

MIDDLETOWN
ADULT
EDUCATION

FALL
2023

Believe
to
Achieve





DON'T MISS THESE CLASSES!

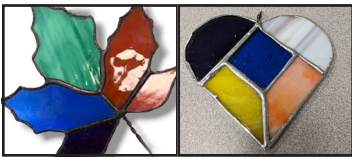
ARTS & CRAFTS



BEGINNING BASKET WEAVING



PAINT YOUR PET



STAINED GLASS



SOY CANDLE MAKING



WIRE WRAPPING SEA GLASS

ASTRONOMY



SOURDOUGH



CINNAMON ROLLS



BAGELS

GOLF FOR MEN & WOMEN



CAREER TRAINING



SERV-SAFE FOOD HANDLER'S CERTIFICATE TRAINING

LEARN2EARN

CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning

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MISSION STATEMENT

Middletown Adult Education is dedicated to the service and growth of each student and committed to the belief that all students may achieve success.

A Regional Adult Education Program
Administered by the Middletown
Board of Education in Cooperation with area
Boards of Education serving Middletown,
Cromwell, East Haddam/Moodus, East
Hampton, Madison, Old Saybrook, Portland,
Rocky Hill, Regional District #4 (Chester, Deep
River, Essex Centerbrook, Ivoryton), Regional
District #13 (Durham, Middlefield, Rockfall),
Regional District #17 (Haddam, Higganum,
Killingworth), and Westbrook. Providing aca-
demic programs; early childhood classes; family
education; workplace education; enrichment
classes; assessment services; and counseling.

VISIT OUR WEBSITE:

WWW.MAECT.ORG

- View and download current catalog
- Register for classes
- Get directions to our locations

Please Note: We do not mail confirmations. However, if you provide your email address we will email your confirmation.

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BE THE
NEXT GED
SUCCESS
STORY

860-343-6044

GENERAL INFORMATION

Program Accessibility

All activities offered by Middletown Adult Education are held in accessible locations. Accommodations for individuals with a documented disability are available upon request. Please contact Joe Lawlor, Middletown Adult Education (860) 343-6044 for further assistance.

Sexual Harassment Policy

The Middletown Board of Education has developed a policy regarding sexual harassment. For more information, call Associate Superintendent Dr. Jada Waters at (860) 638-1469.

Statement of Non-Discrimination

The Middletown Board of Education is an affirmative action/equal opportunity employer, and it does not discriminate on the basis of race, color, religious creed, age, marital status, civil union, military or veteran status, national origin, ancestry, sex, gender identity or expression, sexual orientation, or past or present physical or mental disability in any of its education programs, activities, or employments policies. All educational programs and offerings, including vocational education and extracurricular activities, subscribe to this policy. Dr. Jada Waters, Director of District Operations, has been designated to handle inquiries regarding the district non-discrimination policies and may be reached at 311 Hunting Hill Avenue, Middletown, CT 06457; Phone (860) 638-1469.

Mandated Programs

Include: High School Completion Program, ABE, ESL and Citizenship.

Note: For mandated programs only, there is no fee for registration, books or materials to any adult enrolled in the ABE, ESL, High School Completion and Citizenship Programs.

Student Regulations

- Smoking is not permitted in any public school buildings in Middletown.
- Refreshments are not permitted in the classrooms, hallways or lavatories.
- Parking for 398 Main Street is available directly behind the building (Mellili Plaza).

Endorsement of Teachers

The employment of instructors by Middletown Adult Education does not constitute endorsements of goods or services provided by instructors in their private jobs or business. Please contact the Adult Education office (860) 343-6044 if you have any questions regarding this matter.

For the latest COVID-19 Information from the state of CT,
please see <https://portal.ct.gov/Coronavirus>

Get the latest information from the Middletown Health
Department at www.middletownct.gov

Disclaimer

Middletown Adult Education is not responsible for typographical errors. Every effort is made to provide clear and accurate information and to adhere to the original information presented herein. However, when changes are necessary, we reserve the right to make those changes as needed.

Certificate of Attendance

A Certificate of Attendance is available from the Adult Education office when requested through the instructor. For further information, call the Adult Education office at (860) 343-6044.

GED® Test Accommodations

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact Sharon Muldowney, 860-343-5597 or you may contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2111.

Directions

Call (860) 343-6044 for directions or check the website www.maect.org.

Confirmations & Receipts

We do not automatically mail confirmations. Your receipt is your canceled check or credit card charge. Unless notified, classes will run as scheduled. If you would like a confirmation, please send a self-addressed, stamped envelope. If you register online, confirmations can be printed from our web page and saved as a receipt.

Class Cancellation (due to weather)

Middletown: Whenever the Middletown Public Schools are closed due to bad weather, Adult Education classes do not meet. Listen to radio stations WTIC AM 1080, WMRD AM 1050, Channel 8 (WTNH), or Channel 30 (WVIT). Should snow or inclement weather develop during the day, class cancellations are announced by late afternoon. Canceled classes will be made up by adding an additional session.

Cancellations will be listed on our website:

www.maect.org.

TO ERR IS HUMAN... AND WE ARE.

We are not responsible for typographical errors.

ADULT EDUCATION STUDENTS AND RECENT GRADUATES

Make an appointment with MAE's Career Navigator,
Madelyn Cruz, at Macruz@maect.org for a variety of Career Services.

REGISTRATION

LAST NAME	FIRST NAME
ADDRESS	
CITY, STATE, ZIP	
HOME PHONE	WORK PHONE
EMAIL	

Course Number	Course Title	Date	Time	Fee
Processing Fee				\$4.00
Total				

Please list all names of individuals included on this registration.
Email confirmations will be provided with an email address. Please note class location, as we use several sites. **Registration is ongoing.**



Refund Policy: NO REFUNDS.
Exception: If we cancel a class, a full refund will be issued.

<p>Phone: (860) 343-6044 or (860) 343-5012 Online: www.maect.org</p> <p>Mail or Stop By: Middletown Adult Education 398 Main St., Middletown, CT 06457 Mon.–Fri. 9 am – 3 pm</p>	<p>Make Check payable to MAE</p> <p><input type="checkbox"/> Cash <input type="checkbox"/> Check <input type="checkbox"/> Visa <input type="checkbox"/> MasterCard</p> <p>CARD NO. _____</p> <p>EXP. DATE _____ VERIFICATION CODE _____</p> <p>SIGNATURE _____</p>
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DIRECTIONS

Bus Trip Parking Locations

Farm Hill School, 390 Ridge Road, Middletown

From Rt. 9 North or South, take Exit 11. Go left at the end of the exit. Go through a blinking light, then at the 2nd stop light take a right onto Ridge Rd. Continue until stop sign. Farm Hill School is on the right. Park in the rear of the building.

Middletown Adult Education Center (MAE)

398 Main Street, Middletown

The MAE Center is in the heart of downtown Middletown, near shopping and restaurants. The entrance is adjacent to the rear entrance for the Main Street Market and Malloves Jewelers. Parking is in the Mellili Plaza parking lot on Washington Street, between Main Street and Rt. 9. From Main Street, turn onto Rt. 66 heading towards Rt. 9. Take your 1st right and the parking lot is on the left. From Rt. 9, take exit 23C and cross the RR tracks. After one-half block, take a left, and the entrance to MAE is straight ahead.

Old Saybrook Facility

Middletown Adult Education Center (MAE)

210 Main Street, Old Saybrook

REFUND POLICY

The ONLY FULL REFUNDS permitted are those dictated by the COMPLETE cancellation of the class due to low enrollment. No other refunds will be honored.

Please allow at least one month for processing.

Visit: www.maect.org

MIDDLETOWN

Superintendent

Alberto Vazquez Matos
Ed. D., Ph.D

BOARD OF EDUCATION

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Melanie W. Foley
Career Developer
Madelyn Cruz



Finish your High School Diploma!

www.maect.org or
call 860-343-6044

ARTS



NEW

The Art of Paper Quilling

MARCY KAPLAN

The Art of Paper Quilling dates back to ancient Egyptian times, and found its way to America by way of the Pilgrims. Join Serial Quiller Creations to learn how to create your own beautifully paper quilled seasonal snowflake ornament. Great gift for someone special, hang on your own tree for the holidays or embellish a gift. Class fee includes all paper supplies, classroom use of quilling tools and a 5x7 shadow box frame for the artwork.

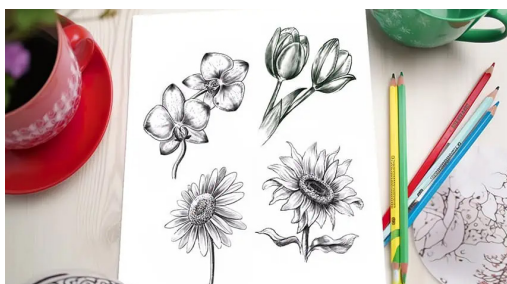
THURS. 6:00-8:30 PM NOV. 16
1 CLASS ROOM 119 ARS 102
\$48 CLASS FEE

Paint your Pet Watercolor Class

NANCY ROMAN, a Connecticut portrait artist

Come and create a portrait of your family pet, in 2 hours, no experience necessary. Please bring a "5 x 7" photo of your pet, a color copy is just fine. Because of the technique we will use to draw the pet, your photo needs to be 5x7. If you have a picture but don't have that size, Nancy can help you if you let her know in advance. A close-up of your pet's face is best, but you can also use a full-length picture. Either will work. If you'd like to attend, but don't have a pet or picture, that's okay. Nancy will have several photos to choose from that you can paint. All materials will be provided, paint, paper, brushes, etc.

THURS. 6:30-8:30 PM OCT. 5
1 CLASS ROOM 207 ARS 101
\$45 CLASS FEE



NEW

Basic Drawing

ERIKA MIKULSKI

Beginning drawing. Basic tools and techniques to get you started with any project. During our four weeks we will explore the aspects of composition, from layout to color. Please bring a sketch book and pencils. There are no rules just what you want to use! Optional: Instructor will have a sketchbook kit available for a \$25. Call 860-343-6044 if you are interested in purchasing the kit before class starts.

WED. 6:30-8:00 PM STARS OCT. 4
4 CLASSES ROOM 119 ARS-100
\$54 CLASS FEE

NEW

Advanced Acrylic Pouring Techniques

NINA MURPHY

Pre-requisite: Attended the Intro class or have experience with acrylic pouring class. Now that you've been introduced to the beauty of Acrylic Pouring, use the learned techniques and instructions to take your work to the next level. We'll explore two color dynamics and color mixing on the canvas, stenciling and masking to create personal art pieces from photos and/or drawing. We'll, use dried acrylic paint "skins" to create shapes to use on canvases and everyday objects. Finish your work using embellishments/mixed media, framing and surface protection for your beautiful, finished pieces. Classes include a kit with gloves/aprons for cleanup, all required materials for each session and a way to transport your pieces home. Bring your desire to continue exploring this creative art form! Cash materials fee of \$50 is due to the instructor the first night of class. Class is limited to 8 students.

TUES. 6:00-7:30 PM STARTS OCT. 3
4 CLASSES ROOM 207 ARS 201
\$54 CLASS FEE

"The journey of a thousand miles begins with a single step."

LAO TZU

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Learn to Knit or Crochet

PAMELA ROOSE, Specialty Hand Knits and Yarn

Join Pamela at her yarn shop and learn to knit or crochet a scarf. Materials fee of \$25 payable to instructor first night of class. Includes pattern, choice of yarn, needles or crochet hook. If you have your own needles for knitting project bring a size 8 and if crocheting project bring a size I. Make these for yourself or to give as a gift for the upcoming holidays. Any questions, please contact Pamela at 860-788-2715.

MON. 6:00-8:00 PM STARTS OCT. 16
3 CLASSES CRA 108
88 COURT STREET, MIDDLETOWN
\$56 CLASS FEE

Intro to Acrylic Pouring

NINA MURPHY

Learn some techniques and receive instructions to discover your inner artist with exciting medium. Using everyday items, you'll create your own wonderful, abstract artwork you'll be proud to frame. You'll begin exploring with materials/products and pouring techniques. Paint delivery systems, color choice & style, canvas size & shape, & framing/finishing. In this 4-week course, you'll receive a kit including gloves, aprons, cups, mixing sticks, canvases, paints and required additives as well as items for delivering paint to the canvas to finish several beautiful pieces. Everything is provided, bring only your desire to learn something new and get creative. Cash materials fee of \$50. due to instructor at the first class. Class is limited to 8 students

MON. 6:00-7:30 PM STARTS NOV. 13
4 CLASSES ROOM 119 ARS 200
\$54 CLASS FEE

Basic Digital Photography

MATTHEW KABEL

This hands-on photography class covers any digital camera and related accessories you own (or hope to own). Covered topics will include the ideal selection of shutter speed, lens aperture, white balance and exposure; learn your camera menus and settings so you can consistently achieve the high-quality photographs you expect from the camera and yourself; photographic composition and lighting taught as well. The use of accessories such as memory cards, batteries, lenses, flash and tripods will be covered. Downloading, basic image editing and backing-up files will be touched upon as well. Please bring camera with charged battery, the instruction book and any accessories needed. Any questions contact Matthew Kabel, Phototeacher@snet.net

TUES. 6:30-9:00 PM STARTS OCT. 3
4 CLASSES ROOM 106 ARS 104
\$90 CLASS FEE

Advanced Camera Techniques & Practice with your Digital Camera

MATTHEW KABEL

Topics covered in this class may include: Close-up/Macro photography, portrait photography, drop collision photography, night/low light photography, time exposure/time lapse photography, stop-action photography, supplemental lighting, composition, HDR, panoramas. Also, covered: camera menus, sensor cleaning; choosing and using accessories (i.e., filters, tripods, remotes, and software/memory cards/back-up), etc. This class is for any brand of digital interchangeable lens camera or select advanced fixed lens cameras, NOT point & Shoot type (if unsure what type you own, please contact teacher before registering). Matthew Kabel, Phototeacher@snet.net. Please bring camera with charged battery, any accessories you need, and instruction book to class.

TUES. 6:30-9:00 PM STARTS NOV. 7
4 CLASSES ROOM 106 ARS 105
\$90 CLASS FEE

CRAFTS

Beginning Basket Weave Class (Muffin Basket)

NANCY KALOS, Wesleyan Potters

Introduction to Basketry, perfect for new basket weavers. Begin exploring the world of basketry by weaving a flat-reed basket that measures (10 "long, 6 1/2 "wide, 4 1/2 "high), which can be used in a variety of ways. Shaping will be emphasized and students can personalize their basket by selecting from a variety of accenting colors available at class. This basket has a colorful chain pattern embellishing its circumference. Upon completion of this course, students will be able to build on other basketry techniques and the use of other weaving materials. A material fee of \$15 is payable to the instructor on the first day of class. Tools for making the basket will be provided by the instructor for use during the class.

TUES. 6:00-8:30 PM STARTS SEPT. 26
3 CLASSES ROOM 113 CRA 109
\$70 CLASS FEE





NEW

Advanced Basket Weave (Checkered Market Basket)

NANCY KALOS, Wesleyan Potters

Please note: This basket class is for students who have completed a beginner level basket class.

Students will be introduced to three-rod wale weaving and learn the steps to embellish handles and sides. This useful basket measures approximately 12" long, 8" wide, 8" high to the rim ("D" handle is 12" high). Materials fee of \$25 is payable to instructor first night of class.

WED. 6:00-8:30 PM STARTS OCT. 11
3 CLASSES ROOM 113 CRA 110
\$70 CLASS FEE



Soy Candle Making

LAURIE LYNNE, Creative Girl Studios

Learn how to hand pour your own soy candles. You will make two finished candles that will burn over 25 hours each. You can choose from 150 available scents. You can choose a color as well. Decorations and labels will be provided. Materials fee of \$25 payable to instructor night of class.

WED. 6:30-8:30 PM OCT. 25
1 CLASS ROOM 110 CRA 205
\$29 CLASS FEE

NEW

Wire Wrapping Sea Glass

LAURIE LYNNE, Creative Girl Studios

In this fun beginner workshop, you will choose from many colors of wire and a great selection of sea glass to create two of your very own pendant necklaces. Wire, glass, use of all tools included in the materials fee of \$25 payable to instructor night of class. Make for yourself or as a gift for the upcoming holidays.

MONDAY 6:30-8:30 PM NOV. 13
1 CLASS ROOM 110 CRA 206
\$29 CLASS FEE



NEW

Making Sugar Scrubs

LAURIE LYNNE, Creative Girl Studios

In this fun workshop learn how to make your own exfoliants. Great for gardeners, mechanics and everyone's feet. Many recipes will be discussed. You will leave with two different complete body scrubs. Essential oils, sugar, jars, and add-ins like rosebud, lavender, etc. will be included in the materials fee of \$15 payable to instructor night of class.

MON. 6:30-8:30 PM NOV. 20
1 CLASS KITCHEN CRA 207
\$29 CLASS FEE



"Nothing is impossible. The word itself says, 'I'm possible!'"

AUDREY HEPBURN

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NEW

Clay Handled Opener or Wine Stopper

LAURIE LYNNE, Creative Girl Studios

In this fun workshop learn how to make your own clay handled bottle stopper or bottle opener. Choose from a huge array of different color clay. Steel components, clay and all tools included in the materials fee of \$25, payable to instructor night of class. You will leave with your finished item that evening.

MON. 6:30-8:30 PM

1 CLASS KITCHEN

\$29 CLASS FEE

DEC. 11

CRA 208

STAINED GLASS CLASSES

Moravian Star Workshop

SARA SEGOVIA

Students will learn the basic technique of cutting and assembling intricate designs of stained glass, to create their own 3D hanging star. No experience necessary. All tools will be provided. Materials fee of \$15 payable to instructor on the first night of class.

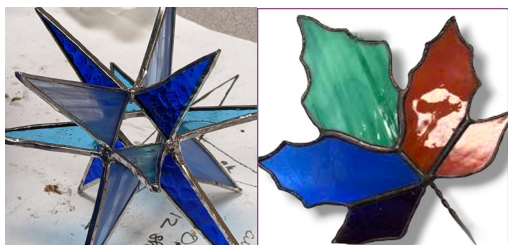
MON. 6:00-8:30 PM

2 CLASSES KITCHEN

\$36 CLASS FEE

STARTS NOV. 6

CRA 111



Stained Glass Suncatcher

SARA SEGOVIA

Learn the basic techniques of cutting glass and assembling these intricate designs. Students will choose from a heart or leaf pattern to create their own hanging suncatcher. No experience necessary. All tools will be provided. Materials fee of \$15 payable to instructor on the first night of class.

WED. 6:00-8:30 PM

2 CLASSES ROOM 119

\$36 CLASS FEE

STARTS OCT. 4

CRA 112

FELTING CLASSES

FOLLOWING CLASSES ARE TAUGHT BY ELENA GIBSON

No previous felting experience is necessary.



Wooly Woodland Critters

In this class, you will have the opportunity to create two or more charming miniature felted critters. You will start with one basic shape and learn how to use a special barbed needle to transform it into a variety of animals, such as a mouse, fox, hedgehog, squirrel, or owl. In addition, you will use the wet felting technique further to enhance the shape and firmness of the figure. Materials fee of \$20 payable to instructor night of the class.

WED. 6:00-9:00 PM

1 CLASS ROOM 110

\$32 CLASS FEE

OCT. 18

CRA 101

Felted Gnomes Ornaments

In this workshop, you will create a pair of charming miniature felted gnome characters. You will learn how to transform sheep wool with a special barbed needle into a firm felted figure emphasizing facial features. In addition, you will use the wet felting technique to fashion their pointy hats and further enhance the shape and firmness of the figure. The gnomes can be finished as hanging ornaments or as free-standing sculptures. Materials fee of \$20 payable to instructor night of the class.

WED. 6:00-9:00 PM

1 CLASS KITCHEN

\$32 CLASS FEE

NOV. 8

CRA 102

“Ambition is the path to success. Persistence is the vehicle you arrive in.”

BILL BRADLEY

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NEW

Felted Arctic Critters

In this class, you will have the opportunity to create two charming miniature felted critters. You will start with one basic shape and learn how to use a special barbed needle to transform it into an animal such as a seal, polar bear, wolf, or penguin. In addition, you will use the wet felting technique further to enhance the shape and firmness of the figure. Materials fee of \$20 payable to instructor night of the class.

WED. 6:00-9:00 PM
1 CLASS KITCHEN
\$32 CLASS FEE

NOV. 29
CRA 103

CAREER TRAINING PROGRAMS

Serv-Safe Food Handler's Certificate Training Course

AMARILYS SALUK, CDM, CFPP
Serv Safe Instructor

Become a Certified Food Handler (CFH) for your school, business or restaurant. You will learn basic food safety practices for preparing and serving. A final examination is administered and graded by the National Restaurant Association. Issuance of a Food Handler's Certification will likely result in better performance on the job and higher wages. Class fee includes the textbook, exams, and certification with a passing grade.

MON. 6:00-8:00 PM STARTS OCT. 16
4 CLASSES ROOM 101B CTP 101
\$200 CLASS FEE

COOKING

Please note: Due to the preparation necessary for these cooking classes, No Cancellations or credits will be issued. You may send a substitute if you can't attend.

These cooking classes will be a combination of demonstration and hands-on. Recipes will be handed out at each class and tasting is a requirement! Please bring materials fee night of class.



NEW

Learn to Make Sweet Crepes

TINA, PERK ON MAIN

Call for details!

"It's supposed to be hard.
If it wasn't hard, everyone
would do it. The hard is
what makes it great."

JIMMY DUGAN,
"A LEAGUE OF THEIR OWN"

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NEW

Holiday Marshmallow Treats

MICHELLE FABRICANT, owner of Marshmallow Factory

Come join Michelle as she demonstrates making amazing gluten and nut free marshmallow treats for the holidays. On the menu will be chocolate peppermint bark and "lumps of coal". There will be time for a Q & A and sampling. There is a materials fee included in the price of this class as you will be taking delectable treats home.

TUES. 6:00-7:30 PM

1 CLASS KITCHEN

\$25 CLASS FEE

NOV. 14

COK 107



NEW

Thanksgiving Pumpkin Pie Cookie Platter

PRISCILLA HARNESK

Impress your family and friends with dessert for Thanksgiving! Learn to make this pumpkin pie cookie platter. You will learn techniques to flood the cookie, learn to use a petal and star tip and a stencil. Materials fee of \$20 payable to instructor night of class. Fee includes pumpkin pie cookie and tray, as well as recipes for sugar cookies and royal icing.

THURS. 6:30-8:00 PM

1 CLASS KITCHEN

\$22 CLASS FEE

NOV. 16

COK 105

NEW

Holiday Cookies

PRISCILLA HARNESK

Learn to decorate beautiful holiday cookies. You will learn to outline, flood and detail. Transfers, stencils and embossing will also be covered. \$20 materials fee.

TUES. 6:30-8:00 PM

1 CLASS KITCHEN

\$22 CLASS FEE

DEC. 5

COK 106



Sourdough Bread Baking -101

SUZANNE GREENWALD

Over the course of 4 weeks you will develop a starter and practice baking of 3 different breads all without using commercial yeast. This will be a hands-on class and you will make and take projects home after each class. This class will be good for beginners as experienced bakers looking for something new. You will need to bring a large metal mixing bowl to bring back and forth to each class. Hand-outs will be available. A onetime materials fee of \$20 payable to instructor first night of class.

WED. 6:00-9:00 PM

4 CLASSES KITCHEN

\$78 CLASS FEE

STARTS OCT. 4

COK 101

"Success is the sum of small efforts, repeated day in and day out."

ROBERT COLLIER

EARN YOUR GED

Call Today:
860-343-6044



BUS TRIPS

TRIPS ARE PRESENTED BY FRIENDSHIP TOURS. THEY ARE TAKING CAREFUL MEASURES SO YOU CAN TRAVEL WITH PEACE OF MIND.

- Face Masks are not required at this time, but that is subject change.
- Bus trips are non-refundable, no exceptions! So be sure to check your dates before registering.

SUNDAY, SEPTEMBER 17, 2023



Long Island Sound Gold Coast Lighthouses & Mansions Lunch Cruise aboard the Skyline Princess

Spend a beautiful fall day on the Skyline Princess that will depart from The World's Fair Marina in Flushing, NY. Relax and enjoy a 3-hour narrated cruise along the Gold Coast of Long Island. So, what is considered the Gold Coast of Long Island? The Gold Coast is New York's Long Island bordering Long Island Sound and is known for its rich estates and wealthy occupants. Highlights include the Stepping Stones, Execution Rocks & Sands Point Lighthouses, Impressive Gold Coast Mansions, Historic Forts Totten & Schuler. While cruising, enjoy a buffet lunch, sample menu: Caesar Salad, Fresh Baked Rolls, Braised Boneless Short Ribs,

Lemon Grilled Chicken, Potato, Vegetable, Vegetarian Selection, Gourmet Cakes, Desserts & Coffee.

TRIP FEE: \$166

(Includes deluxe motor coach transportation, buffet lunch, boat ride, all gratuities and a Friendship Tour Director.)

DEPARTS: 8:30 AM FARM HILL SCHOOL 390 RIDGE RD. MIDDLETOWN, CT

ESTIMATED RETURN: 6:00 PM

BUS 104

SATURDAY, OCTOBER 21, 2023

The Turkey Train Winnepesaukee Railroad



Enjoy a nostalgic train ride along the shores of Lake Winnepesaukee in New Hampshire. Relax on board the train as we watch the boats on the lake and enjoy the scenery as we travel roundtrip from Meredith, NH. We will make a quick stop at the NH Liquor Store prior to boarding the train. Hart's Turkey Farm will be providing their famous home style turkey dinner on board the train. Menu includes: Turkey, potato, gravy, stuffing, cranberry sauce, rolls vegetable, dessert and beverage. Following our train ride, you will visit Mill Falls Marketplace, a collection of shops along with a stop at Ben & Jerry's Ice Cream Shop.

TRIP FEE: \$160

BUS 101

Trip includes motor coach, 2-hour train ride on the Winnepesaukee Scenic Railroad from Meredith, NH, a turkey dinner served on board and catered by Hart's Turkey Farm, gratuities and Tour Director.

DEPARTS: 8:00 AM FARM HILL SCHOOL, 390 RIDGE ROAD, MIDDLETOWN, CT

ESTIMATE RETURN: 8:00 PM

SATURDAY, DECEMBER 9, 2023



New York Botanical Garden Holiday Train Show

Move over Manhattan! New York's other seasonal event goes on parade with popular Holiday Train Show at the New York Botanical Garden. Wrapped in the glow of twinkling lights, model trains and trolleys zip along over winding tracks past scaled replicas of New York Landmarks. Orange slices, cinnamon sticks, poppy pods, pine cones and a host of plant materials are used to

create the more than 140 architectural reproductions. The Statue of Liberty, Ellis Island, The Brooklyn Bridge and Yankee Stadium are just a few examples. See the gingerbread houses and ongoing demonstrations. Stop at the café and gift shop. Spend time on Arthur Avenue, known as "Little Italy", where you can have lunch on your own and a chance to purchase wonderful Italian pastries, pasta, and goodies at the Italian Markets.

TRIP FEE: \$132

BUS 102

Trip includes motor coach, entrance into Botanical Garden, tour director and gratuities.

DEPARTS: 8:00 AM FARM HILL SCHOOL, 390 RIDGE ROAD, MIDDLETOWN, CT

ESTIMATE RETURN: 6:30 PM

ADVANCED SOURDOUGH CLASSES

SUZANNE GREENWALD

Please note: These classes are for those who have taken Sourdough Bread 101 or have experience making Sourdough Bread. Everyone should bring a bowl, and an active starter.



NEW Sourdough Bagel Class

In this one-night class we will learn to make delicious bagels. Please bring an active starter, and a mixing bowl, and a materials fee of \$5.

WED. 6:00-9:00 PM NOV. 8
1 CLASS KITCHEN COK 102
\$32 CLASS FEE



Sourdough Cinnamon Roll Class

In this class we will make wonderful sourdough cinnamon rolls. Please bring an active starter and a mixing bowl, and a materials fee of \$5.

WED. 6:00-9:00 PM NOV. 15
1 CLASS KITCHEN COK 103
\$32 CLASS FEE

DANCE

Zumba

BETHANY TY

Zumba is exercise in disguise. Zumba is a dance fitness class that incorporates Latin and international music and dance movements which create a dynamic, exciting workout. This class combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique balance of cardio and muscle toning. You will use lightweight maraca-like toning sticks for some of the routines to enhance sense of rhythm and coordination, while toning target zones, including arms, core and lower body. Dancers and non-dancers are welcome.

SESSION 1:
MON. 6:30-7:30 PM STARTS SEPT. 18
6 CLASSES ROOM 207 DAN 104
\$62 CLASS FEE

SESSION 2:
MON. 6:30-7:30 PM STARTS NOV. 6
7 CLASSES ROOM 207 DAN 105
\$72 CLASS FEE

LANGUAGES

Intro. To Italian

MARY SARACENO

Learn to speak Italian. Oral drills will encourage the beginner to develop speaking and listening skills. Learn practical vocabulary and expressions, and understand real travel situations and cultural differences. Good choice for business, travel or personal growth. Cost of textbook (Italian Made Simple) is included in the price of class.

SESSION 1:
MON. 6:00-8:00 PM STARTS SEPT. 18
6 CLASSES ROOM 211 LAN 105-1
\$125 CLASS FEE

SESSION 2:
MON. 6:00-8:00 PM STARTS NOV. 6
6 CLASSES ROOM 211 LAN 105-2
\$115 CLASS FEE

Intermediate/ Advanced Italian

MARY SARACENO

Continue to learn Italian. Oral drills will encourage the beginner to develop speaking and listening skills. Learn practical vocabulary and expressions, and understand real travel situations and cultural differences. Good choice for business, travel or personal growth. Textbook used is Italian Made Simple

SESSION 1:

WED. 6:00-8:00 PM STARTS SEPT. 20
6 CLASSES ROOM 211 LAN 106-1
\$120 CLASS FEE

SESSION 2:

WED. 6:00-8:00 PM STARTS NOV. 1
6 CLASSES ROOM 211 LAN 106-2
\$120 CLASS FEE

Intro. To Spanish

MARY SARACENO

Have fun as we explore the language, culture, music and food of Spain and Latin America! Emphasis is placed on developing oral and travel vocabulary and expressions. Cost of textbook (Spanish Made Simple) is included in the price of class.

SESSION 1:

THURS. 6:00-8:00 PM STARTS SEPT. 21
6 CLASSES ROOM 211 LAN 108-1
\$125 CLASS FEE

SESSION 2:

THURS. 6:00-8:00 PM STARTS NOV. 2
6 CLASSES ROOM 211 LAN 108-2
\$115 CLASS FEE

NEW

Intermediate/ Advanced Spanish

MARY SARACENO

Continue to learn Spanish. Oral drills will encourage the beginner to develop speaking and listening skills. Learn practical vocabulary and expressions, and understand real travel situations and cultural differences. Good choice for business, travel or personal growth. Textbook used is Spanish Made Simple.

SESSION 1:

TUES. 6:00-8:00 PM STARTS SEPT. 19
6 CLASSES ROOM 211 LAN 109-1
\$120 CLASS FEE

SESSION 2:

TUES. 6:00-8:00 PM STARTS NOV. 7
6 CLASSES ROOM 211 LAN 109-2
\$120 CLASS FEE

MONEY MATTERS



Retirement Readiness Review

RYAN MORRISSEY

In this course you'll learn how to: determine the amount of money you need to retire, determine when you can retire, understand how to make the most of your company retirement plan, and set up your estate so your final wishes are carried out. However, money is only one aspect of retirement planning. This course blends financial education with life planning to help you determine what values are important to you and align your money with your values and goals. This course includes an illustrated textbook to help you follow along and take notes.

SESSION 1:

TUES. 6:15-9:15 PM OCT. 17 & OCT. 24
2 CLASSES ROOM 104 MON 103
\$66 CLASS FEE

SESSION 2:

THURS. 6:15-9:15 PM OCT. 26 & NOV. 2
2 CLASSES ROOM 207 MON 104
\$66 CLASS FEE

“Optimism is the faith that
leads to achievement; nothing
can be done without hope
and confidence.”

HELEN KELLER

EARN YOUR GED

Call Today:
860-343-6044

MUSIC

Guitar Classes

FRANK NATTER

Class will be held in person, limited to 10 students. Students must be 13 years and older to participate.

For all of the guitar classes students must provide their own guitar and music stand. Suggested materials: an electronic tuner & *The Total Acoustic Guitarist* by Frank Natter, Jr. ISBN -10:7390-3851-6. You can purchase the book from the instructor night of class, on Amazon, or The Middlesex Music Academy on 440 Main Street, Middletown, CT has the textbook

Beginning Guitar Part 1

This hands-on class will get you going on the guitar. It covers essential chords, important strumming patterns, and progressions of chords found in many well-known songs. You will learn how to decipher chord diagrams, guitar tablature and other systems used to notate guitar music. Beginning with short examples, you'll build skills that will later allow you to play entire songs and you will have the opportunity to practice these skills in context with classmates.

MON. 7:30-9:30 PM STARTS SEPT. 18
6 CLASSES ROOM 208 MUS 101
\$115 CLASS FEE

Beginning Guitar Part 2

This session applies the knowledge learned in Part 1 to well-known songs. These are demonstrated and examined section by section. By the end of the session, you will know several important songs and be able to play them in context with the class.

MON. 7:30-9:30 PM STARTS NOV. 6
6 CLASSES ROOM 208 MUS 101-1
\$115 CLASS FEE

“Believe you can and you’re
halfway there.”

THEODORE ROOSEVELT

**FINISH YOUR HIGH
SCHOOL DIPLOMA!
860-343-6044**

Advanced Guitar

Advanced Guitar starts to examine riffs and tricks-of-the-trade that add interest and define the styles and songs of the guitar repertoire. Fingerstyle and pick playing techniques will also be examined more closely. You will get to take a look at elements that make music work such as scales and harmony. You will also begin to develop skills for soloing and have the opportunity to improvise in context with other classmates.

Advanced Guitar Part 1:

This class will focus more on songs and styles that are of common interest to the class. Students will continue to play together and get the opportunity to take on different roles: rhythm, lead, and a hybrid of both.

MON. 5:30-7:30 PM STARTS SEPT. 18
6 CLASSES ROOM 208 MUS 102-1
\$115 CLASS FEE

Advanced Guitar Part 2:

This session picks up from where Part 1 leaves off and focuses on songs and styles that are of common interest to the class. Students will continue to play together and get the opportunity to take on different roles: rhythm, lead, and a hybrid of both.

MON. 5:30-7:30 PM STARTS NOV. 6
6 CLASSES ROOM 208 MUS 102-2
\$115 CLASS FEE

WELLNESS

Yoga -All Levels

KAREN SEVENOFF

**This class will be held in person and virtually!
When registering indicate your preference!**

This class is suitable for beginners and those with a little experience under their belt. This class will include breath control techniques and physical exercises, which will help you achieve relaxation and vitality. This dynamic yoga class will help to build your strength, flexibility, balance and mental focus. This class is a guidance to help transform the body and mind into complete wellbeing. Bring a water bottle and yoga mat and any props you might want to use for your practice.

SESSION 1:
WED. 6:00-7:00 PM STARTS SEPT. 13
7 CLASSES ROOM 207 WELL 101
\$75 CLASS FEE

SESSION 2:
WED. 6:00-7:00 PM STARTS NOV. 1
7 CLASSES ROOM 207 WELL 102
\$75 CLASS FEE

PUBLIC INTEREST

Introduction to Astronomy

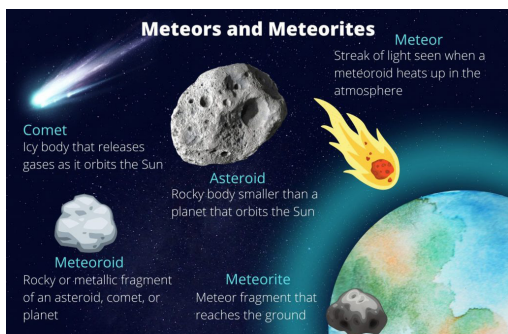
JASON ARCHER & JOHN MESZAROS

The Stars have aligned. Come to the Glastonbury Planetarium and enjoy live this series of four fast paced classes that offer an introduction to the science of astronomy. Classes can be taken individually or the full series.

(SERIES OF 4 CLASSES IS \$89)
TO REGISTER FOR THE SERIES
PLEASE CALL 860-343-6044.

THE PLANETARIUM IS LOCATED AT THE:
GLASTONBURY EAST HARTFORD MAGNET
SCHOOL, 95 OAK STREET, GLASTONBURY.
Enter at the main school entrance. The planetarium
entrance is just inside to the left. Doors will open at
6:30 pm

**Please Note: You must arrive 6:30-6:45 pm, as
class starts promptly at 7:00 pm after which the
planetarium doors are closed. They cannot accept
late arrivals.**



NEW

Fire & Ice: Asteroids, Comets & Meteors

Impacts have reshaped the Earth's surface and are clues to the formation of our solar system. Both terrifying and beautiful, comets, asteroids and meteors have caused destruction and also been the bringer of life. Explore these mysterious objects, where they are found, what they are made of and the clues they offer to our past and future.

THURS. 7:00-9:00 PM
1 CLASS
GLASTONBURY PLANETARIUM
\$25 CLASS FEE

SEPT. 21
PUB 101

NEW

How Do You Get to Alberio?

The night sky contains 88 official constellations and hundreds of deep sky objects. In this session we'll teach you how to find your way through the seemingly disorganized night sky to find constellations, deep sky objects, stars and more. There's more than meets the eye in the night sky.

THURS. 7:00-9:00 PM
1 CLASS
GLASTONBURY PLANETARIUM
\$25 CLASS FEE

OCT. 26
PUB 102

NEW

Exoplanets

Planets are not unique to our solar system. Since the discovery of the first planet orbiting another star in 1995 we have found thousands of exoplanets. We'll explore the variety of exoplanets found so far and the techniques used to find them. Is there life on other planets? Come find out.

THURS. 7:00-9:00 PM
1 CLASS
GLASTONBURY PLANETARIUM
\$25 CLASS FEE

NOV. 16
PUB 103

NEW

Moons

The moon is our closest neighboring world. You can see it nearly every night. But how much do you know about the moon? Learn about its formation, geology, and geography, and how to find its most prominent features with a telescope, binoculars, or even just your eyes. We'll also go into the history of moon observation. And we'll move farther out to discuss the other fascinating moons of our solar system, including the Galilean moons of Jupiter and the unique moons of Saturn, Neptune, and Uranus.

THURS. 7:00-9:00 PM
1 CLASS
GLASTONBURY PLANETARIUM
\$25 CLASS FEE

DEC. 21
PUB 104

"All dreams are within reach.
All you have to do is keep
moving towards them."

VIOLA DAVIS

EARN YOUR GED

Call Today:
860-343-6044

RECREATION

Golf

Following classes will introduce you to golf skills and technique. Classes will be held at the Golf Center at Lyman Orchards, 700 Main Street Middlefield, CT 06455. For directions please call (860) 398-6480.

Students are asked to bring golf clubs if they have them. If they do not have clubs, clubs will be provided. It is recommended that students not buy new clubs before the class. Equipment will be reviewed, you will experience a static club fitting which will allow the instructor to make an informed recommendation for equipment purchases.

- In the five one-hour classes you will be exposed to everything in order to play your first or next round of golf.
- Program will cover the basic fundamentals of the grip, stance, posture, golf swing, short game, golf rules & etiquette.
- Lessons will include on-course activities on the Apple Nine Course at Lyman Orchards



Men's Playing Through Golf

MON. 1:00-2:00 PM STARTS SEPT. 11
5 CLASSES REC 201

WED. 12:00-1:00 PM STARTS SEPT. 13
5 CLASSES REC 202

FRI. 10:00-11:00 AM STARTS SEPT. 15
5 CLASSES REC 203

GOLF CENTER AT LYMAN ORCHARDS
\$169 CLASS FEE

Golf Fore Women

TUES. 12:00 – 1:15 PM STARTS SEPT. 12
5 CLASSES REC 101

TUES. 5:15-6:30 PM STARTS SEPT. 12
5 CLASSES REC 102

WED. 10:00 -11:15 AM STARTS SEPT. 13
5 CLASSES REC 103

THURS. 12:00-1:15 PM STARTS SEPT. 14
5 CLASSES REC 104

THURS. 5:00-6:15 PM STARTS SEPT. 14
5 CLASSES REC 105

FRI. 5:00-6:15 PM STARTS SEPT. 15
5 CLASSES REC 106

SAT. 10:30 -11:45 AM STARTS SEPT. 16
5 CLASSES REC 107

SAT. 12:45 -2:00 PM STARTS SEPT. 16
5 CLASSES REC 108

SUN. 11:45 AM – 1:00 PM STARTS SEPT. 17
5 CLASSES REC 109

GOLF CENTER AT LYMAN ORCHARDS
\$169 CLASS FEE

BASIC SKILLS PROGRAM

MIDDLETOWN ADULT EDUCATION • WWW.MAECT.ORG

Have you been out of school for a while? Would you like to improve your reading, writing or math skills? Are you trying to get a new job or promotion? Maybe you have some personal goals that require better reading, writing or math. The Middletown Adult Education ABE Program might be for you!



WHAT WE OFFER

- Free assessment to help determine your needs
- Free classes
- Convenient day and evening classes
- Online classes are available

WHO IS ELIGIBLE

- Individuals 17 years of age or older
- Individuals no longer enrolled in school
- Individuals lacking a high school diploma
- Residents of towns listed on page 3

CLASS LOCATIONS & TIMES

MIDDLETOWN: 398 Main Street
Monday - Friday Days
Monday & Wednesday Evenings



EVEN START FAMILY LEARNING PROGRAM

The Middletown Even Start program is an NAEYC accredited program. It recognizes that the parent is the child's first and most important teacher. We support this by bringing parents in need of adult education and their toddlers (ages 12 weeks - 3 years) together in a dual generational learning program. Parents and their children can share the excitement and joy of learning together! The Even Start program provides early childhood education, adult academic instruction, parenting classes, and a monthly home visit. In addition, our families have the opportunity to work with our Career Developer for placement in job certificate programs, and apprentice training programs. The program supports the parent-child relationship and enhances parenting skills through parenting classes and daily parent and child activities.

FAMILY LEARNING COMBINES:

- « Adult Education (Adult High School, GED, ABE, ESL)
- « Early Childhood Education, NAEYC
- « Parent and Child Together Activity
- « Parenting Class
- « Collaboration with Community Services (Including Middletown Family Resource Center, ACES of Middlesex County, Diaper Bank of CT)

**Middletown Adult Education
Family Learning Program,
398 Main Street**



**For Even Start Family Learning
Information, Call (860) 343-6044**

PHONE (860) 343-6044 • FAX (860) 343-3865



**Even Start Family Learning is a
partner of the Middlesex United Way**

BRIAN MARSHALEK, 2023 CLASS SPEAKER

(See his story on pg. 25)



HIGH SCHOOL COMPLETION

***WE HAVE TWO WAYS! CHOOSE THE
PROGRAM THAT'S BEST FOR YOU.***

AHS-CDP: (Adult High School Credit Diploma Program)

Complete a minimum of 25 credits and earn a Middletown Board of Education Adult High School Diploma!

- Transfer previously earned credits
- Complete online classes
- Attend credit classes
- Day and evening classes

GED®: (General Educational Development) Diploma Program

Complete a series of national standardized tests and earn a State of Connecticut High School Diploma!

- Registration available at Middletown Adult Education
- Free practice tests
- Free preparation classes

**Call (860) 343-6044 to register
for all academic programs.**

WE OFFER:

- FREE Academic Counseling
- FREE Career Counseling
- FREE Vocational Counseling
- Confidential Services
- Online classes are available

COUNSELING SERVICES

Do you need some assistance in deciding which program is right for you? Come in and talk to us!

ACADEMIC PROGRAMS ARE FREE OF CHARGE TO RESIDENTS OF THE FOLLOWING TOWNS:

Middletown • Cromwell • Durham • Middlefield/Rockfall • Deep River • Chester • Essex • Centerbrook • Ivoryton • East Haddam/Moodus • East Hampton • Haddam/Higginum • Killingworth • Madison • Old Saybrook • Portland • Rocky Hill • Westbrook



CREDIT DIPLOMA PROGRAM



THE ADULT HIGH SCHOOL OFFERS SPECIALIZED SERVICES:

- Internet resources
- Individualized and group instruction
- Need-based educational planning
- Student-centered curricula
- Addresses individual learning needs
- Teacher support through mentoring

ADULT HIGH SCHOOL CREDIT DIPLOMA PROGRAM (AHS-CDP)

For Adults 17 and over
(withdrawn from day school)

- AHS Classes: English, Math, Science, Social Studies, Electives
- Online Classes
- Credits for Prior Learning
- Credits for Work Experience or Training
- Credits for Military Experience
- Credits for Community Service
- Family Learning Activities
- Counselors, Peer Support

Daytime: Monday through Friday
Evening: Monday and Wednesday
398 Main Street, Middletown

AHS-CDP Classes are
also available at:
210 Main Street, Old Saybrook

**For more information about
these sites, call (860) 343-6048**

**Want to earn your
high school diploma?
We can help.**

Scan the code and let's get started.



PHONE (860) 343-6044 • FAX (860) 343-3865

GED® PREPARATION PROGRAM



GED® (GENERAL EDUCATIONAL DEVELOPMENT)
STATE OF CONNECTICUT HIGH SCHOOL DIPLOMA

This program prepares adult learners to pass the 4-part, computer-based GED exam to earn a State of Connecticut High School diploma. We provide instruction in each of the four subject areas: Science, Social Studies, Math and Reading/ Language Arts as well as basic computer skills. Instructors will also review the official website, ged.com where students can access related exam information, resources and exam registration procedures. We offer instruction in English at all sites and in Spanish at the Old Saybrook site.

To register for the GED exam, you must be at least 17 years old and officially withdrawn from school for 6 months. All 17 and 18-year olds must submit a withdrawal form with a parent or guardian signature. **To begin the GED registration process, you register on-line at GED.com and complete the process in person at our Main Street site in Middletown.**

To register for our free classes and complete your State of Connecticut High School diploma, please call (860) 343-6048 to begin registration.

¡Prepare para el GED en español!

Una clase se ofrece en Old Saybrook. Llame a 860-388-1281 para más información. Estamos abierto entre las ocho y mediodía de lunes a Viernes. El examen también se ofrece en español.

Important note: Pre-registration for classes is required!

CLASS LOCATIONS & TIMES

Old Saybrook, 210 Main Street
Call 860-388-1281
Monday through Fridays
Days & Evenings by appointment

Middletown, 398 Main Street
Call 860-343-6048
Monday through Friday Days
Monday & Wednesday Evenings

EXAM REGISTRATION FEE:

For applicants over the age of 21: \$13.00 fee (non-refundable)

For veterans and applicants under the age of 21: no fee.

Students who would like a copy of their transcript will find transcript request forms online at <http://portal.ct.gov/sde>

STUDENT SUCCESS STORIES

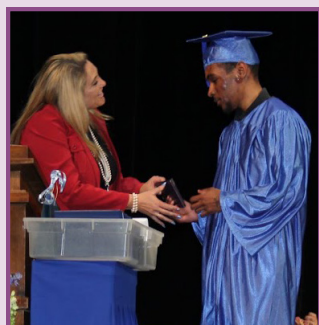
BRIAN MARSHALEK (CLASS SPEAKER)

Brian is not only a scholarship recipient, but also the Class Speaker for the class of 2023. He impressed all his teachers with his dedication to learning and his perseverance in the face of adversity. Despite some upheavals in his life, he has successfully completed the GED tests, while also working at The Rushford Center. He hopes to attend Connecticut Community College in the fall to further his education in that field. "I never gave up on myself! Whatever your age, don't ever give up on yourself! I did it! We did it! Congratulations class of 2023!"



TEAGAN SWEENEY

Teagan is a Middletown Adult success story. While attending traditional high school, she found it difficult to stay motivated and engaged. Coming to adult education turned things around for her. In her own words, "I found so many opportunities and learned so many new skills. I don't want my education to stop here. I can't wait to further my education and learn more." Teagan will be attending Connecticut Community College in the fall and looks forward to exploring multiple learning opportunities.



STONE DIXON

Stone is a highly motivated, determined learner who had to juggle work and school while studying for his GED tests. After successfully passing all the tests, he took advantage of the STEAMTrain program, which is giving him training in information technology. He is planning on continuing his education after completion of this program and hopes to pursue a career that will allow him to give back to the community.



ARANXA YURIANA AGUILAR

Aranxa was born in Mexico and came to the US when she was 21 yrs old. Shortly after arriving in the US, and needing to support her family of six, Aranza began employment at a restaurant where she had to take two buses there and back. Aranza knew she needed to learn English if she wanted to move ahead since she did not speak or understand any English. She immediately enrolled in ESL(English as a Second Language) at Middletown Adult Education and was able to

get a job at Middlesex Hospital. With the help of Middletown Adult Education, she was able to enroll in the WIOA youth program, which is a Federal Funded Program, (Workforce Innovations Opportunity Act) and receive a scholarship to attend college. She just finished her Pharmacy Tech Training and will be taking the National Pharmacy Technician Certification. In Aranza's words "she is very grateful to Middletown Adult Education and that this is just the beginning".

ESL

WHAT IS THE ESL PROGRAM

- Listening, speaking, reading and writing instruction for non-native English language learners.
- Basic language and cultural skills for life and work in the United States
- Academic skills for higher education and training.

**For registration or more information
call (860) 343-6044**

ESL CLASS LOCATIONS & TIMES

Middletown, 398 Main Street

Mon. through Fri. Days • 9 am–12 pm
Mon. and Wed. Evenings • 6–8:30 pm

Old Saybrook, 210 Main Street

Mon. and Wed. Evenings • 6–8:30 pm
Tues. and Thurs. • 1–4 pm

Rocky Hill, Griswold Middle School

Tues. and Thurs. Evenings • 6–8:30 pm

CITIZENSHIP

WHAT IS THE CITIZENSHIP PROGRAM?

- Prepares students to fulfill USCIS (US Citizenship and Immigration Services) requirements for citizenship

CITIZENSHIP CLASS LOCATIONS & TIMES

Middletown Site Only (398 Main Street)

Call for Start Dates, Monday Evenings • 6–7:30 pm

**Call for information:
(860) 343-6044 (Ext. 3870)**



BUS TRIPS

SEE DETAILS INSIDE!



Long Island Sound
Gold Coast Lighthouses
& Mansions
September 17, 2023



The Turkey Train
Winnepesaukee Railroad
October 21, 2023



New York
Botanical Garden
Holiday Train Show
December 9, 2023

PRESORT STD
NON-PROFIT
US POSTAGE
PAID
BRIDGEPORT CT
PERMIT #140

MIDDLETOWN ADULT EDUCATION

398 Main Street,
Middletown, CT 06457



**Pursue
Something New!**
**Register for an
enrichment class.**

**Register at
maect.org**

Find us on 