

*Hamden-North Haven  
Adult & Continuing Education  
Fall 2019*

*Reach for the Stars*

Dear Friends,  
I'm extremely pleased to offer our new catalog. For over 50 years Hamden Adult Education programs have offered a variety of convenient, affordable and high quality programs that are designed to enrich and benefit the lives of our community.

Can't make it into a classroom? Check out the exciting instructor-facilitated Ed2Go, UGot Class and ProTrain online courses offered. They are informative, enjoyable, convenient and highly interactive. Many of them include program completion certification that can lead to future employment.

I look forward to another exciting year of learning and exploring and hope to see you all on our fabulous trips and in our classrooms.

LuAnn Gallicchio

## Hamden Adult Education

Hamden High School  
2040 Dixwell Avenue  
Hamden, CT 06514  
203.407.2028 fax 203.407.2056  
email: info@hamdenadulthood.org

### Office Hours:

Monday - Thursday 8:00 AM - 3:30 PM, Friday 7:00 AM - 2:30 PM  
Monday - Thursday evenings 6:00 PM - 9:00 PM

## North Haven Office

North Haven High School  
221 Elm Street  
North Haven, CT 06473  
203.239.1641 ext. 2913 fax 203.239.2115

### Office Hours:

Monday - Thursday 5:15 PM - 9:15 PM (September - May)

Latest Information and to locate new classes at:

**www.hamdenadulthood.org**

Follow us on:



### Searching for Talent

*We're always looking for great course ideas and instructors*

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: Rissa Webb at 203.773.9211 ext. 1139 or rwebb@hamden.org

The Hamden-North Haven Adult Education Programs (GED® Prep, National External Diploma Program, Adult High School, Pre-GED®, ESL and Citizenship) are open to all residents of Hamden, North Haven, Bethany, Orange and Woodbridge who are 17 years of age and are not participating in a public school program. Residents from Hamden or North Haven enrolled in enrichment courses pay the designated resident fee by check, money order or credit card. Non-residents must pay the non-resident rate listed.

## STAFF

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LuAnn Gallicchio  
Administrative Secretaries  
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Doreen Van Horn  
Maria Ferraro - North Haven

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Superintendent - North Haven  
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## Fall Calendar

**July 31 - August 2**  
Adult High School  
Fall 2019 Registration

**August 19**  
Adult High School  
Classes Begin

**August 19 - August 23**  
ESL, GED®, Citizenship class  
registration

**Sept 2**  
Labor Day - No Classes at HHS

**Sept 9**  
Classes located at Keefe begin

**September 23**  
Enrichment classes begin

**September 30**  
Rosh Hashanah - No classes

**October 1 - October 2**  
Adult High School  
Term 2 Registration

**October 9**  
Yom Kippur - No Classes

**October 14**  
Columbus Day - No Classes

**November 5**  
Election Day - No Classes at NHHS  
No Classes at CO Gym

**November 11**  
Veteran's Day - No Classes at NHHS

**November 19**  
HHS Parent/Teacher Conferences  
No Classes at HHS

**November 27-December 1**  
Thanksgiving Break - No School

**December 9 - December 11**  
Adult High School  
Winter/Spring Registration

**December 20 - January 1**  
Winter Break - No Classes

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## Location of Classes

### All Things Musical

3210 Whitney Avenue, Hamden

### Chess Academy

1890 Dixwell Avenue, Suite 101 Hamden

### Central Office Gym

60 Putnam Avenue, Hamden

### Golf Center at Lyman Orchards (GC AT LO)

700 Main Street, Middlefield

### HHS

Hamden High School  
2040 Dixwell Avenue, Hamden

### HMS

Hamden Middle School  
2623 Dixwell Avenue, Hamden

### Jazzercise Fitness Studio

4133 Whitney Avenue, Hamden

### MECA Art Studio

28 Washington Avenue, No. Haven

### MLK

M.L. Keefe Community Center  
11 Pine Street, Hamden

### Moment In Time

3490 Whitney Avenue, Hamden

### Mountain View Wellness

4193 Whitney Avenue, Hamden

### NHHS

North Haven High School  
221 Elm Street, No. Haven

### Soulcraft Studio

1125 Dixwell Avenue, Hamden

### Whitney Center

200 Leeder Hill, Hamden

### Whitney Flowers

2648 Whitney Avenue, Hamden

### YMCA

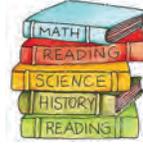
1605 Sherman Avenue, Hamden

### Your Community Yoga Center(YCYC)

39 Putnam Avenue, Hamden

# FREE CLASSES

## Pre-GED®



This free course is for adults, without a high school diploma, who want to improve basic reading, writing and math skills. Our classes can help you gain greater self confidence, improve life skills and prepare you to enter a high school completion program. After a brief evaluation, we develop a learning plan that will assist you in reaching your goals.

**Classes meet:**  
**Monday, Wednesday, and Friday**  
**9:00 AM - 12:30 PM OR**  
**Tuesday, Wednesday and Thursday**  
**6:30 PM - 9:00 PM**

## Become A U.S. Citizen



This free class is designed to help you prepare to become a U.S. citizen and fulfill all of the Immigration and Naturalization Service (INS) requirements. Learn about the culture, history, and government of the US. Discuss the rights, responsibilities and privileges of citizenship. The class will focus on answering the 100 Civics questions, which will help you prepare to pass the writing, reading, and oral components of the citizenship test for naturalized citizenship.

**Classes meet Wednesday**  
**6:30 PM - 9:00 PM**

## English As A Second Language

**LEARN TO SPEAK, READ & WRITE ENGLISH**

**Keefe Community Center**

### Morning Classes

**Monday and Wednesday**  
**9:00 am - 12:30 pm**

**Tuesday and Thursday**  
**9:00 am - 12:30 pm**

### Evening Classes

**Tuesday and Thursday**  
**6:30 - 9:00 pm**

**Wednesday and Thursday**  
**6:30 - 9:00 pm**

**Free babysitting for children of students registered in morning Pre-GED® or ESL classes**



**Registration for the classes at M.L. Keefe Community Center**

**11 Pine Street - 203.773.9211 ext. 1139**

**Monday, August 19 - Friday, August 23**

**9:30 - 11:00 am**

**Monday, August 19 - Thursday, August 22**

**6:30 - 8:00 pm**

**Picture ID and proof of residency are required at time of registration.**

**Call to Register 203.407.2028**

## How to Register for the GED® Exam

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students must begin the GED® registration process online at [ged.com](http://ged.com) and complete the process in person at the Hamden Adult Education Office, located at Hamden High School, 2040 Dixwell Avenue, Hamden. For more information please call 203.407.2028 or 203.773.9211 ext. 1139.

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact LuAnn Gallicchio at 203.407.2028 or you may contact Sabrina Mancini at the Connecticut State Department of Education at 860.807.2111

## Steps to Success

### Session A - Overcoming Obstacles to Reach Your Goals

**#9900A - 8/27 - 8/29 - 9:00 - 11:00 am** - you will explore the reasons we allow obstacles to stop us in our tracks. Topics will include sustaining motivation, strategies for building grit, perseverance and resilience.

### Session B - Who am I? Career Exploration and Workplace Skills

**#9900B - 9/3 - 10/10 - 9:00 - 11:00 am** - you will complete a variety of assessments designed to help you understand how a variety of personal attributes (i.e., interests, values, preferences, motivations, aptitudes and skills), impact your potential success and satisfaction with different career options and work environments. Completion of these assessments will enable you to choose an appropriate career path. You will gain an understanding of the essential skills needed in the 21st century workplace. These include soft skills (adaptability, problem solving, teamwork, etc.), transferable skills (time management, interpersonal communication, etc.) as well as the hard skills required for specific careers. Worker's rights and labor laws will also be addressed. Upon completion of this module, you will have an understanding of the skills necessary for job retention.

### Session C - Where am I going? Developing Your Career Path/Job Search Strategies

**#9900C - 10/15 - 10/31 - 9:00 - 11:00 am** - you will gain skills in the following areas: job search strategies, internet search skills, telephone skills, and networking. You will use local resources such as the American Job Center in order to improve your skills in the job-hunting process. You will use problem solving, decision making and goal setting to develop your career path. You will gain an understanding of the Career Planning Model, job qualifications and barriers, career ladders and local labor market trends.

### Session D - How am I going to get there? Develop a Career Portfolio/Interviewing Skills

**#9900D - 1/5 - 11/26 - 9:00 - 11:00 am** - you will create employment documents including resumes, cover letters, and thank-you letters. You will also gain an understanding of the importance of professional communication as well as improving 21st century communication skills. (email, memos, netiquette). You will learn tips to improve interview performance, such as understanding body language, appropriate attire and punctuality. You will practice interview skills through role-playing.

### Session E - Now what? Readiness for Post-Secondary Education

**#9900E - 12/3 - 12/19 - 9:00 - 11:00 am** - you will explore your readiness for the college experience. Topics will include: post-secondary opportunities, Accuplacer prep, admission requirements, financial aid, and tips for college success, including strategies for building grit, perseverance, and resilience.

**The Steps to Success program is free to those students who don't have a US high school diploma, all others will pay \$25.**

# ADULT HIGH SCHOOL COMPLETION PROGRAMS

IT'S NEVER TOO LATE TO COMPLETE YOUR HIGH SCHOOL EDUCATION

## ADULT HIGH SCHOOL

CARL MUNGIGUERRA, COORDINATOR

SHARON KING, COUNSELOR

Hamden, North Haven, Bethany, Orange, and Woodbridge residents can earn an Adult High School Diploma through the Hamden Adult Education Department. Classes are offered in English, Mathematics, Social Studies and Science on Tuesday through Thursday evenings. Additional credits may be earned for work experience and/or online work. Candidates who enjoy an academic setting and group interaction, or who plan to further their education and want to improve their academic skills, are encouraged to enroll in this program.

### STUDENTS MUST EARN A TOTAL OF 22 CREDITS

**Walk-In Registration for the Adult High School Diploma Program at Hamden High School Room D102**

**Fall 2019 Term 1 Registration**

**Call to schedule an appointment**

**Wednesday, July 31<sup>st</sup> and Thursday, August 1<sup>st</sup> 6:30 pm or Friday, August 2<sup>nd</sup> 10:00 am - 2:00 pm**

**Fall 2019 - Term 1 Classes Begin Monday, August 19<sup>th</sup> 6:00 pm**

**Term 2 Registration Tuesday, October 1<sup>st</sup> and Wednesday, October 2<sup>nd</sup> 6:30 pm**

**Call to schedule an appointment**

**Term 2 Classes Begin Tuesday, October 22<sup>nd</sup> 6:00 pm**

## National External Diploma Program NEDP



The National External Diploma Program (NEDP) is an applied performance assessment system that assesses the high school level skills of adults.

- The NEDP evaluates the reading, writing, math and workforce readiness skills of participants.
- Awards an adult education diploma so graduates can meet their academic and career goals.
- Designed for self-directed adults with life and work experiences and a general familiarity with the computer.
- Offers flexible scheduling and confidentiality.

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 a fee schedule. The NEDP is recommended for those at least 21 years of age.

**All interested students must attend one of the following information sessions at 5:30 PM at the Keefe Community Center:**

**9/17, 10/29, 11/19, 12/17**

**For information contact the Hamden Adult Education office at 203.773.9211 ext. 1139 or 203.407.2028.**

\* North Haven, Bethany, Orange, Woodbridge

## GED® Prep



You will receive necessary instruction in each of four subject areas: Science, Social Studies, Math and Reading through Language Arts - plus basic computer skills to take the computer-based GED® exam and earn a State of Connecticut diploma. Instructors will also review the official website, [ged.com](http://ged.com), where students can access related exam information and exam registration procedures. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here.

**Classes meet: Monday, Wednesday and Friday  
9 am - 12:30 pm OR  
Tuesday, Wednesday & Thursday  
6:30 - 9:00 pm**

**Register at the Keefe Community Center:  
August 19 - August 23 9:30 - 11:00 am  
OR**

**August 19 - August 22 6:30 - 8:00 pm**

**Picture ID and proof of residency required at time of registration. Plan to spend a few hours.**

For Information about registering to take the GED® exam, see page 5.

**Free babysitting for children of students registered in morning GED® class.**

**Call to Register 203.407.2028**



Emergency Medical Technician EMT (Training)

#1004H

The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as firefighters) looking to expand their knowledge. EMT's provide emergency medical care in a pre-hospital environment, or can be employed in certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam you are qualified to work as a Basic EMT. Most EMTs are employed by first responder organizations including ambulance services, hospitals, and fire departments. You must be 16 years or older to participate in the program. Program fees for this training class are **\$1,095**. The course will begin on September 3<sup>rd</sup> run Tuesday and Thursday evenings 6:00 - 10:00 PM, as well as some Saturdays. Included in the price of the class are the textbooks, AHA CPR Certification, stethoscope, blood pressure cuff, t-shirt, pen light and trauma shears. Students must bring a laptop to class. **A \$600 non-refundable deposit is due by August 27<sup>th</sup> and the balance is due by first night of class. There is no senior discount given.**

**Come hear how to become an EMT, August 27 at 6:30 pm at Hamden High School in room C107. For more information or to register for the information session, please call 203.773.9211 ext. 1139 or 203.407.2028.**

EMT

**Professional Bartending  
S. M. A. R. T. Certification**

Bartending offers an opportunity to start a new career or supplement your income with a part-time position. This course includes the state and national S.M.A.R.T. certification (Servers and Managers Alcohol Responsibility Training) recognized by the CT Department of Liquor Control and police departments. You will learn to serve responsibly, spot signs of intoxication and respond appropriately. You will learn to make more than 100 drinks, from gin and tonics to daiquiris. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation and people skills. Upon successful completion of this course, you receive a certificate and will have acquired the skills employers require to work in any environment that serves liquor, including restaurants, clubs, hotels and catering companies. **A \$25 non-refundable materials fee is due to the instructor the first night of class. There is no senior discount given.**

#1003NA P. Rich  
Tues., 6-9 pm



NHHS rm 114  
Oct 1 5 wks

Resident \$200

Non-resident \$205

**ServSafe Food Handlers  
Training and Certification**



ServSafe is a food safety training and certificate program administered by the National Restaurant Association. This program is accredited by ANSI and the Conference for Food Protection. This certification is required by most restaurants as a basic credential for their management staff. You will learn basic food safety practices for preparing and serving food. You will earn your food handler certificate from the foodservice experts, the National Restaurant Association. The five sections you will learn are Basic Food Safety, Personal Hygiene, Cross-contamination and Allergens, Time and Temperature, and Cleaning and Sanitation. You must complete these sections before the assessment is available. Please register 10 days prior to class, so books can be picked up prior to class. **Price includes textbook. There is no senior discount given.**

#1002HA  
Sat., 8am-5pm

Staff

HHS rm D111

Oct 5 1 session

Resident \$200



Non-resident \$205

Bartending

SERV SAFE

Home Health Aide

Security Guard

Receptionist

OSHA

## New: Security Officer License Training



**#1001N - October 15 & 17**  
 5:30 – 9:30 PM  
 NHHS rm 106

**#1001H – November 4 & 6**  
 6:00 – 10:00 PM  
 HHS rm D109

INSTRUCTOR: L. Bonito, Owner

Resident \$125 Non-resident \$130

BRING TO Class: CT Driver's License or State ID

This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. CT laws will be reviewed, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about: the use of force continuum, fire safety, the history of security, work place violence, terrorism, communication skills, and more. Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection.

Administrative directives for Security Officer's Training Certification Identification Card from the Department of Emergency Services and Public Protection Division of State Police Special Licenses & Firearms Unit, will be distributed and reviewed during training, outlining: Application-fees, Fingerprinting-fees, FBI Background Inquiry-fees, State of CT Background Inquiry-fees, and additional requirements such as: a copy of your current CT Driver's License and Papers of Naturalization, if applicable. Eligibility: Must be at least 18 years of age with no felony record and no sexual offenses.

## Home Health Aide



This program teaches roles and responsibilities of the companion homemaker and teaches important professional, communication and social skills for success on the job. Topics include the importance of people skills, ethics, integrity and professional behavior, ageism: what it is and how to avoid it, appearance and hygiene, cultural sensitivity, phone etiquette, escorting and transporting your client, observation skills, handling medical emergencies, fire safety and disaster preparedness, as well as CPR and AED certification. ***There is no senior discount given.***

**#1005H** P. Myrthil HHS rm D110  
 Sep 23 5 wks Mon., & Wed., 6-8 pm  
 Resident \$465 Non-resident \$470

## OSHA Construction Safety Certification



This OSHA 10-Hour Hazard Recognition Training for the construction industry workers includes Fall Protection, Excavations, Scaffolding, Concrete and Masonry, OSHA Inspection Procedures and more.

Recommended for all entry-level employees. Participants successfully completing the hourly and course requirements receive an OSHA 10-hour Department of Labor course completion card, which is good for Five (5) years in the state of Connecticut. ***There is no senior discount given.***

**#1010H** K. Providence HHS rm D110  
 Tues., & Thurs., 6-10 pm Oct 15 2 sessions  
 Resident: \$150 Non-resident \$155

## Office Receptionist



This general Receptionist course will help you obtain the basic office skills necessary to perform professionally and efficiently the daily tasks required of a receptionist. As you progress through each lesson you will learn how to become a skilled receptionist in today's technology-based offices. The receptionist's duties include: acting as an ambassador by welcoming people to your business, screening phone calls, setting appointments, directing client traffic throughout the work day, computer skills and so much more. ***There is no senior discount given.***

**#1006H** P. Myrthil HHS rm D110  
 Mon., & Wed., 6-8 pm Nov 4 4 wks  
 Resident: \$325 Non-resident \$330

**EXCEL ACADEMY**

Hands-On Training  
Save Time & Money  
Professional Services

**PHLEBOTOMY TECHNICIAN TRAINING**

**Excel Academy**  
A DanielCare Affiliate

**Locations:**

419 Whalley Avenue  
Suite 404  
New Haven, CT 06511

482 Summer Street  
Suite 1  
Stamford, CT 06901

TO REGISTER CALL NOW:  
203-407-2028






**REGISTER NOW!**

**EKG TECHNICIAN TRAINING**

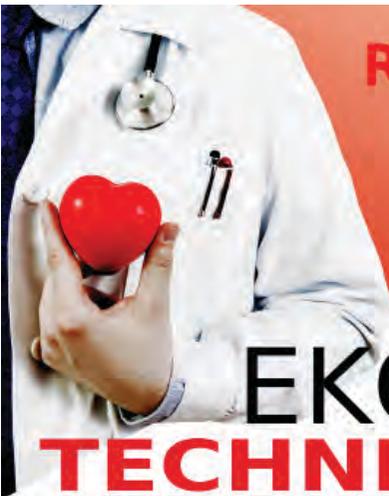
Flexible Classes Flexible Payment plans

**TO REGISTER CALL NOW!**  
203-407-2028

**New Haven Location**  
419 Whalley Ave. Suite 404  
New Haven, CT 06511

**Stamford Location**  
482 Summer Street  
Stamford, CT 06901

**Excel Academy**  
A DanielCare Affiliate





**EXCEL ACADEMY DANIELCARE AFFILIATE**

**CERTIFIED NURSING ASSISTANT**

**Flexible Classes**

**Locations:**

419 Whalley Ave. Suite 404  
New Haven, CT 06511

Corporate Drive,  
Shelton, CT 06484

482 Summer Street,  
Stamford, CT 06901

**Classes Available**  
Day, Evening, and Weekend!

For more information, contact us at 203-407-2028






**Information Session**

Interested in becoming a:  
CNA, Phlebotomy Technician,  
or EKG Technician?

Come to Hamden High School  
Room C107, 9/5 at 6:30 P.M.  
to hear more about these  
programs.

Phlebotomy Tech

EKG TECH

CNA

**American Heart Association Adult, Child, Infant First Aid, CPR and AED**

This course teaches how to recognize and treat sudden illness and injury in adults, children, and infants. You learn how to provide CPR and to use an Automated External Defibrillator. Course topics include: allergic reactions, heart attacks, stroke, seizures, diabetes, bites and stings, bleeding control, splinting, heatstroke, hypothermia, and relief of choking. This course is appropriate for members of the community who want to be prepared in the event of a cardiac emergency or serious life threatening emergency. *There is no senior discount given.*

#3001NA      2 sessions      Oct 28      L. Bonito  
 NHHS rm 114      Mon. & Tues., 6-9 pm  
 Resident: \$150      Non-resident: \$155

**American Heart Association Pediatric First Aid and CPR**

Designed to meet the regulatory requirements for child care workers in CT. Learn to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. Intended for childcare center workers, camp counselors, coaches, teachers and foster care workers. *There is no senior discount given.*

#3003N    2 wks    Nov 18    S. Gesner, RN/C. Levy, RN  
 NHHS rm 106      Mon, 6:30-9:30 pm

Resident: \$100      Non-resident: \$105



World Class Training for Education 2 Employment

**START and END DATES for Online Courses**

9/18/19	12/18/19	3/18/20
10/18/19	1/18/20	4/18/20
11/19/19	2/16/20	5/19/20
12/18/19	3/18/20	6/18/20

For more information, call 1 (800)371-2963, option 1, email us at [enroll@ProTrainEdu.org](mailto:enroll@ProTrainEdu.org) or online [hamden.theknowledgebase.org](http://hamden.theknowledgebase.org)



## Medical Assistant

*Develop In-Demand Job Skills With an Affordable Certificate*

This course prepares students to be professional medical assistants dedicated to patient care management. Graduates are equipped to assist physicians with examinations and treatments, take medical histories, perform diagnostic tests, expose X-ray films, sterilize instruments and supplies, assist with minor surgery and administer medications. The course goal is to prepare competent entry-level medical assistants in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains.

Dates: Sept. 3 – Dec. 5, 2019  
Hours of Instruction: 98 In-Classroom

*Tuition: \$3,379 (Includes Exam) – Affordable Financing Options Available*

For more information, call 1 (800) 371-2963 option 1 or email us at [enroll@ProTrainEdu.org](mailto:enroll@ProTrainEdu.org) or find us online at [hamden.theknowledgebase.org](http://hamden.theknowledgebase.org)



## Pharmacy Technician

*Develop In-Demand Job Skills With an Affordable Certificate*

This program prepares students to be professional Pharmacy Technicians dedicated to assisting in quality pharmacy operational procedures. Students that pass the course and certification exam can submit an application to participate in an internship program with national affiliation partners like CVS and Walgreens, or local pharmacy operations near their residence.

*Student will be prepared to enter the pharmacy field and to take the Pharmacy Technician Certification Board (PTCB) certification exam or NHA Exam.*

Dates: Sept. 17 – Nov. 12, 2019  
Hours of Instruction: 64 In-Classroom/64 Online/120 Internship

*Tuition: \$1,835 (Includes Exam) – Affordable Financing Options Available*



For more information, call 1 (800) 371-2963 option 1 or email us at [enroll@ProTrainEdu.org](mailto:enroll@ProTrainEdu.org) or find us online at [hamden.theknowledgebase.org](http://hamden.theknowledgebase.org)



We offer you hundreds of engaging online courses as well as online certificate programs.

For each course you will need to read, listen to a 10-15 minute presentation from the instructor, take a self quiz, join discussions with fellow students, and obtain plenty of practical information that you can put to immediate use. Our online courses are affordable, fun, fast, convenient, and geared just for you.

You can take all of the classes from the comfort of your home or office at the times that are most convenient to you. Each course runs several times a year, starting on the first Monday of the month. Most courses run for four weeks. The certificate programs are usually comprised of three courses.

You can ask questions and give or receive advice at any time during the course. Upon successful completion, you will be able to download a certificate of completion.

Certificate programs start as low as \$195 and includes several courses.

**Just go to <http://www.yougotclass.org/catalog-complete.cfm/hamden> and choose your course to begin your educational journey.**

**HERE IS A SAMPLING OF SOME OF OUR MOST POPULAR COURSES:**

**Certification in Data Analysis**

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned.

**Certificate in Teaching Adults**

This is your invitation to teach others in-person and join in one of the more important functions in life - passing on knowledge and skills to others. It is both an opportunity and a responsibility. Whether you want to teach others or currently teach others, in any setting, either formally or informally, this course is for you. We will give you both the fundamental and advanced information to improve your teaching. Your lead instructor is author of *How to Teach Adults*, the best-selling book on the subject. The ebook version is included in the course.

**LEED v4 Green Associate Exam Prep**

This course covers the fundamental concepts of green building and is intended for design, construction and real estate professionals, building owners, or anyone who wants to develop their knowledge in this area. The course will prepare students to earn the LEED Green Associate credential from the Green Building Certification Institute. Students examine case studies of LEED certified building projects, concepts of integrated design, third-party verification and the LEED administration process.

**Mobile Marketing Certificate**

The way consumers are interacting with brands and connecting to the world is changing because of mobiles. Find out about location-based marketing, mobile payments, QR codes, applications, and mobile coupons. You will learn how mobile marketing can increase your capabilities to retain current customers and gain new ones. Get step-by-step instructions on how non-technical users can build, deploy and market smartphone applications across Android, and iPhone platforms. Get the knowledge needed to implement a mobile marketing plan.

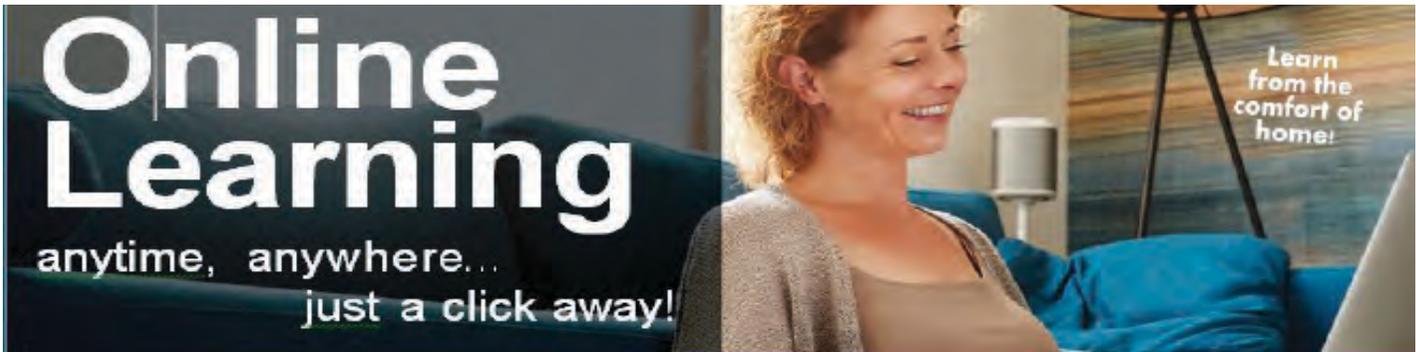
**Certificate in Customer Service**

Customer service is now essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success. Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You will also take away some extraordinary customer service techniques you won't find anywhere else.

**COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!**

**VISIT TO LEARN MORE [HTTP://WWW.YOUGOTCLASS.ORG/CATALOG-COMPLETE.CFM/HAMDEN](http://www.yougotclass.org/catalog-complete.cfm/hamden)**

**Call to Register 203.407.2028**



## ONLINE CAREER TRAINING PROGRAMS

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program. You can begin these programs at any time and learn at your own pace. Upon successful completion of all required coursework, you will receive a Certificate of Completion.

- 6 - 18 Month Format
- All materials provided
- Prepare for certifications
- Student advisor

Some of our most popular programs include:

### Administrative Dental Assistant

Learn how to perform the administrative tasks essential for managing the business aspects of a dental practice.

### Paralegal (with voucher)

This program will prepare you to be a legal secretary or paralegal and to take the Certified Paralegal certification exam.

### Certified Administrative Professional with Microsoft Specialist 2016 (with voucher)

This program prepares you to take the CAP exam offered by the International Association of Administrative Professionals (IAAP).

### Certified Medical Administrative Assistant

Administrative medical assistants are skilled multi-taskers who direct the flow of patients through an office. Effective patient flow allows the practice to operate efficiently, increase revenue, and provide a positive experience for the patient.

### AutoCAD 2018 Certified User (Voucher Included)

This AutoCAD 2018 Certified User course will teach you basic and more advanced design skills as you gain hands-on practice using the 2D tools in AutoCAD.

### Full Stack Software Developer

The Professional Certificate in Software Development program, fast tracks you into one of the most in demand professions worldwide: Full Stack Software Development.

### CompTIA Healthcare IT Technician (Voucher Included)

The CompTIA Healthcare IT Technician course teaches the fundamentals of healthcare IT (HIT) by using the CompTIA Healthcare IT Technician (HIT-001) exam objectives as the framework.

### Hotel Management

There is a need for guest lodgings in virtually every corner of the world, and hotel management offers you a uniquely transferrable skillset, one which can lead to career opportunities and unique perks in virtually any corner of the world. This course provides a comprehensive introduction to the fundamentals of the hospitality industry and an overview of the various roles and responsibilities within hotel management. You will gain the foundation of knowledge necessary to pursue a fulfilling, exciting new career in hospitality.

## ONLINE SHORT ONLINE COURSES

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

- 6 Week Format
- 24-Hour Access
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Some of our most popular courses include:

### Creating a Classroom Website

Learn how to create a classroom website in this fun, easy-to-understand course for teachers. In no time, you'll build a site with text, images, animations, tables, links, and more. Then you'll create a WebQuest and a blog to add to your site.

**Veterinary Assistant Series** Do you love animals? Have you ever thought about a career as a veterinary assistant? This course, taught by a practicing veterinarian and college instructor, will give you the information you need to prepare for work in veterinary hospitals.

### Certificate in Legal and Ethical Issues in Healthcare

(12 contact hours) Explore the legal and ethical risks healthcare professionals face, including issues related to HIPAA rules, medication errors, social media and healthcare, organ donation, and workplace violence.

### Intermediate Photoshop CC

Photoshop is the world's most popular photo-editing program. It's a fun and creative way to alter photographs and prepare them for print or the Web. If you're already familiar with Photoshop, this course will help you explore the program's more advanced features. You'll master the techniques of non-destructive editing so you can re-edit, re-use, and change projects long after they were originally created.

**DISCOUNTED Course Bundles**

**SAVE!**

### PMP Prep Series:

Learn how to prepare for the Project Management Institute's prestigious PMP® certification exam

### Basic Computer Skills Suite:

Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!

### Microsoft Office Value Suite Series:

Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.

### Microsoft Word Series:

Learn the ins and outs of Microsoft's newest release of Microsoft Word. This discounted bundle teaches you everything you need to know about the 2016 release.

### Microsoft Excel Series

Learn to use basic, intermediate, and advanced features of Microsoft Excel.

### Adobe Value Suite

This group of courses teaches you the basics of Adobe's InDesign, Illustrator and Photoshop image and graphic design software.

Visit our website for program details!

Visit our website to view start dates!

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

**Computer Basics Made Easy**

Learn Computer Basics for your laptop or desktop computer. Windows 10 and Microsoft Office 2013 (Word, Excel and PowerPoint) will be introduced, as well as the Internet and E-mail basics. Hardware, software, ribbons, cut, copy, paste, create, edit, format, save files into folders and print are just a few of the computer terms and applications you will learn. *Please bring a USB Flash Drive to class.* No prior knowledge required.

S. Bozzuto 5 wks Resident: \$72 Non-resident \$77  
**Sep 23 #1200N NHHS rm 104 Mon., 6:30-8:30 pm**

**Computer Keyboarding**

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 8 wks Resident \$80 Non-resident \$85  
**Sep 26 #1201H HHS rm C203 Thur., 6-8 pm**

**Google Applications**

This course will teach you basic to advanced skills for GoogleApps programs: Docs, Slides, and Sheets (similar to Microsoft Word, PowerPoint and Excel). You will complete hands-on activities to learn skills. Prerequisite - type at a reasonable speed and have a gmail account setup.

L. Hatton 5 wks Resident \$90 Non-resident \$95  
**Nov 18 #1219H HHS rm C203 Mon., 6-8 pm**

**Intro to Personal Computers**

Learn the basics of the computer using the Microsoft Windows 7 operating system. This course is designed for beginners or those who want to learn more about the basics of a computer. You will learn about Windows, various components of Microsoft Office, including Word and Excel, the internet, how to keep your files secure and much more!

W. Coley 5 wks Resident \$70 Non-resident \$75  
**Sep 24 #1202H HHS C203 Tues., 7-9 pm**

**Microsoft Excel 2016 Beginner**

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, save and print worksheets, page setup options, cell basics, modifying columns/rows/cells, utilize currency and date styles, insert and work with comments, create basic formulas, utilize the fill handle, work with hyperlinks and more. Prerequisite - type at a reasonable speed and have basic computer skills. *Bring a USB drive if you want to save your work.*

M. Hatton 5 wks Resident \$90 Non-resident \$95  
**Oct 29 #1206H HHS rm C203 Tues., 6:15-8:15 pm**

**Microsoft Excel 2016 Intermediate**

This course picks up where the Beginning Excel course leaves off, covering more intermediate features include utilizing font/fill color, applying/drawing borders, applying table styles and themes, naming ranges and functions (advanced formulas), sort/filter, inserting objects into worksheets, charts, etc. Prerequisite - type at a reasonable speed and know basic features of Excel or have taken the Excel Beginner course. *Bring a USB drive if you want to save your work.*

M. Hatton 3 wks Resident \$60 Non-resident \$65  
**Dec 4 #1207H HHS rm C203 Wed., 6:15-8:15 pm**

**Microsoft Excel Made Easy**

Create spreadsheets for personal or business applications. Learn to navigate, enter and edit text and numbers, create formulas, format worksheets and analyze data. Learn to open, close, save, select, copy, move, paste, and enhance your worksheet using styles, spell checking, setting margins, headers and footers. Print versions and portions of the worksheet and enter formulas using a variety of methods. Learn to use web queries. Keyboard skills are helpful. Useful materials are included in course fee. *Please bring a USB Flash Drive to class.*

S. Bozzuto 5 wks Resident: \$90 Non-resident \$90  
**Sep 25 #1208N NHHS rm 104 Wed., 6:30-8:30 pm**

**Microsoft Word 2016 Adv**

This course picks up where the Beginning Word class leaves off, covering the more advanced features of Microsoft Word 2016, including tables, graphics and pictures, mail merge, columns and macros. In addition, it will cover various "tips and tricks" so that you can get the most out of your Word experience. Prerequisite – The "Microsoft Word 2016 – Beginning" class or a familiarity with the basic features of Word.

W. Coley 6 wks Resident \$90 Non-resident \$95  
**Nov 7 #1210H HHS rm C203 Thur., 7-9 pm**

### Microsoft PowerPoint

Learn to create, edit, format and view presentations and slides using this fun and easy software. Change layouts, add background styles and insert, move and size clipart/graphics. Use transitions and animations to enhance your slide show and more. Keyboarding skills are helpful. Handouts are included. *Please bring a USB Flash Drive to class.*

S. Bozzuto 3 wks Resident: \$60 Non-resident \$65  
**Nov 25 #1209N NHHS rm 104 Mon., 6:30-8:30 pm**

### Microsoft Word Made Easy

Learn Word by creating documents such as letters and resumes. Create, edit, format, save and print text and graphics. Use tools such as spell and grammar check, Thesaurus, word count, the help menu, and keyboard shortcuts. Change margins, tabs, line spacing and fonts; create headers, footers and borders; cut, copy, paste and more. Work efficiently with folders and files. Keyboarding skills are helpful. Handouts are included. *Please bring a USB Flash Drive to class.*

S. Bozzuto 5 wks Resident: \$80 Non-resident \$85  
**Nov 6 #1212N NHHS rm 104 Wed., 6:30-8:30 pm**

### Microsoft Word 2016 Beg

An informative course designed to teach you the basics of Microsoft Word 2016. Topics will include document creation, printing, editing, text formatting, selecting text, tabs, using the spell checker, copying and moving. This course will provide all that you need to know to create Word documents such as letters, resumes and papers. Prerequisite - A basic familiarity with computers and Windows.

W. Coley 6 wks Resident \$90 Non-resident \$95  
**Sep 26 #1211HA HHS rm D302 Thur., 7-9 pm**  
**Nov 5 #1211HB HHS rm D302 Tues., 7-9 pm**

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

# CREATIVE ARTS

### Art of Beautiful Writing - Advanced Calligraphy

You've taken the first step; now expand your writing with an advanced course in calligraphy. This class will inspire you to create many projects utilizing Decorative/Ornamental Chancery Cursive. Improve your layout and design skills with more creative usage creating beautiful invitations, inspirational poems, quotes, holiday cards, gift tags and more. Congratulate yourself on your progress; your writing, design and project layout can only get better. A list of materials will be sent prior to class. *A \$10 non-refundable material fee is due to the instructor first night of class.*

J. Little 4 wks Resident: \$48 Non-resident \$53  
**Nov 18 #1420H HHS rm D109 Mon., 6:30-8:30 pm**

### Art of Beautiful Writing - Calligraphy Intermediate Techniques

You've taken the first step; now expand your writing with an intermediate course in calligraphy. This class will inspire you to improve your skills with more creative usage. You will learn various layout and design information. Have fun creating swirls and decorating letters, beautiful invitations, inspirational poems/quotes, holiday cards, gift tags and more. Congratulate yourself on your progress; your writing can only get better. A list of materials will be sent prior to class. *A \$10 non-refundable material fee is due to the instructor first night of class.*

J. Little 5 wks Resident: \$60 Non-resident \$65  
**Nov 13 #1401H HHS rm D109 Wed., 6:30-8:30 pm**  
**Nov 7 #1401N NHHS rm 115 Thur., 6:30-8:30 pm**

### Art of Beautiful Writing - Introduction to Calligraphy

Treasure the moments with memories saved in beautiful hand scribed calligraphy. Add elegance on envelopes, invitations, poems, ribbon or gifts just in time for any other special occasion. This is a great way to make a first impression. You will learn this beautiful art in just six weeks. If you have enjoyed looking at calligraphy, but have never tried it, you are in for a pleasant surprise. Calligraphy is easy. You will have a small, but completed project in just six weeks. A list of materials will be sent prior to class. *A \$10 non-refundable material fee due first night of class.*

J. Little 6 wks Resident: \$72 Non-resident \$77  
**Sep 25 #1400H HHS rm D109 Wed., 6:30-8:30 pm**  
**Sep 26 #1400N NHHS rm 115 Thur., 6:30-8:30 pm**

### Cricut for Makers!

Take crafting to the next level using your Cricut Explore or Cricut Maker! Learn to use Cricut images or upload designs into Design Space to cut paper, vinyl, or fabric to create beautiful home decor, personalized gifts, elegant cards, even boxes and gift tags too! *A \$5 non-refundable materials fee is included in the price and will cover vinyl and materials for a simple wall hanging. Bring your Cricut, mat and laptop/iOS device.*

J. Stratton 1 session Resident \$40 Non-resident \$45  
**Oct 15 #1417H HHS rm B106 Tue., 7-9 pm**  
**Oct 24 #1417N NHHS rm 108 Thur., 7-9 pm**

**Bob Ross "Joy of Painting" Workshop**

Experience Bob Ross "Joy of Painting". You will be instructed step-by-step to paint with oils utilizing a "Wet on Wet" technique to transform a blank canvas into a beautiful picture. No experience is needed! **A \$20 materials fee is included in the price of the class. Bring a roll of paper towels.**

C. Kozak 1 session Resident \$50 Non-resident \$55  
HHS rm B104

Sep 24 #1404HA-Secluded Mountain Tues., 6:15-8:45 pm

Oct 29 #1404HC-Purple Haze Tues., 6:15-8:45 pm

Nov 12 #1404HE-Bright Moon on Twin Falls Tues., 6:15-8:45 pm

NHHS rm 116

Oct 2 #1404NB-Dawn's Light Wed., 6:15-8:45 pm

Oct 23 #1404ND-Beautiful Mountain Floral Wed., 6:15-8:45 pm

Nov 21 #1404NF-Snowfall Magic Thur., 6:15-8:45 pm

#1404HA

#1404HC

#1404HE



#1404NB



#1404ND



#1404NF

**Chinese Brush Painting**

This course introduces the theory and practice of Chinese painting. Classes familiarize you with the use of brush, ink, water, and rice paper to paint various subjects from expressive bamboo to vast landscapes. You explore this rich artistic tradition through hands-on instruction. This course is open to all levels of experience. The first lesson includes a brief introduction to the history of Chinese painting and a demonstration of materials.

M. Segal 10 wks Resident \$90 Non-resident \$95  
Sep 26 #1423H HHS rm B106 Thur., 6-8 pm

**Crochet: All Levels**

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, re-sizing and more difficult, but beautiful stitches. Once you have mastered the basic techniques, you will be able to create a variety of stitches, making various beautiful patterns. **Bring a size H crochet hook to class.**

S. Tendler 10 wks Resident \$90 Non-resident \$95  
Sep 23 #1403H HHS rm B106 Mon., 6:30-8:30 pm  
Sep 25 #1403N NHHS rm 108 Wed., 6:30-8:30 pm

**Digital Photography (D-SLR) Introduction**

You will learn fundamental techniques, principles, and applications of camera based image making. You will become familiar with basic camera operation, and learn to use settings and features as elements of effective photographic composition. Little or no experience is needed, but intermediate users are welcome. **You should have access to a digital camera for shooting assignments. A \$5 non-refundable materials fee is due to instructor the first night of class.**

A. Szewczyk 6 wks Resident: \$72 Non-resident \$77  
Sep 25 #1406N NHHS rm 115 Wed., 7-9 pm  
Nov 13 #1402H HHS rm B105 Wed., 7-9 pm

**DIY Wood Sign Workshop**

Design your own version of a rustic farmhouse-style wood sign! Paint an inspirational word, a meaningful phrase or your family's name on a painted 12" x 12" birch wood base using a customized stencil cut just for you. Display this charming and trendy art in your own home or create a handcrafted personalized gift for the holidays or a special occasion. **A \$10 non-refundable materials fee is included in the cost of the class and covers the birch base, custom stencil, transfer medium and paints. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident \$40 Non-resident \$45  
Oct 1 #1405HA HHS rm B103 Tues., 7-9 pm  
Oct 10 #1405NB NHHS rm 114 Thur., 7-9 pm  
Nov 7 #1405HC HHS rm B103 Thur., 7-9 pm  
Nov 12 #1405ND NHHS rm 114 Tues., 7-9 pm

**DIY Ornament Workshop**

We will be creating three different glitter and floating ornaments in this workshop. Learn to use crafting staples like glitter, ink, acetate and vinyl to create three fun, elegant and personalized ornaments to adorn your holiday tree. **A \$5 non-refundable materials fee is included in the cost of this class and will cover the cost of ornaments, glitter, paint, acetate, ink and vinyl.**

J. Stratton 1 session Resident \$35 Non-resident \$40  
Nov 14 #1422NA NHHS rm 114 Thur., 7-9 pm  
Dec 3 #1422HB HHS rm B106 Tues., 7-9 pm

**Drawing: Beginners**

You will gain a gradual, yet thorough understanding of how to draw what you see by first learning how to use basic graphite pencil techniques. You will explore the importance of line, focusing on line weight with its directional and expressive qualities. You will draw still life and scenery as you go in depth about drawing procedures and techniques. All you need is a pencil HB, B2, B6 and Strathmore Drawing Pad and a few hours of practice for simple drawing to become beautiful artwork.

S. Ghods 5 wks Resident: \$60 Non-resident \$65  
Sep 25 #1415N NHHS Room 114 Wed., 6:30-8:30 pm

Call to Register 203.407.2028

## Drawing: Intermediate & Advanced

You will explore the importance of lines, focusing on weight with its directional and expressive qualities. You will draw still life, scenery and portraits as you go in depth with procedures and techniques, concentrating on shading and lighting. You will improve your skills and become more creative. All you need is a pencil HB, B2, B6 and Strathmore Drawing Pad, and a few hours of practice for simple drawing to become beautiful artwork.

S. Ghods 5 wks Resident: \$60 Non-resident \$65  
**Nov 13 #1416N NHHS Room 114 Wed., 6:30-8:30 pm**

## Fish Bowl Snowman

Building a Snowman has never been so easy as well as fun. Create your own three-tiered glass for a gift or for home. All supplies are included. Novice as well as experienced crafters will have a fun filled evening. Each snowman will turn out to be beautiful and unique, ready to start off your holiday decorating. **A \$20 non-refundable materials fee is included in the price.**

J. Amarone 1 session Resident \$52 Non-resident \$57  
**Nov 6 #1421N NHHS rm 114 Wed., 6-8:30 pm**



## Flower Arranging

Join Karen at her former shop located at 2648 Whitney Avenue. Each week you will design a different shaped arrangement of fresh flowers to take home for your enjoyment. **You need clippers and a fee of \$12-\$15 weekly to cover the materials.**

K. Wawock 10 wks Resident \$90 Non-resident \$95  
**Sep 24 #1407A Whitney Flowers Tues., 7-8:30 pm**  
**Sep 26 #1407B Whitney Flowers Thur., 7-8:30 pm**

## Glass Etching Workshop

Learn how to etch like a pro! Customize gifts and party favors; create monogrammed wine glasses or beer mugs to toast in the holiday season! If you prefer, personalize a platter to use on your own holiday table or give as a gift! Choose from several seasonal designs, or request a custom stencil to add a name or monogram. Glassware and etching cream will be provided. You may bring your own choice of glassware to personalize, if you prefer. **A \$7 non-refundable materials fee is included in the cost of the class and covers the custom stencil, glassware and etching cream. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident \$30 Non-resident \$35  
**Sep 24 #1408NA NHHS rm 114 Tues., 7-9 pm**  
**Sep 26 #1408HB HHS rm B104 Thur., 7-9 pm**  
**Dec 5 #1408NC NHHS rm 114 Thur., 7-9 pm**

## Hand Made Greeting Cards

Learn how to make beautiful, hand-made holiday greeting cards to share with your friends and family. You will make three unique cards in each class. **Bring detail scissors, pencil, 12" ruler, and non-stick craft mat. A \$16 non-refundable materials fee is payable to instructor the first night of class.**

D. Brassell 6 wks Resident \$72 Non-resident \$77  
**Sep 25 #1409H HHS rm B104 Wed., 6:30-8:30 pm**



## MOSAICS

This is a beginning class. Create a beautiful MOSAIC! Yes you can! A Mosaic is a picture or pattern produced by arranging small pieces of glass, stone, or tile. Come with a 10"x14" sketch of a wall hanging and we will create it together. Keep it simple and we will get started the first night. All supplies will be provided. **A \$20 non-refundable materials fee is payable the first night of class.**

D. Demetriades 10 wks Resident \$120 Non-resident \$125  
**Sep 24 #1411N NHHS rm 116 Tues., 7-9 pm**

## Ready, Set, Sew - Cozy Bathrobe

In this class, you will learn how to read and understand the pattern envelope and instructions, layout and cut fabric, transfer pattern markings, work with interfacing and sew and finish seams, as you create your very own cozy bathrobe. **Please bring your own sewing machine and extension cord. A supply list will be given prior to the first night of class.**

W. Hawkins 4 wks Resident \$56 Non-resident \$61  
**Nov 7 #1418HC HHS rm D109 Thur., 6-8 pm**

## Ready, Set, Sew - Pajama Pants

Nothing says comfortable like a pair of pajama pants! In this class, you will learn how to measure your body to create the perfect fit, layout & cut fabric from a pattern, sew and finish seams, and more. **Please bring your own sewing machine and extension cord.. A supply list will be given prior to the first night of class.**

W. Hawkins 2 wks Resident \$35 Non-resident \$40  
**Sep 26 #1418HA HHS rm D109 Thur., 6-8 pm**

## Ready, Set, Sew - Tote Bag

Let's make a tote bag! You will learn to draft simple tote bag pattern, install a recessed zipper, add a lining, secure a bottom, and insert an inside pocket. You will learn about various hardware options as well.. **Please bring your own sewing machine and extension cord. A supply list will be given prior to the first night of class.**

W. Hawkins 3 wks Resident \$42 Non-resident \$47  
**Oct 17 #1418HB HHS rm D109 Thur., 6-8 pm**

**Sea Glass Window Frame**

Create a stunning Seascape Window using your beach treasures or ours! You design your one-of-a-kind 8x10 Seascape Window using an array of materials, including sea glass, starfish, sand dollars, and other beach finds. You will leave with your creation along with Finishing Kit + Instructions. Fee includes all materials. Feel free to bring your own beach treasures!

Staff	1 session	Resident \$55	Non-resident \$60
Sep 25	#1413H	HHS rm B104	Wed., 6-8:30 pm
Oct 7	#1413N	NHHS rm 114	Mon., 6-8:30 pm

**Stained Glass**

Learn the art of stained glass using the copper foil technique made popular by Louis Comfort Tiffany. You will complete one stained glass panel throughout the course and leave with the tools and the ability to complete future works on your own. There will be some out of class assignments. No prior experience necessary. *Kit fee of \$85 due to instructor upon first class.* Additional glass purchased separately.

J. Kriksciun	8 wks	Resident \$140	Non-resident \$145
Sep 24	#1413H	HHS rm D104	Tues., 6-8:30 pm
Sep 26	#1413N	NHHS rm 116	Thur., 6-8:30 pm

**DANCE AND FITNESS****20 Day Early Morning Yoga Challenge**

Sometimes it takes a challenge to get you going. Start your day right with a good stretch, a calm mind, and supported by an amazing community. You will focus on being present while using your breath to guide movement which will purify, balance, and prepare the body, mind, and soul for expanded awareness. Bring a yoga mat, towel, & water. *Senior fee not applicable.*

Staff	20 days	Resident \$133	Non-resident \$138
Oct 1	#1600	Your Comm. Yoga Ctr.	M-F 6:30-7:30 am

**Adult Swim Lessons**

A program for those 18+ years who wish to learn to swim, focus on breathing, balance and basic swimming skills. In this beginning class, your swim lesson is customized to your swim ability level. *You must bring your bathing suit and towel.*

Staff	8 wks	Resident \$75	Non-resident \$80
Sep 5	#1601B	YMCA	Thur., 6:35-7:20 pm
Sep 9	#1601A	YMCA	Mon., 6:35-7:20 pm
Staff	8 wks	Resident \$95	Non-resident \$100
Oct 28	#1601C	YMCA	Mon., 6:35-7:20 pm
Oct 31	#1601D	YMCA	Thur., 6:35-7:20 pm

**Authentic TaijiQuan (Tai-Chi) and QiGong for Beginners**

Create an Oasis within yourself! Manage stress and improve your balance and alignment. Tai-Chi uses slow, flowing and connected movement to integrate the mind and body and generate flexibility, strength and overall well being. No experience needed. Taught by a professional martial artist with over 30 years of experience. *Bring water and wear comfortable clothing and flat footwear.*

B. Banick	11 wks	Resident \$130	Non-resident \$135
Sep 24	#1603HA	HHS rm C109	Tues., 6-7 pm
B. Banick	12 wks	Resident \$130	Non-resident \$135
Sep 26	#1603HB	HHS rm C109	Thur., 6-7 pm

**Authentic TaijiQuan (Tai-Chi) and QiGong Intermediate**

Take your Tai-Chi to the next level! Learn to fine-tune your movements through personalized instruction. Explore the subtleties and applications of the postures. Study Tui Shou (push hands), a two-person exercise to enhance your skills. Taught by a professional martial artist with over 30 years of experience. *Bring water and wear comfortable clothing and flat footwear.*

B. Banick	12 wks	Resident \$130	Non-resident \$135
Sep 26	#1639H	HHS rm C109	Thur., 7:10-8:10 pm

**Ballroom Dance - Beginner**

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Foxtrot, Rumba and Swing. *Men, please bring dress shoes. Women, please bring ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.*

JJ Hsu	10 wks	Resident \$100	Non-resident \$105
Sep 23	#1640H	CO Gym	Mon., 6-7 pm

**Ballroom Dance - Intermediate**

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Waltz, Tango, Salsa and Merengue. *Men, please bring dress shoes. Women, please bring ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.*

JJ Hsu	10 wks	Resident \$100	Non-resident \$105
Sep 23	#1641H	CO Gym	Mon., 7:15-8:15 pm

## Beginning Tap

Rekindle your love for dance or give tap dancing a try for the first time! Learn to make music with your feet as you learn precision footwork and entertaining dance sequences. This class is perfect for adults who want to move and learn basics. No prior tap experience necessary

C. Furtak	6 wks	Resident \$54	Non-resident \$ 59
<b>Sep 24</b>	<b>#1604HA</b>	<b>HHS rm C111</b>	<b>Tues., 7:10-8:10 pm</b>
<b>Nov 5</b>	<b>#1604HB</b>	<b>HHS rm C111</b>	<b>Tues., 7:10-8:10 pm</b>

## Beginning Tap 2

Already taken your first steps in tap and want to continue on? This class focuses on taking those next steps. (Beginner or some tap experience is required for this class) You will work on polishing up the steps started in beginner and adding onto those steps and routines.

C. Furtak	6 wks	Resident \$54	Non-resident \$ 59
<b>Sep 23</b>	<b>#1605HA</b>	<b>HHS rm C111</b>	<b>Mon., 6-7 pm</b>
<b>Nov 18</b>	<b>#1605HB</b>	<b>HHS rm C111</b>	<b>Mon., 6-7 pm</b>



## Cardio Drumming

Beat It...the middle of the week blues. Put energy back by combining cardio and aerobic movements to a powerful beat from the rhythm of music It's fun to take the stress down and the energy up. *Please bring a pair of drumsticks and 55 cm or 65 cm stability ball. These can be purchased the first night for \$25.*

K. Nuzzo	10 wks	Resident \$100	Non-resident \$105
<b>Sep 23</b>	<b>#1642H</b>	<b>HHS rm C109</b>	<b>Mon., 6-7 pm</b>

## Full Figure Beginner Yoga

Out of shape? This fun, challenging and inspiring class is designed especially for you. Open to both women and men of plus-size, who are able to move up/down from a sitting or kneeling position on the floor. We will enhance flexibility, strength, balance and increase body and breath awareness. 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. *Bring a yoga mat, towel and water.*

Staff	8 wks	Resident \$96	Non-resident \$101
<b>Sep 26</b>	<b>#1606</b>	<b>Your Comm. Yoga Ctr.</b>	<b>Thur., 7-8 pm</b>

## Golf Fore Women 101

This class is a beginner class for women only that covers the fundamentals of golf including full swing, short game and putting. Bring golf clubs if you have them. Do not go out and buy golf clubs prior to the first day of class if you don't have them.

Staff	5 wks	Resident \$109	Non-resident \$115
<b>Sep 9</b>	<b>#1607A</b>	<b>GC at LO</b>	<b>Mon., 5:15-6:15 pm</b>
<b>Sep 10</b>	<b>#1607B</b>	<b>GC at LO</b>	<b>Tues., 12:45 - 1:45 pm</b>
<b>Sep 11</b>	<b>#1607C</b>	<b>GC at LO</b>	<b>Wed., 10-11 am</b>
<b>Sep 12</b>	<b>#1607D</b>	<b>GC at LO</b>	<b>Thur., 12-1 pm</b>
<b>Sep 14</b>	<b>#1607E</b>	<b>GC at LO</b>	<b>Sat., 10-11 am</b>

## Good Ole Country Time Line Dancing

A great way to exercise the brain along with the rest of the body. You'll learn a variety of country line dances. Dances will be taught with a gradual degree of challenges and a weekly review of previous dances taught. No partner needed. Come join in the fun!

X. Walker	12 wks	Resident: \$100	Non-resident \$105
<b>Sep 25</b>	<b>#1643</b>	<b>HHS rm C109</b>	<b>Wed., 7:15-8:45 pm</b>

## Hula Hoop Dance and Fitness

Hula Hoop Dance and Fitness is fun and easy to do. Burn 300-500 calories an hour and have fun doing it. We will focus on core, endurance, toning, tricks and dance to upbeat music. Fun by yourself or with a friend. Hula hoops are supplied in class, but purchasing a personal custom made hoop is strongly encouraged so practice can continue at home. Custom hoops are available to purchase for \$35 the first night of class. Comfortable, breathable, moveable clothes suggested.

LB Stein	8 wks	Resident \$96	Non-resident \$101
<b>Sep 25</b>	<b>#1608H</b>	<b>HHS Cafeteria</b>	<b>Wed., 7:15-8:15 pm</b>

## Intermediate Tap

Learn to make music with your feet as you learn precision footwork and entertaining dance sequences. This class is perfect for adults who have some level of tap experience and want to learn more in an encouraging environment. Tap shoes suggested.

C. Furtak	12 wks	Resident \$108	Non-resident \$113
<b>Sep 24</b>	<b>#1609H</b>	<b>HHS rm C111</b>	<b>Tues., 6-7 pm</b>

## Intermediate Tap 2

Learn to make music with your feet as you learn precision footwork and entertaining dance sequences. This class is perfect for adults who have some level of tap experience and want to learn more in an encouraging environment. Tap shoes suggested.

C. Furtak	11 wks	Resident \$99	Non-resident \$104
<b>Sep 23</b>	<b>#1610H</b>	<b>HHS rm C111</b>	<b>Mon., 7:10-8:10 pm</b>

**Introduction to Tai Chi**

This course will provide an introduction to the ancient Chinese art of Tai Chi. You will learn to use this gentle form of exercise for improving strength, balance, endurance, flexibility, coordination, concentration and managing stress. *Michael LaPointe has studied Tai Chi for many years with the Grandmaster Aiping Cheng.*

M. LaPointe 8 wks Resident: \$80 Non-resident \$85  
**Oct 17 #1611A NHHS Cafeteria Thur., 6:30-7:30 pm**  
**Oct 21 #1611B NHHS Cafeteria Mon., 6:30-7:30 pm**

**Jazzercise - Cardio and Strength Training**

Our one-hour classes combine cardio, strength training, and stretching routines choreographed to current music. Blending dance with Pilates, yoga, kickboxing and strength training, each class is a full body workout that will have you leaving with an undeniable mood boost. Some formats (Interval Dance Mixx, Interval Fusion, and Fusion) also follow a High Intensity Interval Training (HiiT) structure as well. Our certified instructors will cue all movements, offer different impact and intensity level options, and help you reach your fitness goals whether you are in your 30's or your 60's. *Come dressed in workout attire with indoor sneakers. Weights and mats are used. You are welcome to bring your own or use ones we have available. You have twelve classes to use anyway you would like.*

D. Demeo 10 sessions Resident \$99 Non-resident \$104  
**Sep #1612 Jazzercise Fitness Mon-Sun-various times**

**Krav Maga - Self Defense**

Learn the official hand-to-hand combat system of the Israeli Army! Its quick counter-attacks and offensive techniques make it the ideal fighting style for dangerous and unexpected situations. No prior experience needed. This class is a great intro to realistic and effective self defense. Fun, realistic self defense that's great for men and women. You'll have a blast and get in great shape.

Staff 6 wks Resident \$130 Non-resident \$135  
**Sep 23 #1614 Soulcraft Studio M,W 6-7 pm, S 11-12**

**Line Dancing: Soulful/Jazzy/R&B Way**

Remember doing the electric slide and the cha-cha slide at those weddings and family reunions? There are hundreds more current and here's an opportunity to learn some of them! Come learn the Wobble, Cupid Shuffle, as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Broken Stones, and more....Great way to exercise the brain along with the rest of the body! These are very beginner-friendly and lots of fun!

S. Walker 12 wks Resident: \$100 Non-resident \$105  
**Sep 24 #1616 Central Office Gym Tues., 5:45-7 pm**

**Line Dancing: Soulful/Jazzy/R&B Way (Returning Students)**

If you've taken my class, you remember some of the basics, want to continue to learn more dances, and you're a quick learner, this one's for you! I will do a quick refresher of ones previously taught, and continue to show some new ones! Still beginner friendly and lots of fun!

S. Walker 10 wks Resident: \$100 Non-resident: \$105  
**Sep 25 #1615 Central Office Gym Wed., 5:45-7:15 pm**

**Lite Cardio**

This class gets your heart rate pumping through fun movement to upbeat music, plus light weights and resistance stretches. As people age, even routine tasks can become a challenge, so fitness must become consistent and functional. These classes are designed to improve and maintain functional activities like climbing stairs, sitting down, standing up, or lifting grocery bags. The option for low-impact or high-impact movement is available. *Senior fee not applicable.*

Staff 4 wks Resident: \$60 Non-resident: \$65  
**Oct 2 #1634H Your Comm. Yoga Ctr M., W., F., 8-9 am**

**Jiu Jitsu for Children (Ages 4-9)**

We've designed our program to teach the core values of jiu jitsu as a lifestyle—striving to create a fun and practical approach to not only prepare children to defend themselves so they don't have to; but as a way to teach respect, self-confidence, teamwork and valuable listening skills they can carry into the classroom and beyond. This course will help your child gain control over their emotions, learn how to better deal with peers, and be filled with the self confidence that comes with knowing valuable self defense skills. And... it's all done in a way that is fun, energetic and engaging!

Staff 6 wks Resident \$130 Non-resident \$135  
**Sep 23 #1613 Soulcraft Studio M&W, 5:30-6:15 pm**

**Men's Playing Through the Front 9**

This class is a beginner class for men only that covers the fundamentals of golf including full swing, short game and putting. Bring golf clubs if you have them. Do not go out and buy golf clubs prior to the first day of class if you don't have them.

Staff 5 wks Resident \$109 Non-resident \$115  
**Sep 4 #1630A GC at LO Wed., 1-2 pm**  
**Sep 6 #1630B GC at LO Fri., 10-11 am**  
**Sep 6 #1630C GC at LO Fri., 5-6 pm**

**Muay Thai Kickboxing**

From day one you will be hitting pads and learning to react to attacks in effective realistic ways. Our training method is designed to be safe yet realistic! No matter what your interest may be – martial arts, fitness, self-defense or stress reduction – our Muay Thai kickboxing program and classes focus on personal improvement at your own pace, with the support and motivation you need to reach your goals.

Staff 6 wks Resident \$130 Non-resident \$135  
**Sep 23 #1617 Soulcraft Studio M & W 7-8pm, S 10-11am**

**Rest, Relax and Renew**

Learn to reduce stress through breathing techniques, meditation and Restorative Yoga. Move gently, breathe deeply and discover the still place within. *Please bring a yoga mat and firm blanket to class.*

L. Baumgartner 8 wks Resident: \$80 Non-resident \$85  
**Oct 8 #1620N HMS Media Center Tues., 7-8 pm**

## Restorative Yoga

Retreat from your everyday life - journey into tranquility and well-being. In this class you will gently remind your nervous system to relax, your adrenals to restore, and your organs to be nurtured. Class includes deep relaxation, healing breathing, and meditation. Blankets, bolsters and other props will be used. A healing experience for those recovering from illness or injury, or anyone looking to recharge and re-new your lifestyle.

Staff 8 wks Resident \$96 Non-resident \$101  
**Sep 27 #1632 Your Comm. Yoga Ctr. Fri., 6-7 pm**

## Strong and Fit Women's Self Defense

Empowerment self-defense is a research-based program designed to help women identify early signs of danger and increase strength, flexibility and overall fitness. Designed by women instructors in Jiu Jitsu, Muay Thai kickboxing, and yoga, this course draws attention to physical, verbal, and nonverbal aspects of practical self-defense. A local psychology faculty member specializing in violence prevention works as part of our diverse team. In this program, you can expect to develop practical knowledge and skills while also getting in shape and connecting with other women in a safe environment.

Staff 8 wks Resident \$100 Non-resident \$105  
**Sep 26 #1623 Soulcraft Studio Thur 6-7:30 pm**

## Women's Intro to Brazilian Jiu Jitsu

In this introductory course, you will learn the basics of grappling on the ground or while standing and applying those skills to practical self-defense scenarios. You will be getting in shape, having fun, and connecting with other women. If you are bored by the gym and looking for an activity that engages both the mind and the body, join us for Brazilian Jiu Jitsu Saturdays this spring!

Staff 8 wks Resident \$100 Non-resident \$105  
**Sep 28 #1636 Soulcraft Studio Sat., 10-11 am**

## Yoga

This class is designed for the beginning yoga student or the student who would like to come back to the basics. The smaller class size offers individual attention in a safe and structured environment. This class is taught in the Iyengar tradition focusing on alignment, foundation and breathing practices. *Please bring a yoga mat and firm blanket to class.*

L. Baumgartner 8 wks Resident: \$80 Non-resident \$85  
**Oct 8 #1624N HMS Media Center Tues., 5:30-6:45 pm**

## Yoga - AM

Start your day off right. This class offers stretches, movement and awareness of the still place within. This class is for all levels. *Please bring a yoga mat to class.* All other supplies will be provided.

L. Baumgartner 8 wks Resident: \$99 Non-resident \$104  
**Oct 9 #1625 MECA Wed., 9:30-10:45 am**

## Yoga II

This Iyengar based class is for students with some yoga experience. It is multi-level and props will be provided if needed. Sun and Moon salutations are included in this flowing vinyasa style class, moving through the poses with awareness of breath, body and the stillness that lies within.

L. Baumgartner 8 wks Resident: \$99 Non-resident \$104  
**Oct 10 #1626 MECA Thur., 6:45-7:45 pm**

## Yoga for 50+

Midlife is often a time of reassessment, self-reflection and course change. Through physical poses, mindful breathing techniques and simple yet effective relaxation exercises, "Yoga for 50+" offers a systematic introduction to the ancient tradition of yoga which supports and celebrates aging as an enriching experience.

Staff 8 wks Resident \$96 Non-resident \$101  
**Sep 25 #1628A YC Yoga Center Wed., 7:15-8:30 pm**  
**Sep 28 #1628B YC Yoga Center Sat., 9:45-11:00 am**

## Yoga for Depression & Anxiety

The regular practice of yoga can reduce symptoms of depression & anxiety, which may include sadness, feeling hopeless, difficulty concentrating or making decisions, insomnia & restlessness. No yoga experience required. Please consult your therapist or health care provider before enrolling to determine whether yoga is appropriate for your condition.

Staff 8 wks Resident \$96 Non-resident \$101  
**Sep 28 #1629 YC Yoga Center Sat., 11:30 am-12:30 pm**

## Yoga for Healthy Aging

Yoga is the perfect vehicle for healthy living and aging gracefully – a way of intentional living supported by diet, exercise, mindfulness, and emotional wellness. This workshop will include yoga postures that develop flexibility, strength, balance and agility, breathing techniques to improve respiratory functioning and simple mindful meditations to create stillness in the mind. Classes are taught in a gentle Kripalu Yoga style, using a chair or the mat. Modified instructions are provided if you need to remain seated for the class. No experience necessary. Handouts will be included. *Senior fee not applicable.*

Staff 10 wks Resident \$120 Non-resident \$125  
**Sep 25 #1627 YC Yoga Center Wed., 10:30-11:45 am**

## Zumba® Fitness

The ZUMBA® program fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. ZUMBA® fanatics achieve long-term benefits while experiencing an absolute blast!

Staff 7 wks Resident \$65 Non-resident \$70  
**Sep 4 #1644A HHS C109 Wed., 6:00-7:00 pm**  
 Staff 8 wks Resident \$75 Non-resident \$80  
**Oct 30 #1644B HHS C109 Wed., 6:00-7:00 pm**

**Homebuyers Workshop**

Understand the three main phases of buying a home. A licensed real estate agent 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 1 wk Resident \$25 Non-resident \$30  
**Sep 24 #1800H HHS rm D214 Tues., 6:30-8:30 pm**

**Replacement Window Workshop**

COMPARE PRODUCTS & PRICES. SEE HOW WINDOWS ARE PROPERLY INSTALLED! Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl, How much should I pay for a good quality window? Confused? Don't be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

P. O'Doherty 1 wk Resident \$25 Non-resident \$30  
**Oct 17 #1801H HHS rm A112 Thur., 7-9 pm**

**IN THE KITCHEN**

**Cake Decorating for Beginners**

Learn to decorate a two-layer cake with buttercream icing. This two session course will teach you to level, fill, ice and decorate an eight inch cake. You will learn decorating techniques, such as stars, shells and bead borders. You will also learn to make buttercream roses for your grand finale cake. *Supply list will be sent prior to first class.*

M. Padilla 2 wks Resident \$35 Non-resident \$40  
**Oct 28 #2000H HHS rm D107 Mon., 6:30-8:30 pm**  
**Dec 3 #2000N NHHS rm 109 Tues., 6:30-8:30 pm**

**Chocolate Candy Making**

Learn to make chocolate treats, using candy molds. In this course you will learn how to melt chocolate and fill candy molds. You will then learn how to assemble and create goodie bags and favors for your friends and family. *Price includes a \$15 non-refundable consumable fee.*

M. Padilla 1 session Resident \$41 Non-resident \$46  
**Nov 12 #2002N NHHS rm 109 Tues., 6-8 pm**  
**Nov 25 #2002H HHS rm D107 Mon., 6-8 pm**

**Chocolate Raspberry Decadence Cake**

Join Chef Debbie and learn how to make her signature chocolate raspberry decadence cake. Bring a to-go container to eat your cake in or take it home. *A \$10 non-refundable consumable fee is due to the instructor in class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Dec 12 #2019H HHS rm D107 Thur., 7-9 pm**

**Choux Pastry Masterclass**

Choux Pastry, or Pate'-a-choux, is a light & airy pastry dough used to make profiteroles, eclairs, croquembouches and many more sweet and savory variations. In this masterclass, we will focus on the two most popular classic profiteroles (cream puffs) and eclairs. Filled with sweet fillings, these easy and quick pastries are a sure crowd pleaser and party favorite dessert. *A \$10 non-refundable consumable fee is payable to the instructor. Please bring a container to bring home your goodies.*

M. Khan 1 session Resident \$35 Non-resident \$41  
**Oct 22 #2014HA HHS rm D107 Tues., 6-9 pm**  
**Oct 10 #2014NB NHHS rm 109 Thur., 6-9 pm**

**Cupcake Decorating**

In this fun class you will learn to fill and decorate standard cupcakes. You will learn to use cupcake decorating tools, tint icing and fill decorating bags. *Supply list will be sent prior to class.*

M. Padilla 1 session Resident \$30 Non-resident \$35  
**Sep 23 #2004H HHS rm D107 Mon., 6-8 pm**  
**Oct 22 #2004N NHHS rm 109 Tues., 6-8 pm**

**French Macaron Masterclass**

Register today and learn the fine art of baking these light-as-air French delicacies known worldwide as French Macarons. These scrumptious almond cookies have a crunchy exterior and weightless chewy interior that can be filled with anything from buttercream to carmel to tangy curds or even ganache. *A \$10 non-refundable consumable fee is payable to the instructor. Please bring a container to bring home your macarons.*

M. Khan 1 session Resident \$35 Non-resident \$41  
**Nov 6 #2016HA HHS rm D107 Wed., 6-9:30 pm**  
**Nov 14 #2016NA NHHS rm 109 Thur., 6-9:30 pm**  
**Dec 10 #2016NB NHHS rm 109 Tues., 6-9:30 pm**

**ONLINE REGISTRATION**

[www.hamdenadulted.org/coursecatalog](http://www.hamdenadulted.org/coursecatalog)



Call to Register 203.407.2028

## Homemade Carrot Cake

Join Chef Debbie as she teaches you how to make a Homemade Carrot Cake...healthier. It is moist and delicious! This recipe will be in her next cookbook. **A \$10 non-refundable consumable fee is due to the instructor in class.**

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Sep 26 #2007H HHS rm D107 Thur., 7-9 pm**

## Home Cooked Meals and Desserts

Join Chef Maryann and learn some awesome Italian casseroles and one pan dish recipes from soup to nuts. You will make Italian soup, pasta, entrees and desserts, before dinner appetizers with a twist. **A \$40 non-refundable supply fee is due to the instructor the first night of class.**

M. Ciarleglio 4 wks Resident: \$70 Non-resident: \$65  
**Oct 2 #2020N NHHS Room 109 Wed., 6:30-9 pm**

## Homemade Pierogis

Join Chef Debbie and learn how to make Pierogi, also known as varenyky, a filled dumpling of Eastern European origin made by wrapping unleavened dough around a savory or sweet filling and cooking in boiling water. We will eat what we prepare in class. Bring a to-go container to eat your meal in or take it home. **A \$10 non-refundable consumable fee is due to the instructor in class.**

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Oct 10 #2009HA HHS rm D107 Thur., 7-9 pm**  
**Dec 5 #2009HB HHS rm D107 Thur., 7-9 pm**

## Italian Entrees, Soups and Sides

In this hands-on class, you will make white clam sauce with linguine, steak pizzaiola over noodles, Chicken cacciatore with pasta, shrimp scampi over linguine, pasta fagioli, minesta, penne alla vodka, manicotti made with crepes. The sides we make are roasted potatoes, salad, vegetables and bread. **A \$35 non-refundable consumable fee is due to the instructor the first night of class.**

Chef R. Inzero 4 wks Resident: \$70 Non-resident: \$75  
**Sep 23 #2010N NHHS rm 109 Mon., 6:30-9:00 pm**



## Monkey Bread

Join Chef Debbie and learn how to make a sweet monkey bread as well as a savory monkey bread. Bring a to-go container to eat your food in or take it home. **A \$10 non-refundable consumable fee is due to the instructor in class.**

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Oct 24 #2021H HHS rm D107 Thur., 7-9 pm**

## Pizza, Calzones and Dinner Crepes

In this hands-on class you will make dough from scratch in 10-15 minutes. You will then have your choice of toppings/fillings including: sausage, pepperoni, mushrooms, bacon, broccoli, spinach, peppers, or onions. Homemade crepes filled with choice from above with ricotta & mozzarella will be made. You will make pizza sauce and authentic gravy (Mom's secret recipe). You will also make fried dough. Please bring containers to bring extras home. **A \$35 non-refundable supply fee is due to the instructor the first night of class.**

Chef R. Inzero 4 wks Resident: \$70 Non-resident: \$75  
**Nov 18 #2012N NHHS rm 109 Mon., 6:30-9:00 pm**

## Roasted Butternut Squash Risotto with Herbed Chicken

Join Chef Debbie and learn how to make her signature dishes. Bring a to-go container to eat your meal in or take it home. **A \$10 non-refundable consumable fee is due to the instructor in class.**

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Oct 17 #2022H HHS rm D107 Thur., 7-9 pm**

## Thanksgiving Goodness

Do you need help with your Thanksgiving meal? Along with Chef Maryann you will make some amazing side dishes for your turkey, stuffing, vegetables and desserts. We will make apple and pumpkin pies and truffles. **A \$40 non-refundable consumable fee is due to the instructor the first night of class.**

M. Ciarleglio 3 wks Resident: \$60 Non-resident: \$65  
**Nov 6 #2023N NHHS rm 109 Wed., 6:30-9:00 pm**

## Three Weeks of Homemade Pastas

Join Chef Debbie and make a different homemade pasta and sauce dish each class. We will make: Gnocchi, which is a potato pasta, with a Bolognese Sauce, Ravioli with Tomato Sauce and finally Fettuccine with Alfredo Sauce. We will eat what we prepare in class. Bring a to-go container to eat your meal in or take it home. **A \$25 non-refundable consumable fee is payable to the instructor the first night of class.**

D. Barbiero 3 wks Resident: \$60 Non-resident: \$65  
**Nov 7 #2008HA HHS rm D107 Thur., 7-9 pm**

**Irish for Beginners**

Whether planning a trip, kindling an ancestral connection or just curious to explore an ancient, unique and beautiful language, this course is the ideal starting point. Emphasis is on conversation and only a notepad and pen is needed.

M. Crofts 10 wks Resident \$99 Non-resident \$104  
**Sep 24 #2201H HHS rm D212 Tues., 7:00-8:30 pm**

**Italian For You**

This will be a student-friendly approach to introductory Italian. The emphasis is on interaction and communication approach. You will be speaking listening, reading and writing so you will be able to communicate with confidence in real-life situations. The instructor will provide handouts so no textbook is required.

M. Lolaico 10 wks Resident \$99 Non-resident \$104  
**Sep 25 #2200H HHS rm D213 Wed., 6:30-8 pm**

**Levantine Arabic (Beginners)**

This course is for those seeking to learn communication skills in colloquial Levantine Arabic, i.e. the contemporary dialect used in Syria. You will focus on speaking and listening skills by increasing practical use of Arabic in every day situations. *Knowledge of the Arabic alphabet is necessary.*

Y. Almtit 10 wks Resident: \$99 Non-resident: \$104  
**Sep 23 #2202H HHS rm D212 Mon., 6:15-7:45 pm**

**Spanish I**

You will receive a general introduction to the Spanish language: sound system, pronunciation, functional vocabulary related to everyday life, cultural information and basic grammatical structures. Emphasis will be on the acquisition of four skills: listening, speaking, reading and limited writing. There are two main objectives to the course. Foremost is to give you the ability to carry on a simple conversation. The second is to provide you with instruction that teaches a basic understanding of Spanish culture, vocabulary, and grammatical concepts.

P. Myrthil 8 wks Resident \$99 Non-resident \$104  
**Sep 26 #2203N HHS rm D213 Thur., 6-8 pm**

**The ABCs of Arabic**

This course is for those seeking to learn beginning Arabic. You will start by studying the Arabic alphabet and then move on to some vocabulary.

Y. Almtit 10 wks Resident: \$99 Non-resident: \$104  
**Sep 25 #2204H HHS rm D212 Wed, 6:15-7:45 pm**

**Traditional Mandarin Chinese Beginners/Intermediate**

In this beginner's class, you will learn how to speak traditional Mandarin Chinese, the most spoken language in the world. Use it in business, pleasure and in communication. Instructor has been teaching Mandarin for twenty years. Please bring notebook to class; no textbook is required.

J Jen Hsu 10 wks Resident \$70 Non-resident \$75  
**Sep 24 #2205H HHS rm B103 Tues, 6-7 pm**

**Looking for a New Career**

**We have several training programs for you to choose from!**

See pages 7-11 for more information

**Pharmacy Tech**

This program includes classroom as well as online classroom sessions. This program prepares students to be professional pharmacy technicians dedicated to quality pharmacy procedures. Graduates are equipped to assist the pharmacist filling prescriptions according to doctor's orders. Pharmacy Technicians also participate in ordering products and inventory control, as well as billing and receiving payments. Student will be prepared to enter the pharmacy field and to take the National Healthcareer Association (NHA) certification exam.

**Medical Assistant**

A medical assistant, also known as a "clinical assistant" or healthcare assistant who supports the work of physicians and other health professionals, usually in a clinic setting.

Medical assisting is one of the nation's careers growing much faster than average for all occupations

Medical assistants are cross-trained to perform administrative and clinical duties.

**Phlebotomy**

Phlebotomy is the process of making an incision in a vein with a needle. The procedure itself is known as a venipuncture. A person who performs phlebotomy is called a "phlebotomist", who draws the blood for for clinical or medical testing, transfusions, donations, or research. Phlebotomists collect blood primarily by performing venipunctures (or, for collection of minute quantities of blood, finger sticks).

**Call to Register 203.407.2028**

## All About Avoiding Probate

Not sure how to avoid the probate process or if you even should? Most of us have heard that it's wise to avoid probate court, but we don't necessarily know why. Join us for this presentation as important information is shared on the obstacles of probate and proactive steps to circumvent this emotionally-taxing challenge.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$30  
**Sep 26 #2400H HHS rm D109 Thur., 6:00-7:30 pm**

## All About Trusts

Learn the secrets of trusts and how to use them in your estate plan.

Atty. F. Drazen 1 session Resident \$25 Non-resident \$30  
**Oct 24 #2411N NHHS rm 106 Thur., 6:00-7:30 pm**

## Looking to the Future: Special Needs Requires Special Planning

Parents are always looking to protect their children with a proper plan, but planning for a child with special needs involves so much more. At this workshop, we provide an overview of the potential risks and pitfalls that are out there and how parents can avoid them when creating their plan, while also providing for their children without losing public benefits.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$30  
**Oct 10 #2412N NHHS rm 106 Thur., 6:00-7:30 pm**

## Medicare/Medicaid: Dispelling the Myth

Medicare and Medicaid are two of the biggest programs people will use as they age. At this workshop we will discuss the differences between the programs, the rules related to eligibility, and how to qualify, as well as the different options available to seniors.

Atty. F. Drazen 1 session Resident \$25 Non-resident \$30  
**Nov 7 #2413H HHS rm D109 Thur., 6:00-7:30 pm**

## Passport to Retirement

This course is presented by a prominent and trusted local financial advisor, and will cover the following topics: the 10 most common mistakes made in retirement, Social Security, Medicare, determining how long your money will last, the power of inflation, long term care, maximizing your pension, wills and trusts. In this seminar, we will also discuss strategies to avoid general retirement roadblocks, such as managing cash flow, using tax laws to your advantage, how to take an accurate financial inventory, and more. The time to retire will come; be financially prepared to enjoy it. This course is presented in a friendly and straightforward manner, geared towards people age 50 and over. Attendees are entitled to a complimentary, private consultation with Stu to review their personal financial and retirement concerns.

S. Grove 2 wks Resident: \$25 Non-resident \$30  
**Oct 3 #2404N NHHS rm 107 Thur., 6:30-8:00 pm**

## Planning for Affordable Long Term Care

This course covers the entire spectrum of long term care planning. Topics include: how to protect your assets and income from LTC illness; how the State of CT views your assets and income; how the use of trusts and gifting assets apply; how the CT partnership works; LTC policies that return your premiums; how to protect your family even if it's too late; and how to avoid costly mistakes. This is an informational seminar with ample opportunity for individual questions.

A. Abrahamian 1 session Resident: \$25 Non-resident: \$30  
**Oct 16 #2403H HHS rm A112 Wed., 7-9 pm**  
**Oct 23 #2403N NHHS rm 107 Wed., 7-9 pm**

## Retirement Planning Today

You've worked hard to provide for your family and save for your future. Now, there is a course that teaches how to keep more of what you earn and make your money work harder for you. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, you should enroll in this course. You will learn how to define long-term goals and return from the class with practical information you can apply immediately. This course includes a textbook. Couples may attend together for a single registration fee.

B Skinner 2 wks Resident \$49 Non-resident \$54  
**Oct 17 #2406NA NHHS rm 105 Thur., 6:30-9:30 pm**  
**Oct 23 #2406NB NHHS rm 105 Wed., 6:30-9:30 pm**

## RMDs Workshop

If you own a 401K, IRA, 403B or any other retirement account and you are between 64-72 RMDs are crucially important to understand. You will learn: How to calculate RMDs, How much additional income tax you can expect, Tax saving strategies to help offset any possible additional tax, asset allocations for RMDs, Setting up beneficiaries to help create maximum tax efficiency, and if Roth conversions make sense for you considering the new tax code.

A. Agemy 1 session Resident \$25 Non-resident \$30  
**Sep 26 #2414N NHHS rm 106 Thur., 6:30-8 pm**

## Social Security Education Class

The choice you make could result in an additional \$100,000 over the course of your lifetime.

You will learn: How decisions & policies of the current administration may impact your retirement income. How to reduce taxation on your Social Security after you start receiving your benefits. How two special claiming strategies may increase your total benefits. How married couples can avoid missing out on substantial benefits. How to receive benefits from an ex-spouse

A. Agemy 1 session Resident \$25 Non-resident \$30  
**Oct 3 #2415N NHHS rm 106 Thur., 6:30-8 pm**

**Basic Music Theory**

Starting with the music alphabet, explore the basics of this universal language: keys scales, intervals, chords and more. Music theory helps you read, understand music and communicate with other musicians. It's easier than you think! **Book Fee \$15.99 payable at first class. Senior fee not applicable.**

G. Raccio 4 wks Resident \$75 Non-resident \$80  
**Oct 30 #2600 All Things Musical Wed., 8-9 pm**

**Guitar for Beginners**

Have you always wanted to play guitar but never found the time? Here's an easy way to get started. Learn the basics of how to play, find musical notes, basic chords, read music, left and right hand technique. Bring your own guitar or one will be available to rent. **Book fee \$12.95 payable first class. Senior fee not applicable.**

G. Raccio 6 wks Resident \$75 Non-resident \$80  
**Sep 18 #2602 All Things Musical Wed., 8-9 pm**

**Violin and Cello - Beg/Inter**

Learn how to play the violin or cello by professional musicians. Small class, individual attention. You will be contacted by instructor where you can rent your instrument or you can bring your own. **Bring a notebook to class.**

J Jen Hsu 10 wks Resident \$90 Non-resident \$95  
**Sep 24 #2606H HHS rm B103 Tues., 8-9 pm**



**High School Completion**

**It's Never Too Late to Complete Your High School Education**

**We have three ways! Choose the program that's best for you.**

**AHS-CDP**

(Adult High School - Credit Diploma Program)

Complete a minimum of 22 credits and earn a Hamden Board of Education Adult High School Diploma!

- Transfer previously earned credits
- Attend credit classes
- Complete online classes
- Evening classes

**GED®**

(General Educational Development Diploma Program)

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

- Free practice tests
- Preparation classes
- Registration available at Hamden Adult Education

**NEDP®**

(National External Diploma Program)

Demonstrate your academic and life skills and earn a Hamden Board of Education Adult High School Diploma!

- Structured assignments
- Academic assessment
- Flexible scheduling

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

- Hamden • North Haven • Bethany • Woodbridge • Orange

Call to Register 203.407.2028

## Adult Day Care - It Does Matter!

Do you need a break? Are you caring for an elderly loved one that needs more help than you can give? Learn the ways that a medical model daycare helps support frail elders, adults with physical or mental challenges and those who care for them by providing meals, therapeutic recreation, daily living skills assistance, personal health care, social supports, nursing services, rehabilitative therapy, medication management and more. *Light refreshments will be served.*

Staff 1 session Resident: \$10 Non-resident \$15  
**Oct 3 #2823 Partnerships Adult Day Care Thur., 5-6 pm**

## Body Language/First Impressions

People make a decision within the first seven seconds of meeting you and you haven't even said a word. I'll teach you the skills, tips, and techniques so you "shine" every time you're in an interview. How to enter, what to wear, when to sit, and many other gestures that tell the interviewer how the interview will go. Be prepared to practice your new skills. Certificate upon completion.

T. Knowlton 2 wks Resident \$40 Non-resident \$30  
**Oct 3 #2822H HHS rm D109 Thur., 7-8:30 pm**

## Bridge: Play of the Hand

This bridge class emphasizes developing strategy and playing the hand to make the contract. Topics include: making a plan and developing tricks. Class is appropriate for students who understand standard bidding and play. Lessons will include bidding review.

W. Frieden 8 wks Resident \$96 Non-resident \$101  
**Sep 26 #2801 ML Keefe - Senior Center Thur., 10-12 noon**

## Chess Tactics for Beginning & Intermediate Students

Whether you are new to chess or wish to brush up on your skills and meet other adult chess players in the area, this class is for you! We will focus on chess tactics such as pins, skewers, double attacks, discovered attacks, decoys and cross-pins, as well as other tactical devices. You will improve your game and take your chess-playing ability to the next level. Join us in planning your next move! *The Chess Tactics Workbook, expanded 4th edition can be purchased at the first class for \$12.95.*

R. Groff 5 wks Resident \$60 Non-resident \$65  
**Sep 23 #2819A Chess Academy Mon., 6:30-8:30 pm**  
**Nov 11 #2819B Chess Academy Mon., 6:30-8:30 pm**



## Creating a Well Loved Space

Tired of feeling overwhelmed, smothered and embarrassed by your clutter? Downsizing? Get support and learn skills to clear and organize your space. Create a home that is welcoming, calm and well loved. YOU DESERVE IT!

J. Gilbert 10 wks Resident \$90 Non-resident \$95  
**Oct 3 #2824N HHS rm B104 Thur., 7-8:30 pm**

## Email Etiquette and Business Writing

Crafting clear, correct and courteous digital correspondence can be tricky. In this class you will learn the importance of understanding readers effective subject lines, professional greetings, and readable formatting. We will discuss the common errors in written English and how to avoid them. This course will help you create email messages that are understood as intended by the writer in a single reading.

Y. Lopes 11 wks Resident: \$90 Non-resident \$95  
**Sep 23 #2825 ML Keefe Mon., 6-7:30 pm**

## Essential Oils 101

Please come and explore how to become more empowered in your own wellness. You will gain a better understanding of what Essential Oils are and why they are so effective on the brain, body and emotions and how they can support you with wherever you are at today. You will also learn tips on how to incorporate using the oils in daily life through habit pairing and easy ways to get started. Look forward to meeting you! *Price includes a \$10 materials fee, which will give you an essential oil sample to take home, educational materials and a pocket inhaler.*

J. Brubacher 1 session Resident \$35 Non-resident \$40  
**Nov 14 #2804N NHHS rm 115 Thur., 6:30-8:30 pm**

## Finding Calm With Chaos: Holidays with Mindfulness

This four-week mindfulness series will provide opportunities to engage in practices and dialogue aimed to resource the body, heart, and mind during an especially hectic time of year. Often the pace of life during November and December speeds up so fast, we instinctively react and/or operate on autopilot, missing the very experiences we want to capture. At this time of year, when we give so much of ourselves, practicing mindfulness self-care has the potential to change the relationship to stress and return the joy of the season that has been lost. Taught by Traci Hodes and Jen Zehler, both Qualified Mindfulness Stress Reduction Teachers.

T. Hodes & J. Zehler 4 wks Resident \$96 Non-resident \$101  
**Nov 26 #2826 Mountainview Wellness Tues., 6-8:30 pm**

**Good Skin Knowledge (8-10 year olds)**

Parents and children 8-10 years old can learn Good Skin Knowledge. The goal is to teach young people and their parents the facts about common skin, hair and nail conditions. Misunderstanding these things can lead to teasing and bullying, which is associated with anxiety and depression. **A \$20 non-refundable materials fee is payable first night of class.**

S. Stroud 12 wks Resident \$72 Non-resident \$78  
**Sep 26 #2827 Paul Mitchell School Thur., 4-5 pm**

**Good Skin Knowledge (11-13 year olds)**

Parents and children 11-13 years old can learn Good Skin Knowledge. The goal is to teach young people and their parents the facts about common skin, hair and nail conditions. Misunderstanding these things can lead to teasing and bullying, which is associated with anxiety and depression. **A \$20 non-refundable materials fee is payable first night of class.**

S. Stroud 12 wks Resident \$72 Non-resident \$78  
**Sep 23 #2828 Paul Mitchell School Mon., 4-5 pm**

**Infant and Baby Massage**

Enhance your bond between you and your baby. Touch is critical for a child's growth and development. Through massage, you can communicate mutual trust and understand and provide relaxation and stress relief.

J. Andrzejewski 3 wks Resident: \$54 Non-resident \$59  
**Oct 16 #2829A Moment in Time Wed., 9-10:30 am**  
**Nov 6 #2829B Moment in Time Wed., 9-10:30 am**

**Kindness and Manners Etiquette Class**

First impressions and good manners still matter and the saying "you never get a second chance to make a first impression" still applies today. Learn the communication skills, manners and confidence needed to navigate successfully in various environments and situations. You will receive practical tools that are easy to apply in this fun, interactive class. Some of the things you will learn are proper eye contact and handshakes, posture, meeting and greeting, conversation skills, table manners (how to set the table, dining out and American/European eating styles). This curriculum has been featured in the New York Times magazine, Parents magazine and on The Food Network.

S. Jones 3 wks Resident \$40 Non-resident \$45  
**Sep 26 #2830H HHS rm B103 Thur., 7-8 pm**

**No Refunds  
 are given after  
 a class begins.**

**Lose Weight With Hypnosis**

Sometimes losing weight takes more than diet and exercise; it takes changing habits like snacking between meals, eating late at night, just to name a few. Through hypnosis you change those bad habits into positive habits. Join us for three nights to help change your old habits, improve your weight loss experience and improve your health. **Bring a pillow and blanket.**

L. Santamaria 3 wks Resident: \$65 Non-resident \$70  
**Nov 7 #2809N NHHS Library Thur., 7-9 pm**

**Metamorphosis Body Mind and Sprit 3 Day Detox**

- Boost your mood, energy and productivity by reducing inflammation.
- Shed excess weight and eliminate toxins to feel light and fresh any time of year.
- Get rid of bloat and clear your skin.

Also included is a shopping list and recipes for breakfast, lunch and dinner for all 3 days. After this class, you can do the detox at your convenience. It's real food. No chemicals. No powders.

D. Barbiero 1 session Resident \$25 Non-resident \$30  
**Oct 24 #2821H HHS rm D111 Thur., 7-9 pm**

**Mindfulness Based Stress Reduction**

This Mindfulness Based Stress Reduction course may be for you, if you are looking to:

- \* approach your life with more composure, understanding and enthusiasm
- \* develop the ability to cope more effectively with both short-term and long-term stressful situations
- \* enhance your ability to manage and reduce physical discomfort
- \* improve your focus, resilience, and capacity to recover more quickly from challenges

Across the eight weeks, this course will provide you with a community of learning and practice to help you access and cultivate your natural capacity to care for yourself, finding greater balance, ease and peace of mind. A retreat day on Saturday, October 19<sup>th</sup> from 9-4 is also part of this course.

T. Hodes & J. Zehler 8 wks Resident \$115 Non-resident \$119  
**Sep 10 #2811 Mountainview Wellness Tues., 6-8:30 pm**

**Relax and Refresh**

A group meditation and Reiki session will lead into a quiet reflection and deep relaxation. You will be gifted a healing stone for your own personal journey towards self-healing. Please dress comfortably.

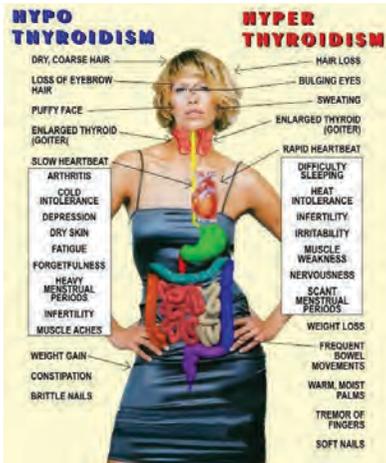
J. Andrzejewski 1 session Resident: \$25 Non-resident \$30  
**Oct 4 #2831 Moment in Time Fri., 7-8:30 pm**

## Revitalize Your Chakras

When our energy vortex's chakras are stagnant, you're likely to experience mental, emotional, physical or spiritual ailments. This class will empower you with tools to balance your chakras while delving into their functions.

J. Andrzejewski 1 session Resident: \$25 Non-resident \$30  
**Sep 25 #2832 Moment in Time Wed., 7-8:30 pm**

## Thyroid Nutrition Class



If you are experiencing any of these symptoms, then this class is for you. You will learn what you need to eliminate for your diet and the best foods to heal your thyroid and feel your very best. You will also get some great recipes. This class will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, who was diagnosed with Hashimoto's disease 10 years ago and has reclaimed her health.

D. Barbiero 1 session Resident \$25 Non-resident \$30  
**Oct 3 #2822H HHS rm D111 Thur., 7-9 pm**

## Steps for Entrepreneurship Supplement Your Income

This enrichment course helps you gain an understanding of the business/marketing principles necessary to start and operate a business. Help you explore the traits and characteristics of successful entrepreneurs. You will learn how to identify and evaluate business opportunities and develop a business concept.

Y. Lopes 11 wks Resident \$96 Non-resident \$101  
**Sep 24 #2833 ML Keefe Tues., 6-7:30 pm**

## WOW - Presentation Skills

Do you need to communicate better? The missing ingredient in most communication is miscommunication. The instructor will teach you what it takes to stand above the rest. He will give you tips on how to tailor your approach to anyone so your intended audience feels it's customized just for them. Certificate upon completion.

T. Knowlton 2 wks Resident \$40 Non-resident \$45  
**Oct 17 #2816H HHS rm B103 Thur., 7-8:30 pm**

### ONLINE REGISTRATION

[www.hamdenadulted.org/coursecatalog](http://www.hamdenadulted.org/coursecatalog)



## Looking for a New Career

**We have several training programs for you to choose from!**

See pages 7-11 for more information

### EMT

The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as firefighters) looking to expand their knowledge. EMT's provide emergency medical care in a pre-hospital environment, or can be employed in certain emergency departments.

Come have fun while learning from the professionals in the field.

### CNA

A certified nursing assistant, or CNA, helps patients or clients with healthcare needs under the supervision of a Registered Nurse (RN) or a Licensed Practical Nurse (LPN).

A CNA may also be known as a Nursing Assistant (NA), a Patient Care Assistant (PCA),

### Security Guard

A security guard is a person employed by a public or private party to protect the employing party's assets (property, people, equipment, money, etc.) from a variety of hazards (such as waste, damaged property, unsafe worker behavior, criminal activity such as theft, etc.) by enforcing preventative measures.

Security guards do this by maintaining a high-visibility presence to deter illegal and inappropriate actions.

**About Boating Safety**

Learn boating safety with a USCG Basic Boating Course. This is a two day class to fulfill requirements for Connecticut Boating Certification. Upon completion of test you will be qualified for a Connecticut 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, enjoying your boat.

USCG Auxiliary Staff 2 wks Resident \$72 Non-resident \$77  
**Sep 24 #3000H HHS rm D109 Tues, 5:30-9:30 pm**

**American Heart Association Adult, Child, Infant First Aid, CPR and AED**

Learn how to recognize and treat sudden illness and injury in adults, children, and infants and how to provide CPR and use an Automated External Defibrillator. Course topics include: medical emergencies including allergic reactions, heart attacks, stroke, seizures, and diabetes, Injury management including bites and stings, bleeding control, and splinting, environmental emergencies such as heat stroke and hypothermia, relief of choking, CPR AED for adults, children, and infants. This course is appropriate for members of the community who want to be prepared in the event of a cardiac emergency or serious life threatening emergency. *No senior discount.*

L. Bonito 2 sessions Resident: \$150 Non-Resident \$155  
**Oct 28 #3001N NHHS rm 106 Mon. & Tues., 6-9 pm**

**American Heart Association Friends and Family CPR**

Learn the lifesaving skills of adult Hands-Only® CPR, child CPR, infant CPR and AED use, and relief of choking in an adult, child or infant. This course is for those who want to learn CPR but do not need a course completion card in CPR. Ideal for parents, grandparents, babysitters and anyone interested in learning how to save a life.

S. Gesner, RN 1 session Resident \$50 Non-resident \$55  
**Sep 25 #3002H HHS rm B104 Wed, 6:30-9:30 pm**  
**Dec 5 #3002N NHHS rm 106 Thur, 6:30-9:30 pm**

**American Heart Association Pediatric First Aid and CPR**

Designed to meet the regulatory requirements for child care workers in CT. Learn to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. The course covers child/infant/adult CPR and child/adult AED. Intended for childcare center workers, camp counselors, coaches, teachers and foster care workers.

*No senior discount.*

S. Gesner, RN 2 wks Resident \$100 Non-resident \$105  
**Nov 18 #3004N NHHS rm 106 Mon., 6:30-9:30 pm**

**Babysitting 101**

This course is designed for girls and boys 11-15 years old. Taught by a team of pediatric nurses, you will learn the essentials of being a good babysitter. This includes how to get your business started, playtime ideas, trouble shooting solutions and, of course, health and safety including child and infant CPR, first aid and choking prevention and maneuvers.

S. Gesner, RN/C. Levy, RN 2 wks Resident \$50 Non-resident \$55  
**Oct 10 #3005H HHS rm B1014 Thur, 6:30-9:00 pm**  
**Dec 9 #3005N NHHS rm 106 Mon, 6:30-9:00 pm**

**SENIOR OFFERINGS****Oil Painting Workshop for Seniors**

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 8 wks Hamden Snrs Free Non-resident \$80  
**Sep 26 #3008 Whitney Center Thur, 10-12 noon**

**AARP Driver Safety Smart Program**

This course provides: safe-driving strategies; effects of medication on driving; proper use of features, such as seat belts; state rules & regulations for school buses, construction zones and other areas! CT Drivers 60 and above will receive a multi-year discount on their auto liability insurance. The fee is \$15.00 for AARP members and \$20.00 for non-members. Please bring your AARP card to class.

AARP Staff 1 session AARP Members: \$15 Non-members \$20  
**Sep 26 #3007NA NHHS rm 105 Thur., 5-9 pm**  
**Nov 21 #3007HB NHHS rm 105 Thur., 5-9 pm**



## The Next Street Driving School at Hamden High School

**30 Hours of Classroom and 8 Hours Behind the Wheel**

Qualifies You for an Insurance Discount - Dual Controlled Cars - License Testing options available. Let us prepare you for licensing with one of our programs offered through Hamden Adult Ed at Hamden High School

**Tuesday and Thursday, starting October 17 or February 3      2:15 PM to 4:15 PM      Room B214**  
Optional Textbook is \$25

**Entry Level Package:**

**\$499** This fee is for the complete course of 30 HOURS of in class training and 8 HOURS of behind the wheel training.

Call The Next Street **AT 1.800.732.8090** for more information, extra driving and testing services, or register on-line at [www.thenextstreet.com/hamdenhs](http://www.thenextstreet.com/hamdenhs)

## Hamden Driving School at Hamden High School

“Driver Education 101” - Price \$510

Hamden Driving School’s Fully Licensed Comprehensive Driving Program

Cost includes: CT Driver’s Manual, Thirty (30) Hours Classroom Instruction, Eight (8) Hour Mandatory Teen Class, Two (2) Hour Parent/Guardian/Teen Class, and Eight (8) Hours of Private Behind the Wheel Lessons. Satisfies State Full Course Requirements.

**Monday and Wednesday, starting October 2 or January 6      2:15 PM to 4:15 PM      Room B214**

“Teen Eight Hour Safe Driving Practices Class” (AKA The Drug & Alcohol Class) Price \$100

This State Mandated Class includes: CT Driver’s Manual, Study Material, Eight (8) Hours of Professional Classroom Training.

**Monday and Wednesday, starting October 2 or January 6      2:15 PM to 4:15 PM      Room B214**

Call Hamden Driving School for more information (203) 230-8265 or visit [www.hamdedrivingschool.com](http://www.hamdedrivingschool.com)



## SAT PREPARATION COURSE

Our SAT Course Consists of:

8 - 3-hour classes

3 Full-length Practice Tests

Skills Based Diagnostic tests

Small Class sizes. Classes are capped at 12.

All of our teachers are graduates of Yale or other top colleges.

Unlimited retakes of the group SAT course

Access to an Online Test Center

Access to our proprietary scholarship database!

Registration page:

<https://www.firstchoicecollege.com/hamden-high-school-sat-act-classes/>

**Wednesdays, starting September 2019      2:15 PM to 5:15 PM      HHS rm B212**



Please help us, help you.  
 We offer a variety of one night classes, multiple night classes,  
 day trips and overnight trips.  
 We are always looking for new class and trip ideas.  
 Please let us know what you are interested in.  
 Email your suggestions to [info@hamdenadulthood.com](mailto:info@hamdenadulthood.com)

MAKE THIS  
 the year  
 you achieve  
 your **DREAM**



Looking for a different way to earn your high school diploma?  
 The National External Diploma Program could be right for you!

### National External Diploma Program (NEDP)

All interested students must attend one of the following information sessions at 5:30 PM at the Keefe Community Center:

**9/17, 10/29, 11/19, 12/17**

For information contact the Hamden Adult Education office at 203.773.9211 ext. 1139 or 203.407.2028.

\* North Haven, Bethany, Orange, Woodbridge

**Registration for  
 ADULT HIGH SCHOOL**  
 Call 203.407.2028 to schedule  
 an appointment for  
 Wednesday, July 31<sup>th</sup> and Thursday, August 1<sup>th</sup>  
 6:30 pm or Friday, August 2<sup>nd</sup> 10:00 am - 2:00 pm

**GED® Prep, ESL, Citizenship**  
 Register at the Keefe Community Center:  
 August 19 - August 23 9:30 - 11:00 am  
 OR  
 August 19 - August 22 6:30 - 8:00 pm

Call to Register 203.407.2028

**Newport Playhouse - Lobsterfest Matinee**  
Newport, RI



Off to Newport Playhouse to see “Funny Money” about a mild mannered CPA who accidentally picks up the wrong briefcase, one that is full of money. He decides to keep it knowing the original owner must have his. He rushes home to book a one way fare to Barcelona.

We will then enjoy a magnificent Lobsterfest Buffet which will include lobster, shrimp, mussels, chicken, potatoes, veggies, and much more.

After lunch we will go back into the playhouse for a delightful cabaret where Company members continue to entertain you with songs and laughter.

**#5010                      July 30                      \$169**

Pick-up at Rt. 40 Commuter parking lot at 9:00 am and will return about 5:00 pm. **Note: No refunds for this trip.**

**Whale Watch - High Speed Catamaran**  
Boston, MA



In the morning we board a 350 passenger high speed catamaran for a 3 hour whale watch from Boston to Stellwagen Bank, the East Coast’s most famous whale watching destination. The boat features wide open decks as well as interior cabin space.

Stellwagen’s heavy concentration of humpback, finback and minke whales offer a fabulous opportunity to view and learn about these magnificent creatures as they frolic in their natural habitat.

There will be leisure time at Quincy Market to shop and eat.

**#5007                      Saturday, August 10                      \$100**

Pick-up at HHS parking lot at 9:00 am and will return approximately 8:00 pm.

**No refunds for this trip**

**Covered Bridges of New Hampshire**  
Fitzwilliam Inn, Southern NH



Covered bridges (or “Kissing Bridges”) are practically a trademark of New England life. They can reflect the town that their located, the artist or architect that designed them or the period in which they were built. Grab your camera and come explore several of them with us on a Guided Driving Tour of Covered Bridges in Southern New Hampshire.

We will begin the day with lunch at the Fitzwilliam Inn in New Hampshire, which has been an anchor in the community for over 200 years. The present inkeepers are pleased to welcome you for a lovely sit down luncheon.

We will enjoy a stop at Cameron’s Winery in Massachusetts for a tasting of 5 wines. The owners are passionate about their winery and provide a memorable experience for their visitors. Shop for great jams as well in this winery.

**#5008                      Saturday, September 28                      \$120**

Pick-up at HHS parking lot at 10:00 am and will return approximately 9:00 pm.

**No refunds for this trip after August 15.**

**Haunted Happenings**  
Salem, MA



America’s most exciting Halloween Festival is in the bewitching seaport of Salem, MA. Most widely known as the site of the Salem witchcraft trials of 1692, it is also a colorful, coastal city with a rich maritime heritage, an impressive display of historic architecture and amazing stories. Visit Salem for a “spell” and let your imagination “set sail”! Leisure time to enjoy the “Haunted Happenings” around Salem and choose:

The House of the Seven Gables

Built in 1668, this is the oldest surviving 17th century wooden mansion in New England. The House of the Seven Gables inspired Nathaniel Hawthorne to write his legendary novel of the same name. **OR**

“Cry Innocent: The People Versus Bridget Bishop”

The year is 1692. Bridget Bishop has been accused of witchcraft and YOU are the Puritan jury. Hear the historical testimonies, cross-examine the witnesses and decide the verdict. Is she capable of witchcraft? Play your part in history.

**#5011A   Saturday, October 19                      \$91**  
**#5011B   Sunday, October 20                      \$91**  
**#5011C   Saturday, October 26                      \$91**

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 7:30 am and will return approximately 5:30 pm.

**Cranberry Bog Tour  
Wareham, MA**



A.D. Makepeace Company is the world's largest cranberry grower! Mid-September through early November is Harvest Season. Your guide will board the bus and give a narrated tour as you travel to the Cranberry Bog area. Learn about harvesting and gain some insight on being a cranberry farmer. Get an up-close view of the wet cranberry bogs!\* Receive a cranberry goodie bag as a souvenir.

Lunch at Lindsey's Family Restaurant, known for their hearty New England fare and seafood. Menu: Garden salad; choice of Baked Stuffed Shrimp (with crabmeat stuffing), Old Fashioned Turkey Dinner, or Yankee Pot Roast all served with rolls & butter, fresh vegetables, starch, coffee, tea, iced tea or soda and a tasty dessert.

Stop at Dorothy Cox Chocolates Factory & Store, a family owned business operated since 1928. Shop for a sweet treat of chocolate or ice cream before heading home.

\*Tour may include opportunity to step out and learn "bog side." Bog area is sandy, grassy and can be wet & muddy. Please dress appropriately.



**#5012 Saturday, October 26 \$105**

Pick-up at HHS parking lot at 7:30 am and will return approximately 7:30 pm.

**No refunds for this trip after September 15.**

**Boston Christmas Festival  
Boston, MA**



IF CRAFT SHOWS ARE YOUR THING - THIS IS A DON'T MISS!!!! The Christmas Festival at the Seaport World Trade Center in Boston is a blockbuster event. This award-winning show is the largest crafts festival in New England and features hand-crafted gifts, holiday decorations, jewelry, clothing, pottery, folk art, delicious foods to buy and sample, and so much more! 300 American Craft Artists.

Offering everything a holiday shopper could want under one magnificent roof. Find an endless array of gorgeous home accessories, designer fashions, artisan jewelry, handcrafted holiday décor, and tempting gourmet specialty foods.

Gingerbread House Competition  
Top Chefs create gingerbread masterpieces judged by a celebrity panel  
Time at Quincy Market following the festival

**#5013 Saturday, November 9 \$85**

Pick-up at HHS parking lot at 8:00 am and will return approximately 6:00 pm.

**No refunds for this trip after October 2.**

**Christmas Lights and Song  
Springfield, MA**



Enjoy a delicious lunch at the Student Prince, a charming, German-style restaurant in the heart of downtown Springfield, known for its fine food and service and beautifully decorated for the holidays. Our full course meal will include: Salad, Choice of Roast Pork with Apple Glaze -OR- Baked Scrod with Crumb Topping -OR- Chicken Schnitzel with Gravy; Vegetable, Potato, Apple Strudel a la Mode & Coffee.

Be entertained during lunch by the famous Fort Street Holiday Carolers Sing Along! Feel the Spirit of the Season.

Following lunch spend time at MGM Springfield Casino - Slots, Table Games—Receive a \$20 Slot Play Bonus.

Bright Nights at Forest Park is pure magic with over 2½ miles of lighting displays and 250,000 lights! This is a riding tour on our deluxe motorcoach through one of the "Top Ten Holiday Happenings in America." We'll listen to Christmas Carols as we drive through light up versions of the Winter Garden, Jurassic World, Toy Land, Blizzard Tunnel and more.

**#5014 Saturday, December 7 \$105**

Pick-up at HHS parking lot at 10:15 am and will return approximately 9:00 pm.

**No refunds for this trip after November 1.**

**2019 Christmas Spectacular  
Radio City Music Hall, NYC**



**Be part of the holiday magic!**

Rockefeller Center is the nation's favorite Christmas destination. For over 80-years, the Radio City Christmas Spectacular, starring the Rockettes, has continued to create lasting memories for generations of families that have made this cherished show a holiday tradition. Including the Parade of the Wooden Soldiers and the Living Nativity which have been performed since the very beginning. Let your holiday memories begin here also.

Leisure time for shopping, dining and sightseeing.

**#5015A Saturday, November 16 \$149**  
**#5015B Sunday, November 17 \$143**  
**#5015C Saturday, November 23 \$149**

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 8:00 am and will return approximately 5:00 pm.

**Note: No refunds for this trip after October 1**

## Cruises to Alaska, Bahamas, Bermuda or the Caribbean

Are you on a cruise ship right now? If so, stop reading this and get back to your vacation! For the rest of us, let's plan your first or next cruise vacation. Cruises are the best vacation value for your money. Included on cruises are food and entertainment. Whether you like to relax and soak up the sun, gamble, or join in on the endless activities onboard, we will find the perfect fit for you.

Are you looking to explore icy fjords that tower over the Pacific Ocean while snowy peaks stretch towards the horizon? Alaska feels boundless. You can watch eagles nesting along coastal forests. Head deeper into the frozen wilderness on an Alaska Cruisetour. Experience the thrill of a 30 ton whale gliding under your catamaran. Depending on the time of year, you can enjoy the midnight sun. Explore more of the Last Frontier on any of the Alaska cruises.

Are you looking to sit and build your first pink sand castle? Explore the colorful underwater life? Or play 18 holes on an amazing golf course? See the oldest continually inhabited English settlement in the Western Hemisphere visiting historic churches, museums, and forts. If any of this sounds good to you, then Bermuda is your destination.

Are you looking to head to pristine beaches, marvel at the waterfalls and large fig trees, see amazing historic ruins and forts? Are you looking to shop for duty-free perfume or jewelry? If any of the above sound good to you, then the Bahamas or the Caribbean should be your destination.



Call 203.773.9211 ext. 1139, ask for Rissa, for more information on cruise options.

## Iceland's Magical Northern Lights

7 Days • 10 Meals: 5 Breakfasts • 5 Dinners

Per Person Rates: Double \$3,749; Single \$4,249; Triple \$3,719

Includes: air out of NYC, hotel transfers, and grp transportation to/from airport

Highlights Include:

- Explore the Skogar Folk Museum and come to understand Icelandic life.
- Experience the energy at the geothermal fields of Geysir and Strokkur.
- Stop at Reynisfjara, a black volcanic sand beach with basalt formations.
- Travel the famous Golden Circle and take in Iceland's natural beauty.
- Search for nature's dazzling display on a northern lights cruise.
- See Jökulsárlón glacial lagoon, filled with floating icebergs.
- Relax in the warm, mineral-rich water of the Blue Lagoon.
- See the beautiful Seljalandsfoss, one of Iceland's most famous waterfalls.

#907761

November 1, 2019

To receive a more detailed itinerary contact: Dan at Adler Travel 203-288-8100

Travel insurance is highly recommended.

\* Price subject to change.



## 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 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.



Call 203.407.7733

Check out our new website:  
[www.hamdenyoungchildren.org](http://www.hamdenyoungchildren.org)

Follow us on



 Work with us to improve the health, safety, early care and education of Hamden's young children.

 Find out about Hamden programs for children five years old and younger including , preschool, childcare, home visiting, parenting support and special education.

 Join our mailing list to receive announcements about community events for families

## NEW HAVEN READS

### Sharing the Power and Joy of Reading

New Haven Reads is a one-on-one tutoring program that serves over 500 students from the Greater New Haven area. The program continues to grow and our need for volunteer tutors is growing as well. With a waiting list of over 200 students, we are searching for dependable, enthusiastic adult tutors, willing to make this commitment. Materials and assistance are all provided. New Haven Reads serves as a Book Bank for the Greater New Haven area. If you have some time to share with a child or just love books and would like to share that gift, please feel free to contact New Haven Reads 203.752.1923. We are located at 45 Bristol Street in New Haven. Or contact us at [info@newhavenreads.org](mailto:info@newhavenreads.org). You may also check out our website at [www.newhavenreads.org](http://www.newhavenreads.org).

## HAMDEN EARLY LEARNING PROGRAMS

This Hamden Public School preschool/childcare program at:

- Alice Peck Learning Center
- Church Street School
- Dunbar Hill School
- Helen Street School

Provides fun early learning experiences for children 3-5 years old. The NAEYC accredited program operates twelve months a year, 7:30 am to 5:30 pm, Monday - Friday. The program helps children develop a love of learning in a nurturing and joyful environment.

Fees based on a sliding scale with State School Readiness Grant funds further decreasing costs based on income. Additional Grant funds provide for a limited number of free spaces for 4 year olds.

For more information or to request an application call 203.407.2254 or download the application from the Hamden Public School website at [www.hamden.org](http://www.hamden.org)



## THE FAMILY RESOURCE CENTERS OF HAMDEN



### Register for:

- \* Play & Learn Groups for infants, toddlers and preschoolers
- \* Raising Reader Program to foster a love of books and reading
- \* Individualized Personal Visits to support your child's development and parenting skills
- \* Child Care while you attend English as a Second Language offered by Hamden Adult Education

### Contact us for:

- \* Screening Tools to help you identify strengths or concerns regarding your child's development
- \* Connection to other Community Resources
- \* Referrals to Child Care & Preschool Programs
- \* Information on our Circle of Security and What You Do Matters Programs

**CHURCH STREET SCHOOL 203.407.3111**

**For more information email:  
[HamdenFRC@hamden.org](mailto:HamdenFRC@hamden.org)**

## HAMDEN PUBLIC LIBRARY

Marion Amodeo, Director

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

- DVDs, Videos, CDs, Books on tape and CD, Magazines
- Children's Programs
- Computers for public use
- Free or Discounted Passes to Aquariums, Museums, Zoo. (Need a Hamden Public Library card.)

[hamdenlibrary.org](http://hamdenlibrary.org) - Calendar of events; reserve 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 203.287.2680 or [info@hamdenlibrary.org](mailto:info@hamdenlibrary.org)

Three locations:

Miller Memorial	2901 Dixwell Ave	203.287.2680
Brundage Comm. Branch	91 Circular Ave	203.287.2675
Whitneyville Branch	125 Carleton St	203.287.2677

## MILLER SENIOR CENTER PROGRAMS

Suzanne Burbage, Coordinator

Elderly Outreach	203.287.2691
Transportation	203.288.2885
Miller Center	203.287.2547
Nutrition Site/Cafe	203.287.0057

## ARTS, RECREATION, AND CULTURE

Julie Smith, Director

203.287.2546

General Information	203.287.2579
Brookvale Park	203.287.2669
Ice Skating Rink	203.287.2610
Swimming Pool	203.287.2588

## COMMUNITY SERVICES

Y'Isiah Lopes, Director

203.562.5129

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

- Camp Scholarships
- Diaper Bank
- Fuel Assistance
- Hamden Food Bank
- Holiday Toys
- Thanksgiving Food Baskets
- Computer Lab
- Financial Literacy
- Emergency Services
- Health and Nutrition Initiatives
- Rental Assistance
- Utility Assistance
- WIC

## YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 [srubino@hamden.com](mailto:srubino@hamden.com)

Creating and Fostering Opportunities for Hamden Youth and their Families to Learn and Grow in Positive Ways

- A-SBIRT and SBIRT Trainings
- Community Outreach
- Hamden Farmer's Market Activities
- Hamden Youth Network
- Little Free Libraries
- Narcan Trainings
- National Night Out
- Positive Choices Billboard Contest
- Prevention Corps Member Site
- Read to Grow Bookplace
- Resource Library and Referrals
- School Supplies Closet
- SoHa Spring KidFest
- Substance Abuse Awareness, Education and Prevention
- Summer Youth Employment
- Teen Activities
- Volunteer and Community Service Placements
- Wellness Fair
- Youth Driven Public Art Initiative



# NORTH HAVEN TOWN SERVICES

## NORTH HAVEN SENIOR CENTER

A place where older adults come together, meet for educational presentations, activities and entertainment on a daily basis which challenge them and utilize their experience and skills. Residents of the town of North Haven age 62 or over are eligible to become members at the Center. We do welcome non-residents as well, a \$5.00 activity fee is charged to all non-residents. The Center offers many programs to fit the needs of our seniors. We publish a monthly newsletter outlining our exciting activities and post it on our Town's website, [www.town.north-haven.ct.us](http://www.town.north-haven.ct.us). We provide transportation to our North Haven member residents to medical appointments, hairdressers, grocery shopping, errands and mini-trips to other towns. A nutritious hot lunch is provided by LifeBridges (outsourced program) and served daily at 11:30 A.M. The North Haven Senior Center is open Monday through Friday from 8:00 a.m. to 4:00 p.m. and our telephone number is 203-239-5432. The Center's Manager is Judy Amarone-Arcangelo.

## DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

## RECREATION INFO-LINE

203.234.2535

## NORTH HAVEN PUBLIC LIBRARY

203.239.5803



**Eligibility:**

Hamden Adult Education programs are open to all residents of Hamden, North Haven, Bethany, Orange and Woodbridge who are over 17 years of age. Non-residents are welcome to participate in the enrichment program.

**Tuition and Fees:**

Persons enrolled in Pre-GED®, ESL, GED®, American Citizenship and High School Diploma Programs are exempt from tuition and book fees. Residents (from Hamden or North Haven) enrolled in enrichment courses pay the designated fee by check, money order or credit card. Non-residents pay the non-resident rate listed.

**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. Supply/consumable fees must be paid by cash, check or money order to the instructor.

**Storm Day Policy:**

Adult Education classes may be cancelled if Hamden-North Haven 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) or <https://www.facebook.com/hamdenadulthood>

**Our Refund Policy:**

- Each class requires a different minimum number of attendance to run. For this reason, refunds will only be issued if you withdraw from your class 1 week prior to the first night of class. If you wish to cancel within the allowable time, email [info@hamdenadulthood.com](mailto:info@hamdenadulthood.com) or call the office. A \$15 processing fee will be subtracted from all refunds given.
- Full refunds are given if a course is canceled by Hamden Adult Education due to unforeseen circumstances or low enrollment. See Storm Day Policy for cancellations due to inclement weather.
- Credit Card transactions over 120 days will be issued in the form of a check.
- Refunds will NOT be given after a course has started.
- Bus trip refunds MUST be requested four weeks prior to departure, **or as stated in the trip description.**
- There will be no refunds for a prepaid supply or consumable fee.

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.

\* Hamden Board Policy P-1331 adopted 1/12/97.

**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, adheres to the following Federal statement from the Office of Civil Rights: No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving state or federal assistance. For further information contact **Hamden Public Schools** at 203.407.2059.

**Persons with Disabilities:**

Anyone who needs assistance to gain access to classrooms or any other accommodations for effective communication should contact LuAnn Gallicchio, Hamden Adult Education (203.407.2028) prior to the event so the necessary accommodations may be provided. The adult education program is committed to making all course offerings accessible. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to Gary Highsmith at 203.407.2059.

**Senior Citizens:**

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

**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 203.407.2059.

**Class Cancellations:**

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

**Returned Check Policy:**

Participants will be charged \$35 for each check returned by the bank.

**No Smoking:**

Hamden and North Haven Public School buildings and grounds are SMOKE FREE.\*



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*Career Certificates*

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*Expand Your Universe*

*High School Completion*

*Personal Enrichment*

*Trips*

*Register: by mail by phone 203.407.2028 [www.hamdenadulted.org](http://www.hamdenadulted.org)*