

Winter/Spring 2010

HAMDEN  
*adult education*



REGISTER NOW!

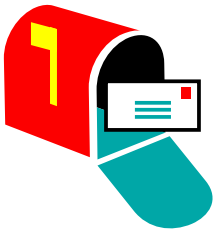
WEBSITE

www.hamdenadulthood.org



MAIL

Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, CT 06514



FAX

203.407.2056



IN PERSON

Adult Education Office  
Rm D 102  
2040 Dixwell Avenue



PHONE

203.407.2028



# WELCOME

## MISSION STATEMENT

*The mission of Hamden Adult Education is to develop well-educated citizens who embrace education as a lifelong experience.*

*Dear Friends,*

*Fresh from all the celebrations and hype, we are ready to start the new semester in the new year. We have many new selections, as well as our successful standards. Our excursions take us to the Boston Flower Show and Radio City Music Hall. We have many new fitness offerings and have expanded our dance selections. From arts and crafts to science fiction, there is a course for you.*

*Don't forget, we also have three different routes to a high school diploma, English for speakers of other languages and basic skills classes.*

*Browse through the catalogue, make decisions, call a friend and register today. The adult education staff will be happy to help with any questions you may have. Visit our web site at [www.hamdenadulthood.org](http://www.hamdenadulthood.org) or call the office at 203.407.2028.*

*Here's wishing you a very happy New Year.*

*Sincerely,*

## Table of Contents

- Adult High School ..... 26
- Bus Trips ..... 22, 23
- Career Center ..... 27
- Citizenship ..... 24
- College Prep ..... 27
- Computers ..... 4
- Cooking ..... 5
- CPR/Safety ..... 18
- Crafts & Hobbies ..... 12, 13
- Creative Arts ..... 14
- Cultural Enrichment ..... 16
- Dance & Fitness ..... 9, 10, 11
- Driving Safety ..... 21
- ESOL ..... 25
- External Diploma Program ..... 26
- Family ..... 19 & 28
- Finance ..... 3
- Gateway Community College ..... 27
- GED Information ..... 24 & 26
- Hamden Public Library ..... 28
- Health ..... 9, 11
- Home ..... 13
- Hamden Town Services ..... 28
- Keefe Learning Lab ..... 24, 25
- Languages ..... 17
- Literacy Volunteers ..... 20
- Location of Classes ..... 31
- Online Learning ..... 6, 7, 8
- Personal Development ..... 15
- Real Estate ..... 3
- Registration Information ... 29, 30
- SAT Prep ..... 27
- Senior Offerings ..... 21
- Teenage Driver Education ..... 20

**NEW** **Education Planning for Children & Grandchildren #2103**

With college costs increasing faster than the rise in inflation, parents are wondering what they should do for their children's college education. We will review custodial accounts, 529 Plans and Educational Savings accounts or Coverdell IRAs. We will cover what you need to know to make an informed decision for your children's future education needs.

M. Lucas HHS rm D 211  
Thurs., 7:30-9 pm Jan 28 2 wks  
Resident \$22 Non-resident \$27

**It's Not Your Mother's Retirement Like Mother, Like Daughter? #2108**

Why is this topic so important? The world is different for today's women than it was for our mothers and grandmothers. The economic environment has changed in that the traditional safety nets that were there for our mothers are eroding, and attitudes toward retirement have also changed. Women have some distinct issues regarding retirement, and we'll talk about them, as well as some generational differences.

N. Liebermann, CFP HHS rm D 212  
Tues., 7-9 pm Jan 26 1 session  
Resident \$22 Non-resident \$27

**NEW** **Investment Basics #2105**

Most individuals are aware of the need to make most of their money work for them, but don't know where to begin. Information that may seem confusing will be made simple as this class covers what you need to know before you start setting up a sound financial plan for you and your family.

M. Lucas HHS rm D 211  
Thurs., 7:30-9 pm March 4 2 wks  
Resident \$22 Non-resident \$27

**All adult education fees must be paid by check, credit card or money order.**

**Successful Money Management #2112**

Make your money work for you! Learn the basics of financial planning, investing, lowering your taxes, retirement planning, proper use of insurance, and estate planning techniques. People from all income levels and occupations will benefit from this informative and fast moving course.

C. Gavin HHS rm D 211  
Tues., 7-9 pm March 2 3 wks  
Resident \$40 Non-resident \$45

**The Do's and Don'ts of Retirement Income #2106**

A powerful impact on the quality of your retirement will be made based on how and when you withdraw money from your retirement plans. Learn how to potentially minimize your tax liabilities and your retirement income after you retire. You'll learn the pros and cons of withdrawing money from your employer's retirement plan or rolling it into an IRA. Discover how to avoid paying penalties for early and late distributions. Be advised on how to select beneficiaries and arrange your estate to ensure that your assets pass on to your loved ones as you choose.

J. Marino HHS rm D 210  
Wed., 7-9 pm April 21 1 session  
Resident \$27 Non-resident \$32




**Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.**

**Homebuyer's Workshop #0709**

Understand the three main phases of buying a home. A licensed real estate salesman will discuss all aspects involved in purchasing a home, making an offer, documents involved, and various inspections. A licensed mortgage broker will discuss the various mortgage financing programs available, the different down payment options, the pre-approval process, and the credit evaluation. To conclude, a real estate attorney will discuss his role in representing the purchaser of a home - from the review of the "Contract For Sale" through the closing documents.

B. DePodesta  
T. Brandi, P. Frazier HHS rm D 210  
Tues., 6:30-8:30 pm March 2 1 session  
Resident \$22 Non-resident \$27



**Register Early**  
Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, so please register early!

# COMPUTERS

## Computer Keyboarding #0310

Are you tired of typing with one or two fingers? It's time to learn how to type correctly. The hunt and peck method is not good enough for today's dependence on computers. Emphasis will be placed on learning and using proper keyboarding techniques/ergonomics, learning to type without looking at the keyboard, and using the proper finger for each key which is called the "touch method".

L. Hatton HHS rm C 203  
Tues., 6-8 pm Jan 26 7 wks  
Resident \$ 74 Non-resident \$ 79

## Excel I #0312

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, use functions, create formulas, sort/filter, create graphs, etc. Prerequisite: type at a reasonable speed and have basic computer skills.

L. Hatton HHS rm C 203  
Tues., 6-8 pm May 4 5 wks  
Resident \$ 90 Non-resident \$ 95

## Microsoft PowerPoint 2003 #0325

Microsoft PowerPoint is a fun and easy to use presentation software. You will learn how to create simple and elaborate presentations, use design templates, create slide transitions, text entrances/exits/emphasis, add sound, add timings and animated graphics, and lots more! Prerequisite: able to type at a reasonable speed and have basic computer skills.

L. Hatton HHS rm C 203  
Tues., 6-8 pm March 23 5 wks  
Resident \$ 90 Non-resident \$ 95

## Intro to Personal Computers #0326

Learn the basics of a personal computer using the Microsoft Windows XP operating system. Learn to use Windows for various functions, such as copying, creating, and deleting files. The course will cover the basic makeup of the computer and other information needed to buy your "first computer". You will receive a brief introduction to the various components of Microsoft Office, including Word and Excel, to determine which courses would be of interest.

W. Coley 5 wks HHS rm D 302  
Mon., 4:30-6:30 pm #0326 A; Jan 25  
Mon., 7-9 pm #0326 B; Jan 25  
Mon., 4:30-6:30 pm #0326 C; March 15  
Resident \$ 75 Non-resident \$ 80

## Microsoft Word 2003 Beg #0303

Learn the basics of word processing using Microsoft Word. Topics include: document creation, editing, text formatting, copying, moving and creating letters and documents. You should be a proficient typist.

W. Coley HHS rm D 302  
Mon., 7-9 pm March 15 6 wks  
Resident \$ 85 Non-resident \$ 90

## Microsoft Word 2007 Beg #0306

Come and learn the applications available in this newest version of Word. Topics include: document creation, editing, text formatting, copying and moving, enabling you to create letters and documents. You should be a proficient typist.

W. Coley 6 wks Keefe Community Ctr  
Wed., 4:30-6:30 pm #0306 A; Jan 27  
Wed., 7-9 pm #0306 B; Jan 27  
Resident \$ 85 Non-resident \$ 90

## Microsoft Word 2007 Inter #0307

You will cover the more advanced features of Microsoft Word 2007 including tables, columns and mail merge. Knowledge of all Word Beginner features required.

W. Coley 6 wks Keefe Community Ctr  
Wed., 4:30-6:30 pm #0307 A; March 24  
Wed., 7-9 pm #0307 B; March 24  
Resident \$ 85 Non-resident \$ 90

## NEW iSafe:Internet Safety Course #0308

iSafe is the leader in e-safety education and is committed to spreading the message of keeping children safe online. This course will cover appropriate online behavior, social networking and cyber bullying. With this program students can also become certified i-mentors and educate their peers using outreach methods.

D. Durlley HHS rm D 302  
Thurs., 7-8:30 pm March 11 5 wks  
Resident \$ 58 Non-resident \$ 63

## Microsoft Publisher 2003 Beg #0305

This course will introduce students to the basic concepts and features of the Microsoft Publisher desktop publishing software in a Windows XP environment. Students will learn how to enhance documents by easily creating, customizing, and publishing materials by working with text, graphics, and the built-in wizards. Publications covered will include flyers, business cards, and newsletters. Handouts will be provided. Bring a USB flashdrive to class to save work.

**Prerequisite: must be able to type at a reasonable speed and have basic knowledge of Microsoft Windows.**

M. Hatton HHS rm D 304  
Mon., 6-8 pm April 26 5 wks  
Resident \$ 90 Non-resident \$ 95

## Welcome to the New Web 2.0

### The Web as a Platform #0304

The world has changed and so has the Web. You now control the information age. Come see what's different about the world wide web. With Web 2.0, users are now the developers. We will explore Cloud computing, Blogging and RSS feeds, social bookmarking, wiki-spaces, photo editing and pod-casting. Come and have fun with the new Web and learn about the future!

D. Durlley HHS rm D 302  
Thurs., 7-8:30 pm Jan 28 5 wks  
Resident \$ 70 Non-resident \$ 75

**NO REFUNDS WILL BE  
ISSUED FOR THE  
COMPUTER COURSES  
AFTER THE  
FIRST CLASS.**

# COOKING

## Cake Decorating Beginning #0617

Create your own fancy professional looking cakes. Learn to make flowers, borders and many other beautiful items with frosting. Supply list available at first class.

C. Turner HHS rm D 107  
Thurs., 7-9 pm Feb 25 6 wks  
Resident \$ 70 Non-resident \$ 75

## Yeast Breads Made Simple #0615

Bake your own bread each week! Try new varieties such as flaxseed bread, crusty country rye, old fashioned oatmeal, tomato basil bread, mixed grain with cranberries and nuts and Easter sweet bread. Consumable fee of \$35 payable to instructor at first class.

L. McCullough HHS rm D 107  
Wed., 6:30-9 pm Jan 27 6 wks  
Resident \$ 72 Non-resident \$ 77

**NEW**

## Vegetarian Cooking for Beginners #0614

"2010" is the year to get healthy. Learn how to make nutritious, flavorful meals without meat in this class. Eating more vegetables and reducing the amount of meat we consume can have major health benefits. Learn how to easily turn your everyday favorites into healthy, economical, meat-free versions. You will get shopping tips; learn the benefits of whole foods and how to incorporate them in your weekly menus. The class will highlight many ethnic favorites including Italian, Mexican and Asian dishes. Whether you would like to become vegetarian, incorporate more veggies into your current diet, or just learn how to cook healthy food - this class is for you!

L. Mongillo HHS rm D 107  
Mon., 6:30-8:30 pm Jan 25 6 wks  
Resident \$ 70 Non-resident \$ 75

*Debbie D. said, "This was an amazing and fun class. I learned alot and will take another class with her any day!"*

## The Passion of Italian Cooking I #0606

Let's face it, everyone loves Italian food! This class will enhance the passion that goes into this style of cooking using fresh ingredients to create wonderful flavors. The course will include classes on sauces, anti-pasti (hot and cold), pastas, meat, poultry and seafood entrees, side dishes and desserts. The instructor for this class is celebrated Italian Chef Anthony Romano (former Hamden resident returning to CT after 5 years cooking and teaching in Hawaii) who brings to the table his own passion for old world family style Italian cuisine. Consumable fee of \$40 payable to instructor at first class.

A. Romano HHS rm D 107  
Tues., 6:30-9 pm Jan 26 8 wks  
Resident \$ 78 Non-resident \$ 83

**NEW**

## The Passion of Italian Cooking II #0608

This advanced class will enhance the passion of true Italian cooking using fresh top quality ingredients. This course will include classes on risottos, porchetta, advanced pastas, assorted chicken and seafood entrees among others. The instructor for this class is celebrated Italian Chef Anthony Romano (former Hamden resident returning to CT after 5 years cooking and teaching in Hawaii) who brings to the table his own passion for old world family style Italian cuisine. Consumable fee of \$50 payable to instructor at class.

A. Romano HHS rm D 107  
Tues., 6:30-9 pm April 6 6 wks  
Resident \$ 66 Non-resident \$ 71



## Special-Occasion Cake with Wow-Factor #0611

You don't have to be a pastry chef to make this amazing angel food cake stuffed with strawberry mousse. Through step-by-step instruction, you will learn how to make this specialty cake and how to decorate it with piped pink whipped cream and fanned strawberries. To ensure consistently good results, the class includes essential tips and techniques, plus general baking information. A perfect cake for Easter and Mother's Day. A short supply list will be mailed to each enrollee prior to class.

C. Firth HHS rm D 107  
Wed., 6:30-9 pm March 24 1 session  
Resident \$ 28 Non-resident \$ 33



## We all Scream for Ice Cream #0609

With Memorial Day, July 4th and warmer weather on the horizon, you will want to have these frozen delights in your repertoire of desserts. A perennial favorite, Baked Alaska still fascinates everyone. You will learn the secrets to making successful Baked Alaska plus how to make a creamy "Italian meringue" (which eliminates concern about salmonella). A classic Italian favorite, Biscuit Tortoni is a rich, almond flavored ice cream in a traditional paper cup and it only requires a mixer to make it. This is a demonstration class. You will sample in class and bring a taste home in your cooler.

C. Firth HHS rm D 107  
Wed., 6:30-9 pm April 28 1 session  
Resident \$ 28 Non-resident \$ 33

Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy PO-1331 adopted  
11/12/97

# INSTRUCTOR-FACILITATED ONLINE LEARNING

## WELCOME

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

### How to Get Started:

1. Visit our Online Instruction Center:

[www.ed2go.com/hamden](http://www.ed2go.com/hamden)

2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the classroom.

3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

### Start Dates:

A new section of every course in the catalog will begin on **January 20, February 17, March 17, April 21, May 19, June 16, July 21, August 18.**

### Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Visit our Online Instruction Center for more information.

## WRITING & PUBLISHING

### Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively. **\$94**

### Write Fiction Like a Pro

A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story. **\$94**

### The Keys to Effective Editing

If you aspire to be an editor, this course will teach you the fundamentals of top-notch editing for both fiction and nonfiction. **\$94**

### Travel Writing

Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books. **\$94**

### The Craft of Magazine Writing

If you're a determined new writer, this class will provide you with the skills you need to get published. **\$94**

### Writing for Children

Published children's author shows you how to touch the hearts of children by creating books for them. **\$94**

### Research Methods for Writers

Learn the most efficient and effective methods to conduct research for any writing project. **\$94**

### Publish it Yourself

Convert manuscripts into income by producing and selling books like the pros. **\$94**

### Forensic Science for Writers

Learn the secrets behind forensic science and add new characters, depth, and marketability to your fictions. **\$94**

## BUSINESS

### Marketing Your Business on the Internet

E-commerce expert helps you develop an internet marketing plan for your business. **\$94**

### Fundamentals of Supervision and Management

Learn the people skills required to motivate and delegate, and learn tools for solving problems and resolving conflict. **\$94**

### Managing Customer Service

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$94**

### Introduction to Business Analysis

Learn powerful techniques to improve your decision-making skills at work. **\$94**

### Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market. **\$94**

### High Speed Project Management

Learn to deal with the realities of managing projects at supersonic speeds despite truncated timelines, inadequate staffing and skimpy budgets. **\$94**

### Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting and more. **\$94**

### Start and Operate Your Own Home-Based Business

An experienced entrepreneur teaches you how to develop the motivation, discipline, and creativity to quit your job and be your own boss. **\$94**

### Building Teams that Work

Learn the secrets of dynamic team building. **\$94**

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT [ED2GO.COM/HAMDEN](http://ED2GO.COM/HAMDEN) TO LEARN MORE

# INSTRUCTOR-FACILITATED ONLINE LEARNING

## GRANT WRITING

### **Becoming a Grant Writing Consultant**

Increase your income while working from home by starting a grant writing consulting business. **\$94**

### **Get Grants!**

Learn how to develop successful, fundable grants from experts in the field. **\$94**

### **A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns, and prepare proposals. **\$94**

### **Writing Effective Grant Proposals**

Learn to prepare grant proposals that get solid results for your favorite organization or charity. **\$94**

## BASIC COMPUTER LITERACY/APPLICATIONS

### **Keyboarding**

Use the computer program FasType for Windows to learn the basic skills of touch typing. **\$94**

### **Introduction to Windows XP**

Learn how Windows XP makes it easy to work with text, pictures, audio, video and more. **\$94**

### **Introduction to PC Security**

What you don't know can hurt you. Learn what you can do to protect yourself. **\$94**

### **Navigating the Internet**

Master the ins and outs of the Internet with this informative behind-the-scenes look. **\$94**

### **Intro to Microsoft Word**

Learn how to create and modify documents with the world's most popular word processor. **\$94**

## WEB DESIGN/PROGRAMMING

### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web. **\$94**

### **Designing Effective Websites**

Learn powerful graphic design techniques and build Websites that are both attractive and wickedly effective. **\$94**

### **Intro to Perl Programming**

Learn a programming skill that will make you a more valuable Web developer or system administrator. **\$94**

### **Intro to PC Troubleshooting**

Learn to decipher and solve almost any problem with your PC. **\$94**

### **Introduction to Networking**

Learn the fundamentals of networking and prepare for a career in a new fast-growing field. **\$94**

### **Introduction to Flash 8**

Learn how to create exciting interactive animations from a working Flash designer and author. **\$94**

### **Intro to Ruby Programming**

Learn how to create a dynamic Web blog using the ruby on Rails programming environment and the Ruby programming language. **\$94**

### **Wireless Networking**

Industry expert shows you how wireless networking works, as well as how to plan, deploy and connect to wireless networks. **\$94**

### **Intro to Database Development**

An experienced professional guides you through a structured approach to database design and development. **\$94**

## COMPUTER APPLICATIONS

### **Design Projects for Adobe Illustrator**

Learn the basics of Adobe Illustrator with design projects that let you practice as you learn. **\$94**

### **Intro to Microsoft Outlook 2007**

Become a productive and confident Microsoft Outlook 2007 user. **\$94**

### **Introduction to Oracle**

Learn how to use the Oracle database management system to plan, organize, and manage your data. **\$94**

### **Performing Payroll in QuickBooks**

Discover the secrets of effortlessly setting up and processing your payroll. **\$94**

## COURSES FOR TEACHING PROFESSIONALS

### **Integrating Technology in the Classroom**

Take your teaching to another level with these fun new ways to incorporate technology into your lesson plans. **\$94**

### **The Classroom Computer**

Learn how to use the classroom computer to increase learning and motivate students. **\$94**

### **The Creative Classroom**

Enrich your teaching talents and encourage your students' creative thinking as you learn to turn your classroom into a creative classroom. **\$94**

### **Survival Kit for New Teachers**

Veteran instructor shares the secrets for success in your first years of teaching. **\$94**

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT [ED2GO.COM/HAMDEN](http://ED2GO.COM/HAMDEN) TO LEARN MORE

# INSTRUCTOR-FACILITATED ONLINE LEARNING

## PERSONAL DEVELOPMENT PERSONAL FINANCE

### Individual Excellence

Master twelve career-enhancing skills including goal setting, time management, personal organization, and creativity. **\$ 94**

### Debt Elimination Techniques That Work

Learn specific, powerful, and proven strategies to get completely out of debt and live a stress-free lifestyle. **\$ 94**

### Enjoying European Art

An introduction to the most important works of European art, with a wealth of commentary and interesting historical information. **\$ 94**

### Twelve Steps to a Successful Job Search

World-renowned author and career advisor shows you how to get the job you want quickly and easily and in any economy. **\$ 94**

### Real Estate Investing

Build and protect your wealth by investing in real estate. **\$ 94**

## LANGUAGES & MATH

### Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. **\$ 94**

### Everyday Math

Gain confidence in your basic math skills and start using math to your advantage. **\$ 94**

### Writing for ESL

Learn how to write in English more effectively to succeed in college and at work. **\$ 94**

### Instant Italian

Learn Italian from the comfort of your home in this fun and enjoyable online course. **\$ 94**

## DIGITAL PHOTOGRAPHY

### Discover Digital Photography

An informative intro to the fascinating world of digital photography equipment. **\$ 94**

### Photographing Nature with Your Digital Camera

Learn how to use your digital camera to take stunning nature photos, including landscapes, flowers, animals, and even macro shots. **\$ 94**

### Making Movies with Windows XP

Turn your home videos into entertaining movies that you can share with others by e-mail, the Web, CD and DVD. **\$ 94**

## CAREER IDEAS

### Become a Physical Therapy Aide

Prepare for a rewarding career as a valued member of the physical therapy team. **\$ 94**

### Start and Operate your own Home-Based Business

An experienced entrepreneur teaches you how to develop the motivation, discipline, and creativity to quit your job and be your own boss. **\$ 94**

### Administrative Assistant Applications

Gain the skills and knowledge you will need to prepare for the Certified Administrative Professional exam and begin a rewarding career as an administrative assistant. **\$ 94**

### Become an Optical Assistant

Learn what it takes to become an optical assistant and discover why it's one of today's most popular and fascinating career opportunities. **\$ 94**

### Merrill Ream Speed Reading

Acclaimed speed reading expert teaches you how to save yourself time by reading faster with better comprehension. **\$ 94**

## HEALTH CARE & NUTRITION

### Legal Nurse Consulting

Begin a new career by helping attorneys understand and resolve medical claims. **\$ 94**

### HIPAA Compliance

Learn how to comply with the duties, rights, and responsibilities of HIPAA. **\$ 94**

### Intro to Natural Health and Healing

Learn how to promote wellness, balance, and health in all aspects of your daily life. **\$ 94**

### Handling Medical Emergencies

Every second counts during a medical emergency. Learn how to respond if someone needs your help. **\$ 94**

## CHILD CARE & PARENTING

### Enhancing Language Development in Childhood

Enrich the lives of your children by learning fun and natural ways to help them become proficient speakers and thinkers. **\$ 94**

### Genealogy Basics

Begin an exciting and fascinating exploration of your roots. **\$ 94**

### Understanding Adolescents

Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop and how you can best meet their needs. **\$ 94**

### Easy Classroom Podcasting

In this professional training course for teachers, you'll learn how to make a podcast that creates a memorable learning experience for your students. **\$ 94**

### Assisting Aging Parents

Be prepared to handle the challenges you and your parents will face in the coming years, learning to cherish the transition. **\$ 94**

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT [ED2GO.COM/HAMDEN](http://ED2GO.COM/HAMDEN) TO LEARN MORE

# DANCE/FITNESS/HEALTH

## Ballroom Dance Beginners #1701

Learn the basic steps of the four most popular ballroom dances. Get up dance and have fun with the ChaCha, Foxtrot, Rumba and Swing.. Partners not required and comfortable shoes are a must.

F. Costa HHS Cafeteria  
Mon., 7-8 pm March 1 5 wks  
Resident \$ 70 Non-resident \$ 75

## Reiki II #2413

Prerequisite: Reiki I Certification. This degree of Reiki introduces the student to a deeper level of healing through a second degree attunement. Four symbols will be introduced to the student. Comfortable clothing is recommended.

D. Bana 2 sessions HHS rm D 208  
M & T, 6:15-8:15 pm March 22 & 23  
Resident \$ 90 Non-resident \$ 95

## Salsa #1705

Join the Salsamania and learn to move to the Latin beat from the region's most popular salsa instructor. Have FUN, make new friends and get a workout while learning to dance salsa. Whether you know nothing about salsa or you are already dancing salsa but would like to improve or expand your skills, this class is for you. Learn the basic steps, some freestyle moves and the fundamentals for a variety of turns. No partner necessary. Class size is limited, so sign up early.

F. Ramirez 5 wks HHS Cafeteria  
Tues., 7-8 pm #1705 A; Jan 26  
Tues., 7-8 pm #1705 B; March 9  
Resident \$ 80 Non-resident \$ 85

## \*Free One Hour Intro - Swing Dance Class

Anyone (singles or couples welcome) wanting to learn 3 basic steps to Swing Dance may attend this free 1 hour class. Limited to 30 people...sign up early.  
Thurs., 7:30-8:30 pm Jan 28 HHS Cafe

## Swing Dance Beginners #1702

No partner necessary as you learn to dance the night away. Be a part of the Big Band dance comeback. Learn the basic steps (triple count), Jitterbug, underarm turn, cuddle and more. Low heeled, leather soled shoes preferred. Singles or couples welcome.

K. Reilly HHS Cafe  
Thurs., 7:30-8:45 pm Feb 4 4 wks  
Resident \$ 50 Non-resident \$ 55

## Swing Dance Intermediate #1703

Prerequisite: Swing Dance Beg. Start with a 30 minute review of beginner steps. New steps include: Basic Charleston, Eight Count "Lindy", Sugar Push, the Walk, and the Mooch, Shoulder Slide with supplemental steps.

K. Reilly HHS Cafe  
Thurs., 7:30-8:45 pm March 18 4 wks  
Resident \$ 50 Non-resident \$ 55



Hamden Public School buildings and grounds are SMOKE FREE Board Policy P-1331 adopted 11/12/97

## International Folk Dancing #1707

Try something different! International Folk Dancing. All dances will be taught. The dances come primarily from Eastern Europe and Israel. We will do line, circle and couple dances. No prior experience necessary and partners are not required.

L. Reiss HHS Cafeteria  
Wed., 7-8:30 pm March 3 6 wks  
Resident \$ 58 Non-resident \$ 63

## Middle Eastern (Belly) Dance #1704

Let the music move you! Learn the basics of Middle Eastern dance, how to improvise to your favorite song, have fun, firm your body, and make new friends. Explore many different Middle Eastern dance styles using veils and cane; a sensual style of floor work will be introduced. Please bring a scarf to wrap around the hips.

Jenny (Malikah) 6 wks HHS rm C 109  
Mon., 7-8 pm #1704 A; Jan 25  
Mon., 8-9 pm #1704 B; Jan 25  
Resident \$ 63 Non-resident \$ 68

## SEARCHING FOR TALENT

Hamden Adult Education is continually striving to offer courses of interest to the community. We are also looking for people to teach these courses.

Hamden is fortunate to have a wealth of talented citizens. Persons with specialized skills and interests are invited to share their talents with the community. If you are interested in joining our staff, please contact:

LuAnn Gallicchio, Director  
Hamden Adult Education  
407.2028  
407.2056 (FAX)

lgallicchio@hamden.org

All adult education fees must be paid by check, credit card or money order.

# FITNESS

## Boot Camp #2403

This action packed class will challenge your strength, endurance and will power.

Staff Elite Fitness  
Thurs., 6 pm Jan 28 16 wks  
Resident \$80 Non-resident \$85

## Forever Fit - Cardio/Strength #2401

A basic low impact aerobics class including flexibility and strength training.

Staff 8 wks Elite Fitness  
Mon. & Thurs., 8:30 am #2401 A; Jan 25  
Tues. & Fri., 8:30 am #2401 B; Jan 26  
Resident \$80 Non-resident \$85

## Yoga Flow #2414

Multilevel class using basic yoga postures to increase muscular strength and flexibility. Yoga mat required.

Staff 16 sessions Elite Fitness  
Tues. & Thurs., 5 pm #2414 A; Jan 26  
Sun., 10:15 am #2414 B; Jan 31  
Resident \$80 Non-resident \$85

## Step Interval #2408

Aerobics class based on a variety of moves on, off, over and around an adjustable step.

Staff Elite Fitness  
Tues., 6 pm Jan 26 16 wks  
Resident \$80 Non-resident \$85

## Mat Pilates #2409

Class focuses on core stability, balance and flexibility. Yoga mat required.

Staff Elite Fitness  
Thurs., 10:30 am Jan 28 16 wks  
Resident \$80 Non-resident \$85

## Senior Fit #2406

Chair supported exercise class including muscle strengthening and cardio conditioning.

Staff 16 sessions Elite Fitness  
Mon., Wed., & Fri., 10:30 am Jan 25  
Resident \$80 Non-resident \$85

## Kickboxing #2402

This challenging class helps increase your aerobic capacity while toning your muscles.

Staff 16 sessions Elite Fitness  
Mon. & Thurs., 9:30 am #2402 A; Jan 25  
Wed., 6:30 pm #2402 B; Jan 27  
Resident \$80 Non-resident \$85

## Beginner Spin #2405

This class is for the beginner and will advance you to improved strength and stamina using an indoor cycle. A water bottle, towel, comfortable, hard soled shoes and breathable clothing are recommended.

Elite Staff Elite Fitness  
Wed., 6 pm Jan 27 16 wks  
Resident \$80 Non-resident \$85

## Spinning #2404

Using an indoor cycle as your tool, have the ride of your life, gaining cardiovascular strength, endurance and stamina!

Staff 16 sessions Elite Fitness  
Tues. & Thurs., 5:50 am #2404 A; Jan 26  
Wed., 9:30 am #2404 B; Jan 27  
Sun., 9 am #2404 C; Jan 31  
Resident \$80 Non-resident \$85

## Tai Chi #2410

Slow fluid movement that helps improve balance, strength, coordination and flexibility.

Staff Elite Fitness  
Thurs., 10:30 am Jan 28 16 wks  
Resident \$80 Non-resident \$85



Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

## Pilates Mat #2416

Pilates improves your mental and physical well-being, increases flexibility and strengthens muscles. Pilates uses controlled movements to tone and strengthen the body. Each class will encompass the six principles: concentration, control, centering, fluidity of movement, precision and breathing. Beginners start with basic exercises and build up to include additional exercises and more advanced positioning. All levels welcome. Please wear comfortable/unrestricted clothing. Mats are provided.

S. Viglione/YMCA Staff Hamden YMCA  
Mon., 6:20-7:20 pm Jan 25 14 wks  
Resident \$80 Non-resident \$85

## Exercise Fundamentals Workshop #2418

Learn why 50%-90% of people who start exercising get injured and how to avoid it. Discover how your posture affects your results. Participate in a 30 minute workout led by a certified personal trainer.

Active Wellness Staff HHS C 109  
Wed., 6:30-8:30 pm Feb 3 1 session  
Resident \$35 Non-resident \$40

## Register Early

**Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, so please register early!**

Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy P-1331 adopted 11/12/97

# FITNESS & HEALTH

## Authentic TaijiQuan (Tai-Chi) #2411

Real TaijiQuan taught traditionally by an experienced teacher practicing for over 20 years. Class will consist of warm-ups, QiGong, form and application. Comfortable footwear or socks and clothing required.

B. Banick 6 wks HHS rm C 109  
 Tues., 7:15-8:15 pm #2411 A; Jan 26  
 Tues., 7:15-8:15 pm #2411 B; March 16  
 Resident \$50 Non- resident \$55

## Full Figure Gentle Flow ViniYoga #2417

Out of shape? Plus size? This fun, challenging and inspiring class is designed especially for you! Open to both women and men of the plus-size persuasion, this class is best suited to those able to move up/down from a sitting or kneeling position on the floor. Using adaptations suited to your current body type, we will enhance flexibility, strength and balance and increase body and breath awareness. As with any physical activity, wear loose, comfortable clothing and please have your doctor's permission to exercise. There is no weight requirement--just be aware that these classes are meant for those who are plus size or close to it.

K. Koopman Your Community Yoga Ctr.  
 Wed., 7:30-8:45 pm Jan 27 7 wks  
 Resident \$77 Non- resident \$82

## Hot Vinyasa Flow Yoga #2421

A heated (to 80 degrees) breath-synchronized yoga class that will use sun salutations and other combined asanas to create a smooth flowing practice. Denise will inspire and challenge you to reach your next level of fitness, while honoring your body's current level of health and skill. Through building internal heat, the detoxifying effects purify your body and mind---you will notice a calmer, less reactive consciousness emerging.

D. Donovan Your Community Yoga Ctr.  
 Tues., 7-8:20 pm Jan 26 6 wks  
 Resident \$66 Non- resident \$71

**All adult education fees must be paid by check, credit card or money order.**

Call to Register 407.2028

## Beginning Yoga for Weight Loss #2407

Begin yoga in a setting with those of similar size and shape who share the same goals. Learn basic form, flow and build strength while learning poses that fit your body type. Gain trust and find enjoyment in moving your body, while reducing stress and cortisol levels. This challenging and energizing, breath-based class will increase your metabolism! Please bring a yoga mat, towel and water.

R. DeNigris Your Community Yoga Ctr.  
 Thurs., 7:30 - 8:50 pm Jan 28 7 wks  
 Resident \$77 Non- resident \$82

## Beginner I Yoga #2428

These courses are designed for brand new beginners but contain a great deal of information that will interest all practitioners. The first few weeks are all about letting go. Releasing tension in the back and hips, lengthening the hamstrings, opening up dormant areas of the body and building internal awareness and connection. The physical practice will focus on proper alignment and form in standing poses with a few seated and supine poses. Breathing techniques will be used to expand the lung capacity, balance the breath and connect breath to movement.

Staff 6 wks Your Community Yoga Ctr  
 Mon., 5:30-6:50 pm #2428 A; Jan 25  
 Tues., 7:15-8:35 pm #2428 B; Jan 26  
 Fri., 9-10:20 am #2428 C; Jan 29  
 Sat., 11-12:20 pm #2428 D; Jan 30  
 Resident \$66 Non- resident \$71



## Para Yoga Intermediate #2422

Para Yoga taught by Sue Neufeld, a certified instructor, touches body, mind and spirit. Experience vibrant joy and natural peace in a class designed to increase strength, flexibility, energy, and stillness. Classes include postures and breath work, and end with relaxation, visualization and meditation. Minimum one year yoga experience. Bring yoga mat, towel and water.

S. Neufeld 7wks Your Community Yoga Ctr.  
 Mon., 5:30-6:40 pm #2422 A; Jan 25  
 Thurs., 5:40-7 pm #2422 B; Jan 28  
 Resident \$77 Non- resident \$82

## Yoga for Your Core #2426

Many people think yoga is just stretching, however, yoga is a great way to build tremendous strength. Strike a balance between increasing flexibility and building firm muscles as you connect with a sense of power from the center of who you are. Bring a yoga mat and towel.

K. Codianna Your Community Yoga Ctr.  
 Fri., 4:15-5:35 pm Jan 29 7 wks  
 Resident \$77 Non- resident \$82

## Forrest (Heated) Yoga for Seniors #2412

Chronic pain? Arthritis? Other aches and pains? These classes are heated to 80 degrees and are tailored to seniors who live with the common and even not-so-common pain that affects us all as we age. Learn to connect in feeling with your body and become proficient at tailoring each pose to work for you. Each class will focus on one area of the body, with the special attention to the hips, lower back, neck and shoulders.

K. Neely Your Community Yoga Ctr.  
 Tues., 9-10:20 am Jan 26 6 wks  
 Resident \$66 Non- resident \$71

**Hamden Public School buildings and grounds are SMOKE FREE Board Policy P-1331 adopted 11/12/97**

fax 407.2056/www.hamdenadulted.org

# CRAFTS & HOBBIES

## Bridge: Improving Your Bidding Judgement #1903

Learn how to make good decisions when you are in a position to open the bidding. You will also learn the rule of twenty, how to bid powerful hands and make light opening bids in third position. This class is taught on an advanced beginner/intermediate level.

R. Brieger Miller Senior Center  
Mon., 1-3 pm Jan 25 10 wks  
Resident \$90 Non-resident \$95

## Bridge: Bidding, Bidding and More Bidding Part II #1904

Having difficulty communicating with your partner? Review basic bidding. This class will be taught on an intermediate level.

R. Brieger Miller Senior Center  
Wed., 10-12 noon Jan 27 10 wks  
Resident \$90 Non-resident \$95

## Beginning Bridge #1902

This eight week course covers the fundamentals of the game of bridge. The three aspects of bidding, play and defense will be studied. Start at the beginning and learn the mechanics of a game which will provide a lifetime of enjoyment. No prior knowledge of the game is required for this class.

W. Frieden Whitney Center  
Wed., 7-9 pm Jan 27 8 wks  
Resident \$80 Non-resident \$85

## Bridge: Beginner's Plus #1906

This course is designed for beginning players who have been introduced to the fundamentals. We will review basic bidding, review strategies for play of the hand and play many hands to practice. The course will also introduce overcalls, preemptive bids and competitive bidding.

W. Frieden Whitney Center  
Thurs., 1-3 pm Jan 28 8 wks  
Resident \$80 Non-resident \$85

## Crochet: All Levels #1920

As a beginner you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and the basic stitches. The more advanced students will improve their skills in reading patterns, gauge, resizing and more difficult but beautiful stitches. Once you have mastered the basic techniques, you will all be able to create a variety of stitches making various beautiful patterns. Bring size H crochet hook to class.

S. Tendler HHS rm B 103  
Mon., 6:30-8:30 pm Jan 25 10 wks  
Resident \$90 Non-resident \$95

## Ceramic Workshop for Adult & Child #1917

Enjoy a fun night out with your child and experience the satisfaction of completing a beautiful ceramic piece of your choice. **One child per adult.** Supplies included in fee. Workshops held at Diane's Ceramic Studio, 21 Crestway, Hamden.

D. Manguilli Diane's Ceramic Studio  
Mon., 6-7:30 pm #1917 A; Jan 25  
Mon., 6-7:30 pm #1917 B; Feb 22  
Mon., 6-7:30 pm #1917 C; March 29  
Mon., 6-7:30 pm #1917 D; April 26  
\$25/adult w/child 1 session

## Chair Caning #1909

Learn the seven basic steps of caning. Seat weaving methods including splint, porch cane, and shaker tape will be taught. Bring your chair to the first class. Materials needed along with purchasing information will be determined based on chosen weave.

V. DeAngelo HHS rm D 110  
Mon., 7-9:30 pm Jan 25 10 wks  
Resident \$85 Non-resident \$90

## Intro to Wine Making #0604

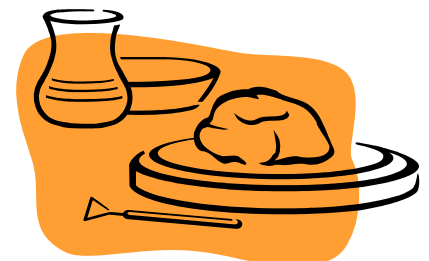
This class will cover all the basic topics to get you started in making your own wine at home. This is not a wine tasting class. We will cover topics such as grape varieties, unit of measurement, supplies and equipment, storage vessels, cleaning and sanitizing, racking and bottling your wine, making personalized labels, and the processing of your wine. You will learn where to buy your grapes, juice or kits - both locally and on the Internet. We will study wines made from kits and juice. Within six weeks you could be drinking your first home made wine!

F. Renaldi HHS rm D 210  
Mon., 6:15-8:15 pm Jan 25 6 wks  
Resident \$67 Non-resident \$72

## NEW Greeting Cards and Paper Crafts #1915

Paper is one of the most versatile crafting mediums available today! Join us as we explore different techniques for carding making and paper crafting. Learn all about rubber stamping, different stamping techniques such as distressing, coloring media, paper piercing and piecing. We will explore paper folding techniques and explore all the different tools available to the crafter. Each week the class will make several projects, including greeting cards, gifts and home decor and will bring the projects home. Materials cost payable to the instructor each week will range from \$5-\$8 depending on the project(s). Learn how easy it is to WOW your family and friends with beautiful creations.

L. Ingram HHS rm B 106  
Thurs., 7-9 pm Jan 28 6 wks  
Resident \$67 Non-resident \$72



All adult education fees must be paid by check, credit card or money order.

# CRAFTS & HOBBIES/HOME

## Flower Arranging #1913

Join Karen for classes at her shop located at 2648 Whitney Avenue. Each week you will design a different shaped arrangement of fresh flowers to take home for your enjoyment. A pair of clippers will be necessary and a fee of \$ 12-\$ 16 weekly will be required to cover the cost of materials.

K. Wawock 10 wks Whitney Flowers  
Tues., 7-8:30 pm #1913 A; Feb 23  
Wed., 9-10:30 am #1913 B; Feb 24  
Wed., 1-2:30 pm #1913 C; Feb 24  
Resident \$ 85 Non-resident \$ 90

## Guitar for Beginners #1932

If you have always wanted to play guitar but never found the time, here is an easy way to get started. Learn the basics of how to play the guitar; finding musical notes, basic chords, reading music, and left and right hand technique. Bring your own guitar or one will be available for rental. Book fee \$ 10.95 payable first class.

G. Raccio All Things Musical  
Wed., 7:30-8:30 pm Feb 3 6 wks  
Resident \$ 70 Non-resident \$ 75

## Knitting Circle #1918

Beginning and intermediate knitters welcome. Complete a project for your home, your family, or yourself. Great for stress reduction, and meeting new friends. Intermediate knitters may bring a project, necessary yarn and needles. Beginner knitters bring size 10 needles and 1 skein of light solid colored worsted weight yarn.

E. Salinger HHS rm B 103  
Tues., 6:30-8:30 pm Jan 26 10 wks  
Resident \$ 90 Non-resident \$ 95

**Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.**

## Only Earrings #1912

Making earrings using beads, semi-precious stones and other materials is a great way to explore your creative side. In this course, you will learn how to make different styles of earrings for yourself or as gifts. We will create several pairs of earrings, discuss design and color fundamentals and talk about presentation and packaging. Supply fee \$ 10 payable at first class.

S. Fields & E. Neuber HHS rm B 104  
Tues., 7-9 pm March 16 2 wks  
Resident \$ 40 Non-resident \$ 45

## **NEW** Creative Gift Wrapping #1924

Have fun...express yourself...show affection...go "green"...save money. Create packages, ranging from elegant to whimsical, that reflect the thoughtfulness of the gifts within. Bring your imagination, a pair of scissors and a ruler. Supply fee of \$ 6 payable to instructor at first class.

G. Saiano HHS rm B 104  
Wed., 7-8:30 pm Jan 27 3wks  
Resident \$ 42 Non-resident \$ 47

## Sewing 101 for Beginners #1919

Learn the basic techniques needed to make simple outfits, curtains or repairs. Sewing can be so much fun once you learn the basic fundamentals. In this class, you will learn how to read a pattern, sew a button, or a hem, make basic curtains or a project such as a skirt or pants. Bring your own portable sewing machine and extension cord to each class. Supply list to be given at first class.

C. Cardo HHS rm B 105  
Thurs., 6:30-8:30 pm Jan 28 10 wks  
Resident \$ 90 Non-resident \$ 95



## The Art of Basic Doll Making #1922

Internationally known doll artist and author Cheryl Riello would like to teach you the art of doll making. Through an easy step by step process, you will learn to make a unique soft-sculpture doll. The pattern is provided. You will design the clothes and shoes. After the doll is dressed, you will create the face, adorn it with hair and accessorize it as you wish. This is a great opportunity to clean out your closets and drawers using your own scraps of fabric, clothes, bits of lace, broken jewelry and maybe a lock of your own hair...your imagination will be the only thing stopping you. A supply list will be mailed to each enrollee prior to start of class. You must be 18 or older to register for this class.

C. Riello HHS rm B 106  
Tues., 7-9:30 pm Feb 23 6 wks  
Resident \$ 72 Non-resident \$ 77

## Replacement Window Workshop - Go Green & Save \$\$\$ too!!! #1911

Want to save on your heat and A/C bills and take advantage of the Federal Government's new \$ 1500 tax incentive, but don't know where to start - Low-E, Argon, Triple Pane, Wood, Vinyl, Fiberglass... confused? Well don't be. This workshop will address these questions, plus show you how windows are replaced. A must course for anyone thinking about having windows replaced or replacing windows themselves. Instructor is a Master Carpenter with over 30 years experience.

P. O'Doherty HHS rm A 112  
Tues., 7-9 pm March 23 1 session  
Resident \$ 27 Non-resident \$ 32

**Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy P-1331 adopted  
11/12/97**



# CREATIVE ARTS

## Basic Photo for Beginners #1809

This class is designed for beginners in photography. We will explore the basic principles of the art of photography. We will study shutter speeds, f/stops, (aperture), lighting, flash, filters, depth of field, and more. These photo sessions will help you enhance your pictures, improve your composition, and make picture taking more rewarding. All you need is a camera (film or digital) and desire.

J. Kasarauskas HHS rm B 105  
Tues., 7-9 pm Jan 26 6 wks  
Resident \$ 67 Non-resident \$ 72

## How to Buy & Use a Digital Camera #1818

This class will teach you how to use all the features of your new digital camera. Topics to be explained include resolution, white balance, file formats and compression, optical versus digital zoom, various picture modes and manual controls, etc. After you've taken the photo and transferred it to your computer, you'll learn how to store and catalog it so that you can find it again. Compare the various output choices such as prints or digital slide shows, do them yourself or have them done for you. Use of the Internet and e-mail will be discussed. Learn camera composition to improve your photos regardless of your camera type. A demo of the digital darkroom using Photoshop Elements will be presented.

K. Jensen HHS rm D 212  
Mon., 6:15-9:15 pm Jan 25 2 wks  
Resident \$ 45 Non-resident \$ 50



## Enhance Photos with Photoshop Elements Fundamentals #1806

Now that you have a digital camera, what do you do with all those pictures? Learn how to organize all those files with Photoshop Elements. Included are subjects like: color correction, resizing photo files, changing resolution, fixing "red eye", opening closed eyes, creating slide shows on VCR, greeting cards, sending photos by email, etc. Media fee \$ 15 for class materials payable at first class. **A 30 day trial version of the program is provided that you load on your computer at home.** Owning the program is not necessary. Knowledge of how to use a personal computer is required. This class will be taught on Adobe PhotoShop 7.0.

K. Jensen Keefe Community Center  
Mon., 7-9 pm Feb 8 4 wks  
Resident \$ 60 Non-resident \$ 65

## Enhance Photos with Photoshop Elements Essentials #1805

This course builds on the fundamentals course to include enhancements such as text on a picture, drawing shapes, painting with different brushes, creating collages, layers and selection to affect parts of an image, sharpening a blurry image, merging multiple images to create a panoramic, the magic of filters, making scrapbook pages from scanned items, etc. Media fee \$ 15 for materials payable at first class. The instructor may be contacted for further information. Prerequisite: completed and mastered Photoshop Elements Fundamentals. This class will be taught on Adobe PhotoShop 7.0.

K. Jensen Keefe Community Center  
Mon., 7-9 pm March 15 4 wks  
Resident \$ 60 Non-resident \$ 65

Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy P-1331 adopted  
11/12/97

## Exploring Watercolor Painting #1817

Experience the joys of watercolor. Here is an opportunity for beginners to explore and discover--a chance for the experienced to expand their horizons. The first evening includes a discussion of the realities of watercolor, supplies needed and a painting demo. Bring whatever supplies you have. Materials list will be provided at first class. (Cost approximately \$50.) Matty Dagradi, Pratt Institute artist with paintings in many private collections, studied under Milford-Zornes, Frank Webb and Sondra Frelkelton.

M. Dagradi HHS rm B 106  
Mon., 6:30-8:30 pm Jan 25 8 wks  
Resident \$ 80 Non-resident \$ 85

## Open Art Studio #1816

Want to paint? Don't have the time - come to our open art studio, do your own thing. Work in your desired medium; watercolor, acrylic, pencil or ink. Exchange art ideas and share knowledge about different art happenings and gallery openings. We will be artists helping artists with ideas and critiques and friendship.

M. Dagradi HHS rm B 106  
Wed., 6:30-8:30 pm Jan 27 6 wks  
Resident \$ 67 Non-resident \$ 72



Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

**NEW**  
**Healthy Endeavors**

Offered by **Wendy Battles**  
 Optimal Health Coach  
[www.DontWorryGetHealthy.com](http://www.DontWorryGetHealthy.com)

**Are You Suffering From the Sugar Blues? #0602**

Are you constantly craving sweets and want to understand why? Do you want to have more balanced energy and feel less tired? Are you ready to kick your sugar habit once and for all? This workshop allows participants to learn the history of sugar consumption in the US and it's epidemic levels, understand the difference between simple and complex carbohydrates, learn about natural sweeteners, identify the source of sugar cravings and what to do to overcome them and learn how making small changes to your diet can alleviate sugar cravings.

W. Battles HHS rm D 208  
 Tues., 7-8:30 pm April 27 1 session  
 Resident \$ 27 Non-resident \$ 32

**5 Simple Steps to Embrace the Clean Eating Lifestyle #0605**

Are you fed up with too much sugar, salt and processed food in your diet? Are you ready to embrace a clean eating lifestyle focused on foods that will energize you, support healthy weight loss and help you feel your best? Join Wendy for an interactive session on 5 simple steps you can take to become a clean eater, ditch eating so much junk food and discover optimal health. You will leave with a simple plan of action and a host of healthy recipes.

W. Battles HHS rm D 208  
 Thurs., 7-8:30 pm March 11 1 session  
 Resident \$ 27 Non-resident \$ 32

**NEW! Back Pain Education & Tools for Recovery #1130**

You will understand how postural misalignment, habit and daily stress contribute to back trouble. Find ways to rest; learn to use your back as intended in all activities and use your whole body with new insight. We will explore how to sit, stand and sleep better. Wear comfortable everyday clothing and bring the pillow you use for sleeping. M. Wagner teaches the Alexander Technique in Cheshire and is certified by the American Society for the Alexander Technique.

M. Hauser-Wagner HHS rm D 109  
 Mon., 6:30-8:30 pm March 22 2 wks  
 Resident \$ 40 Non-resident \$ 45

**From Clutter to Art Deco #1119**

Are your treasured souvenirs and collectibles stored in boxes? Learn ways to turn them into a work of art. Discover easy techniques to re-purpose and display costume jewelry, paper memorabilia, photos, pottery and give new life to things you love. Demonstration includes using souvenirs to decorate frames, make memory boxes, scrapbook pages, greeting cards and altering artistically just about anything in your home.

L. Calegari HHS rm D 109  
 Wed., 7-9 pm March 10 1 session  
 Resident \$ 24 Non-resident \$ 29



**Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.**

**SEARCHING FOR TALENT**

Hamden Adult Education is continually striving to offer courses of interest to the community. We are also looking for people to teach these courses.

Hamden is fortunate to have a wealth of talented citizens. Persons with specialized skills and interests are invited to share their talents with the community. If you are interested in joining our staff, please contact:

LuAnn Gallicchio, Director  
 Hamden Adult Education  
 407.2028  
 407.2056 (FAX)  
[lgallicchio@hamden.org](mailto:lgallicchio@hamden.org)

**Hamden Public School buildings and grounds are SMOKE FREE Board Policy P-1331 Adopted 11/12/97**

**Volunteers Needed**

We are always looking for volunteers to help out with our "Windows to the World" senior computer classes.

If you are interested and available during the day, contact Elderly Services at the Miller Senior Center at 203.287-2547

# CULTURAL ENRICHMENT

## Reading the Tarot

#1221

Whether you have just begun or have been studying on your own, you can learn how to read the Tarot without using a book. Become adept at the numerology and symbolism in the cards. Develop your interpretive and intuitive skills while reading for yourself and others. Enjoy giving insightful and fun readings. (Enrolling with a partner is encouraged but not required.) Bring a 3-ring binder and 78 card Tarot deck. The Universal Rider Waite deck is recommended.

L. Morrison HHS rm D 212  
Tues., 7-9 pm March 23 8 wks  
Resident \$ 75 Non-resident \$ 80

**Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.**

## Register Early

*Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, so please register early!*

## 20th Century Opera

#1901

We will sample a range of works of the more important 20th Century opera composers. Musical styles of the era varied widely: a few are still fairly challenging for listeners, even after many decades. Most, however, are engagingly listener-friendly. Examples will be chosen from works of such composers as Berg, Bernstein, Britten, Debussy, Gershwin, Janacek, Menotti, Poulenc, Prokofiev, Schoenberg, Shostakovich, Sondheim, Richard Strauss, Stravinsky, and Weill. No textbook is required. Assigned readings will be provided.

S. Johnson Johnson's Residence  
Mon., 7:15-9:15 pm March 15 10 wks  
Resident \$ 90 Non-resident \$ 95

## Writing for Non-Writers

#1124

This class is for those who think they can not write. My goal is to prove to them that if they can talk they can write. Books, poetry, cartoons, and pictures to prompt discussion and writing will be used throughout this class. We will also use memoir, journal writing and other creative writing techniques to write in a natural manner. Materials fee \$ 5 payable to instructor at first class.

A. Flaxman Whitney Center  
Tues., 1:30-3 pm Feb 16 8 wks  
Resident \$ 70 Non-resident \$ 75



**Hamden Public School buildings and grounds are SMOKE FREE Board Policy P-1331 adopted 11/12/97**



## Weather Programs

### Offered by Meteorologist Art Horn

#### "Weather Dominates Our World" #1201

When you think about it, everything we do is affected by weather. The weekend trip to the shore, the launching of the space shuttle to the fireworks on the 4th of July depend on what kind of weather there is. Insurance rates are higher near the east coast of the US...why? Because of hurricanes! Storms can have devastating impact on airlines, tankers and cargo ships. The price of food is strongly affected by heat, floods and killing frost. There is no doubt about it, weather dominates the world.

A. Horn HHS rm D 215  
Tues., 7-8:30 pm March 23 1 session  
Resident \$ 24 Non-resident \$ 29

#### Global Warming Update: What the News Media & Your Government Won't Tell You #1202

Most newspapers and major TV networks have decided the science of global warming is settled and will not report that the data shows our climate has been cooling for more than 7 years. They ignore signs from nature that point to decades of global cooling ahead. Is the melting of glaciers a recent development? No, it's been going on for almost 200 years. This program will enlighten audiences about this subject like no other program can. This course will serve as an excellent eye opening alternative to Al Gore's fictional film. Members of the Connecticut Governor's staff have seen this program. Don't miss **Global Warming Update**.

A. Horn HHS rm D 215  
Thurs., 7-8:30 pm Feb 25 2 wks  
Resident \$ 40 Non-resident \$ 45

# LANGUAGES

## French for Beginners #1603

This course is a fun introduction to French through the spoken and written dialogue, as well as through a closer look at the cultural background. Textbook not included.

Y. Kolodny HHS rm D 206  
Tues., 6:20-7:50 pm March 2 6 wks  
Resident \$ 60 Non-resident \$ 65

## German for Beginners #1604

This course is a fun introduction to German through the spoken and written dialogue, as well as through a closer look at the cultural background. Textbook not included.

Y. Kolodny HHS rm D 206  
Tues., 8-9:30pm March 2 6 wks  
Resident \$ 60 Non-resident \$ 65

## Italian Beginners #1608

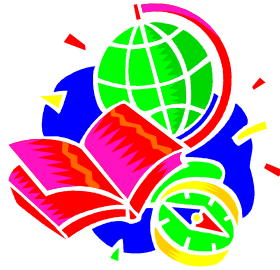
Everyday Italian taught with an eye for the tourist with a quick study of grammar and Italian lifestyles, customs and geography. Textbook not included.

D. Ditomasso HHS rm D 213  
Mon., 6:30-8 pm Jan 25 8 wks  
Resident \$ 75 Non-resident \$ 80

*Joan W. said, "What a joyous course! I can't remember having more fun in any adult class".*



Textbook fees must be paid by check, money order or credit card.



## Spanish Beginners #1610

Are you interested in speaking Spanish? Emphasis is placed on learning through conversation, useful workplace and travel expressions and basic grammar. Textbook not included.

C. Cortes HHS rm D 213  
Tues., 6:30-8:30 pm Jan 26 8 wks  
Resident \$ 80 Non-resident \$ 85

## Spanish Level II Adv Conversation #1612

For people with Spanish language to enhance their conversational, writing and reading skills. Prerequisite: beginners and intermediate level required or equivalent experience. Textbook not included.

G. Malavet-King HHS rm D 209  
Tues., 7-9 pm Jan 26 8 wks  
Resident \$ 80 Non-resident \$ 85

Watch for our  
Fall 2010  
Bus Trip  
  
Berkshire Railroad  
the Foliage Express  
Sat., October 2, 2010

Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

## HAMDEN'S PARTNERSHIP FOR YOUNG CHILDREN

CHECK OUT ITS OFFICIAL WEBSITE

WWW.HAMDENKIDS.ORG

PHONE # 203.407.2404

Community members can locate information on family events, links to appropriate resources and enrichment activities for your child.

Childcare providers visit the site regularly to check on professional development activities and resources available to you.

## Career Transitions

Gain hands-on computer experience in Microsoft Word and Excel. Explore careers by matching interests and skills with career possibilities, training or college options. Polish your job seeking skills so you can land the job of your choice. Do all this while you brush up your basic skills and work toward a high school diploma.

Call 773.9211 to find out more about this free program.

Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy P-1331 Adopted  
11/12/97

# CPR/SAFETY

## Child and Infant CPR

#2006

Learn how to reduce the risk of death or injury by properly recognizing breathing and cardiac emergencies and learning the proper way to administer appropriate CPR measures to victims of all ages. Certificate and textbook included.

C. Ely HHS A 114  
Mon., 6-10 pm Feb 8 1 session  
Resident \$55 Non-resident \$60

## Babysitter's Training

#2007

The purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, safety and safe play, basic care and first aid. Certificate and textbook included. **Please bring your lunch.**

M. Woliver HHS C 107  
Sat., 9 am-3:30 pm March 20 1 session  
Resident \$40 Non-resident \$45

## **NEW!** iSafe:Internet Safety Course #0308

iSafe is the leader in e-safety education and is committed to spreading the message of keeping children safe online. This course will cover appropriate online behavior, social networking and cyber bullying. With this program students can also become certified i-mentors and educate their peers using outreach methods.

D. Durley HHS rm D 302  
Thurs., 7-8:30 pm March 11 5 wks  
Resident \$58 Non-resident \$63

## **NEW!** Pet First Aid and CPR

#2009

What would you do if your dog choked on a piece of rawhide? What if your cat had a seizure? Thousands of pets are injured and die every year from preventable accidents. Our Pet Tech Pet First Aid & CPR program is a four hour course that will cover pet CPR, rescue breathing, choking management, muzzle/restraining your pet, bleeding protocols, wellness assessment, heat injuries, poisoning, bites, stings and injury assessment. Knowing the skills and techniques of pet first aid can mean the difference between life and death for your pet. This class is perfect for pet owners and pet professionals. You will be taught by lecture, demonstration and hands-on skill practice for maximum retention. Material fee of \$20 payable at first class.

A. Richards & J. Hoffman HHS D 210  
Tues., 6:30-8:30 pm Feb 2 2 wks  
Resident \$69 Non-resident \$74

## **NEW!** Back Pain Education and Tools for Recovery #1130

You will understand how postural misalignment, habit and daily stress contribute to back trouble. Find ways to rest; learn to use your back as intended in all activities and use your whole body with new insight. We will explore how to sit, stand and sleep better. Wear comfortable everyday clothing and bring the pillow you use for sleeping. M. Wagner teaches the Alexander Technique in Cheshire and is certified by the American Society for the Alexander Technique.

M. Hauser-Wagner HHS rm D 109  
Mon., 6:30-8:30 pm March 22 2 wks  
Resident \$40 Non-resident \$45

## About Boating Safety

#1003

Learn boating safety at a USCG basic boating course. This is a three day 8-10 hour class to fulfill requirements for the CT Boating Certificate. Upon completion of a test you will be qualified for a CT Personal Watercraft Certificate. Topics covered are: know your boat, before you get underway, a general introduction to navigating the waterways, general description of operating your boat, legal requirements of boating, boating emergencies-what to do and enjoying your boat.

USCG Auxiliary Staff HHS D 109  
Tues, 6-9 pm March 30 3 wks  
Resident \$60 Non-resident \$65

## Piloting and Charting

#1002

Piloting and Charting is the first of three courses on navigation. This course covers the basics of coastal and inland navigation. The course focuses on traditional techniques so the student will be able to find their way even if their GPS fails. The course includes many in-class exercises. This develops the students skill through hands on practice. A sample of the topics covered are charts and their interpretation, plotting courses, determining direction and distance and more.

USCG Auxiliary Staff HHS A 114  
Mon, 6-9 pm April 19 3 wks  
Resident \$60 Non-resident \$65



**All adult education fees must be paid by check, credit card or money order.**

Hamden Public School buildings and grounds are SMOKE FREE Board Policy P-1331 Adopted 11/12/97

# FAMILY LEARNING

## Ceramic Workshop for Adult & Child

#1917

Enjoy a fun night out with your child and experience the satisfaction of completing a beautiful ceramic piece of your choice. **One child per adult.** Supplies included in fee.

Workshops held at Diane's Ceramic Studio, 21 Crestway, Hamden.

D. Manguilli

Diane's Ceramic Studio

Mon., 6-7:30 pm

#1917 A; Jan 25

Mon., 6-7:30 pm

#1917 B; Feb 22

Mon., 6-7:30 pm

#1917 C; March 29

Mon., 6-7:30 pm

#1917 D; April 26

\$25/adult w/child

1 session

## Cupcake Decorating for Adult & Child

#0610

Wow family and friends with beautifully decorated cupcakes. Have a fun night out and pick up some cupcake decorating tips from a professional. Bring a child and pay one price. All ingredients are peanut free and the frosting is gluten free. **Grade 3 and up please.** Maximum of two children per adult. Supplies included in fee.

All ingredients are peanut free and the frosting is gluten free. **Grade 3 and up please.** Maximum of two children per adult. Supplies included in fee.

C. Turner

HHS rm D 107

Mon., 6:30-8:30 pm

March 15

\$25/adult with child(ren)

1 session



## Register Early

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, it may be cancelled. So please register early!

## THE FAMILY RESOURCE CENTER OF HAMDEN

AT CHURCH STREET SCHOOL

203.407.3111

### How the Family Resource Center Can Assist You:

The staff can help you increase your enjoyment of your child and the parenting experience, and increase your ability to detect any developmental delays your child may have.

### PROGRAMS FOR YOUNG CHILDREN

- \* Drop-in play groups
- \* Home visits using the "Parents As Teachers" curriculum
- \* Book and toy lending library

### PROGRAMS FOR PARENTS AND CHILD CARE PROVIDERS

- \* Parenting education workshops
- \* English and high school equivalency classes in collaboration with Hamden Adult Education
- \* Training and support for home and center based child care providers
- \* CPR and first aid training
- \* Child care referrals
- \* Referrals to agencies and local services
- \* Ongoing parenting support groups
- \* Access to school readiness program information

### VISIT HAMDEN'S PARTNERSHIP FOR YOUNG CHILDREN WEBSITE

WWW.HAMDENKIDS.ORG

## What You Should Do Now...



Please spend a few minutes with this brochure.



Choose the course most appropriate to your likes, hobbies or needs.



A registration form is on page 30 and registration information on page 29. You can register by fax, phone, or online at [www.hamdenadulted.org](http://www.hamdenadulted.org).

We also take walk in registrations.



Questions, we're always glad to talk to you. Call 203.407.2028

## Volunteers Needed

We are always looking for volunteers to help out with our "Windows to the World" senior computer classes.

If you are interested and available during the day, contact Elderly Services at the Miller Senior

Center at  
203.287.2547

Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy P-1331 Adopted  
11/12/97

# LITERACY/TEENAGE DRIVER EDUCATION

LITERACY VOLUNTEERS  
OF  
GREATER NEW HAVEN



Ever imagine what it would be like if you couldn't read this paragraph--or any paragraph? There are thousands of adults in our area who can't. Literacy Volunteers reaches out to them, providing one-on-one and small-group tutoring. If you are interested in becoming a tutor, fill out an application on our website, [www.lvagnh.org](http://www.lvagnh.org) or call us at 865.3867. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend two hours/week with their students. Most tutors tell us it's the best two hours of their week.

**All adult education fees must  
be paid by check,  
credit card or  
money order.**

## Teenage Driver Education ALL-STAR DRIVER

30 Hours of Classroom and 8 Hours Behind the Wheel  
Qualifies You for an Insurance Discount - Dual Controlled Cars  
License Testing available on-site

Let us prepare you for licensing with one of our programs offered through Hamden Adult Ed at Hamden High School. Sessions are as follows:

Winter: Jan. 19, 2010; Spring: April 20, 2010

Tuesday's and Thursday's: 2:15 pm to 4:15 pm Room D 204

### Instructional Package 1:

**\$ 524** This fee is for the complete course of THIRTY HOURS of in class training and EIGHT HOURS of behind the wheel training.

### Instructional Package 2:

**\$ 624** This fee is for the complete course of THIRTY HOURS of in class training and TEN HOURS of behind the wheel training. It is the opinion of this driving school that eight hours is not sufficient to adequately prepare a novice driver; as a result, we offer this 30/10 package at this reduced rate.

### Instructional Package 3:

**\$ 1,275** This fee is for a complete course of THIRTY HOURS of in class training and 20 HOURS of behind the wheel training. State Law requires all drivers with their learner's permit to complete 40 hours behind the wheel with an adult before they can test for their license. This program is designed for the student who does not have the opportunity to complete the required hours with a parent or guardian. Option 3 offers 20 hours of instruction with a professional instructor. The student and parent/guardian will only have 20 hours of driving in order to comply with State Law.

### Extra Lessons:

**\$ 65** Optional fee per hour for any additional behind the wheel training required by students.

### Testing Options:

**\$ 125** This is an optional service if the student wishes to use our vehicle for the exam date. This fee is for arrangement, insurance coverage, necessary paperwork and the use of our vehicle. This fee must be paid in advance to ensure students appointments.

We offer different dates, times & services in classrooms across the state including:

**Cheshire - Hamden - Orange - West Haven**

Call **ALL-STAR DRIVER AT 1.800.732.8090** for more information  
or visit us on-line at [www.all-stardriver.com](http://www.all-stardriver.com)

# SENIOR OFFERINGS

## COMPUTER CLASSES FOR SENIOR CITIZENS

### "WINDOWS TO THE WORLD"

**Computer Basics for Beginners** - If you want to learn what computers are, how they work and how to use one, then sign up for class. You will learn the basics in order to start using a computer. You will also be introduced to the Internet.

**Exploring the Internet** - Now that you completed your basic course, you can learn how to use the Internet including sending and receiving emails, "surfing" the net, and special sites for seniors.

#### Understanding your Computer

A seven week (2 hours per session) course of intermediate computer study for seniors, focusing on the XP Operating System. All students must have completed "Windows to the World" basic computer class. Students must have good hand and eye coordination and mouse skills, good keyboard skills and email accounts with screen name. A home computer is recommended because homework will be assigned.

Course fee \$15 for Hamden senior citizens which includes memory stick and supplies. Fee is \$10 if you have already purchased a memory stick.

**Drop In Lab** - You can practice, ask questions, and work on your own projects.

The computer lab is located at the Miller Senior Center.

**If you are interested in signing up for a class call 287.2547.**

**Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.**

#### AARP Driver Safety #1001

Designed for persons aged 50 and older to update their driving skills, help compensate for age-related physical changes, reduce traffic violations and accidents. Certificate awarded for completion of course may qualify you for a discount on your auto insurance. **Registration by mail or walk-in prior to class. Please include a \$12 check for AARP members or a \$14 check for non-members payable to AARP for each enrollee.** Bring a **driver's license** to class.

Staff HHS rm A 112  
M & W, 6-10 pm #1001 A; Feb 8 & 10  
T & Th, 6-10 pm #1001 B; March 16 & 18  
T & W, 6-10 pm #1001 C; April 20 & 21

#### 20th Century Opera #1901

We will sample a range of works of the more important 20th Century opera composers. Musical styles of the era varied widely: a few are still fairly challenging for listeners, even after many decades; most, however, are engagingly listener-friendly. Examples will be chosen from works of such composers as Berg, Bernstein, Britten, Debussy, Gershwin, Janacek, Menotti, Poulenc, Prokofiev, Schoenberg, Shostakovich, Sondheim, Richard Strauss, Stravinsky, and Weill. No textbook is required. Assigned readings will be provided.

S. Johnson Johnson's Residence  
Mon., 7:15-9:15 pm March 15 10 wks  
Resident \$90 Non-resident \$95

#### Writing for Non-Writers #1124

This class is for those who think they can not write. My goal is to prove to them that if they can talk they can write. Books, poetry, cartoons, and pictures to prompt discussion and writing will be used throughout this class. We will also use memoir, journal writing and other creative writing techniques to write in a natural manner. Materials fee \$5 payable to instructor at first class.

A. Flaxman Whitney Center  
Tues., 1:30-3 pm Feb 16 8 wks  
Resident \$70 Non-resident \$75

#### Oil Painting Workshop for Seniors #1813

Bring your own project to this workshop. Mr. Teixeira will be available to support and guide you. **Participants must use odorless turpentine and bring a container for disposal.**

E. Teixeira Miller Senior Center  
Thurs., 10-12 noon Jan 28 8 wks  
Hamden Sen. Cit. Free Non-resident \$80

#### Movement for Seniors #1708

Dance like nobody is watching...move your body for health and happiness. Movement for Seniors is for all abilities and is based on the movement theories of Rudolf Laban and Irmgard Bartenieff. Move to all genres of music while increasing balance, coordination and greater awareness. Wear loose comfortable clothing and supportive shoes. Have fun moving in a safe and supportive environment. Can be done sitting down.

J. Clark Larson Place  
Tues., 1-2 pm Jan 26 8 wks  
Resident \$62 Non-resident \$67



**All adult education fees must be paid by check, credit card or money order.**

# BUS TRIPS



## Brighton Beach Little Russia

We will enjoy lunch at the famous Primorski Russian Restaurant. A family style menu which will consist of cold and hot appetizers with vegetable platter, assorted smoked fish, cabbage salad, Borscht, roasted mushrooms, cheese patties, meat dumplings, sausage, shish-kebab, cornish hen and Russian Crepes with preserves and sour cream for dessert and coffee or tea.

After lunch we will spend time along Brighton Beach Avenue, the main street lined with shops with Russian handicrafts, Ukrainian bakeries, food emporiums, jewelry, clothes, books and more. Then it is time to visit the Coney Island boardwalk.

**1206 Saturday, May 22nd \$89**

Bus leaves Hamden High School promptly at 8:00 am and we will return approximately 7:00 pm.

**Please note: No refunds will be issued for this trip after May 7th**



## Radio City Stage Door Tour Go Behind the Scenes

Get an insiders' view of Radio City Music Hall and learn the secrets of the Great Stage. See the stage's hydraulic system still in operation since the '30s... As an exciting climax to your tour, you will MEET ONE OF THE WORLD-FAMOUS RADIO CITY ROCKETTES!

We will enjoy a delicious lunch at the Heartland Chophouse Brewery, a handsome restaurant in Times Square. The menu will consist of field of greens salad, bread basket, Chicken Marsala or St. Louis Smoked Ribs., roasted Yukon gold potatoes, vegetable, Key Lime pie, soda and juice and coffee or tea.

We will have free time after lunch to explore the shops in Rockefeller Center and enjoy the sights of New York City!

**1207 Saturday, April 10th \$94**

Bus leaves Hamden High School promptly at 8:30 am and we will return approximately 6:30 pm.

**Please note: No refunds will be issued for this trip after March 26th.**

## Lighthouse Cruise Narragansett Bay



Cruise about the Millennium Catamaran with plush climate controlled interior, outside sun deck and 3 viewing levels. Enjoy a 90 minute narrated cruise of Narragansett Bay which offers breathtaking sights.

Prior to our cruise enjoy a wonderful Sunday buffet brunch at Quidnessett Country Club in North Kingstown, RI. The menu will consist of chilled juices, fruit salad, breakfast pasteries, scrambled eggs, sausage and bacon, home fries, Texas French toast, Chicken Marsala, Penne and vegetables, coffee or tea.

Following our cruise we will visit Watch Hill where you can stroll the charming streets filled with shops, ice cream parlors and even ride the carousel.

**1208 Sunday, June 6th \$95**

Bus leaves Hamden High School promptly at 8:15 am and we will return approximately 6:00 pm.

**Please note: No refunds will be issued for this trip after May 21th.**

## Boston Flower & Garden Show



### "A Feast for the Senses"

Come and enjoy the first breath of spring! Boston's Seaport World Trade Center will be transformed into a wonderland of flora, with stunning exhibits, stimulating scents, soothing sounds and tantalizing textures. The show will feature 30 gardens, a garden marketplace and daily gardening demonstrations. New highlights will include organic food gardening and cooking demonstrations.

Following the show, you will spend time at Quincy Market where you will enjoy lunch on your own and the myriad of wonderful shops.

**1209 Saturday March 27th \$70**

Bus leaves Hamden High School promptly at 7:30 am and we will return approximately 7:00 pm.

**Please note: No refunds will be issued for this trip after March 12th.**

# BUS TRIPS



## West Point Dress Parade

West Point Academy invites you to view the famous Dress Parade conducted with great pomp and circumstance on the parade grounds.

You will enjoy a delicious luncheon at the Hotel Thayer. Their Bountiful Buffet will consist of a wonderful assortment of salads, sandwiches, hot and cold entrees and an extensive sweet table. Next we move on to a guided tour of West Point highlights: Cadet Chapel, Trophy Point, Hudson River lookout and we will also have time at Visitor's Center Shop. Each passenger entering West Point is REQUIRED to bring government issued photo ID (driver's license or passport). Minors need to be accompanied by a parent/guardian.

**1205 Saturday, May 1st \$90**

Bus leaves Hamden High School promptly at 8:00 am and we will return approximately 6:30 pm.

**Please note: No refunds will be issued for this trip after April 16th.**



## Georgetown Hoyas vs. UCONN Lady Huskies

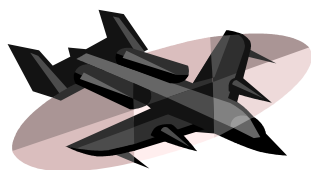
### Senior Night @ XL Center

Come and say goodbye to five more UConn players as they celebrate Senior Night. Reserved tickets will be in the 200 sections.

**1210 Saturday, February 27th \$60**

Bus leaves Hamden High School promptly at 12:00 noon and we will return approximately 6:00 pm.

**Please note: No refunds will be issued for this trip after February 12th.**



## Intrepid Sea, Air & Space Museum

The USS Intrepid is an important part of America's history at sea, in the air and in space. Come explore the 900 foot aircraft carrier - USS INTREPID.

Enjoy hands on exhibits: land a plane in a flight simulator, climb in a lifeboat, pick up objects with Astronauts' gloves and more. We will visit the USS Growler and view the A-4B Skyhawk, the A12 Blackbird, and the fastest passenger plane ever built - The Concorde.

Enjoy lunch on you own at the Intrepid and you will have time to explore the gift shop.

**1204 Saturday, September 25th**  
**\$68 adult \$62 child (6-17 yrs old)**

Bus leaves Hamden High School promptly at 8:00 am and we will return approximately 6:30 pm.

**Please note: No refunds will be issued for this trip after September 10th.**



## Anheuser-Busch "Brewery Tours"

The Anheuser-Busch Brewery in Merrimack, NH is a destination favorite. At the Brew Hall, discover how these famous beers are created using the highest quality ingredients and packaged in a state-of-the-art facility. We will also visit the Clydesdale Hamlet, home to the world famous Budweiser Clydesdale horses.

We will lunch at Hart's Turkey Farm and enjoy a wonderful turkey dinner with all the fixin's...salad, turkey and gravey, whipped potato, butternut squash, cranberry sauce, rolls, apple crisp and coffee or tea. We will complete our day with a stop at Swan Chocolates offering the finest handmade Belgian Choccolatoes, where we will sample gelato, homemade fudge and Chocolate Fountain with fresh fruit.

**1203 Saturday, July 24th \$90**

Bus leaves Hamden High School promptly at 8:00 am and we will return approximately 8:30 pm.

**Please note: No refunds will be issued for this trip after July 9th.**

**HAMDEN ADULT EDUCATION LEARNING LAB**  
**M. L. KEEFE COMMUNITY CENTER**  
**11 PINE STREET - 203.773.9211**  
**FREE CLASSES**



### **Basic Skills**

Have you been out of school for a while? Would you like to improve your reading, writing and math skills? Do you need a high school diploma? Are you trying to get a new job? This course is a good place to start.

**M & W 9 am-12 noon or M & W 7 pm-9:15 pm**  
**Beginning January 11th**

### **GED Prep**

Do you want to study for the GED exam? You will work on five required areas of study: math, science, literature and the arts, writing skills, and social studies. You will be given practice tests and instruction will be individualized where possible.

The GED Exam is offered monthly at Hamden High School. Once you have completed the prep course and feel you are ready to take the exam you must register in person at the adult education office.

**M & W 9 am-12 noon or M & W 7 pm-9:15 pm**  
**Beginning January 11th**

### **Career Transitions**

Gain hands-on computer experience in Microsoft Word and Excel. Explore careers by matching interests and skills with career possibilities, training or college options. Polish your job seeking skills so you can land the job of your choice. Do all this while you brush up your basic skills and work toward a high school diploma. **Call 773.9211 to find out more about this free program.**

**T & Th 9 am - 12:30 pm**  
**Beginning January 12th**

### **Citizenship**

Do you need to learn about the history and government of the United States? Do you need to know the requirements for citizenship? Do you need to know how to apply for the exam? This program is for you.

**Mon., January 11th 12:15-1:30 pm**  
**M. L. Keefe Community Center**

## **Registration for all classes at the Hamden Adult Education Learning Lab**

**Basic Skills, ESOL, GED Prep and Career Transitions**

**Registration - Tuesday, January 5th or Wednesday, January 6th**  
**9 am - 10 am or 7 pm - 8 pm**

**Picture I.D. required at time of registration. Plan to spend two hours.**

## HAMDEN ADULT EDUCATION LEARNING LAB

M. L. KEEFE COMMUNITY CENTER

11 PINE STREET - 203.773.9211

FREE CLASSES



## LEARN ENGLISH FREE AT M. L. KEEFE COMMUNITY CENTER

### ESOL - English Speakers of Other Languages

Would you like to improve your English communication at home and on the job? Do you want to feel more at home in your community? Are you interested in furthering your education? We offer these free classes for foreign-born residents in listening, speaking, reading and writing. We help you develop skills for jobs, education and cultural adjustments for life in the United States.

### Register

Tuesday, January 5th

Wednesday, January 6th

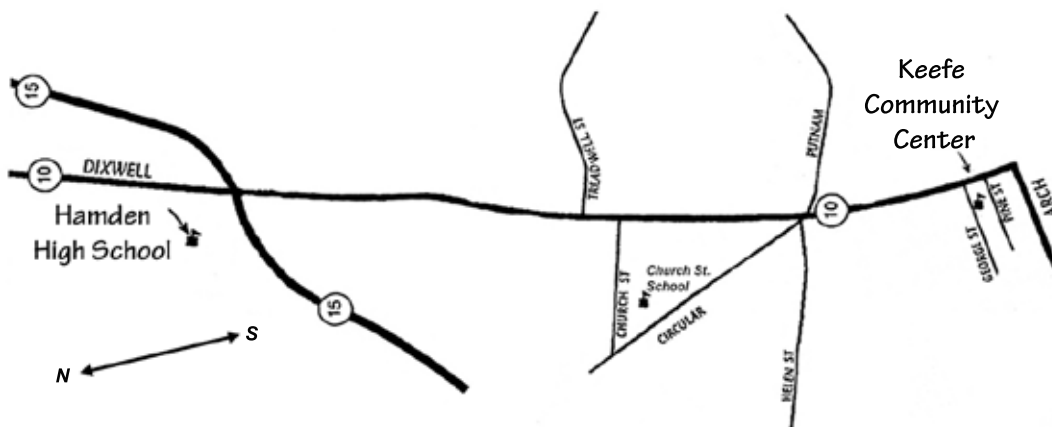
9 - 10 am or 7 - 8 pm

Classes are held Monday - Thursday  
beginning January 11th

For more information call 773.9211

Basic Skills, ESOL, GED Prep and Career Transitions

### Map to Hamden Adult Education Programs



# HAMDEN ADULT HIGH SCHOOL PROGRAMS

AT HAMDEN HIGH SCHOOL - ROOM D 102

ADULTS WISHING TO EARN AN ACCREDITED HIGH SCHOOL DIPLOMA HAVE SEVERAL OPTIONS

## ADULT HIGH SCHOOL

STUDENTS MUST EARN A  
TOTAL OF 22 CREDITS

Adults who did not complete their high school education have the opportunity to earn a high school diploma. Classes are offered in English, Math, Social Studies, and Science on Tuesday and Thursday evenings. Additional credits may be earned for work experience, independent study and through SDE online courses. The adult high school also collaborates with Gateway Community College for additional credit options.

### WALK IN REGISTRATION FOR THE ADULT HIGH SCHOOL DIPLOMA PROGRAM

**TERM 1 REGISTRATION**  
**MONDAY, JANUARY 4TH**  
**WEDNESDAY, JANUARY 6TH**  
**6:30-8:30 PM**

**TERM 1**  
**CLASSES BEGIN**  
**TUESDAY, JANUARY 12TH**  
**6:30 PM**

**TERM 2 REGISTRATION**  
**WEDNESDAY, MARCH 3RD**  
**6:30-8:30 PM**

**TERM 2**  
**CLASSES BEGIN**  
**TUESDAY, MARCH 16TH**  
**6:30 PM**

**PLAN TO SPEND ONE HOUR AT TIME OF  
REGISTRATION.**

CARL MUNGIGUERRA, COORDINATOR  
ROBERT AGNESE, COUNSELOR

## GED EXAM

### HIGH SCHOOL EQUIVALENCY DIPLOMA

The GED exam is offered monthly at Hamden High School. It consists of tests in the following areas: language arts/writing, language arts/reading, math, science and social studies.

Any Connecticut resident who does not have a high school diploma, is at least 17 years old and has formally been withdrawn from school for six months or their high school class has graduated is eligible.

**Registration deadline is at least 3 weeks prior to exam, but space is extremely limited at the Hamden site. Individuals are scheduled on a first come-first serve basis. Registering in advance may help but does not guarantee your first choice of test date and/or location. You will be requested to select a second and third choice.**

One must register in person at the Hamden Adult Education office. A current **State or Government Photo I.D. is required at registration and entrance into exams. A fee of \$ 13 payable by money order or credit card only is required for Examinees 21 years and older.** Successful completion of a GED practice test is recommended prior to registration. Testing arrangements can be scheduled through the adult education office. For more information please call 407.2028.

Accommodations on the GED tests are available for qualified individuals with a disability. For more information, contact LuAnn Gallicchio at (203)407-2028. You may also contact Ajit Gopalakrishnan at the Connecticut State Department of Education at (860) 807.2125.

GED Prep classes are available at the M. L. Keefe Community Center for those individuals interested in preparing for the GED exam who work or live in Hamden. Residents of other communities should contact their community's adult education program.

### Test Dates

Mon, Tues. Wed. evenings

January	11,12,13	April	5, 6, 7	July	12,13, 14
February	8, 9,10	May	3, 4, 5	August	9, 10, 11
March	8, 9,10	June	7, 8, 9	September	13, 14, 15

## EXTERNAL DIPLOMA PROGRAM - EDP

This is an alternate route to earning a high school diploma. Students are expected to demonstrate a number of life skills through several tasks as well as demonstrate an individual skill in an occupational, academic or specialized area. This program is free to students who live or work in Hamden or the cooperating towns\*. All other individuals are welcome and should call the adult education office for fee schedule.

**For all information contact the Hamden Adult Education office 407.2028.**

\* North Haven, Bethany, Orange, Woodbridge

# CAREER CENTER/COLLEGE PREP/GATEWAY

## THE CAREER CENTER

Residents of Hamden, especially high school students and their parents, are welcome to explore career and college materials. A career resource specialist will be available to help you navigate the various resources available.

### Research:

- Financial Aid
- Careers
- Voc/Tech Schools
- Colleges
- the Job Market

Call Hamden High School at 407.2040 for more information.



## Education Planning for Children and Grandchildren #2103

With college costs increasing faster than the rise in inflation, parents are wondering what they should do for their children's college education. We will review custodial accounts, 529 Plans and Educational Savings accounts or Coverdell IRAs. We will cover what you need to know to make an informed decision for your children's future education needs.

M. Lucas HHS rm D 211  
 Thurs., 7:30-9 pm Jan 29 2 wks  
 Resident \$ 33 Non-resident \$ 38

## SAT PREP COURSE

This course is designed to help students get their best possible score on the College Board SAT exam, used in the college admissions process. Classes will focus on test-taking strategies, a thorough math and grammar review, tips for writing a high-scoring essay, and computer analysis of SAT practice tests.

Tuesday  
 8 sessions  
 6 - 8:15 pm

Hamden High School-Rm B 216  
 Classes begin February 9th  
 Fee - \$ 575

### VERBAL

Students learn how to:

- Analyze sentence completion questions
- Improve performance on reading comprehension
- Recognize vocabulary words typically seen on the SAT
- Prepare for the student-written essay
- Apply rules of grammar to the writing questions

### MATH

Students will learn:

- Math formulas, concepts, and symbols frequently tested on the SAT
- Shortcuts in order to get to the last few questions
- How to do the grid-in questions
- How to analyze strengths and weaknesses in order to develop strategies for improvement

QUESTIONS? CALL (203) 235.2195  
 ADVANTAGE SEMINARS  
 P.O. BOX 4657  
 WALLINGFORD, CT 06492

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

GRAD. YEAR: \_\_\_\_\_

Please mail form and payment to:  
 Advantage Seminars or register online at  
[www.advantageSAT.com](http://www.advantageSAT.com). Do not send  
 registrations to Hamden Adult Ed.

## Hamden-Gateway College Cooperative Program

The Hamden Board of Education (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of January 25, 2010.** You are required to take placement examinations in reading, mathematics and written English.

Mathematics and English credits from an accredited institution of higher education will be reviewed to determine if a waiver from the tests should be granted.

Courses offered at Hamden High School from 6:45 - 9:45 pm.

COURSE	DAY	ROOM
SPA 102 Elementary Spanish II	M	A 206
MAT 095 Elementary Algebra Foundations	T	D 216
COM 171 Fundamentals of Human Comm	TH	D 213
Conversational Chinese I	W	D 213

Register by mail or by calling 285.2080 to request registration forms.

For further information regarding fees, call the Gateway Community College's Admissions office at 285.2080. The College reserves the right to cancel those courses for which there is insufficient enrollment.



Open Doors Open Minds

## HAMDEN TOWN SERVICES

Elderly Services Coordinator, Suzanne Burbage

Parks & Recreation Director, Frank Rizzuti

Workforce Coordinator, Susan Hutchinson

Hamden Library Director, Robert Gualtieri

Community Services Director, Darlene Butler

Youth Services Coordinator, Susan Rubino

Books.....and so much more

### @ your library

Hamden Public Library

[www.hamdenlibrary.org](http://www.hamdenlibrary.org)

- DVDs, Videos, CDs, Books on tape and CD, Magazines
- Children's Programs  
See monthly calendar on [hamdenlibrary.org](http://hamdenlibrary.org)
- Computers for research, job resumes, business plans, homework
- Info Anytime, answers to questions 24/7; follow links at [hamdenlibrary.org](http://hamdenlibrary.org)
- Free or Discounted Passes to Aquariums, Museums, Zoo.  
(Need a Hamden Public Library card.)

[hamdenlibrary.org](http://hamdenlibrary.org)

Monthly calendar of events; reserve and renew books.

[iconn.org](http://iconn.org)

Research and homework help for all ages.

[learnatest.com/library](http://learnatest.com/library)

Practice tests and tutorials for GED, SAT, civil service, citizenship, plus e-test books.

Questions? Call 287.2680 or [info@hamdenlibrary.org](mailto:info@hamdenlibrary.org)

Three locations:

Miller Memorial

2901 Dixwell Avenue

287.2680

Brundage Community Branch

91 Circular Avenue

287.2675

Whitneyville Branch

125 Carleton Street

287.2677

### COMMUNITY SERVICES

562.5129

Provides a coordinated system of educational and recreational programs and comprehensive social services to assist Hamden residents.

- Hamden Food Bank
- KC's Closet
- Fuel Assistance
- Family Movie Night
- PACK Theater Productions
- Computer Lab
- Jobs, Training & Placement
- KIDSFEST
- Housing Assistance
- Emergency Services
- Holiday Toys
- Camp Scholarships
- Medical Referral & Clinics/WIC
- Case Management & Referral

### YOUTH SERVICE BUREAU

777.2610

Provides a comprehensive, coordinated system of programs and services for the children and families of Hamden.

- Summer Youth Employment
- Information & Referral
- Substance Abuse Prevention
- Teen Programs
- Youth Center
- Boxing Program
- Community Based Prevention Programs
- Child Care Center:  
Ages 3-12 part time/full time
- After School and School Vacation Programs for Middle School Students
- Coalition to Stop Underage Drinking
- Hamden Family Fun Day
- National Night Out
- Youth Forums
- School Supplies
- Babysitting Classes
- Various special events for children and families

### PARKS AND RECREATION

General Information	287.2579
Recording of Activities	287.2588
Brooksvale Park	287.2669
Ice Skating Rink	287.2610
Swimming Pool	287.2588

### MILLER SENIOR CENTER PROGRAMS

Providing social and support services to elderly Hamden residents

- aerobics
- bingo
- pinochle
- bridge
- pool
- tai chi
- stroke group
- pokeno
- blood pressure
- movie day
- line dancing
- Mah Jongg
- health counseling
- computer classes

Elderly Outreach	287.2691
Transportation	288.2885
Miller Center	287.2547
Nutrition Site/Cafe	287-0057

### ADULT DAY CARE

Partnerships Center  
for Adult Day Care  
248.8854

Clelian Adult Day Care Center  
288.4151

### JOB RESOURCE CENTER

Meet with the employment counselor by appointment only

M.L. Keefe Community Center  
11 Pine Street  
562.5129

For Hamden residents only

# REGISTRATION INFORMATION

## Eligibility:

Hamden Adult Education programs are open to all residents who are over 16 years of age. Non-residents are welcome to participate in the enrichment program.

## Tuition and Fees:

Persons enrolled in Basic Skills, ESOL, GED, American Citizenship and High School Diploma Programs are exempt from tuition. Residents enrolled in enrichment courses must pay the designated fee by check, money order or credit card.

## Books and Materials:

Books and materials for all classes requiring same will be acquired by students at their own expense. If supplies are to be purchased prior to class, we recommend you confirm your class before purchasing supplies.

## Storm Day Policy:

Adult Education classes are automatically cancelled if Hamden Public Schools are closed during the day. If the weather deteriorates during a scheduled school day necessitating cancelling evening classes, an announcement will be made on Channels 3, 30 and 8 prior to 6:30 pm. If school is delayed, classes at our learning lab at the Keefe Community Center begin at their scheduled time. Check website [www.hamdenadulthood.org](http://www.hamdenadulthood.org).

## Gift Certificates:

Certificates may be purchased at the Adult Education Office.

## Refunds:

A \$ 15.00 processing fee will be subtracted for any refunds made. All refund requests must be made prior to the second class session. Bus trip refunds must be requested as noted under each trip description. Refunds for craft and cooking classes must be requested one week prior to start date due to the cost of supplies the instructors could otherwise not recover. All refunds for credit card transactions processed over 90 days past the original transaction date will be in the form of a credit voucher or check.

## Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms, special GED test accommodations or any other accommodations for effective communication should contact LuAnn Gallicchio, Hamden Adult Education (407.2028) prior to the event so the necessary accommodations may be provided. The adult education program is committed to making all course offerings accessible, and upon request, this brochure is also available in alternative formats. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to Hamlet Hernandez, Assistant Superintendent at 407.2059.

## Class Cancellations:

Any class may be cancelled for insufficient enrollment or for any other reason beyond the control of the Adult Education Director.

## Nondiscrimination/Equal Employment/Equal Education Opportunity:

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and with federal legislation, the Hamden Board of Education, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program, or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position. For further information contact Hamlet Hernandez, Assistant Superintendent at 407.2059.

**Senior Citizens:** Seniors 62 and older are entitled to a 20% discount on all courses except single session classes and bus trips.

## Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator, at 407.2059.

## No Smoking:

Hamden Public School buildings and grounds are SMOKE FREE. Board Policy P-1331 adopted 11/12/97.

## Returned Check Policy:

Participants will be charged \$25 for each check returned by the bank.

The Adult Education Program is sponsored by the Hamden Board of Education in compliance with regulations of the State Department of Education and statutes of the State of Connecticut. Adult Education instructors are selected for their expertise in specific areas. However, the Adult Education Program, the Board of Education and the Town of Hamden do not promote the private services of the instructors nor the companies with whom they are associated. The Board of Education and the Town of Hamden disclaim any and all responsibility for any activities participants may pursue based upon information offered or discussions conducted in an adult education class relating to money management, investment options, business options, personal development, parenting, health care, exercise, personal safety or any other subjects. Courses are provided to expand the knowledge and skills of the participants, and as such, the participants are solely responsible as to how this information and knowledge is applied by them.



**NO ENRICHMENT CLASSES ON THE FOLLOWING DATES:**

**Martin Luther Day.....January 18**  
**Winter Recess.....February 15-19**  
**HHS Parent/Teacher Conferences.....February 24**  
**Spring Recess.....April 12-16**  
**HHS Parent/Teacher Conferences.....May 5**

**CLASS CANCELLATION**  
**(due to weather)**

Whenever the Hamden Public Schools are closed due to bad weather, Adult Education classes do not meet. If the weather deteriorates during a scheduled school day necessitating cancelling evening classes, an announcement will be made on WFSB (Channel 3), NBC (Channel 30), and WTNH (Channel 8) or visit us online [www.hamdenadulthood.org](http://www.hamdenadulthood.org). Cancelled classes will be made up by adding an additional session. If school is delayed, classes at our learning lab at the Keefe Community Center will begin at their scheduled time.

**LOCATION OF CLASSES**

**ALL THINGS MUSICAL**  
3210 Whitney Avenue

**DIANE'S CERAMIC STUDIO**  
21 Crestway

**ELITE FITNESS**  
23 RACCIO PARK ROAD

**HHS**  
HAMDEN HIGH SCHOOL  
2040 DIXWELL AVENUE

**MSC**  
MILLER SENIOR CENTER  
2901 DIXWELL AVENUE

**MILLER LIBRARY**  
2901 DIXWELL AVENUE

**MLK**  
M.L. KEEFE COMMUNITY CENTER  
11 PINE STREET

**WHITNEY CENTER**  
200 LEEDER HILL

**WHITNEY FLOWERS**  
2648 WHITNEY AVENUE

**HAMDEN/NORTH HAVEN YMCA**  
1605 SHERMAN AVENUE

**YOUR COMMUNITY YOGA CENTER**  
39 PUTNAM AVENUE

**SCHOOL ADMINISTRATION**

Superintendent  
Frances Rabinowitz  
Assistant Superintendent  
Hamlet Hernandez  
Assistant Superintendent  
Marie Jordan-Whitney

**BOARD OF EDUCATION**

Michael D'Agostino, Chair  
John Keegan, Secretary  
Austin Cesare  
Lesley DeNardis  
Michael Dolan  
Myron W. Hul  
Adam Sendroff  
Valarie Stone

**STAFF**

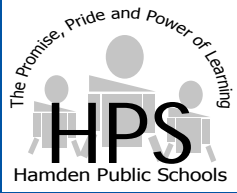
Director  
LuAnn Gallicchio  
Administrative Secretaries  
Violet Plano  
Michelle Hurst

**OFFICE HOURS**

Monday-Thursday  
8:30 am-3:30 pm  
Friday  
8:30 am - 3:30 pm

Tuesday & Thursday evenings  
6:30 pm-9:00 pm  
beginning January 12th

**Hamden Public School  
buildings and grounds are  
SMOKE FREE  
Board Policy P-1331 adopted  
11/12/97**



Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, Connecticut 06514

Non-Profit Org.  
U.S. Postage  
PAID  
Permit #157  
New Haven, CT

**ECRWSS**  
**Postal Customer**

*About Boating Safety*  
*Creative Gift Wrapping*  
*Passion of Italian Cooking*  
*ISafe: Internet Safety*  
*Investment Basics*  
*The Art of Basic Doll Making*  
*Pet First Aid and CPR*

[www.hamdenadulthood.org](http://www.hamdenadulthood.org)

Register by Mail - Phone 203-407-2028 - Fax 203-407-2056