



Better manchester

Stronger Together
Out-of-School-Time
Coaches, Mentors,
IT TAKES A
Instructors Prepare
Children for Success

**CITY OF
VILLAGE
CHARM**

Dance instructor Julie
Lang has youngsters
extending themselves.

EDUCATION ISSUE

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Better manchester

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message

Partnering For Our Children's Success

Despite different strengths, different focuses, and occasionally strong differences of opinion, we're stronger together.

That's been the theme on Spruce Street these days as we've negotiated our way to another town/school collaborative issue of Better Manchester Magazine. Should the magazine be more about providing equal access to information (for example, insights into town/school strategic planning) or more about uplifting the community through stories of positive change and individual growth? Which is more important to feature: people or public policy? Moving forward, should the Community and Educational issues move toward a more uniform visual style—if so, should the style feature local artists or local faces? Is there room for both?

Collaboration is a big theme in Manchester these days.

The town's demographics are changing—Manchester is getting younger and more diverse. Throughout the state and country, town budgets are cut while the demand for services is increased. It's become increasingly clear: We can no longer stand in our separate silos waiting for others to come around to our point of view. We must be willing to extend a hand, reach out, listen, learn, adapt, and change. We must be willing to compromise.

To build a better Manchester, we need each other.

We are honored to devote this issue to all those who are working together to lead, teach, inspire, and encourage the young people in our community. Whether they are dance instructors, coaches, pastors, mentors, or parents, we know that those who provide opportunities and support for a child are contributing to both their academic and life success. On behalf of the Town of Manchester and Manchester Public Schools, we want to thank all those who devote their time and talents to raising Manchester youth. Your investment of time and energy will pay dividends to us all.

Town, school, community, family. In the end: We are stronger together. Let us repeat that refrain as we work together toward our common goal: A better Manchester for all.

Scott Ratchford, Ph.D.
Director
Family and Community Partnership
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Office of Neighborhoods and Families
Town of Manchester

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Charting Our Progress

Manchester Public Schools Office of Family & Community Partnership: A Year in Review

At the time of this issue's publication, it will have been almost a year since the opening of Manchester Public Schools Office of Family and Community Partnership. Over the past year, with the assistance of generous funding from the Hartford Foundation of Public Giving and the support of countless community partners, we've begun to strengthen our relationships with Manchester families, developing mutual understanding, mutual trust, and true collaboration.



Building Relationships

Strengthened our relationship and communication with Town agencies serving Manchester youth and families—the Office of Neighborhoods and Families, Youth Services, Manchester Police, the Health Department, and Manchester Public Library—by sharing information, resources, and even office space. In May, we moved into the EastSide Neighborhood Resource Center and are now are, literally, just down the hall from our town-side sister office.

Family Engagement

The Committee for a Better Manchester—a coalition of town, school, faith-based, nonprofit, and family leaders—held a series of neighborhood events.



Better Manchester Magazine

Published inaugural Education Issue of *Better Manchester Magazine* with the goal sharing Manchester Public Schools' mission and goals

Curriculum Guides and Nights

Created parent-friendly curriculum guides for Grades K-5 in both English and Spanish and hosted family curriculum night.

Professional Development

Provided Manchester Public School teacher and staff with professional development opportunities focused on family and community engagement.

Parent Leadership

Awarded a CT State Department of Education Grant for 2016 Parent Leadership training.

Family Resource Centers

Established Family Resource Centers at all schools.





It Takes a Village

Stronger Together! How Out-of-School Time Coaches, Mentors and Instructors Prepare Our Children for Success



Children spend less than 14 percent of their waking hours between birth and age 18 in school. How they spend their time when they are not in school — what they do, and who they do it with — has a tremendous influence on their development and on their lives.

“That’s where we come in,” says Dr. Scott Ratchford, director of the school district’s Office of Family and Community Partnership (FCP). “Our goal is to help make connections that will benefit the youth of our town. Manchester has great schools and also tremendous resources apart from our schools. By working together we can make sure that kids have all the support and opportunities they need to get a great start to life.”

Ratchford, himself the father of three children, 16-year-old twin boys and a 14-year-old daughter, said that parents and guardians are deservedly recognized as a child “first and greatest” teachers. He noted that it is crucial that parents and guardians have a healthy relationship with their children’s school, and that the school system needs to do a better job of educating parents and guardians so they can be as effective as possible in supporting their children. But Ratchford also cited the African proverb that “It takes a village to raise a child” as he noted the contributions made by individuals and institutions throughout town that are instrumental in supplementing the education that is primarily provided by parents and the schools.

“Think of all the churches, and coaches, and civic groups, and everyone in the recreation department and in our libraries ... the list goes on and on,” he said. “We want to make sure we are working together, and that our parents know what’s available to their children, because that will only make this community stronger.”

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mpspride.org



From top – A child taking violin lessons at Beller’s Music; members of the Manchester Police Department before a bowling trip with kids at the Youth Service Bureau; and parent Matt Ryan, coaching his daughter’s youth team in the Nathan Hale gymnasium.

TEACH

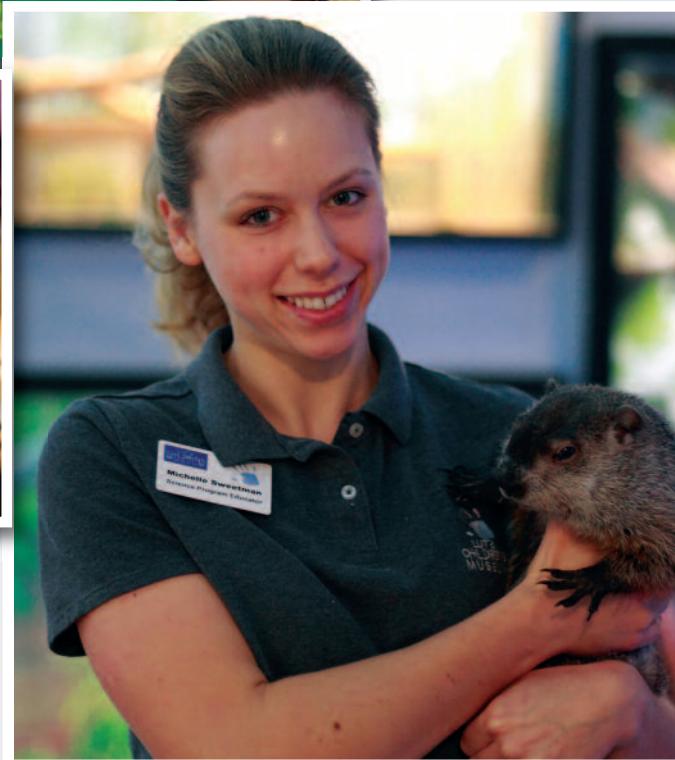


Jeremy Smith, Coach

A Manchester resident for 25 years, Jeremy coached with the Jets back when there was just one youth football league in town. He's now involved with the football Knights and a youth basketball team. Whatever the league, or the age of the players, or even the sport, he said kids derive great benefits from participation. "It keeps kids busy and can give you motivation to keep your grades up," he said. "It teaches you to work as part of a group. It gives you mental strength and confidence. And it teaches you that if you are patient and work hard, you will be rewarded."



Kids enjoyed a special reptile adventure show at the Community Y during the school system's recent holiday break – and throughout the year they can visit the Lutz Children's Museum, where Michelle Sweetman and her colleagues love to show off Chuckles and other critters.



The school district established its FCP office last February, thanks in large part to a grant from the Hartford Foundation for Public Giving, which wanted to test its belief that communities have assets that can be harnessed to strengthen what the schools cannot fully accomplish on their own. Over the past year, the school district has put this idea to the test and found

tremendous support within the community.

A priority for the district has been developing more trusting relationships with all families, according to Superintendent Matt Geary. "The schools strive to be an integral part of the community, not an institution that stands apart," Geary said. "All of us want to see children reach their full potential. We believe we can best deliver

on that promise to all children when educators are strongly connected and working together with families and members of the community."

To help strengthen those community ties, Ratchford's office took the lead in creating the Committee for a Better Manchester — which includes representatives of the Manchester Police Department, the Office of Neighborhoods and Families, several faith-based organizations and parents — in order to demonstrate the power of collaboration among those serving Manchester's youth. This committee has sought to organize events in neighborhoods across Manchester where families and children can participate in healthy recreation and where the community can come together in a show of solidarity. Together, the committee has already run two highly successful events for families in Squire Village and at the Mahoney Recreation Center. In both instances all food, prizes, recreation, and services were the result of donated goods and labor.

These events have been gratifying for lots of reasons, according to Ratchford.

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MOTIVATE

Master Joel Waldron, Martial Art Teacher

Literally thousands of Manchester youths have taken lessons at his Academy of Martial Arts & Personal Development over the past two decades, says Master Joel Waldron, himself a seventh-degree black belt in the art of Dae Han Moo Do. “It’s the flying and flipping that gets them in the door,” he says, “but the real benefit is that we teach life skills.” Among his many goals is to help students find a sort of physical and emotional sweet spot. “Overly aggressive kids need to tone it down,” Joel says. “Overly passive kids needs to turn it up. The balance lies right there in the middle — assertiveness.”



“In true partnerships both partners win,” he said “In our case, so do those they serve. The children and families of Manchester.” Ratchford added: “Manchester has an incredibly rich number of resources for children and families. What has been difficult historically is finding ways for these groups to coordinate their efforts. We know that when individuals and agencies work together as partners, they can have a dramatic impact on families and children and accomplish more than we ever could on our own.”

What’s next?

Well, Ratchford said the Committee for a Better Manchester is planning more events that will benefit the community, but is also seeking to make sustainable, systemic changes. For example, his office is working with Manchester Memorial Hospital and Manchester Early Learning Center to distribute fliers, books and other resources that will benefit parents before their children are of school age. His office is also working to develop an mobile application that serve to centralize school news, student information, and more [see page 12], as well as a website that will provide age-based information on child development, school curriculum, and local networks for opportunity and support.

In partnership with the Office of Neighborhoods and Families, Family and Community Partnership is continuing to promote the Out-of-School Time (OOST) Network. Developed by the Manchester startup Sentirene, and endorsed by both the Town of Manchester and Manchester Public Schools, the OOST Network is a cloud-based application for locating Out-of-School Time programs, events, and childcare for children by age, grade, cost, and area of interest. “We know that the way children spend their days when they are out-of-school are just as important to their future success as the hours they spend during school,” says Ratchford. “Manchester is rich in recreational, enrichment, and faith- and service-based programs. One of the main challenges is just making sure that families know what’s out there.”

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Boy Scout, Girl Scout, Cub Scout and Brownie groups have for years provided opportunities for youngsters to develop skills, support the community and more. Pictured are members of Boy Scout Troop 27, which has been meeting at St. Mary’s Church for 100 years.

EMPOWER



Felix Castro, Pastor of Iglesia R.E.D.

This year, Reverend Felix Castro and Iglesia R.E.D. are celebrating their third year of offering religious services, family events, youth programming, and opportunities for service to Manchester's 3000 Spanish-speaking residents of all ages. "We are always teaching our youth: We have to be generous. We have to serve." The congregation hosts free Spanish language parent education, led by a social worker from Springfield's Gandara Center, and is investigating the possibility of offering a free wellness-themed afterschool program. "We offer these programs free to everyone and treat others the way that Jesus taught us to—with love."



The Youth Service Bureau offers a wide range of programs, services and leadership opportunities. Adult advisors include "Poppy" (real name – Peter Wlochowski), who teaches wood-working in the context of service learning.



Manchester families should stay tuned to mpspride.org and townofmanchester.org for more details on both the OOST Network and the Manchester Public Schools Mobile Application. In the meantime, throughout town, day after day, week after week, season after season, young people spend out-of-school time engaged in enjoyable, productive activities that help them develop the tools—critical thinking, resilience, character strengths, and emotional intelligence—that are critical to their success, both in school and beyond.

The many sites where children gather in their out-of-school hours includes the Youth Service Bureau (YSB), a square brick building on the corner of Linden and Myrtle streets. Built in the 1940s, it has served as a temple, a senior center, and a dance studio. Since 2009, the building has been a sanctuary for kids.

The YSB offers a wide range of programs — from a weekly "mother/daughter cir-

cle" to family painting nights to a program called "Journey," which is run by Peter Wlochowski, better known as simply "Poppy."

Poppy created "Journey" decades ago with the goal of raising up "Citizen Scientists" with the skills and desire to care for the natural world. "Kids can do incredible things," he said. "They just need confidence, some tools, and an opportunity."

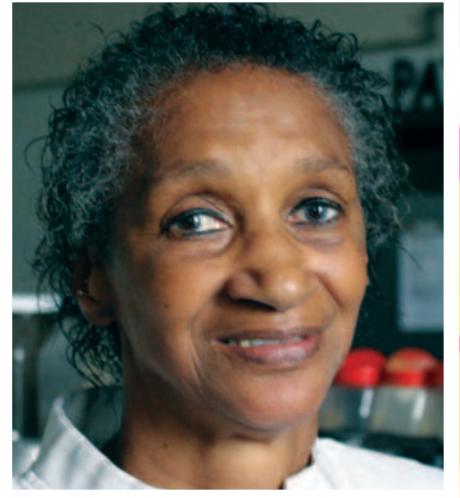
The Journey program runs six sessions a year, serving over 80 middle and elementary school students in both in-school and Out-of-School Time programs. Over the course of the one-to-eight-week programs, students ask themselves: "What is the community's need and how can we fill it?" As a rule, Poppy does not present the children with pre-determined projects, but instead listens to students and guides them along as they work on projects they decide to pursue based on their own skills and interests. Along the way Journey's citizen scientists develop a sense of confidence in their strengths, a sense of community within the group, and a sense of responsibility to their town and to the world around them.

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UPLIFT

Dotti Cannon, Caterer

Her grandparents, Lacey and Isabel Cobb, may well have been the first African-American residents of Manchester. Her father, Richard Cobb, Sr, was athletic director at Manchester High; her mother, Bernice Cobb, a teacher at Verplanck. “This is my town and I love it,” says Dotti, who as the owner of Brown Sugar Catering is a frequent and generous contributor to the town groups. She serves healthy food — made from scratch, with locally grown fruits, vegetables, and herbs and no boxed mixes. “For too many children, food is fast food. I want to bring to them a new way of eating.”



Some of Journey’s past service projects include: The Center Springs Letterbox/Nature Walk, the Verplanck Nature Trail and Butterfly Garden, an annual Nature News Journal, and a book about a boy from Puerto Rico’s first experience of Manchester in winter. Journey citizen scientists have also participated in national and state initiatives such the annual Audubon Christmas Count and Eagle Survey, and the Connecticut Department of Energy and Environmental Protection’s summer water testing program. Along the way, they’ve learned skills in wildlife identification, gardening, woodworking, and publishing, and taken field trips to the State Trout Hatchery, Hammonasset State Park, and the Session Woods Wildlife Management Area.

One former student loved bird-watching, and Poppy beams as he recalls how he played a critical role in one of Audubon Society species counts by spotting a rare bird.

The name of the program is no accident. According to Poppy, “That’s exactly what it’s designed to do. Take students on a journey—both a journey into nature and a journey into themselves.”

About a half-mile away from YSB is another building with a brick facade that shields a teeming life inside.

CAST is a nonprofit organization on Summit Street that’s been bringing children musical theatre to Manchester for 29 seasons. With humble beginnings—and a \$3000 shoestring budget—CAST was founded as a summer program by two Buckley Elementary School mothers. According to Executive Director Donna Mercier, CAST grew organically from her cofounder Jen Wodal’s background in musical theatre and the continued interest in Manchester youth.

“There was nothing else like it the area. We knew we needed 35 kids to make the program successful, and finding that number has never been a problem,” says Mercier.

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Family painting nights are a big draw at the YSB, which offers programs and services in six major areas: life skills; employment/vocational; community service; diversion; early childhood services; and teen center/outreach.



ENCOURAGE



Amanda Delgado, Recreation Leader

A senior at UConn majoring in biology (and planning to go to med school next year), Amanda was a camp counselor at Waddell last summer and is now working part-time at the Community Y. She said she knows that youngsters look up to her. “They see you as that role model,” she said. “And because of my age, it can be more relate-able. They’ll say, ‘if Miss Amanda can do it, I can do it too.’” Adds Kathy McGuire, Amanda’s supervisor: “She does a great job supporting children — and she has many fantastic co-workers who do so, too.”

The program has had various homes throughout the years, from the Buckley School Auditorium to East Catholic Auditorium to Manchester High School. On Summit Street, the organization has a dedicated stage to host its now year round program which serves 250 kids a year.

Mercier is a big believer in the value of practice in growing one’s performing chops. Each session culminates in an opening in which the students put on four shows in a weekend. “We always see growth,” says Mercier. “By end of the week the kids are more confident and more comfortable on the stage.”

Some of the CAST alums have gone on to study theater in college or serve as music teachers, but they all benefit from the opportunity to perform. “There’s a culture of tolerance in the theatre. By the end of the week, the kids are more comfortable doing something outside their comfort zone. They are more willing to take risks and they’ve built a new network of friends to support them.”

Just a little to the northeast, in a little plaza on the corner of Green and Woodbridge streets lies North Star Dance Academy, a twelve-year old studio where dancers from ages two-and-one-half to adult

can learn an exhaustive variety of dances: tap, ballet, jazz, lyrical, tumbling, hip hop, and more. Kandie Melendez is the owner and lead instructor.

She teaches almost every style herself and has been teaching in Manchester, as she puts it, “for generations.” Some of the parents of her current students are now “dance parents” who bring their own children to NorthStar for lessons, and often stay to observe, chat, and connect with one another.

continued on page



The Rec Department has a long history of attracting and developing outstanding young leaders to work at camps in the summer and indoor facilities during the school year. Here’s some of the crew working a shift at Mahoney Rec recently. At left, an aspiring hoopster.

SUPPORT

Glorious Menefee, Senior Group Leader

A senior group leader at Verplanck -- as part of a district partnership with the Manchester Early Learning Center -- Gloria works a split shift (7-9 a.m. and 3-6 p.m.) to support children who come to school early or stay late. "Parents are just so busy or working," Glorious says. "We can help children with their homework, and make sure they eat. And we give them someone else they can turn to." She adds: "Our program is very diverse, and the kids also broaden their horizons and become part of our community."



According to self-identified North Star "dance mom" Milka Frison, one of the great things about the little studio is the community. "We are definitely a family here." Melendez agrees, "Everyone cheers everyone else's. We really try to encourage that in the young people, too. It's modeling: 'Be happy with your friend's success.'"

At the same time, Melendez stresses that one of the main takeaways from dance education is the real, visible, tangible rewards that come from practice. Melendez says students have come back to thank her for learning "a good work ethic." Once they're more experienced, it's important for students to also learn the more creative aspects of dance. "For advanced dancers, who are learning to improvise, the one rule is: 'Don't be afraid!' I tell my students, 'Don't be afraid to be silly. Don't be afraid to make a mistake.' To be really creative, they have to learn how to put themselves out there."

When asked how many students she's taught in her 20+ year career? "I have no idea!" She pauses to do the math. "This doesn't seem possible," she laughs, "but if you count every student in every class, maybe closer to 1000 than 100."

"Wow!" she pauses. "That's a good thought."

To the south, on the other side of Center Street is Manchester's East Side. Bounded by East Center Street to the north, Charter Oak park to the south, and the East Cemetery and Main Street to the east and west, Manchester's East Side is a prime (if underappreciated) area of walkable real estate slated for redevelopment as a City Center according to Manchester's 2020 plan.

Meanwhile, two of the neighborhood's most recognizable features are the Old Spruce Street Firehouse, now repurposed into a community center, and the former Nathan Hale School, which the Town's Board of Directors has voted to allocate for community use. Building Healthy Families, Inc. has a history with both buildings.



Schools throughout town rely of members of their Parent Teacher Association for support of different sorts. At both Buckley Elementary (top) and Keeney Elementary, parents and other volunteers spent time during the day to help provide gift shopping and wrapping opportunities for students.

MENTOR



Doug Edwards, Founder of Real Dads Forever

Doug is the founder and Director of Real Dads Forever, a Manchester-based Fatherhood Strategies Development organization that offers services including a variety of workshops with family members. "We cover a lot of ground, but as for working with fathers, we try to help them make behavioral changes in order to self-nurture, and to be more empathetic," he said. "By having a stable and communicative relationship with mom, by spending more time with his child, and becoming involved in his child's school life, a father can make all the difference in the world in the life of his child."

Out-of-school opportunities range from the exotic (such as judo classes at the Police Athletic League, with teachers including black belt Raymond Roy) to the traditional (teen nights at Cheney Library, which on this night had Ed Wilson helping kids make ginger bread houses).



Building Healthy Families, Inc. is a five-year old organization with a goal of promoting the healthy development of children and toddlers. According to founder and executive director Peter Tullson, a healthy family is the key to healthy child development. "Half or more people don't grow up with strong attachments to their parents or primary caregivers," says Tullson.

Educating parents about the importance of parent-child bonding is at the core of Building Healthy Families' BrightStart Workshop. Over the course of the eight-week workshop, caregivers of children ages birth through four are taught about the role everyday activities—play, conversation, and reading—can have in helping their children develop the social-emotional, cognitive, and physical skills.

One of the Workshop's first sites was the EastSide Neighborhood Resource Center, where community-serving organizations are offered free space in exchange for offering programming and services in the Neighborhood. Building Healthy Families also advocates for the importance of "free, unstructured play" in child development. Those who attended the Office of

Neighborhoods and Families free "Vacation Station" at Nathan Hale over winter break may have had the opportunity to check out the organization's Imagination Playground. A favorite of both kids and parents, the blue "playground" consists of a series of giant foam shapes that can be pieced together to make a variety of structures.

"Kids love it," says Tullson. "At first, they aren't sure what to make of it, but then one child starts to build—and the other kids observe and start copying what they see." According to Tullson, although the children don't know it, they are learning how to think creatively and collaborate with one another.

Although Building Healthy Families programming is secular, with no faith-based content, the organization identifies as a faith-based organization because of its motivating mission which, according to Tullson, who also served for many years as a pastor at Trinity Covenant Church on Hackmatack street, is simply to "demonstrate love."

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INSPIRE

Ryan Parker, Spoken Word Advocate

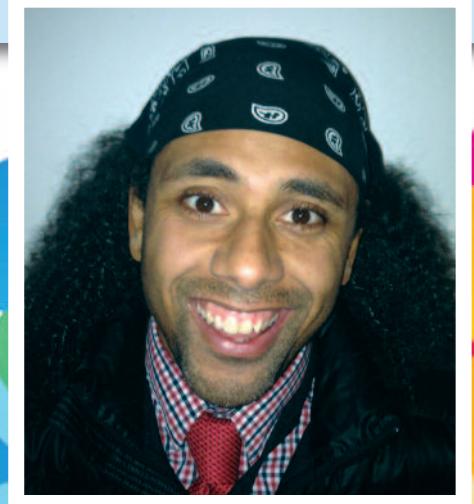
As a language arts teacher at Illing, the irrepressible Mr. Parker makes “spoken word” poetry part of his classroom vibe. And it doesn’t stop there, as away from school he coaches the slam team Paper Voices and hosts spoken word events at the EastSide Neighborhood Resource Center, and more. “I have a love and passion for poetry that I choose to share, and I want to provide healthy outlets for kids,” he said. “Through poetry, they can discover the best in themselves, they can tell stories they didn’t know they had, and they can share it all with the world.”

From faith-based nonprofits to for profit dance studios, Manchester is rich in organizations and individuals committed to the work of providing guidance, support, encouragement, and inspiration to Manchester youth and families.

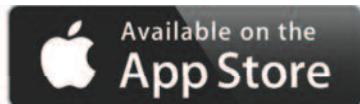
Bob Jeram, who serves as Outreach Coordinator for LifeSong Church, has partnered with the town and schools on everything from Outdoor Movie Nights to canned food drives to the Committee for a Better Manchester’s event series. Jeram says:

“A better Manchester can’t be just the work of any one organization or institution. A faith-based group can’t just pray it into being and the schools can’t just teach it into being. It’s the synergy of all these elements working together toward a common goal: making Manchester a better community for families to live, work, and play.”

Manchester has a number of institutions and individuals providing health and wellness programs for kids. Julie Lang’s dance classes are popular, as are gardening programs run by Bettylou Sandy.



COMING SOON



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for assistance downloading the new app! 860-645-6041



Blackboard

Manchester Public Schools App

Spring/Summer 2016

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Highlights

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- 🌸 ESL/Citizenship
- 🌸 College Transition
- 🌸 Business Services



Manchester
Adult and Continuing Education



Spring/Summer 2016

www.manchesteradulthood.org

Phone: 860-647-5075

Fax: 860-647-6396

DIRECTOR'S Message

Dear Manchester Community,

Manchester Adult and Continuing Education welcomes you to 2016 where dreams can become realities and goals can be fulfilled. We have adult education programs that can help you finish your high school diploma, earn a certificate, transition to college or move on to a vocational school. And yes, it's FREE!! You can take your GED® exam, Accuplacer college placement test, or prepare for your citizenship test. See page 20 to learn more. Our College Transition program, which can be found on page 21, is a partnership between Manchester Community College and Manchester Adult and Continuing Education to move you to the next levels of college coursework. Our Business Services, which can be found on page 22, provide customized on-site training, and our enrichment classes offer fun and relaxation at unbeatable prices.

Whatever you decide to do, know that we are four schools in one operating from 8:00 AM to 9:00 PM, Monday through Friday and will do whatever it takes to make sure that your academic needs and social desires are fulfilled through our vast array of programs during the day and in the evening.

Sincerely,

Dr. Diane C-Kearney

Dr. Diane C-Kearney, Director
Manchester Adult and Continuing Education

CONTACT US

Please contact us with any questions you may have during our regular business hours, Monday through Friday, 8:00 AM - 4:00 PM at 860-647-5075 and 4:00 PM - 9:00 PM at 860-533-7140 or by e-mail at info@manchesteradulthood.org
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Register Online Today
www.manchesteradulthood.org



School Closing Dates

There are no Continuing Education or Adult Education classes on the following dates:

January 1: New Year's Day

January 18: Martin Luther King, Jr. Day

February 15-16: Winter Break

March 8-9: Teacher Conferences, MHS Only

March 25: Good Friday

April 11-15: Spring Break

May 30: Memorial Day

June 15: Adult Education Graduation Rehearsal

June 16: Adult Education Graduation

For classes at Manchester High School or any of the elementary schools, when the daytime school is cancelled because of inclement weather, night classes are cancelled.



Bus Trips

All of our tours use state-of-the-art buses to assure your comfort. Call us at 860-647-5075 to register/confirm your seat. Book early as tickets sell out fast. We will try to seat groups together wherever possible. Please let us know if you have any special needs we need to be aware of (e.g., wheelchair, small children).

Sports Trips

All our sports trips include charter bus, ticket to the game, cookout before the game and games and prizes on the bus. All tickets are grandstand seats with upgrades available. Our sports trips depart from the Commuter Lot at 1515 Pleasant Valley Road, Manchester.

San Francisco Giants vs New York Mets

The Giants rookie Chris Heston pitched a great game against the Mets last year, but can he do it again? New York Mets veteran Matt Harvey may prevail. Don't miss this exciting game at Citi Field in New York City.

TR001

6/18/2016

Saturday 7:00 AM - 9:00 PM

\$119



Los Angeles Dodgers vs New York Mets

They played each other in the 2015 playoffs and now in 2016 the rivalry continues. The two best pitching staffs in all of baseball meet again at the Mets' home at Citi Field, New York City.

TR005

5/28/2016

Saturday 7:00 AM - 9:00 PM

\$115

New York Yankees vs New York Mets

In this revived Subway Series, the rivalry has intensified! Don't miss the action at the impressive Citi Field in New York City.

TR006

8/1/2016

Monday 7:00 AM - 8:00 PM

\$145



Toronto Blue Jays vs Boston Red Sox

The high powered offense of the Toronto Blue Jays is led by sluggers Josh Donaldson, Edwin Encarnacion, Troy Tulowitzki, and Jose Bautista. The Red Sox are led by up and coming superstars such as Mookie Betts, Xander Bogaerts, Blake Swihart, and Jackie Bradley Jr. The Red Sox will wow you at this home game in beautiful Fenway Park in Boston.

TR008

6/4/2016

Saturday 7:00 AM - 5:00 PM

\$119

Boston Red Sox vs New York Yankees

Come join us at beautiful Yankee Stadium, New York City, as the next generation of Red Sox and Yankees look to make their mark on this incredible rivalry in sports. Both the New York Yankees and the Boston Red Sox look to get back into the playoffs for 2016.

TR002

5/7/2016

Saturday 7:00 AM - 9:00 PM

\$119

TR003

7/15/2016

Friday 7:00 AM - 9:00 PM

\$119

TR004

7/16/2016

Saturday 8:30 AM - 7:30 PM

\$119



San Francisco Giants vs New York Yankees

It's not very often that the best organization in the National League plays on the east coast. The Giants with their amazing pitching staff will take on the Yankees power hitters! The game is at Yankee Stadium in New York City.

TR007

7/23/2016

Saturday 8:30 AM - 7:30 PM

\$119

Bus Trips

The following trips depart from the commuter lot at 400 Main Street, East Hartford. You will find more detailed descriptions for each of these trips on our website. Call (860) 647-5075 to register/confirm seat. No refunds.

NEW!

Berkshire Cottages and the Red Lion Inn

Explore “The Gilded Age” in the beautiful Berkshires. See the magnificent mansions that Andrew Carnegie, Harley Procter of Procter and Gamble Co, George Westinghouse, the Vanderbilts, and many others called their summer cottages. The tour includes a local guide-narrated tour of the cottages, lunch at the historic Red Lion Inn, and leisure time in the lovely village of Stockbridge.

TR009

8/21/2016

Sunday 7:30 AM - 8:30 PM

\$127



NEW!

Boston Duck and Fenway Park

Enjoy some of Boston’s most popular attractions and sample the wonderful culinary hot spots it offers. You will ride a Duck Boat on land and water to see the Freedom Trail and spectacular city views from the Charles River. The tour includes the historic Fenway park and leisure time in Quincy Market.

TR010

8/20/2016

Saturday 7:30 AM - 8:30 PM

\$125



NEW!

Boston Flower Show

See one of the best flower and garden shows in the nation. The tour includes admission to the show and leisure time in the most famous shopping areas in Boston.

TR011

3/19/2016

Saturday 7:30 AM - 8:30 PM

\$95



NEW!

Boston Freedom Trail and Constitution Cruise

Relive the story of the American Revolution on this trip to Boston. You will see the sights along the Boston Freedom Trail and take a cruise on “Old Ironsides”, the USS Constitution.

TR012

7/17/2016

Sunday 7:30 AM - 8:30 PM

\$99



NEW!

Boston Pops Fireworks

Celebrate on the Esplanade!

It is truly inspiring to see and hear the crowd’s response to the great Pops tradition—The 1812 Overture, the Stars and Stripes, the annual patriotic Sing-a-Long, as well as the many extraordinarily talented guest artists who grace the Esplanade stage each year.

TR013

8/14/2016

Sunday 2:00 PM - 10:30 PM

\$139



Bus Trips

The following trips depart from the commuter lot at 400 Main Street, East Hartford. You will find more detailed descriptions for each of these trips on our website. Call (860) 647-5075 to register/confirm seat. No refunds.

Bronx Zoo

The Bronx Zoo is the world's largest metropolitan zoo, with some 6,000 animals, representing about 650 species from around the world. Your Total Experience Ticket includes: general admission, Congo Gorillas, Children's Zoo, Hess Express Shuttle, Bug Carousel, new 4D Theater, Jungle World, Wild Asia Monorail, and Zoo Shuttle.

TR014

4/9/2016

Saturday 7:00 AM - 8:30 PM

\$103



Erie Canal Cruise

Take a trip through history on the calm waters of the Erie Canal and enjoy the spectacular scenery of New York's beautiful Mohawk Valley. Your tour guide explains how the locks operate as you see them in action! The tour includes a casual lunch at the marina and time for shopping for that special gift at the many shops on the waterfront.

TR015

6/18/2016

Saturday 7:30 AM - 8:30 PM

\$145



Harlem

Come see this fascinating neighborhood. Harlem started out in the 17th century as a Dutch village. In the early 1900's, Harlem became a thriving black community, rich in artistic expression. The trip includes a guided tour of Harlem local landmarks, a tour of the legendary Apollo Theater, and lunch at Sylvia's Restaurant, a temple of soul food.

TR016

6/26/2016

Sunday 7:00 AM - 8:30 PM

\$141



Hyde Park

Visit Hyde Park, the heart of the Hudson Valley and gateway to the region's Great Estates. Tour the home of Franklin D. Roosevelt and the Vanderbilt Mansion. Visit Mrs. Roosevelt's Val-Kill Cottage. The trip includes lunch at the legendary Eveready Diner, a great American diner where they continue to bake their own bread and make their pancake batter from scratch.

TR017

4/23/2016

Saturday 7:30 AM - 8:30 PM

\$119



Bus Trips

The following trips depart from the commuter lot at 400 Main Street, East Hartford. You will find more detailed descriptions for each of these trips on our website. Call (860) 647-5075 to register/confirm seat. No refunds.

New York City Food & Markets Tour

What better way to experience NYC than by walking its streets and by “noshing” (sampling) your way through the affordable culinary treats that are readily available? Weave your way through a combination of Asian, Italian, Jewish, Middle Eastern, Eastern European, and American food shops.

TR021

5/14/2016

Saturday 7:00 AM - 8:30 PM

\$83



Maple Sugaring and the Norman Rockwell Museum

Visit Ioka Valley Farm’s Sugar House and watch the fascinating process of turning fresh maple sap into pure maple syrup. Then enjoy a pancake lunch at the Cal-A, a farm calf barn turned into a pancake house serving their own maple syrup. The trip includes admission to the Norman Rockwell Museum and leaves time to visit the quaint village of Stockbridge in Massachusetts.

TR020

3/19/2016

Saturday 7:30 AM - 8:30 PM

\$109



Macy’s Fireworks & Cruise

Celebrate the 4th of July on board Statue Cruises. As the sun sets behind Lady Liberty, enjoy your evening under the New York City Skyline as you watch the legendary Macy’s fireworks. Dance the night away with a live DJ and enjoy a light buffet on board the ship.

TR019

7/4/2016

Saturday 2:30 PM - 10:30 PM

\$193



Lexington and Concord and the Old North Church

See history come alive on this tour to Revolutionary War era sites. The tour goes to lovely Lexington and Concord where famous authors of the time wrote their best works, and where minutemen stood their ground and fired the “shot heard ‘round the world”. You will visit the Old North Church in Boston where two lanterns were hung to warn the Americans that the British were crossing the Charles River (“one if by land, two if by sea”).

TR018

4/16/2016

Saturday 7:30 AM - 8:30 PM

\$119



Bus Trips

The following trips depart from the commuter lot at 400 Main Street, East Hartford. You will find more detailed descriptions for each of these trips on our website. Call (860) 647-5075 to register/confirm seat. No refunds.

Saratoga Race Course

The Saratoga Race Course is the oldest thoroughbred horse racing track in the U.S., situated in charming Saratoga Springs, New York. Be part of the tradition and come experience the excitement of watching the best in horse racing. Trip includes admission and reserved seating at the Saratoga Race Course. Hot dog, soda, and program included.

TR023

8/6/2016

Saturday 7:30 AM - 8:30 PM

\$103



Statue of Liberty and Ellis Island

In the morning you will see Ellis Island and the base of the Statue of Liberty. In the afternoon you will see Times Square. The trip includes a luxury bus ride, ferry tickets, and reservations and an audio tour for both Ellis Island and the Statue of Liberty.

TR024

4/2/2016

Saturday 7:00 AM - 8:30 PM

\$99 Adults \$89 Children Under 17

TR025

7/28/2016

Thursday 7:00 AM - 8:30 PM

\$99 Adults \$89 Children Under 17



Plymouth Whale Watch

Imagine being within feet of some of the most graceful, rare mammals in the world. On this spectacular four-hour whale excursion, you are guaranteed to see whales feeding and playing. The tour includes the whale watch and a visit to Plymouth Rock in Massachusetts.

TR022

8/13/2016

Saturday 7:30 AM - 8:30 PM

\$109



World Yacht Lunch Cruise and Empire State Building

Your VIP visit to New York City starts with a brunch buffet aboard the luxurious World Yacht. After enjoying the city skyline from the water, visit one of the seven wonders of the modern world, the Empire State building. TR026

8/7/2016

Sunday 7:00 AM - 8:30 PM

\$169



Cooking

All of our cooking classes are one-night classes that teach you how to make healthy and delicious meals. Bring a container for leftovers.

Chinese Egg Rolls

Egg rolls make a great snack, appetizer, or addition to any meal. Learn how easily you can make this delicious and inexpensive party favorite. You adapt a basic egg roll recipe to include your favorite vegetarian and/or meat fillings. A cash materials fee of \$5 is due to the instructor the night of the class.

CK001

4/5/2016

Tuesday 6:30 PM - 8:00 PM

Manchester High School Room 154

Xian Shen-Bliek

\$29



Italian Cooking

Do you want to learn how to cook an authentic Italian meal in your own home? Chef Jeff from October Kitchen will show you how to save time and money with easy-to-follow recipes that will make your next dinner party or holiday gathering an enjoyable event for all. A cash materials fee of \$20 is due to the instructor the night of the class.

Seafood Cooking

CK004

4/19/2016

Tuesday 6:00 PM - 9:00 PM

Manchester High School Room 154

Jeff Thompson

\$29

Vegetarian Cooking

CK005

4/26/2016

Tuesday 6:00 PM - 9:00 PM

Manchester High School Room 154

Jeff Thompson

\$29



Easy Peasy GLUTEN-FREE Vegan Cooking

Eating well doesn't have to be complicated. Whether you're cooking for one, or a whole family, this class will teach you how to make delicious gluten-free, plant-based meals that will be enjoyed by everyone. A cash materials fee of \$10 is due to the instructor the night of the class.

CK002

5/18/2016

Wednesday 6:00 PM - 8:00 PM

Manchester High School Room 154

Mary Lawrence

\$29



More Dim Sum

Dim Sum is a traditional Chinese tea time snack which also makes excellent hors d'oeuvres! You will learn to make boiled and fried wonton, gyoza (pan fried dumplings), pork shumai (steamed dumplings), shrimp toast, shrimp balls, sweet bean paste with banana and five different kinds of complementary dipping sauces. A cash materials fee of \$20 is due to the instructor the night of the class.

CK006

5/11/2016

Wednesday 6:00 PM - 9:00 PM

Manchester High School Room 152

Ayako Jedlicka

\$29



Eating the Organic Way & Exercise Tips

Learn to cook with organic ingredients! In this class you will learn ways to lower your cholesterol, alleviate joint stiffness, boost your immune system, and feel a whole lot better. You will make a quinoa dish (includes chicken), an organic salad, and a healthy sponge cake dessert. A cash materials fee of \$15 is due to the instructor the night of the class.

CK003

5/31/2016

Tuesday 6:00 PM - 9:00 PM

Manchester High School Room 152

Rita Versch

\$29



Sensational Sushi

Sushi is not only raw fish! Many different vegetable sushi are made with carrots, cucumbers, asparagus, beans, ginger, and more. In this class you will learn to make tekamaki (tuna), futomaki nigiri (vegetables), inari (bean curd), and bara-sushi (Japanese rice pilaf). A cash materials fee of \$20 is due to the instructor the night of the class.

CK007

5/4/2016

Wednesday 6:00 PM - 9:00 PM

Manchester High School Room 152

Ayako Jedlicka

\$29



Kripalu Yoga with Mary Ann

Kripalu-trained instructor, Mary Ann Napoletano, will lead you in an engaging class just for you, beginners included. The heart of each class involves a sequence of postures that will stretch you, strengthen you, and balance your body. You will end by doing a deep relaxation and meditation. The Gentle class is for you if you have back problems, are recovering from other injuries, are looking for a slower pace, or are new to yoga. The All Levels class is suitable for all experience levels.

GENTLE Session 1

HF001
3/1/2016 - 4/5/2016 (6 Classes)
Tuesday 5:30 PM - 6:45 PM
Ravenwood Holistic Wellness
Center
199 West Center Street,
Manchester
\$69

GENTLE Session 2

HF002
4/19/2016 - 5/24/2016 (6 Classes)
Tuesday 5:30 PM - 6:45 PM
Ravenwood Holistic Wellness
Center
199 West Center Street,
Manchester
\$69

All Levels Session 1

HF003
3/3/2016 - 4/7/2016 (6 Classes)
Thursday 5:30 PM - 6:45 PM
Ravenwood Holistic Wellness
Center
199 West Center Street,
Manchester
\$69

All Levels Session 2

HF004
4/21/2016 - 6/2/2016 (6 Classes)
Thursday 5:30 PM - 6:45 PM
Ravenwood Holistic Wellness
Center
199 West Center Street,
Manchester
\$69

Cardio Kickboxing with Michelle

Are you bored with the treadmill and elliptical? Cardio Kickboxing combines aerobics, boxing and martial arts into one fun workout! All fitness levels/experience welcome. Cardio Kickboxing is taught by Michelle MCK-night.

Session 1

HF005
3/22/2016 - 5/3/2016 (6 Classes)
Tuesday 6:30 PM - 7:30 PM
Robertson Elementary School Gym
\$35

Session 2

HF006
5/17/2016 - 6/21/2016 (6 Classes)
Tuesday 6:30 PM - 7:30 PM
Robertson Elementary School Gym
\$35



Golf

Golf Fore Men Front Nine

This is a beginner's golf class for men only. You will learn the fundamentals of golf including full swing, short game, and putting. If you do not have clubs, we will provide them for you. If you already have golf clubs, bring them to class. Do not buy new golf clubs. We will review equipment and make suggestions about new purchases.

Spring Session

HF007
4/3/2016 - 5/1/2016 (5 Classes)
Sunday 2:00 PM - 3:00 PM
Golf Center at Lyman Orchards
700 Main Street, Middlefield
\$119

Summer Session

HF008
6/22/2016 - 7/13/2016 (4 Classes)
Wednesday 11:00 AM - 12:00 PM
Golf Center at Lyman Orchards
700 Main Street, Middlefield
\$119

Golf Fore Women 101

This is a beginner's golf class for women only. You will learn the fundamentals of golf including full swing, short game, and putting. If you do not have clubs, we will provide them for you. If you already have golf clubs, bring them to class. Do not buy new golf clubs. We will review equipment and make suggestions about new purchases.

Spring AM Session

HF009
5/7/2016 - 6/4/2016 (4 Classes)
Saturday 10:00 AM - 11:00 AM
Golf Center at Lyman Orchards
700 Main Street, Middlefield
\$119

Summer AM Session

HF011
6/18/2016 - 7/23/2016 (4 Classes)
Saturday 11:15 AM - 12:15 PM
Golf Center at Lyman Orchards
700 Main Street, Middlefield
\$119

Spring PM Session

HF010
5/4/2016 - 6/1/2016 (5 classes)
Wednesday 6:30 PM - 7:30 PM
Golf Center at Lyman Orchards
700 Main Street, Middlefield
\$119

Summer PM Session

HF012
6/16/2016 - 7/14/2016 (4 classes)
Thursday 6:30 PM - 7:30 PM
Golf Center at Lyman Orchards
700 Main Street, Middlefield
\$119



Karate for Beginners with Sensei Cheryl

Did you always want to learn karate but never had the chance or time? It is never too late to begin! Begin your training in Shaolin Kempo Karate, a very practical system of self-defense. All fitness levels are welcome. Classes are low intensity and you progress at your own pace. Classes are taught by Sensei Cheryl Lewis.

Session 1

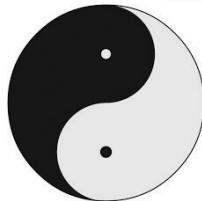
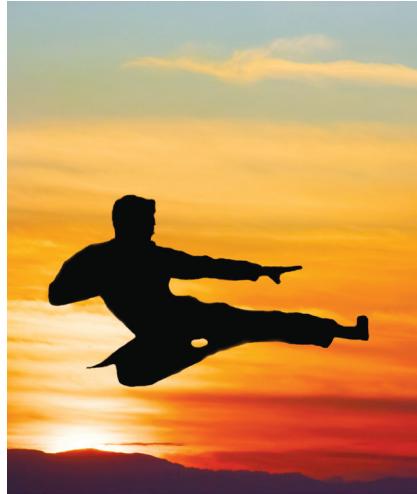
HF013
2/23/2016 - 4/12/2016 (8 Classes)
Tuesday 7:45 PM - 8:30 PM
Dragon Karate Studio
991 Main Street, Manchester
\$99

Session 2

HF014
5/3/2016 - 6/21/2016 (8 Classes)
Tuesday 7:45 PM - 8:30 PM
Dragon Karate Studio
991 Main Street, Manchester
\$99

Session 3

HF015
7/5/2016 - 8/23/2016 (8 Classes)
Tuesday 7:45 PM - 8:30 PM
Dragon Karate Studio
991 Main Street, Manchester
\$99



Tai Chi Level I

The ancient Chinese art of Tai Chi is a series of graceful slow martial arts movements. You will learn how to calmly defend against rather than fight an opposing force. Tai Chi is a gentle way to reduce your stress and anxiety as you increase flexibility and balance. Tai Chi is an excellent form of mind and body practice for all ages and fitness levels. Wear comfortable shoes.

HF016
2/1/2016 - 4/18/2016 (10 Classes)
Monday 6:30 PM - 7:30 PM
Manchester High School Room 286
Yaping Sun
\$79



Zumba®

Are you ready to party yourself into shape? Zumba® is an exhilarating, effective, easy to follow, calorie-burning dance fitness party, with music based on zesty Latin rhythms and dance moves like the Merengue and Salsa. Come and join the exercise class that is moving millions of us toward joy and good health. All fitness levels welcome. Bring a towel and water bottle to class.

Evening Classes

Monday Session 1

HF017
3/14/2016 - 4/25/2016 (6 Classes)
Monday 6:30 PM - 7:30 PM
Bowers Elementary School Gym
TBD
\$30

Monday Session 2

HF018
5/2/2016 - 6/6/2016 (6 Classes)
Monday 6:30 PM - 7:30 PM
Bowers Elementary School Gym
TBD
\$30

Tuesday Session 1

HF019
3/15/2016 - 4/26/2016 (6 Classes)
Tuesday 6:30 PM - 7:30 PM
Buckley Elementary School Gym
Kenny MacDowell
\$30

Tuesday Session 2

HF020
5/3/2016 - 6/7/2016 (6 Classes)
Tuesday 6:30 PM - 7:30 PM
Buckley Elementary School Gym
Kenny MacDowell
\$30

Wednesday Session 1

HF021
3/16/2016 - 4/27/2016 (6 Classes)
Monday 6:30 PM - 7:30 PM
Bowers Elementary School Gym
TBD
\$30

Wednesday Session 2

HF022
5/4/2016 - 6/8/2016 (6 Classes)
Monday 6:30 PM - 7:30 PM
Bowers Elementary School Gym
TBD
\$30

Thursday Session 1

HF023
3/3/2016 - 4/7/2016 (6 Classes)
Thursday 5:45 PM - 6:45 PM
Bowers Elementary School Gym
Glorimar Hickman
\$30

Thursday Session 2

HF024
4/21/2016 - 5/26/2016 (6 Classes)
Thursday 5:45 PM - 6:45 PM
Bowers Elementary School Gym
Glorimar Hickman
\$30

Thursday Session 1

HF025
3/17/2016 - 4/28/2016 (6 Classes)
Thursday 6:30 PM - 7:30 PM
Buckley Elementary School Gym
Kenny MacDowell
\$30

Thursday Session 2

HF026
5/5/2016 - 6/9/2016 (6 Classes)
Thursday 6:30 PM - 7:30 PM
Buckley Elementary School Gym
Kenny MacDowell
\$30



Fitness

Zumba® Luchtime Classes

Monday Session 1

HF027
2/22/2016 - 3/28/2016 (6 Classes)
Monday 12:00 PM - 12:45 PM
Nathan Hale School
\$25

Tuesday Session 1

HF028
2/23/2016 - 3/29/2016 (6 Classes)
Tuesday 12:00 PM - 12:45 PM
Nathan Hale School
\$25

Wednesday Session 1

HF029
2/24/2016 - 3/30/2016 (6 Classes)
Wednesday 12:00 PM - 12:45 PM
Nathan Hale School
\$25

Thursday Session 1

HF030
2/25/2016 - 3/31/2016 (6 Classes)
Thursday 12:00 PM - 12:45 PM
Nathan Hale School
\$25



Dried Flower Hydrangea Wreath

Time to spruce up the front door. Impress your visitors with a beautiful 12 inch wreath of hydrangea blossoms and roses. Choose from an assortment of ribbon to give your creation that final touch. A cash materials fee of \$20 is due to the instructor the night of the class. Bring wire cutter, glue gun, glue stick and scissors.

CA001
4/26/2016
Tuesday 6:00 PM - 8:30 PM
Manchester High School Room 179
Rita Versch
\$25



Floral Designing and Bow Tying - Silk and Dried Flowers

Learn all the tips and techniques floral shops, including how to make a beautiful arrangement of flowers. You will create a spring arrangement of beautiful silk and dried flowers. A cash materials fee of \$20 is due the night of the class. Bring wire cutter, glue gun, and scissors.

CA002
3/15/2016
Tuesday 6:00 PM - 9:00 PM
Manchester High School Room 179
Rita Versch
\$25



Folk Art Painting Classes

Beginner and experienced artists, come join the fun with Rita Versch, who has over 30 years of experience, and learn all about a unique folk art painting technique. You will do highlighting and shading in one movement of a stroke. Rita always provides hands-on, one-on-one instruction, ensuring that you not only understand the technique, but that your confidence will show in a final project that you will be proud of. A cash materials fee of \$10 is due to the instructor at the first class.

Folk Art Painting - Wild Flowers, Daisies, and Butterflies

CA003
3/22/2016 - 3/29/2016 (2 Classes)
Tuesday 6:00 PM - 8:30 PM
Manchester High School Room 179
Rita Versch
\$39



Folk Art Painting - Wisteria, Ivy, and Pansies

CA004
5/3/2016 to 5/10/2016 (2 Classes)
Tuesday 6:00 PM - 8:30 PM
Manchester High School Room 179
Rita Versch
\$39

Arts and Crafts

Digital Photography for Beginners

You will learn the basics of photography, including camera controls, how to compose a good image, the making of tack-sharp photos, practical lighting applications, and more.

CA005
4/18/2016 - 5/23/2016 (6 Classes)
Monday 6:00 PM - 8:00 PM
Manchester High School Room 132
Michael Garcia
\$75



Rita Versch has been teaching Arts and Crafts classes for Manchester Adult and Continuing Education since the start of the program in 2011. Students love her classes and keep coming back for more.

"Fun Class-beautiful wreath"

"Easily shared her knowledge with class. Very down to earth"

"Very fun and Rita was very patient and helpful"

"My third course with Rita. She's terrific!"

Arts and Crafts

It's Sew Fun

Teacher Diane Sandler does not shop for clothes. She sews her entire wardrobe! She will show you how to make any piece of clothing you want: Pants, dresses, shirts, shorts, T-shirts; you name it and she can help you sew it. Just decide what you would like to make and bring in the pattern and material. Diane will show you how to do the rest. Diane sews during the day, after school with students, and now at night with you. Come join the fun. This class is designed for you whether you are a complete beginner or have lots of experience.

CA006

4/20/2016 - 5/11/2016 (4 Classes)
Wednesday 6:00 PM - 8:00 PM
Manchester High School Room 148
Diane Sandler
\$59



SoulCollage®

Do you have images you love from greeting cards, personal photos, or calendars that you have been waiting to figure out what to do with? Following the simple SoulCollage® directions, you will intuitively cut out the pictures and glue them on cards in a surprising new way. Your SoulCollage® cards will reconnect you with your wisdom, creativity, and spirituality, revealing the story of you! No artistic skills are needed.

CA008

3/31/2016 - 4/7/2016 (2 Classes)
Thursday 7:00 PM - 9:00 PM
Manchester Senior Center
549 Middle Turnpike East, Manchester
Heather DeLusso
Lisa Huppert
\$40



Knitting for Beginners

Have you always wanted to learn how to knit? You will create a beautiful scarf as you have fun learning the basic stitches of knit and purl and how to follow knitting patterns. There will be plenty of time for practice, review, and asking questions.

CA007

5/7/2016 - 5/28/2016 (4 Classes)
Saturday 10:30 AM - 12:30 PM
901 Main Street, Manchester
Natalie Chirico
\$39



Pottery



Come and learn the basic techniques of working with clay and create the masterpiece of your dreams. Hand-building techniques will allow your creative side to shine through. You will also learn to work on the potter's wheel. This class is for all levels, from beginning to advanced. Teenagers welcome. The class fills quickly, so register early. A cash materials fee of \$30 is due to the instructor the first night of the class.

Tuesday Session 1

CA010
3/8/2016 - 5/10/2016 (9 Classes)
5:45 PM - 8:45 PM
Manchester High School Room
161
Virginia Dominguez
\$130

Thursday Session 1

CA012
3/10/2016 - 5/12/2016 (9 Classes)
5:45 PM - 8:45 PM
Manchester High School Room
161
Virginia Dominguez
\$130

Tuesday Session 2

CA011
6/7/2016 - 8/2/2016 (9 Classes)
5:45 PM - 8:45 PM
Manchester High School Room
161
Virginia Dominguez
\$130

Thursday Session 2

CA013
6/9/2016 - 8/4/2016 (9 Classes)
5:45 PM - 8:45 PM
Manchester High School Room
161
Virginia Dominguez
\$130

My Fabulously Frugal DIY Event

Do you have visions of an exquisitely beautiful wedding, sweet sixteen, anniversary, or other special event but have a shoe-string budget? In this unique class, professional wedding and home interior designer Terry-Ann Nelson will first give you a personalized consultation to plan what you want to create. Then every week in class you will create and take home gorgeous pieces for your perfectly planned event.

Here are examples of the creations Terry-Ann will help you make:

Week 1: Save-the-Dates and Invitations

Week 2: Table Numbers, Place Cards, Venue Signs

Week 3: Centerpieces and Event Floral Arrangements

Week 4: Faux Cake and Cake Stand

Week 5: Brooch Bouquet and Other Faux Flower Bouquets

Week 6: Church Decor (Crystal or Roman Columns)

CA009

2/4/2016 - 3/10/2016 (6 Classes)
Thursday 6:30 PM - 8:30 PM
Manchester High School Room 166
Terry-Ann Nelson
\$75



Hartford Stage Theater Classes for Kids

Looking for an activity that will strengthen your child's social intelligence, stimulate their imagination, and be a whole lot of fun? Have your child join the Hartford Stage Theater Class for Kids and learn about communication, collaboration, and creativity. In these classes, a teaching-artist of the reputable Hartford Stage Company will work with your child teaching acting skills and creating performances. Each class will end with a small performance for parents and friends.

Creative Drama for Kids Grades K to 2

Your child will learn the foundations of acting including character development, vocal and movement techniques, and strengthening concentration skills.

JFK001

3/1/2016 - 5/3/2016 (8 Classes)

Tuesday 4:00 PM - 5:00 PM

Martin Elementary School Room 8

\$129

Reader's Theater for Kids Grades 3 to 5

Your child will improve reading and fluency skills as they work to create, rehearse, and perform plays based on favorite stories

JFK002

3/3/2016 - 5/5/2016 (8 Classes)

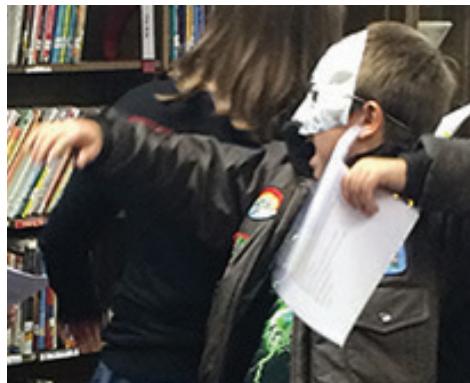
Thursday 4:00 PM - 5:00 PM

Martin Elementary School Room 8

\$129



Two of our wonderful student actors from last semester's performance. The house was packed with teachers, friends, family, and students.



Our talented students performed two plays last semester. One was based on the popular story book, Miss Nelson is Missing! The second play came out of the students' own imaginations. The play was about "spooks lost in dreamland." Pictured above is one of our scary spooks.

Karate for Kids

Kids learn real karate in this class! Your child will learn Kempo Karate, a realistic system of self-defense for students of all ages and physical abilities. Karate also has the added benefit of improving overall self-confidence, focus, and self-control. Your child will have fun while learning a very practical form of defense.

Karate for Kids 10 to 14 yrs - Session 1

JFK003

2/26/2016 - 4/29/2016 (8 Classes)

Friday 6:45 PM - 7:30 PM

Dragon Karate Studio

991 Main Street, Manchester

Sensei Cheryl Lewis

\$99

Karate for Kids 5 to 9 yrs - Session 1

JFK006

2/26/2016 - 4/29/2016 (8 Classes)

Friday 5:45 PM - 6:30 PM

Dragon Karate Studio

991 Main Street, Manchester

Sensei Cheryl Lewis

\$99

Karate for Kids 10 to 14 yrs - Session 2

JFK004

5/6/2016 - 6/24/2016 (8 Classes)

Friday 6:45 PM - 7:30 PM

Dragon Karate Studio

991 Main Street, Manchester

Sensei Cheryl Lewis

\$99

Karate for Kids 5 to 9 yrs - Session 2

JFK007

5/6/2016 - 6/24/2016 (8 Classes)

Friday 5:45 PM - 6:30 PM

Dragon Karate Studio

991 Main Street, Manchester

Sensei Cheryl Lewis

\$99

Karate for Kids 10 to 14 yrs - Session 3

JFK005

7/8/2016 - 8/26/2016 (8 Classes)

Friday 6:45 PM - 7:30 PM

Dragon Karate Studio

991 Main Street, Manchester

Sensei Cheryl Lewis

\$99

Karate for Kids 5 to 9 yrs - Session 3

JFK008

7/8/2016 - 8/26/2016 (8 Classes)

Friday 5:45 PM - 6:30 PM

Dragon Karate Studio

991 Main Street, Manchester

Sensei Cheryl Lewis

\$99



Just for Kids

NEW!

Knitting for Kids Grades 3 to 5

Your child will make a pretty dish towel for that perfect Mother's Day gift. He or she will have lots of fun practicing the basic stitches of knit and purl and learning how to follow a knitting pattern.

JFK009

3/4/2016 - 3/25/2016 (4 Classes)

Friday 4:00 PM - 5:00 PM

901 Main Street, Manchester

Natalie Chirico

\$39



NEW!

Magic is Wonderful

Looking for a hobby for your child that is fun and can be done anywhere? Do you want your child to improve social skills, develop self-confidence, and learn creative and analytical thinking? In these classes, your child will use ordinary items to perform classic magic tricks such as the torn napkin magically repaired, or the linked paperclips magically unlinked. Suitable for children ages 7-12. Parents may attend at no extra cost. A cash materials fee of \$10 is due to the instructor the first day of class.

JFK010

6/25/2016 - 7/23/2016 (5 Classes)

Saturday 12:30 PM - 2:30 PM

901 Main Street, Manchester

Brian Kenneth Miller

\$59



NEW!

Zumba for Kids

Zumba® Kids is the ultimate dance-fitness party for young Zumba® fans ages 7-11 (grades 2-5). You can play it loud and rock with friends! This program features age-appropriate music and moves that get you movin' to the beat. All fitness levels welcome. Want to join, but class has already started? It's never too late to start Zumba®! Please call 860-647-5075 for a pro-rated class fee.

Zumba for Kids Monday

JFK011

2/29/2016 - 4/4/2016 (6 Classes)

Monday 4:00 PM - 4:50 PM

Bowers Elementary School Gym

\$30



Zumba for Kids Wednesday

JFK012

3/2/2016 - 4/6/2016 (6 Classes)

Wednesday 4:00 PM - 4:50 PM

Bowers Elementary School Gym

\$30

ZUMBA
for Kids

Technology



iPad Classes

Do you own an iPad but have yet to learn just how convenient and easy-to-use it can be? Join us for these hands-on classes and learn how to streamline your daily correspondence, organization, entertainment, and more. You will learn how to make the most of this diverse hand-held device. Note: These classes are designed for Apple technology, so you may use an iPhone instead of an iPad if you wish. Other tablets and phones will not be compatible.

iPad Introduction

In this class, you will discover how easy it is to use your iPad. Join us and learn how to use your device for simple activities during this two class introduction offered in the AM or the PM.

iPad Introduction AM

CT001

4/9/2016 - 4/16/2016 (2 Classes)

Saturday 10:30 AM - 12:30 PM

Manchester High School Room PC4

Joshua Cloutier

\$39

iPad Introduction PM

CT004

4/20/2016 - 4/27/2016 (2 Classes)

Wednesday 6:30 PM - 8:30 PM

Manchester High School Room 143

Joshua Cloutier

\$39

iPad Intermediate

Now that you have mastered the basics of your iPad, it's time to dive into the diversity of software known as "apps" available at your fingertips. Software you will learn includes apps for shopping, navigation, music, and more!

iPad Intermediate AM

CT005

4/23/2016 - 4/30/2016 (2 Classes)

Saturday 10:30 AM - 12:30 PM

Manchester High School Room PC4

Joshua Cloutier

\$39

iPad Intermediate PM

CT006

5/4/2016 - 5/11/2016 (2 Classes)

Wednesday 6:30 PM - 8:30 PM

Manchester High School Room 143

Joshua Cloutier

\$39

iPad Advanced

Do you want to take your iPad functionality beyond your normal everyday apps? In this class, you will unlock the true power of your iPad as we explore software for creativity, productivity, security, and backup.

CT007

5/18/2016 - 5/25/2016 (2 Classes)

Wednesday 6:30 PM - 8:30 PM

Manchester High School Room 143

Joshua Cloutier

\$39



Our iPad, Microsoft Windows 10, and Introduction to the instructor Joshua Cloutier has taught for Manchester Continuing Education since the program started. He is one of our most popular teachers.

"I have taken lots of technology classes over the years, and this is the first time I understood everything that the teacher said. He is so good at explaining things in a clear way."



Introduction to the Most Fun Technologies

In this class you will receive an introduction to today's most popular lifestyle technologies. You will learn how to:

- See and talk to people anywhere in the world for free
- Share photos
- Shop for anything without having to leave your house
- See movies on your computer, smartphone, or smart TV without having to buy or rent a DVD

For complete beginners and light users, this class is a practical and fun way to introduce yourself to computers.

CT002

4/2/2016

Saturday 10:30 AM - 12:30 PM

Manchester High School Room PC4

Joshua Cloutier

\$25



Microsoft Excel for Beginners

Are you looking to spruce up your resume? Or perhaps you need an efficient way to organize your budget? In this class, you'll discover the raw organizational power of Excel. You will learn how to meaningfully organize large amounts of information, make and edit charts for multiple purposes, and learn the basics of how to use built-in mathematical functions to work for you.

CT008

3/1/2016 - 4/19/2016 (6 Classes)

Tuesday 6:30 PM - 8:30 PM

Manchester High School Room 143

Marjorie Cox

\$69



Microsoft Excel Intermediate

Need to be more efficient and organized at work? Or even at home? Building on beginner skills, in this class you will improve your ability to dynamically organize data. You will dig deeper into the powerful and diverse uses of this popular program.

CT009

5/3/2016 - 6/7/2016 (6 Classes)

Tuesday 6:30 PM - 8:30 PM

Manchester High School Room 143

Marjorie Cox

\$69

"Very dedicated, patient, and enthusiastic about teaching. I will gladly recommend her class to a friend."

--A student who recently took an Excel class with Marjorie Cox

Microsoft Word for Beginners

Are you entering the workforce and need to brush up on the basics of word processing? Or perhaps you never had a chance to learn it? In this class you will start simple and learn letter font size and style, how to make your paragraphs look right, and how to correctly format for printing. You will also receive some basic introductions to the many other functions available at your fingertips.

CT010

3/3/2016 - 4/7/2016 (6 Classes)

Thursday 6:30 PM - 8:30 PM

Manchester High School Room 143

Marjorie Cox

\$69



Microsoft Word Intermediate

Microsoft Word is a must for anyone considering entering the workforce in an office setting. In this class, you will dig into the many uses of Word including graph creation, mail merging, and creating newspaper columns.

4/28/2016 - 6/2/2016 (6 Classes)

Thursday 6:30 PM - 8:30 PM

Manchester High School Room 143

Marjorie Cox

\$69

Microsoft Windows 10 for Beginners

Do you want to learn the ins and outs of your PC's latest version of Microsoft's dynamic operating system? In this class you will receive a full tutorial on setting up and operating Windows 10.

Syllabus:

- Start Menu/Start Screen
- Microsoft Edge (web browser)
- Shopping for new software at the App store
- Introduction to the cloud (storing your information anywhere and accessing it from many devices)
- Setting up a Microsoft account
- Integrating Office 365 into Windows 10

CT012

6/1/2016

Wednesday 6:30 PM - 8:30 PM

Manchester High School Room 144

Joshua Cloutier

\$69



PSAT and SAT Prep

Lentz & Lentz have had proven results helping thousands of students prepare for the PSAT and SAT for over 41 years. Designed to benefit students of all levels, this thirty-hour program is divided equally between English and math and covers all facets of the SAT and the newly designed PSAT. More information on our website.

Lentz PSAT and SAT Prep Spring

LL001
3/3/2016 - 5/5/2016 (8 Classes)
Thursday 6:30 PM - 9:30 PM
Manchester High School Room 135
\$365

Lentz PSAT and SAT Prep Summer

LL002
7/11/2016 - 7/27/2016 (8 Classes)
Monday, Wednesday, and Friday 6:00 PM - 9:00 PM
Manchester High School
Room 135
\$365



Introduction to Card Magic

Interested in learning a unique and fun way to entertain friends and family? In this beginner's class, you will learn sleight-of-hand with ordinary pack of playing cards. Did you know there are only three basic sleight-of-hand techniques? Once you learn them, you can do most card tricks! This class is suitable for ages 12+ (teens and adults). Cash materials fee of \$5 due to the instructor on the first day of class.

LL005
6/25/2016 - 7/23/2016 (5 Classes)
Saturday 12:30 PM - 2:30 PM
901 Main Street, Manchester
Brian Kenneth Miller
\$59



Online Journaling

Are you interested in discovering a dynamic way to share your thoughts, stories, commentary, and ideas? Do you want to connect directly to your readers? In this two-part workshop open to both novice and seasoned writers, you will enter into the world of online public and private journaling. Learn about the necessary tools like social media and blogging platforms. No prior computer knowledge required.

CT006
4/20/2016 - 4/27/2016 (2 Classes)
Wednesday 6:30 PM - 8:30 PM
Manchester High School Room 132
Rosaleen Torrey
\$49



College Planning and Funding A to Z

Are you getting ready to help your kids through college? Or perhaps you are taking this big and life-changing step yourself? The college journey can sometimes be confusing and costly. Don't go it alone. Join Michael Alimo, a thirty-year veteran of the financial services industry, as he helps you navigate college funding decisions and maximize financial aid. Learn about filling out the proper forms and reducing out-of-pocket expenses. You will also receive guidance on preparing for and maximizing results on the SAT and ACT exams.

LL003
3/23/2016
Wednesday 6:30 PM - 8:30 PM
Manchester High School ROOM
Michael Alimo
\$10



Beginning Bridge

This course is designed to teach a beginner how to play basic bridge (also known as "contract bridge"). In this class you will develop a bridge vocabulary, learn how to bid properly by evaluating your hand, and how to communicate that information to your partner. Join as an individual, a couple, or groups of four. Meet new friends as you learn the basics of this fascinating, challenging game in a fun, relaxed atmosphere. No prior knowledge of bridge required.

LL004
4/19/2016 - 6/7/2016 (8 Classes)
Tuesday 6:30 PM - 8:30 PM
Manchester High School Room 135
James Kelly
\$89



Meditation and Journaling

Do you wish you could meditate? Would you like to try it? Do you want to know how? Or are you already experienced in meditation and would like a place to come and just be? In this class you will take a journey each week with a guided meditation to show you how easy it is. In addition, you will create a simple yet personal journal book for you to continue on your own at home. Give yourself this time, just for you, because you deserve it.

LL007
4/21/2016 - 5/12/2016 (4 Classes)
Thursday 7:00 PM - 9:00 PM
Manchester Senior Center
549 Middle Turnpike East, Manchester
Heather DeLusso
Lisa Huppert
\$75



Leisure and Learning

Social Security

When to collect Social Security may be the single most important decision you make when it comes to your retirement. In this seminar, you will learn key concepts you need to know before applying for Social Security. You will learn how Social Security benefits are calculated, the advanced planning necessary for increasing your benefits, why married couples often miss out on significant lifetime sums, and which strategies are most likely to boost lifetime benefits and increase retirement income.

LL008

3/1/2016

Tuesday 6:30 PM - 8:30 PM

Manchester Senior Center

549 Middle Turnpike East, Manchester

Michael Alimo and David Weyner

\$10

"Very informative. Excellent presentation!"



Tax Free Retirement

Do you know that your taxes will probably go up when you retire? In this class you will learn about strategies that can help you get closer to a tax free retirement. You will learn whether or not you are paying too much taxes and how to reduce them through the different tax free vehicles available.

LL009

3/8/2016

Tuesday 6:30 PM - 7:45 PM

Manchester Senior Center

549 Middle Turnpike East, Manchester

Michael Alimo and David Weyner

\$10



Medicare 101 for Seniors

Having difficulty understanding Medicare? It does get confusing. Please join us for an educational seminar and learn the ABCs and Ds of Medicare and your health care options. Turning 65 this year? Learn how and when to register for Medicare and how to choose the right plan that addresses your specific health needs. Learn about the very important Medicare Savings Program.

LL010

3/22/2016

Tuesday 6:30 PM - 7:45 PM

Manchester Senior Center

549 Middle Turnpike East, Manchester

Jay Cottone

\$10

Medicare
made easy!

Small Engine Repair and Theory - Four Cycle

Do you want to save money by learning how to repair and maintain your small engines? This class is for you if you use lawn mowers, snow blowers, or leaf blowers and would like to understand how they work.

Syllabus

Day 1: Safety, Tools & Gasoline

Day 2: Parts & Function of Small 4 Cycle Engine

Day 3: 4 Cycles of Small Engine

Day 4: Maintenance, Oils, If Time - Wire Repair

Day 5: Carburetors Hands on

LL011

5/11/2016 - 6/8/2016 (5 Classes)

Wednesday 6:30 PM - 8:00 PM

Manchester High School Room 132

Alex Rokycky

\$59



"Alex is an excellent, dynamic instructor. He is good at communicating technical subject matter at an understandable level."

"Great class, great teacher. Highly recommended."

Cut the Cable and Save \$\$\$

Interested in a way to reduce TV costs without skimping on viewing options? Cut the cable and learn how to get digital television (even HD!) completely legally and for free. You could save enough money to buy a new HDTV in just a few months. Join this class and you will learn how to receive over 30 channels of over-the-air TV. Learn about "stealth antennas" and how to make one for under \$10. You will learn about options to reduce pay-per-view with better and more cost-effective choices. We will also go over what channels you will lose if you decide to cut the cable.

LL012

4/7/2016

Thursday 6:30 PM - 9:00 PM

Manchester High School Room 132

Don Dickey

\$39



"Great class that was well worth the time and money."

"Instructor was well informed and knowledgeable."

Genealogy

Hunting for ancestors can be fun! In this class you will strengthen your online search techniques by establishing a research plan, developing a record-keeping system, citing sources, and understanding the various record types.

LL013

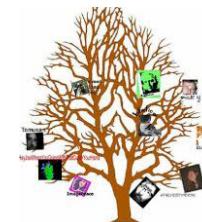
4/19/2016 - 5/17/2016 (5 Classes)

Tuesday 6:30 PM - 8:30 PM

Manchester High School 186

Patricia Buxton

\$59



Driver Education

Driver Education

Driver Education is offered at Manchester High School to 16- and 17-year-old Manchester students and residents. The course is taught by a Certified Connecticut State Board of Education Driver Education Teacher. The course consists of 34 classroom hours (Part I) followed by 8 hours of behind-the-wheel instruction (Part II). To register, call us or pay online, or complete the online registration form online at www.manchesteradulthood.org and return the form to the address listed.

You must maintain an academic average of 70 (C-) and attend a minimum of 30 hours of classroom instruction to be awarded the Connecticut State Secondary School Driver Education Certificate and 3 MHS credits.

The behind-the-wheel phase is conducted by appointment before and after school and on weekends.

You must have a State of Connecticut Learner's Permit before you begin driving.

Did you know that some insurance companies offer discounts for teen drivers who have taken Driver Education? Contact your insurance company to find out more.

Session 1 Part I: Classroom Instruction

1N3
3/31/2016 - 6/6/2016 (15 Classes)
Monday and Thursday
6:00 PM - 8:00 PM
Manchester High School Room 293
\$235

Session 1 Part II: On the Road

2N3
6/2016 - 8/2016
(8 Classes by appointment)
\$235

Session 2 Part I: Classroom Instruction

1S1
7/7/2016 - 7/27/2016 (15 Classes)
Monday through Thursday
9:00 AM - 11:00 AM
Manchester High School Room 293
\$235

Session 2 Part II: On the Road

2S1
8/2016 - 10/2016
(8 Classes by appointment)
\$235



Sign up at <http://www.ed2go.com/maace-pro/>

Our online classes are 2-4 hours a week in a convenient six-week format. The classroom is built around discussion areas where you can engage with classmates and instructors. Expert instructors develop, lead, and interact with you in each course, and you will receive an award of completion with a passing score. Here are just two of the many offerings:

Introduction to QuickBooks 2015

Learn to manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to mid-sized business owner who needs a fully functional accounting system that's also easy to use.

ED2GO1

Duration of course: twelve lessons over a six week period

Session Start Dates: 1/13/2016 or 2/10/2016

Scott Paxton

\$120

Speed Spanish

Imagine yourself speaking, reading and writing Spanish. Now you can with Speed Spanish! This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish-speaking situation and converse in Spanish. ¡Qué Bueno!

ED2GO2

Duration of course: six weeks

Session Start Dates: 1/13/2016 or 2/10/2016

Dan Mikels

\$95



Continuing Education Registration Information

The following registration information and registration form applies to Continuing Education enrichment classes only. Descriptions for Adult Education academic classes begin on page 18.

How to Register

The registration period is open upon receipt of this catalog. Register up to two days before class starts. Payment is due upon registration. There are four ways to register/pay:

1. On-line at www.manchesteradulthood.org. Credit card only.
2. By phone at: 860-647-5075 Monday through Friday, 9:00 AM - 4:00 PM. Credit Card only.
3. In person at 901 Main Street, Manchester, Monday through Friday, 9:00 AM - 4:00 PM or at Manchester High School Monday through Thursday, 4:00 PM - 9:00 PM. Credit card, cash, or check.
4. By mail to 901 Main Street, Manchester, Connecticut 06040. Include a completed registration form with credit card information or check.

Registration Fee

There is a \$5 registration fee due when you register for your first class of the term. You only have to pay the fee **once per term**, regardless of the number of courses you take.

Register Early

Please register early to increase the probability that the class you want to take is not cancelled due to insufficient enrollment and to avoid being excluded due to a full class.

Refund Policy

Be aware that certain trips are non-refundable. If a trip is non-refundable, it will say so in the catalog description. For our courses, a full refund will automatically be given if a course is cancelled or you need to withdraw two days before the class begins. Request a refund via email to info@manchesteradulthood.org or by phone at 860-647-5075. Credit card transactions over 90 days will be issued in the form of a check.

Satisfaction Guaranteed

We offer diverse education programs of the highest quality for a modest price. If you are not completely satisfied, please let us know, and we will make it right. Please do not hesitate to call us at 860-647-5075 if this is the case.

Cancellations

You will be notified at least two days in advance of class of cancellation due to low enrollment. If your class is cancelled due to inclement weather, make up classes will be scheduled or a refund will be issued for the missed class(es).

Class Changes

Manchester Adult and Continuing Education reserves the right to change class locations, schedules, fees or instructors when necessary.

Participant Age Requirements

Unless otherwise stated in a catalog or our teacher has given permission, you must be at least 18 years of age.

Continuing Education Registration Form

Student Information

Name _____

Address _____

City/State _____

Zip _____

Phone _____

E-Mail _____

Course Selections

Course #	Course Name	Fee

Course #	Course Name	Fee

Course #	Course Name	Fee

Course #	Course Name	Fee

**BRING A FRIEND AND
GET 20% OFF YOUR
REGISTRATION FEE
(Trips Excluded)**

Course Fee Total
(Does not include material fees)
_____ **\$5.00**

Registration Fee

Total Fee Due

Make checks payable to Manchester Adult and Continuing Education

Mail your payment to:

Manchester Adult and Continuing Education

901 Main Street

Manchester, Connecticut 06040

Method of payment: I hereby authorize payment in the form of:

Check/Money Order Visa Mastercard

Card Number: _____ CW Code: _____ Exp: _____

Signature: _____

Adult Education



Mandated Programs

Sections 10-67 to 10-73(d), inclusive, of the Connecticut General Statutes (C.G.S) require that the adult education services described in this section be provided by local school districts, free of charge, to any adult 17 years of age or older who is not enrolled in a public elementary or secondary school program. There is no charge for textbooks or materials used in these classes. Non-residents of Manchester, Connecticut will be charged tuition for participation in these programs.

High School Completion

Adult Basic Education (ABE)

This program is right for you if you need to develop your basic reading, writing and math skills in preparation for our diploma or GED® classes. You will improve your reading, writing and numeracy skills through classroom and computer-based instruction.
3/15 - 6/2 T/TH 9:00 AM - 12:00 PM
3/15 - 6/2 T/TH 6:00 PM - 9:00 PM

Adult High School Credit Diploma (AHSCD)

The Adult High School Credit Diploma program provides classes to help you obtain the 21 credits in academic and elective areas to get your diploma. Credits for coursework, work or military experience, community service, and online courses are given. Once you successfully complete the required credits for the AHSCD program, you will be issued a local diploma.

3/14 - 6/6 M/W 4:15 PM - 7:30 PM
3/15 - 6/2 T/TH 4:15 PM - 7:30 PM

National External Diploma Program (NEDP®)

This individualized program allows you to earn a diploma through life and work experiences. You will work independently to complete a series of tasks and then meet weekly while meeting with an advisor or assessor to demonstrate progress. You may enroll at any time. A Manchester Adult Education Diploma is awarded upon successful completion of the program.

3/14 - 6/6 M/W by appointment
3/15 - 6/2 T/TH by appointment

Preparation for the GED® Test This class is designed to help you study for and pass the GED® exam. You can take either an 11-week program at Manchester High School or a 9-week program at Waddell or Verplanck School.

11 Week Program
3/15 - 6/2 T/TH 9:00 AM - 12:00 PM
3/14 - 6/6 M/W 6:00 PM - 9:00 PM

9 Week Program
3/28 - 6/1 M/W 1:15 PM - 3:15 PM
3/29 - 5/26 T/TH 1:15 PM - 3:15 PM

If you wish to find out information about registering for the GED® exam itself, you must visit MyGED.com. Create an account and follow the instructions provided. You schedule when and where to take the exam. Connecticut GED® testing facilities include Manchester High School.



Adult Education

Citizenship Are you a foreign-born adult who wishes to become a U.S. citizen? Completing this program will prepare you to pursue citizenship through the required process of the United States Citizenship and Immigration Services. You will learn about the history and government of the United States.

2/2 - 4/26 T 6:30 PM - 8:30 PM

English as a Second Language (ESL) These classes are for those who have limited proficiency in the English language or if your native language is not English. ESL classes assist you in improving English skills in listening, speaking, reading and writing in order to find or maintain employment, attain citizenship, become more involved with your children's schooling and make greater use of community resources. You can take either an 11-week program at Manchester High School or a 9-week program at Waddell, Bowers, Verplanck, or Robertson School.

11 Week Program

3/14 - 6/10 M/F 9:00 AM - 12:00 PM
3/14 - 6/6 M/W 6:00 PM - 9:00 PM

9 Week Program

3/28 - 6/1 M/W 9:15 AM - 11:15 AM
3/28 - 6/1 M/W 1:15 PM - 3:15 PM
3/29 - 6/2 T/TH 9:15 AM - 11:15 AM
3/29 - 6/2 T/TH 1:15 PM - 3:15 PM

Support Services

We offer counseling, social work support, tutoring and computer-based services designed to help you succeed.

Taking the first step...

Once you've decided to enter one of our adult education programs, contact us to sign up for an orientation or registration session.

Registration for Trimester 3 Citizenship and ESL

Wednesday 2/17/2016 5:30 PM - 8:00 PM Manchester High School PC2

Orientation for Trimester 3 ABE, AHSCD, GED®, or NEDP®

Monday 2/22/2016 5:00 PM - 8:00 PM Manchester High School Room 293



To learn more about any of our programs you can:

- Visit us online at www.manchesteradulthood.org
- E-mail us at info@manchesteradulthood.org
- Call or stop by one of our two offices:
901 Main Street M-F 8:00 AM - 4:00 PM 860-647-5075
Manchester High School M-TH 4:00 PM - 9:00 PM 860-533-7140

(Hablamos Español)



Do you have your high school diploma?

Do you struggle on college placement tests? Do you need help?

Manchester Adult & Continuing Education and Manchester Community College have partnered to offer the most efficient and effective solutions. If you need academic support transitioning to college, REACT is the solution for you.

The program is designed to prepare you for college coursework.

We Offer FREE:

- Developmental Math & English classes
- First Year Experience class for credit
- Day & Evening classes offered in Manchester
- Evening classes available at Vernon Regional Adult Education
- Placement testing: Accuplacer & CASAS

Call for more information

REACT Coordinator
Lenisa Mathew
(860) 937-4353
lmathew@mpspride.org



“Change emphasizes what is happening TO us while transition emphasizes opportunity for growth within.” –William Bridges

Manchester Public Schools Non-Discrimination Notice

Manchester 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. Manchester Public Schools does not unlawfully discriminate in employment and licensing against qualified persons with a prior criminal conviction. Manchester 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 Manchester Public Schools nondiscrimination policies and practices should be directed to:

Terri Smith, Human Resources Specialist/Title IX Coordinator
860-647-3595

Shelly Matfess, Assistant Superintendent for Pupil Personnel Services/Section 504 Co-Coordinator
860-647-3452

Linda Hodgkins, Coordinator of School Health Services/Section 504 Co-Coordinator
860-647-3324



Video or Audio Equipment Use

Please do not audio or video record classes without prior permission from the instructor. Non-Discrimination Statement Manchester Public Schools is com

General Accessibility, Accommodation

If you are a person with a disability who requires an accommodation in order to participate in any program or activity, or for the GED® Test, please contact: Judith Sawtelle, Site Facilitator for Manchester Adult and Continuing Education at jsawtelle@mpspride.org or 860-647-3521 Ext. 70070.



Business Services For Employers



On-Site Workplace Education

On-Site, Researched-Based, Customized, Flexible Programs and Services

Manchester Adult & Continuing Education's Business Services & Partnerships Division can provide you and your business on-site, research-based, customized, flexible programs. This includes services that are delivered within the context of your workplace, meeting the immediate and future needs of your small or large business.

Programs and Services that Deliver

Our customized programs and services can result in the development of a 21st Century competitive workforce; increase productivity, and improve quality of work. Our services can also help to enhance employee retention and promotion, improve team performance, improve health and safety records, and produce a high return on investment.

Professional Expertise that Delivers

We have the professional expertise and resources to design and deliver very high quality on-site programs, workshops, and meeting facilitation services to the Manchester business community, as well as to other organizations within our town. Our resources also include partnerships with the Capital Workforce Partners (CWP), Workforce Investment Board (WIB), Manchester Community College, Greater Manchester Chamber of Commerce, and the State of Connecticut's statewide workforce development network.

Invest in the Growth of Your Employees

If you are interested in looking at another way of investing in the growth of your employees and in the future of your small or large business, then we can assist you.



Business Services Plus

Employers, by combining our customized Business Services & Partnerships Division with our Business Services Plus offerings, you have access to powerful tools to grow your companies and to continue to develop a high-performance workforce, with customized and cost-effective programs at your sites. We offer the following business solutions:

Meeting Facilitation

Our nationally certified-facilitators help your businesses and organizations overcome a variety of challenges: strategic planning, cultural diversity, conflict management, team building, and workforce succession. Business leaders, you can invest in the growth of your employees and in the future of your businesses.

English as a Second Language (ESL) Plus

Once your employees test out of the advanced level of ESL, there may be a need to continue to further their reading, writing, listening and speaking skills because of their existing job responsibilities and/or career advancement. Our ESL-Plus program provides them with a highly customized individualized educational plan that is delivered within the context of their immediate job responsibilities and/or career pathway.

Online eLearning Solutions Plus for Businesses (Online)

These are instructor facilitated and self-paced online courses with businesses' learning needs in mind. Your management and employee teams at all levels will have access to a comprehensive selection of business related courses in computer technology, finance, healthcare services, sales and marketing, and more.

Our Business Services Plus online staff will provide added-value services to your management and employee teams' online experiences by providing pre-online preparation and customized plans of study - Online Individual Educational Plans.

FOR MORE INFORMATION CONTACT

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