

## Weekly Calendar : Adult Division

### monday

#### Arts + Crafts

**Watercolor** [pg. 5]

#### Business + Money Matters

**Getting the Most Out of Your Social Security** [pg. 7]

**Personal Finance 101** [pg. 7]

#### Cards + Games

**Bridge for True Beginners** [pg. 9]

**Mah Jongg** [pg. 8]

#### Fitness, Dance + Sports

**Pickleball** [pg. 11]

#### Health + Wellness

**Genealogy** [pg. 12]

#### Home + Garden

**Feng Shui** [pg. 15]

**Home Staging** [pg. 14]

**Green Home Design** [pg. 15]

**Help Your Aging Parents Live Independently** [pg. 15]

#### Languages

**Conversational German** [pg. 16]

#### Technology + Computers

**Cool Apps for iPhones/iPads** [pg. 18]

**iBasics: Intro to iPhone/iPad** [pg. 18]

**iPhone/iPad Tips & Tricks** [pg. 18]

### tuesday

#### Arts + Crafts

**Introduction to Drawing & Acrylic Painting** [pg. 5]

**Jewelry Making 101** [pg. 5]

**Jewelry Workshop** [pg. 5]

#### Business + Money Matters

**Intro to Google Suite** [pg. 6]

**MS Excel for Business** [pg. 6]

**Retirement Planning** [pg. 7]

#### Cards + Games

**Mah Jongg: Open Play** [pg. 8]

#### Cooking

**Indian Cooking** [pg. 10]

#### Fitness, Dance + Sports

**Ballroom Dancing** [pg. 11]

**Tai Chi for Beginners** [pg. 12]

**Walking 4 Wellness** [pg. 12]

#### Health + Wellness

**MELT Method®:**

**Aging Gracefully** [pg. 13]

**MELT Method®:**

**Hands & Feet Workshop** [pg. 13]

**MELT Method®:**

**Reduce Neck & Low Back Pain** [pg. 13]

**Mindful Learning for Parents, Teachers & Students** [pg. 13]

**Mindfulness Meditation** [pg. 14]

**Sit Less, Move More** [pg. 12]

#### Languages

**American Sign Language** [pg. 16]

**Basic Conversational Spanish** [pg. 16]

### wednesday

#### Arts + Crafts

**Advanced Acrylic Painting** [pg. 5]

**DIY Kitchen Cabinet Painting Workshop** [pg. 4]

**Furniture Painting Workshop** [pg. 4]

#### Business + Money Matters

**Financial Planning for Business Owners** [pg. 6]

**Fundamentals of Investing** [pg. 7]

**Facing Your Finances** [pg. 7]

**Social Media for Businesses** [pg. 6]

#### Cards + Games

**Advanced Beginner / Intermediate Bridge** [pg. 8]

**Canasta** [pg. 8]

**Mah Jongg** [pg. 8]

#### Cooking

**The Big Cheese: A Workshop for Cheese Lovers** [pg. 9]

**Italian Cooking & Culture** [pg. 10]

#### Fitness, Dance + Sports

**Adult Swimming: Beginners** [pg. 10]

**Badminton** [pg. 10]

#### Home + Garden

**Gardening 101: Fall Gardening & Landscaping** [pg. 14]

**Home Staging** [pg. 14]

**How to Avoid Costly Pitfalls**

**When Selling Your Home** [pg. 15]

#### Languages

**Italian for Beginners** [pg. 16]

#### Pets

**Dog Obedience** [pg. 17]

#### Technology + Computers

**iPhone Photos** [pg. 17]

### thursday

#### Arts + Crafts

**DSLR: Basic Digital Camera Operation** [pg. 4]

**Jewelry Workshop** [pg. 5]

#### Business + Money Matters

**Estate Planning** [pg. 7]

#### Cards + Games

**Beginner / Advanced Beginner Bridge** [pg. 8]

**Bridge for Advanced Beginners** [pg. 9]

#### Cooking

**Deliciously Healthy: Cooking for Wellness Workshop** [pg. 9]

#### Fitness, Dance + Sports

**Adult Swimming: Intermediate to Advanced** [pg. 10]

**Fencing Fitness** [pg. 11]

**Mindful Yoga** [pg. 11]

#### Health + Wellness

**Overcoming Procrastination** [pg. 14]

**Walking 4 Wellness** [pg. 12]

#### Home + Garden

**Flower Arranging 101: Bubble Bowl Design** [pg. 14]

#### Technology + Computers

**Basic Photoshop** [pg. 17]

**Intermediate / Advanced Photoshop** [pg. 18]

**Survival Guide for Today's Technology** [pg. 18]

### non-residents



### saturday

#### Arts + Crafts

**Furniture Painting Workshop: Bring Your Own Piece** [pg. 4]

**Knitting 101: Beginning Knitting** [pg. 4]

### sunday

#### Pets

**Beekeeping 101: A Beekeeping Workshop** [pg. 17]

## Important Information

### Class Location

Unless otherwise noted, adult classes are held at Staples High School, 70 North Avenue, Westport.

### Class Schedules

Adult classes follow the school calendar. Dates when classes do not meet are listed under each class description.

### School Closings

In the event that Westport Public Schools are closed for inclement weather or another emergency, or if there is an early dismissal, all Continuing Education classes will be automatically canceled. All class cancellations will be announced on our website, [westportcontinuinged.com](http://westportcontinuinged.com).

### Cancellation Policy

If we cancel a class, all tuition will be refunded • There are no refunds or credits for withdrawal from single-session classes or workshops • 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 given for withdrawals in the 2 weeks preceding the start of class or thereafter • Students 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.