

Ridgefield Continuing Education

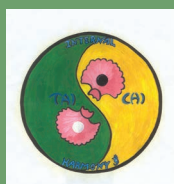
Please keep
this brochure
handy as a course
reference. More Sum-
mer dates will be added to
the website!
SAT Prep info - see
page 9
Updated 4/29/24

Courses Start on a Rolling Basis ~ Spring into Summer 2024



Photo in memory of Sylvia Pinchbeck Sturges who shared this and many other photos with Ridgefield Continuing Education over the years.

Join us In-Person or on Zoom! Class sizes are limited.



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Phone: (203) 431-2812

Email: ridgefieldcontinuingeducation@gmail.com

Schedule updates and new courses added are at <https://www.ridgefieldschools.org>

2 Welcome to Spring 2024!

For nearly 50 years, Ridgefield Continuing Education, a self-sustaining course program of Ridgefield Public Schools has offered EXPERIENCES through over 200 dynamic courses each year that help area residents, age 18 and up, enhance their employment and career opportunities, as well as provide knowledge and professional guidance in the arts, crafts, technology, nature walks, creative writing, language, fitness, interior decor, games, and popular hobbies. Please take some time to EXPLORE something you are interested in, and in which you can CONNECT with other community members.

- Courses in person, on Zoom and both (hybrid) start now through summer!
- Class sizes are limited in order to provide Q & A and a personalized experience.
- Thank you to the Continuing Ed. instructors who offer classes in a variety of formats.
- Thank you to Ridgefield Public Schools and the Town of Ridgefield for facility use.
- Special thanks for the cover photos shared by Sylvia Sturges (front) and Tom Bruno (back).

Please keep in mind:

- Register early to increase your course choices. There are 4 easy ways to register.
- Please mark dates and time on your calendar. The Zoom link is usually emailed the evening before class. Date and time changes will be updated on the web site and students who have provided us with legibly written phone and/or email will be notified.
- We follow the public health requirements of the Ridgefield Public Schools, which are subject to change depending on public health conditions.
- Ridgefield Public Schools prohibit alcohol, nuts, nut products, or other food in class.

Thank you for your participation and see you soon in person or on zoom!

Peggy Bruno
Director of Adult Education

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Location Key - all in Ridgefield. Directions at <https://ridgefieldschools.org/directions.html>

Annex, ERMS (East Ridge Middle School) = in person.
VPSch (Veterans Park School) = in person.
Zoom = live, online class. **/Z** = Zoom for class weather backup.
+Z = class is on Zoom AND in person - Hybrid!

Registration / Contact is Easy - Ways to Register - Details and Updates at <https://ridgefieldschools.org>

Phone: (203) 431-2812	Mail	Office Location
Pay by Visa or MasterCard over the phone. If we do not answer, please leave a detailed message. eMail: ridgefieldcontinuingeducation@gmail.com Please email a list of classes desired and your phone number. We will contact you to arrange payment.	Please send registration form and payment (check preferred; Visa and MasterCard accepted) to: Ridgefield Public Schools - Continuing Ed. Attn: Peggy Bruno 90 East Ridge Road Ridgefield, CT 06877 <small>Please mail early as all Ridgefield mail goes through Danbury and takes 3-5 business days to arrive.</small>	Registration drop off at the office, located at the Town Hall Annex, 1st floor. 66 Prospect St., left of Yanity Gym, behind the Playhouse. Building is open 8 a.m. to 4 p.m., Monday through Friday. Directions on web at https://ridgefieldschools.org

Admission: These classes are for people age 18 years or older. Non-residents are welcome. Senior Citizens and Disabled (Ridgefield Sr./Disab.) means discounted fee for senior citizens age 62 and older and people with disabilities who live in Ridgefield, provided that the course they want has sufficient enrollment to sustain the discount. More details regarding the Senior Discount are at <https://ridgefieldschools.org/senioronly.html>

Registration Deadline and Payment: You may register by mail or phone. Payment in full must accompany your registration, which must be paid in advance. We decide whether or not to run a class at least 3 days before the first class (some teachers need a decision sooner) based on the number of people who have paid their tuition. Don't let a class be cancelled due to participant procrastination. Checks (preferred to keep costs down), money orders, Visa and MasterCard are accepted. A non-refundable service / convenience fee for Visa or MasterCard payment will be added to your charge total as follows: \$2.95 (subtotal thru \$97), 2.99% (subtotal from \$98 up) per person, per order. There is a \$20 service fee for returned checks.

Confirmation and Cancellation: No news is good news. If you have paid your tuition, assume you are enrolled. When you register, we assume that you have put the course date, time, and location on your calendar and have reconciled potential conflicts before you register. Please include an accurate and legible phone number and email address so that we can contact you if a course is canceled, full, or relocated. An email address is necessary to enable us to send you your Zoom link the night before class.

Weather / Power Postponement: If regular school classes are canceled due to weather/power issues, in person Continuing Education classes are postponed. See www.ridgefield.org and look for an email with information. Zoom and Hybrid classes and classes with Zoom backup may continue on Zoom if possible. If school has "early dismissal", Continuing Education classes that start at 1:00 p.m. or later are postponed to the next class. If school has a "delayed opening", classes that start before 9:30 a.m. are postponed to next class. Classes that start at 9:30 a.m. or later will proceed as scheduled. Make-ups due to weather / power postponement, are normally added to the end of the session or an open date in the schedule; check the web site and your email for details.

Refunds: You will obtain a full tuition refund when Ridgefield Continuing Education cancels a class or the class is full. If you are requesting a tuition refund, we must receive your request in writing (letter or email) five days before a class starts and we will withhold a \$15 withdrawal fee per class from the amount refunded. Students assume all risk of changes in their personal schedules. Absence from the class does not reduce the cost of operating our programs. Class sessions may be rescheduled due to unexpected circumstances; refunds will not be issued to students unable to attend a rescheduled make-up class (including makeup classes online). Refunds will not be issued to students who do not want to comply with public health requirements, when needed. Medical refunds only (less a \$15 withdrawal fee) will be pro-rated for the remainder of the session when verified by a physician's note. The tuition refund is calculated on the date a written cancellation notice is provided, not on the date of the last class attended or missed. Refunds are not available to people who register less than 5 days before a class starts. Refunds take 4 to 6 weeks to process.

Disabled Access: Buildings have disability access. **Ridgefield Public Schools Nondiscrimination Statement:** Statement is on page 7 and <https://ridgefieldschools.org>

BRIDGE



Bridge: Total Beginner

Bridge is a wonderful social game that can be played on many levels, each of them providing a good mental workout. This class' goal will be to learn the basics of bridge bidding and playing. This class is for beginners and those who are returning to the game after being away for decades, as well of those in need of refreshing their basic bridge skills. Taught by Mary Watson-Stribula, an enthusiastic and patient bridge teacher, who has been teaching for over 7 years and is working towards her Life Master designation. Class size limited.
 7 Sessions (14 hours) \$ 178 (Ridgefield Sr./Disab. \$ 151) Mon., 4/8, 29; 5/6, 13, 20; 6/3, 10 9:30 to 11:30 a.m. Annex

Bridge: Intermediate - Play of the Hand

This class is for bridge players who completed the fall class "doubles and more doubles" and others who would like to join. Focus will be on play of the hand - developing plan and considering alternatives that can lead to success. Using promotion and length, finesses, and ruffing and discarding, declarers will improve their chances for success. Instructor: Mary Watson-Stribula (bio above). Class size limited.
 7 Sessions (14 hours) \$ 178 (Ridgefield Sr./Disab. \$ 151) Thur., 4/4, 11, 25; 5/2, 9, 16, 30 1:30 to 3:30 p.m. Annex

MAH JONGG

Mah Jongg for Beginners

Sybl Falik, experienced Mah Jongg teacher and passionate player, will teach you what "One bam . . . two crack!" means, as you discover an exciting game, learn the very basics from square one and be playing in no time. Attendance at the first class is a must. You will learn rules of the game as sanctioned by the National Mah Jongg League (NMJL). For info about the required NMJL card, visit <https://ridgefieldschools.org>
 6 Sessions (12 hours) \$ 153 (Ridgefield Sr./Disab. \$ 130)
 Mon., 4/29; 5/6, 13, 20; 6/3, 10 11:30 a.m. to 1:30 p.m. Annex
 Tue., 4/30; 5/7, 14, 21, 28; 6/4 6 to 8 p.m. Veterans Park School



THE INSTRUCTORS:

- Michele F. Murphy, JD, RN, MSN and Thomas E. Murphy, JD are Veterans Affairs accredited Attorneys. Bio at www.ridgefieldschools.org/business.html
- Laura McCormick is a teacher and artist specializing in charcoal and pastel portraiture. She delights in cultivating the creative side of her students.
- Michael Canavan studied art at the Art Students League and the NYU School of Visual Arts. He is a writer, illustrator and graphic artist and teaches each.
- Lizabeth Doty, a professional educator for over 45 years, has taught some of her hobbies, knitting and calligraphy to students of all ages for years.
- Linda Keefer has a BA in history and education, has taught many interior design classes and has 44,000 followers on her Pinterest design boards.
- Karen Pierce is a professional organizer and photo preservation specialist and Yoga teacher. She is founder and owner of InnerSpaces by Karen, LLC.
- Eileen Burton, a long term gardening instructor, is a former Horticultural Manager for a large non-profit and also had a garden design business.
- Zaac Chaves, a mycologist, works on species surveys and has also led walks for NY Botanical Gardens and the National Park Service.

See ridgefieldschools.org for more bio information and summer dates!

CAREERS, JOB SEARCH

1 Hour Session \$ 60 per 1 on 1 session Fri., 1 to 2 p.m.
See ridgefieldschools.org/business.html for dates, time options

Resume Assistance ~ 1 on 1

More on page 7 and website.

Job Search and Interview Techniques ~ 1 on 1

More on page 7 and website.

Introduction to LinkedIn ~ 1 on 1

More on page 7 and website.

TECH AND PC TUTORIALS

Microsoft Office ~ Excel, PowerPoint, Access, Word, Windows ~ 1 on 1

Set up a 1 on 1 or bring 1 or 2 friends and have your own class. More on page 7 and website.

ELDER LAW

Protect Yourself with Trusts! Asset Protection Trusts and Revocable Living Trusts

Protect your assets, avoid probate and taxes, and preserve your quality of life. Asset Protection Trusts protect your resources from long term care. Revocable Living Trusts avoid probate and conservatorship. Retirement Plan Trusts protect your children if they get divorced or sued. Trusts give you protection and control. You say what goes in, what comes out, and who does what. Topics include, but are not limited to: comparison of Revocable Living Trusts and Irrevocable Trusts, pros and cons of probate, Medicaid and VA Aid & Attendance payment of long term care, the mechanics of how trusts work, and new laws regarding Powers of Attorney. Instructors: Attorney's Thomas E. Murphy, JD and Michele F. Murphy, JD.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)
Wed., 5/8 6:30 to 8 p.m. Zoom

MUSHROOM WALK

Spring Mushroom Walk

Grab a notebook and join Zaac Chaves on a mycologically focused ecological tour. We will identify seasonal mushrooms. You will help us catalog species (including possibly rare sightings) and even help document increasing evidence of climate change locally. No experience required.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)
Sun., 5/19 3:30 to 5 p.m. Ridgefield location to be provided.

DSLR PHOTOGRAPHY

Basic Digital Camera Operation

Bring your DSLR or mirrorless camera and manual to this class. This course will guide you to knowing how to take pictures you can be proud of and having a good knowledge of photography in general. All relevant buttons and switches will be explained so that your picture will come out well exposed and sharply focused. You will learn how to freeze the action in sports; create beautiful portraits with that blurry background, and use your flash as professional fashion and wedding photographers do. You'll become truly confident in your picture taking abilities. Instructor John Zappala has a degree in fine arts and many years of experience as a photographer and photography instructor.

4 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Mon., 5/6, 13, 20, 6/3 6:30 to 8:30 p.m. ERMS

INTERIOR DECOR, ORGANIZING

Fool-Proof Organizing to Eliminate Clutter

Are you overwhelmed by clutter but unsure how to organize it? Have you made past attempts to declutter and get organized only to be disappointed? This class shows you step-by-step how to clear the clutter. More than just information, you will put into action the best organizing solution. Organizing is a skill that can be learned and this class is the first step. Please bring a purse/handbag/backpack to class (do NOT pre-organize). Taught by Karen Pierce.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 26)
Tue., 5/14 7 to 9 p.m. Veterans Park School

Interior Design 101

Participants will learn basic design principals for all rooms (living, dining, foyer, bedrooms, family rooms). Designers' tips will also be discussed. This class is designed to be lively and fun and responsive to class members' design interests. Instructor: Linda Keefer.

2 Sessions \$ 39 (Ridgefield Sr./Disab. \$ 33)
Thur., call (203) 431-2812 for dates 7:15 to 8:45 p.m. Zoom



Accessories, Art and Window Treatments

Finishing touches such as accessories, art, and window treatments create personality and make rooms come alive. In this interactive workshop we'll see and discuss how top designers use and arrange accessories, learn their design tips, and see how they personalize their own homes. The 7 most popular window treatments will also be featured along with designer tips and some ideas on how to use art in rooms. Instructor: Linda Keefer.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)
Thur., 5/16 7:15 to 8:45 p.m. Zoom

Home Safety Class: Aging in Place

Led by Occupational Therapists, Sinead Harrington and Tripta Velamoor, founders of Ideal Home Innovations Inc., with expertise in home design and modifications, the class will review simple solutions and strategies to ensure your safety at home, room by room, including fall prevention solutions. The class will also provide recommendations of aesthetically pleasing equipment that will match your homes decor. You will leave the class with a list of recommendations that you can easily implement when you return home . . . more on website.

Instructor Tripta Velamoor holds a doctoral degree in occupational therapy from Boston University and advanced certification as an Assistive Technology Practitioner. She has over 20 years of clinical experience and is also a Clinical Assistant Professor in the OT Department at NYU. Instructor Sinead Harrington has been practicing as an occupational therapist for the past 15 years in the specialty area of adult rehabilitation. She earned her doctoral degree in OT from Thomas Jefferson University, and has extensive training and specialized certification in Aging in Place (CAPS). Sinead is an Assistant Professor of Occupational Therapy at the New York-Presbyterian Iona School of Health Sciences in Bronxville, NY.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)
Wed., 6/12 5:30 to 7 p.m. ERMS

Contact Information: Phone: (203) 431-2812
ridgefieldcontinuingeducation@gmail.com

KNITTING

Studio Knitting for Beginners & Continuing

This open knitting format is for both beginners and those who want to continue furthering their knitting skills. New participants will learn the basic stitches and develop skills in maintaining an even tension in the piece. Instructor Lizabeth Doty will provide practice needles and practice yarn until the participant determines a project. After the selection of a project, the participant will purchase the necessary supplies. Projects have included knitting a scarf, sweater, blanket, and handbag. Class size limited. Call if you want to join a class early.



7 Sessions \$ 178 (Ridgefield Sr./Disab. \$ 151)

Mon., 4/1, 8, 29; 5/6, 13, 20; 6/3 3 to 5 p.m. Annex
Mon., 6/10, 17, 24; 7/8, 15, 22, 29 3 to 5 p.m. Annex
Mon., 8/5, 12, 19, 26; 9/9, 16, 23 3 to 5 p.m. Annex

7 Sessions \$ 178 (Ridgefield Sr./Disab. \$ 151)

Tue., 3/26; 4/2, 9, 23, 30; 5/7, 14 6 to 8 p.m. VP Sch
Tue., 5/21, 28; 6/4, 11, 18, 25; 7/9 6 to 8 p.m. VP Sch/Annex
Tue., 7/16, 23, 30; 8/6, 13, 20, 27 6 to 8 p.m. Annex

DRAWING AND PAINTING

Life Drawing ~ Evening

For beginners who want to learn the basics of drawing from life - creating the illusion of depth and complex shapes on a two-dimensional surface. Using several different types of pencils and paper, students will draw from still life and photographs (chiefly the human form), learning to observe the structure of what they are drawing. Topics include composition, proportion, perspective, value and edge relationships, foreshortening and light/shade. Instructor Michael Canavan provides all materials; a supply fee of \$25 is payable at the first class. Class size limited.



6 Sessions \$ 162 (Ridgefield Sr./Disab. \$ 138) + mtl.
Wed., 4/10, 24; 5/1, 8, 15, 22 6:30 to 8:30 p.m. ERMS

Drawing and Painting Studio Art ~ Day

An open studio art class for beginning and continuing students. New students start with drawing basics, from contour through composition, using charcoal pencils. Continuing students work in the medium of their choice and receive individual instruction. Instructor: Laura McCormick. Max 8. Supply list: ridgefieldschools.org/drawpaint.html



6 Sessions \$ 162 (Ridgefield Sr./Disab. \$ 138)
Thur., 4/25; 5/2, 9, 16, 30; 6/6 10 a.m. to 12 noon Annex

VEGETABLE GARDENING

Vegetable Gardening ~ Organic

How to grow organically a wide variety of vegetables suitable for our climate. This course will cover everything you need to know about organic vegetable gardening - from purchasing seeds or plants, growing on, fertilizing, controlling pests to harvesting. Instructor Eileen Burton.

2 Sessions \$ 39 (Ridgefield Sr./Disab. \$ 33)
Mon., 4/29 and 5/6 6:30 to 8 p.m. ERMS

THE INSTRUCTORS:*See ridgefieldschools.org for what to wear / bring to class, more yoga and summer dates!*

- Julie Shaw is an IAYT-Certified Yoga Therapist who specializes in adapting yoga practice to meet the individual's need.
- Erin Lutz is a Registered Yoga Teacher (200 hr. RYT) who teaches in this area. She is certified through InnerSpace with Karen Pierce at Yoga Space in Bethel.
- Gwen Roman has taught Tai Chi here for over 16 years. She has trained with Myles MacVane, Alex Dong, Master Bing, and Wang Feng-Ming.
- Rod Barfield, a former NYC teacher, started doing Tai Chi exercises in 1994, has studied under Gwen Roman since Fall 2013 and has taught 5+ years.
- Patricia Anikewich has many group exercise certifications and has taught at many Westchester and Connecticut fitness centers for over 20 years.
- Denise D'Arbonne Nethercott combined her passions for ballroom dance and physical fitness and became certified in LaBlast® Fitness in 2019.
- Ellen Russow and Steve Parker have been line dancing for over 27 years and teaching for over 15.
- Natalie Mazzola, former amateur 10 dance champion and long term teacher at Vitti's School of Dance in Danbury, has a fun, no stress class.

YOGA ~ DAY & EVENING

Bring mat, towel or blanket, and water bottle.

Yoga Stretching with Julie Shaw

Breathe fully, release tension, build strength and balance, improve your body's functions, and enjoy the feeling of calm energy in this Viniyoga class. Viniyoga is an authentic lineage of yoga based on the teachings of T. Krishnamācārya. Its primary hallmark is adaptation - selecting postures and breath exercises to meet specific needs. Everyone can benefit from this extraordinary yoga tradition - once you try it, you'll understand! The class is suitable for all, from beginner to yoga veteran. Makeup, if needed is 6/26.

7 Sessions \$ 89 (Ridgefield Sr./Disab. \$ 76)
Wed., 4/10; 5/1, 8, 15, 22, 29; 6/12 5:45 to 6:45 p.m. VPSch
7 Sessions \$ 89 (Ridgefield Sr./Disab. \$ 76)
Mon., 5/6, 13, 20; 6/3, 10, 17, 24 9:30 to 10:30 a.m. Annex

Summer dates to be determined.

Gentle Flow Yoga with Erin Lutz

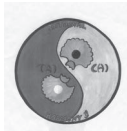
For beginner/intermediate students looking to deepen their yoga practice. Explore the fundamentals of a flowing yoga practice (vinyasa) and traditional poses and end with a deep relaxation (Savasana). Benefits include increased strength, mobility, flexibility along with improved circulation and stress reduction. Modifications are provided to allow all students to find their own combination of challenge and balance. Makeup, if needed, is added to the end.

8 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Mon., 4/8, 22, 29; 5/6, 13, 20; 6/3, 10 6:30 to 7:30 p.m. ERMS

TEACHERS WANTED - call (203) 431-2812 or email: ridgefieldcontinuingeducation@gmail.com

Contact Information:

Phone: (203) 431-2812

ridgefieldcontinuingeducation@gmail.com**TAI CHI**

Tai Chi, the gentle form of exercise often called meditation in motion, has been practiced in China for hundreds of years and is a discipline used for health, relaxation, and meditation. This ancient art helps relieve stress, increase strength and flexibility, improve balance, coordination and circulation and overall physical and mental health. Its slow and graceful movements make it accessible to anyone, regardless of age or fitness level. While Tai Chi is considered a healing exercise, it is also an effective martial art.

Beginning Tai Chi (Yang Long Form)

Participants learn the first 21 moves. Instructor: Gwen Roman (Wed., 6 p.m.) and Rod Barfield (Fri., 11 a.m.).

8 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Wed., 4/24; 5/1, 8, 15, 22, 29; 6/5, 12 6 to 6:50 p.m. ERMS

8 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Fri., 3/1, 8; 4/5, 12, 26; 5/3, 10, 17 11 a.m. to 12 noon Annex
Fri., 5/10, 17, 31; 6/7, 14, 21; 7/12, 19 11 a.m. to 12 noon Annex

Tai Chi Intermediate (Continuing)

For students who have mastered the first level class above. Instructor: Gwen Roman (Wed., 5 p.m.) and Rod Barfield (Fri., 10 a.m.).

8 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Wed., 4/24; 5/1, 8, 15, 22, 29; 6/5, 12 5 to 5:50 p.m. ERMS
Fri., 3/1, 8; 4/5, 12, 26; 5/3, 10, 17 10 to 11 a.m. Annex
Fri., Call or email for summer dates 10 to 11 a.m. Annex

**Tai Chi Exercises (Beginner):
the Natural Way to Promote Health**

Learn 35 basic Tai Chi exercises that promote health, stress relief, concentration, balance, coordination and internal organ massage. Based on *Step by Step Tai Chi: the Natural Way to Strength and Healing* by Master Lam Kam Chuen. Bring two 2-3 pound weights. Rod Barfield.

7 Sessions \$ 89 (Ridgefield Sr./Disab. \$ 76)
Tue., 4/2, 9, 23, 30; 5/7, 14, 21 10 to 11 a.m. Zoom
Tue., 5/28; 6/4, 11, 18, 25; 7/9, 16 10 to 11 a.m. Zoom
Tue., 7/23, 30; 8/6, 13, 20, 27; 9/10 10 to 11 a.m. Zoom

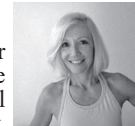
8 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Wed., 4/3, 10, 24; 5/1, 8, 15, 22, 29 6:45 to 7:45 p.m. ERMS
Wed., 6/12, 26; 7/10, 17, 24, 31; 8/7, 14 6:45 to 7:45 p.m. ERMS

7 Sessions \$ 89 (Ridgefield Sr./Disab. \$ 76)
Thur., 4/4, 11, 25; 5/2, 9, 16, 30 10 to 11 a.m. Annex + Z
Thur., 6/6, 13, 20; 7/11, 18, 25; 8/1 10 to 11 a.m. Annex + Z

6 Sessions \$ 77 (Ridgefield Sr./Disab. \$ 65)
Thur., 8/15, 22, 29; 9/12, 19, 26 10 to 11 a.m. Annex + Z

COMPLETE WORKOUTS**Total Body Reset**

Learn to exercise smarter, not harder with this all in one workout to tone and tighten your body. Weights will be used to help increase bone density, tighten flab, and increase metabolism. Always a warm up and a cool down. All levels are welcome; modifications are available. Zoom available. Instructor: Pat Anikewich. Bring light weights, mat, towel, water. Makeup date is added to the end.
7 Sessions \$ 89 (Ridgefield Sr./Disab. \$ 76)
Tue., 4/9, 23, 30; 5/7, 14, 21, 28 5:45 to 6:35 p.m. VP Sch.
Summer dates to be determined.

**Barre Fusion with Pat Anikewich**

Spring into spring / summer with this low impact strength workout that enhances your muscle tone, posture, flexibility and confidence in a class that blends ballet, dance, functional strength and mind-body inspired movement. Light weights or no weights are required. Chairs will be provided to act as a barre. All fitness levels welcome. Zoom available.

7 Sessions \$ 89 (Ridgefield Sr./Disab. \$ 76)
Tue., 4/2, 9, 23, 30; 5/7, 14, 21 6:45 to 7:35 p.m. VP Sch.

Full Body Strength and Cardio Workout

A classic workout for all levels to get or keep you in shape. Strength and conditioning exercises help you shed excess fat as you build strength, endurance, and balance. Cardio exercises will promote lean muscle and maintain caloric burn during and after workout. Modifications provided. Zoom available. Instructor: Patricia Anikewich. Bring a light weights, mat, towel, water. Makeup added to the end.

8 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Thur., 2/8, 15, 29; 3/7, 14, 21; 4/4, 11 6 to 7 p.m. VP Sch.
Thur., 4/25; 5/2, 9, 16, 23, 30; 6/6, 13 6 to 7 p.m. VP Sch.

LaBlast Fitness® Dance Workout

Created by Louis Van Amstel of Dancing with the Stars, LaBlast® is a partner-free, simple, low impact, safe ballroom dance workout for everybody. It's fun and energizing. Beginners are encouraged to attend. Wear sneakers and bring light hand weights (if you have them) and a water bottle. Taught by Denise D'Arbonne Nethercott. More at ridgefieldschools.org/cardio.html Makeup date is added to the end.

7 Sessions \$ 83 (Ridgefield Sr./Disab. \$ 71)
Mon., 4/1, 8, 22, 29; 5/6, 13, 20 5:45 to 6:30 p.m. ERMS

LINE DANCE**Line Dance for Beginners**

The ideal workout. Burn fat and calories while you're having fun! Do you know your right from your left, can you count to 8? Then you can line dance! We'll start with the basics and build from there. If you've been to this course before, come on back; we have new dances lined up. Please bring a water bottle and wear leather or suede soled shoes. Instructors: Steve Parker and Ellen Russow.



6 Sessions \$ 77 (Ridgefield Sr./Disab. \$ 65)
Wed., 4/24; 5/1, 8, 22, 29; 6/5 (not 5/15) 7 to 8 p.m. ERMS

BALLROOM & EVENT DANCE**Event Dance Bootcamp: Beginner/Brush Up**

Natalie Mazzola teaches a FUN, no stress social dance class to a variety of music to learn how to move on the dance floor for parties, weddings, cruises, dance events. . . Includes basic Rumba, Cha-Cha, East Coast Swing and some club style dances. For beginners and for those who have been away from dance for awhile.

5 Sessions \$ 128 per couple
Wed., 5/1, 8, 15, 22, 29
7:15 to 8 p.m. Veterans Park School

**Ballroom Dance:
Advanced Beginner**

Natalie Mazzola teaches a continuation of Ballroom, Rumba, Cha-Cha, East Coast Swing and club style dances to couples that know ballroom basics.

5 Sessions \$ 128 per couple
Wed., 5/1, 8, 15, 22, 29
8:05 to 8:50 p.m. Veterans Park School



THE INSTRUCTORS:

See ridgefieldschools.org for more bio information and summer dates!

- Lynn-Marie Wieland is a lithic (stone tools) archaeologist specializing in southern New England prehistory with an emphasis on the Indians of the Ridgefield area. She minored in Meso American Archaeology and has traveled extensively in Mexico, Guatemala, and Honduras.
- Nancy Maxwell, a Cornell graduate and history teacher for over 30 years, shares many anecdotes that give humanity and life to the historical figures.
- Tom Elliott, a long term guitar teacher to participants of all ages; more bio at www.ridgefieldschools.org/music.html
- Michael Canavan is the author of 2 novels, a collection of short stories, and nearly a dozen nonfiction books. He has taught writing many times.

ARCHAEOLOGY - MESO AMERICA

The Rise of Civilization in Meso America ~ the Teotihuacan, Mayans, Toltecs, Aztecs

This course follows the people of Teotihuacan, the Mayans, the Toltec, and the Aztecs from their beginnings to the formation of their cities, states and empires. They spoke different languages, but produced the same wonderful art, played the same ballgame, established extensive trade routes, built monumental cultural centers, practiced human sacrifice, and had similar pantheons of gods. The builders of these civilizations were an artistic, passionate, fierce people, who will fire your imagination. Instructor: Lynn-Marie Wieland.



3 Sessions \$ 77 (Ridgefield Sr./Disab. \$ 65)
Wed., 5/1, 8, 15 10:30 a.m. to 12:30 p.m. Annex + Zoom (hybrid)

VOICE-OVERS - SUCH A VOICE

Voice-Overs . . . NOW is YOUR Time!

In what could be the most enlightening 2 hours you have ever spent, this class will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time, this could be the game changer you have been looking for. Taught by a Voice Coach from Such a Voice.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 26)
Mon., 5/13 6:30 to 8:30 p.m. Zoom

♪ GUITAR - ACOUSTIC ♪

Introduction to Acoustic Guitar

This beginners class will assist you in acquiring the technique you'll need to deal with the melodic, harmonic and rhythmic possibilities of this most widely played instrument.

How to get those favorite tunes from your ears to your fingers is the question we'll try to answer for you. Participants need a playable acoustic guitar and you'll receive guidance as to how to make your instrument easier to play. Other materials needed are on the web site ridgefieldschools.org/music.html Also, a materials fee of \$15-17 is payable to the instructor at the first class. Instructor: Tom Elliott.

8 Sessions \$171 (Ridgefield Sr./Disab. \$152) +\$mtls.
Wed., 4/24; 5/1, 8, 15, 22, 29; 6/5, 12 7 to 8:30 p.m. ERMS



HISTORY

World War II and the Cold War

Only twenty years after the horrors and devastation of World War I, and the lessons learned from it, the world went to war again. Did the terms of the Treaty of Versailles provoke this? What was the appeasement policy of the 1930's? An examination of these events as well as the stages, operations, and theaters of the war will help us understand how the very alliance that secured victory over the Axis powers evolved into the deadly arms race and threats of the ensuing Cold War. Instructor: Nancy Maxwell.

3 Sessions \$ 77 (Ridgefield Sr./Disab. \$ 65)
Tue., 5/7, 14, 21 1:30 to 3:30 p.m. Zoom

KNITTING

Studio Knitting for Beginners & Continuing

This open knitting format is for both beginners and those who want to continue furthering their knitting skills. New participants will learn the basic stitches and develop skills in maintaining an even tension in the piece. Instructor Elizabeth Doty will provide practice needles and practice yarn until the participant determines a project. After the selection of a project, the participant will purchase the necessary supplies. Projects have included knitting a scarf, sweater, blanket, and handbag. Class size limited. Call if you want to join a class early.

7 Sessions \$ 178 (Ridgefield Sr./Disab. \$ 151)
Mon., 4/1, 8, 29; 5/6, 13, 20; 6/3 3 to 5 p.m. Annex
Mon., 6/10, 17, 24; 7/8, 15, 22, 29 3 to 5 p.m. Annex
Mon., 8/5, 12, 19, 26; 9/9, 16, 23 3 to 5 p.m. Annex

7 Sessions \$ 178 (Ridgefield Sr./Disab. \$ 151)
Tue., 3/26; 4/2, 9, 23, 30; 5/7, 14 6 to 8 p.m. VP Sch
Tue., 5/21, 28; 6/4, 11, 18, 25; 7/9 6 to 8 p.m. VP Sch/Annex

Contact Information:

Phone: (203) 431-2812

ridgefieldcontinuingeducation@gmail.com

www.ridgefieldschools.org

Advanced Registration Required

INTERESTED IN TEACHING?

If you can communicate the complexities of your area of expertise to others in a fun and easy to understand manner, email ridgefieldcontinuingeducation@gmail.com or phone (203) 431-2812 for information.

WRITING

Writing a Novel or Short Story

Participants will learn how to successfully create, develop, or complete their novel or short story by focusing on the basics, such as development of major and minor character backgrounds, scene creation, and a fully developed plot of all the main conflicts and actions of your story, building scenes that move your story ahead through first, second, and final drafts. Instructor: Michael Canavan.



6 Sessions \$ 153 (Ridgefield Sr./Disab. \$ 130)
Mon., 4/29; 5/6, 13, 20; 6/3, 10 6:30 to 8:30 p.m. ERMS

Online Courses Via



Visit www.ridgefieldschools.org and click online courses or visit ed2go.com/ridgefield

Class is 6 weeks long, 2 lessons a week. New sessions start monthly. Instructor-lead and 3 month self-directed options. Most cost \$99 to \$115.

Software:

Python
QuickBooks
Web Design
Graphics
Adobe Suite -Photoshop, InDesign, Dreamweaver, Illustrator . . .
Certification Prep
Python
C++
Visual Basic
Database and Project Management
PC Networking and Security
Web and Computer Programming
Microsoft Office (Word, Excel, Access, PowerPoint and more)

Certification Test Prep:

from Comp TIA A+ to Security, Project Management . .

Test Prep:

SAT/ACT, GMAT, GRE, LSAT, GED

Courses Such As:

ESL, Languages
Business, Accounting
Start Your Own Business
Publishing, Writing
Grant Writing, Nonprofit
Health Care and more

THE INSTRUCTORS:See ridgefieldschools.org/language.html for more dates and information!

- Elhem Lansberg was born in and grew up in the French Alps. She holds degrees in French Literature and Law and has taught every level with Alliance Française.
- Jean Viannes is a native French speaker. He retired from IBM in France and the U.S. and is now sharing his knowledge by teaching and tutoring French.
- Nancy Maxwell was a teacher and school counselor in Switzerland for over 20 years and traveled extensively in Europe, particularly France.
- Sylvana Serravezza is a native of Venice and teacher of Italian for many years at local universities and in Ridgefield Continuing Education.
- Karen Wolfinger is a native of Germany and has worked in the U.S. for over 20 years. She teaches at the German School of CT, and also military personnel.
- Sabine Dolo is a native of Germany and has taught German in the U.S. for over 10 years. She also teaches at the German School of CT.
- Oscar Vargas, Colombia native, has lived here since 1969, worked in international business, traveled extensively, and taught Spanish for over 28 years.
- Robert Roehr lived in Spain for 5 years and has extensive experience teaching Spanish and ESL to adults and returned to Ridgefield CE last year.
- Michael Canavan is the author of 2 novels, a collection of short stories, and nearly a dozen nonfiction books. He has taught writing many times.

FRENCHText and more info at <https://ridgefieldschools.org/french.html>**French: Beginner 1, Part 1 - Day on Zoom**

For people with no French experience. We start from scratch to build a foundation and become familiar with practical, everyday usage. We also explore French culture and history to tantalize those considering a visit to France. Instructor: Nancy Maxwell.

6 Sessions (9 hours) \$ 128 (Ridgefield Sr./Disab. \$ 114)
Please call or email to be added to notification list.

French: Beginner, Part 1b - Evening

For people continuing from this past winter or those with a little knowledge of French who would like to build a solid learning foundation of the language for travel, business, culture. The students will discover how English and French are similar in their structure and vocabulary. Text is *Learn French the Fast and Fun Way*. Focus will be on listening, written comprehension and short conversation related to everyday life situations with native speaker, Jean Vianes.

6 Sessions (10.5 hours) \$ 150 (Ridgefield Sr./Disab. \$ 133)
Mon., 4/8, 22, 29; 5/6, 13, 20 6 to 7:45 p.m. ERMS

French for Basic Users - Evening

A continuation of French for Basic Users from this past winter. This class is for students who have rudimentary knowledge of the language and want to consolidate and build on their foundation in an easy, relaxed environment. Through level appropriate reading and listening resources we built vocabulary, practice grammatical constructs, and develop French speaking skills, all while learning about the regions, history, and character of France. Instructor: Nancy Maxwell.

6 Sessions (9 hours) \$ 128 (Ridgefield Sr./Disab. \$ 114)
Mon., 3/25; 4/1, 8, 29; 5/6, 13 5:30 to 7 p.m. Zoom

French: Intermediate - Evening

This class is for people with the equivalent of 3 years of high school French or people who had an exposure to French but need refreshing. We will explore some aspects of French culture and work on pronunciation, speaking, and comprehension. The course will also emphasize basic communication and focus on grammar to develop skills for reading and writing. Text and other materials will be downloadable. Instructor: Elhem Lansburg.

6 Sessions (6 hours) \$ 86 (Ridgefield Sr./Disab. \$ 77)
Mon., 4/22, 29; 5/6, 13, 20; 6/3 5:45 to 6:45 p.m. ERMS

French: Advanced - Evening

This class is an advanced course. We will work on the expression and develop the comprehension aspect of the language. The class will feature a discussion/communication workshop using different tools and a reading/writing workshop using a variety of genres of books and articles. Text and other materials will be downloadable. Instructor: Elhem Lansburg. This class is at capacity. Please call or email to be added to notification list.

8 Sessions (8 hours) \$ 114 (Ridgefield Sr./Disab. \$ 101)
Wed., 4/24; 5/1, 8, 15, 22, 29; 6/5, 12 5:15 to 6:15 p.m. ERMS

ITALIANMore info at <https://ridgefieldschools.org/italian.html>**Italian: Beginner 1, Part 1**

Sylvana Serravezza's course, for people new to Italian, focuses on practical conversation and basic language structure. A must for people traveling to Italy. Text is *Italian Made Simple* by C. Mazzoni.

7 Sessions (10.5 hours) \$ 150 (Ridgefield Sr./Disab. \$ 133)
We are putting together a new class. Please call or email to be added to notification list.

Italian: Beginner 1, Part 2

A continuation of part 1 from this past winter. Newcomers with some background are welcome. Text above. Instructor: Sylvana Serravezza.

7 Sessions (10.5 hours) \$ 150 (Ridgefield Sr./Disab. \$ 133)
Mon., 4/1, 8, 22, 29; 5/6, 13, 20 7 to 8:30 p.m. ERMS

Italian: Intermediate

Prerequisite Beginner, Parts 1 and 2. Newcomers with some background in the language's basic structure may join. Continue developing skills in listening, comprehension, speaking, reading and writing. Your text will be determined based on your background. More at ridgefieldschools.org/italian.html This class will be combined with the Intermediate / Advanced class below. Instructor: Sylvana Serravezza.

Italian: Intermediate / Advanced Continued

Newcomers with background in the language's basic structure and comfortable with immersion may join. Expand vocabulary and grammar. Discuss culture, food, travel . . . Reading of a short story and independent weekly assignments to be presented and discussed by the class. Text is *Advanced Italian Step-by-Step* by Paola Nanni-Tate. Instructor: S. Serravezza.

7 Sessions (10.5 hours) \$ 150 (Ridgefield Sr./Disab. \$ 133)
Wed., 4/24; 5/1, 8, 15, 22, 29; 6/5 early evening time tbd ERMS

GERMANMore info and dates at <https://ridgefieldschools.org/german.html>**German: Beginner 1, Part 1**

German and English are closely related and the English language shares 25% of its vocabulary with German. The class will focus on speaking skills, pronunciation and basic grammar. Participants will learn and practice the language needed for greetings, introductions, travel, business, and family. Text at <https://ridgefieldschools.org/german.html> Instructor: Sabine Dolo.

6 Sessions (6 hours) \$ 86 (Ridgefield Sr./Disab. \$ 77)
Mon., 4/29; 5/6, 13, 20; 6/3, 10 7 to 8 p.m. Zoom

German: Beginner 2, Part 2

A continuation of Beginner 2, Part 1 from Fall 2023. Newcomers with equivalent experience are welcome. Text at <https://ridgefieldschools.org/german.html> Instructor: Karen Wolfinger.

6 Sessions (9 hours) \$ 128 (Ridgefield Sr./Disab. \$ 114)
Tue., next session to start 6/25 call to be on notification list
6:10 to 7:40 p.m. Zoom

SPANISHText info and dates at <https://ridgefieldschools.org/spanish.html>
Please check website for possible new classes.**Spanish: Beginner, Part 1**

For students new to Spanish. Covers pronunciation, basic vocabulary, grammar, sentence structure and conversation using the present and past tenses. Text is *Easy Spanish Step-by-Step* (McGraw-Hill, 1st or 2nd Edition by Bregstein). Instructor: Robert Roehr.

8 Sessions (12 hours) \$ 171 (Ridgefield Sr./Disab. \$ 152)
We are putting together a new class. Please call or email to be added to notification list.

Spanish: Beginner, Part 3

Continues Part 2 from the winter session. Newcomers with equivalent experience are welcome. Text above. Handouts provided. Class discussions and conversations will be emphasized. Instructor Robert Roehr.

7 Sessions (10.5 hours) \$ 150 (Ridgefield Sr./Disab. \$ 133)
Thur., 4/25; 5/2, 9, 16, 23, 30; 6/6 5:30 to 7 p.m. VP School

Spanish: Advanced Conversation

For people who can maintain a conversation in Spanish. Class will be conducted in Spanish and will include review of grammar concepts (as needed), vocabulary, reading and class discussion of current events, articles, and discussion of an assigned movie. Instructor: Oscar Vargas.

6 Sessions (12 hours) \$ 171 (Ridgefield Sr./Disab. \$ 152)
Thur., call or email for start date 7 to 9 p.m. Zoom

Online Courses Via ed2go

Visit www.ridgefieldschools.org and click online courses or visit ed2go.com/ridgefield

For language classes, **CLICK on Languages**

French

Italian

Japanese

Spanish

ESL

Sign Language

Contact Information:

Phone: (203) 431-2812
ridgefieldcontinuingeducation@gmail.com
<https://ridgefieldschools.org>

THE INSTRUCTORS:

See ridgefieldschools.org/computer.html for more dates and information!

- Lance Whitney, systems administrator, trainer, technology journalist and author of "Teach Yourself Visually LinkedIn" has also written books on Windows.
- Peggy Bruno has developed computer courses and trained adults in business office software, such as Excel, Access, and PowerPoint for many years.
- Glenna McNally has over 30 years experience in Executive Recruiting and Human Resources Consulting and is owner of GM Career.

TECHNOLOGY CLASSES AND TUTORIALS ~ BOTH IN PERSON AND INTERACTIVE , ONLINE ON ZOOM

Classes are limited to 3-6 participants or schedule a tutorial. Please eMail ridgefieldcontinuingeducation@gmail.com or Phone (203) 431-2812. Small group classes and tutorials can be scheduled in all classes below, PLUS File Management, Word, PowerPoint, Access, iPad and more.

OFFICE SOFTWARE

Excel 2021 / 365 for Windows - Fast Paced Intro

Create and format worksheets and charts. Enter basic formulas; cut, copy, paste, move, drag and fill, delete. Numberformatting, fonts, borders, shading... P. Bruno.
4 hours \$ 80 (Ridgefield Sr./Disab. \$ 71) (+ \$ 5-6 mtl.)
Tue/Thur., 7/16 & 18 10 a.m. to 12 noon Annex + Z

Excel 2021 / 365 for Windows - Intermediate

Prerequisite: Intro to Excel or equivalent. More formulas, math and functions; linking sheets and workbooks; relative, absolute, and mixed cell references; more charts; cell protection... P. Bruno.
4 hours \$ 80 (Ridgefield Sr./Disab. \$ 71) (+ \$ 5-6 mtl.)
Tue/Thur., 7/23 & 25 10 a.m. to 12 noon Annex + Z

Excel 2021 / 365 for Windows - Advanced

Prerequisite: Intro to Excel or equivalent. Includes pivot tables and charts; V Lookup; advanced sorts, filters, subtotals; IF statements, CountIf, SumIf, scenarios and more... P. Bruno.
4 hours \$ 80 (Ridgefield Sr./Disab. \$ 71) (+ \$ 5-6 mtl.)
Wed., 5/8 & 15 12:30 to 2:30 p.m. Annex + Z
Tue/Thur., 7/30 & 8/1 10 a.m. to 12 noon Annex + Z

PowerPoint 2021 / 365 - Fast Paced Intro

Prerequisite: Basic word skills. Learn to modify an existing presentation and create a presentation from scratch. Change text, color schemes, background, fonts, layout, and slide order. Insert and modify images, pictures, charts, and tables in slides. Add animation, transition movement, and sound. Set up slide show timing. Instructor: P. Bruno.
4 hours \$ 80 (Ridgefield Sr./Disab. \$ 71) (+ \$ 5-6 mtl.)
Wed., 7/17 & 24 10:30 a.m. to 12:30 p.m. Annex + Z

Windows Basics

Prerequisite: Basic computer skills. Bring your laptop or tablet (let us know if you need to use one of ours) and Lance Whitney will show you how to: customize your Start menu and desktop; use the Windows Edge browser; personalize Windows through its array of settings; speak to Windows using the Cortana voice assistant, and shop for apps at the Windows Store.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Wed., 7/24 1 to 3 p.m. Annex + Z

TECHNOLOGY TUTORIALS

To schedule Phone (203) 431-2812 or email ridgefieldcontinuingeducation@gmail.com

Any class above can be scheduled for a one on one tutorial or small group. 2 hour minimum.

AI, IPHONE, EBAY, SECURITY, GOOGLE

Artificial Intelligence - AI for Everyone

Tech journalist Lance Whitney will show you the major AI sites — ChatGPT, Bing AI, and Google Bard — and describe how to use them. He'll also provide an overview of AI, explain what it means, and show you how AI can benefit you at work and at home.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Wed., 7/10 1 to 3 p.m. Annex + Z

Get the Most Out of Your iPhone

Bring your iPhone (model X and higher), Apple ID, password and charger to class and Lance Whitney will show you how to use e-mail, calendar, maps, and other basic programs. Learn how to take photos and videos, listen to music and podcasts, and organize your apps. We'll also visit Apple's App Store where you can download many free and paid apps.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Thur., 7/11 1 to 3 p.m. Annex + Z

How to Sell Items on eBay

Prerequisite: Basic computer and Internet skills. eBay seller L. Whitney will show you how to sell used or collectible items successfully on eBay. You'll learn how to: set up accounts with eBay and PayPal; price and prepare the right items for sale; list your items to increase saleability; work with buyers; ship your items, and deal with any issues that arise.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Fri., 7/19 10 a.m. to 12 noon Annex + Z

Protect Yourself Online ~ CyberSecurity

You can take specific precautions to protect your personal and financial information from exposure as you shop, bank, search, and share online. Learn how to better safeguard your identity, your personal information, and your computer and mobile devices when going online. Instructor: Lance Whitney.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Wed., 7/31 1 to 3 p.m. Annex + Z

Google Docs

Prerequisite: Basic Internet and Windows skills. L. Whitney shows you how to use Google docs' free, "cloud"-based platform to edit, create and share word processing documents, spreadsheets, and presentations compatible with Microsoft Office. Have your Google account and password ready for class.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Thur., 7/25 1 to 3 p.m. Annex + Z

PHOTOGRAPHY

iPhone Photography

Want to learn how to take great photos and videos with your iPhone? Lance Whitney will show you how to use all the iPhone's camera features and modes, how to compose and capture the right shots, and how to use certain effects to enhance your photos. We'll also look at the Photos tool on the iPhone to teach you how to edit and organize your photos. Please have your iPhone at class so you can try out the different tools and tricks that we cover.
2 hours \$ 40 (Ridgefield Sr./Disab. \$ 36)
Thur., 5/9 1 to 3 p.m. Hybrid = Annex + Z
Thur., 7/18 1 to 3 p.m. Hybrid = Annex + Z

Basic Digital Camera Operation

Need help understanding how to use your DSLR camera? Is the instruction manual that came with it almost impossible to understand? Bring your DSLR or mirrorless camera and manual to this class. See page 5 for more details. Instructor John Zappala has a degree in fine arts and many years of experience as a photographer and photography instructor.
4 Sessions \$ 102 (Ridgefield Sr./Disab. \$ 87)
Mon., 5/6, 13, 20; 6.3 6:30 to 8:30 p.m. ERMS

CAREERS, JOB SEARCH

1 Hour Session \$ 60 per 1 on 1 session Fri., 1 to 2 p.m.
See ridgefieldschools.org/business.html for dates, time options

Resume Assistance ~ 1 on 1

Glenna McNally helps you analyze your background and job history to improve / target your resume.

Job Search and Interview Techniques ~ 1 on 1

Glenna McNally covers topics such as: Identifying your target job market; contact and follow up; cover letters; networking; interviewing skills (including one on one practice).

Introduction to LinkedIn ~ 1 on 1

Lance Whitney shows you how to create or finish your LinkedIn profile to promote achievements, build your network, post updates, ask for recommendations, follow others, and join groups.

Online Courses Via



Visit www.ridgefieldschools.org and click online courses or visit ed2go.com/ridgefield
More info on page 5.

Nondiscrimination Statement: The Ridgefield Public Schools does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including, but not limited to, intellectual disability, past or present history of mental disorder, physical disability or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal nondiscrimination laws. The Ridgefield Public Schools does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. The Ridgefield Public Schools is committed to a policy of equal opportunity/affirmative action for all qualified persons and equal access to Boy Scouts of America and other designated youth groups. Inquiries regarding the Ridgefield Public Schools' nondiscrimination policies and practices should be directed to: Karen M. Dewing, Title IX Coordinator, 90 East Ridge Road, Ridgefield, CT 06877, 203-894-5550.

ESL, CDP & GED REGISTRATION

Residents of Ridgefield, Danbury, Bethel, Brookfield, New Fairfield, or Newtown may take ESL, Citizenship, CDP, and GED classes free through this program. Class registration is in Danbury in August and January. Call WERACE Community Resource Center in Danbury from 8 a.m. to 4 p.m. at (203) 501-4216 for ESL and (203) 797-4731 for GED and CDP information.

INTERESTED IN TEACHING?

If you can communicate the complexities of your area of expertise to others in a fun and easy to understand manner, email ridgefieldcontinuingeducation@gmail.com or phone (203) 431-2812 for information.

SAT Prep with the PRINCETON REVIEW

Ridgefield Continuing Education has partnered with The Princeton Review to provide a selection of SAT, ACT, and AP Test Prep courses and tutoring. Student success is at the heart of everything we do at The Princeton Review. For more than 40 years, students and their families have trusted The Princeton Review to help them get into their dream schools.

Our mission is to provide innovative, best-in-class tutoring, test prep, and admission products and services to help students knock down barriers and achieve their academic goals. We are solely on the side of the students and are not affiliated with any test developers.

Promotional Codes:

Use promo code **RIDGEFIELD25** to receive 25% off when purchasing SAT, ACT, or AP courses on The Princeton Review's website.

Use promo code **RIDGEFIELD10** to receive 10% off when purchasing private tutoring packages.

PRINCETON REVIEW RIDGEFIELD SUMMER CLASS

at the Ridgefield Town Hall Annex

66 Prospect Street (left of Yanity Gym)
Ridgefield, CT 06877

Course Dates:

Suggested Test Day 1: Saturday, July 13, 2024**

Class 1: Tuesday, July 16, 2024 (10:00 a.m. – 1:00 p.m.)

Class 2: Thursday, July 18, 2024 (10:00 a.m. – 1:00 p.m.)

Suggested Test Day 2: Saturday, July 20, 2024**

Class 3: Tuesday, July 23, 2024 (10:00 a.m. – 1:00 p.m.)

Class 4: Thursday, July 25, 2024 (10:00 a.m. – 1:00 p.m.)

Suggested Test Day 3: Saturday, July 27th, 2024**

Class 5: Tuesday, July 30, 2024 (10:00 a.m. – 1:00 p.m.)

Class 6: Thursday, August 1, 2024 (10:00 a.m. – 1:00 p.m.)

** Practice Test at Home - Saturdays, July 13, 20, and 27 are suggested dates, but you may opt for a different date. Saturday or Sunday is best so that your instructor has the information for the class the following week.

Families can register with this direct link to the schedule:

<https://www.princetonreview.com/product/offerings/538134>

Princeton Review SAT Prep Course

Tuesday and Thursday
10 a.m. to 1 p.m.

Ridgefield Continuing Ed
at the
Town Hall Annex
66 Prospect St.
Ridgefield

July 16, 18, 23, 25, 30; August 1

Plus 3 Practice Tests at Home

Save with Promo Code:

RIDGEFIELD25

website: PrincetonReview.com

Phone: 800-2Review

Lentz & Lentz SAT Prep



SAT/PSAT Prep Classes

Online Options!

Online options are available
year round.

Prices and Lentz & Lentz Guarantee are on the web at:
www.lentzsatprep.com

Email: info@lentzsatprep.com

Office: 14 Manor Court
New City, NY 10956

Phone: (845) 638-2826

Online SAT and/or ACT Test prep Courses with ed2go

Visit Ridgefield's page at ed2go's Online Instruction Center: www.ed2go.com/ridgefield

Then type SAT or ACT Test Prep in the search box. This takes you to a page with SAT Test Prep options. There is an option for a full series for \$199 or Part 1 (mainly English, verbal and reading skills) and Part 2 (mainly quantitative skills) for \$99 each.

From: Ridgefield Public Schools
Ridgefield Continuing Education
90 East Ridge Road
Ridgefield, CT 06877

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06810

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Continuing Education Registration Application - Spring / Summer 2024

Name: _____ Date: _____
Address: _____ Town: _____ State: _____ Zip: _____
Contact Information Required in case we need to reach you: Phone (Home #): _____ (Work #): _____
(eMail): _____ eMail and/or phone numbers are necessary in case we need to contact you.

*Make Check (preferred payment method) payable to Ridgefield Continuing Education. Rate for Senior Citizens (age 62+) and people with disabilities apply only to Ridgefield residents. Please see page 2 for important registration information for terms and conditions.

Course	Start Date	Time	Location**	Price
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____
_____	_____	_____	_____	_____

Donations to Ridgefield Continuing Education in any amount are gratefully appreciated. Receipt provided.

_____ Ridgefield Sr. (age 62 & older) _____ Ridgefield Disabled Subtotal: _____

A convenience/service fee for our Visa or MasterCard payment alternative will be added to your charge as below:
Convenience/service Fee: \$2.95 (subtotal through \$97), 2.99% (subtotal of \$98 or higher), per person per order.

Total: _____

WAIVER OF TOWN LIABILITY: I recognize because of the nature of this activity, whether on Town of Ridgefield property or online via platforms such as Zoom on property of my own choice that an injury or illness might occur and/or the probability of contracting an illness might increase. In the event of an injury to myself or my family member, I give permission to the attending physician to render such treatment and agree to pay for the treatment. Ridgefield Continuing Education follows the Ridgefield Public Schools guidelines for COVID and other illnesses, which may change as public health conditions change, which may include wearing a mask. Even so, we cannot guarantee that you will be 100% safe from airborne illnesses including COVID-19. I release Ridgefield Adult and Continuing Education, Ridgefield Public Schools, the Town of Ridgefield, its employees and instructors. I understand that this release applies to any present or future injuries or illness (including, but not limited to, COVID-19). Participation is at my own risk. I have read this and sign it voluntarily.

Signed: _____ Date: _____

REGISTER BY MAIL OR PHONE:

_____ Check (Preferred) _____ VISA _____ MasterCard

Credit Card# _____ Expiration Date: _____ 3 Digit Code: _____

Name As It Appears On Card: _____

Signature: _____

Mail Registration To:
Ridgefield Public Schools - Continuing Education
Attn: Peggy Bruno
90 East Ridge Road
Ridgefield, CT 06877

Phone: (203) 431-2812
Web Site: <https://www.ridgefieldschools.org>
Email: ridgefieldcontinuingeducation@gmail.com

Teachers Wanted: Teach a class. Phone (203) 431-2812 or eMail resume to: ridgefieldcontinuingeducation@gmail.com

SAT / PSAT Prep In Person Classes: Dates & details at <https://ridgefieldschools.org/satprep.html> Princeton Review has courses online and in person. Summer in person available in Ridgefield. (PrincetonReview.com Ridgefield families use code RIDGEFIELD25 for 25% discount). **Lentz & Lentz** has virtual classes.