

# Wallingford

*Adult & Continuing Education*



FALL 2022

[www.wallingfordadulted.org](http://www.wallingfordadulted.org)  
[www.facebook.com/wallingfordadulteducation](https://www.facebook.com/wallingfordadulteducation)



# DEAR FRIENDS ...



Welcome to Wallingford Adult & Continuing Education's fall brochure. We are committed to adult students achieving their personal, educational, and career-focused goals. Please browse through this brochure as we offer fall 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](http://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](http://www.wallingfordadulthood.org)

Wallingford Adult Education Facebook  
[www.facebook.com/wallingfordadulthoodeducation](https://www.facebook.com/wallingfordadulthoodeducation)

Wallingford Public Schools Website  
[www.wallingford.k12.ct.us](http://www.wallingford.k12.ct.us)

Wallingford Adult Education Email  
[wallingfordadulthood@wallingfordschools.org](mailto: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 14.

## BACK TO SCHOOL

**Help STOP the spread of COVID 19!**  
**Check out our Website and Facebook.**

# 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

Wallingford Adult High School Credit Diploma..... 3

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

Preparation for GED® Test ..... 3

## Student Supports

Counseling ..... 4

(Accessibility and Accommodation)

## Special Projects

ESL American Living..... 4

Family Literacy..... 4

Preparing For the 21st Century STEM Careers ..... 4

## Enrichment and General Interest Information

Boating ..... 5

Creative Arts..... 5

Health and Wellness ..... 6

Medical Career Programs..... 7

Medical Coding..... 8

Money Matters..... 8

Personal Enrichment..... 9

Specialty Classes ..... 10

Travel ..... 12-13

Ways to Register ..... 14

General Information ..... 15

Registration Form..... 16

# CALENDAR

## Immediately

Registrations begin for General Interest Courses.

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

## Monday, August 29

Learning Center opens for CDP classes

Family Literacy Classes date is TBD – call for more information.

## Monday, September 5

Labor Day

## Tuesday, September 6

Classes to resume for ABE/GED

## Tuesday, September 12

ESL and Citizenship classes resume.

## Monday, October 10

Columbus Day

## Wednesday, October 19

Advisory Council Meeting

## Tuesday, November 8

Closed – Election Day/ Professional Development Day

## Friday, November 11

Veteran’s Day

## Thursday, November 24 & Friday, November 25

Thanksgiving Break

## Monday, December 26 –

## Monday, January 2

Christmas Break

# WHAT’S NEW!

- Conversational Spanish
- Metal Stamped Jewellery 101
- Magic with Everyday Objects
- Fun with Balloon & Twisting

## 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.

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### 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 17 years of age and no longer enrolled in school.

**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, September 6, 2022**

### 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, September 13, 2022**

### 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, September 12, 2022**

### 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.

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# 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, three 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 between 3:00 p.m. and 8:00 p.m.

### 2. NATIONAL EXTERNAL DIPLOMA PROGRAM (NEDP)

Earn a Wallingford Adult High School diploma independently, through the successful completion of a series of assignments in a computer-based format. Through this option, students earn their high school diploma independently through the successful demonstration of life skill competencies as well as individualized competency. You will meet with an assessor periodically to help you reach your goals. NEDP is recommended for those 21 years of age and older who have acquired some of the 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](http://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](http://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](http://www.ged.com) to apply for test accommodations. You may also contact Sabrina Mancini at the State Department of Education at 860-807-2111.

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

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

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

# 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.

## Exploration of Career Pathways

To promote the self-sufficiency of Wallingford Adult Education students and strengthen their response to the rapid changing labor market, this program provides exposure to industry sectors/career pathways that are identified by the South Central CT Workforce Development Board. The sessions are offered to students in diploma preparation and advanced ESL level programs so they may strengthen existing basic skills simultaneously with a workforce preparation component.

- Literacy instruction in reading, writing and math and digital literacy training.
- Development of "soft skills" such as understanding of ethics, team-work, and critical thinking skills.
- Individual career and education planning.
- Exploration and utilization of potential employment opportunities, education and training programs, and employment services.

"This program is supported by the Workforce Innovation and Opportunity Act, Title II - Adult Education and Family Literacy."

## 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 drivers 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 South Central Connecticut Workforce Development Board."

**REGISTRATION**

Registration can be made at any time during the semester. Do not wait until 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 14. Registration form can be found on page 16.

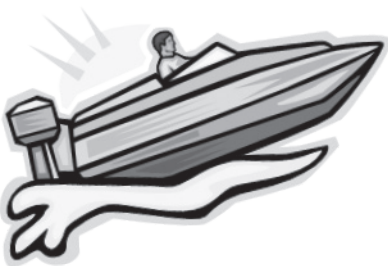
**PLEASE REGISTER EARLY!**

**WALLINGFORD RESIDENCY IS NOT  
REQUIRED TO REGISTER FOR  
CLASSES AND TRIPS.**

**BOATING**

**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/internet-sales> 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)  
Saturday ..... 8:30 a.m. - 4:30 p.m.  
1 Day ..... October 8  
**Fee \$70**



**CEMETERY TOUR**

**Center Street Cemetery Tour**

The Center Street Cemetery is a very early cemetery and the oldest in Wallingford. It was established around 1670 and is the burial place of more than a few noted figures of local, state and national prominence including Lyman Hall, a signer of the Declaration of Independence; Moses Y Beach, owner of a large newspaper in New York City; and John Moss, one of the English settlers of Wallingford and centenarian in an age of high early mortality. There is much more to learn. Come find out the history of the cemetery, the people buried there, and the history of the stones including their consistency and design through the ages. Come join me on a one hour tour and experience why Center Street Cemetery was named to the National Register of Historic Places.  
E. Clark ..... Center Street Cemetery  
Saturday ..... October 15  
1 Day ..... 10 – 11:00 a.m.  
**Fee \$9**

**CREATIVE ARTS**

**Crochet 101**

Basic Beginner Crochet class with an introduction to basic stitches and terminology, pattern reading and an introduction to intermediate crochet. Also, 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.  
A Marisol ..... Sheehan  
Tuesday ..... 6:00-8:00 p.m.  
6 Weeks ..... September 27  
**Fee \$65**

## 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 \$10.00 paid in cash to instructor at class for supplies which include handout packet, assorted parchment papers, stock cards and grid sheets. Calligraphy supply list will be given prior to class for.

J. Little .....Sheehan  
Monday ..... September 26  
6 Weeks ..... 6:30 – 8:30 p.m.

**Residents \$85**

## NEW! The Art of Beautiful Writing-Calligraphy Intermediate

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 \$10.00 paid in cash to instructor at class for supplies which include handout packet, assorted parchment papers, stock cards and grid sheets. Calligraphy supply list will be given prior to class for.

J. Little .....Sheehan  
Thursday ..... September 29  
6 Weeks ..... 6:30 – 8:30 p.m.

**Residents \$85**

## NEW! Introduction To Drawing

Beginner, no previous experience required. Students will learn basic drawing skills pertaining to, negative-positive space, shapes, lines and shading. Learning the skills above you will be able to complete a finished product.

A. Arnstein .....Sheehan  
Thursday ..... September 29  
6 weeks ..... 6:00 – 8:00 p.m.

**Cost \$110**

## NEW!! Basics of Sewing

This class you will learn the basics of sewing. You will learn how to thread your machine, thread a bobbin and make a pillow with a zipper.

P. Garcia .....Sheehan  
Monday ..... 6:00 – 9:00 p.m.  
1 Class ..... October 17  
1 Class ..... November 7  
1 Class ..... December 5

**Cost \$40**

## NEW!! PJ Pants

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 your brand new to using your machine, try the Basics of Sewing class, then join this class!!

P. Garcia .....Sheehan  
Wednesday ..... 6:00 – 9:00 p.m.  
1 Class ..... October 19  
1 Class ..... November 11  
1 Class ..... December 7

**Cost \$40**

## FITNESS / YOGA

### 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. Powers .....Sheehan  
Wednesday ..... September 28  
10 weeks ..... 6:00 – 7:30 p.m.

**Fee \$100**

## HEALTH & WELLNESS

### Reiki - Level 1

Beginner: Learn the benefits of Reiki, what Reiki is used for, the history, and the Reiki precepts. Will learn (protocol hand placements). Ample time for practice on chair and table. Manual is included. Certificate received upon completion of course.

E. Anderson, R.N. .... Sheehan  
Tuesday ..... 6:30 – 9:00 p.m.  
4 weeks ..... October 4

**Fee \$165**



## MEDICAL PROGRAMS

### **Registration/Pretesting: Students interested in becoming a Certified Nurse Assistant, Medical Assistant or Phlebotomist are required to pretest prior to admission.**

- Registration Test Dates: July 20, 28 and August 5, 17 and 25th, (September by appointment only) at 5:30 p.m. at the Wallingford Railroad Station - Learning Center.
- A non-refundable \$35.00 test and application fee required with reservation request.
- Please contact the Learning Center at 203-294-3900 immediately if you are interested in any of these courses. Class size is limited.
- Carol Berube, Coordinator, email [cberube@wallingfordschools.org](mailto:cberube@wallingfordschools.org)

### **Certified Nurse Assistant (CNA)**

Supporting Partner: Lifetime Care at Home. Are you or someone you know interested in becoming a 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. This is the only program, in the state, to offer an in-home care program. Students interested may be chosen to do an externship providing more real life training. Learn how in home care may be a better fit for you! Upon successful completion of this program, the student will be able to sit for the Connecticut Department of Health Nurse Aide Competency Examination. The fee for the state certification exam is included in tuition cost. Tuition does not include physical exam, uniform/scrubs or required textbook. This is a 16 week program held on Tuesday and Thursday nights from 5:00 – 9:00 p.m. at Mark T. Sheehan High School. Clinical instruction is held at a State licensed long-term care facility. A pretest and interview are required for approval into this program. Instructors: Darlene Kirychuk, RNBC  
**Required Textbook approximately..... \$60 Fee \$1000**

**Class begins, Tuesday September 20, 2022**

### **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,

interview processing. At completion of classroom instruction, the student is required to complete 160 hours of a clinical externship at an approved medical facility. For entrance into this program, the requirements are: a pretest, knowledge of basic computer skills and Microsoft windows, an interview and high school diploma. A criminal records background check is mandatory, additional fee is the responsibility of student. Upon completion of both the classroom and externship components the student will be awarded a certificate of completion and is eligible to sit for the National Competency Certification Test (NCCT). Information regarding application and additional fee for the NCCT will be distributed upon completion of the course and certification is the responsibility of the student. This course runs from September through June at Gaylord Hospital and Mark T. Sheehan High School. Class meets two nights a week, Monday and Wednesday evenings from 5:30 – 9:30 p.m. and every other Thursday 5:30 – 8:30 p.m.

Instructor: Darlene Kirychuk, RNBC  
**Required textbooks approximately ... \$300 Fee \$3000**

**Class begins, September, 12 2022 or mid-year January 2023**

### **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. A pretest, interview and high school diploma are required for approval into this program. Information about applying for national certification with the National Competency Certification Test (NCCT) will be distributed upon completion of course. Certification is the financial responsibility of the student. Clinical and classroom instruction are required and are held for 16 weeks. Monday and Wednesday nights from 5:30 – 8:30 p.m. at Mark T. Sheehan High School.

Instructor: Maria Benitez, CPT  
**Required Textbook and Lab fee \$120 Fee \$1000**

**Class begins, Monday September 26, 2022**

MEDICAL CODING

NEW! 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 Office

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

Requirements for classes are a high school diploma, entrance test (reading), and interview.

National Certification with NCCT is optional.

The information for applying for National Certification will be distributed upon the completion of this course. Additional payment will be necessary.

Classes will be held at Mark T. Sheehan High

School Monday and Wednesday nights:

Billing and Coding – 5:30 – 8:30

Medical Vocab. And Medical Office – 5:30 -7:30

Instructor: Eileen Flynn, LMSW, MS

**Required books and online subscriptions \$300**

**Resident Fee \$950**

**Classes begin: Billing and Coding – October 2022**

**Medical Vocab and Medical Office – January 2023**

MONEY MATTERS

Asset Protection, Title XIX and Long Term Care Strategies

If you or a loved one needs long term care, will you lose your house and all of your assets to the nursing home or to the State? You don't have to! Learn the current Medicaid rules and asset protection strategies so you can plan ahead and preserve your assets. Strategies will be presented for both single and married individuals, of both modest and significant means.

A. Orlando ..... Sheehan

Monday ..... 6:00 – 8:00 p.m.

1 class ..... September 26

**Fee \$25**

Empowering You Through The Probate Process

Death in the Family? Want to protect your loved ones from the Evils 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

Tuesday ..... 6:00 – 7:30 p.m.

1 class .....October 18

Thursday ..... 6:00 – 7:30 p.m.

1 class .....October 27

**Fee \$25**

Social Security and Timing Strategies & Implementing Into your Retirement

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.

M. Alimo .....Sheehan

Tuesday ..... 6:00 – 7:30 p.m.

1 Class ..... November 1

**Fee \$25**

Taxes: Upcoming Changes & Effect on your Retirement

Taxes have been a concern for many Americans for decades now. With rising deficits, debt on the federal, state and municipality level where does that leave taxpayers? We will discuss current tax law and strategies to get to as close to "tax-free" in retirement as you can. Samples of retirement analysis and strategies to transition to a more favored tax position with your savings and "tax-free" legacy concepts to consider.

M. Alimo .....Sheehan  
Wednesday ..... 6:00 – 7:30 p.m.  
1 night..... October 12  
Fee \$25

Financial Strategies for Successful Retirement

This educational class covers important money management concepts that are important to people near retirement. In depth review of the various types of investment options and their respective costs. Will cover how annuities work, social security benefit timing and taxation, and the Connecticut Partnership for Long Term Care. Tax free investment options and how to transfer to future generations. Estate planning techniques to transfer assets directly to your beneficiaries and minimize what passes through probate. A workbook (optional) that covers the entire course will be available at a cost of \$30 (cash) payable to the instructor the first night of class.

S. Jacques .....Sheehan  
Wednesdays ..... 6:30 – 8:30 p.m.  
3 weeks ..... October 19  
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 Stu to review their personal financial and retirement concerns.

S. Grove .....Sheehan  
Wednesday ..... 6:30 – 8:00 p.m.  
2 weeks ..... September 28  
Fee \$25

NEW! Social Security Explained

One day two hour work shop 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  
Thursday ..... 6:30 – 8:00 p.m.  
1 Week..... October 27  
Fee \$25

PERSONAL ENRICHMENT

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 ..... September 27  
Fee \$80

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.  
Session 1 ..... October 3  
Fee \$40

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 24th or April 3th 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.LentsSATPrep.com](http://www.LentsSATPrep.com)

Lentz & Lentz Instructor.....Sheehan  
Mon. & Wed .....6:00 – 9:00 p.m.  
8 sessions..... September 12 Tuition  
**Fee \$465**

SPECIALTY CLASSES

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 class ..... October 12  
**Fee \$40**

Tarot Card Reading

This is a basic beginner's class in tarot instructions. Students will learn the meanings and semiology of each card, how to open for a reading, various layouts and how to interpret the card. \*Students please bring Tarot Cards with you to class\*

D. Powers.....Sheehan  
Wednesday ..... 7:00 – 9:00 p.m.  
1 class ..... October 19  
**Fee \$40**

Palmistry

This class will introduce students to the ancient art of palmistry. Students learn to fortune tell the future by interpreting the lines and markings in your hand and those of others.

D. Powers.....Sheehan  
Wednesday ..... 7:00 – 9:00 p.m.  
1 class ..... October 26  
**Fee \$40**

NEW! Magic With Everyday Objects

Learn magic with objects found around the house, these are easy to learn tricks with, with little to no practice. The class is fun and entertaining with hands on learning. \$10 fee to instructor for supplies.

N. Preet.....Sheehan  
Tuesday ..... 5:30 – 7:00 p.m.  
1 Class ..... October 25  
**Cost \$30**

NEW! Fun with Balloon Twisting

Be the hit of the party, make balloon animals and other objects! Students will learn a variety of objects from dogs, to swords to hats and everything in between. \$10 fee to instructor for supplies.

N. Preet.....Sheehan  
Tuesday ..... 7:00 – 8:30 p.m.  
1 Class ..... October 25  
**Cost \$30**

NEW! Juggling for Beginners

Students learn how to Juggle 3 bean bags and scarves. Breaking it down into, basic stops, also students get to experience balancing a peacock feather and clubs. Keep your mind and body alert! \$10 fee to instructor for supplies.

N. Preet.....Sheehan  
Monday ..... 5:30 – 7:00 p.m.  
1 Class ..... October 31  
**Cost \$30**

NEW! Holiday DIY Crafts

Make Holiday Decorations using candy cane rope, origami, paper, balloons and more. Hands on learning, decorate your house, office or give as a gift. \$10 fee to instructor for supplies.

N. Preet.....Sheehan  
Monday ..... 7:00 – 8:30 p.m.  
1 Class ..... October 25  
**Cost \$30**

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.

M. Kulig Crow... Lyman Orchards Golf Center  
Mon., Sept. 12...12:00 p.m.  
Mon., Sept. 12....5:15 p.m.  
Tues., Sept. 13...11:00 a.m.  
Tues., Sept. 13....5:15 p.m.  
Wed., Sept. 14...10:00 a.m.  
Thur., Sept. 15...12:00 p.m.  
Thurs., Sept. 15...5:00 p.m.  
Fri., Sept. 16.....4:00 p.m.  
Sat., Sept. 17.....10:00 a.m.  
Sun., Sept. 18....10:00 a.m.

Each Session Resident.....\$125  
Each Session Non-resident.....\$130

Men's Playing through Golf – Front 9

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.

J. Wilson ..... Lyman Orchards Golf Center  
Tues., Sept. 6 through Oct. 11  
11:00 a.m. to 12:00 p.m.  
Tues., Sept. 6 through Oct. 11  
2:00 p.m. to 3:00 p.m.  
Thurs., Sept. 8 through Oct., 13  
12:00 p.m. – 1:00 p. m.  
Fri., Sept., 9 through Oct., 14  
10:00 a.m. – 11:00 a.m.

Resident.....\$125  
Non-resident.....\$130

NEW! Metal Stamped Jewelry 101

Learn the basics of metal stamping in this two-hour class. This class will introduce the necessary tools and materials needed to begin metal stamping. Create a hand-stamped cuff bracelet using metals. Cuffs can be personalized with letters and numbers. Imprint phrases to cherish forever. \$50 Supply fee for supplies to instructor on that day- all tools and materials are included.

L- Zlotiowski.....Sheehan  
Tuesday..... 6:30 – 8:30 p.m.  
1 Class ..... September 27

Residents \$50

NEW! Conversational Spanish

This class is an introductory course in conversational Spanish. The objective of the course is to teach students basic vocabulary and grammar with an emphasis on the meaningful use of the language. Conversational Spanish will emphasize oral skills and comprehension of the spoken language. Through various interactive, group activities, beginning-level grammar necessary for a basic understanding of the Spanish language will be taught. Personal and professional uses of the language will be presented as well as information on Hispanic culture.

M. Parkes .....Sheehan  
Tuesdays & Thursdays ..... 6:00 – 8:00 pm.  
10 Weeks.....October 2

Cost \$85.00

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. Gringras.....Sheehan  
Tuesday..... 6:30 – 8:00 p.m.  
6 weeks ..... September 27

Residents \$40



Explore the following Trips through Friendship Tours/The Ship Shop

Wallingford Adult Education presents:

# Oktoberfest

Krucker's  
in Pomona, NY

October 12, 2022 Wednesday

**ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN, MUSIC, AND DANCING AT KRUCKER'S IN POMONA, NY**

This lovely resort features its popular Oktoberfest with great food and music...the genuine spirit of an Oktoberfest.

Welcome Reception – Coffee, Tea, Buttermilk Scones, Pancakes & Apple Cider

Lunch: Barley Soup, Applesauce, Choice of: Sauerbraten with Red Cabbage or Sliced Pork Loin with Sauerkraut, Mashed Potatoes, Brussel Sprouts, Carrots, Apple Strudel & Vanilla Ice Cream

Beer, Wine & Soft Drinks 12:00p-4:30p

Entertainment throughout the day - Music, Dancing & Games

Bratwurst Sandwich & Cucumber Salad served at 4:00p

**COST: \$126.pp based on 35-50**

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

Estimated Return: 7:30pm Wallingford

Reservations: Wallingford Adult Education  
203-294-5932



**FRIENDSHIP TOURS  
THE SHIP SHOP**  
705 Bloomfield Ave, Bloomfield, CT 06002  
860-243-1630 • 800-243-1630  
[www.friendshiptours.net](http://www.friendshiptours.net)

This package is subject to our full terms and conditions which can be found on our website at [www.friendshiptours.net/tour-policies](http://www.friendshiptours.net/tour-policies). Paper copies are available upon request. By signing up to participate in the tour, you are agreeing to be bound to these terms and conditions. Therefore, you must read the terms and conditions in their entirety. By signing up for the tour, making a payment and continuing to use our services, you are agreeing to be bound by the Terms and Conditions. Should you disagree with any of the terms you must speak with us before signing up for a tour.



**Thursday, November 10, 2022**  
**Grand Oak Villa, Oakville, CT**

Celebrate the Music of America with Ray Guillemette, Jr. and his Live Band!  
Join us at Grand Oak Villa for our Annual Patriotic Luncheon Show

Menu: **Cheese, Crackers & Pepperoni on arrival.**

**Family Style Meal:** Garden Salad, Pasta with Homemade House Sauce, Roast Turkey with Gravy & Sliced Roast Beef with Brown Gravy, Roasted Potato, Vegetable, Dessert, Soda & Coffee.

### **Carafes of Red & White**

**Ray Guillemette, Jr.**, and his **live band, King Kountry** will be performing some of your favorite patriotic and country hits in tribute to our Veterans. Sing along to our Nation's most celebrated music!

Cost \$116 - Departure from Train Station (37 Hall Ave.)  
at 10:30 am.

Estimated return 4:00 pm.



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### **Christmas Lights & Song** **Springfield, MA.**

German-style lunch at the Student Prince with holiday carolers. Visit MGM Casino and the light display at Bright Nights at Forest Park.

Date and Times to be determined  
Cost \$106

Check Wallingford Adult Educations Facebook page for updates.  
<https://www.facebook.com/WallingfordAdultEducation>

# 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 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 a separate registration for each student, even if you are registering together with your spouse or friends.

- You may register for up to four courses per

registration form. If you are signing up for more than four courses, attach a second form.

- Photocopying the registration form is okay.
- Payment can be made by check or money order. A separate check or money order for each class is required. Make check payable to Wallingford Adult Education.

## PLEASE NOTE

### Course Confirmation

A course confirmation sheet will be mailed to you. This sheet lists the room numbers of your classes and any materials you should bring with you to class.

### 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.

### Consumable Supply Fees

Please DO NOT include the consumable supply fee with your registration payment. Fees are collected on the first night of class, and must be paid in cash.

### 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. However, we must receive the registrations one week prior to the date of the first class.

## 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.lvagnh.org](http://www.lvagnh.org) to fill out/ send in a tutor application or call 203-776-5899 for more information.

## 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)

# ENRICHMENT AND GENERAL INTEREST CLASSES

## 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 process. A \$10.00 processing fee will be deducted from all refunds. A request for 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 email 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 classes are 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 the 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 by the Wallingford Police Department. All of our programs are handicapped accessible. Check with either of our offices for more specific 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. Need 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 your knowledge.

Please contact:

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

# REGISTRATION

**NAME**

First \_\_\_\_\_ Last \_\_\_\_\_ Date \_\_\_\_/\_\_\_\_/\_\_\_\_

**ADDRESS**

Street \_\_\_\_\_

City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

**E-MAIL ADDRESS** \_\_\_\_\_

Your email address allows WAE to send announcements.

**PHONE**

Home \_\_\_\_\_ Work \_\_\_\_\_ Cell \_\_\_\_\_

## INDICATE YOUR METHOD OF PAYMENT

☐ Exact Cash ☐ Check (# \_\_\_\_\_)

**MAIL TO:** Wallingford Adult Education  
142 Hope Hill Road  
Wallingford, CT 06492

**PHONE: 203-294-5932**

**email:** sgovi@wallingfordschools.org

CLASS DATE	COURSE TITLE	DAY	LOCATION	FEE

**TOTAL  
DUE:** \_\_\_\_\_

- MAKE CHECKS PAYABLE TO WALLINGFORD ADULT EDUCATION.
- FOR CONSUMABLE FEES, PAY THE INSTRUCTOR IN CASH ON THE FIRST NIGHT OF CLASS.

**REMEMBER:**  
a separate check  
for each class.





## **Wallingford Adult Education Staff ...**

Dr. Anthony Mangiafico, Director  
Heather Fries, Secretary  
Barbara Kish, Secretary

## **Wallingford Board of Education ...**

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

## **Superintendent of Schools ...**

Danielle Bellizzi

## **Adult Education Advisory Advisory Council ...**

Pamela Andersen  
Carol Berube  
Paul Flinter  
Sashi Govin  
Joseph Mirra  
Lorraine Ouellette  
Allissa Pannon  
Julie Rio  
Adriana Rodriguez  
Josephine Rossomando

## **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, 203-294-3900.

## **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.

# Wallingford

## *Adult & Continuing Education*

[www.wallingfordadulted.org](http://www.wallingfordadulted.org)  
[www.facebook.com/wallingfordadulteducation](https://www.facebook.com/wallingfordadulteducation)



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

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