

Adult Education

Digital and Video Photography

In just five weeks this class led by MaryAnn Kulla will have you using your camera like a pro. It will demystify what all those buttons and hidden menus do. Technical terms like white balance, ISO and resolution will be explained, but we'll also spend time developing your artistic sense. Weekly assignments will encourage you to practice. This season we'll study the video capability of your camera too. Charge up your batteries, bring your camera manual, and let's have some fun!

Day: Monday Time: 7:00 – 9:00 p.m. Place: Town Hall Meeting Room
Dates: 5/2 – 6/6 (5 wks) – no class 5/30 Fee: \$70.00

iPhone Photography

The 8-12 megapixel iPhones can take great pictures. And since you have your phone with you all the time, you'll be more likely to use it than a complicated camera. We'll spend the evening learning to really utilize the "camera" and "photos" sections of the iPhone, as well as to test out a few useful apps. We'll also address the iPhone's limits as compared to a small digital camera or DSLR camera. Be sure your phone battery is charged before coming.

Day: Thursday Time: 7:00 – 9:00 p.m. Place: Town Hall Meeting Room
Date: 6/2 (1 wk) Instructor: Mary Ann Kulla Fee: \$25.00

iPhone Music

Would you like to be able to use the "music" options on your iPhone without stressing? In one evening this class will show you how to browse for the music you love, create a playlist, display the lyrics and even use Siri for voice commands to manage playback. We'll also touch on podcasts and iTunes Radio. You'll leave class able to do the same things your favorite teenager does. Please come in knowing your Apple ID and password so you can download a few songs for practice. Be sure your phone battery is charged.

Day: Thursday Time: 7:00 – 9:00 p.m. Place: Town Hall Meeting Room
Date: 5/19 (1 wk) Instructor: Mary Ann Kulla Fee: \$25.00

Mediterranean Vegetable Cooking 201

For those of you who have taken Med Veg 101 and want to learn additional recipes for some of the same ingredients and explore some new ingredients (including artichokes, mushrooms, and Swiss chard) Ann is offering a follow-up class. This class is built on the material covered in the first program, and explores some traditional, but perhaps less familiar, ingredients and recipes.

Day: Tuesday Time: 6:30 – 8:30 p.m. Place: BHS Culinary Arts Room #204
Dates: 5/10 – 5/31 (4 wks) Fee: \$82.00

Pollo Rustico, Mama's Chicken Recipes

Once again Ann has updated traditional Neapolitan recipes she learned from her mother—this time sharing cooking tips to prepare simple and fast chicken dinners for your family and guests.

Day: Wednesday Time: 6:30 – 8:30 p.m. Place: BHS Culinary Arts Room #204
Dates: 5/11 – 6/1 (4 wks) Instructor: Ann Salinger Fee: \$82.00

Beginning Italian

Learn conversation skills including introductions and polite greetings and interactions. Essential basic vocabulary and grammar will be introduced. This class is for absolute beginners or those who want a review of basic Italian grammar and vocabulary.

Day: Monday Time: 7:00 – 8:00 p.m. Place: Town Hall Meeting Room
Dates: 4/25 – 6/13 (7 wks) – no class 5/30 Instructor: Anna Prendi Fee: \$69.00

Intermediate Italian

Those who have had some prior instruction will expand their practical vocabulary and grammar to support everyday conversations. Participants will also read simplified dialogues and texts with focus on using clear pronunciation and correct intonation and write simple Italian sentence structures stressing the communicative approach. This class is for those who want a review of more advanced Italian grammar and vocabulary.

Day: Thursday Time: 7:00 – 8:00 p.m. Place: Town Hall Meeting Room
Dates: 4/28 – 6/9 (7 wks) Instructor: Anna Prendi Fee: \$69.00

Pathways to Resiliency: An Introduction

Do you wish you could "bounce back" from stressful situations...faster? Are you tired of focusing on what's wrong in your life, instead of what's good? Come join Certified Positive Psychology Practitioner and Brookfield psychotherapist, Marianne Seeber, one of the first 100 people in the country to receive this certification. Discover how you can unlock your secret to life-long happiness. Learn how our brains are naturally programmed for negativity and what you can do to increase life satisfaction.

Day: Thursday
Date: 5/5

Time: 7:00 – 9:00 p.m.
Fee: \$20.00

Place: Town Hall Meeting Room

Simplify, Organize, and Focus on what you are Passionate about

Are you overwhelmed by clutter? Spending too much time tidying and not enough enjoying your home? Do you desperately want more free time to do things you enjoy? Professional Organizer Kerri Colombo of Cornerstone Organizing will share tips for you to create a home environment that reflects who you are and who you wish to be. You'll leave with the skills and confidence to tackle your organizing projects in a mindful way. Kerri is passionate about guiding others on this journey. She has appeared as the Organizing Expert on TLC's Hoarding: Buried Alive and is a recommended Organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center. Please bring with you to class, 1-2 items that you are ready to let go of, suitable to give away or donate.

Day: Wednesday
Date: 4/27 (1 wk)

Time: 7:00 – 9:00 p.m.
Fee: \$25.00

Place: Town Hall Meeting Room

New ~ Simplify Life with Kids

Overwhelmed with the volume of stuff in your home? Have kid's toys, coats and sports equipment taken over? Wish you could get rid of it all and start fresh? Professional Organizer Kerri Colombo of Cornerstone Organizing will inspire you to make changes in your home to simplify your everyday living and free up time to do more of what you love. You will leave class with actionable change strategies and motivated to move forward. Kerri is passionate about guiding others on this journey. She has appeared as the Organizing Expert on TLC's Hoarding: Buried Alive and is a recommended Organizer with Hartford Hospital's Institute of Living Anxiety Disorders Center.

Day: Wednesday
Date: 5/11 (1 wk)

Time: 7:00 – 8:30 p.m.
Fee: \$25.00

Place: Town Hall Meeting Room

Reiki Healing & Meditation Circle

Have you been wondering what "Reiki" is all about? And why people are talking about its benefits? Come learn about the 7 main chakras (energy centers) in the body and effective ways to keep them balanced. Join us and experience a chakra healing meditation which will leave you feeling so relaxed with a greater sense of well-being!

Day: Tuesday
Dates: 5/10 – 5/17 (2 wks)

Time: 5:45 – 6:45 p.m.
Fee: \$30.00

Place: Healthy Weighs Wellness Center

Instructors: Amy Fernandez, MS, RMT, Reiki Master/Teacher and Laura Nugent, Reiki I

Introduction to Guitar for Adults

Learn the basics of guitar in a fun and supportive group setting! Students will receive guidance and direction in solving problems related to playing the guitar at a beginning level and will learn many of the different styles, skills and techniques required to become a successful guitarist. Areas of concentration include: correct posture, note reading, aural skills, flat-picking, singing songs, rhythmic patterns, chord study, finger-picking styles, musical forms, improvisation and performing experiences. *Adult, 8-week class. Students will need to purchase an instruction book and bring a guitar.

Day: Monday

Time: 7:30 – 8:10 p.m.

Place: SOUND, 31 Hawleyville Road, Newtown

Dates: 4/25 – 6/20 (8 wks) – no class 5/30

Instructor: John Bracket

Fee: \$170.00

D.E.E.P. Boating Safety Course

Students of all ages successfully completing this course will satisfy the education requirements for the Connecticut State Boating Certificate, required for anyone who operates a boat. **Participants must attend all four classes in the same session.** Adults must present a picture ID (driver's license) at the first class. Children under age 15 must be accompanied by a parent and the parent must remain with the child for the duration of the class. (No charge for the parent to attend if not seeking certification.) There is an additional \$50 license fee to the State, which you will pay online after successful completion of the class.

Session 1:

Day: Monday and Wednesday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 5/2, 5/4, 5/9, 5/11 (4 classes)

Place: WMS Seminar Rm. Fee: \$25.00

Session 2:

Day: Tuesday and Thursday (twice a week for 2 weeks)

Time: 7:00 - 9:30 p.m.

Dates: 5/17, 5/19, 5/24, 5/26 (4 classes)

Place: WMS Seminar Rm. Fee: \$25.00

Red Cross Adult and Pediatric First Aid/CPR/AED for Lay Responders

This course covers CPR/AED and first aid for adults, infants and children in an approach that complements adult learning styles, featuring hands-on practice and real life scenarios. Useful take-home course materials help you retain skills and serve as an excellent refresher and reference tool after training is complete. Includes Red Cross certification in Adult and Pediatric First Aid/CPR/AED which is valid for two years.

Choose any one session to attend.

Session 1: Saturday, 4/30, 10:00 a.m. – 2:00 p.m.

Session 2: Saturday, 5/21, 10:00 a.m. – 2:00 p.m.

Session 3: Saturday, 6/11, 10:00 a.m. – 2:00 p.m.

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Fee: \$89.00

Red Cross CPR Re-Certification for Lay Responders

This course provides individuals with the opportunity to review course content and practice skills before taking a written exam and performing skills for evaluation. Includes two-year Red Cross certification following successful completion. Choose any one session to attend.

Session 1: Saturday, 4/30, 2:00 – 4:00 p.m.

Session 2: Saturday, 5/21, 2:00 - 4:00 p.m.

Session 3: Saturday, 6/11, 2:00 – 4:00 p.m.

Place: Town Hall Meeting Room

Instructor: Jerry Kochman

Fee: \$49.00/session

Red Cross Pet First Aid

Learn how to respond to health emergencies and provide basic first aid for the four-legged members of your family. Practice and preparation will help you be calm and effective in an emergency, protecting you and your animal from further injury or suffering. Managing breathing and cardiac emergencies, treating wounds, administering medicine, caring for eye, foot and ear injuries and other important topics will be covered for the care of cats and dogs.

Day: Saturday

Time: 10:00 a.m. – 2:00 p.m.

Place: Town Hall Meeting Room

Date: 5/7

Instructor: Jerry Kochman

Fee: \$56.00