

Westport Continuing Education

westportcontinuinged.com



fall 2020 | adults



online | live | interactive

Adult Programs: Table of Contents & Information

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Important Information

All Adult Classes are Live Online!

Online / Live Remote classes will use **Google Meet** or **Zoom**. Students should have a dedicated computer with a webcam, sound, 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).

Refund Policy

Please see page 11.

Dog Obedience is held outside of the Fieldhouse / Athletic Complex on the left side of Staples High School. Social distancing protocols will be observed, masks are required.

Class Schedules

Most classes follow the Westport Public School (WPS) calendar. Please check individual classes for dates when classes do not meet.

Weather | Class Cancellation

Westport Continuing Education follows the Westport Public Schools declaration of closures for inclement weather or another emergency. **See page 11 for more information.**

All class cancellations will be announced on our website: **westportcontinuinged.com**

Arts | Creativity

Acting for Film & TV

Work every week with an Actor Coach for Hollywood movies. Perform professional Meisner Technique acting exercises designed to help you sharpen your listening skills, improvise, and learn to live more true to life within your scenes. Meisner is a step-by-step approach. You will make progress each week, getting more concentrated and present with every lesson. The purpose of the technique is to focus your attention off yourself and onto something or someone outside yourself. In doing this, your talent has a freer opportunity to be expressed. The result, living truthfully within the imaginary circumstances of the play or film. This work benefits any artist from any discipline.

#100a | 5 Saturdays, Sept 26–Oct 24 | 11:00am–12:30pm

#100b | 5 Saturdays, Nov 7–Dec 12 | 11:00am–12:30pm

Each Session: \$165 | Online

Patrick McCullough is an Actor Coach on Hollywood films and has worked with Oscar-Winning Adrien Brody during the making of the Houdini mini-series on Netflix, and Actor Coaching the "bad guy" in the Charlize Theron film, Atomic Blonde. Patrick is also the producer of four feature films, including the award-winning independent film, Beautiful Kid, featuring Pulitzer Prize-Winning author, Frank McCourt, which Variety cited for its, "astonishing integrity and total lack of artifice."

Happy Trees! Paint like Bob Ross

Bob Ross, the famous PBS TV host of "The Joy of Painting", is a legend. While Bob's zen-like voice and relaxing style hypnotized us all, it was his technique that really captivated us. The freedom of this technique allows your creativity to blossom so that everyone, regardless of ability, can create a painting. Learn his wet-in-wet technique with a trained instructor of the Bob Ross method.

#147a "Morning Glory"

Wednesday, Nov 4 | 6:00–8:30pm

#147b "Night Light"

Wednesday, Dec 2 | 6:00–8:30pm

Each Session: \$79 | Online

Denise Cirillo-Romaniello had studied traditional oil painting for many years before she became a Certified Bob Ross Instructor.

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.

#88 | 2 Tuesdays, November 17 & 24 | 7:00–8:00 pm

\$35 | Online: Live Remote Learning

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.

Social Media Photography: Share Your Story

What's your story? Designed for people with their own business, artists, and everyone who needs an "online brand." Learn how to use your phone to capture compelling and unforgettable images utilizing various elements of composition. Utilize apps directly on your phone to create content and easily upload images to social media. Consider Facebook and Instagram your "online storefront" to connect, interact, and network with others.

#91 | 4 Tuesdays, Sept 22–Oct 13 | 10:00–11:00 am

\$49 | Online: Live Remote

Class will meet outside of the Westport Public Library's ground level entrance. In case of rain, class will be rescheduled. Please follow social distancing protocols, masks are required.

Kerry Gale is an educator and mixed-media artist with a focus on murals + abstract painting. She is a member of the Artists Collective of Westport. Locally her work is at Tusk home and design and the Norwalk Art Park.

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. [Led by Elizabeth A. McDonald]

#89 | 4 Mondays, Nov 16–Dec 7, 7:00–8:00 pm

\$59 | Online

Writing Workshop: COVID & Catharsis

2020 has been a challenging year, even for the best among us. Take time out for you on four, consecutive Mondays to reflect and write about your 2020.

Writers will explore their thoughts, feelings, and memories associated with COVID-19 in poetry, personal narrative, or another, preferred creative outlet, as desired. Create a personal memoir, a personal narrative, short story, poem, or other piece that explores a single moment or many during this pandemic. Participants will write, share progress, and celebrate your successes in a safe, supportive virtual setting of like-minded writers seeking similar inspiration and catharsis. [Taught by Elizabeth A. McDonald]

#90 | 4 Mondays, Oct 19–Nov 9 | 5:30 - 6:30 pm

\$75 | Online

Business | Technology

Create An All-Star LinkedIn Profile

LinkedIn is hands down the best platform to promote yourself as a professional and manage your network, whether you are job hunting or not. In this class, you will learn how to create a new LinkedIn profile, or improve your current profile, by elevating it to an All-Star rating. You will also learn the best ways to use LinkedIn for job searches, sales, networking, and more.

#205 | 3 Tuesdays, Sept 29-Oct 13 | 6:00–7:00 pm
\$45 | Online

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 for more information.

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.

#141a | 2 Thursdays, Oct 8 & 15 | 9:30 am–12:30 pm
#141b | 2 Thursdays, Nov 12 & 19 | 6:00–9:00 pm
\$89 | Online

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

Graphic Design Fundamentals

Design and branding matter more now than ever. This introductory class is perfect for business owners, entrepreneurs, those thinking about starting a business and anyone who would benefit from basic graphic design knowledge to help with marketing for print and on the web. Learn the fundamental principles of graphic design, including the design process, typography, terminology and how to use layout, imagery, color and type to communicate effectively. Tackle the "Creative Cloud," including Adobe InDesign, Illustrator, and Photoshop, and explore affordable alternatives that are available. {Taught by Rebecca Tudor}

#203 | 6 Thursdays, Oct 1-Nov 5 | 6:30–8:00 pm
\$169 | Online

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, Instagram, and LinkedIn 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.

#146 | 3 Tuesdays, Sep 29-Oct 13 | 7:00–9:00 pm
\$49 | Online

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.

Westport Center for Senior Activities

Due to COVID-19, the Westport Center for Senior Activities (WCSA) is currently closed but is offering over 50 virtual classes via Zoom, has its own YouTube Channel and is utilizing Channel 79 on Friday mornings for programs.

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. Due to the current Covid-19 pandemic, all classes require pre-registration and payment and will be filled on a first-come-first-serve basis. You may 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.

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, available on Amazon. This online course will use Zoom for Powerpoint presentations supplemented by the latest Bridgebase Online software developed by the American Contract Bridge League to teach Beginners.

#235 | 8 Mondays, Oct 5–Nov 23 | 4:00–5:30 pm
\$140 | Online

Mike Hess has been mentoring and teaching bridge for over 30 years. He is a Sapphire Life Master with over 4,000 masterpoints. Mike has won pair and team events at the club, sectional, regional and even national levels. In addition to winning several CT Unit 126# pairs titles, Mike's 2017 four person Grand National team qualified to represent District 25 (New England) at the Summer Nationals in Toronto, and then went on to win the North American championship for Flight A over a five day period.

Bridge for Advanced Beginners / Intermediates

We'll use Standard American bidding based on five-card majors and will cover important basic bidding conventions, like Blackwood, Stayman, and transfers. Then we'll upon that knowledge and learn more about competitive conventions, like Michaels, Splinters, Jacoby 2NT, and Negative Doubles. We'll also cover advances in defensive play: what to discard, giving count, and how to use suit preference signals. Comprised of short lectures followed by the bidding and play of real bridge hands, 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, available on Amazon. Since this session will be online, Mike will use Zoom for Powerpoint presentations supplemented by the latest Bridgebase Online software developed by the American Contract Bridge League for students at all levels. [Taught by Mike Hess]

#237 8 Mondays, Oct 5–Nov 23 | 1:30–3:00 pm
\$140 | Online

Cooking

Italian Cooking & Culture

Join Simona Zanelli to learn about and enjoy la dolce vita! Join Simona 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 of home cooking, Italian style!

Each Session: \$55 | Online | 7:00–9:00 pm

Squash Ravioli

#430a | Tuesday, October 27

This is a typical seasonal dish from the region of Mantova, Lombardy. Making squash ravioli is considered a fun way to spend a rainy afternoon with family and friends! After making our pasta, we'll prepare the filling by carefully mixing the sweetness of the squash with the amaretti ("little bitter") cookies, parmesan cheese, and spices.

Savory Stuffed Squash

#430b | Tuesday, November 10

Heat up the saute pan and combine different kinds of vegetables (including zucchini, mushrooms and spinach) for an amazing and savory stuffed squash. After baking the squash, fill it with layers of vegetables, fontina cheese, and prosciutto. The result will be a dish as wonderful to show to guests as tasty to eat!

Hearty Lasagna

#430c | Tuesday, December 1

Starting from scratch, make sheets of pasta, saute mushrooms, and make a special red sauce with sausage. Then we "build" as the Italians say, our lasagna in layers of the most hearty flavors.

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.

Join Simona for more Conversational Italian!

See page 8 for more information.

Health | Wellness

Cultivating a Sustainable Lifestyle

"Cultivating a Sustainable Lifestyle" teaches participants about the challenges Earth's systems face in the Anthropocene, the geological epoch where human activity has caused changes at the planetary scale. If we don't stop pushing the Earth past its limits, we'll stay on course to lose 1 million species, deplete groundwater, acidify and deoxygenate our oceans, degrade our soil, and raise temperatures past the climate niche habitable to humans. Our personal choices matter, and collectively they have a huge impact on the earth. Participants will learn how to cultivate a new and aspirational, sustainable lifestyle by taking high impact actions, both big and small. This workshop is divided into two parts and covers everything from sustainable yards to zero food waste kitchens to zero greenhouse gas emissions living.

Each Session: \$29 | 7:00–8:30 pm

#510a | Part 1: Thursday, October 22

#510b | Part 2: Thursday, October 29

Analiese Paik is a sustainability leader, advocate, educator and founder and CEO of Sustainne, a company dedicated to uniting, nurturing and growing a community dedicated to sustainable living. She works with area nonprofits, organizations, clubs, educational institutions and corporations to educate, inform, inspire and empower their members, employees and students to take personal action to live more sustainably every day.

Feldenkrais Method® - Moving Meditation

Feldenkrais Awareness through Movement classes (ATM) are an internationally recognized and evidence-based form of mindful meditation through the fascinating and potent portal of how we feel and sense our own physical movement. About 45 to 60 minutes long, the classes are sometimes done standing or sitting, but the majority of lessons are on the floor where students lie comfortably with their eyes closed. Watching carefully to make sure the instructions are clear, the teacher verbally suggests easy and yet sophisticated movement sequences based on biomechanics and human development while asking questions - do you feel this? Do you notice that? Never moving into pain or effort, students explore the lesson at their own pace, while quietly considering the movement suggestions.

#883 | 4 Tuesdays, Sept 15–Oct 6 | 5:00–6:00pm

\$69 | Online

Wendy Kann published a memoir about growing up in Africa and loves painting, cooking, and gardening. Feldenkrais is the culmination of a lifelong interest in mindfulness and somatic education.

Mindfulness Meditation & Stress Reduction

Through discussion, sharing, group support, and the mind-body skills of meditation and stress reduction, this interactive class will teach you how to face stress, pain, and illness, how to live life in the present moment, and, ultimately, how to find peace, happiness, and serenity in the midst of life's inevitable ups and downs.

#932 | 2 Tuesdays, Oct 20 & 27 | 7:00–9:00 pm

\$50 | Online

Dr. Paul Epstein, a naturopathic physician for 30 years, specializes in mind-body medicine and stress-related illness. He has spoken about and taught mindfulness meditation all over the world. 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.

#313 | 1 Monday, Oct 19 | 6:00–8:00 pm

\$35 | Online

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. Visit Linda's facebook page @FitTrainingLLC

Tai Chi for Beginners

Learning tai chi can help manage stress through "meditation in motion," creating a heightened sense of self-awareness and calming the nervous system. Regular practice can also enhance joint flexibility, circulation, and range of motion and improve balance, no matter your age or fitness level. Become familiar with the basic principles of tai chi, learning a yang-style long form and a series of simple movements to strengthen the body, focus the mind, and regulate breathing. Whether you are new or have some experience, this class will enhance your practice. Wear loose clothing. Returning students welcome.

#877 | 5 Thursdays, Oct 1–Oct 29 | 6:30–7:30 pm

\$85 | Online

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.waterwheel-taichi.com.

Home | Garden

Beekeeping 101: A Beekeeping Workshop

Local beekeeper, author, and founder of Red Bee Honey, Marina Marchese will teach you how to set up a new colony of honeybees as well as the basics on managing them throughout the year to honey harvest and everything in between. Attendees will be treated to a taste of honey afterwards. No experience necessary, just curiosity and a creative spirit!

#130 | 1 Sunday, October 4 | 2:00–4:00 pm
\$35 | Online

Marina Marchese is the beekeeper behind Red Bee Honey, the founder of the American Honey Tasting Society, and a proud recipient of the Slow Food Snail of Approval. Visit www.redbee.com.

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.

#270 | 1 Thursday, Oct 15 | 7:00–8:30 pm
\$35 | Online

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

How to Get Your Home Sold: The Real Deal

It's a tough real estate market, but there are still homes selling. Learn from experts how to get it done. Join Rob Grodman, a local realtor for over 20 years, and a variety of speakers, including professional stagers who will discuss what you should start doing to prepare for selling your house. The panel discussion will also include a building inspector and real estate attorney who will share their insights into the process. Current real estate trends will also be discussed.

#117 | 1 Wednesday, Oct 7 | 6:30–8:30 pm
\$29 | Online

Organize Your Home!

Would you like to live a simpler lifestyle with less responsibility for stuff? Do you get stuck when you see piles of papers, clothes, and who knows what in the house? 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? She 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.

#590 | Wednesday, Oct 14 | 7:00–8:30 pm
\$29 | Online

Amy van Arsdale is a 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.

Languages

There may be additional fees for language texts and materials.

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. Students should bring to class *Learn German the Fast and Fun Way* (4th Edition) by Neil Donahue.

#163 | 8 Mondays, Oct 12–Nov 30 | 7:00–8:30 pm
\$135 | Online

Robert Kibel has taught Spanish and German for many years at Sacred Heart University, Berlitz, and Norwalk Community College.

Conversational Spanish

Spanish has been spoken in what is now the United States since the 16th century and is now the second most spoken language. 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. Students who have taken this class, or who have some knowledge of Spanish, are encouraged to return; new students are always welcome. Please purchase and bring to class the latest edition of *Learn Spanish the Fast and Fun Way* by Gene Hammitt. [Taught by Robert Kibel]

#967 | 8 Thursdays, Oct 15–Dec 10 | 4:30–6:00 pm
(no class 11/26)
\$135 | Online

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.

#160 | 8 Wednesdays, Oct 7–Dec 2 | 7:00–8:30 pm
(no class on 11/25)
\$155 | Online

Adult Programs: Languages, Personal Finance & Pets

Conversational Italian cont'd

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.

Join Simona for more conversation and seasonal Italian cooking lessons! See page 6 for more information.

Intro to American Sign Language

Signing is a useful skill that can open up a new world of relationships and understanding. Learn the movements and gestures of the hands and face that represent the language of ASL and how to understand not just what is being said, but its meaning. Explore the culture 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.

**#817 | 8 Mondays, Oct 19–Dec 7 | 6:00–7:30pm
\$135 | Online**

Suzanne Boger worked for many years at St. Mary's School for the Deaf in Buffalo, New York. 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

Facing Your Finances

At some point in their lives, 90% of women will be in charge of their own or their family's finances. We'll discuss action plans to build or secure a strong foundation for your financial future, including setting your financial goals, getting your accounts organized, the benefits of and how to create a spending plan, the need for establishing your estate plan, determining your investment risk tolerance, and being tax-wise so you can worry less and focus more on your bright future.

**#145 | 2 Wednesdays, October 21 & 28 | 6:30–8:00 pm
\$39 | Online**

Brenda Catugno, ChFC®, CDFATM, CASL®, is president at BPC, LLC, in Fairfield. She specializes in financial planning, portfolio management, divorce financial analysis, and creating individual action plans that meet her clients' financial needs.

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. [Taught by Brenda Catugno]

**#143 | 2 Tuesdays, November 3 & 10 | 6:30–8:30 pm
\$49 | Online**

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.

#221a | 1 Tuesday, Sept 22

#221b | 1 Tuesday, Oct 20

Each Session: \$29 | Online | 6:00pm–7:30pm

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.

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? Whether you have made your selection or not, 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? Learn how market volatility impacts income planning and review strategies to smooth out the ride. Review the core legal documents everyone should have. What are the other options for dealing with long-term planning, besides long-term care insurance? Are there reasons for having life insurance if you're over age 55? If you have life insurance, is your plan outdated? Learn about all of these important considerations when planning for retirement.

**#655 | 1 Tuesday, Oct 6 | 6:00pm–7:30pm
\$29 | Online**

Pets

Dog Obedience

This class will teach you to train your dog to be a well-mannered and obedient pet. 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. This course is for dogs at least 4 months old. Your dog must be collared, with a 6-foot leash. This class is limited to 8. Please note that the first session is an orientation without dogs.

**#290 | 7 Tuesdays, Oct 6–Nov 17 | 6:30–7:30 pm
\$155 | SHS North Entrance Lobby, #25 (pool lobby)**

Heather Witt, owner of the Complete Canine Company, double-majored 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.

Registration Form

Westport Continuing Education : Fall 2020

Adult Division & Parent Information:

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 #: _____

For office use: fall 2020 Name:

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 10 or westportcontinuinged.com

Mail: WCE, 70 North Avenue, Westport CT 06880

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.
- **Westport Summer Teen Theater:** no refunds or credits will be issued after June 10.
- 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.

Medical Emergency & Treatment Policy

In the event of a medical emergency as determined by the school nurse or other responsible staff member, it is the policy of the Westport Board of Education to dial 911 immediately to obtain emergency medical services and/or transport to the nearest approved medical facility. WCE staff, or school personnel will then attempt to reach you/and/or the child's doctor at the number(s) indicated by you on your Continuing Education registration form. Your child will receive medical care and treatment necessary to sustain life and/or stabilize his or her condition as determined by the medical facility. Any further treatment must be authorized specifically by you or the persons designated by you.

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.

Afternoon / Evening Classes

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

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.

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Arts + Design

Business

College Readiness

Computer Apps + Programming

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