

Adult Programs



Belly Dance (Ages 16-Adult)

Belly dancing, a mystical dance form emphasizing expressive movements, is a fun way to tone your body from head to toe! Participants will move through a warm-up series, classic belly-dance moves, and a cool-down period, engaging your mind and muscle as you learn isolation techniques of this dance. Tuesdays classes are for true beginners, come start with the basics and have fun! Thursday's classes are for those with experience, start putting the pieces together into routines. Socks or slipper-like dance shoes are required.

Instructor: Ann Kozikowski
Location: CC Fitness/Dance Studio
All levels: 5:30-6:30 p.m.
Per Session Fee: \$63 for residents, \$73 for non-residents

BEGINNER CLASSES

Session 1 Dates: Tues., Sept. 15-Oct. 20 (6 classes)
Activity #: 210046-A
Session 2 Dates: Tues., Oct. 27-Dec. 8 *no class 11/3 (6 classes)
Activity #: 210046-B

ADVANCED CLASSES

Session 1 Dates: Thurs., Sept. 17-Oct. 22 (6 classes)
Activity #: 210046-C
Session 2 Dates: Thurs., Oct. 29-Dec. 10 (6 classes) *no class 11/26
Activity #: 210046-D

Beginner Pickleball Lessons

Join Jay Gregorzek to learn the fundamentals and skills necessary to play the game and have fun doing it! Jay has played in national Pickleball Tournaments receiving a gold medal, 2 silver and two bronze medals. Space is limited to 4 participants.

Instructor: Jay Gregorzek
Location: Sunny Acres Park (2 courts)
Dates: (210065-A) Thurs., Sept. 17-Oct. 1 (3 classes)
Times: 12-1:45 p.m.
Fee: \$23 for residents, \$33 for non-residents



Advanced Pickleball Lessons

Join Jay Gregorzek to learn the fundamentals and skills necessary to play the game and have fun doing it! Jay has played in national Pickleball Tournaments receiving a gold medal, 2 silver and two bronze medals. Space is limited to 4 participants.

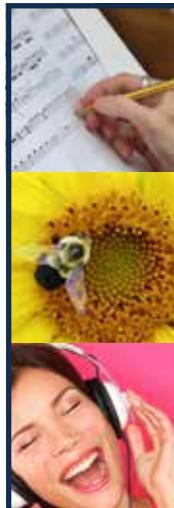
Instructor: Jay Gregorzek
Location: Sunny Acres Park (2 courts)
Dates: (210065-B) Tues., Sept. 15-29 (3 classes)
*no class 10/13
Times: 12-1:45 p.m.
Fees: \$23 for residents, \$33 for non-residents

Stay tuned for Winter 1-day Pickleball Clinics for beginner and advanced players.

DO YOU HAVE A HIDDEN TALENT? AN AMAZING SKILL?

Are you interested in teaching a class?

Mansfield Parks and Recreation is seeking part time quality instructors for a variety of programs from gardening workshops, to preschool music, to nature adventure classes for kids, and more! Great for stay at home parents, those who work part time, and retired enthusiasts. Does this sound like you? If you have an idea for a class, let us know! Visit www.mansfieldct.gov/jobs and submit a program proposal through the "General Program Instructor" job posting.





V **NEW!** Mindful Minute with Art (All Ages)

TAKE A MINUTE FOR YOURSELF! Or twelve minutes to be exact. This weekly video series encourages participants of all ages to start a practice of mindfulness by encouraging time to breathe, stretch, and reflect all while looking at and learning about art. Participants will interpret the geometry, angles, and balance of famous artworks while turning their bodies into living sculptures for one minute poses. All ages welcome. This is a self-pace class where videos can be watched at any time at your own convenience. More information at registration.

Instructor (Content Creator): *Reagen O'Reigaekn* is a practicing visual artist living in Ashford, CT. She has her MFA from UCONN and works as an Adjunct Professor and Museum Educator. She strives to bring the joy of art-making to the classroom. Her lessons introduce contemporary and historical artist/art movements. Her teachings encourage inquiry-based learning, experimentation, and patience in building muscle memory. When she is not teaching or in the studio she enjoys kayaking with her family, camp fires, canning, and watching nature.

Location: Virtual Program
Date: Sun., Oct. 5-Nov. 30 (9 weeks-videos available every Sunday evening)
Fee: \$45 for residents; \$55 for non-residents
Activity #: 230002-A

See Community School of the Arts section for additional art programs! Starting pg. 41

NEW! Exploring Photography

Have you always wanted to learn how to take great photographs with a digital camera and/or your mobile phone? If so, this is the class for you! Take this class and learn tips and tricks on how to capture visually compelling shots and breathtaking moments with your devices! Students will learn about basic photo editing with paid and free software, camera settings (automatic vs manual modes), types of lenses (prime vs zoom), focus & basic equipment tips, and much more! This class will also include fun outdoor assignments in which will then be discussed and worked on in class.

Instructor: *Milton Levin*
Location: CC Arts & Crafts Room
Dates: Mon., 9/21 – 11/2 (6 classes) *no class 10/12
Time: 6-7 p.m.
Fees: \$48 for residents, \$58 for non-residents
Activity #: 210080-A

Crafting Your Memoir

Whether you've started your memoir, or need guidance and inspiration to begin, this program will be a great stop on your story-telling journey. Guided exercises and prompts will spark inspiration and lead you to use memories in a creative and constructive way, and to think critically and constructively about your own and others works. Opportunities will be provided to all participants to reach and workshop their own writing with the group. Bring what you've started, or workshop from the prompts, and come tell your story. Composition notebook provided.

Instructor: *Janet Dauphin* is an experienced creative writing instructor who has led classes at several community colleges.
Location: CC Arts & Crafts Room
Dates: Fri., Sept. 18-Nov. 20 (10 classes)
Time: 9:45-11:30 a.m.
Fees: \$90 for residents, \$100 for non-residents
Activity#: 210009-A



V Morning Tea with Mr. Darwin:

The Darwin Family Abolitionist Tradition

In 1772 a royal court decided that slavery did not exist under English law causing the practice of holding slaves to diminish. The Slave Trade Act 1807 abolished the slave trade in the British Empire and the Royal Navy began to intercept slave ships in the Atlantic. The Slavery Abolition Act of 1833 outlawed the practice throughout the empire. From the late 18th century, Charles and Emma Darwin's families were ardent abolitionists. Emma's grandfather, the ceramics producer Josiah Wedgwood I, was especially prominent and created a porcelain cameo with an abolitionist message that became widely fashionable. Charles' attitudes against slavery were hardened by his experiences in Brazil where slavery was legal when he visited there on the Beagle voyage. This presentation will recount his family's abolition efforts and his experiences with slavery. The lasting impression these experiences made on his political and scientific thinking will be described. Darwin kept abreast of developments in the US Civil War and in correspondence with Harvard botanist Asa Gray and they both exchanged views on the detested practice of slavery. The effects of his work on later discussions of race and civil rights will also be considered.

Instructor: Mr. Darwin will be portrayed by Professor *Kenneth Noll*. Prof. Noll of Microbiology at the University of Connecticut has been portraying Darwin for over 4 years. Dr. Noll's research is in the evolution of microorganisms and microbes that live in very hot environments.
Location: Virtual Program
Date: Sat., Oct. 24
Time: 10-11:30 a.m.
Fee: \$6 for residents, \$16 for non-residents
Activity #: 210031-A



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Virtual Language Classes

Adult Programs

V Learn French with Short Stories for Beginners (Ages 17+)

Learn French through Storytelling online! This course is designed for the Beginner's level. Students explore short stories in the present tense. Thorough (both written and oral) beginning student's understanding of the story and the dialogue. There is an emphasis on vocabulary and speaking in the target (French) language. Students will be required to purchase a book of one page Stories in French with comprehension and conversational questions. More information at registration.

Instructor: *Dr. Valerie Ursin* is an experienced educator who has been teaching French for 13 years. She received her PhD from University of Connecticut and is a Connecticut professional Educator. She earned the professional certification endorsement for French (#108) and has taught all levels from beginner to Honors French 5.

Location: Virtual Program
Dates: Wed., Sept. 9-Nov. 18 (10 classes)*no class 11/11
Time: 6-7 p.m.
Fee: \$80 for residents, \$100 for non-residents
Materials Fee: \$8 for 21 mini-contes French by Tom Alsop and Page Curry
Activity #: 210020-A

V French for Beginner (Ages 17+)

An introduction to French language and culture for the adult learner! Come learn the fundamentals of French pronunciation, grammar and culture, presented in a balanced method, using listening, speaking, reading and writing skills. The importance of communication and cultural awareness is stressed via various activities (group work, video, audio recordings, etc). This class is designed for students with limited to no knowledge of the French language/culture.

TEXTBOOK PURCHASE REQUIRED: Viola: A course in French for Adult Beginners by Jacqueline Gonthier and Crispin Geoghegan

Instructor: *Dr. Valerie Ursin*, see bio under "Learn French with Short Stories"
Location: Virtual Program
Date: Tues., Sept. 8-Nov. 10 (10 weeks)
Time: 1-2 p.m.
Fees: \$80 for residents, \$100 for non-residents
Activity #: 210016-A



V Italian (Ages 18+)

Always wanted to learn a new language? Participants in this class will be introduced to the Italian language and to the culture of Italy through a relaxed online class.

Students of Intermediate levels (Level 2, 4, and 7): Required to purchase books "Qui Italia 1" and Qui Italia 2"

Instructor: *Margherita Balsamo* is a native of Italy, where she visits her family as often as possible. She graduated from the University of Padua (IT) and then lived in Germany for several years before moving to the United States some years ago. She taught Italian adult classes in Germany including classes at the Ruhr University of Bochum (Germany). She enjoys learning new languages herself. She has two kids who are growing up successfully trilingual. Margherita loves to teach about her country and her culture with a lot of humor.

Location: Virtual Program

BEGINNER LEVEL 1

Dates: Wed, Oct. 7-Dec 16 (10 classes)*no class 11/18
Time: 12:15-1:45 p.m.
Fee: \$95 for residents, \$105 for non-residents
Activity #: 210011-A
 No book required for Level 1

BEGINNER LEVEL 2

Dates: Fri., Oct. 9-Dec. 18 (9 classes)*no class 11/20
Time: 12:15-1:45 p.m.
Fee: \$86 for residents; \$96 for non-residents
Activity #: 210014-A

BEGINNER LEVEL 4

Dates: Fri, Oct. 9-Dec 18 (10 classes)*no class 11/20
Time: 12:15-1:45 p.m.
Fee: \$95 for residents, \$105 for non-residents
Activity #: 210012-A

BEGINNER LEVEL 7

Dates: Wed., Oct. 7-Dec. 16 (10 classes)*no class 11/18
Time: 12:15-1:45 p.m.
Fee: \$95 for residents, \$105 for non-residents
Activity #: 210013-A



Venice, Italy