



Learn.

What's new to you?

Wilton Continuing Education

Winter | Spring 2020

Register online at wiltoncontinuinged.org

Wilton Continuing Education: Winter|Spring 2020 Courses

Table of Contents

Tech Fridays	1
Cuisine & Spirits	4
Digital Imaging	5
ESL/GED/HS Diploma/ABE	11
Finance, Business & Law	6
Fine Arts & Music	6
Gardening & Home Techniques	10
Hobbies & Crafts	8
Languages & Writing	12
Personal Growth & Wellness	13
Social Media & Media	2
Sports, Fitness & Recreation	14
Technology	3

Wilton Continuing Education: Dolores Tufariello, Coordinator

Office Hours: Monday–Friday 9:00am–4:00pm

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

Website: wiltoncontinuinged.org | **Phone:** 203.834.7694 | **Fax:** 203.834.7697

Welcome to the Winter/Spring 2020 Edition!
We hope you like the new cover artwork created by Wilton artist, Cindy Sinor, of the florally adventurous Lutz Garden. Check out our new Gardening Techniques section. Consider a new course this semester and celebrate 50 years of Wilton Continuing Education! See you in class.

—Dolores Tufariello, Coordinator, Wilton Continuing Education

Cancellation Policy If a student withdraws before the class start date, she/he will be given a program credit less a \$20 withdrawal fee per class and less the materials fee if applicable. There will be no credits for no-shows and cancellations less than 48 hours before the class start date. Material/food fees are not refundable and will be deducted from any credit due. Refunds will only be issued for classes cancelled by WCE.

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 Wilton Senior Citizens may take up to 2 courses for \$5 each (\$10 total) per semester. Call the Continuing Education office on the Friday PRIOR to the specific class to check if senior discounts apply. There are no discounts for classes that do not meet minimum enrollment or are full. Discounts do not apply to: off-site classes (non-town owned premises), ballroom dance lessons, Ed2Go, technology, tennis, and voiceovers.

Registration Form or register online at wiltoncontinuinged.org

- Payment or credit card information must accompany registration. Registrations received without payment or credit card information will not be processed.
- Enrollment confirmation will be sent via email.
- If your class is cancelled or postponed, we will email you.
- **Please use a separate form for each individual. Duplicate this form as necessary.**

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 _____

Time	Dates	Course Title	Fee
Total Fees			\$

Check (Make checks payable to Town of Wilton)

MasterCard Visa Credit Card # _____ Exp. Date _____ 3-Digit Code _____

Cardholder Name _____ Signature _____

Street _____ City _____ State _____ Zip _____

Board of Education Members

Ruth DeLuca
Glenn Hemmerle
Gretchen Jeanes
Jennifer Lalor
Mandi Schmauch
Deborah Low

Superintendent of Schools

Dr. Kevin Smith

Cover Art by
Cindy Sinor
Wilton Artist

Brochure by
kelley|fortuno
marketing
design

Tech Fridays

TECH FRIDAYS! Our Lunchtime Learning Series at Comstock Community Center Tech Lab.

Pack a lunch and join us! Please bring your charged device to class with your ID and password. Handouts will be included at each class.

IPHONE: It's More Than A Phone

Come prepared with your fully-charged iPhone and your Apple ID (iCloud) password.

1 Session Friday, January 24 12:00–1:30pm

Your iPhone is so much more than a phone—there's almost no limit what you can do with it! Here, you'll learn how to use the standard apps (including calendar, contacts, and email) and how to download additional apps, both free and paid. Learn to stream music, download podcasts, sync your photos and more!

Resident: \$15 Non-resident: \$25

IPAD: Apps & More

Come prepared with your fully-charged iPhone and your Apple ID (iCloud) password.

1 Session Friday, January 31 12:00–1:30pm

Not doing enough with your iPad? Come learn all the different things you can do with it besides getting email and web surfing. You'll get hands-on instruction on syncing your contacts, calendar and photos, read magazines and e-books, stream music and download apps, both free and paid.

Resident: \$15 Non-resident: \$25

iCLOUD: Features & Benefits

Please bring your charged device to class with your Apple ID (iCloud) password.

1 Session Friday, February 7 12:00–1:30pm

Your Apple ID lets you do more than just buy apps. It allows you to sync your contacts and calendar, backup your iPhone and iPad, share your photos between devices, store your important documents in the cloud and so much more. You'll also learn to share your photos with others, rent movies, subscribe to podcasts, explore Apple's iBook Store, and more!

Resident: \$15 Non-resident: \$25

AVOIDING SCAMS: Online & On The Phone

1 Session Friday, February 21 12:00–1:30pm

Don't fall for a scam! The scammers are out there—both on your computer and over the phone. This course covers computer scams, web scams, and phone scams. Learn to differentiate between a scam and a legitimate computer update. You'll see how web pages can be "hijacked," what phishing is, how to detect (and delete) scam emails, and how to protect yourself from phone scams.

Resident: \$15 Non-resident: \$25

STREAMING MEDIA: Learn Apple TV, Roku, Google Chrome & More

1 Session Friday, February 28 12:00–1:30pm

Whether you're cutting the cord (discontinuing cable service to save money) or simply adding more variety to your TV viewing, the future of viewing is streaming media. Learn the pros and cons of "cord cutting," the various hardware products, and streaming media services.

Resident: \$15 Non-resident: \$25

PASSWORD MANAGEMENT: Taming The Password Beast

1 Session Friday, March 6 12:00–1:30pm

Are your passwords causing you grief? Too many to remember? Learn how to keep your passwords organized, secure, and easy to remember. Forget using a password management program—learn an easy, convenient, and safe way to store your passwords. A template and instructions will be provided.

Resident: \$15 Non-resident: \$25

MAC TUNEUP

Please bring your Mac laptop and power supply to class.

2 Sessions Fridays, March 13, 20 12:00–1:30pm

Has your Mac laptop been acting sluggish lately? Seeing the "spinning beach ball" too much? Does it seem like it was working better before? If so, then sign up for this class! Our instructor will provide hands-on cleanup of the things that affect performance and share tips on how to keep things running more efficiently.

Resident: \$50 Non-resident: \$60

RESEARCHING YOUR FAMILY HISTORY USING TECHNOLOGY

2 Sessions Fridays, May 1, 8 11:30am–1:30pm

Whether you have already embarked on your genealogy journey or need guidance creating your family tree, this interactive computer workshop is for you! Learn the pros and cons of submitting your DNA, discover free and fee-based databases; i.e., Ancestry.com, 23andme.com, and how to access “free” genealogy databases for census records, newspapers, obituaries, etc. If you or a family member have started a family tree or you have a genealogy chart, please bring it with you to the workshop.

Resident: \$40 Non-resident: \$50

PRESERVING YOUR FAMILY HISTORY USING TECHNOLOGY

1 Session Friday, May 15 11:30am–1:30pm

Are you interested in conserving your family history records digitally and through alternative methods for generations to come? Then this two-hour workshop is for you! You will discover free and fee-based websites/software and innovative ways to share and preserve your family history, photographs, and documents.

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

Social Media & Media

SOCIAL MEDIA FOR BUSINESS

1 Session Wednesday, January 22 6:30–8:30pm

Start engaging with your existing customers and attract new customers using Social Media. Amp up your marketing on Facebook, Twitter, Instagram, and LinkedIn to grow your business. You'll learn how to increase your followers, when to post to maximize your reach, how to create content your customers care about, and tips on everything from hashtags to handling comments. Develop an effective and efficient social media strategy for your brand or business.

Resident: \$25 Non-resident: \$35 Wilton High School–Room 6

INSTAGRAM: Impactful Stories For Business

Please bring your Smartphone, Instagram ID, and Password.

1 Session Wednesday, March 11 6:30–8:30pm

Understand the power of Instagram and how to connect with its hundreds of millions of users in a way that is fun and safe. The focus will be on how to use stories and Instagram live to build and grow your following. Identify key wording and hashtags to creatively get in front of your ideal audience. Learn specific tools to help you stand out on Instagram.

Resident: \$25 Non-resident: \$35 Wilton High School–Room 6

BUSINESS LEADS ON LINKEDIN

Prerequisite: LinkedIn Account.

1 Session Wednesday, January 15 6:30–8:30pm

LinkedIn isn't only for job hunters. It's an incredible site for generating qualified leads. In this class you will learn the very detailed six-step process for reaching and gaining ideal customers.

Resident: \$25 Non-resident: \$35 Wilton High School–Room 6

PODCASTING: Introduction

1 Session Thursday, February 6 7:00–9:00pm

Scott Schulte, a Top-40 morning radio personality shares his experience to show you how to create a podcast or improve the one you are doing. In this broad overview, he'll cover equipment, recording and editing, interview techniques, distribution, marketing, and much more.

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

DATING ONLINE: The Ins & Outs

2 Sessions Fridays, April 24, May 1 6:30–8:30pm

A fifth of relationships begin online. If you haven't had success in the past, it might be because there is an art to maximizing your chances of meeting a good match. Bring your smartphone, tablet or laptop and learn from instructor Niki Key about the best apps to meet a match, tips for building a dating profile, and what to do (or not do!) on that first date.

Resident: \$20 Non-resident: \$30 Wilton High School–Room 6

Cuisine & Spirits

WCE is fortunate to have access to amazing local chefs who specialize in teaching healthy, nutritious, easy-to-make and exceptionally tasty meals and preserving. They are magicians in the kitchen. If you're interested in any or all of these classes, don't delay signing up. They fill up quickly.

Master Preserver Pam Lillis is the popular culinary instructor and home chef of "Cook Up A Storm." She's also a certified Nutritional Health Coach. If you want to know anything about preserving, canning or pickling, Pam is the expert.

NEW! MARMALADES WITH PAM LILLIS, MASTER PRESERVER

1 Session Thursday, February 6 6:30–8:30pm
 Now arriving: beautiful, exciting citrus! Marmalade is best made in a group. It's a little extra work, but worth it! We are ready to preserve some for the year ahead. Your toast will reach new (and very British) heights! Takeaway 1 jar of orange and recipes for more! A materials fee, payable to the instructor, is \$20.
 Resident: \$45 Non-resident: \$55 Wilton High School–Culinary Arts Room

NEW! MAKING JAMS & PICKLES WITH PAM LILLIS, MASTER PRESERVER

1 Session Thursday, March 19 6:30–8:30pm
 Have you always wanted to master small batch canning? Need a refresher? We'll tackle jams and brines pre-season to get ready for spring. We'll cover food safety and general procedures for a successful seal every time. Be prepared for a "hands-on" class with each participant taking home freshly made jars of a seasonal fruit jam and a pickled veggie (TBD best of season). Takeaway 2 jars and the confidence to DIY! A materials fee, payable to the instructor, is \$20.
 Resident: \$45 Non-resident: \$55 Wilton High School–Culinary Arts Room

Laura Torok-Lobelson holds a Master of Science in Human Nutrition. If you have a favorite dish but are concerned it might not be healthy for your diet, Laura can revise it to keep it delicious and keep you on track. Her goal: meals that are delicious, nutritious, and easily made from scratch.

NEW! A HEALTHY TASTE OF ITALY

2 Sessions Thursdays, March 26, April 2 6:30–8:30pm
 Come discover the bold flavors and health benefits of authentic Italian dishes incorporating fresh vegetables, whole grains, and protein like chicken, fish and beans. You will prepare delicious, nutritious, and easy main dishes from scratch: *Penne con Kale Toscano, Fagioli Bianchi e Salsiccia* (Penne with Kale, White Beans, and Sausage) and *Pollo Arrosto Toscano e Verdure con Salsa al Rosamarino e Limone* (Tuscan Roasted Chicken & Vegetables with Rosemary-Lemon Sauce). Dishes can be modified for vegetarians. A materials fee, payable to the instructor, is \$24.
 Resident: \$50 Non-resident: \$60 Wilton High School–Culinary Arts Room

NEW! LET'S DO BRUNCH: Goat Cheese & Berry Tart

1 Session Tuesday, April 7 6:30–8:30pm
 Who doesn't love brunch at any time of the year. Whether for a holiday, a birthday or a "let's-stay-home-and-chill" brunch, this sweet and tangy Goat Cheese and Berry Tart will score high on the "special" scale with family and friends and high on the healthy diet scale. It's the perfect accompaniment to standard brunch dishes. A materials fee, payable to the instructor, is \$15.
 Resident: \$25 Non-resident: \$35 Wilton High School–Culinary Arts Room

NEW! SENSATIONAL SUMMER SIDES

1 Session Thursday, May 7 6:30–8:30pm
 Summertime means grilling season. Traditionally grilled chicken, steaks, and burgers are backyard barbecue favorites, but it's the side dishes that set a cookout apart. Learn to prepare refreshing, healthy and delicious mayonnaise-free side dishes using vegetables, beans, cheese, fresh herbs and spices. Prep time is quick, giving you more time to spend with family and friends and so tasty, you'll be whipping them up all season long! Dishes include: Antipasto Potato Salad, Mediterranean Chickpea & Hearts of Palm Salad, and Southwestern Avocado-Black Bean Stacks. A materials fee, payable to the instructor, is \$13.
 Resident: \$25 Non-resident: \$35 Wilton High School–Culinary Arts Room

Maria Davis was a teacher for over 35 years. She loves teaching and she loves cooking the always popular comfort foods. Her classes are a flavorful combination of delicious ingredients and the aromas that stir nostalgia.



VALENTINE'S DAY BISCOTTI

1 Session Tuesday, February 11 6:30–8:30pm
 Nothing says "I love you" like Biscotti! Join our fantastic cook-in-the-kitchen, Maria Amore Davis, and make two types of biscotti treats for your "sweets"! Enjoy making Double Chocolate Walnut Biscotti and Almond Cherry Biscotti. Perfect to have with a cappuccino on Valentine's day. They also freeze well for future indulging! A materials fee, payable to the instructor, is \$15.
 Resident: \$25 Non-resident: \$35 Wilton High School–Culinary Arts Room

THE MAGIC OF LEMON MERINGUE PIE

1 Session Wednesday, May 6 6:30–8:30pm
 A great Lemon Meringue Pie offers the best of all dessert worlds: a buttery flaky crust, a cool tangy filling, and a fluffy meringue. Learn to make all three. A wonderful way to welcome Spring! Please bring a 9-inch pie plate. A materials fee, payable to the instructor, is \$20.
 Resident: \$30 Non-resident: \$40 Wilton High School–Culinary Arts Room

Digital Imaging



DRONE PHOTOGRAPHY

1 Session Wednesday, May 20 6:30–8:30pm
 Most non-professional drones have built-in cameras that can take stills and videos. They have automatic settings, but if you want the best pictures, you need to know the exposure, shutter speed, and filters for each because they are different. The post-processing methods for each are also different. Professional drone operators and photographers, Sean McEvoy and Dick Aarons will guide you through what you need for each to get the best results. They will also review the software available for post-processing and demonstrate basic editing skills. The class includes a short primer of safe flying protocols and applications.
 Resident: \$30 Non-resident: \$40 Middlebrook School–Media Center

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

4 Sessions Mondays, April 20–May 11 9:30–11:30am
 Understand the digital camera operation and digital photographic process. Emphasis is on shooting, evaluating, and adjusting exposure while learning the relationship between shutter speeds, f/stops, and ISO. We will use the highlight overexposure warning and histogram display screens to obtain the best image quality for each shooting condition. The class will conclude with a demonstration of download, backup, edit, and archive functions using Adobe Photoshop and Lightroom. WCE will email directions to the studio.
 Resident: \$225 Non-resident: \$240 Studio of Lawrence Frank

IPHONE PHOTOGRAPHY: With Family Photographer Peggy Garbus

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

1 Session A. Thursday, April 23 9:30–11:30am
 B. Thursday, April 23 7:00–9:00pm
 Take better photos with your phone! If you have an iPhone 5, 6, 7, 8, 10 or 11, join us and learn a few basic photography rules from Peggy Garbus, a well-respected professional photographer from Wilton. Gain a better understanding of composition and discover the most popular iPhone apps for enhancing images. Also learn about post-processing apps to adjust and edit your beautiful images!
 Resident: \$30 Non-resident: \$40 Wilton High School–Room 6

POP-UP CLASSES

Visit us online periodically at wiltoncontinuinged.org to find out about our latest hands-on, interactive workshops.

Finance, Business & Law

Our Finance/Business/Law Instructors are hired to teach general concepts to groups of students, not to provide specific advice to individuals. Students should consult their own advisors before making any decisions regarding these topics. Courses are educational and not intended as a solicitation for business.

NEW! DRONE PHOTOGRAPHY (See page 5)

1 Session Wednesday, May 20 6:30–8:30pm

INVESTMENT PLANNING FOR WOMEN

2 Sessions Wednesdays, April 22, 29 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 Comstock Community Center–Room 12

LEGAL PLANNING FOR THE PRESENT AND THE FUTURE: What Are All Of Those Legal Documents & Why Do I Need Them?

1 Session Thursday, March 12 5:30–7:30pm

Learn about the legal documents essential for a good life and estate plan. "Substitute Decision-Making Documents" include Powers of Attorney, Living Wills, Appointment of Health Care Representative/Proxy, and Predesignation of Conservator of Person and Estate. Learn the differences between Last Wills and Testament and Living Trusts, as well as whether "avoiding probate" is necessary. Discover why everyone, regardless of age, should have these essential documents prepared and in place for their own and their family's sake.

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

NEW! PUBLIC SPEAKING: Deconstructing & Building Confidence

1 Session Tuesday, February 4 6:00–8:30pm

Professional public speaker, Tom Speake will discuss public speaking from his perspective of 30+ years as a corporate presenter and instructor. He'll give his take on handling stage fright, the importance of preparation, hints on how to make your presentation more effective, and last but not least, handling questions from the audience. Students will leave with a list of resources to help them perfect their presentation skills and public speaking.

Resident: \$35 Non-resident: \$45 Comstock Community Center–Tech Room

PODCASTING: Introduction (See page 2)

1 Session Thursday, February 6 7:00–9:00pm

SELLING ONLINE: eBay, Craigslist & Facebook Tag Sale (See page 3)

2 Sessions Tuesdays, March 3, 10 6:30–8:00pm

Fine Arts & Music

PRIVATE MUSIC LESSONS: Wilton Conservatory of Music

It's never too late to learn a new skill or revisit an old one. Wilton Conservatory of Music offers private music instruction in piano, guitar, strings, woodwinds, brass, percussion, voice, and bagpipes. Lesson times: Monday–Friday, 2:45–7:30pm. To schedule lessons, email conservatory@wiltonps.org.

Resident/Non-resident: \$41/30 minute lesson; \$60/45 minute lesson; \$80/60 minute lesson

NEW! SKETCHBOOK

1 Session Tuesday, May 19
(rain date Wednesday, May 20th) 10:00am–12:00pm

Get started on your watercolor sketchbook and take it along with you everywhere! Be inspired to record your life, a special trip, or your daily adventures in a loose, quick journal-style format. You will be taught drawing and watercolors using a straight-forward, intuitive approach. You'll draw what you see, capturing the details of everyday objects and the small details of life on watercolor pages. There will be an opportunity to gather for lunch after class at a local spot (cost of lunch not included in class fee). Go to wiltoncontinuinged.org for a list of materials to bring.

Resident: \$25 Non-resident: \$35 Local Outside Location–TBD



BASIC DRAWING WITH COLORED PENCIL

10 Sessions Thursdays, January 30–April 9 11:30am–1:30pm

This class is for all students—beginners or those who want to refresh or improve their drawing skills. The medium will be introduced along with basic colored pencil techniques, such as layering and erasing. Observational drawing, value, perspective, and composition are among the topics covered through a series of weekly guided drawing exercises. Students will primarily draw from photos provided by the instructor, but may also be asked to bring in their own still life objects. A set of 72 Prismacolor Premier Soft Core colored pencils, a Derwent battery-operated eraser, a pad of Strathmore colored pencil paper, and a battery-powered pencil sharpener are required materials.

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

Comstock Community Center—Art Room

COLORED PENCIL STUDIO

10 Sessions Mondays, January 27–April 6 11:30am–1:30pm

Colored pencils aren't just for coloring books! This simple medium can be used to create beautiful, realistic "paintings." Use of materials and techniques such as layering, blending, and erasing will be covered. The instructor will provide photos for students to work from during guided studio time. Subject matter will include nature themes and animals. All levels are welcome; however, basic drawing skills are required. Students will need their own set of 72 Prismacolor Premier Soft Core colored pencils, a Derwent battery-operated eraser, a pad of Strathmore colored pencil paper, and a battery-powered pencil sharpener.

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

Comstock Community Center—Art Room

DRAWING THE PORTRAIT WITH COLORED PENCIL: All Skill Levels

10 Sessions Mondays, January 27–April 6 11:30am–1:30pm

All skill levels are welcome in this pencil portrait drawing class! Learn techniques and tips on how to render lifelike portraits from photos using the (optional) gridding system. Each week's assignment focuses on a different facial feature. Students are encouraged to purchase a 48 or 72 count Prismacolor set but can work with their own color pencils or in greyscale if they prefer. Students should bring a 9x12 greyscale drawing pad (e.g., Strathmore), a battery-operated eraser (e.g., Derwent), and white charcoal pencil. Other optional materials will be discussed in the first class. A materials fee, payable to the instructor, is \$15.

Resident: \$185 Non-resident: \$200

Comstock Community Center—TBD

OIL PAINTING & ACRYLICS

8 Sessions A. Tuesdays, January 21–March 10 10:00am–12:30pm
 B. Tuesdays, March 17–May 5 10:00am–12:30pm
 C. Tuesdays, May 12–June 30 10:00am–12:30pm

Learn techniques of the Masters from da Vinci to Monet. Explore canvas preparation, color mixing, values, and perspectives in this open studio format. Bring your photo and sketch pad to the first class and decide what your medium will be—oils or acrylics. Individualized personal guidance will be provided while you explore the fun of artistic expression. Please check our online catalog for the list of materials to bring to class.

Resident: \$160 Non-resident: \$175

Comstock Community Center—Art Room

WATERCOLOR WORKSHOP

6 Sessions A. Wednesdays, January 29–March 4 10:00am–12:45pm
 B. Wednesdays, March 25–April 29 10:00am–12:45pm
 C. Wednesdays, March 25–April 29 6:30–8:45pm

Come and explore the beauty and joy of watercolor! This class is open to beginners and intermediates. Work from still life setups, landscapes (from your own photographs), and the figure. Basic drawing, composition, and watercolor techniques will be demonstrated. A materials fee, payable to the instructor, is \$15.

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

Comstock Community Center—Art Room

WEAVING

5 Sessions A. Tuesdays, January 21–February 18 6:00–8:00pm
 B. Thursdays, January 23–February 20 10:00am–12:00pm
 C. Tuesdays, March 3–March 31 6:00–8:00pm
 D. Thursdays, March 5–April 2 10:00am–12:00pm

This beginner/advanced beginner course gives students the opportunity to work on a floor loom, a table loom, and a rigid heddle loom. Students will learn how to make a warp, dress a loom, and explore weaving patterns. Projects include woven samplers, bags, scarves, and mug rugs. Each student will take a loom home to accomplish as much weaving as possible during the course. The class is limited to three students to provide as much hands-on assistance as needed. Bring a notebook to class. A materials fee, payable to the instructor, is \$30.

Resident/Non-resident: \$225

Georgetown School of the Arts
 25 Old Mill Road, West Redding



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 834.7694 if you have any questions.



POTTERY ON & OFF THE WHEEL

10 Sessions A. Tuesdays, February 4–April 7 6:30–9:00pm
 6 Sessions B. Tuesdays, April 21–May 26 6:30–9:00pm

Experienced potters can experiment with methods they've never tried, and beginners can learn the basics from expert potter, Don Reynolds. We will explore building with coils, slabs, and the pinching method to learn about the specific properties of clay, and how to properly join parts together for a successful, strong bond both before and after firing. The class will also cover the beginning steps of working on a potter's wheel. Students will use the wheel to create their own slump and/or hump molds to enhance their handbuilding experience. Pieces made in class will be fired and glazed to make beautiful finished pottery. Students are asked to come to class with an open mind and a willingness to learn new tricks. A materials and firing fee, payable to the instructor at the first class, is \$85 for the 10 session class and \$50 for the 6 session class.

10 Sessions Resident: \$240 Non-resident: \$255 Wilton High School–Room 119D
 6 Sessions Resident: \$145 Non-resident: \$160 Wilton High School–Room 119D

ZENTANGLE®: Introduction

1 Session Tuesday, February 18 7:00–9:00pm

The Zentangle® Method is an easy way of creating beautiful images by drawing structured patterns called tangles. This promotes mindfulness, fosters self-esteem, increases focus, promotes relaxation, ignites creativity, and relieves stress. People of all ages and skill levels can create Zentangle® art and have fun in the process. Even if you think you cannot draw a stick figure, you can learn the Zentangle® method and create stunning original art. A materials fee, payable to the instructor, is \$5.

Resident: \$25 Non-resident: \$35 Comstock Community Center–Computer Lab

ZENTANGLE®: Beyond The Basics—Spring Edition

Prerequisite: Intro to Zentangle®.

3 Sessions Tuesdays, March 3, 10, 17 7:00–9:00pm

Continue on and explore Zentangle® inspired art (ZIA) on media other than paper in this class. Learn even more complicated tangles, shading techniques, color, and embellishments just in time to be inspired by Spring, with all its beauty and color. Perfect your style. A materials fee, payable to the instructor at the first class, is \$20.

Resident: \$60 Non-resident: \$75 Comstock Community Center–Computer Lab

Hobbies & Crafts



A LIVING MINI-WREATH

1 Session Thursday, April 2 7:00–9:00pm

Learn how to make a living wreath of succulent plants using a grapevine base, sphagnum moss, and a variety of live plants. This 6-8" mini-wreath can be hung near a window, placed flat on a table as a centerpiece or candle ring, or used outside if the temperature is above freezing. If the plants outgrow their wreath home, they can be replanted and used in your garden or to decorate your home. The cost of materials is included in the class fee, so just bring yourself to class and leave with a beautiful Living Wreath at the end of the night!

Resident: \$50 Non-resident: \$60 Wilton High School–Room 119

MAKING SCENTS WITH NOD HILL SOAP: Romantic Scent Workshop

1 Session Tuesday, February 11 7:00–9:00pm

Catherine Romer, soap maker and owner of Nod Hill Soap, will show you how to create, melt and pour soap with a beautiful Spring imprint. Her recipes for soaps include pure olive oil, shea butter, cocoa butter, and many soothing ingredients. Learn the techniques in crafting romantic scents and take home hand-crafted scented soaps and a beautifully wrapped diffuser oil bottle and reeds. A materials fee, payable to the instructor, is \$15.

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

MAKING SCENTS NATURALLY WITH NOD HILL SOAP: Body Care Workshop

1 Session Tuesday, March 24 7:00–9:00pm

Join soap maker and owner, Catherine Romer as she explains the techniques in crafting fine scents for the bath, body, and home. Learn how to thwart those unpleasant odors associated with perspiration without using all those nasty chemicals! Experiment with scents and other ingredients to create your own deodorant and a talc-free dusting powder. It's easy and it's healthy! You'll never go back to chemicals again! A materials fee, payable to the instructor, is \$15.

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

TRUE BEGINNER CONTRACT BRIDGE

8 Sessions	A. Mondays, January 27–March 23	9:30–11:00am
	B. Mondays, March 30–June 1	9:30–11:00am

Bridge is considered the best card game ever invented. It is to card games what chess is to board games—challenging, yet rewarding. This class is intended for those who have never played bridge or those needing a refresher. We'll be covering the basics, such as what it means to follow suit, take a trick, and to play trump. Then, we'll cover the objectives including actual scoring based on bidding and making contracts. Lessons will cover fundamental bidding (to reach the best contract) and Play of the Hand (to be able to fulfill that contract). The required text is "Bridge for Everyone" by D. W. Crisfield available on Amazon.

Resident: \$100 Non-resident: \$115 Comstock Community Center

BEGINNER CONTRACT BRIDGE: Some Skills

8 Sessions	A. Tuesdays, January 28–March 17	4:00–5:30pm
	B. Wednesdays, January 29–March 18	6:00–7:30pm
	C. Tuesdays, March 24–May 12	4:00–5:30pm
	D. Wednesdays, March 25–May 13	6:00–7:30pm

Bridge—the challenging and rewarding card game. This class is for beginners with some skills and those needing a refresher. We'll cover the basics: what it means to follow suit, take a trick, and to play trump. We'll investigate the objectives including actual scoring based on bidding and making contracts. Lessons will cover fundamental bidding and Play of the Hand. Required text: "Bridge for Everyone" by D. W. Crisfield available on Amazon.

Resident: \$100 Non-resident: \$115 Wilton High School–Room 150

ADVANCED BEGINNER/INTERMEDIATE BRIDGE IN THE AFTERNOON

8 Sessions	A. Wednesdays, January 29–March 18	3:30–5:30pm
	B. Wednesdays, March 25–May 13	3:30–5:30pm

Do you like bridge and want to improve your game? Have you ever bid to the contract of "Four Spades" and fulfilled it? This class is for you. Each class consists of a short lecture followed by the bidding and play of real bridge hands. This is for players who know the basics—following suit, taking tricks, trumping, as well as fundamental bidding and play. Build a firm foundation of bidding, declarer play and defensive play. Standard American bidding based on five card majors will be used. Bidding conventions such as Blackwood, Stayman, and Transfers will be covered. Required text: "Bridge for Everyone" by D. W. Crisfield available on Amazon.

Resident: \$135 Non-resident: \$150 Wilton High School–Room 150

CANASTA: Beginner/Advanced Beginner

6 Sessions	Tuesdays, January 28–March 3	6:30–8:30pm
------------	------------------------------	-------------

Canasta combines the ease of rummy with the challenge of bridge. It has been growing in popularity over the past several years. Fun to play and easy to learn, all you need is two decks of cards and a few friends.

Resident: \$100 Non-resident: \$115 Wilton High School–Room 149B

MAH-JONGG: Beginner/Advanced Beginner

6 Sessions	Tuesdays, March 24–May 5	6:30–8:30pm
------------	--------------------------	-------------

Mah-Jongg is experiencing a resurgence of popularity as people of all ages are learning and loving it. American Mah-Jongg is loosely based on rummy, but played with 152 tiles. It's an exciting game of skill and chance. Bring your enthusiasm and leave ready to play and enjoy Mah-Jongg for years to come. Class fee includes 2020 Mah-Jongg cards.

Resident: \$100 Non-resident: \$115 Wilton High School–Room 149B

LEARN TO KNIT: Beginner

4 Sessions	A. Tuesdays, January 14, 21, February 4, 11	6:30–8:30pm
	B. Wednesdays, January 15, 22, February 5, 12	10:00am–12:00pm

Create your own chunky knit cowl. Learn how to cast on, knit, purl, and bind off then create a simple cowl using these skills in the remaining classes. Grasp the basic concepts of knitting in a small group then join the larger Knitting Circle (optional). See for yourself why knitting is such a special craft; it's social, it relieves stress, and is easy to learn! Materials fee for practice work, payable to the instructor, is \$15. Project materials (for the cowl) may be purchased individually or through the instructor for an additional fee.

Resident: \$80 Non-resident: \$95 Comstock Community Center

KNITTING CIRCLE: All Levels

4 Sessions	A. Tuesdays, Jan 14, 21 Feb 4, 11	10:00am–12:30pm
6 Sessions	B. Wednesdays, February 5–March 25	6:15–8:45pm
6 Sessions	C. Tuesdays, April 7–May 19	10:00am–12:30pm
6 Sessions	D. Tuesdays, April 7–May 19	6:15–8:45pm

If you already know knitting basics, this group is for you! Join our knitting circle and refine your skills by tackling more challenging projects. Come and learn techniques such as magic loop, how to read your knitting and fix your mistakes, how to read patterns and charts, where to find help and patterns online and much more, all at your own pace. Learn from others in a welcoming and relaxed atmosphere. Students should bring their own supplies and projects. For B session ONLY: you will have the option to choose your own project or create a mosaic knitted wrap. Details will be discussed in class.

4 Sessions	Resident: \$80	Non-resident: \$95	Comstock Community Center
6 Sessions	Resident: \$100	Non-resident: \$115	

KNITTING CIRCLE: Knit A Stranded Color-Work Hat

5 Sessions	Tuesdays, February 25–March 31	10:00am–12:30pm
------------	--------------------------------	-----------------

If you know how to knit and purl, join our knitting circle and learn how to improve your knitting, refine your skills and tackle more challenging projects. We will learn how to make a stranded color-work hat using magic loop. It's not as hard as it looks! As always, students may also choose their own projects to work on. Learn from others in a welcoming and relaxed atmosphere. Students should bring their own supplies.

Resident: \$90	Non-resident: \$105	Comstock Community Center
----------------	---------------------	---------------------------

KNITTING CIRCLE: All Levels—Magic Loop A Hat

4 Sessions	Tuesdays, March 10–31	6:15–8:45pm
------------	-----------------------	-------------

Learn Magic Loop! Magic Loop is a technique used to create a small circumference project (in this class, a hat) on long circular needles! The instructor can recommend a project based on skill level or advanced knitters may select their own pattern. Learn how to read patterns and charts to do color work, cables, stripes and even incorporate lace to make a unique hat. The Knitting Circle atmosphere is a welcoming and relaxed place where other knitters like to share their knowledge. Students should bring all of their own supplies.

Resident: \$80	Non-resident: \$95	Comstock Community Center
----------------	--------------------	---------------------------

ZENTANGLE®: Introduction (See page 8)

1 Session	Tuesday, February 18	7:00–9:00pm
-----------	----------------------	-------------

ZENTANGLE®: Beyond The Basics—Spring Edition (See page 8)

Prerequisite: Intro to Zentangle®.

3 Sessions	Tuesdays, March 3, 10, 17	7:00–9:00pm
------------	---------------------------	-------------

Gardening & Home Techniques



BEEKEEPING WITH RED BEE HONEY

1 session	Saturday, February 15	10:00am–12:00pm
-----------	-----------------------	-----------------

NEW INSTRUCTOR Have you ever dreamed of keeping a hive of your own honeybees? Beekeeper and author, Marina Marchese will present a basic overview of what it takes to set and manage a colony of honeybees. Learn about beekeeper's tools, the caste of bees inside a hive and their jobs, management techniques, pests and diseases, and how to harvest your own honey. We will not be opening the hives for inspection during these workshops; however, there will be a hive (no bees), tools and equipment for students to handle. There will be samples of honey to taste.

Resident/Nonresident: \$40	Honey House Barn, Weston, CT
----------------------------	------------------------------

BENEFITS OF ESSENTIAL OILS

1 Session	Wednesday, March 18	6:30–7:30pm
-----------	---------------------	-------------

Essential oils have been around for centuries and their healing properties are becoming popular again. This is an introduction to the oils, what they are, the benefits of using them, which ones to use, and how to use them. Essential oils promote optimal health for many health maladies. Come with an open mind and leave with an all-natural hand sanitizer you will make in class. A materials fee, payable to the instructor, is \$7.

Resident: \$15	Non-resident: \$25	Wilton High School–Culinary Arts Room
----------------	--------------------	---------------------------------------

ADD BEAUTY TO YOUR HOME: Build A Stone Wall

1 Session Thursday, April 2 7:30–8:30pm
 Learn to build a stone wall like the professionals! Bolton Landscape Design & Masonry Inc. of Wilton will share expertise about constructing stonewalls in this workshop. Stonewalls add beauty and value to your home. Hurry and register! This is one of our most popular classes!
 Resident: \$15 Non-resident: \$25 Wilton High School–Room 150



ADD BEAUTY TO YOUR HOME: Build A Koi Pond

1 Session Thursday, April 9 7:30–8:30pm
 Have you ever sat beside a babbling brook and realized the sound of the water trickling over the rocks made you feel calm? A Koi pond can bring the same feeling of peace and reduced stress. Jeff Lapnow, our very popular Build A Stone Wall instructor, owner/operator of Bolton Landscape Design & Masonry Inc., will show you how to plan and construct your own pond complete with fascinating Koi fish.
 Resident: \$15 Non-resident: \$25 Wilton High School–Room 150

STAGE YOUR HOME TO SELL

1 Session Thursday, March 12 10:00am–12:00pm
 Do you want to sell your home quickly and at top dollar? Stage it! In a class with a lot of hands-on participation, Kathy Engstrom, owner of A Fresh Eye, LLC will show you what needs to be done to make your house look its best and catch the eye of more buyers. Get ready to move!
 Resident: \$25 Non-resident: \$35 Comstock Community Center

CONQUER YOUR CLUTTER!

1 Session Thursday, March 19 10:00am–12:00pm
 Are you moving to a smaller space and find you need to minimize your possessions? Are your closets scary? Do you want to get things organized, but just don't know where to begin? Kathy Engstrom, owner of A Fresh Eye, LLC will help you start bringing order to your chaos. Learn how to attack your clutter, decide what to keep and what to eliminate. Kathy will show you how to create systems that allow you to function more smoothly and keep the clutter under control.
 Resident: \$25 Non-resident: \$35 Comstock Community Center



FLOWER GARDENING: Plan, Plant, Maintain

3 Sessions Thursdays, April 23, 30, May 7 6:30–8:30pm
 Award-winning local gardener, Maureen Hogan Lutz presents her easy and practical approach to creating a breath-taking flower garden. Maureen has been gardening for over forty years. Her garden in Ridgefield was named Best Cottage Garden in 2017 by Country Gardens Magazine. She has cultivated gardens in all Connecticut terrains including clay pots on a deck. Maureen will go through all the steps of beginning a garden and invigorating an existing one. These classes are for all levels of gardeners. A one-time materials fee, payable to the instructor, is \$20.
Session 1 PLAN: Determining the garden's purpose. Choosing the best site. Estimating if your available time is enough for what you want to accomplish.
Session 2 PLANT: Basic fundamentals: Choosing the right tools, determining water access, selecting the right plantings for color, texture, fragrance, and ease of maintenance.
Session 3 MAINTAIN: Watering do's and don'ts, fertilizing, mulching, pruning, deadheading, dividing, staking, pest control, safe pesticides, and disease remedies.
 Go to wiltoncontinuinged.org for more information.
 Individual Sessions Resident: \$35 Non-resident: \$45
 All Three Sessions Resident: \$75 Non-resident: \$90 Middlebrook School–Media Center



GARDENER'S CONDITIONING CLINIC (See page 15)

8 Sessions Mondays & Wednesdays, March 16–April 8 12:30-1:30pm CT Fitness Lab, 396 Danbury Road, Wilton

ESL/GED/High School Diploma/ABE
 For class dates, registration and required information for
 ESL/GED/High School Diploma/ABE
 Visit Stamford Adult & Continuing Education

Languages & Writing

ITALIAN: Beginner—"Impariamo Insieme"

8 Sessions Mondays, February 3–March 30 9:30-10:30am
 Start with the basics! This class is for you if you've had no previous experience with the Italian language. Fundamental vocabulary, pronunciation, and functional grammar will be presented through selected dialogue. Prior to class, purchase "Italian Made Simple: Revised and Updated" by Cristina Mazzone (ISBN-13: 978-0767915397) available online.
 Resident: \$85 Non-resident: \$100 Comstock Community Center

ITALIAN: Beginner—Evenings

8 sessions Thursdays, February 20–April 9 5:30–7:00pm
 This course is a basic introduction to the Italian language and culture. An emphasis will be placed on small everyday conversations, short readings, and listening to easy dialogue you may hear when traveling in Italy. The textbook is "Ultimate Italian Beginner/Intermediate" by Living Language (ISBN-13: 978-1400009671) available online.
 Resident: \$85 Non-resident: \$100 Comstock Community Center

ITALIAN: Beginner Plus—Evenings

Prerequisite: Completed Italian Beginner–Evening class or a basic foundation of Italian.
 8 sessions Tuesdays, January 21–March 10 5:30–7:00pm
 Italian Beginner Plus picks up where Italian Beginner ended at the end of December. We'll continue with conversational Italian, short readings, and listen to the easy dialogue you may hear while traveling in Italy. Be prepared for your trip or just enjoy a beautiful language. Our textbook is "Ultimate Italian Beginner/Intermediate" by Living Language (ISBN-13: 978-1400009671) available online.
 Resident: \$85 Non-resident: \$100 Comstock Community Center

ITALIAN: Conversation I—"Parliamo Italiano"

Prerequisite: Completed Italian Beginner class or a basic foundation of Italian.
 8 Sessions Mondays, February 3–March 30 12:15–1:15pm
 Already have the basics and ready to hold a conversation in Italian? Grow your conversation skills in an engaging and friendly environment. This class will emphasize grammar, correct pronunciation, and dialogue. Prior to class, purchase "Italian Made Simple: Revised and Updated" by Cristina Mazzone (ISBN-13: 978-0767915397) available online.
 Resident: \$85 Non-resident: \$100 Comstock Community Center

ITALIAN: Continuing Conversation II—"Parliamo Più Italiano"

Prerequisite: Completed Italian Conversation I or II class or a good foundation of Italian.
 8 Sessions Mondays, February 3–March 30 10:35am–12:05pm
 This class will expand on conversation skills with emphasis on grammar, correct pronunciation, and dialogue. To capture typical Italian interaction and gestures, we'll view selected scenes from a classic Italian movie. The textbook, "Italian Made Simple: Revised and Updated" by Cristina Mazzone (ISBN-13: 978-0767915397) available online will also be used in this class.
 Resident: \$125 Non-resident: \$140 Comstock Community Center

SPANISH: Beginner

5 Sessions A. Tuesdays, January 28–February 25 10:00–11:30am
 B. Tuesdays, January 28–February 25 6:30–8:00pm
 Learn to LOVE the Spanish language from an Argentine native speaker with an MA in Bilingual Ed., Wilton's very own Señora Vicky! Develop your beginning Spanish speaking and writing ability with basic grammar, verb conjugation, and pronunciation as you dive into this language learning adventure! The primary textbook is "Easy Spanish Step-by-Step" by Barbara Bregstein (ISBN-13: 978-0071463386) available online. Señora Vicky will provide an assortment of additional material as well for use during class time. A materials fee, payable to the instructor at the first class, is \$10.
 Resident: \$110 Non-resident: \$125 Comstock Community Center

Group Discounts

Organize a group of 6 or more students and you will receive your class free.
 All students must participate in the same class.
 Call our office for registration information.

SPANISH: Advanced Beginner

Prerequisite: Completed Beginner Spanish with Señora Vicky or a basic foundation of Spanish.

10 Sessions Wednesdays, January 15–March 18 6:30–8:00pm

Continue on the path of understanding the Spanish language both written and spoken. The homework textbook is "Easy Spanish Step-by-Step" by Barbara Bregstein (ISBN-13: 978-0071463386) available online. Señora Vicky will also provide an assortment of additional materials for class work as well as great recommendations of Spanish language learning resources. A materials fee, payable to the instructor at the first class, is \$10.

Resident: \$210 Non-resident: \$225

Comstock Community Center

SPANISH: Intermediate Conversation

Prerequisite: Completed 2019 Spanish classes with Señora Vicky or a good foundation of the language.

10 Sessions Wednesdays, January 15–March 18 10:00–11:30am

This is where all that hard work pays off! Continue learning the language with Señora Vicky while taking it one step further by practicing useful common phrases and vocabulary as you really dive into the language with basic conversations. We will use a combination of authentic material, real-life situations, and the textbook and CD "Learn Spanish the Fast and Fun Way" Fourth Edition with MP3 CD" (ISDN-13: 078-1438074979). The homework textbook is "Complete Spanish Step-by-Step" (ISBN-13: 978-0071463386) by Barbara Bregstein. Both are available online.

Resident: \$210 Non-resident: \$225

Comstock Community Center

WRITE THAT BOOK!

1 Session Thursday, March 19 6:30–8:00pm

"The scariest moment is always just before you start." –Stephen King, *On Writing: A Memoir of the Craft*. Get around the imaginary obstacles of needing a degree in English, special software or even a computer to tell your story. You only need an idea, a pen or pencil, and paper. Determine your genre and story length. Experiment being a Pantser and an Outliner. Is there a specific time to write? A perfect length of time? Do you research first and write second or vice versa? This class introduces you to the tools. Don't delay any longer. Get your story from your head onto the paper. Now's the time!

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

Wilton High School–Room 6

WRITE THAT BOOK!: There's More!

3 Sessions Thursdays, March 26, April 2, 9 6:30–8:30pm

After choosing a genre, a length, and where and when to write, what's next? What is a social media platform? Why is it necessary? Do you need an editor? Should you self-publish or look for a publisher? Is a contract for a book different from one for a magazine article? There are more pieces of the writing matrix: copyright laws, taxes, writer's block, critiques, writing groups, classes, contests, and conferences. This three-week course will help you decide what you need to do next to get your story out to the world. A materials fee, payable to the instructor at the first class, is \$10.

Resident: \$85 Non-resident: \$100

Wilton High School–Room 6

GRANT WRITING

It is estimated there are over 900 grants offered by twenty-six US Government agencies alone. There are numerous foundations also offering money to assist non-profits, research programs, and small businesses. Applying for a grant is not a "one-size-fits-all" process. Those who take the time to become educated in what is required are the most successful. A to Z Grant Writing, Advanced Grant Proposal Writing, Writing Effective Grant Proposals, and Becoming a Grant Writing Consultant are some of the programs available through Wilton Continuing Education on ed2go. Check out our website, wiltoncontinuinged.org, for more information.

Personal Growth & WellnessNEW!**ASTROLOGY: You're More Than Your Sun Sign**

2 Sessions Thursdays, May 14, 21 6:30–8:30pm

Why don't the Horoscopes in a magazine or online sound like you? Because they aren't you. For example, saying all Leos are alike is like saying everyone with curly hair likes sour pickles. That's just nonsense. Sun Sign Astrology was created as a marketing gimmick to sell newspapers back in 1930, not for giving accurate information. Bring to class your birth date, your birth location and, if you can find it on your birth certificate, the time you were born and learn who you really are. A materials fee, payable to the instructor, is \$5.

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

Wilton High School–Room 6



INSTANT INSIGHT WITH NUMEROLOGY

1 Session Wednesday, February 5 6:30–8:00pm
 Get instant insight into the disposition of acquaintances, co-workers, friends and family. Learn to calculate personality and forecast numbers revealed by birth name and date using simple addition. This is ideal for anyone wanting to relate to people quickly.
 Resident: \$40 Non-resident: \$50 Wilton High School

TAROT CARDS: What Are They Telling You?

1 Session Wednesday, January 29 6:30–8:30pm
 Tarot is a tool for unlocking the subconscious mind, bringing thoughts and feelings into conscious awareness by identifying with the symbols in the cards. Learn how to do a reading for yourself and others. This is a great beginner's class or a refresher for pros! If you have a deck, please bring it or you may purchase a new one in class for \$17. A materials fee, payable to the instructor, is \$3.
 Resident: \$20 Non-resident: \$30 Comstock Community Center–Room 13

TAROT CARDS: An In-Depth Look

1 Session Wednesday, February 19 6:30–8:30pm
 Gain a greater understanding of the Court Cards—King, Queen, Knight, and Page. Court Cards are often the most complex and confusing. Learn to interpret them and how to read the Celtic Cross spread. If you have a deck, please bring it or you may purchase a new one in class for \$17. A materials fee, payable to the instructor, is \$3.
 Resident: \$20 Non-resident: \$30 Comstock Community Center–Room 13

TAROT CARDS: The Major Arcana—The Fool's Journey

1 Session Wednesday, March 18 6:30–8:30pm
 The twenty-one cards of the Tarot's Major Arcana represent life lessons, Karmic lessons, and archetypal themes that influence your life and soul's journey to enlightenment. The only unnumbered card is The Fool. On his journey through the Major Arcana, he meets new teachers and learns life lessons, eventually completing his journey with the World card. Sign up for a fun evening of studying The Fool's Journey and find the life lessons of your personal journey. If you have a deck, please bring it or you may purchase a new one in class for \$17. A materials fee, payable to the instructor, is \$3.
 Resident: \$20 Non-resident: \$30 Comstock Community Center–Room 13

THE HEALING POWER OF MINDFULNESS MEDITATION

2 Sessions Tuesdays, March 17, 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. With instructor Dr. Paul Epstein, find your path to inner peace and serenity, learn to build resiliency, and connect with your true source of inner strength, health, and well-being.
 Resident: \$35 Non-resident: \$45 Comstock Community Center–Room 13

Sports, Fitness & Recreation



TROUT FISHING IN CONNECTICUT

4 Sessions Mondays, March 16, 23 6:30–8:30pm
 Saturdays, April 4, 11 8:00–11:00am
 Connecticut has an abundance of rivers and streams where you can enjoy the rewarding sport of trout fishing. Our expert fisherman conducting the class is Lawrence Frank, a Board Member of the Mianus Chapter of Trout Unlimited, a volunteer conservation group that encourages members to "Conserve, Protect, and Restore." In this class, everything from the type of equipment needed to the proper way to cast will be covered. A materials fee, payable to the instructor at the first class, is \$10. For additional information, go to wiltoncontinuing.org. WCE will email directions to the studio.

Session 1: Introduction to fly fishing, history of Trout Unlimited, equipment, getting a fishing license

Session 2: Equipment (cont'd.), clothing, fishing techniques, fly tying demo

Session 3: Practicing types of casting; rules and etiquette of trout fishing at Merwin Meadows

Session 4: Fly Fishing at Merwin Meadows and/or Schenck's Island

Resident: \$225 Non-resident: \$240 Studio of Lawrence Frank

GOLF FOR BEGINNERS

5 Sessions	A. Thursdays, January 23–February 27	6:30–7:30pm	Wilton High School–Room 119
	B. Thursdays, April 23–May 21	9:30–10:30am	Rte. 7 Tennis Courts

NEW INSTRUCTOR This class is for students new to the game as well as those with some experience on the golf course. Golf equipment will be provided, although students may bring their own clubs. Learn golf swing basics including grip, stance, balance, and posture as well as different shot types. Students will also learn the basic rules and etiquette of golf and how to manage the course like a pro. Practice shots will be hit into a net to help everyone get a feel for the game. Golf itself and even practicing the swing is excellent for one's balance and hand-eye coordination. Students will notice improvement in these areas.

Resident: \$125 Non-resident: \$140



GOLF SWING TUNE UP

3 Sessions	A. Thursdays, March 5, 12, 19	6:30–7:30pm	Wilton High School–Room 119
	B. Tuesdays, April 21, 28, May 5	9:30–10:30am	Rte. 7 Tennis Courts

In these classes, we'll revisit the basics, checking grip, stance, alignment, balance, swing plane and tempo, and then move further into removing any acquired bad habits every golfer inevitably picks up. The end result will be a simpler, more relaxed swing, better contact and straighter, more consistent shots. Hitting real golf balls from an indoor tee into a net as we work will allow everyone to feel the results. From the driver through the sand wedge, we'll work on finding and reinforcing one simple swing that can be counted on time after time. Repetition is key so there will be plenty of shots hit, tuning as we go 'til the best swing emerges.

Resident: \$75 Non-resident: \$90

PILATES

6 Sessions	A. Tuesdays, January 14–February 18	3:30–4:30pm	Wilton High School–Zellner Gallery
	B. Tuesdays, February 25–March 31	3:30–4:30pm	
	C. Tuesdays, April 7–May 19	3:30–4:30pm	

Pilates is an excellent regimen for improving balance, posture and spinal health. It's designed to increase mobility, flexibility, balance and strength while lengthening and toning muscles. Exercises are performed on a mat as well as standing and sitting. We will incorporate props such as balls, rings, light weights, modified barre, and resistance bands in the exercises. Pilates is an excellent workout option for cross-training! Classes are appropriate for all fitness levels.

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

POSTURE CLINIC FOR DESK JOCKEYS

1 Session	Thursday, February 20	6:30–8:00pm	
-----------	-----------------------	-------------	--

Sitting too long in one position can cause DVT–Deep Vein Thrombosis. Did you know it can also cause severe pain to your jaw, neck, shoulders, lower back, and hip? In the Posture Clinic, you will learn how to set up your workstation and sit correctly. Find out the exercises you can do to avoid nerve discomfort, disc pain, and relieve stress. A few simple movements can make you a healthy, pain-free Desk Jockey!

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

Wilton High School–Zellner Gallery
CT Fitness Lab, 396 Danbury Road, Wilton



SKI CONDITIONING CLINIC

8 Sessions	Tuesdays & Thursdays, January 14–February 6	5:30–6:30pm	
------------	---	-------------	--

Our Ski Conditioning program will focus on maintaining a healthy core and strengthening legs throughout ski season and well into the rest of the year. Even though we all physically prepare ourselves for the ski season, we tend to forget the toll skiing can have on backs as well as knees. Get in the best possible condition to make that last run of the day as fun and safe as the first.

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

CT Fitness Lab, 396 Danbury Road, Wilton



GARDENER'S CONDITIONING CLINIC

8 Sessions	Mondays & Wednesdays, March 16–April 8	12:30–1:30pm	
------------	--	--------------	--

How many times after working in your garden have you complained about being sore in muscles you didn't know you had? Gardening is a very physical activity with carrying, hauling, kneeling, bending, lifting, and tugging. This program will help you get the flexibility, strength, core stability, and balance required to tackle big projects and the tedious ones. You will also have more stamina to get more done in your garden and not be so sore the next day.

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

CT Fitness Lab, 396 Danbury Road, Wilton

RACKET SPORT CONDITIONING CLINIC

4 Sessions Tuesdays & Thursdays May 12–May 21 6:00–6:30pm
 Move around the court with agility, balance and grace. You will discover how to minimize injury potential, while also maximizing your power and positioning during ground shots. Find out how corrective exercises can help minimize knee, hip and shoulder pain.
 Resident/Non-resident: \$40 Rte. 7 Tennis Courts

PICKLEBALL WORKSHOP: Beginner

5 Sessions Saturdays, April 18–May 16 9:30–11:00am
 Never played Pickleball or played before and want a better understanding of the basics? The clinic consists of learning basic rules and basic strokes for the first half hour followed by practice games for the last hour. Get an aerobic workout and have fun doing it. Come share the passion, swing a paddle, meet new people, and join in the fun of one of the fastest growing sports sweeping the country!
 Resident: \$60 Non-resident: \$75 Middlebrook School–Tennis Courts

INDOOR TENNIS: Vista Indoor Tennis: Cardio & Match Play Coach Yvonne D’Aquino, Certified USTA & PTR—Tuesdays

8 Sessions Tuesdays, January 7–March 3
 Advanced Beginner/Low Intermediate 10:30am–12:00pm
 Intermediate 12:00–1:30pm
 Resident/Non-resident: \$230 451 Oakridge Drive, South Salem, NY

INDOOR TENNIS: Vista Indoor Tennis: Cardio & Match Play Coach Yvonne D’Aquino, Certified USTA & PTR—Thursdays

8 Sessions Thursdays, January 9–March 5
 Advanced Beginner/Low Intermediate 10:30am–12:00pm
 Intermediate 12:00–1:30pm
 Resident/Non-resident: \$230 451 Oakridge Drive, South Salem, NY

INDOOR TENNIS: Vista Indoor Tennis Coach Ritush, Certified USTA P1—Sundays

6 Sessions Sundays, January 5–February 16
 Intermediate 5:00–6:00pm
 High Intermediate 6:00–7:00pm
 Resident/Non-resident: \$145/Session 451 Oakridge Drive, South Salem, NY

INDOOR TENNIS: Vista Indoor Tennis Coach Ritush, Certified USTA P1—Sundays

6 Sessions Sundays, February 23–March 29
 Intermediate 5:00–6:00pm
 High Intermediate 6:00–7:00pm
 Resident/Non-resident: \$145 451 Oakridge Drive, South Salem, NY

INDOOR TENNIS: Weston Racquet Club—Wednesdays

8 Sessions Wednesdays, January 8–March 4
 Intermediate 10:30am–12:00pm
 Resident/Non-resident: \$345 405 Newtown Turnpike, Weston

INDOOR DAYTIME TENNIS: At Four Seasons Tennis Club

6 Sessions
 Beginner Mondays, January 27–March 9 1:00–2:00pm
 Low Intermediate Tuesdays, January 21–February 25 12:30–2:00pm
 Intermediate Thursdays, January 23–March 5 1:00–2:00pm
 Resident: \$170/1 Hr Session Non-resident: \$185/1 Hr Session
 Resident: \$240/1.5 Hr Session Non-resident: \$255/1.5 Hr Session 589 Danbury Road, Wilton

INDOOR EVENING TENNIS: At Four Seasons Tennis Club—Thursdays

6 Sessions Thursdays, January 23–March 5
 Beginner 5:30–6:30pm
 Low Intermediate 6:30–7:30pm
 Intermediate 7:30–9:00pm
 Resident: \$170/1 Hr Session Non-resident: \$185/1 Hr Session
 Resident: \$240/1.5 Hr Session Non-resident: \$255/1.5 Hr Session 589 Danbury Road, Wilton

Wilton Continuing Education
Box 277
Wilton, CT 06897

NON-PROFIT
U.S. POSTAGE
PAID
WILTON, CT
Permit No. 10
CAR-RT SORT

ECRWSS

Postal Patron

go aheadSM

scan this code for
more information



www.thenextstreet.com/wilton
Call 800.732.8090



THE
NEXT STREETTM

The Best Driving School in Connecticut

Wilton Conservatory of Music

private music lessons for all ages

register at wiltoncontinuinged.org

questions? email Diane Kuczo at conservatory@wiltonps.org



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 School
Extended Day Program
7:00 to 9:00 a.m.

Miller-Driscoll

After School
Extended Day Program
3:30 to 6:30 p.m.

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

Wilton Continuing Education
Box 277
Wilton, CT 06897

NON-PROFIT
U.S. POSTAGE
PAID
WILTON, CT
Permit No. 10
CAR-RT SORT

ECRWSS

RESIDENTIAL CUSTOMER

*go ahead*SM

scan this code for
more information



www.thenextstreet.com/wilton
Call 800.732.8090



**THE
NEXT STREET**TM

The Best Driving School in Connecticut

Wilton Conservatory of Music
private music lessons for all ages

register at wiltoncontinuinged.org
questions? email Diane Kuczo at conservatory@wiltonps.org



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 School
Extended Day Program
7:00 to 9:00 a.m.

Miller-Driscoll
After School
Extended Day Program
3:30 to 6:30 p.m.

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