

## Weekly Calendar : Adult Division

### monday

#### Arts + Crafts

**Knitting for Beginners** [pg. 4]  
**Watercolor** [pg. 5]

#### Business + Money Matters

**Getting the Most Out of Your Social Security** [pg. 7]  
**Make an Impact With Your Wealth** [pg. 8]

#### Cards + Games

**Bridge for True Beginners** [pg. 10]  
**Mah Jongg for Beginners** [pg. 9]  
**Mah Jongg: Open Play** [pg. 9]

#### Fitness, Dance + Sports

**Pickleball** [pg. 14]  
**Tai Chi for Beginners** [pg. 14]

#### Health + Wellness

**Genealogy 101** [pg. 15]

#### Home + Garden

**Feng Shui for Everyone** [pg. 17]

#### Languages

**Conversational German** [pg. 18]

### tuesday

#### Arts + Crafts

**Introduction to Drawing & Acrylic Painting** [pg. 5]  
**Jewelry Workshop** [pg. 6]

#### Business + Money Matters

**Aging with Dignity** [pg. 7]  
**Facing Your Finances: Taking the Fear Out** [pg. 6]  
**Fundamentals of Investing** [pg. 7]  
**Grant Writing** [pg. 8]  
**Intro to Google Suite** [pg. 8]  
**MS Excel for Business** [pg. 8]  
**Social Media for Businesses** [pg. 8]

#### Advanced Social Media for Businesses

[pg. 9]

#### Cards + Games

**Mah Jongg for Beginners** [pg. 9]  
**Mah Jongg: Open Play** [pg. 9]

#### Cooking

**Greek Cooking** [pg. 12]

#### Fitness, Dance + Sports

**Ballroom Dancing** [pg. 12]  
**Tennis for Adults** [pg. 14]  
**Walking 4 Wellness** [pg. 14]

#### Health + Wellness

**Beyond Dieting** [pg. 16]  
**MELT Method®: Self Care** [pg. 15]  
**Mindfulness Meditation** [pg. 16]

#### Home + Garden

**Eco-Home Design Trends** [pg. 16]

#### Languages

**American Sign Language I + II** [pg. 19]

#### Tech + Computers

**iPhone Photos** [pg. 20]

### wednesday

#### Arts + Crafts

**Advanced Acrylic & Oil Painting** [pg. 5]  
**DIY Kitchen Cabinet Painting** [pg. 4]  
**DSLR Camera Operation** [pg. 5]  
**Furniture Painting Workshop** [pg. 4]  
**Furniture Painting Workshop: Bring Your Own Piece** [pg. 4]

#### Business + Money Matters

**Essential Financial Planning for Business Owners** [pg. 7]

#### Cards + Games

**Advanced Beginner / Intermediate Bridge** [pg. 10]  
**Bridge: Play of the Hand** [pg. 10]  
**Canasta** [pg. 9]  
**Mah Jongg for Beginners** [pg. 9]

#### Cooking

**Italian Cooking & Culture** [pg. 11]

#### Fitness, Dance + Sports

**Adult Swimming: Beginners** [pg. 12]  
**Badminton** [pg. 12]

#### Health + Wellness

**Caregiver Fitness** [pg. 15]

#### Home + Garden

**Home Staging** [pg. 18]  
**How to Avoid Costly Pitfalls When Selling Your Home** [pg. 18]

#### Languages

**Basic Conversational Spanish** [pg. 18]  
**Italian: Beg. + Inter.** [pg. 19]

#### Pets

**Dog Obedience** [pg. 19]

#### Tech + Computers

**iBasics: Intro to iPhone/iPad** [pg. 20]  
**iPhone / iPad Tips & Tricks** [pg. 21]

### thursday

#### Arts + Crafts

**Crochet Today** [pg. 4]  
**Jewelry Making 101** [pg. 5]  
**You Brought It, You Paint It** [pg. 6]

#### Business + Money Matters

**Estate Planning** [pg. 7]  
**Grant Writing** [pg. 8]

#### Cards + Games

**Bridge Classes: Beginner** [pg. 10]  
**Advanced Beginner** [pg. 10]  
**Adv. Beginner / Intermediate** [pg. 10]

#### Cooking

**Indian Cooking** [pg. 11]

#### Fitness, Dance + Sports

**Adult Swimming: Intermediate to Advanced** [pg. 12]  
**Dancing to the 60s** [pg. 13]  
**Fencing Fitness** [pg. 13]  
**Mindful Yoga** [pg. 13]  
**Walking 4 Wellness** [pg. 14]

#### Health + Wellness

**MELT Method®: Reduce Chronic Pain** [pg. 15]

#### Home + Garden

**Flower Arranging 101: Spring Centerpieces** [pg. 17]  
**Gardening 101: The Basics** [pg. 17]  
**Gardening 101: Landscape** [pg. 17]  
**Happily Organized** [pg. 17]

#### Tech + Computers

**Basic Photoshop** [pg. 20]  
**Inter. / Adv. Photoshop** [pg. 20]  
**iPhone Photos** [pg. 20]  
**Survival Guide for Today's Technology** [pg. 21]

### non-residents



### saturday

#### Arts + Crafts

**Knitting 101: Beginning Knitting** [pg. 6]  
**Knitting 102: Hat Trick** [pg. 6]

### sunday

#### Cooking

**The Magic of Honey for Health & Healing** [pg. 11]

#### Home + Garden

**Beekeeping 101: A Beekeeping Workshop** [pg. 16]

## 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.