

1969 - 2019

# 50 Valley Regional Adult Education

*Ansonia • Derby • Monroe • Seymour • Shelton*

**NEW  
LOCATION!  
54 Grove St.  
Shelton**

**FALL 2019**

## *Classes for Adults*

**Learn something new & fun!**

**Take a bus trip!**

**Earn your diploma!**

**Improve your English!**

**WWW.VRAE.ORG • 203.924.6651**

## VALLEY REGIONAL ADULT EDUCATION

Adult Learning Center  
54 Grove Street  
Shelton, CT 06484  
Phone: 203.924.6651  
Fax: 203.924.8435  
Email: [vrae@vrae.org](mailto:vrae@vrae.org)

### OFFICE HOURS

Monday-Thursday,  
8:30AM - 3:30PM  
4:30PM - 8:30PM

Friday  
8:30AM - 3:00PM

### LOCATIONS

**Adult Learning Center**  
Richard O. Belden  
Cultural Center  
54 Grove St., Shelton

**Ansonia High School**  
20 Pulaski Hwy., Ansonia

**John G. Prendergast School**  
59 Finney St., Ansonia

**Masuk High School**  
1014 Monroe Tpk., Monroe

**Shelton Intermediate  
School**  
675 Constitution Blvd. N.,  
Shelton

[www.vrae.org](http://www.vrae.org)



VRAESheltonCT

# LEARN 2EARN

CONNECTICUT ADULT EDUCATION:  
The Pathway to Lifelong Learning  
[www.Facebook.com/learn2earnCT](http://www.Facebook.com/learn2earnCT)

1969 - 2019  **Valley Regional  
Adult Education**  
*Building a Stronger Community*



*Welcome  
to Our  
Fall Semester!*

Valley Regional Adult Education (VRAE) is proud to announce the Adult Learning Center's new location in The Richard O. Belden Cultural Center, 54 Grove Street in Shelton. VRAE has served the Valley community for 50 years and is dedicated to building a stronger community through education. We prepare community members to obtain their high school credentials, improve their English language skills, prepare for the U.S. citizenship test, and enjoy life-long learning classes.

In our Enrichment Program, we offer over 90 classes throughout the Valley, 10 exciting bus trips, and more than 350 online courses available year-round for anytime, anywhere learning. Listing start on page 3.

FREE Academic Programs for the residents of Ansonia, Derby, Monroe, Seymour and Shelton include GED®, Adult High School Credit Diploma, Citizenship and English as a Second Language classes. In collaboration with West Haven Adult Education, we offer a third option for residents to obtain their high school diplomas. For more information, see pages 12-13.

We encourage you to join us and also, share this information with your friends, neighbors and family. Don't miss this opportunity! Browse this catalog, visit our website, [www.vrae.org](http://www.vrae.org), or give us a call at 203.924.6651. We would love to hear from you.

— Debra Hansen, Director

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### NONDISCRIMINATION POLICY

VRAE is committed to a policy of equal opportunity / affirmative action for all qualified persons and 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. Inquiries regarding VRAE's nondiscrimination policies should be directed to Lee Wolf, 203.924.6651.

## VRAE...Building a Stronger Community

At Valley Regional Adult Education, we are committed to developing a sense of "community education" in which local citizens, schools, agencies, and businesses work together to address the educational needs of the Valley community. Our goal is to be a vital organization, responsible for creating an environment that continually fosters 100% engagement of students and staff through:

**Commitment • Integrity • Innovation and Creativity • Quality**

# Fall 2019 Enrichment Courses

## FITNESS

### Walk, Weights & Abs

This class consists of walking with aerobic moves and patterns, light weights to sculpt and tone the lower and upper body, and an abdominal workout. No class 11/5.

Deborah Bailey  
Shelton Intermediate School  
Tuesdays, 6:00 - 6:45PM  
10 Sessions, begins September 17  
\$99 507S

Tuesdays, 6:00 - 6:45PM  
6 Sessions, begins January 7  
\$59 507S - Winter

### Zumba

A fun, effective fitness program that combines easy-to-follow moves to Latin and international rhythms. No experience needed. Bring water, wear supportive sneakers. Drop-ins welcome \$10 per class (cash/check).

Michelle Collings  
Shelton Intermediate School  
Wednesdays, 6:30 - 7:15PM  
10 Sessions, begins September 18  
\$79 505S

Wednesdays, 6:30 - 7:15PM  
6 Sessions, begins January 8  
\$49 505S - Winter

### New! Belly Dancing

Belly dance is empowering, uplifting and fun. This low impact physical activity provides an aerobic workout and strengthens and tones your core muscle groups. Held at A Time for Us, Belly Dance and Fitness Studio, Bart Center, 600 Main St. 2nd floor Suite 5, Monroe.

Deborah Bailey  
Thursdays, 7:15-8:15PM  
10 sessions, begins September 19  
A Time for Us Studio  
\$99 504S

### Classes at TAD-G's Fitness For Women

\*386 East Main St., Ansonia

#### New! Latin Kettlebell Fusion

Dance followed by some light-weight Kettlebell moves then dance again! A fun and happy effective workout! All levels.

Terry DiGiacomo-Galla  
Mondays, 5:00 - 6:00PM  
8 Sessions, begins September 9  
TAD-G's Fitness For Women\*  
\$79 508Y

#### POUND Fit!

Using light-weight ripstixs engineered specifically for exercising, POUND transforms drumming into an effective workout. All levels.

Terry DiGiacomo-Galla  
Mondays, 6:30 - 7:15PM  
8 Sessions, begins September 9  
TAD-G's Fitness For Women\*  
\$79 506Y

#### Turbokick

Ready to become a total knockout? With fun, rhythmic cardio kickboxing moves and high-energy music, you'll get ultra-lean and toned—while having a blast!

Terry DiGiacomo-Galla  
Wednesdays, 6:30 - 7:30PM  
8 Sessions, begins September 11  
TAD-G's Fitness For Women\*  
\$79 509Y

Visit [vrae.org](http://vrae.org) for more information on instructors and classes!

► More Classes, See Mind & Body, page 10

### Classes at Fitness for Life

\*90 Bridgeport Ave., Shelton

#### New! Women's Empowerment and Self-Defense

Join us for this fun, hands on self-defense seminar. Learn escapes from arm grabs, hair grabs, and more. Improve self-awareness in everyday situations. Ages 16+.

Ellen Reichelt  
Saturday, 1:00 - 4:00PM  
1 Session, October 19  
Fitness for Life\*  
\$39 511Y

#### New! Fitness Kickboxing

Get fit with fun and empowering moves. Kick and punch on bags then stretch and breathe all in a super supportive, non-judgmental, clean, modern school. Kickboxing gloves available for \$21.25 or bring your own.

Master Ellen Reichelt  
Mondays & Wednesdays,  
6:15 - 7:00PM  
11 Sessions, begins September 23  
Fitness for Life\*  
\$129 512Y1

Mondays & Wednesdays,  
6:15 - 7:00PM  
11 Sessions, begins November 4  
Fitness for Life\*  
\$129 512Y2

#### New! Strength Training

Need to start working out, but not sure where to start? Resistance Bands help make long, lean strong muscles without the next day soreness. Classes are super supportive and non-judgmental.

Ellen Reichelt  
Tuesdays & Thursdays,  
6:15 - 7:00PM  
11 Sessions, begins September 24  
Fitness for Life\*  
\$129 513Y1

Tuesdays & Thursdays,  
6:15 - 7:00PM  
11 Sessions, begins November 5  
Fitness for Life\*  
\$129 513Y1

#### New! Karate for Adults

Increase your self-confidence with karate and get EMPOWERED! Learn kicks, punches, simple self-defense techniques and more in a super supportive, non-judgmental, clean, modern school.

Ellen Reichelt  
Tuesdays & Thursdays,  
7:15 - 8:00PM  
11 Sessions, begins September 24  
Fitness for Life\*  
\$129 510Y

Tuesdays & Thursdays,  
7:15 - 8:00PM  
11 Sessions, begins November 5  
Fitness for Life\*  
\$129 510Y





## GOLF

### Golf

For golfers wanting to learn about the game in a fun, small group setting. For beginners, the fundamentals of the golf swing will be worked on. Advance beginners work on getting your game more consistent and breaking down your swing. Clubs will be provided if you do not have any. Plan on bringing your clubs starting the second class.

Frank Selva  
John G. Prendergast School  
(Ansonia)

**BEGINNER**  
Tuesdays, 6:30 - 7:30PM  
6 Sessions, begins September 17  
\$149 800A

**ADVANCED BEGINNER**  
Tuesdays, 7:30 - 8:30PM  
6 Sessions, begins September 17  
\$149 801A



## MIND & BODY



### **New! Stepping Into Your Greatness**

Achieve success, happiness, health and wellbeing by just simply changing your thoughts. Learn how to break bad habits and diminish negative behaviors and beliefs. If you have wanted to change your life; lose weight, start a new career, go back to school, travel the world, start a new relationship, this class will help inspire and empower you to take the leap of faith and become the person you were always meant to be.

Dr. Lori Monaco  
Monday, 6:30 - 8:30PM  
1 Session, October 7  
Shelton Intermediate School  
\$25 238S

### **Mindfulness...for Stress Reduction, Relaxation, and A Better You!**

This wonderful lecture discusses mindfulness, how to create mindfulness in your life and why this is so vital and necessary for today's living! There is a meditation segment so be prepared to feel like you are going to float away by the end of the workshop!

Dr. Lori Monaco  
Monday, 6:30 - 8:30PM  
1 Session, September 16  
Shelton Intermediate School  
\$25 237S

### **New! Laughter is the Best Medicine**

Can laughter really heal you? Learn the science of laughter, how it affects the brain and the body and how it can reduce pain, depression, and anxiety. You will be taught simple techniques and ideas to bring more laughter into your life and yes...you will be laughing a lot as you learn! Great for caregivers and those dealing with health challenges.

Dr. Lori Monaco  
Monday, 6:30 - 8:30PM  
1 Session, October 28  
Shelton Intermediate School  
\$25 235S

### **Law of Attraction**

Manifest the abundance in your life. Learn about the structures and functions of the brain, how thoughts and emotions work for or against us and how to change your thought process to create positive changes.

Dr. Lori Monaco  
Monday, 6:30 - 8:30PM  
1 Session, October 21  
Shelton Intermediate School  
\$25 236S

### **New! The Miracle of Mindfulness – A Practical Approach to a Richer Life**

Take a deep and gentle look into the application of mindfulness in daily life. Benefits: reduced stress, improved relationships, and a deeper appreciation for life.

Bruce Nichols  
Wednesdays, 7:00 - 8:00PM  
4 Sessions, begins October 2  
Shelton Intermediate School  
\$39 671S

### **New! Astrology**

Astrology is much more than your sun sign! A chart can show your hidden personality, career potential, love, talents, life challenges and rewards. Review your past and reveal the trends of your future. Bring your birth date, place and time.

Jamie Dellavolpe  
Wednesdays, 6:30 - 8:00PM  
4 Sessions, begins September 18  
Shelton Intermediate School  
\$69 670S

### **New! Communicate with Your Angels**

Connect and communicate with your Angels and Spirit Guides. Receive loving, guided, inspiring messages. All angel messages will empower you with their loving support, healing, insight and guidance.

Robin Tesei  
Wednesday, 6:30 - 8:30PM  
1 Session, October 23  
Shelton Intermediate School  
\$39 244S

### **Tarot**

Tap into your inner wisdom and explore your intuition through the magic and mystery of the tarot. Bring a tarot deck to class.

Sally Russo  
Tuesdays, 6:30 - 8:30PM  
4 Sessions, begins October 1  
Shelton Intermediate School  
\$69 214S

## Whispers from Heaven

Experience the energy and messages of a psychic mediumship reading. This is a gallery reading, not everyone is guaranteed a reading. No drinking of alcohol before the reading; no late admittance.

Patricia Griffin  
Thursday, 6:30PM - 8:30PM  
1 Session, October 17  
Shelton Intermediate School  
\$29 688S

## EFT Emotional Freedom Technique (Tapping)

Discover EFT and tap your way to better emotional health today. This easy-to-learn self-help method aids to alleviate stress and address emotional factors that result in bad habits. Instructor is a certified EFT practitioner.

Terry Hernon  
Tuesday, 6:30PM - 8:15PM  
1 Session, September 24  
Shelton Intermediate School  
\$39 456S

## Weight Loss Hypnosis

Use hypnosis to lose pounds by changing your relationship with food. Remove the need and desire to overeat. Instructor is a certified hypnotist.

Fern Tausig  
Mondays, 6:30 - 8:30PM  
3 Sessions, begins October 21  
Shelton Intermediate School  
\$75 221S

## Tai Chi

"Meditation in motion" is a centuries-old Chinese discipline used for health, meditation and self-defense. Emphasis on relaxation and strength. No class 10/14.

Gwen Roman  
Shelton Intermediate School

BEGINNERS  
Mondays, 6:50 - 7:40PM  
10 Sessions, begins September 16  
\$99 652S

INTERMEDIATE  
Mondays, 6:00 - 6:50PM  
10 Sessions, begins September 16  
\$99 654S

## FALL YOGA CLASSES

### New! Laughter Yoga

Laughter yoga increases the oxygen supply to the brain and body, potentially resulting in reduction of stress and physical pain. Each class includes a warm-up, movement with laughter, laughter meditation, and a calming meditation.

Dr. Lori Monaco  
Mondays, 7:00 - 8:00PM  
2 Sessions, begins September 23  
Shelton Intermediate School  
\$49 670D

### New! Hatha Yoga and Meditation Seminar

Enjoy a restorative Hatha Yoga session preparing the body for a silent seated meditation followed by a guided meditation. Feel focused, rested, and renewed! Ages 14+. Bring mat. Held at TOP Martial Arts and Fitness For Life, 90 Bridgeport Ave., Shelton.

Ellen Reichelt & Amba Jeanne Dziejewski  
Saturday, 1:00 - 4:00PM  
1 Session, September 28  
TOP Martial Arts & Fitness for Life  
\$49 511Y

### Gentle Yoga

A simple yet profound experience of connecting body, mind and spirit. Eliminate stress and tension and experience peace of mind. Increase flexibility, reduce stress, and bring calm to your life. Bring a mat or blanket and wear loose, comfortable clothing. No Class 10/14.

Beverly Corvino  
Shelton Intermediate School

BEGINNERS  
Mondays, 6:00 - 7:30PM  
9 Sessions, begins September 16  
\$89 610S Beg Mon  
Wednesdays, 7:30 - 9:00PM  
10 Sessions, begins September 18  
\$99 610S Beg Wed

ADVANCED BEGINNERS  
Mondays, 7:30 - 9:00PM  
9 Sessions, begins September 16  
\$89 614S Adv Mon  
Wednesdays, 6:00 - 7:30PM  
10 Sessions, begins September 18  
\$99 614S Adv Wed

WINTER - All Levels  
Wednesdays, 6:00 - 7:30PM  
9 Sessions, begins December 4  
No class 12/25, 1/1.  
\$89 614S Winter



## WORLD LANGUAGES

### German

For those with little or no prior exposure to this language but want to learn because of heritage, interest or for travel. Learn from a native speaker. Bring the book *German in 10 Minutes a Day*.

Ursula Michaelis  
Wednesdays, 6:30 - 8:00PM  
6 Sessions, begins October 9  
Shelton Intermediate School  
\$99 314S

### Polish

Learn Polish from a native speaker. Learn the language or brush up on your knowledge. Book fee of \$20 payable to the instructor the first day of class.

Aneta Matyszczyk  
Wednesdays, 6:30 - 8:30PM  
6 Sessions, begins September 18  
Ansonia High School  
\$99 305A

### Italian

Learn the basics of this beautiful language. Food, travel, lodging, restaurants, shopping and more. Bring the book *Italian Made Simple* to class. No Class 11/5.

Sylvana Serravezza  
Tuesdays, 6:30 - 8:30PM  
6 Sessions, begins September 17  
Shelton Intermediate School  
\$99 303S1

### Spanish

Learn the basics of Spanish and practice conversational skills for travel, work or daily life. Book required, instructor will email with the information.

Wednesdays, 6:30 - 8:00PM  
6 Sessions, begins September 18  
Shelton Intermediate School  
\$99 311S1

## ARTS & CRAFTS



### Watercolor Painting

Explore watercolor painting including techniques for using watercolor as an expressive and versatile art. Demonstrations and step-by-step instruction. Bring a watercolor pad, paint kit and brushes to the class the first day. No class 10/14.

Stephen DiRienzo  
Mondays, 7:00 - 8:30PM  
6 Sessions, begins September 16  
Shelton Intermediate School  
\$99 805S

### New! Twisted Tangle

Learn a meditative drawing art form. Spend time encouraging your creative flow through the use of tangle patterns.

Rosemarie Main  
Monday, 6:45PM - 8:45PM  
1 Session, September 30  
Shelton Intermediate School  
\$29 806SS

### New! Needle Felting

Needle felting transforms wool roving yarn into 3D sculptures using a special needle. Learn to needle felt a cute Fall Pumpkin about 2.5" tall out of 100% wool. Material fee of \$5 payable to the instructor the day of class.

Kayleigh Mihalko  
Saturday, 10:00AM - 12:00PM  
1 Session, October 19  
Adult Learning Center, Shelton  
\$39 908V2

### New! Mixed Media Altered Bottle Art

Transform used wine bottles, mason jars or other glass bottles into decorative vases. Learn techniques to apply paint to create a one of a kind work of art that you will be proud to display. Photos on vrae.org. \$10 material fee includes bottle due instructor the day of class.

Ximena Acosta Espin  
Saturday, 9:00AM - 1:00PM  
1 Session, September 14  
Adult Learning Center, Shelton  
\$39 908V1

### New! Bead Embroidery

Learn to add beads to your projects. This technique can be applied to jewelry, fiber art, quilting, clothing or anything you want to add your personality and special touch. Photos on www.vrae.org. \$15 material fee due to instructor the day of class.

Ximena Acosta Espin  
Saturday, 9:00AM - 1:00PM  
1 Session, September 28  
Adult Learning Center, Shelton  
\$39 908V3

### New! Tunisian Crochet

Tunisian crochet (the afghan stitch) is a variation of regular crochet, using a long hook resembling a knitting needle with a crochet hook on the end. Basic knowledge of crochet needed. Material fee of \$10 payable to instructor the first day of class. Tunisian hook and yarn will be provided. Held at Foran High School, 80 Foran Road, Milford.

Deborah Zotian  
Tuesday, 6:00PM - 8:00PM  
4 Sessions, October 8  
Foran High School, Milford  
\$65 204M

### New! Furniture Painting

Learn the basics of the Annie Sloan Chalk Paint® method, including: two-color finish, smooth/modern, rustic finish, and colored wash, plus wax application, dry brushing, frottage, ombre finish, and more. No chemicals or stripping. \$10 materials fee due to instructor each class.

Daniella Toth  
Shelton Intermediate School  
Tuesdays, 5:30- 9:00PM  
2 Sessions, begins October 1  
\$125 902S

Tuesdays, 5:30- 9:00PM  
2 Sessions, begins November 12  
\$125 902S1

Tuesdays, 5:30- 9:00PM  
2 Sessions, begins January 14  
\$125 902S2-Winter

### Know Your Sewing Machine

Find out how to use your sewing machine. A pattern is not required for this class, fabric supplied. Students must bring a portable sewing machine and basic supplies (thread, scissors, 6" ruler, needles). This class is NOT suitable for Serger machines.

Josephine Lifrieri  
Wednesday, 6:30 - 8:30PM  
1 Session, September 18  
Shelton Intermediate School  
\$39 904S

### Sewing Class

Expanded to 8 sessions! Learn the fundamentals of selecting fabric, reading a pattern, layout, cutting and stitching. Class limit 8. Prerequisite: Familiar with the basic operation of a sewing machine. Bring a portable sewing machine (not required the first class) and basic supplies (thread, scissors, 6" ruler, needles). This class is NOT suitable for Serger machines.

Josephine Lifrieri  
Wednesdays, 6:30 - 8:30PM  
8 Sessions, begins September 25  
Shelton Intermediate School  
\$169 902S

### Woodcarving

This course is for beginners wanting to learn the art of woodcarving, and will guide you through the steps needed to finish a hand-carved piece. Tools supplied. Held at Jonathan Law High School, 20 Lansdale Ave., Milford.

Ken Cowden  
Mondays, 6:30 - 8:30PM  
5 Sessions, begins September 23  
Jonathan Law High School  
\$75 201M

## DIGITAL LITERACY

### Woodworking

Plan and complete your own project while learning fundamentals of woodworking and the proper use of various large power tools. Note: class dates are subject to change based on instructor's schedule. Held at Jonathan Law High School, 20 Lansdale Ave., Milford.

*Chris Sweetwood*  
Jonathan Law High School  
BEGINNER  
Wednesdays, 6:00 - 8:00PM  
6 Sessions, begins September 25  
\$99 202M

ADVANCED  
Thursdays, 6:00 - 8:00PM  
6 Sessions, begins September 26  
\$99 203M

### online classes

#### Online Arts & Crafts Classes

- Introduction to Digital Scrapbooking
- Introduction to Journaling
- Sound And Art: Using The Ears And Eyes To Heal
- Drawing for the Absolute Beginner
- Start Your Own Arts and Crafts Business

Prices range from \$99 - \$119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)

### New! Google - Gmail, Maps, Photos, Sharing

Google is not only for searching! Store photos, sync calendars, keep to-do lists, and more!

*Gregory Parkhurst*  
Wednesday, 6:30 - 8:30PM  
1 Session, October 2  
Masuk High School (Monroe)  
\$39 128M

### Facebook

Learn to create a profile, tailor your privacy settings, connect with family and friends, and explore groups and games.

*Gregory Parkhurst*  
Wednesday, 6:30 - 8:30PM  
1 Session, October 23  
Masuk High School (Monroe)  
\$39 119M

### Microsoft Word

Learn to add and edit text; work on two or more documents simultaneously; format text. Also see save, retrieve, copy, organize, and print. Bring a USB flash drive to class. No Class 9/30.

*Bonnie Waring*  
Masuk High School (Monroe)  
BEGINNER  
Mondays, 6:30 - 8:30PM  
3 Sessions, begins September 16  
\$119 104M1

INTERMEDIATE  
Mondays, 6:30 - 8:30PM  
3 Sessions, begins October 21  
\$139 104M2

### Microsoft Excel

Learn screen elements, navigation and selection techniques to create and edit your spreadsheet. Bring a USB flash drive to save your work. No Class 10/9.

*Bonnie Waring*  
Masuk High School (Monroe)  
BEGINNER  
Wednesdays, 6:30 - 8:30PM  
4 Sessions, begins September 18  
\$125 105M1

INTERMEDIATE  
Wednesdays, 6:30 - 8:30PM  
4 Sessions, begins October 23  
\$145 105M2

### online classes

#### Online Technology Classes

- Intro QuickBooks Online
- Introduction to SQL
- Introduction to Python 3 Programming
- Adobe Products
- Computer Skills for the Workplace
- PC Troubleshooting
- Technology Certification Prep
- Technical Writing

More than 100 classes to choose from. Prices range from \$99 - \$119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)



## DIGITAL PHOTOGRAPHY

### Digital Photography

Explore the basic and advanced features of your interchangeable dSLR camera. One class will meet on a Saturday afternoon to shoot landscapes. Email the instructor with questions: [schmittphoto@hotmail.com](mailto:schmittphoto@hotmail.com). Bring your dSLR camera and manual to class.

*Brian Schmitt*  
Shelton Intermediate School  
BEGINNER  
Wednesdays, 7:00 - 9:00PM  
6 Sessions, begins September 18  
\$149 152S

ADVANCED  
Wednesdays, 7:00 - 9:00PM  
6 Sessions, begins November 6  
\$149 153S

### online classes

#### Digital Photography Classes & Self-Paced Study Guides

- Travel Photography
- Photographing People
- Photographing Nature

There are 20 online classes and self-paced study guides about digital photography and editing.

Prices range from \$99 - \$119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)

## DANCE

### **New! Bollywood Dance**

Learn the Bollywood dance form, a mix of Indian classical dance and hip hop. A great way to break a little bit of sweat while having fun and listening to happy music. Held at Bollywood Studios, 477 Main St, Monroe, CT 06468

*Jigna Trivedi*  
Tuesdays, 7:00 – 8:00PM  
8 Sessions, begins September 17  
Bollywood Studios  
\$109 500Y4

### **New! Adult Tap**

Come learn, exercise and laugh as you shuffle, chug and buffalo along to great music. Wear comfortable clothes, tap shoes or sneakers and bring a water bottle. Tap shoes can be purchased a week before class for \$35. Held at Step By Step Dance Academy, 495 River Road, Santo's Plaza 2nd Floor, Shelton.

*Stephanie Rose*  
Fridays, 6:30 – 7:15PM  
8 Sessions, begins September 20  
Step By Step Dance Academy  
\$119 500Y3

### **Ballroom Dance**

Learn basic elements and techniques of ballroom dances under the direction of our professional instructor. You will be introduced to a variety of dances. Instruction will be given in step patterns, timing, continuity, and style while learning to lead or follow successfully. The purpose of this class is to promote and develop confidence on the dance floor. Wear comfortable clothes and non-slip shoes (sneakers ok). Fee per couple. Limited to 12 couples.

**NEW INSTRUCTOR!**  
*George Maderski*  
Wednesdays, 7:00 – 8:30PM  
8 Sessions, begins September 18  
Shelton Intermediate School  
\$159 502S

### **Country Line Dance**

Enjoy learning to line dance from the basic steps to putting them all together with various assortment of music rhythms. Come have fun learning easy steps as you move in this low impact dance form. No partners needed. No open toe or heeled shoes allowed. No class 11/5.

*Rebecca Williamson*  
Tuesdays, 6:30 – 8:00PM  
8 Sessions, begins September 17  
Shelton Intermediate School  
\$99 503S



## CAREER & WORK

### **New! Public Speaking**

Speaking to a group of people is one of the most time-effective ways to share your message. Learn how to clarify your message, connect with your listeners and keep conversations going. Tips to control your speaking nerves will be practiced. \$25 material fee due instructor the first day of class.

*Beth Stoller*  
Mondays, 7:00 – 8:00PM  
3 Sessions, begins September 16  
Shelton Intermediate School  
\$69 468S



### **CT Security Officer Certification Course**

Upon successful completion of the course, approved by the CT State Police, Special Licensing and Firearms Unit, you will obtain a certificate required to obtain your CT Security Officer Identification Card (Guard Card) allowing you to work as a uniformed security officer for licensed CT employers.

*Joseph Porto*  
Saturday, 8:00AM – 4:30PM  
1 Session, September 28  
Adult Learning Center, Shelton  
\$99 550V

### **You're on the Air! (How to Really Make it in Voice-Overs!)**

Learn to get around the competition and turn voice-overs into a thriving business! You've heard the instructor - now hear him live as he illustrates how to use your speaking voice for commercials, films and videos!

*James Seawood*  
Monday, 6:30 – 8:30PM  
1 Session, October 7  
Shelton Intermediate School  
\$49 204S

### **Bookkeeping Basics**

Learn the basics of bookkeeping, how to analyze and record financial transactions, and prepare various financial reports. Topics will include: accounts receivable, accounts payable, payroll procedures, sales taxes and other common banking activities.

*Helga Bowen*  
Wednesdays, 6:30 – 8:45PM  
4 Sessions, begins October 23  
Shelton Intermediate School  
\$99 225S

## online classes

### **Online Career & Work Classes & Training**

Prepare for a career or enhance your career in:

- A to Z Grantwriting
- Fitness Business Management
- Accounting Fundamentals
- Grammar Refresher
- Project Management Fundamentals
- Medical Terminology

There are over 300 career training courses available online.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)

## HOME & GARDEN

**New! Interior Design Series**  
Thursdays, 7:00 – 8:30PM  
Shelton Intermediate School

### Floor Plans

Start planning the room YOU want to create. Create a focal point, overcome obstacles and draw a floor plan. Design your room using existing furnishings and discuss how to budget for future purchases. See your room through new eyes.

Holly Dar  
1 Session, October 10  
\$59

738S1

### Blending Fabric Patterns

Learn how to blend colors, mix textures and choose paint colors. Discuss the psychology of color and how it affects your decorating scheme. Address the challenges of your design process. Begin a color board for your project.

Holly Dar  
1 Session, October 17  
\$59

738S2

### Floors, Walls and Lighting

Discover the type of flooring best for your room and how to address the lighting in the room and what to put on the walls. Learn some tips on hanging artwork, mirrors and other decorations.

Holly Dar  
1 Session, October 24  
\$59

738S3



**New! Prepare the Garden for Fall and Winter**

Fall lawn maintenance, winterizing plants and the planting of garden bulbs tips and techniques will be shared in class. Bring your questions.

Karel Julian  
Monday, 6:30 – 8:00PM  
1 Session, September 23  
Shelton Intermediate School  
\$25 736S

**New! Plant Safety: Two Sides to Every Leaf**

Choose your house and yard plants with knowledge as to whether or not they are harmful to humans or pets. Plants can contain dangerous leaves, flowers and berries. Increase your awareness of common toxic plants and what to safely purchase.

Karel Julian  
Monday, 6:30 – 8:00PM  
1 Session, October 7  
Shelton Intermediate School  
\$25 736S

## online classes

### Online Home & Garden Classes

- The Power of Design: Healthy Buildings, Healthy Communities
- Nature And Healing: The Power Of Connection
- Start Your Own Edible Garden
- Growing Plants for Fun and Profit

Prices range from \$99 - \$119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)

## Online Learning

anytime, anywhere...just a click away!

## ADVANCED CAREER TRAINING

- 6-18 Month Format
- All materials included
- Prepare for certification
- Student advisors

Courses Include:

- Certified Wedding Planner
- Optician Certification Training
- CompTIA Certification Training: A+, Network + Security + (Vouchers included)
- Web Design Professional
- Digital Game Artist Certificate
- Administrative Professional w/ MS Office Specialist 2016
- Mobile and Desktop Web Developer
- Medical Billing & Coding

Visit our website for program details!

[careertraining.ed2go.com/vrae](http://careertraining.ed2go.com/vrae)



## ONLINE COURSES

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Courses Include:

- Speed Spanish
- Accounting Fundamentals
- A to Z Grant Writing
- Grammar Refresher
- Basic CompTIA A+ Certification Prep
- Creating WordPress Websites
- Medical Terminology: A Word Association Approach
- Introduction to SQL
- Secrets to Better Photography
- Real Estate Investing

Visit our website to find a course!

[ed2go.com/vrae](http://ed2go.com/vrae)

## FOOD & NUTRITION

### **New!** Gluten-Free Eating

Learn which foods to eat and avoid if you have Celiac disease, gluten intolerance, wheat sensitivity or wheat allergies. It's not just in your foods! Recipes will be shared.

Debbie Barbiero  
Monday, 6:30 - 8:15PM  
1 Session, September 23  
Shelton Intermediate School  
\$39 223S

### 3-Day Detox Cleanse

It's time to get your healthy back on track and reclaim your health! Be guided through a simple 3-day cleanse of fresh, seasonal foods while the instructor prepares one of the meals for you to enjoy during class. Receive a shopping list and recipes for breakfast, lunch and dinner for 3 days. Held at Metamorphosis Body, Mind & Spirit, 32 Woodfield Drive, Shelton.

Debbie Barbiero  
Monday, 6:30 - 8:15PM  
1 Session, September 16  
Metamorphosis Body, Mind & Spirit  
\$39 672S

### How Nutrition Can Reduce Inflammation in your Body

Learn which foods to avoid and to include in your diet to give you more energy, reduce pain and bloat, which is a result of inflammation in your body. A great class for people trying to lose weight, manage thyroid, Type II diabetes and other inflammatory diseases.

Debbie Barbiero  
Tuesday, 6:30 - 8:15PM  
1 Session, September 17  
Shelton Intermediate School  
\$39 222S



### **New!** Thyroid Healing Nutrition

What you eat affects how your thyroid works. Learn the foods needed to maintain and improve thyroid health and those to avoid while battling thyroid disease. Your instructor improved her health with proper nutrition while battling Hashimoto's disease.

Debbie Barbiero  
Tuesday, 6:30 - 8:15PM  
1 Session, September 24  
Shelton Intermediate School  
\$39 672S

## online classes

### Online Food Classes

- Luscious, Low-Fat, Lightning-Quick Meals
- Start Your Own Edible Garden

Prices range from \$99 - \$119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)

### Deb's Healthy Plate Classes

\*At Deb's Healthy Plate,  
32 Woodfield Drive, Shelton

### Healthy Dinner: Chicken Piccata with Risotto

Come prepare healthier versions of an old favorite. Cook and learn the nutrition information and tips to improve your health. \$10 material fee due to instructor.

Debbie Barbiero  
Monday, 6:30 - 8:30PM  
1 Session, September 30  
\$39 410Y3

### Homemade Pastas

Make different homemade pasta and sauce each class: Gnocchi with Bolognese Sauce, Ravioli with Tomato Sauce and Fettuccine with Alfredo Sauce. \$25 material fee due instructor.

Debbie Barbiero  
Tuesdays, 6:30 - 8:30PM  
3 Sessions, begins October 1  
\$99 410Y4

### Healthy Dessert: Chocolate Raspberry Decadence

Come prepare healthier versions of an old favorite. Cook and learn the nutrition information and tips to improve your health. \$10 material fee due to instructor.

Debbie Barbiero  
Monday, 6:30 - 8:30PM  
1 Session, October 7  
\$39 410Y1

### **New!** Pierogies

Learn to make perfect and delicious pierogies. \$10 material fee due instructor.

Debbie Barbiero  
Monday, 6:30 - 8:30PM  
1 Session, October 28  
\$39 410Y5O

Tuesday, 6:30 - 8:30PM  
1 Session, November 12  
\$39 410Y5N

Monday, 6:30 - 8:30PM  
1 Session, December 2  
\$39 410Y5D

## FAMILY

### **New!** Advocacy Training for Caregivers of Children with Special Needs

Learn about federal laws as they pertain to special education, effective advocacy strategies, and care for the caregiver. This course will empower caregivers to advocate for their children with special needs.

Erin Lamb  
Mondays, 7:00 - 8:00PM  
3 Sessions, begins September 16  
Shelton Intermediate School  
\$49 467S

### **New!** Medicare Basics

Are you or a loved one about to turn 65 and getting ready to sign up for Medicare? Attend this Medicare 101 course to learn about Original Medicare, Medicare Parts A, B, C, and D, whether prescriptions are covered, how much it will cost, and the enrollment deadlines. We will also educate you on Medicare Advantage Plans, Part D Prescription drug plans, and Medicare Supplement plans. This is an informational seminar.

Cindy Ryall  
Tuesdays, 6:30 - 8:00PM  
1 Session, begins October 1  
Shelton Intermediate School  
\$19 467S

### **New!** Google for Parents

Understanding your Child's Google Classroom. Many school districts have students use Google Classroom as their learning and homework portal. Parents will learn the components and know the difference between what they can see as a parent and what their child can see in Google Classroom.

Gregory Parkhurst  
Wednesday, 6:30 - 8:30PM  
1 Session, October 16  
Masuk High School (Monroe)  
\$39 127M

**New! Researching Your Roots - Step I**

Begin to trace your family tree. Be connected to the resources professional researchers use. Start your research in class with access to some of the instructors paid genealogical subscriptions. Bring a laptop or tablet to class.

Sarah Miller

Tuesday, 6:30 - 8:45PM

1 Session, September 24

Shelton Intermediate School

\$59 268S

**New! Digging Deeper into Your Roots - Step II**

Need assistance to delve further and break through family tree roadblocks. This class features a case study of how the instructor solved a challenging ancestral mystery and also introduces international research. Part of the class will be spent on research. Bring a laptop or tablet to class.

Sarah Miller

Tuesday, 6:30 - 8:45PM

1 Session, October 22

Shelton Intermediate School

\$59 268S

 **online classes**
**Online Family Classes**

- Ready, Set, Read!
- Helping Elderly Parents
- Happy, Healthy Pregnancy
- Understanding Adolescents
- Write Your Life Story

Prices range from \$99 - \$119. There are 12 sessions per class over 6 weeks, and a new class begins each month.

See Page 14 or visit  
[www.ed2go.com/vrae](http://www.ed2go.com/vrae)

**2019 FALL BUS TRIPS****Where will YOU go?**

*Tour the city? Visit a vineyard? See a show?*

Take your pick, then sit back and enjoy the ride! Bring along your morning coffee and eats or wait for the coffee stop along the way. Just remember, always be prepared. You may leave jackets, umbrellas and items on the bus during the day if not needed. Note: Itinerary and times subject to slight changes. Find more details about each trip on our website, [www.vrae.org](http://www.vrae.org)

**DEPARTS FROM: Shelton Municipal Parking Lot**  
**415 Howe Ave., Shelton**  
**(Next to Shelton's Farmer's Market)**

**Discover Maine -The Way Life Should Be**

Start at the Nubble Lighthouse, enjoy a lunch of Maine seafood at Fox's Restaurant then make a quick stop in the quaint downtown of York, ME. Next to Ogunquit for a street stroll or walk the Marginal Way. Then off to Kennebunkport for a visit where you can enjoy on your own a delicious lobster roll, watch the sunset over the harbor, or have coffee and snacks, shop great little boutiques, or watch the boats in the harbor.

Saturday, September 14  
7:00AM - 9:00PM, \$109

**NY State of Mind**

Enjoy a day of wine tasting and food. Visit three wineries in the Hudson Valley area and one vineyard in CT. Lunch at one of the vineyards and cheese and crackers at another vineyard are included in the price.

Saturday, September 21  
8:15AM - 6:30PM, \$109

**A Day in Salem: Witches and Broomsticks**

Tour the House of Seven Gables and the Witch House. Have ample time to enjoy Salem's Haunted Happening Festival shopping, eating and visiting other attractions at your leisure. End the day with a candlelit evening walking tour through Salem.

Saturday, October 19  
8:00AM - 10:00PM, \$109

**NYC - Chelsea Market, Eataly, Highline and Meatpacking District Tour**

Walk and eat your way through the Meatpacking District including Chelsea Market, and the High Line! Final stop Eataly NYC in the Flatiron District.

Saturday, October 26  
8:15AM - 8:00PM, \$109

**Kittery**

Enjoy a Down East Lobsterbake at Foster's for lunch then walk off your meal at the Kittery Outlets for plenty of shopping.

Saturday, November 2  
7:30AM - 9:00PM, \$109

**Boston's North End's Little Italy**

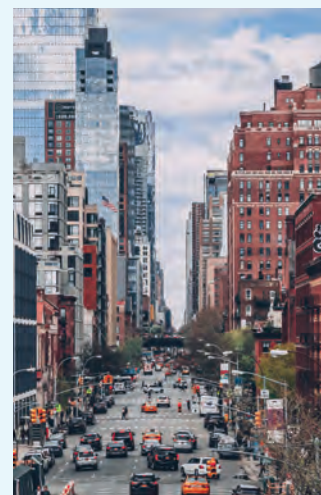
Soak in the history and culture of the North End while enjoying delicious foods in this historic neighborhood while on our Boston's North End Little Italy Walking Food Tour!

Saturday, November 16  
8:00AM - 9:00PM, \$109

**Radio City - Rockettes**

Enjoy New York City's one and only Christmas Spectacular, see the Christmas Tree in Rockefeller Center and have time for dining and shopping on your own.

Saturday, December 7  
7:15AM - 7:00PM, \$175



## Free Academic Programs: Fall 2019 Schedule

### REGISTRATION REQUIREMENTS

- Must be a resident of Ansonia, Derby, Monroe, Seymour, or Shelton.
- All students are accepted on a first-come, first-served basis. Class size limited.
- Prior to class, all students must complete a registration process.
- New students must take a placement assessment.
- All programs are for students age 17 and older and officially withdrawn from school.

## Daytime Programs

### ENGLISH AS A SECOND LANGUAGE

Students improve their reading, writing, speaking and understanding of English. Based on assessment results students are assigned to one of three leveled classes.

**Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove St., Shelton**  
*Monday-Friday, 9:30AM – 12:30PM*

**REGISTRATION: Thursday, September 12 & Friday, September 13 at 9:30AM**  
**Classes begin on Monday, September 16 9:30AM**

### ABE/GED® PREPARATION

Students prepare to improve their academic knowledge in Mathematical Reasoning, Science, Social Studies, and Reasoning through Language Arts in order to take the GED® test. If you are 17 years of age you must also provide a copy of your withdrawal letter signed by your parent/guardian from the last day school you attended to register for class. For more information on the exam visit GED.com. We will assist you to setup your account and you will have the opportunity to take official practice tests in class.

**Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove St., Shelton**  
*Monday-Friday, 10:00AM – 12:30PM*

**REGISTRATION: Thursday, September 12 & Friday, September 13 at 10:00AM**  
**Classes begin on Monday, September 16 10:00AM**



### We're Here When You Need Us

- Classes are FREE
- Open 12 months a year
- Day and Evening Classes
- Free Parking
- On the Bus Line
- Convenient Location
- Friendly, Caring Staff
- State Certified Teachers
- Counselors Available
- Free Wi-Fi
- Serving the towns of Ansonia, Derby, Monroe, Seymour & Shelton

**Valley Regional Adult Education**  
*50 Years of Building a Stronger Community*

## Free Academic Programs: Fall 2019 Schedule

### Evening Programs

#### ENGLISH AS A SECOND LANGUAGE

Students improve their reading, writing, speaking and understanding of English. Based on assessment results students are assigned to one of three leveled classes.

**Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove St., Shelton**  
Tuesday & Thursday, 6:00 - 8:30PM

**REGISTRATION:** Tuesday, September 10 & Thursday, September 12 at 6:00PM  
Classes begin on Tuesday, September 17 at 6:00PM

**Masuk High School (multi-level class)**  
1014 Monroe Tpk., Monroe  
Monday & Wednesday, 6:30 - 8:30PM

**REGISTRATION:** Monday, September 9 at 6:30PM  
Classes begin on Monday, September 16 at 6:30PM

#### ABE/GED® PREPARATION

Students prepare to improve their academic knowledge in Mathematical Reasoning, Science, Social Studies, and Reasoning through Language Arts in order to take the GED® test. If you are 17 years of age you must also provide a copy of your withdrawal letter signed by your parent/guardian from the last day school you attended to register for class. For more information on the exam visit GED.com. We will assist you to setup your account and you will have the opportunity to take official practice tests in class.

**Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove St., Shelton**  
Monday & Wednesday, 6:00PM - 8:30PM

**REGISTRATION:**  
Monday, September 9 & Wednesday, September 11 at 6:00PM  
Class begins Monday, September 16 at 6:00PM

#### ADULT HIGH SCHOOL CREDIT DIPLOMA PROGRAM (AHSCDP)

Students can fulfill the State of Connecticut's AHSCDP requirements by earning credits needed for high school completion. Classes include English, Math, Science, Social Studies, electives, work experience, training, military experience, community service and transference of previous credits. Classes are held at the Adult Learning Center at the Richard O. Belden Cultural Center, 54 Grove Street, Shelton. Upon completion of 21 credits of approved instruction, students receive a Valley Regional Adult High School Diploma. Call to begin the registration process, 203.924.6651.

SESSION 1: September-October, SESSION 2: October-December  
Classes are held Monday-Thursday, 4:30PM-5:30PM and Monday & Wednesday 5:45PM-7:45PM and Tuesday & Thursday 5:45PM-7:45PM

#### CITIZENSHIP

To become an American citizen is a dream of many who come to this country. Citizenship classes teach American history and government.

**Shelton Intermediate School**  
675 Constitution Blvd. North, Shelton  
Wednesday, 5:30PM - 7:30PM

**REGISTRATION:**  
Wednesday, September 18 @ 5:30PM  
Classes begin on Wednesday, September 18 @ 5:30PM

#### NATIONAL EXTERNAL DIPLOMA PROGRAM

A computer-based high school diploma program for adults who have acquired their academic skills through life and work experiences. Learn more about this new program by attending the Orientation Session.

**ORIENTATION SESSION**  
Wednesday, September 11, October 9, November 13, December 11 & January 8 @ 5:30PM  
Adult Learning Center at the Richard O. Belden Cultural Center 54 Grove St., Shelton  
Register for the Orientation Session by calling 203.924.6651.



#### GENERAL ACCESSIBILITY AND ACCOMMODATION

All activities offered by VRAE are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Lee Wolf, 203.924.6651.

#### GENERAL EDUCATIONAL DEVELOPMENT (GED®) TEST ACCOMMODATIONS

Accommodations for the GED® test are available for qualified individuals with a disability. For more information call 203.924.6651. You may also contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110.

#### NO CHARGE FOR MATERIALS FOR MANDATED COURSES

VRAE is in compliance with Connecticut General Statutes Sec.10-73a and does not charge fees for registration, textbooks or materials used in mandated program areas.

## TOP 30 ONLINE CLASSES

Ranked by Online Students

1. Introduction to Microsoft Excel 2016
2. Accounting Fundamentals
3. Speed Spanish
4. A to Z Grant Writing
5. Intermediate Microsoft Excel 2016
6. Introduction to SQL
7. Grammar Refresher
8. Project Management Fundamentals
9. Medical Terminology: A Word Association Approach
10. Discover Sign Language
11. Introduction to Python 3 Programming
12. Accounting Fundamentals II
13. Introduction to QuickBooks Online
14. GRE Preparation - Part 1 (Verbal and Analytical)
15. Advanced Microsoft Excel 2016
16. Human Anatomy and Physiology
17. Explore a Career in Medical Coding
18. Stocks, Bonds, and Investing: Oh, My!
19. Introduction to Interior Design
20. Writing Essentials
21. Effective Business Writing
22. Computer Skills for the Workplace
23. Spanish for Medical Professionals
24. Administrative Assistant Fundamentals
25. Creating WordPress Websites
26. Solving Classroom Discipline Problems
27. Speed Spanish II
28. Real Estate Investing
29. GRE Preparation - Part 2 (Quantitative)
30. Project Management Professional (PMP) Prep

Valley Regional Adult Education

## ONLINE COURSES



**350+ COURSES**  
TO CHOOSE FROM!

**24/7 ACCESS**  
ANYTIME, ANYWHERE!

**FLEXIBLE**  
MONTHLY START DATES!

### COMPLETE YOUR COURSES ANYTIME ANYWHERE!

Our online courses are informative, fun, convenient, and highly interactive.

We focus on creating warm, supportive communities for our learners. New course sessions begin monthly.

Visit our website to view start dates for the courses that interest you.

**Instructor-Facilitated   6-week Format   Flexible Pace**  
**Affordable   Student Friendly   Effective**

**Valley Regional Adult Education**

For more information or to enroll, visit

**[www.ed2go.com/vrae](http://www.ed2go.com/vrae)**





## Shelton Schools Mentoring Program

### Changing the world, one child at a time

Volunteering just one hour a week can make a world of difference in the life of a child.

No prior experience is needed, other than the desire to help a child who is going through a difficult time. Mentors and mentees come from all different walks of life, and come together to shoot hoops, read a story, or just share a laugh or two. The only requirements are a good heart and the willingness to help.

### WANT TO FIND OUT MORE?

Call Valerie at: 203-924-1023 x336

### Public Access Studios

## Having a Public Access TV Show Is As Easy As

1.

**Decide which TV production training workshop is right for you — Studio, Portable Equipment, Editing**

2.

**Call 475-777-5501 or email [Melissa\\_Leonard@comcast.com](mailto:Melissa_Leonard@comcast.com) to sign up for any or all of the no-charge workshops you want to take**

3.

**Take the workshop(s) and start producing a show!**

## FREE PUBLIC ACCESS TV PRODUCTION WORKSHOPS

Studio, Portable Equipment, Editing

Email [Melissa\\_Leonard@comcast.com](mailto:Melissa_Leonard@comcast.com) or call 475.777.5501

## REGISTRATION

Valley Regional Adult Education *ENRICHMENT* Classes

### ONLINE

[www.vrae.org](http://www.vrae.org)  
Using Your  
MasterCard & Visa

### MAIL

VRAE-Enrichment  
54 Grove Street  
Shelton, CT 06484

### PHONE

203.924.6651  
Using Your  
MasterCard or Visa

### FREE ACADEMIC PROGRAMS REGISTRATION PAGES 12-13

ABE/GED® Program • Adult High School Credit Diploma  
Citizenship • ESL • NEDP

## REGISTRATION FORM

MAKE CHECKS PAYABLE TO "VRAE."

NAME: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

CITY: \_\_\_\_\_ STATE: \_\_\_\_\_ ZIP: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

STUDENT	COURSE #	COURSE TITLE/BUS TRIP	FEE
PROCESSING FEE			<b>\$6.00</b>
<b>TOTAL</b>			

Mail this form including check or money order if applicable to:  
Valley Regional Adult Education, Attn: Enrichment,  
54 Grove St., Shelton, CT 06484. The returned check fee is \$45.

### VRAE ENRICHMENT REGISTRATION INFORMATION

- Unless you are notified to the contrary, courses will run as scheduled. You will be notified only if a class is canceled. We do not confirm registrations.
- There is a \$6 processing fee charged for each order. This processing fee will be refunded if a class is canceled.
- Classes are for adults only, unless specified.
- STORM DAY POLICY: When bad weather closes the regular public schools or there is an early dismissal ALL classes will be canceled.
- REFUND POLICY: **Classes** - if you cancel 1 week prior to the start of class you will receive a credit voucher for the class fee. **Bus Trips** - if you cancel 30 days prior to the trip you will receive a credit voucher for the fee. Credit vouchers can be used for any class/trip and can be shared with others.
- No classes during school vacations, holidays, school parent/teacher conferences or other special events. Your instructor will notify you of any schedule changes.
- For directions and more information, please visit: [www.vrae.org](http://www.vrae.org).

Shelton Board of Education  
 Valley Regional Adult Education  
 54 Grove Street | Shelton, CT 06484

*Valley Regional Adult Education  
 is a division of the Shelton Board of Education  
 382 Long Hill Ave., Shelton, CT 06484*



VRAESheltonCT

Visit [www.vrae.org](http://www.vrae.org)  
 for additional classes & updates.

NON-PROFIT  
 US POSTAGE  
**PAID**  
 MILFORD, CT  
 PERMIT #2

REGISTRATION OPEN NOW! Find a Class!

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*Serving Ansonia, Derby,  
 Monroe, Seymour, and Shelton*



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