



# *Hamden-North Haven Adult & Continuing Education*

*Fall 2021*

*What Do You See Yourself Doing?*

*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](mailto: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](http://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](mailto:rwebb@hamden.org)

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

## STAFF

Director  
LuAnn Gallicchio  
Administrative Secretaries  
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Doreen Van Horn  
Maria Ferraro - North Haven

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Superintendent - North Haven  
Patrick Stirk

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# Fall 2021 Calendar

August 24

Adult High School - Classes Begin

August 26 - HHS - No classes

October 5 - 6

Adult High School

Term 2 Registration

March 1

Enrichment classes begin

October 26 -

Adult High School

Term 2 classes begin

November 17

HHS Conferences - No Classes HHS

December 8-9

Adult High School

Spring 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 meets virtually on Wednesdays**  
**6:00 PM - 8:00 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**

**Free babysitting for children of students registered in morning classes at Keefe Learning Lab.**



**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](http://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.

### CAREER EXPLORATION

You 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. You will use the assessment results to narrow down possible career options.

### DEVELOP YOUR CAREER PATH AND JOB SEARCH STRATEGIES

You 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. You will gain skills in the following areas: job search strategies, internet search skills, telephone skills, and networking. You will be supported in using local resources such as the American Job Center in order to improve your skills in the job-hunting process.

### CREATE A CAREER PORTFOLIO AND INTERVIEWING SKILLS

You will create employment documents including resumes, cover letters, and thank-you letters. You will also gain an understanding of the importance of professional communication as well as improving 21st century communication skills. (email, memos, netiquette). This workshop will provide you tips to improve interview performance, such as understanding body language, appropriate attire and punctuality. You will practice interview skills through role-playing.

### ENHANCE YOUR DIGITAL LITERACY SKILLS

Digital skills help allow for easier communication, collaboration, creativity, and critical thinking through the use of technology, which plays an important role in preparing you for the jobs of today and tomorrow.

**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 23 CREDITS

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

**Fall 2021 - Term 2 Registration**  
**October 5 and October 6 6:00 pm**

**Spring 2022 - Term 1 Registration**  
**December 7 - December 8 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:**

**9/23, 10/21, 12/18 or 12/16**

**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](http://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.

**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 September 1<sup>st</sup> and balance is due by first night of class. Class will be held Tuesday and Thursday evenings per week starting in September 9.***

**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  
October 7

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.

#1001H – October 5 and October 7

5:30 – 9:30 PM

HHS rm A112

#1001N - November 30 and December 2

5:30 – 9:30 PM

NHHS rm 107

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. **First night is virtual and second night is in person. No senior discount given.**

#3001      2 sessions      Oct 18      L. Bonito  
HHS rm A112      Mon. & Thur., 5:30-8:30 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      Sep 9      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



## Medical Billing and Coding

Medical Billing and Coding Career Prep Complete is a growing career field with numerous job opportunities. This course combines the basics of medical coding, medical billing, and medical terminology to provide a comprehensive program that will prepare you to work as a Medical Coding and Billing Specialist in a professional medical office. In this course, you will learn about the necessary medical terminology, insurance guidelines and compliance requirements, medical billing functions, and legal and ethical issues. Upon completion of this course, you will be fully prepared to begin working in a professional medical office. Students will be prepared to take the NHA Billing and Coding Specialist Certification (CBCS) national certification exam

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

For more information, please call (800) 371-2963 option 1, email [info@protrainedu.org](mailto:info@protrainedu.org) or find us online at [hamden.theknowledgebase.org](http://hamden.theknowledgebase.org)



## Certified Information Security Manager

The ISACA Certified Information Security Manager (CISM) exam is designed to certify the competency of security professionals to manage designs; oversee and assess an enterprise's information security. The exam covers competency in the following domains: Information Security Governance; Information Security; Incident Management; Information Risk Management and Compliance; Information Security Program Development and Management.

Level-Up Your  
Security  
Career with a  
CISM  
Certification



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



For more information, please call (800) 371-2963 option 1, email [info@protrainedu.org](mailto:info@protrainedu.org) or find us online at [hamden.theknowledgebase.org](http://hamden.theknowledgebase.org)



## Patient Care Technician Training



Patient Care Technician

Patient Care Technician is the combination of: CNA, Phlebotomy and EKG.

This program is most useful for those who are interested in working in a hospital setting.

The course certification exam is National Healthcareer Association and is taken after you complete the EKG portion of this program.

Flexible schedule to fit your needs. Class are offered days or nights. Payment plans are offered.

Ready to register or want more information on becoming a Patient Care Technician?  
Call us: 203-407-2028

## Upcoming Training Opportunities

### Medical Terminology

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.

### Medical Assistant

Administrative Medical Assisting is one of the fastest growing careers in the health care industry today. The need for professionals that understand how to utilize computerized medical office software and perform administrative office procedures is growing substantially. Physician practices, hospitals, chiropractic practices, and other health care providers all depend on administrative professionals for day-to-day-support. In the Administrative Medical Assistant course you will learn medical terminology, patient confidentiality, scheduling, customer service, basic patient documentation, and basic billing as well as other administrative duties required by front office personnel.

If you are interested in getting more information-  
Call us: 203-407-2028

## OSHA 10 Hour Online Training



**OSHA 10-Hour Construction Training** is designed for entry-level workers in construction, demolition, building development and other fields in the construction industry.

**OSHA 10-Hour General Industry Training** is appropriate for workers in the following fields: healthcare, factory operations, warehousing, manufacturing, storage and more. Enrollment and completion of OSHA 10 General Industry Training will help educate workers to predict, prevent, identify and stop possible common worksite hazards.

Participants successfully completing the course requirements can immediately download and print your certificate of completion while you wait to receive your official OSHA 10 card in the mail.

*Available in English and Spanish.*

## OSHA 30 Hour Online Training



**OSHA 30-Hour Construction Training** can be beneficial for a variety of workers, such as those in construction, building development and other related fields. Our OSHA 30-Hour Construction course promotes a safe and healthful work environment by teaching workers how to identify, predict and avoid hazards in the workplace.

**OSHA 30-Hour General Industry Training** is designed to educate workers on workplace and jobsite safety. You will become familiar with recognizing, avoiding, preventing and stopping potential jobsite hazards.

Participants successfully completing the course requirements can immediately download and print your certificate of completion while you wait to receive your official OSHA card in the mail.

*Available in English and Spanish.*

To register for these classes, please call (203) 407-2028 or  
(203) 773-9211 ext. 1146



SKILLS  
FOR THE 21<sup>ST</sup>  
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:**

**Coding Certificate**

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one’s chances of becoming a higher value to organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step by step process of hand coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language.

**Certificate in Teaching Adults**

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

**Supervisory and Leadership Certificate**

Your employees are your most valuable resources. Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Get practical, easy to understand, and insightful methods for new and even experienced supervisors and managers. Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor’s role and responsibilities, and strategies for improving your overall effectiveness as a leader. Take home practical information along with tips and techniques that can be applied at your job immediately.

**Instruction to 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. Discover the basics of web design using HTML and CSS. The No prior knowledge of HTML or web design is required. Throughout the course you will get the info you need to plan and design effective web pages. Come away knowing how to implement web pages by writing HTML and CSS code. And discover ways to enhance web pages with the use of page layout techniques, text formatting, graphics, and images.

**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**

## 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](http://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!

Prices start as low as: \$94

[www.ed2go.com/Hamden](http://www.ed2go.com/Hamden)



## 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 internet, email 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. No prior knowledge required. [Bring a USB drive to save your work.](#)

S. Bozzuto 4 wks Resident: \$72 Non-resident \$77  
Oct 6 #1200N NHHS rm 104 Wed., 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  
Oct 7 #1201H HHS rm C203 Thur., 6-8 pm

## Microsoft Excel 2019 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, sort/filter, use basic formulas, create formulas and graphs and more. Prerequisite - type at a reasonable speed and have basic computer skills. [Bring a USB drive to save your work.](#)

M. Hatton 5 wks Resident \$90 Non-resident \$95  
Nov 9 #1206H HHS rm C203 Tues., 6-8 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; produce formulas using a variety of methods and more. No prerequisites: basic keyboarding skills are helpful. [Bring a USB drive to save your work.](#)

S. Bozzuto 4 wks Resident: \$72 Non-resident \$77  
Oct 4 #1208N NHHS rm 104 Mon., 6:30-8:30 pm

## Microsoft PowerPoint

Learn to create, edit, format and view presentations and slides using this fun and easy software. Change layouts, add background styles and insert, move and size clipart/graphics. Use transitions and animations to enhance your presentation and more. Keyboarding skills are helpful. Handouts are included. [Bring a USB drive to save your work](#)

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

## Microsoft PowerPoint 2019 Beginner

Microsoft PowerPoint is a fun and easy to use presentation software program. You will learn slide/text basics, how to apply themes/backgrounds, insert images, apply transitions, how to create simple and elaborate presentations, text/entrances/exits, emphasis, add sound, add timings and animated graphics, and lots more! Prerequisite - type at a reasonable speed and have basic computer skills. [Bring a USB Flash Drive to class.](#)

M. Hatton 5 wks Resident: \$90 Non-resident \$95  
Oct 6 #1209H HHS rm C203 Wed., 6-8 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, 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. [Bring a USB drive to save your work.](#)

S. Bozzuto 4 wks Resident: \$64 Non-resident \$69  
Nov 3 #1212N NHHS rm 104 Wed., 6:30-8:30 pm



## Beginning and Intermediate Oil Painting

Paint a subject of your choice, using an 8x10 or larger photo reference. Learn canvas and painting techniques, including color mixing, application, and composition. Instructor will provide individual and class 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	6 wks	Resident \$72	Non-resident \$78
<b>Oct 18</b>	<b>#1425NA</b>	<b>NHHS rm 116</b>	<b>Mon., 6-8 pm</b>
P. Meglio	5 wks	Resident \$60	Non-resident \$65
<b>Nov 16</b>	<b>#1425NB</b>	<b>NHHS rm 116</b>	<b>Tues., 6-8 pm</b>

## Beginners/Intermediate Drawing

Learn to draw starting with basic shapes using pencils and charcoal, create a value scale learn shading and size proportions using still life setups, and learn the basics of linear perspective. **Bring a 12" or 14" drawing tablet, vine charcoal, HB and 6B pencils.**

P. Meglio	5 wks	Resident \$72	Non-resident \$77
<b>Oct 5</b>	<b>#1426N</b>	<b>NHHS rm 116</b>	<b>Tues., 6-8 pm</b>



## 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 \$30 materials fee is included in the price of the class. Bring a roll of paper towels.**

C. Kozak	1 session	Resident \$60	Non-resident \$65
		<b>HHS rm B104</b>	
<b>Oct 5</b>	<b>#1404HA-Autumn Time</b>		<b>Tues., 6-8:45 pm</b>
<b>Nov 16</b>	<b>#1404HB-Peaceful Valley</b>		<b>Tues., 6-8:45 pm</b>
<b>Dec 2</b>	<b>#1404HC-Winter Glow w/cabin</b>		<b>Thur., 6-8:45 pm</b>



1404HA



1404HB



1404HC

## 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
<b>Oct 5</b>	<b>#1403H</b>	<b>HHS rm D111</b>	<b>Tues., 6:30-8:30 pm</b>

## DIY Ornament Workshop

We will be creating three different glitter and floating ornaments in this workshop. Learn to use crafting staples like glitter, ink, acetate and vinyl to create three fun, elegant and personalized ornaments to commemorate a special occasion, to give as a gift, or to adorn your holiday tree. **A \$5 non-refundable materials fee is included in the cost of this class and will cover the cost of ornaments, glitter, paint, acetate, ink and vinyl.**

J. Stratton	1 session	Resident \$35	Non-resident \$40
<b>Nov 4</b>	<b>#1422NA</b>	<b>NHHS rm 114</b>	<b>Thur., 7-9 pm</b>
<b>Nov 9</b>	<b>#1422HB</b>	<b>HHS rm B106</b>	<b>Tues., 7-9 pm</b>



## DIY Wood Sign Workshop

Design your own version of a rustic farmhouse-style wood sign! Paint a kitchen or holiday inspired themed sign, an inspirational phrase or perhaps your family's name on a painted 12" x 12" birch wood base using a customized stencil cut just for you. Display this charming and trendy art in your own home or create a handcrafted personalized gift for the holidays or a special occasion that will be treasured. **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
<b>Nov 16</b>	<b>#1405H</b>	<b>HHS rm B103</b>	<b>Tues., 7-9 pm</b>



## Drawing 101

Tap into the inner artist in YOU! If you have always wanted to know the basics of drawing this class is for you! Enjoy and relax while you learn the basics of drawing - figure drawing, portraits, value and overlapping colors. **A supply list will be sent prior to class starting.**

D. Demetriades	6 wks	Resident \$42	Non-resident \$47
<b>Nov 4</b>	<b>#1430</b>	<b>Virtual - Online</b>	<b>Thur., 7-8 pm</b>

## Fun 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 bunnies to hats and everything in between. Special requests are encouraged. Balloons and pump are supplied. **A \$10 materials fee to be paid to instructor first night of class.**

N. Prete	2 wks	Resident: \$30	Non-resident \$40
<b>Oct 19</b>	<b>#2840H</b>	<b>HHS rm B105</b>	<b>Tues., 6-7 pm</b>

## Scrapbooking

Scrapbooking is a fun craft that allows you to create beautiful photo albums. Learn to sort, select, and embellish photos utilizing the right tools to create a beautiful scrapbook page. Bring five photos to class and let the fun begin. *A supply list will be sent prior to class starting.*

M. Padilla 1 session Resident \$25 Non-resident \$30  
**Oct 7 #1432N NHHS rm 114 Thur., 6:30-8:30pm**

## 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.

C. Aiello 1 session Resident \$55 Non-resident \$60  
**Oct 19 #1424H HHS rm D104 Tues., 6-8 pm**

## Simple Origami

Become skilled in the art of origami. Basic objects made from paper, dollar bills and napkins. Origami figures are simple to make. *A \$5 materials fee to be paid to instructor first night of class.*

N. Prete 2 wks Resident: \$35 Non-resident \$40  
**Oct 19 #2844H HHS rm B105 Tues., 7-8 pm**

## Soy Candle Making 101

Using soy wax, learn how to pour, scent and create 2 of your very own candles. Each candle burns over 25 hours each. There will be over 80 scents available to choose 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  
**Oct 20 #1427H HHS rm B106 Wed., 7-9 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. 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  
**Oct 4 #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 10 wks Resident \$140 Non-resident \$145  
**Oct 7 #1603H HHS 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 10 wks Resident \$140 Non-resident \$145  
**Oct 4 #1639HA HHS Mon., 6-7 pm**  
 B. Banick 10 wks Resident \$140 Non-resident \$145  
**Oct 6 #1639HB HHS Wed., 6-7 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 wear dress shoes. Women, please wear ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.*

JJ Hsu 10 wks Resident \$100 Non-resident \$105  
**Oct 4 #1640H Virtual - Skype Mon., 6-7 pm**

## WHOOOPS!

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

Call to Register 203.407.2028

## Ballroom Dance - Beginner Salsa, Merengue and Bachata

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

JJ Hsu	10 wks	Resident \$100	Non-resident \$105
<b>Oct 4</b>	<b>#1644H</b>	<b>Virtual - Skype</b>	<b>Mon., 8-9 pm</b>

## 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 wear dress shoes. Women, please wear ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.*

JJ Hsu	10 wks	Resident \$100	Non-resident \$105
<b>Oct 4</b>	<b>#1641H</b>	<b>Virtual - Skype</b>	<b>Mon., 7-8 pm</b>



## 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
<b>Oct 4</b>	<b>#1606A</b>	<b>Virtual - Online</b>	<b>Mon., 6-7 pm</b>
<b>Oct 7</b>	<b>#1606B</b>	<b>Virtual - Online</b>	<b>Thur., 6-7 pm</b>

## 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
<b>Sep 13</b>	<b>#1607A</b>	<b>GC at LO</b>	<b>Mon., 5:15 - 6:15 pm</b>
<b>Sep 14</b>	<b>#1607B</b>	<b>GC at LO</b>	<b>Tues., 12:45 - 1:45 pm</b>
<b>Sep 15</b>	<b>#1607C</b>	<b>GC at LO</b>	<b>Wed., 10 - 11 pm</b>
<b>Sep 16</b>	<b>#1607D</b>	<b>GC at LO</b>	<b>Thur., 12 - 1 pm</b>
<b>Sep 16</b>	<b>#1607E</b>	<b>GC at LO</b>	<b>Thur., 5:15-6:15 pm</b>
<b>Sep 17</b>	<b>#1607F</b>	<b>GC at LO</b>	<b>Fri., 4-5 pm</b>
<b>Sep 18</b>	<b>#1607G</b>	<b>GC at LO</b>	<b>Sat., 10-11 am</b>

Check our website: [www.hamdenadulted.org](http://www.hamdenadulted.org)  
for other days and times.

## 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
<b>Oct 4</b>	<b>#1613</b>	<b>Soulcraft Studio</b>	<b>M&amp;W, 5:30-6:15 pm</b>

## 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
<b>Oct 4</b>	<b>#1614</b>	<b>Soulcraft Studio</b>	<b>M,W 6:30-7:30 pm, S 11-12</b>

## 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
<b>Oct 4</b>	<b>#1617</b>	<b>Soulcraft</b>	<b>M&amp;W 7:30-8:30pm, S 10-11am</b>

## 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
<b>Oct 8</b>	<b>#1632</b>	<b>Virtual - Online</b>	<b>Fri., 6-7 pm</b>

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



### 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
Oct 6	#1628A	Virtual - Online	Wed., 6:30-7:45 pm
Oct 9	#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 \$80	Non-resident \$85
Oct 5	#1640A	Virtual - Online	Tues., 9-10:15 am
Oct 7	#1640B	Virtual - Online	Thur., 9-10:15 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 Jujitsu, 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
Oct 7	#1636	Soulcraft Studio	Thur., 6:30-8 pm

### Tap for Beginners

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

C. Furtak	5 wks	Resident \$45	Non-resident \$ 59
Oct 5	#1604HA	HHS rm C111	Tues., 7:20-8:20 pm
Nov 9	#1604HB	HHS rm C111	Tues., 7:20-8:20 pm

### Tap - Intermediate

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	10 wks	Resident \$90	Non-resident \$113
Oct 5	#1609H	HHS rm C111	Tues., 6:15-7:15 pm

### 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
Oct 4	#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
Oct 6	#1627	Virtual - Online	Wed., 10:30-11:45 am

Check our website for  
newly added classes



**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  
**Oct 5 #1800H HHS A112 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  
**Oct 6 #1801H Virtual- Online Wed., 7-9 pm**

**IN THE KITCHEN****Authentic Italian Cooking**

Join Chef Maryann and learn to make Authentic Italian dishes, with such favorites as Chicken Caccitore, Stuffed Peppers, Eggplant Parm, Old Fashion Italian Meat Sauce, also class. **A \$45 non-refundable consumable fee is payable first night of class.**

M. Ciarleglio 5 wks Resident \$90 Non-resident \$95  
**Oct 6 #2029N NHHS rm 109 Wed., 6:30-8:30 pm**

**Beginners Cake Decorating**

Learn the fundamentals of cake decorating, using buttercream icing. Practice piping stars, shell borders and flowers during the first week. Apply techniques on an 8 in. cake during second class. **Supply list will be sent prior to first class.**

M. Padilla 2 wks Resident \$41 Non-resident \$46  
**Nov 16 #2031N NHHS rm 109 Tues., 6:30-8:30 pm**

**Chicken Cacciatore**

Join Chef Debbie and learn how to make one of her signature dishes, chicken cacciatore. **An ingredient list will be emailed prior to class.**

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Nov 18 #2025H Virtual - Zoom Thur., 7-9 pm**

**Cupcake Decorating**

In this fun class you will learn to decorate cupcakes using buttercream icing. Practice piping stars, shell borders and flowers to create fun and beautiful cupcakes for any occasion. **Supply list will be sent prior to class.**

M. Padilla 1 session Resident \$30 Non-resident \$35  
**Oct 12 #2004N NHHS rm 109 Tues., 6:30-8:30 pm**

**French Macaron Masterclass**

Register today and learn the fine art of baking these light-as-air French delicacies known worldwide as French Macarons. These scrumptious almond cookies have a crunchy exterior and weightless chewy interior that can be filled with anything from buttercream to caramel to tangy curds or even ganache.

M. Khan 1 session Resident \$35 Non-resident \$41  
**Oct 5 #2016A Virtual - Online Tues., 6-9 pm**  
**Oct 7 #2016B Virtual - Online Thur., 6-9 pm**  
**Oct 13 #2016C Virtual - Online Wed., 6-9 pm**

**Check our website: [www.hamdenadulted.org](http://www.hamdenadulted.org) for other days and times.**

**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  
**Oct 7 #2009A Virtual - Zoom Thur., 7-9 pm**

**Homemade Stuffed Breads and Calzones**

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

D. Barbiero 1 session Resident: \$30 Non-resident: \$35  
**Oct 28 #2019H Virtual - Zoom Thur., 7-9 pm**

### American Sign Language (ASL)

This course introduces the basics of American Sign Language (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 6 wks Resident \$42 Non-resident \$47  
**Oct 5 #2207N NHHS rm 106 Tues., 6-7 pm**

### Italian For You

If you are looking for a perfect opportunity to improve your language and immerse yourself in its culture, this is the course for you! This course offers a friendly learning approach to Italian culture and language. You will learn practical everyday words and practice dialogue based on typical situations that you would encounter while staying in Italy. At the end of the course, you will be able to greet people, introduce yourself, ask for information, order at a restaurant, tell time, understand train schedules and engage in natural basic conversations. *The required book is FACCILISSIMO by Daniel Krasa, Aldo Riboni.*

M. Lolaico 10 wks Resident \$99 Non-resident \$104  
**Oct 5 #2200H HHS rm D213 Tues., 6-7:30 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  
**Oct 5 #2205H Virtual - Skype Tues, 6-7 pm**

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

## MONEY MATTERS

### Estate Planning, Trusts & How to Protect Your Assests

This course will discuss the importance of estate planning. We will go over different documents involved with proper estate planning, including the different types of trusts, and how they can be used to ensure you stay in control of your health care decisions and can protect your assets.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$30  
**Nov 9 #2411H HHS D109 Tues., 6:00-7:30 pm**

### Medicare Options for 2022

Medicare can be confusing when you don't understand how it works or if you're even more confusing if you don't know what type of plan you're in now! This course will break it down and clear up th econfusion. We'll review the changes for 2022. Open to all adults - whether you're currently on Medicare or will be turning 65!

M. DeGregorio 1 session  
**Oct 26 #2416HA HHS rm D109 Tues., 6:30-8:30 pm**  
**Nov 18 #2416HB HHS rm D109 Thur., 6:30-8:30 pm**

### Medicare Made Simple and Clear - Don't Do It Alone

This seminar will educate you on all for eices of Medicare (A, B,C & D), when to enroll and what plan options are available: Medicare Supplement, Prescription Drug and Medicare Advantage. An educational guide will be provided.

J. Comen 1 session Resident \$25 Non-resident \$30  
**Oct 13 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm**  
**Nov 10 #2418NB NHHS rm 106 Wed., 6:30-8:30 pm**

### Planning for Affordable Long Term Care

A long-term illness is the single greatest threat to your financial security in retirement. 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 ltc 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  
**Oct 13 #2403H HHS rm A112 Wed., 7-9 pm**

### Retirement Planning Today

You've worked hard to provide for your family and save for your future. Now, learn 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 now. You will learn how to define long-term goals and return with practical information you can apply immediately. This course includes an emailed textbook. Couples may attend together for a single registration fee.

B Skinner 2 wks Resident \$49 Non-resident \$54  
**Oct 19 #2406A Virtual - Online Tues., 6:30-9:30 pm**  
**Oct 28 #2406B Virtual- Online Thur., 6:30-9:30 pm**

## Rejuvenate Your Retirement!

This comprehensive course covers key issues for retirees. You discover new ways to stay mentally, physically and socially active, as well as making your money last by learning about important financial topics such as tax planning, investment risk management, maximizing social security and Medicare, and estate planning. You discover how to pursue a more active, healthy and financially secure lifestyle in retirement. Money is one aspect of post-retirement planning. Rejuvenate Your Retirement® discusses fun and fulfilling activities such as travel, hobbies, sports, business ventures and ways to protect yourself against elder fraud abuse. This course includes a robust illustrated workbook. Couples may attend together for a single registration fee.

B Skinner	2 wks	Resident \$49	Non-resident \$54
<b>Sep 30</b>	<b>#2417A</b>	<b>Virtual - Online</b>	<b>Thur., 9:30-11:30 am</b>
<b>Oct 5</b>	<b>#2417B</b>	<b>Virtual- Online</b>	<b>Tues., 1-3 pm</b>

### ONLINE REGISTRATION

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



## Looking for a New Career

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

See pages 7-13 for more information

### PCT

A Patient Care Technician is the combination of: CNA, Phlebotomy and EKG.

This program is most useful for those who are interested in working in a hospital setting. The course certification exam is National Healthcareer Association and is taken after you complete the EKG portion of this program.

### 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.

### OSHA

OSHA training is designed for entry-level workers in construction, demolition, building development and other fields in the construction industry, as well as healthcare, factory operations, warehousing, manufacturing, storage and more.

## MUSIC

### 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
<b>Oct 5</b>	<b>#2608H</b>	<b>HHS rm A114</b>	<b>Tues., 7-8:30 pm</b>

### Violin and Cello - Beginner/Intermediate

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
<b>Oct 5</b>	<b>#2606H</b>	<b>Virtual - via Skype</b>	<b>Tues., 7-8 pm</b>

### ONLINE REGISTRATION

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



## Canine Massage Relaxation Techniques

With families returning to busy lives, dogs can feel insecure. Learn 6 fundamental pet massage techniques to decrease your best bud's stress, while promoting health, greater trust and bonding. For home use only.

L. Schneider	6 wks	Resident \$63	Non-resident \$68
Oct 5	#2855HA	HHS rm D109	Tues., 7-8:30 pm
Nov 4	#2855HB	HHS rm D109	Thur., 7-8:30 pm

## 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. *Chess for Beginners: Know the Rules, Choose the Strategies and Start Winning book is needed and will be available for purchase at the first class for \$17.81.*

R. Groff	3 wks	Resident \$60	Non-resident \$65
Oct 6	#2819A	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! Your are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move! *Chess for Beginners: Know the Rules, Choose the Strategies and Start Winning book is needed and will be available for purchase at the first class for \$17.81.*

R. Groff	3 wks	Resident \$60	Non-resident \$65
Oct 27	#2841A	Chess Academy	Wed., 6:30-8:30 pm

## Chess Club - "Test Drive"

This is for studetns who are familiar with the basic rules of chess, cna play a complete game to checkmate, and wish to Join members of the Hamden Chess Club for Adult Casual Play. Adult students can 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
Oct 4	#2846A	Chess Academy	Mon., 6:30-8:30 pm

## Giants in Contemporary Poetry

Spend a wonderful evening reading and discussing several contemporary poems by the greatest American poets writing today. We will read across cultures, geographic regions, and topics while taking time to discuss the poets' craft and our own interpretations. Broaden your creative mind with these interesting, accessible, and creative poems. Among the prize-winning poets whose work we will consider are Ross Gay, Mary Ruefle, Naomi Shihab Nye, Ada Limón, and Jericho Brown. You will receive an extensive packet of poems to keep, as well as a list of resources to find more poems on your own. This promises to be a delightful experience for all!

J. Allesandrine	1 session	Resident \$25	Non-resident \$30
Nov 18	#2854H	HHS rm A112	Thur., 6:30-8:30 pm

## Interview Skills/First Impressions Workshop

Do you get worried when going to a job interview? Make your first impression Count. I worried, then I meet an Executive Recruiter for Business Owners, Vice Presidents and CEO's of major companies. Here are a few tips. They have 3 seconds to look at your resume, 5 seconds to make a Decision if they like you, trust you, or will do business with you. Within 20 seconds a decision is made to hire you or not. Learn proper Body language, gestures, handshakes, correct attire, and more. Sign-up, and Get Hired. Certificate upon completion.

T. Knowlton	1 session	Resident \$30	Non-resident \$35
Nov 8	#2842H	HHS rm A112	Mon., 7-8:30 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	4 wks	Resident: \$48	Non-resident \$53
Nov 23	#2842H	HHS rm B105	Tues., 6-7 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	2 wks	Resident: \$48	Non-resident \$53
Oct 26	#2843H	HHS rm B105	Tues., 6-7 pm

## Learn Remarkable Public Speaking Skills

Do you have a Talk or Speech coming up soon? Do you Struggle, are you Terrified, and don't like giving speeches? Your worries are over when you take my course! I'm the guy. I will show you strategies so you don't struggle with Public Speaking, or Talking in front of people. You'll Learn to Relax ... Present with Ease... and Leave a Lasting Impression. Sign up Today for the Keys to Presentation Mastery. Certificate upon completion. Hey. Bring a friend, we'll have fun.

T. Knowlton	1 session	Resident \$30	Non-resident \$35
Oct 18	#2850	HHS rm A112	Mon., 7-8:30 pm



## Lose Weight With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$70  
**Oct 21 #2809N NHHS Library Thur., 7-9 pm**

## Media Literacy: Watching the Watchdogs

Fake News? Infotainment? Infodemics? Narratives? First Amendment Right? Who can you trust? Kenn Venit, former WTNH Action News8 anchor/reporter/producer, facilitates this seminar series, designed to enlighten news consumers regarding practices, professional guidelines, responsibilities, and rationales affecting what is presented by various media. Kenn has received major awards for journalism, as well as for his teaching style, utilizing a highly-interactive setting, in which everyone participates in civil discourse, critically analyzing media presentations. **NOTE: You are welcome to attend the first session, and then decide if you want continue with the rest of the seminar series.**

K. Venit 1 wk Resident: \$30 Non-resident \$35  
**Nov 8 #2845A HHS rm D109 Mon., 6-7:30 pm**  
 K. Venit 7 wks Resident: \$84 Non-resident \$89  
**Nov 8 #2845B HHS rm D109 Mon., 6-7:30 pm**

## Moving forward with Backward Parenting

What qualities of personal character would you like to see your child embody as an adult? What can you do now to nurture those in your growing child naturally, through everyday experiences? Regardless of your family structure, our work together will help you to identify these characteristics and prioritize your goals. Using the Moving Forward with Backward Parenting goals workbook/journal/planner, we will work in a supportive and collaborative environment to help you plan and reflect on how you can naturally embed opportunities for growth in your family's daily life. Workbooks will be provided and are covered by the materials fee. Class members should bring their favorite writing utensils. *This class will be held bi-weekly.*

J. Cecarelli 6 wks Resident \$42 Non-resident \$47  
**Oct 7 #2849N NHHS rm 106 Thur., 7-8 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 and Life Coach, Author.

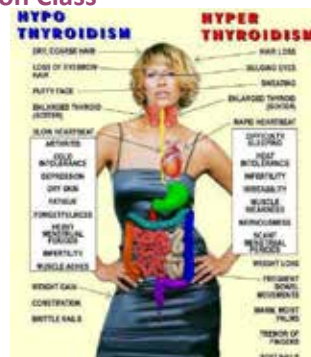
D. Barbiero 1 session Resident \$30 Non-resident \$35  
**Oct 21 #2807H Virtual - Via Zoom Thur., 7-9 pm**

## Quit Smoking With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$70  
**Nov 18 #2814N NHHS Library Thur., 7-9 pm**

## 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  
**Nov 4 #2822H Virtual - via Zoom Thur., 7-9 pm**

## Transformational PowerPoint Presentations

Have you ever witnessed a BAD Power-Point Presentation? I have. There are 53,000 presentations given every hour of every day. Majority are Horr-A-Bull, Sleep Inducing, and Boring. No More. I'll show You how to Shine. Tailor your presentation so they feel you're talking just to them. The Keys to simple, easy, and direct slides. Have Command Presence on stage. Know your audience. Deliver with style. Certificate upon completion.

T. Knowlton 1 session Resident \$30 Non-resident \$35  
**Oct 25 #2851 HHS rm A112 Mon., 7-8:30 pm**

## 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  
**Dec 2 #2821H Virtual - via Zoom Thur., 7-9 pm**



## Writing Your College Essay

If you are a teenager who is applying to college (or if your child is), then this evening is for you! This session is about all things related to the very important, and sometimes intimidating, college admissions essay. Whether you have an essay draft, a topic in mind, or no clear ideas about how to start, you will leave this session with a strong outline and a draft that will help you stand out in the wide sea of applicants. We won't discuss gimmicks or shortcuts, but rather time-tested strategies for authentic writing that brings out your unique voice and life experience. With over 20 years' experience as a high school English teacher, I am confident I can help any high school senior tackle this challenge

J. Allesandrine 1 session Resident \$25 Non-resident \$30  
**Oct 14 #2852H HHS rm A112 Thur., 6:30-8 pm**

## Writing Your Memoirs

This three-session workshop is for anyone who has ever considered writing about their life. The noteworthy experiences in your life—from the wonderful to the ridiculous—are worth saving on the page. I will help you begin your memoirs and develop your own writing process. We will discuss the basics of memoir, read multiple examples, take time to write, and enjoy optional sharing. You will gain confidence, begin writing, and feel great that you are preserving your past. Come with a notebook or laptop, and prepare to leave as a writer! This course is open to writers at all levels of experience.

J. Allesandrine 3 wks Resident \$42 Non-resident \$47  
**Oct 6 #2853H HHS rm A112 Wed., 6:30-8:30 pm**

# SAFETY 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  
**Oct 12 #3000 HHS D111 Tues., 5:30-9:30 PM**

## 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  
**Oct 14 #3007NA NHHS Thur., 5-9 PM**  
**Dec 9 #3007NB NHHS Thur., 5-9 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. First night is virtual and second night is in person. *No senior discount.*

L. Bonito 2 sessions Resident: \$150 Non-Resident \$155  
**Oct 18 #3001 HHS rm D109 M. & Th., 5:30-8:30 pm**



# 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  
**Oct 7 #3008 Whitney Center Thur., 10-12 noon**





## Resources and Information for Hamden Parents with Young Children

**Ages & Stages:** Free Developmental Screening tool helps parents understand how your child communicates, explores, learns, plays, and moves! Download the free **Sparkler App** from the Google Play Store or Apple Store. Scan this QR Code with your mobile device to go to the right place to download. Use code **HamdenFRC** when you create your Sparkler account. Sparkler also includes a library of 1000+ learning while playing activities just right for your child's age. OR contact the Hamden Family Resource Center 203-407-3111 for a virtual or in-person opportunity to complete your child's screening.



### Financial Assistance for Childcare

→ CT Care 4 Kids: [www.ctcare4kids.com](http://www.ctcare4kids.com) 888-214-5437  
Care 4 Kids helps income-eligible working families pay for child care.



→ Three Grant Funded Preschool Programs offer low- to moderate-cost full day childcare for 3 and 4 year-olds, due to state and local funding. Income requirements vary by program. Availability is limited Call Hamden's Partnership for Young Children for more information about these options: 203-407-7733

→ Early Head Start is high quality, full day, year round child care for children under the age of three. Hamden families must meet income limits or are experiencing homelessness or receive TANF or have a child in foster care. Options for Hamden children include programs both in centers and homes, located in Hamden, West Haven and New Haven. Contact Reina León-Sánchez 203-668-0665



### Hamden Family Resource Center 203-407-3111

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

Scan here for a list of  
all 26 Hamden Center  
Based Child Care  
and Preschool Programs



For information about Family/Home  
Based Child Care options:

<https://www.211childcare.org>  
800-505-1000

Information about these  
and many other topics available at  
[www.hamdenyoungchildren.org](http://www.hamdenyoungchildren.org)



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



## 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 and the museum so you can relive the experience of the immigrant as if you were a new arrival.

Lunch will be on your own at one of the cafes on the islands.

**#5017** **Saturday, September 18** **\$108** **\$100 (kids 5-12)**

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

**Note: No refunds for this trip after August 15.**



## Mayflower II and Plimoth Plantation

America is poised for an anniversary of national significance, the 400th anniversary of the Mayflower Voyage and the founding of Plymouth Colony!



The newly restored Mayflower II is returning to Plymouth Harbor. Visit the Mayflower II, the re-creation of the ship that brought the colonists to new Plymouth.

Stop at "The Rock" where the Pilgrims landed and take in this famous waterfront.

Enjoy a Traditional Thanksgiving Buffet at Plimoth Plantation. All your favorites:

Roast Native Turkey with Cornbread Stuffing, Giblet Gravy, Potatoes, Cape Cod Cranberry Sauce, Fruit Cobbler for dessert, more.

In the afternoon, we will visit America's premier Living History Museum - Plimoth Plantation.

Experience a recreation of the daily lives of these early colonists & the native Wampanoag. It is living breathing history 400 years in the making.

**#5021** **Saturday, October 9** **\$147**

**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 September 5.**



## Newport Playhouse Cabaret "A Christmas for Carol"

Newport, RI



Come see the World Premiere of this hilarious Christmas Comedic Farce!

During the holiday season, Carol tends to take Christmas too far at work with decorations, presents, and overbearing traditions that not everyone celebrates in the office. Her co-workers love Carol, but this time of year she gets on everyone's last nerve, so they formulate a plan for the company party that night. With wacky office hijinks, pranks, an office romance, and even people caught in their underwear, will they be able to help Carol remember the true meaning of Christmas?

This unique dinner theatre is a favorite for locals & visitors since 1983. The Newport Playhouse will now offer a staff-served buffet with a variety of hot entrees, salads, veggies, dessert, fruit and beverages.

After dining, take your reserved seats in the theater. When the play is over, you will return to the dining room for the Cabaret Show. Dining & Theatre seating will be appropriately distanced.

#5020

Sunday, December 12

\$140

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

No refunds for this trip after November 5.

### 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 interested in.

Email your suggestions to [info@hamdenadulted.com](mailto: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](http://www.lvagnh.org) or call us at 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.



Leave message at 203.407.7733    [hamdenkids@gmail.com](mailto:hamdenkids@gmail.com)  
[www.hamdenyoungchildren.org](http://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](mailto:info@newhavenreads.org). You may also check out our website at [www.newhavenreads.org](http://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](http://www.hamden.org) or email [jcordero@hamden.org](mailto: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](mailto:HamdenFRC@hamden.org)**



## HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director

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

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

[hamdenlibrary.org](http://hamdenlibrary.org) - Calendar of events; reserve books.

[iconn.org](http://iconn.org) - Research and homework help for all ages.

[learnatest.com/library](http://learnatest.com/library) - Practice tests and tutorials for GED, SAT, civil service, citizenship, plus e-test books.

Questions? Call 203.287.2680 or [info@hamdenlibrary.org](mailto:info@hamdenlibrary.org)

Three locations:

Miller Memorial	2901 Dixwell 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

Julie Smith, Manager Director

203.562.5129 ext. 1123 [asendroff@hamden.com](mailto:asendroff@hamden.com)

[www.hamden.com/communitydevelopment](http://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](mailto: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](mailto: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](http://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 contact 203-239-5432 for more information.

## DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

## RECREATION INFO-LINE

203.234.2535

## NORTH HAVEN PUBLIC LIBRARY

203.239.5803

## MAIL

Send registration form and payment to:

**Hamden Adult Education**  
**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](http://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**

## 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](http://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](mailto: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.



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*2040 Dixwell Avenue  
Hamden, CT 06514*

**ECRWSS  
Residential Customer**

**ESL**

**Personal Enrichment**

**Fitness**

**High School Completion**

**Crafts**

**Trips**

**Career Certificates  
Languages**

***What Will You Try?***

*Register: by mail by phone 203.407.2028 [www.hamdenadulthood.org](http://www.hamdenadulthood.org)*