

# Ridgefield Continuing Education

Please keep this  
handy as a course  
reference. More  
Spring and Summer  
dates will be added  
to the website

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**Courses Start on a Rolling Basis ~ Now and Spring into Summer 2026**



## **Courses Available – Learning Options**

Registration Information	2 and Back Cover
Bridge, Mah Jongg, Genealogy, ed2go	2
Writing, Zotero, Organizing	3
Knitting, Crochet, Quilting, Collage, Wreaths	3
Gardening, Native Plants, Mushroom Walk	3
Languages: French, Italian, Spanish	4
ESL GED, CDP & ESL; ed2go	4
Line Dance, Ballroom, Event Dance	4
Tai Chi Form, Tai Chi Strength, Tai Chi / Qi Gong, Yoga	5
Cardio Workouts, Full Body, Sculpt, La Blast, Zumba	5
DSLR & Mirrorless Photography, iPhone Photography	6
AI – Artificial Intelligence, eBay, Google Docs	6
Excel, Windows, PowerPoint, Tech Tutorials, ed2go	6
Consumer Health Information, Music	6
History, Archaeology of Meso America, Philosophy, Elder Law	7
Registration Form, SAT Prep Info	Back Cover

**Join us!**

**Experience**

**Explore**

**Connect**

Most classes are In-Person.

Some are Hybrid.

A few are Zoom Only.

Class Sizes are limited.



**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, Visa, and 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.

The Annex building is open 8 a.m. to 4:20 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, Summer Schedule and new courses added are at: <https://ridgefieldschools.org>**

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 email and/or phone 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** = 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 about the Senior Discount is 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 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 reconciled potential conflicts before you register. Please include an accurate and legible phone number and email address (preferred) so we can contact you if a course is canceled, full, or relocated. An email address is necessary to send you your Zoom link the night before class.

**Weather/Power Postponement:** If regular public 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 hour delayed opening", classes that start before 9:30 a.m. (3 hour delay, classes starting before 10:30 a.m.) are postponed to next class. Classes that start at 9:30 a.m. (2 hour delay) or 10:30 a.m. (3 hour 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) 5 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. 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](#) is on page 7 and <https://ridgefieldschools.org>

### MAH JONGG

Sybl Falik, enthusiastic, long-term teacher and player, will teach you what "One bam...two crack!"



means, as you discover an exciting game. When you take this class, you will learn from square one. Or should I say tile one! This primer is very basic and will have you playing in no time. Attendance at the first two classes is a must. You will learn rules of the game as sanctioned by the National Mah Jongg League (NMJL). For info about the required NMJL card that you need at the first class, visit <https://ridgefieldschools.org> Instructor Sybl Falik started playing Mah Jongg as a young mother, as a way to socialize. Quickly Mah Jongg became a passion, and she used this game to meet friends by teaching the game to other women. She hopes you will develop a love for this game as she has.

6 Sessions \$159 (Ridgefield Sr./Disab. \$137)  
Mon., 2/23; 3/2, 9, 16, 23, 30 10 a.m. to 12 noon Annex  
Mon., 4/13, 20, 27; 5/4, 11, 18 10 a.m. to 12 noon Annex

6 Sessions \$159 (Ridgefield Sr./Disab. \$137)  
Tue., 3/10, 17, 24, 31; 4/14, 21 5:30 to 7:30 p.m. Annex

### CONTACT INFORMATION

(203) 431-2812

[ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com)  
[www.ridgefieldschools.org](http://www.ridgefieldschools.org)



### BRIDGE



See website for spring dates.

#### Bridge: Beginner

This class is for beginners who completed the fall class with Mary. Others who may consider joining in are individuals who have a bit of knowledge about bridge or may have played long ago and want to come and learn about what is going on in modern bridge playing. Please purchase the text *Bridge for Everyone* by D.W. Crisfield. Instructor Mary Watson-Stribula has been teaching bridge in both New Canaan and Ridgefield for over 8 years. She is currently working towards her life master designation. She is an enthusiastic and patient bridge teacher. Class size limited.

8 Sessions \$212 (Ridgefield Sr./Disab. \$182)  
Mon., 1/26 - 3/30 (no class 2/16; 4/6 & 1 to be det.)  
9:30 to 11:30 a.m. Annex

#### Bridge: Intermediate

Mary Watson-Stribula's class is for those who want to work on bidding and play of the hand techniques in bridge. Experience in playing bridge recently is required. The class will play with randomly shuffled and dealt hands and comparing results at each table. Two or three classes will focus on bidding and playing slam hands.

8 Sessions \$212 (Ridgefield Sr./Disab. \$182)  
Thur. 1/29 - 4/2 (no class on 2/19; 4/9 & 1 to be det.)  
1:30 to 3:30 p.m. Annex

### GENEALOGY

#### Researching Our Roots – Delve Into Genealogy

Are you interested in building your family tree? Join instructor and researcher Sarah Miller as she presents strategies, tips, and tools to begin your ancestral research or address roadblocks using a variety of online sources. We will focus on what American records are available and how to locate them. Additionally, she will introduce international research as well as discuss strategies to feel confident in sourcing your research. Please bring family documents and info. as well as a tablet or laptop, for guided research time.

1 Session \$31 (Ridgefield Sr./Disab. \$27)  
Thur., 4/16 6 to 8 p.m. Veterans Park Sch.

### ONLINE COURSES - VIA ED2GO

Visit [ed2go.com/ridgefield](http://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 (numerous) . . . Test Prep (SAT, GRE, Security, Project Management . . .) Accounting, Business, Non-Profit, Languages, Publishing, Health Care, and more!



## 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, nonfiction books, and comics; illustrator, and long-term writing teacher.
- Norma López-Burton, Lecturer Emerita from UC Davis, steps aside from her profession to share her favorite hobby: quilting. She enters quilt shows regularly and has won two "Viewer's choice" awards and others. She is looking forward to helping create your project, that being a small, large or t-shirt quilt.
- Kathleen Fay, certified art teacher, holds a BFA in Visual Arts, an MFA in Photography. She enjoys teaching students from child to adult. More bio on website.
- Valerie Kirinich (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 a K-8 school. She enjoys teaching and motivating students of all ages. More on web.
- 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 instructor, has been crocheting and gardening since she was young and has worked as a horticultural manager. More on web.
- 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.
- Ben Soreff is a Professional Organizer and co-owner of House to Home Organizing based in Ridgefield.

## WRITING

### Writing a Novel or Short Story

This Zoom class is for both new students and students from prior classes who are welcome back to delve deeper into different facets of their writing process. Participants will learn how to successfully create, develop, or complete their novel or short story by focusing on the basics, such as development of major and minor character backgrounds, scene creation, and a fully developed plot of all the main conflicts and actions of your story, building scenes that move your story ahead through first, second, and final drafts. Instructor: Michael Canavan.

6 Sessions \$159 (Ridgefield Sr./Disab. \$137)  
Wed., 2/25; 3/4, 11, 18, 25; 4/1 6:30 to 8:30 p.m. Zoom  
Wed., 4/22, 29; 5/6, 13, 20, 27 6:30 to 8:30 p.m. Zoom

## ZOTERO

### Introduction to Zotero

Learn to master Zotero, a free and powerful research tool that enables you 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, and using Zotero for class notetaking. Works with Google Docs too. Instructor: Charles Greenberg. Bio on page 6.

1 Session \$31 (Ridgefield Sr./Disab. \$27)  
Tue., 2/10 7 to 9 p.m. Zoom  
Mon., 3/16 1 to 3 p.m. Zoom  
Fri., 4/17 1 to 3 p.m. Zoom

## QUILTING, COLLAGE, WREATHS

### Introduction to Quilting

In this course, you will choose a project, get familiar with quilting terminology, and learn to use quilting tools such as a cutting mat, a rotary cutter, a quilting ruler and a ripper. The goal is to complete a project at your own pace. More info and Supply List on website. Instructor: Norma Lopez-Burton. Class limit 6.

6 Sessions \$159 (Ridgefield Sr./Disab. \$137)  
Tue.1, 3/10, 17, 24, 31; 4/14, 21 1:30 to 3:30 p.m. Annex  
Tue., 4/28; 5/5, 12, 19, 26; 6/2 1:30 to 3:30 p.m. Annex

### Introduction to Collage

We will create collages that emphasize color, form, texture and layering and work with many types of papers and even fabrics as well as explore incorporating photographs, small objects, painting and text. Appropriate for all levels of art creators. You may bring photographs, materials and small artifacts of personal relevance. \$10-12 for materials is due at the first class. Instructor: Kathleen Fay.

2 Sessions \$54 (Ridgefield Sr./Disab. \$46)  
Wed., 2/4 & 11 10 a.m. to 12 noon Annex  
Wed., 4/22 & 29 10 a.m. to 12 noon Annex

### Craft Your Own Spring Wreath

Welcome spring with a beautiful, handcrafted wreath! In this workshop, you will get all supplies (flowers, greenery, ribbon) to decorate a grapevine wreath to take home. For all skill levels – just bring your creativity. Spaces are limited. A supply fee of \$15 - 20 will be collected at class.

1 Session \$31 (Ridgefield Sr./Disab. \$27)  
Mon., 3/23 6 to 8 p.m. ERMS

## KNITTING

Visit [www.ridgefieldschools.org/knitting.html](http://www.ridgefieldschools.org/knitting.html) for summer dates.

### Studio Knitting - Beginners & Continuing

This open knitting format is for both beginners and those who want to further 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 selects a project and purchases the needed supplies. Projects have included knitting a scarf, sweater, blanket, and handbag. Class size limited.

**Monday's** - 2 sections: 1 to 3 p.m. and 3:30 to 5:30 p.m.

7 Sessions \$185 (Ridgefield Sr./Disab. \$160)  
Mon., 2/9, 23; 3/2, 9, 16, 23, 30 1 to 3 p.m. Annex  
Mon., 4/13, 20, 27; 5/4, 11, 18; 6/1 1 to 3 p.m. Annex

7 Sessions \$185 (Ridgefield Sr./Disab. \$160)  
Mon., 2/9, 23; 3/2, 9, 16, 23, 30 3:30 to 5:30 p.m. Annex  
Mon., 4/13, 20, 27; 5/4, 11, 18; 6/1 3:30 to 5:30 p.m. Annex

### Tuesdays

6 Sessions \$159 (Ridgefield Sr./Disab. \$137)  
Tue., 2/3, 10, 24; 3/3, 10, 17 6 to 8 p.m. Vet. Park Sch.  
Tue., 3/24, 31; 4/14, 21, 28; 5/5 6 to 8 p.m. Vet. Park Sch.

5 Sessions \$132 (Ridgefield Sr./Disab. \$114)  
Tue., 5/12, 19, 26; 6/2, 9 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 \$79 (Ridgefield Sr./Disab. \$68)  
Thur., 1/29; 2/5, 12 10 a.m. to 12 noon Annex

## ORGANIZING

### Home Organizing Workshop

Organizing is not about stuff; it is about time and manual labor. We will discuss how we got here, the origins of clutter, and why we have so much stuff. We will explore the common misconceptions about what it means to be organized, the goal of productivity and the barriers that prevent us from getting organized. We will cover organizing strategies and methods and conclude with choosing the correct storage solutions and how to maintain your space. Additional topics include moving, downsizing, selling and dealing with sentimental items. Instructor Ben Soreff, Professional Organizer.

1 Session \$31 (Ridgefield Sr./Disab. \$27)  
Wed., 4/22 6 to 8 p.m. ERMS

## 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 your resume and course description to

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

## GARDENING

### Plant Guilds: Native Trees, Shrubs, Perennials and Ground Covers That Grow Well Together

Certain plants grow well together. Often called companion plants, today they are known as Plant Guilds. These plants require similar variables of light, soil, moisture/humidity, topography, nutrients, water and many other environmental factors to survive and to thrive. In this class, we will examine a few of the plant guilds that are common in our ecological system (Eco59) in CT and we will get familiar with some specific trees, shrubs and a few perennials and ground covers that should grow well here. If you are preparing to plant or expand your landscape, this class will help you determine which plants to consider in creating a successful garden and in supporting wildlife.

1 Session \$31 (Ridgefield Sr./Disab. \$27)  
Wed., 4/15 6 to 8 p.m. ERMS

### Make Room for Natives: Sharing the Environment with Wildlife

There has been a lot of hype about "Natives" in the past year or so. Jackie Algon's class will explore what native plants are and why they are important. For beginning or fairly-new gardeners, we will start with the basics: getting your soil ready, removing invasive plants from your property, assessing what is already growing in your yard and what you can consider adding or deleting from it, the "New Best Practices" for gardening that will help make your garden more sustainable, resilient and functional not only for the aesthetics that please humans, but also for the support of wildlife and ecology.

1 Session \$31 (Ridgefield Sr./Disab. \$27)  
Mon, 5/4 6 to 8 p.m. ERMS

### Organic Vegetable Gardening and More . . .

How to grow organically a wide variety of vegetables, flowers, and other plants suitable for our climate. This course covers everything you need to know about organic gardening: from creating gardens, purchasing seeds or plants, growing on, fertilizing, and controlling pests. Instructor Eileen Burton, a long-term gardening instructor currently manages a church garden that grows produce for Meals on Wheels.

2 Sessions \$41 (Ridgefield Sr./Disab. \$35)  
Wed., 4/22 & 29 6:30 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 needed. More info / bio at: <https://ridgefieldschools.org/gardening.html>

1 Session \$29 (Ridgefield Sr./Disab. \$25)  
Sun., 6/7 from 3 to 4:30 p.m. at a public park in Ridgefield. Directions will be emailed on Thur., 6/4.



## 4 Languages: French, Italian, Spanish; ESL; CDP; GED; Event / Ballroom Dance; Line 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, moved here in 1969, worked in international business, ran his own business, traveled extensively and taught here 30 years.

### FRENCH

[www.ridgefieldschools.org/french.html](http://www.ridgefieldschools.org/french.html) has text info & more.

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

This Zoom class is for people who have no experience of French, but would like to start from scratch 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. Makeup date, if needed, is 3/23.

6 Sessions (9 hours) \$ 130 (Ridgefield Sr./Disab. \$ 116)  
Mon., 2/2, 9, 23; 3/2, 9, 16 5:30 to 6:55 p.m. Zoom

#### French: Beginner 2 - Evening - in Person

A continuation of Part 1 from fall 2025. Newcomers with equivalent experience are welcome. An interactive class where students study short texts and visuals covering restaurants, driving, sports, festivals, shopping (clothes), pharmacy and learn related vocabulary, pronominal verbs, adverbs of quantity, and present, past, and future tenses. More on website. Text is *Learn French the Fast and Fun Way* (Barron's 4th Ed.). Instructor: native speaker, Jean Vianes.

7 Sessions (12.25 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Wed., 1/28; 2/4, 11, 25; 3/4, 11, 18 6 to 7:45 p.m. ERMS

#### French: Beginner 3 - Evening - in Person

Jean Vianes continues the class above. Detailed topics at [www.ridgefieldschools.org/french.html](http://www.ridgefieldschools.org/french.html)

7 Sessions (12.25 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Wed., 3/25; 4/1, 15, 22, 29; 5/6, 13 6 to 7:45 p.m. ERMS

#### French: Intermediate 1 - Evening

Continue last fall's Advanced Beginner class with native speaker, Jean Vianes. Newcomers with equivalent knowledge are welcome. Students will consolidate already acquired vocabulary and strengthen their expression. Discussions between the attendees themselves and the speaker at each session. Topics covered will be linked to daily life, tourism, history, books, health, shopping, etc. There will be references in the classes to grammar, spelling, expressions and conjugation. The idea is to bring all students closer to fluency in speech. Please bring the text *Learn French the Fast and Fun Way* (Barron's 4th Ed.).

7 Sessions (12.25 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 1/26; 2/2, 9, 23; 3/2, 9, 16 6 to 7:45 p.m. ERMS

#### French: Intermediate 2 - Evening

Jean Vianes continues the class above. See website.

7 Sessions (12.25 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 3/23, 30; 4/13, 20, 27; 5/4, 11 6 to 7:45 p.m. ERMS

#### French: Intermediate/Advanced – Day

We will read à haute voix and discuss in detail *Nouvelles Orientales*, a collection of short stories by Nobel Prize winner, Marguerite Yourcenar. More on website. Instructor: John Lamb.

7 Sessions (14 hours) \$ 203 (Ridgefield Sr./Disab. \$ 181)  
Wed., 2/4 - 3/25 (not 2/18) 10:45 a.m. to 12:45 p.m. Annex

#### French: Intermediate/Advanced – Day

We will read various articles about France, French culture and the French language. Handouts will be distributed at the beginning of each class. Instructor: John Lamb.

7 Sessions (14 hours) \$ 203 (Ridgefield Sr./Disab. \$ 181)  
Wed., 4/15 – 5/27 10:45 a.m. to 12:45 p.m. Annex

### SPANISH

[www.ridgefieldschools.org/spanish.html](http://www.ridgefieldschools.org/spanish.html) has text info & more.

#### Spanish: True Beginner, Part 1 - Day

Norma Burton-Lopez' course for students who have had little to no Spanish instruction. It covers basic vocabulary, grammar, and conversation using the present tense. Text info on website above.

7 Sessions (10.5 hours) \$ 152 (Ridgefield Sr./Disab. \$ 135)  
Tue, 2/24; 3/3, 10, 17, 24, 31; 4/14 11:45 to 1:15 p.m. Annex

#### Spanish: True Beginner, Part 2 - Day

Newcomers with equivalent experience are welcome. We cover additional vocabulary, grammar and conversation in the present tense and introduce the past tense. See website for text. Instructor: Norma Lopez-Burton.

7 Sessions (10.5 hours) \$ 152 (Ridgefield Sr./Disab. \$ 135)  
Tue, 4/21, 28; 5/5, 12, 19, 26; 6/2 11:45 to 1:15 p.m. Annex

#### Spanish: Beginner, Part 2 - Evening - Zoom

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. Text is *Learn Spanish the Fast and Fun Way* (Barron's, 4th Edition). Instructor: Oscar Vargas.

6 Sessions (12 hours) \$ 174 (Ridgefield Sr./Disab. \$ 155)  
Mon., 1/26; 2/2, 9, 23; 3/2, 9 7 to 9 p.m. Zoom

#### Spanish: Intermediate 1 – Day

Continues the advanced beginner class from last fall. Newcomers with equivalent experience are welcome. This course will cover the preterit and imperfect tenses, as well as future and conditional. There will be an emphasis in conversing using the newly learned tenses. Text needed is *Practice Makes Perfect Intermediate Spanish Grammar*, Premium 3rd Ed. By Gilda Nissenberg, McGraw Hill. More info on website. Instructor: Norma Lopez-Burton.

7 Sessions (10.5 hours) \$ 152 (Ridgefield Sr./Disab. \$ 135)  
Tue, 2/24; 3/3, 10, 17, 24, 31; 4/14 10 to 11:30 a.m. Annex

#### Spanish: Intermediate 2 – Day

Norma Lopez-Burton continues the class above.

See website.

7 Sessions (10.5 hours) \$ 152 (Ridgefield Sr./Disab. \$ 135)  
Tue, 4/21, 28; 5/5, 12, 19, 26; 6/2 10 to 11:30 a.m. Annex

#### Spanish: Advance Conversation – Eve. Zoom

A continuation from the Zoom class this past fall. 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., 1/29; 2/5, 12, 26; 3/5, 12 7 to 9 p.m. Zoom

Spring date info at [www.ridgefieldschools.org/spanish.html](http://www.ridgefieldschools.org/spanish.html)

### ONLINE COURSES - VIA ED2GO

Visit [ed2go.com/Ridgefield](http://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.

### ITALIAN

[www.ridgefieldschools.org/italian.html](http://www.ridgefieldschools.org/italian.html) has text info & more.

#### Italian 1: Beginner, Part 1 – in Person

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

6 Sessions (9 hours.) \$ 130 (Ridgefield Sr./Disab. \$ 116)  
Thur., 2/26; 3/5, 12, 19, 26; 4/2 11 a.m. to 12:30 p.m. Annex  
Wed., 3/11, 18, 25; 4/1, 15, 22 6:15 to 7:45 p.m. ERMS

#### Italian 1: Beginner, Part 2 – in Person

Continues part 1 above in April. Details at [www.ridgefieldschools.org/italian.html](http://www.ridgefieldschools.org/italian.html)

#### Italian: Intermediate/Advanced – in Person

For people with some background in the language's basic structure and comfortable with immersion. Expand vocabulary and grammar. Discuss culture, food, travel... 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 is *Advanced Italian Step-by-Step* by Paola Nanni-Tate. Instructor: Sylvana Serravezza.

9 Sessions (13.5 hours) \$ 196 (Ridgefield Sr./Disab. \$ 174)  
Mon., 3/9 - 5/11 (not 4/6) 1:30 to 3 p.m. Annex  
Tue., 3/10 - 5/12 (not 4/7) 6:15 to 7:45 p.m. ERMS

### ESL (English as a 2<sup>nd</sup> Language)

#### ESL (English as a 2<sup>nd</sup> Language), GED

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 are free. Register in Danbury in January and August at the WERACE Community Resource Center in Danbury from 8 a.m. to 4 p.m.

### 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 a while. Bio-Pg 5.

5 Sessions \$ 135 per couple Vet. Park Sch.  
Tue., 3/3, 10, 17, 24, 31 7:15 to 8 p.m.  
Tue., 4/28; 5/5, 12, 19, 26 7:15 to 8 p.m.



#### Ballroom Dance: Advanced Beginner

Natalie Mazzola's class for couples that know the basics. See [www.ridgefieldschools.org/dance.html](http://www.ridgefieldschools.org/dance.html)

5 Sessions \$ 135 per couple  
Tue., 3/3, 10, 17, 24, 31 8:05 to 8:50 p.m. Vet. Park Sch.  
Tue., 4/28; 5/5, 12, 19, 26 8:05 to 8:50 p.m. Vet. Park Sch.

### LINE DANCE

#### Line Dance: Beginners

The ideal workout. Burn fat and calories while you're having fun! If you know your right from your left and can count to 8, 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 – Pg 5.

5 Sessions \$ 65 (Ridgefield Sr./Disab. \$ 56)  
Wed., 2/25; 3/4, 11, 18, 25 7 to 8 p.m. ERMS  
Wed., 4/22, 29; 5/6, 20, 27 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.
- 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.
- Deby Goldenberg has practiced and taught martial arts (3rd degree black belt) and Tai Chi for decades and is an Amrit Yoga Nidra therapist.
- 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.
- Patricia Anikewich, a fitness buff and marathon runner, holds many group exercise certifications and teaches at many NY and CT fitness centers.
- Denise D'Arbonne Nethercott combined her passions for ballroom dance and physical fitness and became certified in LaBlast Fitness in 2019.
- Yolima Solano is licensed in Zumba®, a lifelong dancer, originally from Colombia, who enjoys teaching Zumba in the area. She is also a dental hygienist.
- 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.

**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.

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Mon., 1/26 - 3/23 (not 2/16) 6:15 to 7:15 p.m. ERMS  
Mon., 3/30 - 6/1 (not 4/6; 5/25) 6:15 to 7:15 p.m. ERMS

**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 Vini yoga class. Vini yoga is based on the teachings of T. Krishnamcra. Its primary hallmark is adaptation - selecting postures and breath exercises to meet specific needs. Instructor: Julie Shaw. Please bring a yoga mat, block, and blanket. Makeup, if needed, is 4/28.

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Tue., 2/24 - 4/21 (not 4/7) 5:45 to 6:45 p.m. Vet Park Sch.

**TAI CHI STRENGTH EXERCISES****Tai Chi for Strength and Balance: 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.

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Tue., 2/3 - 3/31 10 to 10:55 a.m. Zoom  
Tue., 4/14 - 6/2 10 to 10:55 a.m. Zoom  
Wed., 2/4 - 4/1 (not 2/18) 6:45 to 7:45 p.m. ERMS  
Wed., 4/15 - 6/3 6:45 to 7:45 p.m. ERMS  
Thur., 1/29 - 4/2 (not 2/12, 19) 10 to 10:55 a.m. Annex+Z  
Thur., 4/16 - 6/4 10 to 10:55 a.m. Annex+Z

**WHAT TO BRING TO CLASS:**

Yoga, Body Sculpt, Body Burn - mat, water, towel, light weights (sculpt and burn only).

La Blast, Tai Chi Strength - water, towel, light weights.

Zumba, Tai Chi, Tai Chi / Qi Gong - water, towel.

**MEDICAL QUESTIONS:** We expect students to consult with their doctor before starting a new exercise program.

**CONTACT & SUMMER INFORMATION:** Some classes will be available in the summer. Visit [www.ridgefieldschools.org](http://www.ridgefieldschools.org) mid-April. Call (203) 431-2812 or [ridgefieldcontinuingeducation@gmail.com](mailto:ridgefieldcontinuingeducation@gmail.com) or call (203) 431-2812.

**TAI CHI - FORM****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. It 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 also an effective martial art.

**Beginning Tai Chi (Yang Long Form)**

Participants learn the first 21 moves.

**Wednesday Evening with Gwen Roman**

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Wed., 1/28; 2/4, 11, 25; 3/4, 11, 18, 25 6 to 6:50 p.m. ERMS  
Wed., 4/15, 22, 29; 5/6, 13, 20, 27; 6/3 5 to 5:50 p.m. ERMS

**Thursday Morning with Rod Barfield**

7 Sessions \$ 91 (Ridgefield Sr./Disab. \$ 78)  
Thur., 2/26 - 4/16 (not 4/9) 12 to 12:55 p.m.  
Thur., Continues class above 4/23 - 6/4 12 to 12:55 p.m.  
Class meets at the Annex (Outdoors when weather permits)

**Beginner Plus with Rod Barfield**

Call or email for details. Must have taken beginners at least twice.  
Wed., 2/25 - 5/20 (not 4/8) 5:30 p.m.

**Tai Chi Intermediate (Continuing)**

Permission of the instructor.

**Wednesday Evening with Gwen Roman**

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Wed., 1/28; 2/4, 11, 25; 3/4, 11, 18, 25 5 to 5:50 p.m. ERMS  
Wed., 4/15, 22, 29; 5/6, 13, 20, 27; 6/3 5 to 5:50 p.m. ERMS

**Thursday Morning with Rod Barfield**

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Thur., 2/5 - 4/16 (not 2/12, 19; 4/9) 11 to 11:55 a.m. Annex  
Thur., 4/23 - 6/11 11 to 11:55 a.m. Annex  
Class meets at the Annex (Outdoors when weather permits)

**TAI CHI / QI GONG****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. Bring water. Makeups, if needed, are added to the end of the class.

8 Sessions \$ 104 (Ridgefield Sr./Disab. \$ 89)  
Wed., 2/4 - 4/1 (not 2/18) 1 to 1:55 p.m. Annex  
Wed., 4/15 - 6/3 1 to 1:55 p.m. Annex

**Beginning Tai Chi / Qi Gong + Meditation**

Open to all levels. It is the class above, but longer to include meditation. Instructor: Deby Goldenberg.  
6 Sessions \$ 82 (Ridgefield Sr./Disab. \$ 70)  
Thur., 2/26; 3/5, 12, 19, 26; 4/16 5:45 to 7 p.m. VP Sch.  
Thur., 4/23, 30; 5/7, 14, 21, 28 5:45 to 7 p.m. VP Sch.

**CONTACT INFORMATION - (203) 431-2812**

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

**CARDIO WORKOUTS****LaBlast Fitness® Cardio Dance Workout with Denise 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, fun, all level cardio / dance workout. Some exercises use optional light weights. No mat. Wear sneakers and bring light hand weights (if you have them) and a water bottle. Instructor: Denise Nethercott.

7 Sessions \$ 87 (Ridgefield Sr./Disab. \$ 75)  
Mon., 1/26; 2/2, 9, 23; 3/2, 9, 16 5:45 to 6:35 p.m. ERMS  
Mon., 3/23, 30; 4/13, 20, 27; 5/4, 11 5:45 to 6:35 p.m. ERMS

**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.

6 Sessions \$ 74 (Ridgefield Sr./Disab. \$ 64)  
Tue., 1/20, 27; 2/3, 10, 24; 3/3 5:45 to 6:35 p.m. VP Sch.  
Tue., 3/10, 17, 24, 31; 4/14, 21 5:45 to 6:35 p.m. VP Sch.  
Tue., 4/28; 5/5, 12, 19, 26; 6/2 5:45 to 6:35 p.m. VP Sch.

**Total Body Sculpt & Core with Valerie**

A light cardio warm up followed by a weights workout to tone and sculpt all muscle groups. You will improve your muscle tone, posture, balance, and strength in this class. Mat work includes abs, bridges, and stretches. Wear gym style clothes and sneakers. Bring a set of light weights 2 or 3lbs max., a mat and water. Instructor: Valerie Kirincich.

6 Sessions \$ 74 (Ridgefield Sr./Disab. \$ 64)  
Wed., 2/25; 3/4, 11, 18, 25; 4/1 5:55 to 6:40 p.m. VP Sch.  
Wed., 4/15, 22, 29; 5/6, 13, 20 5:55 to 6:40 p.m. VP Sch.

**Zumba® with Valerie**

This high energy, Latin-inspired dance fitness class combines low and high intensity moves for a dynamic, full body workout that feels more like a party than exercise! 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. Wear workout attire and sneakers and bring a water bottle. Instructor: Valerie Kirincich.

6 Sessions \$ 74 (Ridgefield Sr./Disab. \$ 64)  
Wed., 2/25; 3/4, 11, 18, 25; 4/1 6:45 to 7:30 p.m. VP Sch.  
Wed., 4/15, 22, 29; 5/6, 13, 20 6:45 to 7:30 p.m. VP Sch.

**Full Body Burn and Tone with Pat on Zoom**

A full body workout for all levels, led by Pat Anikewich, designed to burn calories and sculpt lean muscle by using elements of cardio, strength training, and stretch. Modifications offered. Weights optional. Need mat and water. Makeup 4/2, 23; 6/11.  
6 Sessions \$ 78 (Ridgefield Sr./Disab. \$ 67)  
Thur., 2/26; 3/5, 12, 19, 26; 4/16 6 to 6:55 p.m. Zoom  
Thur., 4/30; 5/7, 14, 21, 28; 6/4 6 to 6:55 p.m. Zoom

## 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.
- 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 on website.
- Peggy Bruno has developed computer courses and trained many adults in business office software, such as Excel, Access, and PowerPoint for many years.
- John Zappala has a degree in fine arts and many years of experience as a photographer and photography instructor.

## Technology Classes and Tutorials ~ Both in Person and Interactive, Online on Zoom

Classes size is limited 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:** File Management, Word, iPad, Photoshop Elements, FaceBook, Twitter, LinkedIn . . .

### AI, EBAY, 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)	
Thur., 2/12	1 to 3 p.m.	Annex
Wed., 3/11	1 to 3 p.m.	Annex
Fri., 4/17	1 to 3 p.m.	Annex
Thur., 6/4	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)	
Fri., 2/27	1 to 3 p.m.	Annex
Wed., 4/29	1 to 3 p.m.	Annex
Thur., 5/14	1 to 3 p.m.	Annex

#### Google Docs

Prerequisite: Basic Internet and Windows skills. Charles Greenberg 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)	
Mon., 2/9	1 to 3 p.m.	Zoom
Thur., 3/12	1 to 3 p.m.	Zoom
Tue., 4/21	7 to 9 p.m.	Zoom
Fri., 5/15	1 to 3 p.m.	Zoom

### POWERPOINT

#### PowerPoint 365 - Beginner

This intro class covers the basics 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)	
Fri., 2/6	1 to 3 p.m.	Zoom
Tue., 3/17	7 to 9 p.m.	Zoom
Mon., 4/20	1 to 3 p.m.	Zoom

#### PowerPoint 365 - Intermediate

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)	
Fri., 2/27	1 to 3 p.m.	Zoom
Tue., 3/24	7 to 9 p.m.	Zoom
Mon., 4/27	1 to 3 p.m.	Zoom

## CONTACT INFORMATION

(203) 431-2812

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

### 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 as, cut, copy, paste, move, drag & fill, delete, margins, printing options. Number formatting, fonts, borders, shading. Peggy Bruno.

4 hours	\$ 80 (Ridgefield Sr./Disab. \$ 71)	
Tue., 2/3 & 10	10 a.m. to 12 noon	Annex
Tue., 4/28 & 5/5	10 a.m. to 12 noon	Annex

#### Excel 365 for Windows - Intermediate

More formulas and functions; linking sheets and workbooks; relative, absolute, and mixed cell references; more charts; cell protection; goal seeking; customizing toolbars. Instructor: P. Bruno.

4 hours	\$ 80 (Ridgefield Sr./Disab. \$ 71)	
Tue., 3/10 & 17	10 a.m. to 12 noon	Annex
Tue/Wed., 5/12 & 13	10 a.m. to 12 noon	Annex

#### Excel 365 for Windows - Advanced

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

4 hours	\$ 80 (Ridgefield Sr./Disab. \$ 71)	
Tue., 3/24 & 31	10 a.m. to 12 noon	Annex
Tue/Wed., 5/19 & 20	10 a.m. to 12 noon	Annex

### WINDOWS 11

#### Windows 11 Basics & Your Computer

Prerequisite: Basic computer skills. Lance Whitney will ease your transition to Windows 11. Topics: how to customize your Windows 11 Start menu and desktop, how to use some of the built-in Windows apps, how to work with the Edge browser, how to personalize Windows using its array of settings, and how to use AI with Microsoft Copilot. Bring your Windows 11 laptop to class if you wish or just follow along as we demonstrate the different features.

2 hours	\$ 40 (Ridgefield Sr./Disab. \$ 36)	
Fri., 3/27	1 to 3 p.m.	Annex
Fri., 5/8	1 to 3 p.m.	Annex

### HEALTH INFORMATION

#### 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.

1 Session	\$ 31 (Ridgefield Sr./Disab. \$ 27)	
Fri., 2/13	1 to 3 p.m.	Zoom
Tue., 3/31	7 to 9 p.m.	Zoom
Wed., 5/13	10 a.m. to 12 noon	Zoom

### ONLINE TECH COURSES VIA

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

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



### PHOTOGRAPHY: DSLR & iPhone

#### 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. \$ 91)	
Mon., 3/9, 16, 23, 30	6:30 to 8:30 p.m.	ERMS
Thur., 4/16, 23, 30; 5/7	1 to 3 p.m.	Annex

#### 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)	
Thur., 3/5	1 to 3 p.m.	Annex
Fri., 4/24	1 to 3 p.m.	Annex
Wed., 5/20	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)	
Thur., 3/19	1 to 3 p.m.	Annex
Fri., 5/1	1 to 3 p.m.	Annex
Wed., 6/10	1 to 3 p.m.	Annex

### ♪ MUSIC - PIANO, GUITAR ♪

#### Instant Piano for 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. [www.ridgefieldschools.org/music.html](http://www.ridgefieldschools.org/music.html) has bio and more info. This online class is hands on instruction, lecture and demo. Instructor: Craig Coffman, 50 year piano teacher. More bio on website. Tuition includes materials and online follow up lessons.

1 Session (3 hours)	\$ 69	
Mon., 3/2	6:30 to 9:30 p.m.	Zoom
Mon., 6/15	6:30 to 9:30 p.m.	Zoom

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

Structured like *Instant Piano* above for guitar. Details at [www.ridgefieldschools.org/music.html](http://www.ridgefieldschools.org/music.html)

1 Session (2.5 hours)	\$ 69	
Tue., 3/3 or 5/5 or 6/16 (select 1 date)	6:30 to 9 p.m.	Zoom



**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 in Central America.
- Nancy Maxwell, a Cornell graduate and history teacher for over 30 years, shares many anecdotes that give humanity and life to the historical figures.
- 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 -  
MESO AMERICA**

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

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

3 Sessions \$ 79 (Ridgefield Sr./Disab. \$ 68)  
Wed., 3/11, 18, 25 10 a.m. to 12 noon Annex + Z



**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* – see website. Instructor Charles J Greenberg. Bio on Page 6.

1 Session \$ 31 (Ridgefield Sr./Disab. \$ 27)  
Mon., 2/2 2 to 4 p.m. Zoom  
Tue., 3/10 7 to 9 p.m. Zoom  
Wed., 4/15 1 to 3 p.m. Zoom  
Thur., 5/7 1 to 3 p.m. Zoom

**ELDER LAW**

**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.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Wed., 2/11 Zoom

**ENGLISH HISTORY**

**All That Glitters**

English Jewels – diamonds, rubies, sapphires, and pearls - some so dazzling as to be known by name: the Hope and Sancy diamonds, the La Peregrina pearl. All were treasured for their beauty and rarity. Within the grasp of only the very few who could afford them, jewels became tokens of both power and love; symbols to be protected, cherished, and passed down through the ages, and so they were. Yet not all survived. Some fell victim to greed, violence, and political upheaval. Some mysteriously disappeared. Let's delve into the intriguing stories woven into their histories. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 2/6 10 to 11:30 a.m. Zoom

**Charles I And The Civil War**

English monarchs have long clashed with their parliaments over power and money, but never in so deadly a manner as in the reign of Charles I. How was it that this king, a shy, reserved, devout man with a keen eye for the arts, managed to antagonize his parliament to the point of rebellion? The ensuing civil war saw the division of families, the destruction of property, and ultimately the toppling of the monarchy. Was this civil war the triumph of parliamentary rule over despotism? Let's examine the issues and personalities that precipitated the civil war! Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 2/13 10 to 11:30 a.m. Zoom

**Cromwell, Commonwealth, and Charles II**

With the execution of Charles I in 1649, the English monarchy was abolished and the country came under the Puritan, military rule of Oliver Cromwell. Yet within a decade, Charles's son returned to take the throne in triumph. What had Charles II learned from the civil war? Would he seek revenge for his father? Actually, after years in exile Charles was inclined to not make waves, and it's this attitude of "the Merry Monarch" that supported Restoration poetry and theater - a contrast to the Puritan era! We will look at the personalities, circumstances, and extraordinary events around the Stuart's restoration and rule. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 2/27 10 to 11:30 a.m. Zoom

**James II and the Glorious Revolution**

Welcomed after the death of his brother Charles II, James II somehow managed to squander all the good will of his people and was swept aside by the Glorious Revolution. For centuries James has had "bad press". Was he a tyrant trying to impose his Roman Catholic will on England, or is this one more example of history being written by the Protestant victors? This class will look at James's deeds and intentions and the historical context in which they occurred and invite students to draw their own conclusions. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 3/6 10 to 11:30 a.m. Zoom

**EUROPEAN HISTORY**

**Mary Queen of Scots**

For love, power, intrigue, and scandal you can't beat the true story of Mary Stuart! Queen of Scotland at 6 days old, Queen of France at 16, Mary could expect to hold the world in her hands, and had events gone as planned, Scotland would today be a part of France! She expected to become Queen of England as well. Instead, in a tragic finale, Mary lost her head. Political ambition, intrigue, love, murder, plots, and deception: did Mary create her own fate, or was she a victim of stronger forces? Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 3/13 10 to 11:30 a.m. Zoom

**Queen Elizabeth I - Gloriana!**

Orphaned at 14, imprisoned by her own sister, unmarried, childless - against great odds Elizabeth ascended the throne to rule England for almost 50 years. A lesser monarch might have succumbed to the pressures of court intrigue and plotting. A lesser personality might have indulged personal whims and passions at the cost of power. Brilliant, passionate, and a master of intrigue, Elizabeth managed to have it all and steered England onto a path of unity and prosperity. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 3/20 10 to 11:30 a.m. Zoom

**The Versailles Settlement**

When the armistice of November 1918 ended the hostilities of World War I, the peacemakers faced enormous challenges. The war had irrevocably changed the geopolitical face of Europe; there were cries for revenge and retribution; and a delicate new balance of power had to be established. What were the primary goals of "the big 3" - Georges Clemenceau, Lloyd George, and Woodrow Wilson? An overview of the issues, factors, and personalities at work in the drafting of the treaties helps us understand the decisions and sheds light on the ensuing events. Instructor: Nancy Maxwell.

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 3/27 10 to 11:30 a.m. Zoom

**World War II Series – from the Interwar  
Period to the Aftermath in Europe**

4 Sessions (all 3 below) \$ 79 (Ridgefield Sr./Disab. \$ 68)

(Visit [www.ridgefieldschools.org/history.html](http://www.ridgefieldschools.org/history.html) for detailed descriptions of the following seminars.

**The Interwar Period – Depression, upheaval, appeasement, rise of fascism and communism.**

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 4/17 10 to 11:30 a.m. Zoom

**World War II – Causes and overview of the war itself.**

2 Sessions \$ 41 (Ridgefield Sr./Disab. \$ 35)  
Fri., 4/24 & 5/1 10 to 11:30 a.m. Zoom

**The Aftermath of World War II – Divided Germany, seizure of territories and the Iron Curtain.**

1 Session \$ 29 (Ridgefield Sr./Disab. \$ 25)  
Fri., 5/15 10 to 11:30 a.m. Zoom

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