the bus trip itinerary is subject to slight changes as well as the depart and return times. The companies we hire make every effort to keep them as listed.

THE BUS WILL MEET YOU AT:
Adult Learning Center (parking lot)
415 Howe Avenue, Shelton

Visit www.vrae.org for these and more exciting bus trips!



New! **Long Island Wine Tour**

Enjoy a day of wine tasting, food and entertainment. Visit three wineries on Long Island. At the first winery have appetizers with a wine tasting, at the second winery you will have lunch (no wine tasting), and at the third there will be entertainment with a tasting.

Saturday, September 13

Depart: 7:30 AM

Return: 7:30 PM

\$99

914B

A Day in Salem - A Halloween Adventure

Experience the fun and magic of Salem's Haunted Happenings. Check out Salem on your own. Trip includes admission to the: House of Seven Gables and an evening walking ghost tour! Be ready to stay busy and moving. Food is on your own.

Saturday, October 11

Depart: 8:00 AM

Return: 10:00 PM

\$85

915B

New! **Boston Seafood Tour and Quincy Market**

Some of the best seafood in America can be found in Boston. Just think of lobster rolls, chowder, fish and chips, fresh oysters and clams casino. During this 3 hour Food Walking Tour you will learn about the history and culture of the Seaport/Fort Point Channel neighborhood while tasting delicious seafood. Includes time at Quincy Market.

Saturday, October 18

Depart: 7:30 AM

Return: 8:00 PM

\$99

916B

Maine Lobster Bake and Kittery Outlets

Enjoy a lobsterbake at Foster's in York, Maine. After lunch stop for a quick visit to the Stonewall Kitchen where you can buy great jams, sauces, mustards, and much more. Then head to the Kittery Outlets to shop at over 120 outlets.

Saturday, November 1

Depart: 7:15 AM

Return: 10:00 PM

\$90

917B

Newport Mansions and Shopping

Enjoy the charm of Newport's historic buildings and restored homes on this narrated tour covering over 150 points of interest. Take in the rugged beauty of Ten-Mile Ocean Drive and the fabulous mansions along tree-lined Bellevue Avenue. After that visit the Rosecliff Mansion where the *Great Gatsby* was filmed. You also have time to shop and enjoy lunch on your own.

Saturday, November 22

Depart: 8:00 AM

Return: 9:00 PM

\$89

918B

Radio City Christmas Spectacular

Have an exciting time in New York City at the famous Radio City Hall. View the Christmas Spectacular show featuring the Rockettes! You will have time in NYC and food is on your own. Enjoy your time in the Big Apple during holiday time!

Saturday, December 6

Depart: 8:30 AM

Return: 7:00 PM

\$125

920B

Shelton Board of Education
Valley Regional Adult Education
415 Howe Avenue | Shelton, CT 06484

Valley Regional Adult Education
is a division of the Shelton Board of Education
382 Long Hill Ave., Shelton, CT 06484

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classes & updates.



VRAESheltonCT

Inside Our Fall Catalog...



Free Academic Programs

Day and evening classes are available at convenient times. See pages 4-5.



Enrichment Classes

Register online and learn something new from over 100 enrichment classes. See details starting on page 8.



Online Classes

Take classes that fit into YOUR schedule. Choose from hundreds of online classes available every month. See page 7 for details.



Bus Trips

Come along and enjoy one of our many exciting bus trips! See page 19 for our upcoming schedule.

Ansonia • Derby • Monroe • Seymour • Shelton