

# Norwalk Public Schools

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CONTINUING EDUCATION

W I N T E R 2 0 0 8

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# WINTER 2008 CALENDAR

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January 15/16	<b>Registration</b> for G.E.D., High school Diploma, Basic Skills and E.S.L. Classes
January 22	Classes begin for G.E.D., High School Diploma, Basic Skills and E.S.L. Classes
January 28	<b>Registration</b> for Enrichment Classes
February 5	No Classes held at Brien McMahon High School 8 <sup>th</sup> Grade Visitation
February 11	Enrichment Classes Begin
February 18-21	No Classes Held Schools Closed for Winter Recess
March 20	No Classes Held—Holy Thursday
April 14-17	No Classes Held Schools Closed for Spring Recess

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# NORWALK PUBLIC SCHOOLS

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## BOARD OF EDUCATION MEMBERS

Jody Bishop-Pullan	Glenn Iannaccone
Greg Burnett	Bruce Kimmel
Jack Chiaramonte	Shirley Mosby
Susan Hamilton	Rosa Murray
Migdalia Rivas	

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Dr. Salvatore J. Corda,  
*Superintendent of Schools*  
Dr. Karen Lang, *Assistant  
Superintendent for Curriculum  
& Instruction*

## CONTINUING EDUCATION STAFF

Donald Foust, *Director*  
Linda Cervi, *Secretary*  
**Site Managers**  
Benjamin Mierzejewski  
Daniel Sullivan  
Angela Tudisco  
Roger White

## Evening Counselors

Yvonne Berrios  
Angela Tudisco

## ADULT EDUCATION ADVISORY COMMITTEE

Mayra Chavez  
Richard Fuller  
Curtis Law  
Rosa Murray  
John O'Donnell  
Gwendolyn Young

# GENERAL INFORMATION 854-4115

## PROGRAM COSTS— ENRICHMENT COURSES

Course fees for each course appear under the Course Listings.

**Senior Citizens (62 or older) receive a 1/3 discount.** No discount on one session courses or on those courses noted. For those courses involving physical activity, a physical examination by your doctor is recommended.

*Some of our enrichment courses may be taught by people who are actively involved in a business or profession that is related to the subject they teach. Although we endorse their ability as instructors, we make no comment as to their professional skills or abilities or the value of any product or service they sell.*

## REFUNDS

**Absolutely no refunds will be made after the first night of class.** Requests for refunds prior to first night of class **must** be in writing and received before the first night of class. No refunds for **one session** classes. Fees listed include a \$10 registration fee which is **nonrefundable** unless the course is cancelled by Continuing Education. Allow 6 weeks after classes begin to receive refunds.

## PROCEDURES

Classes with enough enrollment to be self-sufficient will run, so be sure to register early. The administration reserves the right to limit enrollment, withdraw courses or discontinue classes.

**Registrants will be notified only if a course is closed or withdrawn. No confirmation will be mailed to you unless you enclose a self-addressed envelope with the registration form.**

All registrations will be processed on a first-come, first-served basis.

## STORM DAY POLICY

If daytime schools are closed because of bad weather, Continuing and Adult Education classes are also cancelled. If daytime classes are held, then Adult Education classes will also be held unless during the day the weather changes drastically. In that case, please listen to WNLK (1350), WMMM (1260) and WICC (660) after 4:00 p.m.

# ENRICHMENT COURSES FOR WINTER 2008

ANGELS, AURAS AND YOUR INTUITION

AQUA JOG

AQUACISE

BALLROOM DANCING

BECOMING A FIRST TIME HOMEBUYER &  
UNDERSTANDING THE MORTGAGE PROCESS

BEGINNING SPANISH

ESTATE PLANNING, TRUSTS AND  
CHARITABLE GIVING

FINDING FULFILLING WORK

FIVE WAYS TO PAY FOR LONG TERM CARE:  
THE BASICS

HEALING WITH REIKI

INTRODUCTION TO THE PC & WINDOWS

INVESTMENT PLANNING FOR WOMEN

IS YOUR IDENTITY WORTH STEALING?

LEARN HOW TO GIVE A RELAXING MASSAGE

PAY FOR COLLEGE WITHOUT GOING BROKE

PRAXIS I MATH SUPPORT

SUBSTITUTE TEACHER TRAINING

THE MEMOIR WRITING WORKSHOP

THE NEW RETIREMENT MINDSCAPE

UNIQUE VOICE? CURIOUS ABOUT VOICE-OVER?

VEGETARIAN INDIAN CUISINE

WRITING A GREAT RESUME

YOUR HOME IS THE BANK YOU LIVE IN

# E.S.L. • BASIC SKILLS • SPECIAL PROGRAMS

Registration for classes held at Brien McMahon High School listed below will be held on January 15 and January 16, 2008, from 7:00-8:30 p.m. **in the Main Lobby of Brien McMahon High School. Brien McMahon High School is located at 300 Highland Avenue.**

Classes will begin on January 22 and last for 12-1/2 weeks.

• **NO FEE REQUIRED • PROOF OF RESIDENCY REQUIRED•**

Registration for Nathaniel Ely School classes will take place on Wednesday, January 23, at the school.

Beginners should register at 11:30 a.m. and Advanced Beginners at 9:30 a.m. **Nathaniel Ely is located at 11 Ingalls Avenue.**

Registration for Carver Community Center ESL classes will take place on Wednesday, January 23, at 10:00 a.m. at the center.

**The Carver Center is located at 7 Academy Street.** Registration for classes at Columbus School will take place on Wednesday, January 23, at 7:00 p.m. at the school. **Columbus School is located at 46 Concord Street.** Registration for classes at Brookside School will take place on Saturday, January 26, at 9:30 a.m. at the school. **Brookside School is located at 382 Highland Avenue.**

## E.S.L. CLASSES

Held at Brien McMahon High School, 7:00-9:00 p.m.,  
Tuesday and Thursday:

927	Beginners	Room 2049
932	Beginners	Room 2050
933	Beginners	Room 2051
935	Beginners	Room 2052
936	Beginners	Room 2053
939	Beginners	Room 2054
942	Beginners	Room 2055
926	Intermediate	Room 2056
938	Intermediate	Room 2057
1000	Intermediate	Room 2059
934	Advanced	Room 2103
998	Advanced/Americanization	Room 2105

Monday through Thursday:

929	Beginners	Room 2180
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Held at Columbus School, 7:00-9:00 p.m.,  
Monday and Wednesday:

924	Beginners
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Held at Brookside School, 9:30 a.m.-12:30 p.m.

Saturday:

1001	Beginners
1002	Intermediate

**Classes filled on a first come, first served basis.**

Clases de Inglés como segundo idioma  
Estas clases se ofrecen en los siguientes lugares, en las mañanas y las noches:

### Escuela: Nathaniel Ely

Lunes y Miércoles

Principiantes I:

11:30-1:30 p.m.

Principiantes II:

9:30-11:30 a.m.

### Escuela: Carver Community Center

Lunes y Miércoles

Intermedios:

10:00-12:00 noon

Avanzados:

12:00-2:00 p.m.

### Escuela: Brookside

Sabado

Principiantes y Intermedios

9:30 a.m.-12:30 p.m.

### Escuela: Brien McMahon High School

Martes y Jueves

Principiantes, Intermedios y

Avanzados:

7:00-9:00 p.m.

Lunes a Jueves

Principiantes:

7:00-9:00 p.m.

### Escuela: Columbus School

Lunes y Miércoles

Principiantes:

7:00-9:00 p.m.

Matrícula Limitada Los primeros en llegar serán los primeros a ser matriculados.

## E.S.L. CLASSES – English As A Second Language

For new arrivals in Norwalk from other countries, these classes offer English conversation, writing, reading, and competency skills.

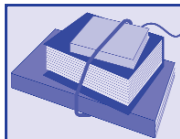
<b>925</b>	<b>Beginners I</b>	11:30 a.m.-1:30 p.m.
	Mon. & Wed.	Nathaniel Ely
<b>928</b>	<b>Beginners II</b>	9:30 a.m.-11:30 a.m.
	Mon. & Wed.	Nathaniel Ely
<b>930</b>	<b>Intermediate</b>	10:00 a.m.-12:00 noon
	Mon. & Wed.	Carver Center
<b>931</b>	<b>Advanced</b>	12:00-2:00 p.m.
	Mon. & Wed.	Carver Center

## ADULT BASIC EDUCATION

### BASIC SKILLS

This program provides assistance to adults who need to learn basic skills in reading, writing and mathematics before taking G.E.D. Prep classes.

<b>943</b>	Monday and Wednesday	7:00-9:00 p.m.
		Brien McMahon High–Room 2108
<b>954</b>	<b>Basic Education</b>	7:00-9:00 p.m.
	Wednesday	Brien McMahon High, Room 1097



### SUMMER SCHOOL

ESL–All Levels and GED

Brien McMahon High School

June 30-August 1

Monday through Friday

11:00 a.m. – 1:00 p.m.

Registration will take place on June 25 and June 26 from 9:00 a.m.-12:00 Noon at Brien McMahon High School

**For more information call 854-4115**

# HIGH SCHOOL DIPLOMA • G.E.D.

Registration for classes held at Brien McMahon High School listed below will be held on January 15 and January 16, 2008, from 7:00-8:30 p.m. in the **Main Lobby of Brien McMahon High School. Brien McMahon High School is located at 300 Highland Avenue.**

If you are enrolling for the first time for high school classes or individual LAB programs you must bring your high school transcript.

Classes begin January 22 and continue for 12-1/2 weeks.

## • NO FEE OR MAIL-IN REGISTRATION REQUIRED • PROOF OF RESIDENCY REQUIRED

Registration for Carver Community Center GED class will take place on Tuesday, January 22, at 10:00 at the center.

**Carver Community Center is located at 7 Academy Street.** Registration for the Norwalk Housing Authority GED class will take place on

Wednesday, January 23, at 10:00 a.m. at the **Colonial Village Learning Center, 128 Scribner Avenue.**

Registration for classes at Brookside School will take place on Saturday, January 26, at 9:30 a.m. at the school.

**Brookside School is located at 382 Highland Avenue.**

## HIGH SCHOOL DIPLOMA

Twenty credits are required to earn an accredited Adult Education High School Diploma. These credits include previous education and vocational and life experiences. A minimum of two credits must be earned in the Adult Education program. A guidance counselor will review the course(s) needed to complete the requirements for graduation. These classes are open to all residents 16 years of age or older and no longer attending high school. These classes will be held at Brien McMahon High School. If you are enrolling for the first time, you **must** bring your high school transcript.

### Monday & Wednesday 7:00-9:00 p.m. 25 sessions

901	English I, II	2059
902	English IV	2052
903	General Science	2108
904	Business Math/Algebra I	2055
906	Computer	2061
908	Electronics	1186
911	Civics	2054

### Tuesday & Thursday 7:00-9:00 p.m. 25 sessions

905	World History	2107
912	Fundamental Math	2097
913	English III	2106
914	U. S. History	2104
917	Physical Science	2107
918	Transportation Technology	2061

## LITERACY VOLUNTEERS

Literacy Volunteers work closely with the Adult Education Program. Trained volunteers tutor adults in either basic reading, writing or conversational English skills on a one-to-one basis two hours a week. **For further information call Literacy Volunteers at 853-7437.**

**INDIVIDUALS WITH A DISABILITY WHO REQUIRE AN ACCOMMODATION IN ORDER TO PARTICIPATE IN ANY CLASS, PROGRAM OR ACTIVITY, OR WHEN TAKING THE GED EXAM, PLEASE CONTACT DONALD FOUST, DIRECTOR OF ADULT EDUCATION, AT (203) 854-4115.**

## G.E.D.—Connecticut High School Diploma

Provides an opportunity for adults who have never earned a high school education to develop necessary skills and understanding to take the GED Examination. The five parts (reading, writing, math, science and social studies) are reviewed and areas needing special study are identified.

920	Tuesday and Thursday—Advanced Brien McMahon High	7:00-9:00 p.m. Room 2109
921	Monday and Wednesday—Intermediate Brien McMahon High	7:00-9:00 p.m. Room 2109
922	Monday and Wednesday Spanish—Brien McMahon High School	7:00-9:00 p.m. Room 2049
923	Tuesday and Thursday Carver Community Center	10:00-12:00 noon
951	Monday and Wednesday GED-Math Tutorial, Brien McMahon High	5:45-6:45 p.m. Room 2055
955	Monday and Wednesday Colonial Village Learning Center	10:00-12:00 noon 128 Scribner Avenue
960	Saturday-Spanish Brookside School	9:30 a.m.-12:30 p.m.

## INDIVIDUAL LAB PROGRAM

This program is designed to assist students who are close to graduation and need an additional credit, or less, that can be satisfied through the Individual Labs available. Due to limited space, students will be selected on a priority basis. Students can only take one credit, or partial credit course, to fulfill a requirement. Once this credit is completed, they may return to the waiting list...no exceptions. The packets meet the required 60 hours of instructional learning time per credit. These classes are given at Brien McMahon High School on Monday, Tuesday, Wednesday and Thursday from 5:00-7:00 p.m. These classes meet in the library, by scheduled times only.

800	Increasing Your Vocabulary	813	Life Skills Math II
801	Basic English I	814	Basic Algebra Intro
802	Basic English II	815	Algebra
803	Life Skills Reading	816	General Science
804	Life Skills Writing	817	Life Skills Science
805	You and The Law	818	Biology
806	U.S. Government	819	Chemistry
807	American History I	820	Study Skills I
808	World History	821	Study Skills II
809	Counseling Topics	822	Literature and Comprehension
810	Basic Math I		
811	Basic Math II		
812	Life Skills Math I		

*\*Additional packets available—arrangements made through instructor of class.*

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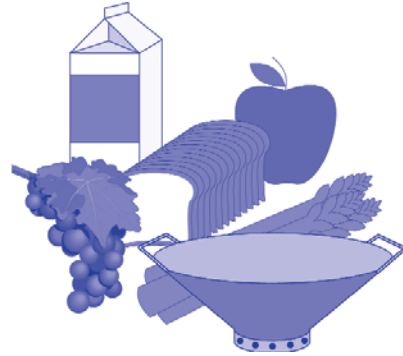
# CULINARY ARTS

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## 200 – VEGETARIAN INDIAN CUISINE

Shama Mital has been teaching Indian vegetarian cuisine in Norwalk for a number of years. She teaches the authentic Indian way using various spices and herbs. In the class appetizer, full meals, desserts, chutney and beverages are cooked. This is a hands-on class where everyone participates and enjoys what is cooked. **A one-time food fee of \$25 is payable to the instructor at the beginning of the first class.**

Nathan Hale	Tuesday	3 sessions
<b>Mital</b>	7:00-9:00 p.m.	\$50
	Begins 4/22	



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# COMPUTERS

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## 300 – INTRODUCTION TO THE PC & WINDOWS

**BEGINNERS:** This course is for beginners who have no experience in using PC based computers in a Windows environment—the novice.

Brien McMahon	Mon. and Wed.	8 sessions
<b>McFadden</b>	7:00-9:00 p.m.	\$155
	Begins 2/11	

## 301 – INTRODUCTION TO THE PC & WINDOWS

**INTERMEDIATE:** This course will provide an overview of PC-based computing in a Windows environment. The class will introduce students to applications widely used in the business world, such as Word, Excel, Access, PowerPoint and others. In addition, generic topics such as desktop publishing and computerized accounting will also be included. Time will also be spent on the use of modems, various printers, faxes, email, and the use of popular online services.

Brien McMahon	Tue. and Thurs.	8 sessions
<b>Grace</b>	7:00-9:00 p.m.	\$155
	Begins 2/12	



# FOREIGN LANGUAGES

## 500 – BEGINNING SPANISH

This is an introductory course with lively lessons designed to provide a basic understanding of Spanish grammar and vocabulary needed to carry on simple conversations used in everyday situations.

Brookside School	Saturday	10 sessions
<b>Staff</b>	10:00 a.m.-12:00 p.m.	\$125
	Begins 2/2	

**Norwalk Continuing Education** provides courses as a public service and does not endorse or recommend any product(s) or service(s) mentioned in connection with courses. In addition, our instructors are hired to teach general concepts to groups of students, not to provide specific advice to individuals. Students should consult their own personal physician, investment advisor or attorney before making any decisions based on specific advice or examples used by our instructors.



**NEW!**

## DID YOU HEAR ABOUT OUR NEW SATURDAY MORNING ESL AND GED CLASSES AT BROOKSIDE SCHOOL?

Classes are held from 9:30 a.m. - 12:30 p.m.

Registration will take place on  
Saturday, January 26, at 9:30 a.m.  
at Brookside School.

For more information see page 4.

## 600 – INVESTMENT PLANNING FOR WOMEN

Before you invest your money, you should know what you are buying and why you are buying it! Through discussion and class materials we will demystify the world of investing. You will come to understand the meaning of cash equivalents, bonds, stocks, mutual funds and annuities and how each category can work for you. This is an excellent course for learning about the basic asset classes and simple strategies for a lifetime of investing. **Brenda Catugno is a Financial Planner with MetLife.**

Brien McMahon <b>Catugno</b>	Tuesday 7:00-8:30 p.m. Begins 3/18	3 sessions \$45
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## 601 – YOUR HOME IS THE BANK YOU LIVE IN

If you are a senior homeowner, 62+ years old, or have a parent who is struggling to keep pace financially, this course will help you learn how reverse mortgage programs work and how they can be used to help a senior retain their independence and strengthen their financial future. New lenders are entering the marketplace with an assortment of loan programs. We will discuss where a reverse mortgage fits into financial, estate and long-term care planning, as well.

**Presented by Stephen Lamoreaux, Reverse Mortgage Specialist at Amston Mortgage Company, Inc. He has spent 14 years in the retail and institutional financial markets and another decade in the mortgage arena.**

Brien McMahon <b>Lamoreaux</b>	Tuesday 7:00-9:00 p.m. 4/22	1 session \$26
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## 602 – THE NEW RETIREMENT MINDSCAPE

Learn how to navigate and survive the emotional roadmap of retirement. Discover a more personalized approach to retirement planning through this comprehensive workshop. Learn what steps you can take NOW to make your retirement dreams a reality. The workshop will cover key issues including the five emotional stages of retirement, making sure you don't outlive your income, boosting your savings, long term care, converting traditional IRAs into a Roth IRA and much more. Imagine feeling more optimistic, enthusiastic and empowered towards achieving your financial retirement goals. Your vision and planning are just as important as money in achieving retirement fulfillment.

**Henry J. Cormier, CFP, M. Ed. is a Senior Financial Adviser and Certified Financial Planner Practitioner with over 22 years of experience.**

Brien McMahon <b>Cormier</b>	Monday 7:00-9:00 p.m. 4/28	1 session \$26
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## 603 – NEW! FIVE WAYS TO PAY FOR LONG TERM CARE: THE BASICS

**NEW!** This course will cover a discussion of payment methods to cover home care, assisted living expenses and nursing home expenses. Would unlimited lifetime coverage reduce worries? Did you know there is a long term care program available for those who already need substantial assistance? Would a refundable premium ease the burden of the expense? Would you like your heirs to receive more than was paid in premiums if the plan is not used? Do you know why you should or should not use a reverse mortgage for long term care insurance? All of these questions will be answered at our course. **Bruce Carter has been working with seniors for over fifteen years. He has an insurance practice in Fairfield, Connecticut, where he lives.**

Brien McMahon <b>Carter</b>	Monday 7:00-9:00 p.m. 2/25	1 session \$26
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## 604 – IS YOUR IDENTITY WORTH STEALING? Staying Credit Worthy and Preventing Identity Theft

Identity theft is an ever-increasing threat that can affect anyone at any time, without your even knowing it. To compound the problem, many people are not even aware of their own credit status, let alone whether anyone has tampered with it. If that's true for you, it may be time for you to give some attention to your credit "health" by attending this class! Come and learn what your credit history says about you, as well as five strategies to improve your credit score. You'll also learn from Jill how identity thieves use your information without your knowledge, ten steps you can take to prevent identity theft and protect your credit rating, and what to do if it happens to you. Don't wait until it's too late—taking charge of your credit now could prevent you a lot of heartache later!

Brien McMahon	Monday	1 session
Foster	7:00-9:00 p.m.	\$26
	3/31	



## 605 – ESTATE PLANNING, TRUSTS & CHARITABLE GIVING

Do you want to leave a legacy as personal and unique as you are? Estate planning can help you maintain control of your assets and feel confident they will be passed on according to your wishes. In this seminar, Estate Planning, Trusts and Charitable Giving, Philip Aubrey, financial advisor, will discuss ways to create a lasting legacy for future generations through financial planning strategies that encompass trusts, wills and investment management.

Brien McMahon	Tuesday	1 session
Aubrey	7:00-8:30 p.m.	\$26
	2/26	

## 606 – PAY FOR COLLEGE WITHOUT GOING BROKE

John F. Pearson, CPA and nationally known college planning specialist, will instruct you on how to help your student create a plan to locate and apply for college scholarships, techniques to increase the odds and size of merit aid offers from their chosen college, and how to create your own "scholarships" for them with the help of Uncle Sam.

Brien McMahon	Thursday	1 session
Pearson	7:30-9:00 p.m.	\$23
	4/24	

## 607 – NEW! BECOMING A FIRST TIME HOMEBUYER AND UNDERSTANDING THE MORTGAGE PROCESS—A Two-Part Course

### NEW! How to Stop Paying Your Landlord's Mortgage

If you are currently a renter or someone who would love to be a homeowner but don't think you can afford it, the solution might be easier than you think. Start on the path of home ownership by attending this class, where you will learn how to look at your financial picture the way a Lender would and understand the areas that concern them. Jill will show you how to correct and/or improve your credit issues, as well as the secrets to buying your home with 100% financing.

### Taking the Mystery Out of the Mortgage Process

Does the thought of applying for a mortgage make you cringe? Are you worried that if you work with a local bank/mortgage company because it will be easier or more convenient, you will sacrifice "getting a better deal"? Do you see or hear all the ads for mortgage companies and wonder if they are too good to be true? There's more to a mortgage than just a great rate, and the key to successfully obtaining the right mortgage for YOU lies in understanding the actual process. This class will teach you about the various types of mortgages/programs available and the documentation required for each type. Jill will also review the steps in the mortgage process from start to finish.

**Jill Foster is founder of the Mortgage Arrangers, LLI (TMA) of Norwalk, Connecticut, a full service Connecticut Mortgage Broker. TMA handles all types of mortgages and all types of credit situations throughout Connecticut.**

Brien McMahon	Monday	2 sessions
Foster	7:00-9:00 p.m.	\$36
	4/7 & 4/21	

# SELF IMPROVEMENT

## 700 – PRAXIS I MATH SUPPORT

Provided for teacher certification candidates who need to refresh math skills. **Use of text included in fee.**

Ponus Ridge <b>DeAndrade</b>	Monday 4:00-5:00 p.m. Begins 2/25	8 sessions \$50
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### DON'T WAIT TO SIGN UP FOR CLASSES!

Class offerings depend on minimum enrollments. Don't take a chance that your class may be canceled or filled ... enroll today!

## 702 – NEW! THE MEMOIR WRITING WORKSHOP

**NEW!** No more procrastinating. Now is the time to share your life story and wisdom with generations to come by writing your memoirs. Workshop director, Carla Achebe, has been helping others to prepare their memoirs for over 20 years. She has produced numerous memoirs and biographies on video for families. In two hours she will guide you through the process of documenting your life.

Brien McMahon <b>Achebe</b>	Tuesday 7:00-9:00 p.m. 2/12	1 session \$26
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## 701 – SUBSTITUTE TEACHER TRAINING

Learn how to be a successful substitute teacher. This workshop will introduce a variety of techniques to make substituting a successful experience for students. Training is provided by Norwalk Public School teachers who use the research based Utah State University training model. **Text included in fee.**

Brien McMahon <b>Staff</b>	Monday 6:00-9:00 p.m. 2/11	1 session \$35
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**SUMMER SCHOOL**  
ESL–All Levels and GED

Brien McMahon High School  
June 30-August 1

Monday through Friday  
11:00 a.m. – 1:00 p.m.

Registration will take place on June 25 and June 26 from 9:00 a.m.-12:00 Noon at Brien McMahon High School  
**For more information call 854-4115**

# SELF IMPROVEMENT

## 703 – NEW! WRITING A GREAT RESUME

**NEW!** Resume writing can be a daunting task. The good news is it doesn't have to be! Do you want to create a new resume or simply update an old one? Come and learn the five key strategies for writing a top-notch resume. Get tips for each section and individualized feedback on your resume. Please bring a few copies of your current resume or an outline of your job experience and education.

**Cathy Alfandre, MBA, MILR, CCMC, is a career fulfillment coach, with 15 years of professional experience in the private and public sectors. Her background in human resources and consulting includes extensive involvement in recruiting and selection. Her coaching practice focuses on helping people discover more fulfilling work and the practical steps they need to take to get there.**

Brien McMahon <b>Alfandre</b>	Tuesday 7:00-9:00 p.m. 3/25	1 session \$26
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## 705 – ANGELS, AURAS AND YOUR INTUITION

In this workshop we will learn how to connect with our guardian angels. Through meditation and energy exercises you will learn how to tap into your intuition as a way to increase awareness in your life. Learn about the energy fields around your body and how to see and sense your aura and the auras of others. Learn how to protect yourself from negative experiences. Pure essences of organic essential oils may be used during the class (if the students choose to.) These oils enhance the class experience. We will end this workshop with a healing meditation, which can include Reiki chair healing. Join us for this insightful and stress-reducing evening.

**Gigi Benanti is a Certified Reiki Master/teacher who has been seeing auras for years. She owns Angelic Healing Center in Norwalk (since 1996) where she has a healing and teaching practice.**

Brien McMahon <b>Benanti</b>	Monday 7:00-9:00 p.m. 2/11	1 session \$26
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## 704 – HEALING WITH REIKI

Would you like to know more about this special light touch healing that is now used in churches and hospitals? Reiki is great for stress and pain reduction for both the practitioner and clients and helps to speed up the healing process. While this is not a class to learn how to do Reiki it is an introduction in which various techniques will be discussed to help you to not be drained in your helping profession or in your daily life. A short healing will be received at the end of the class.

**Gigi Benanti is a Certified Reiki Master/teacher. She owns Angelic Healing Center in Norwalk where she has a healing and teaching practice since 1996.**

Brien McMahon <b>Benanti</b>	Thursday 7:00-9:00 p.m. 2/28	1 session \$26
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### FIND OUT ABOUT A NEW OPPORTUNITY TO GET YOUR HIGH SCHOOL DIPLOMA BY TAKING COURSES ON LINE THROUGH OUR VIRTUAL HIGH SCHOOL PROGRAM

For further information come to our registration on January 15 and 16, 2008, from 7:00-8:30 p.m. at Brien McMahon High School.  
If you are new to our program please bring a copy of your high school transcript with you.

# SELF IMPROVEMENT

## 706/707 – BALLROOM DANCING: Beginners “Dance with B.”

Are you a spectator at affairs, sitting on the sidelines? Don't be left out. Learn the basics of Ballroom Dancing and enjoy each lesson. Introduction to: Fox Trot, Waltz, Swing and Latin Rhythms.

Brien McMahon	Monday	8 sessions
<b>Nelson</b>	7:00-8:00 p.m.	\$98/couple
706	Begins 2/11	

<b>Nelson</b>	8:00-9:00 p.m.	\$98/couple
707	Begins 2/11	



Please be aware—excellent classes are sometimes canceled because people wait too long to register. Our courses must be self-sustaining; a minimum number of students need to be enrolled before a class can run...

**DON'T WAIT AND MISS OUT—  
ENROLL NOW!**

## 708 – AQUACISE

A great way to exercise, have fun and meet people. This is a program to strengthen and tone muscles, and increase flexibility with cardiovascular exercise. Trim away excess inches and increase endurance. No stress on joints or muscle soreness the following day. **This is a fitness program for adults that is performed in the deep and shallow water with flotation devices. Basic swimming skills required. Co-ed.**

Norwalk High	Wednesday	7 sessions
<b>Duff</b>	7:00-8:00 p.m.	\$80
	Begins 2/13	

## 709 – AQUA JOG

This is a fun, low impact exercise program performed in the deep end of the pool with flotation devices to work upper and lower body to strengthen and tone muscles, increase flexibility. No stress on joints or muscle soreness the following day. **This is a fitness program for adults that is performed in the deep water with flotation devices. Basic swimming skills required. Co-ed.**

Norwalk High	Monday	7 sessions
<b>Duff</b>	7:00-7:45 p.m.	\$66
	Begins 2/11	



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# SELF IMPROVEMENT

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## 710 – FINDING FULFILLING WORK

Want to make a career or job change but don't know exactly what to do next? Seeking meaningful work, more in line with your values and interests? Striving for greater balance between work and other aspects of your life? Attend this thought-provoking seminar to get a jumpstart. In the first session you will begin to discover and define what you want, deal with the barriers that constrain you, and lay the foundation for change. In the second session, you will focus on the specific steps you need to take to move forward and you will leave with a mini-action plan to help you keep the momentum going. Both sessions will be highly interactive with discussion, exercises and input from your fellow participants.

**Cathy Alfandre, MBA, MILR, CCMC, is a career fulfillment coach with fifteen years of professional experience in the private and public sectors. Her background includes human resources and change consulting, people management and mentoring, group facilitation and firsthand experience with the ever-changing balance of professional and personal responsibilities.**

Brien McMahon	Tuesday	2 sessions
<b>Alfandre</b>	7:00-9:00 p.m.	\$36
	Begins 3/4	

## 711 – LEARN HOW TO GIVE A RELAXING MASSAGE

Massage is used in many ways to enhance your life and decrease stress. Combat your stressors and learn how to massage your friends and family. Share a gift that no one can refuse! Become familiar with basic techniques to reduce stress, increase your body awareness and just feel great. Areas of concentration-head, neck, shoulders, arms, legs, feet and hands. Please wear comfortable clothing so that you may be able to move freely. You may wear a tee shirt and shorts. Bring a large towel and massage cream.

Brien McMahon	Monday	1 session
<b>Coroneos</b>	7:00-9:00 p.m.	\$26
	2/25	



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## LITERACY VOLUNTEERS: Tutor training

Literacy Volunteers will be conducting ESL and BL tutor training workshops throughout Fairfield County to train volunteers to tutor adults in either Basic Literacy or English as a Second Language. After completing the training workshop, volunteers are matched with an adult learner. Training is free, however, there is a \$25 charge for materials. Call 853-7437 to register.

## FAMILY RESOURCE CENTERS

Family Resource Centers are located at Fox Run and Naramake Elementary Schools and provide workshops and speakers on a variety of topics of interest to parents and caregivers; programs for families, including playgroups, youth and daycare providers; and referrals to local organizations serving the needs of Norwalk families. The Centers can also help adults find quality childcare and after-school care while working or attending adult education classes. For more information contact either:  
Fox Run Family Resource Center 899-2326  
Naramake Family Resource Center 899-2900, ext. 123

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## 2008 WINTER PROGRAMS AT THE NORWALK SENIOR CENTER

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**MAIN SITE: 11 ALLEN ROAD, NORWALK, CT 06851 • (203) 847-3115 • WWW.NORWALKSENIORCENTER.ORG**  
**SOUTH SITE: 92 CEDAR STREET (CEDAR COURT SENIOR HOUSING), SOUTH NORWALK, CT 06854 • (203) 299-1500**

The Norwalk Senior Center is a non-profit center designed to enhance the independence and dignity of adults, 60 and over. Quality programs and services are provided at affordable rates for area seniors. Persons under 60 may participate on a space-available basis. Yearly membership is \$10 and includes a bimonthly news-letter mailed to your home. The South site has bilingual programs from 9:00 am-1:00 pm.

### Holiday Tea & Movie

Tuesday, December 18 @ 1:00 pm

Join friends and gather for an elegant tea featuring tea sandwiches, sweets and other delectables prepared by members. Stay and view the holiday classic, *The Bishop's Wife* starring Carey Grant. **You must reserve by Friday, December 14.** Fee: \$2/person

### iSold It on e-Bay

*The easy Way to Sell on eBay*  
by Marc Perla of iSold It

Wednesday, December 9 @ 10:30 am

Don't know what to do with all the collectibles, electronics, clothing, memorabilia, and other items taking up too much room? Hear how to sell on eBay without the fuss and expense. Get new joy from your old things.

### "Many Joys of Computing"

**SeniorNet Computer Learning Center Open House**

Monday, January 14 @ 12:30 pm

See an overview of computer classes offered by the Senior Center, presented by the instructors who teach the classes. Register for Winter/Spring classes and enjoy refreshments. Hear about the new Season Pass which allows you to take as many classes as you want during a term (on a space available basis) for one low fee of \$99. Pre-register by calling 847-3115 x111. Walk-ins are welcome.

### Take Charge – Fighting Back Against Identity Theft

by Detective Nicholas Sabetta

Wednesday, December 16 @ 10:30 am

Identity theft is a serious crime. Victims can spend months and years and thousands of dollars cleaning up the mess thieves have made of a good name and credit record. Learn to deter, detect, and defend yourself of this crime.

### Real Property Revaluation 2008

**A Community Forum by:** Michael Stewart, Assessor, Tom Hamilton, Finance Director for City of Norwalk, and John Ryan, Principal of F.F. Ryan Associates

Tuesday, January 16 @ 1:00 pm

This forum is designed to help demystify the revaluation process, explain how the revaluation helps to ensure that all taxpayers are treated equitably, and provide the public timely and complete information throughout the entire length of the revaluation project. Bring your questions and voice your concerns.

### Going From One Place to Another: Transitions in Care

by Shelley Berman of Jewish Home for the Elderly

Thursday, January 24 @ 10:30 am

"Transitions in Care" is designed to help older adults and their caregivers move with safety and comfort from one medical setting to another as health care needs change. Learn how to advocate for yourself.

### New Member Open House

Tuesday, February 5 @ 10:00 am

New and former members, friends and the community are invited. Hear about the programs and services offered, take a tour, meet new friends and discover new possibilities. Refreshments will be served.

### Finding Your Voice Writing Workshop

8-week session begins Wednesday, January 30 @ 2:00 pm-3:30 pm

This course taught by Magdalen Livesey offers a chance to explore the joys of writing. Pre-registration is required!

\$25/members; \$35 non-members

### Valentines Dance and Lunch

Thursday, February 14 @ 11:30 am

Call 847-3115 for more information.

### Spanish Classes: 2 Levels

\$40/8 classes. Call for session dates.

Advanced Beginners: to improve conversational Spanish skills.

Intermediate: More advanced classes with reading and grammar.

### Bridge Lessons: Diamonds

Begins Wednesday, February 6

ACBL instructor Dr. Richard Olson.

10 two-hour classes. Fee: \$70

Call Debbie at 847-3115 to register.

### EXERCISE CLASSES:

*Pay only for classes you attend.*

**Aerobics:** Monday @ 10:00 am and Friday at 10:30 am, \$2.50

**Yoga:** Tuesday @ 9:00 am; Fee determined by # students.

**Chair Aerobics:** Tuesday @ 10:30 am, \$2.50

**Strength & Stretch:** Wednesday @ 11:00 am, \$2.50

**Chair PACE Arthritis Class:** Thursday @ 10:30 am \$2.50

**Tai Chi:** Thursday @ 9:00 am, \$5

**Pilates:** Friday @ 9:00 am; Call for session information. Fee determined by # students.

**Line Dancing:** Tuesday @ 10:00 am; Fee determined by # students. New session begins Jan. 8.

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Call the Center to receive a copy of *Life & Times* for a complete listing of the various programs and services offered, (203) 847-3115.

# REGISTRATION INFORMATION • 854-4115

Registration for G.E.D., High School Diploma, Basic Skills and E.S. L. Classes  
held at Brien McMahon High School: Tuesday, January 15, 2008, and Wednesday, January 16, 2008,  
from 7:00-8:30 p.m. in the Main Lobby of Brien McMahon High School

• **CLASSES BEGIN JANUARY 22, 2008** •

Registration for Enrichment Courses:  
Monday, January 28, 2008, ONLY from 7:00-8:30 p.m.  
in the Main Lobby of Brien McMahon High School

• **CLASSES BEGIN FEBRUARY 11** •

**PLEASE NOTE: You may also register by mail for Enrichment Courses only from December 17, 2007, through January 28, 2008, after which there will be a \$5 late fee.**

Please complete a separate registration form for each person and mail, along with your check, to this address before classes begin. A \$5 late fee must be paid if you register after January 28, 2008. Mail to: Norwalk Continuing Education, Norwalk Public Schools, 125 East Avenue, Norwalk, CT 06852.

Date: \_\_\_\_\_  
Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home phone: \_\_\_\_\_  
Work phone: \_\_\_\_\_

Course #	Title	Day	Location	Fee	
				Late Fee (\$5)	
				Total Due	

**Make checks payable to *Norwalk Continuing Education*.**

**Absolutely NO refunds after the first night of class. Student Signature** \_\_\_\_\_

Please complete a separate registration form for each person and mail, along with your check, to this address before classes begin. A \$5 late fee must be paid if you register after January 28, 2008.. Mail to: Norwalk Continuing Education, Norwalk Public Schools, 125 East Avenue, Norwalk, CT 06852.

Date: \_\_\_\_\_  
Name: \_\_\_\_\_  
Street: \_\_\_\_\_  
City: \_\_\_\_\_  
State: \_\_\_\_\_ Zip: \_\_\_\_\_  
Home phone: \_\_\_\_\_  
Work phone: \_\_\_\_\_

Course #	Title	Day	Location	Fee	
				Late Fee (\$5)	
				Total Due	

**Make checks payable to: *Norwalk Continuing Education*.**

**Absolutely NO refunds after the first night of class. Student Signature** \_\_\_\_\_



Continuing Education

Do you have expertise in a subject area, or an interesting hobby that you would like to share with the community by teaching it in Adult Education? If so, please send this form to:

CONTINUING EDUCATION

Norwalk Public Schools
125 East Avenue
Norwalk, CT 06852
c/o Linda Cervi

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Area of Expertise: \_\_\_\_\_

Multiple horizontal lines for writing the area of expertise.

NORWALK CONTINUING EDUCATION

Norwalk Public Schools
125 East Avenue
Norwalk, CT 06852



For further information, call the Continuing Education office at (203) 854-4115.

Norwalk Public Schools does not discriminate based on race, color, religion, age, marital status, national origin, sexual orientation, mental disability, learning disability or physical disability in any of its educational programs, activities or employment policies.