Hamden-North Haven Adult & Continuing Education

Winter/Spring 2020

Your Adventure Starts Now!

Dear Friends,
I'm extremely pleased to offer our new catalog. For over 50 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. 2913 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. 1146 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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Winter/Spring Calendar

January 6
Adult High School classes begin

January 6 - January 8
ESL, GED®, Citizenship class registration

January 13
Classes located at Keefe begin

January 20
Martin Luther King Birthday
No Classes at HHS

February 3
Enrichment classes begin

February 11
HHS Parent/Teacher Conferences
No Classes at HHS

February 17
Winter Break - No Classes

February 18
No Classes at NHHS

February 19-20
Adult High School
Term 2 Registration

March 9
Adult High School classes begin

April 13-17
Spring Break - No Classes

April 21
HHS Parent/Teacher Conferences
No Classes at HHS

May 25
Memorial Day - No Classes

August 3-5
Adult High School
Fall Semester Registration

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

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Location of Classes

A Moment In Time
3490 Whitney Avenue, Hamden

All Things Musical
3210 Whitney Avenue, Hamden

Chess Academy
1227 Whitney Avenue, Hamden

Central Office Gym
60 Putnaml Avenue, Hamden

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

HHS
Hamden High School
2040 Dixwell Avenue, Hamden

HMS
Hamden Middle School
2623 Dixwell Avenue, Hamden

MECA Art Studio
28 Washington Avenue, No. Haven

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

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

Soulcraft Studio
1125 Dixwell Avenue, Hamden

Whitney Center
200 Leeder Hill, Hamden

Whitney Flowers
2648 Whitney Avenue, Hamden

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

FREE CLASSES

Pre-GED®

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

Classes meet:
Monday, Wednesday, and Friday
9:00 AM - 12:30 PM OR
Tuesday, Wednesday and Thursday
6:30 PM - 9:00 PM

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

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center

Morning Classes

Monday and Wednesday
9:00 am - 12:30 pm

Tuesday and Thursday
9:00 am - 12:30 pm

Evening Classes

Tuesday and Thursday
6:30 - 9:00 pm

Wednesday and Thursday
6:30 - 9:00 pm

Free babysitting for children of students registered in morning Pre-GED® or ESL classes

Registration for the classes at M.L. Keefe Community Center
11 Pine Street - 203.773.9211 ext. 1139

Monday, January 6 - Wednesday, January 8
9:30 - 11:00 am or 6:30 - 8:00 pm

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

Call to Register 203.407.2028

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 or 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

Steps to Success

The Steps to Success workshops cover everything you need to know to develop your career path. Enroll in any or all of the workshops, depending on what your needs are.

OVERCOMING OBSTACLES TO REACH YOUR GOALS – JAN. 9, 14, 16, 20
Participants will explore the reasons we allow obstacles to stop us in our tracks. Strategies to sustain motivation, build grit, perseverance, and resilience will be introduced as well as some theory on developing a growth mindset, which is crucial to achieving our goals. Participants will be introduced to problem solving, decision making and goal setting skills.

CAREER EXPLORATION – JAN. 23, 28, 30, FEB. 4, 6, 13, 20, MAR. 3, 5, 10
Participants will complete several assessments designed to help individuals understand how a variety of personal attributes (i.e., interests, values, preferences, motivations, aptitudes and skills), impact potential success and satisfaction with different career options and work environments. Participants will use the assessment results to narrow down possible career options.

DEVELOP YOUR CAREER PATH AND JOB SEARCH STRATEGIES – MAR. 12, 17, 19, 24, 31, APR. 2
Participants will use the results of career assessments and research to develop an individualized career path. They will gain an understanding of the Career Planning Model, job qualifications and barriers, career ladders and local labor market trends.
Participants will gain skills in the following areas: job search strategies, internet search skills, telephone skills, and networking. Participants will use local resources such as the American Job Center in order to improve their skills in the job-hunting process.

CREATE A CAREER PORTFOLIO AND INTERVIEWING SKILLS – APR. 7, 9, 21, 23, 30, MAY 5, 7
Participants will create employment documents including resumes, cover letters, and thank-you letters. Participants will also gain an understanding of the importance of professional communication as well as improving 21st century communication skills. (email, memos, netiquette)
This workshop will provide tips to improve interview performance, such as understanding body language, appropriate attire and punctuality. Participants will practice interview skills through role-playing.

OVERCOMING OBSTACLES TO REACH YOUR GOALS – MAY 12 - 21 (THIS IS A REPEAT OF THE FIRST WORKSHOP)

The Steps to Success program is free to those students who don't have a US high school diploma, all others will pay $25.

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. Candidates who enjoy an academic setting and group interaction, or who plan to further their education and want to improve their academic skills, are 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

Winter/Spring 2020
Term 2 Registration
Call to schedule an appointment
February 19 and February 20, 6:30 pm
Term 2 Classes Begin Tuesday, October 22nd 6:00 pm

Fall 2020 - Term 1 Registration
August 3 - August 5
Call 203.407.2028 to schedule an appointment

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 at the Keefe Community Center:
12/17, 1/21/, 2/25, 3/24, 4/21, 5/19 or 6/16
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

You will 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 computer-based GED® exam and earn a State of Connecticut diploma. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here.

Classes meet: Monday, Wednesday and Friday
9 am - 12:30 pm OR
Tuesday, Wednesday & Thursday
6:30 pm - 9:00 pm

Register at the Keefe Community Center:
January 6 - 8
9:30 am - 11:00 am OR 6:30 pm - 8:00 pm

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

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

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

Call to Register 203.407.2028

Emergency Medical Technician EMT (Training) #1004H

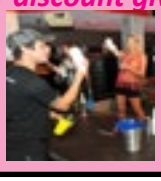
The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as fire-fighters) looking to expand their knowledge. EMT's provide emergency medical care in a pre-hospital environment, or can 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. ***A $600 non-refundable deposit is due by February 7h and the balance is due by first night of class.*** ***There is no senior discount given.***

For more information or to register, please call 203.773.9211 ext. 1146 or 203.407.2028.

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.***

P. Rich
#1003N Mar 3
#1003H Apr 23
Resident $200



5 wks 6-9 pm
Tues., NHHS rm 114
Thur., HHS rm A112
Non-resident $205

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 Apr 25 1 session

Resident $175

Non-resident $180

EMT

Bartending

SERV SAFE

CAREER DEVELOPMENT

New: Security Officer License Training

#1001H – February 11 & 13
6:00 – 10:00 PM
HHS rm A112

#1001N - March 31 & Apr 2
5:30 – 9:30 PM
NHHS rm 106

INSTRUCTOR: L. Bonito, Owner

Resident $125 Non-resident $130

BRING TO Class:CT Driver's License or State ID

This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. CT laws will be reviewed, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about: the use of force continuum, fire safety, the history of security, work place violence, terrorism, communication skills, and more. Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection.

Administrative directives for Security Officer's Training Certification Identification Card from the Department of Emergency Services and Public Protection Division of State Police Special Licenses & Firearms Unit, will be distributed and reviewed during training, outlining: Application-fees, Fingerprinting-fees, FBI Background Inquiry-fees, State of CT Background Inquiry-fees, and additional requirements such as: a copy of your current CT Driver's License and Papers of Naturalization, if applicable. Eligibility: Must be at least 18 years of age with no felony record and no sexual offenses.

Home Health Aide

This program teaches roles and responsibilities of the companion homemaker and teaches important professional, communication and social skills for success on the job. Topics include the importance of people skills, ethics, integrity and professional behavior, ageism: 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, fire safey and disaster prepardness, as well as CPR and AED certification. ***There is no senior discount given.***

#1005H P. Myrthil HHS rm D210
Feb 3 5 wks Mon., & Wed., 6-8 pm
Resident $465 Non-resident $470

OSHA Construction Safety Certification

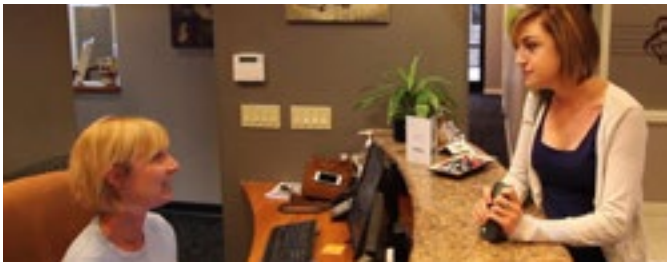
OSHA
10 Hours Construction Safety Course

This OSHA 10-Hour Hazard Recognition Training for the construction industry workers includes Fall Protection, Excavations, Scaffolding, Concrete and Masonry, OSHA Inspection Procedures and more.

Recommended for all entry-level employees. Participants successfully completing the hourly and course requirements receive an OSHA 10-hour Department of Labor course completion card, which is good for Five (5) years in the state of Connecticut. ***There is no senior discount given.***

K. Providence Tues., & Thurs., 4:30-10 pm 2 sessions
#1010HA HHS rm D212 Feb 4
#1010HB HHS rm D212 Mar 17
Resident: $150 Non-resident $155

Office 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 HHS rm D210
Apr 20 4 wks Mon., & Wed., 6-8 pm
Resident: $325 Non-resident $330

Call to Register 203.407.2028

For more information, contact us at 203-407-2028

Information Session

Interested in becoming a: CNA, Phlebotomy Technician, or EKG Technician?

Hamden High School Room C107, 2/5 at 4:30 P.M. or Keefe Community Center 4/2 at 4:00 PM

to hear more about these programs.

Phlebotomy Tech

EKG TECH

CNA

First Aid and CPR Certification

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

This course teaches how to recognize and treat sudden illness and injury in adults, children, and infants. You learn how to provide CPR and to use an Automated External Defibrillator. Course topics include: allergic reactions, heart attacks, stroke, seizures, diabetes, bites and stings, bleeding control, splinting, heatstroke, hypothermia, and relief of choking. 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.***

#3001NA 2 sessions May 5 L. Bonito
HHS rm 114 Tues. & Thur., 6-9 pm
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.***

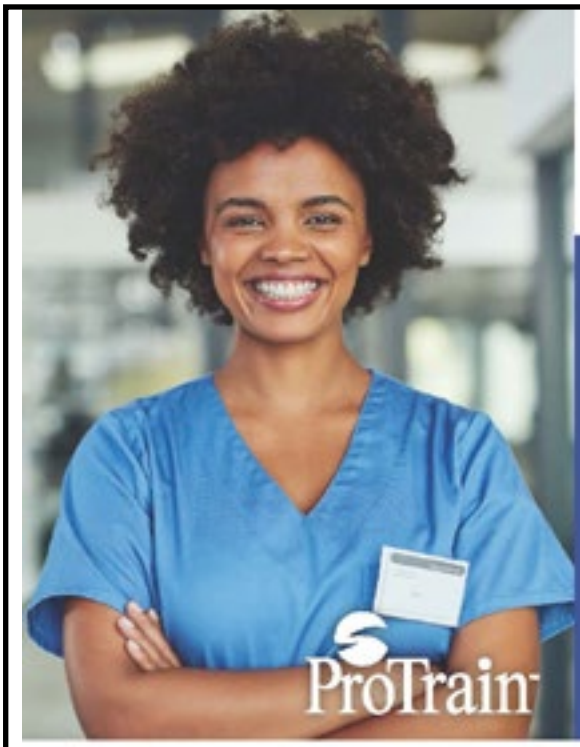
#3003N 2 wks Apr 23 S. Gesner, RN/C. Levy, RN
NHHS rm 106 Mon, 6:30-9:30 pm

Resident: $100 Non-resident: $105

12/18/19	3/18/20
1/18/20	4/18/20
2/16/20	5/19/20
3/18/20	6/18/20

For more information, call 1 (800)371-2963, option 1, email us at enroll@ProTrainEdu.org or online hamden.theknowledgebase.org

Medical Assistant



Medical Assistant

Develop In-Demand Job Skills With an Affordable Certificate

This course prepares students to be professional medical assistants dedicated to patient care management. Graduates are equipped to assist physicians with examinations and treatments, take medical histories, perform diagnostic tests, expose X-ray films, sterilize instruments and supplies, assist with minor surgery and administer medications. The course goal is to prepare competent entry-level medical assistants in the cognitive (knowledge), psychomotor (skills), and affective (behavior) learning domains.

Classes start monthly!

For more information, call 1 (800) 371-2963 option 1 or email us at enroll@ProTrainEdu.org or find us online at hamden.theknowledgebase.org

HAMDEN Adult Education

Pharmacy Technician

Pharmacy Technician

Develop In-Demand Job Skills With an Affordable Certificate

This program prepares students to be professional Pharmacy Technicians dedicated to assisting in quality pharmacy operational procedures. Students that pass the course and certification exam can submit an application to participate in an internship program with national affiliation partners like CVS and Walgreens, or local pharmacy operations near their residence.

Student will be prepared to enter the pharmacy field and to take the Pharmacy Technician Certification Board (PTCB) certification exam or NHA Exam.

Classes start monthly!

HAMDEN Adult Education

For more information, call 1 (800) 371-2963 option 1 or email us at enroll@ProTrainEdu.org or find us online at hamden.theknowledgebase.org

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:

Certification in Sales

Social media and digital technologies, when understood and leveraged effectively, can enable you to find new clients and motivate these clients to take action in more efficient and strategic ways. Whether you are a beginner new to the sales process or a seasoned professional who loves selling, understanding the basic steps of sales and freeing your mind of negativity is the foundation to your business success. Gain a better understanding of the importance of the sales function and learn new skills in relationship management, prospecting, customer management, and delivering a compelling sales presentation. Move yourself or your sales team to increased success..

Certificate in Web Design

Online users say a website's design is the number one criteria for deciding whether a company is credible or not, according to recent research. Understanding what it takes to produce effective web design is essential in today's market of highly saturated digital competition.
First discover the basics of web design using HTML and CSS. The No prior knowledge of HTML or web design is required. After the first course you will have the info you need to plan and design effective web pages.
Then find out how to create effective and dynamic websites/applications. Take away a functioning web application hosted on a web server that is both accessible and Search Engine Optimized.
Finally, learn about responsive design process, advanced layout and design features using the Bootstrap framework. Plus explore CMS frameworks and industry standard technologies and frameworks.

Using Cell Phones In The Clsssroom

Class, turn your cell phones - - on! Most of your students have cell phones, and now you can use this valuable tool in your classroom to engage and involve your students more in their learning. Discover how to implement cell phones in your classroom from a teacher who has done it successfully. Come away with a step-by-step how-to plan on enhancing your students' learning, and your teaching.

Productivity and Time Management Certificate

Maximizing productivity and the use of time is the primary way to increase profitability and organizational success for a growing number of people and their organizations.
Boost your productivity by managing your time better. Discover techniques to increase your work outcomes without spending more time. Find out about the exciting Productivity eTools that are available now, and utilize technology to boost your productivity. Get the latest best information on documenting your own productivity, and managing the productivity of others.

Certificate in Learning Styles

New research and information is coming out frequently now about how your learners - and you - learn. Here's what we know. In the last century, you taught everyone equally by teaching them the same. But we know we each learn differently. So in this century, you teach everyone equally by teaching them differently.
In this Certificate in Learning Styles, you get the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum.

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 COURSE BUNDLE DEALS

SAVE!

ONLINE COURSE Bundle Deals FOR BUSINESS

These bundles allow you to take multiple courses at a discounted price while gaining an in-depth understanding of the subject area. Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners and offer new course sessions monthly.
Visit our website to view start dates for the courses that interest you.

Features:

- **Expert Instructor**
- **24-Hour Access**
- **Online Discussion Areas**
- **6 Weeks of Instruction Per Course**
- **Monthly start sessions**

Complete any of these courses entirely from your home or office and at any time of the day or night.

Accounting Fundamentals Series
If you're interested in increasing your financial awareness while also gaining a marketable skill, this series of courses is perfect for you.

QuickBooks 2016 Series
Master the fundamentals and more advanced functions of QuickBooks 2016. Learn everything from creating statements to using batch invoicing and managing journal entries.

Grant Writing Suite
Learn everything you need to know to start writing grant proposals and consult or volunteer for non-profit, public foundations.

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

Microsoft Office 2016 Value Suite
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 2016 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 2016 Series
Learn to use basic, intermediate, and advanced features of Microsoft Excel 2016.

Project Management Suite
Learn the fundamentals of project management
in this discounted suite of online courses.

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

Supervision and Management Series
Whether you're new to managing employees or are a seasoned pro, these courses will help you brush up on your leadership and interpersonal communication skills, to help you lead your team to success.

Creating Wordpress Websites Series
This series of courses will take you from having zero experience and knowledge of web design to more advanced techniques.

Digital Marketing Suite
Learn how to develop an Internet marketing plan, use popular social media platforms, and achieve higher positions with major search engines.

Web Design Value Suite
Create your own webpages and websites after learning everything from web design layout to CSS3/HTML5 and Javascript.

HTML and CSS Series
Learn to use CSS3 and HTML5 to create professional-quality websites for desktops, laptops, and mobile devices.

Java Programming Series
Learn Java programming, one of the most widely used computer languages, in this discounted series of courses.

SQL Series
SQL is one of the most requested skills from today's data-driven employers. Learn the coding language in these easy to follow online courses.

PHP and MySQL Series
Learn how to create interactive websites, including how to create an interactive online store complete with an online catalog of products.

Computer Networking Suite
Learn the fundamentals of networking and prepare for a career in an exciting and fast-growing field.

Visit our website for program details! **Visit our website to view start dates!**

To Enroll or learn more, visit or call us at: www.ed2go.com/Hamden

COMPUTERS

Computer Basics Made Easy

Learn Computer Basics for your laptop or desktop computer. Windows 10 and Microsoft Office 2016 (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
Feb 3 #1200N NHHS rm 104 Mon., 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
Feb 6 #1201H HHS rm C203 Thur., 6-8 pm

Google Applications

This course will teach you basic to advanced skills for GoogleApps programs: Docs, Slides, and Sheets (similar to Microsoft Word, PowerPoint and Excel). You will complete hands-on activities to learn skills. Prerequisite - type at a reasonable speed and have a gmail account setup.

L. Hatton 5 wks Resident $90 Non-resident $95
Apr 9 #1219H HHS rm C203 Thur., 6-8 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 $72 Non-resident $77
Feb 4 #1202H HHS C203 Tues., 7-9 pm

Keyboarding Typing Skills Made Easy

Learn correct keyboarding skills or improve your accuracy and speed with this “hand-on” course using the computer keyboard and Microsoft Word. Helpful practice and reference handouts are included to learn proper ergonomics and the touch methech without looking at the keyboard. ***Please bring a USB Flash Drive to class.***

S. Bozzuto 6 wks Resident: $72 Non-resident $77
Feb 5 #1213N NHHS Room 104 Wed., 6:30-8:30 pm

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
Feb 5 #1206H HHS rm C203 Wed., 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
Mar 10 #1207H HHS rm C203 Tues., 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
Apr 8 #1208N NHHS rm 104 Wed., 6:30-8:30 pm

Microsoft Word 2016 Adv

This course picks up where the Beginning Word class leaves off, covering the more advanced features of Microsoft Word 2016, 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 2016 – Beginning” class or a familiarity with the basic features of Word.

W. Coley 5 wks Resident $72 Non-resident $77
Mar 31 #1210H HHS rm C203 Tues., 7-9 pm

COMPUTERS

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
Mar 18 #1209N NHHS rm 104 Wed., 6:30-8:30 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
Mar 16 #1212N NHHS rm 104 Mon., 6:30-8:30 pm

Microsoft Word 2016 Beg

An informative course designed to teach you the basics of Microsoft Word 2016. 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 5 wks Resident $72 Non-resident $77
Feb 6 #1211HA HHS rm D302 Thur., 7-9 pm
Mar 26 #1211HB HHS rm D302 Thur., 7-9 pm

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

CREATIVE ARTS

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 embellishing 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
Mar 18 #1401H HHS rm D109 Wed., 6:30-8:30 pm
Mar 19 #1401N NHHS rm 115 Thur., 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, ribbon or gifts just in time for 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 for due first night of class.***

J. Little 6 wks Resident: $72 Non-resident $77
Feb 5 #1400H HHS rm D109 Wed., 6:30-8:30 pm
Feb 6 #1400N NHHS rm 115 Thur., 6:30-8:30 pm

Beginning and Intermediate Oil Painting

Study the fundamentals of oil painting using a photo reference. Learn about composition, materials, values, texture and color theory. You will lean to mix colors and apply paint, using mediums. Instructor will demonstrate techniques and provide individual instruction. ***A supply list will be given prior to the first night of class. A $10 materials fee will also be collected on the first night of class.***

P. Meglio 5 wks Resident $60 Non-resident $65
Feb 6 #1425HA HHS rm B103 Thur., 6-8 pm
Apr 2 #1425HB HHS rm B103 Thur., 6-8 pm

Beginners Drawing 101

In this beginning drawing class, you will start with black and white studies to get the feel for shapes found in every day objects and then advance to drawing still life, using pencil and charcoal. ***Bring a 12" or 14" drawing tablet, vine charcoal, HB and 6B pencils.***

P. Meglio 6 wks Resident $72 Non-resident $77
Feb 3 #1426HA HHS rm B103 Mon., 6-7:30 pm
Mar 23 #1426HB HHS rm B103 Mon., 6-7:30 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 B104

Feb 4 #1404HA- Dancing Dolphin Tues., 6:15-8:30 pm
Mar 4 #1404HC- Cool Waters Wed., 6:15-8:30 pm
Apr 28 #1404HF- Beautiful Wave Tues., 6:15-8:30 pm
May 19 #1404HH- Autumn Oval Tues., 6:15-8:30 pm

NHHS rm 117

Feb 25 #1404NB- Lakeside Path Tues., 6:15-8:30 pm
Mar 24 #1404ND- Beautiful Waterfall Tues., 6:15-8:30 pm
Apr 7 #1404NE- Babbling Brook Tues., 6:15-8:30 pm
May 5 #1404NG- Northern Lights Tues., 6:15-8:30pm

#1404HA

#1404HC

#1404HF

#1404HH

#1404ND

#1404ND

#1404NE

#1404NG

Chinese Brush Painting

This course introduces the theory and practice of Chinese painting. Classes familiarize you with the use of brush, ink, water, and rice paper to paint various subjects from expressive bamboo to vast landscapes. You explore this rich artistic tradition through hands-on instruction. This course is open to all levels of experience. The first lesson includes a brief introduction to the history of Chinese painting and a demonstration of materials.

M. Segal 10 wks Resident $90 Non-resident $95
Feb 20 #1423H HHS rm B106 Thur., 6-8 pm

Cricut for Makers 101

Take crafting to the next level using your Cricut Explore or Cricut Maker! Learn to use Cricut images or upload designs into Design Space to cut paper, vinyl, or fabric to create beautiful home decor, personalized gifts, elegant cards, even boxes and gift tags too! ***A $5 non-refundable materials fee is included in the price and will cover vinyl and materials for a simple wall hanging. Bring your Cricut, mat and laptop/iOS device.***

J. Stratton 1 session Resident $40 Non-resident $45
Feb 20 #1417N NHHS rm 108 Thur., 7-9 pm
Feb 25 #1417H HHS rm B106 Tues., 7-9 pm

Cricut 202 - Advanced Cricut Crafting

Learn to create your own designs or manipulate images using advanced editing tools to slice, attach, weld or contour individual elements. Explore text functions and learn tips and tricks for typeface! Create a fun ironon design for a tea towel. ***A $8 non-refundable materials fee is included in the price and will cover vinyl and tea towel. Bring your Cricut, mat and laptop/iOS device.***

J. Stratton 1 session Resident $43 Non-resident $48
Mar 17 #1428H HHS rm B106 Tues., 7-9 pm
Apr 9 #1428N NHHS rm 108 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
Feb 3 #1403H HHS rm D111 Mon., 6:30-8:30 pm
Feb 5 #1403N NHHS rm 108 Wed., 6:30-8:30 pm

DIY Wood Sign Workshop

Create art that reflects YOUR family's story and speaks to you. Paint a charming farmhouse-style wood sign using an inspirational quote, a monogram or family name to create a fabulous piece of home decor you'll be proud to display! Or, create a deeply meaningful handcrafted gift for spring weddings or baby showers. We will turn your design inspiration into a custom cut stencil that will ensure your gift is sentimental. **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
Mar 26 #1405N NHHS rm 114 Thur., 7-9 pm
Apr 7 #1405H HHS rm B106 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
Feb 25	**#1407A**	**Whitney Flowers**	**Tues., 7-8:30 pm**
Feb 27	**#1407B**	**Whitney Flowers**	**Thur., 7-8:30 pm**

Flower Power

Let your Cricut help you create stunning 3D paper roses to add color and life to any decor! Fill a shadowbox with beautiful mini roses for Mother's Day, or dream big and fill a wall with giant blooms, perfect for a baby's nursery or a dazzling photo backdrop for a springtime wedding. You'll learn the tips and tricks to scale and assemble your blossoms to enhance any project beautify your home or take your party decor to the next level! ***A $7 non-refundable materials fee is included in the price and will cover cardstock, chalk and ink. Bring your glue gun if you have one.***

J. Stratton	1 session	Resident $42	Non-resident $47
Feb 13	**#1429H**	**HHS rm B105**	**Thur., 7-9 pm**
Mar 3	**#1429N**	**NHHS rm 108**	**Tues., 7-9 pm**

Glass Etching Workshop

Learn how to etch like a pro! Customize gfits and party favors. Celebrate St. Patick's Day with monogrammed beer mugs, or create personalized wine glasses, ice buckets or platter for a special springtime shower or wedding gift! Choose from several seasonal designs, or request a custom stencil to etch a name or monogram. Glassware and etching cream will be provided. **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 $30	Non-resident $35
Mar 5	**#1408H**	**HHS rm B105**	**Thur., 7-9 pm**
Mar 10	**#1408N**	**NHHS rm 114**	**Tues., 7-9 pm**

Hand Made Greeting Cards

Come and learn how to make unique, handcrafted cards for various occasions. Each week you will create three cards using various techniques that will build on each other from week to week. ***Bring detail scissors, pencil, 12" ruler, and non-stick craft mat.***

D. Brassell	8 wks	Resident $96	Non-resident $101
Feb 5	**#1409H**	**HHS rm B104**	**Wed., 6:30-8:30 pm**

MOSAICS

This is a beginning class. Create a beautiful MOSAIC! Yes you can! A Mosaic is a picture or pattern produced by arranging small pieces of glass, stone, or tile. Come with a 10"x14" sketch of a wall hanging and we will create it together. Keep it simple and we will get started the first night. All supplies will be provided. ***A $20 non-refundable materials fee is payable the first night of class.***

D. Demetriades	10 wks	Resident $120	Non-resident $125
Mar 3	**#1411N**	**NHHS rm 116**	**Tues., 7-9 pm**

Origami

Become skilled in the art of origami. Basic objects made from paper, dollar bills and napkins. Origami figures are simple to make. ***A $7 materials fee to be paid to instructor first night of class.***

N. Prete	2 wks	Resident: $35	Non-resident $40
May 5	**#2844H**	**HHS rm B105**	**Tues., 7:15-8:15 pm**

Sea Glass Window Frame

Create a stunning Seascape Window using your beach treasures or ours! You design your one-of-a-kind 8x10 Seascape Window using an array of materials, including sea glass, starfish, sand dollars, and other beach finds. You will leave with your creation along with Finishing Kit + Instructions. Fee includes all materials. Feel free to bring your own beach treasures!

Staff	1 session	Resident $55	Non-resident $60
May 6	**#1424H**	**HHS rm B106**	**Wed., 6:30-8:30 pm**
May 18	**#1424N**	**NHHS rm 114**	**Mon., 6:30-8:30 pm**

CREATIVE ARTS

Soy Candle Making 101

Using soy wax, learn how to pour, scent and create 2 of your very own candles. Each candle buns over 25 hours each. There will be over 80 scents available to chose from. Everything is provided: the jars, instructions, twine and tags. ***$20 material fee is payable to the instructor on the evening of class.***

L. Zlotowski 1 session Resident $25 Non-resident $30
Apr 28 #1427H HHS rm B106 Tues., 7-9 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
Feb 25 #1413H HHS rm D104 Tues., 6-8:30 pm
Feb 6 #1413N NHHS rm 114 Thur., 6-8:30 pm

DANCE AND FITNESS

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 be 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
Feb 3 #1600 Your Comm. Yoga Ctr. M-F 6:30-7:30 am

Authentic TaijiQuan (Tai-Chi) and QiGong for Beginners

Create an Oasis within yourself! Manage stress and improve your balance and alignment. Tai-Chi uses slow, flowing and connected movement to integrate the mind and body and generate flexibility, strength and overall well being. No experience needed. Taught by a professional martial artist with over 30 years of experience. ***Bring water and wear comfortable clothing and flat footwear.***

B. Banick 12 wks Resident $130 Non-resident $135
Feb 4 #1603HA HHS rm C109 Tues., 7:15-8:15 pm
B. Banick 13 wks Resident $140 Non-resident $145
Feb 6 #1603HB HHS rm C109 Thur., 6-7 pm

Authentic TaijiQuan (Tai-Chi) and QiGong Intermediate

Take your Tai-Chi to the next level! Learn to fine-tune your movements through personalized instruction. Explore the subtleties and applications of the postures. Study Tui Shou (push hands), a two-person exercise to enhance your skills. Taught by a professional martial artist with over 30 years of experience. ***Bring water and wear comfortable clothing and flat footwear.***

B. Banick 13 wks Resident $140 Non-resident $135
Feb 6 #1639H HHS rm C109 Thur., 7:10-8:10 pm

Ballroom Dance - Beginner Salsa, Merengue and Bachata

Learn to dance to your favorite music, salsa, merengue and bachata. ***Couples only, men, please bring dress shoes. Women, please bring ballroom dancing shoes or high heels, no more than 4 inches high.***

JJ Hsu 10 wks Resident $100 Non-resident $105
Feb 3 #1644H CO Gym Mon., 8-9 pm

Ballroom Dance - Beginner

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Foxtrot, Rumba and Swing. ***Men, please bring dress shoes. Women, please bring ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.***

JJ Hsu 10 wks Resident $100 Non-resident $105
Feb 3 #1640H CO Gym Mon., 6-7 pm

Ballroom Dance - Intermediate

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Waltz, Tango, Salsa and Merengue. ***Men, please bring dress shoes. Women, please bring ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.***

JJ Hsu 10 wks Resident $100 Non-resident $105
Feb 3 #1641H CO Gym Mon., 7-8 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
Feb 4 #1604HA HHS rm C111 Tues., 7:10-8:10 pm
Mar 31 #1604HB HHS rm C111 Tues., 7:10-8:10 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

Feb 3 #1605HA HHS rm C111 Mon., 6-7 pm
Mar 30 #1605HB HHS rm C111 Mon., 6-7 pm

Cardio Drumming

Beat It…the middle of the week blues. Put energy back by combining cardio and aerobic movements to a powerful beat from the rhythm of music It's fun to take the stress down and the energy up. ***Please bring a pair of drumsticks and 55 cm or 65 cm stability ball. These can be purchased the first night for $25.***

K. Nuzzo 10 wks Resident $100 Non-resident $105

Feb 3 #1642H HHS rm C109 Mon., 6-7 pm

Full Figure Beginner Yoga

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

Feb 3 #1606A Your Comm. Yoga Ctr. Mon., 7:10-8:10 pm
Feb 6 #1606B Your Comm. Yoga Ctr. Thur., 7:10-8:10 pm

Good Ole Country Time Line Dancing

A great way to exercise the brain along with the rest of the body. You'll learn a variety of country line dances. Dances will be taught with a gradual degree of challenges and a weekly review of previous dances taught. No partner needed. Come join in the fun!

X. Walker 10 wks Resident: $80 Non-resident $105

Feb 24 #1643H HHS rm C109 Wed., 6:00-7:15 pm

Good Ole Country Time Line Dancing - Returning Students

If you have 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! We will do a quick refresher of dances previously taught and continue to show some new ones. Come join in the fun!

X. Walker 12 wks Resident: $100 Non-resident $105

Feb 12 #1645H HHS rm C109 Wed., 7:30-8:45 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

Mar 30 #1607A GC at LO Mon., 1-2 pm
Apr 2 #1607B GC at LO Thur., 5:15 - 6:15 pm
Apr 4 #1607C GC at LO Sat., 10-11 am
May 11 #1607D GC at LO Mon , 5:15-6:15 pm
May 12 #1607E GC at LO Tues., 6:25-7:25 pm
May 14 #1607F GC at LO Thur., 11am-12 pm
May 15 #1607G GC at LO Fri., 10-11 am
May 16 #1607H GC at LO Sat., 10-11 am

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 12 wks Resident $108 Non-resident $113

Feb 4 #1609H 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 12 wks Resident $108 Non-resident $113

Feb 3 #1610H HHS rm C111 Mon., 7:15-8:15 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

Feb 3 #1611A NHHS Cafeteria Mon., 6:30-7:30 pm
Feb 6 #1611B NHHS Cafeteria Thur., 6:30-7:30 pm

No Refunds are given after a class begins.

Introduction to Tai Chi

This course will pick up where the Introduction to Tai Chi left off. You will improve your strength, balance, endurance, flexibility, coordination, and concentration. *Michael LaPointe has studied Tai Chi for many years with the Grandmaster Aiping Cheng.*

M. LaPointe 8 wks Resident: $80 Non-resident $85
Feb 6 #1647N NHHS Cafeteria Thur., 7:45-8:45 pm

Jiu Jitsu for Children (Ages 4-9)

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
Feb 3 #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
Feb 3 #1614 Soulcraft Studio M,W 6-7 pm, S 11-12

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 6 wks Resident: $72 Non-resident $77
Feb 25 #1616 Central Office Gym Tues., 5:45-7 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: $90 Non-resident: $95
Feb 5 #1615 Central Office Gym Wed., 5:45-7:15 pm
S. Walker 5 wks Resident: $63 Non-resident: $68
Apr 8 #1615 Central Office Gym Wed., 5:45-7:15 pm

Lite Cardio

This class gets your heart rate pumping through fun movement to upbeat music, plus light weights and resistance stretches. As people age, even routine tasks can become a challenge, so fitness must become consistent and functional. These classes are designed to improve and maintain functional activities like climbing stairs, sitting down, standing up, or lifting grocery bags. The option for low-impact or high-impact movement is available. ***Senior fee not applicable***.

Staff 4 wks Resident: $60 Non-resident: $65
Feb 3 #1634H Your Comm. Yoga Ctr M., W., F., 8-9 am

Men's Golf 101

This class is designed for those who have not played or have limited exposure to the game of golf in a number of years. In the lessons, our coaches will cover everything you need to know to play your first round of golf. We will cover the basics of the golf swing, putting, short game techniques, rules and etiquette. Equipment will be provided. Lessons will also include on-course activities and your coaches will ensure a fun and safe experience each step of the way.

Staff 5 wks Resident $109 Non-resident $115

Mar 23	**#1630A**	**GC at LO**	**Mon., 1-2 pm**
Mar 25	**#1630B**	**GC at LO**	**Wed., 10-11 am**
Mar 27	**#1630C**	**GC at LO**	**Fri., 4-5 pm**
Apr 27	**#1630D**	**GC at LO**	**Mon., 4-5 pm**
May 10	**#1630E**	**GC at LO**	**Sun., 12-1 pm**
May 13	**#1630F**	**GC at LO**	**Wed., 10-11 am**
May 15	**#1630G**	**GC at LO**	**Fri., 4-5 pm**

Middle Eastern (Belly) Dance

Let the music move you! Learn the basics of Middle Eastern dance, how to improvise to your favorite song, have fun, firm your body, and make new friends. Explore many different Middle Eastern dance styles using veils and cane; a sensual style of floor work will be introduced. Energy up.

Jenny (Malikah) 8 wks Resident $70 Non-resident $75
Feb 3 #1646H HHS rm C109 Mon., 7:15-8:15 pm

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
Feb 3 #1617 Soulcraft Studio M & W 7-8pm, S 10-11am

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

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
Feb 4 #1620 HMS Media Center Tues., 7-8 pm

Restorative Yoga

Retreat from your everday 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 mediatation. 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.

Staff 8 wks Resident $96 Non-resident $101
Feb 7 #1632 Your Comm. Yoga Ctr. Fri., 6-7 pm

Women's Intro to Brazilian Jiu Jitsu

In this introductory course, you will learn the basics of grappling on the ground or while standing and applying those skills to practical self-defense scenarios. You will be getting in shape, having fun, and connecting with other women. If you are bored by the gym and looking for an activity that engages both the mind and the body, join us for Brazilian Jiu Jitsu Saturdays this spring!

Staff 8 wks Resident $100 Non-resident $105
Feb 8 #1636 Soulcraft Studio Sat., 10-11 am

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
Feb 4 #1624 HMS Media Center Tues., 5:30-6:45 pm

Yoga - Am Wed., 9:30-10:45 am
Yoga II Thur., 6:45-7:45 pm

Contact yoga teacher, Lyn Baumgartner, at MECA to register for these classes.

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
Feb 5 #1628A YC Yoga Center Wed., 7:15-8:30 pm
Feb 8 #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
Feb 8 #1629 YC Yoga Center Sat., 11:30 am-12:30 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. ***Senior fee not applicable.***

Staff 10 wks Resident $120 Non-resident $125
Feb 5 #1627 YC Yoga Center Wed., 10:30-11:45 am

HOME

Homebuyers 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
Mar 31 #1800H HHS rm D214 Tues., 6:30-8:30 pm

Replacement Window Workshop

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
Mar 19 #1801H HHS rm A112 Thur., 7-9 pm

Blueberry Bread and Banana Bread

Join Chef Debbie and learn how to make her blueberry and banana breads. Bring a to-go container to eat your cake in or take it home. ***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero	1 session	Resident: $30	Non-resident: $35
Apr 23	**#2024H**	**HHS rm D107**	**Thur., 7-9 pm**

Cake Decorating with Buttercream

Learn basic cake decorating skills applying icing, borders and beautiful flowers. This 2-session 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
Feb 25	**#2000N**	**NHHS rm 109**	**Tues., 6-8 pm**
Mar 2	**#2000H**	**HHS rm D107**	**Mon., 6-8 pm**

Chicken w/Mushroom Wine Sauce & Mushroom Risotto

Join Chef Debbie and learn how to make an learn how to make a chickent with a mushroom wine sauce and risotto. Bring a to-go container to eat your meal in or take it home. ***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero	1 session	Resident: $30	Non-resident: $35
May 7	**#2027H**	**HHS rm D107**	**Thur., 7-9 pm**

Cookies, Cakes and Pies for Spring and Holiday Baking

Join Chef Maryann and learn to make some awesome cookies, pies and cakes for the springtime. ***A $40 non-refundable supply fee is due to the instructor the first night of class.***

M. Ciarleglio	4 wks	Resident: $70	Non-resident $65
Mar 18	**#2028N**	**NHHS Room 109**	**Wed., 6:30-9 pm**

Cooking Around The World

Ever want to explorer different types of foods? This class is for you. Join us to learn some classic Irish, Polish and Italian entrees and desserts. ***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
Apr 22	**#2029N**	**NHHS rm 109**	**Wed., 6:30-9:00 pm**

Cooking with Kids #5601

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

A. Webb	1 session	Resident: $45	Non-resident $50
Mar 24	**# 2030H**	**HHS rm D107**	**Tues., 6:15-8:45 pm**
May 5	**# 2030N**	**NHHS rm 109**	**Tues., 6:15-8:45 pm**

Corn Chowder and Corn Muffins

Do you love soups and chowders? You will love this homemade corn chowder and homemade corn muffins that you will eat in class. Don't forget to bring a bowl to eat your serving in class or you can take yours home. ***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero	1 session	Resident: $30	Non-resident: $35
May 21	**#2025H**	**HHS rm D107**	**Thur., 7-9 pm**

Cupcake Decorating with Buttercreme

In this fun class you will learn to decorate cupcakes with special icing tips. Add stars, shells and borders to create beautiful cupcakes for any occasion.***Supply list will be sent prior to class.***

M. Padilla	1 session	Resident $30	Non-resident $35
Mar 10	**#2004N**	**NHHS rm 109**	**Tues., 6-8 pm**
May 4	**#2004H**	**HHS rm D107**	**Mon., 6-8 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. ***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero	1 session	Resident $30	Non-resident $35
Apr 9	**#2007H**	**HHS rm D107**	**Thur., 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.***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero 1 session Resident: $30 Non-resident: $35

Feb 20 #2009HA HHS rm D107 Thur., 7-9 pm
Apr 2 #2009HB HHS rm D107 Thur., 7-9 pm

Homemade Pizza and Calzone

Join Chef Debbie and save money as you learn to make your own pizza dough and sauce. We will make 3 pizzas. Bring a to-go container to eat your food in or take it home. ***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero 1 session Resident: $30 Non-resident: $35

Feb 27 #2019H HHS rm D107 Thur., 7-9 pm

Italian Entrees, Soups and Sides

In this hands-on class, you will make white clam sauce with linguine, steak pizzaiola over noodles, Chicken cacciatore with pasta, shrimp scampi over linguine, pasta fagioli, minesta, penne alla vodka, manicotti made with crepes. The sides we make are roasted potatoes, salad, vegetables and bread. ***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

Feb 3 #2010N NHHS rm 109 Mon., 6:30-9:00 pm

Kale Almond Pesto with Chicken

This is a delicious and healthy meal with pasta, a kale pesto sauce and chicken. We will enjoy eating together what we prepare in class. Bring a to-go container to eat your food in or take it home. ***A $10 non-refundable consumable fee is due to the instructor in class.***

D. Barbiero 1 session Resident: $30 Non-resident: $35

Apr 30 #2026H HHS rm D107 Thur., 7-9 pm

Pizza, Calzones and Dinner Crepes

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. Homemade crepes filled with choice from above with ricotta & mozzarella will be made. 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

Mar 16 #2012N NHHS rm 109 Mon., 6:30-9:00 pm

Royal Icing Flowers and Basketweave Cake

Learn to make royal icing flowers, using decorating tips and flower nail. This 2-session course will prepare you apply flowers and basketweave technique on an 8 inch cake***. Supply list will be sent prior to first class.***

M. Padilla 1 session Resident $41 Non-resident $46

Mar 17 #2031N NHHS rm 109 Tues., 6-8 pm
May 11 #2031H HHS rm D107 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

Mar 5 #2008HA HHS rm D107 Thur., 7-9 pm

LANGUAGES

Introduction to American Sign Language

This course introduces the basics of American Sign Langugage (ASL) to develop basic skills of ALS and to gain knowledge of deaf culture. We will have fun and learn to communicate in silence.

A. Kessler 8 wks Resident $96 Non-resident $101
Mar 4 #2207N HHS rm B105 Wed., 5:30-7 pm

Irish for Beginners

An ideal beginners class for those curious to explore an ancient and unique language. Incorporating mythology, history, folklore and geography, with emphasis on conversation. This course requires only a paper, a pen and enthusiasm.

M. Crofts 10 wks Resident $99 Non-resident $104
Feb 5 #2201H HHS rm D214 Wed., 7:00-8:30 pm

Italian For You

This will be a student-friendly approach to introductory Italian. In this course, you will learn how to communicate with confidence in real-life situations. You will refine how to carry on a simple conversation, simple grammatical concepts, pronunciation and functional vocabulary related to every day life. The instructor will provide handouts so no textbook is required.

M. Lolaico 10 wks Resident $99 Non-resident $104
Feb 26 #2200H HHS rm D213 Wed., 6:30-8 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
Feb 24 #2202H HHS rm D212 Mon., 6:15-7:45 pm

Spanish I

You will receive a general introduction to the Spanish language: sound system, pronunciation, functional vocabulary related to everyday life, cultural information and basic grammatical structures. Emphasis will be on the acquisition of four skills: listening, speaking, reading and limited writing. There are two main objectives to the course. Foremost is to give you the ability to carry on a simple conversation. The second is to provide you with instruction that teaches a basic understanding of Spanish culture, vocabulary, and grammatical concepts.

P. Myrthil 8 wks Resident $99 Non-resident $104
Feb 6 #2203N HHS rm D213 Thur., 6-8 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
Feb 26 #2204H HHS rm D212 Wed, 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
Feb 4 #2205H HHS rm B103 Tues, 6-7 pm

ONLINE REGISTRATION
www.hamdenadulted.org/coursecatalog

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

See pages 7-11 for more information

CNA

A certified nursing assistant, or CNA, helps patients or clients with healthcare needs under the supervision of a Registered Nurse (RN) or a Licensed Practical Nurse (LPN).

A CNA may also be known as a Nursing Assistant (NA), a Patient Care Assistant (PCA),

Security Guard

A security guard is a person employed by a public or private party to protect the employing party's assets (property, people, equipment, money, etc.) from a variety of hazards (such as waste, damaged property, unsafe worker behavior, criminal activity such as theft, etc.) by enforcing preventative measures.

Security guards do this by maintaining a high-visibility presence to deter illegal and inappropriate actions.

Phlebotomy

Phlebotomy is the process of making an incision in a vein with a needle. The procedure itself is known as a venipuncture. A person who performs phlebotomy is called a "phlebotomist", who draws the blood for for clinical or medical testing, transfusions, donations, or research. Phlebotomists collect blood primarily by performing venipunctures (or, for collection of minute quantities of blood, finger sticks).

Call to Register 203.407.2028

All About Avoiding Probate

Are you not sure what probate court is? Or have you heard of it, but you're not sure how to avoid the probate process or if you even should? Most of us may have heard that it's wise to avoid probate court, but we don't necessarily know why. Join us for this presentation as one of our attorneys shares important information pertaining to the obstacles of Probate and proactive steps to circumvent this emotionally-taxing challenge.

Atty. F. Drazen 1 session Resident $25 Non-resident $30
Apr 7 #2400N NHHS rm 106 Tues., 6:00-7:30 pm

All About Trusts

Do you know the difference between a Will and an Estate Plan? Are you concerned about your children getting divorced in the future, a financial crisis, their ability to manage money? At Drazen Rubin Law's "All About Trust" workshop you will learn how a Trust can be a part of your estate plan and be your Guardian Angel in protecting your beneficiaries from Lawsuits, Creditors, Drug abuse, Financial Harm, Divorce and how to leave funds to individuals with special needs

Atty. S. Rubin 1 session Resident $25 Non-resident $30
Mar 12 #2411H HHS D109 Thur., 6:00-7:30 pm

Asset Protection: When A Little Paranoia Is A Good Thing!

Asset protection ensures that your lifetime of savings is not susceptible to being lost. How do you protect your assets from creditors and predators or even from taxes when you pass away? There are strict but simple easy-to-accomplish rules. This presentation will help guide you so your assets are not vulnerable at the most critical time.

Atty. F. Drazen 1 session Resident $25 Non-resident $30
Feb 19 #2413N NHHS rm 106 Wed., 6:00-7:30 pm

Medicare/Medicaid: Dispelling the Myth

There are many myths & misinformation around Medicare and Medicaid and what exactly the two cover. Learn about the differences between the two, and how you can potentially use them to help pay for your medical needs while still being able to protect your assets!

Atty. S. Rubin 1 session Resident $25 Non-resident $30
May 20 #2413H HHS rm D109 Wed., 6:00-7:30 pm

Medicare Options for You

Medicare can be confusing when you don't understand how it works. This course will break it down and review Medicare Advantage plans, supplemnets and other options that are available to you. Already enrolled? New to Medicare? This class is open to all!

M. DeGregorio 1 session
Feb 4 #2416HA HHS rm 109 Tues., 6:30-8:30 pm
Feb 27 #2416NB NHHS rm 105 Thur., 6:30-8:30 pm
May 6 #2416HC HHS rm 109 Wed., 6:30-8:30 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
Feb 25 #2404N NHHS rm 107 Tues., 6:30-8:00 pm

Planning for Affordable Long Term Care

A long-term illness is the single greates threat to your financial security in retirement. Many people are asking: Am I protected? How will I pay? Will I burden my loved ones? Will I get the best care? What are my options? This course covers the entire spectrum of long term care planning, including:
a new solution available only to CT residents
protecting your family even if an illness has already occurred
how to avoid costly mistakes
This is an informational seminar with ample opportunity for individual questions.

A. Abrahamian 1 session Resident: $25 Non-resident: $30
Mar 18 #2403H HHS rm A112 Wed., 7-9 pm
Mar 11 #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
Feb 19 #2406NA NHHS rm 105 Wed., 6:30-9:30 pm
Feb 25 #2406NB NHHS rm 105 Tues., 6:30-9:30 pm

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

MUSIC

Banjo for Beginners

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

G. Raccio	6 wks	Resident $75	Non-resident $80
Jan 15	**#2601**	**All Things Musical**	**Wed., 8-9 pm**

Music at its Greatest: How it Works.

Exploring the many elements of music and coming to understand what makes the great music what it is. This is designed for anyone wanting a deeper insight into music both classical and popular.

R. Gangi	10 wks	Resident $90	Non-resident $95
Feb 4	**#2608H**	**HHS rm A114**	**Tues., 7-8:30 pm**

Ukulele for Beginners

Want to play a really fun, non-intimidating musical instrument? Try Ukulele! It is easy to learn and is the perfect accompaniment to singing. This class is for the absolute beginner and will cover basic chords and strums. Bring your own ukulele or one will be available to purchase starting at $49.99. Book fee of $10.95 payable at first class. ***Senior fee not applicable.***

G. Raccio	6 wks	Resident $75	Non-resident $80
Apr 1	**#2604**	**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
Feb 4	**#2606H**	**HHS rm B103**	**Tues., 7-8 pm**

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Balloon Twisting

Be the hit of the party. Make balloon animals using two different styles. You will make a variety of objects from dogs to swords to hats and everything in between. Balloons and pump supplied. ***A $10 materials fee to be paid to instructor first night of class.***

N. Prete 2 wks Resident: $30 Non-resident $40
May 5 #2840H HHS rm B105 Tues., 6-7 pm

Chess 101 - Beginning Chess

Chess 101 is designed for true beginners to the game of chess. You will learn/review all the basics, from the names of the pieces how they move, how they capture, how to keep them safe, and of course, the ultimate object of the game - checkmate! You will master the special moves of castling promotion and en passant. By the time you finish the class you will have a firm grasp of all the basics and be ready to take on all challengers, including that young person in your life who is so into chess right now! ***Course Reader for Chess 101, can be purchased at the first class for $10.***

R. Groff 5 wks Resident $60 Non-resident $65
Feb 3 #2819 Chess Academy Mon., 6:30-8:30 pm

Chess 102 - Chess Tactics

This class is designed for students who are familiar with chess basic rules, understand checmate and are ready to take their game to the next level by focusing on tactics. You will study chess tactics such as pins, skewers, double attacks, discovered attacks, decoys and cross-pins, double check, overloaded pieces, interference, zwischenzug and sugzwang. You are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move! ***The Chess Tactics Workbook, expanded 4th edition can be purchased at the first class for $13.77.***

R. Groff 5 wks Resident $60 Non-resident $65
Mar 23 #2841 Chess Academy Mon., 6:30-8:30 pm

Creating a Well Loved Space

Tired of feeling overwhelmed, smothered and embarrassed by your clutter? Downsizing? Get support and learn skills to clear and organize your space. Create a home that is welcoming, calm and well loved. YOU DESERVE IT!

J. Gilbert 6 wks Resident $72 Non-resident $77
Feb 27 #2824N HHS rm B104 Thur., 7-8:30 pm

Contemporary Poetry Discussion

Poetry has always been a mirror for our lives, rich with sound and imagery. We will read and discuss poems written by a diverse array of living poets, including Ada Limón, Billy Collins, Naomi Shihab Nye, Matthew Olzmann, Joy Harjo, Dorianne Laux, and Clint Smith. You can expect a lively and fun evening as we enjoy the poems, new interpretations, and each other's company. Come with a pencil and your curiosity.

J. Allesandrine 1 session Resident $30 Non-resident $30
Feb 26 #2845H HHS rm A112 Wed., 6:30-8:30 pm

Everyday Etiquette

First impressions and good manners still matter. Learn the communication skills, manners and confidence needed to navigate successfully in various environments and situations. Some of the things you will learn are proper eye contact and handshakes, posture, meeting and greeting, conversation skills, table manners (how to set the table, dining out and American/European eating styles). This curriculum has been featured in the New York Times Magazine, Parents magazine and on The Food Network.

S. Jones 3 wks Resident $40 Non-resident $45
Feb 20 #2830H HHS rm B103 Thur., 7-8 pm

Finding Meaning & Purpose in Retirement

As you anticipate, approach or are struggling with retirement, are you wondering who you are when you are no longer defined by your career? We will explore finding meaning and purpose in our retirement and aging. Based on book "Creative Aging" Rethinking Retirement" by Marjory Zoet Bankson. Come to to first session having read through page 40.

M. Visel 5 wks Resident $45 Non-resident $50
Apr 1 #2834N HHS rm A112 Wed., 6:30-8 pm

Inflammation In Your Body

This class will benefit you if you have arthritis, thyroid disease, heart disease or are overweight. You will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, which foods to eat and which to avoid to help you relaim your health.

D. Barbiero 1 session Resident $30 Non-resident $35
Feb 6 #2807H HHS rm D111 Thur., 7-9 pm

Introduction to Chakras

Chakras are a series of energy centers in the body, offering a pathway to personal growth and healing. In this class you will learn about the energy centers and how each impacts overall well-being.

L. Ingram 1 session Resident $30 Non-resident $35
Mar 26 #2835 DYTC Thur., 6:30-8:30 pm

Introduction to Crystals

Are you curious about Crystals and their properties? Created over thousands of years, these stones have healing properties you may be interested in. This class will be an introduction to crystal properties, and why we are attracted to stones. This will be a experiential class, and you will go home with a single stone of your choosing.

L. Ingram 1 session Resident $30 Non-resident $35
Apr 23 #2836 DYTC Thur., 6:30-8:30 pm

Introduction to Writing Poetry

You will use a selection of contemporary poems and prompts as inspiration for your own original poems. Creativity will flourish throughout the evening as you work with imagery and sound. Time will be provided for writing, and for conferring with the instructor and others. Sharing, while encouraged, will always be optional. This class is ideal for beginners and writers seeking new inspiration. Please bring paper or a laptop.

J. Allesandrine 1 session Resident $30 Non-resident $30
Mar 10 #2846H HHS rm A112 Tues., 6:30-8:30 pm

It's Magic

Learn magic with everyday objects found around the house. These are easy to learn tricks that can be performed with little or no practice. This will be entertaining with hands on instruction. Magic tricks and supplies included.

N. Prete 5 wks Resident: $60 Non-resident $65
Mar 10 #2842H HHS rm B105 Tues., 6-7 pm

Job Interview Skills Workshop

People make a decision within the first seven seconds of meeting you and you haven't even said a word. I'll teach you the skills, tips, and techniques so you "shine" every time you're in an interview. How to enter, what to wear, when to sit, and many other gestures that tell the interviewer how the interview will go. Be prepared to practice your new skills. Certificate upon completion.

T. Knowlton 1 session Resident $25 Non-resident $30
Feb 10 #2822H HHS rm B104 Mon., 7-8:30 pm

Learn to Juggle

Learn to juggle 3 bean bags by breaking it down into easy steps. You will also get to experiment with clubs, scarves and balancing peacock feathers. Bean bags supplied..

N. Prete 5 wks Resident: $60 Non-resident $65
Mar 10 #2843H HHS rm B105 Tues., 7:15-8:15 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
Mar 12 #2809N NHHS Library Thur., 7-9 pm

Mommy and Me Baby Massage

Spend time with other moms and enhance the bond between you and your baby through massage.

J. Andrzejewski 3 wks Resident: $54 Non-resident $59
Mar 11 #2829A Moment in Time Wed., 9-10:30 am
May 6 #2829B Moment in Time Wed., 9-10:30 am

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
Apr 2 #2814N NHHS Library Thur., 7-9 pm

Revitalize Your Chakras

In this class we will explore what a chakra is and where they are located. We will discuss the potential causes linked to blockages or imbalances in your chakras as well as how to use a pendulum to identify if your chakras are out of balance. We will end with a group meditation you can use at home to balance your own chakras.

J. Andrzejewski 1 session Resident: $25 Non-resident $30
Apr 29 #2832A Moment in Time Wed., 7-8:30 pm
May 27 #2832B Moment in Time Wed., 7-8:30 pm

Silent All Day Retreat

Sometimes we need to step back in order to move forward. For thousands of years, the practice of silent retreat has been valued across wisdom traditions as a time to step back, take inner care, and reawaken our deepest knowing. Despite the outer distractions of the world, there are also distractions within us in such as negative thoughts, stress, anxiety, overwhelming feelings, -- all may keep us from knowing and connecting to our true self. Silence is a way to renew ourselves physically, mentally, and spiritually. The day is carefully guided and crafted to give you as relaxing and transformative an experience possible. The day is suitable for those new to meditation as well as more experienced practitioners.

T. Hodes & J. Zehler 1 session Resident $60 Non-resident $65
Apr 5 #2837 DYT Center Sun., 10 am-4 pm

The Power of Forgiveness: A Path to Freeing the Heart

Are old hurts taking up too much space in your mind and heart? Each of us has a deep need to forgive and to be forgiven. Forgiveness helps us to let go of the suffering of the past and sets us free to move forward in our lives with greater potential for inner freedom. Besides the reward of letting go of a painful past, there are powerful health benefits that go hand-in-hand with the practice of forgiveness. We will tenderly approach this path of healing through mindfulness, self-compassion, patience, and love.

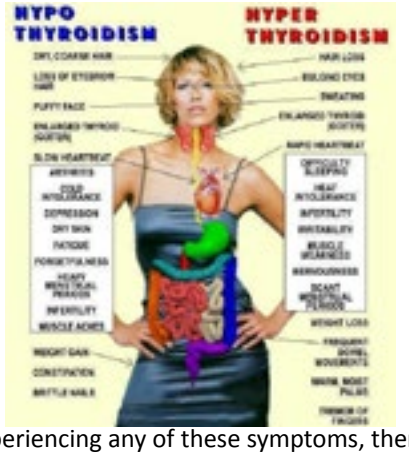
T. Hodes & J. Zehler 6 wks Resident: $80 Non-resident $85
Feb 25 #2838 DYT Center Tue., 6-7:45pm

Three Day Detox

If you want to kickstart a weight loss program, lose a few lbs, get rid of a bloated stomach, this class will help you. You will learn what to eat and avoid for 3 days with recipes and tips for all 3 days and you will receive a shopping list.

D. Barbiero 1 session Resident $25 Non-resident $30
Feb 13 #2821H HHS rm D111 Thur., 7-9 pm

Thyroid Nutrition Class



If you are experiencing any of these symptoms, then this class is for you. You will learn what you need to eliminate for your diet and the best foods to heal your thyroid and feel your very best. You will also get some great recipes. This class will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, who was diagnosed with Hashimoto's disease 10 years ago and has reclaimed her health.

D. Barbiero 1 session Resident $30 Non-resident $35
May 14 #2822H HHS rm D111 Thur., 7-9 pm

Transitions - Embracing Change...Surfing the Waves of Life

Every moment seems to present a transition - whether it's changing a job or career or letting go of a relationship, to shifting how we eat, to setting boundaries where there were none before. Life is constantly evolving, and we are asked to keep adjusting. So how do we let go of the past and decide how to move forward? This workshop will use deep awareness, mindfulness, journaling, and visualization to explore the transitions we're embarking upon.

T. Hodes & J. Zehler 4 wks Resident: $54 Non-resident $59
May 5 #2839 Discover Your Truth Center Tue., 6-7:45pm

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. Certifcate upon completion.

T. Knowlton 1 session Resident $25 Non-resident $30
Feb 24 #2816H HHS rm B104 Mon., 7-8:30 pm

FREE TAX PREPARATION IN HAMDEN

Have your taxes prepared for free at an IRS-certified Volunteer Income Tax Assistance (VITA) site. If your household earned less than $54,000 in 2019, VITA is the safe, simple way to file your taxes. Plus, you may be eligible for the Earned Income Tax Credit, credits based on child care expenses or education expenses.

WHAT YOU'LL NEED TO BRING TO A VITA SITE
* Valid photo ID
* Social Security cards or ITIN numbers for you and anyone else on your tax return
* Documentation for ALL income from work, Social Security or pensions, including all W-2, 1099 forms
* Education expenses and student loan payments
* Total amount paid for child care. Please bring child care provider's address and tax ID number.
* Access CT forms 1095A if you received insurance through the Healthcare Exchange
* Copy of Health Insurance Forms 1095B or C if you had insurance through your employer or another organization
* Copy of mortgage 1098 form and receipt for property taxes paid (house and car)
* Bank routing and account numbers (or one of your checks) to direct deposit your refund
* Copies of last year's federal and state returns if available

Walk-ins only, first-come, first-served. No appointments available.

WHERE TO FIND VITA IN HAMDEN
January 27 - April 15, 2020
Mondays and Wednesdays (except February 17) 5pm - 7:30pm and Saturdays 10am - 2pm
Hamden High School 2040 Dixwell Ave

PLEASE NOTE: If the schools are closed due to bad weather, VITA school sites are closed, too.
Please watch your local news sources for school closing information.

January 30 - April 9, 2020
Thursdays 3pm - 8pm
Keefe Community Center 11 Pine St

Hamden seniors may also have their taxes prepared through AARP Tax-Aide volunteers at the Miller Senior Center by appointment only. Call Hamden's Elderly Services Department at 203.287.2547.

SAFETY AND SENIOR OFFERINGS

About Boating Safety

Learn boating safety with 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
Mar 19 #3000H HHS rm D109 Tues, 5:30-9:30 pm

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 sessions Resident: $150 Non-Resident $155
May 5 #3001N NHHS rm 106 Tues. & 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
Mar 11 #3002H HHS rm B104 Wed, 6:30-9:30 pm
May 6 #3002N NHHS rm 106 Wed, 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
Apr 23 #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
Feb 13 #3005H HHS rm B1014 Thur., 6:30-9:00 pm
May 11 #3005N NHHS rm 106 Mon., 6:30-9:00 pm

American Heart Association®

SENIOR OFFERINGS

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
Feb 6 #3008 Whitney Center Thur, 10-12 noon

AARP Driver Safety Smart Program

This course provides: safe-driving strategies; effects of medication on driving; proper use of features, such as seat belts; state rules & regulations for school buses, construction zones and other areas! CT Drivers 60 and above will receive a multi-year discount on their auto liability insurance. The fee is $15.00 for AARP members and $20.00 for non-members. Please bring your AARP card to class.

AARP Staff 1 session AARP Members: $15 Non-members $20
Mar 19 #3007NA NHHS rm 105 Thur., 5-9 pm
May 14 #3007HB NHHS rm 105 Thur., 5-9 pm

Call to Register 203.407.2028

The Next Street Driving School at Hamden High School

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 February 4 **2:15 PM to 4:15 PM** **Room B214**

Optional Textbook is $25

Entry Level Package:

$549 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 $510

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 January 6 **2:15 PM to 4:15 PM** **Room B214**

"Teen Eight Hour Safe Driving Practices Class" (AKA The Drug & Alcohol Class) Price $100

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

Monday and Wednesday, starting January 6 **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/

Please help us, help you.
We offer a variety of one night classes, multiple night classes, day trips and overnight trips.
We are always looking for new class and trip ideas.
Please let us know what you are interetsed in.
Email your suggestions to info@hamdenadulted.com

National External Diploma Program (NEDP)

All interested students must attend one of the following information sessions at 5:30 PM at the Keefe Community Center:
12/17, 1/21/, 2/25, 3/24, 4/21, 5/19 or 6/16
For information contact the Hamden Adult Education office at 203.773.9211 ext. 1139 or 203.407.2028.

*** North Haven, Bethany, Orange, Woodbridge**

Registration for
ADULT HIGH SCHOOL
Call 203.407.2028 to schedule an appointment for Wednesday, February 19th and Thursday, September 20th 6:30 pm

GED® Prep, ESL, Citizenship
Register at the Keefe Community Center:
January 6 - January 8
9:30 - 11:00 am or 6:30 - 8:00 pm

Call to Register 203.407.2028

Madame Tussauds
New York, NY

The world renowned MADAME TUSSAUDS WAX MUSEUM has created New York's must see attraction in the heart of Times Square. Mingle and rub elbows with your favorite celebrities sculpted out of wax. There is so much more to see and do with over 200 life-like wax creations where you can interact, take photos, and get close to celebrities, musicians, sports and political figures.

Lunch at PLANET HOLLYWOOD in Times Square. Movie memorabilia takes center stage at this tribute-to-Hollywood restaurant serving American fare. Order off of the Movie Star Classic menu that day. Entrée choices include: Classic Hamburger, Chicken Caesar Salad, Six Cheese Chicken Macaroni, or Chicken Tenders.

Free time to explore Times Square - in the heart of NYC!

#5016 Saturday, April 25 $125

Pick-up at HHS parking lot at 7:45 am and will return at 6:30 pm. All times are approximate.

Note: No refunds for this trip after March 20.

Ellis Island and The Statue of Liberty
New York, NY

ELLIS ISLAND: From 1892 to 1954, millions of immigrants began their American dream here: The Great Hall, where the immigrants were processed and the four rooms where immigrants were detained. When we disembark at Ellis Island, we stand under the recreated historic canopy - where immigrants began the process toward American citizenship. *STATUE OF LIBERTY*: She is an icon, a national treasure, and one of the most recognizable figures around the globe. The new Statue of Liberty Museum represents an exciting new chapter in Lady Liberty's story of freedom.

We will take the ferry to both Ellis Island and Statue of Liberty Island. You will receive AUDIO GUIDES for each island. Lunch will be on your own at one of the cafes on the islands.

#5017 Saturday, May 16 $98

Pick-up at HHS parking lot at 7:30 am and will return at 7:15 pm. All times are approximate.

Note: No refunds for this trip after April 9.

Mainly Maine
Kittery, ME

Shop until your heart's content at the wide variety of shops available at the Maine Kittery Outlets and the Kittery Trading Post.

Enjoy a tasty lunch at New England's favorite, the Weathervane Seafood Restaurant. Choose from: Classic Lobster Roll Dinner, or Fried Native Shrimp & Haddock, or Broiled Salmon Dinner, or Fried Chicken Tenders Dinner, or Grilled Chicken Dinner. All entrees are served with Cole Slaw & French Fries . Enjoy a Dinghy Sundae for dessert!

Stop at everyone's favorite bakery, When Pig's Fly, for amazing freshly baked breads!

#5018 Sunday, July 12 $109

Pick-up at HHS parking lot at 7:00 am and will return at 8:30 pm. All times are approximate.

Note: No refunds for this trip after June 8.

Saratoga Race
Saratoga, NY

We're off to the races! It's race time and the excitement fills the air at the world-renowned SARATOGA RACE COURSE. Come see where the Champion Man O' War lost his only race. Debuting in 1863, it is the oldest race track in America. Enjoy the best in horse racing.

Admission & Reserved Grandstand Seating are included. Lunch on own at the raceway – There are many restaurants and concession stands to choose from, or you may bring your own picnic.

#5018 Sunday, August 16 $108

Pick-up at HHS parking lot at 7:30 am and will return at 10:00 pm. All times are approximate.

Note: No refunds for this trip after May 22 .

Block Island
Block Island, RI

Take a break and spend the day on beautiful Block Island! Just 7 miles long and 3 miles wide, this idyllic island is a great escape for anyone. Catch a ride on the ferry for a delightful hour cruise from Point Judith, RI to Old Harbor, Block Island Old Harbor is designated a National Historic District with wonderful Victorian buildings.
Walk only a short distance from the ferry to the National Hotel that overlooks the Atlantic Ocean. Menu: Clam Chowder, choice of: Chicken Breast OR Seafood Casserole OR Grilled Salmon, Vegetable, Rice, Dessert, Beverage.
Following lunch we will board our private island bus for a guided tour of this special island, and then there will be time to shop before boarding our return ferry.

#5020 **Saturday, September 12** **$135**

PIck-up at HHS parking lot at 7:30 am and return at 8:30 pm. All times are approximate.

No refunds for this trip after August 5.

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 your 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 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. 1146, ask for Rissa, for more information on cruise options.

Spotlight on San Antonio Holiday

5 Days ● 5 Meals: 3 Breakfasts ● 2 Dinners
Per Person Rates: Double $1,999; Single $2,499; Triple $1,969 Includes: air, hotel transfers, and group transportation to/from airport

Highlights Include:

- Visit the second mission established by Fray Antonio Margil de Jesus in 1720, the Mission San José
- Explore one of America's most historic sites, The Alamo
- Get acquainted with the River Walk
- Take a riverboad ride on the Paseo del Rio
- Journey to Stonewall and visit the LBJ Ranch view the grounds of the "Texas White House" including the family ranch, the one-room schoolhouse and the cemetery and final resting place of LBJ and Lady Bird Johnson
- Visit the German settlement of Fredericksburg and visit the National Museum of the Pacific War
- Explore the 33-acres of the San Antonio Botanical Gardens OR visit the South Texas Heritage Center at the Witte Museum
- Browse one-of-a-kind goods at El Mercado, the Mexican Marketplace

The sights and sounds of the holiday celebrations are sure to immerse you in the spirit of the season as you stroll along the San Antonio River, illuminated by festive decorations.

Book Now to Save

#12310 **December 5, 2020**

To receive a more detailed itinerary contact: Joe at Dream Vacations (203) 859-3800 Travel insurance is highly recommended.
* Price subject to change.

Call to Register 203.407.2028

Irish Spendors

8 Days ● 8 Meals: 6 Breakfasts ● 2 Dinners
Per Person Rates: Double $2,499; Single $2,849; Triple $2,469 Includes: roundtrip air, hotel transfers, and group transportation to/from airport Price includes a $150 Air Bonus

Highlights
- Tour the regal grounds of Cabra Castle
- Learn the process of whiskey making and tasting of the final product at Whiskey Distillery
- View the awe-inspiring views of the mighty Atlantic and Aran Islands at the 700-foot-high Cliffs of Moher
- Experience the customs and daily life of a traditional Irish family and enjoy homemade schools and tea at Molanna Dairy Farm
- Stop at the Gap of Dunloe where you can shop for traditional Irish goods handcrafted by local artisan
- Killarney
- Dingle Peninsula
- Explore the Blarney Castle and kiss the Blarney Stone
- Visit Dublin
- Tour Christ Church CathedraStep

Book Now to Save

Make a return to times past when you join us on an unforgettable tour of the amazing "Emerald Isle."

#12147 **November 3, 2020**

To receive a more detailed itinerary contact: Joe at Dream Vacations (203) 859-3800 Travel insurance is highly recommended.
* Price subject to change.

Treasures of Egypt

13 Days ● 22 Meals: 11 Breakfasts ● 4 Lunches ● 7 Dinners
Per Person Rates: Double $4,399; Single $5,099; Triple $4,369 Includes: rountd trip air, hotel transfers, and group transportation to/from airport. Price includes a $200 Air Bonus

Highlights Include:
- Begin your journey in Old Cairo with it's intriguing past
- Explore the Pyramids of Giza
- Marvel at one of the oldest and largest monuments in the world, the iconic Great Sphinx
- Visit Sakkara to explore the site of ancient Memphis, home to the 40-foot statue of Rames II, and Stemp Pyramid
- Discover the Grand Egyptian Museum in Luxor
- Explore the well-preserved temple complex of Medinet Habu
- Deluxe 4-Night Nile River Cruise
- Explore remarkable sights – the Valley of the Kings and Queens, the Temple of Queen Hatshepsut at Deir El Bahari, and the Colossi of Mennon.
- Enjoy a light show at Temple of Karnak
- Visit Kom Ombo Aswan

Book Now to Save

Step back in time and explore thousands of years of history, legend and lore as you view Egypt's timeless wonders.

#12347 **March 10, 2021**

To receive a more detailed itinerary contact: Joe at Dream Vacations (203) 859-3800 Travel insurance is highly recommended.
* Price subject to change.

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
* Circle of Security
* What You Do Matters!
* 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

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
* Information on our Circle of Security and What You Do Matters Programs

CHURCH STREET SCHOOL 203.407.3111

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 Development

Adam Sendroff, Community Development Manager
Keefe Community Center - 11 Pine Street
203.562.5129 ext. 1123

The Office of Community Development provides critical financial, informational, and support resources to low and moderate-income Hamden residents seeking to improve their access to homeownership opportunities, the quality of their housing, the viability of their businesses, the usability and effectiveness of their shared community facilities, and the cleanliness of their neighborhoods.

Community Services

Y'Isiah Lopes, Director
Keefe Community Center - 11 Pine Street
203.562.5129

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

- Camp Scholarships
- Computer Lab
- Diaper Bank
- Financial Literacy
- Fuel Assistance
- Holiday Toys
- Emergency Services
- Hamden Food Bank
- Health and Nutruition Inititives
- Rental Assistance
- Thanksgiving Food Baskets
- Utility Assistance

Youth Services Bureau

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

The Hamden Youth Services Bureau seeks to improve the quality of life for the children, youth and families of Hamden by providing a variety of programs and services. Below is a list of some of these services and programs:

- Prevention Awareness and Education
- Outreach Activities, Programs and Events
- Resources and Referrals
- Summer Youth Employment
- Volunteer & Community Service
- Free Books and School Supplies

NORTH HAVEN TOWN SERVICES

North Haven Senior Center

North Haven Senior Center mission is to respond to the ever-changing needs of the Towns' Residents and their families by providing personal enrichment, information, referral, advocacy, volunteerism, wellness as well as social and recreational activities. Residents 62 and over are welcomed to become members at no cost. Transportation to and from the Center is offered daily as well as transportation to medical appointments. "Senior Happenings" the Center's newsletter is printed monthly and copies are found at the Center as well as on the Town of North Haven's: www.town.north-haven.ct.us The Center is located at 189 Pool Road North Haven CT 06473 and open Monday-Friday 8am-4pm Interested members may contact Judy Amarone, Manager of the Center, at 203-239-5432.

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. 2913

Fax

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

Master Card/VISA/Discover

In Person

Hamden Adult Education Office
Monday - Thursday 8 am - 3 pm
Friday 7 am - 2 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

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

2040 Dixwell Avenue
Hamden, CT 06514

ECRWSS
Residential Customer

Personal Enrichment

ESL

Fitness

Career Certificates

High School Completion

Languages

Trips

What Will You Do?

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