

Adult Education

New ~ Digital Camera Essentials

If you have a small digital camera - one that fits in your pocket - which you've put off using, this class is for you. In two evenings you'll become familiar with what your little camera can do, and what it can't. Start having fun with your digicam! Decide if you want to progress to a DSLR with interchangeable lenses or just use your smart phone. All participants must bring their camera manual and charged batteries. Expect homework after the first class.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Dates: 2/3 – 2/10 (2 wks)

Place: Town Hall Meeting Rm. Fee: \$40.00

Instructor: Mary Ann Kulla

iPhone Photography

The 8 megapixel iPhone 4,5,5s and 6 cameras 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.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Date: 2/24 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Rm. Instructor: Mary Ann Kulla

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 that you can download a song or two for practice.

Day: Wednesday Time: 7:00 – 9:00 p.m.

Date: 3/9 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Rm Instructor: Mary Ann Kulla

New ~ Simplify, Organize, Focus on What you are Passionate About

Are you overwhelmed by clutter? Spending too much time tidying and not enjoying your home? Want to get organized without the stress? Professional Organizer Kerri Colombo of Cornerstone Organizing will share tips for you to tackle your projects in a stress free atmosphere. You'll leave with the skills and confidence to tackle your organizing projects in a thoughtful way. Kerri 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 Time: 7:00 – 9:00 p.m.

Date: 1/27 (1 wk) Fee: \$25.00

Place: Town Hall Meeting Room

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: Tuesday Time: 7:00 – 9:00 p.m.

Date: 3/22 Fee: \$20.00

Place: Town Hall Meeting Room

Mindfulness-Based Stress Reduction

Mindfulness provides a simple but powerful route for getting ourselves unstuck from dwelling on the past or worrying about the future. It is being fully aware and at peace in the present moment, without judgement or strife. Numerous research studies have proven the effectiveness of MBSR in helping to reduce stress, enhancing mental clarity, and improving health and emotional well-being. This eight week experiential program combines the art and science of mindfulness meditation to help reduce stress, promote physical health, and cultivate emotional well-being.

Day: Monday Time: 10:00 a.m. – 12:00 p.m.

Dates: 1/25 – 3/21 (8 wks) – no class 2/15

Instructor: Ann Reeves, Psy.D., Licensed Psychologist, certified MBSR

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$295.00

New ~ Introduction to Energy Medicine

Energy Medicine works to increase your overall health and vitality. Donna Eden, one of the pioneers of Energy Medicine, has developed some profound and simple techniques that take only a few minutes a day. You will learn her 5-minute Daily Energy Routine that will balance your energies, strengthen your immune system, increase your strength and vitality, balance your body's chemistry and help you think more clearly. You will learn techniques based upon acupuncture points to strengthen and maintain the flow within your natural energy system. These techniques will help you overcome many different types of illnesses, keep you strong and resilient and empower you to own your personal health and well-being. This will be an active session with full attendee participation and one on one coaching in the technique. Dress comfortably and casually. Choose one session to attend.

Session 1: Wednesday, 1/27, 7:30 – 9:30 p.m.

Session 2: Thursday, 1/28, 10:00 a.m. – 12:00 p.m.

Place: SOUND, 31 Hawleyville Road, Newtown

Fee: \$45.00

Mediterranean Vegetable Cooking 101

Everyone knows that the heart-friendly "Mediterranean Diet" is filled with wonderful, but sometimes unfamiliar, vegetables, from artichokes to zucchini. Whether your goal is to stretch your grocery budget with hearty non-meat dishes, cook for a vegan or vegetarian, or surprise your dinner guests with something different, this class will meet your needs. Classes will be conducted as a combination demonstration and hands-on workshop. Each night you'll make and sample three recipes featuring the vegetable of the week (zucchini, peppers, eggplant, and escarole) and you'll leave with handouts of the recipes and other helpful hints. Instructor Ann Salinger's first cooking teacher was her mother, who grew up on a farm in Southern Italy. Since then Ann has taken numerous cooking courses in Europe (where she lived for seven years) and Asia, and has enjoyed sharing her knowledge and enthusiasm for cooking with friends and students.

Day: Tuesday Time: 6:30 – 8:30 p.m.

Dates: 1/26 – 2/23 (4 wks) – no class 2/16

Place: BHS Culinary Arts Room #204

Fee: \$82.00

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.

Dates: 3/8 – 3/29 (4 wks) Fee: \$82.00

Place: BHS Culinary Arts Room #204

New ~ 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: Thursday Time: 6:30 – 8:30 p.m.

Dates: 1/28 – 2/25 (4 wks) – no class 2/18

Instructor: Ann Salinger Fee: \$82.00

Place: BHS Culinary Arts Room #204

Spring on the Amalfi Coast?

Well, if you can't have that, perhaps you can enjoy some of these authentic Southern Italian specialties on your deck (once the snow melts of course) and pretend you are there. Springtime offers new choices for fresh vegetable dishes, although this class goes beyond vegetables (but is still vegetarian) to include a traditional *pizza rustica* (a ricotta-based pie), peach gelato, and a few other surprises. *Buon appetito!*

Day: Thursday Time: 6:30 – 8:30 p.m.
Dates: 3/10 – 3/31 (4 wks) Fee: \$82.00
Instructor: Ann Salinger Place: BHS Culinary Arts Room #204

New ~ 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. Students will need to purchase an instruction book and bring their own guitar.

Day: Monday Time: 7:30 – 8:10 p.m.
Dates: 2/1 – 3/21 (8 wks) Fee: \$165.00
Place: SOUND, 31 Hawleyville Road, Newtown
Instructor: John Bracket

New ~ Intro to the Didgeridoo

Learn the basic elements of playing the didgeridoo. Casey will cover the drone animal sounds, simple rhythms and concepts of circular breathing. Practicing the didge is a meditation; a form of prana yana and just a few minutes of playing is a powerful experience. The intuitive nature of the didgeridoo makes it accessible to everyone. Didges provided for use during class or bring your own.

Day: Sunday Time: 4:00 – 6:00 p.m.
Date: 1/24 (1 wk) Fee: \$45.00
Place: SOUND, 31 Hawleyville Road, Newtown

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.
Dates: 1/25 – 3/21 (8 wks) – no class 2/15
Place: Town Hall Meeting Room
Instructor: Anna Prendi Fee: \$79.00

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.
Dates: 1/28 – 3/17 (8 wks)
Place: Town Hall Meeting Room
Instructor: Anna Prendi Fee: \$79.00

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.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.
Date: 1/30 Fee: \$89.00
Place: Town Hall Room Instructor: Jerry Kochman

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.

Register for either session.

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

Session 2: Wednesday, 2/17, 7:00 – 9:00 p.m.

Session 3: Saturday, 2/27, 2:00 – 4:00 p.m.

Session 4: Wednesday, 3/16, 7:00 – 9:00 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. Includes both cat and dog first aid.

Day: Saturday Time: 10:00 a.m. – 2:00 p.m.

Date: 2/27 Fee: \$56.00

Place: Town Hall Meeting Room

Instructor: Jerry Kochman