

# *Hamden-North Haven Adult Education*

*Fall 2016*





*Dear Friends,*

*Welcome to the latest catalog from Hamden-North Haven Adult Education. We are committed and pleased to offer residents a variety of classes that are responsive to your requests whether it is completing a high school education, strengthening English Language skills or exploring new interests. Browse through the pages to find that special trip, intriguing class or fun cooking experience that you've been looking for. Call a friend and register for a class or join us on one of our exciting trips. To learn more about Hamden/North Haven Adult Education, please visit [www.hamdenadulthood.org](http://www.hamdenadulthood.org).*

*LuAnn Gallicchio*

## Hamden Adult Education

Hamden High School  
2040 Dixwell Avenue  
Hamden, CT 06514  
203.407.2028 fax 203.407.2056  
email: [info@hamdenadulthood.org](mailto:info@hamdenadulthood.org)

### Office Hours:

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

## North Haven Office

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

### Office Hours:

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

**Latest Information and to locate new classes at:**

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

**Follow us on:**



## Searching for Talent

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

Persons with specialized skills and interests are invited to share their talents with the community. If you are interested in joining our staff, please contact: Rissa Webb at 203.773-9211 ext. 1139 or [rwebb@hamden.org](mailto:rwebb@hamden.org)

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

## STAFF

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Doreen Van Horn  
Maria Ferraro - North Haven

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Robert D. Cronin, Ph.D.

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**Call to Register 203.407.2028**

## Fall Calendar

**August 8 and 9**

Adult High School Registration

**August 23**

Adult High School classes begin

**September 5**

Labor Day - No classes

**September 6-9**

ESL, GED®, Career Transitions,  
Citizenship class registration

**September 12**

Classes located at Keefe begin

**September 14**

No classes at Hamden High

**September 19**

Enrichment Classes begin

**September 21**

No Classes at NHHS

**October 3**

No Classes at Keefe or NHHS

**October 5**

Adult High School  
Term 2 Registration

**October 10**

Columbus Day - No Classes

**October 12**

Yom Kippur - No Classes

**October 19**

Adult High School - classes start

**November 9 & 15**

NHHS Parent/Teacher Conferences  
No Classes at NHHS

**November 11**

Veterans Day - No Classes

**November 25-26**

Thanksgiving Break - No Classes

**November 30**

HHS Parent/Teacher Conferences  
No Classes at HHS

**December 23-January 2**

Holiday Break - No Classes

**Classes listed in green are located in Hamden**

**Classes listed in maroon are located in North Haven**

**Shaded boxes are NEW offerings**

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## Location of Classes

### All Things Musical

3210 Whitney Avenue, Hamden

### Green Acres Elem School

146 Upper State Street, No. Haven

### Hit It Fitness

4133 Whitney Avenue, Hamden

### HHS

Hamden High School  
2040 Dixwell Avenue, Hamden

### MECA Art Studio

28 Washington Avenue, No. Haven

### MSC

Miller Senior Center  
2901 Dixwell Avenue, Hamden

### MLK

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

### Montowese Elem School

45 Fitch Street, No. Haven

### NHHS

North Haven High School  
221 Elm Street, No. Haven

### NHMS

North Haven Middle School  
55 Bailey Road, No. Haven

### Personal Harmony Health LLC

8 Whispering Pines Drive,  
Wallingford

### Whitney Center

200 Leeder Hill, Hamden

### Soulcraft Studio

1125 Dixwell Avenue, Hamden

### Whitney Flowers

2648 Whitney Avenue, Hamden

### YMCA

1605 Sherman Avenue, Hamden

### Your Community Yoga Center

39 Putnam Avenue, Hamden

**Computer Keyboarding #0310**

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

L. Hatton HHS rm C203  
Wed., 6:15-8:15 pm Sep 21 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., 6:30-8:30 pm Oct 11 3 wks  
Resident \$60 Non-resident \$65

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

**iPhone/iPad: Beyond the Basics #1822**

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

D. Wray HHS rm D210  
Tues., 6:30-8:30 pm Nov 15 3 wks  
Resident \$60 Non-resident \$65

**Intro to Personal Computers #0326**

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

W. Coley HHS rm D302  
Tues., 7-9 pm Sep 20 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  
Tues., 6:15-8:15 pm Oct 18 5 wks  
Resident \$90 Non-resident \$95

**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., 6:15-8:15 pm Nov 22 5 wks  
Resident \$90 Non-resident \$95

**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; Sep 22  
Tues., 7-9 pm #0304B; Oct 25  
Resident \$90 Non-resident \$95

**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 Nov 3 6 wks  
Resident \$90 Non-resident \$95

## Art of Beautiful Writing - Beginning Calligraphy #1959

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

J. Little HHS rm D111  
Wed., 6:30-8:30 pm Sep 21 6 wks  
Resident: \$70 Non-resident \$75

## Art of Beautiful Writing - Calligraphy Intermediate Techniques #1962

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

J. Little HHS rm D111  
Thur., 6:30-8:30 pm Sep 22 6 wks  
Resident: \$70 Non-resident \$75

## Art of Beautiful Writing - Calligraphy Advanced Techniques #1964

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

J. Little HHS rm D111  
Wed, 6:30-8:30 pm Nov 9 6 wks  
Resident: \$70 Non-resident \$75



## Basic Photo for Beginners #1809

This class is designed for beginners in photography. We will explore the basic principles of the art of photography. We will study shutter speeds, f/stops (aperture), lighting, flash, filters, depth of field and more. These sessions 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. Kasaruskas HHS rm B105  
Tues., 7-9 pm Sep 20 6 wks  
Resident \$70 Non-resident \$75

## 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 Oct 5 7 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 B104  
Mon., 6:30-8:30 pm Sep 19 8 wks  
Resident \$90 Non-resident \$95





**Drawing: Beginners**

#1969

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

R. Dolan HHS rm B105  
Wed., 6:30-8:30 PM Sep 21 4 wks  
Resident: \$48 Non-resident: \$53

**Drawing: Intermediate & Advanced**

#1970

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

R. Dolan HHS rm B105  
Wed., 6:30-8:30 PM Nov 2 4 wks  
Resident: \$48 Non-resident: \$65

**Decorate Your Own Fairy House #1965**

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

M. Barletta 1 Night HHS rm B106  
Mon., 6:30-9 pm #1965A; Sep 19  
Wed., 6:30-9 pm #1965B; Oct 26  
Thur., 6:30-9 pm #1965C; Nov 17  
Resident: \$70 Non-resident \$75

**Flower Arranging**

#1913

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

K. Wawock Whitney Flowers  
Tues., 7-8:30 pm Sep 27 10 wks  
Resident \$90 Non-resident \$95

**Knitting Circle**

#1918

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

E. Salinger 5 wks HHS rm B106  
Wed., 6:30-8:30 pm #1918A; Sept 21  
Wed., 6:30-8:30 pm #1918B; Nov 2  
Resident \$60 Non-resident \$65

**Sewing 101**

#1971

Looking to pick up some new stitches or perhaps dust off your old ones? Join us for a fun and relaxing time creating exciting items, such as a pillowcase, reversible tote bag and a decorative pillow. *Please bring your sewing machine and extension cord. A \$15 materials fee is payable to instructor the first night of class.*

R. Romatzick HHS rm D109  
Tues., 7-8:30 pm Sep 20 3 wks  
Resident \$27 Non-resident \$32

**Sewing 201**

#1972

Continue picking up new skills in Sewing 201! Join us for a fun and relaxing time creating a purse. *Please bring your sewing machine and extension cord. A \$15 materials fee is payable to instructor the first night of class.*

R. Romatzick HHS rm D109  
Tues., 7-8:30 pm Sep 20 3 wks  
Resident \$27 Non-resident \$32

**Stained Glass**

#1942

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

J. Kriksciun HHS rm D104  
Tues., 6-8:30 pm Sept 20 8 wks  
Resident \$120 Non-resident \$125



**Call to Register 203.407.2028**

**Ballroom Dancing Basics #1701**

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

F. Costa HHS Cafeteria  
Mon., 7:30-8:30 pm Oct 24 4 wks  
Resident \$60 Non-resident \$65

**Beginning Tap #1710**

Rekindle your love for dance or give tap dancing a try for the first time! Learn to make music with your feet as you learn precision footwork and entertaining dance sequences. This class is perfect for adults who want to move and learn basics.

C. Furtak 6 wks HHS rm C111  
Mon., 8:35-9:35 pm #1710A; Sep 19  
Mon., 8:35-9:35 pm #1710B; Nov 14  
Resident \$54 Non-resident \$ 59

**Intermediate Tap #1711**

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

C. Furtak 6 wks HHS rm C111  
Mon., 7:30-8:30 pm #1711A; Sep 19  
Tues., 7:30-8:30 pm #1711B; Sep 20  
Mon., 7:30-8:30 pm #1711C; Nov 14  
Tues., 7:30-8:30 pm #1711D; Nov 15  
Resident \$54 Non-resident \$59  
M/T, 7:30-8:30 pm #1711AA; Sep 19  
M/T, 7:30-8:30 pm #1711CC; Nov 14  
Resident \$108 Non-resident \$113

**20 Day Early Morning Yoga Challenge #2446**

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

Staff 20 days Your Comm Yoga Ctr.  
M-F, 6:30-7:30 am #2446A; Oct 3  
M-F, 6:30-7:30 am #2446B; Nov 1  
Resident \$133 Non-resident \$138

**Adult Swim Lessons #2438**

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

Staff 6 wks YMCA  
Thur., 7-7:45 pm #2438A; Sep 15  
Resident \$60 Non-resident \$65  
Staff 8 wks YMCA  
Thur., 7-7:45 pm #2438B; Oct 27  
Resident \$75 Non-resident \$80

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

**Aqua Fitness**

#2466

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

Staff 6 wks YMCA  
 Mon., 10:30-11:15 am **#2466A;** Sep 12  
 Fri., 11:30-12:15 pm **#2466B;** Sep 16  
 Resident \$50 Non-resident \$55  
 Staff 8 wks YMCA  
 Mon., 10:30-11:15 am **#2466C;** Oct 24  
 Fri., 11:30-12:15 pm **#2466D;** Oct 28  
 Resident \$65 Non-resident \$70

**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;** Sep 20  
 Thur., 6-7 pm **#2411B;** Sep 22  
 Resident \$120 Non-resident \$125

**Beginners Yoga**

#2506

This class is designed for those of you who have taken some yoga and would like to deepen your understanding of the asana to further your practice, work on proper body alignment, work with movement and the breath. You will also focus on increasing core strength, balance and flexibility in a non judgemental environment. *Please bring a yoga mat, yoga strap, and water bottle.*

G. Livia HHS Cafe  
 Tue., 6-7 pm Sep 20 12 wks  
 Resident \$120 Non-resident \$125

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

**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 Sep 22 8 wks  
 Resident \$96 Non-resident \$101

**Hula Hoop Dance and Fitness**

#2424

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

LB Stein HHS Cafeteria  
 Wed., 7:15-8:15 pm Sep 21 8 wks  
 Resident \$96 Non-resident \$101

**Jazzercise**

#2463

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results... fast. It's a calorie-torcing, hip-swiveling dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 650cph (that's calories per hour) in one 60 minute class. Our classes - DanceMixx, Strike, Fusion, Core and Strength60 - will leave you breathless, toned and coming back for more. Stop working out. Start working it... with Jazzercise. *Register for the class at [www.hamdenadulted.com/coursecatalog](http://www.hamdenadulted.com/coursecatalog), then contact Kim at Hit It Fitness at (203)640-9214 to pick your two weekly sessions.*

K. Hurd 6 wks Hit It Fitness  
 M-S 9:15am, M-W 5 pm, M-F 6 pm Sep 19  
 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  
 Mon., Wed., Fri., 6-7 pm Oct 3  
 Resident \$110 Non-resident \$115

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

#2478

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

Staff Your Comm Yoga Ctr.  
 Sun., 4:30-5:45 pm Sep 18 6 wks  
 Resident \$72 Non-resident \$77

**Muscle and Core**

#2487

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

Staff 6 wks YMCA  
 Wed., 9:45-10:30 am **#2487A;** Sep 14  
 Resident \$50 Non-resident \$55  
 Staff 8 wks YMCA  
 Wed., 9:45-10:30 am **#2487B;** Oct 26  
 Resident \$65 Non-resident \$70

**Non-Stop Tabata**

#2488

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

Staff 6 wks YMCA  
 Wed., 5:45-6:30 pm **#2488A;** Sep 14  
 Resident \$60 Non-resident \$65  
 Staff 8 wks YMCA  
 Wed., 5:45-6:30 pm **#2488B;** Oct 26  
 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
Sun., 11-11:30 am	#2469A;	Sep 18
Resident \$60	Non-resident \$65	
Staff	8 wks	YMCA
Sun., 11-11:30 am	#2469B;	Oct 30
Resident \$75	Non-resident \$80	

## Rise 'N Shine

#2465

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

Staff	6 wks	YMCA
Wed., 6:45-7:45 am	#2465A;	Sep 14
Resident \$50	Non-resident \$55	
Staff	8 wks	YMCA
Wed., 6:45-7:45 am	#2465B;	Oct 26
Resident \$65	Non-resident \$70	

## Seated Fitness

#2489

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

Staff	6 wks	YMCA
Wed., 9-9:45 am	#2489A;	Sep 14
Resident \$50	Non-resident \$55	
Staff	8 wks	YMCA
Wed., 9-9:45 am	#2489B;	Oct 26
Resident \$65	Non-resident \$70	

## Self Defense and

### Listening Skills for Children

#2476

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

Staff	5 wks	Soulcraft Studio
M,W 5-5:30 pm (4-6)	#2476A;	Oct 3
M,W 5:30- 6:15 pm(7-11)	#2476B;	Oct 3
Resident \$110	Non-resident \$115	

## Step & Sculpt

#2443

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

Staff	6 wks	YMCA
Mon., 5:45-6:45 pm	#2443A;	Sep 12
Resident \$50	Non-resident \$55	
Staff	8 wks	YMCA
Mon., 5:45-6:45 pm	#2443B;	Oct 24
Resident \$65	Non-resident \$70	

## Take Aim with Archery

### Parent/Child

#2433

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

Staff		YMCA
Fri., 4:15-5:00 pm	Sep 16	5 wks
Resident \$50	Non-resident \$55	

## Register Early

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

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

## The Foundations of Yoga

#2495

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

G. Livia		HHS Cafe
Tue., 7:05-8:05 pm	Sep 20	12 wks
Resident \$120	Non-resident \$125	

## Women's Self Defense

#2504

This class teaches both defensive tactics and counter attack skills. You will learn critical skills needed to defend yourself in dangerous situations. This basic training course is designed for rapid learning and retention. This class could save your life!

R. Everett		HHS rm C109
Mon, 6:30-7:30 pm	Sep 19	5 wks
Resident \$79	Non-resident \$84	

## 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 you from injury and combines asanas to create a smooth flowing practice. This class emphasizes increasing mobility, strength, and range of motion, while maintaining a focus placed on alignment and depth. The breath is used to create a flow between asanas.

Staff	8 wks	Your Comm. Yoga Ctr
Wed., 9-10:15 am	#2480A;	Sep 21
Fri., 9-10:15 am	#2480B;	Sep 24
Resident \$96	Non-resident \$101	

## Yoga for 50+

#2431

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

Staff	8 wks	Your Comm. Yoga Ctr
Wed., 7:30-8:45 pm	#2431A;	Sep 21
Sat., 9:45-11 am	#2431B;	Sep 24
Resident \$96	Non-resident \$101	

### Homebuyer's Workshop #0709

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

B. DePodesta, T. Brandi, P. Frazier HHS rm D214  
Tues., 6:30-8:30 pm Sep 20 1 session  
Resident \$25 Non-resident \$30

### Replacement Window and Siding Workshop #1911

Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl? How much should I pay for good quality windows and siding? What type of siding would be best for my home? Vinyl Clapboard, Polymer Cedar Impressions or Hardie Plank? Confused? Don't be. Learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows or siding replaced or doing the work themselves.

P. O'Doherty HHS rm A112  
Thur., 7-9 pm Oct 20 1 session  
Resident \$25 Non-resident \$40

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



## High School Completion

**It's Never Too Late to Complete Your High School Education**  
**We have three ways! Choose the program that's best for you.**

### AHS-CDP

(Adult High School Credit Diploma Program)

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

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- Attend credit classes
- Complete online classes
- Evening classes

### GED®

(General Educational Development Diploma Program)

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

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

### NEDP®

(National External Diploma Program)

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

- Structured assignments
- Academic assessment
- Flexible scheduling

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

- Hamden • North Haven • Bethany • Woodbridge • Orange

Call to Register 203.407.2028



## All the Trimmings

#0604

Learn how to prepare "all the trimmings" for your Thanksgiving Day Dinner. You will make gravy, stuffing, biscuits, a cranberry dish, a vegetable and a potato dish - all from scratch. Just in time for your ultimate Thanksgiving Day Feast. **A \$15 non-refundable consumable fee is due the first night of class.**

A. Webb HHS rm D107  
Thur., 6:30-9 pm Nov 17 1 session  
Resident: \$40 Non-resident: \$45



## Baking 101

#0651

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

A. Webb HHS rm D107  
Wed., 6:30-9 pm Oct 19 2 wks  
Resident: \$50 Non-resident: \$55

## Cake Decorating - Wilton Course 1

### Building Better Buttercream #0648

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

M. Padilla HHS TL - 2<sup>nd</sup> FI  
Tues., 6-8 pm Sep 20 4 wks  
Resident \$49 Non-resident \$54

## Cake Decorating - Wilton Course 2

### Flowers and Cake Design #0637

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

M. Padilla HHS TL - 2<sup>nd</sup> FI  
Tues., 6-8 pm Oct 18 4 wks  
Resident \$49 Non-resident \$54

## Cake Decorating - Wilton Course 3

### Fondant and Gum Paste #0654

In this class, you will learn to create flowers, bows, and garlands using fondant and gum paste. You will make a two layer cake with flowers, borders and accents. **Prerequisite: Wilton Course 1. Supply list will be sent prior to class.**

M. Padilla HHS rm D107  
Tues., 6-8 pm Nov 29 4 wks  
Resident \$49 Non-resident \$54

## Creative Crepes

#0655

As with many preparations, crepes can be used in savory dishes such as manicotti, or filled with sautéed chicken, pork or beef and vegetables and served with an aromatic, rich sauce. Or, they can be sweet such as in the classic Crepe Suzette, or filled with chocolate, cheese, jams, caramelized fruit and so many more possibilities. Join us as we venture into this classic, beautiful and exceedingly versatile gem. Students will experiment with both savory and sweet crepes and prepare in class. **Price includes a \$10 non-refundable supplies fee.**

Chef Paula HHS rm D107  
Tues., 6:15-9 pm Nov 1 1 session  
Resident \$38 Non-resident \$43

## Flan Fantastico

#0656

Flan, or crème caramel is a soft custard dessert seen in many cuisines, most notably Spain and France. It is a soft custard dessert served with a layer of caramel on top. Simple, yet sublimely delicious. In this class, students will prepare a flan to bring home to enjoy. **Price includes a \$6 non-refundable supplies fee.**

Chef Paula HHS rm D107  
Tues., 6:15-9 pm Nov 15 1 session  
Resident \$34 Non-resident \$39

## Introduction to Canning

#0657

This is an introduction to the process of food preservation through home canning. Theoretical and hands-on work will occur in class to ensure you have an opportunity to fully understand the process. You will leave with a canned product that you helped produce. You will can fruit the first night of class, and the second night you will learn how to pickle. **A \$20 non-refundable consumable fee is due to the instructor the first night of class.**

S. Joyce 2 wks HHS rm D107  
Wed., 6-9 pm #0657A - Peaches Sep 21  
Wed., 6-9 pm #0658B - Apples Oct 19  
Resident \$54 Non-resident \$59



**Mastering Knife Skills**

#0630

Proper knife technique is essential to "Mise En Place" and overall cooking success. There are no secrets- it's all about using a knife appropriate for the item, sharp and honed, as well as proper technique. This class which has been re-designed is now held over two sessions: On the first evening we will discuss knives, uses and applications, sharpening and honing. The second class will emphasize proper technique in slicing, dicing and chopping various products. No band aids necessary! **A \$6 non-refundable consumable fee is due the first night of class.**

Chef Paula HHS rm D107  
Tues., 6:15-8:15 pm Oct 4 2 wks  
Resident \$52 Non-resident \$57

**Mucho Pollo Mexicano**

#0658

In this class, you will experiment with and prepare one of three classic chicken dishes of their choice: Arroz con Pollo (classic rice and chicken one dish meal); Tinga de Pollo (spicy chicken with savory flavors and chilis for corn tacos); Chicken Mole Empanadas (savory stuffed pastry shells with chicken mole filling). Choice to be made at registration. It's all good! **Price includes a \$10 non-refundable consumable fee.**

Chef Paula HHS rm D107  
Tues., 6:15-9:00 pm Sep 27 1 session  
Resident \$38 Non-resident \$43

**Wilton - Drizzle, Dip and Mold with Candy Melts**

#0659

Discover the magic of candy making with Wilton's complete line of Candy Melts and tools! In this class, you will learn tips and tricks needed to make candy treats by molding, dipping, drizzling and so much more. **Price includes a \$15 non-refundable consumable fee.**

M. Padilla HHS rm D107  
Wed., 6-8 pm Nov 2 1 session  
Resident \$41 Non-resident \$50

## LANGUAGES

**French for Beginners**

#1603

This course introduces the fundamental elements of the French language within a cultural context. Emphasis is on the development of basic listening, speaking, reading, and writing skills. Upon completion, you should be able to comprehend and respond with grammatical accuracy to spoken and written French as well as demonstrate cultural awareness. **A \$20 non-refundable book fee is due to the instructor the first night of class.**

P. Myrthil HHS rm D212  
Thur., 8:05-9:35 PM Sep 22 8 wks  
Resident: \$84 Non-resident: \$89

**The ABCs of Arabic**

#1616

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

Y. Almtit HHS rm D210  
Mon., 6-7:30 PM Sep 19 8 wks  
Resident: \$84 Non-resident: \$89

**Italian Beginners**

#1608

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

D. DiTomasso HHS rm D213  
Wed., 6:00-7:30 pm Sep 21 10 wks  
Resident \$99 Non-resident \$104

**Italian Spoken**

#1601

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

D. DiTomasso HHS rm D213  
Wed., 7:35-9:05 pm Sep 21 10 wks  
Resident \$99 Non-resident \$104

**Levantine Arabic (Intermediate)**

#1619

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

Y. Almtit HHS rm D210  
Tues., 6-7:30 PM Sep 19 8 wks  
Resident: \$84 Non-resident: \$89

**Spanish for Beginners**

#1610

This course will provide the student with a general introduction to the Spanish language: sound system, pronunciation, functional vocabulary related to everyday life, cultural information and basic grammatical structures. Emphasis will be on the acquisition of four skills: listening, speaking, reading and limited writing. **A \$20 non-refundable book fee is due to the instructor the first night of class.**

P. Myrthil HHS rm D212  
Thur., 6:30-8:00 PM Sep 22 8 wks  
Resident: \$84 Non-resident: \$89

**Traditional Mandarin Chinese Beginners/Intermediate**

#1612

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

J. Jen Hsu HHS rm B103  
Tues., 6-7 pm Sep 20 10 wks  
Resident \$70 Non-resident \$75



## Asset Protection #2140

My spouse is having a health crisis: How do we stay out of the poor house?

Home Care, Nursing Home, Assisted Living. What's the best choice and how do we pay for it?

Asset Protection: When a little paranoia is a good thing! Come and hear the answers to these questions and more.

A. Rothstein HHS rm B208  
Thur., 6:30-8:30 pm Nov 3 1 session  
Resident \$25 Non-resident \$30

## Don't Outlive Your Retirement Savings: 3 Simple Strategies #2137

Did you know that most of the danger in conquering Mount Everest occurs on the way down? For many Baby Boomers, they may feel that their retirement is not unlike hiking the world's highest mountain. This class, for Baby Boomers near or in retirement, will take a new angle on ways that can help you not outlive your retirement savings.

S. Cornwall HHS rm B208  
Wed., 7-8:30 pm Nov 2 1 session  
Resident \$25 Non-resident \$30

## Medicaid and Veterans Benefits #2139

Qualifying for Medicaid and Keeping My House: Is it possible?

The Veterans Benefit the Government Doesn't Tell You About

Medicaid and Veterans Benefits Advisors: Unmasking the Frauds

How to keep long term care from becoming a long term financial crisis.

Come and hear the answers to these questions and more.

A. Rothstein HHS rm B208  
Thur., 6:30-8:30 pm Nov 17 1 session  
Resident \$25 Non-resident \$30

## Naked Retirement Workshop #2130

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

M. Argiro HHS rm B212  
Thur., 6:30-8 pm Oct 6 1 Session  
Resident: \$25 Non-resident: \$25

## 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 Sep 28 1 session  
Fee: \$25 Non-resident: \$25

## Stop the Financial Insanity #2138

Learn what the pros know. This authoritative, behind-the-scenes look at Wall Street shows how to build a market-proven income generating portfolio that can minimize risk and beat growth-oriented investment strategies. This is a must attend financial survival course for every investor over 50 years of age.

A. Agemy HHS rm B216  
Tues., 6-7 pm Sep 20 3 wks  
Resident \$30 Non-resident \$35



## NEDP® OFFERS:

- Flexible scheduling
- Computer labs to complete independent work at convenient times
- Individual appointments
- Confidentiality

**Guitar for Beginners**

#1932

Have you always wanted to play guitar but never found the time? Here's an easy way to get started. Learn the basics of how to play, find musical notes, basic chords, read music, left and right hand technique. Bring your own guitar or one will be available for rental. Book fee \$10.95 payable first class. **Senior fee not applicable.**

G. Raccio	All Things Musical
Wed., 8-9 pm	Sep 21 6 wks
Resident \$75	Non-resident \$80

**Ukulele for Beginners**

#1924

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

G. Raccio	All Things Musical
Wed., 8-9 pm	Nov 2 6 wks
Resident \$75	Non-resident \$80

**Violin and Cello -****Beginners/Intermediate**

#1933

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

J Jen Hsu	HHS rm B103
Tues., 7:05-8:05 pm	Sep 20 10 wks
Resident \$90	Non-resident \$95

## PERSONAL ENRICHMENT

**Angels: Working with Your Angel #1273**

In this class you will learn the nine choirs of angels and their abilities. A guided meditation to meet your angel and get your spiritual name.

B. D'Addio	HHS rm D111
Tues., 7-9 pm	Sep 27 1 session
Resident \$30	Non-resident \$35

**Alzheimer's at Home: Purposeful****Activities for those with Dementia #1277**

This course is designed for caregivers of loved ones with dementia. Ideas for simple activities that offer a purpose will be introduced. These activities promote independence to provide a much needed break for caregivers.

K. Bryant	HHS rm B204
Tues., 7-8:30 pm	Sep 20 1 session
Resident \$25	Non-resident \$30

**Bridge: Perfect Your Defense #1910**

Play bridge and defend with confidence! This class for beginning and advancing players will practice techniques for defeating contracts and specific defense situations including leads, play and signals. The ACBL book Defense in the 21st Century will be used in this class.

W. Frieden	Whitney Center
Thur., 10-12 noon	Sep 22 8 wks
Resident \$96	Non-resident \$101

**Dream Interpretation!**

#1274

Learn the meaning of your dreams and nightmares. Learn how to communicate in dream time. Learn how your dreams can help you in your daily life. Learn about premonitions.

B. D'Addio	HHS rm D111
Tues., 7-9 pm	Oct 11 1 session
Resident \$30	Non-resident \$35

**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 D212
Wed., 6:30-9 pm	Oct 26 1 session
Resident \$38	Non-resident \$43

**Guerrilla Job Hunting**

#1275

The way your Dad found his job doesn't work anymore. Today you need a strategy to stand out above the dozens or even hundreds of resumes that an employer gets for an open position. You need to leverage social media, to network, and to create a brand for yourself. This workshop will give you tips and strategies to separate yourself from the crowd of job seekers and make an impression on an employer.

S. Sibilio	HHS rm B204
Wed., 6-8 pm	Nov 2 2 wks
Resident \$60	Non-resident \$65

**Introduction to Crystals**

#1276

In this class you will learn if the crystal is for you, how to cleanse a crystal and how to use them for healing.

B. D'Addio	HHS rm D111
Tues., 7-9 pm	Oct 4 1 session
Resident \$30	Non-resident \$35



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

**Call to Register 203.407.2028**



## iPhone: A Comprehensive Introduction

#1821

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

D. Wray HHS rm D210  
Wed., 6:30-8:30 pm Sep 21 3 wks  
Resident \$60 Non-resident \$65



## Know the 10 Signs -

### Early Detection Matters

#1271

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

M. Tomasetti HHS Rm A228  
Tues., 6-7:30 Oct 4 1 session  
Resident \$25 Non-resident \$30

## Psychic Development

#1255

You will learn to work with your intuition and develop your psychic abilities. You will be using psychometry, the pendulum and clairvoyance. Everyone will be doing readings in this class. Yes, you can do it!

B. D'Addio HHS rm D111  
Tues., 7-9 pm Sep 20 1 session  
Resident \$30 Non-resident \$35

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

#1266

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

E. Lahens HHS rm D212  
Tues., 6:30-9 pm Nov 29 1 session  
Resident \$38 Non-resident \$43

## Tell Your Family's Story

#1276

Preserving your family's history is important. This course will cover methods for researching, organizing and writing your story. You'll also learn ways to preserve your story - from simple memory books to published works.

J. Snyder HHS rm B206  
Thur., 7-9 pm Oct 6 3 wks  
Resident \$60 Non-resident \$65

## Looking for a New Career

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

See pages 26-27 for more information

### CNA

#### Certified Nurse Assistant

The Certified Nursing Assistant Program offered is at a training program approved by the Department of Health. Successful program completion allows you to work as a Certified Nurse Assistant in some medical facilities, clinics, home settings, or to work as a home health aide.

### EMT

#### Emergency Medical Technician

EMT's provide emergent medical care in a pre-hospital environment, or can be employed in a certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam you are qualified to work as a Basic EMT.

### Security Guard

This is a "two" day course!! That's right...you can get certified in just two days to receive your Connecticut Uniformed Security Officer/Guard/CT security license. We help prepare you to work!! The lesson plan provided 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.

**About Boating Safety**

#1003

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

USCG Auxiliary Staff      HHS rm D109  
Tues, 5:30-9:30 pm      Oct 11      2 wks  
Resident \$72      Non-resident \$77

**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      Oct 13      1 session  
Resident \$50      Non-resident \$55

**American Heart Association****Pediatric CPR**

#2010

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

S. Gesner, RN/ C. Levy, RN      HHS rm D111  
Thurs., 6:30-9:30 pm      Dec 1      2 wks  
Resident \$90      Non-resident \$95

**Babysitting 101**

#2011

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

S. Gesner, RN/C. Levy, RN      HHS rm D109  
Mon., 6:30-9:30 pm      Nov 7      2 wks  
Resident \$50      Non-resident \$55

**Piloting and Charting**

#1002

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

USCG Auxiliary Staff      HHS rm D109  
Mon., 6-9 pm      Sep 19      3 wks  
Resident \$64      Non-resident \$69

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

#1001

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

Staff      1 session      HHS rm A112  
Thur., 6-10 pm      #1001A;      Oct 6  
Thur., 6-10 pm      #1001B;      Dec 8

**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      Sep 29      8 wks  
Hamden Snrs Free      Non-resident \$80

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

**Call to Register 203.407.2028**





**30 Hours of Classroom and 8 Hours Behind the Wheel**  
**Qualifies You for an Insurance Discount - Dual Controlled Cars -**  
**License Testing options available. Let us prepare you for licensing**  
**with one of our programs offered through Hamden Adult Ed at**  
**Hamden High School Tuesday and Thursday,**  
**starting October 4 or January 31**



**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 we bring you home after testing. The \$249 covers the first 2 hours. Any overage will be charged at a prorated price.

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

The Hamden Board of Education (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of August 29, 2016.** Placement examinations in reading, mathematics and written English are required prior to registration. Mathematics and English credits from an accredited institution of higher education will be reviewed to determine if a waiver from the tests should be granted. The following courses are offered at Hamden High School from 6:30 - 9:35 PM.



CRN	COURSE	TITLE	DAY	ROOM
3488	SPA 102	Elementary Spanish II	M	A 206
3207	SPA 101	Elementary Spanish I	T	A 206
3696	PSY 201	Life Span Development	W	A 206
3159	COM 171	Fundamentals of Human Commun	Th	A 206
4029	SOC 111	Child, Family, School & Community	Th	A 216

**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's Admissions office at 203.285.2080. The College reserves the right to cancel those courses for which there is insufficient enrollment.

**Computer Basics Made Easy #5300**

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

S. Bozzuto NHHS Room 104  
Mon., 6:30-8:30 pm Sep 19 6 wks  
Resident: \$72 Non-resident: \$77

**iPad: A Comprehensive Intro #5310**

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

D. Wray NHHS Room 105  
Mon., 6:30-8:30 pm Nov 7 3 wks  
Resident: \$60 Non-resident: \$65

**WHOOOPS!**

We cancelled your class because we didn't know you planned on attending.  
Register Early!

**Google What?! #5313**

Want to keep up with your kids, students, or colleagues? Then "Google What?!" is the class to join. It will provide an overview of the most commonly used Google Apps in the Google Apps Suite. Learn how to organize your inbox, manage your contacts, create tasks, and host hangouts in your Gmail. Learn how to create and share personal and professional calendars in one place. Create events, invite others and add files to your Google Calendar. In Google Drive, learn how to add, create, share and organize files, and folders in the Cloud. Use Google Docs to enhance collaboration via real-time editing and conducting research from within the document. Additionally, learn the most popular features and tools offered in Google Docs (documents), Slides (slide shows) and Sheets (spreadsheets), and showcase your work and accomplishments in your own personal or professional website using Google Sites.

L. Fasulo NHHS Room 104  
Thur., 6:30-8:30 pm Sep 22 6 wks  
Resident: \$90 Non-resident: \$95

**iPhone: A Comprehensive Intro #5309**

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

D. Wray NHHS Room 104  
Thur., 6:30-8:30 pm Oct 13 3 wks  
Resident: \$60 Non-resident: \$65

**iPhone/iPad: Beyond the Basics #5311**

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

D. Wray NHHS Room 105  
Wed., 6:30-8:30 pm Dec 7 3 wks  
Resident: \$60 Non-resident: \$65

**Intro to MS Access 2013 #5312**

Learn to store, manage, and retrieve different kinds of information on your computer. You will then be able to produce customized reports! Reserve your spot now for MS Office Access and test drive it. *Please bring a USB Flash Drive to class. A \$10 non-refundable material fee is payable to the instructor the first night of class.*

T. Lorenti NHHS Room 105  
Mon., 6-8 pm Sep 19 8 wks  
Resident: \$110 Non-resident: \$115



**Keyboarding Made Easy #5303**

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

S. Bozzuto NHHS Room 104  
Wed., 6:30-8:30 pm Nov 16 5 wks  
Resident: \$70 Non-resident: \$75

**Microsoft Excel Made Easy #5304**

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

S. Bozzuto NHHS Room 104  
Wed., 6:30-8:30 pm Sep 28 5 wks  
Resident: \$90 Non-resident: \$95

**Microsoft Word Made Easy #5301**

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

S. Bozzuto NHHS Room 104  
Mon., 6:30-8:30 pm Nov 14 6 wks  
Resident: \$90 Non-resident: \$95

## CREATIVE ARTS

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

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

J Little NHHS Room 117  
Tues., 6:30-8:30 pm Sep 20 6 wks  
Resident: \$70 Non-resident: \$75

**Card Making #5229**

Are you tired of the high cost of greeting cards? Come join us for a fun night out making your own cards. You will learn some basics and techniques of rubber stamping. You will go home with three cards that you created! No prior experience necessary. *Price includes a \$10 non-refundable material fee.*

S. Rudnicki 1 session NHHS Room 115  
Wed., 6:30-8:30 pm #5229A; Sep 28  
Wed., 6:30-8:30 pm #5229B; Oct 26  
Resident: \$35 Non-resident: \$40

**Art of Beautiful Writing - Calligraphy****Intermediate Techniques #5216**

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

J. Little NHHS Room 117  
Tues., 6:30-8:30 pm Nov 1 6 wks  
Resident: \$70 Non-resident: \$75

**Crochet: All Levels #5208**

As a beginner, you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and basic stitches. The more advanced students will improve their skills in reading patterns, resizing and more difficult 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.*

S. Tendler NHHS Room 108  
Wed., 6:30-8:30 pm Sep 28 8 wks  
Resident: \$90 Non-resident: \$95

**Drawing: Beginners #5209**

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

S. Ghods NHHS Room 117  
Wed., 6:30-8:30 pm Sep 28 5 wks  
Resident: \$60 Non-resident: \$65

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

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

S. Ghods NHHS Room 117  
Wed., 6:30-8:30 pm Nov 16 5 wks  
Resident: \$60 Non-resident: \$65



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

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

A. Szewczyk NHHS Room 115  
Tues., 6:30-8:30 pm Sep 20 8 wks  
Resident: \$96 Non-resident: \$101

**Keepsake Air-Dry Clay Box #5228**

Do you love doing clay projects? Traditional clay takes an oven or kiln to bake. We will use a wonderful alternative, air-dry clay. This clay is quick and easy to use. Join us and you will create and paint a keepsake box. **A \$20 non-refundable material fee for each project is payable to instructor the first night of class.**

S. Frost NHHS Room 115  
Tues., 7-8:30 pm Oct 18 3 wks  
Resident: \$27 Non-resident: \$33

**Art Workshop #5230**

Come have an evening of discovery and fun. Luscious 'wet-into-wet' watercolor painting. **Price includes a \$10 non-refundable material fee.**

M. Horan NHHS Room 115  
Wed., 7-9 pm Sep 28 1 session  
Resident: \$27 Non-resident: \$33

**Painting - Oil & Acrylics #5210**

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

M. Bedell NHHS Room 114  
Wed., 6:30-9:00 pm Sep 28 8 wks  
Resident: \$96 Non-resident: \$101

**DANCE & FITNESS****Ballroom Dancing Basics #5112**

Ever find yourself saying, "I'd like to dance like that!"? Here's your chance. Learn the basic steps for the swing, foxtrot, waltz, rumba and cha-cha-cha. Every student will receive a complimentary CD of all 5 dances at the second class. Partners not required, but comfortable shoes are a must.

F. Costa NHMS Cafe  
Thur., 7:15-8:15 pm Oct 20 5 wks  
Resident: \$80 Non-resident: \$85

**Line Dancing: Soulful/Jazzy/R&B Way #5116**

Remember doing the electric slide and the cha-cha slide at those weddings, parties and family reunions? There are hundreds more current and here's an opportunity to learn some of them! Come learn the dances to 'Blurred Lines' (Robin Thicke), 'Back in the Day' (Wayne Brady), 'Dem Jeans', as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, El Paso, Zydeco Bounce, Broken Stones....Great way to exercise the brain along with the rest of the body! These are beginner-friendly and lots of fun! **A \$10 non-refundable fee is payable to the instructor the first night of class.**

S. Walker Theater Lobby  
Tues., 6:15-7:15 pm Sep 20 6 wks  
Resident: \$54 Non-resident: \$59

**AM - Yoga #5114**

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

L. Baumgartner MECA  
Wed., 9:30-10:45 am Oct 5 8 wks  
Resident: \$99 Non-resident: \$104

**Cardio Strength & Stretch #5115**

Experience low impact aerobic conditioning strength training and flexibility with the goal of experiencing all the components of fitness. Strengthen your muscles and core while burning body fat. This course will fine tune your form and dictate RESULTS! **Please bring a yoga mat and wear well supported sneakers.**

M. Daniele MECA  
Tues., 8:30-9:30 am Sep 20 6 wks  
Resident: \$80 Non-resident: \$85

**Introduction to Tai Chi #5101**

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

M. LaPointe Green Acres Cafe  
Mon., 6:30-7:30 pm Sep 19 8 wks  
Resident: \$80 Non-resident: \$85

**Pilates Mat #5102**

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

M. Daniele 6 wks Montowese School Gym  
Tues., 7-8 pm #5102A; Sep 20  
M. Daniele Montowese School Library  
Tues., 7-8 pm #5102B; Nov 1  
Resident: \$60 Non-resident: \$65

**Rest, Relax and Renew #5103**

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

L. Baumgartner NHHS Library  
Tues., 7-8 pm Oct 4 8 wks  
Resident: \$80 Non-resident: \$85

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

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

O. Walters NHHS PA Room  
Mon., 6:30-7:15 pm Sep 19 10 wks  
Resident: \$75 Non-resident: \$79

**Yoga #5104**

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

L. Baumgartner NHHS Library  
Tues., 5:30-6:45 pm Oct 4 8 wks  
Resident: \$80 Non-resident: \$85

**Yoga II #5106**

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

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

**Zumba #5110**

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

A. Wiley NHHS PA Room  
Tues., 6:45-7:45 pm Sep 20 8 wks  
Resident: \$80 Non-resident: \$85

**Zumba for Seniors #5117**

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

A. Wiley NHHS PA Room  
Tues., 5:30-6:30 pm Sep 20 8 wks  
Resident: \$80 Non-resident: \$85

**Cake Decorating 101 #5618**

You will learn how to apply decorating techniques using buttercream icing and round tips. You will learn how to tint icing, decorator bag pressure and icing consistencies. *Supply list will be sent prior to first class.*

M. Padilla NHHS Room 109  
Mon., 6-8 pm Sep 19 1 session  
Resident \$26 Non-resident \$31

**Cupcakes Basics #5613**

This class will introduce you to the basics of cake decorating by applying techniques to cupcakes. You will use buttercream to create stars, rosettes and swirls on cupcakes. *Supply list will be sent prior to first class.*

M. Padilla NHHS room 109  
Wed., 6-8 pm Oct 5 1 session  
Resident \$26 Non-resident \$31

**Cooking with Kids #5601**

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

A. Webb NHHS Room 109  
Mon, 6:15-8:45 pm Nov 7 1 session  
Resident: \$40 Non-resident: \$45

**Foods that Heal #5626**

We are constantly inundated with health "fads" and articles about what we should and shouldn't be eating. This class is for those of us who are not health "Gurus" but want to learn how to be health conscious.. We'll discuss how to buy, store and use fresh herbs, oils and fruits and vegetables for better health and natural pain management. Among the ingredients are Coconut Oil, Sesame Oil, Avocado Oil, Apple Cider Vinegar, turmeric, ginger, cucumber, watermelon, banana, celery, parsley, lemons and more. No cooking involved. Lecture/ Oral Presentation, class participation. Each student leaves with samples of oils, vinegar and herbs. Fresh smoothies will be made in class. *Price includes a \$15 non-refundable consumable fee.*

L. Rich NHHS room 109  
Tues., 6-8 pm Oct 27 1 session  
Resident \$41 Non-resident \$46

## IN THE KITCHEN

**Homemade Pies and Cakes #5619**

Let Chef Maryann teach you the art of making the mile high apple pie and the best pumpkin pie ever! Come and enjoy oil and vinegar chocolate cake, hummingbird cake, a special southern dessert and more. Bring a container for leftovers. **A \$40 non-refundable supply fee is due to the instructor the first night of class.**

M. Ciarleglio NHHS Room 109  
Wed., 6:30-8:30 pm Sep 28 5 wks  
Resident: \$80 Non-resident: \$85

**Infused Oils #5625**

In this class you will learn how to sanitize bottles to keep out bacterial growth. We will make various flavored oils such as Herb de Provence, Lemon oil, Hot pepper oil, Brushetta oil, Garlic oil as well as herbed oils. Each student takes home 3 bottles of oils. Any additional bottles can be purchased at \$3 ea. **Price includes a \$15 non-refundable consumable fee.**

L. Rich NHHS room 109  
Thur., 6-8 pm Nov 17 1 session  
Resident \$35 Non-resident \$40

**Introduction to Canning #5620**

This is an introduction to the process of food preservation through home canning. Theoretical and hands-on work will occur in class to ensure you have an opportunity to fully understand the process. You will leave with a canned product that you helped produce. You will can fruit the first night of class, and the second night you will learn how to pickle. **A \$20 non-refundable consumable fee is due to the instructor the first night of class.**

S. Joyce 2 wks NHHS Room 109  
Tues., 6-9 pm **#5620A - Peaches** Sep 20  
Tues., 6-9 pm **#5620B - Apples** Oct 18  
Resident \$54 Non-resident \$59

**Pizza, Calzones and****Stuffed Breads #5609**

In this hands-on class you will make dough from scratch. Toppings/fillings will include your choice: sausage, pepperoni, mushrooms, bacon, broccoli, spinach, peppers, or onions. You will make pizza sauce and authentic gravy (Mom's secret recipe). You will also make fried dough. **A \$30 non-refundable supply fee is due to the instructor the first night of class.**

Chef R. Inzero NHHS Room 109  
Mon., 6:30-9 pm Oct 17 3 wks  
Resident: \$60 Non-resident: \$65

**Small Plates - Restaurant Style #5621**

Weekly preparations of popular "small plates" comprised of multiple components. You will prepare and plate your own dish. Class begins promptly, but may end earlier or later. The following items will be made:

Chilled Roasted Beets, Herbed Quinoa and Seared Shrimp  
Seared Duck Breast, Spiced Lentils and Baby Arugula  
Lump Crab Cakes, Watercress and Fennel Salad and Remoulade

Pepper Crusted Beef Tenderloin, Portobello Mushroom, Gorgonzola and Frisee  
Paccheri Pasta with Wild Boar Ragu and Ricotta Salata **A \$40 non-refundable consumable fee is due to the instructor the first night of class**

J. Arnold NHHS Room 109  
Thur., 6-9 pm Sep 22 5 wks  
Resident \$100 Non-resident \$105

**Soups, Stews and Chowders #5622**

In this hands-on class, you will make RI Clam Chowder, beef, chicken and veal soups and stews. Some of these will be made with a Pressure Cooker! **A \$30 non-refundable consumable fee is due to the instructor the first night of class.**

Chef R. Inzero NHHS Room 109  
Mon., 6:30-9 pm Sep 19 2 wks  
Resident: \$50 Non-resident: \$55

**What is that and how do I cook it? #5624**

We are fortunate enough to have easy access to a large selection of fruits and vegetables all year long. However, many are intimidated by some they may not have grown up with. In this class you will learn how to pick, clean and cook fall/winter vegetables. Brussel Sprouts, Romanesco, Bok Choy, Beets, Tomatillos, Spaghetti Squash, Taro Root, Ginger as well as seasonal fruits are among those we will be working with. Hands on. Please bring a Sharp chefs knife and to go containers. **Price includes a \$15 non-refundable consumable fee.**

L. Rich NHHS room 109  
Tues., 6-8 pm Oct 11 1 session  
Resident \$35 Non-resident \$40

**Wilton - Drizzle, Dip and Mold with Candy Melts #5623**

Discover the magic of candy making with Wilton's complete line of Candy Melts and tools! In this class, you will learn tips and tricks need to make candy treats by molding, dipping, drizzling and so much more. **Price includes a \$15 non-refundable consumable fee.**

M. Padilla NHHS room 109  
Thur., 6-8 pm Nov 3 1 session  
Resident \$41 Non-resident \$46

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



## Elementary Russian #5704

You will learn to read and write in Russian. You will have some grammar lessons, as well. No books necessary, handouts will be provided.

T. Flath                      NHHS Room 107  
Tues., 6-7:30 pm        Sep 20        8 wks  
Resident: \$72          Non-resident: \$77

## French for Beginners #5702

This course introduces the fundamental elements of the French language within a cultural context. Emphasis is on the development of basic listening, speaking, reading, and writing skills. Upon completion, you should be able to comprehend and respond with grammatical accuracy to spoken and written French as well as demonstrate cultural awareness. ***A \$20 non-refundable book fee is due to the instructor the first night of class.***

P. Myrthil	NHHS Room 107
Mon., 8:05-9:35 pm	Sep 19 8 wks
Resident: \$72	Non-resident: \$77

**Italian (Beginners)** **#5700**

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

M. Lunato                      NHHS Room 107  
 Thur., 6:00-7:00 pm        Sep 22            8 wks  
 Resident: \$56                Non-resident: \$61

**Italian (Int/ Conversational) #5701**

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

M. Lunato	NHHS Room 107
Thur., 7:05-8:05 pm	Sep 22 8 wks
Resident: \$72	Non-resident: \$77

## Spanish for Beginners #5703

This course will provide the student with a general introduction to the Spanish language: sound system, pronunciation, functional vocabulary related to everyday life, cultural information and basic grammatical structures. Emphasis will be on the acquisition of four skills: listening, speaking, reading and limited writing. ***A \$20 non-refundable book fee is due to the instructor the first night of class.***

P. Myrthil	NHHS Room 107
Mon., 6:30-8:00 pm	Sep 19 8 wks
Resident: \$72	Non-resident: \$77



## MONEY MATTERS

## Don't Outlive Your Retirement Savings: 3 Simple Strategies #5516

Did you know that most of the danger in conquering Mount Everest occurs on the way down? For many Baby Boomers, they may feel that their retirement is not unlike hiking the world's highest mountain. This class, for Baby Boomers near or in retirement, will take a new angle on ways that can help you not outlive your retirement savings.

S. Cornwall	NHHS room 105
Mon., 7-8:30 pm	Oct 17 1 session
Resident \$25	Non-resident \$30

## Estate Planning #5519

Taking the Mystique out of Living Trusts  
How to Control and Protect Your Estate  
from the Grave  
Directing Your Medical Care when You  
can't Communicate  
Connecticut's Right-to-Die Debate:  
Communicating your medical care  
desires when you can't communicate  
Power of Attorney: The Game has  
Changed. What you need to know about

A. Rothstein	NHHS room 106
Thur., 7-9 pm	Oct 27 1 session
Resident \$25	Non-resident \$30

## Naked Retirement Workshop #5506

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

M. Argiro NHHS Room 106  
 Tues., 6:30-8 pm Oct 18 1 Session  
 Resident: \$25 Non-resident: \$30

**Planning for Affordable****Long Term Care #5507**

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

A. Abrahamian NHHS Room 106  
Wed., 7-9 pm Oct 26 1 Session  
Resident: \$25 Non-resident: \$30

**Retirement Planning Today #5517**

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

B Skinner NHHS Room 106  
Thur., 6:30-9:30 pm Sep 29 4 wks  
Resident \$49 Non-resident \$54

**Stop the Financial Insanity #5518**

Learn what the pros know. This authoritative, behind-the-scenes look at Wall Street shows how to build a market-proven income generating portfolio that can minimize risk and beat growth-oriented investment strategies. This is a must attend financial survival course for every investor over 50 years of age.

A. Agemy NHHS room 106  
Tues., 6-7 pm Oct 18 3 wks  
Resident \$30 Non-resident \$35

**PERSONAL ENRICHMENT****AARP Driver Safety Smart Program**

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

AARP Staff 1 session NHHS Room 105  
Thur., 5-9 pm #6000A; Sep 22  
Thur., 5-9 pm #6000B; Nov 17  
AARP Members: \$15 Non-members \$20  
**No Cash - Checks only, payable to AARP. AARP Membership required to receive AARP fee. Membership card must be brought to class to verify.**

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

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

Gesner, RN/Levy, RN NHHS Room 105  
Thur., 6:30-9:30 pm Sep 29 1 Session  
Resident: \$50 Non-resident: \$55

**Akashic Record/Angel Reading #5435**

Reserve your 30 minute phone or in-person Reading with Intuitive Healing Arts Practitioner Diane Esposito, as she helps you experience the joy of receiving loving messages from your Akashic Record and/or Angels, guides, and loved ones. Learn to open more fully to the inspiration of [+] energy and feel gratitude even when you have conscious or unconscious resistance to do so. Strengthen and integrate lasting, healthy transformation and healthy relationships. ***Sign-up for the class and then contact Diane at 203-913-3869 to schedule your 30 minute reading.***

D. Esposito Personal Harmony LLC  
M-F., 9am-9 pm 1 session  
Resident: \$45 Non-resident: \$50

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

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

Gesner, RN/Levy, RN NHHS Room 105  
Thur., 6:30-9:30 pm Oct 27 2 wks  
Resident: \$90 Non-resident: \$95

**Babysitting 101****#5804**

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

Gesner, RN/Levy, RN NHHS Room 105  
Mon., 6:30-9:30 pm Dec 12 2 wks  
Resident: \$50 Non-resident \$55

**Call to Register 203.407.2028**

## Extreme Couponing

#5436

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 NHHS room 107  
Tues., 6:30-9 pm Nov 22 1 session  
Resident \$38 Non-resident \$43

## Guided Mindful Healing Meditation

### with Crystals & Stones

#5421

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

D. Esposito Personal Harmony LLC  
Wed., 6:30-8:30 pm #5421A; Sep 21  
Wed., 6:30-8:30 pm #5421B; Oct 19  
Wed., 6:30-8:30 pm #5421C; Nov 16  
Wed., 6:30-8:30 pm #5421D; Dec 21  
Resident: \$25 Non-resident: \$30

## Lose Weight With Hypnosis

#5409

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

L. Santamaria NHHS Library  
Thur., 7-9 pm Oct 20 3 wks  
Resident: \$65 Non-resident: \$70

## REIKI I Practitioner Certification#5802

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

D. Esposito 1 wk Personal Harmony LLC  
Sat., 9am - 3 pm #5802A; Oct 8  
Sat., 9am - 3 pm #5802B; Nov 12  
Sat., 9am - 3 pm #5802C; Dec 10  
Resident: \$150 Non-resident: \$155

## REIKI II Practitioner

### Certification

#5807

Your Reiki II Certification will enhance the flow of Reiki, expand upon the techniques presented in Reiki I, include a complimentary pre-class consultation, class manual Reiki II Attunement: Meditation, steps to integrate Reiki I Symbols to the power of love, mental/emotional clarity and balance, and distant treatments. Chakras. Deepen support for overall health and healthy relationships. **Prerequisite: call 203-913-3869 to schedule a pre-class consultation with Diane, 7 or more days before class. A \$25 non-refundable materials fee is included in price.**

D. Esposito 1 wk Personal Harmony LLC  
Sat., 9am - 3 pm #5807A; Oct 15  
Sat., 9am - 3 pm #5807B; Nov 19  
Sat., 9am - 3 pm #5807C; Dec 17  
Resident: \$175 Non-resident: \$180

## Save Beyond the Grocery Store: Meals

### Out, Entertainment & More

#5437

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

E. Lahens NHHS room 107  
Wed., 6:30-9 pm Dec 7 1 session  
Resident \$38 Non-resident \$43

# TEEN DRIVING

## 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 license with one of our programs offered at North Haven High School Tuesday and Thursday, starting November 15 , 2:30 PM to 4:30 PM Room 116  
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.

**Other Packages are available**

Call The Next Street AT 1.800.732.8090 for more information or register on-line at [www.thenextstreet.com/northhavenhs](http://www.thenextstreet.com/northhavenhs)





## Certified Nurse Assistant (CNA) Training

#2603

The Certified Nursing Assistant Program offered is at a training program approved by the Department of Health. Successful program completion allows you to work as a Certified Nurse Assistant in some medical facilities, clinics, home settings, or to work as a home health aide.

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

For more information or please join us at our information session on Thursday, September 15 at 6:30 PM at Hamden High School, room A114.



## Emergency Medical Technician (EMT) Training

#2604

The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as fire fighters) looking to expand their knowledge. EMT's provide emergent medical care in a pre-hospital environment, or can be employed in a certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam you are qualified to work as a Basic EMT. Most EMTs are employed by first responder organizations including ambulance services, hospitals, and fire departments. Program fees for this training class are \$975. The course will begin on September 13, run Tuesday and Thursday evenings for 15 Weeks, 6:00 - 10:00 PM, as well as some Saturdays. Included in the price of the class are the two textbooks, stethoscope, blood pressure cuff, pen light and trauma shears. **A \$600 non-refundable deposit is due by September 7 and the rest is due by September 13.**

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





## Security Officer License with Certification



This is a “two” day course!! That’s right...you can get certified in just two days to receive your Connecticut Uniformed Security Officer/Guard/CT security license. We help prepare you to work!! The lesson plan provided by LJB Security Training has been approved by the State of Connecticut Department of Public Safety. Upon successful completion of this course, you will be issued a training certificate. This certificate must accompany you along with 2 pictures which are supplied when submitted to the Connecticut Department of Emergency Services and Public Safety. Once the application is submitted, all fees are paid, and you receive a license or CT guard card. You are now ready, able and well prepared for the exciting security field in Connecticut. You are now qualified to work as a Uniformed Security Officer/Guard for any licensed employer in the state of Connecticut. Please bring a copy of your CT Driver’s License or State ID with you to class. Anyone with a felony record, need not take this class.

#5806	L. Bonito	NHHS Room 106	M & W., 5:30-9:30 pm	Sep 26	2 sessions
#2600	L. Bonito	HHS rm B202	M & W., 6-10 pm	Oct 24	2 sessions
Resident \$125		Non-resident \$130			



## ServSafe Food Handlers Training and Certification



ServSafe is a food safety training and certificate program administered by the National Restaurant Association. This program is accredited by ANSI and the Conference for Food Protection. This certification is required by most restaurants

as a basic credential for their management staff. You will learn basic food safety practices for preparing and serving food. You will earn your food handler certificate from the foodservice experts, the National Restaurant Association. The five sections you will learn are Basic Food Safety, Personal Hygiene, Cross-contamination and Allergens, Time and Temperature, and Cleaning and Sanitation. You must complete these sections before the assessment is available. *Price includes textbook.*

#2601	Y. Binn	HHS rm B212	Wed., 6-9 pm	Oct 17	3 wks
Resident \$150		Non-resident \$155			



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

Bartending offers an opportunity to start a new career or supplement your income with a part-time position. This course includes the state and national S.M.A.R.T. certification (Servers and Managers Alcohol Responsibility Training) recognized by the CT Dept of Liquor Control and police departments. You will learn to serve responsibly, spot signs of intoxication and respond appropriately. You will learn to make more than 100 drinks, from gin and tonics to daiquiris. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation and people skills. Upon successful completion of this course, you receive a certificate and will have acquired the skills employers require to work in any environment that serves liquor, including restaurants, clubs, hotels and catering companies. *A \$25 non-refundable materials fee is due to the instructor the first night of class.*

#5801	P. Rich	NHHS Room 114	Tues., 6-9 PM	Oct 4	5 wks
#2602	P. Rich	HHS rm D109	Mon., 6-9 pm	Oct 17	5 wks
Resident \$200		Non-resident \$205			

## Brooklyn & the Bridge

### Brooklyn, NY



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

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

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

**#1288                      Sunday, September 18                      \$99**

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

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

## Locks and Lunch

### Troy, NY



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

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

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

**#1289                      Saturday September 24                      \$95**

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

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

## New Hampshire

### Fall Foliage



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

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

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

**#1290                      Saturday, October 1                      \$145**

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

**Please note: No refunds issued after August 26.**

## Jack-O-Lantern Spectacular

### at Roger Williams Park Zoo



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

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

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

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

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

**Please note: No refunds issued after September 8.**



## Holiday Train Show NY Botanical Garden



Move over Manhattan! New York's other big Seasonal event goes on parade with the popular Holiday Train Show at the New York Botanical Garden.

Wrapped in the glow of twinkling lights, model trains and trolleys zip along over winding tracks past scaled replicas of New York Landmarks. Orange slices, cinnamon sticks, poppy pods, pine cones and a host of plant materials are used to create the more than 140 architectural reproductions. The Statue of Liberty, Ellis Island, The Brooklyn Bridge and Yankee Stadium to name a few.....See the Gingerbread Houses and ongoing demonstrations, stop at the café & gift shop.

Spend time on Arthur Avenue, the "Little Italy" of the Bronx for lunch (on own) and a chance to purchase wonderful Italian goodies.

**#1292                      Saturday, November 19                      \$85**

Pick-up at HHS parking lot at 8:00 am and will return approximately 6:15 pm.

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

## Holiday Sparkle in the Big Apple



Join us for a wonderful day in Manhattan at Holiday time - The city never looks more beautiful than at Christmas Time and our day is planned to enjoy many wonderful highlights!

Begin the day at Bryant Park for holiday shopping with more than 125 boutique-like custom designed kiosks.

Lunch at Buca di Beppo for a family style Italian meal. Menu: House Bread, Mixed Green Salad, Caesar Salad, Spaghetti with Meat Sauce, Penne with Chicken & Broccoli in a Pesto Sauce, Eggplant Parmigiana, Soft Drinks, Coffee & Cheesecake for dessert.

Two Hour fabulous Guided Riding Tour of Manhattan's Holiday Lights with our New York City guide with stops along the way. We will see the tree at Rockefeller Center, 5th Avenue Windows, Lincoln Center, and more..

**#1293                      Saturday, December 3                      \$149**

Pick-up at HHS parking lot at 11:00 am and will return approximately 8:00 pm.

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

## Christmas on the Danube featuring 6 Night cruise Vienna

**9 Days • 19 Meals: 7 Breakfasts • 5 Lunch • 7 Dinners**

**\*Per Person Rates: Double Lower Outside \$3,149;**

**Double Middle Outside \$3,549;**

**Upper Outside Double Rate \$3,949; Suite Double Rate \$4,949**

**Includes: air out of NYC, air taxes/fees, hotel transfers, early booking discount of \$500 and grp transfer to/from airport**

### Highlights Include:

- Vienna's Imperial architecture including the lavish Hofburg Palace, the impressive Vienna Opera House, the majestic Ringstrasse, and awe-inspiring St. Stephen's Cathedral., Vienna's Baroque elegance, Karntner Strasse
- Cruise through the romantic Wachau Valley, dotted with magnificent castles and small riverside towns, view the picturesque landscapes of Emmersdorf
- Durnstein and the 900-year-old Benedictine Melk Abbey, one of Europe's largest Baroque monasteries, enjoy a Glühwein Party
- Passau - explore Baroque architecture, quaint cobblestone streets, St. Stephen's Cathedral, and the Christmas market

**#767693**

**November 27, 2017**

**To receive a more detailed itinerary contact: John or Ann at Adler Travel at 203-288-8100**

Travel insurance is highly recommended. \* Price subject to change.



## Reflections of Italy

featuring Rome, Florence, Venice and Milan

10 Days • 13 Meals: 8 Breakfasts • 1 Lunch • 4 Dinners

\*Per Person Rates: Single \$4,699; Double \$3,999; Triple \$3,949

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

Highlights Include:

- Rome - Piazza Venezia, the Circus Maximus, the Arch of Constantine, the famous Piazza Navona, and the Colosseum
- Assisi - birthplace of St. Francis, Basilica of St. Francis
- Perugia - the historic capital of Umbria, the Piazza IV Novembre, medieval palaces and ornate cathedrals
- Siena - Gothic streets, magnificent palaces and Piazza del Campo
- Florence - Academy Gallery to see Michelangelo's statue of David, Cathedral of Santa Maria del Fiore, and the Palazzo Vecchio
- visit to a historic winery in the heart of the Chianti region
- Venice - Murano Island, St. Mark's Square, Bridge of Sighs, Clock Tower
- Milan - Duomo, the Opera House La Scala and Vittorio Emanuele Gallery, shopping at the "Quadrilatero della Moda,"

#767931

April 19, 2017

To receive more details, contact: John or Ann at Adler Travel 203-288-8100

Travel insurance is highly recommended.



## Pacific Northwest

featuring Washington, Oregon and California

8 Days • 10 Meals: 6 Breakfasts • 4 Dinners

Per Person Rates: Single \$3,899; Double \$2,999; Triple \$2,969

Includes: air out of Bradley, hotel transfers, early booking discount of \$200 and grp transportation to/from airport

Highlights Include:

- Seattle - "Emerald City," Pioneer Square and Pike Place Market
- Mount St. Helens Visitor Center
- Portland - "City of Roses", Columbia River Gorge, Willamette Valley, Newport, North Bend
- Oregon Dunes National Recreation Area
- Redwood National Park
- Drive over the Golden Gate Bridge to San Francisco

#767928

September 10, 2017

To receive a more detailed itinerary contact:

John or Ann at Adler Travel  
203-288-8100

Travel insurance is highly recommended.



To learn more, please join us for an informational session on October 6 at 6:30 pm in HHS C107 to hear more about these amazing trips. To RSVP call 203-407-2028

Call to Register 203.407.2028

## 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 new website:  
[www.hamdenyoungchildren.org](http://www.hamdenyoungchildren.org)

Follow us on



Join us as we focus on Hamden's system of services and support for families and their young children.

Learn about our efforts to improve the health, safety, early care and education of Hamden's young children.

Help us promote community events and activities.

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

Call 203-407-7733

## THE FAMILY RESOURCE CENTERS OF HAMDEN



### PROGRAMS FOR PARENTS AND YOUNG CHILDREN

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

### PROGRAMS FOR CHILD CARE PROVIDERS

- \* Play & Learn groups at any of our locations
- \* Training and support for home and center based providers

**CHURCH STREET SCHOOL**  
**203.407.3111**

**RIDGE HILL SCHOOL**  
**203.407.2035 EXT. 854**

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

## HAMDEN EARLY LEARNING PROGRAMS

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

The Hamden Early Learning 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 \$900.00 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 203-407-2254 or 203-407-2255 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.lvagnh.org](http://www.lvagnh.org) or call us at 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.





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

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

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

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

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

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

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

### **Spanish for Medical Professionals**

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare.



### **Advanced Excel**

Have you ever wondered what type of workplace skills you can learn to make wiser decisions? Learning Advanced Excel contains these tools that can help you prepare your worksheets accurately, examine your data for authentication, and then find those answers to your most difficult questions. This course will help you learn these required business functions along with the tools required to analyze data efficiently within the workplace. Save time for yourself by protecting your valuable data and know with assurance that the entered data is accurate without any errors. By completing the course, discover how to attractively visualize your data into meaningful information with confidence.



### **Onboarding New Employees**

Ensure a smooth transition from best candidate to star employee. Onboarding is the process of socializing new employees into the organization. Onboarding of employees begins well before traditional new-hire orientation and has long reaching implications. At the conclusion of the class you will have constructed an Onboarding Program for use in your own organization.

### **Certificate in Office Operations**

Efficient office operations can mean the difference between success and not-so-much, between being in the black and being in the red. Moving from you and your employees working harder to working smarter, the strategies and benchmarks of office operations increases the productivity of every person in your organization. Position yourself in your organization as the one who knows what to get done, and how to get things done in office operations.



### **Certificate in Project Management**

Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancelation. Gain the skills, tools and templates to confidently develop and maintain a project. Acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide.



### **Certificate in Google Tools**

Increase your online savvy and ability to position yourself and your organization for greater success. Learn more about Google Analytics, Google apps for business, and Google+ . Acquire new tips and techniques. Just one new tip can mean greater productivity, effectiveness and even profitability for your work.

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

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

**Call to Register 203.407.2028**



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:**

## **Certificate in Healing Environments for Body, Mind, and Spirit**

The design of a health care facility can contribute greatly to the well-being of patients, staff, and the wider community. In this innovative certificate program, you'll examine how Optimal Healing Environments (OHEs) impact the health of individuals and communities on a physical, social, psychological, and spiritual level.

## **Computer Skills for the Workplace**

Most jobs today require a working knowledge of certain computer skills. Employers seek and reward employees with the skills and knowledge to send messages across the country via e-mail; use a spreadsheet to create a graph and paste it into a report; add and edit data in a database; understand the implications of file sizes, memory limitations, and network arrangements; and recognize the function and features of modern computer components. This course is a great introduction to Windows 10 and Office 2016 and is designed to provide the fundamental computer competencies you need to survive and prosper in today's fast-changing workplace.

## **Leadership**

Leadership skills can help you gain the respect and admiration of others, while also allowing you to enjoy success in your career and more control over your destiny. Contrary to popular belief, leadership skills can be learned and developed. Even if you don't hold a leadership position, this course will teach you how to use the principles of great leaders to achieve success in almost every aspect of your daily life. This program/course is a good choice for those looking for project management experience and those aspiring to obtain a credential from PMI.

## **Legal Nurse Consulting**

If you've dreamed of using your medical background as the basis for a new and lucrative career, you might want to consider legal nurse consulting. Attorneys are increasingly relying on experienced nurses to help them understand and resolve complex medical cases or claims. You'll receive step-by-step introduction in several different areas of law to help you understand exactly what you can do to assist attorneys. You'll also learn how to create your very own legal nurse consulting practice from the ground up, including creating a business plan and marketing your services.

## **Prepare for the GED Math Test**

Master the skills required to pass the Mathematical Reasoning module in the GED® test series. You'll start off with a review of math basics and begin building the foundation you'll need to solve the types of math problems commonly found on the test. In the process, you'll develop hands-on experience with percentages, proportions, statistics, algebra, geometry, and more.

## **Teaching Preschool: A Year of Inspiring Lessons**

If you've been teaching preschoolers or are in the process of becoming a preschool teacher, you know what short attention spans preschoolers have. You've probably wondered how to structure your days to make the most of the way they learn. Up to now, crafting original and inspiring lesson plans may have been a daunting task, but not for much longer! In this course, you'll get equipped with a solid lesson plan template and lots of interchangeable activities to choose from.

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

# FREE CLASSES

## Pre-GED®

**READING  
WRITING &  
ARITHMETIC**

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

### **Classes meet:**

**Monday, Wednesday, and Friday**

**9:00 AM - 12:30 PM OR**

**Monday and Wednesday**

**6:30 PM - 9:00 PM**

**Classes begin September 12**

## Become A U.S. Citizen



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

**Classes meet Wednesday**

**6:30 PM - 8:30 PM**

**Classes begin Wednesday, September 14**

## *English As A Second Language*

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

#### **Keefe Community Center**

##### Morning Classes

**Monday and Wednesday**

**9:00 am - 12:00 pm**

**Classes begin Monday, Sept. 12**

**Tuesday and Thursday**

**9:00 am - 12:00 pm**

**Classes begin Tuesday, Sept. 13**

##### Evening Classes

**Tuesday and Thursday**

**6:30 - 9:00 pm**

#### **Hamden Collaborative Learning Center(HCLC)**

##### Morning Classes

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

**Classes begin Tuesday, September 13**

Registration for this class will take place at: 305 Circular Avenue on Thur., Sept. 8 9-10 am



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

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

**Tuesday, September 6 - Friday, September 9**

**9:30 - 11:00 am or 6:30 - 8:00 pm**

**Picture ID and proof of residency are required**

**at time of registration.**

**Plan to spend two hours.**

**Call to Register 203.407.2028**



# FREE CLASSES



## Career Transitions

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

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

### Key Components:

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

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

**Class meets on Tuesday and Thursday 9:30 am to 12:30 pm beginning September 13.**

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

**Tuesday, September 6 - Friday, September 9**

**9:30 - 11:00 pm or 6:30 - 8:00 pm**

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

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

## How to Register for the GED® Exam

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students must begin the GED® registration process online at [ged.com](http://ged.com) and complete the process in person at the Hamden Adult Education Office, located at Hamden High School, 2040 Dixwell Avenue, Hamden. For more information please call 203-407-2028, 203-773-9211 ext. 1139.



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

**ADULT HIGH SCHOOL**

CARL MUNGIGUERRA, COORDINATOR

ROBERT AGNESE, COUNSELOR

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

**STUDENTS MUST EARN A TOTAL OF 22 CREDITS**

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

**Session 1 - Term 1 Registration**  
**Monday, August 8<sup>th</sup>**  
**Tuesday, August 9<sup>th</sup>**  
**6:30 pm**

**Session 1 - Term 1 Classes Begin**  
**Tuesday, August 23<sup>rd</sup>**  
**6:30 pm**

**Session 1 - Term 2 Registration**  
**Tuesday, October 5<sup>th</sup>**  
**6:30 pm**

**Session 1 - Term 2 Classes Begin**  
**Tuesday, October 25<sup>th</sup>**  
**6:30 pm**

**Session 2 - Term 1 Registration**  
**Monday, December 19<sup>th</sup>**  
**Tuesday, December 20<sup>th</sup>**  
**6:30 pm**

**Session 2 - Term 1 Classes Begin**  
**Tuesday, January 10<sup>th</sup>**  
**6:30 pm**

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

**National External Diploma Program  
NEDP**

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

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

This program is free to students who live or work in Hamden or the cooperating towns\*. All other individuals are welcome and should call the Adult Education office for a fee schedule. The NEDP is recommended for those at least 21 years of age.

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

**All interested students must attend one of the following information session at 5:30 PM:**

**9/15, 10/13, 11/10, 12/8, 1/12**

\* North Haven, Bethany, Orange, Woodbridge

**GED® Prep**

This Program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students receive necessary instruction in each of four subject areas: Science, Social Studies, Math and Reading through Language Arts - plus basic computer skills to take the exam. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures.

Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here.

**Classes meet:**

**Monday, Wednesday and Friday**  
**9 am - 12:30 pm**  
**or**

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

**Classes begin:**

**Monday, September 12**

**Register at the Keefe Community Center Tue, September 6 through Fri, September 9**  
**9:30 - 11:00 am or 6:00 - 7:30 pm**

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

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

**Call to Register 203.407.2028**

## Hamden Public Library

Marion Amodeo, Director

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

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

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

Darlene Butler, Director

203.562.5129

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

- Camp Scholarships
- Computer Lab
- Diaper Bank
- Fuel Assistance
- Emergency Services
- Hamden Food Bank
- Holiday Toys
- Keefe Fest
- Rental Assistance
- Thanksgiving Food Baskets
- Utility Assistance
- WIC

## MILLER SENIOR CENTER PROGRAMS

Suzanne Burbage, Coordinator

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

## YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610



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

- Volunteer and Community Service Placements
- After School Programs (ages 5-12)
- Summer Youth Employment
- Substance Abuse Prevention
- Discovery Dances (integrated dance for teens and young adults with special needs and typical teens)
- School Supplies Closet

## ARTS, RECREATION, AND CULTURE

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

# NORTH HAVEN TOWN SERVICES

## NORTH HAVEN SENIOR CENTER

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

## DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

## RECREATION INFO-LINE

203.234.2535

## NORTH HAVEN PUBLIC LIBRARY

203.239.5803



# REGISTRATION FORM

## MAIL

Send registration form and payment to:

**Hamden Adult Education** OR **Hamden-North Haven Adult Education**  
**2040 Dixwell Avenue** **221 Elm Street**  
**Hamden, CT 06514** **North Haven, CT 06473**

Checks, Money Orders and MasterCard/VISA/Discover Accepted

## PHONE

(203) 407 2028 (Hamden) (203) 407-2056  
 (203) 239-1641 ext. 2 (203) 239-2115  
 Master Card/VISA/Discover

## FAX

## Website

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



using Visa, Mastercard  
 or Discover

## IN PERSON

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



## Refund Policy

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

Full payment of fees must accompany registration form.

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

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

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Street: \_\_\_\_\_ Town: \_\_\_\_\_ State: \_\_\_\_\_ Zip: \_\_\_\_\_

Home Phone: \_\_\_\_\_ email: \_\_\_\_\_

Cell/Work Phone: \_\_\_\_\_ Senior Citizen: \_\_\_\_\_

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

Signature \_\_\_\_\_ Complete (Office Use Only) \_\_\_\_\_

Additional Person: \_\_\_\_\_

Last Name: \_\_\_\_\_ First Name: \_\_\_\_\_

Address (if different from yours): \_\_\_\_\_

Course # \_\_\_\_\_ Course Title \_\_\_\_\_ Amount \_\_\_\_\_

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**Total**

**Call to Register 203.407.2028**

## Eligibility:

Hamden Adult Education programs are open to all residents of Hamden, North Haven, Bethany, Orange and Woodbridge who are over 17 years of age.

Non-residents are welcome to participate in the enrichment program.

## Tuition and Fees:

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

## Books and Materials:

Books and materials for all classes requiring same will be acquired by students at their own expense. If supplies are to be purchased prior to class, we recommend you confirm your class before purchasing supplies. Supply/consumable fees must be paid by cash, check or money order to the instructor.

## Storm Day Policy:

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

## Our Refund Policy:

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

## Persons with Disabilities:

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

## Gift Certificates:

Certificates may be purchased at the Hamden Adult Education Office.

## No Smoking:

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

## Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

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

## Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator, at 203.407.2059.

## Class Cancellations:

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

## Returned Check Policy:

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

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

\* Hamden Board Policy P-1331 adopted 11/12/97.



*2040 Dixwell Avenue  
Hamden, CT 06514*

**ECRWSS  
Residential Customer**

### **New Classes**

Certified Nurse Assistant  
Emergency Medical Technician  
Servsafe Certification

Card Making  
Creative Crepes  
Estate Planning  
Google What?  
Guerrilla Job Hunting  
Introduction to Canning  
Line Dancing the Soulful/Jazzy/R&B Way  
Medicad and Veterans Benefits  
Russian  
Sewing 101 and 201  
Small Plates - Restaurant Style  
Soups, Stews and Chowders  
Tell Your Family's History  
What is That and How Do I Cook It?  
Women's Self Defense

### **Day Trips**

Holiday Sparkle in the Big Apple  
Holiday Train Show  
Jack-o-lantern Spectacular  
Locks and Lunch  
New Hampshire Fall Foliage

### **Overnight Trips**

Christmas on the Danube  
Pacific Northwest  
Reflections of Italy

### **Free Classes**

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



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