

# Ridgefield Continuing Education

Please keep this handy as a course reference.  
New classes and schedule updates will be added to the website.

Courses Start on a Rolling Basis ~ Now and Fall 2025 into Winter 2026



## Courses Available - Learning Options

Bridge, Mah Jongg, Zotero, Genealogy	2
Writing, Comics	3
Knitting, Crochet, Drawing, Painting, Wreath Making	3
Gardening, Mushroom Walk, Interior Decor	3
Languages: French, German, Italian, Spanish	4
Line Dance, Ballroom, Event Dance, Swing, Club	4
Tai Chi, Qi Gong, Yoga, Qi Gong / Yoga Fusion	5
Cardio, Barre-Fusion, La Blast, Zumba	5
DSLR & Mirrorless Photography, iPhone Photography, iPhone	6
AI - Artificial Intelligence, Cyber Security, eBay, Google Docs	6
Excel, Windows 11, PowerPoint, Tech Tutorials	6
History, The Donner-Reed Journey, Archaeology of Meso America	7
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Music - Online and In Person - Piano and Guitar	7
GED, CDP & ESL (English as a Second Language)	Back Cover
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Join us!

Experience

Explore

Connect

Most classes are In-Person.

Some are Hybrid.

A few are Zoom only.

Class sizes are limited.

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

### Phone: (203) 431-2812

Pay by Visa or MasterCard over the phone. If we do not answer, please leave a detailed message.

### eMail:

[ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com)  
Please email a list of classes desired and your phone number. We will contact you to arrange payment.

### Mail

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

Ridgefield Public Schools - Continuing Ed.

Attn: Peggy Bruno  
90 East Ridge Road  
Ridgefield, CT 06877

*Please mail early as all Ridgefield mail goes through Danbury and takes 3-6 business days to arrive.*

### Office Location

Registration drop off is at the office, located in 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 Thursday.

Directions are on the website at <https://ridgefieldschools.org>

Phone: (203) 431-2812

eMail: [ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com)

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

## 2 Welcome to Fall 2025!

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 careers, 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 time to **EXPLORE** your interests (established and new) and **CONNECT** with others.

- Thank you to the amazing, caring 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.

### Please keep in mind:

- Register early to increase your course choices and 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. Students who have provided us with legibly written phone and/or email will be notified.
- We follow the public health requirements (subject to change) of the Ridgefield Public Schools.
- 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

## Class Location Key

**all in Ridgefield**

**Directions (detailed) at**

**[www.ridgefieldschools.org/directions.html](http://www.ridgefieldschools.org/directions.html)**

**Annex** = in person. 66 Prospect St. (between Yanity Gym and back of the Playhouse).

**ERMS** = East Ridge Middle School = in person at 10 East Ridge Road (intersection of East Ridge and Route 102 - aka Branchville Rd).

**VP Sch.** = Veterans Park School = in person at 8 Governor Street.

**Zoom** = live, online class. **/Z** = Zoom for class weather backup.

**+Z** = Hybrid = class is in person with Zoom available.

**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 and they have followed the procedures below. More details regarding the Senior Discount are at <https://ridgefieldschools.org/senioronly.html>

**Registration Deadline and Payment:** You may register by phone, email, or mail. Payment in full must accompany your registration, which must be paid and received in advance. We decide whether or not to run a class at least 3 business 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, and Visa and MasterCard are accepted. A non-refundable convenience / service fee for Visa or MasterCard payment will be added to your charge total as follows: \$2.95 (subtotal thru \$97), 2.99% (subtotal of \$98 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. Please include an accurate and legible phone number and email address so 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](http://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 "2 hr. delayed opening", classes that start before 9:30 a.m. (3 hr. delay, classes starting before 10:30 a.m.) are postponed to next class. Classes that start at 9:30 a.m. (2 hr. delay or 10:30 a.m. if a 3 hr. delay) 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 make-up 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>

## GENEALOGY



### Researching Our Roots - An Introduction to Genealogy

Are you interested in building your family tree? Join instructor and researcher Sarah Miller as she presents strategies to begin your ancestral research using a variety of online sources. We will focus on American records available and how to locate them. The presentation is followed by guided research time with access to paid genealogical subscriptions. Please bring family documents and information, as well as a tablet or laptop. This class is designed for those just beginning their ancestral research.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27) Mon., 10/20 6 to 8 p.m. ERMS

### Researching Our Roots - Digging Deeper

Genealogical research is both rewarding and challenging. Have you hit a roadblock in your ancestral research? Are you not sure how to find more generations of your family? Join instructor and researcher Sarah Miller as she shares tips and tools to help you dig deeper into your family past. Sarah will present a case study of how she solved a difficult family mystery, and will introduce international research. She will also discuss strategies to feel confident in sourcing your research. Please bring any family documents and information you have, as well as a tablet or laptop, for guided research time.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27) Mon., 11/17 6 to 8 p.m. ERMS

## 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 - for beginners, those returning to the game after being away for decades, and those in need of refreshing their basic bridge skills. Please purchase the text *Bridge for Everyone* by D.W. Crisfield. Instructor Mary Watson-Stribula, an enthusiastic and patient bridge teacher, has been teaching bridge in New Canaan and Ridgefield for over 8 years. She is currently working towards her life master designation. Class size limited.

6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 137) Mon., 10/20 - 12/1 (not 11/3) 9:30 to 11:30 a.m. Annex

### Bridge: Intermediate

This class is for those who are interested in or have already begun playing in duplicate games. Hands will be played. The class will discuss, in the first meeting, what they would like to focus on and hands will be used in subsequent classes for teaching. Instructor Mary Watson-Stribula. Class size limited.

8 Sessions \$ 212 (Ridgefield Sr./Disab. \$ 182) Thur., 9/11 - 11/13 (not 9/18 or 10/2) 1:30 to 3:30 p.m. Annex

## ZOTERO

### Introduction to Zotero

This introductory course will teach you to master Zotero, a free and powerful research tool. Learn to effortlessly collect, organize, and cite sources from the web. We will cover creating bibliographies in various citation styles and integrating with word processors for seamless paper writing. Also using Zotero for class notetaking. Works with Google Docs too. Instructor: Charles Greenberg. Bio on page 6.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27)  
Thur., 10/23 3 to 5 p.m. Zoom  
Sat., 11/15 10 a.m. to 12 noon Zoom

## MAH JONGG

### Mah Jongg for Beginners

Sybl Falik, enthusiastic, long-term teacher and player, will teach you what "One bam . . . two crack!" means, as well as discover an exciting game. When you take this class, you will 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. For info about the required NMJL card that you need at the first class, visit <https://ridgefieldschools.org>

6 Sessions (12 hours) \$ 159 (Ridgefield Sr./Disab. \$ 137)  
Tue., 9/30 - 11/18 6 to 8 p.m. Veterans Park Sch. **FULL**  
Mon., 10/20, 27; 11/10, 17, 24; 12/1 10 a.m. to 12 noon Annex  
Tue., 11/25 - 12/16 + 1/6, 13 6 to 8 p.m. Veterans Park Sch.



## THE INSTRUCTORS

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

- Michael Canavan is an author of several novels, a collection of short stories, non fiction books, and comics; illustrator, and long term writing teacher.
- Valerie Kirincich (BFA in Illustration from the Fashion Institute of Tech. and MFA from the New York Academy of Art) has been a graphic designer and art director and is currently the full time art teacher at Greenwich Catholic School. She enjoys teaching and motivating students of all ages. More on web.
- Laura McCormick is a teacher and artist specializing in charcoal and pastel portraiture. She delights in cultivating the creative side of her students.
- Elizabeth Doty, a professional educator for over 45 years, has taught some of her hobbies, knitting and calligraphy to students of all ages for years.
- Eileen Burton, long term crochet and gardening instructor, has been crocheting since she was young.
- Jackie Algon is an Advanced Master Gardener and a Board member of the Pollinator Pathway. She has taught many classes in the CT Master Gardener program and an adult class at Norwalk Community College on topics related to natives, invasive species, and the Pollinator Pathway.

## WRITING & COMICS

### Writing a Novel or Short Story

Details on website. Instructor: Michael Canavan.  
6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 137)  
Mon., 9/29; 10/6, 20, 27; 11/3, 10 6:30 to 8:30 p.m. ERMS

### Creating Cartoons and Comic Strips

Details on website. Instructor: Michael Canavan.  
6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 137)  
Wed, 10/15, 22, 29; 11/5, 12, 19 6:30 to 8:30 p.m. ERMS

## PRACTICAL BUDDHISM

### Practical Buddhism and the Search for Self

This course explores practical Buddhism as a path to self-discovery and inner peace. We will examine core Buddhist history concepts like mindfulness, impermanence, and compassion, and apply them to daily life. Through discussion on the myths of a happy life, you will learn to understand the human interconnection with the environment, practice cultivating self-awareness, and navigate the challenges of modern life with greater wisdom and kindness. Many concepts are found in the Buddhist bestseller, *The Buddha in Your Mirror - Practical Buddhism and the Search for Self* by Woody Hochswender... (Middleway Press, 2001). Instructor Charles Greenberg's bio is on pg 6 & the website.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27)  
Sat., 10/25 10:30 a.m. to 12:30 p.m. Zoom  
Thur., 11/20 3 to 5 p.m. Zoom

## DRAWING AND PAINTING

Visit [ridgefieldschools.org/drawpaint.html](https://ridgefieldschools.org/drawpaint.html) for supply lists.

### 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. Supply list on website. Max 8.

Thur., 9/25; 10/9, 16, 23, 30 10 a.m. to 12 noon Class is full.  
4 Sessions \$ 109 (Ridgefield Sr./Disab. \$ 94)  
Thur., 11/13, 20; 12/4, 11 10 a.m. to 12 noon Annex

### Acrylic Painting Studio ~ Evening

Explore the possibilities of creating with acrylic paints in this introductory class. Students will practice color mixing, painting techniques, and learn how to create dynamic compositions for their paintings. Projects will include abstract, still life, a copy of a master painting and composing a painting from reference photos. As students progress through these experiences, they will discover their strengths, artistic style, and preferences for subject matter. More info and Supply List on website. Instructor: Valerie Kirincich.

6 Sessions \$ 159 (Ridgefield Sr./Disab. \$ 137)  
Mon, 10/20, 27; 11/3, 10, 17, 24 6 to 8 p.m. ERMS

## WREATH DECORATING

### Wreath Decorating Workshop

In this hands-on class, you'll craft your own unique holiday wreath with bows, ornaments... Please bring the materials fee of \$14-20 to instructor at class. Inspiration provided by the instructor, Valerie Kirincich! You will create a stunning wreath to adorn your home or gift to someone special.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27)  
Mon., 12/1 6 to 8 p.m. ERMS



## 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.

**Mondays** - 2 sections: 1 to 3 p.m. and 3:30 to 5:30 p.m.

6 Sessions (12 hours) \$ 159 (Ridgefield Sr./Disab. \$ 137)  
Mon., 10/20, 27; 11/10, 17, 24; 12/1 1 to 3 p.m. Annex  
Mon., 12/8, 15; 1/5, 12, 26; 2/2 1 to 3 p.m. Annex

6 Sessions (12 hours) \$ 159 (Ridgefield Sr./Disab. \$ 137)  
Mon., 9/29; 10/20; 11/10, 17, 24; 12/1 3:30 to 5:30 p.m. Annex  
Mon., 12/8, 15; 1/5, 12, 26; 2/2 3:30 to 5:30 p.m. Annex

### Tuesdays

7 Sessions (14 hours) \$ 185 (Ridgefield Sr./Disab. \$ 160)  
Tue., 9/30; 10/7, 14, 21, 28; 11/18, 25 6 to 8 p.m. Vet. Park Sch.

7 Sessions (14 hours) \$ 185 (Ridgefield Sr./Disab. \$ 160)  
Tue., 12/2, 9, 16; 1/6, 13, 20, 27 6 to 8 p.m. Vet. Park Sch.

## CROCHET

### Crochet for Beginners

Learn the basic stitches of crochet and work on fun projects - simple to more advanced - as you progress. Bring your own hooks or ask instructor for advice about purchasing. Practice yarn and hook provided. Instruction is for right-handed crochet. Instructor: Eileen Burton. Class size limited.

3 Sessions (6 hours) \$ 79 (Ridgefield Sr./Disab. \$ 68)  
Tue., 10/14, 21, 28 10 a.m. to 12 noon Annex  
Wed., 10/8, 15, 22 6 to 8 p.m. Veterans Park Sch.

## INTERIOR DECOR

### Interior Design Basics - Via ed2go

Downloadable course through [ed2go.com](https://ed2go.com) - go at your own pace! This introductory interior design course covers essential concepts and skills, from space planning and material selection to color theory and lighting design. You will learn to create functional and aesthetically pleasing residential design plans while considering sustainability and accessibility. By the end of the course, you will understand the role of a professional interior designer and be ready to enhance any space.

6 Weeks Access (24 Course Hours) or 3 Months Access for Self-Guided Class at <https://ridgefieldschools.org/online.html>

## ONLINE COURSES - VIA ED2GO

Visit [ed2go.com/ridgefield](https://ed2go.com/ridgefield) or <https://ridgefieldschools.org> and click ONLINE COURSES Downloadable lessons.

Class is 6 weeks long, 2 lessons a week. New sessions start every month. There is also a 3 month self-directed option. Most classes cost \$99 to \$144.

Software Applications from Python to QuickBooks to Photoshop to Web Design to Graphics.

Test Prep from SAT, GMAT, GRE, Comp TIA A+ to Security, Project Management and more.

Special and Career Interest: Business, Accounting, Publishing, Health Care, Language, Grant Writing...



## GARDENING

### Sleepy Time for Gardens: Putting Your Gardens to Bed This Autumn

Many gardeners in the past spent a lot of time in their gardens in the Autumn, preparing them for over wintering. New Best Practices advise significant changes in the way we approach these tasks. If we follow these recommendations, we will save ourselves much effort while providing wildlife a restful Winter during which they can complete their life-cycles and emerge in Spring! This class will explore the reasons for the new methods from the bottom (roots and soil)-up and from the top (canopy)-down. We will consider planting options for the cool of Autumn, including some specific shrubs, trees and perennials, as well as ground covers and determine why layering our property is a healthful strategy for the environment. Instructor: Jackie Algon.

1 Session \$ 31 (Ridgefield Sr./Disab. \$27)  
Mon., 9/29 6 to 8 p.m. ERMS

### About Seeds for Native Plants in Your Garden

Seeds of native plants differ from seeds of vegetables or non-native perennials and annuals. They need very different conditions to germinate. In session 1, we will explore the history and nature of seeds, how they evolved and how types of seeds differ from the others. We will discuss how and when to collect them, how to prepare them for sowing and/or storage, and which requirements encourage their growth. If you have always bought packets of plant seeds from your local nursery and sprinkled them in your garden beds, you will find that native seeds are fascinating - and fun - to learn about and to work with. Session 2 will be a workshop. We will select seeds to plant and will get them ready for germination. All materials will be provided, including seeds. Finished products will go home to germinate on your patio or balcony and by summer you will have some small seedlings to either up pot or directly plant into your garden! Based on your new knowledge, you will be ready to collect seeds for the following growing season and can propagate them yourself to expand your garden's native plants at little cost to you and at great benefit to wildlife! Instructor: Jackie Algon.

2 Sessions \$ 54 (Ridgefield Sr./Disab. \$ 46)  
Mon., 11/10 and 17 6 to 8 p.m. ERMS

## MUSHROOM WALK

### Mushroom Walk

Join mycologist, Zaac Chaves for a mycologically focused ecological outdoor tour in Ridgefield. We will identify seasonal mushrooms, catalog species (including possibly rare sightings) and even document increasing evidence of climate change locally. No experience required. More info and bio at: <https://ridgefieldschools.org/gardening.html>

1 Session \$29 (Ridgefield Sr./Disab. \$25)  
Sun., 10/19 from 3 to 4:30 p.m. at a state or town park in Ridgefield. Directions will be emailed on Fri., 10/17.



### Contact Information:

(203) 431-2812

[ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com)

<https://ridgefieldschools.org>

## 4 FOREIGN LANGUAGES: FRENCH, GERMAN, ITALIAN, SPANISH; LINE DANCE; EVENT DANCE

### THE INSTRUCTORS

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

- Jean Vianes is a native French speaker who formerly worked for IBM in France and the U.S. and is now teaching and tutoring French.
- Nancy Maxwell was a teacher and counselor in an international school in Switzerland for over twenty years and traveled extensively throughout Europe, particularly France. She has taught French for Travelers previously in Ridgefield and has been teaching on Zoom for several years.
- John Lamb has studied French for decades, teaches, tutors, and currently is VP and leads a French book club at the Alliance française du Northwest CT.
- Sylvana Serravezza is a native of Venice and teacher of Italian for many years at local universities and in Ridgefield Continuing Education.
- Norma Lopez-Burton, Emerita, taught all levels of Spanish at U.C. Davis' Department of Spanish and Classics, College of Letters and Science.
- Oscar Vargas, Columbia native, has lived here since 1969, worked in international business, traveled extensively, ran his own business. He has taught Spanish here for over 28 years.
- 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 other venues.

### FRENCH - IN PERSON

#### French: Beginner, Part 1 - Evening

For people with no or very little knowledge of French who would like to build a solid learning foundation of the language for travel, business, culture. . . Students will discover how English and French are similar in their structure and vocabulary. Text is *Learn French the Fast and Fun Way* (Barron's 4th Ed.). Focus will be on learning alphabet (pronunciation) and numbers, listening, written comprehension and short conversation related to everyday life situations with native speaker, Jean Vianes. No class: 10/1, 29; 11/5, 26.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Wed., 9/24; 10/8, 15, 22; 11/12, 19; 12/3, 10 6 to 7:30 p.m. ERMS

#### French: Beginner, Part 2 - Evening

Next session starts Winter 2026 from 6 to 7:30 p.m.

#### French: Beginner, Part 3 - Evening

Next session starts Spring 2026 from 6 to 7:30 p.m.

#### French: Advanced Beginner - Evening

The course is designed for people who have completed French Beginner, Parts 1, 2, 3. Newcomers with equivalent knowledge (A1/2-FLE) are welcome. Students will consolidate already acquired vocabulary and strengthen the way they can express themselves. Each session will encompass discussion (s) between the attendees themselves and the speaker. Topics covered will be linked to daily life matters, history, geography, books, tourism, health, shopping, etc. There will be references in the classes to grammar, spelling, and conjugation. The idea is to bring all students closer to fluency in speech. Text is *Learn French the Fast and Fun Way* (Barron's 4th Ed.). Instructor: Jean Vianes.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 9/29; 10/6, 20; 11/10, 17; 12/1, 8, 15 6 to 7:30 p.m. ERMS

#### French: Intermediate, Part 1 - Evening

Next session starts Winter 2026. Details on website.

#### French: Intermediate, Part 2 - Evening -

Next session starts Spring 2026. Details on website.

#### French: Intermediate/Advanced - Day

This class will read à haute voix and discuss a wonderful work of historical fiction, *Le Banquier et le perroquet* by Philippe Simiot. Pourchassé par les Anglais, le capitaine bordelais, Étienne Girard, trouve refuge à Philadelphie le 4 juillet 1776. Trente ans plus tard, il est l'homme le plus riche de l'Amérique, rachète la Banque des États-Unis et finance la guerre de 1812. Plus qu'un roman cet ouvrage très documenté illustre bien la genèse de la Fédération US et l'esprit pionnier des ses entrepreneurs. The book is available at Amazon.com Make up date, if needed is 1/21 and 28. Instructor: John Lamb.

7 Sessions (14 hours) \$ 203 (Ridgefield Sr./Disab. \$ 181)  
Wed., 9/24; 10/1, 8, 15, 22, 29; 11/5 11 a.m. to 1 p.m. Annex

7 Sessions (14 hours) \$ 203 (Ridgefield Sr./Disab. \$ 181)  
Wed., 11/12, 19; 12/3, 10, 17; 1/7, 14 11 a.m. to 1 p.m. Annex  
Note: No class 12/24, 31.

### ONLINE COURSES - VIA ED2GO

Visit [ed2go.com/ridgefield](https://ed2go.com/ridgefield) and CLICK in the search box, type languages, press Enter.

French, Italian, Japanese, Spanish, ESL and Sign Language are available. \$99 to \$144.

### FRENCH - ON ZOOM

<https://ridgefieldschools.org/french.html> has text and more.

#### French: Beginner, Part 1 - Evening - on Zoom

Let us start from scratch! This Zoom class is for people who have no experience of French, but would like to start building foundation and become familiar with the practical, everyday usage. Along the way, we will explore aspects of French culture and history to tantalize those considering a visit to France. Text info on website. Instructor: Nancy Maxwell. Make up date, if needed, is 12/15.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 10/20, 27; 11/3, 10, 17, 24; 12/1, 8 5:20 to 6:50 p.m. Zoom

### ITALIAN

Visit <https://ridgefieldschools.org/italian.html> for more info.

#### Italian 1: Beginner, 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.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Wed., 9/24; 10/8, 15, 22, 29; 11/5, 12, 19 6:15 to 7:45 p.m. ERMS

#### Italian 1: Beginner, Part 2

Next session starts Spring 2026 - evening at ERMS. Details on website.

#### Italian: Intermediate / Advanced

For people with some background in the language's basic structure and comfortable with immersion. Expand vocabulary and grammar. Discuss culture, food, travel, and more. Continue developing skills in listening comprehension, speaking, reading and writing. Reading of a short story and independent weekly assignments to be presented and to be discussed by the class. Text and other info for each group is on the web site. Instructor: Sylvana Serravezza. Advanced class is 7 to 8:30 p.m.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 9/29; 10/6, 20, 27; 11/3, 10, 17, 24 6:15 to 7:45 p.m. ERMS

### GERMAN - ON ZOOM

Visit <https://ridgefieldschools.org/german.html> for more info.

#### German: Beginner, Part 1 - Evening

This Zoom class is for total beginners with a focus on pronunciation, basic grammar, comprehension, and vocabulary. Text is *Schritte PLUS Neu 1 Niveau A1* (see text note on website). Instructor: Karen Wolfinger.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Tue., 9/30 - 12/2 (not 11/11) 4:30 to 6 p.m. Zoom

#### German: Intermediate, Part 2 - Evening

A continuation of Intermediate, part 1 from summer 2025. Newcomers with some experience may join. Basic conversation for beginners with a focus on pronunciation, grammar, comprehension, and vocabulary. Text is *Schritte PLUS Neu 2 Niveau A2* (see text note on website), Deutsch als Zweitsprache für Alltag und Beruf, Kurs und Arbeitsbuch mit Audios online, (text is downloadable). Instructor: Karen Wolfinger.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Tue., 9/30 - 12/2 (not 11/11) 6:10 to 7:40 p.m. Zoom

Contact Information: (203) 431-2812

[ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com)

<https://ridgefieldschools.org>

### SPANISH

Visit <https://ridgefieldschools.org/spanish.html> for text info

#### 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. Focus is on how to carry on simple conversations in Spanish, as spoken in Latin America. Please obtain the text, *Learn Spanish the Fast and Fun Way* (Barron's, 4th Edition). Instructor: Oscar Vargas.  
6 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 10/20, 27; 11/3, 10, 17, 24 7 to 9 p.m. Zoom

#### Spanish: Advanced Beginner - Day

This course is a continuation of Spanish for True Beginners Part 1 and 2 (Fall 2024 and Winter / Spring 2025). Newcomers with equivalent experience are welcome. We cover additional vocabulary, grammar and conversation in the present tense and introduce the past tense. Same texts as last winter/spring - see website. Instructor: Norma Lopez-Burton.  
8 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Tue., 10/14 - 12/16 (not 11/4, 11) 10:30 a.m. to 12 noon Annex

#### Spanish: Advanced Conversation - Evening on Zoom

A continuation from the class this past winter/spring. Newcomers with equivalent experience, who can maintain a conversation in Spanish are welcome. Class will be conducted in Spanish and will include review of grammar concepts (as needed) and vocabulary, reading and class discussion of current events and articles, and discussion of an assigned movie. Instructor: Oscar Vargas.  
6 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Thur., 10/16, 23, 30; 11/6, 13, 20 7 to 9 p.m. Zoom

### BALLROOM / SOCIAL DANCE

#### Event Dance Boot Camp: Beginner/Brush Up

Natalie Mazzola teaches basic Rumba, Cha-Cha, East Coast Swing and more steps to beginners and those who have been away from dance for awhile. Bio - page 5.

8 Sessions \$ 216 per couple  
Tue., 9/30; 10/7, 14, 21, 28; 11/18, 25; 12/2  
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 steps to couples that know the basics of ballroom dancing. Bio - page 5.

8 Sessions \$ 216 per couple Veterans Park School  
Tue., 9/30; 10/7, 14, 21, 28; 11/18, 25; 12/2 8:05 to 8:50 p.m.

### LINE DANCE

#### Line Dance: 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 for this course. Please bring a water bottle and wear leather or suede soled shoes. Instructors: Steve Parker and Ellen Russow. Bio-page 5.



5 Sessions \$ 65 (Ridgefield Sr./Disab. \$ 56)  
Wed., 9/24; 10/8, 15, 22, 29 7 to 8 p.m. ERMS  
Wed., 11/5, 12, 19; 12/3, 10 7 to 8 p.m. ERMS  
Wed., 1/7, 14, 21, 28; 2/4 7 to 8 p.m. ERMS



## THE INSTRUCTORS

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

- 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.
- Ellen Russow and Steve Parker have been line dancing for over 27 years and teaching for over 15.
- Denise D'Arbonne Nethercott combined her passions for ballroom dance and physical fitness and became certified in LaBlast Fitness in 2019.
- Patricia Anikewich, a fitness buff and marathon runner, holds many group exercise certifications and teaches at many NY and CT fitness centers.
- Valerie Kirincich is licensed in Zumba® and has certification through AFAA for Group Fitness. She teaches all ages and ability levels at several area venues.
- Yolima Solano is licensed in Zumba®, a life long dancer, originally from Colombia, who enjoys teaching Zumba in the area. She is also a dental hygienist.
- 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 8 years.
- Deby Goldenberg has practiced and taught martial arts (3rd degree black belt) and Tai Chi for decades and is an Amrit Yoga Nidra therapist.
- 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.
- Julie Shaw is an IAYT-Certified Yoga Therapist who specializes in adapting yoga practice to meet the individual's needs.

## COMPLETE WORKOUTS

## TAI CHI - DAY AND EVENING

## QI GONG & YOGA FUSION

### LaBlast Fitness® Cardio Dance Workout with Light Weights

You'll get your heart rate up and sweat a bit with this aerobic workout created by Louis Van Amstel of Dancing with the Stars. LaBlast® is a partner-free, simple, low impact, safe, all level cardio / dance workout. Some exercises use optional light weights. No mat. Fun and energizing. Beginners are encouraged to attend. Wear sneakers and bring light hand weights (if you have them) and a water bottle. Instructor: Denise Nethercott.

8 Sessions \$ 99 (Ridgefield Sr./Disab. \$ 85)  
Mon., 9/15, 22, 29; 10/6, 20, 27; 11/3, 10 5:45 to 6:35 p.m. ERMS

### Full Body Burn and Tone

This full body workout, good for all levels, led by Pat Anikewich, is designed to burn calories and sculpt lean muscle by using elements of cardio, strength training, and stretch. Modifications offered in a non-intimidating environment. Weights optional, but encouraged. Bring mat and water. Zoom available.



6 Sessions \$ 78 (Ridgefield Sr./Disab. \$ 67)  
Tue., 9/30; 10/7, 14, 21, 28; 11/18 6 to 7 p.m. VP Sch. + Z  
Tue., 12/2, 16; 1/6, 13, 20, 27 6 to 7 p.m. VP Sch. + Z

### Zumba® with Valerie

This high energy, Latin-inspired dance fitness class combines low-intensity and high-intensity moves for a dynamic, full body workout that feels more like a party than exercise! You will enjoy easy to follow choreography based on international rhythms like salsa, merengue, cumbia, and reggaeton. Each class starts with a warm up to get your body ready and ends with a cool down featuring light stretches to aid recovery and flexibility. Participants should wear workout attire that allows for a full range of motion and sneakers. Bring a water bottle to stay hydrated during class. Instructor: Valerie Kirincich.

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Wed., 10/15 - 12/10 (not 11/26) 6 to 7 p.m. Vet. Park Sch.

### Barre-Fusion

A 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 (optional). Chairs will be provided to act as a barre. All fitness levels welcome. Instructor: Patricia Anikewich. Bring weights, mat, towel, water. Make up date, if needed, is added to the end of the session.

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Thur., 9/25; 10/9, 16, 23, 30; 11/6, 13 6 to 6:55 p.m. VP Sch. + Zoom  
Thur., 11/20; 12/4, 11, 18; 1/8, 15, 22 6 to 6:55 p.m. VP Sch. + Zoom

### Zumba® with Yolima

Zumba, a high-energy fitness workout, combines Latin and international music with dance moves, creating a fun and effective workout. It incorporates elements of aerobic, interval, and resistance training, maximizing calorie burning and cardiovascular benefits. Move to the rhythm of salsa, flamenco, merengue, and other global beats. Wear sneakers and bring a water bottle. Instructor: Yolima Solano.

7 Sessions \$ 87 (Ridgefield Sr./Disab. \$ 75)  
Thur., 10/9, 16, 23, 30; 11/6, 13, 20 7:10 to 8 p.m. VP Sch.  
Thur., 12/4, 11, 18; 1/8, 15, 22, 29 7:10 to 8 p.m. VP Sch.

### Tai Chi (Yang Long Form)

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, circulation, and overall physical and mental health. Its slow and graceful movements make it accessible to anyone, regardless of age or athletic ability. Tai Chi is considered a healing exercise and it is also an effective martial art.



### Beginning Tai Chi (Yang Long Form)

Participants learn the first 21 moves.

#### Wednesday Evening with Gwen Roman

6 Sessions \$ 78 (Ridgefield Sr./Disab. \$ 67)  
Wed., 9/17, 24; 10/8, 15, 22, 29 6 to 6:50 p.m. ERMS  
Wed., 11/5, 12, 19; 12/3, 10, 17 6 to 6:50 p.m. ERMS

#### Thursday Morning with Rod Barfield

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Thur., 10/9, 16, 23, 30; 11/6, 13, 20 12 noon to 12:55 p.m.  
Thur., 12/4, 11, 18; 1/8, 15, 22, 29 12 noon to 12:55 p.m.  
at the Annex (Outdoors when weather permits)

### Tai Chi Intermediate (Continuing)

For students who have mastered the class above. Gwen Roman (Wed.) and Rod Barfield (Fri.).

#### Wednesday Evening with Gwen Roman

6 Sessions \$ 78 (Ridgefield Sr./Disab. \$ 67)  
Wed., 9/17, 24; 10/8, 15, 22, 29 5 to 5:50 p.m. ERMS  
Wed., 11/5, 12, 19; 12/3, 10, 17 5 to 5:50 p.m. ERMS

#### Thursday Morning with Rod Barfield

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Thur., 10/9, 16, 23, 30; 11/6, 13, 20 11 to 11:55 a.m. Annex  
Thur., 12/4, 11, 18; 1/8, 15, 22, 29 11 to 11:55 a.m. Annex  
at the Annex (Outdoors when weather permits)

### Beginning Tai Chi / Qi Gong

This class is open to all levels. We will begin with grounding, meditation and breath work. Stretching and strengthening occurs throughout the practice. Qi Gong movements will help us learn energy flow. Tai chi form will be done at end of class. Instructor: Deby Goldenberg. Makeups, if needed, are added to the end of the class.

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Wed., 10/8, 15, 22, 29; 11/5, 12, 19 1 to 1:55 p.m. Annex  
Wed., 12/3, 10, 17; 1/7, 14, 21, 28 1 to 1:55 p.m. Annex  
7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Thur., 10/9, 16, 23, 30; 11/6, 13, 20 5:45 to 6:40 p.m. VP Sch.  
Thur., 12/4, 11, 18; 1/8, 15, 22, 29 5:45 to 6:40 p.m. VP Sch.

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

Learn 35 basic Tai Chi exercises designed to 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. You'll need two 2-3 lb. weights. Instructor: Rod Barfield.

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Tue., 9/30; 10/7, 14, 21, 28; 11/4, 18 10 to 10:55 a.m. Zoom  
Tue., 11/25; 12/2, 9, 16; 1/6, 13, 20 10 to 10:55 a.m. Zoom  
Wed., 9/24; 10/8, 15, 22, 29; 11/5, 12 6:45 to 7:40 p.m. ERMS  
Wed., 11/19; 12/3, 10, 17; 1/7, 14, 21 6:45 to 7:40 p.m. ERMS  
Thur., 9/25; 10/9, 16, 23, 30; 11/6, 13 10 to 10:55 a.m. Annex+Z  
Thur., 11/20; 12/4, 11, 18; 1/8, 15, 22 10 to 10:55 a.m. Annex+Z

### Restore and More - Gentle Fusion of Qi Gong and Lite Yoga Movements

Join our fusion of Qi Gong and Yoga movements and build core strength; increase joint mobility and range of motion; enhance your balance; activate your muscles and release endorphins. Then restore and relax using yoga therapy and basic stretching to move your energy into a deep restorative slumber (sleep based meditation). Leave rejuvenated, whole and complete. You will love the flow. Instructor: Deby Goldenberg.

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Thur., 10/9, 16, 23, 30; 11/6, 13, 20 7 to 7:55 p.m. Vet Park Sch.  
Thur., 12/4, 11, 18; 1/8, 15, 22, 29 7 to 7:55 p.m. Vet Park Sch.

## YOGA

### Gentle Flow Yoga ~ Evening

For beginner/intermediate students looking to deepen their yoga practice. Explore the fundamentals of a flowing yoga practice (vinyasa) as well as traditional poses. Benefits include increased strength, mobility, flexibility along with improved circulation and stress reduction. Increase your awareness of body and breath and end with a deep relaxation (Savasana). Modifications are provided to allow all students to find their own combination of challenge and balance. Please bring a mat, blocks, blanket or towel and a water bottle. Instructor: Erin Lutz. Weather makeups, if needed, are added to the end of the session. **The 1/5 class will be Zoom only.**

6 Sessions \$ 78 (Ridgefield Sr./Disab. \$ 67)  
Mon., 9/29; 10/6, 20, 27; 11/3, 10 6:15 to 7:15 p.m. ERMS + Z  
Mon., 11/17, 24; 12/1, 8, 15; 1/5 6:15 to 7:15 p.m. ERMS + Z

### Yoga Stretching with Julie Shaw ~ Evening

Breathe fully, release tension, build strength and balance, improve your body 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. Krishnamcra. 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 will understand! Instructor: Julie Shaw. Please bring a yoga mat, block, and blanket. Makeup date, if needed, is 12/16.

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Tue., 9/30; 10/7, 14, 21; 11/18, 25; 12/2, 9 5:45 to 6:45 p.m. Veterans Park School

## What to Bring to Class

Yoga & Pat's classes - mat, water, towel  
Pat & Denise's classes - light weights  
Zumba, LaBlast, Line Dance - water, towel  
Tai Chi & Qi Gong - water

## Medical Questions

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

## Registration and Contact Information:

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

# 6 IPHONE, PHOTOGRAPHY, AI - ARTIFICIAL INTELLIGENCE, EXCEL, POWERPOINT, WINDOWS, EBAY & MORE

## THE INSTRUCTORS

- 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 many adults in business office software, such as Excel, Access, and PowerPoint for many years.
- Charles Greenberg is an experienced academic librarian and library director with specialties in new technologies and medical research at several major universities in the U.S. and China. He now teaches at the School of Information for San Jose State University (online) and at Camden County College in NJ. More bio on website.
- John Zappala has a degree in fine arts and many years of experience as a photographer and photography instructor.

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

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

Classes are limited to 3-6 participants or schedule a tutorial. Contact (203) 431-2812 or [ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com)  
Small group classes and tutorials can be scheduled in all classes below, PLUS: Beginners, Keyboarding, Windows, File Management, Word, PowerPoint, Publisher, Excel, Access, iPad, Photoshop Elements, Using FaceBook, Twitter, LinkedIn . . .

### PHOTOGRAPHY: DSLR

#### Basic Digital Camera Operation

Bring your DSLR or mirrorless camera and manual to 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.



4 Sessions \$106 (Ridgefield Sr./Disab. \$61)  
Mon., 9/29; 10/6, 20, 27 6:30 to 8:30 p.m. ERMS

### IPHONE, IPHONE PHOTOGRAPHY

#### 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 eMail, calendar, maps, and other basic programs. Learn how to take photos and videos, listen to music and podcasts, and organize your apps. We'll look at Apple's App Store where you can download many free and paid apps.



2 hours \$40 (Ridgefield Sr./Disab. \$36)  
Fri., 10/17 1 to 3 p.m. Annex  
Wed., 11/12 1 to 3 p.m. Annex

#### 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)  
Fri., 10/24 1 to 3 p.m. Annex  
Wed., 11/19 1 to 3 p.m. Annex

### ONLINE COURSES VIA ed2go

Visit [ed2go.com/ridgefield](https://ridgefieldschools.org) or <https://ridgefieldschools.org> and click ONLINE COURSES

Class is 6 weeks long, 2 lessons a week. New sessions start every month. Instructor-lead and 3 month self-directed options. Most classes cost \$99 to \$144.

Software Applications from Python to QuickBooks to Photoshop to Web Design to Graphics.

Certification Test Prep from Comp TIA A+ to Security, Project Management and more . . .

Test Prep: SAT/ACT, GMAT, GRE, LSAT, GED  
Courses Such As: ESL, Business, Accounting, Publishing, Health Care, Languages, Grant Writing, Wellness, Pet Sitting, Catering, Interior Design

#### Registration and Contact Information:

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

### AI, 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 will also provide an overview of AI, explain what it means, and show you how AI can benefit you at work and at home. Instructor Lance Whitney.

2 hours \$40 (Ridgefield Sr./Disab. \$36)  
Wed., 10/15 1 to 3 p.m. Annex  
Fri., 11/7 1 to 3 p.m. Annex

#### How to Sell Items On eBay

Prerequisite: Basic computer and Internet skills. eBay seller Lance Whitney will show you how you can 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 your chances of a sale; work with buyers; ship your items, and deal with any problems that arise.

2 hours \$40 (Ridgefield Sr./Disab. \$36)  
Thur., 10/23 1 to 3 p.m. Annex  
Fri., 11/14 1 to 3 p.m. Annex

#### CyberSecurity: Protect Yourself Online

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)  
Thur., 11/13 1 to 3 p.m. Annex

#### Google Docs

Prerequisite: Basic Internet and Windows skills. Lance 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)  
Wed., 10/22 1 to 3 p.m. Annex

### POWERPOINT

#### Introduction to PowerPoint 365

This introductory PowerPoint class covers the fundamentals of creating dynamic presentations. Students will learn to design engaging slides, add text and images, incorporate animations and transitions, and effectively deliver their message. Perfect for beginners looking to master presentation software. Instructor: Charles Greenberg.

2 hours \$40 (Ridgefield Sr./Disab. \$36)  
Thur., 10/9 10 a.m. to 12 noon Zoom  
Wed., 11/5 3:00 to 5:00 p.m. Zoom  
Sat., 12/6 10 a.m. to 12 noon Zoom

#### Intermediate PowerPoint 365

This class is designed for users already familiar with PowerPoint basics. Learn advanced features like exporting a slide as an image, slide master, and custom animations. We will also cover integrating multimedia, displaying data, and presenter view. Instructor: Charles Greenberg.

2 hours \$40 (Ridgefield Sr./Disab. \$36)  
Thur., 11/6 10 a.m. to 12 noon Zoom  
Wed., 11/19 3:00 to 5:00 p.m. Zoom

### EXCEL

More info at <https://ridgefieldschools.org/computer.html>  
More dates may be added on the website.

#### Excel 365 for Windows - Introduction

Create and format worksheets and charts. Enter basic formulas; open; save vs. saveas; cut, copy, paste, move, drag and fill, delete, margins, printing options. Number formatting, fonts, borders, shading. Instructor: Peggy Bruno.

4 hours \$80 (Ridgefield Sr./Disab. \$71)  
Mon/Tue., 9/29 & 30 1 to 3 p.m. Annex  
Wed/Thur., 11/5 & 6 10 a.m. to 12 noon Annex

#### Excel 365 for Windows - Intermediate

More formulas, math, and functions (NPV, FV, and PMT); linking sheets and workbooks; relative, absolute, and mixed cell references; more charts; cell protection; goal seeking; customizing toolbars . . . Instructor: Peggy Bruno.

4 hours \$80 (Ridgefield Sr./Disab. \$71)  
Mon/Tue., 10/20 & 21 1 to 3 p.m. Annex  
Wed., 11/12 & 19 10 a.m. to 12 noon Annex  
Fri., 11/21 12 noon to 4:30 p.m. Annex

#### Excel 365 for Windows - Advanced

Includes pivot tables and charts; V Lookup; database features; advanced sorts, filters, subtotals; IF statements, CountIf, SumIf, scenarios and more. Instructor: Peggy Bruno.

4 hours \$80 (Ridgefield Sr./Disab. \$71)  
Mon/Tue., 10/27 & 28 1 to 3 p.m. Annex  
Wed., 12/3 & 10 10 a.m. to 12 noon Annex  
Fri., 12/5 12 noon to 4:30 p.m. Annex

### WINDOWS 11

#### Windows 11 Basics & Your Computer

Prerequisite: Basic computer skills. Have your laptop or desktop PC handy 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. \$34)  
Thur., 10/16 1 to 3 p.m. Annex



### 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](mailto: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 up through and their contact with the early European settlers. She minored in Meso American Archaeology and has traveled extensively there.
- Nancy Maxwell, a Cornell graduate and history teacher for over 30 years, shares many anecdotes that give humanity and life to the historical figures.
- Craig Coffman, 50 year piano teacher and Church Music Director. More bio on website.
- Michele F. Murphy, JD, RN, MSN and Thomas E. Murphy, JD are Veterans Affairs accredited Attorneys. Bio at [www.ridgefieldschools.org/business.html](http://www.ridgefieldschools.org/business.html)

## ARCHAEOLOGY OF MESO AMERICA

## The Rise of Civilization in Meso America ~ the Olmecs and the Zapotecs

Before pyramids appeared in Egypt, they were being built in Mexico, by people who had no written language, and used only stone tools. One by one, civilizations in Mexico, Honduras, Guatemala, and Belize rose and fell. In this course, we will look at hunter gatherers, the beginning of agriculture and small farming communities, and how they morphed into the first cities of the Olmecs, and the empire of the Zapotecs. Instructor: Lynn-Marie Wieland is a lithic (stone tools) archaeologist who has traveled extensively in Mexico, Guatemala, and Honduras. Instructor: Lynn-Marie Wieland.

3 Sessions (6 hours) \$ 79 (Ridgefield Sr./Disab. \$ 68)  
Wed., 10/15/22, 29 10 a.m. to 12 noon Annex + Zoom

## AMERICAN HISTORY TOPIC

## The Donner-Reed Journey

It must have seemed like the opportunity and adventure of a lifetime! A journey across the continent with family and friends to reach the land of milk and honey. Clean air, mild seasons, rich soil, abundant crops, and free land! Manifest Destiny! And so it could have been, had not human frailty and nature collided in the wrong place at the wrong time. For the Donner – Reed wagon train of 1846, hopes and aspirations culminated in unspeakable tragedy. A look at their story provokes questions for all of us. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 9/26 10 to 11:30 a.m. Zoom

## ELDER LAW, HEALTH INFO.

## Elder Law: Protect Yourself with Trusts

Join Attorneys Murphy and learn how to avoid probate, minimize estate taxes, protect assets from Medicaid, preserve IRA funds, provide for disabled family members, and protect your estate from your children's creditors. Trusts keep you in control: You say what goes in, what comes out, and who does what. Avoid conservatorship during incapacity, litigation over your estate, costs of probate, and Medicaid forfeitures. Topics to be covered include: Revocable Living Trusts, Asset Protection Trusts, IRA Trusts, Special Needs Trusts, and Testamentary Trusts. Instructor: Charles J. Greenberg. Bio on page 6.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Wed., 11/12 6:30 to 8 p.m. Zoom

## Consumer Health Information for All

This course empowers individuals to become informed healthcare consumers. Learn to critically evaluate health information from various sources, identify reliable websites and resources, and recognize misinformation. Topics include sources of medical terminology, accurate information on rare diseases, and communicating effectively with healthcare providers to make sound health decisions. Instructor: Charles J. Greenberg. Bio on page 6.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27)  
Sat., 10/18 10 a.m. to 12 noon Zoom  
Thur., 12/11 3 to 5 p.m. Zoom

## ENGLISH HISTORY

The British history topics below focus on the biographies of Kings and Queens that were influential in the colonization of the Americas and that period.

## The Reign of William and Mary

England was in an awkward situation in 1689. The unpopular king James II had neither died nor abdicated, but had fled; William of Orange, the "liberator" who had saved the country from this supposed despot was not likely to return to his native Dutch Republic uncompensated. The solution, crowning both William and his English wife as rulers, may have seemed ideal: Stuart dynastic continuity was preserved and William was satisfied. But the joint reign of William III and Mary II brought surprising and unanticipated consequences to the realm. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 10/10 10 to 11:30 a.m. Zoom

## The Germans are Coming! A German King Takes the English Throne

It was never supposed to happen. Queen Anne of England had had multiple pregnancies; she had a son. Apart from the horrific scandal of his wife, George of Hanover was enjoying a life of gambling and hunting (and ruling!) in his German state. But fate, and his mother, had other plans for George, and at the age of 54 he sailed, none too willingly, for England. The English were not particularly glad to see George arrive, either. But George took the English throne, took an English mistress, and established the Hanoverian line in his new homeland – even if he did loathe his son! Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 10/17 10 to 11:30 a.m. Zoom

## King George III

To many Americans, he is Mad King George, the tyrannical English king whose despotic ways pushed the colonists to revolution. To the English, he was Farmer George, a stubborn, plodding ruler who obstructed his parliament and blocked progress. Both assessments are incomplete, and his unfortunate mental collapse was a family tragedy. There was much more to the life of this very civilized, culture, and moral man. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 10/24 10 to 11:30 a.m. Zoom

## The Regency and King George IV

Like father, like son? Not in this case! George III, rigidly disciplined and principled, did his best to raise similarly conscientious sons, but no one could harness his firstborn, the wayward prince whose extravagance and profligacy threatened the very survival of the monarchy. Yet as George III's sanity collapsed, the English had no choice but to establish the prince as regent in his father's place. What was the Prince Regent, the future George IV really like? His life is a tale of family friction, loyalty, exuberance, patronage, pettiness, and generosity – not to mention scandal! Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 11/7 10 to 11:30 a.m. Zoom

## EUROPEAN HISTORY

## Queen Victoria: Grandmother of Europe

A match maker extraordinaire! Her own marriage had been blissfully happy, but Victoria didn't seem to worry too much about the feelings of her own children. While chiding them about duty and obligation, she set them up with "appropriate" matches throughout Europe. A German prince here, a Russian duchess there – it was all part of the plan for the family, which would, to her mind, also guarantee the stability of the empire. How ironic that the rules did not always apply in her own life. Victoria dangerously neglected her own duties as queen and broke her own rules in her relationship with her Scottish servant. Let's explore the life and family of this very human, grandmotherly queen, whose grandsons ended up at war with each other. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 11/14 1 to 2:30 p.m. Zoom

## ♪ ♪ MUSIC - PIANO &amp; GUITAR ♪ ♪

## Instant Piano for Hopelessly Busy People - on Zoom

In a few hours, you can learn enough trade secrets to learn to play piano the way professionals do - using chords, which are easier to learn than reading notes. Visit [ridgefieldschools.org/music.html](https://ridgefieldschools.org/music.html) for more info. This online class is partly hands on instruction and partly lecture demonstration. Instructor: Craig Coffman, 50 year piano teacher. Tuition includes materials and online follow up lessons.

1 Session (3 hours) \$ 69  
Sat., 10/11 9 a.m. to 12 noon Zoom  
Sat., 10/18 9 a.m. to 12 noon Zoom  
Mon., 10/20 6:30 to 9:30 p.m. Zoom  
Mon., 10/27 9 a.m. to 12 noon Zoom  
Sat., 11/15 9 a.m. to 12 noon Zoom  
Mon., 11/17 6:30 to 9:30 p.m. Zoom

## Instant Guitar - for Hopelessly Busy People - on Zoom

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online follow up lessons, a recording of the class and also an optional periodic question and answer session. Class is held online using zoom and is partly hands on instruction and partly lecture/demonstration. For ages 13+. Instructor: Craig Coffman. Tuition includes materials and online follow up lessons.

1 Session (2.5 hours) \$ 69  
Sat., 10/11 1 to 3:30 p.m. Zoom  
Sat., 10/18 1 to 3:30 p.m. Zoom  
Tue., 10/21 6:30 to 9 p.m. Zoom  
Mon., 10/27 1 to 3:30 p.m. Zoom  
Sat., 11/15 1 to 3:30 p.m. Zoom  
Tue., 11/18 6:30 to 9 p.m. Zoom

## Acoustic Guitar with Tom Elliott - in Person

Date and time information, will be at: [www.ridgefieldschools.org/music.html](https://www.ridgefieldschools.org/music.html) when received.



**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 Rd., Ridgefield, CT 06877, 203-894-5550

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Ridgefield Continuing Education  
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Continuing Education Registration Application - Fall 2025 - Winter 2026

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 (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 and 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 COVID-19 might increase. In the event of an injury or illness 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 precautions, 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  
(203) 431-2812  
ridgefieldcontinuingeducation@gmail.com

**ESL, CDP & GED REGISTRATION**

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

**SAT / PSAT Prep**

View some options at:

<https://ridgefieldschools.org/satprep.html>