

An abstract graphic on the left side of the page consists of numerous overlapping, semi-transparent bars of various colors including blue, green, yellow, orange, red, and purple. These bars are arranged in a way that they appear to be stacked or layered, creating a sense of depth and movement. The colors transition from cooler tones at the top to warmer tones towards the bottom.

Crafts

Bus Trips

Computers

Career Certifications

Hamden-North Haven Adult Education

Fall 2017

High School Completion

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.

LuAnn Gallicchio

Hamden Adult Education

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

Office Hours:

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

Monday - Thursday evenings 6:00 PM - 9:00 PM

North Haven Office

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

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

STAFF

Director

LuAnn Gallicchio

Administrative Secretaries

Emily Corbett

Doreen Van Horn

Maria Ferraro - North Haven

SCHOOL

ADMINISTRATION

Superintendent - Hamden

Jody Goeler

Assistant Superintendent

Christopher Melillo

Superintendent - North Haven

Robert D. Cronin, Ph.D.

HAMDEN BOARD OF EDUCATION

Christopher Daur, Chair

Lynn Campo

Cathy Corso-White

Vic Mitchell

Walter Morton IV

Miguel Arturo Perez-Cabello

Melinda Saller

Christopher Vega

NORTH HAVEN BOARD OF EDUCATION

Goldie Adele

Anita Anderson

Bryan P. Bogen

Jennifer Caldwell

Jennifer Ceccarelli

Matthew Kerzner

Dorothy Logan

Wesley O'Brien, Jr.

Randi Petersen

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.

Fall Calendar

August 7-10

Adult High School registration

August 22

Adult High School classes begin

August 28- September 1

ESL, GED®, Citizenship class registration

September 4

Labor Day - No Classes at HHS

September 11

Classes located at Keefe begin

September 18

Enrichment Classes begin

September 19

NHHS Open House -
No Classes at NHHS

September 21

Rosh Hashanah - No Classes

October 2

Adult High School
Term 2 Registration

October 9

Columbus Day -
No Classes at Keefe or NHHS

November 8 & 14

NHHS Parent/Teacher Conferences
No Classes at NHHS

November 23 - 24

Thanksgiving break - No classes

November 28

HHS Parent/Teacher Conferences
No Classes at HHS

December 18-20

Adult High School
Term 2 Registration

December 22- January 1

Holiday break - No classes

Table of Contents

Enrichment Courses

Computer Technology	9, 23
Creative Arts	10, 24
Dance	11, 25
Fitness	12, 25
Home	14
In the Kitchen	15, 26
Languages	17, 28
Money Matters	17, 28
Music	18
Personal Enrichment	18, 29
Safety	20
Senior Offerings	21
Trips	31

Specialty Classes

Career Development	7
Certified Nurse Assistant	
Emergency Medical Technician	
CT Security Guard	
ServSafe Certification	
Professional Bartending	
Driver's Education	22
Gateway	22
Online Learning	34

Mandated Programs

Adult High School	6
Citizenship	4
ESL	4
GED® Information	5
GED® Prep Class	6
National External Diploma Pgm	6
Pre-GED®	6
Steps to Success	5
Family Learning	36
Town Services	37

Registration Information

Location of Classes	3
Registration Info and Form	39-40

Location of Classes

All Things Musical

3210 Whitney Avenue, Hamden

Catalyst Art Studio

88 Center Street, Wallingford

CHVM

Central Hospital for Veterinary Medicine

4 Devine Street, No. Haven

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

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

Your Community Yoga Center

39 Putnam Avenue, Hamden

Classes listed in green are
located in Hamden

Classes listed in maroon are
located in North Haven

Shaded boxes are NEW offerings

FREE CLASSES

Pre-GED®

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

Classes meet:

Monday, Wednesday, and Friday

9:00 AM - 12:00 PM OR

Monday and Wednesday

6:30 PM - 9:00 PM

Classes begin September 11

**READING
WRITING &
ARITHMETIC**

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 13

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center

Morning Classes

Monday and Wednesday

9:00 am - 12:00 pm

Classes begin Monday, Sept. 11

Tuesday and Thursday

9:00 am - 12:00 pm

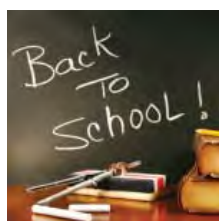
Classes begin Tuesday, Sept. 12

Evening Classes

Tuesday and Thursday*

6:30 - 9:00 pm

* Babysitting is available at these specific times and locations



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

11 Pine Street - 203.773.9211 ext. 1139

Monday, August 28 - Friday, September 1

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

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

Call to Register 203.407.2028

FREE CLASSES

Steps to Success

Career Exploration - #9900A - 9/12 - 10/19 - 9:00 - 10:30 am - you will complete a variety of assessments designed to help you understand how a variety of personal attributes (i.e., interests, values, preferences, motivations, aptitudes and skills), impact your potential success and satisfaction with different career options and work environments. Completion of these assessments will enable you to choose an appropriate career path.

Essential Workplace Skills - #9900B - 9/12 - 10/19 - 11:00 - 12:30 pm - you will gain an understanding of the essential skills needed in the 21st century workplace. These include soft skills (adaptability, problem solving, teamwork, etc.), transferable skills (time management, interpersonal, communication, etc.) as well as the hard skills required for specific careers. Worker's rights and labor laws will also be addressed. Upon completion of this module, you will have an understanding of the skills necessary for job retention.

Job Search Strategies - #9900C - 10/24-11/9 - 9:00 - 10:30 am - you will gain skills in the following areas: job search strategies, internet search skills, telephone skills, and networking. You will use local resources such as the American Job Center in order to improve your skills in the job-hunting process.

Develop Your Career Path - #9900D - 10/24-11/9 - 11:00 - 12:30 pm - you will use problem solving, decision making and goal setting to develop your career path. You will gain an understanding of the Career Planning Model, job qualifications and barriers, career ladders and local labor market trends.

Develop a Career Portfolio - #9900E - 11/14-11/30 - 9:00 - 10:30 am - you will create employment documents including resumes, cover letters, and thank-you letters. You will also gain an understanding of the importance of professional communication as well as improving 21st century communication skills. (email, memos, netiquette)

Interviewing Skills - #9900F - 11/14-11/30 - 11:00 - 12:30 pm - you will learn tips to improve interview performance, such as understanding body language, appropriate attire and punctuality. You will practice interview skills through role-playing.

College Readiness - #9900G - 12/5 - 12/21 - 9:00 - 10:30 am - you will explore their readiness for the college experience. Topics will include: post-secondary opportunities, Accuplacer prep, admission requirements, financial aid, and tips for college success. A trip to Gateway Community College will take place.

Financial Literacy - #9900H - 12/5 - 12/21 - 11:00 - 12:30 pm - you will complete units on the topics of: budgeting, paychecks, credit, taxes

These programs are open only to those adults who do not have a high school diploma

How to Register for the GED® Exam

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

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

www.hamdenadulthood.org

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

Term 1 Registration
Monday, August 7th -
Thursday, August 10th
6:30 pm

Term 1 Classes Begin
Tuesday, August 22nd
6:30 pm

Session 2 - Term 1 Registration
Tuesday, October 3rd
6:30 pm

Session 2 - Term 1 Classes Begin
Wednesday, October 18th
6:30 pm

Term 2 Registration
Monday, December 18th -
Wednesday, December 20th
6:30 pm

Term 2 Classes Begin
Tuesday, January 10th
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.

All interested students must attend one of the following information session at 5:30 PM:
9/14 , 10/19, 11/16, 12/14, 1/18

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

* North Haven, Bethany, Orange, Woodbridge

**GED® Prep**

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 - 12:00 pm
or
Monday, Tuesday, & Wednesday
6:30 - 9:00 pm

Classes begin:
Monday, September 11

Register at the Keefe Community Center Mon, August 28 through Fri, September 1
9:30 - 11:00 am or
Mon, August 28 through Thur, August 31
6:30 - 8:00 pm

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

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

Call to Register 203.407.2028



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 and all fees are paid, you will 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. *If either of these dates don’t work into your schedule, please contact us for other options.*

#5806	L. Bonito	NHHS Room 106	T. & Th., 5:30-9:30 pm	Sep 26	2 sessions
#2600	L. Bonito	HHS rm B202	T. & Th., 6-10 pm	Nov 14	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.*

#2601A	Staff	HHS rm B212	Tues., 6-9 pm & Sat., 8-4pm	Feb 7	2 sessions
#2601B	Staff	HHS rm B212	Tues., 6-9 pm & Sat., 8-4pm	Dec 5	2 sessions
Resident \$175					Non-resident \$180



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

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

#5801	P. Rich	NHHS Room 114	Tues., 6-9 pm	Oct 3	5 wks
#2602	P. Rich	HHS rm D109	Thur., 6-9 pm	Sep 28	5 wks
Resident \$200					Non-resident \$205



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.

For more information or to register for the information session, please call 203-407-2028 . The information session will be held on September 14 at 6:30 PM at Hamden High School.



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 certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam you are qualified to work as a Basic EMT. Most EMTs are employed by first responder organizations including ambulance services, hospitals, and fire departments. You must be 16 years or older to participate in the program. Program fees for this training class are \$1050. The course will begin on September 5th run Tuesday and Thursday evenings 6:00 - 10:00 PM, as well as some Saturdays. Included in the price of the class are the textbooks, stethoscope, blood pressure cuff, t-shirt, pen light and trauma sheers. Students must bring a laptop to class. **A \$600 non-refundable deposit is due by August 24th and the balance is due by first night of class.**

For more information or to register for the information session, please call 203-773-9211 ext. 1139 or 203-407-2028. The information session will be held on August 24 at 6:30 PM at Hamden High School.



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
Oct 25	8 wks	Resident \$80 Non-resident \$85

iPad/iPhone: A Comprehensive Introduction

#1820

Whether you are using your iPhone or iPad or have yet to take it out of the box, this course is for you. These devices 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/iPhone 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	Thur., 6:30-8:30 pm
Sep 28	3 wks	Resident \$60 Non-resident \$65

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	Thur., 6:30-8:30 pm
Oct 26	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 19	5 wks	Resident \$70 Non-resident \$75

Microsoft Excel 2010

#0312

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

M. Hatton	HHS rm C203	Mon., 6:15-8:15 pm
Oct 16	5 wks	Resident \$70 Non-resident \$75

Microsoft PowerPoint 2010

#0325

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

M. Hatton	HHS rm C203	Mon., 6:15-8:15 pm
Nov 20	5 wks	Resident \$70 Non-resident \$75

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 9	6 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 28
Tues., 7-9 pm	#0304B;	Oct 24
Resident \$90		Non-resident \$95

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

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. Kasarauskas	HHS rm B105	Tues., 7-9 pm
Sep 19 6 wks	Resident \$70	Non-resident \$75

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 18 10 wks	Resident \$90	Non-resident \$95

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	10 wks	Whitney Flowers
Sep 26	#1913A;	Thur., 7-8:30 pm
Sep 28	#1913B;	Tues., 7-8:30 pm
Resident \$90		Non-resident \$95

Figure Drawing I

#1975

Drawing from the human figure is an enjoyable and powerful exploration into the cultural context of one's own world. This course uses simple materials - pencil, charcoal and erasers, and pastels - as means of discovery. Ideas evolve through the process of the "drawn" language. Specific classroom exercises focus on visual analysis and the skills needed for expressive 2D form such as line, tone, mass and illusionistic space. Frequent individual critiques help students personalize their creative thinking. As in any practice, the more one draws the more comfortable one becomes with the materials and processes. It does not assume any prior experience other than one will become an artist but it prepares all to do stronger work in fields that depend upon creative thinking. *A \$25 materials fee is payable to instructor the first night of class.*

H. Jung	HHS rm B106	Thur., 7-9 pm
Sep 28 6 wks	Resident \$72	Non-resident \$77

iPhone & iPad Photography

#1974

Have you ever wondered if you are getting the best photos off of your iPhone or iPad? Have you ever wondered what to do with your photos once you've taken them? If so, this is the course for you! By popular demand, we are offering a 2 week course to go through best practices of photography with your iPhone and iPad. We will look at getting the best quality photos and then go through managing your digital library so that you can preserve those images without worry. *Bring your iPhone with you to class and have your Apple ID and password.*

D. Wray	HHS rm D212	Mon., 6:30-8:30 pm
Sep 18 2 wks	Resident: \$40	Non-resident: \$45

**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
Sep 18	#1918A;	Mon., 6:30-8:30 pm
Oct 30	#1918B;	Mon., 6:30-8:30 pm
Resident \$60		Non-resident \$65

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
Sep 26 8 wks	Resident \$120	Non-resident \$125

Portrait Drawing I

#1976

In this class you will investigate the foundational elements of portrait drawing. During the course you will construct one portrait so that each lesson can be thoroughly studied and implemented. Beginning with introductory strategies on how to effectively place the proportions of a live model onto paper. You will then progress to articulation of form by means of light, perspective, and structure. By sequentially implementing simple to complex concepts, you will gain a greater awareness of these foundational elements and their implementation to portrait drawing. In addition, topics pertaining to anatomy and design will be presented and tailored to the needs of each of the students. Lessons will take the form of demonstrations and individual critiques according to each of the participants needs. *A \$20 materials fee is payable to instructor the first night of class.*

H. Jung		HHS rm B106	Tues., 7-9 pm
Sep 26	6 wks	Resident \$72	Non-resident \$77

**DANCE****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. 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.

F. Costa		HHS Cafeteria	Mon., 7-8 pm
Oct 16	5 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
Sep 18	#1710A;	Mon., 6-7 pm
Nov 6	#1710B;	Mon., 6-7 pm
Resident \$54		Non-resident \$ 59

Beginning Tap 2

#1710

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

C. Furtak	6 wks	HHS rm C111
Sep 19	#1710A;	Tues., 6-7 pm
Oct 31	#1710B;	Tues., 6-7 pm
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
Sep 18	#1711A;	Mon., 7:15-8:15 pm
Sep 19	#1711B;	Tues., 7:15-8:15 pm
Oct 31	#1711C;	Mon., 7:15-8:15 pm
Nov 6	#1711D;	Tues., 7:15-8:15 pm
Resident \$54		Non-resident \$59
Sep 18	#1711AA;	M and T, 7:15-8:15 pm
Oct 31	#1711CC;	M and T, 7:15-8:15 pm
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	Your Comm Yoga Ctr.	M-F, 6:30-7:30 am
Oct 2 20 days	Resident \$133	Non-resident \$138

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 26
Thur., 6-7 pm	#2411B;	Sep 28
Resident \$130		Non-resident \$135

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, small pillow or blanket and water bottle.*

G. Livia	HHS Cafe	Tue., 7:10-8:10 pm
Sep 19 12 wks	Resident \$120	Non-resident \$125

Full Figure Beginner ViniYoga

#2417

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

K. Koopman	Your Comm. Yoga Ctr.	Thur., 7:15-8:30 pm
Sep 21 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 20 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-torching, 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. *Select any two times per week to attend.*

K. Hurd	Hit It Fitness	Mon-Sat - various times
Sep 18 6 wks	Resident \$45	Non-resident \$50

Jiu Jitsu for Children

#2476

We've designed our program to teach the core values of jiu jitsu as a lifestyle—striving to create a fun and practical approach to not only prepare children to defend themselves so they don't have to; but as a way to teach respect, self-confidence, teamwork and valuable listening skills they can carry into the classroom and beyond. This 6 week course will help your child gain control over their emotions, learn how to better deal with peers; and be filled with the self confidence that comes with knowing valuable self defense skills. And... it's all done in a way that is fun, energetic and engaging! Jiu Jitsu has transformative effects; as a great way for kids to: learn to overcome adversity, solve problems, Manage relationships with peers and adults and control their emotions

Staff	Soulcraft Studio	Mon., Wed., 5:30- 6:15 pm
Sep 18 6 wks	Resident \$110	Non-resident \$115

Krav Maga - Self Defense

#2460

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

Staff	Soulcraft Studio	Mon., Wed., Fri., 6:15-7:15 pm
Sep 18 6 wks	Resident \$110	Non-resident \$115

Muay Thai Kickboxing

#2445

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

Staff	Soulcraft Studio	Tues., Thur., 7:15-8:15 pm
Sep 19	6 wks	Resident \$110 Non-resident \$115

Silver Yoga For Seniors

#2495

This program is designed to be done seated. This course will help those with insomnia, osteoporosis, arthritis and COPD. Enhance your body, learn asanas(poses) to increase range of motion and flexibility. *Please bring yoga mat, yoga strap, and water bottle.*

G. Livia	HHS rm C109	Tue., 6-7 pm
Sep 19	12 wks	Resident \$120 Non-resident \$125

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 20
Sat., 9:45-11 am	#2431B;	Sep 23
Resident \$96		Non-resident \$101

Yoga for Depression & Anxiety

#2498

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

Staff	Your Community Yoga Ctr	Sat., 11:30am-12:30pm
Sep 23	10 wks	Resident \$120 Non-resident \$125

Free Classes - Steps to Success

Career Exploration
Essential Workplace Skills
Job Search Strategies
Develop Your Career Path
Develop a Career Portfolio
Interviewing Skills
Financial Literacy

See page 5 for more information

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

Call to Register 203.407.2028

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 Thur., 6:30-8:30 pm
Oct 19 1 session Resident \$25 Non-resident \$30

Replacement Window Workshop

#1911

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

P. O'Doherty HHS rm A112 Thur., 7-9 pm
Oct 19 1 session Resident \$25 Non-resident \$30

ONLINE REGISTRATION

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!

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

GED®

(General Educational
Development Diploma Program)
Complete a series of national standardized tests and earn a State of Connecticut High School Diploma!

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

NEDP®

(National External Diploma
Program)
Demonstrate your academic and life skills and earn a Hamden Board of Education Adult High School Diploma!

- Structured assignments
- Academic assessment
- Flexible scheduling

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

• Hamden • North Haven • Bethany • Woodbridge • Orange

www.hamdenadulted.org

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 16 1 session	Resident: \$40	Non-resident: \$45

Biscotti

#0623

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

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

Cake Decorating - Wilton Course 1

Building Better Buttercream

#0648

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

M. Padilla	HHS rm D107	Tues., 6-8 pm
Sep 26 4 wks	Resident \$49	Non-resident \$54

Cake Decorating Wilton Course 2 -

Flowers and Cake Design

#0637

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

M. Padilla	HHS rm D107	Tues., 6-8 pm
Oct 24 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 14 4 wks	Resident \$49	Non-resident \$54

Chicken Francese

#0662

Join Chef Debbie and learn how to make this Italian chicken entree that uses a breaded, egg-dipped and sauteed chicken breast, with a sauce created from sherry, butter, chicken stock, and lemon. You will also learn how to make Rissotto **Price includes a \$10 non-refundable consumable fee.**

D. Barbiero	HHS rm D107	Mon., 7-9 pm
Sep 25 1 session	Resident \$35	Non-resident \$40

Cupcakes Basics

#0636

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

M. Padilla	HHS rm D107	Tues., 6-8 pm
Dec 5 1 session	Resident \$30	Non-resident \$35

Homemade Pastas

#0661

Join Chef Debbie and make a different homemade pasta and sauce dish each class. We will make: Gnocci, which is a potato pasta, with a Bolognese Sauce, Ravioli with Tomato Sauce and finally Fettuccine with Alfredo Sauce. **A \$25 non-refundable consumable fee is payable to the instructor the first night of class.**

D. Barbiero	HHS rm D107	Mon., 7-9 pm
Oct 16 3 wks	Resident \$60	Non-resident \$65



Homemade Dough and Personal Pizzas

#0663

Join Chef Debbie and save money as you learn to make your own pizza dough for your own personal pizza. **Price includes a \$10 non-refundable consumable fee.**

D. Barbiero	HHS rm D107	Mon., 7-9 pm
Nov 13 1 session	Resident \$35	Non-resident \$40

Italian Wedding Soup

#0665

Wedding soup or Italian wedding soup is an Italian-American soup consisting of green vegetables and meat. It is popular in the United States, where it is a staple in many Italian restaurants. Join Chef Debbie and learn how to make this awesome soup.

Price includes a \$10 non-refundable consumable fee.

D. Barbiero	HHS rm D107	Mon., 7-9 pm
Nov 27 1 session	Resident \$35	Non-resident \$40

Sensational Stromboli Bread

#0664

Stuffed bread is about as versatile as it gets. Learn all you'll need to know from Chef Paula in this one night class. Students will learn how to form, stuff, seal and bake their individual breads. Your family will be impressed when you bring home your masterpiece.

Price includes a \$12 non-refundable consumable fee.

Chef Paula	HHS rm D107	Tues., 6:15-9:00 pm
Oct 24 1 session	Resident \$40	Non-resident \$45

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
Sep 19 2 wks	Resident \$52	Non-resident \$57

Sicilian Cucidati Cookies

#0666

The traditional Southern Italian cookie has a rich, fig dried fruit and chocolate filling encased in a buttery, lemon shortbread type pastry. It is a delightful addition to any cookie platter. You will be sent a list of ingredients to bring with you to class to prepare a batch of these wonderful treats. *Price includes a \$6 non-refundable consumable fee.*

Chef Paula	HHS rm D107	Wed., 6:15-9 pm
Nov 15 1 session	Resident \$40	Non-resident \$45

Risotto

#0647

In this one evening class, you will learn the technique for making perfectly creamy and hearty risotto. Choose from either barley or Arborio/Carnaroli rice and learn how to develop your own economical, nutritious and delicious dishes using the basic technique. Prior to class each student will receive a packet of information. *Price includes a non refundable supplies fee: \$5.00.*

Chef Paula	HHS rm D107	Tues., 6:15-9 pm
Oct 3 1 session	Resident \$35	Non-resident \$40

Wilton - Drizzle, Dip and Mold w/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	Tues., 6-8 pm
Dec 12 1 session	Resident \$41	Non-resident \$50

**NEDP® OFFERS:**

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

Levantine Arabic (Beginners)

#1619

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

Y. Almtit	HHS rm D210	Tues., 6:30-8 pm
Sep 19 12 wks	Resident: \$125	Non-resident: \$130

Spanish for Beginners

#1610

You will gain a general introduction to the Spanish language. You will learn the alphabet, sounds of vowels and vocabulary that may be used in daily life and greetings. **A \$22 non-refundable book fee is due to the instructor the first night of class.**

G. Berrios	HHS rm D212	Tues, 6:15-8:15 pm
Sep 26 8wks	Resident: \$99	Non-resident: \$104

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., 6:30-8 pm
Sep 18 11 wks	Resident: \$115	Non-resident: \$120

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 19 10 wks	Resident \$70	Non-resident \$75

MONEY MATTERS

All About Avoiding Probate

#2140

Attorney Rubin will be discussing ways to avoid Probate and he will help you understand what Probate is. Trust documents and other strategies, to make the Probate process easier, will be covered.

Atty. S. Rubin	HHS rm B208	Thur., 6:30-8:30 pm
Nov 2 1 session	Resident \$25	Non-resident \$30

Asset Protection When a Little Paranoia is a Good Thing! #2141

How do you protect your assets from creditors and predators or even from taxes when you pass away? This presentation will help guide you so your assets are not vulnerable at the most crucial time.

Atty. F. Drazen	HHS rm B208	Tues., 6:30-8:30 pm
Oct 3 1 session	Resident \$25	Non-resident \$30

ID Fraud and Current Scams Workshop

#2142

You will learn ten major points that will help you prevent becoming a victim of ID fraud and what to do if you've been a victim. Today's numbers are staggering, 13 million people a year fall victim.

M. Savenelli	HHS rm B208	Mon., 6:30-8:30 pm
Oct 23 1 session	Resident \$25	Non-resident \$30

Planning for Affordable Long Term Care

#2127

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

A. Abrahamian	HHS rm B216	Wed., 7-9 pm
Oct 11 1 session	Resident: \$25	Non-resident: \$30



Basic Music Theory

#1937

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

G. Raccio	All Things Musical	Tues., 8-9 pm
Sep 19 4 wks	Resident \$75	Non-resident \$80

Guitar for Beginners

#1932

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

G. Raccio	All Things Musical	Wed., 8-9 pm
Oct 18 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 starting at \$49.99. Book fee of \$10.95 payable at first class. **Senior fee not applicable.**

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

Violin and Cello - Beg/Inter

#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 19 10 wks	Resident \$90	Non-resident \$95

PERSONAL ENRICHMENT

Bridge: Play of the Hand

#1935

This bridge class emphasizes developing strategy and playing the hand to win the contract. Topics include making a plan and developing tricks. This class is appropriate for students who understand standard bidding and play, although each lesson will include bidding review.

W. Frieden	Whitney Center	Thur., 10-12 noon
Sep 21 8 wks	Resident \$96	Non-resident \$101

Common Household Toxins

#1286

An overview of items that we all commonly have on-hand in our homes that can be toxic to our pets. Learn how to recognize signs of toxicity and what to do if your dog or cat has ingested a toxin.

M. Papero	Central Hospital VM	Mon., 6-7:30 pm
Nov 6 1 session	Resident \$25	Non-resident \$30

Common Pet Emergencies

#1287

This course is designed to help the pet owner identify common emergency situations and how to avoid them. Since pet insurance is becoming more affordable and more popular, we will also spend some time reviewing insurance options and how to choose the right plan for your household.

K. Cavanagh	Central Hospital VM	Mon., 6-7:30 pm
Oct 23 1 session	Resident \$25	Non-resident \$30

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

How Nutrition Can Reduce Inflammation in your Body

#1283

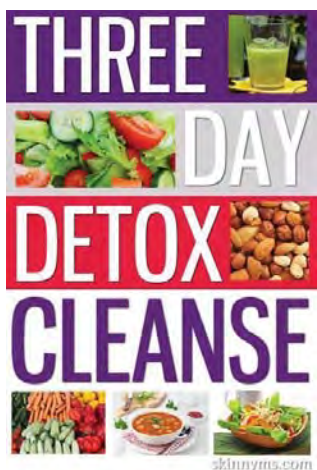
In this 90 minute class, learn which foods are best to avoid and which foods are best to include in your diet to give you more energy, reduce pain and bloat, which is a result of inflammation in your body. This is a great class for people trying to lose weight, manage thyroid or Type II diabetes and other inflammatory diseases.

D. Barbiero	HHS rm D107	Mon., 7-8:30 pm
Nov 6	1 session	Resident \$25 Non-resident \$30

Metamorphosis Body, Mind, & Spirit 3 Day Detox #1285

Spring, or any season, can be the time of renewal, a fresh start, a new beginning, which makes this time of year perfect for a gentle detox that will reset your body and mind while priming you for the next season. Detoxifying through your diet doesn't have to mean fasting, and is one of the best ways to maintain lasting health and wellness. Some reasons to do a detox cleanse: boost your mood, energy, and productivity by reducing inflammation, shed excess weight and eliminate toxins. What follows is a 3-day gentle detox plan, filled with delicious, seasonal recipes that will aid your body in getting rid of toxins naturally. You will learn what foods to eat and avoid for 3 days. Also included is a shopping list and recipes for breakfast, lunch and dinner for all 3 days. After this class, you can do the detox at your convenience. It's real food. No chemicals. No powders

D. Barbiero	HHS rm D111	Tues., 7-8:30 pm
Oct 3	1 session	Resident \$25 Non-resident \$30



Pet First Aid

#1288

Consider this statistic: one out of four pets would survive if just one pet first aid technique was applied prior to getting emergency veterinary care, according to the American Animal Hospital Association. Learn what to do, and what NOT to do, if your pet encounters an emergency. Learn how to control bleeding, what to do in the event of heat and cold related injuries, choking management, and more. We will also review how to make a pet first aid kit to have on hand.

K. Cavanagh	Central Hospital VM	Mon., 6-7:30 pm
Nov 13	1 session	Resident \$25 Non-resident \$30

Physical Rehab and the Family Dog

#1289

An informative, fun, and interactive course. Physical rehabilitation in canines (as well as in other species) is the practice of using non-invasive exercises to reduce pain, increase mobility, and allow for a return to as close to normal function as possible following an injury, surgery, or when your pet is living with a chronic, physically debilitating condition. Whether your dog is a working dog, an athlete, or just a couch potato, learn how to keep him in tip-top shape. If your pet has a debilitating condition such as hip dysplasia, arthritis, cruciate ligament strain, learn about the benefits of rehab and exercise to relieve pain, preserve strength and mobility. Learn how to help old arthritic dogs stay mobile and comfortable, and how to help over-weight dogs get and stay trim and avoid the bone and joint problems that accompany obesity. Certified canine rehab practitioner, Jill Bruno, will give a comprehensive overview of many conditions, and utilize demonstrations and videos for techniques you can use at home to help your best friends stay happy.

J. Bruno	Central Hospital VM	Mon., 6-7:30 pm
Oct 16	1 session	Resident \$25 Non-resident \$30

Register Early

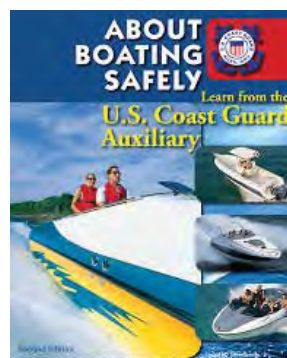
Nothing cancels a good class or bus trip quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, it may be cancelled. So please register early!

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
Sep 19	2 wks	Resident \$72 Non-resident \$77

**American Heart Association Pediatric First Aid and 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 childcare center workers, camp counselors, coaches, teachers and foster care workers.

S. Gesner, RN/ C. Levy, RN	HHS rm D111	Mon., 6:30-9 pm
Nov 20	2 wks	Resident \$90 Non-resident \$95

American Heart Association Friends and Family CPR

#2009

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

S. Gesner, RN/ C. Levy, RN	HHS rm D109	Mon., 6:30-9 pm
Nov 13	1 session	Resident \$50 Non-resident \$55

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 pm
Dec 4	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
Oct 16	3 wks	Resident \$72 Non-resident \$77

Hamden Community Emergency Response Team (CERT)

Classes will start on Thursday, September 21, 2017 7:00 - 9:30 pm

If You're on Your Own, could you assist your neighbors?

Teams will learn over 9 weeks:

- Disaster Preparedness
- Team Organization & Disaster Psychology
- Medical Operations
- Damage Assessment
- Fire Suppression
- Light Search and Rescue
- Traffic & Crowd Management



Call: Dave Lewis @ 203-654-1894
Robert Freeman @ 203-287-9921
Debbie DiLeone @ 203-988-7599



Visit our website: www.hamdencert.com

A CERT member is a person who is trained to prepare for and respond after any emergency or disaster. A CERT Member learns the skills necessary to protect; themselves, their family & neighbors and then reach out to the community if they become available and if it is called for. The training is free and any individual taking the course may use the training for themselves or become a member of our local team at a later time, if they wish.



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 12
Thur., 6-10 pm	#1001B;	Dec 7

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 21	Hamden Snrs Free	Non-resident \$80

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.**

Looking for a New Career

We have several training programs for you to choose from!

See pages 7-8 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.

**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 17 or January 16
2:15 PM to 4:15 PM Room B214.

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.

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

Hamden Driving School at Hamden High School

"Driver Education 101" - Price \$499

Hamden Driving School's Fully Licensed Comprehensive Driving Program

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

Monday and Wednesday, starting September 25 or January 8 2:15 PM to 4:15 PM Room B216

"Teen Eight Hour Safe Driving Practices Class" (AKA The Drug & Alcohol Class) Price \$99

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

Monday and Wednesday, starting November 16 or February 21 2:15 PM to 4:15 PM Room B216

Call Hamden Driving School for more information (203) 230-8265 or visit www.hamdedrivingschool.com

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 21, 2017.** 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
1355	SPA 102	Elementary Spanish II	M	A 206
1150	SPA 101	Elementary Spanish I	T	A 206

Tuition: \$453 per 3-credit class (includes service and student fees), Call 203.285.2020 to register, or visit the college website at www.gwcc.commnet.edu New students must apply to the college before registering for classes. If you're planning to take classes for college credit you will need the following:

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

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

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

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

Android Smartphones - Settings #5314

Your smartphone is loaded with features and settings. Learn how to navigate through your phone to take advantage and charge of these options. Control your display, background, font size, date and time, sound, wi-fi, and accessibility. *Please bring your Android smartphone, charger, notebook and pen to class.*

W. Ventura	NNHS Room 104	Tues., 6-8 pm
Oct 24	1 session	Resident:\$25 Non-resident: \$30

Computer Basics Made Easy #5300

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

S. Bozzuto	NNHS Room 104	Mon., 6:30-8:30 pm
Sep 18	5 wks	Resident: \$72 Non-resident: \$77

Courtesy Cards grocery, pharmacy, coffee shop, retail stores, etc.) #5315

We all have them cluttering up our key chains; would you like to learn how to use them without having them on your person? That's right... straight from your smartphone - no more leaving that shopping list, coupon, or circular at home. Learn how to scan all of your courtesy cards to one app on your phone! On the app, select your card and the cashier will scan it right from your phone! Your rewards, shopping list, and digital coupons will stay current on your cards. Once you use it a couple of times, you will wonder how you managed without it! *Please bring your phone, charger and courtesy cards to class.*

W. Ventura	NNHS Room 104	Thur., 6-8:30 pm
Sep 28	1 session	Resident:\$25 Non-resident: \$30

Getting Started with Facebook #5316

Safely setup your Facebook Account and Profile. This class will take you step-by-step through the Facebook settings. If you already have a Facebook account, please make sure you bring your password to class.

W. Ventura	NNHS Room 105	Wed., 6-8:30 pm
Nov 15	1 session	Resident:\$25 Non-resident: 30

iPad/iPhone: A Comprehensive Introduction #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/iPhone with you to class and have your Apple ID and password.*

D. Wray	NNHS Room 105	Wed., 6:30-8:30 pm
Sep 20	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	NNHS Room 105	Wed., 6:30-8:30 pm
Oct 11	3 wks	Resident: \$60 Non-resident: \$65

iPhone and iPad Photography #5313

Have you ever wondered if you are getting the best photos off of your iPhone or iPad? Have you ever wondered what to do with your photos once you've taken them? If so, this is the course for you! By popular demand, we are offering a 2 week course to go through best practices of photography with your iPhone and iPad. We will look at getting the best quality photos and then go through managing your digital library so that you can preserve those images without worry. *Bring your iPhone with you to class and have your Apple ID and password.*

D. Wray	NNHS Room 104	Mon., 6:30-8:30 pm
Sep 18	2 wks	Resident: \$40 Non-resident: \$45

Level 1-Microsoft Access 2013 #5312

Together, we will explore the various powerful features of Microsoft Access. You will learn how to store, manage, and retrieve all different kinds of information. You will reach new heights in your learning when you finally produce your very own customized information reports. The lessons are written by the teacher - a step-by-step, touch-this, press-that, approach to learning. The class will be fun, meaningful, practical and easy. Reserve your spot today. *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	NNHS Room 105	Mon., 6-8 pm
Sep 18	8 wks	Resident: \$110 Non-resident: \$115

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	NNHS Room 104	Wed., 6:30-8:30 pm
Sep 20	5 wks	Resident: \$90 Non-resident: \$95

Microsoft PowerPoint

#5308

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

S. Bozzuto	NHHS Room 104	Wed., 6:30-8:30 pm
Nov 29 3 wks	Resident: \$60	Non-resident: \$65

Microsoft Word Made Easy

#5301

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

S. Bozzuto	NHHS Room 104	Mon., 6:30-8:30 pm
Oct 30 5 wks	Resident: \$80	Non-resident: \$85

Pinetrest - The World's Catalog of ideas!

#5317

Discover, save, share and learn all over the world. Do you have a favorite topic, hobby, talent, interest? Or would you like to learn new ones? Anything from traveling, cooking, boating, adorable animals, sewing, cars, art, crafts, camping, quotes, technology to dancing and so much more....the ideas are endless. Find what you are looking for and make new discoveries along the way. Set up and start your Pinetrest account. You will be able to sync between the computer and your phone.

W. Ventura	NHHS Room 104	Wed., 6-8 pm
Dec 6 1 session	Resident: \$25	Non-resident: \$30

Smartphone Calendars

#5318

Ever miss an appointment because you forgot to check your calendar? Download and try a calendar app on your smartphone. Save all your appointments, events, birthdays, and special occasions. Color code and select how you view your calendar (day-week-month-year). Best of all you can control how you are notified and reminded about any activity that is entered into your calendar. You can even choose to share your calendar.

W. Ventura	NHHS Room 104	Tues., 6-8 pm
Nov 21 1 session	Resident: \$25	Non-resident: \$30

CREATIVE ARTS

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 20 10 wks	Resident: \$90	Non-resident: \$95

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, but intermediate users are welcome. *You should have access to a digital camera for shooting assignments. A \$5 non-refundable materials fee is due to instructor the first night of class.*

A. Szewczyk	NHHS Room 115	Thur., 6:30-8:30 pm
Sep 28 8 wks	Resident: \$96	Non-resident: \$101

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 20 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 1 5 wks	Resident: \$60	Non-resident: \$65

Rubber Stamping

#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 27
Wed., 6:30-8:30 pm	#5229B;	Oct 18
Wed., 6:30-8:30 pm	#5229C;	Nov 15
Resident: \$35	Non-resident: \$40	

Stained Glass

#5231

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	NHHS Room 114	Thur., 6-8:30 pm
Sep 28 8 wks	Resident \$120	Non-resident \$125

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	Montowese School Gym	Thur., 7-8 pm
Oct 19 5 wks	Resident: \$80	Non-resident: \$85

**Introduction to Tai Chi**

#5101

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

M. LaPointe	Green Acres Cafe	Mon., 6:30-7:30 pm
Sep 18 8 wks	Resident: \$80	Non-resident: \$85

Line Dancing: Soulful/Jazzy/R&B Way

#5118

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 Wobble, Cupid Shuffle, and the dances to 'Back in the Day' (Wayne Brady), as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Zydeco Bounce, Broken Stones, Stay, and more....Great way to exercise the brain along with the rest of the body! These are very beginner-friendly and lots of fun!

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

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

#5116

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

S. Walker	NHHS Theater Lobby
Tues., 6-7:30 pm	#5116A; 6 wks Sep 26
Resident: \$81	Non-resident: \$59

Tues., 6-7:30 pm	#5116B; 4 wks Nov 21
Resident: \$54	Non-resident: \$59

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	Montowese School Gym	Tues., 7-8 pm
Sep 19 8 wks	Resident: \$80	Non-resident: \$85

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 3 8 wks	Resident: \$80	Non-resident: \$85

Yoga

#5104

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

L. Baumgartner	NHHS Library	Tues., 5:30-6:45 pm
Oct 3 8 wks	Resident: \$80	Non-resident: \$85

Yoga - AM

#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 4 8 wks	Resident: \$99	Non-resident: \$104

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 5 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.

S. Hupalo	NHHS PA Room	Thur., 6:45-7:45 pm
Sep 28 10 wks	Resident: \$99	Non-resident: \$104

IN THE KITCHEN

Bread 101

#5630

Baking bread is fun and its easier than you think. This one-night workshop will cover the basics and have each participant going home with their own handcrafted loaf. *A \$10 non-refundable consumable fee is included in price of the class.*

L. Fredricksen	NHHS Room 109	Wed., 6-8 pm
Oct 25 1 session	Resident: \$50	Non-resident: \$55

Cake Decorating - Wilton Course 1**Building Better Buttercream**

#5611

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

M. Padilla	NHHS Room 109	Mon., 6-8 pm
Sep 25 4 wks	Resident \$49	Non-resident \$54

Cake Decorating - Wilton Course 2**Flowers and Cake Design**

#5614

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

M. Padilla	NHHS Room 109	Mon., 6-8 pm
Oct 30 4 wks	Resident \$49	Non-resident \$54

Cake Decorating - Wilton Course 3**Fondant and Gum Paste**

#5629

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	NHHS Room 109	Mon., 6-8 pm
Nov 27 4 wks	Resident \$49	Non-resident \$54

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

Colorful Cupcakes

#5613

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

M. Padilla	NHHS Room 109	Wed., 6-8 pm
Sep 20 1 session	Resident \$30	Non-resident \$35

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 6 1 session	Resident: \$40	Non-resident: \$45

Exciting Fall Soups and Casseroles

#5631

Let Chef Maryann teach you the art of making homemade exciting fall soups and casseroles with a twist. Seafood soups and hearty casseroles that will delight everyone. Quick and easy, not time consuming, for the working people Italian wedding soups, shrimp tostios soup and vegetarian soups, hearty casseroles with meat fish. 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., 6:30-9:00 pm
Sep 20 5 wks	Resident: \$64	Non-resident: \$69

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 \$35 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
Sep 18 3 wks	Resident: \$60	Non-resident: \$65

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 \$35 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
Oct 16 3 wks	Resident: \$60	Non-resident: \$65

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	Wed., 6-8 pm
Oct 4 1 session	Resident \$41	Non-resident \$46

Pre-GED®

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

See page 4 for more information

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.

See page 4 for more information

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center
Morning or Evening Classes

See page 4 for more information

Spanish for Beginners

#5703

You will gain a general introduction to the Spanish language. You will learn the alphabet, sounds of vowels and vocabulary that may be used in daily life and greetings. **A \$22 non-refundable book fee is due to the instructor the first night of class.**

G. Berrios	NHHS Room 107	Mon, 6:30-8:30 pm
Sep 18 8 wks	Resident \$99	Non-resident \$104

WHOOOPS!

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

MONEY MATTERS**All About Avoiding Probate**

#5520

Attorney Rubin will be discussing ways to avoid Probate and he will help you understand what Probate is. Trust documents and other strategies to make the Probate process easier will be covered.

Atty. S. Rubin	NHHS Room 106	Tues., 6:30-8:30 pm
Dec 12 1 session	Resident \$25	Non-resident \$30

Asset Protection When a Little Paranoia is a Good Thing! #5521

How do you protect your assets from creditors and predators or even from taxes when you pass away? This presentation will help guide you so your assets are not vulnerable at the most crucial time.

Atty. F. Drazen	NHHS rm 106	Tues., 6:30-8:30 pm
Dec 5 1 session	Resident \$25	Non-resident \$30

ID Fraud and Current Scams Workshop

#5522

You will learn ten major points that will help you prevent becoming a victim and what to do if you've been a victim. Today's numbers are staggering, 13 million people a year fall victim.

M. Savenelli	NHHS rm 106	Thur., 6:30-8:30 pm
Oct 26 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 107	Wed., 7-9 pm
Oct 4 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	2 wks	NHHS Room 106
Wed., 6:30-9:30 pm	#5517A;	Oct 4
Thur., 6:30-9:30 pm	#5517B;	Sept 28
Resident \$49		Non-resident \$54

Return on Principle

#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	Wed., 6-7:30 pm
Nov 1 3 wks	Resident \$30	Non-resident \$35



AARP Driver Safety Smart Program

#6000

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 28
Thur., 5:30-9:30 pm	#6000B;	Nov 16
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, infant CPR, AED use, and relief of choking in an adult, child or infant. This course is for those who want to learn CPR but do not need a course completion card in CPR. Ideal for parents, grandparents, babysitters, or anyone interested in learning how to save a life.

Gesner, RN/Levy, RN	NHHS Room 105	Mon., 6:30-9 pm
Oct 23	1 Session Resident: \$50	Non-resident: \$55

American Heart Associate Pediatric First Aid and 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 childcare center workers, camp counselors, coaches, teachers and foster care workers.

Gesner, RN/Levy, RN	NHHS Room 105	Thur., 6:30-9 pm
Oct 26	2 wks Resident: \$90	Non-resident: \$95

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

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 pm
Sep 25	2 wks Resident: \$50	Non-resident \$55

Casual Conversations

#5442

The objectives of this "2" day seminar will be to teach you the unspoken rules of oral communication and make you aware of how your nonverbal communication, such as gestures, stance, eye movement, facial expressions, demeanour, inflections, and attitude communicate our true inner most thoughts so that sometimes what you are saying nonverbally conflicts with what you're saying verbally and since 90% of all communication is nonverbal we need to be aware of that so we can somewhat control our actions and behaviours to make them more in synch with our verbal communication. By learning the unspoken rules of communication you will be able to communicate more effectively enabling you to have less stress and conflict in personal relationships, foster new friendships and relationships, drum up new business and networks, be able to successfully get your point across by allowing the person you're conversing with (conversation partner or CP) to convey their complete thought without interruption, enabling you to be able to get the same in return therefore allowing a complete unadulterated thought process on both sides to be conveyed and reaching a compromise so that you and your CP will both win important points of the conversation so that everyone walks away happy.

L. Bonito	NHHS Room 106	Thur., 6:30-9:30 pm
Dec 7	2 wks Resident: \$125	Non-resident: \$130

ONLINE REGISTRATION

www.hamdenadulted.org/coursecatalog



Quit Smoking With Hypnosis

#5411

Hypnosis is a wonderful tool to use to help you stop smoking. With hypnosis you can change your thought patterns and break bad habits by introducing positive thoughts and habits. Join us to finally break the habit and improve your health and wellbeing. You will also be taught self-hypnosis to reinforce your new positive thought patterns.

Bring a pillow and blanket.

L. Santamaria	NHHS Library	Wed., 7-9 pm
Oct 18	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 Principals 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 14
Sat., 9am - 3 pm	#5802B;	Nov 11
Sat., 9am - 3 pm	#5802C;	Dec 9
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 21
Sat., 9am - 3 pm	#5807B;	Nov 18
Sat., 9am - 3 pm	#5807C;	Dec 16
Resident: \$175		Non-resident: \$180

Small Business Website and SEO

#5438

To grow your business in today's economy, you need a strong online presence. In this class, you'll learn the same tactics the pros use to generate traffic to your website, captivate the visitors and convert them into raving customers.

A. Szewczyk	NHHS Room 115	Thur., 6:30-8:30 pm
Nov 30	1 session	Resident: \$25 Non-resident: \$30

Starting Your Own Business

#5443

Competition for jobs is fierce. Downsizing and lay-offs are facts of life. The "job for life" is long gone! If you're uncertain about your employment security, or you'd like to try a new business venture without jeopardizing your current position, or even if you're all in the opportunity of a lifetime is waiting for you! If you want to change the financial and/or career direction for you and your family I can show you in this "2" day course how. Learn how to take your dream of starting a business and put it into action. In this class, you'll learn the essentials about starting a business. You'll begin to develop proven marketing techniques to easily build sales. Since every business needs money, we'll discuss traditional and non-traditional financing options. Finally, you'll learn easy-to-implement employee-management procedures and how to write business policies that help you build your business.

You, as a business owner, need to manage all your limited resources. One resource that often gets overlooked is your time. So lastly, you'll learn time-management techniques especially for entrepreneurs. While taking this course, you'll discover the secrets that separate the successful entrepreneurs from the struggling ones.

L. Bonito	NHHS Room 106	Thur., 6:30-9:30 pm
Oct 19	2 wks	Resident: \$125 Non-resident: \$130

Step Into Your Life With Assertiveness

#5444

This six week course will help you hone in on what you want and how to take action to empower yourself through communication. Transform any situation and your life with these skills! *Please bring a notebook and pen to class.*

S. Sepe	NHHS Room 106	Wed., 5:30-6:30 pm
Sept 27	6 wks	Resident: \$60 Non-resident: \$65

Hudson Valley Wine & Food Fest Rhinebeck, NY



Enjoy your day at the 16th annual Hudson Valley Wine and Food Fest. Not only will you be able to taste over 100 different wines from over 60 wineries, but you can also sample an extensive range of craft distilled spirits, hard ciders and craft beers! You can also purchase and take home your favorite tastes.

At the fest, there will be food trucks, gourmet foods, cooking demonstrations, wine seminars, live music, and shopping.

#1303 Sunday, September 10 \$84

Pick-up at HHS parking lot at 8:30 am and will return approximately 7:00 pm.

Please note: No refunds for this trip after August 1

Stormville Antique Show and Flea Market Stormville Airport, NY



Join us at the Airport in Stormville for an antique show and flea market. This event attracts over 600 vendors from more than eight states. There will be a variety of antiques, collectibles, arts and crafts, and new merchandise. For lunch you can purchase hamburgers, hot dogs, fried dough, ice cream and more.

#1304 Saturday, October 7 \$64

Pick-up at HHS parking lot at 9:00 am and will return approximately 6:30 pm. **Please note: No refunds after July 1**

Haunted Happenings Salem, MA



America's most exciting Halloween Festival in the bewitching seaport of Salem, MA. Most widely known as the site of the Salem witchcraft trials of 1692, but is also a colorful, coastal city with a rich maritime heritage, an impressive display of historic architecture and amazing stories.

#1308a Saturday, October 28 Witch Museum \$79

#1308b Saturday, October 28 Cry Innocent \$83

Gratuities are not included, pick-up is Rt 40 commuter parking lot at 7:30 am and will return approximately 8:30 pm.

"Turandot" Metropolitan Opera New York, NY



A LIFETIME EXPERIENCE NOT TO BE MISSED!

See the OPERA at the magnificent METROPOLITAN OPERA HOUSE at Lincoln Center New York City!

We will have Balcony Prime Seating for a magnificent, breathtaking production of Puccini's timeless fable featuring the fatefully beautiful princess Turandot, and the heroic Calaf determined to win her. The famous "Nessun dorma", is one of the many musical treasures in this legendary score.

There will be time after the performance for dinner on your own in Lincoln Center area.

#1305 Saturday, November 4 \$172

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

Please note: No refunds after September 15.

Christmas in Newport Newport, RI



The Glitter of Gold
The Sparkle of Silver

We will visit two mansions: Marble House and The Breakers. Audio guides are included at each mansion, so you can enjoy an exceptional tour as you explore the mansion.

Marble House is the magnificent mansion of William Vanderbilt and is inspired by Versailles. Exquisite marble Corinthian columns with holiday decorations fill the mansion with beauty. The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. Enjoy magnificently decorated rooms, poinsettias, charming ornaments, trees and wreaths, and so much more.

Enjoy a delightful Buffet Sunday Brunch at the new Atlantic Resort in Middletown, RI, which includes: Salads, Omelette & Belgian Waffle Stations, Selection of Hot & Cold Entrees, Breakfast & Lunch Items, Pastries & Beverage

#1306 Sunday, December 10 \$109

Pick-up at HHS parking lot at 7:45 am and will return approximately 6:30 pm.

Please note: No refunds after November 1



Terracotta Warriors Philadelphia, PA



The “City of Brotherly Love”, Philadelphia, PA hosts one of the greatest architectural finds of the 20th century... China’s Terracotta Warriors! Come and see for yourself why these warrior statues are so amazing!

- TERRA COTTA WARRIORS was silent, steadfast, and secret, an army of over 8,000 terracotta statues stood guard to the tomb of China’s first emperor for over 2,000 years before being discovered in 1974. Now, these warriors—symbols of the astounding achievements of mankind and the incredible history of the human race—come to The Franklin Institute in Philadelphia for the only east-coast engagement of this exhibit. Arriving in the Fall 2017, Terracotta Warriors: Guards for Eternity takes a journey through the story, culture, and science of the famous statues that is sure to awe and inspire. Forget everything you thought you knew about human capabilities and discover how even the most unfathomable feats can be achieved in this one-of-a-kind exhibition.

- ONE LIBERTY OBSERVATION DECK - experience the City of Brotherly Love from above with once in a lifetime views of Philadelphia. See Philly’s top points of interest like you’ve never seen them before...from 883 feet up.

- HOLIDAY INN EXPRESS MIDTOWN, located in the heart of downtown Philadelphia and within walking distance to a variety of shops and over 40 restaurants within 2 blocks, is where we will be staying. The hotel features newly renovated spacious guestrooms & fitness center.

INCLUDES: Deluxe Motorcoach, 1 Night Hotel, 1 Breakfast, 1 Dinner, Sightseeing & Admissions

#1307

Monday, October 9- Tuesday, October 10

\$320 per person double

\$400 single

Pick-up at HHS parking lot at 9:30 am and will return approximately 9:00 pm.

Please note: No refunds after 9/1.

NASCAR RACING at Dover Downs



Built from the ground up by Dover Motorsports, Inc, Dover International Speedway continues to be a unique venue on NASCAR’s annual calendar. The facility is known for its concrete surfaces, severely banked corners and signature trophies, and is a favorite amongst fans and drivers alike.

Dover international Speedway, the one-mile oval in Dover, DE, has been hosting NASCAR events since it first opened in July, 1969.

With a unique blend of speeds in excess of 175 mph, and banking of nine degrees on its narrow straightaways and 24 degrees in its sweeping turns, Dover has earned the nickname the “Monster Mile” for its toughness on both man and machine.

Included is one night at the Sheraton Suites in Wilmington, DE

#1299

Sat-Sun September 30 - October 1

\$419 per person double

\$592 single

\$415 triple/quadruple

\$287 child sharing w/2 adults

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

Please note: No refunds issued after August 1.

Spotlight on New Orleans

5 Days • 6 Meals: 4 Breakfasts • 2 Dinners

*Per Person Rates: Double \$1,999; Single \$2,499, Triple \$1,969

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

Highlights Include:

- Take in a spirited jazz revue at a local French Quarter jazz club
- Soak in the ambiance of the old south with a drive along St. Charles Avenue.
- Swamp Tour
- Choice of National WWII Museum or Mardi Gras World

#767693

April 23, 2018

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.

Magical Rhine and Moselle featuring 7 Night cruise

10 Days • 22 Meals: 8 Breakfasts • 6 lunches • 8 Dinners

*Per Person Rates: Double \$4,299; Single \$6,499, Triple \$4,249

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

Highlights Include:

- | | |
|---------------------------------------|-------------|
| • Zurich | • Lucerne |
| • Strasbourg | • Speyer |
| • Mannheim | • Rüdesheim |
| • Siegfried's Mechanical Music Museum | • Koblenz |
| • Moselle River | • Cochem |
| • Wine Tasting | • Cologne |
| • Amsterdam | |

#767693

September 11, 2018

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.

Peru: Ancient Land of Mysteries optional 3-Night Peruvian Amazon Post Tour Extension

10 Days • 16 Meals: 9 Breakfasts • 2 Lunches • 5 Dinners

Per Person Rates: Double \$3999; Single \$4,949; Triple \$3,949

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

Highlights Include:

- | | |
|------------------------------|--------------------------------|
| • Lima | • Culinary Tasting Experiences |
| • Sacred Valley of the Incas | • Local Andean Cultures |
| • Ollantaytambo Ruins | • Machu Picchu |
| • Cuzco | • Lake Titicaca |
| • Uros Floating Islands | • Home-Hosted Lunch |
| • Larco Museum | |

#767928

October 6, 2018

To receive a more detailed itinerary contact:

John or Ann at Adler Travel 203-288-8100

Travel insurance is highly recommended.

* Price subject to change.



Call to Register 203.407.2028



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:

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 Customer Service

Customer service is now essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success.

Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You will also take away some extraordinary customer service techniques you won't find anywhere else

Certificate in Project Management

In today's business environment, there is a need for good 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 cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. Gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Acquire a well-rounded knowledge of the five Project Management Processes

Certificate in Designing Webinars

Finally, you can acquire the best professional development in webinar design, presentations, planning, and marketing. Webinars are a popular format for delivering information. They can be very successful for your organization, IF you have good webinar presentations and good management and marketing. Discover the power of successful webinars for your business organization. Then learn the 4 key strategies to make your webinars more successful. Acquire techniques and tips that will make your webinars winners with your audiences. Then acquire the webinar planning skills involved in budgeting, pricing, and marketing webinar meetings. Take back a certificate in designing webinars that provides you with the latest and best information about presenting webinars, as well as managing and marketing them. You will be learning from two of the foremost authorities on webinars.

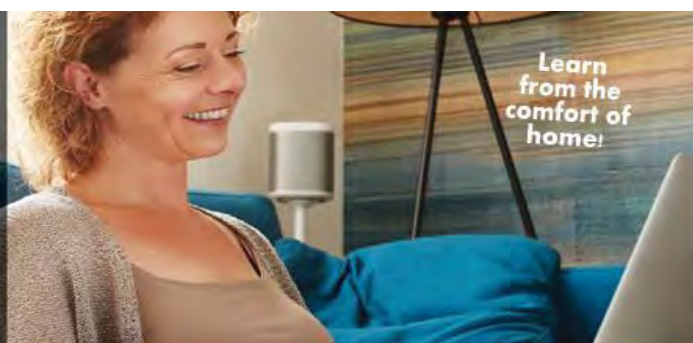
Certificate in Google Tools

Increase your online savvy and ability to position yourself and your organization for greater success. Experience the interaction and big take-aways from studying with top notch professionals. Your instructors not only work with these tools every day, but speak at national conferences and train others. Your teachers have tips you have not discovered yet. 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



ONLINE CAREER TRAINING PROGRAMS

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

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

Some of our most popular programs include:

Medical Transcription

Learn to transcribe medical reports in hospitals, offices, or from home with the most popular transcription program in the country for entry-level training.

Certified Electronic Health Records Specialist

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

Physical Therapy Aide

Master the skills needed to begin a career as a physical therapy aide.

CompTIA Healthcare IT Technician (Voucher Included)

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

Medical Transcription + Medical Terminology

Start a new career as a medical transcriptionist with the training provided in this program, which includes medical terminology training.

Administrative Dental Assistant

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

Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

Administrative Medical Specialist with Certified Electronic Health Records Specialist + Medical Terminology

This program combines the Administrative Medical Specialist program with training in electronic health records and medical terminology to give you a competitive edge in the healthcare field.

Certified Electronic Health Specialist with Medical Terminology

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist with 60 hours of medical terminology training to give you a competitive edge in the healthcare field

ONLINE SHORT ONLINE COURSES

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

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

Some of our most popular courses include:

Accounting Fundamentals

Gain a marketable new skill by learning the basics of double-entry bookkeeping, financial reporting, and more.

Administrative Assistant Applications

Gain the skills and knowledge you'll need to prepare for the Certified Administrative Professional exam and begin a career in this field.

Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

Explore a Career as a Paralegal

Find out if a paralegal career is the perfect choice for you, as you explore the fundamentals of U.S. law and legal terminology.

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports, and analyze data with Google's free, state-of-the-art Web analytics tools.

Introduction to PHP and MySQL

Learn how to create dynamic, interactive Web sites using PHP and a MySQL database server.

Introduction to QuickBooks 2013

Learn how to quickly and efficiently gain control of the financial aspects of your business with this powerful accounting software program.

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Java Programming

Deepen your understanding of the Java programming language, and start writing programs that are more sophisticated and professional.

Medical Coding

Learn how to use the CPT manual and the ICD-10-CM to find medical codes for any disease, condition, treatment, or surgical procedure.

Start Your Own Small Business

Stop dreaming and learn how to start your own successful small business.

Visit careertraining.ed2go.com/Hamden for more program details!

Visit www.ed2go.com/Hamden for more program details!

NEW HAVEN READS**Sharing the Power and Joy of Reading**

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



Check out our new website:
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**Register for:**

- * Play & Learn Groups for infants, toddlers and preschoolers
- * Raising Reader Program to foster a love of books and reading
- * Individualized Personal Visits to support your child's development and parenting skills
- * Child Care while you attend English as a Second Language offered by Hamden Adult Education
- * Countdown to Kindergarten
- * After School Activities for children attending Church or Ridge Hill schools

Contact us for:

- * Screening Tools to help you identify strengths or concerns regarding your child's development
- * Connection to other Community Resources
- * Referrals to Child Care & Preschool Programs and options for Financial Support
- * Information on our Infant Massage, Circle of Security and Food & Nutrition Programs

CHURCH STREET SCHOOL
203.407.3111

RIDGE HILL SCHOOL
203.407.2035 EXT. 854

For more information email:
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

LITERACY VOLUNTEERS OF GREATER NEW HAVEN

Ever imagine what it would be like if you couldn't read this paragraph-or any paragraph? There are thousands of adults in our area who can't. Literacy Volunteers reaches out to them, providing one-on-one and small group tutoring. If you are interested in becoming a tutor, fill out an application on our website, www.lvagrh.org 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.

Hamden Public Library

Marion Amodeo, Director

www.hamdenlibrary.org

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

hamdenlibrary.org - Monthly calendar of events; reserve and renew books.

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

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

Questions? Call 203.287.2680 or
info@hamdenlibrary.org

Three locations:

Miller Memorial

2901 Dixwell Avenue 203.287.2680

Brundage Community Branch

91 Circular Avenue 203.287.2675

Whitneyville Branch

125 Carleton Street 203.287.2677

COMMUNITY SERVICES

Darlene Butler, Director

203.562.5129

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

- Camp Scholarships
- 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)
- SoHa KidFest and Teen Activities
- Summer Youth Employment
- Girls' Circle
- Substance Abuse Prevention
- Resource Library and Referrals
- National Night Out
- School Supplies Closet
- Let's Move, Hamden! Wellness Fair
- Hamden Youth Advisory Council
- H-Spot

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. 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

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 39 for our Refund Policy.

Full payment of fees must accompany registration form.

Make checks or money order payable to: **HAMDEN ADULT EDUCATION****WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDARS!**

Last Name: _____ First Name: _____

Street: _____ Town: _____ State: _____ Zip: _____

Home Phone: _____ email: _____

Cell/Work Phone: _____ Senior Citizen: _____

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

Signature _____ Complete (Office Use Only) _____

Additional Person: _____

Last Name: _____ First Name: _____

Address (if different from yours): _____

Course # Course Title Amount

Total

Eligibility:

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

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

Tuition and Fees:

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

Books and Materials:

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

Storm Day Policy:

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

Our Refund Policy:

- Class refunds will be issued **only** if cancelled by Hamden Adult Education. **Once a course has begun, 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

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

Cooking

Fitness

ECRWSS
Residential Customer

Personal Enrichment

ESL

Financial Literacy

Register: by mail
by phone 203.407.2028

www.hamdenadulted.org

