

# HAMDEN

*adult education*



Winter/Spring  
2015



## Hamden Adult Education

Hamden High School  
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Monday - Thursday 8:00 am - 3:30 PM, Friday 7:00 am - 2:30 PM  
Monday - Thursday evenings 6:00 PM - 9:00 PM

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LuAnn Gallicchio, Director  
Debra Cumpstone  
Doreen Van Horn

Latest Information and to locate new classes at:

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

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Follow us on:



### ***SEARCHING FOR TALENT*** ***We're always looking for great course ideas and instructors***

Of particular interest are instructors for:

**Urdu and Farsi Languages; Creative Arts; Social Networking; Multi-  
Cultural Cooking; Crafts & Hobbies; Specialty Cooking; CNA**

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

Rissa Webb  
Hamden Adult Education  
203.773-9211 ext. 139  
203.772-0215 (FAX)  
[rwebb@hamden.org](mailto:rwebb@hamden.org)

## Questions?

Email your question to us at [info@hamdenadulted.org](mailto:info@hamdenadulted.org)

## ***Winter/Spring Calendar***

### **January 5 and 7**

Adult High School Registration

### **January 12**

Adult High School classes begin

### **January 19**

Martin Luther King - No Classes

### **February 2**

Enrichment Classes begin

### **February 16-17**

Winter Recess - No Classes

### **February 24**

HHS Parent/Teacher Conferences  
No Classes at HHS

### **March 9**

Adult High School  
Term 2 Registration

### **March 11**

Adult High School - classes start

### **March 16 and 18**

ABE, ESL & GED® class registration

### **March 23**

ABE, ESL & GED® classes begin

### **April 13-17**

Spring Recess - No Classes

### **April 21**

HHS Parent/Teacher Conferences  
No Classes at HHS

### **May 21**

Graduation - No classes

## **Registration Information**

Location of Classes	31
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**NEW CLASS**

# COMPUTER TECHNOLOGY

## Computer Keyboarding #0310

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

L. Hatton HHS rm C203  
Wed., 6-8 pm Feb 4 8 wks  
Resident \$80 Non-resident \$85

## iPad: A Comprehensive Introduction #1820

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

D. Wray HHS rm D210  
Tues., 6-8 pm Mar 17 3 wks  
Resident \$60 Non-resident \$65



**NEW CLASS**

## Intro to Personal Computers #0326

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

W. Coley HHS rm D302  
Tues., 7-9 pm Feb 3 5 wks  
Resident \$70 Non-resident \$75

## Microsoft Excel 2010 #0312

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, save and print worksheets, cell basics, modifying columns/rows/cells, sort/filter, use basic functions, create formulas, create graphs, etc. Prerequisite: type at a reasonable speed and have basic computer skills. Bring a USB drive if you want to save your work.

M. Hatton HHS rm C203  
Mon., 6-8 pm Feb 2 6 wks  
Resident \$92 Non-resident \$97

## Microsoft PowerPoint 2010 #0325

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

M. Hatton HHS rm C203  
Tues., 6-8 pm Feb 3 5 wks  
Resident \$80 Non-resident \$85

## Microsoft Word 2010 Adv #0307

This course picks up where the Beginning Word class leaves off, covering the more advanced features of Microsoft Word 2010, including tables, graphics and pictures, mail merge, columns and macros. In addition, it will cover various "tips and tricks" so that you can get the most out of your Word experience. Prerequisite – The "Microsoft Word 2010 – Beginning" class or a familiarity with the basic features of Word.

W. Coley HHS rm D302  
Thur., 7-9 pm Mar 26 6 wks  
Resident \$95 Non-resident \$100

## Microsoft Word 2010 Beg #0304

An informative course designed to teach you the basics of Microsoft Word 2010. Topics will include document creation, printing, editing, text formatting, selecting text, tabs, using the spell checker, copying and moving. This course will provide all that you need to know to create Word documents such as letters, resumes and papers. Prerequisite - A basic familiarity with computers and Windows

W. Coley 6 wks HHS rm D302  
Thur., 7-9 pm #0304A; Feb 5  
Tues., 7-9 pm #0304B; Mar 17  
Resident \$95 Non-resident \$100

## Photoshop for Anyone #1807

This is not your average Photoshop class. This class is designed with both beginner and advanced users in mind. With hands-on-training, personal attention and a series of fun tutorials, you will learn how to manipulate and correct your pictures or simply create unique art. \$10 materials fee payable to teacher at first class.

A. Szewczyk MLK Community Ctr.  
Tues., 6:30-8:30 pm Feb 10 6 wks  
Resident \$70 Non-resident \$75

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

## Art of Beautiful Writing - Beginning Calligraphy #1959

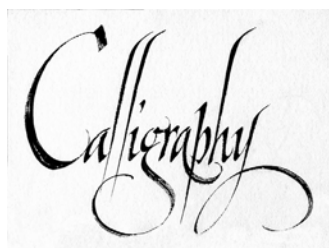
Treasure the moments with memories saved in beautiful hand scribed calligraphy. Add a little elegance on envelopes, invitations, poems or gifts just in time for the holidays or any other special occasion. This is a great way to make a first impression. You can learn the art of beautiful writing in just 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  
Thur., 6:30-8:30 pm Feb 5 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  
Thur., 6:30-8:30 pm Mar 19 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 Feb 3 6 wks  
Resident \$70 Non-resident \$75

## Bead Jewelry:

### Intro to Stringing and Design #1950

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

E. Whalen HHS rm B104  
Wed., 6:30-8:30 pm Mar 4 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 April 8 6 wks  
Resident \$75 Non-resident \$80



## Color Your World with Watercolor #1817

Submerge your creative self in exploring the many possibilities that can happen, handling brush, paper and paint. Learn how to control watercolor and create exciting paintings. The first night will be a demo class and a list of supplies will be provided.

M. Dagradi HHS rm B105  
Wed., 6:30-8:30 pm Mar 4 8 wks  
Resident \$80 Non-resident \$85

## Crochet: All Levels #1920

As a beginner you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and the basic stitches. The more advanced students will improve their skills in reading patterns, gauge, 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 B105  
Mon., 6:30-8:30 pm Feb 2 10 wks  
Resident \$85 Non-resident \$90

## Embroidery #1951

Start stitching! Learn a variety of embroidery 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 May 11 2 wks  
Resident: \$42 Non-resident \$47

## Flower Arranging #1913

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

K. Wawock Whitney Flowers  
Tues., 7-8:30 pm Feb 24 10 wks  
Resident \$85 Non-resident \$90

NEW CLASS



# CREATIVE ARTS

## For Beginners: Secrets to Drawing & Painting Realistic #1949

This course introduces students to the basic elements of painting and drawings: line, form, shape color, texture and composition. After instruction in the basic elements, you will explore them through working with different media such as watercolor, acrylic, charcoal, oil, pastels, and cray-pas. A list of supplies, not exceeding \$60, will be distributed at the first class.

L. Allen HHS rm B106  
Thur., 6-9 pm Feb 5 8 wks  
Resident \$85 Non-resident \$90

## Knitting Circle #1918

Whether you are a beginner or an advanced knitter, this is the class for you. The newbies learn the basics and the long-timers explore new techniques and interpreting 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). You will also need a skein of solid color worsted weight yarn. The seasoned knitters can pick a project, and make sure you have the correct size needles and the correct gauge yarn in the right quantity of the same dye lot.

E. Salinger 6 wks HHS rm B106  
Tues., 6:30-8:30 pm #1918A; Feb 3  
Tues., 6:30-8:30 pm #1918B; Mar 31  
Resident \$54 Non-resident \$59

## 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 Apr 20 2 wks  
Resident: \$42 Non-resident \$47

## Sewing Shortcuts and Tricks #1958

You don't need to bring your sewing machine to this class. The instructor will demonstrate many sewing shortcuts, tips and tricks to make simple gifts and alter your own clothes. A fun night for all sewers - even beginners. [Please bring a notepad and pen to class.](#)

R. Bohn HHS rm D111  
Wed., 7-9:30 pm Mar 18 1 session  
Resident: \$42 Non-resident \$47



## 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  
Wed., 6:30-9 pm May 20 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. Students will complete one stained glass panel throughout the course and leave with the tools and the ability to complete future works on their own. There will be some out of class assignments. No prior experience necessary. [Kit fee of \\$85 due to instructor upon first class.](#) Additional glass purchased separately.

J. Kriksciun HHS rm D104  
Tues., 6-8:30 pm Feb 3 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 due first night of class.](#)

H. Curtis HHS rm D111  
Mon., 6-8 pm May 4 1 session  
Resident: \$30 Non-resident \$35



## Tassels #1957

Tassels can decorate pillows, clothing or gifts. Learn how to make a selection of tassels with a variety of decorations and braids. [A \\$20 non refundable material fee due to the instructor the first night of class.](#)

H. Curtis HHS rm D111  
Mon., 6-8 pm Jun 1 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 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 materials fee is payable first night of class.](#)

F. Paulman 5 wks HHS rm B104  
Thur., #1963A; Feb 5  
F. Paulman 5 wks HHS rm B106  
Mon., #1963B; Apr 20  
Resident: \$70 Non-resident: \$75



**NEW CLASS**

Call to Register 203.407.2028

## Adult Hip Hop

#2470

Our main focus is to bring a little dance education and lots of fun into the room. Participants will learn all the basic Hip Hop moves and also be able to make up some of their own. Everyone will learn many new steps and routines while developing coordination and skills. Bring water bottle, towel, and sneakers.

Staff 8 wks YMCA  
Wed., 6-6:45 pm #2470A; Jan 28  
Wed., 6-6:45 pm #2470B; Mar 25  
Resident \$65 Non-resident \$70

## 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 & learn basics.

C. Furtak 7 wks HHS rm C111  
Mon., 7:30-8:30 pm #1710A; Feb 2  
Mon., 7:30-8:30 #1710B; Mar 30  
Resident \$60 Non-resident \$65

## 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 7 wks HHS rm C111  
Mon., 8:35-9:35 pm #1711A; Feb 2  
Mon., 8:35-9:35 pm #1711B; Mar 30  
Resident \$60 Non-resident \$65

## Introduction to Ballroom Dance

#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! You can choose any dance individually or choose all three. Partners not required, but comfortable shoes are a must. Each student will receive a complimentary CD of the dances they choose.

F. Costa #1701; HHS Cafeteria  
Mon., 7:30-8:45 pm Mar 2; 6 wks  
Resident \$60 Non-resident \$65

Basic Foxtrot #1701A; Mar 2; 2 wks  
Resident \$24 Non-resident \$29

Basic Rumba #1701B; Mar 16; 2 wks  
Resident \$24 Non-resident \$29

Basic Cha-Cha #1701C; Mar 30 2 wks  
Resident \$24 Non-resident \$29

## Jazz It Up

#1712

An exciting and ever evolving dance form full of rhythm, syncopation, passion and life. Classes explore body isolations of the head, shoulders, ribcage, feet and arms and encourage individual expression. Students warm up with stretching, isolations, strengthening exercises, and "across the floor" exercises. The class ends with a combination that is usually fast paced and danced to popular music. Jazz shoes are optional; socks or bare feet acceptable.

C. Furtak 5 wks HHS rm C111  
Tue., 7:45-9:15 pm #1712A; Feb 3  
Tue., 7:45-9:15 pm #1712B; Mar 31  
Resident \$75 Non-resident \$80

## Party Line Dancing

#1713

Here is your chance to get up and dance at ANY social event. You will learn four of the most popular line classes: The Electric Slide, Cha-Cha Slide, Boot Scootin' Boogie, and the Cupid Shuffle. Come and have fun! Please wear comfortable flat shoes.

F. Costa HHS Cafeteria  
Mon., 7:30-8:30 pm Apr 20 2 wks  
Resident \$25 Non-resident \$30



## 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  
Tues., 7:30-8:30 pm Feb 3 4 wks  
Resident \$50 Non-resident \$55

## Swing Dance Intermediate

#1703

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

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

## 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](mailto:kkos@gatewayct.edu)**

## 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 one's breath to guide movement which will purify, balance, and prepare the body, mind, and soul for expanded awareness. Bring a yoga mat, towel, & water. [Senior fee not applicable.](#)

Staff 20 days Your Comm Yoga Ctr.  
M-F, 6:30-7:30 am #2446A; Feb 2-Feb 27  
M-F, 6:30-7:30 am #2446B; Mar 2-Mar 27  
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. Participants must bring their bathing suits and towels.

Staff 8 wks YMCA  
Wed., 7-7:45 pm #2438A; Jan 28  
Sat., 9:15-10 am #2438B; Jan 31  
Wed., 7-7:45 pm #2438C; Mar 25  
Sat., 9:15-10 am #2438D; Mar 28  
Resident \$85 Non-resident \$90

## Aqua Zumba

#2441

The Zumba craze hits the water with a workout that can be classified as a true "pool party" for all ages. Safe, effective, and challenging water-based workouts that integrate Zumba formulas into Aqua Fitness. Bring a bathing suit, towel and a water bottle.

Staff 12 wks YMCA  
Tues., 10:15-11 am #2441A; Feb 24  
Thur., 7-7:45 pm #2441B; Feb 26  
Resident \$95 Non-resident \$100

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

**NEW CLASS**

## Authentic TaijiQuan (Tai-Chi)

#2411

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

B. Banick 12 wks HHS rm C109  
Tues., 7:15-8:15 pm #2411A; Feb 3  
Thur., 6:30-7:30 pm #2311B; Feb 5  
Resident \$120 Non-resident \$125

## Barre Mat

#2482

Get a total body workout that strengthens, lengthens and stretches the body from head to toe. Gain a strong, lean physique without the added bulk. Target glutes, core and arms with one of the hottest work-outs today. The program will challenge the participants individually. Bring a water bottle, towel, and sneakers.

Staff 6 wks YMCA  
Wed., 9:45-10:30 am #2482A; Jan 28  
Wed., 9:45-10:30 am #2482B; Mar 25  
Resident \$75 Non-resident \$80

## Cardio 3

#2483

A fun cardio and toning workout that includes 20 minutes of Zumba, 20 minutes of body sculpting with weights and 20 minutes of Yoga. Please bring a water bottle and a yoga mat.

S. Sherrod-King HHS rm C109  
Wed., 6-7 pm Feb 4 10 wks  
Resident \$80 Non-resident \$85

## Chair Yoga

#2484

If you have limited mobility, are recovering from injury or are dealing with tight muscles that make sitting on the floor a challenge, this class makes yoga accessible. Warm up your body safely and perform yoga poses with support and stability. Poses are done seated on the chair or the chair is used as a support during standing poses, forward and backward bends, side extensions, balancing, and leg and arm stretches.

Staff YCYC on Whitney  
Tues., 5:30-6:30 pm Feb 3 8 wks  
Resident \$96 Non-resident \$101

## Couch to 5K

#2435

Time to get off the couch and try something new! This program will help you become healthier, stronger, and prepared to run a 5K! This beginner running program has helped thousands of new runners get off the couch and on the roads, running 3 miles! This class meets each week on Tuesday and Thursday. Wear active clothing that is season appropriate and bring a water bottle.

Staff YMCA  
T & Th, 5:15-6:00 pm Mar 24 8 wks  
Resident \$80 Non-resident \$85

## Full Figure Beginner ViniYoga

#2417

Out of shape? This fun, challenging and inspiring class is designed especially for you. Open to both women and men of plus-size, who are able to move up/down from a sitting or kneeling position on the floor. We will enhance flexibility, strength, balance and increase body and breath awareness. Wear loose, comfortable clothing and please have your doctor's permission to exercise. There is no weight requirement-just be aware that these classes are meant for those who are plus size or close to it. Bring a yoga mat, towel and water.

K. Koopman Your Comm. Yoga Ctr.  
Thur., 7:15-8:30 pm Feb 5 8 wks  
Resident \$96 Non-resident \$101

## Golf Fore Women 101

#2491

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

Staff 5 wks GC at LO  
Mon., 1-2 pm #2491A; Feb 16  
Tues., 10-11 am #2491B; Feb 17  
Tues., 5:15-6:15 pm #2491C; Feb 17  
Wed., 11:15-12:15 #2491D; Feb 18  
Wed., 6:30-7:30 pm #2491E; Feb 18  
Mon., 5:15-6:15 am #2491F; Mar 30  
Wed., 10-11 am #2491G; Apr 1  
Mon., 1-2 pm #2491H; May 11  
Wed., 6:30-7:30 pm #2491I; May 13  
Resident \$109 Non-resident \$115



## 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 8 wks Your Comm Yoga Ctr.  
Mon., 6-7:15 pm #2421A; Feb 2  
Thur., 6-7:15 pm #2421B; Feb 5  
Resident \$96 Non-resident \$101

## Hula Hoop Dance and Fitness #2424

Hula Hoop Dance and Fitness is fun and easy to do. Burn 300-500 calories an hour and have fun doing it. We will focus on core, endurance, and toning. Hula hoops are available to purchase for \$30 or to borrow if you don't have your own. Comfortable clothes suggested.

LB Stein HHS Cafeteria  
Wed., 7:15-8:15 pm Feb 5 8 wks  
Resident \$90 Non-resident \$95

## Indoor Walk Aerobics Fitness #2485

Indoor Walk Aerobics is more than exercise for your heart (and spirit). It brings walking to a whole new level! This ultimate health program offers a total body workout for everyone-beginner, intermediate and advanced-using upper and lower body movements set to music. As the pace of the music increases, the simple to follow choreographed walk moves bring a dramatic change in body and attitude in a very short time. You can't do it wrong! Walking is the safest and most natural form of exercise. Walk with your friends or loved ones-this indoor exercise program is a perfect addition to any fitness plan and can be done any time of the year. Staying in shape has never been easier.

L. Kerr HHS B/C Wing Lobby  
Wed., 7:15-8:15 pm Feb 11 12 wks  
Resident \$75 Non-resident \$80

## Insanity

#2454

A revolutionary cardio-based total body conditioning program based on principles of MAX Interval Training. MAX Interval Training allows a person to beat the "stress adaptation response", which normally happens when your body gets used to exercising at one level of exertion. By using the MAX Interval Training, Insanity pushes the participant to new training heights, resulting in more calories burned, faster results, and a more efficient metabolism.

Staff 8 wks YMCA  
Wed., 5:45-6:30 pm #2454A; Jan 28  
Wed., 5:45-6:30 pm #2454B; Mar 25  
Resident \$75 Non-resident \$80

## Jazzercise

#2463

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

K. Hurd 6 wks Hit It Fitness  
M-S 9:15am, M-W 5 pm, M-F 6 pm Feb 2  
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 & Sat., 11-12 Feb 2  
Resident \$110 Non-resident \$115

## Kundalini Yoga & Gong Meditation

#2425

Evening starts with stimulating Kundalini Yoga followed by an extended deep relaxation seated in a chair or lying on the floor. You will experience therapeutic meditative gong vibrations as they wash over you. Gong vibrations elevate awareness and help to rebalance your physical, emotional and spiritual body.

**Senior fee not applicable.**

Staff 1 session Your Comm Yoga Ctr.  
Fri., 7-9 pm #2425A; Feb 6  
Fri., 7-9 pm #2425B; Mar 6  
Resident \$22 Non-resident \$27

## 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:ekelly@cccymca.org)

Staff 5 days YMCA  
Mon-Fri, 9-3 pm #3439A; Mar 13-23  
Mon-Fri, 9-3 pm #3439A; Apr 10-19  
Mon-Fri, 9-3 pm #3439A; Jun 5-14  
Resident \$275 Non-resident \$280

## Meditation as Medication #2432

This includes lectures and meditations for beginners and those familiar to meditation. Learn simple meditation techniques to better help you with your stress and anxiety triggers, to control your mind and empowered your life.

Staff Your Comm Yoga Ctr.  
Sat., 8:30-9:30 am Mar 7 6 wks  
Resident \$72 Non-resident \$77

**NEW CLASS**

## Meditation and The Yoga Sutas of Patanjali #2486

6-week series is for beginners and those familiar to meditation. We will blend the wisdom of the yoga sutras with meditation. The 2,000 year old text of the yoga sutras of Patanjali are still relevant today. This workshop is for those who search for spiritual knowledge and for the purpose of liberation from the stressors of life.

Staff Your Comm Yoga Ctr.  
Sat., 8:30-9:30 am Apr 18 6 wks  
Resident \$72 Non-resident \$77

## 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, Sat 10-11 am Feb 2 5 wks  
Resident \$110 Non-resident \$115

## Non-Stop Tabata #2488

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

Staff 8 wks YMCA  
Mon., 6:30-7:15 pm #2488A; Jan 26  
Mon., 6:30-7:15 pm #2488B; Mar 23  
Resident \$75 Non-resident \$80

## Parent/Child SKIP #2469

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

Staff 6 wks YMCA  
Mon., 10-10:30 am #2469A; Jan 26  
Mon., 10-10:30 am #2469C; Mar 23  
Resident \$75 Non-resident \$80

## Playing through Front Nine #2492

This class is designed for the new male golfer; golfers that have never played or have not played in years. In 5 one hour sessions, you will learn everything needed to play your first round of golf. We cover the basics: swing, putting, short game techniques, rules and etiquette. Bring golf clubs if you have them. Do not go out and buy golf clubs prior to the first day of class, if you don't have them.

Staff 5 wks GC at LO  
Mon., 1-2 pm #2492A; Feb 16  
Tues., 10-11 am #2492B; Feb 17  
Tues., 5:15-6:15 pm #2492C; Feb 17  
Wed., 11:15-12:15 #2492D; Feb 18  
Wed., 6:30-7:30 pm #2492E; Feb 18  
Sun., 1-2 pm #2492D; Apr 12  
Fri., 5:15-6:15 pm #2492E; May 8  
Resident \$109 Non-resident \$115

## Restorative Yoga #2447

Imagine yourself lying in a restful position, supported by bolsters and blankets and listening to a calm, soothing voice that gently guides you into a beautiful state of total relaxation. Of all yoga practices, Restorative Yoga is the only one to build Ojas, your vital reserves. Bring yoga mat, towel and water.

Staff Your Comm Yoga Ctr.  
Fri., 6-7 pm Feb 6 8 wks  
Resident \$96 Non-resident \$101

## Rise 'N Shine #2465

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

Staff 8 wks YMCA  
Mon., 6:45-7:45 am #2465D; Mar 23  
Wed., 6:45-7:45 am #2465E; Mar 25  
Fri., 6:45-7:45 am #2465F; Mar 27  
Resident \$75 Non-resident \$80

## Muscle and Core #2487

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

Staff 8 wks YMCA  
Wed., 5:45-6:30 pm #2487A; Jan 28  
Wed., 5:45-6:30 pm #2487B; Mar 25  
Resident \$75 Non-resident \$80

## Rusty Hinges (Gentle Yoga) #2407

Do you have arthritic joints? Or have you had an injury? Here is a gentle way that eases you in and helps with healing. Bring a yoga mat, towel and water.

Staff 8 wks Your Comm. Yoga Ctr.  
Mon., 2-3:15 pm #2407A; Feb 2  
Tues., 10-11:20 am #2407B; Feb 3  
Thur., 10-11:20 am #2407C; Feb 5  
Resident \$96 Non-resident \$101

## 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, elastic tubing with handles and balls are offered for resistance. A chair is available if needed for seated or standing support. Bring water bottle, towel and sneakers.

Staff 8 wks YMCA  
Wed., 9-9:45 am #2489A; Jan 28  
Wed., 9-9:45 am #2489B; Mar 25  
Resident \$75 Non-resident \$80

## 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 8wks YMCA  
Mon., 5:45-6:30 pm #2443A; Jan 26  
Mon., 5:45-6:30 pm #2443B; Mar 23  
Resident \$75 Non-resident \$80

**NEW CLASS**



## 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  
Wed., 4:15-5:00 pm      Apr 22      5 wks  
Resident \$50      Non-resident \$55

## 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  
Mon., 9-10:20 am      #2480A;      Feb 2  
Wed., 6-7:15 pm      #2480B;      Feb 4  
Fri., 9-10:20 am      #2480C;      Feb 6  
Resident \$96      Non-resident \$101

## Pilates

#2429

Strength and tone your body while increasing flexibility and core strength with pilates. Please bring a water bottle and a yoga mat.

S. Sherrod-King      HHS rm C109  
Wed., 7:05-7:50 pm      Feb 4      10 wks  
Resident \$80      Non-resident \$85

## Yoga for Beginners

#2493

This is a slow paced class that is designed if you are a beginner. You will learn basic yoga poses. Please wear layered clothing, bring yoga mat, water bottle.

G. Livia      HHS rm C109  
Mon., 6-7 pm      Feb 2      12 wks  
Resident \$75      Non-resident \$80

## Zumba in Espanol(Parent/Child)

#2490

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

Staff      8 wks      YMCA  
Mon., 11 am-12 pm      #2490A;      Jan 26  
Thur., 5-6 pm      #2490B;      Jan 29  
Mon., 11 am-12 pm      #2490C;      Mar 23  
Thur., 15-6 pm      #2490D;      Mar 26  
Resident \$65      Non-resident \$70

## Zumba Fitness

#2451

The ZUMBA Fitness program fuses hypnotic Latin rhythms and easy to follow moves to create a one-of-a-kind fitness program that will blow you away. ZUMBA fanatics achieve long-term benefits while experiencing an absolute blast! It's for all ability levels, beginners or advanced participants. The program will challenge the participants individually. You should bring a water bottle, towel, and sneakers.

Staff      6 wks      YMCA  
Mon., 9:15-10:15 am      #2451A;      Jan 26  
Thur., 6:00-7:00 pm      #2451B;      Jan 29  
Mon., 9:15-10:15 am      #2451C;      Mar 23  
Thur., 6:00-7:00 pm      #2451D;      Mar 26  
Resident \$50      Non-resident \$55

## Zumba Gold Toning

#2450

This program is designed for those who are new to exercise, inactive older adults, and those with physical limitations. The moves have been carefully designed to be easy to follow by individuals of any fitness level or age. You will have a safe and effective total body workout. Dance moves and rhythms from Cumbia, Salsa, Meringue, Tango, Rumba, Cha-Cha, and more!

Staff      8 wks      YMCA  
Fri., 9:15-10:45 am      #2450A;      Jan 30  
Fri., 9:15-10:15 am      #2450B;      Mar 27  
Resident \$85      Non-resident \$90



## Relay for Life

for more information visit:  
[www.relayforlife.org/hamdennorthhavenct](http://www.relayforlife.org/hamdennorthhavenct)

# HOME

## 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 D210  
Tues., 6:30-8:30 pm Apr 7 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 Mar 26 1 session  
Resident \$35 Non-resident \$40



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

# IN THE KITCHEN

## Absolute Apizza #0638

Southern Italian cuisine is known for its "cucina povera", or peasant food which is steeped in grand tradition. One of the staples is pizza. You will learn to produce perfectly baked pizza using fresh ingredients, proper technique and appropriate equipment. Please bring a baking stone and peel if you have one. Come, join us and mangia! **Price includes a \$8 non-refundable consumable fee.**

Chef Paula HHS rm D107  
Mon., 6:15-9:00 pm Feb 23 1 session  
Resident \$48 Non-resident \$53

## Simply Scones #0641

Tender, flaky scones are simple, delightful and easy to prepare when using proper mixing technique and ingredients. Learn tricks and bake a batch to bring home. Prior to class you will receive a packet of information and will choose the scone you would like to prepare. **Price includes non-refundable consumable fee of \$5.**

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

## Bountiful Brushcetta #0639

Tuscan bruschetta is the embodiment of simple yet elegant, not to mention trendy, fare. It's so much more than just chopped tomatoes and basil atop toasted bread. Join us as we experiment with, and enjoy the bounty of brushcetta possibilities.... balsamic marinated sweet figs, sauteed peppers, prosciutto, salami, gorgonzola, goat cheese, pesto, ricotta, marinated artichoke hearts....the list is endless! **Price includes a non-refundable consumable fee of \$6.**

Chef Paula HHS rm D107  
Mon., 6:15-8:45 pm Apr 27 1 session  
Resident \$46 Non-resident \$51

## Colorful Cupcakes #0636

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

M. Padilla 1 session HHS rm TL - 2nd fl  
Mon., 6-8 pm #0636A; Feb 9  
Mon., 6-8 pm #0636B; May 4  
Resident \$30 Non-resident \$35

## Brunchfest Eggcellent Eggs #0640

You will learn the technique in creating wonderful brunch fare featuring eggs. The most versatile protein can morph itself - among hundreds of choices - into hearty omelets (you will learn how to flip the omelet); Mediterranean Frittata, a savory Clafouti (sauteed vegetables topped with a pancake like batter, then baked); or rich layered potato, sausage and vegetable casserole smothered in a creamy Bechamel sauce. Students will choose one to produce in class. Join us as we venture into the world of eggcellent ideas. A packet of information with ingredient list will be sent prior to class. **Price includes a \$6 non-refundable consumable fee.**

Chef Paula HHS rm D107  
Mon., 6:15-8:45 pm Mar 9 1 session  
Resident \$46 Non-resident \$51

**NEW CLASS**



## IN THE KITCHEN

### Healthy Freezer Meal Workshop - 10 Meals in One Night #0644

We're all busy people, but still want to feed our families healthy foods with no chemicals and preservatives. You will leave this class with 10 preservative-free, all-natural meals to put in your freezer (each serves 4-6), and recipes for side dishes. **A \$100 non-refundable consumable fee payable to instructor** includes all supplies EXCEPT MEAT (vegetables, canned goods, seasonings, ziplock bags, and the left-over seasonings). A list of meats will be provided in advance. Bring your own can opener and measuring spoons. Let us know of ANY dietary restrictions at registration. **Deadline to register is two weeks prior to class.**

C. Mirowski HHS rm D107  
Thur.; 6:30-8:00p.m.  
#0644A: Comfort Foods – Feb 5  
#0644B: Veggie Medley – March 19  
#0644C: Light and Healthy - Apr 23  
Resident: \$29 Non-resident: \$34

### Stone Soup #0642

As different from its title, this course is concerned with neither stones nor soup! In this class you will learn simple techniques and ideas in creating delicious, healthy and economical meals with ingredients found in your pantry and/or easily purchased while utilizing herbs and spices to create complex tastes. These are tough economic times for all of us and this class will teach us how to create wonderful things from little more than stones (well....thinking creatively that is). Several ideas will be sent prior to class for you to choose one to create. **Price includes a \$12 non-refundable consumable fee.**

Chef Paula HHS rm D107  
Mon., 6:15-8:45 pm Mar 30 1 session  
Resident \$52 Non-resident \$58

### Thai and Indian Curries #0643

A curry is described as a spicy stew and is integral to both Thai and Indian cuisines, but major differences exist between the ingredients and techniques used with both. In this 2 part class, you will explore the techniques and recipe options between these two very distinctive, highly aromatic and delicious cuisines. **Price includes a \$8 non-refundable consumable fee.**

Chef Paula HHS rm D107  
Mon., 6:15-8:45 pm Mar 16 2 wks  
Resident \$48 Non-resident \$53

## LANGUAGES

### 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 Feb 2 10 wks  
Resident \$90 Non-resident \$95

### Beginning German #1618

Learn German from a native German speaker. This class is for you if you have little or no prior exposure to the language but want to learn because of heritage, interest or for travel.

U. Michaelis HHS rm D214  
Tues, 6:30-8:30 pm Feb 3 10 wks  
Resident \$90 Non-resident \$95

### 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 Feb 2 8 wks  
Resident \$90 Non-resident \$95

### 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., 7:35-8:35 pm Feb 5 10 wks  
Resident \$90 Non-resident \$95

### 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., 6:00-7:30 pm Feb 5 10 wks  
Resident \$90 Non-resident \$95

**NEW CLASS**





## 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 1 wk HHS rm B212  
Tues., 6:30-8:30 pm #2126A; Mar 17  
Wed., 6:30-8:30 pm #2126B; Apr 8  
Wed., 6:30-8:30 pm #2126C; May 13  
Resident FREE Non-resident \$5

## 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  
Wed., 7-8:30 pm Apr 8 1 session  
Resident \$25 Non-resident \$30

## Navigating the College Admissions Journey

#2128

No matter where you want to go to college, we will teach you strategies to help improve your chances of admission, save money and avoid common mistakes. We will focus on the college search, essays, activities, and interview. Next we will focus on college costs, financial aid, scholarships and how to graduate without excessive debt. Both parents and students must attend together.

E. Dobler HHS rm B205  
Tues., 6:30-8:30 pm Mar 3 2 wks  
Resident \$40 Non-resident \$45

## Retireewise

#2114

You can no longer count on a pension & Social Security to keep you comfortable in your golden years. No matter what age, there is something here for you to learn. This program consists of workshops and an optional one-on-one meeting.

R. Bauer HHS rm B216  
Thur., 6-8 pm Mar 5 4 wks  
Resident \$50 Non-resident \$55

## Planning for Affordable Long Term Care

#2127

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

A. Abrahamian HHS rm B216  
Wed., 7-9 pm Mar 11 1 session  
Fee: \$20 Non-resident: \$25

# 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 Jan 28 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 bring your own. Bring a notebook to class.

J Jen Hsu HHS rm B103  
Tues., 7-8 pm Feb 3 10 wks  
Resident \$90 Non-resident \$95

## Banjo for Beginners

#1936

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

G. Raccio All Things Musical  
Wed., 8-9 pm Mar 11 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 Apr 22 6 wks  
Resident \$75 Non-resident \$80

## Intro to Harmonica

#1916

The harmocia is instantly rewarding, easy to learn and inexpensive. Bring a "harp" in the key of C and get ready to "get your mojo on".

M. Stone HHS rm D209  
Tues., 7-9 pm Feb 3 6 wks  
Resident \$75 Non-resident \$80

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

**NEW CLASS**

# PERSONAL ENRICHMENT

## Bridge: Doubles

#1957

Understanding the many uses of the double can greatly improve your game. This course covers Takeout doubles, balancing and more. This course is taught on an intermediate level.

R. Brieger Miller Senior Center  
Wed., 10-12 noon Mar 25 8 wks  
Resident \$88 Non-resident \$93

## Bridge - Play of the Hand

#1935

This class will emphasize developing strategy and playing the hand to win the contract. You will learn making a plan, developing tricks and putting it all together. If you are an advanced beginner and have an understanding of standard bidding and play, this is for you. A review of bidding methods will be part of each lesson. The ABCL book Play of the Hand will be used in this class.

W. Frieden Whitney Center  
Thur., 10-12 noon Feb 5 8 wks  
Resident \$80 Non-resident \$85

## Crystal and Gemstone Healing for Animals

#1259

In this class we will learn about gemstone and crystal energies and how they can affect and benefit animals. We will discuss the animal's chakras and the corresponding gemstone with each. We will also see how using a pendulum can help balance the chakras. We will learn how to do a gemstone and crystal healing layout for animals. We will discuss several animal problems such as abuse and trauma, allergies, bereavement, stress and training problems among other issues. This class gives you the opportunity to enhance your relationship with your pets through a different perspective.

D. Velardi HHS rm B214  
Mon., 6:30-8:30 pm Apr 20 1 session  
Resident \$32 Non-resident \$37

## Discovering the Chakras

#1250

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

D. Velardi HHS rm B214  
Thur., 6:30-8:30 pm Feb 26 1 session  
Resident \$32 Non-resident \$37

## Discover Yourself through Playing Cards

#1251

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

D. Velardi HHS rm B214  
Mon., 6:30-8:30 pm May 18 1 session  
Resident \$32 Non-resident \$37

## Introduction to Active Dreaming

#1252

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 HHS rm C107  
Mon., 7-9 pm Apr 27 4 wks  
Resident \$55 Non-resident \$60

## 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 May 11 1 session  
Resident \$35 Non-resident \$40

## 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 phone itself, discussing hardware and its functionality, We explore touches and gestures needed to navigate all the settings that allow you to create a user experience customized to suit your needs, and discuss the importance of security. This course packs enough information to help experienced users improve their experience at a pace suited for both basic and intermediate users. **Bring your iPhone with you to class and have your Apple ID and password.**

D. Wray HHS rm D210  
Thur., 6-8 pm Feb 26 3 wks  
Resident \$60 Non-resident \$65

## Psychic Development

#1255

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

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

# PERSONAL ENRICHMENT

## iPhone/iPad: Beyond the Basics #1822

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

D. Wray HHS rm D210  
Tues., 6-8 pm Apr 28 3 wks  
Resident \$60 Non-resident \$65

## Lose Weight With Hypnosis #1239

Sometimes losing weight takes more than diet and exercise, it takes changing habits like snacking between meals, grabbing a candy bar or eating late at night, just to name a few. Through hypnosis you can change bad habits into positive habits and new positive thoughts. 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 HHS rm C107  
Tue., 7-9 pm Mar 10 3 wks  
Resident \$60 Non-resident \$65

## Magical Passes #1253

Our emotions leave traces on our face, more than any other part of our body. Using the magical passes releases the accumulated stress in the face and body. The passes help you look younger, soften your skin, get rid of wrinkles, clear sinus cavities, keeps cheeks from sagging, and relieves stress. Enjoy a hands on class for looking and feeling wonderful.

B. D'Addio HHS rm D111  
Tues., 7-9 pm Mar 24 1 session  
Resident \$32 Non-resident \$37

## Once Upon a Life (Time) #1254

Writing one's memoir is no longer for the rich & famous. In addition to recording special memories, writing about the events of your life can offer unexpected benefits: boosting memory, assisting in the grief process and sharing your journey with family & future generations. You will learn the characteristics of the genre, how to focus & begin writing and how to find one's "voice". You will learn to organize your writing and refine your stories through discussion and comments from the instructor and other classmates.

L. Kerr HHS rm B206  
Wed., 6-7 pm Mar 25 8 wks  
Resident \$65 Non-resident \$70

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

Bartending offers an opportunity to start a new career or a chance to supplement your income with a part-time position. This professional bartending 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. Servers of alcohol are taught to serve responsibly, how to spot signs of intoxication and how to respond appropriately. Students 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, students 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. **\$25 non-refundable fee is payable at first class.**

P. Rich HHS rm D109  
Thur., 6-9 pm Apr 2 5 wks  
Resident \$200 Non-resident \$205

## Release Blocked Energy #1256

Physical exercises for releasing blocked energy: these exercises promote a feeling of deep inner peace. When the energy is able to flow freely again, an intense glowing feeling will be experienced, accompanied by a consciousness of inner strength, sincerity and self confidence. These exercises harmonize the energies of Yin and Yang.

B. D'Addio HHS rm D111  
Tues., 7-9 pm May 12 1 session  
Resident \$32 Non-resident \$37

## The User's Guide to the Gluten-Free Universe #1257

This is a resource class, designed to give you hope if you have been diagnosed as gluten intolerant. The instructor has been gluten-free for four years and has worked with naturopathic doctors at the National College of Natural Medicine in Portland OR. We will discuss the kinds of products that are on the market, where to find them, and good sources for recipes you will enjoy making. Living gluten-free doesn't have to feel like deprivation!

F. Paulman 1 session HHS rm B202  
Tues., 6-8 pm #1257A; Feb 10  
Wed., 6-8 pm #1257B; Apr 22  
Resident \$32 Non-resident: \$37

## Vermicomposting Workshop #1258

Vermicomposting is composting with worms in enclosed containers. It is faster than regular composting and can be done indoors. It takes up little space, reduces food waste, and produces nutrient rich worm castings for your garden and plants. You will leave with a ready-to-go vermicomposting bin that you have made, a thorough knowledge of vermicomposting at home, and a guide to maintaining your bin. The instructor is a UCONN Master Composter and Gardener. **\$15 non-refundable fee is included in price.**

R. Groff 1 Night HHS rm B308  
Wed., 7-9 pm #1258A; Feb 11  
Wed., 7-9 pm #1258B; Mar 11  
Wed., 7-9 pm #1258C; Apr 22  
Resident \$47 Non-resident \$52



# SAFETY

## About Boating Safety

#1003

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

USCG Auxiliary Staff HHS rm D109  
Mon, 6-9 pm Feb 23 3 wks  
Resident \$60 Non-resident \$65

## American Heart Association

### Pediatric CPR

#2010

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

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

## 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 rm D109  
Thurs., 6:30-9:30 pm Apr 23 1 session  
Resident \$50 Non-resident \$55

## 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  
Thur., 6:30-9:30 pm Apr 2 2 wks  
Resident \$50 Non-resident \$55

## CT Security Officer License

### Certification Course

#2500

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

L. Bonito 2 sessions HHS rm B202  
M/W 6-10 pm #2500A; Feb 9  
M/W 6-10 pm #2500B; Apr 6  
M/W 6-10 pm #2500C; May 18  
Resident \$125 Non-resident \$130

## Piloting and Charting

#1002

This course covers the basics of coastal and inland navigation, focuses on traditional techniques so you will be able to find your way even if your GPS fails. This course includes many in-class exercises for you to develop your skills through hands on practice. Sample topics are charts and their interpretation, plotting courses, and more. Bring parallel rulers and dividers, or other plotting tools or you can purchase for them \$45.

USCG Auxiliary Staff HHS rm D109  
Mon., 6-9 pm Mar 16 3 wks  
Resident \$60 Non-resident \$65

## 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**

## Mohegan Sun Celebrate Valentine's Day



Whether you are a serious gambler or just a casual player, Mohegan Sun is an entertainment extravaganza with slot machines, table games, and horseracing. The complex is the home to great dining options, including irresistible buffets and gourmet eateries, the Wolf Den and other entertainment venues, unparalleled shopping and more. Our afternoon departure gives you time for a lovely dinner and then try your luck at any of the gaming choices. Includes \$15 Food Voucher and 4-\$5 free play.

**#1271 Saturday, February 14 \$49**

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 3:00 pm and returning at 1:30 am.

**Please note: No refunds for this trip after January 10**

## The Horse Knows The Way to Carry the Sleigh West Brookfield, MA



The Salem Cross Inn is a restored 18th century farmhouse nestled on 600 acres of countryside. You will enjoy winter at its best with a full day of "New England" activities:

- welcome cider reception with cheese and crackers
- apple pie demonstration
- sleigh ride over the beautiful property
- full course luncheon
- sing-a-long entertainment

**#1273 Saturday, March 7 \$99**

Bus leaves Hamden High School 8:45 am and will return at 4:30 pm

**Please note: No refunds for this trip after February 1**



## NYC Food & Market Tour

You can try many culinary delights. The best way to learn about this city is to walk, taste, smell and, best of all, sample the iconic food in the native New Yorker's natural habitat - the streets of New York. We will visit these areas:

**Arthur Avenue** - This neighborhood dates back to a time when thousands of immigrants came through Ellis Island. The passion for good food continues.

**Chinatown & Little Italy** - Italian and Chinese bakeries, pasta makers, and so much more.

**Chelsea Market** - home of the Food Network! Sample bread, cookies, ice cream, and chowder.

**#1257E Saturday, Mar 7 \$69**

**Gratuity is not included, bus pick-up is Rt 40 commuter parking lot. Bus leaves about 8 am and will return 8 pm. No refunds after February 1**

## 9/11 Museum, 9/11 Memorial, and Circle Line Liberty Cruise, NYC



Sail down the Hudson on board Circle Line's "Liberty Cruise". We will view Ellis Island, One World Trade Center and the World Financial Center.

We will visit the 9/11 Memorial and Museum honoring the lives of those who were lost in the terrorist attacks.

**#1272 Sunday, April 12 \$110**

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 7:30 am and will return at 9 pm.

**Please note: No refunds for this trip after March 5.**



## Hello Dolly Warner Theatre, Torrington, CT

The Warner Theatre in Torrington, CT is a classic Art Deco Style theatre built by Warner Brothers in the early 1930's and totally refurbished to its original grandeur.

We will have a full course luncheon prior to attending the show.

Then off to the theatre to see Hello Dolly. "Before the Parade Passes By", "Hello Dolly"....so many wonderful songs. We are off on a whirlwind race around New York at the turn of the twentieth century with America's most beloved matchmaker.

**#1274 Sunday, May 3 \$99**

Bus leaves Hamden High School 10:30 am and will return at 6:00 pm

**Please note: No refunds issued after March 20.**



## Country Living Fair Rhinebeck, NY

The pages of Country Living magazine come to life!

We will begin with a guided tour of the Millbrook Vineyards & Winery where you will have a wine tasting and Tuscan olive oil sampling with wine crackers. You will also receive a souvenir glass.

Great shopping:

Antiques & Artisans, Home Decor, Gifts, Jewelry, and Specialty Foods

Seminars & How to's:

Cooking, crafting, decorating, special guests and book signings.

**#1275 Saturday, June 6 \$80**

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

**Please note: No refunds for this trip after May 1**



## Outlets at Assembly Row, Charles Riverboat Cruise



Boston's newest attraction, The Outlets at Assembly Row, are not just outlet shopping but an outdoor destination of cafes, dining options and beautiful architecture set in a picturesque, pedestrian friendly 6 acre waterfront.

After a busy morning of shopping and dining, we will board a relaxing Charles Riverboat Narrated Cruise. Sights will include: Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats and rowers...and much more.

**#1277 Saturday, August 15 \$80**

Bus leaves Hamden High School 8:30 am and will return at 6:30 pm

**Please note: No refunds for this trip after July 5**

## Jazz in the Village Greenwich Village, NY

Greenwich Village is the fascinating 'Little Bohemia' of Manhattan. Very European in style which beckon to creative musicians, artists, writers, & actors.

We will begin with a jazz lunch with your choice of: Grilled Filet Mignon Philly Sandwich, Grilled Chicken on Focaccia, Penne a la Vodka, or Roasted Vegetable & Chicken Salad, at the Garage Restaurant.

We will meet our local guide for an easy walking tour of the West Village where O'Henry, Mark Twain, Edgar Allan Poe and other writers once lived.

Last stop is Bleecker Street where we will browse the bakeries, cheese shops, and cafes.

**#1278 Saturday, Sept. 19 \$108**

Bus leaves Hamden High School 10:00 am and will return at 6:30 pm

**Please note: No refunds after Aug 14**



## Adventures in Hudson Valley, NY Dutch's Spirits

During the Prohibition era in 1932, federal agents raided Harvest Homestead Farm to find the most elaborate illicit liquor-producing operation ever uncovered in Dutchess County. Now more than 80 years later, Dutch's Spirits offers you full access to the original bunkers.

We will start with a guided tour of the historic bunker museum bringing the Prohibition era to life. We will tour the 21st century distillery with tasting.

We will then have a farm table lunch prepared by an Executive Chef. Before heading home, we will visit the Harney & Sons Fine Teas.

**#1276 Saturday, July 18 \$95**

Bus leaves Hamden High School 8:45 am and will return at 5:00 pm

**Please note: No refunds for this trip after June 7**

## A few other upcoming trips:

### Frida Kahlo's Garden - NY Botanical Gardens



Frida Kahlo's Garden focuses on the iconic Mexican artist's engagement with nature. Stroll through a re-imagining of Kahlo's garden and the famed Casa Azul with lava paths lined with Mexican flora. This special exhibit is your chance to view a rare display of original Kahlo paintings and drawings.

**#1279**

**Saturday, October 17**

**\$80**

### 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**



## 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](mailto:newhavenreads@yahoo.com). You may also check out our website at [www.newhavenreads.org](http://www.newhavenreads.org).




Check out our website:  
[www.hamdenkids.org](http://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
- \* Infant Massage
- \* 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](mailto: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](http://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.lvagrh.org](http://www.lvagrh.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 Hamden Board of Education (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of January 23, 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
1539	SPA 102	Elementary Spanish II	M	A 206
3334	SPA 101	Elementary Spanish I	T	A 206
1216	COM 171	Fndmntls of Human Communication	TH	D 213

**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](http://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](http://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 Community College's Admissions office at 203.285.2080. The College reserves the right to cancel those courses for which there is insufficient enrollment.

## SAT PREP COURSE

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

### VERBAL

Students learn how to:

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

### MATH

Students will learn:

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



**Classes are held Monday 6:00 - 8:15 PM for 8 sessions, beginning February 9 at HHS Rm B216**

**Fee - \$475**

QUESTIONS? CALL 860-632-2070 TEST PREP MENTOR 18 CANDELWOOD LANE MIDDLETOWN, CT 06457

**NAME:** \_\_\_\_\_ **PHONE:** \_\_\_\_\_ **EMAIL:** \_\_\_\_\_  
**ADDRESS:** \_\_\_\_\_ **SCHOOL:** \_\_\_\_\_ **GRAD. YEAR:** \_\_\_\_\_

Please mail form and payment to: Test Prep Mentor.  
 Do not send registrations to Hamden Adult Ed.



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](http://www.ed2go.com/hamden) and choose a demo to begin your educational journey.

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

## Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online, and take your creative literary talents to a new level.



## GMAT Preparation

Discover powerful test-taking techniques and methods for improving your score on the GMAT.



## Using Social Media in Business

Learn how to use the five most popular social media platforms—Facebook, Twitter, LinkedIn, Pinterest, and Google+—to grow and promote your business.



## Common Core Standards for English Language Arts K-5

Gain confidence in applying Common Core State Standards for English Language Arts (reading, writing, speaking and listening, and language) to the classroom.



## Explore a Career in Nursing

Learn what it takes to become an LPN or RN, and discover all of the exciting and rewarding opportunities awaiting you in the field of nursing.



## Certificate in Stress Management

(14 contact hours) Explore the physiological, social, and psychological impacts of stress and study modalities to get stress under control.



## Understanding the Cloud

Learn everything you need to truly understand the cloud—including how it works, what drives it, why it's so popular, and how to make the cloud work for you.



## What's New in Microsoft Office 2013

Get up to speed on the exciting new features of Microsoft Office 2013, including Word, Excel, PowerPoint, Access, Outlook, OneNote, and Publisher.



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



**HAMDEN ADULT EDUCATION LEARNING LAB**  
**M. L. KEEFE COMMUNITY CENTER**  
**11 PINE STREET - 203.773.9211 EXT. 139**  
**FREE CLASSES**

**Adult Basic Education (ABE)**

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 and Wednesday**  
**Starting Monday, March 23 9:00 AM - 1:00 PM**  
**6:30 PM - 9:00 PM**



**Become A U.S. Citizen**

Take our free classes to prepare for the U.S. Naturalization Exam.

**Classes meet Wednesday**  
**Starting Wednesday, March 25**  
**6:30 PM - 8:30 PM**

**English As A Second Language**

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



**Keefe Community Center**  
**Beginning March 23**

**Morning Classes**  
**Monday and Wednesday**  
**or**  
**Tuesday and Thursday**  
**9:00 am - 12:00 pm**

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

**Keefe Registration Dates:**  
**Monday, Mar. 16 & Wednesday, Mar. 18**  
**9:30 - 10:30 am or 6:30 - 7:30 pm**

**Church Street School**  
**95 Church Street**  
**Beginning March 24**

**Classes**  
**Tuesday and Thursday**  
**9:00 - 11:30 am**

**Registration date:**  
**Thursday, March 19**  
**9:00 - 10:30 am**

**Child care is available at Church Street only**  
**Priority is given to Church Street and Helen**  
**Street Schools' families**



**Registration for classes at the Keefe Community Center**  
**Monday, March 16 and Wednesday, March 18**  
**9:30 - 10:30 am or 6:30 - 7:30 PM**  
**Picture ID required at time of registration. Plan to spend two**  
**hours.**  
**Classes begin Monday, March 23.**

**HAMDEN ADULT EDUCATION LEARNING LAB**  
**M. L. KEEFE COMMUNITY CENTER**  
**11 PINE STREET - 203.773.9211 EXT. 139**  
**FREE CLASSES**



## GET THAT JOB!

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

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

### **Key Components:**

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

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

**Class meets on Tuesday and Thursday 9:30 am to 12:30 pm beginning January 20.**

**Registration at the Keefe Community Center**

**Tuesday, January 13 and Thursday, January 15**

**9:30 - 10:30 am or 6:30 - 7:30 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's or guardian's signature. Individuals who are 18 years of age must submit a withdrawal form signed by the student 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 can begin the GED® registration process online at [ged.com](http://ged.com) and complete the process in person at the Adult Education Office in Hamden High School, or Adult Education Office at the Keefe Community Center.

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](mailto:Sabrina.mancini@ct.gov)**.



# HAMDEN ADULT HIGH SCHOOL

## COMPLETION PROGRAMS

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

### ADULT HIGH SCHOOL

STUDENTS MUST EARN A  
TOTAL OF 22 CREDITS

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

**WALK IN REGISTRATION FOR  
THE ADULT HIGH SCHOOL  
DIPLOMA PROGRAM  
AT HAMDEN HIGH SCHOOL  
ROOM D102**

**TERM 1 REGISTRATION  
MONDAY, JANUARY 5<sup>TH</sup>  
WEDNESDAY, JANUARY 7<sup>TH</sup>  
6:30 PM**

**TERM 1  
MONDAY, JANUARY 12<sup>TH</sup>  
CLASSES BEGIN  
6:30 PM**

**TERM 2 REGISTRATION  
MONDAY, MARCH 9<sup>TH</sup>  
6:30 PM**

**TERM 2  
CLASSES BEGIN  
WEDNESDAY, MARCH 11<sup>TH</sup>  
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 a traditional 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.
- Evaluates 70 competencies in ten content areas including Financial Literacy, Health Literacy, Civic Literacy, Geography, History, Science, and Twenty-First Century Workplace.

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. 139.

\* 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 and Wednesday  
starting Monday, March 23  
9 am - 1 pm**

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

**Register at the Keefe Community  
Center Mon, March 16 or  
Wed, March 18  
9:30 - 10:30 am or 6:30 - 7:30 pm**

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



## 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, February 12, 2015 OR  
Tuesday and Thursday, April 21, 2015  
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](http://www.all-stardriver.com/hamdenhs)

## 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.

Staff	1 session	HHS rm A112
Tues., 6-10 pm	<b>#1001A;</b>	Feb 10
Tues., 6-10 pm	<b>#1001B;</b>	Mar 10
Tues., 6-10 pm	<b>#1001C;</b>	Apr 7
Tues., 6-10 pm	<b>#1001D;</b>	May 12

### Computer Classes for Senior Citizens "Windows to the World"

**Computer Basics for Beginners** - If you want to learn what computers are, how they work and how to use one, this is for you. You will be introduced to the Internet.  
**Intermediate** - If you had an assessment determining you're ready to explore more benefits and features of the computer and the web.  
**Exploring the Internet/Email** - Now that you completed your basic course, you can learn how to use the Internet including sending and receiving emails, "surfing" the net, and special sites for seniors.  
**Drop In Lab** - You can practice, ask questions, and work on your own projects.

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

### Oil Painting Workshop for Seniors

#1813

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

E. Teixeira	Miller Senior Center
Thur., 10-12 noon	Feb 5 8 wks
Hamden Snrs Free	Non-resident \$80

## HAMDEN TOWN SERVICES

**Elderly Services Coordinator, Suzanne Burbage**

**Community Services Director, Darlene Butler**

**Arts, Recreation and Culture Director, Mimsie Coleman**

**Hamden Library Director, Marian Amodeo**

**Youth Services Coordinator, Susan Rubino**

**Books.....and so much more**

### @ your library

**Hamden Public Library**

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

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

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

Monthly calendar of events; reserve and renew books.

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

Research and homework help for all ages.

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

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

Questions? Call 203.287.2680 or

[info@hamdenlibrary.org](mailto: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

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
- PACK Theater Productions
- Computer Lab
- Keefe Fest
- Rental Assistance
- Emergency Services
- Holiday Toys
- Camp Scholarships
- WIC
- Case Managementt

## MILLER SENIOR CENTER PROGRAMS

Elderly Outreach 203.287.2691

Transportation 203.288.2885

Miller Center 203.287.2547

Nutrition Site/Cafe 203.287.0057

Providing social and support services to elderly Hamden residents, and programs such as:

- aerobics
- pinochle
- pool
- stroke group
- blood pressure
- Nitenteno Wii Bowling
- health counseling
- yoga
- bingo
- bridge
- tai chi
- pokeno
- movie day
- Mah Jongg
- computer classes

## ADULT DAY CARE

Partnerships Center  
for Adult Day Care  
203.248.8854

Clelian Adult Day Care Center  
203.288.4151

## YOUTH SERVICES BUREAU

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 (completed grade 9-11, low income and/or receiving special education services)
- Juvenile Review Board (contracted through New Haven Family Alliance)
- Infant/Toddler Playgroup
- Fitness Programs
- Community Based Prevention Programs
- Information and Referral
- Substance Abuse Prevention
- Discovery Dances (integrated dance for teens and young adults with special needs and typical teens)
- School Supplies Closet
- Red Cross Certified Babysitting Classes
- National Night Out
- Let's Move Hamden Family Wellness Fair
- SoHa Spring Kidfest
- Arts Programs
- Workshops (for youth and adults that work with youth)
- Gender Based Programs (including Girls Circle)

## ARTS, RECREATION, AND CULTURE

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

# REGISTRATION INFORMATION

## 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 Basic Skills, ESOL, GED, American Citizenship and High School Diploma Programs are exempt from tuition. 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 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.hamdenadulted.org](http://www.hamdenadulted.org) or <https://www.facebook.com/hamdenadulted>

## 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, and upon request, this brochure is also available in alternative formats. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to Vanessa Ditta at 203.407.2059.

## Gift Certificates:

Certificates may be purchased at the Hamden Adult Education Office.

## No Smoking:

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

## Nondiscrimination/Equal Employment/Equal Education Opportunity:

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and with federal legislation, the Hamden Board of Education, adheres to the following Federal statement from the Office of Civil Rights: No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving state or federal assistance. For further information contact **Hamden Public Schools** at 203.407.2059.

**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 \$25 for each check returned by the bank.

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



# HAMDEN ADULT EDUCATION REGISTRATION FORM

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



Call 203.407.2028  
using Visa, Mastercard  
or Discover or by  
FAX 203.407.2056



Fill out registration form and mail to:  
Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, CT 06514



Monday - Thursday - 8:00 am - 3:30 PM  
Friday - 7:00 am - 2:30 PM  
Monday - Thursday - 6:00 PM - 9:00 PM

Adult Education Office  
Room D 102  
2040 Dixwell Avenue  
Hamden, CT 06514



**A \$15.00 processing fee will be subtracted for any refunds made. Refer to page 29 for our Refund Policy.**

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

**WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDERS!**

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	

## What You Should Do Now....

**1** Please spend a few minutes with this brochure.

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

**3** A registration form is on page 30 and registration information on page 29. You can register by fax, phone, or online [www.hamdenadulthood.org](http://www.hamdenadulthood.org). We also take walk in registrations.

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

## CLASS CANCELLATION (due to weather)

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

## SCHOOL ADMINISTRATION

Superintendent  
Jody Goeler, Ph.D  
Assistant Superintendent  
Christopher Melillo  
Chief Operating Officer  
Michael Belden

## BOARD OF EDUCATION

John Keegan, Chair  
Adam Sendroff, Secretary  
Lynn Campo  
Christopher Daur  
John DeRosa  
Christopher Honnen  
David Pecoraro  
Miguel Arturo Perez-Cabello  
Valarie Stone

## STAFF

Director  
LuAnn Gallicchio  
Administrative Secretaries  
Debra Cumpstone  
Doreen Van Horn

## 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

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

## LOCATION OF CLASSES

**ALL THINGS MUSICAL**  
3210 WHITNEY AVENUE

**GC AT LO**  
GOLF CENTER AT LYMAN  
ORCHARDS  
700 MAIN STREET  
MIDDLEFIELD

**HIT IT FITNESS**  
4133 WHITNEY AVENUE

**HHS**  
HAMDEN HIGH SCHOOL  
2040 DIXWELL AVENUE

**MSC**  
MILLER SENIOR CENTER  
2901 DIXWELL AVENUE

**MILLER LIBRARY**  
2901 DIXWELL AVENUE

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

**WHITNEY CENTER**  
200 LEEDER HILL

**SOULCRAFT STUDIO**  
1125 DIXWELL AVENUE

**WHITNEY FLOWERS**  
2648 WHITNEY AVENUE

**YMCA**  
1605 SHERMAN AVENUE

**YOUR COMMUNITY YOGA  
CENTER**  
39 PUTNAM AVENUE

**YCYC ON WHITNEY**  
1253 WHITNEY AVENUE





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

Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, Connecticut 06514

**ECRWSS**  
**Postal Customer**



[www.hamdenadulted.org](http://www.hamdenadulted.org)  
Register by Mail - Phone 203.407.2028 - Fax 203.407.2056