



A Note from our Director

Happy Holidays! This is my favorite time of year! It brings me so much joy and comfort and reminds me how lucky I am. I have my health, my family and my dearest friends. I do not take any of that for granted. It is the time to unwind, reflect, and take some much needed space to take care of yourself and rejuvenate for the New Year. No matter what steps you take to get there, it is imperative to do so in order to be your best self. This holiday season, I encourage you to hug your people tight, cherish the laughs, the games, the food, and even the disagreements. I am looking forward to our long standing traditions, and I am elated to be starting new ones with my grandchildren. We go see the lights, we decorate gingerbread houses, and they will be my co-judges in our first annual chopped-style scrambled egg competition! For the adults, we play games, we have a talent show, and each family wears matching pajamas for a prize as well. When I was raising my kids, I did not realize the traditions and expectations I was creating at the time. Here we are, almost 40 years later, and they still want their stockings stuffed, brand new, crisp dollar bills taped to their presents, and all of their gifts wrapped by me. (I take pride in my wrapping presentation. Custom bows and tags included!) Anyway, however you choose to celebrate, do it with love and compassion. Be kind to yourself. I hope your holiday is special and your New Year is filled with light.

With love,
Dr. Diane D. Clare-Kearney



Weekly Poll

When does the Holiday Decor come down?!

They day after Christmas 🎄

New Years Day 🎉

February something??? 💕

Loading...

CHRISTMAS FOREVER 🎄🕯️

The Grinch Lives Here 📺

📅 Voting ends in 3 days

👁️ Votes are anonymous but results are public

Meet MA&CE

Meet Kristen!

As the Credit Diploma Program Counselor, Kristen ensures our students are on the clearest, quickest path to graduating. Did you know the credits you earned in high school can be transferred to Adult Ed? Pick up right where you left off in high school, no matter how many years have passed. Kristen is empathetic, organized, and committed to students success! She embodies what it means to be a counselor and has been exactly what our Credit Diploma students need.



Continuing Education Classes



Mom & Me: Stretch and Play

Take advantage of some one-on-one time with your tot to explore their bodies and minds. We will introduce stretching, balancing, jumping, and body awareness to your little one through a variety of activities from the comfort of your own home. Suitable for ages 18 months-3 years.



Arms & Abs

This Arms and Abs class focuses specifically on the upper body and core muscle groups. We will be using weights, 5lbs or less, and body weight to show how much can be accomplished with very minimal equipment. Let's sweat together! Suitable for all ages and levels!



Facebook & Instagram for Business

This virtual class is for business owners looking to create an online presence on social media and reach a targeted audience for their business.



Intro to Facebook & Instagram

This class will teach you how to use Facebook and Instagram. It is perfect for newbies, retirees or current Facebook and Instagram users looking to explore the vast features of these social media platforms for personal or business use.



Soy Candle Making

Calling all candle lovers! Love high quality candles but hate the price? This class is for you! Learn how to create your very own soy candles! In this workshop, every detail will be reviewed. You will have the opportunity to create two candles that burn over 25 hours each. Choose from over 150 different scents and an assortment of colors. A non-



REGISTER HERE!

[Register here and receive a 20% Employee Discount!](#)

*refundable \$25 cash materials
fee is due to the instructor the
first night of class.*



10 Questions with...

10 Questions with Joe



Current Events

Enter to Win FREE PIZZA for a YEAR!!!

"Did anyone order me a plain cheese?" WE'RE DOING IT AGAIN! Manchester Adult and Continuing Education wants to give you free pizza for a year! Every month* in 2024, you'll get a large cheese pizza from a pizzeria in town! That's 12 pizzas from 12 of our amazing local restaurants! Woodbridge, Mulberry, Pepe's, Husky, and more!!!

To enter, tag 3 friends you'd share a slice with. Must be following [@manchesteradulted](#) to win! Happy Holidays everyone!

**Winner will be chosen 1/5/24. Vouchers will be available for pickup on the first business Monday of each month. Good luck!*



Trimester 2 Welcome Back Dinner

Our ESL and Credit Diploma students and staff enjoyed Jamaican Cuisine catered by our Culinary Arts class.

Pictured below: Jason Rojas spoke with our students and opened up the floor for any questions.



Spirit Week Celebrations



The evening ESL classes celebrated Heritage Day by sharing typical food and music from their countries. We have students representing: Colombia , Peru , Ecuador , Nicaragua , Haiti , Albania , Morocco , Mexico , China , India , Bangladesh , El Salvador , Guatemala and Myanmar.

Enjoy this [slide show](#) that features highlights from the rest of our spirit filled week at MA & CE!

Congrats Grad!

We are so proud of Rachel for completing her Bachelors Degree from CCSU, all while working full-time doing Data and Tech Support. We are so grateful you are apart of our team!



Field Trip Fridays

Gingerbread House Festival

Last week, our Pavilions ESL Program took a trip to the South Windsor Library to enjoy the Gingerbread House Festival. Enjoy some of the pictures below!





Teacher's Take

Kassandra's Take on How she builds confidence in our ESL Students

"As their case manager, I do my best to eliminate additional barriers while still empowering their native language. I just recently helped a student get back on her feet so she could come back to classes. I helped connect her with some resources and translated when necessary. I wanted to be there to help build her up so she can have the confidence and real world skills, but also let her know I was there to support her while navigating these conversations and scenarios."

MA&CE Mindfulness



You can't stop the waves
but you can learn to surf

Jon Kabat-Zinn

Small Business Spotlight

NYE proposals?! Tracy has got you covered. Contact her to get you hitched! 🍷



tracy gallivan


860.836.8225

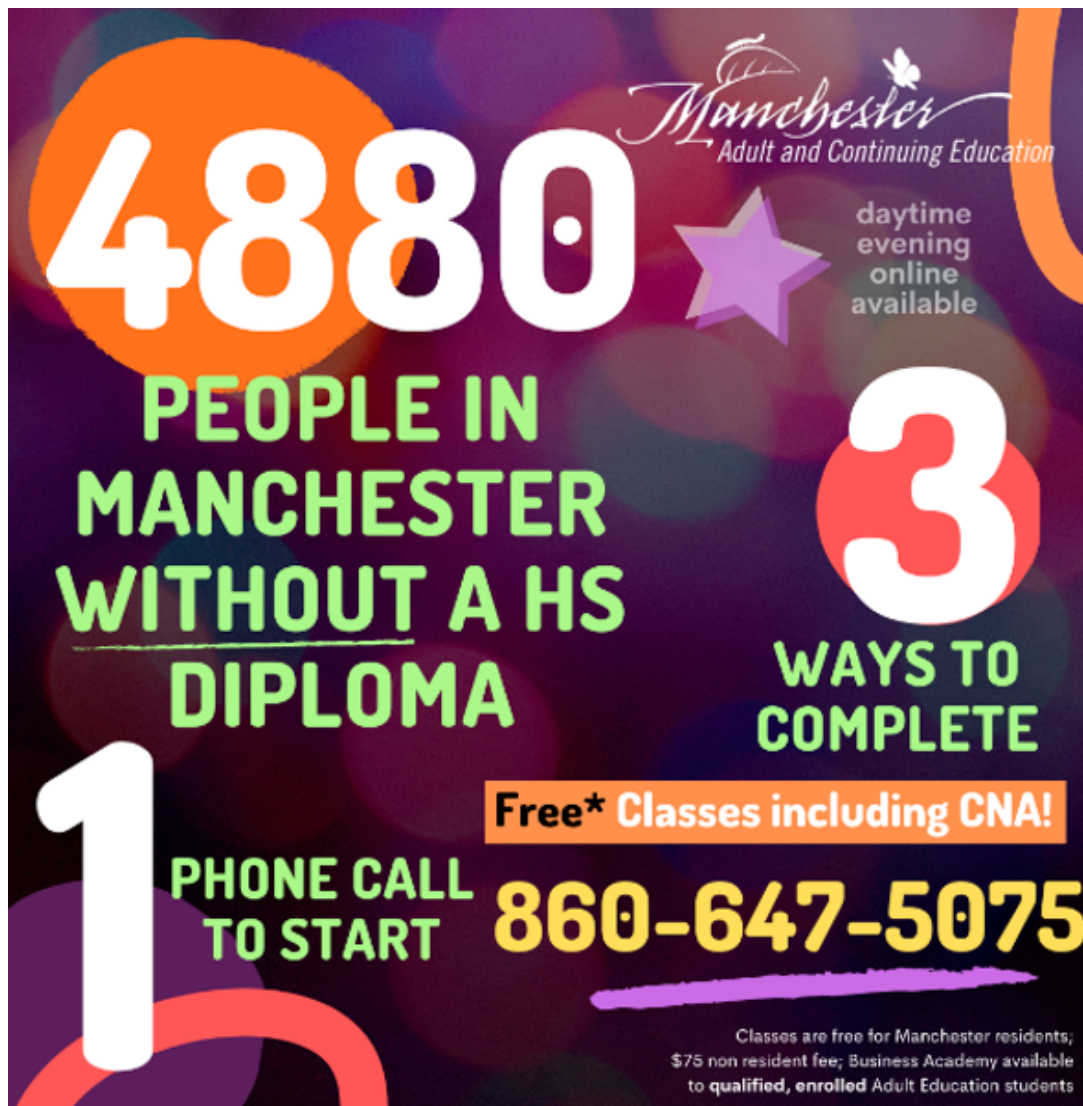
OUR VOW

In sickness and in health...

Profit from each wedding provides a
Date Night for a couple facing an illness.

Thank you for your support.

 @ourvowministry

A colorful advertisement for Manchester Adult and Continuing Education. The background is dark purple with abstract orange and red circular shapes. The text is in various colors and fonts. At the top left, '4880' is in large white numbers on an orange circle. Below it, 'PEOPLE IN MANCHESTER WITHOUT A HS DIPLOMA' is in green. To the right, 'Manchester Adult and Continuing Education' is in white script and serif. Below that, a purple star is next to 'daytime evening online available' in white. Further right, a large white '3' is on a red circle, with 'WAYS TO COMPLETE' in green below it. At the bottom left, a large white '1' is next to 'PHONE CALL TO START' in green. In the center, 'Free* Classes including CNA!' is in white on an orange bar, with '860-647-5075' in large yellow numbers below it. At the bottom right, small white text reads: 'Classes are free for Manchester residents; \$75 non resident fee; Business Academy available to qualified, enrolled Adult Education students'.

Keep up with us

FACEBOOK

INSTAGRAM

MA&CE WEBSITE

ADULT EDUCATION REGISTRATION FORM

Want your small business featured in our newsletter?

Fill out the form below

Support Local!

Do you own or operate small business? Does your family? We want to hear all about it and support you! Please fill out this form so a member of our team can contact you to be featured in our newsletter!

[Sign in to Google](#) to save your progress. [Learn more](#)

* Indicates required question

Email *

Your email



Teighlor Clare-Kearney

Teighlor is using Smore to create beautiful newsletters