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Why Windsor Adult Education?

Windsor Adult Education consists of state-mandated Essential Skills courses and Enrichment courses. Our Essential Skills courses include: High School Completion, Adult Basic Literacy, English Language, and Citizenship Instruction. Our Enrichment courses include: arts/crafts, computers/business, dance/music, health/fitness, home/garden, languages, money management, personal growth, recreation and many more.

Our mission is to:

- Provide educational programs that will meet the needs and interests of the adult residents of Windsor
- Create awareness of the programs and encourage participation
- Meet the needs of and cooperate with local groups, agencies, businesses and industries
- Provide flexible program scheduling, responsive to both community and individual needs
- Use school facilities to their full potential

We hope this brochure will serve as a guide to the many opportunities available at Windsor Adult Education. If we may be of any assistance in achieving your educational goals, please don't hesitate to contact **Mayela Aguirre, Program Director at 860-687-2000 ext. 1273 or maguirre@windsorct.org**.

Mayela

It is the policy of the Windsor Board of Education that no person shall be excluded from participation in, denied the benefits of or otherwise discriminated against under any program, including employment, on the basis of age, ancestry, color, genetic information, learning disability, marital status, past or present history of mental disability, intellectual disability, national origin, physical disability, race religious creed, sex, including pregnancy, sexual harassment, trans-gender status, gender identity or expression, sexual orientation or civil union status, workplace hazards to reproductive systems, criminal record (in state employment and licensing). Terrell Hill, 860-687-2000 ext. 1229, is the Affirmative Action/ Title IX Compliance Officer for the school district. Kristina Wieckowski, 860-687-2000 ext. 1234, is the Interim Section 504 Compliance Officer for the school district. The address for Mr. Hill and Ms. Wieckowski is 601 Matianuck Avenue.

All activities offered by Windsor Adult Education are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Mayela Aguirre, 601 Matianuck Avenue, 860-687-2000 ext. 1273.

*The Windsor Public School District is an
 Equal Opportunity Employer M/F*

Adult Education Program Information

Course Descriptions

ABE - ADULT BASIC EDUCATION

This course is designed to assist English-speaking adults in basic reading, writing, mathematics, and everyday life skills. This program will prepare students for the General Educational Development (GED®) exam.

AMERICAN CITIZENSHIP

Citizenship studies are aimed at broadening the students' appreciation and knowledge of the cultural heritage and traditions of the United States. Students will be assisted in preparation for obtaining their citizenship.

AHSCD - Adult High School CREDIT DIPLOMA

The Adult High School Credit Diploma program is a prescribed plan, process and structure that requires credit in academic and elective areas. Credits may be obtained from classes and for work or military experience, independent study or online programs through Connecticut Virtual High School. This program adheres to all state requirements for AHSCD completion. Please call Enfield Adult Education for more information 860.763.7032

ESL - ENGLISH AS A SECOND LANGUAGE

This course is specifically geared to those whose primary language is other than English. It provides an opportunity to gain skills in written and spoken English. Conversation, grammar, pronunciation, and composition will be included to meet the individual needs of the student.

GED® - STATE HIGH SCHOOL EQUIVALENCY

This course helps students prepare for the General Educational Development (GED®) Testing Program, which may lead to a state high school diploma. It reviews the fundamentals of Mathematics, English, Social Studies and Science. Persons seventeen years of age or older who are withdrawn from regular school are eligible for this program.

NEDP - NATIONAL EXTERNAL DIPLOMA

This course provides students with a non-traditional path towards high school completion and is an ideal program for students who are motivated and self directed. The student works individually with an NEDP assessor to demonstrate the mastery of high school level skills. The program is computer based and takes approximately 6 to 12 months to complete. Upon successful program completion, the student is awarded a West Hartford High School diploma.

***In Compliance with C.G.S. Section 10-73a, all Essential Skill Courses and classroom materials are free to students enrolled in the Essential Skills Program**

WHAT IS THE GED®.?

The GED® Computer Based Test Series is designed to offer students an alternative route to a high school diploma. The four test series consists of Language Arts, Social Studies, Science and Mathematics. Students take these exams from the State of Connecticut. To register for the GED® Computer Based Test Series, students **must** start the process at ged.com and then appear in person at the Windsor Adult Education office, 601 Matianuck Avenue, Windsor. 860-687-2000, ext. 1273.

WHO CAN TAKE THE GED®. TEST?

In order to register for the GED® examination, an individual must be at least 17 years old, present an official withdrawal form signed by a parent or legal guardian and have been withdrawn from school for six months. Applicants that are 18 years of age may submit, in lieu of a withdrawal form, a letter from their last high school that the class with which they entered ninth grade has already graduated. Individuals with a disability who might require accommodations on the GED® Test are encouraged to contact Mayela Aguirre-Ernest at 860-687-2000, ext. 1273 or maguirre@windsorct.org or Sabrina Mancini at the Connecticut State Department of Education GED® office at 860-807-2110 or ged@ct.gov.

HOW MUCH DOES THE GED®. TEST COST?

An applicant 21 years of age or older and a non-veteran must pay a registration fee of \$13.00 to take the test. Only veterans and applicants under the age of 21 are exempt from fees.

FREE DAYTIME CHILDCARE

Windsor Adult Education Program, in conjunction with The Family Resource Center is offering free childcare for parents enrolled in our Daytime Essential Skills courses. Children must be between 3-28 months of age.

Alrick Brown Memorial Scholarship

Since 2012 there have been six Alrick Brown Memorial Scholarships awarded to graduating high school seniors in Connecticut and abroad in Jamaica. Alrick Brown was a longtime Windsor resident and a Windsor Adult Education Student who lived a full and spiritual life. He treasured his family and friends and was always positive no matter the situation. One deserving high school completion student enrolled in the Windsor Adult Education program will be awarded the Alrick Brown Memorial Scholarship in the amount of \$500 to be used for post-secondary education. The Brown family is awarding this scholarship to honor Alrick, his life, and to keep his memory alive. The ideal candidate will possess many of the characteristics and qualities that Alrick exhibited in his life. For more information and to apply, please contact Mayela Aguirre-Ernest at: maguirre@windsorct.org or 860-687-2000, ext. 1273



Adult Education Program Schedule*

Registration & Testing

Students are required to take a reading and/or math appraisal for proper class placement.

Classes start on Monday, January 31, 2022

Windsor Board of Education
601 Matianuck Avenue, Windsor
Please use main entrance.

Scan QR code to register for GED®, AHSCD, NEDP, ESL and Citizenship classes.

www.windsoradulthood.org



Morning Classes

Afternoon Classes

Evening Classes

LOCATION AND CLASS SCHEDULE

Essential skills daytime classes are held: **Monday, Tuesday and Wednesday** from **9:00AM-11:30AM** at the **Windsor Board of Education**, 601 Matianuck Avenue. Please call 860-687-2000 ext 1273 for further information.

GED® - STATE HIGH SCHOOL EQUIVALENCY

Starts Jan. 31	9:00-11:30 AM
12 wks	Tuition: *Free
Instr: Kathy Kijak	Rm. 16

ESL 1- ENGLISH AS A SECOND LANGUAGE

Starts Jan. 31	9:00-11:30 AM
12 wks	Tuition: *Free
Instr: Lauren Midgette	Rm. 8

ESL 2- ENGLISH AS A SECOND LANGUAGE

Starts Jan. 31	9:00-11:30 AM
12 wks	Tuition: *Free
Instr: TBD	Rm. 8

ABE/GED®/ESL COMPUTER LAB

Held Thursdays Only

Starts Feb. 10	9:00-11:00 AM
10 wks	Tuition: *Free
Instr: Kijak/Midgette	Rm. 8/16

LOCATION AND CLASS SCHEDULE

Essential skills evening classes are held: **Monday, Tuesday and Wednesday** from **Noon-2:30PM** at **Windsor Board of Education**, 601 Matianuck Avenue. Please call 860-687-2000 ext. 1273 for further information.

ABE - ADULT BASIC EDUCATION

Starts Jan. 31	Noon-2:30 PM
12 wks	Tuition: *Free
Instr: Kathy Kijak	Rm. 16

ESL 2- ENGLISH AS A SECOND LANGUAGE

Starts Jan. 31	Noon-2:30 PM
12 wks	Tuition: *Free
Instr: TBD	Rm.8

LOCATION AND CLASS SCHEDULE

Essential skills evening classes are held: **Monday, Tuesday and/or Wednesday** from **6:00PM-8:30PM** at **Windsor Board of Education**, 601 Matianuck Avenue. Please call 860-687-2000 ext. 1273 for further information.

ABE - ADULT BASIC EDUCATION

Starts Jan. 31	6:00-8:30 PM
12 wks	Tuition: *Free
Instr: Alves/TBD/Schwartz	Rm. 26/17

GED® - STATE HIGH SCHOOL EQUIVALENCY

Starts Jan. 31	6:00-8:30 PM
12 wks	Tuition: *Free
Instr: Kathy Kijak	Rm. 16

ESL 1- ENGLISH AS A SECOND LANGUAGE

Starts Jan. 31 (M & T)	6:00-8:30 PM
12 wks	Tuition: *Free
Instr: Lauren Midgette	Rm. 8

ESL 3- ENGLISH AS A SECOND LANGUAGE

Starts Jan. 31 (M & W)	6:00-8:30 PM
12 wks	Tuition: *Free
Instr: Dawn Hunter	Online

AMERICAN CITIZENSHIP

Held Thursdays Only

Starts Thurs. Feb. 3	6:00-8:30 PM
12 wks	Tuition: *Free
Instr: Tia Alves	Rm. 26



ged.com



*Adult Education courses and classroom materials are free to Windsor residents enrolled in the Adult Education Program.

College and Career Readiness



Connecticut Department of Labor
Hartford American Job Center
3580 Main Street Hartford, CT 06120
860-256-3700
ctdol.state.ct.us

Free Services for Job Seekers and Businesses:

- Job Search Assistance and Strategies
- Employment Counseling and Career Development Guidance
- Fundamentals of Resume Writing and Professional Resume Critiques
- Career related assessment tools including Career Interest Inventory
- Myers-Briggs Type Indicator (MBTI) Personality Inventory
- Interviewing Strategies, Techniques and Mock Interviews
- Employer Recruitments
- Training and Apprenticeship Referrals

Business Academy

The following Business Academy courses are offered in collaboration with our North Central Connecticut Adult Education Coalition partner, Manchester Adult Education. Classes are Free to students enrolled in our GED®, AHSCD, NEDP, ESL and/or Citizenship classes.

Career Edge - This course consists of a series of life skills and professional development modules designed to enhance confidence and improve employability skills, such as resume writing and preparing for the job interview.

Customer Service Certification Preparation - If you aspire to be a store manager, this course is for you! This course prepares you to take the Customer Service and Sales Exam through the National Retail Foundation (NRF).

Google Sheets/Docs - This course is designed for students to develop practical skills in Google Sheets and Google Docs.

ServeSafe Certification Preparation - Are you looking to manage a restaurant or catering business? If the answer is yes, this class will prepare you for the ServeSafe certification exam, a requirement of many state and local agencies for anyone looking to work in a restaurant or public kitchen.



Windsor Adult Education is proud to partner with ed2go to offer our community quality online enrichment and certification options. Please visit ed2go.com/windsoradulthood/ or windsoradulthood.org and “click” on **ed2go** to register and pay. *Prices and availability subject to change. Sample of offerings:*

Introduction to Artificial Intelligence

Course Cost: \$115

Speed Spanish

Course Cost: \$115

Introduction to Microsoft Excel 2019/Office 365

Course Cost: \$129

Drawing for the Absolute Beginner

Course Cost: \$100

Introduction to QuickBooks Online

Course Cost: \$115

Veterinary Assistant Series

Course Cost: \$395

Photography Suite

Course Cost: \$299

Healthy Living Suite

Course Cost: \$299

Write Your Life Story

Course Cost: \$100

Luscious, Low-Fat, Lightning-Quick Meals

Course Cost: \$100

Certificate in Holistic and Integrative Health

Course Cost: \$198

Helping Elderly Parents

Course Cost: \$100

Certificate in Complementary and Integrative Health

Course Cost: \$144

Medical Spanish Series

Course Cost: \$199

Certificate in Legal and Ethical Issues in Healthcare

Course Cost: \$72

Certificate in Music Therapy and Sound Healing

Course Cost: \$48

Enrichment Course Program Information

Registration & Payment

There are 3 ways to register: 1) Scan QR Code (on right); 2) visit windsoradulted.org and click on “Enrichment;” or 3) complete and return form on page 10.

Windsor Adult Education will adhere to all Windsor Public Schools safety guidance for in-person learning including the use of face masks in school buildings.

Scan QR code



Contact Information

- **CALL/Llame:** Mayela Aguirre **860.687.2000 ext. 1273 se habla Español**
- **EMAIL:** maguirre@windsorct.org
- **CALL:** Tracy James **860.687.2000 x1271**
- **EMAIL:** tjames@windsorct.org
- **WEB:** windsoradulted.org

Class Cancellation

Classes will not be in session any evening when the Windsor Public Schools have been closed for the day. Emergency cancellations can be found at 860-687-2000 ext. 1180. Cancellation notices due to weather conditions will also be made through all of the major radio and television stations. Class schedules will be extended to incorporate any canceled classes.

Classes will not be held on:

- **Winter Break February 21 & 22, 2022**
- **Spring Break April 11-15, 2022**
-

Confirmation

We do not confirm your class registration. Assume that you are enrolled and the course is running as scheduled. You will only be notified if a class is canceled or filled.

Discounts

Some courses offer a tuition discount for people 62+ years of age. If applicable, the discounted tuition rate will automatically be applied at checkout.

Eligibility

Enrichment courses are open to adults 18 years or older.

Enrollment

Classes are filled on a first-come, first-served basis. There is a minimum enrollment for all courses. Any course with insufficient enrollment or for any other reason beyond the control of the coordinator will be canceled. Should a class reach its maximum enrollment, overflow registrations will be placed on a wait list and students will be informed when an opening occurs.

Location or Virtual Link

Enrichment classes are held at Windsor High School located at 50 Sage Park Road unless otherwise noted. Please use the main entrance to the high school unless otherwise noted. Registered students will receive an email from the instructor if any materials or specific instructions are required for the class. **Students must provide an email address at registration.**

Career and Technical Education (CTE)

These certificate courses teach specific career skills within the 16 career track areas currently in high-demand occupations. Sample of courses offered include: Customer Service, ServSafe, Manufacturing, Tools & Materials, Microsoft Word, Math for Construction, Culinary Arts, and Computer Aided Drafting. These courses are offered in collaboration with Manchester Adult Education located at Manchester High School, 134 East Middle Turnpike, Manchester, CT. Please use the Summit Street Entrance Labeled “Manchester Adult Education.” For further information contact Manchester Adult Education at 860-647-0072 or Windsor Adult Education at 860-687-2000 x1273.

Refund Policy

Tuition is refundable if you cancel before the start of classes or if the class is not held. There will be NO REFUND given after the first class session. **All refunds will be in the form of a check or program voucher, regardless of payment type used to register.**

Textbooks and Material Fees

Classes requiring a textbook or material fees are indicated in the course description. Please be prepared to pay these fees directly to the instructor, **in cash only**, on the first night of class.

Tuition

Tuition is payable in full at time of registration. Secure payment is available online. We accept credit cards or personal checks payable to:

Windsor Adult Education

Enrichment Course Class Schedule

Arts

Watercolor Exploration

Come relax and discover the magic and ease of painting with watercolors. In this 8 week course, I will share 3 basic and simple techniques that will remove the intimidation and fear towards picking up a paintbrush for the very first time. You will have the opportunity to practice with the material provided and explore your inner child in an encouraging atmosphere. Each week there will be options of pre-drawn themes that you can paint using the colors of your choice. The only requirement for this peaceful and playful class is an open mind and permission to allow yourself to explore your unique creativity. This is a great time out with friends! You can view some of Denise's works at dgriffinpaints.com. *Please pay material fee in cash to the instructor on the first night of class.* If you would like to enter the high school via the Capen Street entrance, arrive between 5:45PM-6:15PM. **No class Monday, February 21, 2022.**

Material fee \$25

Starts Mon. Feb 7 6:00-7:30 PM
8 wks
Tuition: \$89
Instr: Denise Griffin Windsor High School
Max. enroll 12 Rm. F109A

Jewelry Design Workshop

Get inspired to learn how to make handcrafted jewelry to make as gifts or to keep for your own collection. In this 10 week workshop, you will learn step-by-step instructions on how to make necklaces, bracelets, earrings, and rings using various jewelry making materials to choose from and purchase from the instructor. No previous jewelry making experience necessary. *Please pay material fee in cash to the instructor.* If you would like to enter the high school via the Capen Street entrance, arrive between 5:45PM-6:15PM.

No class April 13, 2022.

Material fee \$10-\$30

Starts Wed. Feb 9 6:00-8:30 PM
10 wks
Tuition: \$75
Instr: Felicia Velez Windsor High School
Max. enroll 10 Rm. F109D

Open Studio

Come join local artists at this Open Studio where you are provided a space to paint and share your talents with other local artists. All levels welcome! Please bring your own supplies. If you would like to enter the high school via the Capen Street entrance, arrive between 5:45PM-6:15PM. **No class April 13, 2022.**

Start Wed. Feb 9 6:00-8:30 PM
10wks
Tuition: \$50
Facilitator: Kathleen Tracy Windsor High
Max. enroll 12 Rm. F109A

Financial Health & Literacy

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-Largent to help guide you through the steps of the probate process and introduce you to the precautions you can take in order to give your family the peace of mind they deserve during a difficult time.

Held Wed. Feb 16 6:00-7:30 PM
Tuition: \$10 Windsor High School
Instr: Attorney Amanda Gilbert-Largent
Max enroll 12 Rm. A114

Retirement: Making Your Money Last

This workshop is designed for individuals who are preparing for retirement or have recently retired. I will highlight important considerations that should be included in a retirement plan to help determine: at what age you can retire, how much you will need to retire, and how to build a sustainable income strategy to fund a 25-30 year retirement.

Held Tues. Mar 8 6:00-7:00 PM
Tuition: \$10
Instr: Dan Gilligan, Windsor High School
Financial Advisor with Edward Jones
Max. enroll 10 Rm. A114

What Happens After the Paycheck Stops? A Retirement Income Seminar

If you are nearing retirement or recently retired and are invested in a strategy designed to help build on income stream and make your retirement income last, this educational workshop will examine how to budget for retirement expenses and your potential sources of retirement income. We'll also identify some of the potential risks to your retirement income and ways to address them.

Held Tues. Mar 15 6:00-7:00 PM
Tuition: \$10
Instr: Dan Gilligan, Windsor High School
Financial Advisor with Edward Jones
Max. enroll 10 Rm. A114

Social Security: Your Questions Answered

Social security will likely be the foundation of your retirement income. That's why it's so important to understand your options and the effect your decisions have on your retirement. This educational workshop will examine:

- how social security fits into your retirement income plan.
- when you should start taking benefits.
- ways to maximize benefits for the individual and spouse.
- taxes and how they impact benefits.

Held Tues. Mar 22 6:00-7:00 PM
Tuition: \$10
Instr: Dan Gilligan, Windsor High School
Financial Advisor with Edward Jones
Max. enroll 10 Rm. A114

Preparing Your Estate Plan

It's a topic people tend to put off or ignore, but one of the most important things you can do to secure your and your next generation's future is to develop a sound estate plan. This workshop will cover what to consider when creating your will, the benefits of trusts and how to reduce taxes on your estate. Windsor attorney Jacqueline Reardon will be on hand to answer your estate planning questions.

Held Tues. Mar 29 6:00-7:00 PM
Tuition: \$10
Instr: Dan Gilligan, Windsor High School
Financial Advisor with Edward Jones
Max. enroll 10 Rm. A114

What the Heck is a Trust and Do I need One?

You've heard about trusts. But what exactly are they and what do they do for you? You've heard about the different types – Revocable. Irrevocable. Special Needs. Testamentary. In a nutshell, a trust is an ownership system between 3 people –The first person who gives the second person legal right to hold money (or other assets) for the third person who receives the money. Simple, right? Well... there's a little more to trusts than just that! In this course we'll explain how trusts are created, explain the different types of trusts, and go over who you should choose to participate. You'll walk away knowing how to use trusts to do things like... minimize and/or avoid taxes, protect assets and keep public benefits for loved ones with special needs, and how avoid probate court. Whether you are new to trusts or even understand them well, you'll walk away understanding how to use these powerful planning tools to your advantage.

All students will receive an easy-to-understand trusts guidebook written by our attorneys at the end of the program. This is a virtual class through WebinarJam. Students will receive an email with the link prior to the start of class.

Held Tues. Apr 26 6:00-7:30 PM
Tuition: \$19
Instr: Attorney Jeff Rivard
Max. enroll 10 WebinarJam

Navigating the Challenges of Elder Care

Are you caring for a parent or elderly loved one? As we age, our physical, social, and mental needs all change, often creating challenges with Activities of Daily Living and complex medical and social issues. Finding holistic answers is often a challenge. In this five week course, Nurse Practitioner Alison Gorman shares her 30+ years of experience caring for individuals in the geriatric population and supporting their families. This course will provide an overview of the aging process; palliative care - what it is, what it is not, and when it's appropriate; goals of care conversations - what to expect from your caregivers; advance care planning; how to make the most out of any doctor's visit; and hospice care - myths and realities. Understanding these challenges, and how to navigate the healthcare system, can empower you to be a better advocate for your loved one. Feel free to attend one or all of the following sessions. All sessions are held at **Windsor High School**.

Session 1

Pitfalls of caring for an elder with multiple medical issues, or seems to be declining in mental/physical function. Overview of common health issues in the elderly and we will talk about what the future of their health may realistically look like. We will talk about accessing supportive systems.

Held: Tue. Mar 1 6:00-7:00 PM
Tuition: \$10
Instr: Alison Gorman, Nurse Practitioner
Max. enroll 12 Rm. E101

Session 2

We will discuss Goals of Care and Advanced Care Planning - Why these are important steps in our lives. We will talk about the power of what these advanced decisions can do for you and your family.

Held: Tue. Mar 8 6:00-7:00 PM
Tuition: \$10
Instr: Alison Gorman, Nurse Practitioner
Max. enroll 12 Rm. E101

Session 3

Palliative and Hospice Care - two very different approaches to support - what they are, what they are not, what they can do for you and your loved one. Medicare/Medicaid coverage, where these services can take place and when they are appropriate.

Held: Tue. Mar 15 6:00-7:00 PM
Tuition: \$10
Instr: Alison Gorman, Nurse Practitioner
Max. enroll 12 Rm. E101

Session 4

Can you Speak Doctor?? Making the most of a doctor's office visit when it seems there are so many things going wrong, there are so many questions to ask and the appointment is only 15 minutes long.

Held: Tue. Mar 22 6:00-7:00 PM
Tuition: \$10
Instr: Alison Gorman, Nurse Practitioner
Max. enroll 12 Rm. E101

Session 5

We will wrap up the course, touching briefly on what we have covered. Please bring your questions, concerns and comments. Although there is no mandatory need to attend all of these sessions, it would be appreciated if those who have questions attended at least one of the previous week's informational sessions.

Held: Tue. Mar 29 6:00-7:00 PM
Tuition: \$10
Instr: Alison Gorman, Nurse Practitioner
Max. enroll 12 Rm. E101

Yoga

All-Level Kripalu Yoga

This Kripalu yoga class is designed to accommodate all levels of yoga practitioners. Instruction promotes correct alignment, smooth transitions between poses, and appropriate modifications to help meet the needs of participants. Please wear loose clothing and bring a mat. Register for Monday or Wednesday session or both. You must register for each session you plan to attend. **No class February 21, April 11 and April 13.**

Starts Mon. Feb 7 and/or Wed. Feb 9
6:00-7:15 PM
10 wks
Tuition: \$99/session
Instr: Terence Stearns Windsor High School
Max 15 Rm. Library

Yoga Strong

This class combines strength and cardio exercises with traditional asana practice for a full body workout. Join us as we build muscle and burn calories to fun and energetic music.

Register for one or both 10 week sessions.
Starts Thur. Feb 3 and Thur. Apr 21
6:00-7:00 PM

10 wks
Tuition: \$99/session
Instr: Pia Oliveri, Owner/Director
Wabi-Sabi Yoga and Wellness Center Max 15
***This class is held at Wabi-Sabi Yoga and Wellness Center located at 88 Day Hill Road, Suite 203 (upstairs).**

All Levels Chair Yoga

Chair Yoga for stretching the mind, body and spirit! Start or close your day with strengthening and stretching opportunities you can incorporate into your life on a daily basis. Learn how to take a deep breath, pause, and gain both inner strength and inner peace. **No class February 22 and April 12..**
***Please register for each 5 week yoga session you plan to attend.**

Starts Tue. Feb 8 & Mar 22 6:30-7:25PM
5 wks/session
Tuition: \$49/session
Instr: Carleen Sarno Windsor High School
Max enroll 15 Rm. Library

Voice-Overs

In what could be the most enlightening 2 hours you've ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you've been looking for.

Held Mon. Feb 28 6:30-8:30 PM
Tuition \$25
Instr: Hannah Trusty Windsor High School
Max. enroll 20 A114

Tick Awareness

In this informative class, we will discuss the best methods to prevent tick born borne illnesses including: tick identification, environment, education as to testing issues, New England stats, symptoms, and similarity to COVID symptoms, and effects, and how to prevent getting bit. We will also discuss how to prepare yards and best yard sprays to help eliminate ticks in your yard. Numerous informative handouts will be provided.

Held Tues. Mar 22 6:30-8:00 PM
Tuition: \$10
Instr: Bonnie Waterhouse
Max. enroll 25 Rm. A114



Force Management Systems, LLC

Training and Consultation - Charles Barberi, Founder and Chief Instructor

*176 Broad Street Windsor CT 06095 | (860)798-5583 | www.force-management-systems.com

Charles has over 30 years of public safety and martial artist experience. He is passionate about sharing his knowledge with his students and is inspired by his student's enthusiasm when they realize what they are physically and mentally capable of achieving. Charles is also grateful for what his students have taught him and believes that the learning process is a two-way street. All classes held on location.

Connecticut Security Officer Certification Course



This 8-hour course is for students 18 years old or older who wish to become a security guard in the state of Connecticut. This course satisfies the training requirements prescribed by the state of Connecticut in order to obtain a Connecticut Security Officer Identification Card (CT Guard Card) Pursuant to C.G.S. 29-161q all persons working as a security officer in Connecticut must have this card. During the class we will cover: Basic First Aid, Search and Seizure Laws, Use of Force, Basic Criminal Justice, and Public Safety Issues. \$80 per student

Held Sat., Mar. 19, 2022 8:30AM-4:00 PM

Basic Life Support Certification Course

This American Heart Association authorized course will prepare students to promptly recognize several life-threatening emergencies, give high quality chest compressions, deliver appropriate ventilations and provide early use of an AED. This course is for any personnel who need to know how to perform CPR and other basic cardiovascular life support skills. The class will take 4.5 hours to complete. \$65.00 per student



Held Wed., Mar. 30, 2022 4:00-8:00PM

*Park behind building and walk through the Webster Bank vestibule through two sets of double doors. Once in courtyard, the training studio will be on right. (Applies to all 3 courses.)

Personal Safety



This course will familiarize you with basic self-defense skills and concepts for personal protection with emphasis on ground defense.

You'll learn environmental awareness, physiological and psychological responses, legalities and moral/ethical concerns in self-defense. The later part of the class will cover defensive tactics against physical assaults and active shooter response. Participation in defensive tactics are optional and will be practiced with a partner or a training mannequin. \$19.00 per student

Held Tues., Mar. 22, 2022 6:00-8:00PM



Classes are held at Copper Hill Golf Academy and Driving Range,
37 Griffin Road East Granby, CT

Learn2Golf

Men and women get on track to play golf in 2022! This instructional program will adequately prepare you to successfully tackle the golf course in 2022 and beyond. We will cover putting, chipping, equipment, and full swing. Two of the four weeks are extended sessions that proceed from the range onto the Copper Hill Golf Course for a 2 hole playing experience. All participants in this class will receive a FREE round of golf at Copper Hill. Clubs will be provided for your use. Wear non-restrictive comfortable clothing and supportive athletic shoes. At the close of the program, we'll provide information on continuing your golf venture with more playing opportunities at Copper Hill.

Starts Tue. May 3 6:00-7:00 PM

4 wks

Tuition: \$99

Instr: Paul Banks, PGA

Min. enroll 4



Women's Golf Learning Track 2020

Get on the course in 2022 with this woman's only class! This program will guide you through the process of learning the different shots in golf, getting onto the course, learning how to play, assistance with equipment, and everything you need to enjoy golfing. This program will also prepare you for our Monday Night Ladies League which is a fun "Come when you Can" league from 4:30pm-? All participants in this class will receive a FREE round of golf at Copper Hill. Clubs will be provided for your use. Wear non-restrictive comfortable clothing and supportive athletic shoes.

Starts Tue. May 3 10:00-11:00 AM

4 wks

Tuition: \$85

Instr: Paul Banks, PGA

Min. enroll 4

Special Announcements

Searching for Talent

Windsor Adult Education is continually striving to offer courses of interest to the community. We reach out to our talented Windsor residents to share their specialized skills and interests with the community. If you are interested in teaching a class with us, please contact Mayela Aguirre at: maguirre@windsorct.org or 860-687-2000, ext. 1273



2-1-1 Information Line

Ever wonder how to find a community service when you or someone you know needs help? The 2-1-1 Info- line is a confidential, free and multilingual way to locate hundreds of health and human services in your area. Simply dial 2-1-1 from your phone to connect with a caseworker that will assist you in dealing with a crisis.

Literacy Volunteers of Greater Hartford

30 Arbor Street, Hartford, CT 06106
860-233-3853
lvgh.org

Job Corps

Offers 16-24 year-olds who are ready to work toward a successful future free Job Corps' education and career training. Interested students please call 1-800-733-JOBS to speak to a representative or visit www.hartford.jobcorps.gov 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 Hartford at 3580 Main Street or call 860-256-3700.

Connecticut Office of Higher Education

The Office of Higher Education seeks to advance the promise of postsecondary education for all state residents, and to advocate on behalf of students, taxpayers, and the postsecondary schools and colleges which fall under its purview. The office carries out its mission by assuring that students have access to postsecondary institutions which meet the highest standards of academic quality, by administering the state's student financial aid programs, and by serving as an information and consumer protection resource. Please visit www.ctohe.org for more information.

Office of Family and Community Partnership

The Office of Family and Community Partnership is operated by the Windsor Public Schools with support from a generous grant from the Hartford Foundation for Public Giving. This initiative is designed to increase student growth and achievement through improved collaborative partnerships between schools, families and the community. Efforts are based on the philosophy that a child's family are his/her first teacher and that it takes all of us to educate our children well. If you have ideas about how our schools, families and community can work better together, please contact Christina Morales at 860-687-2000 x1284.

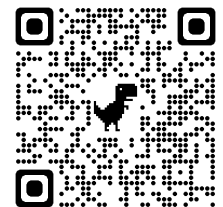
Windsor Public School's Family Resource Centers

The Family Resource Centers (FRC) are located in each of the four elementary schools. The FRCs offer an array of free programs and community information and resources throughout the year for families and children who are Windsor residents. They also offer the Tree House before and after school program, available to children of school age, at each of the elementary schools for a fee. For more information, please call 860-687-2070, ext. 6229.



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Enrichment Course Registration

Please Register Early

Mail

Windsor Board of Education
Windsor Adult Education
601 Matianuck Avenue
Windsor, CT 06095

Online

Scan QR Code (on right)
or visit windsoradulthood.org
and click on "Enrichment"



In-Person

Windsor Board of Education
Windsor Adult Education
601 Matianuck Avenue
Room 9
Mask Required

Registration Form

First Name _____ Last Name _____

Address _____ City, State, Zip _____

Mobile Phone _____ Home Phone _____ Email _____

Material fees are paid directly to instructor, in cash only, on the first night of class.

Course Name	Start Date	Start Time	Fee
Total tuition			

Method of Payment

Check # _____ **Please make check payable to: Windsor Adult Education**
 VISA Master Card Discover American Express

_____ Name on card _____ Expiration date

_____ Credit card account number _____ Signature _____ Date

Please complete in ink and only one person per registration form.

Course confirmations are not made. Assume you are registered unless we phone you.

****All refunds will be in the form of a Check or Program Voucher, regardless of payment type used to register****

***Tuition is refundable if you cancel before the start of classes or if the class is not held.
There will be No Refund given after the first class.**