



Westport Continuing Education

westportcontinuinged.com

winter / spring 2021 | adults & kids online

adult program highlights



Credit: v-adventures

african adventures: lectures page 8



italian cooking: page 11



Credit: Westport Museum

genealogy FUN-damentals: page 13



mah jongg: page 11



intro to vegetable gardens: page 13



web design / photoshop: page 9

Registration Information

Eligibility

Residents and non-residents are welcome to register for any WCE class held online. We provide online programs for kids grades K-12 and adults of all ages.

How to Register



Register online and receive confirmation via email (and avoid a registration fee):

www.westportcontinuinged.com



Fill out the registration form on page 16 and **mail to:** WCE, 70 North Ave. Westport, CT 06880



Register by calling us on the phone during business hours: **(203) 341-1209**.



Registration in person is currently not available.

Payment

We accept MasterCard, VISA, or checks made payable to WCE. Payment in full must accompany your registration, and all registrations must be made in advance.

Serving you for over 50 years

@ Staples High School
70 North Avenue, Room 1040
Westport, Connecticut 06880
M-TH 8:00 am-8:00 pm
Fri 8:00 am-4:00 pm
conted@westportps.org

Stay Connected this Winter!

Planning during a pandemic has its challenges!

We were grateful for the cooperation of the administration and the schools to open some of our K-5 programs at the elementary schools. I was most grateful for the opportunity to visit the schools and to meet the kids in our programs. So many things have changed due to COVID, such as kids remaining socially distanced. I look forward to the days when we can bring all of our students, young and old, back into the schools to learn, socialize, and play.

Adult programs continue to be online for the first part of 2021. I am hoping that better weather will allow some new programs to be added outside in March and April. As we approach the dark days of winter, we can stay connected through our online programs, but **think SPRING!** We have some great "arm-chair" programs including the *Virtual Museum World Tour* with new instructor Elizabeth McDonald. Explore the architecture and objects of four amazing museums online and then meet with Elizabeth to discuss these treasures. She's been to all of them in person, so her experience gives these virtual tours additional insight.

You can also explore **Adventure Travel in Africa** with longtime instructor Valentina Vallinotto. Typically you've seen her teach business classes, but her fascinating other business project, v-adventures, coordinates safaris and other adventures in Africa and elsewhere. We continue to add new instructors and programs who bring their expertise right to your door (online, that is).

We will need to remain patient in order to open our in-person after school programs in the elementary schools. Look out for backpack flyers in January. Meanwhile, we continue to offer some great programs for kids online, including **Hula Hooping, Filmmakers Ink**, and more.

Please make sure that you are on our **email list** to get the most recent information! You can join the Westport Continuing Education on our website at www.westportcontinuinged.com or use your phone to click on the QR code.

Christine Jewell

Director



Westport Continuing Education

Christine Jewell
Director

Staff

Joanne Samela
Business Manager
Kristen Digilio
Secretary
Amedeo Cannone
Evening Administrator

Westport Public Schools

Thomas Scarice
Superintendent

Board of Education

Candice Savin, *Chair*
Jeannie Smith, *Vice Chair*
Elaine Whitney, *Secretary*
Youn Su Chao
Lee Goldstein
Liz Heyer
Karen Kleine



Kids Division

In-Person Programs: Please check website

All Programs below are held online

Important Information	17
Arts Creativity	2-3
Cooking	4
Film	3
Sports Fitness	4
STEM Chess	4-5
Vacation Programs - Feb	2-3

High School Programs

College Essay Prep	6
Art of Innovation Workshops	6
Driver's Education	6
SAT® & ACT® Prep	7

Adult Division

All Programs below are held online

Arts Creativity Lectures	8-9
Business Technology	9-10
Cards Games	10-11
Cooking	11
Health Wellness	12-13
Home Garden	13-14
Languages	14-15
Personal Finance	15
Pets	15

Important Information

Adult Education	17
Online Learning with ed2go	18
Refund Policy / Important Information	17
Registration Form	16

Arts | Creativity

Chinese Mandarin Stories, Songs & Dance [ages 5-7]



Discover Mandarin Chinese with Mrs. Sippy! Learn fun greetings with the "telephone" game and simple words through songs and dance. Practice your listening and speaking skills while you talk and sing about greetings and numbers! Finally, kids will recognize and speak three complete sentences!

Online: Live | 4:30-5:30 pm

#158a | 6 Thursdays, Jan 21-Mar 4 | \$75 (no class 2/18)

#158b | 5 Thursdays, Mar 25-Apr 29 | \$60 (no class 4/15)

Sippy Lu is from Hangzhou, China where she graduated from the Zhejiang Academy of Art as a Performing Artist. She studied at the prestigious China Drama Academy in Beijing and performed throughout China.

Magic Zoom Club [grades 3-5]



Join "The Magic Genie" for a continuation of Magic Club with more tricks and tips for older kids! You'll receive a bag of tricks and goodies delivered to your home for learning and practice. *The price includes a non-refundable fee of \$5 per week for supplies.*

Online: Live | 5:30-6:10 pm

Each Session: \$119

#161a | 8 Mons, Jan 25-Mar 22 (no class 2/15)

**#161b | 8 Mons, Apr 5-June 7
(no class 4/12 & 5/31)**

Nisan Eventoff, internationally known master magician, has traveled around the world to develop astonishing, unbelievable, and incredible tricks! Visit www.themagicgenie.com

Weaving the World [grades 2-5]



Discover how humans learned to weave through fascinating multicultural stories inspired by a spider's web or a bird's woven nest. Explore weaving techniques starting with flat paper designs. Move on to weaving with yarn on a small loom, basket weaving, dreamcatchers, and other creative examples of how weaving is basic to all times and cultures. All

projects incorporate materials that will stretch a child's creativity. Materials are provided! *The price includes a non-refundable fee of \$5 per week for supplies.*

Online: Live Remote | 4:30-6:00 pm | \$119

#165 | 6 Tuesdays, Jan 26-Mar 9 (no class 2/16)

Passport to Art [grades 3-5]

Virtually travel to different countries and learn about culture and history through the arts. Each week students create a hands-on art project including drawing, collage, and sculpture. Materials are provided! Explore the myths and stories from Africa, Japan, India, Egypt, Persia, and more! *The price includes a non-refundable fee of \$4 per week for supplies.*

Online: Live Remote | 4:30-6:00 pm | \$119

#166 | 6 Mondays, Mar 22-May 3 (no class 4/12)

February Vacation Workshops:

Celebrate with Art [grades 1-5]

Join award-winning art educator and best-selling author Susan Striker to celebrate special seasons and days. Honor George Washington and Abraham Lincoln on Wednesday and then learn about the Chinese Lunar New Year on Thursday! Both workshops will include storytime and hands-on art projects.

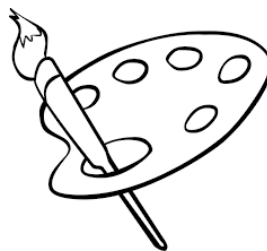
Online: Live | 9:00-11:00 am | \$69

#766a: Celebrate Presidents

Wednesday, February 17

#766b: Celebrate Chinese New Year

Thursday, February 18



Susan Striker is an award-winning art educator and best-selling author of the *Anti-Coloring Book®* series, with over one million books in print all over the world. Susan's *Young at Art®* curriculum for preschool and kindergarten art was awarded Connecticut's Celebration of Excellence for Creativity in the Classroom. All of Susan Striker's workshops reflect The National Art Standards and

tie directly to literature as well as other areas of the curriculum, including STEM.



Susan's classes are coordinated by **Arts for Learning CT**, engaging students of all ages and abilities to learn creatively through the arts.

Global Scavenger Hunt! [grades 3–5]

Participants will collaborate with *Bauer the Beagle*, the furry, four legged detective, in Google Earth to search for four-legged, criminal masterminds and recover valuable loot stolen from around the world. In each quest, visit countries across the globe, learning unique and interesting facts while exploring global sites of interest. [Elizabeth McDonald]

Online: Live | 4:30–5:30 pm | \$85

#162 | 4 Thursdays, Jan 21–Feb 1

Poetry Slam [grades 5–7]



Each week participants will write poems in response to a timely theme or topic presented in advance of the session. Poets will offer each other feedback and then share and celebrate their final works in a poetry slam. Two snaps to those of

you who join us to share your art, emotion, and insights. [Elizabeth McDonald]

Online: Live | 4:30–5:30 pm | \$135

#163 | 6 Thursdays, Feb 25–Apr 1

February Vacation Workshops:

Fairytales with a Twist [grades 2–5]



Did you hear the story of the Three Little Pigs, but the wolf sued the pigs? How about the story of Cinderella who decides to pursue life without the Prince? Discover more about “Fairytales with a Twist” through storytelling, writing, and illustration. Become inspired by your favorite stories, writing and drawing your

own Tale with a Twist! [Elizabeth McDonald]

Online: Live | 1:00–3:00 pm | \$39

#765 | Tuesday, February 16

Elizabeth McDonald, founder and principal of The Word Wright's Workshop, educational and enrichment programming, including online educational services. She received her B.A. in American Studies at Trinity College in Hartford and holds two graduate degrees in Education.



The concept at the core of **Filmmakers Ink** is to teach young filmmakers and artists how to focus their attention off themselves, onto something outside themselves. When they do this, they allow their talent to live, to be expressed. Each livestream session will include mini lessons, exercises, and feedback. Students will need access to either a smartphone, digital camera, computer or iPad.

For more information

Contact **Patrick McCullough**, director, at **(413) 320-6071**

email **Patrick@Filmmakers-Ink.com**

or visit **www.Filmmakers-Ink.com**

Filmmaking Intensive [grades 6–8]



Build the filmmaking instincts needed to write, direct, and capture your story. Experience the movie making process and learn how to effectively tell visual stories on the page and on screen. Develop a screenplay, create storyboards, explore cinematography, and do your own directing and acting. All students will develop scripts and film scenes for a short film, or a scene from a longer project. Find your tribe and turn your ideas into movies!

Online: Live Remote | 3:30–4:30 pm | \$130

#170a | 6 Thursdays, Jan 21–Mar 4 (no class 2/18)

#170b | 6 Thursdays, Apr 22–May 27

Special FX / Stop Motion Animation [grades 3–5]



For the up-and-coming filmmaker in the family. Learn key tools to tell your stories including the science of freeze frame filming and the art of shot choice, camera angles, believable dialogue and plot. Discover awesome in-camera Special FX, such as walking through walls, teleportation, and behind-the-scenes techniques. Tell your story, one frame at a time.

1) Online: Live Remote | 2:00–3:00 pm | \$130

#171a | 6 Thursdays, Jan 21–Mar 4 (no class 2/18)

#171b | 6 Thursdays, Apr 22–May 27

2) Online: Live Remote | 4:30–5:30 pm | \$130

#172a | 6 Thursdays, Jan 21–Mar 4 (no class 2/18)

#172b | 6 Thursdays, Apr 22–May 27

Cooking

iCook at Home! [grades 3–5]

Learn how to make delicious and nutritious recipes using fresh and colorful ingredients, such as fresh herbs, and how they enhance the aroma and flavors of our dishes. Travel across the globe to learn about cuisine and traditions while learning about cooking safety, slicing, dicing, chopping, folding, baking, and more! Children are encouraged to share their cooking experiences with family and siblings. We provide the recipes, cooking tips, and talking points to make learning at home easier and more fun! All new recipes each session!



Online: Live Remote
5:00–6:00 pm | \$120
#164a | 6 Tuesdays,
Jan 26–Mar 9
(no class 2/16)
#164b | 6 Tuesdays,
Mar 23–May 4
(no class 4/13)

iCook After School was founded because we are passionate about healthy foods and the education of children. We teach kids how to eat a balanced meal that excites their taste-buds, but also fuels their bodies. Visit www.iCookAfterSchool.com.

Sports | Fitness

Bring the Hoopla: Happy Hoopin' [grades 1–5]

In this high energy, one-of-a-kind hoop class, the focus is on physical fitness, self-expression, skill-building, and FUN!! Our program is filled with a variety of hoop games, music, creativity, and movement. Our unique curriculum uses weekly themes to promote positive reinforcement and encouragement that fosters persistence, self-confidence, and free expression. Happy Hoopin' is an exciting program in a safe and caring environment while learning, growing, and hooping!

All participants receive a custom-built and designed hula hoop delivered to your home!

Online: Live Remote | 4:30–5:30 pm | \$145
#549 | 6 Mondays, Jan 25–Mar 8 (no class 2/15)



BringtheHoopla's mission is to bring the fun back into fitness using the hoop as a form of play, exercise, and learning. Activities and lessons incorporate state and national standards to ensure developmentally appropriate programming that promotes physical literacy. Visit www.bringtheHoopla.com.

STEM | Chess



Chess Club [grades 1–5]

Led by professional instructors from the Chess Club of Fairfield County, players learn the basic rules, movements and goals of the game. Students also study opening strategy, middlegame concepts, classic games by chess legends, and common endgame techniques. Students begin by watching

a demonstration via Zoom and actively participate by asking and answering questions. Afterwards, students will engage in guided games against their peers using chess.com, the largest and most interactive chess server to date.

Online: Live | 4:00–5:00 pm | \$175
#249a | 8 Wednesdays, Jan 20–Mar 17
(no class 2/17)
#249b | 8 Wednesdays, Mar 31–May 26
(no class 4/14)

iCode: Scratch [grades 2–5]



Learn to code and design games in Scratch with iCode. We teach mathematical and computational ideas like iteration, conditionals, coordinates, variables, and more. Kids can also understand and relate to these concepts on a deeper

level – they are no longer theoretical, as they can see how variables control the speed of animation or game score, for example. Kids learn the process of design from idea origination, to implementation, to reflection, which leads to new ideas and projects. Coding allows students to practice skills that are becoming essential like problem solving, persistence, thinking creatively, analyzing, collaborating, and communication.

Online: Live | 4:30–5:30 pm | Each Session: \$175
#255a: 6 Wednesdays, Jan 20–Mar 3 (no class 2/17)
#255b: 6 Wednesdays, March 24–May 5 (no class on 4/14)

iCode After School

provides highly engaging, structured classes that allow young coders to build a library of games they designed and a confidence that they can take on the world! iCode helps kids learn what computer science is and how coding allows them to interact with computers.



Aerospace Engineers [grades 3–6]

Take on the challenge of exploring thrills of high altitudes with dynamic, hands-on flight and aerodynamics-based activities. The journey includes hot air balloons, parachutes, gliders, planes, helicopters, and rockets. Learn how physics concepts such as energy and buoyancy work together to create the magic of flight! Follow the footsteps of the Wright Brothers & Da Vinci by creating flying machines. *This class will use simple materials from home, please check the website for the supply list.*

Online: Live | 5:00–6:00 pm | Each Session: \$85
#250a | 5 Tuesdays, Jan 26–Mar 2 | (no class 2/16)
#250b | 5 Tuesdays, Mar 9–Apr 6



Coding: Game Design [grades 3–6]

If you like playing computer games, why not create your own? Build games such as racing challenges, strategic, role-playing, simulator, platform games, and puzzles. Activities are intended to develop a child's coding skills by providing them skill-appropriate challenges with increasing complexity. Coding is the language of the future!

Online: Live | 5:00–6:00 pm | Each Session: \$85
#251a: 5 Mondays, Jan 25–Mar 1 (no class 2/15)
#251b: 5 Mondays, Mar 8–Apr 5

Light & Optical Engineering [grades 3–6]

Optical engineers design devices that use light to solve a problem—from lasers and telescopes to fiber-optic communication systems. In this course, students learn to develop an ingenious system for lighting up a school performance. This unit gets students thinking like optical engineers, they'll explore how light interacts with different materials. They'll use what they've learned about the properties of light to solve a real-world challenge as they design a system to illuminate hieroglyphics in a model tomb.

Online: Live | 5:00–6:00 pm | \$159
#252: 5 Thursdays, Jan 28–Mar 4 (no class 2/18)



Mad Science: Gross Science Online [grades 1–5]

Are you interested in smelly, gooey, icky and creepy things? If so, this is the program for you! Did you know most stinky things are chemical reactions? Or farts, snot and burps are healthy bodily reactions? Or how caterpillars disguise themselves as bird poop? We have tons of crazy, gross chemical reactions that you won't want to miss! Get ready to learn the science behind all GROSS THINGS!

As an added bonus, students will receive Mad Science branded take-homes that are delivered right to your house!

Online: Live | 4:30–5:30 pm | \$169
#257 | 6 Wednesdays, Jan 13–Feb 24 (no class 2/17)



Mad Science: Science Unlocked Online [grades 1–5]

Let's open our eyes to the world of science and see what we can discover! Did you know invisible forces help some objects fly and others stay grounded? Or why chemical reactions can cause explosions? Through exciting hands on activities, we will learn these "magically shocking" physics concepts and much more you won't want to miss! *As an added bonus, students will receive Mad Science branded take-homes that are delivered right to your house!*

Online: Live | 4:30–5:30 pm | \$169
#259 | 6 Wednesdays, Mar 17–Apr 28 (no class 4/14)



Your one-stop-shop for information on all things Westport (events, people, new openings); our goal is to keep people in the know!

westportmoms.com

College Essay Seminar [grade 11 & 12]



Students gain confidence in their own writing and speaking abilities while creating a compelling essay! Successfully complete this workshop with your very own, individualized template to use as a basis for college application essays—knowing how to share your story of who you are, your passions, achievements, and goals. You will learn how to tweak the essay for each school you

apply to by using their essay directions along with the description on their website stating what they look for in their students. Then match those areas with your own skills and interests. Together, we can make it happen! **Online: Live | Each Session: \$105**

#110a | 5 Thursdays, Jan 21–Feb 25 | 7:00–8:30pm
(no class 2/18)

#110b | 5 Thursdays, Mar 11–Apr 8 | 4:00–5:30 pm

Sheryl Kane has been teaching at Sacred Heart University since 2002, in the English Department, in the pre-college program developing resumes, essays, and presentations; and since 2009 in the Welch College of Business. She is the author of three children's books, two travel books, contributed to two anthologies, numerous articles and ghostwritten books.



- **flexible make-up classes & driving lessons**
- **avoid the DMV for license testing!**

only \$679 for the full program
or \$125 for the 8-hour Safe Driving & Alcohol & Drug Education class only

For information or to enroll, call
The Next Street™ (203) 293-1720
or visit thenextstreet.com/staples

The Art of Innovation: A Conversation [grades 10–12]



This course, previously offered as a summer seminar, was postponed due to the pandemic. Now we're presenting a free workshop to meet our phenomenal instructor, **John Cusano**, and to have a conversation about developing our authentic selves. What is important to you?

How can we develop our passions in life? How can we approach these passions with creativity and collaboration?

Free, please pre-register online.

#111a: Wednesday, February 17, 1:30–3:00 pm



John Cusano works in the social benefit field as a designer for community engagement and organizational development. He is currently a Project & Research Consultant for the Cultural Alliance of Fairfield County and serves on the leadership teams at Bridgeport Innovation Place and the Ferguson Library's "Facing Racism in Stamford" public dialogue series. Cusano previously served as the Community Development Coordinator for the State of Connecticut, Office of the Arts, Culture and Tourism. He has a Master of Arts in Consciousness Studies from The Graduate Institute, where he focused on Systems Science, Integral Theory, and Human Development. He has a demonstrated history of working in the social benefit field, including systems change and emerging future planning.

The Art of Innovation: Workshops [grades 10–12]

The Art of Innovation is a highly-interactive, student-driven course that fosters creativity through collaboration, deep listening, and increasing self-awareness. What are the skills, including social-emotional development, that allows young people to become innovative thinkers and creators in our world?

We'll discuss our changing world and current events that question our own values and beliefs. Discussions are driven by the participants and may include topics on the arts, social justice, current events, and modern philosophy. Students evolve a "compass of meaning" to help them gain an appreciation for multiple perspectives and more effectively navigate decision making in an increasingly complex world. *Funded in part by the Westport Public Schools' Innovation Fund. Scholarships available, please email conted@westportps.org for more info.*

Online: Live | \$35

#112a: Wednesdays, March 3, 3:30–5:30 pm

#112b: Wednesdays, March 10, 3:30–5:30 pm

#nailedit



SAT® Prep

Winter Session 1 Online Live:
Jan 7–March 4

Thurs: 6:30–8:30pm (no class 2/18)

Winter Session 2 Online:
Jan 12–March 9

Tues: 4:00–6:00pm (no class 2/16)

Spring Session 1 Online:
March 30–April 29

Tues & Thurs

6:30–8:30pm (no class 4/13 & 4/15)

Spring Session 2 Online:
May 3–26

Mon & Wed

4:00–6:00pm

ACT® Prep

Winter Session 1 Online:
Jan 4–Feb 1

Mon & Wed:

4:00–6:00pm (no class 1/18)

Winter Session 2 Online:
March 8–31

Mon & Wed:

4:00–6:00pm

Spring Session Online:
May 11–June 3

Tues & Thurs:

4:00–6:00pm

\$750 Full practice SAT and ACT exams are offered at no charge for enrolled students. Need-based scholarships may be available; contact SHS guidance office for information.

To register, go to AlphaPrep.com; select Services tab and enter course code WESTPORT to view details.

Arts | Creativity | Lectures

African Adventures

Valentina Vallinotto has adventure in her DNA! She started overlanding in Africa in 1978 with her father, a passionate explorer. She continued to explore the globe with her husband Antonio, climbing the highest summits and diving in the most fantastic scuba sites. They traveled Africa, but the "package tour" was not giving them an authentic experience. Soon they learned to "self-drive," exploring parks, lesser-known destinations, and interacting with locals. This passion is now their business, **v-adventures**. Seeing a need, they also got involved in conservancy projects. Find out more with Valentina's fascinating lectures. See *Valentina's business classes on page 10*.



An Adventure Story

Learn more about the customized experiences that Valentina and Antonio have created, helping their guests live the best vacation ever. Take an "armchair journey" through beautiful photographs of Valentina's overland trips and traditional wildlife safaris in **Botswana, Namibia, South Africa, Tanzania, Zambia, Zimbabwe, and Kenya**. New travel itineraries include trips to Baja Mexico, Chile, Bolivia, and Argentina. Most importantly, v-adventures promotes responsible travel, leaving a positive impact on both the environment and the people. The result is a more ethical, genuine, and culturally immersive experience.

#101 | Tuesday, Jan 26 | 7:00–8:30 pm

Online: Live | \$29

Tanzania: Ndutu Safari Lodge

Discover more about the vision of v-adventures: the growth and establishment of responsible tourism. **Ndutu Safari Lodge** in Tanzania has retained its cherished status as a gem of the Serengeti plains since its creation in 1968. Today the lodge welcomes travelers who want to experience African wildlife in a unique setting with respect for the environment. Learn more about how Ndutu Safari Lodge is committed to protecting the wilderness, involvement with local communities, development of local entrepreneurship, and respect for traditions. Discover the challenges and rewards of preserving African wildlife's gorgeous pristine beauty.

#102 | Tuesday, Feb 23 | 7:00–8:30 pm

Online: Live | \$29



The Art of Napkin Folding

Learn several napkin folds that will delight friends and family who share special meals at their tables throughout the holiday season. Students will need a cloth napkin that can stand without starch, flatware, and a napkin ring.

#104 | 2 Thursdays, Mar 18 & 25 | 7:00–8:00 pm

Online: Live | \$35

Virtual Museum World Tour

Go on virtual tours of four art museums around the world! Stops will include the **Dali Theatre Museum in Figueres, Spain, the Rijks Museum in Amsterdam, Musee d'Orsay, Paris, and the Tate Modern, London**. Participants will be given a focus with questions to guide their independent exploration of each museum in advance of each session. We will come together to discuss our experiences at each museum.

#105 | 4 Mondays, Feb 8–Mar 8 | 7:00–8:00 pm

(no class 2/15)

Online: Live | \$59

Writing Workshop: Memoirs & More

Look in the Rearview Mirror: participants will reflect on the trials, tribulations, and personal triumphs experienced in 2020, as expressed in memoir, personal narrative, or poetry. Pieces may be emotive, humorous, or historical, depending on each writer's desired tone and focus. Participants will write, share progress, and celebrate your successes in a safe, supportive virtual setting of like-minded writers seeking similar inspiration.

#106 | 6 Tuesdays, Jan 19–Mar 2 | 7:00–8:00 pm

(no class 2/16)

Online: Live | \$85

Elizabeth McDonald, founder and principal of **The Word Wright's Workshop**, offers freelance business writing services, support and promotion of creative writing and art, and educational and enrichment programming. Ms. McDonald received her B.A. in American Studies at Trinity College in Hartford and holds two graduate degrees in Education.





Paint a Masterpiece a Day

This class is for anyone with an interest in painting, no experience required! In each session, explore and recreate a different masterpiece from artists such as Vincent Van Gogh, Gustav Klimt, and Claude Monet. Students learn how to mix acrylic paint colors from specific primary colors to uncover a unique and personal color palette.

The goal is to relax and enjoy the process of self-discovery while replicating the "impression" of a masterpiece, rather than making an exact duplicate. *A materials list is available on the website.*

#103a | 6 Weds, Jan 20–Mar 3 | 7:00–8:30 pm (no class 2/17)

#103b | 6 Weds, Mar 17–Apr 28 | 7:00–8:30 pm (no class 4/14)

Online: Live | \$95

Connie Manna is an illustrator and Fine Artist who earned her BFA from the School of Visual Arts. As a freelance artist, she has worked for such diverse clients as book publishers, medical magazines, general interest magazines, advertising agencies, and software companies. She also works on private commissions.

Business | Technology

Grant Writing

If you are raising funds for a nonprofit organization or you're looking for grants from foundations, corporate sources, or individual sources, learn the tools you need to research and write a winning proposal. Beginning with the basics, our instructor will take you through the components of a grant, from cover letter to executive summary and statement of need, methodology, evaluation, and budget. We'll review the Connecticut Common Grant application form and discuss grant reporting, and you'll hear expert advice on researching funding opportunities, cultivating contacts, and dealing with rejection.

#204a | 2 Wednesdays, Mar 3 & 10 | 6:00–9:00 pm

#204b | 2 Mondays, Mar 29 & Apr 5 | 9:00 am–12:00 pm

Online: Live | \$89

Beverly Salzman teaches grant writing, nonprofit management, fundraising, and related courses at the University of New Haven and other regional colleges.



Social Media for Business

Are you ready to start strategically engaging with your existing customers rather than just sporadically posting on your business's social media accounts? Do you want to attract new customers? Join digital news producer Jessica Grunenberg as she teaches you techniques to effectively use Facebook, Twitter, and Instagram to grow your business. You'll learn how to increase your followers, when to post to maximize your reach, how to create content your customers care about, and tips on everything from hashtags to handling comments. Develop an effective and efficient social media strategy for your brand or business.

#205a | 3 Tuesdays, Jan 26–Feb 9 | 7:00–9:00 pm

#205b | 3 Tuesdays, Mar 16–30 | 7:00–9:00 pm

Online: Live | \$49

Veteran journalist Jessica Grunenberg worked for News 12, where she was responsible for creating digital content and social media. Jessica consults small businesses and nonprofits to implement social media strategies and create engaging content.

Design Your Own Website

In this time, a digital presence is more important than ever. Having a website now is crucial to business survival. The good news is, if you are a small or start-up business, you really don't need a complicated WordPress website or expensive web designer to have a great website. In this class, learn how to create a website using a "drag and drop" design platform (such as Wix, Weebly, Square, or Shopify) or transfer your existing site. Each week, work on planning and building your site step-by-step. You will also be given weekly goals and assignments. Get the support you need during the process with one-on-one help from the instructor and valuable feedback from your peers.

**#200 | 8 Wednesdays, Feb 3–Mar 31 | 7:00–8:00 pm
(no class 2/17)**

Online: Live | \$115

Photoshop Creative Cloud

Photoshop is the world's most popular photo-editing program. Artists, photographers, designers, and hobbyists all rely on Adobe Photoshop for image creation and editing. This course provides detailed, step-by-step instructions that will teach you how to use Photoshop CC with confidence. Learn how to create simple digital paintings, edit and retouch photos, manipulate backgrounds, and more. This will be a hands-on, project-oriented course that will allow you to create your own digital masterpiece with Photoshop! Requirements: Photoshop Creative Cloud, please see Adobe Creative Cloud website. A free, 7-day trial is available and then a monthly fee applies for cloud-based Photoshop and other Adobe software.

**#201 | 6 Wednesdays, Apr 7–May 19 | 7:00–8:00 pm
(no class 4/14)**

Online: Live | \$85

Rebecca Tudor has been working as a professional graphic designer for 10 years, in an in-house marketing environment, and as the owner Tudor Graphic Design. She specializes in corporate branding and event marketing. Rebecca is a proud military wife living in Westport with her husband Alex and their two young boys. Visit www.tudorgraphicdesign.com.



Business | Tech

Google Workspace

Similar to G Suite, all Google Workspace plans provide a custom email for your business and includes collaboration tools like Gmail, Calendar, Meet, Chat, Drive, Docs, Sheets, Slides, Forms, Sites, and more. Learn how to efficiently manage the combination of Gmail, Meet, Chat, Calendar, Drive, Form, Sites, Current, and Keep. All in one single Workspace to boost speed, productivity, and collaboration. See *Valentina's lectures on page 2*.

#202 | 3 Wednesdays, Feb 24–Mar 10 | 6:30–8:30 pm

Online: Live | \$69

After receiving a Mechanical Engineering Degree in Turin (Italy), Valentina Vallinotto began her career as a Math and Physics teacher. She worked for several years as a Project Manager and Tech Manual Editor, then she started her career as a Change & Training Manager at Google. She still works as a free-lance Change Management consultant.



MS Excel for Business

With more than one billion Microsoft Office users globally, Excel has become the professional standard in offices across the globe for pretty much anything that requires management of large amounts of data. But, if you think Excel is only good for making you cross-eyed while looking at a bunch of numbers and financial reports, think again and join this course. [Taught by Vallinotto]

#203 | 2 Tuesdays, March 16 & 23 | 6:30–8:30 pm

Online: Live | \$45



WCE is a proud partner of FCBuzz. The Cultural Alliance of Fairfield County is the best source for arts and culture events across Fairfield County. Sign up for the E-Buzz Newsletter:

culturalalliancefc.org/fcbuzz-events/

Cards | Games



Bridge for True Beginners

Bridge is to card games what chess is to board games, as challenging as it is rewarding. If you've ever wanted to learn, now is the time and this is the class. We'll start with the basics: what it means to follow suit, to take a trick, and to play trump. Then we'll move on to the objectives, including actual scoring based on bidding and making contracts. Lessons will cover fundamental bidding (to reach

the best contract) and Play of the Hand (to be able to fulfill that contract). Required text: *Bridge for Everyone*, D. W. Crisfield.

#300a | 8 Mons, Jan 25–Mar 22 | 1:30–3:00 pm (no class 2/15)

#300b | 8 Mons, Mar 29–May 24 | 1:30–3:00 pm (no class 4/12)

Online: Live | \$140

Mike Hess, a Sapphire Life Master, has been teaching bridge for over 30 years. He's won several CT Unit 126# pairs titles. In 2017 his Grand National team qualified to represent District 25 (New England) at the Summer Nationals in Toronto, and then won the North American championship for Flight A over a five day period.



Bridge for Beginners with Skills

This class is for those who have recently completed a True Beginners bridge class. Have you played before, but need a refresher? Review the basics of major and minor suit bidding as well as no-trump conventions such as Stayman and Transfers. Then we'll move on to other useful conventions like negative doubles.. This class will also emphasize declarer play for both suit contracts and no-trump. Required text: *Bridge for Everyone*, D. W. Crisfield.

#301a | 8 Mons, Jan 25–Mar 22 | 11:00–12:30 pm (no class 2/15)

#301b | 8 Mons, Mar 29–May 24 | 11:00–12:30 pm (no class 4/12)

Online: Live | \$140

Bridge for Intermediate / Advanced

Use Standard American bidding based on five-card majors. Learn bidding conventions, like Blackwood and Stayman, and transfers. Build upon your knowledge and learn about competitive conventions, like Splinters and Jacoby 2NT. We'll also cover advances in defensive play: what to discard, giving count, and how to use suit preference signals. This class is for players who are ready for more complex play. Recommended texts: *Bridge for Everyone*, D. W. Crisfield, and *25 Bridge Conventions You Should Know*, Seagram and Smith. [Taught by Hess]

#302a | 8 Mons, Jan 25–Mar 22 | 4:00–5:30 pm (no class 2/15)

#302b | 8 Mons, Mar 29–May 24 | 4:00–5:30 pm (no class 4/12)

Online: Live | \$140

Online Bridge classes include presentations supplemented by the latest Bridgebase Online software developed by the American Contract Bridge League.

Mah Jongg

Using video tutorials, visual instructions and online game simulations you can learn to play American style Mah Jongg together with Sippy. Learn the rules of the game, the characters, tiles, terminology, and Chinese culture.

#303a | 4 Tuesdays, Jan 19-Feb 9 | 6:00–7:00 pm

#303b | 4 Tuesdays, March 9–30 | 6:00–7:00 pm

Online: Live | \$49

As an avid Mah Jongg player, she began playing as a teenager growing up in Hangzhou, China. Along with the Hangzhou Mah Jongg style, Sippy is familiar playing the Shanghai, Jinhua, Sichuan and of course American styles of Mah Jongg.



Mah Jongg with Fran Rackson

Learn everything you need to know to play this ancient game. Mah Jongg is a great and fun game for the pandemic (and beyond!). Now is a great time to learn! This rummy-style game is played with tiles instead of cards, combining skill, strategy, calculation, and chance. Mah Jongg is easy to learn and exciting to play. It is easily played online now and friends can easily join. In the future, you'll be ready to play Mah Jongg in person and enjoy the social aspects of the game as well! Participants should purchase a card from the National Mah Jongg League. January class will use the 2020 card; March class will use the 2021 card. It would be helpful but not necessary for the class to purchase or borrow a Mah Jongg set. Be sure it is an American Mah Jongg set. #305a | 4 Wednesdays, Jan 20–Feb 10 | 7:30–9:00 pm

#304a | 4 Wednesdays, Jan 20–Feb 10 | 7:30–9:00 pm

#304b | 4 Wednesdays, Mar 10–31 | 7:30–9:00 pm

Online: Live | \$89

Fran Rackson has played mah jongg for years and has recently discovered the joys of playing online. She's taught lots of people to play and is excited by the new challenge of teaching remotely. She's turned over thousands of tiles, sat around hundreds of card tables, and made lifelong friends.

Cooking

Italian Cooking & Culture

Join Simona Zanelli in her kitchen as she shares regional recipes that reflect the season. Participants will make their own pasta by hand, all you need is a rolling pin. Additional supplies will be shared beforehand for shopping. Join as a family and enjoy the rewards to home cooking, Italian style!

Online: Live Remote



Polenta

#430a | Wednesday, Jan 20 | 6:00–8:00 pm | \$55

The classic polenta, made of corn flour, is used in many Italian regions, although more popular in the North. In Veneto and in Northern Italy, it is used as a plain substitute for bread, fried or toasted; in Tuscany and in Center Italy, families gather around a table on which polenta is poured directly from the pot. People then scoop their portion out and add their favorite condiments based on rich meat sauces made with pork and sausages or cheeses and gorgonzola or mushrooms or even fish.

Risotto and More

#430b | Wednesday, Feb 3 | 6:00–8:00 pm | \$55

Although risotto can be prepared with almost anything you can think of (including beer and champagne!), three of the most popular risottos are *risotto allo zafferano* (saffron risotto) typical from the Milano region; *risotto ai funghi* (mushroom risotto) from Tuscany and a meat sauce-based risotto typical from the Rome area. With the leftover risotto, we can make one of the most popular Italian appetizers: rice balls or (*arancini or suppli*), as they are called in Rome). These are crispy on the outside and chewy on the inside, thanks to the abundance of cheese that melts everything together.

Gnocchi



**#430c | Wednesday, Feb 24
6:00–8:00 pm | \$55**

Made with potatoes, squash or semolina flour, gnocchi can be paired with pesto, meat sauce or a delicate, but delicious, butter and sage sauce. We can also make colorful gnocchi by adding a hint of tomato paste or turmeric for the deeper yellow required by gnocchi al parmigiano.

A native of Rome, Simona Zanelli learned an eclectic mix of traditional and contemporary Italian cuisine from family members passionate about food made from fresh, high quality, and local ingredients. She caters events of all sizes and teaches Italian cuisine, language and culture.

Health | Wellness

Meditation as Medication:

The Healing Power of Mindfulness

According to the American Academy of Family Physicians, "80% of visits to the family doctor are for stress related complaints." Studies show that "mindfulness meditation" is a powerful and effective therapeutic tool in reducing stress and maintaining mind-body health. Learn to build resiliency and connect with your source of inner strength and healing. Mindfulness is an important and effective therapy for pain, stress, and disease and promotes authentic healing as part of a "whole person" treatment plan. Through mindfulness and self-directed neuroplasticity, you can train your mind, change your brain and heal your whole being.

#500 | 2 Tuesdays, March 2 & 9 | 7:00–9:00 pm

Online: Live | \$49

Dr. Paul Epstein is a naturopathic physician, mindfulness meditation teacher, and mind-body therapist in private practice and specializing in mind-body integrative medicine for over 30 years. He is an international speaker and teacher and mentors health professionals. Dr. Epstein is the author of Happiness Through Meditation. Visit www.drpaulepstein.com.

Outsmarting Osteoporosis

Worldwide, it is estimated that one in three women over age 50, and one in five men, will experience falls and resulting bone fractures due to osteoporosis. Join veteran personal fitness trainer Linda Gottlieb for a one night introduction to safe exercises including muscle strengthening and balance and fall prevention, to decrease your risk or minimize the impact of osteopenia/osteoporosis. Participants are asked to bring light hand weights (1, 2 or 3 pounds) or resistance bands. ** It is recommended that you consult your doctor before starting any exercise program for osteoporosis.

#501 | Thursday, Feb 4 | 6:00–8:00pm

Online: Live | \$35

Linda Gottlieb, owner of FIT Training, is a nationally certified personal fitness coach, on staff at Yale University as a cancer exercise trainer, and mindful eating mentor with over 30 years experience. Linda's facebook page @FitTrainingLLC.

Westport Center for Senior Activities

Due to COVID-19, the Westport Center for Senior Activities (WCSA) is currently closed, but is offers virtual classes, a YouTube Channel, and programs on Channel 79.

The WCSA offers programs to Westport seniors 60+ years of age. Out-of-town residents are welcome to register one week after the Westport resident registration date.

Access the WCSA's quarterly calendar on the town's website, www.westportct.gov/seniorcenter or like us on FaceBook.

Please call (203) 341-5099 for further information.

Therapeutic Chinese Movement

This course will encourage new and returning tai chi students to explore and experience a series of movements and postures that can create a heightened sense of self-awareness and calm the nervous system. Regular practice can also enhance joint flexibility, circulation, and range of motion and improve balance. Some of the activities can be done seated, but not all of them. Wear loose clothing and if possible, plan to practice in stocking feet.

#502 | 8 Thursdays, Jan 28–Mar 25 | 6:30–7:30 pm

(no class 2/18)

Online: Live | \$135

Louise Flax earned her BA from Brandeis, an MA from the University of the Arts, and a PhD from the Union Institute. She has been studying and teaching taiji and qigong for 23 years, and she recently added chi-running to her fitness routine. Visit www.waterwheeltaichi.com.



Total Body Conditioning

Get a full body workout with a light cardio warmup, toning with dumbbells, and finishing with floor work and stretching. Your posture, strength, and balance will improve. Participants will be given modifications to ensure success. A great class for all levels. Please wear gym style clothes, sneakers and have water nearby. Participants should purchase a set of hand

weights; 1lb. for beginners, up to 3lb. for advanced.

#504 | 6 Tuesdays, Feb 2–Mar 16 | 7:00–8:00 pm

(no class 2/16)

Online: Live | \$140

Zumba

Zumba is fun, energizing, and easy to follow. Learn some great dance routines that include the four basic rhythms: salsa, merengue, cumbia, and reggaeton. Other routines will include hip hop and popular music. Modifications will be given to those wanting a low impact experience. There is something for everyone in this class! Gym style clothes, sneakers, and water nearby are a must!

#505 | 6 Thursdays, Feb 4–Mar 18

7:00–8:00 pm

(no class on 2/18)

Online: Live | \$140

Valerie Kirincich is a dance and fitness instructor with many years of experience creating dance and fitness programs for all ages and ability levels. She is certified to teach Zumba through ZIN (Zumba Instructor Network), Kids Yoga through NETA and is working towards completing her Group Exercise certification through AFAA. Valerie enjoys meeting new students and motivating them to achieve their fitness goals!



Yoga & Meditation

Have you always been curious about meditation and/or yoga? Or perhaps you are a seasoned yogi and want to try a different approach? Look no further, this gentler yoga class will help with increased flexibility, increased muscle strength/tone, improved respiration/energy, and more! Almost everyone can join the class which will consist of stretching, breath work, and muscle strengthening poses. Amy says that her practice has helped her grow stronger and more flexible while reinforcing mindfulness and gratitude. Yoga inspires people to shine from the heart and open up the soul, and to be your most authentic self.

#503a | Tuesday, Jan 5 | 6:00–7:30 pm

#503b | Wednesday, Jan 20 | 6:00–7:30 pm

Online: Live | \$35

Amy van Arsdale has been a certified Kripalu Yoga/Meditation instructor since 2013. She also owns a home organization/decluttering/staging business, *ClearedSpaces.com* in Westport, Ct. "Making space in the mind, body and the home." See her class "Organize Your Home" on page 14.



Home | Garden

Genealogy FUN-damentals Series

Learn more about doing family research, including popular online resources as well as lesser-known avenues of discovery. Explore questions such as: do you need to buy a genealogy service, what local and regional sources are available, and what should you expect when visiting genealogical repositories? Discover more about how to gather challenging information, such as female family members. Learn the basics as well as advanced techniques in finding your family story!

#594 | 4 Thursdays, Jan 21–Feb 11 | 1:00–2:00 pm

Online: Live | \$59



Sara Krasne has been with the **Westport Museum for History & Culture** since 2013 and is currently the Archives Manager. Her family genealogy can be traced back to the 1560s. She has worked with many individuals on genealogy and was an administrator for a Hungarian family research group. Her professional research has resulted in the discovery of undiscovered facts in local and national history.

Home | Garden cont'd

Design a Meadow for Pollinators

This workshop will introduce you to native meadow plants, both grasses and herbaceous perennials, that are beneficial for pollinators, are mostly deer resistant, and look beautiful. We will teach you how to put together a planting plan and then you can create a plan for your own yard. Join Jay Petrow, the owner and principal designer of PetrowGardens Landscape Design, who is also an instructor at the New York Botanical Garden School of Horticulture, for this enlightening evening.

#590 | 1 Thursday, Apr 29 | 7:00–8:30 pm

Online: Live | \$35



Jay Petrow studied at the New York Botanical Garden Landscape Design Program. Jay's creative vision, coupled with his horticultural knowledge, produces extraordinary landscapes for his clients by integrating classic design principles with artistic expression, utilizing native and non-native plants. Visit petrowgardens.com

Vegetable Gardening 101

In this two-part series, learn the basics of organic vegetable gardening, including the importance of location, soil, watering, and planning to ensure success. We'll discuss how to grow popular vegetables like tomatoes, cucumbers, beans, root vegetables, lettuces, and more. Learn what you can start from seed and what you'll want to consider transplanting/purchasing from a local farm or nursery. The benefits of succession planting and crop rotation will also be covered. Tips for growing in beds or what can be grown in containers will be discussed as well as how to address common pests and diseases.

#593a | 2 Thursdays, Feb 25 & Mar 4 | 7:00–8:30 pm

#593b | 2 Tuesdays, Mar 23 & 30 | 7:00–8:30 pm

Online: Live | \$39



Leslie Hinshaw is a Home Vegetable Garden Consultant and owner of Garden For Good, helping her clients design and manage their vegetable gardens. She loves working with people to experience the joy and health benefits of eating organic, home grown produce. Leslie has served as a board member of the Wilton Garden Club and has worked at professional garden centers and small farms, including Ambler Farm in Wilton, a non-profit, organic farm. She has also completed coursework at the New York Botanical Garden and the Cornell Small Farms Program.

Home | Garden cont'd



Organize Your Home!

Would you like to live a simpler lifestyle with less responsibility for stuff? Would you like to make more SPACE in your home and life? Perhaps you are thinking of selling your home and feel overwhelmed with what steps to take to make it look its best? Amy can help answer your questions and teach you how to set up an organized system in your home that can last a lifetime. We all have active and inactive

areas in our home. Learn how to utilize and set up these spaces to their maximum potential.

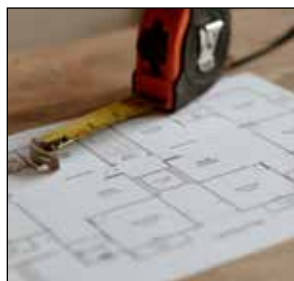
#591a | Wednesday, Jan 6 | 7:00–8:30 pm

#591b | Tuesday, Mar 2 | 7:00–8:30 pm

Online: Live | \$29



Amy van Arsdale is a Trusted Compass Realtor, certified Home Organizer/Stager and owns ClearedSpaces.com in Westport, CT. She's also a Kripalu Yoga / Meditation instructor. She has been making space in the mind, body and the home for over 10 years. "Clear your space for a clear mind!" See her yoga / meditation classes on page 6.



The Organized Home Renovation

Are you considering a remodel for your home?

How long should you plan before the project begins?

How will you live in your home during the process?

Remodeling requires a lot of organizing: knowing where to begin, choosing a contractor, tracking the costs. What steps can you put in place to make sure the process goes smoothly and the end result is what you envisioned? Join Susan Lovallo, Professional Organizer and accountant who just finished a major remodel of her home. The project started with the kitchen and dining room, and ended up covering the living room and bedrooms, as well. Learn tips on how to live in your home while it is under construction (and not lose your mind!), how to supervise the workers if you need to move out, how to stay on budget, and what mistakes to avoid. These helpful insights will help you get the home of your dreams!

#592 | Thursday, Feb 25 | 7:00–8:30 pm

Online: Live | \$29

Susan Lovallo founded Clutter Solutions LLC in 2000 and has helped numerous business clients and individuals with organizing in Fairfield County, CT. Clients appreciate Susan's easy and effective solutions and financial expertise, as well as her patience, compassion and sense of humor. She is also the author of the book, Happily Organized: Little Stories about My Mom, the Most Organized Person in the World.

Languages

Conversational Spanish

Using a conversational approach, learn vocabulary and common phrases while exploring Spanish culture. Whether you're studying for travel, conversation, or business, gain the confidence you need to speak about food, directions, lodging, shopping, and more. Please purchase and bring to class the latest edition of *Learn Spanish the Fast and Fun Way* by Gene Hammitt.



#600 | 8 Thurs, Apr 1–May 27 | 4:30–6:00pm (no class 4/15)
Online: Live | \$135

Conversational Spanish 2

This class is for students who have recently taken *Conversational Spanish* or who have recent or previous experience. Continue to practice your conversations, learn common phrases, and build your vocabulary. Please purchase and bring *Learn Spanish the Fast and Fun Way* by Gene Hammitt.

#601 | 6 Thurs, Jan 21–Mar 4 | 4:30–6:00pm (no class 2/18)
Online: Live | \$105

Conversational German

German is a major language, spoken by 95 million people worldwide. Learn basic conversational German with a focus on vocabulary and pronunciation, and a little grammar thrown in for fun. You'll also be introduced to German culture, customs, and idioms. Students who have taken Conversational German, or who have some knowledge of German, are encouraged to return; new students are always welcome. Please purchase and bring *Learn German the Fast and Fun Way* (4th Edition) by Neil Donahue.

#602 | 8 Mons, Feb 1–Mar 29 7:00–8:30pm (no class 2/15)
Online: Live | \$135

Conversational German 2

This class is for students who have recently taken *Conversational German* or who have recent or previous experience. Continue to practice your conversations, learn common phrases, and build your vocabulary. Please purchase and bring to class the latest edition of *Learn German the Fast and Fun Way* (4th Edition) by Neil Donahue.

#603 | 6 Mondays, Jan 25–Mar 8 | 7:00–8:30pm
(no class 2/15)

Online: Live | \$105



Bob Kibel has taught Spanish, German and ESL for over 30 years at local colleges, Berlitz, and the German School of CT. He is multilingual and has lived and was educated in Europe, Latin America, and the U.S. He has been teaching in Westport since 2014.

Languages cont'd



Conversational Italian

Designed for travelers, tourists, and other admirers of la dolce vita who want to communicate in Italian, this class will cover pronunciation, typical greetings, and travel-related dialogue. Enjoy learning about Italian culture while you learn to speak simple phrases in Italian. Both new students and students who have some knowledge of Italian are welcome.

#604 | 8 Thursdays, Feb 25-April 22

7:00-8:30pm (no class 4/15)

Online: Live | \$155

Since moving to the United States in 2004, Simona Zanelli connects to her roots with Rome by teaching Italian language and culture to children and adults. See her cooking classes on page 5.



Intro to American Sign Language

Learn the movements and gestures of the hands and face that represent the language of ASL. Explore the cul-

ture of ASL and its grammar, history, terminology and other unique characteristics. You'll learn enough to be proficient in basic sign language conversation—to understand and communicate with hearing impaired and deaf people—and you'll have lots of fun doing it.

#605 | 8 Wednesdays, Jan 20-March 17 | 6:00-7:30pm (no class 2/17)

Online: Live | \$135

Suzanne Boger worked for many years at St. Mary's School for the Deaf in Buffalo, NY. Suzanne was exposed to many languages and cultures at an early age. She has a lifelong passion for experiencing different cultures and learning new languages and customs.

Personal Finance

Fundamentals of Investing

Let longtime Westport Continuing Education instructor Brenda Catugno demystify the world of investing. Understand the meaning of cash equivalents, stocks, bonds, mutual funds, and annuities, and how each category can work for you. This is an excellent class for those who are interested in learning simple strategies they can use for a lifetime of investing.

#651 | 2 Tuesdays, April 20 & 27 | 6:00-8:00pm

Online: Live | \$49

Brenda Catugno, ChFC®, CDFATM, CASL®, is an experienced Wealth Manager. She is President at BPC, LLC in Fairfield, specializing in financial planning, portfolio management, divorce, and creating individual action plans that meet her clients' financial needs. She has teaches financial literacy for adults throughout the region.

Personal Finance cont'd

Medicare & More

Mention the word Medicare and you're likely to get a confused look in return. We'll sort through the Parts (A - Hospital; B - Physician and Outpatient Coverage; D - Drug Coverage), and review the pros and cons of Medicare Supplement Plans and Medicare Advantage Plans. Learn about IRMAA (Income Related Monthly Adjusted Amount), Medicare Savings Programs, a Medical Power of Attorney, and how to protect your assets from nursing homes without having long-term care insurance. Join us if you are a senior, a child of a senior, or just want to know more.

#652a | Thursday, Mar 25 | 6:00pm-7:30pm

#652b | Thursday, May 27 | 6:00pm-7:30pm

Online: Live | \$29

Retirement Planning



Join Lou Pelletier for an Interactive Comprehensive Retirement Planning Workshop. Are you aware of the two new laws passed this year (SECURE ACT & COVID-19 CARES Act) and how they will impact you? Learn about all of the options that you

have regarding your Social Security selection. Even if you just made your selection you have one year to change your mind! If you are 59 1/2 or older, even if you are still working, should you keep your 401K/403B or transfer to an IRA? If you have life insurance, is your plan outdated? Learn what legal documents you should have in Retirement.

#653 | Thursday, Apr 22 | 6:00pm-7:30pm

Online: Live | \$29

Lou Pelletier and his daughter Jessica Pelletier, of American Senior Benefits, have been teaching classes on Medicare and retirement planning for many years at adult education programs, libraries and hospitals.

Pets

Dog Obedience

Learn how to train your dog to be a well-mannered and obedient companion. Topics will include understanding your dog, communicating effectively, basic obedience commands, leash walking, and behavior modification. Plus, you'll learn strategies to effectively address problems like digging, jumping, chewing, barking, and more. Your dog must be collared, with a 6-foot leash. **Please note that the first session is an orientation without dogs.**

#715a | 7 Weds, Jan 27-Mar 17 | 6:30-7:30 pm (no class 2/17)

#715b | 7 Weds, Mar 31-May 19 | 6:30-7:30 pm (no class 4/14)

Staples High School / Pool Lobby | \$155

Heather Witt, owner of the Complete Canine Company, double-majoring in animal sciences and biology at the University of Vermont and began her dog training business in 1989. She's been teaching dogs how to communicate with people for nearly two decades.

Westport Continuing Education : Winter/Spring 2021

Adult Division & Parent Information:

Today's Date: _____

Name: _____ Street Address: _____
 City: _____ State: _____ Zip: _____
 Cell Phone: _____ Home Phone: _____
 Work Phone: _____ Email Address: _____

Student Division K-12

Student Name: _____ Date of Birth: _____
 School: _____ Grade: _____
 Parent / Guardian 2 Name: _____ Cell: _____
 Work Phone: _____ Email Address: _____
 Emergency Contact Name: _____ Phone: _____
 Relationship to Child: _____
Please indicate Allergies: _____
 Medical Conditions: _____
 Medication: _____
 Name of Child's Doctor: _____ Doctor's Phone #: _____

Course No.	Title	Start Date	No. of Sessions	Time	Location	Fee
Westport senior (62 or older) <input type="checkbox"/>						Registration fee: \$10 / \$5 for Westport seniors
					Total	

Registration fees do not apply to one-session courses. There is no registration fee for online registrations.

Payment Type: ☐ MasterCard ☐ VISA ☐ Check payable to Westport Continuing Education

Credit Card # _____ Exp. Date _____ 3 Digit Security Code _____

Name on Card _____ Billing Address (if different than mailing address) _____

Cancellation / Refund Policy: see page 17 or westportcontinuinged.com

Mail: WCE, 70 North Avenue, Westport CT 06880

For office use: winter/spring 2021 Name: _____

Adult Classes are Live Online!

Online / Live Remote classes will use Google Meet or Zoom. Students should have a dedicated computer with a webcam and an internet connection for the class. The registration deadline for online courses is 2 business days before the class starts. Participants will receive an email with the information to join the course online the day before (or the Friday before for classes beginning on a Monday).

Online class sizes are limited to provide a personalized experience and time for Q&A.

Access for People With Disabilities

Individuals requiring accommodations to attend one of our programs are requested to contact the director of Westport Continuing Education at (203) 341-1209 or at conted@westportps.org.

Affirmative Action Policy Statement

Westport Continuing Education (WCE) does not discriminate on the basis of ethnicity, race, color, age, marital status, gender, disability, sexual orientation, religion, mental or physical disability, or any other legally recognized protected status in any of its employment practices, school activities, or educational programs.

Cancellation & Refund Policy

- If Westport Continuing Education cancels a class for any reason, all tuition will be refunded and you will be notified by email.
- There are no refunds or credits for withdrawal from single-session classes or workshops.
- The registration fee is non-refundable.
- Withdrawal requests must be submitted in writing and must be received via email, fax, or mail at least 2 weeks prior to the start of class. Your tuition will be refunded less a \$35 per class cancellation fee.
- No refunds or credits will be issued after the first day of the class.
- Students, Parents and Guardians assume all risk of changes in their personal schedules.
- Absence from class does not reduce the cost of operating our programs; for this reason, absence will not result in a refund or credit.

Photograph and Video Policy

Westport Continuing Education follows the policy of the Westport Public Schools for the release of students' or parents' information. It is the policy of the Westport Board of Education never to release students' or parents' addresses and telephone numbers without consent.

Westport Continuing Education utilizes photographs and/or video to feature classes, camps and programs for the purpose of marketing and publicity in print, social media and for content on its website and other online media.

Weather | School Closings

Westport Continuing Education follows the Westport Public Schools declaration of closures for inclement weather or another emergency. All class cancellations will be announced on our website: westportcontinuinged.com.

If inclement weather starts in the afternoon, and you are uncertain about whether classes will be held, please check your email for a message from our office.

If you do not see an email, please call the WCE office at (203) 341-1209, or check the WCE website: westportcontinuinged.com

Instructors

Westport Continuing Education cooperates with businesses and community partners to develop and present courses. Westport Continuing Education provides these courses as a public service and does not endorse or recommend any product or service mentioned in connection with these courses.

Please note that our instructors are hired to teach general concepts and not to provide specific investment advice to individuals. Participants should consult their own financial advisors or attorneys before making investment decisions based on our instructors' classroom examples.

Westport Continuing Education and Westport Public Schools are not responsible for any errors or change of dates in this brochure.

Adult & Continuing Education Courses

Stamford Public Schools – Adult & Continuing Education is now offering classes in Stamford and Norwalk for all Westport Residents. Opportunities are available to complete basic education through high school equivalency and English as a Second Language programs, including:

- Adult Basic Education (ABE),
- English as a Second Language (ESL)
- English as a Second Language - Family Literacy
- High School Credit Diploma Program (HSCDP)
- GED® Test Preparation Program.
- National External Diploma Program (NEDP)



Proof of Westport residency is required. Students 17 & 18 years old must provide their school withdrawal papers when registering for classes.

For more information about these and other programs:

Visit www.StamfordAdultEd.Org

Call 203-977-4209 or Email AdultEd@StamfordCT.Gov



Take Classes Online and Learn On Your Own Time

Westport Continuing Education has partnered with ed2go to offer a wide range of interactive, online courses.

Affordable, fun, fast, and convenient, all classes are taught by expert instructors. And because you set the pace, you can ask questions and give or receive advice at any time during the course. Upon successful completion of the course, you will be able to download a certificate of completion. Browse through hundreds of courses on a wide variety of topics; new classes are added frequently.

To register, go to www.westportcontinuinged.com and click on the ed2go link.

Accounting + Finance

Arts + Design

Business

College Readiness

Computer Apps + Programming

Design + Composition

Health + Fitness

Healthcare + Medical

Information Technology

Language

Law + Legal

Math + Science

Personal Development

Teaching + Education

Writing + Publishing



Westport Continuing Education

westportcontinuinged.com

kids programs highlights



chess club: page 4



hoopin': page 4



mandarin: page 2



filmmakers ink: page 3



weaving: page 2



stem: pages 4 & 5



college essay: page 6



art of innovation: page 6