



*Hamden-North Haven
Adult & Continuing Education*

*What Do You See Yourself Doing?
Winter/Spring 2026*

EXPLORE. LEARN. THRIVE. WELCOME TO 2026

Dear Friends,

We are excited to share the Hamden–North Haven Adult & Continuing Education Winter/Spring Catalog with you! This season offers new opportunities to learn, create, explore, and connect.

Academic Programs That Move You Forward

- ESL classes to build English skills and confidence
- Credit Diploma Program to complete your high school education
- GED Preparation for a strong academic foundation
- National External Diploma Program – flexible and self-paced for adult learners
- U.S. Citizenship classes to support your journey toward naturalization

If you're looking to explore your interests or try something new, our enrichment offerings include hands-on creative workshops, photography classes, voice-over training, and a variety of wellness and fitness options—from reflexology and dance to basketball, pickleball, and kickball, and much more.

Join us for unforgettable day trips, including the Boston Tall Ships, the Freedom Liberty Cruise, and a visit to the Majestic Theatre. If you're dreaming of a longer escape, explore Tuscany, Lake Maggiore, the Italian Riviera, or the magical Christmas Markets of Montreal and Quebec City. Prefer something closer to home? Enjoy a fun getaway to Jamestown, NY to celebrate Lucille Ball, or relax in the Amish farmlands with a performance of "JOSHUA" at Sight & Sound Theatre.

This winter/spring, we invite you to invest in yourself—your growth, your goals, and your curiosity. Whether you're beginning something brand-new or continuing a long-term journey, we are here to support you every step of the way. Explore the full catalog at www.hamdenadulthood.org to discover all our classes, opportunities, and adventures.

With enthusiasm and appreciation,

The Hamden–North Haven Adult & Continuing Education Team

Hamden Adult Education

Hamden High School
2040 Dixwell Avenue Hamden, CT 06514
203.407.2028 fax 203.407.2056
email: info@hamdenadulthood.org
Office Hours:
Monday - Friday 7:00 AM - 2:30 PM
Tuesday and Thursday evenings 5:00 PM - 9:00 PM

North Haven Office

North Haven High School
221 Elm Street, North Haven, CT 06473
203.239.1641 ext. 2913
email: info@hamdenadulthood.org
Office Hours:
Monday - Thursday 5:00 PM - 9:00 PM
(September - May)

M.L. Keefe Office

11 Pine Street Hamden, CT 06514
203.773.9211 ext. 1139
Office Hours:
Monday - Friday 9:00 AM - 1:00 PM

Location of Classes

Camp Mtn Laurel
Chess Academy
CO (Central Office at Hamden Public Schools)
CVH (Central Veterinary Hospital)
GC at LO (Golf Course at Lyman Orchards)
HHS - Hamden High School
MLK - M.L. Keefe Community Center
NHHS - North Haven High School
NHYMCA - New Haven YMCA
Soulcraft Studio
Yoga at the Commons
Ziwak Martial Arts

2705 Downs Road, Hamden
1227 Whitney Avenue, Hamden
60 Putnam Avenue, Hamden
4 Devine Street, North Haven
70 Lyman Road, Middlefield
2040 Dixwell Avenue, Hamden
11 Pine Street, Hamden
221 Elm Street, North Haven
50 Howe Street, New Haven
1125 Dixwell Avenue, Hamden
1253 Whitney Avenue, Hamden
4133 Whitney Avenue, Hamden

Winter/Spring 2026 Calendar

January 8 Adult High School - Spring Term 1 Begins	March 3 Conferences - No Classes Hamden
January 12 Classes at Keefe Begin	March 20 Eid at-Fitr - No Classes
January 19 MLK Birthday - No Classes	April 3 Good Friday - No Classes
February 2 Enrichment class begin	April 6-10 Spring Break - No Classes North Haven
February 12 Lincoln's Birthday - No Classes Keefe	April 13-17 Spring Break - No Classes Hamden
February 16 President's Day - No Classes	May 7 Art Beat - No Classes North Haven
February 17 Adult High School - Term 2 Registration	May 19 Enrichment Classes End - Hamden
February 17 Winter Break - No Classes North Haven	May 21 Enrichment Classes end - North Haven

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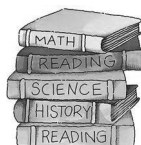
Registration Information

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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.

FREE CLASSES

Pre-GED®



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

Classes meet:

Monday, Wednesday, and Friday

9:00 AM - 12:00 PM OR

Monday and Wednesday

6:00 PM - 8:30 PM

Become A U.S. Citizen



This free class is designed to help you prepare to become a U.S. citizen and fulfill all of the US Citizenship and Immigration Services (USCIS) requirements. Learn about the culture, history, and government of the US. Discuss the rights, responsibilities and privileges of citizenship. The class will focus on answering the Civics questions, which will help you prepare to pass the writing, reading, and oral components of the citizenship test for naturalized citizenship.

Classes meet on Mondays

6:00 PM - 8:00 PM

English As A Second Language

Learn to Speak, Read and Write English

Morning Classes 9:00 am - 12:00 pm
All Levels - two days a week

Evening Classes 6:00 pm - 8:30 pm
All Levels - two evenings a week



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

Register online:

https://www.hamdenadulthood.com/Academic_Programs/Register_Now

Picture ID and proof of residency are required.

ADULT HIGH SCHOOL COMPLETION PROGRAMS

IT'S NEVER TOO LATE TO COMPLETE YOUR HIGH SCHOOL EDUCATION

ADULT HIGH SCHOOL

Laura Rodriguez, Coordinator
Sharon Sherrod, School Counselor

Hamden, North Haven, Bethany, Orange, and Woodbridge residents can earn an Adult High School Diploma through the Credit Diploma Program (CDP). Classes offered in person are English, Mathematics, Social Studies, Science and World Languages. Additional credits may be earned through online classes as well as work and/or volunteer experience. Candidates who enjoy an academic setting and group interaction are encouraged to enroll in this program. **STUDENTS MUST EARN A TOTAL OF 25 CREDITS**

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

Spring Term 2 Registration - February 17th - 4:30-7:30 PM

Fall Term 1 Registration - August 5th 4:30-7:30 PM

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.

Technology Requirements - Students must have:

Good computer skills and be able to use PowerPoint, Excel, Word and Screen Capture

A computer with an operating system of Windows 10 or later version, a Mac OSX, or Chrome OS, and internet access

Installed Google Chrome (best for this program), Mozilla Firefox, or Microsoft Edge

Computer speakers and microphone

Printer (recommended)

Phone for remote "in office" appointments with a camera and internet access

This program is free to students who live or work in Hamden or the cooperating towns*. A deposit is required and returned upon completion of the program. Individuals from other towns are welcome and should call the Adult Education office for a fee schedule.

All those interested must register and attend an information session prior to the start of the program.

* North Haven, Bethany, Orange, Woodbridge

GED® Prep

You will receive necessary instruction in each of four subject areas: Science, Social Studies, Math and Reading through Language Arts - plus basic computer skills to take the computer-based GED® exam and earn a State of Connecticut Diploma. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures. Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes.

**Classes meet: Monday, Wednesday and Friday 9:00 am - 12:00 pm OR
Monday and Wednesday 6:00 pm - 8:30 pm**

For Information about registering to take the GED® exam, see page 6.

Register online: <https://www.hamdenadulthood.com/academicprograms/> scroll to REGISTER NOW

For more information on the above three programs or to schedule an appointment,
call 203-407-2028 or 203-773-9211 ext. 1139

Picture ID and proof of residency are required for entrance into the programs.





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. Students must begin the GED® registration process online at ged.com, take the four official practice tests receiving a score of 145 or greater, 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 Sabrina Mancini at the Connecticut State Department of Education at 860.807.2111

FREE TAX PREPARATION IN HAMDEN

Volunteers from the Volunteer Income Tax Assistance (VITA) Program sponsored by the IRS and United Way of Greater New Haven will prepare tax returns at Hamden High School for households that earn \$69,000 or less. Taxpayers have the option of appearing in person (no appointments, first come-first served) or dropping off their paperwork with the VITA Greeter at the door and returning the following week to pick up their tax returns.

Both federal and state returns will be prepared.

Days and hours:

Mondays and Wednesdays, 5:00 PM-7:30 PM, and Saturdays, 10:00 AM-1:30PM, at Hamden High
January 26-April 15 (closed Feb 16 for Presidents Day)

Also closed any day Hamden Public Schools are closed for inclement weather

Requirements:

- Photo ID for you (and spouse if filing jointly)
- Social Security cards or statements for every member of your family who'll be included on your return
- W-2s and/or 1099s from ALL of your jobs in 2025
- Form 1099-G from the state of CT showing any unemployment compensation
- Interest, dividend and investment statements from your financial institutions
- Self-employed income and expenses
- Information on any expenses you paid in 2025: tuition and student loans (Form 1098T, 1098E); annual mortgage statement; charitable contributions; home or car taxes paid to your town; documentation from any child care provider of their tax ID number and how much you paid
- Form 1095A if you had health insurance through Access Health CT
- Bring your check routing and account number to direct deposit your refund if you receive one. Please note: The IRS will no longer issue paper refund checks.

Questions? Email HamdenAdultEdVITA@gmail.com or call 203.407.2028

CAREER DEVELOPMENT

Emergency Medical Technician EMT (Training)

#1004H



LEARN TO SAVE A LIFE IN OUR EMERGENCY MEDICAL RESPONDER COURSE!!!

The Emergency Medical Technician training, held in conjunction with Seymour Ambulance, is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as firefighters) looking to expand their knowledge.

Come have fun while learning through classroom lecture, hands-on skills, online training and practical experience 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. You can be employed by ambulance services, hospitals, and fire departments. To secure your spot, a \$600 non-refundable deposit is due by February 2nd. The remainder of \$695 is due by February 9th. Tuition includes the textbook and online access, drills, CPR certification, smart triage, human trafficking and QPR certification. You must be 16 years or older to participate in the program. ***Class will be Monday and Wednesday, 6 pm - 10 pm, and some Saturdays, starting February 9th.***

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

Actively volunteering at Seymour Ambulance for 1 year and you will be eligible to receive 50% of your tuition back. Actively volunteering for the 2nd year and you will receive the remaining 50%.

Security Officer License Training



This dynamic course will cover Connecticut laws about the security industry, self-defense and the use of force, citizens' arrest, the use of force continuum, fire safety, the history of security, workplace 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 cards from the Department of Emergency Services and Public Protection Division of State Police Special Licenses & Firearms Unit, will be distributed and reviewed during training. This information will outline: application fees, fingerprinting fees, FBI background inquiry fees, State of Connecticut background inquiry fees, and additional requirements such as a copy of your current Connecticut 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

Please bring CT State ID or Driver's License to class

**Other Dates
available
on our
website**

#1001HA – April 7 and April 9

5:00 – 9:00 PM

HHS rm B105

#1001NA - March 3 and March 5

5:00 – 9:00 PM

NHHS rm 107

INSTRUCTOR: L. Bonito

Resident \$125

Non-resident \$135

CAREER DEVELOPMENT

Real Estate Training 60 classroom hours

This pre-licensing State-approved course is one of the first live/virtual real estate classes in the State. It covers the major aspects of the real estate industry, trends in real estate, and prepares you for the State licensing examination. It meets the 60-hour requirement for licensing and provides excellent information for those interested in personal real estate planning and investing. Participants must be 18 years of age or older to take the State licensing exam. Students must have a computer/tablet/phone with a camera and an email address to receive Zoom invitations and materials. Three books are included in the cost of the class. **No senior discount given.**



Cadema Education #1012A 12 wks
Jan 12 Remote-Virtual M &Th 5:30-8:30 pm
Resident \$600 Non-resident \$610

Home Health Aide 154 classroom hours

Home Health Aides work directly with individuals in their homes to assist with daily living and self-care tasks. Home health aides help people who are disabled, chronically ill, or cognitively impaired. This course provides a comprehensive overview of the Home Health Aide profession through the use of both theoretical and practical applications. You will learn about the medical and social needs of home health care clients, as well as the nutrition, personal care, cleaning, and infection control tasks required of Home Health Aides. Additionally, this course will provide you with a foundational education to prepare for state licensing or certification exams. However, since the requirements for each state differ, you will have to conduct your own research to determine state-specific certification requirements. Depending on the state requirements, you may need to complete additional coursework or additional licensing requirements (e.g., internship or other work experience) beyond the completion of this course.

For more information, please call (844) 292-8641, select option 1, or email info@protrainedu.org

Day Care Administrator



In this course, you will become familiar with the development and management of a childcare center, including elements such as child development theories, legal considerations, bookkeeping, staff, site management, and parental involvement.

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

The goal of a quality childcare program is to provide childcare services that meet the needs of the child and family in a safe, educational environment. At a quality childcare center, the teachers/staff and management strive to meet the individual needs of each child while providing quality, reliable, and safe care.



For more information, please call (844) 292-8641 option 1, email info@protrainedu.org or find us online at hamden.theknowledgebase.org

CAREER DEVELOPMENT

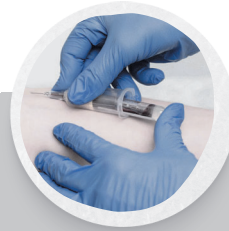
**JOIN US FOR AN INFORMATIONAL SESSION
ON TUESDAY, JANUARY 20TH AT 5:30 PM**

PLEASE CALL 203-407-2028 TO RSVP!



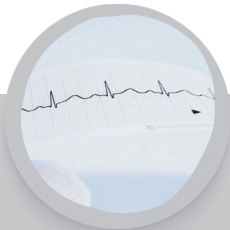
CNA TRAINING

Jumpstart your healthcare career! Learn hands-on patient care skills and get certified in 4, 8, or 11 weeks with our CNA program.



PHLEBOTOMY TRAINING

Master the skill of drawing blood! Enroll in our 4 or 11 week Phlebotomy program and step into an essential medical role.



EKG TRAINING

EKG techs are in demand! Our 11 week EKG course prepares you to perform and interpret electrocardiograms with confidence.

FLEXIBLE SCHEDULE TO FIT YOUR NEEDS:

Day, night, or weekend classes available for just \$1,500. Payment plans make it easy to get started.

Classes are held in collaboration with Excel Academy.

**START YOUR JOURNEY AS A CNA,
PHLEBOTOMY TECHNICIAN, OR EKG TECHNICIAN!**

Call now to register: 203-407-2028

CAREER DEVELOPMENT

Course Enrolling Now!

Attend in Real-Time Online

Most Popular Programs

1. Medical Billing and Coding*
 2. Pharmacy Technician†
 3. Certified Electronic Health Records Specialist*
 4. NRF Retail Industry Fundamentals
 5. CompTIA A+*
 6. Medical Terminology
 7. Project Management Professional (PMP)†
 8. Microsoft Office 365
 9. Basic Management Skills
 10. Spanish (Job-Related)
 11. Professional in Human Resources® (PHR®)†
 12. Medical Assistant*
 13. Grant Writing Fundamentals
 14. CompTIA Network+*
 15. Certified Associate in Project Management (CAPM)†
 16. Human Skills for the Workforce
 17. CompTIA Security+*
 18. Six Sigma Green Belt*
 19. Associate Professional in Human Resources® (aPHR®)†
 20. Bookkeeping Administration†
 21. Senior Professional in Human Resources® (SPHR®)
 22. Cisco 200-301 – Implementing and Administering Cisco Solutions (CCNA)
 23. AutoCAD
 24. ServSafe Manager and OSHA 10
 25. Medical Administrative Assistant*
- *Live Online Instructor-Led format available.
†Live Mentored format available.*

LEARN FROM THE COMFORT OF HOME!



Our live online courses enable students to build bonds with instructors and classmates, ask questions and receive answers in real time, and feel like part of a school community from any location.

- Bookkeeping Administration
- CompTIA: A+, Network+, and Security+
- CompTIA IT Fundamentals and Customer Service Representative
- EKG Technician
- Human Resources: aPHR, PHR, and SPHR
- Medical Administrative Assistant
- Medical Assistant
- Medical Billing and Coding
- Microsoft Office 2016: Excel, Office, PowerPoint, and Word
- Pharmacy Technician
- Project Management: PMP and CAPM
- Six Sigma Green Belt
- Soft Skills for the Workforce

Fundamentals of Accounting



This course provides an introduction to the basic topics in financial accounting. You will learn about receivables, liabilities, the basics of financial statements, review stakeholder equity, long-term assets, and basic accounting systems. Upon successful completion of this course, you will be able to: explain the role of accounting in business, describe basic accounting systems, distinguish financial accounting in retail business from those in service industries, and explain how stockholders make money from their shares.

Start Here for a Great Career!

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

Payment Plans Available.



For more information on the above programs, please call Protrain **(844) 292-8641**, option 1, email info@protrainedu.org or find us online at hamden.theknowledgebase.org



CAREER DEVELOPMENT

Online Learning
anytime, anywhere....
just a click away

Learn
from the
comfort of
home!

ONLINE CAREER TRAINING PROGRAMS

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

- 6-18 Month Format
- Prepare for certification
- All materials included
- Student advisors

Categories Include:

- Arts and Design
- Business
- Hospitality
- Computer Applications
- Health & Fitness
- Computer Programming
- Language
- Construction and Trades
- Legal
- Writing
- Information Technology
- Teacher PD

Sample class:

Fundamental of Plumbing

This Foundations of Plumbing course is perfect for teaching you the fundamental, job-ready skills relevant to the plumbing and piping industry. In this self-paced course, you will learn how to work on modern plumbing systems from in-depth course material developed by industry experts and employers. After completing this plumbing foundation course, you will possess the specialized skills and technical knowledge needed to start a career in plumbing.

Visit our website for program details!

careertraining.ed2go.com/Hamden



ONLINE SHORT COURSES

- 6 week format
- Discuss Areas
- Monthly start sessions
- Expert Instructors

INSTRUCTOR-LED

Our instructor-led online courses are informative, fun, convenient, and highly interactive. We focus on creating warm, supportive communities for our learners.

New course sessions begin monthly, are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more.

SELF-GUIDED

Self-guided courses are taught by industry experts and deliver specific skills and knowledge that help to advance personal or professional development. Start a course at any time and get access to all lessons immediately. You'll have three-month course access for flexible learning around your schedule.

COURSE BUNDLES

Course bundles allow you to take multiple instructor-moderated courses consecutively at a discounted price. They help you gain an in-depth understanding of the subject area.

Categories Include:

- Accounting and Finance
- Business
- College Readiness
- Computer Applications
- Design and Composition
- Technology
- Healthcare and Medical
- Language and Arts
- Personal Development
- Teaching and Education

Sample class:

Introduction to Windows 11

Master the basic skills you need for Windows 11, the new operating system from Microsoft, which offers a more robust, more powerful, and unique computing experience. In this course, you will gain the foundation you need to start using Windows 11.

Visit our website for program details!

ed2go.com/Hamden



ONLINE LEARNING

SKILLS
FOR
THE 21ST
CENTURY™



We offer you hundreds of engaging online courses, as well as online certificate programs. For each course you will need to read, listen to a 10-15 minute presentation from the instructor, take a self quiz, join discussions with fellow students, and obtain plenty of practical information that you can put to immediate use. Our online courses are affordable, fun, fast, convenient, and geared just for you. You can take all of the classes from the comfort of your home or office at the times that are most convenient to you. Each course runs several times a year, starting on the first Monday of the month. Most courses run for four weeks. The certificate programs are usually comprised of three courses. You can ask questions and give or receive advice at any time during the course. Upon successful completion, you will be able to download a certificate of completion. Certificate programs include several courses.

Just go to <http://www.yougotclass.org/catalog-complete.cfm/hamden> and choose your course to begin your educational journey.

HERE ARE SOME OF OUR MOST POPULAR COURSES:



AI Certificate

Give your organization a competitive advantage with Artificial Intelligence (AI). and position yourself in an emerging knowledge specialty and growth area. Explore what AI can do to reduce costs, gather more and better business data, automate time-consuming tasks, improve efficiency, lower human error, reallocate staff time for higher priority functions, and more. Then master the concepts and fundamental techniques of implementing AI. Finally, develop an AI plan and strategy to deliver results for your workplace. Walk away with the knowledge and confidence to help lead your organization into this exciting new area of business expertise.

Beginning Conversation Spanish

Designed for beginners, we will have you speaking and reading Spanish in no time. You will practice the basic building blocks of the language and common idiomatic expressions. You will know enough vocabulary and grammar for simple conversations, and you will learn how to ask and answer questions. Whether you speak some Spanish and need a refresher, or no Spanish, you will complete the course with the skills to communicate in Spanish.

Certificate in Quickbooks Online

Save time, track money, and get important insights with QuickBooks Online. QuickBooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced QuickBooks Online topics. A free trial version of the software is provided to use during the class.

Podcasting

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

Social Media for Business Certificate

Get in on this exciting and growing way to communicate, market and serve your customers and clients. For businesses, nonprofits, government, and other organizations. From Facebook to Twitter, blogging, YouTube, LinkedIn, and more, discover the new principles of communication that apply across all networks and how these specific social networks work and the possible uses for your organization.

Learn how social networks are used to develop a two-way communication and marketing strategy for your organization. Then find out what you can be doing, what you should be doing, and take back a plan to integrate social networks into your communication and marketing.

Whether you are new to social networks or already involved, you will come away with both an understanding of social networks and practical, how-to techniques to integrate social networks into your organization or business. Your instructors are outstanding practitioners who also speak, write, and train others on social networks.

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

VISIT TO LEARN MORE [HTTP://WWW.YOUGOTCLASS.ORG/INDEX.CFM/HAMDEN](http://www.yougotclass.org/index.cfm/hamden)

COMPUTERS

Computer Basics Made Easy

Learn computer basics for your laptop or desktop computer. Windows and Microsoft Office 2019 (Word, Excel, and PowerPoint) will be introduced as well as hardware, software, ribbons, cut, copy, paste, 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: \$69	Non-resident \$79
Feb 2	#1200N	NHHS rm 104	Mon., 6-8 pm

Microsoft Excel 2019 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, but basic keyboarding skills are helpful. **Bring a USB drive to save your work.**

S. Bozzuto	3 wks	Resident: \$49	Non-resident \$59
Mar 9	#1208N	NHHS rm 104	Mon., 6-8 pm

CREATIVE ARTS

NEW - 3-ft Welcome Sign/Porch Leaner

Craft a 3-ft welcome sign with guided instruction. Stencils and all other materials provided. **A non-refundable \$40 materials fee is included in the class fee.**

T. Dixon	1 session	Resident \$70	Non-resident \$80
Mar 30	#1462N	NHHS rm 114	Mon., 6-8 pm



Beginner Basket Weaving

Learn the lost art of basket weaving in this instructor led class. Basic weaving techniques will be used to complete your basket in each session. **You will need to bring a towel and scissors. A non-refundable \$45 materials fee is payable to the instructor at the first class.**

S. Kober	3 wks	Resident \$72	Non-resident \$82
Mar 11	#1457NA	NHHS rm 116	Wed., 5:30-8:30 pm

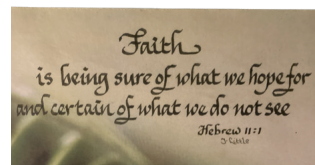
No refunds will be given after a class has started.

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

Calligraphy - The Art of Beautiful Writing - Beginner

Spring into Elegant Writing and discover the Art of Beautiful Calligraphy. Our Beginner's Calligraphy Class invites you to explore the timeless craft of elegant lettering. No prior experience needed. This course is perfect for those just starting their Calligraphy journey. Over the course of six weeks, you'll learn the fundamentals of Calligraphy, master basic strokes and techniques and have a completed project to showcase your new skills. Sign up now and let your letters flourish. **A supply list will be given prior to the first night of class. A \$15 materials fee for assorted parchment paper, card stock and grid sheets will be collected on the first night of class.**

J. Little	6 wks	Resident \$84	Non-resident \$94
Feb 9	#1400N	NHHS rm 106	Mon., 6-8 pm



Calligraphy - The Art of Beautiful Writing - Intermediate

Take your Calligraphy skills to the next level in this dynamic six week Intermediate class. Dive into a world of Artistic expression as you explore various lettering designs as well as floral embellishment techniques to add a touch of Nature to make your work pop. Join us for a fun-filled Inspirational Journey and turn your lettering into a work of art. **A supply list will be given prior to the first night of class. A \$15 materials fee for assorted paper, will be collected on the first night of class.**

J. Little	6 wks	Resident \$84	Non-resident \$94
Apr 13	#1401N	NHHS rm 106	Mon., 6-8 pm

Crochet

Whether you are a beginner or experienced at crocheting, come join our class. It's a great place to make friends and socialize. Learn the basic stitches and how to turn them into beautiful patterns. Learn about yarn, gauge, terminology and reading patterns. Once you have mastered the basic techniques, you will be able to create various beautiful items. **Bring yarn and a size H crochet hook to class.**

S. Tendler	10 wks	Resident \$100	Non-resident \$110
Feb 4	#1403N	NHHS rm 114	Wed., 6:30-8:30 pm

CREATIVE ARTS

DIY Glass Etching

Interested in creating stylish, elegant gifts for all those spring and summer get togethers? Learn to etch glassware to create timeless yet functional handcrafted gifts that will delight any lucky recipient! Personalize a cutting board for Mother's Day, a beer or coffee mug for Father's Day, or monogram a set of wine glasses or carafe for a lucky bride and groom! This is a simple DIY perfect for gift-giving events from bridal showers to graduation parties! **A non-refundable \$10 material fee is included in the cost of the class and covers the custom stencil, glassware, and etching cream. Please note: five-day advanced registration is required for a custom design or personalized monogram.**

J. Stratton 1 session Resident \$45 Non-resident \$55
Apr 9 #1408H HHS rm B104 Thur., 6:30-8:30 pm



DIY Slate Etching

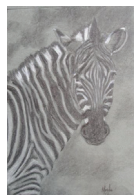
Interested in creating stylish, elegant gifts for all those spring and summer get togethers? Learn to etch slate slabs or coasters to create timeless yet functional handcrafted gifts that will delight any lucky recipient! Personalize a slate cheese board for Mom for Mother's Day, a grilling slab for Dad on Father's Day, or monogram a set of slate wine coasters for a lucky Bride and Groom! This is a simple DIY that yields sophisticated results you're sure to love. Choose from several slate options and custom designs. **A non-refundable \$10 material fee is included in the cost of the class and covers the custom stencil, slate and etching cream. Please note: five-day advanced registration is required for a custom design or personalized monogram.**

J. Stratton 1 session Resident \$45 Non-resident \$55
Apr 21 #1455N NHHS rm 115 Tues., 6:30-8:30 pm

NEW - Drawing Wild and Exotic Animals

Take a virtual drawing adventure to foreign lands where wild and exotic animals roam. Whether it's fur or feathers, learn the tricks of how to draw a realistic animal in a variety of poses, including how to convey the expression in the eyes, the softness of fur or the lightness of the feathers using pencils. Instructor will provide photos and handouts. Student provided photos are acceptable but require instructor approval. Beginners and intermediates welcome. Teens/Adults. Demonstrations, one-on-one attention and class critiques. A materials list will be provided prior to class. Free subscription to instructor's monthly Art Newsletter. **A supply list will be given prior to the first night of class.**

P. Meglio 12 wks Resident \$140 Non-resident \$150
Feb 4 #1426N NHHS rm 115 Wed., 6-8 pm



Earring Making 101

In this fun one-night workshop, learn how to make two different pairs of earrings with a great selection of beads, different finding options as well as a tutorial on how to use different tools. This will empower you on how to attach different earring wires with ease. Before you know it, you'll be making everybody's gifts! **A non-refundable \$25 material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Apr 27 #1450N NHHS rm 116 Mon., 6:30-8:30 pm

NEW - Learn How to Crochet a Hanging Plant Pot

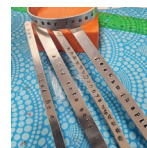
During this course you will learn how to single crochet, create a magic circle, chain stitch, crochet in the round, and slip stitch. **Supply list will be sent prior to class.**

C. Duran 3 wks Resident \$49 Non-resident \$59
Mar 3 #1460N NHHS rm 116 Tues., 6-8 pm

Metal Stamped Cuff Bracelet!

Learn how to stamp a short phrase or design into an allergen-free cuff bracelet that you can wear in the water! Hammers, work bases, different fonts, ink, bending tools etc. will all be provided in this fun class! **A non-refundable \$30 material fee is payable to the teacher at class, which includes use of all tools including hammer, base, different fonts and designs as well as ink clean up materials and everything that you'll need.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Mar 23 #1458N NHHS rm 116 Mon., 6:30-8:30 pm



Oil Painting

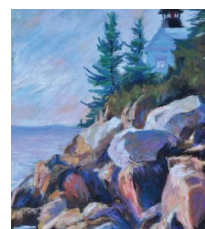
Explore the vibrant colors, textures, and timeless beauty of oil paints. Learn about values, color mixing, texture, edges and how to select a good composition. **A supply list will be given prior to the first night of class.**

P. Meglio 7 wks Resident \$112 Non-resident \$122
Mar 23 #1425N NHHS rm 115 Mon., 6-8 pm

NEW - Painting with Soft Pastels

Immerse yourself in the brilliant colors of pastels and quickly see your efforts come to life. **A supply list will be given prior to the first night of class.**

P. Meglio 6 wks Resident \$84 Non-resident \$94
Feb 2 #1461N NHHS rm 115 Mon., 6-8 pm



CREATIVE ARTS

NEW - Self Care Night: Bath Salt Soak & Perfume Roll On

Take a moment to treat yourself in the self-care workshop. You will learn how to make different salt soaks as well as a roll-on essential oil perfume. You will create a mini self-care kit to take home. Use your salt soaks for your feet or bath. These also make fabulous future gifts! Over 25 different essential oils will be available to choose from. **A non-refundable \$25 material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Mar 30 #1463N NHHS rm 116 Mon., 6:30-8:30 pm

NEW - Spring Wreath

Craft a spring wreath on an 18-inch grapevine. You will select from a variety of spring florals and other embellishments. **A non-refundable \$40 materials fee is included in the class fee.**

T. Dixon 1 session Resident \$70 Non-resident \$80
Mar 23 #1464N NHHS rm 114 Mon., 6-8 pm



Soy Three Wick Wood Bowl Candle

This large clean burning centerpiece candle will be decorated with botanicals & stones of your choice. Choose from many different scents and color. And reuse the beautiful bowl! Great for all levels. **A non-refundable \$30 material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Apr 14 #1454N NHHS rm 116 Tues., 6:15-8:30 pm

Wire Wrapping Sea Glass 101

Learn how to wire wrap anything found on the beach! Two different designs will be demonstrated and you will leave with two different sea glass necklaces! Allergen-free wire, Cotton cord, a beautiful selection of sea glass and use of all tools will be provided for the **\$25 supply fee, which is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Apr 28 #1434N NHHS rm 116 Tues., 6:30-8:30 pm



DANCE AND FITNESS

NEW - Adult Basketball

Join us for adult open gym on Tuesday and Thursday nights at the YMCA. The court is open and offering a relaxed but competitive space for adults to shoot around or jump into pickup games. Come get a great workout, sharpen your skills, and enjoy a fun evening on the court with fellow adult players.

Staff 8 sessions Resident \$65 Non-resident \$75
Jan 6 #1675A NH YMCA T & Th, 6:30-8:00 pm
Feb 3 #1675B NH YMCA T & Th 6:30-8:00 pm

Check our website: www.hamdenadulted.org for dates

NEW - Adult Kickball

Join us for adult kickball on Tuesday nights at the YMCA Camp Mountain Laurel. Games run from 5:30-7pm, offering a fun and friendly way to stay active. Come enjoy some light competition, reconnect with your inner kid, and kick off your week with a great time on the field.

Staff 8 wks Resident \$65 Non-resident \$75
Jun 23 #1676 Camp Mtn Laurel Tues., 5:30-7:00 pm

Adult Swim Lessons

Are you 18+ years of age and wish to learn to swim or strengthen your basic swimming skills? Lessons are for beginning to intermediate swimmers. Your swim lesson is customized to your swim ability level. **Bring water bottle, towel and bathing suit.**

Staff 7 sessions Resident: \$95 Non-resident \$105
Jan 6 #1601A NH YMCA T & Th, 5:30 - 6:15 pm
Feb 3 #1601B NH YMCA T & Th, 5:30 - 6:15 pm

Check our website: www.hamdenadulted.org for dates

NEW - Align and Restore with Qigong

What is Qigong? Qigong is an internal martial art, predating Tai Chi, that consists of gentle and meditative movement patterns that focus on cultivating mind-body-breath connection and coordination to reduce stress, improve joint mobility, balance, strength and overall wellness. In this course we will focus on building and maintaining our energy with the six Chi Cultivation exercises as well as developing our balance and leg strength with various walking patterns such as Mud Stepping and Crane Walking. Join me in exploring the six Chi Cultivation exercises as well as various walking patterns to build up your energy levels, strength, and balance!

K. Fierlit 13 wks Resident \$109 Non-resident \$119
Feb 2 #1674N NHHS PE Room Mon., 6-7 pm

DANCE AND FITNESS

Authentic Qigong and Taijiquan

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. Senior discount not applicable.**

B. Banick 12 wks Resident \$140 Non-resident \$150
Feb 2 #1603HA Central Office Gym Mon., 6-7 pm
Feb 4 #1603HB Central Office Gym 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. You will learn Foxtrot, Swing and Cha Cha. **Men, please wear dress shoes. Women, please wear ballroom dancing shoes or high heel, no more than 4 inches high. Please bring water to class and stay in designated area.**

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Feb 2 #1640N NHHS Cafe Mon., 6-7 pm

Ballroom Dance - Beginner Rumba, Tango and Hustle

Learn Rumba, Tango, and the Hustle with a Professional ballroom dance teacher. **Men, please wear dress shoes. Women, please wear ballroom dance shoes or high heels, no more than 4 inches high. Please bring water to class and stay in designated area.**

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Feb 3 #1655N NHHS Cafe Tues., 7:10-8:10 pm

Ballroom Dance - Intermediate

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Rumba, Tango, and Hustle. **Men, please wear dress shoes. Women, please wear ballroom dancing shoes or high heels, no more than 4 inches high. Please bring water to class and stay in designated area.**

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Feb 2 #1641N NHHS Cafe Mon., 7:10-8:10 pm

Beginner Yoga

Beginner yoga, simple, yoga, stretches, and moves starting from the basics and moving forward no experience necessary. Work at your own pace. **Yoga mat, yoga socks and water required.**

G. Livia 12 wks Resident \$99 Non-resident \$109
Feb 3 #1669A NHHS PE Room Tues., 5:30-6:30 pm
Feb 5 #1669B HHS rm C109 Thur., 6:45-7:45 pm

NEW - Beginner Yoga - The Next Step

Use what you learned in beginner yoga, and build into flows. No judgement zone. Work at your own pace. **Yoga mat, yoga socks and water required.**

G. Livia 12 wks Resident \$99 Non-resident \$109
Feb 5 #1680N HHS rm C109 Thur., 5:30-6:30 pm

Chair Yoga

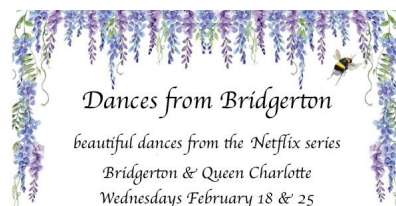
Seated yoga, sit stretch and strengthen your way to a happier healthier you. Chair yoga is exactly what it sounds like, exercises you do sitting! **Yoga mat, yoga socks and water required.**

G. Livia 12 wks Resident \$99 Non-resident \$109
Feb 3 #1670N NHHS rm PE Room Tues., 5:30-6:30 pm

Dances of Bridgerton

Dearest Gentle Reader...you are cordially invited to learn beautiful dances from the fabulous Bridgerton and Queen Charlotte TV series. We'll do actual couple dances to the great music on the show and get ready for Bridgerton Ball! Beginner friendly, no previous experience needed, and no partner required. Flat, leather-soled shoes suggested; no spike heels please! **Senior discount is not applicable.**

S. de Guardiola 2 wks Cost: \$32
Feb 18 #1663N NHHS PE Room Wed., 6:30 - 8:30 pm



NEW - Disc Golf

Join us for Disc Golf at the YMCA Camp Mountain Laurel. All skill levels are welcome. Come enjoy the outdoors, meet new people, and have a great time on the course!

Staff 4 wks Resident \$49 Non-resident \$59
Jun 24 #1677A Camp Mtn Laurel Wed., 5:30-7:00 pm
Jul 22 #1677B Camp Mtn Laurel Wed., 5:30-7:00 pm

Disco Line Dancing

Let's dance like it's 1978! Come learn the great line dances of the disco era and dance to fabulous disco music! Learn the Bus Stop, the New Yorker, Hot Chocolate, and of course the Saturday Night Fever Dance! This class is great fun and great exercise. No previous experience needed and no partner required. **Senior discount is not applicable.**

S. de Guardiola 4 wks Cost: \$49
Mar 4 #1671NA NHHS PE Room Wed., 6 - 8 pm
 S. de Guardiola 3 wks Cost: \$36
Apr 29 #1671NB NHHS PE Room Wed., 6 - 8 pm



DANCE AND FITNESS

Golf Fore Women 101

Have you ever thought about picking up a club? Whether it is for the first time or the first time in a long time you can make golf your sport for a lifetime! This class is designed to teach you everything you'll need to know to step onto a golf course and play with confidence. Lessons will include on-course activities taught by trained PGA/LPGA golf professionals who will make sure you have fun each step of the way. 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 discount not applicable.**

Staff	5 wks	Resident \$169	Non-resident \$179
Mar 23	#1607A	GC at LO	Mon., 10:30-11:15am
Mar 23	#1607B	GC at LO	Mon., 5:15-6:30pm
Mar 24	#1607C	GC at LO	Tues., 10-11:15am

Check our website: www.hamdenadulted.org for more dates

Good Ole Country Time Line Dancing

A great way to exercise the brain along with the rest of the body. You'll learn a variety of country line dances. Dances will be taught with a gradual degree of challenges and a weekly review of previous dances taught. No partner needed. Come join in the fun! **Returning students only in the 6:30pm class.**

X. Walker	10 wks	Resident: \$85	Non-resident \$95
Feb 9	#1643NA	NHHS PE Room	Mon., 7:15 - 8:15 pm
Feb 12	#1643NB	NHHS PE Room	Thur., 6:30 - 7:30 pm

Hooping Around

Hula hooping is fun and easy to do. You'll learn basic hooping skills and challenge yourself for the next level. You'll get a great workout while you burn calories. Bring your fitness hoop and come join in the fun. Fitness hoops will also be available for purchase.

X. Walker	10 wks	Resident: \$59	Non-resident \$69
Feb 12	#1645N	NHHS PE Room	Thur., 5:45 - 6:20 pm

Intermediate Slow & Steady Yoga

This class is appropriate for students who already have a solid grounding in the basics of yoga asana and pranayama and wish to delve more deeply into the philosophical aspects of Yoga. A slow and steady practice enables us to find stability and ease—the two golden rules of Yoga asana. The Tantric element weaves together other aspects including the basic principles of Ayurveda and Yoga wisdom as taught in the Yoga Sutras, Bhagavad Gita and other ancient texts. **Senior discount not applicable.**

Staff	8 wks	Resident \$109	Non-resident \$119
Feb 4	#1657	Yoga at the Commons	Wed., 6-7 pm

WHOOPS!

We canceled your class because we didn't know you planned to attend

Register Early!

Jiu Jitsu for Children

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

Staff	6 wks	Resident \$130	Non-resident \$140
Feb 2	#1613A	Soulcraft Studio (ages 4-7)	M&W, 5:15-6:00pm
Feb 2	#1613B	Soulcraft Studio (ages 8-12)	M&W, 5:45-6:30pm

Kinder Gentler Yoga

Enjoy warmer, calmer, quieter Yoga Vinyasas focusing on dynamic movement into stillness and ease. Also explored will be foundational poses, why they are foundational poses and expanding on them. Energize yourself for the day ahead or quiet back into yourself after work to re-fresh and relax for your evening. **Senior discount not applicable.**

Staff	8 wks	Resident \$109	Non-resident \$119
Feb 3	#1628	Yoga at the Commons	Tues., 5:30-6:30pm

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. **Senior discount not applicable.**

Staff	6 wks	Resident \$130	Non-resident \$140
Feb 2	#1614	Soulcraft Studio	M&Th 6:30-7:30 pm, Sat 11am-12 pm

Martial Arts for Children or Adults

This one-hour class focuses on Self Defense and Fitness, developing listening skills, discipline, and self-confidence. You can choose the schedule that works for you. **Wear comfortable clothing and flat footwear.**

Staff	20 sessions	Resident \$120	Non-resident \$130
Feb 2	#1663A	Ziwak Martial Arts	M-Th., 5:30 or 6:30 pm
Feb 7	#1663B	Ziwak Martial Arts	Sat., 9 am

Men Golf 101

This program is designed for the new male golfer or for golfers who have not played in a number of years. You will learn everything you need to know to play your first round of golf. Topics include: the basics of the golf swing, putting, short game techniques, rules and etiquette. It is recommended that you do not go out and buy clubs, as you will be given a static club fitting which will allow the coach to make a recommendation as to which clubs to buy. Wellness and nutrition will be also be introduced. **Senior discount not applicable.**

Staff	6 wks	Resident \$169	Non-resident \$179
Mar 23	#1630A	GC at LO	Mon., 10:30-11:45am
Mar 25	#1630B	GC at LO	Wed., 10:30-11:45am
Mar 27	#1630C	GC at LO	Fri., 10:30-11:45am
May 4	#1630D	GC at LO	Mon., 12:00-1:15pm

Check our website: www.hamdenadulted.org for more dates

DANCE AND FITNESS

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. **Senior discount not applicable.**

Staff 6 wks Resident \$130 Non-resident \$140
Feb 2 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

NEW - Pickleball

Join us for Pickleball at the YMCA Camp Mountain Laurel. Open for both partners and single players. Come have fun, stay active, and enjoy a great evening on the court!

Staff 4 wks Resident \$49 Non-resident \$59
Jun 23 #1678A Camp Mtn Laurel Tues., 5:30-7:00 pm
Jul 21 #1678B Camp Mtn Laurel Tues., 5:30-7:00 pm

NEW - Self-Help Reflexology for You and Your Family

Reflexology offers the perfect opportunity for giving to ourselves and those we care about in a way that brings health and well-being. In this mini-workshop, you will learn about this ancient yet modern therapy. We will study basic reflexology techniques for personal use, several pressure points, the benefits and history, and other tools to enhance your experience. **Please bring a pillow, a hand towel, a friend or partner, and your curiosity.** (The hands-on section is designed for two.)

A. Fine 1 session Resident \$30 Non-resident \$40
Feb 2 #1479A NHHS rm 105 Mon., 6:30-8 pm
Feb 10 #1479B HHS rm B105 Tues., 6:30-8 pm

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 discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Feb 3 #1640A Yoga at the Commons Tues., 9-10:15 am
Feb 5 #1640B Yoga at the Commons Thur., 9-10:15 am
Feb 7 #1640C Virtual - Remote Sat., 9-10:30 am

Take Aim with Archery

Whether you’re a novice or you shoot better than Robin Hood, you have the great opportunity to learn from a certified archery instructor as they introduce a wide range of skills and games that are great for all ages.

Staff 4 wks Resident \$50 Non-resident \$60
Jun 24 #1650A Camp Mtn Laurel Wed., 5-5:45 pm
Jul 22 #1650B Camp Mtn Laurel Wed., 5-5:45 pm



Yoga Community Flow

This hatha/slow-flow style class embodies the spirit of our studio, allowing time for focused breathwork, mindful movement and the opportunity for students to connect to themselves as well as their fellow student. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Feb 2 #1652A Yoga on the Commons Mon., 9-10:15 am
Feb 4 #1652B Yoga on the Commons Wed., 9-10:15 am
Feb 6 #1652C Yoga on the Commons Fri., 9-10:15 am

Yoga for Healthy Aging

These classes teach and cultivate a sense of equanimity and the ability to move through life transitions with peace and grace. Classes include yoga postures that develop flexibility, strength, balance and agility, breathing techniques to improve respiratory functioning and mindfulness training for emotional well being. Students begin class seated in a chair, progress to standing with the chair available for balance as needed, ending with the choice of finishing class in the chair or on the mat. No experience is necessary to join this class. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Feb 2 #1627A Yoga on the Commons Mon., 10:30-11:40 am
Feb 3 #1627B Yoga on the Commons Tues., 9:00-10:15 am
Feb 4 #1627C Yoga on the Commons Wed., 10:30-11:40 am
Feb 6 #1627D Yoga on the Common Fri., 10:30-11:40 am

Searching for Talent

We’re always looking for great course ideas and instructors!

We welcome individuals with specialized skills and passions 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

HOME

Homebuyers Workshop

Understand the three main phases of buying a home. A licensed real estate agent will discuss all aspects involved in purchasing a home, making an offer, documents involved, and various inspections. A licensed mortgage broker will discuss the various mortgage financing programs available, the different down payment options, the pre-approval process, and the credit evaluation. To conclude, a real estate attorney will discuss his role in representing the purchaser of a home: from the review of the "Contract for Sale" through the closing documents.

DePodesta, Brandi, Frazier 1 wk Resident \$30 Non-resident \$40
Mar 31 #1800H HHS A205 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 yourselves.

P. O'Doherty 1 wk Resident \$30 Non-resident \$40
Mar 18 #1801 Virtual - Online Wed., 7-9 pm

IN THE KITCHEN

Appetizer Galore

Appetizers can make or break a meal. I always look forward to trying new appetizers and hope you do, too. Come learn how to make many appetizers with Chef Amanda. You will be the talk of the town at your next party! **A non-refundable consumable \$20 fee is included in the price of the class. Please bring containers.**

A. Webb 1 session Resident: \$50 Non-resident \$60
Mar 5 #2043NA NHHS rm 109 Thur., 6:30-8:30 pm
May 14 #2043NB NHHS rm 109 Thur., 6:30-8:30 pm

Buttercream Flowers and Basketweave Cake

You will learn to make buttercream flowers and borders, and then decorate cake with basketweave technique and flower embellishments. **A non-refundable \$5 materials fee is included in the price of the class. Supply list will be sent prior to first class.**

M. Padilla 2 wks Resident \$45 Non-resident \$55
Mar 17 #2052N NHHS rm 109 Tues., 6-8 pm
Mar 26 #2052H HHS rm D107 Thur., 6-8 pm

Cooking with Kids

In this hands-on class you will bond with your kid, niece, nephew, grandchild, or neighborhood kid, while making kid friendly recipes. Learning to cook and clean are great life skills. Come have some fun! Price is for one adult/child combo. **A non-refundable \$20 consumable fee is included in the price of the class. Please bring containers.**

A. Webb 1 night Resident: \$50 Non-resident \$60
Apr 2 #2030N NHHS rm 109 Thur., 6:30-8:30 pm

Cupcake Decorating

Learn to make rosettes, shells and stars to make your cupcakes shine. Techniques will be applied using special decorating tips provided in class. **A non-refundable \$5 materials fee is included in the price of the class. Supply list will be sent prior to class.**

M. Padilla 1 session Resident \$35 Non-resident \$45
Feb 10 #2004NA NHHS rm 109 Tues., 6-8 pm
Mar 19 #2004HA HHS rm D107 Thur., 6-8 pm

LANGUAGES

Irish for Beginners

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Feb 3 #2201H HHS rm D212 Tues., 7-8:30 pm

Irish II

For those of you with some experience of the Irish language in the past, this is an excellent opportunity to refresh and expand on learning this beautiful language. Emphasis is on conversation. Please bring paper and pen.

M. Crofts 10 wks Resident \$110 Non-resident \$120
Feb 5 #2209H HHS rm D212 Thur., 7-8:30 pm

Learn to Speak Italian - Beginner Level

This course is for you to learn Italian at a beginner's level. It is structured in different units that include the study of the grammar (the use of words, articles, conjugation of verbs), the practice of the language (through different activities of listening, reading and writing) and some knowledge of the Italian culture. A wide variety of mediums are used. **A non-refundable \$10 supply fee is included in the price.**

F. Papaleoni 6 wks Resident \$59 Non-resident \$69
Feb 5 #2211 Virtual-online Thur., 5:30-6:45 pm

Learn to Speak Italian II - Intermediate Level

The course is for you if you already completed the beginner course. You will gain a deeper exposure and practice of the language, as the instructor gradually switches to speak mostly in Italian. This will build conversations and help you expand your vocabulary and grow your confidence with Italian. **A non-refundable supply fee is included in the price.**

F. Papaleoni 5 wks Resident \$49 Non-resident \$59
Mar 12 #2212 Virtual-online Thur., 5:30-6:45 pm

MONEY MATTERS

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

Everything you wanted to know about Medicare but were afraid to ask. This seminar will educate you on all four parts of Medicare (A, B, C and D), when and how to enroll along with what plan options are available: Medicare Supplement, Prescription Drug and Medicare Advantage. An educational guide will be provided.

J. Comen 1 session Resident \$30 Non-resident \$40
Mar 4 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm
Apr 29 #2418NB NHHS rm 106 Wed., 6:30-8:30 pm

Medicare Made Easy

Already on Medicare? Turning 65 this year? Confused by all the mailers and TV commercials? Do I need to sign up for Medicare if I'm still working? Why do they need my zip code on those commercials? Am I getting all the benefits I'm entitled to? Attend this free educational course to learn about all the moving parts of Medicare! Opportunity for Q&A at the end to clear up common confusion about the various plans! Check out the course, taught by Mike De Gregorio – a local Independent Medicare Broker.

M. DeGregorio 1 session
Feb 12 #2416HA HHS rm D213 Thur., 6-8 pm
Mar 12 #2416HB HHS rm D213 Thur., 6-8 pm

Passport to Retirement

This workshop presented by a prominent and trusted local financial advisor, will cover the following topics: the 10 most common mistakes made in retirement, Social Security, Medicare, determining how long your money will last, the power of inflation, long term care, maximizing your pension, wills and trusts. We will also discuss strategies to avoid general retirement roadblocks, such as managing cash flow, using tax laws to your advantage, how to take an accurate financial inventory, and more. The time to retire will come; be financially prepared to enjoy it.

S. Grove 2 wks Resident \$35 Non-resident \$45
Apr 22 #2404N NHHS rm 105 Wed., 6:30-8:00 pm
Apr 23 #2404H HHS rm A103 Thur., 6:30-8:00 pm

Retirement Planning Today

This course offers something for everyone. We cover financial issues relevant to the self-employed and employees of corporations and government agencies. The course is designed to teach you how to build wealth and align your money with your values to achieve your goals in life. Whether you plan to retire in 20 years or have just recently retired, the knowledge gained in this class can provide lifelong benefits through tax-efficient financial strategies.

A. Marchitto 2 wks Resident \$49 Non-resident \$59
Feb 2 #2406A NHHS rm 105 Mon., 6:30-8:30 pm
Feb 10 #2406B HHS rm A103 Tues., 6:30-8:30 pm
Mar 2 #2406C Virtual - Online Thur., 6:30-8:30 pm

MUSIC

Basic Music Theory and Harmony

This course will focus on hearing and seeing how and why music theory works. Areas that are covered will be scales, intervals, the qualities of major and minor keys, harmonies and their relations and harmonic analysis of music. Some background in music would be beneficial.

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Feb 5 #2609H HHS rm A213 Thur., 7-8:30 pm

Instant Guitar for Hopelessly Busy People

In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is partly hands on instruction and partly lecture/demonstration.

C. Coffman 1 session Resident \$59 Non-resident \$69
Feb 24 #2610 Virtual - online Tues., 6:30-9:30 pm

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. The chord method is LOTS of fun and dramatically easier to learn than reading notes. Fee includes the online book, online recorded follow up lessons, a recording of the class and also an optional live periodic question and answer session. Class is partly hands on instruction and partly lecture demonstration.

C. Coffman 1 session Resident \$59 Non-resident \$69
Feb 23 #2611 Virtual - online Mon., 6:30-9:30 pm

Violin and Cello - Beginner/Intermediate

Learn how to play the violin or cello by a professional musician. Small class, individual attention. You can contact K.H. Chapin Fine Violins for rental or you can bring your own. Bring instruments and a music stand to class.

J Jen Hsu 10 wks Resident \$95 Non-resident \$105
Feb 3 #2606N NHHS rm 106 Tues., 6-7 pm

Check our website for more classes!
www.hamdenadulted.com/CourseCatalog



PERSONAL ENRICHMENT

NEW - A History of Witches

In this class, we will explore the history that has led to the perception of who witches are. Looking at records in Italy, Scotland, England, Connecticut, and Salem, Massachusetts, we will see how the European idea of the witch came to be. Who were these people and were they witches? This leads us to today where there is a conscious revival in actual witchcraft. With this history behind us, learn why the title of witch is being reclaimed. Please bring a notebook.

H. Morrison 4 wks Resident \$56 Non-resident \$66
Apr 9 #2884H HHS rm A117 Thur., 6-8 pm

American Red Cross Babysitter's Training Course

To provide youth, ages 11-15, who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help you develop leadership skills; learn how to develop a babysitting business, keep yourselves and others safe and help children behave; and learn about basic child care and basic first aid.

Staff 1 session Resident \$50 Non-resident \$60
Jan 17 #3005A NH YMCA Sat., 10am-4 pm
May 9 #3005B NH YMCA Sat., 10am-4 pm
 Check our website: www.hamdenadulted.org for more dates

NEW - Celebrating International Women's Day

March 8th is International Women's Day. In celebration of International Women's Day, author of "17 Women Who Shook the World" Preethi Fernando rocks it, with some of the most amazing women of our time and their criteria for success. The life stories of Eleanor Roosevelt, Mother Teresa, and Wilma Rudolph are filled with obstacles. Yet, they turned them around to become successful life stories. If you are seeking inspiration, storytelling, and history, this is for you.

P. Fernando 1 session Resident \$36 Non-resident \$46
Mar 1 #2871A virtual-online Sun., 12-1 pm
Mar 6 #2871A virtual-online Fri., 8-9 pm

Chess for Beginners

Chess for Beginners is designed for adults who are new to the game, as well as those who learned it years ago and would like a refresher! We cover all the basic rules of the game, piece movements, relative value 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. At the end of each class session, students will practice what they have learned in training games with peers. "*Chess for Beginners: Know the Rules, Choose the Strategies and Start Winning*" by Y. Orlova can be purchased online or in class. Senior discount not applicable.

J. Groff 3 wks Resident \$75 Non-resident \$85
Feb 4 #2819 Chess Academy Wed., 6:30-8:30 pm

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

Chess Endgames - Tactics & Strategy

Chess Endgames - Tactics and Strategy is designed for adult players who are familiar with basic chess tactics and wish to improve their play in the endgame phase. Students will learn how to restrict the opponent's pieces, turn a passed pawn into a queen, and set up a checkmating attack! Taught by PMCA instructor and National Master Jordan Groff. Join us in planning your next move!! *Silman's Complete Endgame Course: From Beginner to Master by Jeremy Silman, International Master, can be purchased online or in class. Senior discount not applicable.*

J. Groff 3 wks Resident \$75 Non-resident \$85
Apr 8 #2872 Chess Academy Wed., 6:30-8:30 pm

Chess Opening

Chess Openings is designed for adult students who are familiar with chess basics and tactics and wish to develop a greater understanding of openings through study and practice. This course will help you play any opening according to solid opening principles, and develop your own repertoire. Taught by PMCA instructor and National Master, Jordan Groff. You are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move! "*Winning Chess Openings by Yasser Seirawan, International Grand Master can be purchased online or in class. Senior discount not applicable.*

J. Groff 3 wks Resident \$75 Non-resident \$85
May 6 #2869 Chess Academy Wed., 6:30-8:30 pm

Chess Tactics and Calculation

Chess Tactics and Calculation is designed for adults who would like to improve their tactical skill in chess. Students are encouraged to take this course even if they have taken it previously as different material and examples will be used. We will study examples on themes such as Elimination of Defense, Double Attack, Discovered Attack, Skewer, Pin, Trapping a Piece, Promotion and Drawing. Taught by PMCA instructor and National Master Jordan Groff. *The Chess Tactics Workbook 5th edition by Al Woolum may be purchased online or in class. Senior discount not applicable.*

J. Groff 3 wks Resident \$75 Non-resident \$85
Mar 4 #2841 Chess Academy Wed., 6:30-8:30 pm

NEW - Digital Photo 2 Intermediate

You are comfortable with your camera, and you want more! In this class we will explore the use of intermediate camera controls such as metering (spot, matrix, center weight), exposure and exposure compensation, ISO, aperture and shutter priority. We will take an in-depth look at manual focus and its use, fill flash and flash modes, as well as controlling motion, composition, and many other intermediate and advanced techniques.

S. McGrath 5 wks Resident \$89 Non-resident \$99
Feb 19 #2885A virtual-online Thur., 7:30-9 pm
May 7 #2885B virtual-online Thur., 5:30-7pm

PERSONAL ENRICHMENT

NEW - Digital Photography for Newbies

New to digital photography and still getting to know your camera? Join our beginner's seminar to learn from an expert. This 5-week series will cover topics such as program mode, manual mode, aperture priority, and shutter priority. You'll also learn about basic composition and using light for different types of photography.

S. McGrath	5 wks	Resident \$89	Non-resident \$99
Jan 8	#2886A	virtual-online	Thur., 7:30-9 pm
Apr 2	#2886B	virtual-online	Thur., 5:30-7pm

NEW - Discover Voice-Over!

In what could be the most enlightening webinar you've ever taken, our instructor and professional voice coach will show you how you can actually begin using your speaking voice for commercials, films, videos, and more. Most people go about it the wrong way. In this introductory class, you will learn about a unique, outside the box way to break into this creative, fulfilling, and potentially lucrative industry. Voice-overs can be managed on your own terms, on your own turf, in your own time, and with minimal overhead! Whether you choose to pursue voice-overs part-time or full-time.

L. Foster	1 session	Resident \$30	Non-resident \$40
Feb 4	#2889A	virtual-online	Wed., 6:30-8:30 pm
Apr 23	#2889B	virtual-online	Thur., 6:30-8:30 pm

NEW - Get Your Own Book Published on Amazon

Learn how to get your book published on Amazon in 24hrs. Earn royalties through Amazon, learn how to get your book printed through Amazon publishing. Learn how to see your name and your book be published on Amazon in this easy to follow class.

P. Fernando	1 session	Resident \$36	Non-resident \$46
Jan 31	#2890A	virtual-online	Sat., 11am-1 pm
Apr 10	#2890B	virtual-online	Fri., 8-9 pm

Check our website: www.hamdenadulted.org for more dates

NEW - How to use ChatGPT Artificial Intelligence

Hop on the artificial intelligence bandwagon! Whether you are a senior, a stay at home parent, a busy professional, or a curious individual, this easy, fun class is for all of you. The instructor lays out what ChatGPT, the artificial intelligence program could do for you- from making greeting cards, to finding what movies to watch, learning new cooking recipes, to writing work proposals, editing documents, uploading PDFs, writing e-mails, and typing resumes for your job hunt. No prior knowledge necessary.

P. Fernando	1 session	Resident \$36	Non-resident \$46
Mar 14	#2871A	virtual-online	Sat., 4-5 pm
Apr 4	#2871A	virtual-online	Sat., 4-5 pm
Apr 10	#2871B	virtual-online	Fri., 5-6 pm

Check our website: www.hamdenadulted.org for more dates

NEW - How to Save Money and Change Your Own Oil

Tired of spending money on routine oil changes? Join this two-night class and gain the confidence to do it yourself! In this beginner-friendly hands-on workshop, you'll learn the complete process of performing an oil change on your own car. The first night you will learn the basics, like locating your oil pan, draining the oil, identifying the correct oil filter, and more. On the second night you will bring your vehicle and perform the oil change with the guidance from the instructor. This class is a smart investment that can save you money for years to come. **A \$40-\$50 non-refundable materials fee is payable at the first class after determining cost of supplies for your vehicle.**

D. Webb	2 wks	Resident \$32	Non-resident \$42
May 12	#2077H	HHS rm D213	Tues., 6-7:30pm



REGISTER NOW!

NEW - Improv for Judgement Free Communication

Join an engaging, online, introductory improv class teaching the dramatic and comedic improv skills to help you become more decisive, improve your communication skills, sharpen awareness and listening skills, think more quickly, react well to surprises, and overcome the fear of failure. This Beginner to Intermediate class of applied improv tenets and forms requires no improv or acting background.

S. Animashaun	7 wks	Resident \$75	Non-resident \$85
Feb 4	#2883A	virtual-online	Wed., 6:45-8 pm
Mar 23	#2883B	virtual-online	Mon., 6:45-8 pm

NEW - Patricia Griffin Whispers from Heaven

This event helps you to experience the energy and messages that come through in a psychic mediumship reading. A reading allows the medium, Patricia Spina Griffin, to connect to loved ones in spirit to bring closure, peace, and validation. This is not a taught class but an opportunity to be read in a smaller setting. Patricia will read as she is guided to give messages. These messages help to bring validation that your loved ones are always watching over us and still with us although not in physical form.

P. Griffin	1 session	Resident \$45	Non-resident \$55
Feb 23	#2889NA	NHHS Library	Mon., 6-8 pm
Mar 12	#2889HA	HHS Media Center	Thur., 6-8 pm
Apr 30	#2889HB	HHS Media Center	Thur., 6-8 pm
May 4	#2889NB	NHHS Library	Mon., 6-8 pm

PERSONAL ENRICHMENT

NEW - Portrait and Pet Photography

This Portrait and Pet Photography course is designed to teach you everything you need to know to take professional-quality portraits. You will learn how to work with all different types of subjects, from individuals and groups to children and pets. Steve will explain the nuances of lighting and posing, how to shoot in studio or on location, and how to master the gear you will need to create inspiring work!

S. McGrath	3 wks	Resident \$59	Non-resident \$69
Feb 5	#2887A	virtual-online	Thur., 5-7pm
May 7	#2887B	virtual-online	Thur., 7:30-9pm

Publish Your Own Book

Curious about what it takes to publish and sell your own book? Preethi's class is ideal for the retired senior, the busy working professional wanting to become a published author, working professionals wanting to publish a book to boost their resume, the stay at home parent wanting to publish a children's book, and for the curious individual wondering if they have what it takes to become a published author. Yes, you can.

P. Fernando	1 session	Resident \$36	Non-resident \$46
May 2	#2880A	virtual-online	Fri., 10am-12 pm
May 26	#2880B	virtual-online	Tues., 10am-12 pm

Check our website: www.hamdenadulted.org for more dates

NEW - Save Big On Airline Tickets, Hotels, and Groceries Using ChatGPT to Get Discounts

Learn how to find discounted air tickets, discounted hotel stays, and cut back costs on your grocery bill, by learning how to use ChatGPT artificial intelligence. This is a beginner class and you need not have previous knowledge of ChatGPT to take this class.

P. Fernando	1 session	Resident \$36	Non-resident \$46
Mar 14	#2891A	virtual-online	Sat., 5-6 pm
Apr 18	#2891B	virtual-online	Sat., 11am-12 pm

Check our website: www.hamdenadulted.org for more dates

NEW - Smartphone Photography

This class is dedicated to helping you with understanding how to use your smartphone photography, how to take and create great images on your phone, what editing apps to use, how to share and print your images. Join Steve as we discover the essential controls on your phone along with the best free and low-cost tools for editing and image management.

S. McGrath	3 wks	Resident \$59	Non-resident \$69
Feb 26	#2888A	virtual-online	Thur., 5:30- 7pm
Apr 2	#2888B	virtual-online	Thur., 7:30-9pm

SAFETY & SENIOR OFFERINGS

AARP Driver Safety Class

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! Connecticut Drivers 60 and above will receive a multi-year discount on their auto liability insurance. The fee is \$20 for AARP members and \$25 for non-members. Please bring your AARP card and driver's license to class. Registration by phone, mail or walk-in prior to class.

Mar 19 #3007N AARP Staff NHHS rm 104 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, 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 \$160
May 11 and May 19	#3001N		NHHS rm 106
Mon. (virtually) & Tues. (on-site)			6-9 pm

American Red Cross Lifeguard Training

This course is designed to teach participants the knowledge and skills needed to prevent and respond to aquatic emergencies. The course content and activities prepare participants to recognize and respond quickly and effectively to emergencies and prevent drowning and injuries. Prerequisites: 15 years of age by at least scheduled course date and swim 300 yards continuously. In addition, participants must be able to complete an objective drill.

Staff	2 sessions	Resident: \$300	Non-Resident \$310
Feb 7	#2439A	NH YMCA	Sat., Sun., 10am-6pm
Apr 11	#2439B	NH YMCA	Sat., Sun., 10am-6pm
Jun 6	#2439C	NH YMCA	Sat., Sun., 10am-6pm

Boat America

Boat America is a boating certificate class to learn boating safety at a USCG Basic Boating Course. Each class taught fulfills the requirements for Connecticut Boating Certification. Upon completion of the test, you will be qualified for a Connecticut Personal Watercraft Certificate. Topics covered will be: Introduction to Boating, Boating Law, Safety Equipment, Safe Operation and Navigation, Boating Emergencies, Trailering, Sports and boating.

USCG Auxiliary Staf	3 sessions	Resident \$72	Non-resident \$82
Mar 10	#3000	HHS D111	Tues., Thur., 6-9 pm

Seniors 62 and older may be entitled to a 15% discount on courses EXCEPT single session classes, bus trips and where noted.

EXCITING OVERNIGHT TRIPS

Sight and Sound Theater - Joshua - Lancaster, PA

3 Days • 4 Meals: 2 Breakfasts • 2 Dinners

Includes: Deluxe Motorcoach , 2 nights at the Comfort Suites Hotel, admission per itinerary, and gratuities for driver and tour director.

Per Person Rates: Double \$719; Single \$869

On Day 1: We depart via deluxe motorcoach for our tour to Lancaster, PA, the heart of the Amish Country. Two nights at the COMFORT SUITES LANCASTER, featuring spacious guestrooms, indoor pool, fitness center. This evening prepare for a unique and truly memorable experience as we enjoy an AUTHENTIC AMISH DINNER prepared by an Amish family. Enjoy their kind and gracious hospitality as the family serves you a delicious Penn Dutch feast.

Day 2: Venture out onto the roads less traveled through the heart of the Amish farmlands. Enjoy picturesque scenery, see the pristine farms, visit an Amish Broom Shop and a Quilt Shop to chat about quilt making. Explore KITCHEN KETTLE VILLAGE with lunch on own before taking our preferred reserved seats this afternoon at Sight & Sound Theatre for "JOSHUA." From the banks of the Jordan River to the towering walls of Jericho, "JOSHUA" is a miraculous adventure for the whole family. Journey alongside the people of Israel as they navigate their new-found freedom in an unforgiving wilderness. When Joshua is called to replace Moses as their faithful leader, tensions mount in the midst of dwindling supplies and approaching armies. With one last fortified city standing between the Israelites and the Promised Land, unexpected help emerges from behind enemy lines and Joshua's trust in God's plan is put to the ultimate test. Smorgasbord dinner at HERSHEY FARM RESTAURANT.

Day 3: Step inside the world of old-fashioned craftsmanship at SELTZER'S SMOKEHOUSE in Palmyra, PA. Enjoy a guided tour of this fourth-generation, family-run smokehouse, where you'll learn how their famous meats are made using traditional Pennsylvania Dutch recipes and slow, hardwood smoking methods. Watch the process up close, discover the rich history behind this local favorite, and sample the distinct, savory flavor that makes Seltzer's a true regional treasure. A delicious and educational experience you won't forget!

#5062 April 22, 2026 Pick-up at Rt. 40 Connector parking lot
All times are approximate.

8:30 am and return at 9:15 pm.
Note: No refunds after March 2, 2026

Do You Love Lucy? - Jamestown, NY

4 Days • Meals: 3 Breakfast • 1 Lunch • 3 Dinners

Includes: Deluxe Motorcoach, 3 nights at the Chautauqua Harbor Hotel , admission per itinerary, and gratuities for driver and tour director.

Per Person Rates: Double/Triple \$1009; Single \$1279

On Day 1: We depart via deluxe motorcoach for our tour to Jamestown, NY. Lucille Ball's hometown. Three nights at the CHAUTAUQUA HARBOR HOTEL, featuring spacious guestrooms, indoor pool, fitness center. This evening dinner will be at the hotel.

Day 2: Experience the legacy of Lucille Ball in her hometown of Jamestown, NY. See the home she was born in, the house she grew up in and the cemetery where she and her family rests on our LUCY TOWN TOUR. Explore the LUCILLE BALL DESI ARNAZ MUSEUM AND DESILU STUDIOS celebrating the 75th anniversary of the debut of the "I Love Lucy Show", get an inside look at the couple's personal life and see the sets and costumes worn in the show. Visit the NATIONAL COMEDY CENTER, the first state of the art museum dedicated to telling the vital story of comedy in America. More than 40 immersive exhibits take you on an interactive journey through comedy history, from early vaudeville acts to the latest comedy. Dinner tonight in the TROPICANA ROOM, a recreation of the nightclub that Ricky Ricardo owned on I Love Lucy.

Day 3: We'll begin with a guided bus tour of the historic CHAUTAUQUA INSTITUTION, a charming lakeside community known for the rich blend of culture, education, art, and spirituality. With a knowledgeable step-on guide, you'll explore beautiful Victoria homes, scenic gardens, and iconic venues while hearing stories of famous past visitors and the Institution's remarkable history. Cruise on the stunning Chautauqua Lake aboard the historic CHAUTAUQUA BELLE paddlewheel steamboat where we'll enjoy a BBQ lunch. Visit the GRAPE DISCOVERY CENTER to explore the history of grape growing in the region, enjoy wine tastings, and browse the grape-themed gift shop. During your visit, enjoy a culinary presentation with Brick Village Gourmet's Chef Tim Murphy featuring samples, recipes, and delicious products to take home. Farewell Picnic at the Pavilion with hamburgers and hot dogs and a local band playing, getting you up and dancing.

Day 4: We head for home after our laughter filled time in New York.

#5063 September 21, 2026 Pick-up at Rt. 40 Connector parking lot
All times are approximate.

7:30 am and return at 9:15 pm.
Note: No refunds after August 13 , 2026

Visit our website for more trips.



EXCITING OVERNIGHT TRIPS

Tuscany, Lake Maggiore and Italian Riviera

9 Days • 11 Meals: 7 Breakfasts • 4 Dinners

Per Person Rates: Double \$3,999*; Single \$4,899; Triple \$3,949 Includes: air, hotel transfers, and group transportation to/from airport

Deposit due: 4/3/2026 Final Payment Due: 7/11/2026



Highlights Include:

- Montecatini Terme • Lucca • Family-Owned Winery Experience • Florence • Pisa
- Cooking Class • Siena • Cheese Farm • San Gimignano

From the shores of Lake Maggiore to the sun-soaked coast of the Italian Riviera and the rolling hills of Tuscany, a romantic rendezvous with Italia awaits. Glide across the deep blue waters of Lake Maggiore. Spend a day exploring Cinque Terre's rugged coastline. Relax with a three-night stay in a Tuscan village and savor the sprawling vineyards and charming medieval hill towns of the region. Enjoy an interactive pasta-making demonstration. Visit Lucca, encircled by a stunning set of 16th century walls. Explore the iconic sites of Florence and the medieval charm of Greve in Chianti. Throughout your journey, discover a land rich in history, culture, and cuisine.



#1368589

October 9, 2026

Travel insurance is highly recommended.

* Price subject to change.

View detailed trip information: <https://gateway.gocollette.com/link/1368589>

Christmas Markets of Montreal & Quebec City

7 Days • 9 Meals: 6 Breakfasts • 3 Dinners

Per Person Rates: Double \$3,699*; Single \$4,499; Triple \$3,749 Includes: air, hotel transfers, and group transportation to/from airport

Deposit due: 5/28/2026 Final Payment Due: 9/5/2026



Highlights Include:

- Quebec City's German Christmas Markets • Montreal's Christmas Markets • Montmorency Falls
- Maple Sugar Shack • Bûche de Noël Workshop

Enchanting winter experiences and magical Christmas markets await in Quebec City and Montreal, each with its own unique charm and character. Embark on a city tour of Quebec City, bundling up to wander through Old Quebec and among the wooden stalls of its German Christmas markets. Discover the history and landmarks of Montreal, from atop Mount Royal to the Underground City. Learn about the art and tradition behind making the iconic French holiday cake, the Bûche de Noël. Visit a traditional sugar shack in the Quebec countryside and see the impressive Montmorency Falls. Set out on a festive journey to two French Canadian cities in the heart of the holiday season.

#1368553

December 4, 2026

Travel insurance is highly recommended.

* Price subject to change.

View detailed trip information: <https://gateway.gocollette.com/link/1368553>

Tropical Costa Rica

9 Days • 14 Meals: 8 Breakfasts • 1 Lunch • 5 Dinners

Per Person Rates: Double \$3,699*; Single \$4,299; Triple \$3,669 Includes: air, hotel transfers, and group transportation to/from airport

Deposit due: 5/28/2026 Final Payment Due: 7/11/2026



Highlights Include:

- San Jose • Coffee Plantation • Arenal Volcano • Cano Negro Refuge • Lake Arenal Cruise
- Farm Tour and Lunch • Monteverde Cloud Forest

Lush forests and stunning waterfalls... rumbling volcanoes and endless coastlines... Costa Rica is a paradise teeming with exotic plants and incredible animals. Savor breathtaking beauty and fine sandy beaches.

#1368669

February 22, 2027

Travel insurance is highly recommended.

* Price subject to change.

View detailed trip information: <https://gateway.gocollette.com/link/1368669>

**For more information on these trips, attend our Travel Presentation on
March 19th or call Joe at Dream Vacations 203-859-3800**

OVERNIGHT TRIPS

Upcoming Tours For 2027

Painted Canyons of the West April 2027

Highlights include: Colorado National Monument, Moab, Arches National Park, Canyonlands National Park, Dead Horse Point State Park, Utah's Scenic Byway 24, Capitol Reef National Park, Grand Staircase-Escalante National Monument, Bryce Canyon National Park, Zion National Park, Las Vegas

Discover Switzerland, Austria, and Bavaria September 2027

Highlights include: Bern, Alphorn Maker, Yodeling Demonstration, Fondue Lunch, Lucerne, Austrian Alps. Additional Excursions Available: Seefeld Country Cottage Visit or Mount Pilatus

America's Music Cities- Featuring New Orleans, Memphis and Nashville October 2027

Highlights include: French Quarter, Jazz Revue, Grammy Museum, Graceland, Civil Rights Tour, Barbecue Lunch, Ryman Auditorium, Grand Ole Opry Show. Additional Excursions Available: Goo Goo Cluster Candy or Johnny Cash Museum, Historic RCA Studio B, Country Music Hall of Fame

**Join us March 19th at 6 PM
for a Travel Presentation on our overnight trips.
Call 203-407-2028 to RSVP.**

DAY TRIPS

9/11 Museum & Monument

Lunch on your own at Brookfield Place, an upscale food court in the heart of Lower Manhattan. The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multimedia displays, artifacts and narratives commemorate the lives of the victims of both the 2001 & 1993 attacks.

The Memorial's twin reflecting pools sit within the footprints where the Twin Towers once stood. The names of every person who died in the terrorist attacks are inscribed in bronze around the pools.

There will be a moderate amount of walking on this trip.

#5058 Saturday, April 18, 2026

\$138 Adults \$128 Child(6-12)

Pick-up at HHS parking lot 8:00 am and return at 6:30 pm.

All times are approximate.

Note: No refunds for this trip after March 10, 2026.

Majestic Theatre - Come From Away West Springfield, MA

Come From Away is a heartwarming and uplifting musical that tells the true story of 7,000 passengers who were stranded in the small town of Gander, Newfoundland, after the events of September 11, 2001. This musical highlights the generosity and warmth of the real-life townspeople who welcomed strangers into their homes and hearts. With an amazing score and unforgettable performances, the show has garnered critical acclaim, winning the Tony Award for Best Direction of a Musical and a Grammy Award for Best Musical Theater Album. Its themes of kindness and community remind us of the power of compassion in the face of adversity and the shared humanity that unites us all in times of crisis.

Enjoy a pre-show luncheon at Storowton Tavern and Carriage House in West Springfield, MA. Enjoy a plated lunch, which includes: salad, Pot Roast or Baked Scrod with Cracker Crumb, Vegetable, Potato, Dessert and Coffee.

#5059 Saturday, May 30, 2026 \$155

Pick-up at HHS parking lot 10:00 am and return at 6:30 pm.

All times are approximate.

Note: No refunds for this trip after April 22, 2026.

DAY TRIPS

Freedom Liberty Cruise

Board the New York Waterways catamaran and enjoy the Freedom Liberty Cruise. See the most famous NYC harbor landmarks: including up-close views of the Statue of Liberty, Ellis Island, the Brooklyn Bridge, the Freedom Tower, Empire State Building, Hudson Yards, and more. Enjoy amazing Manhattan skyline views and a wonderful live narration about the legends & lore of Manhattan Island. This 60-minute cruise features both indoor seating and open-air decks, allowing for great photo opportunities - a relaxing and informative way to take in some of NYC's most iconic sights - from the water!

Free time for lunch on your own at Chelsea Market - an iconic food hall marketplace located in the Meatpacking District.

#5060 Saturday, June 27, 2026 \$144

Pick-up at HHS parking lot 8:00 am and return at 6:15 pm.

All times are approximate.

Note: No refunds for this trip after May 21, 2026.

Charlestown Seafood Festival

Join us for a mouthwatering day by the sea at the famous Charlestown Seafood Festival, a beloved Rhode Island tradition for 40 years. Feast on fresh-caught lobster, clam cakes, chowder, and all your seafood favorites—plus plenty of land-lover options, sweet treats, and refreshing beverages. Beyond the food, enjoy live music, arts and crafts vendors, and more. The festival hosts the Rhode Island Street Rodding Association's car show. View over 200 antique and unique vehicles from the region. It's a festive, fun-filled summer outing for a truly unforgettable New England experience! We'll stop at Quonnie Farmstand on the way home to shop for fresh produce, baked goods, snacks, and ice cream.

#5062 Sunday, August 9, 2026 \$115

Pick-up at HHS parking lot 8:00 am and return at 6:15 pm.

All times are approximate.

Note: No refunds for this trip after July 1, 2026.

Summer Nights - Tribute to Grease Aqua Turf Club, Plantsville, CT

Get ready to rock and roll like it's 1959, with the most iconic soundtrack of all time! Part tribute band, part musical theater, all the fun of the 1978 classic movie!

Unforgettable songs, dances, costumes, characters, and summer lovin! Hit after hit: Greased Lightnin', You're The One That I Want, Grease, Hopelessly Devoted, and so many more! The show's opening act features a Tribute to Olivia Newton-John, which adds another layer of nostalgia and celebration of her music and career.

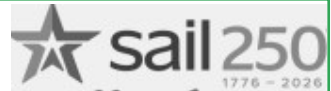
Enjoy a family style dinner including garden salad, pasta, chicken parmesan and baked scrod, vegetable, potato, rolls, dessert and beverage.

#5063 Wednesday, August 19, 2026 \$115

Pick-up at Rt. 40 Connector parking lot 8:00 am and return at 6:15 pm. All times are approximate.

Note: No refunds for this trip after July 1, 2026.

Boston Tall Ships



2026 marks the 250th anniversary of our nation's founding in 1776 - the United States of America's Semiquincentennial. For this milestone occasion, a fleet of the world's most magnificent international tall ships and military ships, in an epic peacetime gathering, will gather in the port of Boston as part of Sail250®. Our day in Boston will include a wonderful opportunity for up-close views of this amazing gathering of Tall Ships aboard a narrated cruise in Boston Harbor.

Our day will begin with a three-course family-style Italian lunch at Maggiano's Little Italy - everyone's favorite! Menu: Stuffed Mushrooms, Maggiano's Salad & Rolls, Rigatoni with Meat Sauce, Chicken Piccata, Lemon Cookies & Coffee, Tea or Soda. MANGIA!!

After lunch we'll board Charles Riverboat's Lexington, a 2 level paddle wheeler departing from Rowe's Wharf in Boston Harbor. Our narrated cruise experience will bring us up close to these magnificent vessels from all over the world.

Don't miss the opportunity to be part of this historic event!!

#5061 Sunday, July 12, 2026 \$189

Pick-up at HHS parking lot 8:15 am and return at 8:15 pm.

All times are approximate.

Note: No refunds for this trip after June 10, 2026.

Boston Tea Party A Revolutionary Experience

We will begin our guided tour at The Meeting House where Sam Adams patiently awaits your arrival. Meet the colonists and listen to the story of the fateful night of December 16, 1773. From there, you will be guided to the Tea Party Ships to be greeted by a Son of Liberty. Engage yourselves in a story of his own while you prepare to participate in the historical dumping of the tea alongside your patriots!

Continue to the museum where you will experience high-tech, interactive exhibits, authentically restored tea ships and more. View a multi-sensory documentary, titled "Let it Begin Here" that captures the events that led up to the American Revolution.

Spend time at Boston's infamous Quincy Market for lunch on your own.

#5064 Saturday, September 19, 2026 \$148

Pick-up at HHS parking lot 8:00 am and return at 6:00 pm.

All times are approximate.

Note: No refunds for this trip after August 10, 2026.

THE FAMILY RESOURCE CENTER OF HAMDEN



Register for:

- * Play & Learn Groups for infants, toddlers and preschoolers
- * Raising Reader Program
- * Circle of Security
- * What You Do Matters!
- * Individualized Parenting Coaching to support your child's development and parenting skills

Contact us for:

- * Screening Tools to help you identify strengths or concerns regarding your child's development
- * Connection to other Community Resources
- * Referrals to Child Care & Preschool Programs
- * Information on our Circle of Security and What You Do Matters Programs

Church Street School 203.407.3111

For more information, email:
HamdenFRC@hamden.org

HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director
www.hamdenlibrary.org

- Children's Programs
- Computers for public use
- Free or Discounted Passes to Aquariums, Museums, Zoo. (Need a Hamden Public Library card.)

iconn.org - Research and homework help for all ages.
Questions? Call 203.287.2680 or info@hamdenlibrary.org

Three locations:
Miller Memorial 2901 Dixwell Ave 203.287.2680
Brundage Comm. Branch 91 Circular Ave 203.287.2675
Whitneyville Branch 125 Carleton St 203.287.2677

MILLER SENIOR CENTER PROGRAMS

Kimberly Craft, Coordinator

Elderly Outreach	203.287.2691
Transportation	203.288.2885
Miller Center	203.287.2547
Nutrition Site/Cafe	203.287.0057

HAMDEN EARLY LEARNING PROGRAM

The Hamden Early Learning Program is a NAEYC Accredited year round program that operates 48 weeks a year, from 7:00 am-5:00 pm, Monday through Friday.

We have 13 classrooms:

Alice Peck School
Helen Street School
Church Street School
Dunbar Hill School
Ridge Hill School
West Woods School


The program's monthly tuition range is up to \$1,300 a month. A sliding fee scale is offered along with some School Readiness slots. Tuition is based on the family size and annual income. Current tax return, pay stubs, budget or award letter is required.


For more information or to request an application call 203.407.2254 or download the application from the Hamden Public School website at www.hamden.org or email: jvega@hamden.org





hamdenkids@gmail.com

Leave message at 203.407.7733
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 Preschool programs for children five years old and younger including, preschool, 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.

ARTS, RECREATION, AND CULTURE

203.287.2546

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

HAMDEN TOWN SERVICES

KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

COMMUNITY SERVICES

Linda Davis-Cannon, Outreach Technician

203.562.5129 ext. 1121

ldaviscannon@hamden.com

The Office of Community Services 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.

Y'Isiah Lopes, Community Services Coordinator

203.562.5129 ext. 1111

ylopes@hamden.com

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

- Camp Scholarships • Computer Lab • Diaper Bank • Financial Wellness • Fuel Assistance • Holiday Toys • Emergency Services • Hamden Food Bank • Rental Assistance • Health & Nutrition Initiatives • Thanksgiving Food Baskets • Utility Assistance • Volunteer, Internship and Community Service Opportunities



YOUTH SERVICES BUREAU

Lamond Battle, Coordinator

203.777.2610 ext. 1123

lbattle@hamden.com



Hamden Youth Services Bureau creates and fosters opportunities for all youth and their families to learn and grow in positive ways. Below is a list of some of these services and programs: • Free Books and School Supplies • Hamden-North Haven Collaborative • Hamden Prevention Council • Hamden Youth Advisory Council • Hamden Youth Diversion Project • Hamden Youth Network • Outreach Activities, Programs and Events • Prevention Awareness and Education • Resources and Referrals • Summer Youth Employment & Training Program • The Village Teen Center • Volunteer & Community Service • Youth Ambassadors

NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

203-239-5432

The mission of the North Haven Senior Center is to respond to the ever-changing needs of mature adults and their families. Providing opportunities for: personal enrichment, wellness, social and recreational activities, volunteerism, advocacy, information and referral. The center is located at 189 Pool Road and is open Monday through Friday from 8:00 A.M. - 4:00 P.M. offering a broad spectrum of activities and services such as health/wellness services, education, information and assistance, group exercise classes, transportation, supportive services, creative arts, recreation, and volunteer opportunities. Membership is without charge for all age eligible residents. Free transportation for senior members is available to and from the center upon request. Medical transportation is available by appointment to North Haven and Hamden. In addition, the center provides trips for grocery shopping, errands, hairdresser/barber shop appointments, and the library as well as special outings and events. Published bi-monthly at the center is a newsletter titled "Senior Happenings." Copies are available at the Senior Center, Town Hall and the Community Services Office, along with weekly press releases posted in the Town's local newspapers. For community members and family who are unable to access a paper copy of the "Senior Happenings," the newsletter may also be found on the Town's website: www.town.north-haven.ct.us

NORTH HAVEN MEMORIAL LIBRARY

203.239.5803

DEPARTMENT OF COMMUNITY SERVICES

TOWN HALL ANNEX -

5 LINSLEY ST. NORTH HAVEN, CT 06473

203.239.5321 ext. 8500

The Community Services office offers a range of outpatient mental health and substance abuse treatment supports to town residents (through BH-care). Additionally, energy assistance, monthly food bank access and food and gifts for the holidays are offered (for North Haven residents only). Some eligibility applies, call for further information.

DEPARTMENT OF RECREATION

203.239.5321 ext. 8530

RECREATION INFO-LINE

203.672.0541

REGISTRATION FORM

MAIL

Send registration form and payment to:

Hamden Adult Education or Hamden-North Haven Adult Education
2040 Dixwell Avenue 221 Elm Street

Hamden, CT 06514 North Haven, CT 06473

Checks, Money Orders and MasterCard/VISA/Discover Accepted

HAMDEN

PHONE (203) 407-2028

FAX (203) 407-2056

NORTH HAVEN

PHONE (203) 239-1641

EXT. 2913

IN PERSON

Hamden Adult Education Office

Monday - Friday 7 am - 2 pm, Tuesday and Thursday 5 pm - 9 pm

North Haven Office - Monday - Thursday 5 pm - 9 pm



Website

www.hamdenadulted.org

Available 7 days a week

24 hours a day



We accept:

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

Verification Code:

Complete (Office Use Only)

Additional Person:

Last Name:

First Name:

Address (if different from yours):

Course #

Course Title

Amount

Less Senior Discount

If applicable

Total

REGISTRATION INFORMATION

Eligibility:

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

Tuition and Fees:

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

Books and Materials:

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

Storm Day Policy:

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

Our Refund Policy:

- Each class requires a different minimum number of attendees to run. For this reason, **refunds will only be issued if you withdraw from your class 1 week prior to the first night of class.** If you wish to cancel within the allowable time, email info@hamdenadulthood.com or call the office. A \$15 processing fee will be subtracted from all refunds.
- 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.
- **No refunds will 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.

* Hamden Board Policy P-1331 adopted 11/12/97.

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 203.407.2090.

Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms or any other accommodations for effective communication should contact Nadine Gannon, 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 203.407.2090.

Senior Citizens:

Seniors 62 and older may be entitled to a 15% discount on 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 Title IX Coordinator, at 203.407.2090.

Class Cancellations:

Any class or trip may be canceled 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.***



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

2040 Dixwell Avenue
Hamden, CT 06514

**ECRWSS
Residential Customer**

- New Classes**
- 3-ft Welcome Sign/Porch Leaner
 - A History of Witches
 - Adult Basketball
 - Adult Kickball
 - Adult Pickleball
 - Align and Restore with Qigong
 - Crochet a Hanging Plant Pot
 - Digital Photography
 - Disc Golf
 - Discover Voice-Over
 - Drawing Wild and Exotic Animals
 - Get Your Own Book Published on Amazon
 - How to Use ChatGPT Artificial Intelligence
 - Improv for Judgement Free Communication
 - Painting with Soft Pastels
 - Patricia Griffin Whispers from Heaven
 - Portrait and Pet Photography
 - Save Big on Airline Tickets, Hotels, and Groceries
 - Smartphone Photography
 - Self-Help Reflexology for You and Your Family
 - Spring Wreath

- Day Trips**
- 9/11 Museum & Monument
 - Majestic Theatre - Come From Aay
 - Freedom Liberty Cruise
 - Boston Tall Ships
 - Charlestown Seafood Festival
 - Sharlestown Seafood Festival
 - Summer Nights - Tribute to Geace
 - Boston Tea Party
- Overnight Trips**
- Sight & Sound Theater - Joshua
 - Do You Love Lucy?
 - Tropical Costa Rica
 - Painted Canyons of the West
 - Discover Switzerland, Austria and Bavaria
- Free Classes**
- Adult High School Program
 - Citizenship
 - English as a Second Language
 - GED Prep
 - National External Diploma Program
 - Pre-GED

What Will You Try?

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