



Hamden-North Haven Adult & Continuing Education

*Winter/Spring
2021*

Your Adventure Starts Now!

*Dear Friends,
During these uncertain times it is more important than ever to find something that excites or encourages us to learn something new while connecting with other people. I am pleased to offer our new catalog with some in-person classes and trips.*

Also, check out the exciting instructor-facilitated online courses. 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.
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 (TEMPORARILY CLOSED)

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

February 16
Winter Break - No Classes

February 23-24
Adult High School
Term 2 Registration

March 1
Enrichment classes begin

March 16
Adult High School
Term 2 classes begin

May 31
Memorial Day - No Classes

August 10-11
Adult High School
Fall Semester Registration

Shaded boxes are NEW classes

Location of Classes

Chess Academy
 1227 Whitney Avenue, Hamden

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

HHS
 Hamden High School
 2040 Dixwell Avenue, Hamden

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

Soulcraft Studio
 1125 Dixwell Avenue, Hamden

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

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FREE CLASSES

Pre-GED®



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

Classes meet:

**Monday, Wednesday, and Friday
9:00 AM - 12:00 PM OR
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 US Citizenship and Immigration Services(USCIS) 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 Civics questions, which will help you prepare to pass the writing, reading, and oral components of the citizenship test for naturalized citizenship.

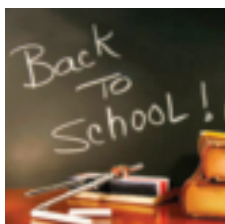
**Classes meet Wednesday
6:00 PM - 8:30 PM**

English As A Second Language

Learn to Speak, Read and Write English

**Morning Classes 9 am - 12 pm
Beginner and Intermediate - Monday and Wednesday
Intermediate II - Tuesday and Thursday**

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



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

**Call the above number to register.
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 then contact the Hamden Adult Education Office by calling 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.

Currently 100% online using Zoom, the workshops are designed to be completed independently through Google Classroom. Participants view pre-recorded lessons, then complete activities related to the lesson. The Career Navigator for Hamden Adult Education supports each participant through scheduled “Office Hours” using the Zoom platform. During these office hours participants and the Career Navigator meet “live” online to discuss lessons, review learning, and address any questions. For optimal success, participants should have: reliable internet, a laptop or desktop computer (tablets will work but the small screen makes completing the activities more challenging. Access to a printer is desirable).

It is suggested that participants plan to complete two lessons per week (approximately 3 hours) and schedule an additional hour for “office hours.” The length of time to complete an entire workshop will vary depending on student need but averages about 24 hours per workshop. Once a participant is registered for a workshop, they will be contacted by the Career Navigator for a short orientation session. Participants will receive the link to each Workshop by email.

WORKSHOP #1 - CAREER EXPLORATION - 12 LESSONS

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.

WORKSHOP #2 - DEVELOP YOUR CAREER PATH AND JOB SEARCH STRATEGIES - 11 LESSONS

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.

WORKSHOP # 3 - CREATE A CAREER PORTFOLIO AND INTERVIEWING SKILLS - 11 LESSONS

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.

The Steps to Success program is free to those students who don't have a US high school diploma, all others will pay \$25. For more info or to register call 203.773.9211 ex. 1139

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

AS OF JULY 1, 2021, STUDENTS MUST EARN A TOTAL OF 23 CREDITS

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

Spring 2021 - Term 2 Registration
February 23rd and February 24th 6:00 pm
Call to schedule an appointment

Fall 2021 - Term 1 Registration
August 10th and August 11th 6:00 pm
Call 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 an information session.

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 - 12:00 pm OR
Tuesday, Wednesday & Thursday
6:30 pm - 9:00 pm

Call 203-773-9211 ext. 1139
to make an appointment

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

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

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 April 15th and balance is due by first night of class. Class will be held two evenings per week starting in May.***

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

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
#1003**

**5 wks
Apr 1**

**6-9 pm
Thur., HHS rm A112**



Resident \$200

Non-resident \$205

New: Security Officer License Training

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. **No senior discount given.**

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.

#1001A – March 23 and March 25

#1001B - April 13 and April 15

#1001C - June 1 and June 3

5:30 – 9:30 PM

HHS rm A112

INSTRUCTOR: L. Bonito

Resident \$125

Non-resident \$130

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. 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. **No senior discount given.**

#3001 2 sessions May 4 L. Bonito
HHS mA112 Tues. & Thur., 6-9 pm
Resident: \$150 Non-resident: \$155

Other dates are available for the Guard Card and CPR classes.



Real Estate Training



Pre-Licensing 60 hour State Approved Class

This course is one of the first approved live/virtual Real Estate classes in the State! It covers the major aspects of the real estate industry and prepares you for the State licensing examination and meets the 60 hour requirement for licensing.

It also provides excellent information for those interested in personal real estate planning and investing. You will also learn the latest and most relevant trends in real estate.

To take the State licensing examination you must be 18 years of age or older.

Textbooks/Ebooks are included in the cost of the class. Students must have a computer/tablet/phone with a camera and an email address to receive Zoom invitations and materials. **No senior discount given.**

#1012 12 weeks Mar 15 Cadema Ed Associates
Remote-Virtual Mon. & Thur., 6-9pm
Resident \$575 Non-resident \$580

Phlebotomy Technician Training



Phlebotomy Technician



Phlebotomy Technicians are an important member of the medical laboratory team.

Their most important duty is to collect blood specimens from patients, and handle the samples properly.

Phlebotomists work mainly in hospitals, medical and diagnostic laboratories, and doctor's offices.

EKG Technician Training



EKG Technician



EKG Technicians serve as valuable members of medical teams in caring for patients hearts.

They administer tests for recording and analyzing eletrical impulses transmitted by the heart.

They are employed at hospitals, doctor offices and medical clinics.

Certified Nurses Assistant Training



CNA



Certified Nurses Assistants are primarily responsible for helping patients with bathing, grooming, toileting, eating and moving.

They work in mainly in nursing homes. Others work as home health aides, caring for patients in their own homes.

Flexible schedule to fit your needs. Class are offered days, nights or weekends. Flexible payment plans are offered too.

Ready to register or want more information on becoming a:
CNA, Phlebotomy Technician,
or EKG Technician?

Call us:

203-407-2028



Bookkeeping Administration

This course will provide an introduction to the concepts and uses of accounting in a business environment. The primary areas of study in this course include analysis of business transactions, recording procedures and the use of ledgers and journals, accounting for sales and purchases, managing cash, payroll, accruals and deferrals, and preparation and analysis of basic financial statements. After completing this course, students will have solid understanding of business and financial accounting and its role in bookkeeping administration.

You will learn how to use QuickBooks Online plus by completing two monthly accounting cycles. Preparing payroll and creating a new company will also be covered. Prior to taking this course, you should be familiar with the accounting cycle and how it is related to a business. While no prior knowledge of QuickBooks Online is required, it will be beneficial to have an understanding of accounting principles.

The majority of this course will be conducted through drill exercises, practice activities and quizzes based on the knowledge you have gained through completing each chapter. Be prepared for a thorough, and extensive hands-on experience throughout the journey of completing this QuickBooks course.

All classes are online, either self-paced or instructor-led.

For more information, please contact Maggie at (804) 381-5781 or mmyers@protrainedu.org or find us online at hamden.theknowledgebase.org



Dental Assistant

As a member of the dental care team, Dental Assistants are responsible for helping prepare patients for dental procedures, and often assist with the procedures themselves. Depending on the type of dental office, the dental assistant may even be involved in laboratory or surgical procedures. However, regardless of the specialty, the dental assistant is responsible for providing direct patient care while working alongside the dentist.

This course will provide you with the information and skills necessary to serve in this capacity. You will learn how to prepare patients for treatment, including taking X-rays and preparing the necessary equipment for each procedure. You will learn about oral health and prevention techniques and the role of proper nutrition in dental health. Nutrition affects the entire body as well as the oral cavity. You will also learn about the various dental specialties and the specific responsibilities of the dental assistant in each area of specialization. Lastly you will focus on strategies, techniques, and practices you will need when helping run a dental practice.



All classes are online, either self-paced or instructor-led.



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Medical Terminology Bundle

Go to:

www.ed2go.com/Hamden

If you have ever had trouble memorizing medical terms, this series is for you. You'll learn medical terminology from an anatomical approach by looking at each root term, its origin, a combined form, and an example of non-medical everyday usage. Learn medical terminology related to all 11 of the body's organ systems, and review different diagnostic and treatment procedures for each system. This series of courses includes lessons and activities designed to help you understand and remember the medical terminology you learn.

Medical Terminology: A Word Association Approach course will teach you to understand medical terminology as it pertains to each body system. Using graphics and study tips, you will not only learn definitions and root terms, but also their application in the medical world. Learning blocks are used to condense information and to help isolate what you need to know verses what is nice to know. You will be provided with fun and unusual facts to help you remember the medical terminology in unique ways. You will have opportunities to see how medical terminology is used in the real world through case study assignments and will be provided with flashcards to help you study. The knowledge gained in this course will help you take the next step in your medical career or education.

Medical Terminology II: A Focus on Human Disease - Take a journey through the human body and learn medical terminology related to all 11 of its organ systems. In this course, we discuss diseases of the cardiovascular, lymphatic, respiratory, nervous, skeletal, muscular, integumentary (skin), urinary, digestive, and male and female reproductive systems. We'll also go over different diagnostic and treatment procedures for each system. As you progress through the course, you'll learn the meaning of many prefixes, root words, and suffixes, and you'll greatly increase your medical terminology vocabulary! To reinforce your learning, the lessons include activities and assignments designed to give you additional practice in understanding and remembering the medical terminology taught in this course. By the end of this course, you'll find that you have greatly increased your knowledge of medical terminology as well as broadened your understanding of human disease!



Students with ASD (Autism Spectrum Disorder)

[http://www.yougotclass.org/course/index.cfm/Hamden/Students-with-ASD-\(Autism-Spectrum-Disorder\)](http://www.yougotclass.org/course/index.cfm/Hamden/Students-with-ASD-(Autism-Spectrum-Disorder))

Today, every school in America has students who have been diagnosed with ASD (Autism Spectrum Disorder)—a neurological disorder on the autism spectrum. The effects of this disorder vary widely, but it is important for every teacher to understand how to recognize behaviors that may indicate ASD. In this course, you take away strategies for working effectively with ASD students. And you will find out how to work effectively with parents to create the most positive learning environments for children and teens with this disorder. The course is geared for K-12 teachers, but it is also relevant for counselors, faculty in higher education, parents and anyone else interested in understanding this important issue.

Unit 1 -What is ASD

How is ASD diagnosed? What kinds of behaviors are common among ASD students? What experiences are typical for ASD students in school?

Unit 2 -Effective communication and learning environment

What constitutes a comfortable environment? How to tell if your ASD student is feeling lost? Bullying and inclusion

Unit 3 - Effective Interventions

Enforcing the IEP and 504 Plans; Teens and ASD

Unit 4 Working with Parents Listening to Parent Concerns

Understanding Parents' experiences and perspective; Creating Parent/Teacher Teamwork [http://www.yougotclass.org/course/index.cfm/Hamden/Students-with-ASD-\(Autism-Spectrum-Disorder\)](http://www.yougotclass.org/course/index.cfm/Hamden/Students-with-ASD-(Autism-Spectrum-Disorder))



CompTIA
IT Certifications



CompTIA is a globally recognized industry standard for establishing an IT career.

For more information, please contact Maggie at (804) 381-5781 or mmyers@protrainedu.org or find us online at hamden.theknowledgebase.org



COMPTIA A+

This course includes expanded content on growing IT support role including expanded baseline security topics will be covered. The course provides a different approach to define competency in operational procedures including basic disaster prevention, recovery, and scripting basics and a greater dependency on networking and device connectivity.

COMPTIA Network+

The class measures the necessary competencies for an IT professional with approximately nine months experience in network support or administration. Students will learn the knowledge and skills needed to install, manage and troubleshoot a variety of networks on any platform.

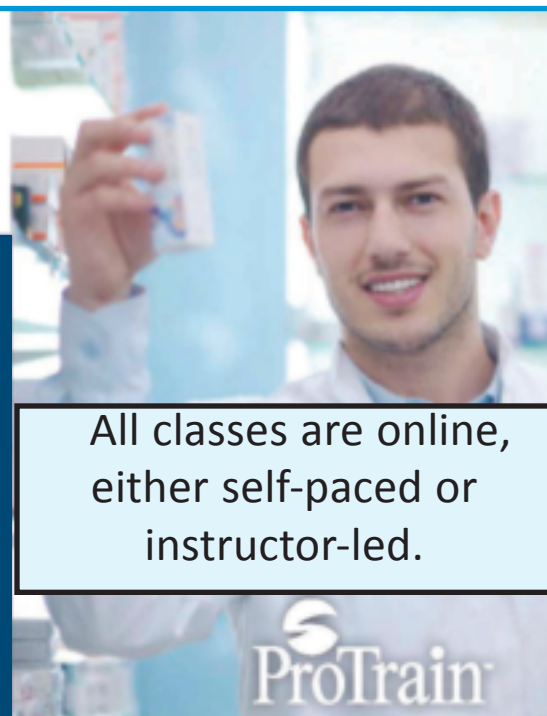
COMPTIA Security+

Gain hands-on expertise by course and performance based labs. Performance based labs simulate real-world, hardware, software & command line interface environments and can be mapped to any text-book, course & training. CompTIA Security+ is an entry-level, international, vendor-neutral credential designed for IT security professionals to identify risk, participate in risk mitigation activities, provide infrastructure, information, operational, and application security. The exam covers the application of security controls to maintain confidentiality, integrity, and availability; identification of appropriate technologies and products; troubleshooting security events and incidents, and many more.

Top Courses

Develop In-Demand Job Skills With an Affordable Certificate

- | | |
|--|---|
| 1. Project Management Professional (PMP) | 14. CompTIA A+ |
| 2. Medical Assistant | 15. Microsoft Office Excel 2016 |
| 3. Medical Billing and Coding | 16. Spanish for Educators |
| 4. Cisco 200-301 - Implementing and Administering Cisco Solutions (CCNA) | 17. Spanish for the Medical Front Office |
| 5. Pharmacy Technician | 18. Medical Administrative Assistant |
| 6. Medical Terminology | 19. Day Care Administration |
| 7. Professional in Human Resources (PHR) | 20. Medical Billing with Terminology and Microsoft Office |
| 8. Certified Associate in Project Management (CAPM) | 21. EKG Technician |
| 9. Associate Professional in Human Resources (aPHR) | 22. Spanish for Manufacturing and Warehousing |
| 10. CompTIA A+ Network+ Security+ | 23. Senior Professional in Human Resources (SPHR) |
| 11. Spanish for Health Care | 24. Investing in Stocks and Bonds |
| 12. AutoCAD Fundamentals Certificate | 25. CompTIA Security+ |
| 13. Bookkeeping Administration | |



All classes are online, either self-paced or instructor-led.



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SPRING PROGRAMS

ONLINE CAREER TRAINING PROGRAMS

Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

CPC CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)

Learn to handle the increasing complexities of healthcare management and medical billing and coding for a competitive edge in the healthcare field.

PHARMACY TECHNICIAN (Voucher Included)

Train to enter this rapidly growing field as a Pharmacy technician, supporting licensed pharmacists in providing health care to patients.

COMPTIA CERTIFICATION TRAINING: A+, NETWORK+, SECURITY+ (Vouchers Included)

Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you for the corresponding industry certification exams.

HUMAN RESOURCES PROFESSIONAL

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR certification exam.

HVACR CERTIFIED TECHNICIAN

A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

CBCS CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)

This is an ideal program for those students new to a medical career. Upon completion, you will be prepared to sit for the CBCS certification exam.

LEAN SIX SIGMA GREEN BELT AND BLACK BELT (Exam Cost Included)

Learn the principles of both Lean Six Sigma Green Belt and Lean Six Sigma Black Belt, before sitting for the certification exams.

CPC MEDICAL BILLING AND CODING (Voucher Included)

Get a foundation of medical vocabulary, to help you better understand doctors' notes and medical record contents and learn essential medical office.

FEATURES INCLUDE:

- Self-paced, Start anytime
- 24/7 Access
- Books and materials included
- Certificate of Completion
- Certification Exam Voucher may be included
- Financial assistance available
- Student Advisors Included
- Industry Recognized Certifications
- Counselors help match your interests



careertraining.ed2go.com/hamden

POPULAR ONLINE COURSES

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Introduction to SQL

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

Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

Speed Spanish

Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency.

Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

Beginning Writer's Workshop

Get a taste of the writer's life and improve your writing skills in this introduction to writing creatively.

Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

Introduction to Microsoft Excel

Become proficient in using Microsoft Excel and discover how to create worksheets, workbooks, charts, and graphs quickly and efficiently.

Computer Skills for the Workplace

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

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, graphs, PivotTables, Slicers, Sparklines, AutoFilter, macros, and other advanced Excel functions.

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

Human Anatomy and Physiology

Learn the basic characteristics of the four main types of tissues, the general and special senses, cellular metabolism, body chemistry, and significant events in the life span, from fertilization through old age.

SAT/ACT Prep Course

Master the reading, writing, English, and science questions on the ACT and new SAT.

Explore a Career in Medical Coding

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

Medical Terminology:

A Word Association Approach

Prepare for a career in the health services industry by learning medical terminology in a memorable and enjoyable fashion.

Visit our website for more courses and view start dates for the courses that interest you!

www.ed2go.com/Hamden

www.hamdenadulted.org

SKILLS
FOR THE 21ST
CENTURY™



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 ARE SOME OF OUR MOST POPULAR COURSES:

Certification in Leadership

Especially geared for future leaders in the Gen Y generation (born 1980-1999), the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society. Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals. Learn the unspoken secrets that leaders know and the strategies they employ/exhibit in for influencing others. You will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.

Bookkeeping Certificate

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting. No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

Certificate in Mastering Microsoft Excel

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Learn how an Excel worksheet is constructed, populated with content, and edited for delivery. Discover how various menu items, commands, settings and processes affects the look of your Excel worksheets and workbooks. Increase your efficiency by learning how to organize, display and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted, by using different data tool techniques. You'll learn a variety of most powerful features to analyze data quickly and easily.

Design Online Instruction

Learn about the online instructional environment, envisioning your online course, developing a web course, phases of design and development, design guidelines, and more. Discover the principles behind the technology innovation and the nature of the online learning environment. Get tips for planning your online course and identifying resources. Discuss the phases of design and development and models, motivating student-student interaction, and managing interaction. Get the latest information on copyright issues, assessment and evaluation.

Podcasting

Businesses are turning to podcasting to grow their brand and connect with customers. People with a niche hobby are turning podcasts into a business. Podcasting is experiencing a rebirth as mobile devices are everywhere. The intimate nature of the audio medium allows potential clients to get to know who you are and determine if you are the kind of company with which they want to do business. his step-by-step class will take you from start to finish and cover the required elements needed to get your show online. Come to class with your idea and end with your show online for all to hear.

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

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

Call to Register 203.407.2028

Keyboarding Typing Skills Made Easy

Learn to type or improve keyboarding skills with this “hand-on” course using the computer keyboard. You will learn to use all ten fingers. Basic typing skills and proper keyboarding habits will be learned and practiced. No computer knowledge is necessary.

S. Bozzuto 5 wks Resident: \$50 Non-resident \$55
Mar 1 #1213N Virtual - Online Mon., 6:30-8:30 pm

Microsoft Excel Made Easy

Create spreadsheets by entering and editing text and numbers; produce formulas using a variety of methods; format and analyze data into useful information. Draw a variety of charts, sort data and access real-time data, such as stock quotes, etc. Check spelling, set margins, create headers and footers, and print versions needed of a worksheet. Windows 2010 and Microsoft Excel 2016 is used. Useful materials included in course fee. No prerequisites: basic keyboarding skills are helpful.

S. Bozzuto 5 wks Resident: \$90 Non-resident \$90
Apr 21 #1208 Virtual - Online Wed., 6:30-8:30 pm

Microsoft PowerPoint

Learn to create, edit, format and view presentations and slides using this fun and easy software. Change layouts, add background styles and insert, move and size clipart/graphics. Use transitions and animations to enhance your presentation and more. Keyboarding skills are helpful. Handouts are included.

S. Bozzuto 3 wks Resident: \$60 Non-resident \$65
Mar 17 #1209N Virtual - Online 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. Ues margins, change margins, set 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.

S. Bozzuto 5 wks Resident: \$80 Non-resident \$85
Feb 3 #1212 Virtual - Online Wed., 6:30-8:30 pm



Check our website for newly added classes



Art of Beautiful Writing - Calligraphy Intermediate Techniques

This class will be fun, relaxed and will inspire you to improve your skills with more creative usage in the comfort of your own home. You will learn various layout and design information in just 6 weeks. Have fun creating swirls and embellishing letters to create beautiful invitations, inspirational poems/quotes, and more. Congratulate yourself on your progress; your writing can only get better. A list of materials will be sent prior to class. ***A list of supplies will be sent prior to class. A \$10 non-refundable fee for calligraphy packet is to be mailed to the instructor.***

J. Little	6 wks	Resident: \$72	Non-resident \$77
May 10	#1401	Virtual - Online	Mon., 6:30-8:30 pm

Art of Beautiful Writing - Introduction to Calligraphy

In difficult times, ART can help relieve our mental anguish. Calligraphy can be a healthy distraction. 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 special occasion. This is a great way to make a first impression. You will learn this beautiful art from the comfort of your home. If you have enjoyed looking at Calligraphy, but have never tried it, you are in for a pleasant surprise. You will have a small, but completed project in just six weeks. ***A list of supplies will be sent prior to class. A \$10 non-refundable fee for calligraphy packet to be mailed to the instructor.***

J. Little	6 wks	Resident: \$72	Non-resident \$77
Mar 29	#1400	Virtual - Online	Mon., 6:30-8:30 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. Fee includes all materials needed and arrangements will be made to get the materials.

Staff	1 session	Resident \$55	Non-resident \$60
May 13	#1424A	Virtual - Online	Thur., 6-8 pm
Jun 1	#1424B	Virtual - Online	Tues., 6-8 pm

Drawing 101

Art is running away without leaving home! In these stressful times, let's use drawing to calm us and take us to new places! Learn to draw or deepen your abilities! This basic drawing class will study weekly a new topic in drawing. We will learn contour drawing, creating value, observational drawing, portraits, figure drawing and then color theory. All you need is a pencil, paper, and a desire and we will create together. Synthesize and relate knowledge and personalize experiences to make art. Learn how to create, refine your artistic work for presentation using various media such as pencil, color pencil and watercolor. ***A supply list will be sent prior to class starting.***

D. Demetriades	6 wks	Resident \$42	Non-resident \$47
Apr 21	#1430	Virtual - Online	Wed., 7-8 pm

Zentangle

In this very stressful time we need to add beauty and calm into our world. Through this on line class the Zentangle Method is an easy-to-learn, relaxing, and fun way to create beautiful images by drawing structured patterns. We call these patterns, tangles. These patterns are drawn on small pieces of paper called "tiles." We call them tiles because you can assemble them into mosaics. We will be creating tiles and then a large illuminated letter suitable for framing for a gift for your self or someone else. many times becoming involved in artworks. Free use of mark-making, with simple, repetitive pattern is common. Artists will shift attention and become focused on their work, creating intricate patterns. ***A supply list will be sent prior to class starting.***

D. Demetriades	6 wks	Resident \$42	Non-resident \$47
Mar 3	#1431	Virtual - Online	Wed., 7-8 pm

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

No Refunds are given after a class begins.

ONLINE REGISTRATION
www.hamdenadulted.org/coursecatalog



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. Hatha Yoga focuses 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
Mar 1	#1600	Virtual - Online	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	13 wks	Resident \$140	Non-resident \$145
Mar 2	#1603HA	Virtual - Online	Tues., 7-8 pm
B. Banick	13 wks	Resident \$140	Non-resident \$145
Mar 4	#1603HB	Virtual - Online	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 \$145
Mar 4	#1639H	Virtual - Online	Thur., 6-7 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
Mar 1	#1644H	Virtual - Online	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
Mar 1	#1640H	Virtual - Online	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
Mar 1	#1641H	Virtual - Online	Mon., 7-8 pm

Gentle, Full Figure Yoga

This class focuses on simple postures that connect body, and mind with the gift of relaxation. Your yoga experience will emphasize breath, beauty, and balance. It is the perfect way to wind down your body and mind. Also included in this class as an added bonus: 1 minute of stretches/mindfulness which you can incorporate into your everyday life!

Staff	8 wks	Resident \$96	Non-resident \$101
Mar 1	#1606A	Virtual - Online	Mon., 6-7 pm
Mar 4	#1606B	Virtual - Online	Thur., 6-7 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. **Senior fee not applicable**

Staff	5 wks	Resident \$130	Non-resident \$135
Mar 22	#1607A	GC at LO	Mon., 1 - 2 pm
Mar 23	#1607B	GC at LO	Tues., 5:15 - 6:15 pm
Mar 24	#1607C	GC at LO	Wed., 11:30am -12:30pm
Mar 27	#1607D	GC at LO	Sat., 10-11 am
May 3	#1607E	GC at LO	Mon., 5:15-6:15 pm
May 4	#1607F	GC at LO	Tues., 6:25-7:25 pm
May 5	#1607G	GC at LO	Wed., 10-11 am
May 8	#1607H	GC at LO	Sat., 10-11 am

Check our website: www.hamdenadulted.org for other days and times.

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
Mar 1	#1614	Soulcraft Studio	M,W 6-7 pm, S 11-12

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
Mar 1	#1613	Soulcraft Studio	M&W, 5:30-6:15 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
Mar 1	#1617	Soulcraft Studio	M & W 7-8pm, S 10-11am

Restorative Yoga

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

Staff	8 wks	Resident \$96	Non-resident \$101
Mar 5	#1632	Virtual - Online	Fri., 6-7 pm

Slow & Steady – Yoga for Right Now

Put your yoga practice to work to help navigate through the quarantine! We will do gentle asana (including stretches and balances), a special pranayama to sooth and calm your nervous system, and meditation or yoga nidra to bring you back to your best self – clear headed, focused and physically stable. *Senior fee not applicable.*

Staff	8 wks	Resident \$96	Non-resident \$101
Mar 3	#1628A	Virtual - Online	Wed., 6-7:15 pm
Mar 6	#1628B	Virtual - Online	Sat., 10-11:15 am

Smiling Spirit/Kripalu Yoga

Kripalu means “compassion” and Kripalu Yoga focuses on what your body can do at this time – no standard routine of postures, no competition with time or the person next to you, no focus other than yourself. Bring yourself to your own edge, wherever that may be for you on this particular day and let that be your teaching. Come safely to this edge, without forcing past it, in each of your practices and you will find that your body progresses, your “edge” advances – as do you. At the same time there is a calming effect, a mental tranquility produced by the practice itself. *Senior fee not applicable.*

Staff	8 wks	Resident \$96	Non-resident \$101
Mar 2	#1640A	Virtual - Online	Tues., 9-10 am
Mar 4	#1640B	Virtual - Online	Thur., 9-10 am

Strong and Fit - Women's Self Defense

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

Staff	8 wks	Resident \$130	Non-resident \$135
Mar 1	#1636	Soulcraft Studio	Thur., 6-7:30pm

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
Mar 6	#1629	Virtual - Online	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	8 wks	Resident \$80	Non-resident \$85
Mar 3	#1627	Virtual - Online	Wed., 10:30-11:45 am

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 \$25 Non-resident \$30
Mar 2 #1800H Virtual - Online 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 18 #1801H Virtual - Online Thur., 7-9 pm

IN THE KITCHEN**Chocolate Raspberry Decadence Cake**

Join Chef Debbie and learn how to make her signature chocolate raspberry decadence cake. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35
Mar 11 #2025H Virtual - Online Thur., 7-9 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. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident \$30 Non-resident \$35
Apr 8 #2007H Virtual - Online Thur., 7-9 pm

Homemade Bow Tie Pasta with Bolonese Sauce

Have you ever wanted to make your own pasta and sauce, but didn't know where to begin? This class is for you! Join Chef Debbie and learn how to make Bow Tie pasta with a Bolognese Sauce. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35
Apr 29 #2034HA Virtual - Online Thur., 7-9 pm



**Check our website for
newly added classes**

Homemade Calzones and Stuffed Breads

Join Chef Debbie and save money as you learn to make your own dough for calzones and stuffed breads as well as home-made sauce. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35
May 27 #2019H Virtual - Online Thur., 7-9 pm

Homemade Gnocci with Vodka Sauce

Have you ever wanted to make your own pasta and sauce, but didn't know where to begin? This class is for you! Join Chef Debbie and learn how to make Gnocci, which is a potato pasta, with a Vodka Sauce. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35
Apr 15 #2035HA Virtual - Online 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. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35
Mar 4 #2009HA Virtual - Online Thur., 7-9 pm
May 13 #2009HB Virtual - Online Thur., 7-9 pm

**Shrimp Scampi with Risotto**

If you love Shrimp and you love risotto you will absolutely love this class! Join Chef Debbie and learn how to make this recipe which calls for some lovely fresh parsley, lemons and of course, lots of fresh garlic. For a slightly different twist on traditional shrimp scampi served over pasta, we will be making risotto with parmesan and garlic to make it extra tasty. *An ingredient list will be emailed prior to class.*

D. Barbiero 1 session Resident: \$30 Non-resident: \$35
Mar 25 #2033H Virtual - Online Thur., 7-9 pm



**No refunds will
be given after a
class has begun.**

ONLINE REGISTRATION

www.hamdenadulted.org/coursecatalog



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
Mar 2 #2200H Virtual - Online Tues., 6-7:30 pm

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

Spanish I

This Spanish class will focus on the skills of reading, speaking, writing and listening. We will explore Spanish culture, vocabulary and grammar to acquire conversation. The instructor will provide all course handouts, so no textbook is required.

M. Ocampo 10 wks Resident \$99 Non-resident \$104
Mar 1 #2203N Virtual - Online Mon., 6-8 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
Mar 2 #2205H Virtual - Online Tues, 6-7 pm

MONEY MATTERS

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, that will be emailed to you. Couples may attend together for a single registration fee.

B Skinner 2 wks Resident \$49 Non-resident \$54
Feb 17 #2406A Virtual - Online Wed., 6:30-9:30 pm
Feb 23 #2406B Virtual- Online Tues., 6:30-9:30 pm

Looking for a New Career

We have several training programs for you to choose from!

See pages 7-14 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 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).

Music at its Best: Why it Works.

The inner life of music - how it effects us the way it does. Many styles are used in this exploration. No formal music background is required. The more varied the background of the participants, the richer the experience.

R. Gangi	8 wks	Resident \$72	Non-resident \$77
Mar 2	#2608H	Virtual - Online	Tues., 7-8:30 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
Mar 2	#2606H	Virtual - Online	Tues., 7-8 pm

PERSONAL ENRICHMENT

Chess 101 - Beginning Chess

This class is designed for adults who are new to the game as well as those who learned it years ago and would like a refresher course! We cover all the basic rules of the game, piece movements, relative values of the pieces, capturing, and of course, the ultimate object of the game – checkmate! You will master the special moves of castling, promotion and en passant. Upon completion of the course you will have a firm grasp of the basics and have confidence that you understand the rules and can play a complete game. ***The Chess Tactics Workbook, expanded 4th edition can be purchased at the first class for \$13.77.***

R. Groff	3 wks	Resident \$60	Non-resident \$65
Mar 3	#2819A	Chess Academy	Wed., 6:30-8:30 pm
May 5	#2819B	Chess Academy	Wed., 6:30-8:30 pm

Chess 102 - Chess Tactics

This class is designed for adult students who are familiar with chess basic rules, who understand check/checkmate and are ready to take their game to the next level by focusing on tactics. You will learn and improve their abilities in deploying tactics such as pins, skewers, double attacks, discovered attacks, decoys, double check, overloaded pieces, interference, zwischenzug and zugzwang! 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	3 wks	Resident \$60	Non-resident \$65
Apr 14	#2841A	Chess Academy	Wed., 6:30-8:30 pm
Jun 2	#2841B	Chess Academy	Wed., 6:30-8:30 pm

Chess Club - See if I Like It

Join members of the Hamden Chess Club for Adult Casual Play. This allows adult students to join in the fun for six weeks without having to make a six month or one year commitment. Learning is “peer-to-peer” from over-the-board play rather than formal classroom instruction. However, each week you will receive two handouts: A Chess Opening and a Checkmating Pattern that you can study and try out in future chess games!

R. Groff	6 wks	Resident \$60	Non-resident \$65
Mar 1	#2846A	Chess Academy	Mon., 6:30-8:30 pm
May 3	#2846B	Chess Academy	Mon., 6:30-8:30 pm

Nutrition for Inflammation In Your Body

Nutrition for Inflammation in Your Body. Arthritis, Weight Gain, Heart Disease, Diabetes, Auto-immune diseases, Infections and many other illnesses cause inflammation in your body. Learn what the root cause may be and how you may be able to help yourself to heal. This class is taught by Certified Nutritional Health, Life Coach and Author.

D. Barbiero	1 session	Resident \$30	Non-resident \$35
Apr 21	#2807H	Virtual - Online	Thur., 7-9 pm

WHOOOPS!

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

Three Day Detox with Real Food

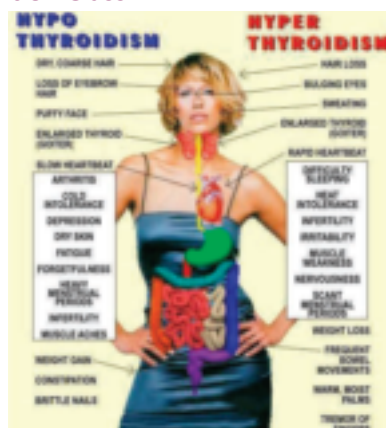
In this class you will learn how to do a 3 Day Detox at your convenience when you are ready. You will learn what foods to eat and what to eliminate during the 3 days you are doing your own Detox. You will get a shopping list and recipes for all three days for breakfast, lunch and dinner. This is a great class if you have been feeling bloated, irritable, having a bit of brain fog or if you would like to get a head start on losing a few pounds. This class is taught by Certified Nutritional Health and Life Coach.

D. Barbiero 1 session Resident \$25 Non-resident \$30
Mar 10 #2821H Virtual - Online Thur., 7-9 pm

Register Early

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

Thyroid Nutrition Class



Nutrition plays a big part in maintaining a healthy thyroid and improving your thyroid health. Learn the symptoms on under-active and over-active thyroids. Learn which are the best foods to eat and eliminate from your diet to feel your best. People with thyroid disease are at a greater risk for unintended weight gain, increased risk for cardiovascular disease and diabetes. underscoring the need to eat a balanced diet and adopt a healthy lifestyle is essential.

D. Barbiero 1 session Resident \$30 Non-resident \$35
May 6 #2822H Virtual - Online Thur., 7-9 pm

High School Completion

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

AHS-CDP

(Adult High School -
Credit Diploma Program)

Complete a minimum of 23 credits and earn a Hamden Board of Education Adult High School Diploma!

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

GED®

(General Educational
Development Diploma Program)

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

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

NEDP®

(National External Diploma
Program)

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

- Structured assignments
- Academic assessment
- Flexible scheduling

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

- Hamden • North Haven • Bethany • Woodbridge • Orange

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
Check www.hamdenadulted.com for the upcoming classes.



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.

AARP Staff 1 session AARP Members: \$20 Non-members \$25
Check www.hamdenadulted.com for the upcoming classes.

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 4	#3001	HHS rm D109	T. & Th., 6-9 pm

HAMDEN HIGH VITA

Starting **January 25**, we will be preparing taxes **virtually** through a secure, encrypted, IRS-approved website: www.getyourrefund.org/HHS-CT

At this website, you will:

- 1 Answer a short set of questions
- 2 Take pictures of your tax documents
- 3 Upload them onto the secure website

The same volunteer team you have used in the past will prepare your taxes and be back in touch for your approval.

Questions? You can reach us at HamdenHighVita@gmail.com.

Stay healthy,
Jim and Mary Ann Emswiler





Resources and Information for Hamden Parents with Young Children

Hamden Childcare and Preschool:

- 27 Centers vary based on hours, ages served, and fees. For contact information for all centers: www.hamdenyoungchildren.org
- 31 Licensed Hamden Family Childcare Educators who provide childcare in their homes. To find providers: www.211childcare.org, 800-505-1000

Planning to enroll your child in a program this summer or fall...reserve your space now!

Financial Assistance for Childcare

→ **CT Care 4 Kids:** www.ctcare4kids.com, 888-214-5437

Care 4 Kids helps income-eligible working families pay for child care.

→ **Three Grant Funded Programs** offer low- to moderate-cost full day childcare for 3 and 4 year-olds, due to state and local funding: Income requirements and parent fees vary by program. Availability is limited. Children can be added to waiting lists at 2 years old.

- Hamden Public Schools Early Learning Program 203-407-2254
- Sleeping Giant Daycare 203-776-5026
- Tender Care Learning Center 203-281-6602

Hamden Family Resource Center 203-407-3111

www.hamden.org/teaching-learning/family-resource-center Virtual parent and child (5 years and younger) Play and Learn groups, parenting coaching, family fun and educational events

Kindergarten Registration: If your child turns 5, on or before January 1, 2022, he/she starts kindergarten in August 2021. You can register online: www.hamden.org/resource/register **AFTER February 15th**

Questions about your child's development, newborn to age four?

Infants and Toddlers – CT Birth to Three: www.birth23.org, 800-505-7000

Preschoolers (3 and 4 year-olds) – Hamden Public Schools Preschool Special Education: Judith Antignani, 203-407-2010

Ages & Stages: Free Developmental Screening tool helps parents understand how your child communicates, explores, learns, plays and moves. This tool can be completed on your own, with phone support or via ZOOM.

Hamden Family Resource Center 203-407-3111 or Hamden's Partnership for Young Children 203-407-7733



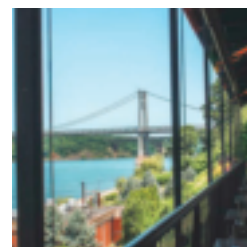
Information about these and many other topics available at
www.hamdenyoungchildren.org

Follow us on Facebook!

Sign up to receive email updates on Hamden resources, services, and activities of interest to Hamden families with young children
hamdenkids@gmail.com



Hudson River Cruise Poughkeepsie, NY



Enjoy a pre-cruise Sunday brunch at Shadows on the Hudson in Poughkeepsie, NY. This breathtaking waterfront restaurant is perched on a cliff of forty feet above the Hudson River with truly grand views. Sample Menu: Belgian waffles, pastries, scrambled eggs, sausage, bacon, home fries, vegetables, hot entrees, mixed green salad, fresh fruit, pasta ala vodka and carving stations. Extravagant mini-dessert display including: NY style cheesecake, key lime tart, strawberry shortcake, pecan turtles, vanilla crème brulee, berry tartlets and assorted chocolate cakes.

All aboard the Rip Van Winkle departing from Kingston, NY heading south to Hyde Park and return. Our narrated cruise will take us by beautiful views of Hudson River lighthouses, waterfront mansions and other amazing sites as we lazily glide along the water.



#5021

Sunday, June 13

\$132

Pick-up at HHS parking lot at 8:45 am and will return at 7:30 pm. All times are approximate.

Note: No refunds for this trip after May 5.

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.



We will have lunch at Warren's Lobster House in Kittery, ME. Lunch will include: salad, freshly prepared pumpkin bread, dessert and coffee or soda, and your choice of: Ritzy Filet of Haddock, Crab Crusted Salmon, or Chicken Parmesan.

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



#5018

Saturday, July 10

\$122

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

No refunds for this trip after June 5.

Block Island Block Island, RI



ENJOY A FUN DAY ON BLOCK ISLAND!

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 where we will be having lunch. The menu is Clam Chowder, Vegetable, Rice, Dessert, Beverage and your choice of: Chicken Breast, Seafood Casserole or Grilled Salmon.

We will board our private island bus for a guided tour of this special island and time to shop before boarding our return ferry.



#5020

Saturday, August 28

\$145

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 July 15.

Comments or Suggestions?

We would love to hear from you!



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

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.



Leave message at 203.407.7733 hamdenkids@gmail.com
www.hamdenyoungchildren.org

Follow us on



Join the Partnership and work with those who live or work in Hamden to improve the health, safety, early care, and Education of Hamden's young children.

Contact us to find out about Hamden programs for children five years old and younger including, pre-school, childcare, home visiting, parenting support and special education. We can also direct you to school age child care options.

Join our mailing list to receive announcements about community events and resources 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 PROGRAM

The Hamden Early Learning Program is a NAEYC Accredited year round program that operates 50 weeks a year, from 7:30-5:30 pm, Monday through Friday. We have 9 locations Alice Peck, Helen Street School, Church Street School and Dunbar Hill School.

The program's monthly tuition range is up to \$900. A sliding fee scale is offered along with some School Readiness slots. Tuition is based on the family annual income and current tax return, pay stubs, budget or award letter is required. Fees are determined based on the family size and income.

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 or email jcordero@hamden.org



THE FAMILY RESOURCE CENTERS OF HAMDEN



Register for:

- * Virtual Play & Learn Groups for infants, toddlers and pre-schoolers
- * Raising Reader Program
- * Circle of Security
- * What You Do Matters!
- * Individualized Parenting Coaching to support your child's development and parenting skills
- * Virtual Family Literacy Conversations in collaboration with 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**

HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, 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

203.287.2546

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

KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

COMMUNITY DEVELOPMENT

Adam Sendroff, Community Development Manager
203.562.5129 ext. 1123 asendroff@hamden.com
www.hamden.com/communitydevelopment

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, Coordinator
203.562.5129 ext. 1111 ylopes@hamden.com

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

- Camp Scholarships
- Financial Wellness
- Emergency Services
- Health and Nutrition Initiatives
- Thanksgiving Food Baskets
- Computer Lab
- Fuel Assistance
- Hamden Food Bank
- Rental Assistance
- Utility Assistance
- Diaper Bank
- Holiday Toys

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 & Training Program
- Volunteer & Community Service
- Free Books and School Supplies
- Hamden-North Haven Collaborative
- Hamden Youth Network
- Juvenile Review Board



NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

North Haven Senior Center mission is to respond to the ever-changing needs of the Town's 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

2040 Dixwell Avenue

Hamden, CT 06514

Checks, Money Orders and MasterCard/VISA/Discover Accepted

IN PERSON

Hamden Adult Education Office

Monday - Thursday 8 am - 3 pm

Friday 7 am - 2 pm

PHONE (203) 407-2028

FAX (203) 407-2056

Master Card/VISA/Discover



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 31 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

Call to Register 203.407.2028

Eligibility:

Hamden Adult Education programs are open to all residents of Hamden, North Haven, Bethany, Orange and Woodbridge who are over 17 years of age. Non-residents are welcome to participate in the enrichment program.

Tuition and Fees:

Persons enrolled in Pre-GED®, 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.hamdenadulthood.org or <https://www.facebook.com/hamdenadulthood>

Our Refund Policy:



- 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@hamdenadulthood.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 unforeseen circumstances or low enrollment. See Storm Day Policy for cancellations due to inclement 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.

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.

Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

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.

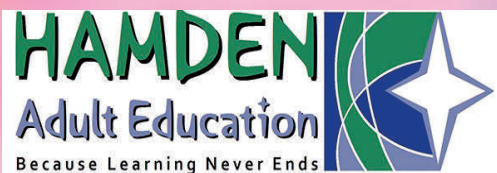
Returned Check Policy:

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.*

* Hamden Board Policy P-1331 adopted 1/12/97.



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

*2040 Dixwell Avenue
Hamden, CT 06514*

Personal Enrichment

**ECRWSS
Residential Customer**

ESL

Fitness

Career Certificates

High School Completion

Languages

Trips

What Will You Do?

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