

Ridgefield Continuing Education



Courses Start ~ Now, February, March, April, and May 2021



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New Course Design - The winter / spring program has been redesigned to provide illuminating, invigorating, and enjoyable courses, taught by experienced instructors, using live, interactive, online platforms (Zoom . . .) in the safety and convenience of your own home or office. Some courses will be Zoom-hybrid meaning that they may meet outside in a central area in Ridgefield during good weather.

Class sizes on Zoom are limited in order to provide Q & A and a personalized experience. These online classes offer instructor continuity for future in person classes.

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

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

Front Cover Photo by Sylvia Pinchbeck Sturges

2 Welcome to Winter / Spring 2021 ~

Ridgefield Continuing Education, a self-sustaining course program of Ridgefield Public Schools, has redesigned this program to offer classes that can be taught interactively online (a few courses will be noted Zoom/outdoors meaning in person outdoors, weather permitting and otherwise on zoom) to provide you with continuity and safety. We offer a large variety of courses each semester that have helped many people enhance employment, career, technology, photography, language, fitness, interior decor, sustainability, or a new hobby. Please set aside time each week to explore something you are interested in and connect with other community members.

- Thank you to the many Continuing Education instructors who have taken extra time to make their classes available to you live, interactive, and online via Zoom.
- Thank you to our many participants who have joined us on Zoom.
- Thank you Sylvia Sturges and Tom Bruno for providing great cover photos.

Please keep in mind:

- Register early to increase your course choices. There are 3 easy ways to register.
- We do accept Visa and MasterCard, but appreciate it when you pay by check and help us keep costs down.
- Please mark dates and time on your calendar. The Zoom link is normally provided the evening before class. Any 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.

Thank you for your participation.

Peggy Bruno

Director of Adult Education

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Registration is Easy - 3 Ways to Register

Contact Information

Phone: (203) 431-2812

If you get the machine, leave a detailed message. We will call you back soon.

eMail

ridgefieldcontinuingeducation@gmail.com
Please email list of classes desired and your phone number and we will confirm.

Mail

Please send registration form and payment (check preferred; Visa or MasterCard accepted) to:

Ridgefield Public Schools - Continuing Ed.
Attn: Peggy Bruno
70 Prospect Street
Ridgefield, CT 06877

Web Site

<https://ridgefieldschools.org>

Office Location

The office is located at the Town Hall Annex, 1st floor. 66 Prospect Street, left of Yanity Gym. Please call (203) 431-2812 before coming.

Course Location - Online: Classes are scheduled to be held with experienced teachers, providing interactive, online instruction via Zoom. Class sizes will be limited to provide an environment as close to in person as possible. Please include an accurate and legible phone number and/or email address so that we can contact you if a course is canceled or full. An email address is necessary to enable us to send you your Zoom link the night before class.

Admission: These classes are open to anyone 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/seniors only.html>

Registration Deadline and Payment: You may register by phone, email, or mail. 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 convenience fee for Visa or MasterCard payment will be added to your charge total as follows: \$3 (subtotal thru \$75), 4% (subtotal of \$76 or higher) 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. If a make-up class is needed due to weather postponement, we try to hold the make-up the week after the last class scheduled; check the web site for exact dates. Please include an accurate and legible phone number and/or email address so that we can contact you if a course is canceled, full, or relocated.

Weather/Power Postponement: Please assume that Zoom classes will occur unless the instructor is unable to hold class or a power outage eliminates our ability to start the online meeting.

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 make-up classes online). 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: These classes are available to you in your home via your iPhone, Android, PC, Laptop, iPad or other internet access device.

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, 70 Prospect Street, 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 info.

INTERESTED IN TEACHING?

If you can communicate the complexities of your area of expertise to others in a fun and easy manner, please phone (203) 431-2812 or eMail a resume and course description to ridgefieldcontinuingeducation@gmail.com

MIND BODY ~ YOGA, TAI CHI, CARDIO, DANCE TONING AND STRETCH, BALLROOM, LINE DANCE 3

THE INSTRUCTORS

more bio and course information on web site <https://ridgfieldschools.org> or phone (203) 431-2812

- Patricia Anikewich, a fitness buff and marathon runner, holds many group exercise certifications and teaches at many NY and CT fitness centers.
- Miriam Zernis is an internationally certified Sivananda Yoga Master with over 20 years of experience teaching yoga asana, meditation and breathwork.
- Emma Tenley has been practicing yoga since 2014. She did her 200 HR certification at Three Sisters in NYC and has taught here several years.
- Gwen Roman has taught Tai Chi in Ridgefield since 2005 and has trained with Myles MacVane, Alex Dong, Master Bing, and Wang Feng-Ming.
- Rod Barfield, a former NYC teacher, has been doing Tai Chi exercises since 1994 and has studied under Gwen Roman for 7 years.
- 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.
- Motoko Kuroda, Zumba® and Zumba Toning® certified instructor, M.A. in Fitness Management, has been teaching fitness/toning courses for years.

YOGA ~ DAY & EVENING

You'll need a mat, towel or blanket, and water bottle.

Gentle Yoga with Miriam Zernis

Get a positive, calm mental attitude and an un-kinked body in this class based on the classical and holistic approach to yoga as a complete healing system. Students will move systematically through warm-ups, sun salutations and a short sequence of powerful poses to tone and strengthen all the body's muscle groups. A deep, healing guided relaxation at the end of practice leaves you feeling relaxed and rejuvenated. This timeless, balanced, meditative style is for all levels. 4/12, 13 are makeups.



Monday Morning Kickstart Yoga

7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Mon., 1/25, 2/1, 8, 22; 3/1, 8, 15 9:30 to 10:30 a.m. Zoom

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Mon., 3/22, 29; 4/5, 19, 26; 5/3, 10, 17 9:30 to 10:30 a.m. Zoom

Tuesday Evening Wind Down Yoga

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Tue., 1/19, 26; 2/2, 9, 16, 23; 3/2, 9 5:45 to 6:45 p.m. Zoom
Tue., 3/16, 23, 30; 4/6, 20, 27; 5/4, 11 5:45 to 6:45 p.m. Zoom

Yoga for Body, Mind & Spirit with Miriam

Get your morning started with guided breath work, sun salutations, a series of easy, gentle poses with variations and a deep guided relaxation that will leave you ready to face your day. Appropriate for all levels with added emphasis on stress relief, positive thinking, and self empowerment. Led by Miriam Zernis. Makeup, if needed, is 4/14.

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Wed., 1/20 - 3/10 8:40 to 9:50 a.m. Zoom
Wed., 3/17 - 5/12 8:40 to 9:50 a.m. Zoom

Yoga Nidra for Winter Peace with Miriam

1 Session \$15 for all Tue., 1/12 from 7 to 8:30 p.m. Zoom
details at <https://ridgfieldschools.org/yoga.html>

Vinyasa Flow Yoga with Emma Tenley

Focusing on Pranayama (breath) and postures (asanas) to create space in the body, this class for all levels combines Vinyasa yoga (gentle flow) and Yin yoga (slow and meditative) and is designed to help students connect their movements to their breath. Yogis will deepen their practice with sun salutations, backbends, hip and shoulder openers and more. Asanas (poses) will be repeated with variations each week and class ends with breathing exercises, meditation and deep relaxation.



7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Mon., 2/8, 22; 3/1, 8, 15, 22, 29 7:15 to 8:15 p.m. Zoom
Mon., 4/5, 19, 26; 5/3, 10, 17, 24 7:15 to 8:15 p.m. Zoom
Thur., 1/28; 2/4, 11, 18, 25; 3/4, 11 7:15 to 8:15 p.m. Zoom
Thur., 3/18 - 5/6 (not 4/15) 7:15 to 8:15 p.m. Zoom

Yoga Movements with Beverly Leighton

Build strength and gain flexibility with gentle/held/unheld yoga postures for all levels. Yoga poses guided by Beverly who gives mindful suggestions that will help sculpt and tone the body. You will leave feeling renewed and nourished and will have a sense of well being and peace of mind. Beverly Leighton, certified yoga instructor has years of experience teaching yoga in Fairfield County.

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Thur., 2/4, 11, 18, 25; 3/4, 11, 18, 25 4 to 5 p.m. Zoom
Thur., 4/1, 8, 22, 29; 5/6, 13, 20, 27 4 to 5 p.m. Zoom

TAI CHI

Tai Chi ~ Day & Evening

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



Tai Chi Chuan-Adjunct

As we all circumvent these trying times, Tai Chi will be left to individual practice. Master Huang Sheng Shyan's (1910-1992) Five Loosening Exercises will be taught by Gwen Roman as the Ideal Adjunct for continuing students and as a perfect start for beginners interested in Tai Chi.

6 Sessions \$ 73 (Ridgefield Sr./Disab. \$ 58)
Wed., 1/27; 2/3, 10, 17, 24; 3/3 5:30 to 6:20 p.m. Zoom
Wed., 3/10, 17, 24, 31; 4/7, 21 5:30 to 6:20 p.m. Zoom

Beginning Tai Chi (Yang Long Form)

Tai Chi, described as "meditation in motion" is a centuries old Chinese discipline used for health, relaxation, and meditation. Relaxation and inner calm and strength are emphasized. It can be practiced by anyone, regardless of age, sex or athletic ability. Tai Chi is considered a healing exercise. Taught by Gwen Roman (evening) and Rod Barfield. Makeups added to end.

Wednesday Evening with Gwen Roman

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Wed., 4/28 thru 6/16 6:30 to 7:20 p.m. outside Rfld Ctr.

Friday Morning with Rod Barfield

6 Sessions \$ 73 (Ridgefield Sr./Disab. \$ 58)
Fri., 2/19 - 3/26 9:30 to 10:20 a.m. Zoom
Fri., 4/23 - 5/28 9:30 to 10:20 a.m. Zoom/outside

Beginning Tai Chi (Continuing)

email ridgfieldcontinuingeducation@gmail.com or call (203) 431-2812 for information.

Tai Chi Intermediate (Continuing)

For students who have completed the first level class. Taught by Gwen Roman.

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Wed., 4/28 - 6/16 5:30 to 6:20 p.m. outside Rfld Ctr.

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

This first class consists of 35 basic Tai Chi exercises designed to promote better health, stress relief, balance and coordination, concentration, and internal organ massage based on Step by Step Tai Chi: the Natural Way to Strength and Healing by Master Lam Kam Chuen. Please have a set of 2 or 3 pound weights handy. Taught by Rod Barfield.

7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Tue., 2/2 - 3/16 10 to 11 a.m. Zoom
Tue., 3/23 - 5/11 10 to 11 a.m. Zoom

8 Sessions \$ 98 (Ridgefield Sr./Disab. \$ 78)
Wed., 1/27 - 3/17 7 to 8 p.m. Zoom
Wed., 3/24 - 5/19 7 to 8 p.m. Zoom

7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Fri., 1/29 - 3/12 10:30 to 11:30 a.m. Zoom
Fri., 3/19 - 5/14 (not 4/2, 16) 10:30 to 11:30 a.m. Zoom

Medical Questions - We expect students to consult with their doctor before starting a new exercise program.

CARDIO, BARRE, PILATES, DANCE

You'll need a mat, towel, light weights, and water bottle.

Fit and Tight

An all in one workout for all levels combining aspects of Barre, Pilates, stretch, muscle conditioning, and low-impact cardio to get you "fit and tight". Exercises may be done with 2-5 lb weights or without. Taught by Pat Anikewich.



7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Mon., 1/25 - 3/15 5:45 to 6:45 p.m. Zoom
Mon., 3/22 - 5/10 5:45 to 6:45 p.m. Zoom

Barre - Lates

A fusion of Barre work and classical Pilates. Lengthen, tone and condition your core using light weights. All fitness levels welcome. 2 pound weights will be used. Taught by Pat Anikewich.

7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Tue., 2/2 - 3/16 5:30 to 6:20 p.m. Zoom
Tue., 3/23 - 5/11 5:30 to 6:20 p.m. Zoom

Pilates Fusion

Exercises including barre, yoga, strength training, cardio, and dance - give a modern twist to Mat Pilates. This style has a deep focus on the core and emphasizes moves that will tone, stretch, and elongate muscles. Light weights (1 or 2 lbs) suggested but not required. All levels welcome! Taught by Pat Anikewich.

7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Thur., 2/4 - 3/18 9 to 10 a.m. Zoom
Thur., 3/25 - 5/13 9 to 10 a.m. Zoom

Full Body Strength and Cardio Workout

A classic workout for all levels to get or keep you in shape for 2021 and beyond. Strength and conditioning exercises help you shed excess fat as you build strength, endurance, and balance. Cardiovascular training "Cardio" will promote lean muscle and maintain calorie burn during and after the workout. Weights will be used. Modifications provided. Taught by Pat Anikewich.

7 Sessions \$ 86 (Ridgefield Sr./Disab. \$ 69)
Tue., 2/2 - 3/16 8:30 to 9:30 a.m. Zoom
Tue., 3/23 - 5/11 8:30 to 9:30 a.m. Zoom
Thur., 2/4 - 3/18 6 to 7 p.m. Zoom
Thur., 3/25 - 5/13 6 to 7 p.m. Zoom

Dance Toning and Stretch

Cardio, total body muscle conditioning and stretch. Have fun; relieve stress. Start with core muscle toning while standing, followed by low impact dance exercise with easy to follow steps. No experience needed. Class ends with a relaxing stretch (no head-down positions). Music includes Salsa, Cha cha and hit songs of the 60's to 80's. Taught by Motoko Kuroda.



5 Sessions \$ 62 (Ridgefield Sr./Disab. \$ 50)
Mon., 1/25; 2/1, 8, 22 & 3/1 6 to 7 p.m. Zoom
Mon., 3/8, 15, 22, 29 & 4/5 6 to 7 p.m. Zoom
Wed., 2/3, 10, 17, 24 & 3/3 6 to 7 p.m. Zoom
Wed., 3/10, 17, 24, 31 & 4/7 6 to 7 p.m. Zoom

BALLROOM, LINE DANCE

Ballroom, Swing . . . Beginner / Brush Up

Natalie Mazzola teaches a fun, no stress way to learn basic ballroom steps in dances such as Rumba, Cha-Cha, East Coast Swing . . . For beginners and those who have taken lessons in the past. Class limited.

4 Sessions \$ 80 (Ridgefield Sr./Disab. \$ 64) per couple
Wed., 2/3, 10, 17 & 24 8:15 to 9 p.m. Zoom
Wed., 3/3, 10, 17 & 24 8:15 to 9 p.m. Zoom

Line Dance - see <https://ridgfieldschools.org/dance.html>

4 ELDER LAW, REAL ESTATE, HOME STAGING, VOICE-OVERS, FACEBOOK, LINKEDIN, EBAY

THE INSTRUCTORS

more bio and course information on web site <https://ridgefieldschools.org> or phone (203) 431-2812

- Michele F. Murphy, J.D., RN, MSN earned her B.S. in Nursing from the U. of Pennsylvania, her M.S. in Nursing from Yale, and her J. D. in Law from Pace University. Thomas E. Murphy received his B.S. in Economics from the Wharton School, U. of Pennsylvania, followed by a corporate career. He then earned a J.D. in Law from Pace University. Both are also accredited attorneys with Veterans Affairs.
- Glenna McNally has over 30 years experience in Executive Recruiting and Human Resources Consulting and is owner of GM Career.
- Nicole Porche, a film, television, theater and voice-over actor with Such A Voice, demystifies the casting process and illuminates the business side of voice-overs.
- Lance Whitney, system administrator, trainer, technology journalist and author of "Teach Yourself Visually LinkedIn" has also written books on Windows.

ELDER LAW, MEDICAID, TRUSTS

Ask about care giver/family member discount when you register.

Asset Protection Trusts and Revocable Living Trusts

Avoid depleting your funds on long term care, and preserve your independence and quality of life. Attorneys Thomas E. Murphy and Michele F. Murphy explain use of Asset Protection Trusts to protect your resources and qualify for Medicaid benefits (for home care or nursing home) in less than 5 years, and for VA Aid & Attendance pension (up to \$2,166/month) and use of Revocable Living Trusts to avoid probate, minimize estate taxes, preserve IRA funds, provide for disabled family members, avoid conservatorship, and protect your estate from your children's creditors. Topics include, but are not limited to: Revocable Living Trusts, Irrevocable Trusts, pros and cons of transferring assets, Medicaid and VA Aid & Attendance payment of long term care, and new laws regarding Powers of Attorney and Access To Digital Assets.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 23)
Wed., 2/3 6:30 to 8 p.m. Zoom

How To Keep Medicaid From "TAKING IT ALL"

Learn about Medicaid's rules, some of which create opportunities that can be implemented now and others later, so that you can protect your assets and income from future Medicaid (Title XIX) exposure and even stop current Medicaid asset depletion by developing the optimal plan. Topics include: asset and income limits, spousal protections, converting exposed assets to exempt assets, avoiding transfer-of-asset penalties, use of trusts and annuities, targeted spend-down, qualifying despite being over-asset or over-income, and avoiding liens and recoveries.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 23)
Wed., 5/5 6:30 to 8 p.m. Zoom

ONLINE COURSES VIA ED2GO

Visit www.ed2go.com/ridgefield or <https://www.ridgefieldschools.org> and click ONLINE COURSES



Class is 6 weeks long, 2 lessons a week. New sessions start every month. Instructors lead each course and there is an interactive learning environment. A 3 month self-directed option is also available. Most classes cost \$99 to \$115.

Software Application Classes include:

Python, C++, Java, Visual Basic, PHP & MySQL QuickBooks ~ Intro, Payroll, Contractors Adobe ~ Photoshop, InDesign, Illustrator, Acrobat, Dreamweaver, Lightroom Web Design, WordPress, HTML, Graphic Design Certification Test Prep (Comp TIA A+, Linux, Security, Network+), Project Management Microsoft Project, Word, Excel, Access, PowerPoint

Other Course Topics Include: ESL, Grammar, GED Prep, Math, Statistics, Business, Accounting, Publishing, Writing, Health Care, Spanish, French, Japanese, Italian, Non-Profit Management, Grant Writing

Test Prep: SAT/ACT, GMAT, GRE, LSAT

Registration Information

Phone: (203) 431-2812

ridgefieldcontinuingeducation@gmail.com

RESUMES, INTERVIEWS

Available Fridays, 1/8, 15, 22, 29; 2/5, 19, 26; 3/5, 12, 19, 26; 4/9, 23, 30; 5/7, 14, 21 from 1 to 2 p.m. Select from dates above or phone (203) 431-2812 or eMail ridgefieldcontinuingeducation@gmail.com to schedule an alternative.

Resume Assistance ~ 1 on 1 Zoom Course

Glenna McNally helps you analyze your background and job history to determine the resume format that best highlights your accomplishments and skills. We also discuss what should be in your cover letter, who should it go to, how to follow up.

1 hour Session \$ 49 Zoom or over the phone

Job Search and Interview Techniques ~ 1 on 1

Glenna McNally covers topics such as: Identifying your target job market – companies where your background fits – how to contact and follow up – cover letters – interviewing skills (including one on one practice) – defining and broadening your network – how NOT to rely solely on the internet.

1 hour Session \$ 49 Zoom or over the phone

VOICE-OVERS

Voice-Overs . . . NOW is YOUR Time!

Learn from a professional voice coach, Nicole Porche, how you can begin using your speaking voice for commercials, films, videos and more. This intro class covers breaking into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed part or full time, on your own terms, and with minimal overhead. You will also have the opportunity to book a 1-on-1 script read and voice evaluation via phone with your instructor.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 25)
Thur., 2/25 6:30 to 8:30 p.m. Zoom
Sat., 3/20 10 a.m. to 12 noon Zoom

STAGING, REAL ESTATE

Home Staging and Curb Appeal

Realtors say home staging makes it easier for clients to visualize a property as their own. Top tips and ideas from stagers, realtors, designers, and landscapers will be presented by Manager Debi Orr of Ridgefield's Keller-Williams Realty, Young's of Ridgefield (landscaping), and design educator Linda Keefer interactively on Zoom.

1 Session \$29 (Ridgefield Sr./Disab. \$23)
Mon., 1/25 7 to 8:30 p.m. Zoom

Real Estate Principles & Practices

This 60 hour course meets the minimum requirements as set forth by the Connecticut Real Estate Commission and Department of Consumer Protection for application to take the sales associate exam or broker exam. Please eMail or phone (see below) to be on a notification list for the next class.

SOCIAL MEDIA & LINKEDIN

Using Facebook, LinkedIn & Twitter...

Prerequisite: Basic computer and Internet skills. A highly informative demo presentation that benefits all users. Learn what Facebook, LinkedIn and Twitter — sites that let you connect to and network with other people offer; how to set up your accounts and profiles; how to promote yourself, and how to join groups and contribute to virtual communities. Taught by Lance Whitney.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Wed., 2/3 1 to 3 p.m. Zoom
Fri., 4/23 10 a.m. to 12 noon Zoom

Introduction to LinkedIn

If you have a profile that you never completed or you need help creating one, Lance Whitney will show you the steps needed to create a LinkedIn profile to promote your professional achievements. You'll learn how to build your network by connecting with other professionals, plus the steps for posting updates, following other people, asking for recommendations, and joining specialized groups.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Wed., 2/10 1 to 3 p.m. Zoom
Fri., 5/7 10 a.m. to 12 noon Zoom

EBAY

Buying and Selling On eBay

Prerequisite: Basic computer and Internet skills. Class 1 covers all the basic information about eBay: setting up an account, understanding all the terms used, reviewing eBay fees, and purchasing items. Class 2 covers selling: evaluating your own items, determining the starting price, and shipping. Instructor Eileen Burton has sold collectibles on eBay for over 15 years and will demonstrate the actual process of selling by putting an item up for sale on eBay. Bio on page 5.

4 hours \$ 79 (Ridgefield Sr./Disab. \$ 63)
Tue., 2/2 & 9 6:45 to 8:45 p.m. Zoom
Mon., 3/1 & 8 1 to 3 p.m. Zoom
Wed., 5/19 & 26 6:30 to 8:30 p.m. Zoom

How to Sell Items On eBay

Prerequisite: Basic computer and Internet skills. Tech journalist and eBay seller Lance Whitney will show you the tricks and techniques so that you can sell your used or collectible items successfully on eBay. You'll learn how to set up accounts with eBay and PayPal and how to price and prepare the right items for sale. You'll also discover how to list your items to increase your chances of a sale, how to work with buyers, how to ship your items, and how to deal with any problems that arise.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Fri., 1/22 10 a.m. to 12 noon Zoom
Thur., 4/29 1 to 3 p.m. Zoom

BUILD WEBSITES WITH DEBORAH TUAL

Website Design Guide: A Checklist for a Successful Website

A class for anyone who wants to update or improve their current website or start from scratch. Plan, design and develop an effective website with a step-by-step guide to building and improving a website with a better user experience, a successful look and feel, and optimal web page functions. Includes getting visitors to your website (for free), making a great first impression, and more. Bio on page 5.

1 Session \$39 (Ridgefield Sr./Disab. \$31) Tue., 4/6 6:30 to 8:30 p.m. Zoom

Create a Website: Easy with Wix

Easily build a stunning Wix website from start to finish. The drag and drop feature is easy to use and lets you create professional looking websites without coding. Use customizable templates or create from scratch. Learn principles of design like layout, colors, font types and sizes, mobile optimization, function and navigation. Plan, design, and develop a new website or improve an existing one. Bio on page 5.

2 Sessions (3 hours) \$ 59 (Ridgefield Sr./Disab. \$ 47) Tue., 4/13 & 20 6:30 to 8 p.m. Zoom

iPAD, iPHONE, WORD, POWERPOINT, EXCEL, PHOTOSHOP ELEMENTS, PHOTOGRAPHY & MORE 5

THE INSTRUCTORS

more bio and course information on web site <https://ridgefieldschools.org> or phone (203) 431-2812

- Lance Whitney, system 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 innumerable adults in computer applications for many years.
- Eileen Burton has taught many eBay classes using experience gained from selling collectibles items there. She's also an iPhone and iPad mavin.
- Lizabeth Doty, a professional educator for over 45 years, has trained students in business areas including Publisher, Word and Excel.
- Deborah Tual, a professional photographer for over 25 years, loves teaching how images can be edited and used creatively and artistically.

TECHNOLOGY CLASSES AND TUTORIALS ~ LIVE, INTERACTIVE, AND ONLINE VIA ZOOM

These Zoom classes are limited to 3-6 participants to continue our small group tradition and allow for questions.

You may register for a class below or schedule a tutorial or a class for your own small group! Many of the classes can be scheduled as a or mini course for yourself or a small group. Please call (203) 431-2812 or eMail ridgefieldcontinuingeducation@gmail.com

iPHONE & iPAD

Have iPhone, Apple ID, password & charger available

Get the Most Out of Your iPhone

Just bought an iPhone, but want to get more out of it? This class will show you the ins and outs of Apple's popular smartphone. Have your iPhone handy (any model, including X and higher) during our Zoom class and see 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 look at Apple's App Store where you can download a wide variety of apps, both free and paid. Taught by Lance Whitney.



2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Wed., 1/27 1 to 3 p.m. Zoom
Thur., 3/11 1 to 3 p.m. Zoom

Get the Most Out of Your iPad

Just bought an iPad and want to get more out of it? This class will show you the ins and outs of Apple's popular tablet. Have your iPad handy during our Zoom class and see how to use e-mail, calendar, maps, and other core programs. Learn how to take photos and videos, listen to music and podcasts, and organize your apps. We'll also look at Apple's App Store where you can download a wide variety of apps, both free and paid. Taught by Lance Whitney.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Thur., 1/14 1 to 3 p.m. Zoom
Wed., 2/24 1 to 3 p.m. Zoom
Thur., 4/8 1 to 3 p.m. Zoom

CYBER SECURITY

CyberSecurity: How to Protect Yourself on the Internet

Yes, the Internet can be a perilous place. As we shop, bank, search, and share online, our personal and financial information are at greater risk of being exposed. But you can take specific precautions to protect yourself. Learn how to better safeguard your identity, your personal information, your computer, and your mobile devices when going online. Taught by Lance Whitney.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Fri., 2/5 10 a.m. to 12 noon Zoom
Wed., 5/12 1 to 3 p.m. Zoom

GOOGLE DOCS

Google Docs

Prerequisite: Basic Internet and Windows skills. Google docs provides a free, "cloud"-based platform for creating and sharing word processing documents, spreadsheets, and presentations compatible with Microsoft Office. We'll cover the basics of editing your files and sharing them with other people. Have your Google account and password handy so you can sign into Google Docs for the class. Taught by Lance Whitney.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Wed., 1/13 1 to 3 p.m. Zoom
Fri., 3/12 10 a.m. to 12 noon Zoom

EXCEL, WORD, POWERPOINT

Excel 2019 for Windows - Fast Paced Intro

Create and format worksheets and charts. Navigate ribbons and toolbars; enter data and basic formulas; cut, copy, paste, move, drag and fill, and delete. Format fonts, decimals, \$ and % formatting, borders, shading, right clicks, format painter, freezing titles. By Peggy Bruno.

Excel 2019 for Windows - Intermediate

More formulas; calculations; linking sheets and workbooks; relative, absolute, and mixed cell references; more charts; NPV, FV, and PMT functions; goal seeking; cell protection, templates, and customizing tool bars. Taught by Peggy Bruno.

Excel 2019 for Windows - Advanced

Includes Excel pivot tables and charts, V Lookup, database and table management features (sort, filters, subtotals), if statements, CountIf, SumIf, scenarios and more. Taught by Peggy Bruno.

Word 2019 Enhancements

Review formatting (cut and paste, fonts, line spacing, margins, Format Painter). Create and customize tables. Customize bullets and numbering. Insert page numbers, headers and footers. Insert, crop, wrap text around photos, shapes... Customize the Quick Access Toolbar. Taught by Lance Whitney.

PowerPoint 2019 Enhancements

Learn to modify an existing presentation as well as create a presentation from scratch. Insert pictures, charts, and tables. Change text, color schemes, background color, fonts, layout, and slide order. Use our photos or your own. Add animation, transition movement, and sound. Set up slide show timing and a continuous loop for display at an event. Taught by Peggy Bruno.

4 hours \$ 79 (Ridgefield Sr./Disab. \$ 63)
Mon/Tue., 2/1 & 2 1 to 3 p.m. Zoom
Wed/Thur., 4/7 & 8 10:30 a.m. to 12:30 p.m. Zoom

WINDOWS 10

Windows 10 Basics & Your Laptop or PC

Prerequisite: Basic computer skills. Have your laptop or desktop PC handy and ease your transition to Windows 10. Learn how to customize your Start menu and desktop, how to use Windows' Edge browser, how to personalize Windows through its array of settings, how to speak to Windows 10 using the Cortana voice assistant, and how to shop for apps at the Windows Store. Taught by Lance Whitney.

2 hours \$ 39 (Ridgefield Sr./Disab. \$ 31)
Fri., 1/29 10 a.m. to 12 noon Zoom
Wed., 5/5 1 to 3 p.m. Zoom

PHOTOSHOP ELEMENTS

Introduction to Photoshop Elements

Participants will learn to work in Quick and Guided modes to fix the most common photo problems and then we'll explore various tricks to enhance and transform your images. Photos provided by the instructor, Deborah Tual, who will project using version 2021 (free 30-day trial download available at adobe.com); a prior version will suffice.

3 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)
Wed., 4/7, 21 & 28 6:30 to 8:30 p.m. Zoom

Advanced Photoshop Elements

This course explores the more sophisticated and advanced tools and features in the Expert editing mode. You need to have a basic understanding of image editing and familiarity with Photoshop Elements is a plus. Learn to use layers, masks, camera raw editing, panels, bins and objects. Photos provided by the instructor, Deborah Tual. Course will be taught in version 2021; prior version will suffice.

3 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)
Tue., 5/4, 11 & 18 6:30 to 8:30 p.m. Zoom

PHOTOGRAPHY

Photography: DSLR Camera Features and Settings - Beyond Auto Mode

This course explores the key DSLR camera features and settings so you learn how and when to use them and take the camera off Auto (no point and shoot). Learn about the shooting, focusing and metering modes; depth of field; exposure compensation, motion blur/freeze/pan, histograms, and bracketing. Skill-building exercises will help you develop your skills with aperture, shutter speed, and ISO. Bonus material provided between sessions. Sharing images and discussions are part of every session. Taught by Deborah Tual.

3 sessions \$ 74 (Ridgefield Sr./Disab. \$ 59)
Wed., 3/10, 17 & 24 6:30 to 8:30 p.m. Zoom

Photography: People and Places

Learn how to see the world like a professional photographer - the dos and don'ts of photographing your family and friends and techniques to capture the beauty and unique aspects of any location. Taught by Deborah Tual.

1 Session \$ 19 (Ridgefield Sr./Disab. \$ 15)
Tue., 2/23 6 to 7 p.m. Zoom

Photography: The Art of Composition

This class will introduce the artistic aspects of photography. Learn how to see a subject in different ways and create better images with confidence and creativity using elements of composition like symmetry, lines, shapes, perspective, depth and dimension, as well as color and more. Taught by Deborah Tual.

1 Session \$ 19 (Ridgefield Sr./Disab. \$ 15)
Tue., 2/23 7:30 to 8:30 p.m. Zoom

iPhone Photography: Use Your iPhone Camera to its Full Potential

Improve your photography and take better photos by knowing how to use and control your iPhone camera by learning the basics: settings, techniques, lighting, focusing, exposure and composition. Taught by Deborah Tual.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 23)
Tue., 4/27 6:30 to 8 p.m. Zoom

Registration Information

Phone: (203) 431-2812

ridgefieldcontinuingeducation@gmail.com

THE INSTRUCTORS

more bio and course information on web site <https://ridgefieldschools.org> or phone (203) 431-2812

- Francoise Lampe is a native of France and returns to her homeland frequently. She has taught many French and genealogy classes to adults.
- Sylvania Serravezza is a native of Venice and teacher of Italian for many years at local universities and in Ridgefield Continuing Education. She has also been a marketing representative for an Italian company.
- Oscar Vargas is a native of Colombia, who has lived here since 1969. A graduate of NYU, he worked in international business for about 20 years, and has traveled extensively in Latin America and Spain. He then ran his own business. He has taught Spanish here for over 20 years.
- Therese Papadopoulou is a first generation Hispanic multilingual CT Certified Spanish teacher who has taught all levels of Spanish over 25 years in Ridgefield.
- Sarah Fox is a musician with a graduate degree in conducting from the U of Birmingham, U. K. and an MA in Religion with a Music concentration from Yale.
- Eileen Burton has had genealogy as a serious hobby for over 15 years and traveled to Germany to visit an ancestral town.

SPANISH ~ EVENING**Spanish: Beginner, Part 1 ~ Evening**

For students with little or no previous Spanish experience. Class covers basic vocabulary, pronunciation, elementary conversation, sentence structure, and basic grammar using the present and past tenses and focuses on how to carry on simple conversations in Spanish, as spoken in Latin America. Taught by Oscar Vargas. Text is *Learn Spanish the Fast and Fun Way* (Barrons, 4th Ed.).

6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)
Mon., 2/1, 8, 22; 3/1, 8 & 15 7 to 9 p.m. Zoom

Spanish: Beginner, Part 2 ~ Evening

A continuation of Beginners Part 1. Newcomers with a little experience are welcome. After a brief review, class continues with basic vocabulary, sentence structure, and practical conversation. Taught by Oscar Vargas. Same text as above.

6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)
Mon., 3/22, 29; 4/5, 19, 26 & 5/3 7 to 9 p.m. Zoom

Spanish Conversation:**Advanced Beginner / Intermediate**

A class focused on speaking and listening using every day conversation situations. Other topics covered may include Spanish for travelers, business, culture/food. Relevant grammar concepts are also taught. Geared toward people with a basic knowledge of Spanish (i.e. beginners classes here or equivalent) who can hold a simple conversation. Text is *Learn Spanish the Fast and Fun Way* (Barrons, 4th Ed.). Includes handouts. Taught by Therese Papadopoulou.

6 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)
Tue., 2/9, 16, 23; 3/2, 9 & 16 3 to 4:30 p.m. Zoom
Tue., 4/20, 27; 5/4, 11, 18 & 25 3 to 4:30 p.m. Zoom

Spanish: Advanced, Part 2 ~ Evening

A continuation from last fall. Newcomers with equivalent experience are welcome. Text is *Madrigal's Magic Key to Spanish*. Course will use and review material from prior classes, will continue to work on pronunciation and vocabulary, and will introduce new grammar concepts. Supplementary articles provided. Class discussions/conversation will be emphasized. Taught by Oscar Vargas.

6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)
Thur., 2/4, 11, 18, 25; 3/4 & 11 7 to 9 p.m. Zoom

FRENCH**French: Beginner, Part 1+**

For people who have some exposure to French, but need refreshing. Emphasizes basic communication, grammar and pronunciation. Text needed: *Communication Progressive du Francais - niveau debutant 2e edition* (blue cover). Taught by Francoise Lampe.

6 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)
Mon., 1/25; 2/1, 8, 22; 3/1 & 8 5:45 to 7:15 p.m. Zoom

French: Beginner, Part 2

Details at <https://ridgefieldschools.org>
Mon., continuation of Francoise Lampe's class above

French: Intermediate, Part 2 ~ Evening

This class is for those who have completed French Beginner Part 4 or two years of high school French. In addition to speaking and comprehension, the course will also stress basic grammar, reading and writing. Text needed: *Communication Progressive du Francais - Niveau Intermediare* auteur Claire Miquel. Taught by Francoise Lampe.

6 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95) + \$mts.
Tue., 2/2, 9, 23; 3/2, 9 & 16 6 to 7:30 p.m. Zoom

ITALIAN**Italian: Beginner, Part 1 ~ Day & Evening**

Sylvania 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.

8 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)
Tue., 2/2 - 3/23 10:30 a.m. to 12 noon Zoom
Wed., 2/3 - 3/24 7 to 8:30 p.m. Zoom

Italian: Beginner, Part 2 ~ Day & Evening

A continuation of beginners part 1. Newcomers with similar background are welcome. Whether for travel, business, or to extend your knowledge, the course will cover vocabulary and basic grammar, plus culture, food, travel, and topics of interest. Same text as above. Handouts emailed. Taught by Sylvania Serravezza.

8 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)
Tue., 4/6 - 6/1 10:30 a.m. to 12 noon Zoom
Wed., 4/7 - 6/2 7 to 8:30 p.m. Zoom

Italian: Level 2, continued ~ Day

A continuation of Italian 2 from fall, starting with a review. Newcomers with some background in the language's basic structure are welcome. Whether for travel, business, or to extend your knowledge, the course will cover vocabulary and basic grammar of this beautiful language, plus culture, food, travel, and topics of interest. It is a must for people traveling to Italy. Same text as above. Handouts emailed. Taught by Sylvania Serravezza.

8 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)
Thur., 2/18 - 4/15 10:30 a.m. to 12 noon Zoom

Italian: Intermediate/Advanced ~ Evening

Prerequisite: Italian Level 2 (intermediate) and comfortable with immersion in this beautiful language. This course is aimed at further developing the four basic skills (listening comprehension, speaking, reading and writing). Culture will be an integral part of the course. Contemporary usage, reading of "novelle" and independent weekly assignments to be presented and to be discussed by the class. Handouts emailed. Taught by Sylvania Serravezza on Zoom.

8 Sessions (14 hours) \$ 181 (Ridgefield Sr./Disab. \$ 142)
Mon., 2/1, 8, 22; 3/1 (7-9 p.m.) AND 3/8, 15, 22, 29 (7-8:30 p.m.) on Zoom
Mon., next session to start 4/5 or 4/19; details to follow

SPRING LANGUAGE CLASSES

For Spring class information, phone (203) 431-2812, visit <https://ridgefieldschools.org> or eMail: ridgefieldcontinuingeducation@gmail.com

MUSIC HISTORY**Western Music History I**

Every piece of music has a lineage. We often think of musicians such as Bach and Mozart as cornerstones of Western Music history, yet both composers were reacting to and influenced by the hundreds of years of music that came before them. In this course, we will explore the historic and artistic context of music from Antiquity to 1850. We will consider factors such as geographic region, religion, socio-economic position, and gender to seek a deeper comprehension of the cultural worlds which fostered the music we cherish today. Taught by Sarah Fox.

6 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)
Tue., 2/9, 16, 23; 3/2, 9 & 3/16 1 to 2:30 p.m. Zoom

GENEALOGY**Genealogy for Beginners**

The goal of this class is for you to learn how to organize your family facts into a tree and to learn much more by using mostly free sites on the internet. Topics studied include the United States census, military, land, and immigration records. A brief introduction to finding records outside the USA and how DNA is used in genealogy will be included. Instructor Eileen Burton has had genealogy as a serious hobby for over 15 years. Class Limit 7.

2 Sessions \$ 49 (Ridgefield Sr./Disab. \$ 39)
Thur., 1/28 & 2/4 6:30 to 8:30 p.m. Zoom
Thur., 4/22 & 29 10 a.m. to 12 noon Zoom

French and French Canadian Genealogy

If you are a descendant of French or French Canadian ancestors, your ancestors are well documented. This workshop focuses on resources available online to help you trace your family history in France and Quebec and highlights the commonality between French and French Canadian church records. The French section details what vital, census and military records are available from the French archives and how these data bases can be accessed. The French Canadian section lays out on-line resources available for the region of Quebec covering the work of earlier genealogists such as Joseph Drouin and Rev. Cyprien Tanguay, the Canadian archives census records and the Quebec notarial records. Specific techniques and challenges of French Canadian genealogy such as "dit-names" are also discussed. Taught by Francoise Lampe.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 25)
Thur., 2/18 12:30 to 2:30 p.m. Zoom
Thur., 3/4 6:30 to 8:30 p.m. Zoom

German Genealogy

This workshop focuses on US and German online resources available to locate German ancestors and on how to overcome the challenges unique to German genealogy. The course includes a discussion of German history and geography, immigration and emigration of ethnic Germans, church and civil records, given and family names, gothic script and how to use maps and gazetteers to locate the German village of origin. Vital and census records, and other sources of information such as passenger lists, city directories and newspapers are also discussed. Taught by Francoise Lampe.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 25)
Thur., 2/25 12:30 to 2:30 p.m. Zoom
Thur., 3/11 6:30 to 8:30 p.m. Zoom

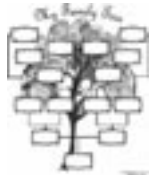
MORE CLASSES TO BE ADDED

Please visit <https://ridgefieldschools.org> for schedule information for classes such as those below that are "on pause" for outdoor or in person lessons. For info, call (203) 431-2812 or eMail ridgefieldcontinuingeducation@gmail.com to be on a notification list.

Knitting with Lizabeth Doty Line Dance
Art with Laura McCormick Mah Jongg
Guitar with Tom Elliott Crochet and more . . .

Registration Information

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



THE INSTRUCTORS

more bio and course information on web site <https://ridgefieldschools.org> or phone (203) 431-2812

- Lynn-Marie Wieland is a lithic (stone tools) archaeologist specializing in southern New England prehistory focusing on the Indians of the Ridgefield area.
- Nancy Maxwell, a Cornell graduate and history teacher for over 30 years, shares many anecdotes that give humanity and life to the historical figures.
- Linda Keefer has degrees in History and Education, has taught interior design and has 44,000 followers on her Pinterest Design boards.
- Eileen Burton, a former Horticultural Manager for a large non-profit organization, also had a garden design business, Butterfly Gardens.
- Michael Canavan is the author of 2 novels, a collection of short stories and nearly a dozen nonfiction books.
- Frana K. Baruch, a Pratt Institute graduate who had a successful career as a graphic designer and illustrator is now a full time award winning artist who also teaches art.
- Rose Cerrone holds a BFA in Illustration, Maryland Institute College of Art and teaches regionally. Her focus is human and animal portraiture.
- Glenna McNally is a bridge teacher with 50+ years of playing experience, a Regional Bridge Master, and Board Member and player at the Newtown Bridge Club.
- Mary Watson-Stribula has taught bridge to all ages. She plays both socially and competitively.
- Laura Torok-Lobelson loves to teach about and cook healthy meals from scratch. She holds a M.S. in Human Nutrition, has taught at the high school level.

ARCHAEOLOGY, HISTORY

WRITING

GARDENING

Ridgefield History 1640 - 1743: The Dutch, the English, the Indians and the Deeds

This is the history of the 9 deeds of the 9 pieces of property that the Proprietors of Ridgefield bought from the local Natives (whose ancestors had lived here for thousands of years) from 1708 to 1743; the 1731 Oblong Settlement; purchases and repurchases since 1640; the Indians retention of their rights due to the complicated relations between the Dutch and the English, and the inability of the Province of New York and the Colony of Connecticut to establish a common border. The Proprietors of Ridgefield took advantage of the wandering Connecticut border, and the Indian rights as they purchased land for their town, and then tried to keep it intact. Taught by Lynn-Marie Wieland.

2 Sessions \$ 49 (Ridgefield Sr./Disab. \$ 39)
Wed., 2/3 & 10 10 a.m. to 12 noon Zoom

Three British Queens: Elizabeth, Mary, Victoria

Nancy Maxwell will share the intriguing lives of three Queens: Elizabeth I who tackled religious strife, political divisions, court intrigue, and war, to guide England to a state of unity and prosperity; Mary Queen of Scots and the true story of the love, power, intrigue and scandal that surrounded her, and Queen Victoria, matchmaker extraordinaire. For a more detailed description, please visit <https://ridgefieldschools.org/writhist.html>

3 Sessions \$ 55 (Ridgefield Sr./Disab. \$ 44)
Tue., 1/26; 2/2 & 9 10 to 11:30 a.m. Zoom

History: The English Civil War thru the Glorious Revolution

Nancy Maxwell will share the clashes between Parliament and the monarchs through the English Civil War from Charles I, Cromwell, the Restoration, Charles II, James II and the Glorious Revolution. For a more detailed description, please visit <https://ridgefieldschools.org/writhist.html>

3 Sessions \$ 55 (Ridgefield Sr./Disab. \$ 44)
Tue., 2/16, 23 & 3/2 10 to 11:30 a.m. Zoom

World War II and its Aftermath in Europe

From the provocative terms of the Treaty of Versailles that ended World War I, to the political appeasement of the 1930's, financial crises, social upheavals, and rise of fascism and communism, this course will: (1) examine the causes of World War II, (2) provide an overview of the war itself, and (3) review the decisions of the peacemakers after Germany surrendered in 1945. We will look at the stages, operations, and theaters of the war against the Axis powers, including the "phony war", the occupation of France, the German advance to the east, the Allied assault on "Fortress Europe", the war in the Pacific, and the dropping of the first atomic bomb. We will review the decisions of the peacemakers from the division of Germany to the seizure of territories and the descent of the Iron Curtain that reverberate to this day. For more details see <https://ridgefieldschools.org/writhist.html> Taught by Nancy Maxwell.

4 Sessions \$ 74 (Ridgefield Sr./Disab. \$ 59)
Tue., 4/6, 13, 20 & 27 10 to 11:30 a.m. Zoom

The Six Mitford Sisters and War II

The socially prominent Mitford sisters broke rank with their class and became, individually, fervent communists, fascists, Nazis, plus a duchess, and a writer. <https://ridgefieldschools.org/writhist.html>

2 Sessions \$ 35 (Sr./Disab. \$ 28)
Thur., 4/8 & 15 10 to 11:30 a.m. Zoom

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. Taught by Michael Canavan.

5 Sessions \$ 115 (Ridgefield Sr./Disab. \$ 92)

Structured for New Students:

Mon., 2/1, 8, 22; 3/1 & 8 1 to 3 p.m. Zoom
Mon., 4/26; 5/3, 10, 17 & 24 7 to 9 p.m. Zoom

Continuing Students:

Mon., 2/1, 8, 22; 3/1 & 8 7 to 9 p.m. Zoom
Mon., 4/26; 5/3, 10, 17 & 24 1 to 3 p.m. Zoom

ART

Drawing and Painting

Would you like to express your creativity? This basic drawing and painting class is open to all levels. We will cover drawing techniques and basic color theory as well as artistic styles. The goal is for each student to have time to discover their artistic selves in a supportive and relaxed environment. Taught by Frana Baruch.

6 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)

Tue., 2/9, 16, 23; 3/2, 9 & 16 7 to 8:30 p.m. Zoom
Tue., 4/20, 27; 5/4, 11, 18 & 25 7 to 8:30 p.m. Zoom

Pet and Animal Portraiture

Pet portraits make a wonderful gift and are a popular artistic subject! Students will build their skills in creating a likeness of a pet or other animal, and over 6 weeks will complete two finished pieces (using graphite and ink) as well as a collection of work from warm-ups. This class would be best for students of an intermediate (or higher) level who have a bit of familiarity with basic drawing techniques. Taught by Rose Cerrone.

6 Sessions \$ 119 (Ridgefield Sr./Disab. \$ 95)

Wed., 2/3, 10, 17, 24; 3/3 & 10 10 to 11:30 a.m. Zoom

BRIDGE

Beginning Bridge Continued

This Zoom class will review the basics of bidding and competitive play and depending on students' experience, move on to cover weak preemptive and strong opening bids. Students will need to have their own cards and will be guided by the instructor in advance of each class on the layout of the hands that will be studied. This class is for beginners who have a little playing experience and those who are returning to the games after being away from it for decades. Taught by Glenna McNally. Makeups are 2/16 and 4/13, if needed.

8 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)

Tue., 1/26; 2/2, 9, 23; 3/2, 9, 16, 23 1 to 2:30 p.m. Zoom
Tue., 3/30; 4/6, 20, 27; 5/4, 11, 18, 25 1 to 2:30 p.m. Zoom

Intermediate Bridge - Defensive Playing

Let's focus on defense. How do I play my cards so we maximize opportunities to set the declarer? Or, at the least, prevent declarer from taking overtricks. Class size limited. Taught by Mary Watson-Stribula.

6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 127)

Thur., 1/28; 2/4, 11, 18, 25 & 3/4 1 to 3 p.m. Zoom

Garden Advice Series: Prepare for Spring

Prepare for the Spring Planting Season with gardening expert Eileen Burton who will teach a series of 4 - 1 hour Zoom sessions - one each month February, March, April, & May. The topics will be what to do each month towards having the perfect garden (flowers or vegetables) and you will receive personal help towards achieving that goal.

4 Sessions \$ 49 (Ridgefield Sr./Disab. \$ 39)
Wed., 2/10, 3/10, 4/7 & 5/12 7 to 8 p.m. Zoom

COOKING

An ingredient and equipment list and pre-class prep instructions will be sent to participants well in advance of class. Detailed descriptions at <https://ridgefield.org/cooking.html>

Italian Wedding Soup - Minestra Maritata

This soup from Naples "weds" hearty greens with savory meat to provide a complete, flavorful, hearty meal. Join Laura Torok-Lobelson and prepare this delicious, nutritious, easy soup from scratch.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 24)
Wed., 2/17 5:30 to 7:30 p.m. Zoom

A Healthy Taste of Mexico - Mole Verde with Chicken and Vegetables . . . Oaxaca, the culinary capital of Mexico, is known for its unique variety of moles. Join Laura Torok-Lobelson and prepare a green mole bursting with bright, fresh flavor from fresh herbs, chilis and tomatillos. Then add chicken and fresh vegetables and have a stew. We also prepare a fresh Mexican salad and have a healthy, hearty family dinner.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 24)
Thur., 2/25 5:30 to 7:30 p.m. Zoom

A Sweet Taste of Italy - Torta di Ricotta

Join Laura Torok-Lobelson and learn to create a classic Italian dessert, Torta di Ricotta - a simple, yet classic Ricotta Cheesecake with fresh berries that is creamy and light as well as learn how this dessert can be part of a well-balanced, healthy diet. It's the perfect dessert for the upcoming holidays!

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 24)
Thur., 3/25 6:15 to 8:15 p.m. Zoom

British Scones - with Fruit

Learn to prepare a delicious flaky scone - a flavorful baked good (these will have fruit) that is slightly crisp on the outside and delicately moist on the inside. Participants will learn the techniques to make the perfect scone that also is low in fat and sugar. Taught by Laura Torok-Lobelson.

1 Session \$ 19 (Ridgefield Sr./Disab. \$ 15)
Thur., 4/22 6:45 to 7:45 p.m. Zoom

THE CROWN: CASTLES TOUR

The Royal Family's Castles & Homes, Other British Country Estates & THE CROWN series

Tour the Castles and homes of the English Royal Family featured in *The Crown* series: Windsor Castle, Buckingham Palace, Sandringham, Balmoral, Highgrove and Clarence House. Meet their interior designers. We'll also visit some of the most beautiful British Estates (visited by past and present Royals) that have been filmed in *The Crown*, *Downton Abbey* and Jane Austen films. Some Royal gossip may be served on the side. Taught by Linda Keefer.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 24)
Thur., 4/8 7 to 9 p.m. Zoom

Registration Information

Phone: (203) 431-2812

ridgefieldcontinuingeducation@gmail.com

From: Ridgefield Public Schools
Ridgefield Continuing Education Program
70 Prospect Street
Ridgefield, CT 06877

Non-Profit Org.
U.S. Postage
PAID
Permit No. 2024
Danbury, CT
06810

*****ECRWSS****
Residential Postal Customer

Continuing Education Registration Application

Name: _____ Date: _____

Address: _____ Town: _____ State: _____ Zip: _____

Contact Information Required in case we need to reach you: Phone: (cell): _____ (other): _____

eMail: _____ eMail is required for Zoom.

* Make Check payable to Ridgefield Continuing Education. Special rates 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.

<u>Course</u>	<u>Start Date</u>	<u>Time</u>	<u>Price</u>
_____	_____	_____	_____
_____	_____	_____	_____
_____	_____	_____	_____

Donations to Ridgefield Continuing Education in any amount are gratefully appreciated. Receipt provided. _____
_____ Ridgefield Sr. (age 62 and older) _____ Ridgefield Disabled Subtotal: _____

A convenience fee for Visa or MasterCard payment will be added to your charge as below: Convenience Fee: _____
\$3 (subtotal through \$75), 4% (subtotal of \$76 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 or Meets on property of my own choice that an injury might occur. 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. 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. 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
70 Prospect Street
Ridgefield, CT 06877

(203) 431-2812

ridgefieldcontinuingeducation@gmail.com

Music Lessons

Guitar Bagpipes Woodwinds
Flute Clarinet Saxophone
<https://ridgefieldschools.org/music.html>

Teachers Wanted

Teach a class. Please phone (203) 431-2812 or eMail resume to:
ridgefieldcontinuingeducation@gmail.com

SAT / PSAT Prep

Visit <https://ridgefieldschools.org/satprep.html>
for options and start dates with Lentz & Lentz
Princeton Review and others