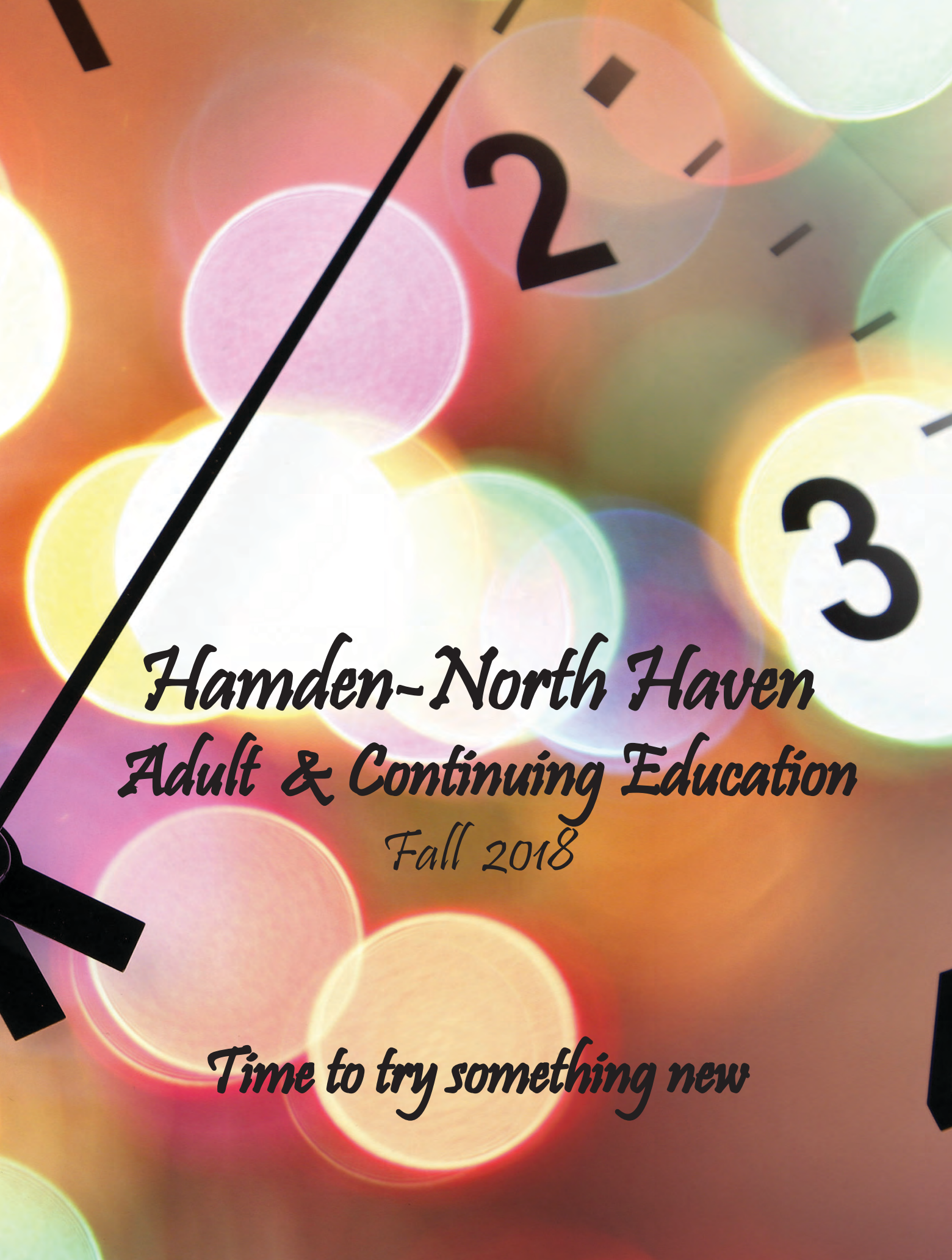

Hamden-North Haven
Adult & Continuing Education
Fall 2018

Time to try something new

Dear Friends,
I'm extremely pleased to offer our new catalog. For over 49 years Hamden Adult Education programs have offered a variety of convenient, affordable and high quality programs that are designed to enrich and benefit the lives of our community.

Can't make it into a classroom? Check out the exciting instructor-facilitated Ed2Go, UGot Class and ProTrain online courses offered. They are informative, enjoyable, convenient and highly interactive. Many of them include program completion certification that can lead to future employment.

I look forward to another exciting year of learning and exploring and hope to see you all on our fabulous trips and in our classrooms.
LuAnn Gallicchio

Hamden Adult Education

Hamden High School
2040 Dixwell Avenue
Hamden, CT 06514
203.407.2028 fax 203.407.2056
email: info@hamdenadulted.org
Office Hours:
Monday - Thursday 8:00 AM - 3:30 PM, Friday 7:00 AM - 2:30 PM
Monday - Thursday evenings 6:00 PM - 9:00 PM

North Haven Office

North Haven High School
221 Elm Street
North Haven, CT 06473
203.239.1641 ext. 2 fax 203.239.2115
Office Hours:
Monday - Thursday 5:15 PM - 9:15 PM (September - May)

Latest Information and to locate new classes at:

www.hamdenadulted.org

Follow us on:

Searching for Talent

We're always looking for great course ideas and instructors

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

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

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Fall Calendar

August 6-9
Adult High School registration

August 21
Adult High School classes begin

August 20 - August 24
ESL, GED®, Citizenship class registration

September 3
Labor Day - No Classes at HHS

September 4
Classes located at Keefe begin

September 10
Rosh Hashanah - No Classes

September 13
Open House - No Classes at HHS

September 19
Yom Kippur - No Classes

September 24
Enrichment Classes begin

October 1
Adult High School
Term 2 Registration

October 8
Columbus Day -
No Classes at Keefe or NHHS

November 5 & 7
NHHS Parent/Teacher Conferences
No Classes at NHHS

November 6
Election Day -
No Classes at Keefe or NHHS

November 12
Veterans Day - No Classes

November 22 - 23
Thanksgiving break - No classes

November 27
HHS Parent/Teacher Conferences
No Classes at HHS

December 17-19
Adult High School
Spring Semester Registration

December 22- January 1
Holiday break - No classes

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Location of Classes

All Things Musical
3210 Whitney Avenue, Hamden

Golf Center at Lyman Orchards (GC AT LO)
700 Main Street, Middlefield

Green Acres Elem School
146 Upper State Street, No. Haven

Hit It Fitness
4133 Whitney Avenue, Hamden

HMS
Hamden Middle School
2623 Dixwell Avenue, Hamden

HHS
Hamden High School
2040 Dixwell Avenue, Hamden

MECA Art Studio
28 Washington Avenue, No. Haven

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

Montowese Elem School
145 Fitch Street, No. Haven

NHHS
North Haven High School
221 Elm Street, No. Haven

Whitney Center
200 Leeder Hill, Hamden

Soulcraft Studio
1125 Dixwell Avenue, Hamden

Whitney Flowers
2648 Whitney Avenue, Hamden

YMCA
1605 Sherman Avenue, Hamden

Your Community Yoga Center(YCYC)
39 Putnam Avenue, Hamden

Class codes ending in H are at Hamden High School
Class codes ending in N are at North Haven High School
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
Wednesday and Thursday
6:30 PM - 9:00 PM
Classes begin September 5

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 - 9:00 PM
Classes begin Wednesday, September 5

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center

Morning Classes

Monday and Wednesday
9:00 am - 12:00 pm
Classes begin Wednesday, Sept. 5

Tuesday and Thursday
9:00 am - 12:00 pm
Classes begin Tuesday, Sept. 4

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

Free babysitting for children of students registered in all classes: Pre-GED®, ESL or Citizenship Classes.

Registration for the classes at M.L. Keefe Community Center
11 Pine Street - 203.773.9211 ext. 1139
Monday, August 20 - Friday, August 24
9:30 - 11:00 am
Monday, August 20 - Thursday, August 23
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

Session A - Who am I?

Career Exploration - #9900A - 9/4 - 10/11 - 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 - 9/4 - 10/11 - 10:30 - 12:00 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.

Session B - Where am I going?

Job Search Strategies - #9900C - 10/16 - 11/1 - 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 - 10/16 - 11/1 - 10:30 - 12:00 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.

Session C - How am I going to get there?

Develop a Career Portfolio - #9900E - 11/13 - 11/29 - 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 - 11/13 - 11/29 - 10:30 - 12:00 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.

Session D - Now what?

College Readiness - #9900G - 12/4 - 12/20 - 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, including strategies for building grit, perseverance, and resilience.

Financial Literacy - #9900H - 12/4 - 12/20 - 10:30 - 12:00 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 of 203-773-9211 ext. 1139.

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact LuAnn Gallicchio at 203-407-2028 or you may contact Sabrina Mancini at the Connecticut State Department of Education at 860-807-2111

ADULT HIGH SCHOOL

CARL MUNGIGUERRA, COORDINATOR
SHARON KING, 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

Fall 2018 Term 1 Registration August 6th - August 9th 6:30 pm
Fall 2018 - Term 1 Classes Begin Tuesday, August 21st 6:30 pm

Term 2 Registration Monday, October 1st 6:30 pm
Term 2 Classes Begin Thursday, October 18th 6:30 pm

Spring 2019 Term 1 Registration December 17th - 19th 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 sessions at 5:30 PM:
9/12, 10/17, 11/14, 12/12, 1/16

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
Tuesday, Wednesday & Thursday
6:30 - 9:00 pm
Classes begin on Tuesday, September 4

Register at the Keefe Community Center
August 20 - August 24 9:30 - 11:00 am or
August 20 - August 23 6:30 - 8:00 pm

Picture ID and proof of residency required at time of registration. Plan to spend an hour.

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

Free babysitting for children of students registered in GED® class.

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. There is no senior discount given.***

#1001N	**L. Bonito**	**NHHS rm 106**	**T. & Th., 5:30-9:30 pm**	**Oct 9**	**2 sessions**
#1001H	**L. Bonito**	**HHS rm B202**	**T. & Th., 6-10 pm**	**Nov 27**	**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. Please register 10 days prior to class, so books can be picked up prior to class. ***Price includes textbook. There is no senior discount given.***

#1002HA	**Staff**	**HHS rm D111**	**Sat., 8am-5pm**	**Oct 13**	**1 session**
#1002HB	**Staff**	**HHS rm D111**	**Sat., 8am-5pm**	**Nov 10**	**1 session**

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. There is no senior discount given.***

#1003NA	**P. Rich**	**NHHS rm 114**	**Tues., 6-9 pm**	**Oct 2**	**5 wks**
#1003HA	**P. Rich**	**HHS rm D109**	**Thur., 6-9 pm**	**Oct 4**	**5 wks**

Resident $200 Non-resident: $205

Emergency Medical Technician (EMT)

Emergency Medical Technician (EMT) Training #1004H

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 firefighters) looking to expand their knowledge. EMT's provide emergency 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 **$1,050**. The course will begin on September 4th 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, AHA CPR Certification, stethoscope, blood pressure cuff, t-shirt, pen light and trauma shears. 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.*** ***There is no senior discount given.*** **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 20 at 6:30 pm at Hamden High School.**

First Aid and CPR Certification

American Heart Association Adult, Child, Infant First Aid, CPR and AED

The American Heart Association Heartsaver First Aid CPR AED course teaches how to recognize and treat sudden illness and injury in adults, children, and infants. Participants learn how to provide CPR and to use an Automated External Defibrillator. Course topics include: Medical emergencies including allergic reactions, heart attacks, stroke, seizures, and diabetes, Injury management including bites and stings, bleeding control, and splinting. Environmental emergencies such as heat stroke and hypothermia, Relief of choking, CPR AED for adults, children, and infants. This course is appropriate for members of the community who want to be prepared in the event of a cardiac emergency or serious life threatening emergency. ***There is no senior discount given.***

#3001HA	L. Bonito	HHS rm D109	Tues., 6-9 pm	Sep 25	2 wks
#3001NA	L. Bonito	NHHS rm 114	Thur., 6-9 pm	Nov 8	2 wks

Resident: $150 Non-resident: $155

American Heart Association Pediatric First Aid and CPR

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. Intended for childcare center workers, camp counselors, coaches, teachers and foster care workers. ***There is no senior discount given.***

#3003HA	S. Gesner, RN/ C. Levy, RN	HHS rm D111	Mon., 6:30-9:30 pm	Oct 15	2 wks
#3003NA	S. Gesner, RN/C. Levy, RN	NHHS rm 106	Thur., 6:30-9:30 pm	Nov 29	2 wks

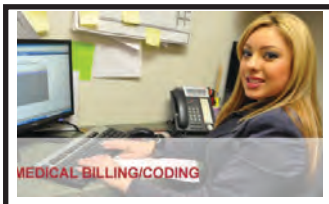
Resident: $100 Non-resident: $105

Pharmacy Technician Certification

64 In Classroom Hours / 64 Online Hours / 120 Internship Hours

This program includes classroom as well as online classroom sessions. This program prepares students to be professional pharmacy technicians dedicated to quality pharmacy procedures. Graduates are equipped to assist the pharmacist filling prescriptions according to doctor's orders. Pharmacy Technicians also participate in ordering products and inventory control, as well as billing and receiving payments. Student will be prepared to enter the pharmacy field and to take the National Healthcareer Association (NHA) certification exam. Pharmacy Technician Certification Board (PTCB). ***There is no senior discount given.***

#1007H M. Myers HHS rm D111 Sat., 9 am - 3 pm Sep 22 10 wks
Resident: $1,595 (includes books and national exam) Non-resident: $1,600



Medical Billing and Coding Certification

100 In Classroom Hours/ 60 Online Hours/ 120 Internship Hours

This program includes classroom as well as online classroom sessions. Medical Billing and Coding Career Prep Complete is a growing career field with numerous job opportunities. This course combines the basics of medical coding, medical billing, and medical terminology to provide a comprehensive program that will prepare you to work as a Medical Coding and Billing Specialist in a professional medical office. In this course, you will learn about the necessary medical terminology, insurance guidelines and compliance requirements, medical billing functions, and legal and ethical issues. Upon completion of this course, you will be fully prepared to begin working in a professional medical office. Students will be prepared to take either the AMCA Billing Coding Specialist Certification (BCSC) national certification exam or the NHA Billing and Coding Specialist Certification (CBCS) national certification exam. ***There is no senior discount given.***

#1008H M. Myers HHS rm D111 Tues., & Thur., 6-10 pm, Sat. 9 am - 3 pm Sep 18 12 wks
Resident: $2,699 (covers books and national exam) Non-resident: $2,704

Medical Scribe

Medical Scribe Training and Certification Program

A Medical Scribe is essentially a personal assistant to the physician; performing documentation in the EHR, gathering information for the patient's visit, and partnering with the physician to deliver the pinnacle of efficient patient care.

FREE Online Medical Scribe Readiness Assessment will assesses your existing knowledge in the areas of medical terminology, Anatomy & Physiology, pharmacology, disease processes, labs, HIPAA and HITECH to decide which of our two online training programs is best for you. Access the assessment now: http://my.ewebtest.com/go.asp?1122

Medical Scribe Professional Training - our comprehensive online training program if you are new to healthcare and/or score less than 80* on the Medical Scribe Readiness Assessment and/or require or desire additional training in the areas of Medical Terminology and Anatomy & Physiology.

Medical Scribe Training for Practicing Allied Health Professionals - our expedited online training program is for you with a minimum of 2-years healthcare experience and/or you score 80* or higher on the Medical Scribe Readiness Assessment. This program starts from the vantage point that you are well versed in Medical Terminology and Anatomy and Physiology.

Medical Scribe Certification Exam - graduates of either training program are eligible to take the exam. Certification of medical scribes is not a requirement, however, many individuals and organizations like to take this step as a demonstration of their commitment to their scribe careers.

Home Health Aide

Home Heath Aide Certification

This program teaches you roles and responsibilities of the companion homemaker and teachs important professional, communication and social skills for success on the job. Topics include the importance of people skills, ethics, integrity and professional behavior, agemism: what it is and how to avoid it, appearance and hygiene, cultural sensitivity, phone etiquette, escorting and transporting your client, observation skills, handling medical emergencies, and fire safey and disaster prepardness. ***There is no senior discount given.***

#1005H	P. Myrthil	HMS rm TBD	Mon., & Wed., 6-8 pm	Oct 1	3 wks

Resident: $375 Non-resident: $380

Receptionist

Receptionist

This General Receptionist course will help you obtain the basic office skills necessary to perform professionally and efficiently the daily tasks required of a receptionist. As you progress through each lesson you will learn how to become a skilled receptionist in today's technology-based offices. The receptionist's duties include: acting as an ambassador by welcoming people to your business, screening phone calls, setting appointments, directing client traffic throughout the work day, computer skills and so much more. ***There is no senior discount given.***

#1006H	P. Myrthil	HMS rm TBD	Mon., & Wed., 6-8 pm	Nov 5	4 wks

Resident: $325 Non-resident: $330

ONLINE COURSES

For more information or to sign up for any of these classes visit:
https://hamden.theknowledgebase.org/

Top Courses 2017

1. Medical Assistant
2. Pharmacy Technician
3. Medical Billing and Coding Career Prep Complete
4. AutoCAD
5. Phlebotomy Technician
6. Roofing Professional Program
7. Professional in Human Resources Exam Prep
8. Spanish for Health Care
9. Day Care Administration Career Prep
10. Medical Administrative Assistant
11. CompTIA A+
12. Certified Electronic Health Records Specialist
13. Grant Writing Fundamentals
14. Spanish for Social Services
15. CompTIA A+, Net+ and Security+
16. EKG Technician
17. Project Management Professional Exam Prep with Organizational Leadership
18. Project Management Professional (PMP) Exam Prep
19. Bookkeeping Administration Expert
20. Introduction to Project Management
21. Any Two CompTIA+ Courses
22. Spanish for Educators
23. Spanish for the Workplace
24. CompTIA Network+
25. Six Sigma Green Belt Certification Prep
26. A+ Network+ Security+ CCNA CCNP
27. Certified Associate in Project Management Exam Prep with Organizational Leadership
28. Certified Information Systems Security Professional (CISSP) 2015
29. Spanish for Construction
30. Microsoft Office Suite 2013

ProTrain

COMPUTERS

Computer Basics Made Easy

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.*** No prior knowledge required.

S. Bozzuto 5 wks Resident: $72 Non-resident $77
Sep 26 #1200N NHHS rm 104 Wed., 6:30-8:30 pm

Intro to Personal Computers

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 5 wks Resident $70 Non-resident $75
Sep 25 #1202H HHS rm D302 Tues., 7-9 pm

iPad/iPhone: A Comprehensive Introduction

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/iPhone with you to class and have your Apple ID and password.***

D. Wray 3 wks Resident $60 Non-resident $65
Oct 25 #1203H HHS rm D210 Thur., 6:30-8:30 pm

Computer Keyboarding

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 8 wks Resident $80 Non-resident $85
Sep 27 #1201H HHS rm C203 Thur., 6-8 pm

iPhone/iPad: Beyond the Basics

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.***

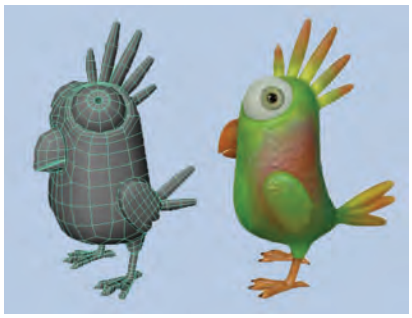
D. Wray 3 wks Resident $60 Non-resident $65
Nov 28 #1204H HHS rm D210 Wed., 6:30-8:30 pm

Intro to 3D Modeling and Animation

You will gain an introduction to creating, editing, taking apart, and navigating the digital 3D modeling workspace to create 3D objects. You will be exposed to the basic elements of the 3D development of modeling, texturing, lighting, animating and rendering. Sign up for this awesome class, contact the teacher and off you go learning the amazing world of 3D animation.

J. Chambers 8 wks Resident $120 Non-resident $125
Sep 24 #1205H online 2 hour timeslot

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



Microsoft Excel 2016 Beginner

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, page setup options, cell basics, modifying columns/rows/cells, utilize currency and date styles, insert and work with comments, create basic formulas, utilize the fill handle, work with hyperlinks and more. Prerequisite - type at a reasonable speed and have basic computer skills. ***Bring a USB drive if you want to save your work.***

M. Hatton 5 wks Resident $90 Non-resident $95
Nov 6 #1206H HHS rm C203 Tues., 6:15-8:15 pm

Microsoft Excel 2016 Intermediate

This course picks up where the Beginning Excel course leaves off, covering more intermediate features include utilizing font/fill color, applying/drawing borders, applying table styles and themes, naming ranges and functions (advanced formulas), sort/filter, inserting objects into worksheets, charts, etc. Prerequisite - type at a reasonable speed and know basic features of Excel or have taken the Excel Beginner course. ***Bring a USB drive if you want to save your work.***

M. Hatton 3 wks Resident $60 Non-resident $65
Dec 5 #1207H HHS rm C203 Wed., 6:15-8:15 pm

Microsoft Excel Made Easy

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 5 wks Resident: $90 Non-resident $90
Sep 24 #1208N NHHS rm 104 Mon., 6:30-8:30 pm

Microsoft PowerPoint

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 3 wks Resident: $60 Non-resident $65
Nov 19 #1209N NHHS rm 104 Mon., 6:30-8:30 pm

Microsoft Word 2010 Adv

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 6 wks Resident $90 Non-resident $95
Nov 8 #1210H HHS rm D302 Thur., 7-9 pm

Microsoft Word 2010 Beg

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 Resident $90 Non-resident $95
Sep 27 #1211HA HHS rm D302 Thur., 7-9 pm
Oct 30 #1211HB HHS rm D302 Tues., 7-9 pm

Microsoft Word Made Easy

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 5 wks Resident:$80 Non-resident $85
Oct 31 #1212N NHHS rm 104 Wed., 6:30-8:30 pm

Art of Beautiful Writing - Introduction to Calligraphy

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

J. Little 6 wks Resident: $72 Non-resident $77

Sep 26	**#1400H**	**HHS rm B105**	**Wed., 6:30-8:30 pm**
Sep 27	**#1400N**	**NHHS rm 115**	**Thur., 6:30-8:30 pm**

Art of Beautiful Writing - Calligraphy Intermediate Techniques

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

J. Little 6 wks Resident: $72 Non-resident $77

Nov 13	**#1401N**	**NHHS rm 114**	**Tues., 6:30-8:30 pm**

Basic Photo for Beginners

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. ***A $5 non-refundable materials fee is due to instructor the first night of class.***

A. Szewczyk 8 wks Resident $96 Non-resident $101

Sep 27	**#1402H**	**HHS rm B105**	**Thur., 7-9 pm**

Crochet: All Levels

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 10 wks Resident $90 Non-resident $95

Sep 24	**#1403H**	**HHS rm B106**	**Mon., 6:30-8:30 pm**
Sep 26	**#1403N**	**NHHS rm 108**	**Wed., 6:30-8:30 pm**

Bob Ross "Joy of Painting" Workshop

Experience Bob Ross "Joy of Painting". You will be instructed step-by-step to paint with oils utilizing a "Wet on Wet" technique to transform a blank canvas into a beautiful picture. No experience is needed! ***A $20 materials fee is included in the price of the class. Bring a roll of paper towels.***

C. Kozak 1 session Resident $50 Non-resident $55

HHS rm D104		**Tues., 6-8:30 pm**
Sep 25	**#1404HA**	**Mountain Waterfall**
Oct 30	**#1404HC**	**Autumn Fantasy**
Nov 20	**#1404HE**	**Frozen Beauty Vignette**
NHHS rm 116		**Tues., 6-8:30 pm**
Oct 16	**#1404NB**	**Warm Autumn Day**
Nov 13	**#1404ND**	**Frosty Winter Morning**

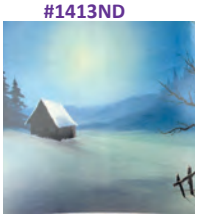
#1413HA

#1413HC

#1413HE

#1413NB

#1413ND



DIY Wood Sign Workshop

Design your own version of a rustic farmhouse-style wood sign! Paint an inspirational word, a meaningful phrase or your family's name on a painted 12" x 12" birch wood base using a customized stencil cut just for you. Display this charming and trendy art in your own home or create a handcrafted personalized gift for the holidays or a special occasion. **A $10 non-refundable materials fee is included in the cost of the class and covers the birch base, custom stencil, transfer medium and paints. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident $40 Non-resident $45

Oct 2	**#1405H**	**HHS rm B103**	**Tues., 7-9 pm**
Oct 10	**#1405N**	**NHHS rm 114**	**Wed., 7-9 pm**

Digital Photography (D-SLR) Introduction

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 8 wks Resident: $96 Non-resident $101
Sep 25 #1406N NHHS rm 115 Tues., 7-9 pm

Flower Arranging

Join Karen at her former 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 Resident $90 Non-resident $95
Sep 25 #1407A Whitney Flowers Tues., 7-8:30 pm
Sep 27 #1407B Whitney Flowers Thur., 7-8:30 pm

Glass Etching Workshop

Learn how to etch like a pro! Customize gifts and party favors; create monogrammed wine glasses or beer mugs to toast in the holiday season! If you prefer, personalize a platter to use on your own holiday table or give as a gift! Choose from several seasonal designs, or request a custom stencil to add a name or monogram. Glassware and etching cream will be provided. You may bring your own choice of glassware to personalize, if you prefer. **A $7 non-refundable materials fee is included in the cost of the class and covers the custom stencil, glassware and etching cream. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident $37 Non-resident $42
Sep 25 #1408H HHS rm B103 Tues., 7-9 pm
Oct 3 #1408N NHHS rm 114 Wed., 7-9 pm

Holiday Card Making

Get a jump on preparing for the holidays by creating beautiful, hand-made holiday greeting cards to share with friends and family. You will make three unique cards in each class. ***Bring detail scissors, pencil, 12" ruler, and non-stick craft mat. A $16 non-refundable materials fee is payable to instructor the first night of class.***

D. Brassell 6 wks Resident $72 Non-resident $77
Sep 26 #1409H HHS rm B104 Wed., 6:30-8:30 pm

Knitting Circle

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 Resident $60 Non-resident $65
Sep 27 #1410HA HHS rm B106 Thur., 6:30-8:30 pm
Nov 8 #1410HB HHS rm B106 Thur., 6:30-8:30 pm

Make Your Own MOSAIC!

Create your own MOSAIC! Yes you can! A Mosaic is a picture or pattern produced by arranging together small pieces of stone, tile, or glass. Design your own mosaic wall hanging. The instructor will provide you with what you need to create your one of a kind art work! The instructor will teach you how to cut glass and create this amazing piece of art work! A $20 non-refundable materials fee is payable the first night of class.

D. Demetriades 12 wks Resident $140 Non-resident $145
Sep 27 #1411H HHS rm D104 Thur., 7-9 pm

Modern Leather Cuff Bracelet Workshop

Make your own signature leather cuff bracelet in this hands-on workshop! We are putting a modern twist on an old craft creating unique cuffs out of upcycled leather materials. ***A $10 non-refundable materials fee is included in the cost of this class.***

J. Brubacher 1 session Resident $35 Non-resident $40
Dec 4 #1412N NHHS rm 115 Tues., 6:30-8 pm

Stained Glass

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 8 wks Resident $140 Non-resident $145
Oct 2 #1413H HHS rm D104 Tues., 6-8:30 pm
Oct 4 #1413N NHHS rm 114 Thur., 6-8:30 pm

20 Day Early Morning Yoga Challenge

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

Staff	20 days	Resident $133	Non-resident $138
Oct 1	**#1600**	**Your Comm. Yoga Ctr.**	**M-F 6:30-7:30 am**

Adult Swim Lessons

A program for those 18+ years who wish to learn to swim, focus on breathing, balance and basic swimming skills. In this beginning class, your swim lesson is customized to your swim ability level. ***You must bring your bathing suit and towel***.

Staff	8 wks	Resident $95	Non-resident $100
Sep 6	**#1601A**	**YMCA**	**Thur., 6:35-7:20 pm**
Nov 1	**#1601B**	**YMCA**	**Thur., 6:35-7:20 pm**

Aqua Power

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

Staff	8 wks	Resident $75	Non-resident $80
Sep 5	**#1602A**	**YMCA**	**Wed., 6:30-7:15 pm**
Oct 31	**#1602B**	**YMCA**	**Wed, 6:30-7:15 pm**

Authentic TaijiQuan (Tai-Chi)

Learn a scientific proven method to improve your balance, flexibility, strength, and focus while destressing your stress. Based on traditional Chinese martial arts, this form is designed to accommodate any level of ability. Fun, affordable, and healthy. ***Bring water and wear comfortable clothing and footwear.***

B. Banick	12 wks	Resident $130	Non-resident $135
Sep 25	**#1603HA**	**HHS rm C109**	**Tues., 7:15-8:15 pm**
Sep 27	**#1603HB**	**HHS rm C109**	**Thur., 6-7 pm**

Beginning Tap

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. No prior tap experience necessary

C. Furtak	6 wks	Resident $54	Non-resident $ 59
Sep 24	**#1604HA**	**HHS rm C111**	**Mon., 6-7 pm**
Nov 19	**#1604HB**	**HHS rm C111**	**Mon., 6-7 pm**

Beginning Tap 2

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	Resident $54	Non-resident $ 59
Sep 25	**#1605HA**	**HHS rm C111**	**Tues., 7:05-8:05 pm**
Nov 6	**#1605HB**	**HHS rm C111**	**Tues., 7:05-8:05 pm**

Full Figure Beginner ViniYoga

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.

Staff	8 wks	Resident $96	Non-resident $101
Sep 27	**#1606**	**Your Comm. Yoga Ctr.**	**Thur., 7-8 pm**

Golf Fore Women 101

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

Staff	5 wks	Resident $109	Non-resident $115
Sep 10	**#1607A**	**GC at LO**	**Mon., 5:15-6:15 pm**
Sep 12	**#1607B**	**GC at LO**	**Wed., 10-11 am**
Sep 12	**#1607C**	**GC at LO**	**Wed., 5:15-6:15 pm**
Sep 13	**#1607D**	**GC at LO**	**Thur., 12-1 pm**
Sep 15	**#1607E**	**GC at LO**	**Sat., 10-11 am**

Hula Hoop Dance and Fitness

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	8 wks	Resident $96	Non-resident $101
Sep 26	**#1608H**	**HHS Cafeteria**	**Wed., 7:15-8:15 pm**

Intermediate Tap

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	Resident $54	Non-resident $59
Sep 25	**#1609HA**	**HHS rm C111**	**Tues., 6-7 pm**
Nov 6	**#1609HB**	**HHS rm C111**	**Tues., 6-7 pm**

Intermediate Tap 2

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 Resident $54 Non-resident $59

Sep 24 #1610HA HHS rm C111 Mon., 7:10-8:10 pm
Nov 19 #1610HB HHS rm C111 Mon., 7:10-8:10 pm

Introduction to Tai Chi

This course will provide an 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 8 wks Resident: $80 Non-resident $85

Sep 24 #1611A Green Acres Cafe Mon., 6:30-7:30 pm
Sep 27 #1611B NHHS PA Lobby Thur., 6:30-7:30 pm

Jazzercise

No matter your age or ability level, Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results...fast. It's a 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, Flip Fusion, Interval DanceMixx and Strength60 - will leave you breathless, toned and coming back for more. Stop working out. Start working it... with Jazzercize. ***Wear comfortable clothing and indoor sneakers. Feel free to bring a mat and weights - we have extras if you need them. Bring a water bottle, also. You have twelve classes to use anyway you would like.***

K. Hurd 6 wks Resident $45 Non-resident $50

Sep 24 #1612 Hit It Fitness Mon-Sat-various times

Jiu Jitsu for Children

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 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!

Staff 6 wks Resident $130 Non-resident $135

Sep 24 #1613 Soulcraft Studio M&W, 5:30-6:15 pm

Krav Maga - Self Defense

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 6 wks Resident $130 Non-resident $135

Sep 24 #1614 Soulcraft Studio M,W,F 7:15-8:15 pm

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

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 previously taught, and continue to show some new ones! Still beginner friendly and lots of fun!

S. Walker 8 wks Resident: $99 Non-resident: $104

Sep 26 #1615H HMS rm 172 Wed., 5:45-7:15 pm

Line Dancing: Soulful/Jazzy/R&B Way

Remember doing the electric slide and the cha-cha slide at those weddings and family reunions? There are hundreds more current and here's an opportunity to learn some of them! Come learn the Wobble, Cupid Shuffle, as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Broken Stones, 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 8 wks Resident: $66 Non-resident $71

Sep 25 #1616H HMS rm 172 Tues., 6-7 pm

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Muay Thai Kickboxing

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 6 wks Resident $130 Non-resident $135
Sep 25 #1617 Soulcraft Studio T & TH 7:15-8:15 pm

Pilates Mat - Beginners

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. ***Please bring yoga/pilates mat. This class is for those with no pilates experience.***

M. Daniele 6 wks Resident: $99 Non-resident $104
Sep 25 #1618N Montowese School Gym Tues., 7-8 pm

Pilates Mat - Intermediate

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. ***Please bring yoga/pilates mat. This class is for those with prior pilates experience***

M. Daniele 6 wks Resident: $99 Non-resident $104
Sep 27 #1619N Montowese School Gym Thur., 7-8 pm

Rest, Relax and Renew

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 8 wks Resident: $80 Non-resident $85
Oct 2 #1620N Location TBA Tues., 7-8 pm

Restorative Yoga

Retreat from your everyday life - journey into tranquility and well-being. In this class you will gently remind your nervous system to relax, your adrenals to restore, and your organs to be nurtured. Class includes deep relaxation, healing breathing, and meditation. Blankets, bolsters and other props will be used. A healing experience for those recovering from illness or injury, or anyone looking to recharge and re-new your lifestyle. ***Please bring a yoga mat and firm blanket to class.***

Staff 8 wks Resident: $96 Non-resident $101
Sep 28 #1621 YC Comm Center Fri., 6-7pm

Strength Training

With the help of a certified trainer, strengthen and tone your muscles using body weight or dumbells and barbells to meet your fitness goals.

M. Monrello 8 wks Resident $80 Non-resident $85
Sep 26 #1622H HHS rm C111 Wed., 6-7 pm

Strong and Fit Women's Self Defense

Empowerment self-defense is a research-based program designed to help women identify early signs of danger and increase strength, flexibility and overall fitness. Designed by women instructors in Jiiu Jitsu, Muay Thai kickboxing, and yoga, this course draws attention to physical, verbal, and nonverbal aspects of practical self-defense. A local psychology faculty member specializing in violence prevention works as part of our diverse team. In this program, you can expect to develop practical knowledge and skills while also getting in shape and connecting with other women in a safe environment.

Staff 8 wks Resident $100 Non-resident $105
Sep 27 #1623 Soulcraft Studio Thur 6-7:30 pm

Yoga

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 8 wks Resident: $80 Non-resident $85
Oct 2 #1624N Location TBD Tues., 5:30-6:45 pm

Yoga - AM

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 8 wks Resident: $99 Non-resident $104
Oct 3 #1625 MECA Wed., 10-11 am

Yoga II

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 8 wks Resident: $99 Non-resident $104
Oct 4 #1626 MECA Thur., 6:45-7:45 pm

Yoga for Healthy Aging

Yoga is the perfect vehicle for healthy living and aging gracefully – a way of intentional living supported by diet, exercise, mindfulness, and emotional wellness. This workshop will include yoga postures that develop flexibility, strength, balance and agility, breathing techniques to improve respiratory functioning and simple mindful meditations to create stillness in the mind. Classes are taught in a gentle Kripalu Yoga style, using a chair or the mat. Modified instructions are provided if you need to remain seated for the class. No experience necessary. Handouts will be included.

Staff 10 wks Resident $120 Non-resident $125
Sep 26 #1627 YC Yoga Center Wed., 10:30-11:45 am

Yoga for 50+

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 Resident $96 Non-resident $101
Sep 26 #1628A YC Yoga Center Wed., 7:15-8:30 pm
Sep 29 #1628B YC Yoga Center Sat., 9:45-11:00 am

Yoga for Depression & Anxiety

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 8 wks Resident $96 Non-resident $101
Sep 29 #1629 YC Yoga Center Sat., 11:30 am-12:30 pm

HOME

Homebuyer's Workshop

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 1 wk Resident $25Non-resident$30
Oct 2 #1800H HHS rm D214 Tues., 6:30-8:30 pm

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 1 wk Resident $25 Non-resident $30
Oct 18 #1801H HHS rm A112 Thur., 7-9 pm

ONLINE REGISTRATION
www.hamdenadulted.org/coursecatalog

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

Cake Decorating for Beginners

Learn basic cake decorating skills applying icing, borders and beautiful flowers. This two week course will prepare you to decorate an 8 inch 2 layer cake. ***Supply list will be sent prior to first class.***

M. Padilla	2 wks	Resident $35	Non-resident $40
Oct 15	**#2000H**	**HHS rm D107**	**Wed., 6-8 pm**
Nov 7	**#2000N**	**NHHS rm 109**	**Mon., 6-8 pm**

Cake Pops

Learn to make and decorate cake pops using candy melts with ease. This one week class will allow you to make treats for any occasion. ***Supply list will be sent prior to first class.***

M. Padilla	1 session	Resident $30	Non-resident $35
Oct 2	**#2001N**	**NHHS rm 109**	**Tues., 6-8 pm**
Oct 17	**#2001H**	**HHS rm D107**	**Wed., 6-8 pm**

Chocolate Mold Techniques

Discover the magic of candy making using candy melts and molds! You will learn to dip and drizzle cookies and pretzels during this fun packed project class ***Price includes a $15 non-refundable consumable fee.***

M. Padilla	1 session	Resident $41	Non-resident $46
Dec 3	**#2002H**	**HHS rm D107**	**Mon., 6-8 pm**
Dec 10	**#2002N**	**NHHS rm 109**	**Mon., 6-8 pm**

Cupcakes and More

Learn to decorate cupcakes and cookies with buttercream icing, sparkles and sprinkles using cake decorating tools and applying fun techniques. ***Supply list will be sent prior to class.***

M. Padilla	1 session	Resident $30	Non-resident $35
Oct 30	**#2004N**	**NHHS rm 109**	**Tues., 6-8 pm**
Nov 20	**#2004H**	**HHS rm D107**	**Tues., 6-8 pm**

Dinner Parties and Entrees

Let Chef Maryann teach you food with a flair for dinner parties. You will be making appetizers, soups, pastas, side dishes, as well as some desserts. ***A $40 non-refundable supply fee is due to the instructor the first night of class.***

M. Ciarleglio	5 wks	Resident: $80	Non-resident $85
Sep 26	**#2005N**	**NHHS Room 109**	**Wed., 6:30-9 pm**

Flan - Bake and Taste

Flan is a soft custard dessert served with carmel on top. Join us to learn how to bake a new dessert to serve your guests as a special treat. The Flan Lady, LLC has been written up in the New Haven Register and Shoreline Times. She will demonstarte how to prepare a traditional flan, and you will be able to sample it. ***Price includes a $3 non-refundable consumable fee.***

J. Torres	1 session	Resident $41	Non-resident $46
Sep 25	**#2006HA**	**HHS rm D107**	**Tues., 6:30-8:30 pm**
Oct 23	**#2006NA**	**NHHS rm 109**	**Tues., 6:30-8:30 pm**
Nov 13	**#2006HB**	**HHS rm D107**	**Tues., 6:30-8:30 pm**
Dec 11	**#2006NB**	**NHHS rm 109**	**Tues., 6:30-8:30 pm**

Homemade Carrot Cake

Join Chef Debbie as she teaches you how to make a Homemade Carrot Cake...healthier. It is moist and delicious! This recipe will be in her next cookbook. ***Price includes a $10 non-refundable consumable fee.***

D. Barbiero	1 session	Resident $35	Non-resident $40
Dec 19	**#2007H**	**HHS rm D107**	**Wed., 7-9 pm**

Homemade Dough and Personal Pizzas

Join Chef Debbie and save money as you learn to make your own pizza dough and sauce. You will then make a variety of personal pizzas to enjoy while in class or take some home. ***Price includes a $10 non-refundable consumable fee.***

D. Barbiero	1 session	Resident $35	Non-resident $40
Dec 11	**#2007H**	**HHS rm D107**	**Tues., 7-9 pm**

Homemade Pierogis

Join Chef Debbie and learn how to make Pierogi, also known as varenyky, a filled dumpling of Eastern European origin made by wrapping unleavened dough around a savory or sweet filling and cooking in boiling water. We will eat what we prepare in class. Bring a to-go container to eat your meal in or take it home. ***Price includes a $10 non-refundable consumable fee.***

D. Barbiero 1 session Resident: $40 Non-resident: $45

Oct 23 #2009HA HHS rm D107 Tues., 7-9 pm
Dec 4 #2009HB HHS rm D107 Tues., 7-9 pm

Italian Entrees/Pressure Cooker Usage

In this hands-on class, you will make steak pizzaiola over noodles, authentic Italian meat sauce, pulled pork in southern spicy BBQ sauce, and "blow your mind" fish sauce. You will learn how to make some of these with a Pressure Cooker in minutes! You will also make a variety of side dishes. ***A $35 non-refundable consumable fee is due to the instructor the first night of class.***

Chef R. Inzero 4 wks Resident: $70 Non-resident $75

Oct 29 #2010N NHHS rm 109 Mon., 6:30-9:00 pm

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!

Italian Holiday Christmas

Welcome to the holiday season. Along with Chef Maryann you will make some amazing and easy Christmas foods, cookies and fish dishes. ***A $40 non-refundable consumable fee is due to the instructor the first night of class.***

M. Ciarleglio 3 wks Resident: $60 Non-resident: $65

Nov 28 #2011N NHHS rm 109 Wed., 6:30-9:00 pm

Pizza, Calzones and Stuffed Breads

In this hands-on class you will make dough from scratch in 10-15 minutes. You will then have your choice of toppings/fillings including: 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. Please bring containers to bring extras home. ***A $35 non-refundable supply fee is due to the instructor the first night of class.***

Chef R. Inzero 4 wks Resident: $70 Non-resident $75

Sep 24 #2012N NHHS rm 109 Mon., 6:30-9:00 pm

Royal Icing Flowers and Basketweave Cake

Learn basic flower making skills using royal icing. This 2 session course will prepare you to make roses, apply blossoms, lilies and violets for your baskeweave cake. ***Supply list will be sent prior to first class.***

M. Padilla 2 wks Resident $35 Non-resident $40

Oct 29 #2013H HHS rm D107 Mon., 6-8 pm
Nov 19 #2013N NHHS rm 109 Mon., 6-8 pm

Three Weeks of Homemade Pastas

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. We will eat what we prepare in class. Bring a to-go container to eat your meal in or take it home. ***A $25 non-refundable consumable fee is payable to the instructor the first night of class.***

D. Barbiero 3 wks Resident: $60 Non-resident: $65

Oct 9 #2008HA HHS rm D107 Tues., 7-9 pm
Nov 1 #2008HB HHS rm D107 Thur., 7-9 pm

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

Italian Beginners

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

D. DiTomasso 10 wks Resident $99 Non-resident $104
Sep 26 #2000H HHS rm D213 Wed., 6:00-7:30 pm

Irish for Beginners

Whether planning a trip, kindling an ancestral connection or just curious to explore an ancient, unique and beautiful language, this course is the ideal starting point. Emphasis is on conversation and only a notepad and pen is needed.

M. Crofts 10 wks Resident $99 Non-resident $104
Sept 25 #2201H HHS rm D212 Tues., 7:00-8:30 pm

Levantine Arabic (Beginners)

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 10 wks Resident: $99 Non-resident: $104
Sep 26 #2202H HHS rm D212 Wed., 6:15-7:45 pm

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

Spanish for Beginners

You will gain a general introduction to the Spanish language. You will learn the alphabet and its Phonetic sounds, vocabulary that is used every day in order to create sentences. Each class you will be greeted in Spanish allowing you to feel confident and start creating conversations. ***A $23 non-refundable book fee is due to the instructor the first night of class.***

G. Berrios 8 wks Resident $99 Non-resident $104
Sept 26 #2203H HHS rm D210 Wed., 6:30-8:30 pm
Sept 27 #2203H NHHS rm 107 Thur., 6:30-8:30 pm

The ABCs of Arabic

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 10 wks Resident: $99 Non-resident: $104
Oct 1 #2204H HHS rm D212 Mon, 6:15-7:45 pm

Traditional Mandarin Chinese Beginners/Intermediate

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 10 wks Resident $70 Non-resident $75
Sep 25 #2205H HHS rm B103 Tues, 6-7 pm

Looking for a New Career
We have several training programs for you to choose from!

See pages 7-10 for more information

Bartender

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 make more than 100 drinks

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.

Call to Register 203.407.2028

All About Avoiding Probate

This informative seminar will show you how planning to avoid probate is one of the greatest gifts you can give to your family. Learn how not to go through a full probate proceeding make the process quick and smooth on your loved ones.

Atty. S. Rubin 1 session Resident $25 Non-resident $30
Sep 25 #2400H NHHS rm 105 Tues., 6:00-8:00 pm

Asset About Elder Care

Discover how long term care solutions and Elder Law planning can lead to a better quality of life for you or your loved ones. Don't wait to take advantage of this educational program featuring important information on financial and elder care law issues currently impacting adults and their families.

Atty. S. Rubin 1 session Resident $25 Non-resident $30
Nov 6 #2401H HHS rm A112 Tues., 6:00-8:00 pm

Financial Insanity

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 3 wks Resident $30 Non-resident $35
Oct 2 #2407N NHHS rm 106 Tues., 6:30-8 pm

How to Organize and Secure Life's Most Important Documents and Information

What would happen if:

- your home was destroyed?
- you became ill or incapacitated?
- you lost your wallet with all your personal information?

Would you or your family know how to access your critical financial, insurance and personal documents?

During this seminar, you will learn strategies and techniques to:

- file your documents in a simple, easy-to-use system
- give key people in your life access to the documents they will need in case of an emergency
- secure and protect your information

M. Argiro 1 session Resident $25 Non-resident $30
Oct 11 #2402H HHS rm A112 Thur., 6:30-8:00 pm
Oct 23 #2402N NHHS rm 106 Tues., 6:30-8:00 pm

Passport to Retirement

This course is presented by a prominent and trusted local financial advisor, and will cover the following topics: the 10 most common mistakes made in retirement, Social Security, Medicare, determining how long your money will last, the power of inflation, long term care, maximizing your pension, wills and trusts. In this seminar, we will also discuss strategies to avoid general retirement roadblocks, such as managing cash flow, using tax laws to your advantage, how to take an accurate financial inventory, and more. The time to retire will come; be financially prepared to enjoy it. This course is presented in a friendly and straightforward manner, geared towards people age 50 and over. Attendees are entitled to a complimentary, private consultation with Stu to review their personal financial and retirement concerns.

S. Grove 2 wks Resident: $25 Non-resident $30
Sep 25 #2404N NHHS rm 106 Tues., 6:30-8:00 pm

Planning for Affordable Long Term Care

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 1 session Resident: $25 Non-resident: $30
Oct 17 #2403H HHS rm D109 Wed., 7-9 pm
Oct 24 #2403N NHHS rm 107 Wed., 7-9 pm

Retirement Planning Today

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 Resident $49 Non-resident $54
Sept 27 #2406NA NHHS rm 105 Thur., 6:30-9:30 pm
Oct 3 #2406NB NHHS rm 105 Wed., 6:30-9:30 pm

MUSIC

Basic Music Theory

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 musicans. It's easier than you think! ***Senior fee not applicable.***

G. Raccio 4 wks Resident $75 Non-resident $80
Sep 25 #2600 All Things Musical Tues., 8-9 pm

Guitar for Beginners

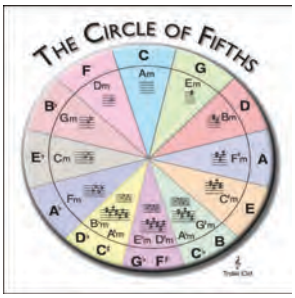
Have you always wanted to play guitar but never found the time? Here's an easy way to get started. Learn the basics of how to play, find musical notes, basic chords, read music, left and right hand technique. Bring your own guitar or one will be available for rental. Book fee $10.95 payable first class.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

G. Raccio 6 wks Resident $75 Non-resident $80
Sep 19 #2602 All Things Musical Wed., 8-9 pm

Violin and Cello - Beg/Inter

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 10 wks Resident $90 Non-resident $95
Sep 25 #2606H HHS rm B103 Tues., 8-9 pm



Looking for a New Career
We have several training programs for you to choose from!

See pages 7-10 for more information

Pharmacy Tech

This program includes classroom as well as online classroom sessions. This program prepares students to be professional pharmacy technicians dedicated to quality pharmacy procedures. Graduates are equipped to assist the pharmacist filling prescriptions according to doctor's orders. Pharmacy Technicians also participate in ordering products and inventory control, as well as billing and receiving payments. Student will be prepared to enter the pharmacy field and to take the National Healthcareer Association (NHA) certification exam.

Medical Billing & Coding

Medical Billing and Coding is a growing career field with numerous job opportunities. This course combines the basics of medical coding, medical billing, and medical terminology to provide a comprehensive program that will prepare you to work as a Medical Coding and Billing Specialist in a professional medical office. You will be prepared to take either the AMCA Billing Coding Specialist Certification exam or the NHA Billing and Coding Specialist Certification national certification exam.

Medical Scribe

A Medical Scribe is essentially a personal assistant to the physician; performing documentation in the EHR, gathering information for the patient's visit, and partnering with the physician to deliver the pinnacle of efficient patient care.

Medical Scribe Professional Training is a comprehensive online training program for individuals new to healthcare.

Medical Scribe Training for Practicing Allied Health Professionals is an expedited online training program for individuals with a minimum of 2-years healthcare experience.

Backyard Astronomy

Would you like to leave your Earthly cares behind, and explore the vast reaches of the Universe that you inhabit? You can easily do so in your own backyard! This course will help you to gain a better perspective on where you stand in the Cosmos, and to begin making astronomical observations of your own with just your eyes, a pair of binoculars, or that small telescope in your attic. We will investigate a wide range of topics, including: meteor showers, solar and lunar eclipses, our solar system, the life cycles of stars, the Milky Way Galaxy, other galaxies, black holes, quasars, and limits of the observable universe. Topics suggested by class participants will be given special attention. At least one "extracurricular" observing session beneath the stars will be arranged. Textbook we will use will be available for purchase on the first evening of class.

C. Nilson 8 wks Resident $96 Non-resident $101
Sep 24 #2800N NHHS rm 106 Mon., 6:30-8:30 pm
Sep 27 #2800H HHS rm D210 Thur., 6:30-8:30 pm

Beginning Bridge

This eight week course covers the fundamentals of the game of bridge. Starts at the beginning, introducing the mechanics of the game and covers bidding, play and defense. Learn a game to enjoy for a lifetime! No prior knowledge of the game is required for this class.

W. Frieden 8 wks Resident $96 Non-resident $101
Sep 27 #2801 ML Keefe - Senior Center Thur., 10-12 noon

Casual Conversations - Effective Communication

Learn the unspoken rules of oral communication. Become aware how non-verbal communication, like 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. 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.

L. Bonito 2 sessions Resident $150 Non-resident $155
Nov 26 #2817H HHS rm B202 M/Th, 6:30-9:30 pm
Dec 4 #2817N NHHS rm 106 T/Th, 6:30-9:30 pm

English Conversation Class

If English is not your first language and you are looking to improve your conversational skills this may be the class for you. The class activities will focus on English conversation skills through a variety of topics. Learn new vocabulary, slang and idioms and even some grammar. This class is open to advanced English language learners. Class size is limited so register early. This class will be held from 9-12 on Friday mornings. Free babysitting is available for your children 9 months or older.

To register for this class, call 203-773-9211 ext. 1139.

Essential Oils - Boost Immunity and Protect the Home

Essenital oils offer support in health and wellness. Come learn how to make oils part of your daily life. This class will highlight how to use essential oils instead of harsh chemicals in your home and oils that boost immunity. You will take home a household cleaning spray and a sample of oil. ***A $5 non-refundable materials fee is included in the cost of this class.***

J. Brubacher 1 session Resident $35 Non-resident $40
Nov 29 #2802N NHHS rm 116 Thur., 6:30-8 pm

Essential Oils - Reduce Stress and Induce Sleep

Essenital oils offer support in health and wellness. Come learn how to make oils part of your daily life. This class will highlight how essential oils can help reduce stress and support good sleep. You will take home a pocket size inhaler and a sample of oil. ***A $5 non-refundable materials fee is included in the cost of this class.***

J. Brubacher 1 session Resident $35 Non-resident $40
Oct 25 #2803N NHHS rm 116 Thur., 6:30-8 pm

Essential Oils - Shift Mood and Shift Emotions

Essential oils offer support in health and wellness. Come learn how to make oils part of your daily life. This class will highlight how to use oils daily to shift mood and support emotions. You will take home a pocket size inhaler and a sample of oil. ***A $5 non-refundable materials fee is included in the cost of this class.***

J. Brubacher 1 session Resident $35 Non-resident $40
Sep 27 #2804N NHHS rm 116 Thur., 6:30-8 pm

Genealogy: An Overview

This session is intended for those of you who are just beginning (or have yet to start) their genealogical journey. You will gain an understanding of where to start, basic steps, and online sources. You will also gain an understanding of the process used when conducting genealogical research. NOTE: This session is NOT intended for those looking for information on specific ancestors.

D. Holman 1 session Resident $25 Non-resident $30
Sept 26 #2805H HHS rm C205 Wed., 6:30-8:30 pm

Genealogy: Finding Your Jewish Ancestors

Jewish genealogy presents some unique challenges but there are plenty of resources you can use. You will learn about some of these specific challenges and strategies to overcome them. Several free online websites will be explored as well as suggestions for offline research and networking.

D. Holman 1 session Resident $25 Non-resident $30
Oct 3 #2805H HHS rm C205 Wed., 6:30-8:30 pm

Genealogy Workshop

In this collaborative workshop, you will be introduced to a new genealogy topic for the first hour of each session, followed by an hour of assisted research. Class will meet the 2nd Wednesday of each month. Topics include: accessing online sites, using research logs and more. Dates will be 10/10, 11/14, 12/12.

D. Holman 3 sessions Resident $75 Non-resident $80
Oct 10 #2806H HHS rm C205 Wed., 6:30-8:30 pm

Gluten: What Is It? What Can I Eat?

Certified Nutritional Health and Life Coach, Debbie Barbiero, will teach you what exactly is Gluten. If you have a Gluten-intolerance, what are your symptoms? What can you eat? What foods and prodcuts should you avoid? Come to this informational class to find out that and much more.

D. Barbiero 1 session Resident $25 Non-resident $30
Oct 30 #2813HA HHS rm D111 Tues., 7-9 pm
Dec 13 #2813HB HHS rm D111 Thur., 7-9 pm

How Nutrition Can Reduce Inflammation in Your Body

In this class, Certified Nutritional Health and Life Coach, Debbie Barbiero, will teach you what causes inflammation in your body, what foods are best to avoid and which foods are best to include in your diet to give you more energy, reduce pain and bloat. This is a great class for people trying to lose weight, manage thyroid or Type II diabetes and other inflammatory diseases.

D. Barbiero 1 session Resident $25 Non-resident $30
Oct 23 #2807HA HHS rm D107 Tues., 7-9 pm
Dec 6 #2807HB HHS rm D107 Thur., 7-9 pm

Intro to using DNA in Family Tree Building

Genealogy is a fascinating & addictive hobby. Learn how to use DNA to jump start your research or make new family connections. Discuss online resources, starting a tree and how to interpret your DNA results.

J. Wisenbaker 3 wks Resident $60 Non-resident $65
Sep 26 #2808H HHS rm C205 Wed., 6:30-8:30 pm

Lose Weight With Hypnosis

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

L. Santamaria 3 wks Resident: $65 Non-resident $70
Oct 25 #2809N NHHS Library Thur., 7-9 pm

Mindfulness Based Stress Reduction

This Mindfulness Based Stress Reduction course may be for you, if you are looking to:
* approach your life with more composure, understanding and enthusiasm
* develop the ability to cope more effectively with both short-term and long-term stressful situations
* enhance your ability to manage and reduce physical discomfort
* improve your focus, resilience, and capacity to recover more quickly from challenges

Across the eight weeks, this course will provide you with a community of learning and practice to help you access and cultivate your natural capacity to care for yourself, finding greater balance, ease and peace of mind. A retreat day on Saturday, November 10th from 9-4 is also part of this course.

Please bring a yoga mat and blanket. Comfortable clothing is recommended.

T. Hodes & J. Zehler 8 wks Resident $99 Non-resident $104
Oct 3 #2811H HHS Media Center Wed., 6-8:30 pm

Orientation to Mindfulness Based Stress Reduction

"Mindfulness" is a word that has entered the mainstream, but what really does it mean, and what does it have to do with the hustle and bustle of life? If you feel stressed, over-scheduled, have trouble sleeping, or feel like life is passing you by and you're not really living it, we invite you to join us in this introductory workshop. In this 2.5 hour workshop we will offer practical ways to apply mindfulness to your everyday life. Our hope is for you to leave this workshop with tools that support you to live more fully, and help transform your relationship to stress.

T. Hodes & J. Zehler 1 session Resident $5 Non-resident $10
Sep 26 #2812H HHS Media Center Wed., 6-8:30 pm

Quit Smoking With Hypnosis

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 3 wks Resident: $65 Non-resident $70
Nov 15 #2814N NHHS Library Thur., 7-9 pm

REIKI I Practitioner Certification

Reiki is an ancient form of non-invasive healing using your hands with light touch. Reiki is known to alleviate stress & pain throughout the body. This class teaches the history, benefits and applications of administering Reiki to yourself and others. This class will teach you about the chakras, the body's energy field & how to scan it. You will receive a manual for reference and the attunement so that you may begin using Reiki, followed by time to practice hand placement and technique. A certificate is given upon completion. ***A $10 non-refundable materials fee is payable to the teacher the first night of class.***

L. Santamaria 2 wks Resident: $150 Non-resident $155
Oct 23 #2814N NHHS rm 103 Tues., 6-8:30 pm

Soap Making

All natural products are becoming more and more common. Why not make your own all-natural soap? Learn about the different processes of soap making and how a few ingredients can make a solid bar soap that is also good for your body, too! Participants will learn three basic soap-making processes - melt and pour, cold process, and hot process. After the second session, you will go home with lavender soap. The following weeks will include making different soaps according to the groups' interest. Fees cover the cost of the soap making materials. You will need to bring your own rubber gloves and goggles as well as a laptop with wifi access for the third session to make your own recipe. ***A $50 non-refundable materials fee is payable to the teacher the first night of class.***

J. Teodosio 3 wks Resident: $65 Non-resident $70
Oct 16 #2815N NHHS rm 109 Tues., 6:30-7:30 pm

3 Day Detox Cleanse with Real Food

- Boost your mood, energy and productivity by reducing inflammation.
- Shed excess weight and eliminate toxins to feel light and fresh any time of year.
- Get rid of bloat and clear your skin.

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 1 session Resident $25 Non-resident $30
Oct 11 #2810H HHS rm D111 Thur., 7-9 pm

WOW - Presentation Skills

Do you need to communicate better? The missing ingredient in most communication is miscommunication. The instructor will teach you what it takes to stand above the rest. He will give you tips on how to tailor your approach to anyone so your intended audience feels it's customized just for them.

T. Knowlton 1 session Resident $35 Non-resident $40

Sep 24	**#2816HA**	**HHS rm B103**	**Mon., 7-8:30 pm**
Sep 25	**#2816NB**	**NHHS rm 107**	**Tues., 7-8:30 pm**
Oct 22	**#2816HC**	**HHS rm B103**	**Mon., 7-8:30 pm**
Oct 23	**#2816ND**	**NHHS rm 107**	**Tues., 7-8:30 pm**

Hamden Community Emergency Response Team (CERT)

Classes will start on Thursday, September 6, 2018 7:00 - 9:30 pm

If You're on Your Own, could you assist your neighbors?
Teams will learn over 11 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.

citizen corps
UNITING COMMUNITIES
PREPARING THE NATION

SAFETY AND SENIOR OFFERINGS

American Heart Association Adult, Child, Infant First Aid, CPR and AED

Learn how to recognize and treat sudden illness and injury in adults, children, and infants and how to provide CPR and use an Automated External Defibrillator. Course topics include: medical emergencies including allergic reactions, heart attacks, stroke, seizures, and diabetes, Injury management including bites and stings, bleeding control, and splinting, environmental emergencies such as heat stroke and hypothermia, relief of choking, CPR AED for adults, children, and infants. This course is appropriate for members of the community who want to be prepared in the event of a cardiac emergency or serious life threatening emergency. ***No senior discount.***

L. Bonito 2 wks Resident: $150 Non-Resident $155

Sep 25 #3001H HHS rm D111 Tues, 6-9 pm
Nov 8 #3001N NHHS rm 106 Thur, 6-9 pm

American Heart Association Friends and Family CPR

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 1 session Resident $50 Non-resident $55

Sep 27 #3002H HHS rm D109 Thur, 6:30-9:30 pm
Dec 13 #3002N NHHS rm 106 Thur, 6:30-9:30 pm

American Heart Association Pediatric First Aid and CPR

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. ***No senior discount.***

S. Gesner, RN 2 wks Resident $100 Non-resident $105

Oct 15 #3003H HHS rm D111 Mon, 6:30-9:30 pm
Nov 29 #3004N NHHS rm 106 Thur, 6:30-9:30 pm

Babysitting 101

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 2 wks Resident $50 Non-resident $55

Oct 4 #3005N NHHS rm 106 Thur, 6:30-9:30 pm
Nov 13 #3005H HHS rm D109 Tues, 6:30-9:30 pm

About Boating Safety

Learn boating safety with t a USCG Basic Boating Course. This is a two day class to fulfill requirements for Connecticut Boating Certification. Upon completion of test you will be qualified for a Connecticut 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, Boating emergencies what to do, Enjoying your boat.

USCG Auxiliary Staff 2 wks Resident $72 Non-resident $77

Nov 8 #3000H HHS rm D109 Thur, 5:30-9:30 pm

Piloting and Charting

The Piloting and Charting course is three nights on navigation, covering the basics of coastal and inland navigation. This course focuses on traditional techniques so the student will be able to find his/her way even if their GPS fails. The course includes many in-class exercises, developing the student's skills through hands-on practice and learning. Topics covered include but not limited to Charts and their interpretation , Navigation aids and how they point to safe water , Plotting courses and determining direction and distance , The mariner's compass and converting between True and Magnetic , Pre-planning safe courses, The "Seaman's Eye" – simple skills for checking that one is on course. Please bring parallel rulers and divider or other navigation plotting tools or they will be available for purchase for $45.00

USCG Auxiliary Staff 3 wks Resident $72 Non-resident $77

Oct 22 #3006H HHS rm D109 Mon, 6-9 pm

Oil Painting Workshop for Seniors

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 8 wks Hamden Snrs Free Non-resident $80

Sep 27 #3008 Whitney Center Thur, 10-12 noon

AARP Driver Safety Smart Program

The 4-hour AARP Driver Safety course teaches valuable defensive driving skills and provides a refresher of the rules of the road. Since 1979, the course has helped over 14 million drivers learn proven safety strategies and tips for how to adapt one's driving to compensate for physical and cognitive changes that may come with aging. Plus, you may be eligible to receive an insurance discount upon completing the course, so consult your insurance agent for details! The fee is $15.00 for AARP members and $20.00 for non-members.

AARP Staff 1 session AARP Members: $15 Non-members $20

Sep 27 #3007NA NHHS rm 105 Thur., 5-9 pm
Nov 15 #3007HB NHHS rm 105 Thur., 5-9 pm

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

Optional Textbook is $25

Entry Level Package:

$499 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 October 2 or January 14 2:15 PM to 4:15 PM Room B214

"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 19 or February 27 2:15 PM to 4:15 PM Room B214

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

SAT PREPARATION COURSE

Our SAT Course Consists of:

8 - 3-hour classes

3 Full-length Practice Tests

Skills Based Diagnostic tests

Small Class sizes. Classes are capped at 12.

All of our teachers are graduates of Yale or other top colleges.

Unlimited retakes of the group SAT course

Access to an Online Test Center

Access to our proprietary scholarship database!

Registration page:

https://www.firstchoicecollege.com/hamden-high-school-sat-act-classes/

Wednesdays, starting September 26 2:15 PM to 5:15 PM HHS rm B212

OPEN HOUSE

Come to Adult Education Open House and learn about our Continuing Education classes for the community. Stop by to tour the school, meet instructors, and see examples of projects made in our classes.

We offer more than 100 courses and trips, which range from computer foundation classes, 3D modeling, painting, learning new languages, playing the guitar, practing yoga to classes for career certification in Medical Scribe, Medical Billing and Coding, Pharmacy Technician, Emergency Medical Technician and many, many more.

Wednesday, September 5, 2018 at Hamden High School 6:00 PM - 8:00 PM in the following classrooms: C107, C109 and C111

Wednesday, September 12, 2018 at North Haven High School 6:00 PM - 8:00 PM in the Cafeteria

Open House attendees will receive 10% off any Continuing Education classes. (Discount is not valid on prior purchases, bus trips, or some career certification courses.)

Math Skills Refresher

Looking to freshen up your math skills to better help your child with their homework or better your position in the workplace? We have staff to help you sharpen your fundamental math skills that might have become a bit rusty over time. The content is largely adapted to your current level of knowledge, with focus on fractions, decimals, probabilities, algebra, geometric principles and word problem solving. Let us give you the confidence you need to make career advancement as easy as 1-2-3!

Language Arts Refresher

Not feeling as confident as you should about your grammar, punctuation or use of tense? We have staff who will be able to give you more polished language skills. Focus on writing fundamentals, along with reading comprehension, reasoning skills, vocabulary development and grammar. This is the perfect opportunity if you are preparing to take standardized tests for college or graduate school, have discovered that your job demands a higher level of skills than you possess or because you need them for career advancement.

English Conversation Class

If English is not your first language and you are looking to improve your conversational skills this may be the class for you. The class activities will focus on English conversation skills through a variety of topics. Learn new vocabulary, slang and idioms and even some grammar. This class is open to advanced English language learners. Class size is limited so register early. This class will be held from 9-12 on Friday mornings. Free babysitting is available for your children 9 months or older.

For above class information contact (203) 773-9211 ext. 1139.

Berkshire Railroad Foliage Express
Adams, MA

All Aboard! The new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum is a 10-mile, hour-long, round-trip train ride experience between North Adams and Adams, MA. The train offers beautiful views of Mount Greylock (the highest point in Massachusetts) and the surrounding Hoosac Mountain Range. On-board narration provides educational, historical and cultural information. Enjoy the beautiful foliage!

First stop will be the Freight Yard Pub in the historic freight yard neighborhood of North Adams. Enjoy a 3 course hot lunch in a pub like atmosphere - apple crisp for dessert!
En route home, visit Whitney's Farm & Market to bring home some apples, pumpkins, cider, or pies. The perfect ending to your fall foliage adventure.

#5001 Saturday, October 20 $99

Pick-up at HHS parking lot at 10:00 am and will return approximately 7:30 pm.

Please note: No refunds for this trip after September 15

Medieval Times
Lyndhurst, NJ

Chivalry, rivalry, & revelry! Knights, horses, jousting, and falconry all set in an 11th century-style medieval castle. The Royal Court invites you to join in a spectacle from the Middle Ages. A royal feast awaits as you watch the incredible pure Spanish horses perform feats of equine skill. Six armor-clad knights on valiant horses compete in thrilling games as the pageant unfolds in the arena. Experience the excitement!

Enjoy this 2 hour live horse show while dining on a meal fit for royalty -- all eaten with your hands! Menu includes: garlic bread, oven roasted chicken quarter, sweet corn cobblett, herb-basted potato, grandma's chocolate chip cookie, filtered water or pepsi. (Vegetarian option available with advanced notice).

#5002 Saturday, November 10 $120

Pick-up at HHS parking lot at 10:00 am and will return approximately 7:00 pm.
Please note: No refunds for this trip after October 5

Boston Christmas Festival
Seaport World Trade Center, Boston, MA

A favorite for all ages, the Boston Christmas Festival is a blockbuster event for a special Holiday Day Trip. With 350-exhibitors, this award-winning show is the largest arts and crafts festival in New England. It features handcrafted gifts, holiday decorations, jewelry, clothing, pottery, folk art, delicious foods to buy and sample and much, much more.

Purchases are made directly from the artisans so prices are reasonable and suit everyone's budget.

There will be leisure time at Quincy Market to shop and eat.

#5003 Saturday, November 3 $79

Pick-up at Rt. 40 Commuter Parking Lot at 8:00 am and will return approximately 8:00 pm.

Please note: Gratuity is not included in this trip.
No refunds for this trip after October 1

La Salette
Attleboro, MA

La Salette Shrine in Attleboro, MA has a fabulous Festival of Lights with over 100,000 lights illuminating their beautiful grounds.

Father Pat's Holiday Concert* shares the true spirit of Christmas with everyone joining in the singing! Enjoy mass, collection of Nativity scenes, stroll the grounds, book & gift shops

We will enjoy a delicious lunch at Morins Restaurant in Attleboro. Menu: Mixed Green Salad, Fresh Baked Rolls, Italian Meatballs with Ziti, Boneless Breast of Chicken with Cranberry Glaze, Broiled Atlantic Scrod with Lemon Crumbs, Au Gratin Potatoes, Assorted pastry platter & Coffee

• Father Pat's Concert subject to change

#5004 Saturday, December 8 $90

Pick-up at HHS parking lot at 10:00 am and will return approximately 9:00 pm.

No refunds for this trip after November 1.

TRIPS

"Samson Et Dalila" Metropolitan Opera
New York, NY

A LIFETIME EXPERIENCE NOT TO BE MISSED!
magnificent METROPOLITAN OPERA HOUSE at Lincoln Center New York City!

You will have Balcony Seating for this production of Samson, the hero of the Israelites who wins the hand of a Philistine woman, Semadar. When she is killed during a conflict on her wedding night, Samson becomes a hunted man whom the Philistines, including Semadar's sister, Delilah , want to punish. This becomes complicated when Samson suddenly acquires Godgiven superpowers, and Delilah's true feelings for Samson surface.

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

#5005 Saturday, March 23, 2019 $159

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

Please note: No refunds after January 15.

Atlantic City
Atlantic City, NJ

Take a pre-holiday escape to Atlantic City where you will stay for 2 nights at the Resorts Casino—a 1920's empire on the Boardwalk. The New Resorts is stylish and sophisticated from the Grand Lobby to the guestrooms to the lounges, dining and pool area.

Atlantic City is a thriving destination featuring world-renowned casinos and hotels, brand-name restaurants, unique attractions, headliner entertainment, relaxing spas, upscale shopping and much more.

Along with the 2 night stay at the Resorts Casino, you will receive $25 slot machine voucher and 2 buffet coupons.

#5006 November 11-13, 2018
$259 pp Double $329 Single $249 pp Triple/Quad

Pick-up at Rt. 40 Commuter parking lot at 9:00 am and will return approximately 8:00 pm.

Please note: No refunds after October 9.

Cruises to Alaska, Bahamas, Bermuda or the Caribbean

Are you on a cruise ship right now? If so, stop reading this and get back to you vacation! For the rest of us, let's plan your first or next cruise vacation. Cruises are the best vacation value for your money. Included on cruises are food and entertainment. Whether you like to relax and soak up the sun, gamble, or join in on the endless activities onboard, we will find the perfect fit for you.

Are you looking to explore icy fjords that tower over the Pacific Ocean while snowy peaks stretch towards the horizon, Alaska feels boundless? You can be incredibly intimate as you watch eagles nesting along coastal forests. Head deeper into the frozen wilderness on an Alaska Cruisetour. Experience the thrill of a 30 ton whale gliding under your catamaran. Depending on the time of year, you can enjoy the midnight sun. Explore more of the Last Frontier on any of the Alaska cruises.

Are you looking to sit and build your first pink sand castle? Explore the colorful underwater life? Or play 18 holes on an amazing golf course? See the oldest continually inhabited English settlement in the Western Hemisphere visiting historic churches, museums, and forts. If any of this sounds good to you, then Bermuda is your destination.

Are you looking to head to pristine beaches, marvel at the waterfalls and large fig trees, see amazing historic ruins and forts? Are you looking to shop for duty-free perfume or jewelry? IF any of the above sound good to you, then the Bahamas or the Caribbean should be your destination.

Call 203-773-9211 ext. 1139, ask for Rissa, for more information on cruise options.

Call to Register 203.407.2028

Imperial Cities

11 Days ● 15 Meals: 9 Breakfasts ● 1 Lunch ● 5 Dinners
***Per Person Rates: Double $3,749*; Single $4,499; Triple $3719**
Includes: air out of NYC, air taxes/fees, hotel transfers, grp transfer to/from airport

Highlights Include:
- Enjoy a stop in the fairy-tale town of Cesky Krumlov.
- Tour majestic Prague Castle.
- Get to know Bratislava's history on a city tour with a local expert.
- Enjoy an unforgettable Classical music performance featuring the works of Mozart and Strauss.
- Visit Lobkowicz Palace, home to the largest and finest art collections in the Czech Republic.
- Embark on a Danube River cruise through the historic Wachau Valley.
- Stop in Melk for a visit to the famous Abbey.

*** Special Early Booking Bonus--- Save $100**

#907778 **April 22, 2019**
To receive a more detailed itinerary contact: Dan at Adler Travel at 203-288-8100
Travel insurance is highly recommended. * Price subject to change.

Cowboy Country

8 Days ● 10 Meals: 7 Breakfasts ● 3 Dinners
***Per Person Rates: Double $3,799*; Single $5,099; Triple $3,749**
Includes: air out of NYC, air taxes/fees, hotel transfers, grp transfer to/from airport

Highlights Include:
- Watch Old Faithful geyser erupt, sending steam high in the air.
- Jump into the world of Black Hills gold on a tour.
- Explore Yellowstone National Park, the first national park in the world.
- Visit rambling Deadwood, a National Historic Landmark.
- Embark on either a relaxing wildlife float trip or an exciting whitewater rafting adventure.
- The Wild West comes to life during a traditional chuck wagon dinner.

*** Special Early Booking Bonus--- Save $100**

#908057 **August 28, 2019**
To receive a more detailed itinerary contact: Dan at Adler Travel at 203-288-8100
Travel insurance is highly recommended. * Price subject to change.

Iceland's Magical Northern Lights

7 Days ● 10 Meals: 5 Breakfasts ● 5 Dinners
Per Person Rates: Double $3,749; Single $4,249; Triple $3,719
Includes: air out of NYC, hotel transfers, and grp transportation to/from airport

Highlights Include:
- Explore the Skogar Folk Museum and come to understand Icelandic life.
- Experience the energy at the geothermal fields of Geysir and Strokkur.
- Stop at Reynisfjara, a black volcanic sand beach with basalt formations.
- Travel the famous Golden Circle and take in Iceland's natural beauty.
- Search for nature's dazzling display on a northern lights cruise.
- See Jökulsárlón glacial lagoon, filled with floating icebergs.
- Relax in the warm, mineral-rich water of the Blue Lagoon.
- See the beautiful Seljalandsfoss, one of Iceland's most famous waterfalls.

#907761 **November 1, 2019**
To receive a more detailed itinerary contact: Dan at Adler Travel 203-288-8100
Travel insurance is highly recommended. * Price subject to change.

ONLINE LEARNING

UGotClass
Online certificates and courses

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 Teaching Adults

This is your invitation to teach others in-person and join in one of the more important functions in life - passing on knowledge and skills to others. It is both an opportunity and a responsibility. Whether you want to teach others or currently teach others, in any setting, either formally or informally, this course is for you. We will give you both the fundamental and advanced information to improve your teaching. Your lead instructor is author of How to Teach Adults, the best-selling book on the subject. The ebook version is included in the course.

LEED v4 Green Associate Exam Prep

This course covers the fundamental concepts of green building and is intended for design, construction and real estate professionals, building owners, or anyone who wants to develop their knowledge in this area. The course will prepare students to earn the LEED Green Associate credential from the Green Building Certification Institute. Students examine case studies of LEED certified building projects, concepts of integrated design, third-party verification and the LEED administration process.

Mobile Marketing Certificate

The way consumers are interacting with brands and connecting to the world is changing because of mobiles. Find out about location-based marketing, mobile payments, QR codes, applications, and mobile coupons. You will learn how mobile marketing can increase your capabilities to retain current customers and gain new ones. Get step-by-step instructions on how non-technical users can build, deploy and market smartphone applications across Android, and iPhone platforms. Get the knowledge needed to implement a mobile marketing plan.

Certification in Data Analysis

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.
Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned.

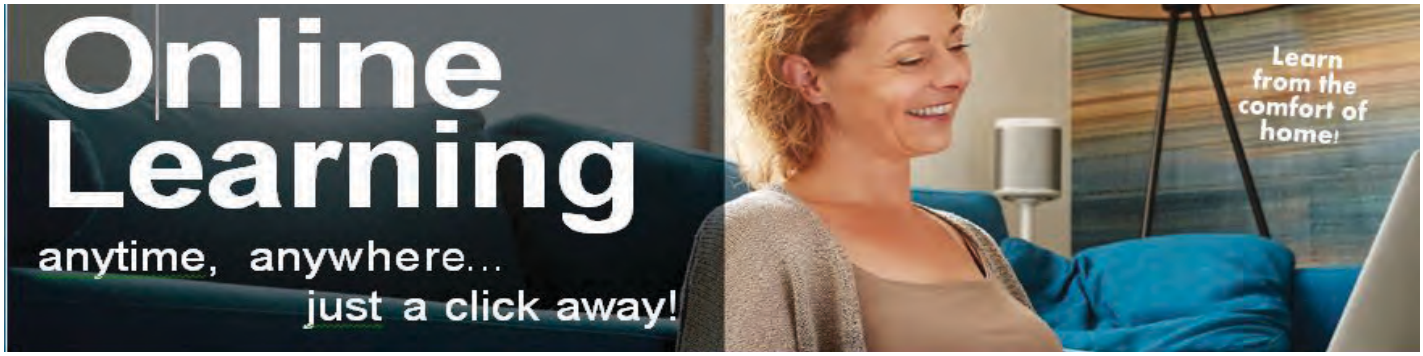
Certificate in Customer Service

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.

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

VISIT TO LEARN MORE HTTP://WWW.YOUGOTCLASS.ORG/CATALOG-COMPLETE.CFM/HAMDEN

Call to Register 203.407.2028



ONLINE CAREER TRAINING PROGRAMS

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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.

Some of our most popular programs include:

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

Paralegal (with voucher)
This program will prepare you to be a legal secretary or paralegal and to take the Certified Paralegal certification exam.

Certified Admisitrative Professional with Microsoft Specialist 2016 (with voucher)
This program prepares you to take the CAP exam offered by the International Association of Administrative Professionals (IAAP).

Certified Medical Administrative Assistant
Administrative medical assistants are skilled multi-taskers who direct the flow of patients through an office. Effective patient flow allows the practice to operate efficiently, increase revenue, and provide a positive experience for the patient.

AutoCAD 2018 Certified User (Voucher Included)
This AutoCAD 2018 Certified User course will teach you basic and more advanced design skills as you gain hands-on practice using the 2D tools in AutoCAD.

Full Stack Software Developer
The Professional Certificate in Software Development program, fast tracks you into one of the most in demand professions worldwide: Full Stack Software Development.

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.

Hotel Management
There is a need for guest lodgings in virtually every corner of the world, and hotel management offers you a uniquely transferrable skillset, one which can lead to career opportunities and unique perks in virtually any corner of the world. This course provides a comprehensive introduction to the fundamentals of the hospitality industry and an overview of the various roles and responsibilities within hotel management. You will gain the foundation of knowledge necessary to pursue a fulfilling, exciting new career in hospitality.

ONLINE SHORT ONLINE COURSES

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- Expert Instructor

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.

Some of our most popular courses include:

Creating a Classroom Website
Learn how to create a classroom website in this fun, easy-to-understand course for teachers. In no time, you'll build a site with text, images, animations, tables, links, and more. Then you'll create a WebQuest and a blog to add to your site.

Veterinary Assistant Series Do you love animals? Have you ever thought about a career as a veterinary assistant? This course, taught by a practicing veterinarian and college instructor, will give you the information you need to prepare for work in veterinary hospitals.

Certificate in Legal and Ethical Issues in Healthcare
(12 contact hours) Explore the legal and ethical risks healthcare professionals face, including issues related to HIPPA rules, medication errors, social media and healthcare, organ donation, and workplace violence.

Intermediate Photoshop CC
Photoshop is the world's most popular photo-editing program. It's a fun and creative way to alter photographs and prepare them for print or the Web. If you're already familiar with Photoshop, this course will help you explore the program's more advanced features. You'll master the techniques of non-destructive editing so you can re-edit, re-use, and change projects long after they were originally created.

DISCOUNTED Course Bundles

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PMP Prep Series:
Learn how to prepare for the Project Management Institute's prestigious PMP® certification exam

Basic Computer Skills Suite:
Learn essential computer skills for the 21st century workplace, including how to troubleshoot PC issues!

Microsoft Office Value Suite Series:
Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.

Microsoft Word Series:
Learn the ins and outs of Microsoft's newest release of Microsoft Word. This discounted bundle teaches you everything you need to know about the 2016 release.

Microsoft Excel Series
Learn to use basic, intermediate, and advanced features of Microsoft Excel.

Adobe Value Suite
This group of courses teaches you the basics of Adobe's InDesign, Illustrator and Photoshop image and graphic design software.

Visit our website for program details!
careertraining.ed2go.com/Hamden

Visit our website to view start dates!
www.ed2go.com/Hamden

LITERACY VOLUNTEERS OF GREATER NEW HAVEN

Ever imagine what it would be like if you couldn't read this paragraph-or any paragraph? There are thousands of adults in our area who can't. Literacy Volunteers reaches out to them, providing one-on-one and small group tutoring. If you are interested in becoming a tutor, fill out an application on our website, www.lvagnh.org or call us at 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.

Hamden's Partnership for Young Children

Call 203-407-7733
Check out our new website:
www.hamdenyoungchildren.org

Follow us on

- Work with us to improve the health, safety, early care and education of Hamden's young children.
- Find out about Hamden programs for children five years old and younger including , preschool, childcare, home visiting, parenting support and special education.
- Join our mailing list to receive announcements about community events for families

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.

HAMDEN EARLY LEARNING PROGRAMS

This Hamden Public School preschool/childcare program at:

- **Alice Peck Learning Center**
- **Church Street School**
- **Dunbar Hill School**
- **Helen Street School**

Provides fun early learning experiences for children 3-5 years old. The NAEYC accredited program operates twelve months a year, 7:30 am to 5:30 pm, Monday - Friday. The program helps children develop a love of learning in a nurturing and joyful environment.

Fees based on a sliding scale with State School Readiness Grant funds further decreasing costs based on income. Additional Grant funds provide for a limited number of free spaces for 4 year olds.

For more information or to request an application call 203-407-2254 or download the application from the Hamden Public School website at www.hamden.org

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

Call to Register 203.407.2028

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 - Calendar of events; reserve 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 Ave	203.287.2680
Brundage Comm. Branch	91 Circular Ave	203.287.2675
Whitneyville Branch	125 Carleton St	203.287.2677

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

Arts, Recreation, and Culture

Julie Smith, Director
203.287.2546

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

Community Services

203.562.5129

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

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

Youth Services Bureau

Susan Rubino, Coordinator
203.777.2610 ext. 1120 srubino@hamden.com

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 Spring KidFest
- Teen Activities
- Summer Youth Employment
- Girls' Circle
- Substance Abuse Awareness and Prevention
- Resource Library and Referrals
- National Night Out
- School Supplies Closet
- Let's Move, Hamden! Wellness Fair
- Hamden Youth Network
- Positive Choices Billboard Contest
- Youth Driven Public Art Initiative
- Hamden Farmer's Market Activities
- H-Spot App

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.

Department of Community Services and Recreation

203.239.5321 ext. 530

Recreation Info-Line

203.234.2535

North Haven Public Library

203.239.5803

REGISTRATION FORM

Mail

Send registration form and payment to:

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

Checks, Money Orders and MasterCard/VISA/Discover Accepted

Phone

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

Fax

(203) 407-2056
(203) 239-2115

Master Card/VISA/Discover

In Person

Hamden Adult Education Office — Monday - Friday 8 am - 3 pm

OR

North Haven Adult Education Office — Monday - Thursday 5:15 - 9:15 pm

Website

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

using Visa, Mastercard
or Discover

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 may be 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.hamdenadulted.org or https://www.facebook.com/hamdenadulted

Our Refund Policy:

UPDATED

- Each class requires a different minimum number of attendance to run. For this reason, refunds will only be issued if you withdraw from your class 1 week prior to the first night of class. If you wish to cancel within the allowable time, email info@hamdenadulted.com or call the office. A $15 processing fee will be subtracted from all refunds given.
- Full refunds are given if a course is canceled by Hamden Adult Education due to unforseen circumstances or low enrollment. See Storm Day Policy for cancelations due to inclemet weather.
- Credit Card transactions over 120 days will be issued in the form of a check.
- Refunds will NOT be given after a course has started.
- Bus trip refunds MUST be requested four weeks prior to departure, **or as stated in the trip description.**
- There will be no refunds for a prepaid supply or consumable fee.

Nondiscrimination/EqualEmployment/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.

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.

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.

No Smoking:

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

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 1/12/97.

HAMDEN Adult Education
Because Learning Never Ends

2040 Dixwell Avenue
Hamden, CT 06514

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

ECRWSS
Residential Customer

Career Certificates

ESL

Don't let time pass you by!

High School Completion

Personal Enrichment

Trips

Register: by mail by phone 203.407.2028 www.hamdenadulted.org