

Wallingford

Adult & Continuing Education



Spring 2023

www.wallingfordadulthood.org
www.facebook.com/wallingfordadulthoodeducation



DEAR FRIENDS ...



Welcome to Wallingford Adult & Continuing Education's spring brochure. We are very committed to students achieving their personal, education or career-focused goals. Please browse through the brochure as we offer spring classes to strengthen your English Language skills, earn a high school diploma or GED, or work towards advancing your career. In addition, we offer a wide variety of general interest classes for community members. Register to experience the power of lifelong learning. For more information please visit www.wallingfordadulthood.org

Dr. Anthony Mangiafico, Director
Wallingford Adult Education

CONTACT INFORMATION

Adult Education Office at
Mark T. Sheehan High School
Telephone (203) 294-5932
Fax (203) 294-5981
Learning Center
Telephone (203) 294-3900
Fax (203) 294-3929
Wallingford Adult Education Website
www.wallingfordadulthood.org

Wallingford Adult Education Facebook
www.facebook.com/wallingfordadulthoodeducation

Wallingford Public Schools Website
www.wallingford.k12.ct.us

Wallingford Adult Education Email
wallingfordadulthood@wallingfordschools.org

REGISTRATION

See how to register for mandated programs on page 2.
See how to register for Enrichment and General Interest classes on page 17.

Cover Photo Credit to: 3-Step Protection, Michael A. Burke
"Engineer David Horree gives a friendly wave out the window as he slowly heads train CT-1 south in Wallingford towards Cedar Hill yard."

TABLE OF CONTENTS

Mandated Programs

Adult Basic Education (ABE)..... 2

English as a Second Language (ESL) .. 2

U.S. Citizenship Preparation 2

High School Diploma Programs

Adult Credit Diploma 3

National External Diploma Program (NEDP)..... 3

Preparation for GED® Test 3

Student Supports

Counseling 2

(Accessibility and Accommodation)

Special Projects

Family Literacy..... 4

NEDP 4

Tri-Town Collabrative 4

Enrichment and General Interest Information

Boating 5

Computer Technology 5

Creative Arts..... 5

Health and Wellness 7

Medical Career Programs..... 8

Medical Coding..... 9

Money Matters..... 9

Personal Enrichment..... 11

Specialty Classes 12

On-Line Classes..... 14

Travel 15-16

Ways to Register 17

General Information 18

Registration Form..... 19

CALENDAR

Immediately

Registrations begin for General Interest Courses.

Wallingford High School registration; at the Learning Center, by appointment only, please call (203) 294-3900.

Tuesday January 3

CDP classes resume

Tuesday, January 3

Registration for all programs begins

Monday, January 9

ESL Classes resume

Tuesday, January 10

ABE/ GED and Citizenship classes resume

Tuesday, January 10

12:00 pm—Adult Education Advisory Council Meeting

Monday, January 16

CLOSED - Martin Luther King Day

Monday, February 20

Presidents Day

Friday, April 7 - Friday, April 14

Closed Spring Break

Tuesday, May 9

12:00 pm—Adult Education Advisory Council Meeting

Monday, May 29

Closed - Memorial Day

Wednesday, May 31

Projected Adult Education Graduation

WHAT'S NEW!

- EdtoGo Online Classes
- UGotClass Online certificates and courses
- Crime Preventive Tips for 2023
- Medicare
- Create a Eucalyptus Spray
- Grapevine Wreath Making
- Soy Candle Making 101 Workshop

Adult Education Programs at No Cost

The Wallingford Board of Education provides the following programs at no cost to Wallingford residents:

- Adult Basic Education
- English as a Second Language
- Citizenship
- High School Diploma (Credit Diploma, National External Diploma Program and GED® Preparation)

These programs are in compliance with Connecticut General Statutes Section 10-73a(c) and there is no fee for textbooks and materials. Information on all programs is provided on pages 2-4 of this catalog. For more information, call 203- 294-3900 or e-mail wallingfordadulthood@wallingfordschools.org

HOW TO REGISTER?

Registration is ongoing throughout the year. Please contact the Wallingford Adult Ed office at 203-294-3900 or stop in at Adult Learning Center (Historic Train Station), 37 Hall Avenue, during the class times listed below. You must be at least 17 years of age and no longer enrolled in school for diploma programs.

GENERAL ACCESSIBILITY AND ACCOMMODATION: If you are a person with a disability who requires an accommodation in order to participate in any program or activity, please contact our Director, Dr. Anthony Mangiafico at 203-294-3900 or amangiafico@wallingfordschools.org

ADULT BASIC EDUCATION

ABE classes improve fundamental academic skills and/or can help prepare an adult to earn a high school diploma. The classes help sharpen English expression, reading, spelling, writing, and math skills. Students work with computers, audio-visual material and printed text. You will learn in one-to-one and small group environments.

DAYTIME CLASSES: Tuesday and Thursday: 9:15 a.m. – 11:15 a.m.

EVENING CLASSES: Tuesday and Thursday: 6:00 p.m. – 8:00 p.m.

START DATE: Tuesday, January 10, 2023

CITIZENSHIP EXAM PREPARATION

Prepare for the US Citizenship exam. You will learn American history as well as the functions of our local, state, and federal government. You will receive help with the naturalization application and discuss typical exam questions.

EVENING CLASSES: Tuesday and Thursday: 6:00 p.m. – 8:00 p.m.

START DATE: Tuesday, January 10, 2023

ENGLISH AS A SECOND LANGUAGE (ESL)

If you are new to our country, or if you want to improve your English, three levels of classes are offered that stress the life skills necessary to live and work in the United States. The sessions are for adults who want to learn or improve their reading, writing and speaking skills.

DAYTIME CLASSES: Monday and Wednesday: 9:15 a.m. – 11:15 a.m.

EVENING CLASSES: Monday and Wednesday: 6:00 p.m. – 8:00 p.m.

START DATE: Monday, January 9, 2023

ESL / CIUDADANIA

Ofrecemos estas clases en ingles para estudiantes que desean aprender el idioma ingles o estudiantes que necesitan prepararse para el examen de la ciudadania.

STUDENT SUPPORTS

ADULT EDUCATION PROGRAMS AND SERVICES:

Assessment and Placement: Counselors will administer and interpret tests of your abilities and interests, then place you in the right courses.

Career Counseling: Explore your abilities, interests, values, and knowledge of various careers; learn resume writing and interviewing skills.

Educational Counseling: Learn about college programs, vocational and technical schools, apprenticeships and other learning/training options.

Counseling: FREE to all Wallingford Adult Education students, and to anyone considering becoming a student. Talk with a counselor about your educational goals and the life issues that affect them.



HIGH SCHOOL DIPLOMA



3 WAYS TO EARN YOUR DIPLOMA

1. WALLINGFORD ADULT HIGH SCHOOL CREDIT DIPLOMA

This program offers residents of Wallingford the opportunity to earn a high school diploma. Participants may earn credits through a combination of afternoon courses and online courses. Credits may be transferred from public or private high schools and state technical high schools. To receive this “traditional” diploma, you must earn **25 credits**, including those you may have earned at your former high school. The Wallingford Adult High School Credit Diploma Program offers small classes and online courses. When all credits are completed, of which four must be in English, four in mathematics, three in science, four in social studies (including U.S. history and civics), and two in Vocational Education /Arts, a diploma will be awarded. CDP is open to all people who are at least 17 years or older, do not hold a high school diploma, and are no longer officially enrolled in high school. For more information about this diploma option, please call the Adult Education School Counselor, Monday through Thursday 203-294-3900.

2. NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)

A high school diploma program for adults and out-of-school youth that incorporates hands-on learning to prove high school-level skills. This flexible, self-directed program allows participants to engage in activities that have real-world relevance. The NEDP requires participants to demonstrate their high school level abilities by applying them in simulated, academic, workplace and life contexts. Aligned to the College and Career Readiness standards, the NEDP will assess three (3) foundation content areas and seven (7) functional life skills content areas. NEDP is recommended for those 21 years of age and older who have acquired life skill experiences needed for successful completion of the program.

3. PREPARATION FOR GED® TEST

This program prepares adult learners to pass the four-part, computer-based exam to earn a State of Connecticut high school diploma. Students receive necessary instruction in each of four subject areas – science, social studies, math and language arts – plus the basic computer skills needed to take the exam. Instructors will also review the official website, ged.com where students can access related exam information and exam registration procedures. To be able to register for the GED exam, students must be at least 17 years old and officially withdrawn from school for six months. Students can begin the GED registration process online at ged.com and complete the process in person at Wallingford Adult Education. Individuals with a documented disability who require accommodations to take the GED test should use www.ged.com to apply for test accommodations.

DAYTIME CLASSES: Tuesday and Thursday, 9:15 a.m. to 11:15 a.m.

EVENING CLASSES: Tuesday and Thursday, 6:00 p.m. to 8:00 p.m.

For more information about these diploma options please contact the Learning Center at (203)294-3900

or e-mail: wallingfordadulted@wallingfordschools.org

SPECIAL PROJECTS

For more information about eligibility and opportunities, contact Adult Education.

Family Literacy

Parents of children enrolled in Prekindergarten through Second Grade classes at Cook Hill, Highland, EC Stevens and Moses Y. Beach elementary schools may participate in language development and reading readiness activities at their child's school. Parents work on their own adult education lessons and spend time with their children on their grade level language development activities. Transportation between the Adult Education Learning Center and the elementary schools is provided. Please call Wallingford Adult Education for additional information at 203-294-3900.

Padres de niños inscritos en Pre Kinder a segundo grado que toman clases en las escuelas elementales de Cook Hill, Highland, EC Stevens y Moses Y. Beach, pueden participar en actividades de desarrollo del lenguaje y preparación para la lectura en la escuela de su hijo. Los padres trabajan en sus propias lecciones de educación para adultos y pasan tiempo con sus hijos en las actividades de desarrollo del lenguaje de su nivel de grado. Se proporciona transporte entre el centro de aprendizaje de educación para adultos y las escuelas primarias. Para más información, favor de llamar al Centro De Aprendizaje de Educación Para adultos De Wallingford al 203-294-3902.

National External Diploma Program (NEDP)

Through WIOA funds, Wallingford Adult Education is able to offer the NEDP, a Connecticut approved high school completion program, to qualified residents of Cheshire, Meriden and Wallingford. Through this option, a student can earn his/her high school diploma independently through successful completion of life skill competencies.



Tri-Town Collaborative

The Tri-Town Collaborative program is a project for out-of-school youth between the ages of 17 to 24 who need additional time to explore career opportunities, and prepare for an occupation. The program offers a number of services such as:

- Academic and career assessment & career counseling
- Job shadowing and job internships
- Transportation assistance for grant related activities
- Driver safety and driver's education training
- Connection to Department of Labor and CT Hires

"The program is supported by Title I of the Workforce Innovation and Opportunity Act, and the Workforce Alliance, the South Central Connecticut, Workforce Development Board"

REGISTRATION

Registration can be made at any time during the semester. Do not wait unit the last minute. Classes may be cancelled if enough registrations are not received five days prior to the starting date. Register for any course(s) as soon as our brochure is available, regardless of the course start date.

All classes are held at Mark T. Sheehan High School or other specified locations.

Registration information can be found on page 17.

Registration form can be found on page 19.

BOATING

COMPUTER TECHNOLOGY

Introduction to Basic Boating

1-Day complete up-to-date boating/ personal watercraft safety course. Includes the newest requirements for towing skiers and tubes. Easy to understand format designed for ages 10 and up. Upon successful completion, the student will have met the eligibility requirements to purchase a Connecticut Certification of Personal Watercraft Operation with Waterski endorsement, enabling the operation of any recreational vessel/PWC up to 65 feet in length (some age restrictions may apply). PRIOR TO TAKING THIS CLASS each student should create an account online at <https://www.ct.wildlifelicenses.com/internetsales> Create an account if you do not already have one, and then print the page that includes your Conservation ID number and bring it to class. Once we have entered your score in the DEEP system, you will use your account to purchase and print the certificate. Student should bring a pen or pencil and lunch (optional) to class. Choose one session.

Current Boating Education Instructor
Learning Center (Railroad Station)
Saturday8:30 a.m.-4:30 p.m.
1 Day March 25
1 DayApril 22
1 DayMay 20

Fee \$69



Introduction to Apple iPad for Beginners

This class is for true beginners. No previous computer experience is required. If you do not have an iPad, we can give you one to use during class. In this introductory iPad class students will learn how to control basic iPad setting such as volume, screen brightness and changing font size. We will explore the free apps that come with every iPad, such as Notes, Safari (internet) and Calendar. We will also cover taking photos, connecting to Wi-Fi networks, using the Contacts app to store names and addresses and discuss popular iPad applications that you can download. Please note: This course is specifically designed for students using Apple iPads. If you own a tablet that is made by a manufacturer other than Apple, this course might not be the best fit for you.
P. Andersen..... Learning Center
Monday 3:00-5:00 p.m.
4 weeksApril 17
Fee \$69

CREATIVE ARTS

The Art of Beautiful Writing-Calligraphy Beginners

Treasure the moments with memories saved in beautiful hand scribed calligraphy. Add a little elegance using Calligraphy on envelopes, invitations, quotes, favorite family recipe, ribbon, ornaments or gifts for any special occasion. This is a great way to make a first impression. You will have a small, but completed project in just 6 weeks. Supply fee of \$12.00 paid in cash to instructor first day of class for supplies which include: handout packet, assorted parchment papers, stock cards and grid sheets. Calligraphy supply list will be given prior to class.
J. Little Sheehan
Monday February 27
6 Weeks 6:30-8:30 p.m.
Fee \$95

The Art of Beautiful Writing-Calligraphy Intermediate

You've taken the first step; now start having fun expanding your writing with an intermediate course in Calligraphy. This class will inspire you to improve your skills with more creative usage. You will learn various lettering, designs and embellishing techniques. Have fun creating swirls and decorating letters using color. You will have a small, but completed project in 4 weeks. Congratulate yourself on your progress, your Calligraphy can only get better. Supply fee of \$12.00 paid to instructor first day of class for supplies which include handout packet, assorted parchment papers, stock cards and grid sheets. Calligraphy supply list will be given prior to class.

J. Little Sheehan
Monday.....April 17
4 Weeks..... 6:30-8:30 p.m.
Fee \$75

Basics of Sewing

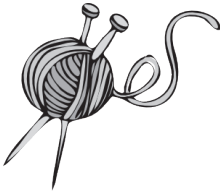
In this class you will learn the basics of sewing. You will learn how to thread a bobbin and make a pillow with a zipper. Bring your sewing machine to class and \$10 paid to instructor day of class for the pattern.

P. Garcia Sheehan
Monday..... 6:00-9:00 p.m.
1 class February 27
1 classApril 3
Fee \$45

Crochet 101

Basic Beginner Crochet class with an introduction to basic stitches and terminology, pattern reading and an introduction to intermediate crochet. Also an introduction to various online free pattern sites. Students will have the opportunity to create (or start) a new project in weeks two through six. Supply fee of \$20 paid in cash to instructor at class for a starter kit.

M. Auli Sheehan
Tuesday..... 6:30-8:30 p.m.
8 Weeks..... February 28
Fee \$65



NEW!! Eucalyptus Spray

Create a beautiful Eucalyptus Spray. You will create the spray and decorate it with flowers in the colors you choose. No experience needed. Anyone can learn to do this. Step by step instructions. Add a spray to your décor or give as a gift. Supply list will be given prior to class.

A. Roy..... Sheehan
Tuesday..... 6:00-8:00 p.m.
1 ClassApril 18
Fee \$45

NEW!! Grapevine Wreath Making

Learn how to decorate a grapevine wreath in your choice of flowers and colors. Anyone can do grapevine wreath decorating. No experience required. Step by step instructions add a grapevine wreath to your décor or give as a gift. Supply list will be given prior to class.

A. Roy..... Sheehan
Monday..... 6:00-8:00 p.m.
1 ClassApril 3
Fee \$45

NEW!! Instant Guitar for Hopelessly Busy People

Have you ever wanted to learn the guitar, but simply find it difficult to find the time? In just a few hours, you can learn enough to give you years of musical enjoyment. This crash course will teach you some basic chords and get you playing along with your favorite songs instantly! This course includes an online book and follow-up video lessons, so you can continue your practice and study on your own. An optional weekly question and answer is included. This class is for ages 13 and up.

C. Coffman.....Zoom
Tuesday..... 6:30-9:30 p.m.
1 SessionApril 18
Fee \$59



NEW!! Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands on instruction.

C. HoffmanZoom
Monday..... 6:30-9:30 p.m.
1 SessionApril 17
Fee \$59

NEW!! Intro to Amigurumi

Learn the art of making dolls and characters using a crochet technique created in Japan! Learn how to read patterns including Kawaii. All ages welcome!! Please bring \$20 to instructor at time of class to cover supply fee, which includes yarn, instructions and yarn kit with tools.

M. AuliSheehan
Thursday..... 6:30-8:30 p.m.
8 Weeks..... March 2
Fee \$65

Sewing PJ Pants

In this class you will learn how to cut a pattern, lay the pattern out on the fabric, cut the pattern out and assemble pants! If you're brand new to using your machine, try Basics of sewing class, and then join this class! Bring your sewing machine to class and \$10 to instructor day of class for the pattern.

P. GarciaSheehan
Wednesday..... 6:00-9:00 p.m.
1 class March 1
Thursday..... 6:00-9:00 p.m.
1 classApril 6
Fee \$ 45

NEW!! Sewing Skirt and Blouse

In this class you will learn to cut the patterns, lay the patterns on the fabric, cut the patterns out and assemble the skirt and blouse! If you're brand new to using your machine, try Basics of sewing class, and then join this class! Bring your sewing machine to class and \$17 to instructor day of class for the pattern.

P. GarciaSheehan
Thursday..... 6:00-9:00 p.m.
1 class March 2
1 class March 23
1 classApril 20
1 classMay 1
Fee \$45

NEW!! Soy Candle Making 101 Workshop

Open to all who would like to pour their own candles. All steps explained. Over 125 scents available to choose from. Two candles will be completed, decorations, tags, etc. are provided. Supply fee of \$20.00 to instructor night of class for supplies. You may pay cash or card for supplies.

L. ZlotowskiSheehan
Monday..... 6:30-8:30 p.m.
1 Session March 6
Fee \$39

NEW!! Stone Jewelry Necklace Making

This beginner's jewelry class will have you making necklaces in no time! Learn how to use chains, wire and beads of all kinds. Tools provided. Leave with a necklace and a bracelet. Supply fee of \$20.00 to instructor night of class for supplies. You may pay cash or card for supplies.

L. ZlotowskiSheehan
Tuesday..... 6:30-8:30 p.m.
1 Session March 28
Fee \$39

HEALTH AND WELLNESS

Yoga for Everyone

This course is open to everyone from beginner to more advance. Students' progress at their own pace. Each week new yoga poses and breathing techniques will be introduced. There will be time at the end of class for deep relaxation.

S. PowersSheehan
Wednesday..... March 1
10 weeks 6:00-7:30 p.m.



MEDICAL PROGRAMS

**Certified Nurse Assistant • Medical Assistant
Medical Billing and Coding Specialist • Phlebotomy Technician**
****All new candidates must register. \$35 fee for pretest and interview****
Carol Berube, Medical Coordinator
EMAIL: cberube@wallingfordschools.org

Fee \$105

Certified Nurse Assistant (CNA)

This course prepares the student for an entry-level paraprofessional position in the health care industry. Classroom and clinical trainings are real life experiences. Students will be trained to pass the state certification exam. Upon successful completion of this program, the student will be able to sit for the Connecticut Department of Health Nurse Aide Competency Examination. Tuition does not include physical exam, State exam, background check, uniform/scrubs or required textbook.

**Requirements* Completed by students*

- Flu and Covid Vaccinations
- State Exam Fee
- Background Check Fee

Class begins, Thursday February 16, 2023

- Approximate End date June 15, 2023
- Meets Tuesday and Thursday 5-9 p.m.
- Location is at Sheehan High School
142 Hope Hill Rd.

Required Textbook approximately \$70

Tuition - \$1000 (Deposit \$500)

Instructor: Darlene Kirychuk, RNBC



Phlebotomy Program

Phlebotomists obtain blood from patients for laboratory analysis. Students will learn to identify: potential venipuncture sites, the cellular components of blood and their functions, the mechanisms for anticoagulants, and necessary precautions for sample transport and infection control.

Class begins, Monday February 13, 2023

- Class ends June 12, 2023
- Location is at Sheehan High School
142 Hope Hill Rd.
- Classes are Monday & Wednesday
5:30-8:30 p.m.

Required Textbook and Lab fee \$150

Tuition - \$1000 (Deposit \$500)

Instructor: Maria Benitez, CPT

Medical Assistant Training Program

The Medical Assistant Program prepares the individual for the responsibilities of the medical assistant in a medical office, clinic or hospital environment. The administrative program training includes: scheduling, billing, ICD-10 coding procedures, insurance form preparation and electronic medical office computer skills. The clinical instruction includes: vital sign status, patient screening, basic lab and out-patient surgical procedures, phlebotomy skills, CPR/First Aid certification in adult/child/infant and pain management. Classroom instruction includes: Anatomy and Physiology of the human body, disease management, medical terminology and pharmacology. Career Development Life Skills include: resume assistance, mock interview practice. At completion of classroom instruction, the student is required to complete 160 hours of a clinical externship at an approved medical facility.

Requirements

- Background Check
- High School Diploma

Class begins, September 2023

- Class ends when externship is completed
- Location is at Sheehan High School 142 Hope Hill Rd.
- Classes are Monday & Wednesday and some Thursdays 5:00-9:00 p.m.

Required 3 textbooks & online course, approximately \$350

Tuition - \$3000 (Deposit \$1500)

Instructor: Darlene Kirychuk, RNBC



Triple Medical Coding Program
Medical Terminology

This course will unlock the mysteries of the medical language for all students who wish to communicate effectively in a medical career. This more detailed vocabulary is needed for coding.

Medical Billing and coding

This course is designed for individuals interested in the growing field of medical billing. The student will learn how to translate ICD 10 CM, and CPT coding. You will apply this knowledge to complete medical forms (CMS-1500).

Computerized Medical Offices

After completing this course, students will be able to transfer their knowledge to similar office computer programs.

Requirements

- High School Diploma

Classes Begin October 2023

- Classes end April 2024
- Location is at Sheehan High School
142 Hope Hill Rd.
- Classes are Monday & Wednesday
- Billing and Coding 5:30-8:30 p.m.
- Terminology 5:30-7:30 p.m.
- Computerized Medical Office
5:30-7:30 p.m.

Required books (4) and online
subscriptions (2) \$380
Tuition - \$1000 (Deposit \$500)
Instructor: Eileen Flynn, LMSW, MS

Coming Soon!!

New!!!
Dental Assistant
Program

Coming September 2023



MONEY MATTERS

Empowering You through the
Probate Process

Death in the Family? Want to protect your loved ones from the challenges of Probate? The Probate process can cause confusion and stress during a sensitive time in your life. Allow Attorney Amanda Gilbert-Argent to help guide you through the steps of the Probate Process and introduce you to the precautions to take in order to give your family the peace of mind it deserves during a difficult time.

Atty. A. Gilbert-Largent Sheehan
Wednesday 6:00-7:30 p.m.
1 class March 15
Fee \$25

Estate Planning 101

We will cover Wills, Trusts, Power of Attorney and health care directives. We will also briefly discuss irrevocable trusts for asset protection.

Atty. A. Gilbert-Largent Sheehan
Wednesday 6:00-7:30 p.m.
1 class April 5
Fee \$25

NEW!! Medicare

Are you aging into Medicare at 65 and find yourself confused with all of the information? Perhaps you are already on Medicare and the commercials and phone calls are driving you crazy? Allow our instructor to help clear up the muddled waters and break down Medicare in an easy to understand step by step process.

J. Pito..... Sheehan
Tuesday..... 6:30-8:30 p.m.
1 class February 28
1 class March 28
1 class April 25
Fee \$25

Passport to Retirement

This 3-hour course, presented in two 1½ hour sessions by a prominent and trusted local financial advisor, will cover the following topics: the ten most common mistakes made in retirement, Social Security, Medicare, determining how long your money will last, the power of inflation, long term care, maximizing your pension, wills and trusts. In this seminar, we will also discuss strategies to avoid general retirement roadblocks, such as managing cash flow, using tax laws to your advantage, how to take an accurate financial inventory, and more. The time to retire will come; be financially prepared to enjoy it. This course is presented in a friendly and straightforward manner, geared towards people age 50 and over. Attendees are entitled to a complimentary, private consultation with the instructor to review their personal financial and retirement concerns.

S. Grove Sheehan
Tuesday..... 6:30-8:00 p.m.
2 weeks March 28
Fee \$35

Social Security Explained

One day, two hour workshop that offers real world strategies and methods designed for those ages 60 and up who are preparing for retirement or in the early stages of retirement and planning on filing for their Social Security benefits. This workshop is to take confusion out of the many different options available. Clarification on when to decide to start taking payments and much more.

D. Broder Sheehan
Monday..... 6:30-8:00 p.m.
1 class March 20
Thursday 6:30-8:00 p.m.
1 class March 30

Fee per class \$25

Social Security and Timing

Electing Social Security can be one of the most important decisions as you approach retirement. During this educational workshop you will learn how to potentially maximize your social security benefits. We will discuss spousal benefits, widow, divorced and single claiming concepts. We will then put social security into the context of planning to share with you how getting the most out of this retirement benefit can also help your retirement plan succeed.

D. Weyner Sheehan
Tuesday..... 6:00-7:30 p.m.
1 class February 28

Fee \$25

Strategic Planning For Retirement

Strategic planning and building for financial security in retirement can be a long and tedious path. Putting the building blocks together prior to retirement and staying on course even in retirement are paramount to the successful outcome of your plan. During this educational workshop we will talk about the common steps we must all take during this journey. The initial accumulation phase, followed by growth, then preservation and distribution and lastly if fortunate the transfer of wealth. Learn about market corrections, recessions, sequence of returns, overextending your distribution in retirement and taxes can all play a major role and help determine the outcome. We will also review retirement plans and show you how to evaluate if your plan in on track and heading in the right direction.

D. Weyner Sheehan
Tuesday..... 6:00-7:30 p.m.
1 class April 4
Fee \$25

Top 10 Mistakes Investors Make And How To Avoid Them

This class will provide a process and guide you on the steps on how to take the emotions out of investing. Some of the Top 10 Mistakes covered will be: not factoring inflation into your plan, not understanding reverse dollar cost averaging, and making investments decisions based on past performance. You will walk away with actionable steps to help you going forward in your investment plan.

M. Argiro Sheehan
Tuesday..... 6:30-8:00 p.m.
1 Class March 21
Fee \$25



Getting Paid To Talk/ An Introduction to Professional Voice Over

If you have ever wondered how to begin in voice over part-time, full-time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly realistic first step. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more: today's voice over field has become great way to leverage your individual voice qualities and communication skill in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor. This class is fun, realistic, and a great first step for anyone interested in voice over.

Voice Coach Sheehan
Monday..... 6:30-9:00 p.m.
1 classApril 24
Tuesday..... 6:30-9:00 p.m.
1 class Zoom March 14
Fee \$45

PERSONAL ENRICHMENT

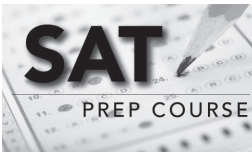
SAT Prep

Designed to benefit students of all ability levels, this 30-hour program is divided equally between English and math and covers all facets of the SAT. This program will prepare students for the state mandated March 24/or April 3 Connecticut SAT School Day. Class features: test taking techniques, preparation for the essay, practice SAT(s), advanced math and shortcut math, vocabulary development, speed-reading and online lesson podcasts for supplemental review. The podcasts are extremely helpful to all students, especially those with cognitive and perceptual disabilities. Extra help at no charge, course materials and complimentary refresher sessions are included in the tuition. Lentz and Lentz teachers have been specifically trained to teach this program and all of our instructors have a background in teaching. For information on the Lentz & Lentz Guarantee or to register call (845)638-2826 or visit www.LentzSATPrep.com

Lentz & Lentz Instructor..... Sheehan
Monday..... 6:00-9:00 p.m.
8 sessions January 30
Tuition Fee \$465

NEW!! SAT Preparation “Early on Prep”

This course is designed for students who plan to take the SAT in May or June. Early on Prep has been helping students reach peak performance on the PSAT and SAT for over 10 years. Students will use the textbook Ten Winning SAST Strategies, which is only available with this course. They will receive custom, computerized test reports on the two full practice tests. Parents meeting one week before classes begin.



D. Early Sheehan
Wednesday..... 6:00-8:30 p.m.
8 Sessions March 1
Tuition Fee \$465

Adult Self-Defense Class

This is a beginner self-defense class, for **First Time** learners. Class will consist of stretching, punching and kicking a punching bag, and learning to defend against various types of attacks such as: front choke, back choke, and wrist grab. Also students will be taught awareness of their surroundings and how to avoid potentially dangerous situations.

J. Amarone.....Amarone's Studio of Self Defense
Tuesday & Thursday..... 6:30-7:30 p.m.
8 weeks March 7
Fee \$80

NEW!! Getting Admitted: The College Application

Are you overwhelmed by the College admissions process? Are you worried your application won't stand out? Whether you are new to the admissions process and don't know where to start OR you are already partway through the process and want to work toward finalization, this class is for you! Come to this cram-packed course and leave with a clear timeline and detailed explanations about each part of the process. This included, but is not limited to picking colleges that are the 'right' fit, utilizing different application types, deciding what to include (and what not to include) on your applications and much, much more. In addition, get tips on how to make your student stand out from the crowd!

S. Duffy & K. DuffyZoom
Monday..... 5:30-6:30 p.m.
1 ClassApril 3
Fee \$25

Intro to the Recreational Vehicle (RV) Life

Thinking of buying an RV? Just bought one and wondering what's next? This class will help you understand what to buy and how, the ins and outs of owning an RV, how to care for it and what to expect once you hit the open road. It is a big undertaking and many people jump in completely unprepared. We will give you information you need to make informed decisions and spend more time on the road and less time parked in your driveway.

R.Godbey Sheehan
Thursday 6:00-8:00 p.m.
6 weeks March 2
Fee \$99

NEW!! The College Application Essay

Come Learn about the ins and outs of the college admissions essay. This course will cover picking the right essay topic (including what not to write about), when to write the essay, steps of the writing process, and the factors that admissions counselors look for in an applicant's essay. This course is perfect for freshmen and sophomores looking to plan ahead, juniors in the middle of the admissions process and seniors who need to catch up in the process. No matter where you are in your high school career and in the college admissions process, you can leave with creative ideas and pointers to give you/ your student a competitive edge.

S. Duffy & K. Duffy Zoom
Monday 5:30-6:30 p.m.
1 Class April 24
Fee \$25

SPECIALTY CLASSES

NEW!! ASL 1: Introduction to American Sign Language

This course is designed for students who have no background in American Sign Language and wish to learn greetings, common phrases, the finger alphabet, and basic Grammar and vocabulary. Students will increase their knowledge and awareness of Deaf culture and feel confident in the very basics of the language. When you complete this course you will have acquired at least 75 new signs in ASL, understand someone asking basic questions in ASL and you will have mastered the manual finger alphabet.

K. Ofori-Sanzo Zoom
Monday 6:00-7:30 p.m.
7 weeks March 6
Fee \$185

Backyard Birding

This class will cover everything you need to know to turn your backyard into a sanctuary for birds. Identify the birds who visit your feeder to make the correct choices in choosing seed, a birdhouse and birdbath to create a bird feeding station and habitat. Your instructor is a state licensed Wildlife Rehabilitator.

D. Powers Sheehan
Wednesday 7:00-9:00 p.m.
1 class April 5
Fee \$39

NEW!! Crime Preventive Tips for 2023

This class is open to anyone, and will cover all of the most common crimes that people are falling victim to on a daily basis, and steps one can take to prevent being victimized. Topics include fraud/ scams, identity theft, mail theft, car and catalytic converter theft and much more.

Officer S. Gingras Sheehan
Wednesday 6:30-8:00 p.m.
2 weeks March 1
Fee \$39

Everything You've Ever Wanted To Know About The Police.... and more!

This class is taught by a current local police officer. This course is designed to give community members a better understanding of policing and law enforcement, including the history of modern policing, what police officers do on a daily basis, debunking common myths about police, tips for interacting with police, crime prevention tips and information on the latest scams, and steps for preparing for a career in law enforcement. This course is open to participants of all ages, no education or prior knowledge of criminal justice/ law enforcement is needed, and participants do not need to have an interest in pursuing a career in law enforcement.

Officer S. Gingras Sheehan
Tuesday 6:30-8:00 p.m.
6 weeks March 14
Fee \$49



Golf Fore Woman 101

Beginner golf lessons for **women only** that covers the fundamentals of golf including full swing, short game, and putting. Bring your golf clubs. If you do not have clubs, clubs will be provided. Equipment will be reviewed and suggestions made about what clubs to purchase. Please note: the dates below are start dates for a session that run for 5 weeks consecutively. Attendees should register for one session that is the best day and time for you. Each session is 75 minutes.

M. Kulig CrowLyman Orchards Golf Center

Spring Session I

- Mon., March 20-12:15 p.m.
- Mon., March 20 – 3:30 p.m.
- Tues., March 21 – 3:30 p.m.
- Tues., March 21 – 5:15 p.m.
- Wed., March 22 – 10:00 a.m.
- Fri., March 24 – 5:15 p.m.

Spring Session II

- Mon., May 1 – 2:15 p.m.
- Tues., May 2 – 11:00 a.m.
- Wed., May 3 – 10:00 a.m.
- Thu., May 4 – 5:00 p.m.
- Fri., May 5 – 3:15 p.m.
- Fri., May 5 – 5:00 p.m.

Each Session \$149

Men's Playing through Golf – 101

For beginners and new players golf class for men that covers the fundamentals of golf including full swing, short game and putting. Students are asked to bring golf clubs if you have them, if you do not have clubs, clubs will be provided. It is recommended that students not buy new clubs before the class. Equipment will be reviewed and suggestions made about what clubs to purchase. Choose the session that best meets your schedule. Each session runs for 5 weeks consecutively. 6th date is for in the event of inclement weather. Each session is 60 minutes.

J. Wilson..... Lyman Orchards Golf Center

Spring Session I

- Mon., March 20 – 12:30 p.m.
- Wed., March 22 – 10:00 a.m.
- Thu., March 23 – 3:00 p.m.

Spring Session II

- Mon., May 8 – 12:30 p.m.
- Wed., May 10 – 10:00 a.m.
- Thu., May 11 – 3:00 p.m.

Each Session \$149

Helping Wildlife

Would you know what to do should you find a wild animal in distress? This class will teach you how to provide temporary care to help baby birds and mammals. Learn to resolve wildlife conflicts to co-exist with our wild neighbors. Your instructor is a state licensed Wildlife Rehabilitator.



D. Powers..... Sheehan
Wednesday 7:00-9:00 p.m.
1 classApril 19

Fee \$39

Introduction to Digital Photography

For beginner or intermediate photographers. Learn to use your camera, the basics of taking better photographs and the pure enjoyment of capturing the perfect image. The class has been revised to include more hands-on practice using your own camera to optimize the use of its settings and functions. This is a fun, interactive class that allows you to learn by doing.



R.Godbey Sheehan
Monday 6:00-8:00 p.m.
6 weeks February 27

Fee \$99

Psychic Development Workshop

Imagine the ability to see into the future, communicate through telepathy and move objects through mind over matter. Psychic power needs only to be nurtured to flourish. In this class students will learn to uncover and increase their psychic ability. During the experimental phase of the class we will prove the existence of our ESP and psychic potential.

D. Powers..... Sheehan
Wednesday 7:00-9:00 p.m.
1 classApril 26

Fee \$99



NEW!! UgotClass—Online Classes

Class	Start	Class Hrs.
1. Marketing Using Social Media \$195	3/6/23–3/31/23	16 hours
2. Mastering Computer Skills for the Workplace \$245	4/3/23–4/28/23	16 hours
3. Certificate in Basic Game Design \$395	4/3/23–5/26/23	32 hours
4. Mastering Video Marketing Certificate \$395	4/3/23–5/26/23	32 hours
5. Podcasting \$245	4/3/23–4/28/23	16 hours
6. Graphic Design Software essentials Certificate \$545	4/28/23–5/26/23	48 hours
7. Business Writing \$195	2/6/23–3/3/23	16 hours
8. Certificate in Leadership Development \$395	Pick your start date	48 hours
9. Spanish for Medical Professionals \$290	4/3/23–5/26/23	32 hours
10. Introduction to Fiction Writing \$195	4/3/23–4/28/23	16 hours

Call 203-294-3900 for questions, register by mail, at Sheehan High School Adult Ed office or the Learning Center at the historic Train Station.

NEW!! EdtoGo—Online Classes

<https://www.ed2go.com/walladed/>

So many classes to choose from!! There are over 800 classes to choose from, so many topics like: Information Technology, Art and Design, Hospitality, Health and Fitness and so much more. Go to the website <https://www.ed2go.com/walladed/> or scan the QR code with your phone and take a look! Pick a class, there is something for everyone!!

Here are some of the top 5 classes that students are signing up for:

1. Speed Spanish
2. Accounting Fundamentals
3. Introduction to Microsoft Excel 2019 / Office 365
4. Grant Writing
5. Teacher Professional Development

You choose your start date and if you are struggling and really want to take the class you can sign up and use Afirm upon approval at check out! Everything for these classes is online!



Travel

Titanic Exhibit-New York City

Limited– Time Exhibition in New York City!

This exhibition is a unique narrative experience—a tale of the people aboard history's most legendary ship on its maiden & final journey. Travel back to 1912 through photographs, handwritten letters, keepsakes, and other personal belongings telling countless stories about the fates & heroic deeds on board. You'll walk in their footsteps as you explore life-size, detailed recreations of the ship's interior. The exhibition boasts over 200 original objects. An audio guide* will bring historical accounts to life with music, sound effects, & testimonies from Titanic passengers & crew.

*Bring own smartphone & headphones or audio available to rent.

Lunch (on your own) Chelsea Market

\$125 per person

Wednesday, April 19, 2023

**Depart: 8:30 am Learning Center at Railroad Station
37 Hall Ave.**

Estimated Return: 5:30 pm Wallingford

Long Island Sound Gold Coast Lighthouses & Mansions Lunch Cruise Aboard the Skyline Princess

Departing from The World Fair Marin in Flushing, NY the **Skyline Princess** will travel east for 3 hour experience, along the Gold Coast of Long Island.

Our narrated cruise will highlight:

Stepping Stones, Execution Rocks &

Sands Point Lighthouses

Impressive Gold Coast Mansions

Historic Forts Totten & Schuyler

While cruising we'll enjoy our **buffet lunch**.

Sample Menu:

Caesar salad, fresh baked rolls, braised boneless short ribs,
lemon grilled chicken, potato, vegetable, vegetarian selection,
gourmet cakes & dessert & coffee.

\$170 per person

Sunday, August 20, 2023

**Depart: 8:45 am
Learning Center at Rail Road Station
37 Hall Ave.**

**Estimated Return:
5:30 pm Wallingford**



Resorts World Casino Catskills **Monticello, NY** **Play, Eat & Be Entertained**

Enjoy a full day at the Resorts World Catskills Casino nestled among the beauty of The Catskill Mountains. Your day at the Casino includes:
\$25 per person Slot Play

Private lunch buffet including a salad bar, 3 hot entrees: chicken breast, Penne a la Vodka, and meatballs, dessert, soft drinks
2:00 pm Matinee Show: The Motown Years

The Motown Years - Musical Tribute to Motown: Entertainer Bobby Wilson is the son of Legendary R&B/Soul Singer Jackie Wilson. Bobby has the same amazing traits and talents as his father, and many say Jackie Wilson's legacy lives on through him. The Motown Years recreates the sound and excitement of the artists you loved during the era such as: The Four Tops, The Temptations, The Contours, Sam Cooke, Stevie Wonder & Jackie Wilson. All the favorite sounds from your favorite groups and singers: "Twisting the Night Away," "Lucille," "Higher and Higher," "My Girl," "Lonely Teardrops" and so much more.

Come celebrate the magical era of Motown with The Motown Years.

COST: \$145 per person
Wednesday June 28, 2023

**Depart: 7:45 am Learning Center at Railroad Station,
37 Hall Ave.**

Estimated Return: 8:30 pm Wallingford



ENRICHMENT AND GENERAL INTEREST CLASSES

WAYS TO REGISTER

1. In Person

Register weekdays from 8:00 a.m. to 5:30 p.m. at the Wallingford Adult Education Office located at Sheehan High School (203) 294-5932 or the Learning Center located at the historic Wallingford Railroad Station (203) 294-3900, weekdays from 8:30 a.m.-3:00 p.m.



2. By Mail

Please use registration form on page 19.

When registering, use one registration form for each person who wants to register for a class.

You may register for up to 4 classes per form, please use another form if you have more to register for. Payments may be made by check, or money order. Make checks payable to: Wallingford Adult Education.



LITERACY VOLUNTEERS

If you can read, you can help!

Literacy Volunteers needs volunteer tutors in all the communities it serves to help adults learn to read and speak English. Just two hours of your time a week can make a big difference in someone's life.

Free training for new volunteer tutors is held three times a year. Go to www.lvaghn.org to fill out the tutor application.

You may call 203-776-5899



Course Confirmation

A course confirmation will be emailed to you. This lists the room number of your class and any materials you should bring with you or need to purchase. In some cases the instructor will purchase supplies and request a supply fee.

Cut—Off Dates for Course Registrations are:

One week prior to the date the class begins. Two weeks prior to the start date, if the course requires you to purchase a textbook.

Supply Fees

Please do not include the supply fee with your registration payment. Supply fees are payable on the first day of class to the instructor.

Who Can Register?

Anyone age 17 or over. All registrations are processed in the order in which they are received. Exceptions to the age requirement are found in some courses.

Registering for Courses with Different Start Dates

If you want to register for more than one course, you may send all registrations and payments in together. Please note that we must receive the registrations one week prior to the date of the first class.

American Job Center Of Connecticut

Need help getting a job, developing a Resume, or exploring career options?

Connecticut American Job Center provides free training programs and paid internships for 16-24 year olds with a high school diploma or high school equivalency certificate. Visit your One Stop Center in Meriden, 87 West Main Street (203-238-3688)

OR Hamden,
37 Marne Street (203-859-3200)

GENERAL INFORMATION

Refund Policy

Course fees will not be prorated and no refunds are given unless a course is canceled. A course may be canceled for insufficient enrollment, postponed or a change in instructors. If insufficient enrollment causes a class to be canceled. Full tuition is refunded or a credit is given for future use. Materials and supplies purchased by you are excluded from refunds and credits. Please allow four to five weeks for the refund to process. A request for a refund must be made one week before the course begins.

Low Enrollment/Course Cancellations

A course with insufficient enrollment will be canceled one week before the starting date. Registered students will be notified by telephone or e-mail if a course must be canceled. When enrollment is low and to avoid cancellations, the number of class sessions and/or course pricing may be adjusted.

Bad Weather/Class Cancellations

If Wallingford Public Schools close due to weather or school schedules, Adult Education is also closed. Cancellation announcements for evening classes will be made at approximately 4:00 p.m. on the following radio and television stations:

- WTNH-TV
- WTIC-TV
- WFSB-TV
- WVIT-TV
- WPLR 99.1 FM
- WDRC 1360 AM / 103 FM
- WTIC 1080 AM/ 96.5 FM
- WRCH 100.5 FM
- Or call 203-294-5932

Make-Up Dates

Canceled classes will be made up at the end of the scheduled run of class. Check with your instructor about make-up dates.

No Smoking

A non smoking policy is in effect at all class sites indoors and out.

Parking

At Sheehan High School, please use the rear parking lot. Illegally parked cars in designated emergency or handicapped zones may be ticketed the Wallingford Police Department. All of our programs are handicapped accessible. Check with either of our offices for more information.

Locations

- Adult Education Learning Center, (Historic Train Station), 37 Hall Avenue.
- Mark T. Sheehan High School, 142 Hope Hill Road.

SEARCHING FOR TALENT:

We are always seeking new ideas for new general interest courses. World language instructors and expertise in drawing, painting and crafts. Teaching certification is not necessary, just your skill and interest in a hobby or topic and a willingness to share knowledge.

Please contact:

Wallingford Adult Education
Heather Fries
(203) 294-3900
hfries@wallingfordschools.org

REGISTRATION FORM

Name:_____ Date:_____

Address:_____

City:_____ State:_____ Zip:_____

E-mail Address:_____

Phone: Cell:_____ Work:_____ Home:_____

Please provide e-mail for Wallingford Adult Education to send announcements.

Class Date	Course Title	Day	Location	Fee

Method of Payment

☐ Cash ☐ Check # _____

How did you find us?

Total
Due:

MAIL TO: Wallingford Adult Education
142 Hope Hill Road, Wallingford, CT 06492
8:00 am – 6:00 pm
PHONE: 203-294-3900 or 203-294-5932
wallingfordadulted@wallingfordschools.org

Make Checks Payable to:
Wallingford Adult Education
Supply Fee: Pay to instructor on the first night of class in cash.



*No refunds are given unless a course is canceled.
A course may be canceled for insufficient
enrollment, or change in Instructors.
If insufficient enrollment causes a class to be
canceled, full tuition is refunded or a credit is given.*

FACULTY & STAFF DIRECTORY

Wallingford Adult Education Staff

Dr. Anthony Mangiafico, Director
Heather Fries, Secretary
Barbara Kish, Secretary
Joanne Russell, Enrichment Clerk
Pamela Andersen, Tech Coordinator
Carol Berube, Medical Coordinator
Rosanne Bilodeau, Family Literacy Coordinator
Paul Flinter, Tritown Coordinator
Lorraine Ouellette, Program Facilitator
Josephine Rossomando, ABE/ GED Coordinator

Superintendent of Schools

Danielle Bellizzi

Assistant Superintendents of Schools

Carrie LaTorre
Dr. Francis Thompson
Aimee Turner

Wallingford Board of Education

Kathy Castelli
Rajan Doering
Jennifer Passaretti
Marla Roscoe, Secretary
Tammy Raccio, Chairperson
Maureen Reed
Donna Regan
Raymond J. Ross, Vice President
Michael J. Votto Sr.

Adult Education Advisory Council

Pamela Andersen
Carol Berube
Jullian Cozzi
Angel Cyr
Paul Flinter
Dr. Anthony Mangiafico
Amanda Miranda
Ken Michaels
Joseph Mirra
Jermaine Mitchell
Lorraine Ouellette
Julie Rio
Adriana Rodriguez
Josephine Rossomando
Kaliuha Spears
David Ullman

Our Mission

The Mission Statement of Wallingford Adult Education

Education is a continuing, life-long, learning process.
It is the policy of the Wallingford Board of Education to provide
a strong adult education program that will:

- Enable learners to acquire the basic skills necessary to function in society;
- Enable learners to continue their education through the level of secondary school completion;
- Make available the means to secure training that will enable learners to become more employable, productive and responsible citizens.

Wallingford Adult Education will provide the necessary
instructional and counseling services to learners so
that they may successfully attain their goals.

STATEMENT OF NON-DISCRIMINATION

The Wallingford Public School District 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. The Board of Education Coordinator for TITLE IX is Dr. Francis Thompson, Assistant Superintendent Personnel.

Contact information is 203-949-6508, mailing address is 100 S.Turnpike Rd., Wallingford, CT 06492. The Board of Education Coordinator for TITLE VI and Section 504 is Ms. Aimee Turner. Contact information is 203-294-5948, mailing address is 100 S. Turnpike Rd., Wallingford, CT 06492.

The Adult Education Safe School Climate specialist is Dr. Anthony Mangiafico, contact is 203-294-3900, mailing address is 37 Hall Avenue, Wallingford, CT 06492.

The Program Disability's contact person is Dr. Anthony Mangiafico, contact is 203-294-3900.

Wallingford

Adult & Continuing Education

www.wallingfordadulted.org
www.facebook.com/wallingfordadulteducation



Wallingford Public Schools
100 So. Turnpike Road
Wallingford, CT 06492

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