

Hamden-North Haven Adult Education



Fall 2015

Hamden Adult Education

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

Office Hours:

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

North Haven Office

North Haven High School
221 Elm Street
North Haven, CT 06473
203.239.1641 ext. 2 fax 203.239.2115

Office Hours:

Monday - Thursday 5:15 PM - 9:15 PM

Latest Information and to locate new classes at:

www.hamdenadulthood.org

Follow us on:



Searching for Talent

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

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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Maria Ferraro - North Haven

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Call to Register 203.407.2028

Fall Calendar

August 10 and 11

Adult High School Registration

August 24

Adult High School classes begin

August 31- September 3

ESL, GED®, Career Transitions,
Citizenship class registration

September 7

Labor Day - No classes

September 8

Classes located at Keefe begin

September 14

Rosh Hashanah - No Classes

September 21

Enrichment Classes begin

September 23

Yom Kippur - No Classes

October 5

Adult High School
Term 2 Registration

October 12

Columbus Day - No Classes

October 19

Adult High School - classes start

November 10 & 18

NHHS Parent/Teacher Conferences
No Classes at NHHS

November 11

Veterans Day - No Classes

November 17

HHS Parent/Teacher Conferences
No Classes at HHS

November 25-26

Thanksgiving Break - No Classes

December 24-January 2

Holiday Break - No Classes

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Enrichment Courses

Classes listed in green are located
in Hamden

Classes listed in maroon are locat-
ed in North Haven

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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

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

M. Hatton	HHS rm C203
Mon., 6-8 pm	Sept 21 6 wks
Resident \$92	Non-resident \$97

W. Coley 6 wks HHS rm D302
 Thur., 7-9 pm **#0304A;** Sept 24
 Tues., 7-9 pm **#0304B;** Oct 27
 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 B105
Mon., 6:30-8:30 pm Sept 21 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 B105
Mon., 6:30-8:30 pm Nov 9 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 B105
Thur, 6:30-8:30 pm Sept 24 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 Sept 22 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
Tues., 6:30-8:30 pm Oct 6 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 Sept 30 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 Sept 21 10 wks
Resident \$85 Non-resident \$90

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 B103
Mon., 7-9:30 pm #1965A; Sept 21
M. Barletta 1 Night HHS rm B104
Wed., 7-9:30 pm #1965B; Oct 14
M. Barletta 1 Night HHS rm B105
Thur., 7-9:30 pm #1965C; Nov 5
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 D111
Mon., 6-8 pm	Oct 26 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	Sept 22 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	HHS rm B106
Mon., 6:30-8:30 pm	Sept 21 10 wks
Resident \$85	Non-resident \$90

Landscape Quilting

#1966

Just in time for the holidays. Learn the basics of quilt-making by designing and sewing your own mini landscape quilt to give as a gift or keep as a memento of a favorite place or trip. No need to bring supplies to the first class. We'll go over materials and supplies and some supplies will be provided by the instructor. Others you can purchase before the next class or use what you have at home. Learn this time-honored technique and enjoy the meditative process of hand-quilting.

W. Sirch	HHS rm A220
Tues., 6:30-8:30 pm	Sept 22 10 wks
Resident \$99	Non-resident \$104

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 D111
Mon., 6-8 pm	Oct 5 2 wks
Resident: \$42	Non-resident \$47

Make a Skirt in One Night

#1967

Beginner, intermediate, or experienced, all will enjoy this class: sew with instructor and learn some new techniques. A list of supplies will be given prior to the first night of class. **Bring your portable sewing machine and an extension cord.**

R. Bohn	HHS rm D111
Thur., 6:30-9:30 pm	Oct 22 1 session
Resident: \$42	Non-resident \$47

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!

"Off Loom" Weaving

#1954

Simple technique to make small pieces for jewelry, larger to make purses or small hangings or large wall hangings. **A \$20 non-refundable material fee is due to the instructor the first night of class.**

H. Curtis	HHS Rm D111
Mon., 6-8 PM	Nov 16 2 wks
Resident: \$39	Non-resident: \$44

Smart Phone Photography

#1964

Want to take better photos with your phone? Learn what makes a good photo, the rules of photography, what the best apps are and what to do with the photos after you take them. Make the most of your smart phone camera!

M. Morrissey	HHS rm B216
Thur., 6:30-9 pm	Oct 22 1 session
Resident \$32	Non-resident: \$37

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	Sept 22 10 wks
Resident \$115	Non-resident \$120

Stenciling

#1956

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 D111
Mon., 6-8 pm	Nov 9 1 session
Resident: \$42	Non-resident \$47

The World of Bead Weaving #1963

A 5-week journey designed to take the beginner into the realm of sewing little glass beads together to make a "fabric" and then send you on your way with enough knowledge to create your own designs. Starting with how to thread those skinny needles and the best materials to use with which beads, you will learn four stitches: peyote, square, brick and herringbone. You will complete at least one jewelry project of your choice. **A \$15 non-refundable materials fee is payable first night of class.**

F. Paulman HHS rm B106
Tues., 6-8 pm Sept 22 5 wks
Resident: \$70 Non-resident: \$75

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 B103
Tues., 6:30-9:30 pm Sept 22 6 wks
Resident: \$89 Non-resident: \$94

Wire Wrapping Links #1968

Learn the basics of creating wire-wrapped links to design bracelets and necklaces of your very own. You will complete a bracelet and learn lots of information about tools and wire. **Price includes a \$15 non-refundable materials fee.**

F. Paulman HHS rm D103
Mon., 6:00-8:30 pm Oct 5 1 Session
Resident: \$45 Non-resident: \$50

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 Oct 19 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; Sept 21
Mon., 8:35-9:35 pm #1710B; Nov 2
Resident \$55 Non-resident \$ 60

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 Oct 1 4 wks
Resident \$50 Non-resident \$55

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
Mon., 7:30-8:30 pm #1711A; Sept 21
Tue., 7:30-8:30 pm #1711B; Sept 22
Mon., 7:30-8:30 pm #1711C; Nov 2
Tue., 7:30-8:30 pm #1711D; Nov 3
Resident \$55 Non-resident \$60

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 Oct 29 4 wks
Resident \$50 Non-resident \$55



M/T, 7:30-8:30 pm #1711AA; Sept 21
M/T, 7:30-8:30 pm #1711CC; Nov 2
Resident \$105 Non-resident \$115

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

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	Oct 1-Oct 29 20 days
Resident \$133	Non-resident \$138

20 Day Noon Time Yoga Challenge

#2493

Sometimes it takes a challenge to get you going. Take time in the middle of the day for a good stretch and a calm mind, supported by an amazing community. Hatha Yoga focuses on being present while using one's breath to guide movement in a manner that 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, 12-1 pm	Oct 1-Oct 29 20 days
Resident \$133	Non-resident \$138

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	6 wks	YMCA
Wed., 7-7:45 pm	#2438A;	Sept 30
Sat., 9:15-10 am	#2438B;	Oct 3
Wed., 7-7:45 pm	#2438C;	Nov 11
Sat., 9:15-10 am	#2438D;	Nov 14
Resident \$69	Non-resident \$74	

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	6 wks	YMCA
Mon., 10:30-11:15 am	#2466A;	Sept 28
Fri., 11:30-12:15 pm	#2466B;	Oct 2
Mon., 10:30-11:15 am	#2466C;	Nov 9
Fri., 11:30-12:15 pm	#2466D;	Nov 13
Resident \$69	Non-resident \$74	

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;	Sept 22
Resident \$120	Non-resident \$125	

B. Banick	10 wks	HHS rm C109
Thur., 6:30-7:30 pm	#2411B;	Sept 24
Resident \$110	Non-resident \$115	

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	Sept 24 8 wks
Resident \$96	Non-resident \$101

Hot Vinyasa Flow Yoga

#2421

A heated (to 80+ degrees) breath-synchronized yoga class that will use sun salutations and other combined asanas to create a smooth flowing practice. You will be inspired and challenged to reach your next level of fitness. Through building internal heat, the detoxifying effects purify your body and mind - you will notice a calmer, less reactive consciousness emerging. Bring water, yoga mat and towel.

Staff	Your Comm Yoga Ctr.
Thur., 7:15 - 8:35 pm	Sept 24 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	Sept 30 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, 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	Sept 21	
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 Sept 21
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 Sept 27 6 wks
Resident \$72 Non-resident \$77

Lifeguard Certification Course #3439

You will gain the knowledge and skills needed to prevent and respond to aquatic emergencies. The content and activities prepare you to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Prerequisites: Swim 300 yards continuously & 15 years old by start of course. In addition, participants must be able to complete an objective drill. [Contact Erin Kelly at ekelly@cccymca.org](mailto:ErinKelly@cccymca.org).

Staff YMCA
Mon-Fri, TBD Dec 26-30 5 days
Resident \$275 Non-resident \$280



Liu Seong Royal Kung-Fu #2481

This class is a combat martial art. Start with warm up focusing on flexibility and strength training. Progress through blocking, striking and kicking techniques leading to form training and self-defense techniques, as well as light sparring. Wear workout clothes, bring a towel and water.

B. Banick HHS rm C109
Wed., 6-7:30 pm Sept 30 11 wks
Resident \$165 Non-resident \$170

Love's Recovery Yoga #2494

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

Staff Your Comm Yoga Ctr.
Mon., 5:45-7:15 pm Sep 21 8 wks
Resident \$96 Non-resident \$101

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 Sept 21 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 6 wks YMCA
Wed., 9:45-10:30 am #2487A; Sept 30
Wed., 9:45-10:30 am #2487B; Nov 11
Resident \$55 Non-resident \$60

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 6 wks YMCA
Wed., 5:45-6:30 pm #2488A; Sept 30
Wed., 5:45-6:30 pm #2488B; Nov 11
Resident \$55 Non-resident \$60

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 6 wks YMCA
Mon., 10-10:30 am #2469A; Sept 28
Mon., 10-10:30 am #2469B; Nov 9
Resident \$55 Non-resident \$60

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 6 wks YMCA
Wed., 6:45-7:45 am #2465A; Sept 30
Wed., 6:45-7:45 am #2465B; Nov 11
Resident \$59 Non-resident \$64



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	6 wks	YMCA
Wed., 9-9:45 am	#2489A;	Sept 30
Wed., 9-9:45 am	#2489B;	Nov 11
Resident \$55		Non-resident \$60

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;	Sept 21
M,W 5:30- 6:15 pm(7-11)	#2476B;	Sept 21
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	6 wks	YMCA
Mon., 5:45-6:30 pm	#2443A;	Sept 28
Mon., 5:45-6:30 pm	#2443B;	Nov 9
Resident \$55		Non-resident \$60

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	Sept 30 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., 6-7 pm	Sept 22 10 wks
Resident \$69	Non-resident \$74

Yin Yoga

#2496

Yin yoga prepares you beyond physical postures. You will learn a deeper spiritual dimension of yoga, chakras, breathing exercises and meditation. Yin Yoga mobilizes and strengthens your joints, ligaments and deep facial networks. Please bring yoga mat, yoga strap, and water bottle.

G. Livia	HHS Cafe
Tue., 7:05-8:05 pm	Sept 22 10 wks
Resident \$69	Non-resident \$74

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., 6-7:20 pm	#2480A;	Sept 23
Fri., 9-10:20 am	#2480B;	Sept 25
Resident \$96		Non-resident \$101

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., 7:30-8:45 pm	#2431A;	Sept 23
Sat., 11:15-12:30 pm	#2431B;	Sept 26
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	6 wks	YMCA
Thur., 5-6 pm	#2490A;	Oct 1
Thur., 5-6 pm	#2490B;	Nov 12
Resident \$59		Non-resident \$64



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 B214
Tues., 6:30-8:30 pm Sept 22 1 session
Resident \$25 Non-resident \$30

Replacement Window Workshop- Find Out How It's Done And Save #1911

Want to save on your heat and A/C bills and take advantage of any incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl. How much should I pay for a good quality window? Confused? Don't Be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

P. O'Doherty HHS rm A112
Thur., 7-9 pm Oct 15 1 session
Resident \$35 Non-resident \$40

**Register early to
avoid cancellations!**

IN THE KITCHEN**Appetizers Galore! #0604**

Appetizers are everyone's favorite part of dinner. Since they are served first, they can either make or break your food experience. This is a hands-on food experience that will have you cooking hot and cold appetizers for any occasion. Next thing you know you can be your own party host. ***A \$30 non-refundable consumable fee is due the first night of class.***

A. Webb HHS rm D107
Wed., 6:30-9:00pm Oct 14 3 wks
Resident: \$45 Non-resident: \$50

**Cooking with Herbs and Spices #0645**

In this follow-up class to the introduction of herbs and spices, we will experiment with various herbs, spices, spice mixtures, low salt options to flavoring and seasoning foods. Students will experiment with seasoning chicken cutlets using various ingredients consistent with Mediterranean, Asian, Eastern European, Southwestern and Mexican cuisines. ***Price includes a \$5 non-refundable consumable fee.***

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Oct 26 1 session
Resident \$45 Non-resident \$50

**Colorful Cupcakes #0636**

Learn basic cupcake decorating techniques using Wilton decorating tips. A list of supplies will be sent prior to class.

M. Padilla HHS rm D107
Tues., 6-8 pm Sept 22 1 session
Resident \$30 Non-resident \$35

King's Cake #0646

"On the Twelfth Day of Christmas", in this course, students will prepare a classic bread associated with the time period between "Epiphany" and "Fat Tuesday" or Mardi Gras which signifies the beginning of Lent. This bread is rich and eggy and filled with cinnamon sugar mix, shaped in the form of a wreath. It's a beautiful thing.

Price includes non-refundable consumable fee of \$8.

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Nov 23 1 session
Resident \$48 Non-resident \$53



Mastering Knife Skills

#0630

Proper knife technique is essential to "Mise En Place" and overall cooking success. There are no secrets, it's all about technique. You will learn the basics from Chef Paula: small, medium, large dice, julienne, chiffonade, how to properly cut onions, garlic, and other vegetables, proper knife sharpening and honing. Just bring your best chef's, paring and other favorite knives. No band aids necessary! **Price includes a \$6 non-refundable supplies fee.**

Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Sept 21 1 session
Resident \$46 Non-resident \$51

**Risotto**

#0647

In this one evening class, you will learn the techniques for making perfectly creamy and hearty risotto. Choose either barley or Arborio/Carnaroli rice and learn how to develop your own economical, nutritious and delicious dishes using the basic technique. Prior to class you will receive a short ingredient list of item ideas to bring to class. **Price includes a \$5 non-refundable consumable fee.**

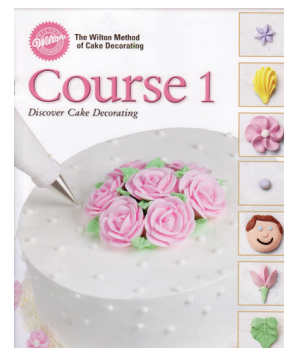
Chef Paula HHS rm D107
Mon., 6:15-8:45 pm Nov 9 1 session
Resident \$45 Non-resident \$50

**Wilton Cake Decorating
Beginners**

#0648

Build butter-creme skills, learn the basic techniques of cake decorating and create simple to pipe flowers. **Supply list will be sent prior to first class.**

M. Padilla HHS rm D107
Wed., 7:00-9:00 pm Sept 30 4 wks
Resident \$49 Non-resident \$54



HAND EN LANGUAGES

Advanced French

#1619

In this advanced course you will have fun and conversation in a continuation of Intermediate French. We will focus on speaking, reading and writing.

J. Sezair HHS rm D214
Thur., 8:10-9:10 pm Oct 1 8 wks
Resident \$75 Non-resident \$80

**Beginning Conversational
Arabic**

#1616

Are you interested in speaking Arabic? Come join us and you will become familiar with the letters and sounds of the Arabic alphabet. You will learn how to speak in different situations, for example at the restaurant, at the library, etc. Please bring a notebook and folder for copies. No textbook is required.

S. Muhammad HHS rm D206
Mon., 7-8 pm Sept 21 10 wks
Resident \$89 Non-resident \$94

Beginning Russian

#1615

This course will start you on your way toward rudimentary communication in Russian, both spoken and written. You will learn the letters and sounds of the Cyrillic alphabet. You will learn to read and speak basic Russian words and phrases, and to use some basic Russian grammar. Some light homework assignments will be given. Whether your aim is to travel in Russia, or to prepare to read the classics of Russian literature, the skills introduced in this course will prove indispensable. Textbook is not included, but will be available for purchase the first evening of class.

C. Nilson HHS rm D213
Mon., 6:30-8:30 pm Sept 21 8 wks
Resident \$99 Non-sident \$104

Intermediate French

#1614

In this course you will have fun and conversation in a continuation of Intro to French. We will focus on speaking, reading and writing.

J. Sezair HHS rm D214
Thur., 7:05-8:05 pm Oct 1 8 wks
Resident \$89 Non-resident \$80

Intro to French

#1603

You will learn the basic reading, writing and speaking skills by focusing on alphabet, sounds and basic conversation. You will be able to start forming phrases. Textbook is not included, but will be available for purchase the first night of class.

J. Sezair HHS rm D214
Thur., 6-7 pm Oct 1 8 wks
Resident \$75 Non-resident \$80

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 Sept 30 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 Sept 30 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
Thur., 7-8 pm Sept 24 10 wks
Resident \$89 Non-resident \$94

MONEY MATTERS

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 Nov 12 1 session
Resident \$25 Non-resident \$30

College Planning & Funding A-Z

#2135

The issue of planning for college can be difficult, confusing and costly. Don't go it alone. This is a great opportunity to learn how to make the right college choices and maximize your funding and financial aid results, as well as how to better prepare for SAT & ACT exams and achieve higher scores.

M. Alimo/D. Weyner HHS rm B212
Thur., 6:30-8:30 pm Dec 3 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 HHS rm B214
Thur., 6-7:30 pm Sept 24 1 session
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
Wed., 6-7:30 pm Oct 28 1 session
Resident \$25 Non-resident \$30

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
Tues., 6-7:30 pm Oct 13 1 session
Resident \$25 Non-resident \$30

Naked Retirement Workshop

#2130

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 HHS rm B207
Thur., 6:30-8:00 pm Sept 24 1 session
Resident \$25 Non-resident \$30

Maximizing Social Security Benefits

#2126

This is a great opportunity to learn key concepts you need to know before applying for Social Security. Several little-known strategies may boost lifetime benefits & increase retirement income by thousands.

M. Alimo/D. Weyner HHS rm B212
Thur., 6:30-8:30 pm Nov 19 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 Oct 14 1 session
Fee: \$20 Non-resident: \$25

Reverse Mortgage - Are They Right For You?

#2131

Learn the four myths around them. How are reverse mortgages different from standard home equity loans? Why are they recently so popular? How do you select a Lender? This course will provide the in-depth information you should know.

S. Cornwall HHS rm B208
Mon., 7-8:30 pm Nov 9 1 session
Resident \$25 Non-resident \$30



MUSIC

Guitar for Beginners

#1932

If you have always wanted to play guitar but never found the time, here is an easy way to get started. Learn the basics of how to play, 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 Sept 23 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 Nov 11 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 A117
Tues., 7-8 pm Sept 22 10 wks
Resident \$90 Non-resident \$95



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

Call to Register 203.407.2028

Animal Communication #1216

Have you ever wondered if there is a way to understand more fully what our furry friends are thinking and feeling? Join animal communicator, Donna Velardi, for a fascinating insight into the world of telepathic animal communication. Through animal communication you can better understand your pet's mood and have a deeper understanding of their behavior. You'll learn various techniques and exercises to help clear your mind and learn to be receptive to communication with animals. Please bring a photo of your pet to class for a short reading.

D. Velardi HHS rm B214
Thur., 6:30-8:30 pm Dec 3 1 session
Resident \$32 Non-resident \$37

Art and Architecture of the Grail #1212

Embark on a 5-week journey through the artistic landscapes of Great Britain, France, Jerusalem, Italy and Germany to uncover the legend of the Holy Grail. Discover the unique Grail myths that developed in each of these lands. Learn about the origins of the Grail, King Arthur, Maiden of the Well, the Crusades, Middle Ages & Renaissance, as well as centuries of cross fertilization between East and West through the color, image and form of art and architecture.

L. Morrison HHS Rm D211
Tue., 7-9 pm Nov 10 5 wks
Resident \$75 Non-resident \$80



Basics of Alzheimer's Disease and Related Dementias #1261

Alzheimer's disease and other progressive dementias are not a normal part of aging. If you or someone you know is affected by Alzheimer's disease or a related dementia, it's time to learn the facts. This program differentiates between typical age-related changes and the problematic warning signs. It also provides information on types of dementia, causes, risk factors, detection/diagnosis process, stages, treatment, and much more. This program is designed to increase awareness of Alzheimer's disease and related dementias - even if there is no personal connection at this time.

M. Tomasetti HHS rm A228
Mon., 6-7:30 Nov 9 1 session
Resident \$25 Non-resident \$30

Beginning Bridge #1902

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

W. Frieden Whitney Center
Thur., 10-12 noon Sept 24 8 wks
Resident \$80 Non-resident \$85

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 Sept 30 6 wks
Resident \$89 Non-resident \$94

Communicating with the Spirit #1240

You will learn about the after life, what is on the other side and where do we go after we pass. You will learn the difference between dreams and visitations and how to communicate with your loved ones who have passed. You will feel their energy, learn why some spirits do not cross over and the difference between spirits and ghosts. Dress comfortably, eat very lightly before attending and bring a water bottle.

B. D'Addio HHS rm D111
Tue., 7-9 pm Oct 20 1 session
Resident \$32 Non-resident \$37

Discovery of Past Lives #1236

Ever have that déjà vu experience, or knew your way around a city that you have never been to before? In this class we will learn what are past lives and the role that karma plays in each past life. We will explore the importance of discovering our past lives and the significant role they play in our current life. We will also discuss different techniques for uncovering who you were in a previous life. Come join in on an evening of self discovery as we become enlightened with our past and its impact for our future.

D. Velardi HHS rm B214
Thur., 6:30-8:30 pm Dec 10 1 session
Resident \$32 Non-resident \$37

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 C211
Mon., 6:30-9 pm Nov 2 1 session
Resident \$35 Non-resident \$40

Healthy Habits for a Healthier You #1262

For centuries, we've known that the health of the brain and the body are connected. But now, science is able to provide insights into how to optimize our physical and cognitive health as we age. Join us to learn about research in the areas of diet and nutrition, exercise, cognitive activity and social engagement and use hands-on tools to help you incorporate these recommendations into a plan for healthy aging. This program is appropriate for all ages.

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

Intergenerational Chess #1263

Improve your chess skills and have fun! Adults who register can bring one child to participate at no additional charge. All participants should have a basic understanding of the game. Each class will begin with a brief lesson on a tactic or strategy. The rest of the time will be spent on playing chess!

R. Groff	4 wks	HHS rm D109
Wed., 7-8:30 pm	#1263A;	Sept 30
Wed., 7-8:30 pm	#1263B;	Oct 28
Resident \$55	Non-resident \$60	

Introduction to Numerology #1225

In this class we will discuss the basics of numerology. We will learn the Five Core Numbers of your numerology profile: Life Path, Destiny, Soul, Personality and Maturity number. We will learn how they are calculated, what they mean and how we are influenced by them. We will also discuss the Karmic lessons & Karmic debt that are associated with numerology and the 9 year cycle of change along with the 3 phases of life. No need to worry if you are not good with numbers, the only requirement of this class is a willingness to spend an evening of self discovery and enlightenment!

D. Velardi	HHS rm D111
Wed., 6:30-8:30 pm	Nov 18 1 session
Resident \$32	Non-resident \$37

Intuitive Rune Class #1260

Be inspired to learn or enhance your knowledge of the ancient Runes, 24-symbol orcale stones from Northern Europe. Discover the connections to Nature and the trees in the development of this 2,000 year old tradition. Learn creative and insightful ways to arrange and interpret the symbols while honing your intuitive skills. Practice doing Rune readings for yourself and your friends! Bring a notebook and your own wooden, stone or ceramic set of Runes.

L. Morrison	HHS Rm D211
Wed., 7-9 pm	Oct 7 3 wks
Resident \$59	Non-resident \$64

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
Tues., 6:30-8:30 pm	Sept 22 3 wks
Resident \$60	Non-resident \$65

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

Isle of Avalon Workshop #1215

The Isle of Avalon was one of the most sacred places in the Mediterranean world. This western island was once the dwelling place of the Lady of the Lake, a sanctuary for seers and druids, and considered to be the Isle of Apples where the dead attained eternal youth. Morgan LeFay, King Arthur and the Grail are all associated with Avalon. Be introduced to its ancient myths as well as its modern mystique. Learn about the site today. Then participate in a guided journey beyond the mists of time to discover the ancient shores of Avalon.

L. Morrison	HHS Rm D211
Wed., 7-9 pm	Nov 18 1 session
Resident \$35	Non-resident \$40

Mah Jongg #1264

You will learn the ins and outs of the game, Mah Jongg. Learn the difference between home, cracks or dots, how to make a Mah Jongg, and most of all, there will be a lot 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 B106
Thur., 6-8:30 pm	Sept 24 10 wks
Resident \$79	Non-resident \$84

Making Quality Connections with People with Dementia #1265

This program will focus on ways that we can effectively and compassionately connect with people with Alzheimer's disease and related dementias: communications 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	HHS rm A228
Mon., 6-7:30	Nov 16 1 session
Resident \$25	Non-resident \$30

Meditation #1269

Meditation. Learn a breath to quiet the mind. A simple exercise to relax the body totally and to relax and be guided into a visual meditation. This class includes breathing to get back to sleep and sleep through the night. A very relaxing and wonderful experience.

B. D'Addio HHS rm D111
Tues., 7-9 pm Sept 22 1 session
Resident \$32 Non-resident \$37

Psychic Development #1255

You will learn to tune into your natural psychic ability to do readings and to trust your intuition. You will be doing psychic readings in this class.

B. D'Addio HHS rm D111
Tues., 7-9 pm Oct 6 1 session
Resident \$32 Non-resident \$37

Transition from this Life #1268

The transition from this life. Life on the other side. Communicating with our loved ones.

B. D'Addio HHS rm D111
Tues., 7-9 pm Sept 22 1 session
Resident \$32 Non-resident \$37

Professional Bartending with S.M.A.R.T. Certification #1238

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 fee is payable at first class.

P. Rich HHS rm D109
Thur., 6-9 pm Oct 1 5 wks
Resident \$200 Non-resident \$205

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! Extreme Couponing instructor, Elizabeth Lahens, will teach you how! 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 Nov 16 1 session
Resident \$35 Non-resident \$40

Social Media 101 #1267

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

A. Young HHS rm D302
Wed., 7-9 Nov 18 6 wks
Resident \$89 Non-resident \$94

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**

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 Oct 22 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 Nov 5 2 wks
Resident \$90 Non-resident \$95

Babysitting Preparation

#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 - TL 2nd fl
Mon., 6:30-9:30 pm Sept 28 2 wks
Resident \$50 Non-resident \$55

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; Sept 22
Tues., 6-10 pm #1001B; Oct 20
Tues., 6-10 pm #1001C; Nov 17
Tues., 6-10 pm #1001D; Dec 15

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 Sept 24 8 wks
Hamden Snrs Free Non-resident \$80

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



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
September 22 OR Tuesday and Thursday, starting December 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 August 31, 2015.** 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
3659	SPA 102	Elementary Spanish II	M	A 206
3317	SPA 101	Elementary Spanish I	T	A 206
3267	COM 171	Fndmntls of Human Communication	TH	D 213
4089	SOC 111	Child, Family, School and Community	M	D 214

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**

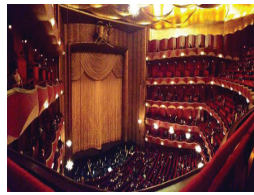
**If you are not pursuing a degree you will only need to submit an application and the application fee.*

***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.



Metropolitan Opera Presents TOSCA Lincoln Center, New York City



A Lifetime Experience Not to be Missed!

See the OPERA at the magnificent Metropolitan Opera House.

Be a part of the Met's extraordinary Fall 2015 season, featuring the world's greatest singers and musicians in unforgettable performances. You do not need to be an expert of opera to appreciate the enormous scale of this production or the amazing voices booming through the Opera House, without the use of microphones!

TOSCA, Puccini's fast-paced operatic thriller, tells the story of the jealous diva Floria Tosca, her passionate lover Cavaradossi, and the wicked Captain Scarpia determined to have Tosca for himself at any cost.

We will have Balcony Prime or Orchestra Rear Seating for this 3 hour show. Time following the Opera in New York City to grab a bite to eat before heading for home.

#1281 Saturday, October 24 \$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 September 15

Christmas Spectacular At Radio City Music Hall



For over 80-years, the Radio City Christmas Spectacular, starring the Rockettes, has continued to create lasting memories for generations of families that have made this cherished show a holiday tradition. There will be time for shopping, dining and sightseeing

#1268F Saturday, Nov 14 \$169**
#1268G Sunday, Nov 15* \$121
#1268H Saturday, Nov 21* \$121
#1268I Sunday, Nov 22 \$169**

Gratuity is not included, pick-up is Rt 40 commuter parking lot at approximately 8 am and will return 8 pm. **Please note: No refunds for this trip after 10/7**

* Christmas Show only

** Christmas show and lunch at Carmine's

Macy's Thanksgiving Day Parade



"A Holiday Treat for Children Everywhere" the motto of the Macy's Parade has stood for 87-years and will continue to usher in the season of joy for years to come.

(The coach will drop off at FAO Schwartz—5th Avenue between 58th & 59th Streets—Walk across Central Park by the Plaza Hotel)

#1283 Thurs., November 26, \$65

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 5 am and will return approximately 2:30 pm.

Please note: No refunds for this trip after October 20

Harlem with Tour of the Apollo Theater



Harlem is where so many world famous entertainers earned their fame: Count Basie, Billie Holiday, Nat King Cole, and a young singer-dancer by the name of Sammy Davis, Jr. You will have a special guided tour of the famed Apollo Theater, followed by lunch at famous Sylvia's Restaurant served family style. Sample menu: BBQ ribs, southern fried chicken, country fried fish, collards, sassy rice, banana pudding and a beverage. After lunch, you will go on a guided riding tour of the neighborhood with its famed Gospel Churches, lovely homes atop Harlem Heights, and the jazz clubs that line the streets.

#1280 Saturday, November 7 \$125
Pick-up at HHS parking lot at 9:00 am and will return approximately 6:00 pm.

Please note: No refunds for this trip after October 1

New England Patriots vs. NY Jets At MetLife Stadium



Enjoy your holiday season with a Football Game between two great franchises. You will have a catered tailgate party consisting of Chicken Fingers, Buffalo Wings, Sausage, Peppers & Onions, Red Roasted Potatoes, Penne Pasta with Vodka Sauce, Foot Long Heroes, and Soft Drinks. Alcohol is not provided. Passengers can bring their beverages along and store them under the bus to be used at the party. Alcohol is NOT permitted on board the bus! Then move inside to watch the 1 PM game.

#1282 Sunday, December 27 \$199

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 7:30 am and will return approximately 6:30 pm.

Please note: No refunds for this trip after October 20.



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.



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
September 17 at 6:30 pm in HHS C107 to hear more about these
amazing trips.

To RSVP call 203-407-2028

www.hamdenadulted.org

Computer Basics Made Easy #5300

Learn to use your computer through hands-on experiences, while 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 about Windows, Microsoft Word, Excel and PowerPoint. Little or no experience is needed. *Handouts are included.*

S. Bozzuto NHHS Room 104
Mon., 6:30-8:30 PM Sept 21 6 wks
Resident: \$85 Non-resident: \$90

iPad: A Comprehensive Intro #5310

Whether you are already using your iPad or have yet to take it out of the box, this course is for you. 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 its 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 Sept 21 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 Nov 9 6 wks
Resident: \$85 Non-resident: \$90

iPhone: A Comprehensive Intro #5309

Whether you are already 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 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. 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 NHHS Room 105
Tue., 6:30-8:30 PM Nov 10 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 the devices. Beginning with web surfing and email, we'll take a deeper look into both of these elements, discuss the functionality and how to utilize both Apps effectively. We'll discuss the other options of using your iPhone/iPad for communicating, whether it be iMessage, Skype or Facetime. We'll discuss organizing your albums, sharing your photos/videos with others. We'll also discuss the many uses for the Siri voice recognition software. Downloading and playing movies or television shows is a great way to help pass the time during a trip and we'll look at how to best do so on your iPhone/iPad. We'll also look at the streaming options available through Hulu+ and Netflix and how those Apps can be used. Lastly we'll discuss how to use your iPhone/iPad for creating and editing spreadsheets or word processing documents. *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 Dec 2 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 Dec 2 3 wks
Resident: \$45 Non-resident: \$50

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 Sept 30 5 wks
Resident: \$79 Non-resident: \$84

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 Nov 4 1 session
Resident: \$29 Non-resident: \$34

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

Call to Register 203.407.2028

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 114
Tues., 6:30-8:30 PM Oct 6 6 wks
Resident: \$65 Non-resident: \$70

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 Sept 30 8 wks
Resident: \$69 Non-resident: \$74

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 Sept 30 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 Nov 4 4 wks
Resident: \$48 Non-resident: \$52

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

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 Oct 22 2 wks
Resident: \$35 Non-resident: \$40

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 Sept 24 2 wks
Resident: \$39 Non-resident: \$44

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 Oct 8 2 wks
Resident: \$39 Non-resident: \$44

Make a Skirt in One Night #5220

Beginner, intermediate, or experienced, all sewers will enjoy this class: sew along with instructor and learn some new techniques. A list of supplies will be given prior to the first night of class. **Bring your portable sewing machine and an extension cord.**

R. Bohn NHHS Room 108
Tues., 6:30-9:30 PM Oct 20 1 Session
Resident: \$42 Non-resident: \$47



"Off Loom" Weaving #5204

Simple technique to make small pieces for jewelry, larger to make purses or small hangings or large wall hangings. **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	Nov 12 2 wks
Resident: \$39	Non-resident: \$44

Painting - Oil & Acrylics #5210

This is a class in oil and/or acrylic painting for beginning and intermediate students. The course will include 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., 6:30-8:30 PM	Sept 30 8 wks
Resident: \$80	Non-resident: \$85

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 included in price of the class.**

H. Curtis	NHHS Room 103
Thur., 6-8 PM	Nov 5 1 session
Resident: \$49	Non-resident: \$54

The World of Bead Weaving #5218

A 5-week journey designed to take the beginner into the realm of sewing little glass beads together to make a "fabric" and then send you on your way with enough knowledge to be able to create your own designs. Starting with how to thread those skinny needles and the best materials to use with which beads, you will learn four weaving stitches: peyote, square, brick and herringbone. You will complete at least one jewelry project of your choice. **A \$15 non-refundable supply fee is due to the instructor the first night of class.**

F. Paulman	NHHS Room 115
Wed., 6-8 PM	Sept 30 5 wks
Resident: \$70	Non-resident: \$75

The World Of Journaling #5414

Have you ever wanted to start a journal but the blank page terrified you? During these two sessions you'll experience the world of journaling. Following my unique style, you will have the opportunity to explore the different kinds of journaling, how to use inspirational quotes, poems, writing prompts and how to overcome that dreaded first page. You'll have fun using rubber stamps, stencils, water colors, and 3-D embellishments. **A blank composition book and notebook for class notes is required.**

S. Fowler	NHHS Room 117
Tues., 6:30-8:30 PM	Oct 13 2 wks
Resident: \$45	Non-resident: \$50

Wire Wrapping Links #5221

Learn the basics of creating wire-wrapped links to design bracelets and necklaces of your very own. You will complete a bracelet and learn lots of information about tools and wire. **A \$15 non-refundable materials fee is payable first night of class.**

F. Paulman	NHHS Room 107
Tues., 6-8:30 PM	Nov 17 1 Session
Resident: \$45	Non-resident: \$50

DANCE

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	Sept 30 5 wks
Resident: \$80	Non-resident: \$85

Belly Dance Basics #5100

Raise your fitness level, coordination and confidence as you discover the magic of one of the oldest and most beautiful dance forms. This class provides clear, easy to follow instruction in the basics of Middle Eastern dance. You will learn exciting moves and combinations that will keep you dancing!

Aleenah	NHHS PA Room
Tues., 5:45-6:45 PM	Nov 17 6 wks
Resident: \$60	Non-resident: \$65



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 Sept 21 8 wks
Resident: \$80 Non-resident: \$85

Moving Meditation with Emei QiGong #5107

The study and practice of Emei QiGong focuses on the healing aspects of using energy to promote strong physical health, emotional balance, compassion, wisdom, and spiritual development. Helps to de-stress, rejuvenate and improve overall health and well being. Appropriate for all fitness levels, no prior experience necessary. *Please bring a yoga mat.*

L. Burton NHMS Cafeteria
Tues., 6:30-7:30 PM Sept 22 10 wks
Resident: \$89 Non-resident: \$94

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 Gym
Tues., 7-8 PM #5102A; Sept 22
Tues., 7-8 PM #5102B; Nov 10
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 Sept 29 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 Sept 21 10 wks
Resident: \$69 Non-resident: \$74

Stretch Fusion #5109

In this course the instructor has blended the best, safest and most effective moves from the dance and fitness world to create an hour of fun, sweat and results. Participants will look and feel younger, stronger, sexier and more confident with every session. Everyone will have a fun, effective and safe workout no matter what their fitness level may be. Essential oils are used at the end of each class for relaxation. *Please bring yoga mat, blanket, and hand towel.*

D. Jablonski NHHS PA Room
Thur., 7:15-8:15 PM Sept 24 10 wks
Resident: \$79 Non-resident: \$84

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 Sept 29 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 Oct 1 8 wks
Resident: \$99 Non-resident: \$104

ZUMBA #5105

Ditch the workout and join the original dance-fitness party! With Zumba fitness classes, you can just lose yourself in the music and find yourself in shape. Zumba dance workout classes feature exotic rhythms and high-energy Latin and international beats. Before you know it, you'll be getting fit and your energy levels will be soaring.

L. Walters 6 wks NHHS PA Room
Thur., 6-7 PM #5105A; Sept 24
Thur., 6-7 PM #5105B; Nov 5
Resident: \$49 Non-resident: \$54

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 Sept 30 9 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 Sept 21 10 wks
Resident: \$69 Non-resident: \$74

Baking with Kids #5612

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. Baking 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
Mon., 6:15-8:45 PM Nov 2 1 session
Resident: \$49 Non-resident: \$54

Cake Decorating for Beginners by Wilton #5611

Build butter-creme skills, learn the basic techniques of cake decorating and create simple to pipe flowers. Supply list will be sent prior to first class.

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

Colorful Cupcakes #5613

Learn basic cupcake decorating techniques using Wilton decorating tips. A list of supplies will be sent prior to class.

M. Padilla NHHS room 109
Wed., 6-8 pm Nov 4 1 session
Resident \$30 Non-resident \$35

Party & Holiday Appetizers & Desserts #5608

In this hands-on class you will learn to make hot antipasto, eggplant rollatini, potato pie, stuffed breads and more. Pastry Chef Maryann shares her family recipes for Italian cakes, cookies, and pies. You will make Hummingbird Cake, anginettes, and cheese pie along with other amazing desserts. **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 Sept 30 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; Oct 6
Tues., 6:30-9 PM #5609B; Nov 24
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; Oct 20
Wed., 6:30-9 PM #5610B; Dec 2
Resident: \$40 Non-resident: \$45

Soups On! #5613

Before the weather gets cold, come and learn how to make a basic chicken soup, a basic beef soup, as well as a creamed soup. Please bring a container to bring your soup home. **A \$30 non-refundable consumable fee is due to the instructor the first night of class.**

S. McKnight NHHS Room 109
Mon., 6:30-9:30 pm Sept 21 3 wks
Resident \$55 Non-resident \$60

LANGUAGES

Beginning Conversational Arabic #5703

Are you interested in speaking Arabic? Come join us and you will become familiar with the letters and sounds of the Arabic alphabet. You will learn how to speak in different situations: at the restaurant, at the library, etc. Please bring a notebook and folder. No textbook is required.

S. Muhammad NHHS room 107
Wed., 7-8 pm Sept 30 9 wks
Resident \$89 Non-resident \$94

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., 6:00-7:30 PM Sept 22 8 wks
Resident: \$75 Non-resident: \$80

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., 7:35-9:05 PM Sept 22 8 wks
Resident: \$75 Non-resident: \$80

Call to Register 203.407.2028

College Planning & Funding A-Z

#5514

The issue of planning for college can be difficult, confusing and costly. You will learn how to make the right college choices, maximize your funding and financial aid results, how to better prepare for SAT & ACT exams and achieve higher scores.

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

Cyber Security & Identity Theft #5508

An interactive workshop that educates you about protecting against the growing epidemic of identity theft, credit card fraud, phishing scams, and ruinous hacks. You follow along with a personal reference guide and scorecard to measure your cybersecurity knowledge and calculate your own cybersecurity score. After hearing tips, you create an individualized action plan with key steps to better protect against cybersecurity threats.

M. Argiro NHHS Room 106
Thur., 6:30-8 PM Oct 15 1 Session
Resident: \$20 Non-resident: \$25

Money In The Mailbox

#5511

Does your PLAN guarantee you will have income no matter how long you live? JOIN US for this REVEALING TWO-WEEK WORKSHOP on how to make and keep money even in these difficult markets. You will learn:

- Why your company's pension might not provide the income you counted on
- How the future of Social Security might affect your financial security
- How to triple or better the safe, predictable returns banks offer
- How to Create Your Own Pension
- How to Create Untaxed Income For Your Retirement Needs

D. Mautte NHHS Room 106
Wed., 7-9:30 PM Oct 28 1 Session
Resident: \$25 Non-resident: \$30

Maximizing Social Security Benefits

#5515

You will learn key concepts before applying for Social Security. Several little-known strategies may boost lifetime benefits & increase retirement income by thousands.

M. Alimo/D. Weyner NHHS room 106
Tues., 6:30-8:30 pm Nov 24 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
Wed., 6:30-8:30 PM Oct 7 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 Nov 4 1 Session
Resident: \$20 Non-resident: \$25

Reverse Mortgage - Are They Right For You?

#5512

Learn the four myths around them. How are reverse mortgages different from standard home equity loans? Why are they recently so popular? How do you select a Lender? This course will provide the in-depth information you should know.

S. Cornwall NHHS room 105
Wed., 7-8:30 pm Nov 4 1 session
Resident \$25 Non-resident \$30

Women & Money

#5513

Whether you are a career woman, a stay-at-home mom, the financial decision maker for your household, divorced or an independent provider by choice, this informative two week seminar will provide valuable information to enhance your financial future. RECENT STATISTICS PROVE

- 47% of all women over 50 are single
 - 90% of all women have sole responsibility for their finances within their lifetime
 - 50% or more marriages end in divorce
 - In the first year after divorce, a woman's standard of living drops 73% on average
 - 80% of women living in poverty were not poor before the loss of their husbands
 - About 7 out of 10 women will, at some point, live in poverty
 - 80% of women outlive their husbands
- Sadly, only about 10% of women feel comfortable handling their finances. Don't be a statistic - Take steps today to ensure your financial security!

D. Mautte NHHS Room 106
Mon., 7-9 PM Nov 9 2 wks
Resident: \$40 Non-resident: \$45

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;** Oct 13
 Tues., 5-9 pm **#6000B;** Nov 10
 Tues., 5-9 pm **#6000C;** Dec 8

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 106
 Thur., 6:30-9:30 PM Dec 3 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 106
 Thur., 6:30-9:30 PM Sept 24 2 wks
 Resident: \$90 Non-resident: \$95

ANGELSPEAKE™**#5405**

Join Diane as she presents an integrative class on angel communication. Receive guidance on 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 **#5405B;** Nov 10
 Tues., 6:30-8:30 pm **#5405C;** Dec 8
 Resident: \$33 Non-resident: \$38

Animal Communication**#5401**

Have you ever wondered if there is a way to understand more fully what our furry friends are thinking and feeling? Join animal communicator, Donna Velardi, for a fascinating insight into the world of telepathic animal communication. Through animal communication you can better understand your pet's mood and have a deeper understanding of their behavior. You'll learn various techniques and exercises to help clear your mind and learn to be receptive to communication with animals. Please bring a photo of your pet to class for a short reading.

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

Babysitting Preparation**#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 106
 Mon., 6:30-9:30 PM Dec 7 2 wks
 Resident: \$50 Non-resident \$55

Communicating with the Spirit**#5422**

You will learn about the after life, what is on the other side and where do we go after we pass. You will learn the difference between dreams and visitations and how to communicate with your loved ones who have passed. You will feel their energy, learn why some spirits do not cross over and the difference between spirits and ghosts. Dress comfortably, eat very lightly before attending and bring a water bottle.

B. D'Addio NHHS room 106
 Tues., 7-9 pm Oct 13 1 session
 Resident \$32 Non-resident \$37

Discovery of Past Lives**#5430**

Ever have that déjà vu experience, or knew your way around a city that you have never been to before? In this class we will learn what are past lives and the role that karma plays in each past life. We will explore the importance of discovering our past lives and the significant role they play in our current life. We will also discuss different techniques for uncovering who you were in a previous life. Come join in on an evening of self discovery as we become enlightened with our past and its impact for our future.

D. Velardi NHHS room 106
 Wed., 6:30-8:30 pm Dec 16 1 session
 Resident \$32 Non-resident \$37

Early Detection Matters**#5423**

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 NHHS Room 106
 Mon., 6-7:30 Oct 5 1 session
 Resident \$25 Non-resident \$30

Guided 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; Sept 16
Wed., 6:30-8:30 pm #5421C; Nov 18
Wed., 6:30-8:30 pm #5421D; Dec 16
Resident: \$25 Non-resident: \$30

Understanding Your Dreams #5419

Bring your dreams and join in the creative play of Active Dreaming. You will learn a simple process to quickly uncover dream guidance. As we share, draw and act upon them you will remain the final authority of your own dreams' meaning. Bring a dream journal, pen and pillow to sit on.

J. Johnson NHHS Library
Mon., 6:30-8:30 pm Oct 5 1 session
Resident: \$29 Non-resident: \$34

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. 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 Oct 22 3 wks
Resident: \$65 Non-resident: \$70

Mah Jongg

#5425

You will learn the ins and outs of the game, Mah Jongg. Learn the difference between home, cracks or dots, how to make a Mah Jongg, and most of all, there will be a lot 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 Sept 22 10 wks
Resident: \$79 Non-resident: \$84

Meditation

#5431

Meditation. Learn a breath to quiet the mind. A simple exercise to relax the body totally and to relax and be guided into a visual meditation. This class includes breathing to get back to sleep and sleep through the night. A very relaxing and wonderful experience.

B. D'Addio NHHS room 106
Tues., 7-9 pm Nov 10 1 session
Resident \$32 Non-resident \$37



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

Natural Cleaners

#5427

You will learn about green cleaners and why do they work so well? You will learn about some of the problems with common household cleaners. The instructors will bring samples for display of some home-made cleaners often made with basic household ingredients. You will receive some recipes of some of the products.

A. Rivers NHHS Room 105
Thur., 6-7:30 PM Oct 15 1 Session
Resident: \$29 Non-resident: \$34

Numerology

#5410

In this class we will discuss the basics of numerology. We will learn the Five Core Numbers of your numerology profile: Life Path, Destiny, Soul, Personality and Maturity number. We will learn how they are calculated, what they mean and how we are influenced by them. We will also discuss the Karmic lessons & Karmic debt that are associated with numerology and the 9 year cycle of change along with the 3 phases of life. No need to worry if you are not good with numbers, the only requirement of this class is a willingness to spend an evening of self discovery and enlightenment!

D. Velardi NHHS room 106
Wed., 6:30-8:30 pm Dec 2 1 session
Resident \$32 Non-resident \$37

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 Teacher's Lounge
Tue., 7-9 pm Nov 17 3 wks
Resident \$ 65 Non-resident \$70

**Professional Bartending
Certification**

#5801

This course includes the state and national S.M.A.R.T. certification recognized by the CT Dept. of Liquor Control and police departments. Servers of alcohol are taught to serve responsibly, how to spot signs of intoxication, and how to respond appropriately. Learn to make more than 100 drinks, from gin and tonics to cosmopolitans. Instruction focuses on opening and closing procedures, product knowledge, speed and preparation, and people skills. Once completed, you will be qualified to work in any environment that serves liquor. *Students receive the SMART certification. A \$25 non-refundable materials fee is due to the instructor the first night of class.*

P. Rich	NHHS Room 114
Mon., 6-9 PM	Nov 2 5 wks
Resident: \$200	Non-resident: \$205

Psychic Development

#5428

You will learn to tune into your natural psychic ability to do readings and to trust your intuition. You will be doing psychic readings in this class.

B. D'Addio	NHHS room 106
Tues., 7-9 pm	Sept 29 1 session
Resident \$32	Non-resident \$37

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; Oct 10
Sat., 9am - 3 pm	#5802B; Nov 14
Sat., 9am - 3 pm	#5802C; Dec 12
Resident: \$150	Non-resident: \$155

Replacement Window Wkshp #5406

Want to save on your heat and A/C bills and take advantage of any incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl. How much should I pay for a good quality window? Confused? Don't Be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced.

P. O'Doherty	NHHS Room 105
Thur., 7-9PM	Oct 7 1 Session
Resident: \$25	Non-resident: \$30

Relieve Stress with Hypnosis #5412

Experience a night of relaxation and health benefits with hypnosis. Get an explanation of hypnosis so you will gain a better understanding of the process and then stay and experience a hypnosis session to relieve stress. *Bring a pillow, blanket and something to cover your eyes.*

L. Santamaria	NHHS Library
Thur., 7-9 pm	Dec 10 1 session
Resident \$32	Non-resident \$37

Smart Phone Photography #5219

Want to take better photos with your phone? Learn what makes a good photo, the rules of photography, what the best apps are and what to do with the photos after you take them. Make the most of your smart phone camera!

M. Morrissey	NHHS Room 106
Thur., 6:30-9 PM	Oct 1 1 Session
Resident: \$32	Non-resident: \$37

Transition from this life #5424

The transition from this life. Life on the other side. Communicating with our loved ones.

B. D'Addio	NHHS room 106
Tues., 7-9 pm	Oct 27 1 session
Resident \$32	Non-resident \$37

**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: September 10, 17, 24, October 1 (4 weeks)

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

This course is designed for high school seniors who will take the SATs in October or November 2015, or high school juniors who plan to take the SATs by January 2016. (A redesigned SAT will be administered beginning in March 2016). Checks should be made out to North Haven High School and sent or given to Mrs. Opramolla in Room 310 by September 8.

No credit card payments.

Call to Register 203.407.2028



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:**

Get Assertive!

Are you tired of being intimidated and treated badly by others? Learn specific techniques to become more assertive in all parts of your life. Discover how people manipulate you and how you submit to being a victim. Understand the difference between passive, aggressive, and assertive behaviors, and see how inner dialogues keep people acting in passive ways. Explore ways to change your inner dialogue, such as using affirmations and visualization, creating new labels for yourself and others, and keeping a journal.

Fundamentals of Supervision and Management

If you have recently been promoted to a supervisory or management position or want to learn how to become a more effective manager, this course will help you master the basics of business by learning the language of management. You will learn how to make a successful transition from employee to manager and you'll learn how to manage your time so that you can deal with the constant demands of a managerial job.

Enhance Language Development in Children - Follow your child's lead

and have fun while enhancing language development! In this fun and user-friendly course for parents, teachers, and caregivers, you will discover how children learn to process language and how they become proficient speakers and thinkers. This course will help you enrich your child's life by stimulating his or her continued speech, brain, and language development in an enjoyable, age-appropriate, and natural way.

Medical Terminology: A Word Association Approach!

This course teaches medical terminology from an anatomical approach. Root terms are divided by each body system. The origin, a combined form, and an example of non-medical everyday usage is provided for each root term. Word Associations are provided as a learning tool. Unusual and interesting information is provided in regards to each term. Root terms are combined with prefixes and suffixes as your learning will culminate in the interpretation of several paragraphs of medical notes.



Designing Effective Websites

Regardless of your current skills or level of knowledge, in this course you'll master the basics of Web design and learn how to build sites that are better and more effective. Get ready to take your Web design skills to the next level!



Introduction to QuickBooks

Learn to manage the financial aspects of your small business quickly and efficiently with this powerful accounting software program. QuickBooks is designed especially for the small to midsize business owner who enjoys Quicken's ease of use but prefers a more traditional approach to accounting.



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 Wednesday, September 9



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, September 9

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 Wednesday, September 9

or

Tuesday and Thursday

9:00 am - 12:00 pm

Classes begin Tuesday, September 8

Evening Classes

Tuesday and Thursday

6:30 - 9:00 pm



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

11 Pine Street - 203.773.9211 ext. 1139

Monday, August 31 - Thursday, September 3

9:30 - 12:30 pm or 6:30 - 9:00 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 September 8.

Registration at the M. L. Keefe Community Center

11 Pine Street - 203.773.9211 ext. 1139

Monday, August 31 - Thursday, September 3

9:30 - 12:30 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 1 - Term 1 Registration
Monday, August 10th
Tuesday, August 11th
6:30 pm

Session 1 - Term 1 Classes Begin
Monday, August 24th
6:30 pm

Session 1 - Term 2 Registration
Monday, October 5th
6:30 pm

Session 1 - Term 2 Classes Begin
Wednesday, October 19th
6:30 pm

Session 2 - Term 1 Registration
Tuesday, January 5th
Wednesday, January 6th
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 203.407.2028 or 203-773-9211 ext. 1139.

All interested students must attend one of the following information session at 5:30 PM: 9/24, 10/22, 11/19, 12/17, 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:

Wednesday, September 8

Register at the Keefe Community Center Mon, August 31 through Thur, September 3
9:30 - 12:30 pm or 6:30 - 9:00 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

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  and 

 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, preschool, 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 mission of the Certified Nurse Assistant Program is to provide higher education to students who are interested in pursuing post-secondary study in the nursing assistant field. 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 medical 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.

A Certified Nurse Assistant can advance to an LPN program and/or an RN program, or any other medical program involving direct patient care.

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 Fall 2015 semester are \$900.

The course will run for 14 Weeks on Tuesday and Thursday evenings 4:30 pm to 9:00 pm. Clinical hours will be scheduled at the assigned facilities during the evening hours. The course is offered two times during the school year. The C.N.A. program can accommodate 12-15 adult students.



For more information, please join us at our information session on Thursday, September 10 at 6:30 PM at Hamden High School, room A114.

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.hamdenadulthood.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:

- Refunds are available prior to the beginning of the course. All requests for refunds must be made four business days before the start of the class. **A \$15 processing fee will be subtracted from all refunds given.**
- Bus trip refunds must be requested four weeks prior to departure, **or as stated in the trip description.**
- **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.
- **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.



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PAID
Permit #157
New Haven, CT

2040 Dixwell Avenue
Hamden, CT 06514

ECRWSS
Residential Customer

New Classes

Certified Nurse Assistant
Appetizers and Desserts
Baking with Kids
Blogging 101
College Planning and Funding
Decorate Your Own Fairy House
Healthier Habits for a Healthier You
Intergenerational Chess
Mah Jongg
Make A Skirt in One Night
Money in the Mailbox
Natural Cleaners
Quilting
Power Pressure Cooker
R.I.P.P.E.D.
Save Beyond the Grocery Store
Silk Screening
Soups On
Wire Wrapping Links
Women and Money

Day Trips

Metropolitan Opera
Macy's Thanksgiving Day Parade
Apollo Theater
Radio City Music Hall
NE Patriots vs. NY Jets

Overnight Trips

British Landscapes
Canyon Country

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