



**Norwich Regional Adult
Education**

For more information about our Continuing
Education program, please call

860.823.4299

or sign up online at

<https://norwichadulthood.coursestorm.com/>



**NORWICH REGIONAL
Adult Education**

BUILDING BRIGHT FUTURES

Continuing Education Fall 2020

**Online
Classes!**



**Register
Now!**

Due to the nature of online instruction, there will be no refunds issued without a 48-hour notice before course start date.

Norwich Regional Adult Education (NRAE) is committed to a policy of equal opportunity/affirmative action for all qualified persons and does not discriminate in any employment practice, education program, or educational activity on the basis of race, color, religious creed, sex, age, national origin, ancestry, marital status, sexual orientation, gender identity or expression, disability (including but not limited to, intellectual disability, past or present history of mental disorder, physical disability, or learning disability), genetic information, or any other basis prohibited by Connecticut state and/or federal laws. Inquiries regarding NRAE's nondiscrimination policies should be directed to Pamela Faley, School Counselor, 860-823-4299.

All activities offered by NRAE are held in accessible locations. Accommodations for individuals with a disability are available upon request. Please contact Pamela Faley, Counselor 860-823-4299. NRAE is in compliance with Connecticut General Statutes Sec.10-73a and does not charge fees for registration, textbooks, or materials used in mandated program areas.

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View our complete catalog and register at:

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Like us on Facebook!

<https://www.facebook.com/NRAAdultEd>



Health and Wellness

Natural Solutions for a Happy and Health Life

Explore natural solutions to support you and your family's lifestyle. These holistic solutions will help you manage stress and anxiety, physical ailments, nutrition, mental health and relationships while improving peace, acceptance, personal growth and physical well-being. An open mind and willingness to have fun is encouraged!

\$59

Tuesdays, 11/3, 11/10, 11/17, 12/1, 12/8; 6:00—7:00 PM

Practicing Self-Care while working from Home

Working from home unexpectedly due to Covid-19? Learn how to practice self-care while working from home. Self-care is the practice of taking care of yourself to improve your health and well-being.

\$10

Tuesday, 11/03; 6:00—6:45 PM

Beginning Mindfulness

Want to try mindfulness meditation but not sure where to begin? We'll show you how to start, along with some background and applications to your daily life. No meditation experience required.

\$10

Tuesday, 11/10, 6:00—6:45 PM

Introduction to the Seven Chakras

Immerse yourself in a 5-week chakra journey where you will learn the importance of opening and balancing each of your seven energy centers in order to help maintain a healthy vibrant self! All classes will end with a guided meditation focusing on the particular chakra we have discussed.

\$69

Mondays, 11/2, 11/9, 11/16, 11/30, 12/7; 5:30—7:00 PM

Introduction to Reiki Workshop

Reiki, which means "universal life energy" is a Japanese healing technique that is a highly effective form of complementary medicine for physical, emotional, mental, and spiritual health. In this workshop, you will learn the history, and discover how Reiki can be used to heal, harmonize and balance the mind, body, and spirit.

\$19

Thursday, 11/12; 5:30—7:30 PM

Healthy Eating on a Budget

This series of classes explores how you can buy local and what to look for throughout the changing seasons. The first half of this class will be going over the tools and resources you will need to buy local on your budget. The second half of the class the instructor will demonstrate a recipe that includes in-season produce from CT.

\$59

Mon., 11/2, 11/9, 11/16, 11/30, 12/7; 5:30—6:30 PM

Shifting Into an Abundant Mindset

Join us to learn how to bring awareness to where your current frequency is; how to be the observer of your experiences vs. the reactor to your environment; and how to shift into a more aware state of emoting so you can achieve success.

\$59

Mon., 11/2, 11/9, 11/15, 11/30, 12/7; 7:30—8:30 PM

Awakening Your Intuition

In this course you will learn what gut feelings are, and how to understand the messages being delivered to you; how to connect with and listen to the energies around you.

\$59

Wed., 11/4, 11/18, 12/2, 12/9, 12/16; 7:30—8:30 PM

Language

Conversational English

This class will help you improve your speaking skills and fluency. We will focus on building your ability to express yourself in English in various practical situations. You will:

\$89

- Increase your confidence and improve your ability to communicate in English
- Learn new phrases and expressions and Improve pronunciation
- Improve your ability to communicate in English in various social settings.

Mondays and Wednesdays:

11/2, 11/4, 11/9, 11/16, 11/18, 11/30, 12/2, 12/7, 12/9, 12/14; 6:00—7:30 PM



How to Register

All Classes are Online!

Register Online!

View our full course catalog online at
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Arts and Crafts

DIY Burlap Wreath

\$45



Join us to learn how to make this easy burlap wreath that can be decorated for any season. Throughout this course, you will learn how to make a burlap wreath and add some personalization for a special holiday, your front door, or to make as a gift for someone special!

See online for list of materials.

Tuesdays:

11/3, 11/10, 11/17, 12/1; 7:00—8:30 PM

DIY Macrame Wall Hanging

\$59



This form of textile uses knotting instead of weaving or knitting. Join us to make this beautiful wall hanging for your home or as a gift for someone special! Beginners welcome!

See online for list of materials.

Thursdays:

11/5, 11/12, 11/19, 12/3, 12/10 7:00—8:30 PM

DIY Winter Warmth: No-Sew Heating Pad with Hand Warmers and Vapor Rub Sinus Melts

\$15



Looking for something to add a little extra warmth in your gloves while you're outside in the cold? Learn how to make your own hand warmers with no sewing needed! You will also learn how to make your own heating pack to use for sore muscles or just to add a little extra warmth on those bitter cold days. We'll also make sinus melts which are the perfect solution for cough and nasal congestion.

See online for list of materials.

Tuesday:

12/8; 7:00—8:30 PM

Financial Literacy



Financial Recovery After COVID

FREE!

The Covid-19 pandemic has left many families facing financial challenges. Learn how to assess your current financial situation, identify ways to increase income and prioritize expenses, develop a financial recovery plan, and recognize how to guard against credit repair scams.

Monday, 11/2; 6:00—7:00 PM

Budgeting 101

FREE!

Learn what a budget is and how to make it work for you. This class walks you through the process of creating a budget for whatever your situation.

Monday, 11/16; 6:00—7:00 PM

Rebuilding your Savings after an Emergency

FREE!

Emergency situations such as the Covid-19 pandemic or unemployment can cripple your finances and you may find yourself wondering, "How do I start over?" Remember, you're saving for the future! Learn strategies for creating a budget, reducing expenses, and prioritizing your savings.

Monday, 11/23; 6:00—7:00 PM

Culinary Arts

Holiday Entertaining for Less than 10 People

\$69

Join Chef Kim for a culinary adventure in holiday entertaining. The course will include sweet and savory items such as dips, spreads, skewers, and pick-up treats. Cook alongside Chef Kim from your home kitchen.

Mon., 11/2, 11/9, 11/16, 11/30, 12/7; 5:30—7:00 PM

Holiday Gift-Giving Ideas and Recipes

\$69

Join Chef Kim Reynolds in preparing these culinary-based holiday gift ideas including candy, dry spice rubs, vinaigrettes, quick pickled items, soup bases and much more! All recipes and grocery lists will be provided.

Wed., 11/4, 11/18, 12/2, 12/9, 12/16; 5:30—7:00 PM

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Fitness

Kickboxing for Beginners

\$89

Are you ready to punch, kick, and jab your way to excellent shape? This martial arts-based workout combines cardio fitness, speed, and power with boxing moves that challenge every muscle in your body. And the best part? It's a perfect at-home workout! No experience or equipment needed!

Mon. & Wed., 11/2, 11/4, 11/9, 11/16, 11/18, 11/30, 12/2, 12/7, 12/9, 12/14; 6:00—7:00 PM

Adult Beginner Ballet

\$59

Always wanted to learn ballet? Or want to revisit the fundamentals? This class level provides simple ballet barre and center floor exercises that can be explored in the comfort of your own home or private space. Easy to learn French terminology and beautiful classical music accompanies the class. Wearing ballet shoes for class enhances the ballet experience.

Tuesdays, 11/3, 11/10, 11/17, 12/1, 12/8; 5:30—6:30 PM

Beginners' Yoga

\$59

If you're curious about yoga and are looking to give it a try, this 5-week series will be a great start. The first 45 minutes of class will be introducing you to basic yoga poses. Each week we'll focus on 1-2 new poses and will build off of what we learned the previous week. The next ten minutes will be left for mindfulness/meditation practice, a key part of our yoga practice. The last 5 minutes of class will be left for open discussion and questions about yoga.

Mondays, 11/2, 11/9, 11/16, 11/30, 12/7; 5:30—6:30 PM

Yoga for Postural Alignment

\$59

Do you sit long hours for work? Do you notice or experience postural problems? This yoga class can help! With a solid foundation inspired by Anusara Yoga, this Hatha Yoga class focuses on alignment of the spine and shoulders using anatomical principles to support healthy body posture. Experience restful breathing exercises, flow-based combinations of postures, deep focused and well-placed asanas, finishing with restorative poses and meditation. Anytime of the day, this class can rejuvenate and energize and it can help you maintain a healthy and mindful approach to your everyday life.

Thursdays, 11/5, 11/12, 11/19, 12/3, 12/10; 5:30—6:30 PM



Business and Career

Paraprofessional Readiness and Exam Preparation

\$69

Ever wanted to work with children? Being a paraprofessional in a school setting may be the career for you! If you're preparing to be a school paraprofessional, this class can help you be ready for success! Each class is based on standard content specifications, including practice test questions and detailed explanations. You'll learn how to apply your knowledge and respond to questions you may encounter.

Wednesdays, 11/4, 11/18, 12/2, 12/9, 12/16; 6:00—7:30 PM

Facebook for Business

Discuss why a business, non-profit, group or organization should utilize Facebook, explain how to start a business page and how that is different than a personal page, and discuss best practices for managing Facebook for your business.

Monday, 11/9; 6:00—7:00 PM



FREE!

Technology

Tips and Hacks for Using Zoom

\$19

Want to have a better experience during your Zoom video conferences? Check out the tips and tricks in this class to help you make the most of your Zoom experience.

Wednesday, 11/18; 5:30—7:30 PM

Basic Computers

\$59

This PC-based class will teach the basics of owning and maintaining a computer at home. Topics covered include basic computer settings, Microsoft Office and the Microsoft Suite of tools, Google and the Google suite of tools, internet security and safety, maintaining your computer.

Mon., 11/2, 11/9, 11/16, 11/30, 12/7; 6:00—7:00 PM

Introduction to Excel

\$59

Learn to excel in Microsoft Excel! In this course you will learn to make your life easier by using the built in functions of Excel to make a budget, plan a vacation, and build a comparison sheet for a big purchase. You will also learn the basics of graph making and formatting to make your data beautiful!

Wed., 11/4, 11/18, 12/2, 12/9, 12/16; 6:00—7:00 PM

