

Hamden-North Haven Adult Education



Winter/Spring
2016

Hamden Adult Education

Hamden High School
2040 Dixwell Avenue
Hamden, CT 06514
203.407.2028 fax 203.407.2056
email: info@hamdenadulted.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. 2 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.hamdenadulted.org

Follow us on:



Searching for Talent

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

Hamden is fortunate to have a wealth of talented citizens. Persons with specialized skills and interests are invited to share their talents with the community. Of particular interest are instructors for: Social Networking; Multi-Cultural Cooking or Specialty Cooking; Crafts & Hobbies; Quick-books; Bookkeeping; EMT Training

If you are interested in joining our staff, please contact:

Rissa Webb
203.773-9211 ext. 1139
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.

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Call to Register 203.407.2028

Fall Calendar

January 4 - January 7

ESL, GED®, Career Transitions,
Citizenship class registration

January 11

Classes located at Keefe begin
Adult High School classes begin

January 18

ML King Jr. Birthday - No Classes

February 1

Enrichment Classes begin

February 12-16

Winter Break - No Classes

February 23

HHS Parent/Teacher Conferences
No Classes at HHS

March 2

Adult High School
Term 2 Registration

March 9

Adult High School
Term 2 classes start

March 25

Good Friday - No Classes

April 13

HHS Parent/Teacher Conferences
No Classes at HHS

April 18-22

Spring Break - No Classes

Classes listed in green are located
in Hamden

Classes listed in maroon are located
in North Haven

Shaded boxes are NEW offerings

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www.hamdenadulted.org

Location of Classes

All Things Musical

3210 Whitney Avenue, Hamden

Green Acres Elem School

146 Upper State Street, No. Haven

Hit It Fitness

4133 Whitney Avenue, Hamden

HHS

Hamden High School
2040 Dixwell Avenue, Hamden

MECA Art Studio

28 Washington Avenue, No. Haven

MSC

Miller Senior Center
2901 Dixwell Avenue, Hamden

MLK

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

Montowese Elem School

45 Fitch Street, No. Haven

NHHS

North Haven High School
221 Elm Street, No. Haven

NHMS

North Haven Middle School
55 Bailey Road, No. Haven

Personal Harmony Health LLC

8 Whispering Pines Drive,
Wallingford

Whitney Center

200 Leeder Hill, Hamden

Soulcraft Studio

1125 Dixwell Avenue, Hamden

Whitney Flowers

2648 Whitney Avenue, Hamden

YMCA

1605 Sherman Avenue, Hamden

Your Community Yoga Center

39 Putnam Avenue, Hamden

Computer Keyboarding #0310

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

L. Hatton HHS rm C203
Wed., 6:15-8:15 pm Feb 3 8 wks
Resident \$80 Non-resident \$85

**iPad: A Comprehensive Introduction #1820**

Whether you are using your iPad or have yet to take it out of the box this course is for you. iPads offer technology and features to make your everyday life more fun and manageable, but you have to know how to do it. We start at the beginning by reviewing the iPad itself, discussing hardware and its functionality, we explore touches and gestures needed to navigate, all the settings that allow you to create a customized user experience, and discuss the importance of security. This course packs enough information to help experienced users improve their experience at a pace suited for both basic and intermediate users. *Bring your iPad with you to class and have your Apple ID and password.*

D. Wray HHS rm D210
Wed., 6:30-8:30 pm Feb 3 3 wks
Resident \$60 Non-resident \$65

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

iPhone/iPad: Beyond the Basics #1822

We build off the topics discussed in the introductory classes and delve deeper into the advanced functionality of the devices. Beginning with web surfing and email, we'll discuss other options for communicating, whether it be iMessage, Skype or Facetime. We'll discuss organizing your albums, photo/video editing techniques, the many ways of sharing your photos/videos, the uses for the Siri voice recognition software, how best to download and play movies or tv shows, and how to use your iPhone/iPad for creating and editing documents. *Bring your iPad/iPhone and Apple ID and password to class.*

D. Wray HHS rm D210
Tues., 6:30-8:30 pm Mar 22 3 wks
Resident \$60 Non-resident \$65

Intro to Personal Computers #0326

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 HHS rm D302
Tues., 7-9 pm Feb 2 5 wks
Resident \$70 Non-resident \$75

Microsoft Excel 2010 #0312

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, cell basics, modifying columns/rows/cells, sort/filter, use basic functions, create formulas, create graphs, etc. Prerequisite: type at a reasonable speed and have basic computer skills. *Bring a USB drive if you want to save your work.*

M. Hatton HHS rm C203
Mon., 6:15-8:15 pm Feb 1 6 wks
Resident \$95 Non-resident \$100

Microsoft PowerPoint 2010 #0325

Microsoft PowerPoint is a fun and easy way to use presentation software. You will learn slide/text basics, applying a theme, inserting images, applying transitions, how to create simple and elaborate presentations, text entrances/exits/emphasis, add sound, add timings and animated graphics, and lots more! An overview of Prezi, the web-based presentation software will also be given. Prerequisite: able to type at a reasonable speed and have basic computer skills. *Bring a USB drive if you want to save your work.*

M. Hatton HHS rm C203
Mon., 6:15-8:15 pm Mar 28 5 wks
Resident \$80 Non-resident \$85

Microsoft Word 2010 Adv #0307

This course picks up where the Beginning Word class leaves off, covering the more advanced features of Microsoft Word 2010, 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 2010 – Beginning" class or a familiarity with the basic features of Word.

W. Coley HHS rm D302
Thur., 7-9 pm Mar 24 6 wks
Resident \$95 Non-resident \$100

Microsoft Word 2010 Beg #0304

An informative course designed to teach you the basics of Microsoft Word 2010. 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 HHS rm D302
Thur., 7-9 pm #0304A; Feb 4
Tues., 7-9 pm #0304B; Mar 22
Resident \$95 Non-resident \$100

Art of Beautiful Writing - Beginning Calligraphy #1959

Treasure the moments with memories saved in beautiful hand scribed calligraphy. Add a little elegance on envelopes, invitations, poems or gifts just in time for the holidays or 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 and 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 HHS rm D111
Mon., 6:30-8:30 pm Feb 29 6 wks
Resident: \$65 Non-resident \$70

Art of Beautiful Writing - Calligraphy Intermediate Techniques #1962

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 a lot of very useful layout and design information. Have fun creating swirls and decorating letters, creating 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 HHS rm D111
Mon., 6:30-8:30 pm Apr 11 6 wks
Resident: \$65 Non-resident \$70

Art of Beautiful Writing - Calligraphy Advanced Techniques #1964

You've taken the first and second step, now expand your writing with this advanced course. You will 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 HHS rm D111
Thur, 6:30-8:30 pm Mar 3 6 wks
Resident: \$65 Non-resident \$70

Basic Photo for Beginners #1809

This class is designed for beginners in photography. We will explore the basic principles of photography. We will study shutter speeds, f/stops (aperture), lighting, flash, filters, depth of field and more. This class will help you enhance your pictures, improve your composition, and make picture taking more rewarding. All you need is a camera that can be put in manual setting and desire.

J. Kasarauskas HHS rm B105
Tues., 7-9 pm Mar 8 6 wks
Resident \$70 Non-resident \$75

Bead Jewelry: Intro to Stringing and Design #1950

Students will learn the tools and materials of basic beadwork. Stringing and design will be demonstrated, and students will finish a bracelet, necklace and earrings. Family and friends will be amazed at your finished work, and will want to know how you did it! Beads have been used throughout history and in all world cultures, and the history and diversity of beads and bead jewelry will be discussed. **Materials list at the first class.**

E. Whalen HHS rm B104
Wed., 6:30-8:30 pm Feb 17 6 wks
Resident \$72 Non-resident \$77

Chinese Brush Paintings #1923

Beginners will learn the use of Chinese brushes, ink and various types of papers to create interesting compositions. The first night will be a demonstration and a short history of Chinese Art. A list of supplies will be given. Bob McHugh has worked with Richard Yeung, Hamden, CT and Jason He, New York.

B. McHugh HHS rm B103
Wed., 6:30-8:30 pm Apr 27 6 wks
Resident \$75 Non-resident \$80

Crochet: All Levels #1920

As a beginner you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and the basic stitches. The more advanced students will improve their skills in reading patterns, gauge, 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 HHS rm B104
Mon., 6:30-8:30 pm Mar 7 10 wks
Resident \$85 Non-resident \$90

Ceramics Workshop #1917

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

D. Manguilli Diane's Ceramic Studio
Mon., 6-7:30 pm #1917A; Feb 1
Mon., 6-7:30 pm #1917B; Mar 7
Mon., 6-7:30 pm #1917C; Apr 4
Mon., 6-7:30 pm #1917D; May 2
Resident: \$30 Non-resident \$35



Drawing: Beginners #1969

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, paper and a few hours of practice for simple drawing to become beautiful artwork.

R. Dolan HHS rm B105
Wed., 6:30-8:30 PM Mar 2 4 wks
Resident: \$48 Non-resident: \$53

Drawing: Intermediate & Advanced #1970

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, paper and a few hours of practice for simple drawing to become beautiful artwork.

R. Dolan HHS rm B105
Wed., 6:30-8:30 PM Apr 27 5 wks
Resident: \$60 Non-resident: \$65

Decorate Your Own Fairy House #1965

Come for a night of fun! It doesn't matter if you are creative or not, you will be surprised by such a beautiful and unique piece of art! I will show you how to decorate one of my houses made from real hickory bark and roots. All it takes is a little imagination, a glue gun and snipping tool to cut wire, silk flowers and small pieces of sticks and roots. You will be making a tiny bed, goblets, decanters, a glass wall made out of sea glass, stone wall, and running lights throughout your house. *Please bring a low temperature glue gun, glue sticks, a snipping tool, and a box to bring it home. A \$55 non-refundable materials fee is included in price.*

M. Barletta 1 Night HHS rm B106
Mon., 7-9:30 pm #1965A; Feb 1
Tues., 7-9:30 pm #1965B; Mar 8
Wed., 7-9:30 pm #1965C; Apr 6
Thur., 7-9:30 pm #1965D; May 26
Resident: \$80 Non-resident: \$85

Embroidery #1951

Start stitching! Learn a variety of stitches and sewing with a number of threads. No experience necessary, just bring your scissors. *A \$20 non-refundable material fee due to instructor first night of class.*

H. Curtis HHS rm D109
Mon., 6-8 pm Apr 25 2 wks
Resident: \$42 Non-resident: \$47

Flower Arranging #1913

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

K. Wawock Whitney Flowers
Tues., 7-8:30 pm Mar 1 10 wks
Resident \$85 Non-resident \$90

Knitting Circle #1918

Whether you are a beginner or an advanced knitter, this is the class for you. You will learn the basics or explore new techniques and interpret patterns. It is always fun to meet other people that share your passion. *Beginners should bring a pair of short size 8 needles (plastic or wood) and a skein of solid color worsted weight yarn. The seasoned knitters pick a project, bring the correct size needles and the correct gauge yarn in the right quantity of the same dye lot.*

E. Salinger 5 wks HHS rm B106
Thur., 6:30-8:30 pm #1918A; Feb 4
Thur., 6:30-8:30 pm #1918B; Mar 31
Resident \$59 Non-resident \$64

**Make a Start at Needlepoint #1952**

We will cover an exciting selection of stitches to use in making items of your choice. No experience necessary, just bring your scissors. *A \$20 non-refundable material fee due first night of class.*

H. Curtis HHS rm D109
Mon., 6-8 pm Apr 4 2 wks
Resident: \$42 Non-resident: \$47

Stained Glass #1942

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 HHS rm D104
Tues., 6-8:30 pm Feb 2 10 wks
Resident \$115 Non-resident \$120

Tassels #1962

We will stencil on cards and fabric, for home decor as well as personalized greeting cards. Simple but fun! *A \$15 non-refundable material fee included in price of the class.*

H. Curtis HHS rm D109
Mon., 6-8 pm May 9 2 wks
Resident: \$42 Non-resident: \$47

Walking Work of Art: Basic**Silk Screening for Adults #1967**

Silk screening is an ancient art that will bring new life to your clothing, linens and upholstery. Be the artist behind your funky t-shirts, sweatshirts and other textiles. Learn to use complimentary colors, design motifs and cool patterns. If you are ready for a new look it is all in your hands. *A \$25 non-refundable materials fee is payable first night of class.*

S. Holloway HHS rm B104
Tues., 6:30-9:30 pm Apr 26 6 wks
Resident: \$89 Non-resident: \$94

Ballroom Dancing Basics

#1701

Whether you want to recapture your enjoyment of dance or discover it for the first time, these basic ballroom dances will get you on the dance floor! Partners not required, but comfortable shoes are a must. Each student will receive a complimentary CD of the dances they choose.

F. Costa HHS Cafeteria
Mon., 7:30-8:30 pm Mar 7 4 wks
Resident \$60 Non-resident \$65

Beginning Tap

#1710

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.

C. Furtak 6 wks HHS rm C111
Mon., 8:35-9:35 pm #1710A; Feb 1
Mon., 8:35-9:35 pm #1710B; Mar 21
Resident \$55 Non-resident \$ 60

Intermediate Tap

#1711

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

C. Furtak 6 wks HHS rm C111
M/T, 7:30-8:30 pm #1711A; Feb 1
M/T, 7:30-8:30 pm #1711B; Mar 21
Resident \$105 Non-resident \$115

Middle Eastern Dance

#1704

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

Jenny/Malukah HHS rm C111
Thur., 6-7 pm Mar 3 6 wks
Resident \$73 Non-resident \$78

Swing Dance Beginners

#1702

"Shake, Rattle, and Roll" or "In the Mood"! Can you see yourself dancing to either Swing Dance song? If yes, sign up and learn the basic Swing Dance steps. You will learn the Triple Count, Underarm Turn, Cuddle and more. Low heeled, leather soled shoes or sneakers preferred.

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

Swing Dance Intermediate

#1703

Prerequisite: Swing Dance Beginners. Start with review of beginner steps. New steps include: Basic Charleston, 8 Count, "Lindy", Sugar Push, the Mooch and the Shoulder Slide with supplemental steps.

K. Reilly HHS Cafeteria
Thur., 7:30-8:30 pm Mar 10 4 wks
Resident \$50 Non-resident \$55

20 Day Early Morning**Yoga Challenge**

#2446

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 Your Comm Yoga Ctr.
M-F, 6:30-7:30 am Feb 1-Feb 22 20 days
Resident \$133 Non-resident \$138

20 Day Evening Candlelight**Yoga Challenge**

#2497

Sometimes it takes a challenge to get you going. We set intentions, encourage each other and show up for 20 weekday evenings on the yoga mat. Establishing a regular yoga practice gives long-lasting physical benefits, including reducing stress. Bring a yoga mat, towel, & water. *Senior fee not applicable.*

Staff Your Comm Yoga Ctr.
M-F, 6-7 pm Feb 1-Feb 22 20 days
Resident \$128 Non-resident \$133

Adult Swim Lessons

#2438

A program for those 18+ years who wish to learn to swim or strengthen their basic swimming skills. In this class we range from beginning to intermediate swimmers. Your swim lesson is customized to your swim ability level. You must bring your bathing suit and towel.

Staff 8 wks YMCA
Thur., 7-7:45 pm #2438A; Feb 4
Thur., 7-7:45 pm #2438B; Apr 7
Resident \$85 Non-resident \$90

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

Aqua Fitness

#2466

If you are interested in water aerobics, this class is for you! You will have a safe, easy to follow and effective total body workout. You will have 30 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. Bring a bathing suit, towel, sneakers and a water bottle.

Staff	8 wks	YMCA
Mon., 10:30-11:15 am	#2466A;	Feb 1
Fri., 11:30-12:15 pm	#2466B;	Feb 5
Mon., 10:30-11:15 am	#2466C;	Apr 4
Fri., 11:30-12:15 pm	#2466D;	Apr 8
Resident \$89		Non-resident \$94

Authentic TaijiQuan (Tai-Chi)

#2411

TaijiQuan taught traditionally by an experienced teacher practicing for over 20 years. Class will consist of warm-ups, QiGong, form and application. Bring water and wear comfortable clothing and footwear.

B. Banick	12 wks	HHS rm C109
Tues., 7:15-8:15 pm	#2411A;	Feb 2
Thur., 6:30-7:30 pm	#2411B;	Feb 4
Resident \$120		Non-resident \$125

Full Figure Beginner ViniYoga

#2417

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.

K. Koopman	Your Comm. Yoga Ctr.
Thur., 7:15-8:30 pm	Feb 4 8 wks
Resident \$96	Non-resident \$101

Hula Hoop Dance and Fitness

#2424

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, and toning. Hula hoops are available to purchase for \$30 or to borrow if you don't have your own. Comfortable clothes suggested.

LB Stein	HHS Cafeteria
Wed., 7:15-8:15 pm	Feb 3 8 wks
Resident \$90	Non-resident \$95

Jazzercise

#2463

Each 60 minute Jazzercise group fitness class offers a fun and effective total body workout that includes a combination of dance, resistance training, Pilates, Yoga, Kickboxing and Latin-style movements set to today's popular hit music. Jazzercise participants can burn up to 600 calories per class. All levels welcome. Wear comfortable clothing and sneakers. Bring a water bottle, yoga mat, weights if you have them. [Register for the class at www.hamdenadulted.com/coursecatalog](http://www.hamdenadulted.com/coursecatalog), then contact Kim at Hit It Fitness at (203)640-9214 to pick your two weekly sessions.

K. Hurd	6 wks	Hit It Fitness
M-S 9:15am, M-W 5 pm, M-F 6 pm	Feb 1	
Resident \$45		Non-resident \$50

Krav Maga - Self Defense

#2460

Learn the realistic self-defense techniques of the Israeli Army! Fun, realistic self defense that's great for men and women. You'll have a blast and get in great shape.

Staff	5 wks	Soulcraft Studio
M&W, 6-7 pm, Fri., 5:30-6:30 pm	Jan 18	
Resident \$110		Non-resident \$115

Let Your Yoga Dance!**Relax, Let Go and Have Fun**

#2478

Yoga Dance is joyful healing movement to the rhythm of world music for all ages. No experience is required. This is beneficial for anyone seeking an enjoyable way to burn calories and manage the stress that abounds in modern life.

Staff	Your Comm Yoga Ctr.
Sun., 4:30-5:45 pm	Feb 7 8 wks
Resident \$96	Non-resident \$101

Love's Recovery Yoga Workshop

#2494

How can Yoga, Community and Mindfulness support you after the loss of a great love? Join us as we explore this question and provide practical tools for surviving divorce, separation or loss.

Staff	Your Comm Yoga Ctr.
Sat., 12:30-3:30 pm	Apr 2 1 session
Resident \$25	Non-resident \$30

Mindful Movement for Stress Management

#2498

A six-week series consisting of gentle chair-based and standing stretches, breathing exercises, mindfulness and guided meditation. No experience necessary. Beginners are welcome! No mat required. Participants should wear comfortable, loose fitting clothing.

Staff	YCYC on Whitney
Mon.; 7-8pm	Feb 1 6 wks
Resident \$60	Non-resident \$65

Muay Thai

#2445

This class will teach you the drills and techniques of this great kickboxing style from Thailand. It's an incredible workout and a great way to learn self defense and get in shape. We will focus on the cardio benefits and drills/techniques and not on sparring.

Staff	Soulcraft Studio
M&W, 7-8 pm	Jan 18 5 wks
Resident \$99	Non-resident \$104

Muscle and Core

#2487

Strength training which may use free weights, stretch bands, and medicine balls, encouraging core strength throughout, followed by stretching.

Staff	8 wks	YMCA
Wed., 9:45-10:30 am	#2487A;	Feb 3
Wed., 9:45-10:30 am	#2487B;	Apr 6
Resident \$75		Non-resident \$80

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

Call to Register 203.407.2028

Non-Stop Tabata

#2488

Tabata is a high intensity interval training workout with a warm-up and 8 circuits of heart pumping action! 4 minute intervals with 20-seconds of hard work followed by 10 seconds of rest. Proven to burn calories for up to 36 hours post workout - get in shape the fast way! Bring water bottle, towel and sneakers.

Staff	8 wks	YMCA
Wed., 5:45-6:30 pm	#2488A;	Feb 3
Wed., 5:45-6:30 pm	#2488B;	Apr 6
Resident \$75	Non-resident \$80	

Parent/Child SKIP

#2469

This swim class is to introduce 8 month old or older children, to the aquatic environment. Children should sit unassisted & stand with support. Play games and sing songs while beginning to develop a comfort level within the aquatic setting.

Staff	8 wks	YMCA
Sun., 11-11:30 am	#2469A;	Feb 7
Sun., 11-11:30 am	#2469B;	Apr 10
Resident \$69	Non-resident \$74	

Rise 'N Shine

#2465

New to exercise? Get your day started on the right foot as you work out to the oldies in this early morning class. This program will challenge you individually. Bring a water bottle, towel and sneakers.

Staff	8 wks	YMCA
Wed., 6:45-7:45 am	#2465A;	Feb 3
Wed., 6:45-7:45 am	#2465B;	Apr 6
Resident \$75	Non-resident \$80	

Scandinavian Couple Dance -

Basic Turning Dance Skills

#2499

Learn basic turning dance skills including Waltz, Scottish, Polska and Hambo. Singles, couples, beginners and advanced dancers are welcome. You will be dancing on a lovely wooden floor with live music. Wear smooth, non-gripping sole shoes for turning.

Staff	YCYC on Whitney
Mon.; 7-8pm	Feb 1 5 wks
Resident \$60	Non-resident \$65

Seated Fitness

#2489

Try something new! Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, balls, and elastic tubing with handles are offered for resistance. A chair is available if needed for seated or standing support. Bring water bottle, towel and sneakers.

Staff	8 wks	YMCA
Wed., 9-9:45 am	#2489A;	Feb 3
Wed., 9-9:45 am	#2489B;	Apr 6
Resident \$75	Non-resident \$80	

Self Defense

#2501

Worried about your personal safety (or your loved ones')? Not interested in taking belt exams? Don't want to spend years of your life learning an entire martial art style? Not everyone wants a black belt, but most of us wish we could feel more secure in the face of today's violence. Our self defense programs select techniques to meet your abilities and philosophy toward personal violence. You will learn how to handle the attacks you fear with defensive moves you can feel good about.

S. Hurd	Hit It Fitness
Fri., 6-7 pm	Feb 5 8 wks
Resident \$79	Non-resident \$84

Self Defense and

Listening Skills for Children

#2476

Valuable self defense and anti-bullying techniques for children. Our class is rooted in Brazilian Jiu Jitsu. In addition to self defense, this class is great for improving listening skills, focus and self confidence.

Staff	5 wks	Soulcraft Studio
M,W 5-5:30 pm (4-6)	#2476A;	Jan 18
M,W 5:30- 6:15 pm(7-11)	#2476B;	Jan 18
Resident \$110	Non-resident \$115	

Step & Sculpt

#2443

Challenge your body with tubing, weights, and exercise balls, as well as your own body weight, for arms, legs, and core training. Hit all the major hot spots for muscle conditioning and focus on creating balance for optimal posture and toning results. All ability levels, beginners or advanced. Please bring a water bottle and towel.

Staff	8 wks	YMCA
Mon., 5:45-6:30 pm	#2443A;	Feb 1
Mon., 5:45-6:30 pm	#2443B;	Apr 4
Resident \$75	Non-resident \$80	

Take Aim with Archery

Parent/Child

#2433

Whether you're a novice or you shoot better than Robin Hood, you will learn from a certified archery instructor as they introduce a wide range of skills and games that are great for all ages! This class is outdoors so wear appropriate comfortable clothing.

Staff	YMCA
Wed., 4:15-5:00 pm	Apr 27 5 wks
Resident \$50	Non-resident \$55

The Foundations of Yoga

#2495

This is designed for you if you have never taken yoga. This gentle yoga class will ease you into the world of yoga. We will begin with the foundational asanas (poses), then move into gentle flows. We will focus on breath and end period of relaxation. Please bring yoga mat, yoga strap, and water bottle.

G. Livia	HHS Cafe
Tue., 7:05-8:05 pm	Feb 2 14 wks
Resident \$99	Non-resident \$104

Xtreme Abs

#2503

Power to the core. 45 minutes of gut wrenching abdominal workout, which will help you burn fat and get your "six-pack" abs. *Please bring yoga mat.*

A. Nievens	7 wks	HHS rm C111
Wed., 7-7:45 PM	#2503A;	Feb 24
Wed., 7-7:45 PM	#2503B;	Apr 27
Resident: \$69	Non-resident: \$74	

Silver Yoga for Seniors #2502

Normal signs of aging occur in the bones and muscles. This program is designed for you to be seated or supported by a chair for those with insomnia, osteoporosis, muscle and ligament injuries, Rheumatoid arthritis and COPD. This course was designed by geriatric scientists and yoga practitioners. Enhance your body, learn the asanas (poses) increase your range of motion and flexibility. Please bring a firm pillow, yoga mat, yoga strap, and water bottle.

G. Livia HHS rm D111
Tue., 6-7 pm Feb 2 14 wks
Resident \$99 Non-resident \$104



Yoga Flow and Form #2480

A breath-synchronized yoga class that uses gentle movement to warm the body, reminders of the basics of alignment to protect the student from injury and combines asanas to create a smooth flowing practice. This class emphasizes increasing mobility, strength, and range of motion while maintaining a focus placed on alignment and depth. The breath is used to create a flow between asanas.

Staff 8 wks Your Comm. Yoga Ctr
Wed., 9-10:15 pm #2480A; Feb 3
Fri., 9-10:15 am #2480B; Feb 5
Resident \$96 Non-resident \$101

ZUMBA #2504

Enjoy the party with a very exciting workout full of Latin and exotic international music flavors. The routines are a combination of slow and fast rhythms that tone and sculpt the body. It targets areas such as gluteus, legs, arms and abs. Before you know it, you will be getting fit and your energy level will be soaring. *Please bring light hand weights.*

A. Nievens 7 wks HHS rm C111
Wed., 6-6:45 PM #2504A; Feb 24
Wed., 6-6:45 PM #2504B; Apr 27
Resident: \$69 Non-resident: \$74

Yoga for 50+ #2431

Midlife is often a time of reassessment, self-reflection and course change. The breath is used to create a flow between asanas.

Staff 8 wks Your Comm. Yoga Ctr
Wed., 7:15-8:30 pm #2431A; Feb 3
Sat., 9-10:15 am #2431B; Feb 6
Resident \$96 Non-resident \$101

Zumba in Espanol (Parent/Child) #2490

The class will teach you Spanish through arts and crafts projects and activities. The first half of the class will focus on language/conversation development and the second half of the class will be Kids Zumba. The Kids Zumba portion will focus on movement through dance and discovery through diverse cultures. This class is recommended for those children ages 3-8. You should bring a water bottle and wear comfortable clothes.

Staff 8 wks YMCA
Thur., 5-6 pm #2490A; Feb 4
Thur., 5-6 pm #2490B; Apr 7
Resident \$65 Non-resident \$70

Homebuyer's Workshop #0709

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 HHS rm D214
Tues., 6:30-8:30 pm Mar 29 1 session
Resident \$25 Non-resident \$30

**Register early to
avoid cancellations!**



Replacement Window and Siding Workshop #1911

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 good quality windows and siding? What type of siding would be best for my home? Vinyl Clapboard, Polymer Cedar Impressions or Hardie Plank? Confused? Don't be. Learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows or siding replaced or doing the work themselves.

P. O'Doherty HHS rm A112
Thur., 7-9 pm Mar 24 1 session
Resident \$35 Non-resident \$40

Call to Register 203.407.2028

Baking 101

#0651

When you step in the kitchen with a recipe you want to come out with a masterpiece. I will give you some tips on how to do that. Baking is a science so we will take our time and have fun making some yummy treats like mini cheesecakes, cinnamon buns, caramel brownies and more. **A \$20 non-refundable consumable fee is due the first night of class.**

A. Webb HHS rm D107
Thur., 6:30-9:00pm May 5 2 wks
Resident: \$45 Non-resident: \$50

**Biscotti**

#0623

Biscotti, or "twice baked" is a traditional Italian cookie, which can be dry, hard and an invitation to dental disaster. In this class, you will learn the technique to making perfectly shaped and baked anisette as well as double chocolate biscotti cookies which are crisp and delicious, not dried out and overly crunchy. **Price includes a \$8 non-refundable supplies fee.**

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Apr 11 1 session
Resident \$48 Non-resident \$53


Cake Decorating - Wilton Course 1
Building Better Buttercream #0648

Learn how to decorate cakes and sweet treats with basic buttercream techniques. You will learn how to pipe flowers to create modern and traditional cake designs. **Supply list will be sent prior to first class.**

M. Padilla HHS rm D107
Wed., 6-8 pm Mar 9 4 wks
Resident \$49 Non-resident \$54


Cake Decorating - Wilton Course 2
Flowers and Cake Design #0637

Learn how to create professional looking flowers and designs made from royal icing. Flowers include: rosebuds, pansies, violets and apple blossoms. Also included are buttercream technique applications, such as basketweave, cornelli lace, and brush embroidery. **Prerequisite: Wilton Course 1. Supply list will be sent prior to first class.**

M. Padilla HHS rm D107
Tues., 6-8 pm Apr 5 4 wks
Resident \$49 Non-resident \$54

**Cupcakes Basics**

#0636

This class will introduce you to the basics of cake decorating by applying techniques to cupcakes. You will use an assortment of cupcake designs and decorating tips. **Supply list will be sent prior to class.**

M. Padilla HHS rm D107
Mon., 6-8 pm Feb 8 1 session
Resident \$30 Non-resident \$35

**Embossed Fondant Cupcakes #0649**

You will learn to decorate cupcakes with embossed fondant. This is a great introduction to the icing medium. This class is intended for teens and adults. **Supply list will be sent prior to first class.**

M. Padilla NHHS room 109
Wed., 6-8 pm Mar 2 1 session
Resident \$30 Non-resident \$35

**Hearty Soups**

#0652

What could be more satisfying when the weather is cold than a bowl of hearty soup? Learn to prepare a variety of comforting soups, featuring fresh ingredients, such as southwest corn chowder, vegetable soup, cheesy broccoli and kickin chicken. Please bring containers with you to take leftovers home. **Price includes a \$10 non-refundable supplies fee.**

A. Webb HHS rm D107
Thur., 6:30-9:00pm Feb 25 1 session
Resident: \$45 Non-resident: \$50

**International Bites**

#0653

Whether for appetizers or part of a main meal, we will prepare and taste popular two-bite dishes including Asian pot stickers, Jamaican beef patties, Greek spanakopita, Falafel and Mexican churros. Please bring containers for your leftovers. **Price includes a \$10 non-refundable supplies fee.**

A. Webb HHS rm D107
Thur., 6:30-9:00pm Mar 10 1 session
Resident: \$45 Non-resident: \$50

**Mastering Knife Skills I**

#0630

Proper knife technique is essential to "Mise En Place" and overall cooking success. There are no secrets, it's all about using a knife appropriate for the item, sharp and honed, as well as proper technique. This class has been re-designed into two sessions. This night we will discuss knives, uses and applications, sharpening and honing. **Price includes a \$6 non-refundable supplies fee.**

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Feb 29 1 session
Resident \$46 Non-resident \$51



Mastering Knife Skills II #0650

Proper knife technique is essential to "Mise En Place" and overall cooking success. There are no secrets, it's all about using a knife appropriate for the item, sharp and honed as well as proper technique. This second class will emphasize proper technique in slicing, dicing, and chopping various products. No band aids necessary! **Price includes a \$6 non-refundable supplies fee.**

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Mar 7 1 session
Resident \$46 Non-resident \$51

**Le Scaloppini #0651**

A classic in Italian cuisine, scaloppini are thin slices of either veal, pork, chicken or beef, lightly dredged in flour, then quickly sauteed, finished with a light sauce. Technique is simple while taste is grand. In this class, you will taste each of the items, then choose which one(s) you would like to prepare in class. Prior to class you will receive a short ingredient list of items to bring to class. **Price includes a \$5 non-refundable consumable fee.**

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Apr 4 1 session
Resident \$45 Non-resident \$50

Pane Dolce di Pasqua Sweet Easter Bread #0652

Not many breads can compare with the rich, sweet egg filled bread eaten by Italians during Easter celebrations. In this one evening class, you will prepare your own rich dough, form and bake. It's a beautiful and aromatic thing. **Price includes a \$8 non-refundable consumable fee.**

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Mar 21 1 session
Resident \$48 Non-resident \$53

Wildtree Freezer Workshop #0653

Have you heard the buzz about Freezer Meals? We are all busy people, but we still want to feed our families healthy foods that aren't filled with chemicals and preservatives. You will leave this class with 4-5 all-natural meals to put in your freezer. Each meal feeds 4-6 (or divide in half for double the meals and half the portions)! You'll have a healthy, delicious dinner ready to serve in about 20 minutes! Bring 4 bags with a few simple ingredients. A grocery list of ingredients will be provided to you once you register. The instructor will provide the rest of the ingredients, as well as all of the seasonings, labels, recipe lists and more. Deadline to register is two weeks before each class. **Price includes \$20 non-refundable consumable fee.**

Wed., 6:30-8:00 PM #0653A; Mar 30
Around The Globe (recipes: Asian Lettuce Wraps, Hearty Italian Lasagna Soup, Greek Chicken Burgers, Pork Roast with Apricot Glaze, and Absolutely Onion Pot Roast)

Wed., 6:30-8:00 PM #0653B; May 11
Simply WHOLEsome (Whole30 compliant) (recipes: Tuscan Pork Chops, Italian Burgers, One Pan Steak and Veggies, Garlic Pepper Chicken)

C. Mirowski 1 session HHS rm D107
Resident \$45 Non-resident \$50

LANGUAGES

Italian Beginners #1608

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

D. DiTomasso HHS rm D213
Wed., 6:00-7:30 pm Feb 3 10 wks
Resident \$99 Non-resident \$104

**Italian Spoken #1601**

More fun and conversation in a continuation of Italian Beginners. Textbook not included.

D. DiTomasso HHS rm D213
Wed., 7:35-9:05 pm Feb 3 10 wks
Resident \$99 Non-resident \$104

**Traditional Mandarin Chinese Beginners/Intermediate #1612**

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 HHS rm D215
Mon., 6-7 pm Feb 1 10 wks
Resident \$89 Non-resident \$94

Employment Transition: Preparing for Change #2132

You will learn the essential survival skills to keep your financial house in order, create an action plan to retake control of your life, and preserve your way of life as much as possible during this transition to employment.

R. Bauer HHS rm B214
Thur., 6-7:30 pm May 19 1 session
Resident \$25 Non-resident \$30

Get Retirement Ready #2121

Prepares you for the decisions you need to make as you approach retirement: sources of income, employer distribution options, health insurance options and relocation decisions.

R. Bauer 1 session HHS rm B214
Thur., 6-7:30 pm #2121A; Feb 18
Tues., 6-7:30 pm #2121B; Apr 12
Resident \$25 Non-resident \$30

Investing 101 #2133

You will obtain in-depth information about investing and common investing terminology to help you make informed decisions and secure your financial future. You will learn about stocks and bonds and their respective tax implications, performance measurements, managing risks and determining the right investments.

R. Bauer HHS rm B214
Thur., 6-7:30 pm Feb 11 1 session
Resident \$25 Non-resident \$30

Register Early

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

Making Sense of the Roth: Is It Right For You? #2134

When it comes to saving for retirement, you have many options. No matter what your age, a Roth may be a tax-smart way to help retirement savings grow. For many, taking the time to see the benefits of the Roth account as part of an overall retirement plan makes sense.

R. Bauer HHS rm B214
Wed., 6-7:30 pm Mar 2 1 session
Resident \$25 Non-resident \$30

Reverse Mortgage - Debunking the 4 Myths #2131

Sara Cornwall, reverse mortgage expert, will debunk the 4 myths around these loans, illustrate their pros and cons and discuss what makes reverse mortgages different from standard home equity loans. She will also explain how to find the right lender to fit your needs.

S. Cornwall HHS rm B208
Mon., 7-8:30 pm Apr 4 1 session
Resident \$25 Non-resident \$30

Planning for Affordable Long Term Care #2127

Topics include: three ways to pay for home health care, assisted living facility and nursing home expenses; how the State of CT views your assets and your income; the use of trusts and gifting assets through the CT Partnership for Long Term Care; how long term care insurance works and the different types of policies available, including shared plans, single pay plans and plans that return a premium. This is an informational seminar with ample opportunity for individual questions.

A. Abrahamian HHS rm B216
Wed., 7-9 pm Mar 30 1 session
Fee: \$20 Non-resident: \$25

Tax Free Retirement #2136

Join us to learn about strategies that can help you get closer to a tax free retirement. In this class we will answer the following questions and more.

- * If taxes increase in the future, will my chances of outliving my money be reduced?
- * Discover how you can safely build a tax favored position in retirement using methods that have been around for over 150 years.
- * How to prevent my taxable IRA from growing and why.
- * Should I take required minimum distributions early or later.
- * Am I paying too much in taxes now, is there a way to reduce them.

M. Alimo/D. Weyner HHS rm B208
Thur., 6:30-8:30 pm Feb 25 1 session
Resident: \$25 Non-resident \$30



ONLINE REGISTRATION
www.hamdenadulted.org/coursecatalog



Banjo for Beginners

#1936

From Pete Seeger to Earl Scruggs and Bela Fleck to comedian Steve Martin, the banjo can be heard in many styles of music. You'll learn basic technique and start strumming chords right away. Bring your own 5 string banjo or one will be available for rent or purchase. Book fee \$8.95 payable at first class. **Senior fee not applicable.**

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

Guitar for Beginners

#1932

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 for rental. Book fee \$10.95 payable first class. **Senior fee not applicable.**

G. Raccio	All Things Musical
Wed., 8-9 pm	Jan 13 6 wks
Resident \$75	Non-resident \$80

Ukulele for Beginners

#1924

Want to play a really fun, non-intimidating musical instrument? Try Ukulele! It is easy to learn and is the perfect accompaniment to singing. This class is for the absolute beginner and will cover basic chords and strums. Bring your own ukulele or one will be available to purchase. Book fee of \$10.95 payable at first class. **Senior fee not applicable.**

G. Raccio	All Things Musical
Wed., 8-9 pm	Mar 30 6 wks
Resident \$75	Non-resident \$80

**Violin and Cello -
Beginners/Intermediate**

#1933

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	HHS rm B103
Tues., 7-8 pm	Feb 2 10 wks
Resident \$90	Non-resident \$95



PERSONAL ENRICHMENT

Blogging 101

#1259

This exciting class is geared towards those who are new to blogging or bloggers who have been at it for some short time and who need a fresh, new perspective. You will learn how to start blogging, publish a post, format photos, and which blog platform to use. You will learn how to create compelling content that will capture and keep your readers' attention.

A. Young	HHS rm D302
Wed., 7-9	Feb 3 6 wks
Resident \$89	Non-resident \$94

Bridge: Play of the Hand

#1902

This class for advanced beginning bridge players will emphasize developing strategy and playing the hand to win the contract. Topics include making a plan, developing tricks and putting it all together. This class is most appropriate for students who have an understanding of standard bidding and play, although a review of bidding methods will be part of each lesson. The ABCL book Play of the Hand will be used in this class.

W. Frieden	Whitney Center
Thur., 10-12 noon	Feb 11 8 wks
Resident \$80	Non-resident \$85

Circle of Security

#1272

This is a parent education program that teaches you how to foster a secure relationship with your child, recognizing your child's needs and understanding his/her behavior, and helping them learn to manage emotions. The class is being offered with support from United Way of Greater New Haven. You will have the opportunity to be part of a study of the program's impact. Each parent or family who attend all 9 sessions and complete an evaluation, will receive a \$40 gift card.

B. Stern, N. Blackwell-Todd	HHS rm B209
Wed., 6:30-8:30 pm	Mar 2 9 wks
Resident \$50	Non-resident \$55



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

Discovering the Chakras

#1250

What are Chakras and how do they affect us? In this class you will discover the seven energy fields called the Chakras. We will discuss how they physically and emotionally have a direct effect on us. We will explore the characteristics of the Root, Sacral, Solar Plexus, Heart, Throat, Brow (Third Eye) and Crown Chakras. We will see how color and gemstones are associated with them as well as seeing what the excess and deficiency in each can be; we will also discuss balancing the Chakras. Come join in an enlightening evening of self discovery and how you can enhance your well being by discovering the Chakras and the influence they have.

D. Velardi HHS rm D111
Thur., 6:30-8:30 pm Feb 26 1 session
Resident \$32 Non-resident \$37

Discover Yourself through Playing Cards

#1251

In this class you will learn how to do a psychic reading using playing cards. We will discuss the nature of the four suits, your birth card and the planetary ruling card. We will see what is written in the cards - the personalities, lives and loves in the 52 playing cards. This will be a fun, yet informative class to help enhance your personal enrichment. Please bring a deck of playing cards with you to the class.

D. Velardi HHS rm D111
Thur., 6:30-8:30 pm Mar 10 1 session
Resident \$32 Non-resident \$37

Save Beyond the Grocery Store: Meals Out, Entertainment & More

#1266

Do you want to get meals out for FREE or at a discount? Are you limited with \$ in this economy and the mall is too expensive to buy clothes? Are you not going out as often due to the cost of entertainment? Coupons and discounts are available; you just need to learn where to look! Come take this fun 2.5 hour class and start enjoying yourself now and looking great at a fraction of the cost.

E. Lahens HHS rm C211
Mon., 6:30-9 pm May 2 1 session
Resident \$35 Non-resident \$40

Extreme Couponing

#1224

Do you want to learn how to save up to 50-100% on groceries, including meat, dairy, seafood, organic food, produce and more? You will learn how to save on back to school items, household goods, clothing, medication, office supplies, customized items and **MORE**. This is done every day in our local stores and you can learn how to do it too! Don't just survive in this difficult economy but **THRIVE**. This is a **FUN** 2.5 hour class. Come and learn the tricks of the trade and start saving your hard earned money today!!! Please bring one or more non-perishable food items to be donated to the local food pantry.

E. Lahens HHS rm B214
Thur., 6:30-9 pm Apr 28 1 session
Resident \$35 Non-resident \$40

Grief & Guilt: Healing for Caregivers of People with Dementias

#1270

As caregivers provide care and support for loved ones with dementia, they often experience periods of grief and/or guilt. This program will explore ways that caregivers of people with Alzheimer's disease and related dementias can effectively deal with these feelings during their caregiver journey and experience healing and peace. We will explore ways that caregivers can acknowledge their new reality, allow themselves to mourn, join their loved one's reality and even live with purpose during this difficult time.

M. Tomasetti HHS rm A228
Mon., 6-7:30 May 2 1 session
Resident \$25 Non-resident \$30

Mah Jongg

#1264

You will learn the ins and outs of the game, Mah Jongg. Learn the difference between bam, cracks or dots, how to make a Mah Jongg, and the love of a joker. Lots of laughs while learning the game! **A \$9 non-refundable fee is payable to the teacher the first night of class.**

S. Tienken-Jung HHS rm B105
Thur., 6-8:30 pm Feb 4 10 wks
Resident \$79 Non-resident \$84

iPhone: A Comprehensive Introduction

#1821

Whether you are using your iPhone or have yet to take it out of the box, this course is for you. iPhones offer technology and features to make your everyday life more fun and manageable, but you have to know how to do it. We start at the beginning by reviewing the iPhone itself, discussing hardware and its functionality. We explore touches and gestures needed to navigate all the settings that allow you to create a user experience customized to suit your needs, and discuss the importance of security. This course packs enough information to help experienced users improve their experience at a pace suited for both basic and intermediate users. **Bring your iPhone with you to class and have your Apple ID and password.**

D. Wray HHS rm D210
Thur., 6:30-8:30 pm Feb 4 3 wks
Resident \$60 Non-resident \$65

Know the 10 Signs -

Early Detection Matters

#1271

If you or someone you know is experiencing memory loss or behavioral changes, it's time to learn the facts. This program will review the difference between typical age-related changes and the problematic warning signs of a progressive dementia. Early detection of Alzheimer's disease and related dementias gives you a chance to begin drug therapy, enroll in clinical studies and plan for the future. This awareness program is for people of all ages.

M. Tomasetti HHS rm A228
Thur., 6-7:30 Mar 31 1 session
Resident \$25 Non-resident \$30

Social Media 101

#1267

This class will provide you will a basic understanding of how to utilize social networking platforms: Facebook, Twitter, LinkedIn, Pinterest, YouTube, Blogger/ Wordpress. You will obtain an overview covering how to open an account, maximize your profile, build and interact with a network, and basic tools/applications to enhance your overall experience.

A. Young HHS rm D302
Wed., 7-9 Mar 16 6 wks
Resident \$89 Non-resident \$94

About Boating Safety

#1003

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

USCG Auxiliary Staff HHS rm D109
Tues, 5:30-9:30 pm Mar 1 2 wks
Resident \$60 Non-resident \$65

**American Heart Association****Friends and Family CPR**

#2009

Learn the lifesaving skills of adult Hands-Only® CPR, child CPR with breaths, adult and child AED use, infant CPR 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 everyone and anyone interested in learning how to save a life.

S. Gesner, RN/ C. Levy, RN HHS - TL 2nd fl
Thurs., 6:30-9:30 pm Feb 11 1 session
Resident \$50 Non-resident \$55

American Heart Association**Pediatric CPR**

#2010

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 camp counselors, coaches, foster care workers, parents, grandparents, babysitters, guardians, teachers, and youth group leaders.

S. Gesner, RN/ C. Levy, RN HHS rm D109
Thur., 6:30-9:30 pm Apr 28 2 wks
Resident \$90 Non-resident \$95

Babysitting 101

#2011

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 HHS rm D109
Mon., 6:30-9:30 pm Feb 22 2 wks
Resident \$50 Non-resident \$55

Piloting and Charting

#1002

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

USCG Auxiliary Staff HHS rm D109
Tues., 6-9 pm Apr 26 3 wks
Resident \$60 Non-resident \$65

SENIOR OFFERINGS**AARP Driver Safety Smart Driver Course**

#1001

Refresh your driving skills with this course. You will learn defensive driving techniques, proven safety strategies, new traffic laws and rules of the road. Plus, there are no tests to pass. Upon completion, you are eligible for a multi-year discount on your car insurance. **Register by mail or walk-in prior to class. Please include a \$15 check for AARP members or a \$20 check for non-members payable to AARP for each enrollee. Bring a driver's license to class and your AARP membership card.**

Staff 1 session HHS rm A112
Tues., 6-10 pm #1001A; Feb 9
Tues., 6-10 pm #1001B; Mar 8
Tues., 6-10 pm #1001C; Apr 12
Tues., 6-10 pm #1001D; May 10

Computer Classes for Senior Citizens "Windows to the World"

Computer Basics for Beginners - If you want to learn what computers are, how they work and how to use one, this is for you. You will be introduced to the Internet. **Intermediate** - If you had an assessment determining you're ready to explore more benefits and features of the computer and the web.

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

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

The computer lab is located at the Miller Senior Center. **If you are interested in signing up for a class call 203.287.2547 for information and class costs.**

Oil Painting Workshop for Seniors

#1813

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

E. Teixeira Miller Senior Center
Thur., 10-12 noon Feb 4 8 wks
Hamden Snrs Free Non-resident \$80

Give a gift certificate for a special occasion.
Certificates may be purchased in our office.

Call to Register 203.407.2028



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 March 8
2:15 PM to 4:15 PM Room B216. Optional Textbook is \$25



Entry Level Package:

\$550 This fee is for the complete course of 30 HOURS of in class training and 8 HOURS of behind the wheel training.

Basic Package:

\$659 This fee is for the complete course of 30 HOURS of in class training and 10 HOURS of behind the wheel training.

Intermediate Package :

\$1,459 This fee is for a complete course of 30 HOURS of in class training and 20 HOURS of behind the wheel training. State law requires all drivers with their learner's permit to complete 40 hours behind the wheel with an adult before they can test for their license. This option offers 20 hours of instruction with a professional instructor. The student and parent/guardian will only have 20 hours of driving in order to comply with State law.

Extra Lessons:

\$90 Optional fee per hour for any additional behind the wheel training required by students.

Testing Options:

\$119 Students that sign up for this option will use our car, at our facility for driving test. Once they pass, students will go to DMV for their physical license. We help take care of all of the paperwork. Students must be under the age of 18.

\$249 Want nothing to do with the DMV? This is the option for you. After you make the test appointment with DMV, we handle the paperwork, we pick you up at your home and drive you to DMV, you use our car for the driving test and bring you home after testing. The \$249 covers the first 2 hours. Any overage will be charged at a prorated price.

Call ALL-STAR DRIVER AT **1.800.732.8090** for more information or register on-line at www.all-stardriver.com/hamdenhs



The Hamden Board of Education (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of January 16, 2016.** Placement examinations in reading, mathematics and written English are required prior to registration. Mathematics and English credits from an accredited institution of higher education will be reviewed to determine if a waiver from the tests should be granted.

The following courses are offered at Hamden High School from 6:30 - 9:35 PM.

CRN	COURSE	TITLE	DAY	ROOM
1487	SPA 102	Elementary Spanish II	M	A 206
1263	SPA 101	Elementary Spanish I	T	A 206

Tuition: \$453 per 3-credit class (includes service and student fees)

Call 203.285.2020 to register, or visit the college website at www.gwcc.commnet.edu

New students must apply to the college before registering for classes. If you're planning to take classes for college credit you will need the following:

1. A completed application form or apply online
2. A copy of your high school transcript, diploma or GED® certificate*
3. Proof of immunization for measles, rubella and varicella (chicken pox)
4. \$20 application fee**

**If you are not pursuing a degree you will only need to submit an application and the application fee.*

***Fee waived if you attended another CT Community College or if you attended Gateway Community College in the past.*

Academic Placement: Once admitted, and before you can register, new students must take the academic placement test in English and Math. This assures placement in the appropriate classes. **Continuing students may register online at my.commnet.edu** Follow the link to online registration. You will need your student identification number to register online. Simply use your birth date as your PIN number and follow the prompts on the screen. For information regarding applications, tuition and fees, call the Gateway's Admissions office at 203.285.2080. The College reserves the right to cancel those courses for which there is insufficient enrollment.

Computer Basics Made Easy #5300

Learn to use your computer through hands-on experiences, and learning terminology. Boot up, log on, hardware, software, USB flash drive, Internet and email are a few of the terms you will become familiar with and use. Learn useful options of your keyboard, Windows 10 and MS Office 2013 will be introduced. Little or no experience is needed. *Handouts are included.*

S. Bozzuto NHHS Room 104
Mon., 6:30-8:30 PM Feb 22 6 wks
Resident: \$85 Non-resident: \$90

iPad: A Comprehensive Intro #5310

iPads offer features to make your everyday life more fun and manageable, but you have to know how to do it, and this is the course to help. We'll start at the beginning by reviewing the iPad and discussing hardware and it's functionality. From there we proceed through all of the touches and gestures needed to navigate on your iPad. We will then explore all the settings that allow you to create an experience customized to suit your needs. We'll discuss the importance of security, data storage and the iCloud to allow you to sync and protect your data, and also locate your iPad if it is lost or stolen. This course packs enough information to help experienced users improve their experience at a pace suited for both basic and intermediate users. *Bring your iPad with you to class and have your Apple ID and password.*

D. Wray NHHS Room 105
Mon., 6:30-8:30 PM Feb 22 3 wks
Resident: \$60 Non-resident: \$65

Microsoft Word Made Easy #5301

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 NHHS Room 104
Mon., 6:30-8:30 PM Apr 4 5 wks
Resident: \$85 Non-resident: \$90

iPhone: A Comprehensive Intro #5309

iPhones offer technology and features to make your everyday life more fun and manageable, but you have to know how to do it. We will review the phone itself and discuss hardware and its functionality. We go through all of the touches and gestures needed to navigate. We explore all the settings that allow you to create a customized user experience. We'll discuss the importance of security, data storage and the iCloud to allow you to sync and protect your data, and also locate your iPhone if it is lost or stolen. *Bring your iPhone with you to class and have your Apple ID and password.*

D. Wray NHHS Room 104
Tues., 6:30-8:30 PM Feb 2 3 wks
Resident: \$60 Non-resident: \$65

iPhone/iPad: Beyond the Basics #5311

We build off the topics discussed in the introductory classes and delve deeper into the advanced functionality of these devices. Beginning with web surfing and email, we will learn how to utilize both Apps more effectively. We'll discuss communication options, like iMessage, Skype or Facetime, how to organize your albums, share your photos and videos, download and play movies or television shows, and the many uses for Siri. Next we'll look at the streaming options available through Hulu+ and Netflix, and how those Apps can be used. Lastly we'll discuss how to edit spreadsheets or. *Bring your iPad/iPhone with you to class and have your Apple ID and password.*

D. Wray NHHS Room 105
Wed., 6:30-8:30 PM Mar 23 3 wks
Resident: \$60 Non-resident: \$65

Microsoft PowerPoint #5308

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 NHHS Room 104
Wed., 6:30-8:30 PM May 11 3 wks
Resident: \$60 Non-resident: \$65

Keyboarding Made Easy #5303

Learn to type or improve keyboarding skills with this "hands-on" course using the computer keyboard. "Hunt and Peck" specialists will learn to use all ten fingers. Basic typing skills and good keyboarding habits will be learned and practiced. Increase your speed and productivity. No knowledge of computers is necessary. Handouts are included. *Please bring a USB Flash Drive to class.*

S. Bozzuto NHHS Room 104
Wed., 6:30-8:30 PM Mar 23 6 wks
Resident: \$70 Non-resident: \$75

Microsoft Excel Made Easy #5304

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 NHHS Room 104
Wed., 6:30-8:30 PM Feb 10 6 wks
Resident: \$92 Non-resident: \$97

Level 1: Microsoft Access 2013 #5312

Learning will be fun and meaningful as you explore the various powerful features of Microsoft Access. You will learn about Access database management. You will master database concepts like Fields, Records, Tables, Forms, Reports, and Queries. You will apply these concepts to the design and creation of your own database. You will learn how to store, manage, and retrieve specific information from your database. You will reach new heights in your learning when you finally produce your very own Customized Report based on the information in your Access database. Congratulations! When the course is over – you'll be ready for Level 2: Microsoft Access 2013.

T. Lorenti NHHS Room 105
Mon., 7-9 PM Mar 14 8 wks
Resident: \$105 Non-resident: \$110

Altered Books #5225

Visual journaling is an expressive art therapy method using signs, symbols, and marks in and on used books, that express our inner feeling states. No previous art training is necessary. If you wait in stillness, an inner image will want to come forward and want to speak to you. **A \$10 non-refundable material fee is payable first night of class.**

S. Frost NHHS Room 114
Tues., 7-8:30 PM Mar 1 5 wks
Resident: \$60 Non-resident: \$65

Art of Beautiful Writing -**Beginning Calligraphy #5200**

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

J Little NHHS Room 117
Tues., 6:30-8:30 PM Mar 29 6 wks
Resident: \$65 Non-resident: \$70

Art of Beautiful Writing - Calligraphy Intermediate Techniques #5216

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 a lot of very useful layout and design information. Have fun creating swirls and decorating letters, creating 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 NHHS Room 117
Tues., 6:30-8:30 pm Feb 2 6 wks
Resident: \$65 Non-resident \$70

Art Tangle #5220

This is an exploration into the tangled world of artistic doodling for adults. Adult coloring books are all the rage and this class focuses on a larger design that we will fill in and add to. Anyone can tap into their creative side with a vibrant visual display of many doodle samples, patterns and design with step by step, easy to follow instructions. You'll start with Micron pens for beginning line work, because everything begins with just a line. You'll add colored pencil, fine marker, colorful sharpies, and for those who want to explore with watercolors, you'll be literally painting outside the lines. This class will focus on filling in a large design, created by you or several choices provided by the instructor. Soft music will be playing in the background as you relax and enjoy fun design and bright colors while letting your imagination flow! **A \$8 non-refundable material fee is payable first night of class.**

K. Larkin NHHS Room 115
Thur., 7-8:30 PM May 12 2 wks
Resident: \$49 Non-resident: \$54

Bird Nest - Springtime Wreath #5221

Come have fun assembling this welcome sign of spring, an adorable bird nest wreath. Begin with a 12" foam form, while adding natural elements, pods, preserved magnolia leaves, bay, preserved orange, twigs, berries and more. You'll learn the basics of wreath symmetry, and you can finish the wreath by choosing the perfect feathered friend for your nest. No experience needed. **Price includes a \$10 non-refundable material fee.**

K. Larkin NHHS Room 115
Mon., 7-9 PM Mar 28 1 session
Resident: \$49 Non-resident: \$54

Crochet: All Levels #5208

As a beginner, you will learn about hooks, gauge, yarns and basic stitches. New students should bring a size "H" crochet hook to class and four ply light color yarn. Advanced students will improve their skills in reading patterns, gauge, resizing and learning more difficult stitches and patterns. This class is great for stress reduction and meeting new friends.

S. Tendler NHHS Room 108
Wed., 6:30-8:30 PM Mar 2 10 wks
Resident: \$85 Non-resident: \$89

Digital Photography (D-SLR)**Introduction****#5418**

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. **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 NHHS Room 115
Tues., 6:30-8:30 PM Feb 23 8 wks
Resident: \$89 Non-resident: \$94

Drawing: Beginners #5209

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, paper and a few hours of practice for simple drawing to become beautiful artwork.

S. Ghods NHHS Room 117
Wed., 6:30-8:30 PM Feb 3 5 wks
Resident: \$60 Non-resident: \$65

**Drawing: Intermediate & Advanced****#5219**

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, paper and a few hours of practice for simple drawing to become beautiful artwork.

S. Ghods NHHS Room 117
Wed., 6:30-8:30 PM Mar 16 4 wks
Resident: \$48 Non-resident: \$52

Embroidery #5201

Start stitching! Learn a variety of embroidery stitches, and sewing with a number of threads. Use embroidery to embellish clothes, cloths, pillows or home furnishings. Just bring your scissors. **A \$20 non-refundable material fee is due to the instructor the first night of class.**

H. Curtis NHHS Room 103
Thur., 6-8 PM Mar 17 2 wks
Resident: \$35 Non-resident: \$40

Father's Day Parent/Child Workshop #5222

Let's celebrate "Dear Ol Dad" by creating two fun and functional projects for him. Each team member will have a project to work on. You'll be painting, stamping, decorating and sealing a sturdy canvas oval place mat that can become a keepsake. A small wooden tool caddy painted for the table, then afterwards used for tools. For his special place at the table, you'll decorate a glass plate that has "dad" painted on it and a painted/stamped coffee mug to match! Card and crown making stations will also be part of the creative festivities! **Price includes \$12 non-refundable material fee.**

K. Larkin NHHS Room 115
Thur., 6:45-9 PM Jun 2 1 session
Resident: \$49 Non-resident: \$54

Improve Your Knitting #5213

Prior basic knowledge of knitting is essential. Learn a variety of stitches by making sweaters, scarves and clothes for yourself and family. You will explore different techniques. Bring your needles and yarn. **A \$20 non-refundable supply fee is due to the instructor the first night of class.**

H. Curtis NHHS Room 103
Thur., 6-8 PM Apr 7 2 wks
Resident: \$39 Non-resident: \$44

Tassels #5206

Tassels can decorate pillows, clothing or gifts. Learn how to make a selection of tassels with a variety of decorations. **A \$20 non-refundable material fee is payable first night of class.**

H. Curtis NHHS Room 103
Thur., 6-8 PM May 19 2 wks
Resident: \$39 Non-resident: \$44

Inside/Outside Boxes #5226

Standard expressive therapies will be explored in an activity expressing your inner spirit through art and art materials. The empowerment of how we portray ourselves to the outside world, as well as providing a safe container for our inner self within a box with a lid. You will decorate the inside of the box with images, objects and words that represent the inner qualities that are hidden to most people. As we "live into" and express an unknown feeling, something new and creatively fresh will come into your awareness. **Price includes \$5 non-refundable material fee.**

S. Frost NHHS Room 115
Tues., 7-8:30 PM May 17 1 session
Resident: \$35 Non-resident: \$39

Introduction to Photoshop #5223

Not your average Photoshop class! Designed with both beginner and advanced users in mind, class includes hands-on-training, personal attention and a series of fun tutorials. You will learn how to manipulate and correct your pictures or simply create unique art. \$10 materials fee payable at first class.

A. Szewczyk NHHS Room 104
T&TH, 6:30-8:30 pm May 3 4 wks
Resident \$90 Non-resident \$95

**Make A Start At Needlepoint #5202**

We will cover an exciting selection of stitches, including beads, the designs of bargello and ideas for making various items. Just bring your scissors. **A \$20 non-refundable supply fee is due to the instructor the first night of class.**

H. Curtis NHHS Room 103
Thur., 6-8 PM Apr 28 2 wks
Resident: \$39 Non-resident: \$44

Mother's Day Parent/Child Workshop #5227

Join us for this evening creating popular project for Mother's Day. One team member will paint, stamp and add beads to a terra cotta pot stacked birdbath. The other team member will stamp, paint and stencil a gardening waist apron and glove set. There will be a card making station to finish off the gifts! **Price includes \$16 non-refundable material fee.**

K. Larkin NHHS Room 115
Thur., 6:45-9 PM May 5 1 session
Resident: \$49 Non-resident: \$54

Painting - Oil & Acrylics #5210

This is a class in oil and/or acrylic painting for beginning and intermediate students. This course includes paint application, color mixing, color relationship, and the opportunity to develop individual techniques. Students will gain confidence by working with still life subjects and painting from landscape photographs of choice. **A material list will be given prior to class beginning.**

M. Bedell NHHS Room 114
Wed., 6:30-9:30 PM Feb 24 8 wks
Resident: \$80 Non-resident: \$85

Scent-sational Aromatherapy #5224

Come learn the history and healing properties of essential oils, botanicals, and herbs. You'll make natural soaps and add your choices of essential oils and exfoliants. You will also create: a hydrating natural lotion using almond and vitamin oils, a natural body scrub, a bath sachet and a botanical dream pillow from fabric filling it with herbs. Lastly you'll create lovely labels and tags for your jars so you can give them as gifts. Music will be playing in the background to put you in the right frame of mind! **A \$16 non-refundable material fee is payable first night of class.**

K. Larkin NHHS Room 115
Wed., 7-8:30 PM Mar 3 2 wks
Resident: \$80 Non-resident: \$85

Ballroom Dancing Basics #5112

Come and learn or refresh your ballroom dance steps while having fun with these five basic dances: cha-cha, foxtrot, rumba, swing and waltz. Every student will receive a complimentary CD of all 5 dances at the second class. Partners not required, but comfortable shoes are a must.

F. Costa NHMS Cafe
Wed., 7:15-8:15 PM Mar 2 5 wks
Resident: \$80 Non-resident: \$85

Introduction to Tai Chi #5101

This course will provide an eight-week 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 Green Acres Cafe
Mon., 6:30-7:30 PM Feb 1 8 wks
Resident: \$80 Non-resident: \$85

Pilates #5102

Pilates is a mind/body workout based on the philosophies of Joseph Pilates, designed to strengthen and stretch muscles from the core, which is essential to the stability of the spine. Improve your muscle tone, posture, flexibility and balance. Reduce stress in this mind/body workout.

M. Daniele Montowese School Library
Tues., 7-8 PM #5102A; Feb 2
Tues., 7-8 PM #5102B; Mar 29
Resident: \$60 Non-resident: \$65

Rest, Relax and Renew #5103

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 NHHS Library
Tues., 7-8 PM Feb 2 8 wks
Resident: \$80 Non-resident: \$85

R.I.P.P.E.D. #5108

Resistance, Interval, Power, Plyometrics, Endurance and Diet. In this one-stop body shock, high intensity fitness training program with a plateau proof fitness formula. A total body, high intensity style program utilizing free weights, resistance and body weight. Regular RIPPED participants will achieve undeniable ultimate results in minimal time, burning anywhere from 750-1000 calories per workout. *Please bring hand weights or stretch bands, and a yoga mat.*

O. Walters NHHS PA Room
Mon., 6:30-7:15 PM Feb 1 10 wks
Resident: \$69 Non-resident: \$74

Xtreme Abs #5112

Power to the core. 45 minutes of gut wrenching abdominal workout, which will help you burn fat and get your "six-pack" abs. *Please bring yoga mat.*

A. Nievens 7 wks NHHS PA Room
Thur., 7-7:45 PM #5112A; Feb 25
Thur., 7-7:45 PM #5112B; Apr 14
Resident: \$69 Non-resident: \$74

Yoga #5104

This class is designed for the beginning yoga student or the student who would like to come back to the basics. In this class, we will explore stretching, alignment, foundation and breathing practices, primarily in the Iyengar tradition. Come to class prepared to discover balance, breath and joy of yoga. *Please bring a yoga mat and firm blanket to class.*

L. Baumgartner NHHS Library
Tues., 5:30-6:45 PM Feb 2 8 wks
Resident: \$80 Non-resident: \$85

Yoga II #5106

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 MECA
Thur., 6:45-7:45 PM Feb 4 8 wks
Resident: \$99 Non-resident: \$104

ZUMBA #5105

Enjoy the party with a very exciting workout full of Latin and exotic international music flavors. The routines are a combination of slow and fast rhythms that tone and sculpt the body. It targets areas such as gluteus, legs, arms and abs. Before you know it, you will be getting fit and your energy level will be soaring. *Please bring light hand weights.*

A. Nievens 7 wks NHHS PA Room
Thur., 6-6:45 PM #5105A; Feb 25
Thur., 6-6:45 PM #5105B; Apr 14
Resident: \$69 Non-resident: \$74

Zumba Gold #5110

Move to the beat at your own speed with Zumba Gold classes. These invigorating, community-oriented dance-fitness classes provide modified, low-impact moves and easy-to-follow pacing for older adults who love a healthy, active lifestyle.

O. Walters NHHS PA Room
Wed., 6-6:45 PM Feb 3 8 wks
Resident: \$69 Non-resident: \$74

Zumba Toning #5111

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick). Learn how to use lightweight, maraca-like Toning Sticks to enhance rhythm and tone all the target zones, including arms, abs and thighs. Zumba Toning is the perfect way to sculpt your body naturally while having a total blast. *Please bring toning sticks or light hand weights.*

O. Walters NHHS PA Room
Mon., 7:30-8:15 PM Feb 1 10 wks
Resident: \$69 Non-resident: \$74

In person registration at North Haven High School for Enrichment classes will take place on: Tuesday, January 5 Tuesday, January 12 5:30 - 7:00 PM

Cake Decorating - Wilton Course 1 - Building Buttercream Skills #5611

Learn how to decorate cakes and sweet treats with basic buttercream techniques. You will learn how to pipe flowers to create modern and traditional cake designs.

Supply list will be sent prior to first class.

M. Padilla	NHHS Room 109
Tues., 6-8 pm	Feb 2 4 wks
Resident \$49	Non-resident \$54

Cake Decorating - Wilton Course 2 Flowers and Cake Design #5614

Learn how to create professional looking flowers and designs made from royal icing. Flowers include: rosebuds, pansies, violets and apple blossoms. Also included are buttercream technique applications, such as basketweave, cornelli lace, and brush embroidery. **Prerequisite: Wilton Course 1.** Supply list will be sent prior to first class.

M. Padilla	NHHS Room 109
Tues., 7-9 pm	Mar 8 4 wks
Resident \$49	Non-resident \$54

Cooking with Kids #5601

This course will allow you and your 10+ year old to bond over food. You will be given a kitchen area and recipes to work on with your child. At the end of evening, you will enjoy everyone's creations. Cooking and cleaning are done as parent/child teams to build that great routine. Cleaning as you go; food and equipment safety is also stressed. Learn how to make brownies, cookies, fruit desserts, and more with the help of your child! **A \$15 non-refundable consumable fee is included for one adult and one child.**

A. Webb	NHHS Room 109
Thur., 6:15-8:45 PM	Feb 11 1 session
Resident: \$49	Non-resident: \$54

Cupcakes Basics #5613

This class will introduce you to the basics of cake decorating by applying techniques to cupcakes. You will use an assortment of cupcake designs and decorating tips. **Supply list will be sent prior to first class.**

M. Padilla	NHHS room 109
Mon., 6-8 pm	Feb 1 1 session
Resident \$30	Non-resident \$35

Embossed Fondant Cupcakes #5615

You will learn to decorate cupcakes with embossed fondant. This is a great introduction to the icing medium. This class is intended for teens and adults. **Supply list will be sent prior to first class.**

M. Padilla	NHHS room 109
Mon., 6-8 pm	Feb 29 1 session
Resident \$30	Non-resident \$35

Homemade Pasta and Sauce #5616

Let Chef Maryann teach you the art of making homemade pastas and sauces: gnocchi, manicotti, cavatelli, fresh egg pasta, and fettuccine. Come and enjoy the taste of Italy. Bring a container for leftovers. **A \$40 non-refundable supply fee is due to the instructor the first night of class.**

M. Ciarleglio	NHHS Room 109
Wed., 6:30-8:30 PM	Mar 2 5 wks
Resident: \$60	Non-resident: \$65



Pizza, Calzones and Stuffed Breads #5609

In this hands-on class we will make dough from scratch. Toppings will include your choice: steak, sausage, peppers, buffalo chicken, pepperoni, meatballs, mushrooms, bacon, spinach, and broccoli. We will make calzones and stuffed breads with your choice of fillings. **A \$25 non-refundable supply fee is due to the instructor the first night of class.**

Chef R. Inzero	2 wks	NHHS Room 109
Tues., 6:30-9 PM	#5609A;	Mar 7
Tues., 6:30-9 PM	#5609B;	Apr 26
Resident: \$40	Non-resident: \$45	



Power Pressure Cooker #5610

Come and take the mystery out of pressure cooking! In this hands-on class, we will be making meat, pork, ribs, wings, stews, shrimp, pasta and vegetables, all in minutes. From your mom's cooker to today's digital power cooker, you will want a pressure cooker after this class. **A \$25 non-refundable consumable fee is due to the instructor the first night of class.**

Chef R. Inzero	2 wks	NHHS Room 109
Tues., 6:30-9 PM	#5610A;	Apr 5
Tues., 6:30-9 PM	#5610B;	May 3
Resident: \$40	Non-resident: \$45	

Wildtree Freezer Workshop #5617

Have you heard the buzz about Freezer Meals? We are all busy people, but we still want to feed our families healthy foods that aren't filled with chemicals and preservatives. You will leave this class with 4-5 preservative-free, all-natural meals to put in your freezer. Each meal feeds 4-6 (or divide each meal in half for double the meals and half the portions)! You'll have a healthy, delicious dinner ready to serve in about 20 minutes! It's simple: Bring your four bags to class with a few simple ingredients. A grocery list of ingredients will be provided to you once you register. The instructor will provide the rest of the ingredients, as well as all of the seasonings, detailed bag labels, recipe lists and more. Your family will think you're a gourmet chef and you'll have more time! Deadline to register is two weeks before each class. **A \$20 non-refundable consumable fee is included in price.**

Wed., 6:30-7:30 PM	#5617A;	Feb 24
"Sue's Favorites" (recipes: Slow Cooker Beef Stroganoff, Slow cooker Chicken Chili, Honey Balsamic Chicken Drumsticks, Mozzarella & Tomato Chicken Pasta)		

Wed., 6:30-7:30 PM	#5617B;	Apr 27
Mommy and Me (recipes: Busy Day Lasagna, Italian Meatballs, Seasoned Chicken, Curly Noodle Pork, Wild Goldfish Snack)		

C. Mirowski	1 session	NHHS Room 109
Resident \$45	Non-resident \$50	

Italian (Beginners)

#5700

This course will concentrate on the fundamental skills of the Italian language. Grammar will be taught through pattern practice and generalization. All writing will be strictly controlled. Reading is minimal and is based on material mastered aurally/orally. Italian culture will also be presented as it relates to the language lessons.

M. Lunato NHHS Room 107
Tues., 6:00-7:00 PM Apr 5 8 wks
Resident: \$65 Non-resident: \$70

Italian (Intermediate Conversational)

#5701

This intermediate course will reinforce and advance fundamental skills. Greater emphasis on reading and writing will become less structured. Students will learn more about Italian culture and customs and will learn practical, everyday vocabulary which will be useful in real-life travel situations. Don't miss the opportunity to practice your Italian.

M. Lunato NHHS Room 107
Tues., 7:05-8:05 PM Apr 5 8 wks
Resident: \$65 Non-resident: \$70



MONEY MATTERS

Estate Matters: Principles of Preserving Wealth Workshop #5514

What is the purpose of estate management? It's about preserving the assets you've spent a lifetime building. It's about protecting your spouse, children, or other heirs and ensuring that your assets are distributed how and when you want them to be. Finally, it's about managing the amount of estate taxes that may be due after your death. There are some fundamental estate management principles that can enable you to manage your financial and personal affairs during your lifetime and distribute your wealth after death.

M. Argiro NHHS Room 106
Thur., 6:30-8 pm Mar 17 1 Session
Resident: \$20 Non-resident: \$25

Planning for Affordable Long Term Care #5507

Hear about the entire spectrum of long term care planning. Topics include: the three ways to pay for home health care, assisted living facility and nursing home expenses; how the State of Connecticut views your assets and your income; the use of trusts and gifting assets through the Connecticut Partnership for Long Term Care; how long term care insurance works and the different types of policies available. This class is designed to be an informational seminar with ample opportunity for individual questions.

A. Abrahamian NHHS Room 106
Wed., 7-9 pm Mar 16 1 Session
Resident: \$20 Non-resident: \$25

Tax Free Retirement #5515

Join us to learn about strategies that can help you get closer to a tax free retirement. Come hear the answers to the following questions, and more.

* If taxes increase in the future, will my chances of outliving my money be reduced?

* How to prevent my taxable IRA from growing and why?

* Am I paying too much in taxes now, is there a way to reduce them?

M. Alimo/D. Weyner NHHS room 106
Thur., 6:30-8:30 pm Feb 18 1 session
Resident: \$25 Non-resident \$30

Naked Retirement Workshop #5506

A fun and creative approach to retirement that strips away the numbers and addresses everyday life in retirement. Learn how to replace your work identity, stay socially connected and remain physically and mentally sharp. Create a plan, build a retirement "curious list" and change your retirement life forever by answering three revealing questions. Too many people start their first day of retirement with only a financial plan and nothing else. Do not let this happen to you.

M. Argiro NHHS Room 106
Tues., 6:30-8 pm Mar 8 1 Session
Resident: \$20 Non-resident: \$25

Reverse Mortgage - Debunking The Four Myths? #5512

Sara Cornwall, reverse mortgage expert, will debunk the 4 myths around these loans, illustrate their pros and cons and discuss what makes reverse mortgages different from standard home equity loans. She will also explain how to find the right lender to fit your needs.

S. Cornwall NHHS room 105
Thur., 7-8:30 pm Apr 14 1 session
Resident \$25 Non-resident \$30

Register Early

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

AARP Driver Safety Smart Program

This course is primarily for seniors fifty years of age and older, but is open to anyone with a driver's license. We will cover defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. Participants will learn about current rules of the road and how to operate their vehicles more safely. A certificate of completion for seniors can result in a discount on auto insurance rates.

AARP Staff 1 session NHHS Room 105
 Tues., 5-9 pm **#6000A;** Feb 23
 Tues., 5-9 pm **#6000B;** Mar 22
 Tues., 5-9 pm **#6000C;** Apr 26
 Tues., 5-9 pm **#6000D;** May 24

AARP Members: \$15 Non-members \$20
No Cash - Checks only, payable to AARP. AARP Membership required to receive AARP fee. Membership card must be brought to class to verify.

American Heart Association**Friends & Family CPR****#5805**

Learn the lifesaving skills of adult Hands-Only® CPR, child CPR with breaths, adult and child AED use, infant CPR 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 anyone interested in learning how to save a life.

Gesner, RN/Levy, RN NHHS Room 105
 Mon., 6:30-9:30 PM Apr 4 1 Session
 Resident: \$50 Non-resident: \$55

American Heart Associate**Pediatric CPR****#5803**

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 camp counselors, coaches, foster care workers, parents, grandparents, babysitters and youth group leaders.

Gesner, RN/Levy, RN NHHS Room 105
 Thur., 6:30-9:30 PM Mar 10 2 wks
 Resident: \$90 Non-resident: \$95

BEYOND ANGELSPEAKE™**#5405**

Join Diane as she helps you experience the joy of receiving loving messages from your Angels, guides, and loved ones. Learn how to open more fully to the energy of asking, believing/trusting, letting go, and gratitude. Experience how intuitive senses are enhanced with a touch of aromatherapy. Discover the support of group energy. All levels of experience with speaking to your angels, including those who wish to begin their exploration, are invited. New and returning students are welcome. **Price includes a non-refundable materials fee of \$8.**

D. Esposito Personal Harmony LLC
 Tues., 6:30-8:30 pm **#5405A;** Feb 9
 Tues., 6:30-8:30 pm **#5405B;** Mar 8
 Tues., 6:30-8:30 pm **#5405C;** Apr 12
 Tues., 6:30-8:30 pm **#5405D;** May 10
 Resident: \$33 Non-resident: \$38

Babysitting 101**#5804**

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.

Gesner, RN/Levy, RN NHHS Room 105
 Mon., 6:30-9:30 PM May 16 2 wks
 Resident: \$50 Non-resident: \$55

Dementia Care: Safety Tips**#5432**

This program will focus on important safety strategies when caring for people with Alzheimer's disease and related dementias: Home safety, medication safety, wandering, and driving. We will also provide details on the MedicAlert/Safe Return and Comfort Zone programs. This program is designed for anyone who has contact with a person with dementia: primary family caregivers, other family members, friends, neighbors, and co-workers.

M. Tomasetti NHHS Room 106
 Thur., 6-7:30 Apr 14 1 session
 Resident \$25 Non-resident \$30

Develop Your Psychic Intuition**#5433**

In this class you will learn how to develop your psychic ability. We will discuss your psychic potential and the different types of psychic skills that you possess: for example, are you a mystic and/or telepathic? You will learn the meaning of, and how to use psychic tools, such as runes, pendulums, and tarot cards to name a few that will be useful for you to further explore your intuitive powers. You will have hands on experience in developing this gift, and will have the opportunity to actually use the psychic tools. (You will also have the option to purchase any of the psychic tools used at wholesale pricing). This will be a fun yet informative class to help enhance your personal enrichment.

D. Velardi NHHS room 106
 Mon., 6:30-8:30 pm Feb 29 1 session
 Resident \$32 Non-resident \$37

Guided Mindful Healing Meditation with Crystals & Stones**#5421**

Join Diane for the relaxation, release, and refreshment of Guided Imagery Meditation. Class includes a touch of Aromatherapy and/or use of Crystals and Stones for grounding, focus, and flow. Connect to support, guidance, and wisdom of one's Intuitive gifts, Angels and guides. Strengthen and integrate lasting, healthy transformations and learn to release and heal those thoughts and relationships that drain one's energy or spirit.

D. Esposito Personal Harmony LLC
 Wed., 6:30-8:30 pm **#5421A;** Feb 10
 Wed., 6:30-8:30 pm **#5421B;** Mar 9
 Wed., 6:30-8:30 pm **#5421C;** Apr 13
 Wed., 6:30-8:30 pm **#5421D;** May 11
 Resident: \$25 Non-resident: \$30

Lose Weight With Hypnosis**#5409**

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 two. 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 NHHS Library
 Thur., 7-9 PM Mar 31 3 wks
 Resident: \$65 Non-resident: \$70

Call to Register 203.407.2028

Mah Jongg

#5425

You will learn the ins and outs of the game, Mah Jongg. Learn the difference between bam, cracks or dots, how to make a Mah Jongg, and the love of a joker. Lots of laughs while learning the game! **A \$9 non-refundable fee is payable to the teacher the first night of class.**

S. Tienken-Jung NHHS Room 108
Tues., 6-8:30 PM Feb 2 10 wks
Resident: \$79 Non-resident: \$84

Making Quality Connections with People with Dementia #5434

This program will focus on ways that we can effectively and compassionately connect with people with Alzheimer's disease and related dementias: communication tips, strategies for addressing behavioral challenges and activities. This program is designed for anyone who has contact with a person with dementia, primary family caregivers, other family members, friends, neighbors, and co-workers.

M. Tomasetti NHHS room 106
Thur., 6-7:30 Mar 3 1 session
Resident \$25 Non-resident \$30

Quit Smoking With Hypnosis #5411

Hypnosis is a wonderful tool to help you quit smoking. With hypnosis you can change bad habits into positive habits and new positive thoughts. Finally break the habit and improve your health and well being. You will also learn self-hypnosis to reinforce your new positive thought patterns. **Bring a pillow and blanket.**

L. Santamaria NHHS Library
Thur., 7-9 pm May 12 3 wks
Resident \$ 65 Non-resident \$70



Give a gift certificate for a special occasion.
Certificates may be purchased in our office.

REIKI I Practitioner Certification #5802

Your Reiki I Certification will include a complimentary pre-class consultation, class manual, healing and Reiki I Attunements; Meditation, steps to integrate the Principles of Reiki; positions for healing self and others; an overview of the 7 main Chakras. Discover the limitless uses of energy, balancing how it supports overall health and wellbeing. Reiki promotes stress release, relaxation, and rejuvenation which allow your body to innately heal itself. **Prerequisite: call 203-913-3869 to schedule a pre-class consultation with Diane, 7 or more days before class. A \$25 non-refundable materials fee is included in price.**

D. Esposito Personal Harmony LLC
Sat., 9am - 3 pm #5802A; Feb 13
Sat., 9am - 3 pm #5802B; Mar 12
Sat., 9am - 3 pm #5802C; Apr 9
Sat., 9am - 3 pm #5802D; May 14
Resident: \$150 Non-resident: \$155

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



SAT PREPARATION COURSE

Math: 6:30 p.m. – 7:30 p.m. (Room 310)
Reading & Writing: 7:30 p.m. – 8:30 p.m. (Room 214)
Thursdays: January 28, February 4, 11, 18 (4 weeks)
(Snow date: February 25)

Math only: \$75 _____ Reading & Writing only: \$75 _____
Both Math and Reading & Writing: \$150 _____

This course is designed for high school juniors who will take the SATs in the Spring. Checks should be made out to **North Haven High School** and sent or given to Mrs. Larissa Opramolla in Room 310 (221 Elm Street, North Haven, CT 06473) by January 21, 2016. Payment cannot be made by credit card.



Certified Nurse Assistant (CNA) Training

#2603

The Certified Nursing Assistant Program offered is at a training program approved by the Department of Health. Successful program completion allows you to work as a Certified Nurse Assistant in some medi-

facilities, clinics, home settings, or to work as a home health aide.

The certificate also entitles the graduate to take the State of Connecticut Nurse Aide written and skills examinations, which costs \$110.00 and is included within the cost of this class. Successful passing of the examinations places you on the Connecticut Nurse Aide Registry. Federal law requires placement on the registry to work in all nursing homes in the United States. Some hospitals and other medical facilities also require or find desirable placement on the registry for consideration for employment. Once registered, the graduate may transfer his/her registration to other states as long as he/she is in good standing with the registry. Students are assessed on their progress through quizzes, oral discussion, and hands-on demonstration of skills. Attendance/tardy policies are strictly enforced. Absences and tardies will be discussed during the information session. The student is required to purchase a uniform and a watch with a sweep second hand before attending class. Each student is required to have fingerprints taken for a background check. Prior to starting the clinical portion of the class, a completed physical form and seasonal flu shot are required. Program fees for the Spring semester are \$975. The course will run two evenings a week for 16 Weeks from 4:30 pm to 9:00 pm. Clinical hours will be scheduled at the assigned facilities during the evening hours. The C.N.A. program can only accommodate 12 - 15 adult students.

For more information or please join us at our information session on Thursday, January 28 at 6:30 PM at Hamden High School, room A114.



Emergency Medical Technician (EMT) Training

#2604

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 fire fighters) looking to expand their knowledge. EMT's provide emergent medical care in a pre-hospital environment, or can be employed in a 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. Program fees for this training class are \$975. The course will begin on February 2, run Tuesday and Thursday evenings for 15 Weeks from 6:00 - 10:00 PM as well as some Saturdays. Included in the price of the class are the two textbooks, stethoscope, blood pressure cuff, pen light and trauma sheers. **A \$600 non-refundable deposit is due by January 26 and the rest is due by February 2.**

For more information or to register for the information session, please call 203-407-2028 or 203-773-9211 ext. 1139. The information session will be held on Tuesday, January 19 at 6:30 PM at Hamden High School.





Security Officer License with Certification



This is a "two" day course!! That's right...you can get certified in just two days to receive your Connecticut Uniformed Security Officer/Guard/CT security license. We help prepare you to work!! The lesson plan provided by LJB Security Training has been approved by the State of Connecticut Department of Public Safety. Upon successful completion of this course, you will be issued a training certificate. This certificate must accompany you along with 2 pictures which are supplied when submitted to the Connecticut Department of Emergency Services and Public Safety. Once the application is submitted, all fees are paid, and you receive a license or CT guard card. You are now ready, able and well prepared for the exciting security field in Connecticut. You are now qualified to work as a Uniformed Security Officer/Guard for any licensed employer in the state of Connecticut.

#5806	L. Bonito	NHHS Room 106	M & W., 5:30-9:30 pm	Feb 1	2 sessions
#2600	L. Bonito	HHS rm B202	M & W., 6-10 pm	Mar 7	2 sessions
Resident \$125		Non-resident \$130			



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. *Price includes textbook and certification test.*

#2601	J. Arnold	HHS rm B212	Wed., 6-8 pm	Feb 24	6 wks
Resident \$475		Non-resident \$480			



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 Dept 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.*

#2602	P. Rich	HHS rm D109	Thur., 6-9 pm	Mar 3	5 wks
#5801	P. Rich	NHHS Room 114	Tues., 6-9 PM	May 3	5 wks
Resident \$200		Non-resident \$205			

Brighton Beach

Little Russia, NY



Your escort will take you on a guided tour of Brighton Beach in Brooklyn, NY. Tour highlights this Russian Neighborhood nicknamed 'Little Russia' because it is home to many Russian immigrants. Shopping on Brighton Beach Ave with its colorful handicrafts, jewelry, bakeries, international food emporiums & more! Russian-style Lunch at Tatiana's Restaurant served family-style. Menu: 3 salads, borscht or mushroom soup, Chicken Shish-Ke-bab with Russian coleslaw, Fish filet with pasta, apple strudel with ice cream! Visit to Coney Island boardwalk & Nathan's Famous Hot Dogs.

#1284 Sunday, May 22 \$105

Pick-up at HHS parking lot at 8:00 am and will return approximately 7:00 pm.

Please note: No refunds for this trip after April 15

American Ballet Presents Swan Lake

Lincoln Center, NY City



Set to Tchaikovsky's glorious score, this romantic tale of love and forgiveness is often considered the world's most beloved ballet. With breathtaking choreography, lavish costumes and visually spectacular sets evoking a lakeside Renaissance court, ABT's production glides to the forefront of stagings all over the world. The fabled lake of the swans rises into view filled with mystery & magic. Time before the 2:00p performance to enjoy lunch on your own in the Lincoln Center area.

#1285 Saturday, June 18 \$149

Pick-up at HHS parking lot at 8:15 am and will return approximately 7:30 pm.

Please note: No refunds for this trip after May 11

Macy's 4th of July Fireworks Cruise



Celebrate the 4th of July on board Statue Cruises. As the sun sets behind Lady Liberty, enjoy your evening under the New York City Skyline as you watch the legendary Macy's Fireworks.

This spectacular fireworks display will be synchronized to a score of patriotic music and favorite classics.

Dance the night away and enjoy a "light buffet" on board the ship.

#1240 Mon., July 4, \$173

Gratuities are not included, pick-up is Rt 40 commuter parking lot at 2 pm and will return approximately 1:00 am.

Please note: No refunds for this trip after June 1

CT Lighthouse Cruise



Board the comfortable high-speed Sea Jet, a smooth-sailing wave piercing catamaran for our 2 hour cruise. You listen to an expert narrator tell us about eight Lighthouses: New London Ledge, Harbor, Avery Point, North Dumpling and Race Rock and about Fort Trumbull, Fort Griswold & Plum Island. Enjoy a late lunch-early dinner at The Steak Loft in Olde Mistick Village with a salad bar, choice of Chicken Teriyaki, Crab Cakes or BBQ Baby Back Ribs, Potato, Dessert & Coffee. Following lunch, walk around Olde Mistick Village for a bit before heading for home.

#1286 Saturday, July 16 \$95

Pick-up at HHS parking lot at 8 am and will return approximately 6:30 pm.

Please note: No refunds for this trip after September June 5.

Saratoga Springs, NY



DAY 1: We depart aboard a deluxe motorcoach for Upstate New York and Saratoga Springs. Visit HAVEN OAKS HORSE FARM and learn what it takes to raise and race thoroughbred horses. See these beautiful animals up close & personal. We'll visit the SARATOGA BREWING CO. for a tour and tasting of their locally brewed beers. Overnight accommodations at the COMFORT INN & SUITES located right in Saratoga Springs. Our hotel features spacious guestrooms, indoor pool, exercise room. Enjoy a BUFFET DINNER and try your hand at lady luck as you name your game and play to win at the SARATOGA CASINO & RACEWAY.

DAY 2: This morning we are off to explore the SARATOGA AUTOMOBILE MUSEUM featuring cars, trucks, and vehicles that not only represent the automotive heritage of New York State but the entire world of motorized transportation. Then we're off to the races at the SARATOGA RACETRACK. It's race time and excitement fills the air at this world-renowned Race Course. Enjoy the races in your RESERVED SEATS. We return home with memories of our winning trip to the races!

INCLUDES: Deluxe motorcoach, 1 night hotel,

1 breakfast, 1 dinner, sightseeing & reserved tickets

#1287 Sat/Sun. August 16-August 17 \$325 per person double occupancy

Pick-up at HHS parking lot at 8 am and will return approximately 6:30 pm.

Please note: No refunds for this trip after September July 1.

Brooklyn & the Bridge Brooklyn, NY



Brooklyn is a city unto itself, home to the famous Brooklyn Bridge, the original Nathan's Hot Dog and Ralph Kramden.

A local guide will show use Brooklyn Bridge Park in DUMBO, Red Hook, Sunset Park, Bay Ridge, Bath Beach, Bensonhurst, Brighton Beach and walk along the famous Coney Island Boardwalk. We will visit famous movie locations like "Saturday Night Fever", "Goodfellas", "Scent of a Woman", "Annie Hall" and more.

We will have the opportunity to walk across the Brooklyn Bridge, and stop at Junior's Famous cheesecake.

#1288 Sunday, September 18 \$93

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 8 am and will return approximately 6:00 pm.

Please note: Passengers must be able to walk at least ONE mile. No refunds issued after August 9.

Locks and Lunch Troy, NY



The Captain J.P. II is by far the largest and most lavish cruise vessel in the Capital Region of upstate New York with 3 enclosed decks, buffet lunch, and entertainment. Enjoy a 3-hour cruise aboard the Captain JP to the locks north of Troy and watch as the captain skillfully maneuvers the boat into the locks, where it is then raised approximately 17 feet, and then lowered back down on the return trip. It is exciting, informative, and educational.

Enjoy a complete hot and cold buffet with onboard entertainment as we sail along. Sample Buffet menu: three hot entrees, rice pilaf, vegetable medley, tossed salad, rolls & butter, ice tea, dessert.

Stop at Goold Orchards / Brookview Winery en route home. Bring home some goodies!

#1289 Saturday September 24 \$95

Pick-up at HHS parking lot at 8 am and will return approximately 6:30 pm.

Please note: No refunds for this trip after September August 15

New Hampshire Fall Foliage



We will cruise Lake Winnepesaukee on board the M/S Mount Washington and enjoy the most spectacular fall foliage display of color in New England.

Next, we will travel on board the Winnepesaukee Scenic Railroad, experiencing more of the amazing fall foliage and then feasting on fabulous turkey dinner catered by Hart's Turkey Farm.

Before going home, we will stop at The Kellerhaus, New Hampshire's oldest candy and ice cream makers. Get a start on your holiday gifts.

#1290 Saturday, October 1 \$145

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 7 am and will return approximately 10:00 pm.

Please note: No refunds issued after August 26.

Jack-O-Lantern Spectacular at the Roger Williams Park Zoo



Bring your friends and family to this amazing experience, a nighttime display of 5000 illuminated jack-o-lanterns all along the beautiful trail in the Roger Williams Park Zoo.

We will enjoy a harvest buffet including things such as vegetarian chili, BBQ pulled pork, turkey and gravy, hot dogs and hamburgers, maple glazed squash, and much more.

We will enjoy some leisure time at Federal Hill in Providence, for shopping or a visit to a gallery.

**#1291 Saturday, October 15
\$113 (adults) \$94(children 3-12)**

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 9:00 am and will return approximately 9:00 pm.

Please note: No refunds issued after September 8.



British Landscapes featuring England, Scotland and Wales

10 Days • 12 Meals: 8 Breakfasts • 4 Dinners

*Per Person Rates: Single \$4,249; Double \$3,599; Triple \$3,569

Includes: air out of NYC, air taxes/fees, hotel transfers, early booking discount and grp transfer to/from airport

Highlights Include:

- London - Tower of London, Big Ben, the Houses of Parliament, Westminster Abbey, Buckingham Palace
- Cambridge - famous university which is more than 800 years old
 - York - famous YorkMinster, walk on the "Shambles,"
 - Edinburgh - Edinburgh Castle, Hadrian's Wall
 - Lake District - charming village of Grasmere
 - North Wales - stay in the beautiful Ruthin Castle
- Stratford-upon-Avon - walk in Shakespeare's footsteps
 - Stonehenge
 - Cotswolds



#8770

April 14, 2016

To receive a more detailed itinerary contact:

John or Ann at Adler Travel

203-288-8100

Travel insurance is highly recommended.

* Price subject to change.



Canyon Country featuring Arizona and Utah

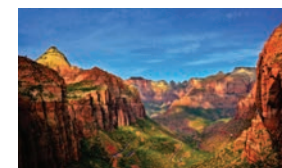
9 Days • 11 Meals: 7 Breakfasts • 4 Dinners

Per Person Rates: Single \$3,729; Double \$2,969; Triple \$2,939

Includes: air out of Bradley, hotel transfers, early booking discount of \$100 and grp transportation to/from airport

Highlights Include:

- Scottsdale - Chat with a local Native American Tribe member, Tour Scottsdale and Phoenix, Camelback Mountain
 - Sedona - Oak Creek Canyon
 - Kaibab National Forest
 - Grand Canyon
 - Lake Powell
- Choice of Monument Valley Navajo Tribal Park or Canyon Adventure Cruise
 - Bryce Canyon National Park
 - Zion National Park - Open-Air Tram
 - Las Vegas



#9193

October 20, 2016

To receive a more detailed itinerary contact:

John or Ann at Adler Travel

203-288-8100

Travel insurance is highly recommended.



**To learn more, please join us for an informational session on
March 23 at 6:30 pm in HHS C107 to hear more about these
amazing trips.**

To RSVP call 203-407-2028

Call to Register 203.407.2028



Relay For Life of Hamden/North Haven
Saturday, June 11, 2016
Hamden Town Center Park
See web site for details:
www.RelayForLife.org/HamdenNorthHavenCT



Special Partnership with Gateway Community College:

Math Boot Camp

Hamden Adult Education has partnered with Gateway Community College to offer a Math Boot Camp for students who have previously taken the ACCUPLACER at Gateway and placed into Math Level A – Boot Camp or Math Level B1- Math 085 (Elementary Algebra w/Pre-Algebra) who are motivated, hard-working and able to commit to attending all sessions of the program. These boot camps will provide students with the opportunity to refresh their Math skills, while building confidence in the subject. Classes meet 3 days per week on a Mon/Wed/Fri schedule. On Mondays and Wednesdays students will meet at the Keefe Community Center in Hamden. On Fridays, students will meet at Gateway Community College for college and career exploration, along with receiving extra tutoring. After successfully completing the boot camp, students may retake the ACCUPLACER test and possibly place into a higher level Math course, saving TIME and MONEY.

For more information, please contact: **Kaitlyn Kos (203) 285-2203 kkos@gatewayct.edu**

NEW HAVEN READS

Sharing the Power and Joy of Reading

New Haven Reads is a one-on-one tutoring program that serves over 400 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 newhavenreads@yahoo.com. You may also check out our website at www.newhavenreads.org.



Check out our website:
www.hamdenkids.org

Follow us on



Get ideas of ways to support the health, safety, early care and education of Hamden's young children.

Learn about community events and activities.

Find out about Hamden programs including school readiness, pre-school, childcare, home visiting and special supports.

Join us as we continue to improve Hamden's system of services and support for families and their young children. Call 203-407-7733

THE FAMILY RESOURCE CENTERS OF HAMDEN



PROGRAMS FOR PARENTS AND YOUNG CHILDREN

- * Structure Play & Learn opportunities
- * Individualized personal visits around child development and parent – child interaction using Parents As Teacher model
- * A network of community resources that can be utilized as needs arise
- * Group Connections, for parents and grandparents to share experiences, discuss concerns, and learn from one another
- * Parenting workshops
- * Screening tools to help parents identify areas of strengths or concerns in your child's development
- * Child care referrals: Home, Center based and School Readiness programs
- * English as a Second Language and high school completion diploma in collaboration with Hamden Adult Education

PROGRAMS FOR CHILD CARE PROVIDERS

- * Play & Learn groups at any of our locations
- * Training and support for home and center based providers
- * Home visits by certified Parent Educators utilizing the Parents as Teachers Working with Care Providers curriculum

CHURCH STREET SCHOOL
203.287.4259

RIDGE HILL SCHOOL
203.407.2035 EXT. 28

For more information email:
HamdenFRC@hamden.org

HAMDEN SCHOOL READINESS PROGRAMS

**at Church Street School,
Helen Street School, and
Alice Peck Learning Center**

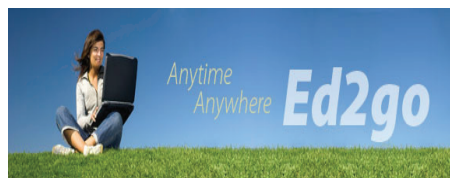
The Hamden School Readiness Program provides a developmentally appropriate, pre-school experience for children ages 3-5 years old. The NAEYC accredited program operates twelve months a year and is open 7:30 am – 5:30 pm, Monday – Friday. The program helps prepare children for kindergarten and a lifetime of learning in a nurturing and joyful environment.

The sliding fee scale, based on family income, ranges from \$450.00 to \$800.00 per month. Some State Department of Education funded School Readiness spaces are available at a reduced rate for families that qualify.

For more information or to request an application call 203-407-3111 or download the application from the Hamden Public School website at www.hamden.org

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 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.



The ed2go network consists of more than 1,800 top colleges, universities, and other organizations. We offer you hundreds of engaging online courses, covering every topic from Medical Billing & Coding to Web Design, and more! Each course comes equipped with a patient and caring instructor, live discussions with fellow students, and plenty of practical information that you can put to immediate use. Our instructors include some of the most well-known and trusted names in online education, and our dedication to customer service is second to none. 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. A new section of each course starts monthly. All courses run for six weeks and are composed of 12 lessons, representing 24 hours of instruction. After six weeks are up you can register for another class if you want to - the price for each class is from \$94. 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.

Just go to www.ed2go.com/hamden and choose a demo to begin your educational journey.

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

Empowering Students With Disabilities

Teaching students with disabilities is a rewarding challenge, and this course gives you the tools you'll need to succeed. No matter what grade you teach—from preschool through high school—you'll learn powerful strategies you can put to work immediately in your classroom. In addition, you'll gain the knowledge you need to understand and cope with the most common disabilities you'll encounter.

Certificate in Food, Nutrition and Health

Food and nutrition have a profound impact on our health and well-being, yet many of us are not aware of what foods to eat, which diets are healthy, and where our food originates. The goal of this certificate program is to provide a holistic overview of current food and nutrition issues and their impact on physical, social, emotional, and spiritual health.

Keys to Effective Communication!

If you often find yourself at a loss for words or lack confidence in your communication abilities, you'll appreciate this course. With the help of a patient instructor and a supportive community of your fellow students, you'll work step by step through the process of becoming a great conversationalist. You'll learn to use communication to build rapport and create environments of trust, warmth, and respect. Become more confident, create a great first impression, get along well with others, and create more and better personal and professional relationships.

Preparing Payroll in QuickBooks 2015

Preparing payroll in any small business can be a daunting task. Whether you have one employee or 20 employees, the federal and state requirements are often the same! However, by using the payroll feature in QuickBooks 2015, you can master efficient techniques for creating checks, paying taxes, and generating forms and reports quickly and easily.



Discover Sign Language!

It's truly amazing that we can communicate just by using our hands! Add different facial expressions, and you have a conversation—the language of deaf people. In this course, you'll discover how to use this graceful, expressive language to communicate with the deaf. You'll begin with an introduction to the language itself, and learn to create the signs for numbers. You'll also master the sign alphabet so you can fingerspell proper names.



CompTIA Security & Certification Prep

This course covers the key terminology and concepts you need to know to ace the exam, all in a condensed format for rapid reading. The course provides helpful study tools including crossword puzzles, games, and practice questions to aid with learning. All of the content is geared toward helping you pass the SY0-401 exam so you can leave the test center with your Security+ certificate in hand.

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT ED2GO.COM/HAMDEN TO LEARN MORE

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
Monday and Wednesday
6:30 PM - 9:00 PM**

Classes begin Monday, January 11



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 United States. Discuss the rights, responsibilities and privileges of citizenship. The class will focus on answering the 100 Civics questions. The questions will be discussed, 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 - 8:30 PM

Classes begin Wednesday, January 13

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center

Morning Classes

**Monday and Wednesday
9:00 am - 12:00 pm
Classes begin Monday, January 11**

**or Tuesday and Thursday
9:00 am - 12:00 pm
Classes begin Tuesday, January 12**

or

Evening Classes

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

Hamden Collaborative Learning Center(HCLC)

Morning Classes

**Tuesday and Thursday 9:00 am - 11:30 am
Classes begin Tuesday, January 12
registration for this class will take place at HCLC:
305 Circular Avenue on Tuesday, January 5 from 9-10 am.**



**Registration for the classes at M.L. Keefe Community Center
11 Pine Street - 203.773.9211 ext. 1139
Monday, January 4 - Thursday, January 7
9:30 - 11:00 am or 6:30 - 8:00 pm
Picture ID and proof of residency are required
at time of registration.
Plan to spend two hours.**

Call to Register 203.407.2028

FREE CLASSES

Career Transitions



Are you unemployed or underemployed? Lacking a high school diploma? Looking to change careers but don't know where to start?

Hamden Adult Education has a **FREE** program that will provide you with the skills necessary to be productive in today's workplace.

Key Components:

- Create a personal career plan
- Develop workplace skills such as teamwork, critical thinking, and problem solving
- Improve your reading, writing and math to levels of proficiency necessary for workforce and post secondary skills
- Connect with local businesses

This program is open only to those adults who do not have a high school diploma

Class meets on Tuesday and Thursday 9:30 am to 12:30 pm beginning January 12.

Registration at the M. L. Keefe Community Center

11 Pine Street - 203.773.9211 ext. 1139

Monday, January 4 - Thursday, January 7

9:30 - 11:00 pm or 6:30 - 9:00 pm

Picture ID required at time of registration. Plan to spend two hours.

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 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, 203-773-9211 ext. 1139.

Individuals with a documented disability who require accommodations to take the GED® exam should contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110 or Sabrina.mancini@ct.gov.



ADULT HIGH SCHOOL

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 Monday through Thursday evenings. Additional credits may be earned for work experience and/or online work. **This program is most appropriate for individuals who were recently in high school but who lack a few credits.** Candidates who enjoy an academic setting and group interaction, or who plan to further their education and want to improve their academic skills, are also 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

Session 2 - Term 1 Registration
Monday, December 21st
Tuesday, December 22nd
6:30 pm

Session 2 - Term 1 Classes Begin
Monday, January 11th
6:30 pm

Session 2 - Term 2 Registration
Wednesday, March 2th
6:30 pm

Session 2 - Term 2 Classes Begin
Wednesday, March 9th
6:30 pm

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

CARL MUNGIGUERRA, COORDINATOR
 ROBERT AGNESE, COUNSELOR

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.

For information contact the Hamden Adult Education office at 203-773-9211 ext. 1139 or 203.407.2028.

All interested students must attend one of the following information session at 5:30 PM: 1/14, 2/18, 3/17, 4/14, 5/19, 6/16

* North Haven, Bethany, Orange, Woodbridge



GED® Prep

This Program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students 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 exam. Instructors will also review the official website, 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

Monday, Tuesday, & Wednesday
6:30 - 9:00 pm

Classes begin:

Monday, January 11

Register at the Keefe Community Center Mon, January 4 through Thur, January 7
9:30 - 11:00 am or 6:00 - 7:30 pm

Picture ID and proof of residency required at time of registration. Plan to spend two hours.

For Information about registering to take the GED® exam, see page 33.

Hamden Public Library

Marion Amodeo, Director

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 - Monthly calendar of events; reserve and renew books.

iconn.org - Research and homework help for all ages.

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

Three locations:

Miller Memorial

2901 Dixwell Avenue 203.287.2680

Brundage Community Branch

91 Circular Avenue 203.287.2675

Whitneyville Branch

125 Carleton Street 203.287.2677

COMMUNITY SERVICES

Darlene Butler, Director

203.562.5129

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

- Hamden Food Bank
- Fuel Assistance
- Family Movie Night
- Computer Lab
- Keefe Fest
- Rental Assistance
- Emergency Services
- Holiday Toys
- Camp Scholarships
- WIC

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

YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610



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

- Volunteer and Community Service Placements
- Licensed Preschool and After School Programs (ages 3-12)
- Youth Center (grade 6-grade 12)
- Summer Youth Employment
- Juvenile Review Board
- Substance Abuse Prevention
- Discovery Dances (integrated dance for teens and young adults with special needs and typical teens)
- School Supplies Closet

ARTS, RECREATION, AND CULTURE

Mimsie Coleman, Director

General Information 203.287.2579

Brooksville Park 203.287.2669

Ice Skating Rink 203.287.2610

Swimming Pool 203.287.2588

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. 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 and the Program Coordinator is Sue Tienken-Jung.

DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

RECREATION INFO-LINE

203.234.2535

NORTH HAVEN PUBLIC LIBRARY

203.239.5803

REGISTRATION FORM

MAIL

Send registration form and payment to:

Hamden Adult Education OR Hamden-North Haven Adult Education
2040 Dixwell Avenue 211 Elm Street
Hamden, CT 06514 North Haven, CT 06473

Checks, Money Orders and MasterCard/VISA/Discover Accepted

PHONE

(203) 407 2028 (Hamden) (203) 407-2056
(203) 239-1641 ext. 2 (203) 239-2115

Master Card/VISA/Discover only

FAX

Website

www.hamdenadulted.org
Available 7 days a week
24 hours a day



using Visa, Mastercard
or Discover

IN PERSON

Hamden Adult Education Office OR North Haven Adult Education Office
Monday - Friday 8 am - 3 pm Monday - Thursday 5:15 - 9:15 pm



Refund Policy

A \$15.00 processing fee will be subtracted for any refunds made. Refer to page 30 for our Refund Policy.

Full payment of fees must accompany registration form.

Make checks or money order payable to: **HAMDEN ADULT EDUCATION**

WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDARS!

Last Name: First Name:

Street: Town: State: Zip:

Home Phone: email:

Cell/Work Phone: Senior Citizen:

Visa/MC/Discover: Exp. Date: Money Order/Check #

Signature Complete (Office Use Only)

Additional Person:

Last Name: First Name:

Address (if different from yours):

Course # Course Title Amount

Total

Call to Register 203.407.2028

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®, ESOL, 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 are automatically 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 or <https://www.facebook.com/hamdenadulthood>

Our Refund Policy:

- **There will be no refunds for any reason after a course has begun**, however students can request a tuition credit, which will be valid for one year. A \$15 processing fee will be subtracted from all credits given.
- Bus trip refunds must be requested four weeks prior to departure, **or as stated in the trip description.**
- **Prepaid supply/consumable fees are not refundable.**

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.

Gift Certificates:

Certificates may be purchased at the Hamden Adult Education Office.

No Smoking:

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

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.

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.

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 11/12/97.



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

*2040 Dixwell Avenue
Hamden, CT 06514*

**ECRWSS
Residential Customer**

New Classes

Certified Nurse Assistant
Emergency Medical Technician
Servsafe Certification
Altered Books
Baking 101
Bird's Nest - Springtime Wreath
Circle of Security
Dementia Information Sessions
Embossed Cupcakes
Father's Day Craft Night
Homemade Pasta and Sauces
Inside/Outside Boxes
Introduction to Photoshop
Microsoft Access
Mother's Day Craft Night
Scandinavia Couple Dance
Self Defense
Sweet Easter Bread
Wildtree Freezer Meal Workshop
Xtreme Abs

Day Trips

Brighton Beach
Brooklyn Bridge
CT Lighthouse Cruise
Jack-o-lantern Spectacular
Macy's 4th of July Fireworks
New Hampshire Fall Foliage
Swan Lake

Overnight Trips

British Landscapes
Canyon Country
Saratoga Springs

Free Classes

Adult High School Program
Career Transitions
Citizenship
English as a Second Language
GED® Prep
National External Diploma Program
Pre-Ged®



www.hamdenadulted.org
Register by mail - Phone 203.407.2028 - Fax 203.407.2056