

*Hamden-North Haven
Adult & Continuing Education
Fall 2026*



Dear Friends,

Welcome to the Hamden–North Haven Adult & Continuing Education Fall Catalog!

As a new season begins, we invite you to take advantage of many opportunities to learn, grow, and stay engaged. This year, we are excited to offer ServSafe certification opportunities for those interested in food safety and hospitality careers, as well as medical trainings for individuals seeking healthcare certifications or skills. Whether your goal is to advance your career, complete your high school diploma, improve your English skills, or explore a new interest, our programs are here to support you.

Academic Programs

- ESL for English language development and confidence
- Credit Diploma Program to complete your high school education
- GED Preparation for academic advancement
- National External Diploma Program (NEDP) – for self-directed adults with life and work experience, leading to an adult education diploma
- U.S. Citizenship classes for those pursuing naturalization

Our enrichment offerings continue to expand with a variety of creative, hands-on experiences. This season, you can enjoy courses such as candle and wax melt making, fluid acrylic pour painting, self-portrait workshops, pet painting, watercolor florals, and custom tote bags or ceramic design, as well as additional wellness and recreational options.

Beyond the classroom, we offer opportunities to travel and explore. Enjoy seasonal favorites like the New York Botanical Garden Holiday Train Show and a holiday performance of Christmastime at the Reagle Music Theatre. For extended travel, choose from two unforgettable experiences: a trip to Switzerland, Austria & Bavaria or a trip to the Painted Canyons of the West.

We look forward to welcoming you this fall and supporting you in reaching your goals. Join us and take the next step today.

Visit www.hamdenadulthood.org today to explore the full catalog and register now!

Sincerely,

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 - 8:30 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 - 8:15 PM

(September - May)

M.L. Keefe Office

11 Pine Street Hamden, CT 06514

203.773.9211 ext. 1139

Office Hours:

Monday - Friday 7:30 AM - 2:30 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

Fall 2026 Calendar

August 24 Adult High School - Fall Term 1 Begins	November 2 No Classes
September 8 Classes at Keefe Begin	November 3 Election Day - No Classes
September 14 Enrichment classes begin	November 11 Veteran's Day - No Classes North Haven & Keefe
September 21 Yom Kippur - No Classes	November 25-27 Thanksgiving Break - No Classes
October 12 Indigenous Peoples' Day - No Classes	December 9 Adult High School - Spring Term 1 Registration
October 14 Conferences - No Classes - Hamden	December 17 Enrichment Classes End
October 15 Adult High School - Term 2 Registration	December 18 Classes End - Keefe
October 28 Conferences - No Classes North Haven	December 23 - January 4 Holiday Break - No Classes

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Class numbers ending in H are held at Hamden High School.
Class numbers ending in N are held at North Haven High School

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

Adult Basic Education

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 US Citizen



This free class is designed to help you prepare to become a US 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/
Scroll to 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, World Languages, and Electives. 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

Fall Term 1 Registration - August 11th 4:30-7:30 PM

Fall Term 2 Registration - October 15th 4:30-7:30 PM

National External Diploma Program

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, Teams, and Screen Capture

A computer with an operating system of Windows 11 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.hamdenadulted.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

CAREER DEVELOPMENT

Harborview School of Phlebotomy

Our programs are modeled after a workplace environment that takes the fundamental principles of education and applies them to today's world. Using cutting-edge technology, we're proud to educate tomorrow's leaders. Become a Patient Care Technician(PCT) by taking Certified Nursing Assistant with EKG and Phlebotomy Technician programs with us. For more information, please contact 203-407-2028.

Principles & Practices - Real Estate Pre-Licensing

This course not only satisfies the 60 hour CT educational requirement for Real Estate Sales Licensing but it's also an informative, fun, and engaging class for anyone! Real Estate touches everyone and everything - Knowledge is Power! It covers the major aspects of the real estate industry, trends in real estate, and prepares you for the State licensing examination. 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
Sep 14 M & Th 5:30-8:30 pm
Virtual - Online or in person
Resident \$600 Non-resident \$610

Veterinary Assistant Program

This program prepares you for entry-level positions in veterinary medicine as veterinary assistants. The curriculum covers all areas of the veterinary clinic, helping you build the knowledge and hands-on skills needed to enter the field with confidence. You will learn: Animal restraint and handling, client communication, exam room support, basic nursing skills, laboratory sample collection, sterile technique and surgical preparation. Moreover, you gain experience in a real clinical environment, which helps you understand how veterinary teams work together.

It is also an excellent stepping stone if you are interested in advancing your career in veterinary medicine. As a NAVTA-approved program, students are eligible to sit for the national examination to earn the designation of "Approved Veterinary Assistant" (AVA).

Classes meet on Mondays and Thursdays. There is a morning class from 9am-12pm or an evening option from 5pm-8pm. Class runs from September 7, 2026 through April 21, 2027.

For more information, please call 203.407.2028

CAREER DEVELOPMENT

Emergency Medical Technician Training (EMT)

#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 August 26, 2026 with the \$695 remainder due by September 1, 2026. Tuition includes the textbook, online access, drills, CPR certification, smart triage, human trafficking and QPR certification. You must be 16 years or older to participate in the program. Classes begin September 1, 2026 and will be held Monday and Wednesday, 6 pm - 10 pm, and some Saturdays. **No senior discount given.**

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



**Other Dates
available
on our
website**

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.

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

#1001HA - October 20 and October 22

#1001NA - November 17 and November 19

#1001HB - December 15 and December 17

5:00 – 9:00 PM - HHS rm B105

5:00 – 9:00 PM - NHHS rm 105

No senior discount given.

INSTRUCTOR: L. Bonito

Resident \$125

Non-resident \$135

ServSafe Food Protection Manager Certification (QFO)

In the high-stakes world of food service, safety is the foundation of success. The ServSafe Food Protection Manager course is an intensive, ANSI-accredited program designed to transform kitchen leaders into safety experts. Whether you are an aspiring lead or a seasoned operator, this course provides the critical knowledge required to manage a kitchen that is both high-performing and hygienically sound. You will master food safety, protect guests and grow your career. Get the gold standard food safety certification.

**P. Singh
Sep 22
Dec 15**

**2 wks
#1002NA
#1002NB**

**Resident: \$175
NHHS rm 105
NHHS rm 105**

**Non-resident \$185
Tues./Thur., 5-9 pm
Tues./Thur., 5-9 pm**

CAREER DEVELOPMENT

Medical Coding Program

This twenty-week, in-depth medical coding program for Certified Professional Coder (CPC) through the American Academy of Professional Coders (AAPC) is designed to teach all aspects of medical coding, provide you with the skills needed to become nationally certified, and enter the job market. Basic computer skills are required. This program includes Medical Terminology, Anatomy & Physiology, two Certified Professional Coder exam attempts, AAPC membership, three practice CPC tests, and all books.

Adding Practicode (6-10 week online program) will remove the apprenticeship designation from the CPC credential.

Tuesday and Thursday

(Live online classes) 5:30 - 7:30 PM or
online- self-paced

Medical Coding 20 weeks \$ 3,950

Medical Coding with Practicode an additional 6-10
weeks \$5,150

Payment plans are available

Medical Billing and Coding Professional

This thirty-six-to fifty-two-week course track combines two programs, enabling you to master the entire medical revenue cycle: Medical Coding (including Medical Terminology) with CPC and Medical Billing with Certified Professional Biller (CPB), leaving you with 2 AAPC national certifications.

The Medical Professional courses are designed to be completed one after the other; course timing will be coordinated with you by our Education Advisors. This course includes all resources, books, and exam fees for both the Medical Billing with CPB and the Medical Coding with CPC.

36 to 52 week course \$6,750

This course can be taken live online via Zoom or
online anytime.

Payment plans are available

Pharmacy Technician

This all-inclusive fourteen-week pharmacy technician course will teach everything from the role of the technician in the pharmacy setting to the basic sciences at the core of pharmacy practice and prepare you for the Pharmacy Technician Certification Board (PTCB) exam and earn your Certified Pharmacy Technician (CPhT) credential. You will learn complete drug information, including the proper name, spelling and pronunciation, drug class, generic and trade names, route of administration, and photos. You will gain a better understanding of how certain drugs work in the body through a concise review of relevant anatomy and physiology, and stay up to date with cutting-edge pharmacy practice through the latest information on new drugs, regulations, HIPAA guidelines, and safety procedures. All materials and the PTCB National Certification (CPhT) Exam fee are included.

Self-paced 14 week program \$2,850

Payment plans are available

Clinical Medical Assisting with National Healthcareer Association (NHA) CCMA Certification

This all-inclusive sixteen-week program includes in-person skills labs and live class meetings via Zoom that prepare you to pass the National Certification exam. Upon completion of the program, you will sit for your Certified Clinical Medical Assistant (CCMA) national certification exam through the National Health Career Association (NHA). The program cost includes: National certification, 6 practice exams, online study guide materials, books, resume assistance, and all other associated fees. Externships may be available in your area.

In-person classes begin in February 2027

Tuesday and Thursday 5:30-8:30 PM.

16 week course \$3,500

Payment plans are available



**For more information, call (207) 721-0714
or email info@academyofmedicalprofessions.com**



Call to Register 203.407.2028

CAREER DEVELOPMENT

**JOIN US FOR AN INFORMATIONAL SESSION
ON TUESDAY, SEPTEMBER 29TH AT 6:00 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

YOUR NEXT MOVE

With an online training style that fits your life, you'll be prepared to earn a certification and start your rewarding career.



Certification Careers

Our live online courses enable you to build bonds with your instructor and classmates, ask questions, and receive answers in real-time from any location.

HEALTHCARE

Medical Billing and Coding
Pharmacy Technician
Medical Assistant
Medical Administrative Assistant
EKG and Phlebotomy

TECHNOLOGY

CompTIA A+
CompTIA Network+
CompTIA Security+



ATTEND ONLINE FROM ANYWHERE. ENROLL TODAY!

For more information or to enroll, call 1 (844) 292-8641 or email us at enroll@ProTrain.edu or find us online at <https://hamden.theknowledgebase.org>.

Master Office Tools to Advance Your Career.



MICROSOFT OFFICE 365

You'll gain proficiency in creating Word documents, Excel spreadsheets, PowerPoint presentations, and managing Outlook emails using the latest Microsoft Office tools.

Why Join This Program?

- Enhance your efficiency with essential office software
- Prepare for Microsoft Office certification exams
- Boost your career opportunities in various professional settings



"This certification assisted with my promotion."

I found the Microsoft Office course to be very helpful in my current position as a Program Specialist. This certification assisted with my promotion. Although I have been using Microsoft Office for several years, I did not understand the full capabilities. — Eric Sessa

📞 1 (844) 292-8641

🌐 <http://hamden.theknowledgebase.org>

✉️ info@ProTrain.edu

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:

Entry-Level Driver Training for Class A

Learn the practices required for the safe operation of the combination vehicle on the highway under various road, weather, and traffic conditions. Gain the advanced skills necessary to recognize potential hazards and handle a CMV when faced with a hazard. Review the vehicle and its systems and subsystems, vehicle inspection, operation, and maintenance, and the impact of those factors upon highway safety and operational efficiency. Study activities such as cargo handling, environmental issues, driver hours of service, post-crash procedures, drugs and alcohol, and trip planning.

careertraining.ed2go.com/Hamden



ONLINE SHORT COURSES

- 6 week format
- Discussed 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

Sample class:

Discover Sign Language

Explore the history and usage of American Sign Language (ASL) and how to navigate the culture and social customs of the Deaf community. By the end of this sign language course, you will be confident and ready to participate in a conversation using the power of sign language. You will learn to fingerspell the alphabet, sign colors, numbers, objects, and family members. You will acquire a wide range of useful, everyday vocabulary that will enable you to engage in meaningful conversations.

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:

Certificate in Data Analysis

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

Certificate in Business Writing

Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators move forward, others move back. Enhance your career by improving this critical skill. Begin with understanding the format, construction, and successful techniques of writing good business reports and proposals. Then improve your skills with editing and proofreading. Finally, discover what good journalists know. Learn how to write a news story, press release or other publicity notice that zings. Help your organization stand out with your new skills in business writing. This certificate will take you to the next level where business writing is a skill for personal and organizational success.

Spanish for Medical Professionals

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for healthcare professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients.

Certificate in Accounting and Finance for Non Financial Managers

Every successful person in the workplace utilizes financial information to aid effective decision making. This Certificate explains the financial concepts and accounting processes used in most businesses and will provide practical techniques that will increase your effectiveness and career. First, get a foundation to understand the seven steps in the accounting cycle and use financial information in decision making. Come away with the knowledge to analyze resource allocation and evaluate financial performance. Then find out what you need to know about cash. Cash is the non-financial manager who really makes a difference in the day-to-day cash activities. Discover how to maximize cash flow, learn the importance of cash and find out your role in cash flow success. Finally, acquire advanced knowledge on the financial information that drives your organization. See how business reports are assessed and analyzed. An understanding of this information will help you make smart decisions when it comes to budgeting, setting goals, and assessing performance within your own area of influence.

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

Check our website for classes!
www.hamdenadulthood.com/CourseCatalog



CREATIVE ARTS

NEW - Advanced Smartphone Photography

Advance your understanding of how to use your smartphone for photography. Gain an understanding of manual controls such as ISO, shutter speed, and aperture. Learn about editing apps and equipment such as telephoto lenses, tripods, and filters, to improve your images. Join Steve to learn how to use the essential controls along with the best free and low-cost editing and image management.

S. McGrath	4 wks	Resident \$79	Non-resident \$89
Oct 22	#1470	Virtual - Online	Thur., 7:30-9pm

Basic Music Theory and Harmony

Learn how music theory and harmony impact a writer's song. Areas covered in class are scales, intervals, the qualities of major and minor keys, harmonies and their relationships, and analyzing how these figure into a writer's piece. See why music works the way it does. Please bring a pencil to class.

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



Beginner Basket Weaving

In this beginner class, students will learn basic weaving techniques working from a solid wood base. You will be able to choose accent colors to make a one-of-a-kind piece. No prior experience needed. **Please bring a towel and scissors. A non-refundable \$25 materials fee is payable to the instructor at the first class.**

S. Kober	1 session	Resident \$35	Non-resident \$45
Oct 22	#1457NA	NHHS rm 116	Thur., 5:30-8:30 pm
Nov 19	#1457NB	NHHS rm 116	Thur., 5:30-8:30 pm
Dec 10	#1457NC	NHHS rm 116	Thur., 5:30-8:30 pm

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

Calligraphy - The Art of Beautiful Writing - Beginner

Welcome to the Art of Beautiful Writing. Let's begin our Calligraphy journey where each stroke captures the crisp beauty of Fall. Our Beginner's Calligraphy Class invites you to explore the timeless craft of elegant lettering. Calligraphy conveys class and elegance on envelopes, invitations, special awards, vintage name cards, and gifts for any special occasion. Over the course of 6 weeks, you will learn the fundamentals, 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 emailed 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
Sep 16	#1400N	NHHS rm 106	Wed., 6-8 pm

Calligraphy - The Art of Beautiful Writing - Intermediate

This Intermediate Calligraphy class will inspire you to refresh your skills and learn some new ones. You will learn various lettering, designs, and floral embellishing techniques. Have fun creating swirls, and decorating letters using color. You will have a small, but completed project in just 5 weeks. Congratulate yourself on your progress. Your Calligraphy skills can only get better. Sign up now and let your letters flourish! **A supply list will be emailed 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	5 wks	Resident \$72	Non-resident \$82
Nov 4	#1401N	NHHS rm 106	Wed., 6-8 pm

NEW - Ceramic Mug Painting & Styling

You will use specialized ceramic pigments to design and paint a functional, Halloween themed mug using modern, geometric, or freehand patterns. **All supplies are included in class fee.**

V. Roncoli	1 session	Resident \$45	Non-resident \$55
Oct 29	#1466N	NHHS rm 115	Thur., 6-8 pm



CREATIVE ARTS

Crochet - All Levels

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. **Please bring yarn and a size H crochet hook to class.**

S. Tendler 10 wks Resident \$100 Non-resident \$110
Sep 16 #1403N NHHS rm 105 Wed., 6:30-8:30 pm

NEW - Custom Tote Bag Painting

Wearable art! You will use specialized fabric paints to turn a heavy-duty 15x16 utility canvas tote bag into a functional, fashionable custom accessory. **All supplies are included in class fee.**

V. Roncoli 1 session Resident \$55 Non-resident \$65
Dec 3 #1467H HHS rm B105 Thur., 6-8 pm



Digital Photography 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
Oct 29 #2885 Virtual - Online Thur., 5:30-7pm

Digital Photography for Newbies

Learn from an expert when and how to use your digital cameras special features such as program mode, manual mode, aperture and shutter priority. You will also explore basic composition and best use of light for different situations, such as plants, people, macro, and landscape photography.

S. McGrath 5 wks Resident \$89 Non-resident \$99
Sep 17 #2886 Virtual - Online Thur., 5:30-7pm

Earring Making 101

Learn how to make your very own boutique-style beaded earrings with different tool techniques and designs. There will be a great selection of beads to choose from. You will leave with 2 different pairs. 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 \$29 Non-resident \$39
Oct 26 #1450N NHHS rm 116 Mon., 6:30-8:30 pm

DIY Glass and Slate Etching

Learn to create elegant gifts for all those special occasions, teacher appreciation days, or winter holidays! Choose a glass or slate cheese board for your Thanksgiving table, or a set of monogrammed glasses or slate coasters for your favorite wine or coffee enthusiast. This is a simple DIY that yields sophisticated results you are sure to love. Select your glass or slate base, then choose your design. **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 \$39 Non-resident \$49
Sep 17 #1408N NHHS rm 114 Thur., 6:30-8:30 pm



Easy Cricut Gifts with Infusible Ink and HTV

Create two gift-worthy projects using Infusible Ink and Heat Transfer Vinyl (HTV)! Choose from several options for two different projects: (1) design an apron, tea towels, or wood tray using HTV; and (2) design a pair of coasters, a metal tray or sign using Cricut Infusible Inks. **A non-refundable \$12 material fee is included in the cost of the class and covers the cost of infusible inks, HTV, totes, trays, coasters, and tea towels. Please note: five-day advanced registration is required for a custom design.**

J. Stratton 1 session Resident \$41 Non-resident \$51
Sep 15 #1449H HHS rm B104 Tues., 6:30-8:30 pm

NEW - Exfoliating Sugar Body Scrubs 101

You will learn how to make sugar body scrubs using an array of essential oils, botanicals, add-ins, all with coconut oil-based ingredients. You will leave class with 2 jars of completely different recipes. **A non-refundable \$25 material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$29 Non-resident \$39
Oct 5 #1463N NHHS rm 116 Mon., 6:30-8:30 pm

NEW - Fall Wreath

Create a beautiful fall wreath with florals and other embellishments. All supplies included. **A non-refundable \$45 materials fee is included in the class fee.**

T. Dixon 1 session Resident \$74 Non-resident \$84
Sep 28 #1464N NHHS rm 114 Mon., 6-8 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
Oct 27 #2610 Virtual - Online Tues., 6:30-9:30 pm

CREATIVE ARTS

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 - by 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
Oct 26 #2611 Virtual - Online Mon., 6:30-9:30 pm

NEW - Loose & Lovely Watercolor Florals

A relaxing introduction to color mixing, water control, and loose brushstrokes to create organic botanical designs. **A non-refundable \$15 materials fee is included in the class fee.**

V. Roncoli 1 session Resident \$45 Non-resident \$55
Nov 5 #1468H HHS rm B105 Thur., 6-8 pm



Metal Stamped Jewelry Making!

Stamp your unique phrase into charms or a cuff bracelet! Multiple fonts, hammers, and proper techniques will be shown to avoid errors. The instructor brings everything needed for success. Leave with a cuff bracelet or tags/charms. Try out this fun class before investing in all the equipment. **Please bring eyeglasses or readers. A non-refundable \$35 material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$29 Non-resident \$39
Nov 17 #1458N NHHS rm 116 Tues., 6:30-8:30 pm



NEW - Paint Your Pet Workshop

Learn step-by-step techniques for capturing fur texture, light, and personality, as you paint your favorite animal. **Note: Registration for class ends on October 8th. Photo of pet must be emailed to instructor. All supplies are included in class fee.**

V. Roncoli 1 session Resident \$75 Non-resident \$85
Oct 15 #1469N NHHS rm 115 Thur., 5:30-8:30 pm



Painting with Soft Pastels

Pastels offer it all: Rich color, direct mark making, control, a forgiving process for correcting, and immediate gratification! The class starts with an explanation of what to look for in materials. You will get a feel for how pastels work with a simple color reference. You will learn the difference between soft, medium, and hard pastels, the various surfaces available, the best practices for working with the medium, the various underpainting techniques, and how to protect your finished work. Beginners and intermediates welcome. Demonstrations, one-on-one attention, and class critiques will be given. **A supply list will be emailed prior to the first night of class.**

P. Meglio 10 wks Resident \$140 Non-resident \$150
Sep 14 #1461N NHHS rm 115 Mon., 6-8 pm

Portraits and Figure Drawing

Create human portraits and figures using pencils. Learn shading techniques and measuring using photo references. You will learn the guidelines for creating a successfully executed human portrait. The first weeks of class will cover portrait proportions, measurements, and shading, as well as creating natural looking hair using a variety of pencils and shading techniques. Later, learn the basics of drawing the human figure using various techniques of measurements, shapes and postures. Fashion a figure in active and inactive stances from photo references while considering basic bone and muscle structure. Handouts will be provided. Beginners and intermediates welcome. The instructor will provide photos for the portrait. Student provided photos need instructor approval. Student projects will be critiqued. **A supply list will be emailed prior to the first night of class.**

P. Meglio 10 wks Resident \$140 Non-resident \$150
Sep 16 #1426N NHHS rm 115 Wed., 6-8 pm

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 4 wks Resident \$79 Non-resident \$89
Sep 17 #2888 Virtual - Online Thur., 7:30-9pm



Soy Candle and Wax Melts

Step-by-step instruction in this fun clean-burning candle and melts workshop! Leave with at least 2 creations each. Over 150 scents to choose from as well as color options. We will also label and decorate while we wait for the wax to set. **A non-refundable \$30 material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$29 Non-resident \$39
Oct 20 #1454N NHHS rm 116 Tues., 6:30-8:30 pm

CREATIVE ARTS

NEW - The Art of Fluid Acrylic Pour Painting

A messy, mesmerizing, and highly addictive class! You will learn the chemistry of mixing acrylic paints with pouring mediums to create stunning, marbled, and cell-like abstract patterns on three 8x10 canvases. **All supplies are included in class fee.**

V. Roncoli 1 session Resident \$85 Non-resident \$95
Oct 1 #1470H HHS rm B105 Thur., 5:30-8:30 pm

NEW - The Diva in You: Acrylic Self-Portraits

Celebrate yourself on canvas! A stylized, empowering two-part workshop focusing on facial proportions, sketching, and vibrant acrylic blending on a 16x20 canvas. This creative workshop where we meditate, celebrate the within, and combine fun elements to represent who we are on both the inside and the outside. **All supplies are included in class fee.**

V. Roncoli 2 wks Resident \$90 Non-resident \$100
Sep 17 #1471N NHHS rm 116 Thur., 5:30-8:30 pm



Ukulele for Beginners -Your Journey Begins Here

Here's your chance to learn how to play this wonderfully versatile, go-anywhere, instrument in a relaxed program taught with humor by our popular instructor, Duncan Perry. He will introduce you to essential chording and playing skills using familiar songs. Once you master the basics, you won't want to stop. It's never too late to launch this healthful and fun-filled musical adventure! If you don't have access to a playable ukulele, contact us for information about buying one. May the uke be with you! You don't need to read music, just sign up, tune up and show up!

D. Perry 6 wks Resident \$79 Non-resident \$89
Sep 29 #2612 Virtual - Online Tues., 6-7:30 pm

Violin and Cello - Beginner/Intermediate

Learn how to play the violin or cello by a professional musician. This is a small class allowing for a lot of 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.**

JJ Hsu 10 wks Resident \$95 Non-resident \$105
Sep 15 #2606N NHHS rm 106 Tues., 6-7 pm

NEW - Watercolor Techniques

Explore a variety of water-based paints and useful techniques for each. From watercolor to poster color, learn what makes these paints unique and how to use them to bring out the best in your work.

G. Lubinski 8 wks Resident \$112 Non-resident \$122
Sep 22 #1465N NHHS rm 106 Tues., 6:30-8:30 pm

Wire Wrapped Sea Glass 101

Great for beginners and beyond workshop on how to wire wrap anything found on a beach! Two techniques using allergen-free wire will be demonstrated. Upon completion of this workshop, you will be able to wire wrap shells, stones, sea glass, and small drift wood pieces. **A beautiful selection of sea glass, use of all tools, and different color allergen-free wire will be provided for the \$25 material fee, which is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$29 Non-resident \$39
Sep 28 #1434N NHHS rm 116 Mon., 6:30-8:30 pm



FITNESS AND HEALTH

Adult Swim Lessons

It's never too late to learn how to swim! As the largest resource for swim lessons, our YMCA adult swim lessons include beginner, intermediate and advanced levels. So, whether you started learning to swim as a child, but never quite mastered it, or are simply afraid of the water, we're here to help you learn to swim confidently, in a supportive environment. You will soon feel safe and secure in any body of water – whether it's a pool, lake, or the ocean. **Bring water bottle, towel and bathing suit.**

Staff 7 sessions Resident: \$95 Non-resident \$105
Sep 22 #1601A NH YMCA T & Th, 5:30 - 6:15 pm
Oct 20 #1601B NH YMCA T & Th, 5:30 - 6:15 pm
Nov 17 #1601C NH YMCA T & Th, 5:30 - 6:15 pm
Check our website: www.hamdenadulted.org for dates

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. During this course we will be focusing on a form called Tian Gan, translated as The Heavenly Stem. The focus of this form is to mobilize and open the spine from head to tail through rotational movements.

K. Fierlit 9 wks Resident \$72 Non-resident \$82
Sep 14 #1674N NHHS rm 104 Mon., 6-7 pm

FITNESS AND HEALTH

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. It generates flexibility, strength, and overall well-being. No experience needed. Taught by a professional martial artist with over 30 years of experience. **Please bring water and wear comfortable clothing and flat footwear. Senior discount not applicable.**

B. Banick	12 wks	Resident \$140	Non-resident \$150
Sep 14 #1603HA		Central Office Gym	Mon., 6-7 pm
Sep 16 #1603HB		Central Office Gym	Wed., 6-7 pm



Ballroom Dance - Beginner

Would you like to dance like a professional or like you are on Dancing with the Stars? Then this class is for you! You will learn to 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
Sep 14 #1640N		NHHS Cafe	Mon., 6-7 pm

Ballroom Dance - Beginner Salsa (Mamba), Merengue and Bachata

Learn Salsa, Merengue, and Bachata 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
Sep 15 #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
Sep 14 #1641N		NHHS Cafe	Mon., 7:10-8:10 pm

NEW - Beginner Friendly Slow & Steady Yoga

Whether you are new to yoga, returning after a short break or a long one, or just prefer a class that moves at a gentle and mindful pace, you are welcome here. We will explore the fundamental poses (asanas), breathwork (pranayama), and meditation that are the building blocks of a lifelong yoga practice. **Senior discount not applicable.**

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 14 #1680		Yoga at the Commons	Mon., 5:30-6:30 pm

NEW - BodyMindSpirit Club

Imagine a welcoming, warm community where ancient yoga wisdom, modern science, and everyday life come together in simple human conversations. Beginning with a gentle yoga asana stretching practice, we will also explore wellness, wisdom, self-awareness, and connection through guided discussions, meditations, and gentle practices. You will leave with one useful insight, a calmer nervous system, and at least a few real conversations with other humans. It is time to slow down, breathe, learn, and talk about the things we rarely make time for. **Senior discount not applicable.**

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 14 #1681		Yoga at the Commons	Mon., 6:40-8 pm

NEW - Born to Hand Jive!

Learn the hand and arm movements of the 1950's hand jive as done back in the day and in the film Grease to classic 1950's music. Easy movements, accessible to those who may have mobility issues that make more traditional dancing difficult: All dance is done seated! **Senior discount is not applicable.**

S. de Guardiola	1 session	Cost: \$19
Sep 16 #1682	Virtual - Online	Wed., 7:00 - 8:00 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 Jogger, 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	2 wks	Cost: \$35
Sep 30 #1671NA	NHHS PE Room	Wed., 6:30-8 pm
Dec 2 #1671NB	NHHS PE Room	Wed., 6:30-8 pm

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! Golf Fore Women 101 is designed to teach you everything you'll need to know to step onto a golf course and play with confidence. Lessons will conclude with an on-course activity taught by trained PGA/LPGA golf professionals who will make sure you have fun each step of the way. Golf clubs are not needed; clubs/sets will be recommended. **Senior discount not applicable.**

Staff	5 wks	Resident \$169	Non-resident \$179
Sep 7 #1607A	GC at LO	Mon., 11:30am-12:15pm	
Sep 7 #1607B	GC at LO	Mon., 5:15-6:30pm	
Sep 8 #1607C	GC at LO	Tues., 11:30am-12:15pm	

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

FITNESS AND HEALTH

Good Ole Country Time Line Dancing

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

X. Walker 10 wks Resident: \$85 Non-resident \$95
Sep 14 #1643NA NHHS PE Room Mon., 6:30 - 7:30 pm
Sep 17 #1643NB NHHS PE Room Thur., 6:30 - 7:30 pm



Hooping Around

Hula hooping is fun, easy to do, and is a great workout! You will learn basic hooping skills, and challenge yourself to the next level. 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
Sep 17 #1645N NHHS PE Room Thur., 5:45 - 6:20 pm

NEW - It's Madison Time! (Line Dancing)

Learn the Madison, the classic "called" line dance developed in Baltimore in the 1960's. This dance was made popular from American Bandstand and in the film Hairspray. This is an energetic dance with constant movement and some light jumping that is accessible to beginners but will engage experienced line dancers as well. **Senior discount is not applicable.**

S. de Guardiola 2 wks Cost: \$35
Nov 4 #1683N NHHS PE Room Wed., 6:30 - 8:00 pm



Jiu Jitsu for Children

We've designed our program to teach the core values of jiu jitsu as a lifestyle with a fun and practical approach. We prepare children to defend themselves by teaching respect, self-confidence, team work and valuable listening skills that 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
Sep 14 #1613A Soulcraft Studio (ages 4-7) M&W, 5:15-6:00pm
Sep 14 #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 explore and expand upon the foundational poses. Energize yourself for the day ahead or quiet back into yourself after work to refresh and relax for your evening. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Sep 16 #1628 Yoga at the Commons Wed., 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. 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. No prior experience needed. **Senior discount not applicable.**

Staff 6 wks Resident \$130 Non-resident \$140
Sep 14 #1614 Soulcraft Studio M&Th 6:30-7:30 pm, Sat 11am-12 pm

Martial Arts for Children or Adults

This class teaches self-defense and improves overall health. You will develop listening skills and gain self-confidence. Choose the schedule that works for you. **Please wear comfortable clothing and flat footwear.**

Staff 20 sessions Resident \$120 Non-resident \$130
Sep 14 #1663A Ziwak Martial Arts M-Th., 5:30 or 6:30 pm
Sep 19 #1663B Ziwak Martial Arts Sat., 9 am

Men's 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 step onto a golf course and play with confidence. Classes will cover the basics of the golf swing, putting, short game techniques, rules and etiquette. Lessons will conclude with an on-course activity taught by trained PGA golf professionals who will make sure you have fun each step of the way. Golf clubs are not needed; clubs/sets will be recommended. **Senior discount not applicable.**

Staff 6 wks Resident \$169 Non-resident \$179
Sep 7 #1630A GC at LO Mon., 10:00-11:15am
Sep 9 #1630B GC at LO Wed., 10:00-11:15am
Sep 11 #1630C GC at LO Fri., 10:00-11:15am
 Check our website: www.hamdenadulted.org for more dates

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
Sep 14 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

FITNESS AND HEALTH

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

Restorative Yoga

Retreat from your everyday life by taking a journey into tranquility and well-being. In this class, you will gently remind your nervous system to relax, your adrenals to restore, and your organs to be nurtured. Class includes deep relaxation, healing breathing, and meditation. Blankets, bolsters, and other props will be used. A healing experience for those recovering from an illness or injury, or anyone looking to recharge and renew your lifestyle. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Sep 16 #1632 Virtual - Online Wed., 7:30-8:30pm

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 \$25 Non-resident \$35
Sep 28 #1479A NHHS rm 105 Mon., 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
Sep 14 #1640A Virtual - Online Mon., 9-10:30am
Sep 14 #1640B Virtual - Online Mon., 7-8:30pm
Sep 15 #1640C Yoga at the Commons Tues., 9-10:30 am
Check our website: www.hamdenadulted.org for more dates

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

Sunrise Yoga

An early morning practice is the perfect way to start your day off right in both mind and body. Sunrise Yoga includes breathwork and slow-flow style movements to prepare you for whatever the day brings. Give it a try! These classes are available in person or on zoom. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Sep 14 #1649A Yoga at the Commons Mon., 6:30-7:30am
Sep 15 #1649B Yoga at the Commons Tues., 6:30-7:30am
Sep 17 #1649C Yoga at the Commons Thur., 6:30-7:30am

Yoga Bridge

Come get energized in this balanced fitness combination! You will sculpt, tone, and de-stress with a part strength training and yoga class. **Please bring yoga mat and weights.**

S. Sherrod 6 wks Resident \$49 Non-resident \$59
Oct 6 #1673H HHS rm C109 Tues., 7:30-8:30pm

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 you to connect to yourselves as well as your fellow students. These classes are available in person or on zoom. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Sep 14 #1652A Yoga at the Commons Mon., 9-10:10am
Sep 16 #1652B Yoga at the Commons Wed., 9-10:10am
Sep 18 #1652C Yoga at the Commons Fri., 9-10:10am

Yoga for Healthy Aging

Yoga is the perfect vehicle for healthy living and aging gracefully. This series will include yoga postures that develop flexibility, strength, balance, and agility. There will also be a focus on breathing techniques to improve respiratory functioning and simple mindful meditations to create stillness in the mind. Classes are taught in a gentle Kripalu Yoga style, using a chair or a mat. Modified instructions are provided if you need to remain seated for the class. No experience necessary. These classes are available in person or on zoom. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Sep 14 #1627A Yoga at the Commons Mon., 10:30-11:40am
Sep 15 #1627B Yoga at the Commons Tues., 9:00-10:10am
Sep 16 #1627C Yoga at the Commons Wed., 10:30-11:40am
Sep 18 #1627D Yoga at the Commons Fri., 10:30-11:40am



IN THE KITCHEN

Cake Decorating

This is a fun-filled 2-session course where you will learn to ice and decorate an 8-inch cake with buttercream frosting. You will learn to make basic flowers and borders to make your cake a star! **A non-refundable \$5 materials fee is included in the price of the class. Supply list will be emailed prior to first class.**

M. Padilla	2 wks	Resident \$49	Non-resident \$59
Nov 10	#2052N	NHHS rm 109	Tues., 6-8 pm
Dec 1	#2052H	HHS rm D107	Tues., 6-8 pm

Cooking with Kids

In this hands-on class you will bond with your child, niece, nephew, grandchild, or neighborhood child, 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 session	Resident: \$49	Non-resident \$59
Oct 6	#2030N	NHHS rm 109	Tues., 6:30-8:30 pm

NEW - Cookie Decorating

Get ready for the holidays by decorating sugar cookies with royal icing. Learn to outline and fill, using tools and basic techniques that will allow you to decorate cookies for special occasions. **A non-refundable \$5 materials fee is included in the price of the class. Supply list will be emailed prior to first class.**

M. Padilla	1 session	Resident \$34	Non-resident \$44
Oct 13	#2053H	HHS rm D107	Tues., 6-8 pm
Oct 27	#2053N	NHHS rm 109	Tues., 6-8 pm

Cupcake Bouquet

Learn to decorate cupcakes with flowers and borders. Decorated cupcakes will be assembled, creating a beautiful cupcake bouquet. **A non-refundable \$5 materials fee is included in the price of the class. Supply list will be emailed prior to class.**

M. Padilla	1 session	Resident \$34	Non-resident \$44
Sep 29	#2004H	HHS rm D107	Tues., 6-8 pm

LANGUAGES

Conversational Portuguese for Beginners

Discover the warmth and rhythm of the Portuguese language! Whether you are traveling, connecting with heritage, or just love learning languages, this introductory course focuses on practical, everyday conversation. You will learn essential vocabulary, common expressions, and proper pronunciation in a relaxed, supportive environment, alongside an introduction to the rich cultures of the Portuguese-speaking world.

V. Roncoli	6 wks	Resident \$110	Non-resident \$120
Sep 15	#2213N	NHHS rm 106	Tues., 7-8:30 pm

Irish for Beginners

An ideal beginner class for those curious to explore an ancient and unique language. You will incorporate 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
Sep 15	#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. The emphasis is on conversation. Please bring paper and pen.

M. Crofts	10 wks	Resident \$110	Non-resident \$120
Sep 17	#2209H	HHS rm D212	Thur., 7-8:30 pm

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

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 of the class. Senior discount not applicable.**

F. Papaleoni	5 wks	Resident \$59	Non-resident \$69
Sep 17	#2211	Virtual - Online	Thur., 7:00-8:15 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 \$10 supply fee is included in the price of the class. Senior discount not applicable.**

F. Papaleoni	5 wks	Resident \$59	Non-resident \$69
Oct 22	#2212	Virtual - Online	Thur., 5:30-6:45 pm

The ABCs of Arabic

This beginner Arabic course is designed for students with little or no prior experience. Students will learn the Arabic alphabet, letter sounds, pronunciation, simple vocabulary, and common everyday words. Through guided practice, learners will build confidence in reading, writing, speaking, and understanding basic Arabic in a supportive, welcoming classroom environment. **Please bring a notebook, pencil or pen, and a folder.**

Y. Almatit	10 wks	Resident \$110	Non-resident \$120
Sep 15	#2204H	HHS rm D213	Tues., 5:45-7:10 pm

PERSONAL ENRICHMENT

NEW - AI Event (Artificial Intelligence)

Get your artificial intelligence crash course in one day, all from the comfort of your couch! Eight different fun and easy to follow classes will be offered during this session. Ideal for anyone that is curious about AI. You can attend only the classes that you want, or attend the entire eight-course online event, all for the same price.

P. Fernando 1 session Resident \$65 Non-resident \$75
Oct 4 #2873 Virtual - Online Sun., 9am-5 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
Check our website: www.hamdenadulted.org for more dates

NEW - Author Retreat

This is a full-day author retreat, all online. If you are seeking enrichment, have an idea for a book and want to get it published, curious about Amazon publishing, want to make income as an author, or navigate publishing through AI, this event is for you! You will get to share a little bit about your book and your dreams of becoming a published author. You can attend only the classes that you want, or attend the entire five course online event, all for the same price.

P. Fernando 1 session Resident \$49 Non-resident \$59
Nov 15 #2874 Virtual - Online Sun., 10am-4 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, you will practice what you 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
Sep 15 #2819 Chess Academy Tues., 6:30-8:30 pm

Chess Endgames

Chess Endgames is designed for adult players who are familiar with basic chess tactics and wish to improve their play in the endgame phase. You will learn how to re-strict 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
Dec 1 #2872 Chess Academy Tues., 6:30-8:30 pm

Chess Openings

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 instruction, 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
Nov 3 #2869 Chess Academy Tues., 6:30-8:30 pm

Chess Tactics

Chess Tactics is designed for adults who would like to improve their tactical skill in chess. You are encouraged to take this course even if you 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
Oct 6 #2841 Chess Academy Tues., 6:30-8:30 pm

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

PERSONAL ENRICHMENT

NEW - Children's Book Publishing

Achieve your dream of getting your children's book published. Learn the traditional book publishing and self-publishing routes. Discover how to get your book formatted, design your cover, upload your book to Amazon to be published, get printed copies, and more. This class does not teach you how to write your children's book. Preethi Fernando is the author of fifteen books and the winner of Stephen King's Haven Foundation Award.

P. Fernando	1 session	Resident \$19	Non-resident \$29
Oct 3	#2875A	Virtual - Online	Sat., 1-2 pm
Dec 5	#2875B	Virtual - Online	Sat., 1-2 pm
Dec 11	#2875C	Virtual - Online	Fri., 10-11 am

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
Oct 14	#2892A	Virtual - Online	Wed., 6:30-8:30 pm
Dec 7	#2892B	Virtual - Online	Mon., 6:30-8:30 pm

NEW - EI Event (Emotional Intelligence)

Preethi Fernando, author of "Emotional Intelligence in Business" and "You Got This," will conduct multiple classes on emotional intelligence and how it can transform your life. You will learn skills for handling a variety of personalities. You can attend only the classes that you want, or attend the entire five-course online event, all for the same price.

P. Fernando	1 session	Resident \$49	Non-resident \$59
Sep 24	#2876	Virtual - Online	Thur., 11am-5 pm

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
Sep 22	#1800H	HHS A205	Tues., 6:30-8:30 pm



Learn to Change Your Own Oil and Save Money

Tired of spending money on routine oil changes? Join this beginner-friendly hands-on workshop and gain the confidence to do it yourself! You'll learn the complete process of performing an oil change on your own car. You will learn the basics, like locating your oil pan, draining the oil, identifying the correct oil filter, and more. 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 class based on your type of vehicle.**

D. Webb	1 session	Resident \$32	Non-resident \$42
Sep 16	#2077H	HHS rm D104	Wed., 6-8:30pm

Medicare Major Plan Changes! Will Your Plan Still Meet Your Needs

Do you have questions about how Medicare enrollment, plan changes and benefits while working may affect you? Join us to learn what's changing, what benefits you may qualify for, and whether your current plan is still the right fit. Mike De Gregorio, an independent Broker, will host this free sales session and will review Medicare basics and the 2027 plan changes with time for Q&A about Medicare or specific changes to your plan.

M. DeGregorio	1 session		
Oct 21	#2416N	NHHS rm 104	Wed., 6-8 pm
Nov 12	#2416H	HHS rm D211	Thur., 6-8 pm

Passport to Retirement

In this seminar we 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. This course, presented by a prominent and trusted local financial advisor, in a friendly and straightforward manner, is geared towards people aged 50 and over.

S. Grove	2 wks	Resident \$35	Non-resident \$45
Oct 13	#2404N	NHHS rm 105	Tues., 6:30-8:00 pm

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

Register Early!

PERSONAL ENRICHMENT

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
Sep 16	#2889NA	NHHS Library	Wed., 6-8 pm
Oct 1	#2889HA	HHS Media Center	Thur., 6:30-8:30 pm
Nov 24	#2889HB	HHS Media Center	Tues., 6-8 pm
Dec 14	#2889NB	NHHS Library	Mon., 6-8 pm

Replacement Window Workshop

Do you want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Come learn from an experienced Master Carpenter how windows are properly installed, and compare products and pricing on Low-E, Argon, Triple Pane, Wood, and Vinyl windows. This workshop is a must for anyone thinking about having windows replaced or replacing windows yourself.

P. O'Doherty	1 wk	Resident \$29	Non-resident \$39
Sep 23	#1801	Virtual - Online	Wed., 7-9 pm

NEW - THRYVE! Business Development

Mindset, marketing and mastery drive successful businesses. This course will take you through the essentials of knowing who you are and who your audience/clients are; creating a digital footprint and being "findable" for the audience you seek, Social and AI tools to help promote you and your services; and tools and resources to keep you moving forward to a THRYVING business. This class is offered online or in-person at Cadema

H. Gagnon	3 wks	Resident \$350	Non-resident \$360
Sep 19	#2894	Virtual - Online	Sat., 9 am-1 pm

No refunds will be given after a class has started.

Retirement Planning Today

Manage retirement income with tax-smart strategies, Roth conversions, Social Security timing, and investing to help you retire confidently. Retirement Planning Today is a comprehensive educational course designed for adults, typically aged 50 to 70, who want to prepare for a secure retirement with a strong emphasis on tax strategy. The program equips participants with actionable guidance on building a personalized retirement plan, estimating future expenses, and optimizing income sources, all while minimizing the tax impact on retirement savings. The course also covers risk management, asset preservation, estate planning, and avoiding common taxation and distribution pitfalls. Each session is designed to provide practical decision-making tools and trustworthy resources. Your instructor is Anthony Marchitto, a Certified Plan Fiduciary Advisor in Milford, CT.

A. Marchitto	2 wks	Resident \$49	Non-resident \$59
Sep 24	#2406H	HHS rm D211	Thur., 6:30-8:30 pm
Sep 28	#2406N	NHHS rm 105	Mon., 6:30-8:30 pm

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

This dynamic, easy-to-follow class shows you how to use ChatGPT and AI tools to uncover discounted airline tickets, cheaper hotel stays, and hidden grocery deals.

P. Fernando	1 session	Resident \$19	Non-resident \$29
Sep 26	#2891A	Virtual - Online	Sat., 2-3 pm
Oct 8	#2891B	Virtual - Online	Thur., 11am-12 pm

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

Vampires Through the Ages

The sexy and sultry vampires have continued to haunt us. Do they reflect our shadow selves or our primal hunger for immortality? From ancient Egypt to the modern night stalker, the ultimate bad boys and girls lure us in with the lust for the life eternal. Come and unravel the mystique of these immortal beings through literature, movies, and art. **Please bring a notebook**

H. Morrison	4 wks	Resident \$56	Non-resident \$66
Oct 1	#2864H	HHS rm A117	Thur., 6-8 pm

NEW - Werewolves, Shapeshifters, and Shamans

Through the ages, wolves have fascinated human imagination. Early cave paintings in France and the wild man of the woods in the Renaissance lead us to the moon mad werewolves of Hollywood. But the incredible stories of these shapeshifters are real. Discover the werewolf, shapeshifter, and shamans phenomenon from their ancient roots to the modern world. **Please bring a notebook.**

H. Morrison	4 wks	Resident \$56	Non-resident \$66
Nov 10	#2893H	HHS rm A117	Tues., 6-8 pm

REGISTER NOW!

SAFETY

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
Oct 5 and Oct 6 #3001N NHHS rm 105
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
Check our website: www.hamdenadulted.org for more dates

Stop the Bleed and Hands only CPR

Be the Help until Help Arrives! Learn how to Stop-the-Bleed and how to do Hands-Only CPR. Emergencies happen anywhere and at anytime. Rescuers respond as soon as possible, but sometimes it's too late. Your help can save the life of a loved one or friend!



Look for information in our Winter/Spring catalog.

Looking for a New Career

We have several training programs for you to choose from!

See pages 7-12 for more information

PCT

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

This program is especially beneficial for those interested in working in a hospital setting. The certification exam, administered by the National Healthcareer Association, is taken after you complete the EKG portion of the program.

Security Guard

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

Pharmacy Technician

A pharmacy technician is a licensed or certified healthcare professional who works under the direct supervision of a licensed pharmacist. They help prepare and dispense prescription medications, manage pharmacy inventory, process insurance claims, and assist with patient care in retail, hospital, and clinical settings.

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



EXCITING OVERNIGHT TRIPS

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



Painted Canyons of the West

April 25 - May 3, 2027

9 Days • 11 Meals: 7 Breakfasts • 2 Lunches • 2 Dinners

Per Person Rates: Double \$3,949*; Single \$5,049; Triple \$3,899 Includes: air, hotel transfers, and group transportation to/from airport

\$698 deposit due: 10/18/2026 Final Payment Due: 1/25/2027



Highlights Include:

- Colorado National Monument • Moab • Arches National Park
- Canyonlands National Park • Dead Horse Point State Park
- Capitol Reef National Park • Bryce Canyon National Park • Zion National Park
- Las Vegas



Trek across the Southwest as you take in the sienna-colored canyons, towering spires, and desert landscapes found in Utah's five national parks. Explore the kaleidoscope of colors found in America's rocky western landscapes.

#1368709

April 25, 2027

Travel insurance is highly recommended.

*Price subject to change. Deposit refundable up until 10/18/2026

View detailed trip information: <https://gateway.gocollette.com/link/1368709>



Visit our website for more trips.



EXCITING OVERNIGHT TRIPS

Discover Switzerland, Austria & Bavaria

September 1 - 10, 2027

10 Days • 13 Meals: 8 Breakfasts • 2 Lunches • 3 Dinners

Per Person Rates: \$5,999*; Single \$7,199; Triple \$5,869 Includes: air, hotel transfers, and group transportation to/from airport

\$698 deposit due: 2/23/2027 Final Payment Due: 6/3/2027



Highlights Include:

- Bern • Alphorn Maker • Yodeling Demonstration • Lucerne • Austrian Alps
- Innsbruck • Salzburg • Mirabell • Bavaria • Linderhof Palace
- Tyrolean Folklore Show



Journey through spectacular mountain scenery and picturesque cities as you experience three Alpine countries. The hills are alive on this enchanting journey across Switzerland, Austria and Bavaria.

Witness the artistry behind Alpine music during alphorn crafting and yodeling demonstrations.

Immerse yourself in local tradition at a Tyrolean folklore show in Innsbruck.

#1374336

September 1, 2027

Travel insurance is highly recommended.

* Price subject to change. Deposit refundable until 2/23/2027



View detailed trip information: <https://groups.gocollette.com/en-US/link/1374336>

America's Music Cities

October 17 - 24, 2027

8 Days • 11 Meals: 7 Breakfasts • 2 Lunches • 2 Dinners

Per Person Rates: Double \$4,899*; Single \$5,999; Triple \$4,799 Includes: air, hotel transfers, and group transportation to/from airport

\$698 deposit due: 4/10/2027 Final Payment Due: 7/19/2027



Highlights Include:

- Grand Ole Opry Performance • Historic RCA • Studio B • Civil Rights Tour
- Graceland • Ryman Auditorium • Country Music Hall of Fame • Barbecue Lunch
- Jazz Revue • French Quarter



Enjoy a finger-snapping, toe-tapping time on a tour of America's most famed musical cities – New Orleans, Memphis, and Nashville. You'll be hummin' and strummin' long after you've returned home.

#1373780

October 17, 2027

Travel insurance is highly recommended.

* Price subject to change. Deposit refundable until 4/10/2027



View detailed trip information: <https://groups.gocollette.com/en-US/link/1373780>

**For more information on these trips, attend our Travel Presentation on
September 22nd or call Joe at Dream Vacations 203-859-3800**

DAY TRIPS

Boston Tea Party



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.

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

#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.

Catskill Mountain Railroad



Climb aboard a vintage train with the Catskill Mountain Railroad departing from Kingston, NY for a 90-minute scenic ride across the Hurley Flats and into the Catskill Mountain gateway. Enjoy the sights and sounds of classic railroading as your train climbs the grade up Hurley Mountain, following the same rail route travelers have used since the 1860s. See the natural beauty of the Catskills. Passengers can enjoy the trip in a vintage coach or an open-air flat car.

Enjoy a brunch at The Cornell Restaurant located front-and-center on the Rondout Creek in Kingston, NY. The Cornell offers a dining experience that honors the rich maritime heritage of the Hudson River Valley. Sample menu: eggs benedict, scrambled eggs, french toast, home fries, omelet station, bagels lox & cream cheese, asst. danish & muffins, fresh fruit, mac-n-cheese, pasta salad, carving station, fried chicken, shrimp paella, seasonal veg., and mixed green salad.

#5065 Sunday, October 11, 2026 \$170

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

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

New York Botanical Gardens Holiday Train Show



Move over Manhattan! New York's other big seasonal event goes on parade with the popular Holiday Train Show at the New York Botanical Garden. Wrapped in the glow of twinkling lights, model trains and trolleys zip along over winding tracks past scaled replicas of New York Landmarks. Orange slices, cinnamon sticks, poppy pods, pine cones and a host of plant materials are used to create the more than 140 architectural reproductions. The Statue of Liberty, Ellis Island, The Brooklyn Bridge and Yankee Stadium are just a few examples. See the gingerbread houses and on-going demonstrations. Stop at the café for lunch (on your own) and visit the gift shop for some unique shopping. Following our time at the Garden, we'll have time to browse the Italian Market and other shops and bakeries on famous Arthur Avenue before departing for home. You may bring a small cooler to transport items home that will be stored under the bus.

#5066 Saturday, November 14, 2026 \$140

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

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

Christmastime - Reagle Theater



Haul out the holly! Reagle's beloved Christmas extravaganza returns to the stage in a festive production and engaging performance that is sure to put you into the Holiday Spirit. Experience the magic of live theatre! The Reagle Music Theatre of Greater Boston will present CHRISTMASTIME, their annual holiday presentation featuring 100 performers, live orchestra, precision dancers, living nativity and over 20 yuletide tunes. The show is a spectacle of sight and sound.

Pre-show lunch at The Chateau Restaurant in Waltham. Family owned since 1933, the Chateau has been a local favorite for generations. Menu: salad, Eggplant Parmesan with penne, Chicken Parmesan over penne, or Haddock St. Germaine with cream sauce and seasoned bread crumbs, and dessert with coffee or tea

#5067 Saturday, December 5, 2026 \$208

Pick-up at HHS parking lot 9:00 am and return at 7:00 pm. All times are approximate.

Note: No refunds for this trip after November 1, 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

ARTS, RECREATION, AND CULTURE

203.287.2546

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

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 15 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 \$1,500 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.

HAMDEN WELCOMING CENTER

60 Putnam Avenue, Hamden, CT 06517

Monday- Friday 8:00 AM - 4:00 PM

203.407.2108 email: welcomingcenter@hamden.org

www.hamden.org/welcomingcenter

The Welcoming Center is a one-stop resource for families entering our District. Families can register their children, complete the residency process, obtain student transportation information, learn about Multilingual learner services and the English Language Placement Assessment, and connect with a variety of community resources.

Our team is here to assist you every step of the way and help ensure a smooth transition into Hamden Public Schools.

Lauren Piscitelle, Family Engagement Coordinator
Andres Pollicino, Registration Clerk
Myriam Rivera, Residency Specialist

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 - 2:30 pm, Tuesday and Thursday 5 pm - 8:30 pm

North Haven Office - Monday - Thursday 5 pm - 8:15 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:

Enrichment classes requiring books or materials must be purchased 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 4:00 pm. If school is delayed, classes 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.

Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms or any other accommodations for effective communication should contact 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 Dr. Michelle Baker at 203.407.2059.

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 203.407.2059.

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.*

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

2040 Dixwell Avenue
Hamden, CT 06514

New Classes

Advanced Smartphone Photography
AI Event
Author Retreat
Beginner Friendly Slow & Steady Yoga
BodyMindSpirit Club
Born to Hand Jive
Ceramic Mug Painting
Children's Book Publishing
Conversational Portuguese for Beginners
Cookie Decorating
Custom Tote Bag Painting
EI Event
Exfoliating Body Scrubs
Fall Wreath
It's Madison Time (Line Dancing)
Exfoliating Sugar Body Scrubs 101
Get Your Own Book Published on Amazon
Medical Billing and Coding
Pharmacy Technician
ServSafe Food Protection Manager Certification
The Art of Fluid Acrylic Pour Painting
The Diva in You: Acrylic Self-Portraits
Watercolor Techniques

Day Trips

Boston Tea Party
Catskill Mountain Railroad
New York Botanical Gardens Holiday Train Show
Christmastime - Reagle Theater

Overnight Trips

Do You Love Lucy?
Painted Canyons of the West
Discover Switzerland, Austria and Bavaria
America's Music Cities

Free Classes

Adult Basic Skills
Adult High School Program
Citizenship
English as a Second Language
GED Prep
National External Diploma Program

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