

**Learn.**

What's new to you?



Fall 2015

Register online at [wiltoncontinuinged.org](http://wiltoncontinuinged.org)

Wilton Continuing Education

# Wilton Continuing Education: Fall 2015 Courses

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### Board of Education Members

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Laura Schwemm, Secretary  
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Lory Rothstein

### Superintendent of Schools

Dr. Kevin Smith

*The Wilton Continuing Education Program does not discriminate in employment or in educational opportunities on the basis of sex, handicap, race, color, creed, religion, national origin, ancestry, or marital status.*

**Wilton Continuing Education:** Dolores Tufariello, Coordinator  
Emily Dowden, Doreen Esposito & Diane Kuczo  
Assistants to the Coordinator

**Office:** Wilton High School, 395 Danbury Road, Wilton, CT 06897 (Room #3)

**Web site:** [wiltoncontinuinged.org](http://wiltoncontinuinged.org)

**Telephone:** 203.834.7694 | **Fax:** 203.834.7697

Welcome to the Fall 2015 Wilton Continuing Education catalog of classes. I invite you to go online to access our course information at [wiltoncontinuinged.org](http://wiltoncontinuinged.org). You'll find the digital edition of the catalog, photo galleries, testimonials and links to more information. The digital catalog is available 2-3 weeks prior to the printed brochure. Take advantage...Now You Can!

- Dolores Tufariello

Coordinator, Wilton Continuing Education

### Registration:

**Online:** [wiltoncontinuinged.org](http://wiltoncontinuinged.org).

**Phone:** 203.834.7694, Monday – Friday 9:00 a.m. - 4:00 p.m.

**Fax:** 203.834.7697 (use form on inside back cover)

A \$10 Registration fee is payable once per semester; \$5\* for Wilton Seniors. Payment in the form of check/money order, Visa or MasterCard must accompany registration.

Registration fees are non-refundable unless WCE cancels a class.

Enrollment confirmation will be sent via email. If your class is cancelled or postponed, we will contact you by email.

- Please add [wiltoncontinuinged.org](http://wiltoncontinuinged.org) to your safe senders list.
- The Wilton Continuing Education Program welcomes all adults, 18 years and older.
- All Wilton Public School facilities are accessible for persons with physical disabilities.

### Refund Policy

If a student withdraws before the course start date, she/he will be given a program credit less a \$20 withdrawal fee per class. There are no refunds or credits for same day cancellations. Material/food fees when included in the class fee are not refundable.

### Emergency Cancellations

WCE classes are automatically cancelled when there is a weather or other emergency and when Wilton Public Schools are closed. Closing notifications will be sent via email. Check your email for a detailed message from our office and/or WFSB-TV, Channel 3 for school closings.

### Wilton Senior Citizens, 62 years of age or older

Discounted pricing for Wilton senior citizens may apply. Call the Continuing Education office on the Friday PRIOR to the specific class offering to check if senior discounts apply. There are no discounts for off-site classes (non town owned premises), ballroom dance lessons, computer, Ed2Go, HIIT, tennis with Coach Yvonne and tennis with Coach Ritush.

\*Wilton senior citizens pay a discounted registration fee of \$5 per semester and may take up to 2 senior-discount designated courses free of charge per semester.

Cover Art by Erin Jenkins  
Canning & Preserving: Instructor Pam Lillis (see page 5)  
Brochure by kelley|fortuno marketing design



Please help us protect our students with allergies. **NO** latex gloves or latex balloons are permitted in any Wilton Public School. Please call us at 203.834.7694 if you have any questions.

## Apple iDevices & Apps

For all of the iDevice classes, please bring your charged iPad / iPhone to class.



### APPLE WATCH BASICS: Tick-Tock!

2 Sessions      Wednesdays, September 9 & 16      12:00-2:30pm  
 Learn about Apple's most personal device yet! This course is great for current or soon-to-be users of the Watch! Get the basics on how to customize it and make it work for YOU. Understand its menus, screens, apps, settings and its relationship with your iPhone and handle phone calls through your Watch (like Dick Tracey, cool!). See your web queries, workouts, or even photos on your Watch. And don't forget to ask Siri questions from your Watch too!  
 Resident: \$75      Non-resident: \$85      Wilton High School – Room 6

### IPHONE FUNDAMENTALS: Say Hello!

2 Sessions      Fridays, October 9 & 16      12:00-2:30pm  
 Understand the basic operations and enhanced features of the iPhone: visual voicemail, conference calling, the calendar, mail, contacts, iMessage text messaging, FaceTime for video calling, Safari to search the Web, iTunes for video, music and media.  
 Resident: \$110      Non-resident: \$120      Wilton High School – Room 6

### IPAD FUNDAMENTALS: Part 1

2 Sessions      Fridays, October 23 & 30      12:00-2:30pm  
 Do you have an iPad, but don't have time to figure out all of its capabilities? Learn correct swiping gestures, software settings, touch and typing functions and email setup. Familiarize yourself with basic apps, surf the Web, share photos and more.  
 Resident: \$110      Non-resident: \$120      Wilton High School – Room 6

### IPHONE CAMERA (See Page 7)

2 Sessions      Fridays, December 4 & 11      12:00-2:30pm

### CREATING BEAUTIFUL BOOKS WITH APPLE IDEVICES, MACS, AND "PHOTOS" SOFTWARE

2 Sessions      Fridays, November 6 & 13      12:00-2:30pm  
 Share your photos in a variety of ways including photo books, slideshows with music, calendars, and greeting cards. Start by importing and organizing your photos for easy retrieval and use. Learn editing and retouching skills. Students will begin creating a custom book for gift giving or to keep for yourself!  
 Resident: \$110      Non-resident: \$120      Wilton High School – Room 6

## Computers

- Each PC is equipped with NEW LARGE TOUCH SCREEN MONITORS.
- Experience high definition visuals with our instructor wall mounted TV monitor.
- DAYTIME & EVENING computer classes are limited to 6 students. Instruction is like having a private lesson within a group.

### ESSENTIAL COMPUTER SKILLS FOR TODAY'S WORKPLACE:

#### Microsoft Office 2013 Workshop

4 Sessions      A. Tuesdays & Wednesdays, September 8, 9, 15 & 16      7:00-9:30pm  
    B. Monday, Tuesday, Wednesday & Thursday, October 5 - 8      9:00-11:30am  
 Focus on the 4 most important computer skills for the workplace: Word, Excel, Outlook and PowerPoint.  
 Resident: \$235      Non-resident: \$250      Wilton High School – Room 6



### APP YOUR WAY TO SUCCESS

2 Sessions      Thursdays, October 29 & November 5      7:00-9:30pm  
 Never coded but interested in learning how to build apps? This beginner course will teach you basic programming concepts and terminology. You will build several Android apps learning about timers, movement, sound, colors and more!  
 Resident: \$55      Non-resident: \$65      Wilton High School – Room 6



**KEYBOARDING SKILLS: Touch Typing***A lunch hour enrichment class.*

4 Sessions      Monday, Tuesday, Thursday & Friday,  
September 21, 22, 24 & 25      12:00-1:00pm

Learn to type quickly and fluently without looking at your hands.

Resident: \$100    Non-resident: \$115      Wilton High School – Room 6

**LINKEDIN: Get Set Up!**

1 Session      Thursday, September 24      7:00-9:30am

LinkedIn is the number one social media site for professional networking. Whether you're actively in a job search or simply interested in networking with other business professionals, you need LinkedIn! This hands-on workshop will help you get started; we'll take your photo, help you write your profile, get you focused on your purpose and viola! You'll have a professional online presence.

Resident: \$45    Non-resident: \$55      Wilton High School – Room 6

**LINKEDIN & NETWORKING: Advanced**

1 Session      Thursday, October 15      7:00-9:00pm

It's time to leverage your LinkedIn account and profile! Learn to find and create new opportunities for your business or to advance your career. Find sales prospects or prospective employers. Connect with and meet new prospects or industry professionals by using warm introductions. Join and network within LinkedIn Groups. Properly give and receive recommendations and endorsements. This class will help you to integrate your face to face and digital networking into one seamless and productive effort.

Resident: \$45    Non-resident: \$55      Wilton High School – Room 6

**NEW!****THE ESSENTIALS OF POWERPOINT AND PUBLIC SPEAKING**

2 Sessions      Wednesday & Friday, November 11 & 13      9:00-11:30am

Are you looking for an introductory PowerPoint presentation class? Would public speaking tips and tricks add value to your presentation? Discuss techniques to enhance your presentation and to make it more dynamic. The instructor will share his 30 plus years of experience as an instructor and corporate presenter.

Resident: \$75    Non-resident: \$85      Wilton High School – Room 6

**PREZI**

1 Session      Wednesday, November 18      9:00-11:00am

Introducing Prezi! Prezi is a cloud based presentation program that allows you to edit, share and present from any device, anywhere. It is the new, creative way to present your message and excite your audience. View a demonstration and learn some basic techniques to get you started on your own Prezi!

Resident: \$55    Non-resident: \$65      Wilton High School – Room 6

**GET GOING WITH QUICKBOOKS 2014: For The PC User**

3 Sessions      Tuesdays & Thursday, November 10, 12 & 17      7:00-9:30pm

Get your business started with QuickBooks! QuickBooks is designed for small to medium sized businesses and is jam-packed with features to help you track your business' finances and save valuable time! Become familiar with the setup of your company, lists, products and inventory, invoicing, accounts receivable, paying bills, online banking, sharing files with an accountant and running reports.

Resident: \$200    Non-resident: \$215      Wilton High School – Room 6

**NEW!****YOU TOO CAN YOUTUBE**

1 Session      Wednesday, December 2      7:00-9:30pm

Would you like to learn how to easily edit your videos for YouTube? Adding effects like text overlays, intro music and transitions will be part of this one night tutorial. You will also learn how to do screen recordings on your PC and create your own video demonstrations!

Resident: \$55    Non-resident: \$65      Wilton High School – Room 6

**A Word on Prerequisites:** It is essential, and assumed by our instructors, that students meet the prerequisites for courses, so they will not fall behind or slow down other students. **See course descriptions for prerequisites.**





## CANNING & PRESERVING

Canning is making a comeback! Safely prepare foods using the hot water bath method. This is a hands-on class with each participant taking home one jar of each item, plus recipes. Ingredients vary by availability. Enjoy the taste of summer to last all winter long! No experience necessary.

2 Individual Sessions

<b>Jams &amp; Jellies</b>	Thursday, September 24	7:00-9:00pm
<b>Tomatoes &amp; Salsas</b>	Tuesday, September 29	7:00-9:00pm

Food fee, payable to the instructor, is \$15/session  
 Resident: \$30/Session Non-resident: \$40/Session Wilton High School – Culinary Arts Room



## COOKIES: Wholesome & Gourmet

1 Session Monday, October 5 7:00-9:00pm

How would you like to bake wholesome and delicious cookies? Using all natural ingredients including freshly ground wheat, oatmeal, butter and gourmet chocolate (Callebaut & Guittard), we will be making a basic oatmeal cookie dough. Then, choosing from a list of add-ons such as coconut, dried fruit, white chocolate, crushed toffee pieces, etc. you will create your own delectable cookies. Participants will take pints of dough home to make for snacks, desserts and parties. Materials fee, payable to the instructor is \$25.

Resident: \$40 Non-resident: \$50 Wilton High School – Culinary Arts Room



## HOLIDAY COOKIE PARTY AT WAVE HILL BREADS BAKERY: Parent/Child Class

1 Session Saturday, December 5 2:00-4:30pm

Wave Hill Breads' pastry specialist will demonstrate how to make shortbread dough shapes using piping and cut out techniques. Students will decorate cookies for the upcoming holidays with a variety of icing and toppings. Class will include a tour of the bakery and sampling of pastries and croissants. At the end, their master baker will demonstrate how to make a 4 ft. Roman focaccia and turn it into a giant pizza for sharing. Materials fee, payable to Wave Hill Breads, is \$15. Both fees apply to one parent with one child. Children must be 8 years of age and older.

Resident/Non-resident: \$40 Wave Hill Breads Bakery, 30 High Street, Norwalk



## FALL'S BOUNTY: A Vegetarian Small Bites & Wine Pairing with Chef Lauren Kohr of LDK Kitchen & Wine Educator JoAnn LoGiurato of Dancing on Grapes

1 Session Wednesday, September 30 7:00-9:00pm

Learn to prepare three festive and seasonal vegetarian small bites and pair each with a wonderful wine selection. Perfect for your next get-together! We'll prepare Union Square Cafe's famous sweet and spicy party nuts, a root vegetable galette and stuffed mushrooms. Enjoy a lesson on why these perfectly paired wines work so well with the small bites prepared and gain a greater understanding of how food and wine pair together. You are in for a treat with this fun night out! Additional materials fee, payable to the instructor, is \$30.

Resident: \$25 Non-resident: \$35 Trackside, 15 Station Road, Wilton



## EASY EDIBLE GIFTS FOR THE HOLIDAYS: Dark Chocolate Bark & Vanilla Bourbon Caramel Sauce

1 Session Thursday, December 10 7:00-9:00pm

There will be no "re-gifting" when you bring these treats to a holiday party! Create an artisanal chocolate bark, and then learn to make caramel sauce (with/or without bourbon). Each student will receive one of each packaged for giving-although you may want to keep them for yourself! Materials fee, payable to the instructor, is \$15.

Resident: \$25 Non-resident: \$35 Wilton High School – Culinary Arts Room

## CREATIVE INDIAN STYLE COOKING

*Learn the basic cooking techniques and ingredients of Indian regional cuisines, known for its unique flavors and aromas. Spice up your palate!*

2 Individual Sessions

Tuesday, September 22	7:00-9:00pm
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**Quick 'n' Easy Indian Appetizers** – Bread Paneer Roll, Spicy Cheese Straws, Curry Puffs

Tuesday, November 10	7:00-9:00pm
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**Indian Grill & Festival Dishes** - Turkey Kebobs, Chicken 65, Grilled Fish (Moderately Spicy)

Food fee, payable to the instructor, is \$15/session.  
 Resident: \$30/Session Non-resident: \$40/Session Wilton High School – Culinary Arts Room

**NEW!** **INTRO TO INFUSIONS: Oils, Vinegars & Shrubs**

1 Session Thursday, October 8 7:00-9:00pm  
 Infusions are a way to preserve herbs & seasonal produce of late summer and fall. Learn to make herb infused oils and vinegars. In addition, discover fruit shrubs - for use in cocktails and refreshing soft drinks. This is a demo and partial hands-on class with each student taking home one bottle of each, plus recipes. Materials fee, payable to the instructor, is \$20.  
 Resident: \$25 Non-resident: \$35 Wilton High School – Culinary Arts Room

**NEW!** **MOROCCAN COOKING: Spice Up Your Kitchen**

1 Session Thursday, October 15 7:00-9:00pm  
 Infuse new flavors into your everyday cooking! Moroccan cooking is big on flavor, aroma and spice. Create traditional Moroccan dishes such as chicken tagine with preserved lemon and olives, pita bread from scratch and easy couscous with currents, pistachios and green onions. Experience one of the most diversified cuisines of the world! Materials fee, payable to the instructor, is \$15.  
 Resident: \$25 Non-resident: \$35 Wilton High School – Culinary Arts Room

**NEW!** **SUPERSNACKS!**

1 Session Thursday, October 1 7:00-9:00pm  
 Superfoods are nutrient powerhouses that pack large doses of antioxidants, polyphenols, vitamins, and minerals. SuperSnacks are made from superfoods! Learn what the superfoods are and use them to prepare homemade snacks that are delicious, healthy, easy and can save you money! Snacks we'll make in class include protein/energy bars, roasted red pepper hummus and nutrient rich drinks. Students will receive recipes to recreate these power packed snacks at home. Materials fee, payable to the instructor, is \$10.  
 Resident: \$20 Non-resident: \$30 Wilton High School – Culinary Arts Room

## Dance

### BALLROOM/LATIN: Beginner Basics

*Learning the basics is as easy as 1, 2, 3...The Ballroom Magic Way.*

8 Sessions Thursdays, October 8-22 & November 5-19 7:00-8:00pm  
 Plus a Ballroom Magic Friday night practice session or  
 a Ballroom Magic Saturday night dance party.

This class will introduce the basics in the classic smooth dances – Foxtrot, Waltz, and Tango – as well as popular Latin/Rhythm dances—Rumba, Cha Cha, Mambo/Salsa, and Swing. All dances will be taught using methods that will enable students to retain what they have learned and enjoy their dance skills for years to come.

Resident: \$185/couple Non-resident: \$200/couple Miller-Driscoll North Cafeteria – North Entrance

### BALLROOM/LATIN: Intermediate

8 Sessions Thursdays, October 8-22 & November 5-19 8:00-9:00pm  
 Plus a Ballroom Magic Friday night practice session or  
 a Ballroom Magic Saturday night dance party

If your goal is to build on your current dance skills and take your dancing to the next level, this class is for you! By adding new steps along with tips on style and proper technique to your smooth dances – Foxtrot, Waltz, and Tango – as well as your Latin/Rhythm dances – Rumba, Cha Cha, Mambo/Salsa, and Swing... You will feel a whole new level of excitement on the dance floor.

Resident: \$185/couple Non-resident: \$200/couple Miller-Driscoll North Cafeteria – North Entrance

### INDIAN FOLK & BOLLYWOOD DANCE

5 Sessions A. Wednesdays, September 30, October 7, 14 & 28, November 4 6:45-7:45pm  
 B. Wednesdays, November 11 & 18, December 2, 9 & 16 6:45-7:45pm  
 C. Bollywood Night - Wednesday, December 16 7:45-8:45pm

Explore the world of Indian Bollywood and folk dance. This high energy dance workout will tone your body, bring calmness to your soul and happiness to your mind.

Resident: \$55/Session Non-resident: \$65/Session Miller-Driscoll Small Gym – South Entrance

**Bollywood Night** will be held on the last evening of the second session. Immerse yourself in Indian culture through dancing, authentic Indian cuisine & mocktails. (Students under the age of 18 must be accompanied by a parent.)

Resident/Non-resident: \$15 Miller-Driscoll Small Gym – South Entrance

## Digital Imaging

Purchased a new digital camera or iPhone and don't want to read the manual? Or just need to brush up on the basics? The following digital camera classes will introduce you to your camera and start you on the right track to using, shooting, downloading, sharing – and enjoying your photos!

### HOW TO USE YOUR DIGITAL SLR CAMERA: With Lifestyle Photographer Lawrence Frank

4 Sessions      Tuesdays, September 29, October 6, 20 & 27      9:30-11:30am

Understand the digital camera operation and digital photographic process. Emphasis on shooting, evaluating and adjusting exposure while learning the relationship between shutter speeds, f/stops and ISO. Use the highlight over-exposure warning and histogram display screens to obtain the best image quality for each shooting condition. Class will conclude with a demonstration of download, backup, edit and archive functions using Adobe Photoshop and Lightroom. Bring camera, lenses and operating manuals to class.

Resident: \$225      Non-resident: \$240

Studio of Lawrence Frank  
WCE will email directions.

### iPHONE CAMERA: Goodbye Digital Cameras...Hello iPhone!

*Bring charged iPhone and Apple ID & password (if you have an existing account).*

2 Sessions      Fridays, December 4 & 11      12:00-2:30pm

Why hassle with extra camera equipment when the iPhone takes great pix? Learn iPhone photo techniques including special effects, editing and enhancing to make photos look even better. Organize and share photos/videos via special apps, Facebook, email, texting and social media. Session 2 covers free creative camera-specific apps.

Resident: \$110      Non-resident: \$120

Wilton High School – Room 6

## Finance, Business & Careers

### COLLABORATIVE DIVORCE

1 Session      Thursday, October 15      7:00-9:00pm

Divorce is an extremely difficult time for most couples; the divorce process should not make the situation worse. Collaborative divorce can bring honesty and integrity to the divorce process. Learn how this model works and how it differs from litigation and mediation. Review and discuss the Collaborative Divorce Agreement. Other items covered include the possible use of other professionals to assist with issues related to children and finances.

Resident: \$25      Non-resident: \$35

Wilton High School – Room 150

### GAINING FINANCIAL CONTROL OF YOUR DIVORCE

1 Session      Tuesday, October 27      7:00-9:00pm

Successfully navigate your finances pre and post divorce. Review sources of income, insurance and spousal support, different types of property, retirement accounts, social security and the short and long term effects of a settlement. Learn how all assets are not created equal and how taxes effect your settlement. Before making any financial decisions regarding your divorce, become aware of potential pitfalls and learn smart questions you should be asking.

Resident: \$20      Non-resident: \$30

Wilton High School – Room 149B

### ESTATE PLANNING

1 Session      Thursday, October 22      7:00-9:00pm

It's time to do this! This course is a detailed seminar on various estate planning techniques, with an emphasis on avoiding gift and estate taxes, avoiding probate and maximizing lifetime wealth. It is an in-depth review of federal and state tax laws, wills, trusts, living wills and trusts, and coordination of retirement and life insurance with estate planning. Case studies will be included and class participation is encouraged!

Resident: \$30      Non-resident: \$40

Wilton High School – Room 150

### INVESTMENT PLANNING FOR WOMEN

2 Sessions      Tuesdays, November 10 & 17      7:00-9:00pm

Take charge of your financial life! You will be introduced to the basics of investing in stocks, bonds, cash equivalents and the concept of asset allocation. Become familiar with the vocabulary of investing and learn how to choose among the many investments available today.

Resident: \$20      Non-resident: \$30

Wilton High School – Room 149B

**SELLING ON eBAY**

*Prerequisite: Fluency using the Internet and email. Registration with eBay & PayPal.*

2 Sessions                      Mondays, November 9 & 16                      7:15-8:45pm

Selling on eBay is a great way to turn unwanted items into much needed cash. It can also be a worthwhile business! Here's your chance to learn how to be a successful seller! Learn to prepare eBay listings, communicate with prospective buyers, pack and ship items, collect payments and deal with problems along the way. Students are encouraged to bring in items (no firearms/weapons) for selling suggestions. Students will be asked to post live listings (on their own time and prior to the second session). During the second session, the class will discuss the results of the listings and what went right and/or wrong.

Resident: \$65      Non-resident: \$75                      Wilton High School – Room 6

**SOCIAL MEDIA FOR BUSINESS: Overview**

1 Session                      Tuesday, September 15                      7:00-9:00pm

Does social media for business leave you mystified? This class will explore the most common free social media options for small business. Learn about the big four social media platforms: Facebook, LinkedIn, Twitter and Google+. Understand the user demographics of each platform to see if they match your customer and prospect profiles. This is a beginner class for people interested in exploring the use of social media for business.

Resident: \$30      Non-resident: \$40                      Wilton High School – Room 6

**FACEBOOK FOR BUSINESS: Set up for Success! (See Page 2)**

1 Session                      Monday, September 21                      7:00-9:00pm

**FACEBOOK FOR BUSINESS: Advertising on Facebook (See Page 2)**

1 Session                      Thursday, October 1                      7:00-9:00pm

**SOCIAL SECURITY PLANNING**

2 Sessions                      Tuesdays, September 29 & October 6                      7:00-8:30pm

Thinking about your financial needs in retirement? It's never too early to learn how to optimize your social security benefits. Discuss the biggest mistakes a majority of soon-to-be retirees make when it comes to social security planning. Learn how timing plays a critical role in claiming benefits, how to integrate social security with other sources of retirement income, to combat inflation and longevity, and how to best provide for your survivors financially.

Resident: \$20      Non-resident: \$30                      Wilton High School – Room 150

**Fine Arts**



**PRIVATE MUSIC LESSONS**

**Wilton Conservatory of Music** offers private music instruction for students of all ages and levels. Weekly lesson times are available in Piano, Guitar, Strings, Woodwinds, Brass, Percussion, Voice and Bagpipes. Lesson times are available Monday through Friday throughout the school year between the hours of 2:45 and 7:30 p.m. To schedule lessons, email Laurie Kenagy at [conservatory@wilton.k12.ct.us](mailto:conservatory@wilton.k12.ct.us)

Resident/Non-Resident: \$40/30 minute lesson; \$60/45 minute lesson; \$75/60 minute lesson

**THE ACTING BUSINESS: A Class For All Ages**

1 Session                      Thursday, October 8                      7:00-9:00pm

Would you like to get paid to act? Know the in's and out's of the acting business, whether you are an adult actor, student actor or the parent of a would-be-actor. Learn the tools of the trade, actors' unions, contracts, photos, agents, auditions and casting directors from an agent who started the careers of Edward Norton, William H Macy and many others.

Resident: \$25      Non-resident: \$ 35                      Wilton High School – Room 150



**NEW INSTRUCTOR: CERAMICS ON THE WHEEL**

8 Sessions                      Mondays, September 21-November 16                      7:00-9:30pm

Enjoy creating with clay on the wheel. Gain the practical skills needed to put your ideas in motion. From basic wedging to making lidded forms, we will be working at many levels in the amazing world of ceramics. Materials and firing fee, payable to the instructor at the first class, is \$85.

Resident: \$200      Non-resident: \$215                      Wilton High School – Room 119D

## COFFEE 'N CLAY

3 Sessions Mondays, November 2, 9 & 23 9:30-11:00am  
 Kick back and sip your coffee (or teal), while creating a special vase, pitcher, decorative centerpiece or modern masterpiece. Create a piece to boast about to family & friends. Class will experiment with different hand-building clay forms (pinch pots, coil, slabs & tiles), design, patterning, and color. All clay and glazes used are non-toxic. Firings will be done off-site. Materials and firing fee, payable to the instructor at the first class, is \$20.  
 Resident: \$115 Non-resident: \$130 Comstock Community Center – Art Room

## DRAWING

10 Sessions Thursdays, September 24-December 3 10:00am-12:00pm  
 Martha Talburt teaches this basic drawing class for all artists, artists who haven't had a pencil in hand for years, or artists who have always wanted to improve their drawing skills. Martha will present the class with a series of exercises designed to teach drawing as a skill-set and to teach students how to see with an artist's eye. Martha provides new exercises and handouts each week, to enable students to build their own library for learning. Come to class with an 11 x 14 Biggie Sketch Pad, Nos. 6B & 8B graphite pencils and a kneaded eraser. Materials fee, payable to the instructor, is \$10.  
 Resident: \$185 Non-resident: \$200 Comstock Community Center – Art Room



## GOUACHE PAINTING WORKSHOP

2 Sessions Fridays, October 9 & 23 10:00am-2:00pm  
 Gouache is a magnificent, water-based paint used for creating rich, opaque and velvety surfaces. Learn basic color theory and how to manage the medium, plus value studies on Day 1. Day 2 will consist of plein air painting at Merwin Meadows. Bring lunch!  
 Resident: \$100 Non-resident: \$110 Comstock Community Center – Art Room

## BEGINNING PORTRAITURE

*Prerequisite: Ms. Talburt's Basic Drawing Class or equivalent experience.*  
 10 Sessions Thursdays, September 24-December 3 12:30-2:30pm  
 In this class, Ms. Talburt builds a bridge from basic drawing skills to the more specific art of drawing portraits. Students study facial anatomy from the skull outward – including the placement of facial features and how to create the effect of light and shadow on the face. Come to class with an 11 x 14 Biggie sketch pad, Nos. 6B and 8B graphite pencils and a kneaded eraser. Materials fee, payable to the instructor, is \$10.  
 Resident: \$185 Non-resident: \$200 Comstock Community Center – Art Room

## OIL PAINTING & ACRYLICS

8 Sessions A. Tuesdays, September 15-November 3 10:00am-12:30pm  
 B. Tuesdays, November 10 & 17,  
 December 1-15, January 5, 12 & 19 10:00am-12:30pm  
 Learn techniques of the Masters from Da Vinci to Monet. Explore canvas preparation, color mixing, values and perspectives. Bring your photo and sketch pad to the 1st class and decide what your medium will be – oils or acrylics. Personal guidance will be provided while you explore the fun of artistic expression.  
 Resident: \$160 Non-resident: \$175 Comstock Community Center – Art Room

## PASTELS

8 Sessions Mondays, September 21-November 16 7:00-9:00pm  
 Learn how to get what you envision onto your painting surface! Students will explore various types of pastels, surfaces, application methods and underpainting techniques. An introduction to design, composition, color and value will be explored. An artistic background is not required, just a willingness to experiment, explore and be creative.  
 Resident: \$150 Non-resident: \$165 Wilton High School – Art Room

## YOU CAN SING!

1 Session Saturday, October 3 10:00am-1:00pm  
 Unleash your inner singing voice in this musical class. Bring a song you want to work on (or pick from a selection available at the class) and noted performer Suzanne Sheridan will work with you. Sing a cappella, or bring music and be accompanied by Suzanne on guitar. Together we will unleash the free, unhampered voice.  
 Resident: \$25 Non-resident: \$35 Wilton High School – Room 150



## Languages



### ALLONS-Y! INTRODUCTION TO FRENCH

6 Sessions      Mondays, September 28-November 9      10:00-11:00am

This course is designed as an invitation, offering a first step into the French language. We will use a combination of real life situations, tools and two introductory textbooks: *Paroles: Introductory French* by Sally Sieloff Magnan, and *À Vous!: The Global French Experience* by Veronique Anover. The course will be a fun and conversational approach to sounds and structure, enabling students to become familiar and confident in basic conversation. Materials fee, payable to the instructor, at the first class, is \$15.

Resident: \$60      Non-resident: \$75

Comstock Community Center

### ITALIAN FOR TOURISTS

5 Sessions      Mondays, September 21-October 26      6:00-7:30pm

Immerse yourself in this highly interactive Italian crash course. We'll fly you on a virtual tour to beautiful Italy and teach you how to conduct a basic conversation at any check-in point, restaurant, your favorite shoe store, car rental, or to simply chat with a native speaker while sipping a cappuccino on the piazza. Fun! Fun! Fun! The text is "Ultimate Italian Beginner/Intermediate" (ISBN 978-1-4000-0967-1) and is available through Amazon. An additional \$15 materials fee, for an authentic audio to take home, is payable to the instructor at the first class.

Resident: \$80      Non-resident: \$95

Wilton High School – Room 150

### ITALIAN: BEGINNER – Parliamo Italiano! Let's Speak Italian

10 Sessions      Tuesdays, September 15-November 17      12:00-1:30pm

Optional Continuation:

5 Sessions      Tuesdays, December 1 & 8, January 5, 12 & 19      12:00-1:30pm

Refer to [wiltoncontinuinged.org](http://wiltoncontinuinged.org) for detailed course information. The text is *Ultimate Italian, Beginner/Intermediate* (ISBN 978-1-4000-0967-1) and is available through Amazon. Materials fee, payable to the instructor at the first class, is \$15.

Resident: \$165/10 Sessions      Non-resident: \$180/10 Sessions

Resident/Non-resident: \$90/5 Sessions

Comstock Community Center

### ITALIAN INTERMEDIATE: Level 1

10 Sessions      Tuesdays, September 15-November 17      10:30-12:00pm

Optional Continuation:

5 Sessions      Tuesdays, December 1 & 8, January 5, 12 & 19      10:30-12:00pm

Do you have some knowledge of the Italian language and/or have taken our beginner/intermediate classes? If yes, this is the class for you! Improve your speaking and listening skills through extensive practice, interesting reading materials about contemporary Italy. The text is "Ultimate Italian, Beginner/Intermediate" (ISBN 978-1-4000-0967-1) and is available through Amazon. Materials fee, payable to the instructor at the first class, is \$15.

Resident: \$165/10 Sessions      Non-resident: \$180/10 Sessions

Resident/Non-resident: \$90/5 Sessions

Comstock Community Center

### ITALIAN INTERMEDIATE: Level 2

10 Sessions      Wednesdays, September 9-November 18      12:00-1:30pm

Optional Continuation:

5 Sessions      Wednesdays, Dec. 2 & 9, Jan. 6, 13 & 20      12:00-1:30pm

This full immersion course focuses on more complex grammatical structures such as the subjunctive mood, idiomatic expressions and the remote past. Improve your speaking through extensive practice in conversation, relevant readings and listening to selected short stories and Italian music. The text is "Ultimate Italian Beginner/Intermediate" (ISBN 978-1-4000-0967-1) and is available through Amazon. Materials fee, payable to the instructor at the first class, is \$15.

Resident: \$165/10 Sessions      Non-resident: \$180/10 Sessions

Resident/Non-resident: \$90/5 Sessions

Comstock Community Center

**PARLIAMO ITALIANO!: Let's Speak Italian This Evening!  
– Advanced Beginner/Intermediate Levels**

8 Sessions      Wednesdays, September 30-November 18      6:00-7:30pm

Enjoy speaking Italian with us. Discover various aspects of contemporary Italy through research on a variety of topics such as travelling, cooking, music, Italian cinema, art and literature. Class sessions are conducted entirely in Italian and include individual short presentations, role-playing, and group debates. Materials fee, payable to the instructor at the first class, is \$15.

Resident: \$130    Non-resident: \$145

Wilton High School – Room 150



**¡VÁMONOS! INTRODUCTION TO SPANISH**

8 Sessions      Wednesdays, September 9-November 4      10:00-11:00am

This course is designed as an invitation, offering a first step into the Spanish language. We will use a combination of real life situations, tools and the introductory textbook *iDímelo tú!* Sixth Edition. The course will be a fun and conversational approach to sounds and structure, enabling students to become familiar and confident in basic conversation. Materials fee, payable to the instructor, at the first class, is \$15.

Resident: \$75    Non- Resident: \$90

Comstock Community Center

**SPANISH: Intermediate**

10 Sessions      Wednesdays, September 9-November 18      9:00-10:00am

Strengthen your conversation skills by learning to communicate in typical situations by understanding Hispanic culture. Learn to introduce yourself and others, order food in restaurants, ask for directions, discuss current topics and understand the ever increasing use of the language. The text is "Situaciones".

Resident: \$110    Non-resident: \$125

Comstock Community Center

**SPANISH FOR BUSINESS**

8 Sessions      Wednesdays, September 30-November 18      6:30-8:00pm

There are many businesses opening in our local communities catering to Latin American markets. Join this course if you have a Spanish language foundation and you would like to apply it to business practices. Conversations will focus on conducting business with the Hispanic community, both domestic and overseas. Materials fee, payable to the instructor is \$10.

Resident: \$130    Non-resident: \$145

Wilton High School

**Personal Growth & Wellness**



**7 STEPS FOR MERIDIAN TAPPING OR EMOTIONAL FREEDOM TECHNIQUE (EFT)**

*Emotional Freedom Technique a.k.a Meridian Tapping is a simple self-applied acupressure technique that clears the body's energy system in minutes. Participants will be instructed in how to perform the tapping sequence to successfully incorporate EFT into their daily routines.*

3 Individual Sessions    Mondays      7:00-9:00pm

September 21      Change Beliefs About Money and Open to Financial Abundance

September 28      Cravings and Weight Loss: Eliminate Food Cravings & End Emotional Overeating

October 5      Relationship Anxiety: Change Reactive Triggered Responses & Allow New Feelings of Neutrality

Resident: \$20/Session    Non-resident: \$30/Session

Wilton High School – Room 150

**BACH FLOWER ESSENCES: The Healing Power of 38 Plants & Trees**

1 Session      Tuesday, October 20      7:00-9:00pm

Dr. Edward Bach, a bacteriologist and medical doctor, discovered a most remarkable fact, that some plants actually heal emotional pain and subsequently physical pain and developed 38 Bach flower essences. They address many states of emotion such as fears, jealousy and resentment. The flowers are meant to return us from an *unbalanced* emotional state to a *balanced* emotional state. These gentle flower essences have been used for decades to calm the mind and bring positive thoughts.

Resident: \$20    Non-resident: \$30

Wilton High School – Room 150

## DIET-EXERCISE EQUATION

1 Session Friday, October 23 10:00-11:30am  
 Balance the diet-exercise equation. Learn to eat to improve athletic performance and how not to eat back the calories used in physical activity! Learn the proper balance of proteins, carbohydrates and fats on a daily basis and the importance of hydration and sleep. Discuss the impact of caffeine/alcohol consumption and the use of vitamins, minerals and supplements.  
 Resident: \$30 Non-resident: \$40 Wilton High School – Room 6



## CHAKRA BALANCING & ESSENTIAL OILS WORKSHOP

2 Sessions Sundays, November 1 & 8 3:00-4:30pm  
 Many factors go into achieving a state of well-being. For some, it may be working to bring our bodies out of ill health, while for others it may be working towards achieving radiant health. Join us for a beautiful, hands-on workshop where you will learn about the therapeutic benefits of essential oils and their effects on balancing the Chakras. We will also explore the meaning and symbolism of the Chakra system. Optional materials fee for oils, payable to the instructor, is \$15.  
 Resident/Non-resident: \$55 Turning Point Healing Arts and Education Center, 100B Danbury Road, Suite #101, Ridgefield

## ENERGY HEALING TECHNIQUES FOR STRESS REDUCTION, DEEP RELAXATION, FOCUS AND CLARITY IN EVERYDAY LIFE

1 Session Tuesday, September 29 7:00-9:00pm  
 Learn simple techniques to reduce stress and bring deep relaxation to the body, mind and spirit. Discover and integrate holistic practices to keep yourself grounded, centered and energetically secure with the goal of achieving a greater focus and clarity in everyday life. Experience a Reiki demonstration for deeper relaxation as part of this 2 hour retreat.  
 Resident/Non-resident: \$30 Turning Point Healing Arts and Education Center, 100B Danbury Road, Suite #101, Ridgefield

## THE HEALING POWER OF MINDFULNESS MEDITATION: Reduce Stress & Cultivate Resilience

2 Sessions Tuesdays, November 10 & 24 7:00-9:00pm  
 According to the American Academy of Family Physicians, "up to 80% of visits to the family doctor are for stress related complaints". Studies show that "mindfulness meditation" is a powerful and effective therapeutic tool in reducing stress and maintaining mind-body health. Find your path to inner peace and serenity and learn to build resiliency and connect with your true source of inner strength.  
 Resident: \$50 Non-resident: \$60 Wilton High School – Room 150



## ONLINE DATING: Can It Work For Me?

1 Session Tuesday, December 8 7:00-9:00pm  
 Are you new to online dating or have you tried it with limited success? If your experience has been frustrating or disappointing, don't give up hope! Join us for a night of lively discussion about the etiquette of online dating, compare notes with others, and learn about the benefits and drawbacks of different sites. Gain valuable tips to help write an eye-catching profile for yourself and become aware of red flags in the profiles of others. Students will review profiles and begin creating their own.  
 Resident: \$20 Non-resident: \$30 Wilton High School – Room 6

## Special Interests

### ASTROLOGY FOR BEGINNERS

2 Sessions Mondays, October 19 & November 2 7:00-9:30pm  
 Astrology is your Sun sign and so much more. Your astrological chart can uncover information about your past and reveal things about your future. A chart can show your hidden personality, career potential, where to look for love, your talents, life challenges and rewards. We'll also explore Web sites, apps and books, and look into the many types of astrology used all over the world. If you would like a personal reading, we'll need your birth date, location, and time. Materials fee, payable to the instructor, is \$10.  
 Resident: \$50 Non-resident: \$60 Wilton High School – Room 6

**MEMOIR & PERSONAL ESSAY WRITING: Writing Your Life Stories With Marcelle Soviero**

4 Sessions      Tuesdays, October 20 & 27,  
November 10 & 17      10:00am-12:00pm

Everyone has a story to tell. Whether you seek to write short personal essays or a full-length memoir, learn the most engaging ways to tell your stories for your families or for publication. We'll focus on character, plot, description, and dialogue. The balance of the class will be comprised of collaborative feedback on the work of classmates. This class is designed for beginner and intermediate writers as well as repeat students.

Resident: \$165    Non-resident: \$180      Trackside, 15 Station Road, Wilton

**NEW! SOCIAL MEDIA FOR WRITERS**

1 Session      Wednesday, October 14      7:00-9:00pm

Writers write, but they also need to promote their work. This class, taught by a writer, will lead you through building a following of readers through the use of social media. Learn how to promote your writing or your books using Facebook, Twitter, Good Reads and visual storytelling tools such as Pinterest. This class is designed for those who are just beginning to implement social media tools specifically for their writing platform.

Resident: \$40    Non-resident: \$50      Wilton High School – Room 150

**FUN & FABULOUS TAROT READING**

1 Session      Thursday, October 15      7:00-9:15pm

Come and bring a friend or your burning curiosity to a fun and lively adventure into Tarot reading. Learn why there are no “bad” cards. Tarot illuminates the path you’re on and makes your challenges visible. The answers you receive will change the way you tell your life story. Each participant will receive a reading. Be prepared to have FUN!

Resident: \$25    Non-resident: \$35      Middlebrook School – Back Canopy Entrance

**NEW! VAMPIRES IN NEW ENGLAND: A One Hour Documentary & Discussion Presented by CPTV/PBS TV Producer Lalie Madriguera**

1 Session      Wednesday, October 28      7:00-9:00pm

“VAMPIRES IN NEW ENGLAND” is a one hour documentary exploring the vampire folk-belief which grew up in the late 18th and early 19th centuries in New England as a response to the mysterious events and happenings during that time period. At the center of “VAMPIRES...” is the skeletal, historical and archaeological evidence of a recent discovery – and interpretation – of the grave of a vampire known as “JB-55,” who was discovered in a 19th century Griswold, Connecticut colonial graveyard. The story is told through interviews with the descendants of vampire burials, historians, authors, anthropologists, experts on popular culture, and authorities on the disease factor and colonial burial practices. These combined with the reconstruction of the skull of “JB-55,” tell a compelling story of how a folk-belief was born and grew up.

Resident/Non-resident: \$10      Wilton High School – Room 150

**Sports, Fitness & Recreation**

**GOLF 101 & THEN SOME....**

6 Sessions      Thursdays, September 10-October 15      7:00-8:00pm

This class is for students new to the game and those with experience on the golf course. Golf equipment will be provided but students may bring their own clubs. Learn golf swing basics including grip, stance, balance and posture as well as different shot types. Rules of the game and etiquette on the golf course will be discussed including information on purchasing your first set of golf clubs and how various smartphone apps enhance golf instruction. Come explore the world of golf and learn answers to questions like “Why does my spouse disappear for five hours on a Saturday?” or “What does Fore really mean and why it’s not the number between Three and Five...”

Resident: \$125    Non-resident: \$140      Outdoor Tennis Courts, Rte. 7 & Miller-Driscoll Gym

**NEW! FULL BODY HIIT: High Intensity Interval Training**

5 Sessions      Thursdays, September 10-October 8      9:30-10:30am

HIIT is an enhanced form of interval-based training, combining full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind before the busy days get started. Modifications for all fitness levels are provided.

Resident: \$85    Non-resident: \$100      Outdoor Track, Rte. 7

## INTRO TO INDOOR CYCLING

2 Sessions Schedule at your convenience.

Have you ever wanted to take a spin class but felt too intimidated to try it? JoyRide Wilton is offering an introduction to spinning course that covers all the basics and will have you cycling like a pro in no time! The first 30 minutes of each class will be a tutorial followed by a 50 minute actual CYCLE class. You'll learn how to set up your bike, adjust resistance and the various positions. This is a full body workout complete with arm work. We can't wait to help you enJOY your ride!

Resident/Non-resident: \$36

JoyRide, 3 Godfrey Place, Wilton

## CARDIO TENNIS: Coach Yvonne D'Aquino, Certified USTA & PTR

*Ideal for all ability levels.*

6 sessions Fridays, September 11-October 16

NEW TO TENNIS OR CARDIO 10:30-11:30am

INTERMEDIATE & HIGHER 9:15-10:15am

Fast paced tennis drills, set to music, drive this high energy, full body workout. Teams play fun, challenging games which keep players moving on the court.

Resident: \$120/Session Non-resident: \$135/Session

Outdoor Tennis Courts, Rte. 7

## OUTDOOR DAYTIME TENNIS: Coach Yvonne D'Aquino, Certified USTA & PTR

*Get a workout and improve your game.*

6 Sessions Tuesdays, September 8-October 13

BEGINNER 10:30-11:30am

INTERMEDIATE 9:15-10:15am

Beginners will learn a new stroke each week. Intermediate players will gain stroke variety, improve placement, control and power.

Resident: \$120/Session Non-resident: \$135/Session

Outdoor Tennis Courts, Rte. 7

## OUTDOOR EVENING TENNIS: Coach Yvonne D'Aquino, Certified USTA & PTR

*Classes will be 50% drills and 50% supervised match play.*

6 Sessions Thursdays, September 3-October 8

LOW INTERMEDIATE 6:00-7:00pm

Resident: \$120 Non-resident: \$135

Outdoor Tennis Courts, Rte. 7

HIGH INTERMEDIATE 7:00-8:30pm

Resident: \$180 Non-resident: \$195

Outdoor Tennis Courts, Rte. 7

## OUTDOOR SUNDAY TENNIS

6 Sessions Sundays, September 20 – November 1

BEGINNER 4:00-5:00pm

ADV. BEGINNER 5:00-6:00pm

INTERMEDIATE 6:00-7:00pm

Beginners will learn a new stroke each week. Adv Beginners & Intermediate players will gain stroke variety, improve placement, control and power. Intermediate players, 3.5 and above, will concentrate on singles and doubles strategy.

Resident: \$120/Session Non-resident: \$135/Session

Outdoor Tennis Courts, Rte. 7

## INDOOR DAYTIME TENNIS: At Four Seasons Tennis Club

6 Sessions Sign up to play indoors at this beautiful facility.

BEGINNER Mondays, October 26-November 30 1:00-2:00pm

ADV. BEGINNER Tuesdays, October 27-December 8 1:00-2:00pm

INTERMEDIATE Wednesdays, October 28-December 9 1:00-2:00pm

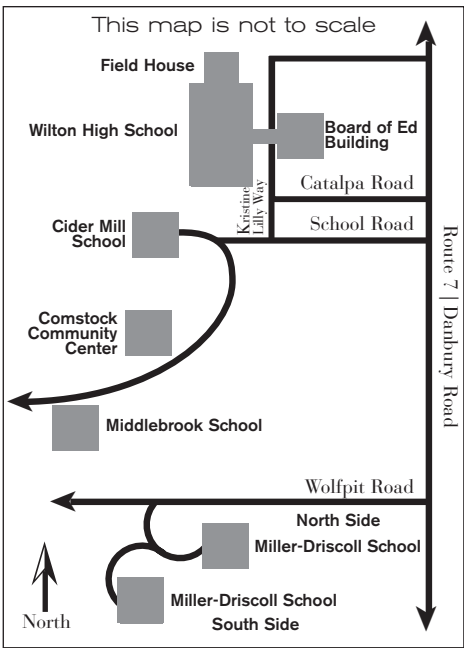
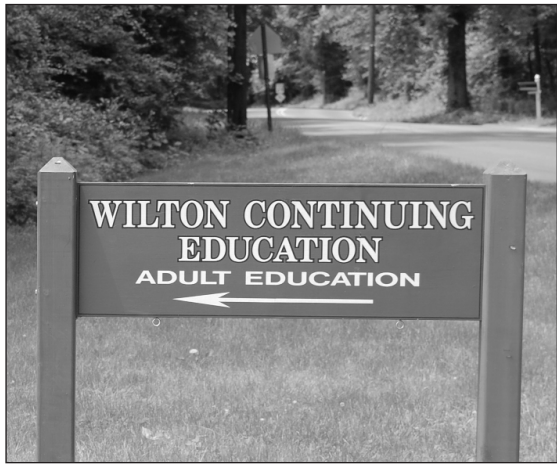
Resident: \$150/Session Non-resident: \$165/Session

Four Seasons Tennis Club, Wilton



**Instructors will present individual class schedules at their first session.**

Look for our sign at the Middlebrook School driveway on School Road. Once you are in the parking lot you will see the Back Canopy Entrance.



**Register Online: [wiltoncontinuinged.org](http://wiltoncontinuinged.org)**

<b>Online:</b> <a href="http://wiltoncontinuinged.org">wiltoncontinuinged.org</a> seven days a week twenty-four hours a day 24/7 access	<b>Mail:</b> Mail this registration form to: <b>Wilton Continuing Education</b> <b>Box 277</b> <b>Wilton, CT 06897</b>	<b>Phone or Fax:</b> <b>Telephone: 203.834.7694</b> M-F 8:30 a.m. to 4:00 p.m. <b>Fax: 203.834.7697</b> 24/7
<b>MasterCard   Visa</b>	<b>Check   MasterCard   Visa</b>	<b>MasterCard   Visa</b>

- Payment or credit card information must accompany registration. Registrations received without payment or credit card information will not be processed.
- We do not send enrollment confirmations for mail, phone, or fax registrations.
- If your class is cancelled or postponed, we will contact you.
- **Please use a separate form for each individual. Duplicate this form as necessary.**
- **Please include the \$10 registration fee (\$5 for Wilton Senior Citizens).**

Name \_\_\_\_\_ Date \_\_\_\_\_

Street \_\_\_\_\_ City \_\_\_\_\_ State \_\_\_\_\_ Zip \_\_\_\_\_

Email \_\_\_\_\_ Phone \_\_\_\_\_ Fax \_\_\_\_\_

If you are a Wilton resident, are you 62 years or older?  yes  no Date of Birth \_\_\_\_\_

Additional courses you would take if offered \_\_\_\_\_

Time	Dates	Course Title	Fee

**Registration Fee** \$ \_\_\_\_\_  
**Total Fees** \$ \_\_\_\_\_

**Check (Make checks payable to Town of Wilton)**

**Money Order**  **MasterCard**  **Visa** Credit Card # \_\_\_\_\_ Exp. Date \_\_\_\_\_ 3-Digit Code \_\_\_\_\_

Cardholder Name \_\_\_\_\_ Signature \_\_\_\_\_

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questions? email Laurie Kenagy at [conservatory@wilton.k12.ct.us](mailto:conservatory@wilton.k12.ct.us)



**The Wilton Public Schools on-premises, before and after school extended day program**

allows your child to enjoy a seamless transition between school and fun.

the fun side is...**the inside, outside before & after fun at school advantage** for your child :-)

**Cider Mill**  
After School  
Extended Day Program  
2:15 to 6:30 p.m.

**Miller-Driscoll**  
Before & After School  
Extended Day Programs  
7:00 to 9:00 a.m.  
3:30 to 6:30 p.m.

Childcare  
Homepage  
Scan  
for easy  
registration



**Drop-ins welcome! It's never too late to sign up. Inquire about our Drop-In 5 Pass!**

**Learn more about our extended day and enrichment programs at**  
[wiltoncontinuinged.org](http://wiltoncontinuinged.org)