



Westport Continuing Education

westportcontinuinged.com

summer 2021 | adults



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Arts | Culture



Paint En Plein Air

Enjoy painting outside and draw inspiration from your surroundings at **Sherwood Island State Park**. This class is for anyone with an interest in painting with acrylics, no experience required! In each session, enjoy nature at Sherwood Island while immortalizing your experience in an acrylic seascape painting. Participants will learn how to mix paint colors from specific primary colors to

uncover their own unique and personal color palette. The goal is to relax and enjoy the process of self-discovery. *Meet at Sherwood Island State Park and take the 2nd right to the Pavillion. Meet in the Pavillion on the left-hand side. Entrance is free for cars with a CT license plate. A parking fee is in place for vehicles registered in any region other than the State of Connecticut. Please follow all state park regulations.*

#200 | 5 Fridays, July 9, 16, 23, 30 & August 6

9:00 am - 10:30 am | \$99

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.

Destination Westport Walking Tour Series

How well do you know the history of Westport? Everyday locations around the town have a rich past but many don't know the true extent of the history surrounding them. Explore several locations around Westport to learn about the people and events that tell Westport's story.

Tour sites to be covered, in order:

1. Women of Westport (Main Street)
2. Industrial Boomtown (Saugatuck)
3. Taking the Cure (Winslow Park)
4. Colonizers, Witches and Patriots (Greens Farms Colonial Cemetery)
5. Activism and Struggle (Downtown)

A link to the tour materials will be available to participants and encouraged to be used during the tours on a mobile device.

The Destination Walking Tour series is guided by Museum staff and docents trained in local History.

Meet at the Westport Museum of History and Culture, 25 Avery Place, Westport CT.

#199 | 5 Sundays, July 11-August 8

1:00-2:15 pm | \$74



Presented in partnership with Westport Museum of History and Culture.

Business | Technology



Design Your Own Website

A digital presence is more important than ever and having a website 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.

#201 | 8 Tuesdays, July 6-Aug 24 | 12:00-1:00 pm

Online: Live | \$115

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.



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.

#202 | 3 Tuesdays, July 13-July 27 | 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.

Cards | Games



Bridge for Beginners with Skills

This class is for those who have recently completed a True Beginners bridge class. Have you played bridge 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 notrump. Required text: Bridge for Everyone, D. W. Crisfield.

#203 | 8 Mondays, July 12–Aug 30 | 11:00–12:30 pm

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.

Mah Jongg with Fran Rackson

Learn everything you need to know to play this ancient game. 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. Participants should purchase a card from the National Mah Jongg League (become a member, it's free). 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.

#204 | 4 Wednesdays, July 7–July 28 | 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.



Health | Wellness

Pickleball: Beginners & Open Play

Combining elements of tennis, badminton and ping pong, pickleball is a paddle sport designed for all ages and skill levels. The rules are simple; the game is easy to learn and fun to play. For beginners, this class will focus on skills; for more experienced players, strategy tips, and gentle coaching are available as needed and wanted. Join longtime Westport Public Schools athletic coach Alice Addicks for your new favorite pastime.

#206a | Beginners

#206b | Open Play

Tuesdays and Thursdays, June 22, 24, 29 July 1, 6, and 8

5:00 - 6:30 pm | \$69

Staples Fieldhouse

Taichi

Taichi offers slow, simple movements that can be studied and practiced for years. The choreography is simple, but the body awareness and connections with Traditional Chinese Medicine are complex. These classes will teach the beginning of a Yang family long form. Louise Flax has been practicing taichi for decades. You can find a few lessons on Instagram <https://www.instagram.com/taichilouise/>

#205 | 6 Thursdays, July 8–Aug 12 | 6:30–7:30 pm

Online: Live | \$110

Home | Finance



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. Learn how to utilize and set up

these spaces to their maximum potential.

#208 | Thursday, July 29 | 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!"

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.

#209 | Tuesday, July 13 | 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.



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/

Zero Waste Living

Analiese Paik, Founder and CEO of Sustainne.com, teaches participants how to drastically reduce, eliminate, and divert household waste from disposal including single use plastic, food waste and other organics, used textiles, plastic packaging and more. This interactive session is hands-on, participants go home with a concrete list of actionable steps to take right away! Show and tell includes recommended reusable products that replace single use plastic, how to make your own cleaning products, how to recycle hard-to-recycle items like personal care products, product stewardship programs in CT (EPR), redemption of glass and metal, and zero waste household management practices. Each class participant will have opportunities to problem solve so they leave informed and empowered to take immediate action.

Meet at Sherwood Island State Park and take the 2nd right to the Pavillion. Meet in the Pavillion on the left-hand side. Entrance is free for cars with a CT license plate. A parking fee is in place for vehicles registered in any region other than the State of Connecticut. Please follow all state park regulations.

#207 | Wednesday, July 21 | 10:00 am - 12:00 pm

Online: Live | \$26

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.



This program and Painting En Plein Air (on page 2) are presented in partnership with Sherwood Island State Park.

Pets

Dog Obedience

This class is for dogs at least 4 months old. Learn how 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. 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. This class meets at Staples High School in the pool lobby area or outside if the weather permits. Location: SHS North Entrance Lobby, #25. Please see our website for specific directions.*

#210 | 6 Weds, July 7-Aug 11 | 6:30–7:30 pm

SHS 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 : Summer 2021

Adult Division & Parent Information:

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

 For office use: **Summer 2021 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 17 or westportcontinuinged.com

Mail: WCE, 70 North Avenue, Westport CT 06880

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