

Hamden-North Haven Adult Education

*Winter/Spring
2017*



*Dear Friends,
Welcome to the latest catalog from Hamden-North Haven Adult Education. We are committed and pleased to offer residents a variety of classes that are responsive to your requests whether it is completing a high school education, strengthening English Language skills or exploring new interests. Browse through the pages to find that special trip, intriguing class or fun cooking experience that you've been looking for. Call a friend and register for a class or join us on one of our exciting trips. To learn more about Hamden/North Haven Adult Education, please visit www.hamdenadulthood.org.*

LuAnn Gallicchio

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 - Thursday 8:00 AM - 3:30 PM, Friday 7:00 AM - 2:30 PM
Monday - Thursday evenings 6:00 PM - 9:00 PM

North Haven Office

North Haven High School
221 Elm Street
North Haven, CT 06473
203.239.1641 ext. 2 fax 203.239.2115

Office Hours:

Monday - Thursday 5:15 PM - 9:15 PM (September - May)

Latest Information and to locate new classes at:

www.hamdenadulthood.org

Follow us on:



Searching for Talent

We're always looking for great course ideas and instructors

Persons with specialized skills and interests are invited to share their talents with the community. If you are interested in joining our staff, please contact: Rissa Webb at 203.773.9211 ext. 1139 or rwebb@hamden.org

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

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Call to Register 203.407.2028

Winter Calendar

January 9-12

ESL, GED®, Career Transitions,
Citizenship class registration

January 10

Adult High School classes begin

January 16

M.L. King Day - No classes

January 17

Classes located at Keefe begin

January 30

Enrichment Classes begin

February 15

HHS Parent/Teacher Conferences
- No Classes at HHS

February 20-21

February break - No classes

February 27

Adult High School
Term 2 Registration

March 14

Adult High School classes begin

April 10-14

Spring Break - No Classes

April 26

HHS Parent/Teacher Conferences
No Classes at HHS

October 19

Adult High School - classes start

May 3

NHHS Art Beat
No Classes at NHHS

**Classes listed in green are
located in Hamden**

**Classes listed in maroon
are located in North Haven**

**Shaded boxes are NEW
offerings**

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Location of Classes

All Things Musical

3210 Whitney Avenue, Hamden

Catalyst Art Studio

88 Center Street, Wallingford

Green Acres Elem School

146 Upper State Street, No. Haven

Hit It Fitness

4133 Whitney Avenue, Hamden

HHS

Hamden High School

2040 Dixwell Avenue, Hamden

MECA Art Studio

28 Washington Avenue, No. Haven

MSC

Miller Senior Center

2901 Dixwell Avenue, Hamden

MLK

M.L. Keefe Community Center

11 Pine Street, Hamden

Montowese Elem School

45 Fitch Street, No. Haven

NHHS

North Haven High School

221 Elm Street, No. Haven

NHMS

North Haven Middle School

55 Bailey Road, No. Haven

Personal Harmony Health LLC

8 Whispering Pines Drive,
Wallingford

Whitney Center

200 Leeder Hill, Hamden

Soulcraft Studio

1125 Dixwell Avenue, Hamden

Whitney Flowers

2648 Whitney Avenue, Hamden

YMCA

1605 Sherman Avenue, Hamden

Your Community Yoga Center

39 Putnam Avenue, Hamden

FREE CLASSES

Pre-GED®

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

Classes meet:

Monday, Wednesday, and Friday
9:00 AM - 12:30 PM OR
Monday and Wednesday
6:30 PM - 9:00 PM
Classes begin January 18

**READING
WRITING &
ARITHMETIC**

Become A U.S. Citizen



This free class is designed to help you prepare to become a U.S. citizen and fulfill all of the Immigration and Naturalization Service (INS) requirements. Learn about the culture, history, and government of the U.S. Discuss the rights, responsibilities and privileges of citizenship. The class will focus on answering the 100 Civics questions, which will help you prepare to pass the writing, reading, and oral components of the citizenship test for naturalized citizenship.

Classes meet Wednesday
6:30 PM - 8:30 PM
Classes begin Wednesday, January 18

English As A Second Language

LEARN TO SPEAK, READ & WRITE ENGLISH

Keefe Community Center

Morning Classes

Monday and Wednesday
9:00 am - 12:00 pm
Classes begin Wednesday, Jan. 18

Tuesday and Thursday
9:00 am - 12:00 pm
Classes begin Tuesday, Jan. 17

Evening Classes

Tuesday and Thursday*
6:30 - 9:00 pm

Hamden Collaborative Learning Center(HCLC)

Morning Classes*

Tuesday and Thursday 9:00 am - 11:30 am
Classes begin Tuesday, January 17

Registration for this class will take place at: 305 Circular Avenue on Thur., Jan. 12 9-10 am

* Babysitting is available at these specific times and locations



Registration for the classes at M.L. Keefe Community Center

11 Pine Street - 203.773.9211 ext. 1139

Monday, January 9 - Thursday, January 12

9:30 - 11:00 am or 6:30 - 8:00 pm

**Picture ID and proof of residency are required
at time of registration.
Plan to spend two hours.**

Call to Register 203.407.2028

FREE CLASSES



Career Transitions

Are you unemployed or underemployed? Lacking a high school diploma? Looking to change careers but don't know where to start?

Hamden Adult Education has a **FREE** program that will provide you with the skills necessary to be productive in today's workplace.

Key Components:

- Create a personal career plan
- Develop workplace skills such as teamwork, critical thinking, and problem solving
- Improve your reading, writing and math to levels of proficiency necessary for workforce and post secondary skills
- Connect with local businesses

This program is open only to those adults who do not have a high school diploma

Class meets on Tuesday and Thursday 9:00 am to 12:00 pm beginning January 17.

Registration at the M. L. Keefe Community Center

Monday, January 9 - Thursday, January 12

9:30 - 11:00 pm or 6:30 - 8:00 pm

11 Pine Street - 203.773.9211 ext. 1139

Picture ID required at time of registration. Plan to spend two hours.

How to Register for the GED® Exam

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students must begin the GED® registration process online at ged.com and complete the process in person at the Hamden Adult Education Office, located at Hamden High School, 2040 Dixwell Avenue, Hamden. For more information please call 203-407-2028, 203-773-9211 ext. 1139.

Individuals with a documented disability who require accommodations to take the GED® exam should contact Sabrina Mancini at the Connecticut State Department of Education at (860) 807-2110 or Sabrina.mancini@ct.gov.



HAMDEN ADULT HIGH SCHOOL COMPLETION PROGRAMS

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

ADULT HIGH SCHOOL

CARL MUNGIGUERRA, COORDINATOR

ROBERT AGNESE, COUNSELOR

Hamden, North Haven, Bethany, Orange, and Woodbridge residents can earn an Adult High School Diploma through the Hamden Adult Education Department. Classes are offered in English, Mathematics, Social Studies and Science on Tuesday through Thursday evenings. Additional credits may be earned for work experience and/or online work. **This program is most appropriate for individuals who were recently in high school but who lack a few credits.** Candidates who enjoy an academic setting and group interaction, or who plan to further their education and want to improve their academic skills, are also encouraged to enroll in this program.

STUDENTS MUST EARN A TOTAL OF 22 CREDITS

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

**Session 2 - Term 1 Classes Begin
Tuesday, January 10th
6:30 pm**

**Session 2 - Term 2 Registration
Monday, Feb 27th
6:30 pm**

**Session 2 - Term 2 Classes Begin
Tuesday, March 16th
6:30 pm**

**Session 1 - Term 1 Registration
Monday, August 7th
Wednesday, August 8th
6:30 pm**

**Session 1 - Term 1 Classes Begin
Tuesday, August 22nd
6:30 pm**

**PLAN TO SPEND ONE HOUR
AT TIME OF REGISTRATION.**

National External Diploma Program NEDP



The National External Diploma Program (NEDP) is an applied performance assessment system that assesses the high school level skills of adults.

- The NEDP evaluates the reading, writing, math and workforce readiness skills of participants.
- Awards an adult education diploma so graduates can meet their academic and career goals.
- Designed for self-directed adults with life and work experiences and a general familiarity with the computer.
- Offers flexible scheduling and confidentiality.

This program is free to students who live or work in Hamden or the cooperating towns*. All other individuals are welcome and should call the Adult Education office for a fee schedule. The NEDP is recommended for those at least 21 years of age.

For information contact the Hamden Adult Education office at 203.773.9211 ext. 1139 or 203.407.2028.

All interested students must attend one of the following information session at 5:30 PM:

1/19, 2/9, 3/16, 4/20, 5/18, 6/15

* North Haven, Bethany, Orange, Woodbridge



GED® Prep

This Program prepares adult learners to pass the 4-part, computer-based GED® exam to earn a State of Connecticut diploma. Students 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 exam. Instructors will also review the official website, ged.com, where students can access related exam information and exam registration procedures.

Students must be at least 17 years old and officially withdrawn from school to enroll in the GED® preparation classes listed here.

Classes meet:

**Monday, Wednesday and Friday
9 am - 12:30 pm
or**

**Monday, Tuesday, & Wednesday
6:30 - 9:00 pm**

Classes begin:

Tuesday, January 17

**Register at the Keefe Community Center Mon, January 9 through
Thur, January 12
9:30 - 11:00 am or 6:30 - 8:00 pm**

**Picture ID and proof of residency
required at time of registration.
Plan to spend several hours.**

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

Call to Register 203.407.2028



Security Officer License with Certification



This is a "two" day course!! That's right...you can get certified in just two days to receive your Connecticut Uniformed Security Officer/Guard/CT security license. We help prepare you to work!! The lesson plan provided by LJB Security Training has been approved by the State of Connecticut Department of Public Safety. Upon successful completion of this course, you will be issued a training certificate. This certificate must accompany you along with 2 pictures which are supplied when submitted to the Connecticut Department of Emergency Services and Public Safety. Once the application is submitted, all fees are paid, and you receive a license or CT guard card. You are now ready, able and well prepared for the exciting security field in Connecticut. You are now qualified to work as a Uniformed Security Officer/Guard for any licensed employer in the state of Connecticut. Please bring a copy of your CT Driver's License or State ID with you to class. Anyone with a felony record, need not take this class.

#5806	L. Bonito	NHHS Room 106	M & T., 5:30-9:30 pm	Mar 6	2 sessions
#2600	L. Bonito	HHS rm B202	M & T., 6-10 pm	Apr 24	2 sessions
Resident \$125		Non-resident \$130			



ServSafe Food Handlers Training and Certification



ServSafe is a food safety training and certificate program administered by the National Restaurant Association. This program is accredited by ANSI and the Conference for Food Protection. This certification is required by most restaurants

as a basic credential for their management staff. You will learn basic food safety practices for preparing and serving food. You will earn your food handler certificate from the foodservice experts, the National Restaurant Association. The five sections you will learn are Basic Food Safety, Personal Hygiene, Cross-contamination and Allergens, Time and Temperature, and Cleaning and Sanitation. You must complete these sections before the assessment is available. *Price includes textbook.*

#2601A	Y. Binn	HHS rm B212	Tues., 6-9 pm & Sat., 8-4pm	Feb 7	2 sessions
#2601B	Y. Binn	HHS rm B212	Tues., 6-9 pm & Sat., 8-4pm	May 16	2 sessions
Resident \$150		Non-resident \$155			



Professional Bartending S. M. A. R. T. Certification

Bartending offers an opportunity to start a new career or supplement your income with a part-time position. This course includes the state and national S.M.A.R.T. certification (Servers and Managers Alcohol Responsibility Training) recognized by the CT Dept of Liquor Control and police departments. You will learn to serve responsibly, spot signs of intoxication and respond appropriately. You will learn to make more than 100 drinks, from gin and tonics to daiquiris. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation and people skills. Upon successful completion of this course, you receive a certificate and will have acquired the skills employers require to work in any environment that serves liquor, including restaurants, clubs, hotels and catering companies. *A \$25 non-refundable materials fee is due to the instructor the first night of class.*

#5801	P. Rich	NHHS Room 114	Tues., 6-9 PM	Mar 7	5 wks
#2602	P. Rich	HHS rm D109	Mon., 6-9 pm	Jan 30	5 wks
Resident \$200		Non-resident \$205			



Certified Nurse Assistant (CNA) Training

#2603

The Certified Nursing Assistant Program offered is at a training program approved by the Department of Health. Successful program completion allows you to work as a Certified Nurse Assistant in some medical facilities, clinics, home settings, or to work as a home health aide.

The certificate also entitles the graduate to take the State of Connecticut Nurse Aide written and skills examinations, which costs \$110.00 and is included within the cost of this class. Successful passing of the examinations places you on the Connecticut Nurse Aide Registry. Federal law requires placement on the registry to work in all nursing homes in the United States. Some hospitals and other medical facilities also require or find desirable placement on the registry for consideration for employment. Once registered, the graduate may transfer his/her registration to other states as long as he/she is in good standing with the registry. Students are assessed on their progress through quizzes, oral discussion, and hands-on demonstration of skills. Attendance/tardy policies are strictly enforced. Absences and tardies will be discussed during the information session. The student is required to purchase a uniform and a watch with a sweep second hand before attending class. Each student is required to have fingerprints taken for a background check. Prior to starting the clinical portion of the class, a completed physical form and seasonal flu shot are required. Program fees for the course are \$975. The course will run two evenings a week for 16 Weeks from 4:30 pm to 9:00 pm. Clinical hours will be scheduled at the assigned facilities during the evening hours. The C.N.A. program can only accommodate 12 - 15 adult students.

For more information or register to join us at our information session on February 13, at 6:30 PM at Hamden High School, room A114.



Emergency Medical Technician (EMT) Training

#2604

The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as fire fighters) looking to expand their knowledge. EMT's provide emergent medical care in a pre-hospital environment, or can be employed in a certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam you are qualified to work as a Basic EMT. Most EMTs are employed by first responder organizations including ambulance services, hospitals, and fire departments. Program fees for this training class are \$1100. The course will begin on March 2, run Tuesday and Thursday evenings for 15 Weeks, 6:00 - 10:00 PM, as well as some Saturdays. Included in the price of the class are the two textbooks, stethoscope, blood pressure cuff, pen light and trauma shears. **A \$500 non-refundable deposit is due by February 20 and the balance is due by first night of class.**

For more information or to register for the information session, please call 203-407-2028 or 203-773-9211 ext. 1139. The information session will be held on Saturday, February 4 at 9:00 AM at Hamden High School. Register online for the class:

<http://www.trainingcentertechologies.com/CPRTTrainingProfessionals/CourseEnrollment.aspx?strSort=HAMDENEMT>



Computer Keyboarding #0310

Are you tired of typing with one or two fingers? It's time to learn how to type correctly. The hunt and peck method is not good enough for today's dependence on computers. Emphasis will be placed on learning and using proper keyboarding techniques/ergonomics, learning to type without looking at the keyboard, and using the proper finger for each key which is called the "touch method".

L. Hatton HHS rm C203
Tue., 6:15-8:15 pm Jan 31 8 wks
Resident \$80 Non-resident \$85

**iPad/iPhone: A Comprehensive Introduction #1820**

Whether you are using your iPhone or iPad or have yet to take it out of the box, this course is for you. These devices offer technology and features to make your everyday life more fun and manageable, but you have to know how to do it. We start at the beginning by reviewing the iPad/iPhone itself, discussing hardware and its functionality, we explore touches and gestures needed to navigate, all the settings that allow you to create a customized user experience, and discuss the importance of security. This course packs enough information to help experienced users improve their experience at a pace suited for both basic and intermediate users. *Bring your iPad with you to class and have your Apple ID and password.*

D. Wray HHS rm D210
Wed., 6:30-8:30 pm Feb 8 3 wks
Resident \$60 Non-resident \$65

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

iPhone/iPad: Beyond the Basics #1822

We build off the topics discussed in the introductory classes and delve deeper into the advanced functionality of the devices. Beginning with web surfing and email, we'll discuss other options for communicating, whether it be iMessage, Skype or Facetime. We'll discuss organizing your albums, photo/video editing techniques, the many ways of sharing your photos/videos, the uses for the Siri voice recognition software, how best to download and play movies or tv shows, and how to use your iPhone/iPad for creating and editing documents. *Bring your iPad/iPhone and Apple ID and password to class.*

D. Wray HHS rm D210
Wed., 6:30-8:30 pm Mar 29 3 wks
Resident \$60 Non-resident \$65

Intro to Personal Computers #0326

Learn the basics of the computer using the Microsoft Windows 7 operating system. This course is designed for beginners or those who want to learn more about the basics of a computer. You will learn about Windows, various components of Microsoft Office, including Word and Excel, the internet, how to keep your files secure and much more!

W. Coley HHS rm D302
Tues., 7-9 pm Jan 31 5 wks
Resident \$70 Non-resident \$75

Microsoft Excel 2010 #0312

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, save and print worksheets, cell basics, modifying columns/rows/cells, sort/filter, use basic functions, create formulas, create graphs, etc. Prerequisite - type at a reasonable speed and have basic computer skills. *Bring a USB drive if you want to save your work.*

M. Hatton HHS rm C203
Mon., 6:15-8:15 pm Jan 30 6 wks
Resident \$90 Non-resident \$95

Microsoft PowerPoint 2010 #0325

Microsoft PowerPoint is a fun and easy way to use presentation software. You will learn slide/text basics, applying a theme, inserting images, applying transitions, how to create simple and elaborate presentations, text entrances/exits/emphasis, add sound, add timings and animated graphics, and lots more! An overview of Prezi, the web-based presentation software will also be given. Prerequisite: able to type at a reasonable speed and have basic computer skills. *Bring a USB drive if you want to save your work.*

M. Hatton HHS rm C203
Mon., 6:15-8:15 pm Mar 27 6 wks
Resident \$90 Non-resident \$95

Microsoft Word 2010 Beg #0304

An informative course designed to teach you the basics of Microsoft Word 2010. Topics will include document creation, printing, editing, text formatting, selecting text, tabs, using the spell checker, copying and moving. This course will provide all that you need to know to create Word documents such as letters, resumes and papers. Prerequisite - A basic familiarity with computers and Windows.

W. Coley 6 wks HHS rm D302
Thur., 7-9 pm #0304A; Feb 2
Tues., 7-9 pm #0304B; Mar 14
Resident \$90 Non-resident \$95

Microsoft Word 2010 Adv #0307

This course picks up where the Beginning Word class leaves off, covering the more advanced features of Microsoft Word 2010, including tables, graphics and pictures, mail merge, columns and macros. In addition, it will cover various "tips and tricks" so that you can get the most out of your Word experience. Prerequisite - The "Microsoft Word 2010 - Beginning" class or a familiarity with the basic features of Word.

W. Coley HHS rm D302
Thur., 7-9 pm Mar 23 6 wks
Resident \$90 Non-resident \$95

Basic Photo for Beginners #1809

This class is designed for beginners in photography. We will explore the basic principles of the art of photography. We will study shutter speeds, f/stops (aperture), lighting, flash, filters, depth of field and more. These sessions will help you enhance your pictures, improve your composition, and make picture taking more rewarding. All you need is a camera that can be put in manual setting and desire.

J. Kasarauskas HHS rm B105
Tues., 7-9 pm Mar 21 6 wks
Resident \$70 Non-resident \$75

Container Gardening Basics #1973

This workshop will offer the gardening basics for container and raised bed gardens. Soil types and mixes, fertilizers and watering hints will be covered. Creating beautiful and productive gardens is easier than you think. Soil will be provided. A supply list will be sent prior to the class. Taught by Lyn H. Baumgartner, Town of Hamden's "Garden Lady".

L. Baumgartner 1 Night HHS rm D104
Mon., 6:30-8 pm #1973A-veggies; Mar 13
Wed., 6:30-8 pm #1973B-flowers; Mar 15
Resident: \$35 Non-resident \$40

Crochet: All Levels #1920

As a beginner you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and the basic stitches. The more advanced students will improve their skills in reading patterns, gauge, re-sizing and more difficult, but beautiful stitches. Once you have mastered the basic techniques, you will be able to create a variety of stitches, making various beautiful patterns. **Bring a size H crochet hook to class.**

S. Tendler HHS rm B104
Mon., 6:30-8:30 pm Feb 6 10 wks
Resident \$90 Non-resident \$95

Decorate Your Own Fairy House #1965

Come for a night of fun! It doesn't matter if you are creative or not, you will be surprised by such a beautiful and unique piece of art! I will show you how to decorate one of my houses made from real hickory bark and roots. All it takes is a little imagination, a glue gun and snipping tool to cut wire, silk flowers and small pieces of sticks and roots. You will be making a tiny bed, goblets, decanters, a glass wall made out of sea glass, stone wall, and running lights throughout your house. **Please bring a low temperature glue gun, glue sticks, a snipping tool, and a box to bring it home. A \$55 non-refundable materials fee is included in price.**

M. Barletta 1 Night HHS rm B106
Wed., 6:30-9 pm #1965A; Feb 1
Mon., 6:30-9 pm #1965B; Mar 6
Mon., 6:30-9 pm #1965C; May 22
Resident: \$70 Non-resident \$75

Flower Arranging #1913

Join Karen at her shop located at 2648 Whitney Avenue. Each week you will design a different shaped arrangement of fresh flowers to take home for your enjoyment. **You need clippers and a fee of \$12-\$15 weekly to cover the materials.**

K. Wawock Whitney Flowers
Tues., 7-8:30 pm Feb 21 10 wks
Resident \$90 Non-resident \$95

iPhone & iPad Photography #1974

Have you ever wondered if you are getting the best photos off of your iPhone or iPad? Have you ever wondered what to do with your photos once you've taken them? If so, this is the course for you! By popular demand, we are offering a 2 week course to go through best practices of photography with your iPhone and iPad. We will look at getting the best quality photos and then go through managing your digital library so that you can preserve those images without worry. **Bring your iPhone with you to class and have your Apple ID and password.**

D. Wray HHS rm D210
Mon., 6:30-8:30 pm Feb 27 2 wks
Resident: \$40 Non-resident: \$45

Knitting Circle #1918

Whether you are a beginner or an advanced knitter, this is the class for you. You will learn the basics or explore new techniques and interpret patterns. It is always fun to meet other people that share your passion. **Beginners should bring a pair of short size 8 needles (plastic or wood) and a skein of solid color worsted weight yarn. The seasoned knitters pick a project, bring the correct size needles and the correct gauge yarn in the right quantity of the same dye lot.**

E. Salinger 5 wks HHS rm B106
Wed., 6:30-8:30 pm #1918A; Feb 1
Wed., 6:30-8:30 pm #1918B; Mar 15
Resident \$60 Non-resident \$65

Sewing Basics #1971

Looking to pick up some new stitches or perhaps dust off your old ones? Join us for a fun and relaxing time creating exciting items, such as a pillowcase, reversible tote bag and items for the home. **Please bring your sewing machine and extension cord. A \$15 materials fee is payable to instructor the first night of class.**

R. Romatnick HHS rm D109
Tues., 7-8:30 pm Mar 7 4 wks
Resident \$36 Non-resident \$41

Sewing Bags #1972

Join us for a fun and informative class where you will learn basic bag-making skills using different fabrics, interfacing, shapes and hardware. You will even try your hand at design! **Please bring your sewing machine and extension cord. A \$25 materials fee is payable to instructor the first night of class.**

R. Romatnick HHS rm D109
Tues., 7-8:30 pm May 2 4 wks
Resident \$36 Non-resident \$41

Angels Paint Night #5232

You will be guided step by step in painting a mother and child angel. They are wearing light yellow gowns with huge wings against a light purple background. No experience necessary. Bring Your Own Beverage and snacks. *Price includes all supplies needed.*

A. Marquardt Catalyst Art Studio
Thur., 6:30-8:45 pm Mar 30 1 session
Resident: \$35 Non-resident: \$40

Peacock Paint Night #5233

You will be guided step by step in painting a bold peacock. Beautiful blues and greens are scattered throughout the painting. No experience necessary. Bring Your Own Beverage and snacks. *Price includes all supplies needed.*

A. Marquardt Catalyst Art Studio
Thur., 6:30-8:45 pm May 18 1 session
Resident: \$35 Non-resident: \$40

Stained Glass #1942

Learn the art of stained glass using the copper foil technique made popular by Louis Comfort Tiffany. You will complete one stained glass panel throughout the course and leave with the tools and the ability to complete future works on your own. There will be some out of class assignments. No prior experience necessary. *Kit fee of \$85 due to instructor upon first class.* Additional glass purchased separately.

J. Kriksciun HHS rm D104
Tues., 6-8:30 pm Jan 31 10 wks
Resident \$140 Non-resident \$145

DANCE

Ballroom Dancing Basics #1701

Whether you want to recapture your enjoyment of dance or discover it for the first time, these basic ballroom dances will get you on the dance floor! Partners not required, but comfortable shoes are a must. Learn the basic steps for the swing, foxtrot, waltz, rumba and cha-cha-cha. Every student will receive a complimentary CD of all 5 dances at the second class.

F. Costa HHS Cafeteria
Mon., 7-8 pm Feb 27 5 wks
Resident \$60 Non-resident \$65

Beginning Tap #1710

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

C. Furtak 6 wks HHS rm C111
Mon., 8:35-9:35 pm #1710A; Jan 30
Mon., 8:35-9:35 pm #1710B; Mar 20
Resident \$54 Non-resident \$ 59

Intermediate Tap #1711

Learn to make music with your feet as you learn precision footwork and entertaining dance sequences. This class is perfect for adults who have some level of tap experience and want to learn more in an encouraging environment. Tap shoes suggested.

C. Furtak 6 wks HHS rm C111
Mon., 7:30-8:30 pm #1711A; Jan 30
Tues., 7:30-8:30 pm #1711B; Jan 31
Mon., 7:30-8:30 pm #1711C; Mar 20
Tues., 7:30-8:30 pm #1711D; Mar 21
Resident \$54 Non-resident \$59

M/T, 7:30-8:30 pm #1711AA; Jan 30
M/T, 7:30-8:30 pm #1711CC; Mar 20
Resident \$108 Non-resident \$113



20 Day Early Morning**Yoga Challenge**

#2446

Start your day right with a good stretch, a calm mind, and supported by an amazing community. You will focus on being present while using your breath to guide movement which will purify, balance, and prepare the body, mind, and soul for expanded awareness. Bring a yoga mat, towel, & water. *Senior fee not applicable.*

Staff	20 days	Your Comm Yoga Ctr.
M-F, 6:30-7:30 am	Feb 1	20 days
Resident \$133		Non-resident \$138

Adult Swim Lessons

#2438

A program for those 18+ years who wish to learn to swim or strengthen their basic swimming skills. In this class we range from beginning to intermediate swimmers. Your swim lesson is customized to your swim ability level. You must bring your bathing suit and towel.

Staff	8 wks	YMCA
Tues., 9:30-10:15 am	#2438A;	Jan 3
Wed., 7:30-8:15 pm	#2438B;	Jan 4
Tues., 9:30-10:15 am	#2438C;	Feb 28
Wed., 7:30-8:15 pm	#2438D;	Mar 1
Tues., 9:30-10:15 am	#2438E;	Apr 25
Wed., 7:30-8:15 pm	#2438F;	Apr 26
Resident \$95		Non-resident \$100

Aqua Fitness

#2466

If you are interested in water aerobics, this class is for you! You will have a safe, easy to follow and effective total body workout. You will have 30 minutes of aerobics followed by 15 minutes of toning using a variety of equipment. Bring a bathing suit, towel, sneakers and a water bottle.

Staff	8 wks	YMCA
Mon., 10:30-11:15 am	#2466A;	Jan 2
Fri., 10:30-11:15 am	#2466B;	Jan 6
Mon., 10:30-11:15 am	#2466C;	Feb 27
Fri., 11:30-12:15 pm	#2466D;	Mar 3
Mon., 10:30-11:15 am	#2466E;	Apr 24
Fri., 11:30-12:15 pm	#2466F;	Apr 28
Resident \$75		Non-resident \$80

Aqua Power

#2507

Anyone who has ever tried working out in the water knows this class is tough and yet perfect for the body. This is a big combination of athletic moves meant to give you a complete total body workout.

Staff	8 wks	YMCA
Wed., 9-9:45 am	#2496A;	Jan 4
Wed., 9-9:45 am	#2496B;	Mar 1
Wed., 9-9:45 am	#2496C;	Apr 26
Resident \$75		Non-resident \$80

Authentic TaijiQuan (Tai-Chi)

#2411

TaijiQuan taught traditionally by an experienced teacher practicing for over 20 years. Class will consist of warm-ups, QiGong, form and application. Bring water and wear comfortable clothing and footwear.

B. Banick	10 wks	HHS rm C109
Tues., 7:15-8:15 pm	#2411A;	Jan 31
Thur., 6-7 pm	#2411B;	Feb 2
Resident \$130		Non-resident \$135

Beginners Yoga

#2506

This class is designed for those of you who have taken some yoga and would like to deepen your understanding of the asana to further your practice, work on proper body alignment, work with movement and the breath. You will also focus on increasing core strength, balance and flexibility in a non judgemental environment. *Please bring a yoga mat, yoga strap, small pillow or blanket and water bottle.*

G. Livia		HHS Cafe
Tue., 7:10-8:10 pm	Jan 31	12 wks
Resident \$120		Non-resident \$125

Deep Water Fit

#2508

You will use flotation devices to suspend yourself in the water. A variety of traveling and in-place movements are done to challenge the muscles and provide a high-intensity workout. This class is great for cross-training and those who do high-impact sports, such as running.

Staff	8 wks	YMCA
Tues., 7:15-8:15 am	#2497A;	Jan 3
Tues., 7:15-8:15 am	#2497B;	Feb 28
Tues., 7:15-8:15 am	#2497C;	Apr 25
Resident \$75		Non-resident \$80

Full Figure Beginner ViniYoga

#2417

Out of shape? This fun, challenging and inspiring class is designed especially for you. Open to both women and men of plus-size, who are able to move up/down from a sitting or kneeling position on the floor. We will enhance flexibility, strength, balance and increase body and breath awareness. Wear loose, comfortable clothing and please have your doctor's permission to exercise. There is no weight requirement-just be aware that these classes are meant for those who are plus size or close to it. Bring a yoga mat, towel and water.

K. Koopman		Your Comm. Yoga Ctr.
Thur., 7:15-8:30 pm	Feb 2	8 wks
Resident \$96		Non-resident \$101

Hula Hoop Dance and Fitness

#2424

Hula Hoop Dance and Fitness is fun and easy to do. Burn 300-500 calories an hour and have fun doing it. We will focus on core, endurance, and toning. Hula hoops are available to purchase for \$30 or to borrow if you don't have your own. Comfortable clothes suggested.

LB Stein		HHS Cafeteria
Wed., 7:15-8:15 pm	Feb 1	8 wks
Resident \$96		Non-resident \$101

**No Refunds are
given after a
class begins.**

Jazzercise

#2463

Jazzercise is a pulse-pounding, beat-pumping fitness program that gets you results... fast. It's a calorie-torching, hip-swiveling dance party workout to put your abs to the test, with a hot playlist to distract you from the burn. Incinerate up to 650cph (that's calories per hour) in one 60 minute class. Our classes - DanceMixx, Strike, Fusion, Core and Strength60 - will leave you breathless, toned and coming back for more. Stop working out. Start working it... with Jazzercise. [Register for the class at www.hamdenadulted.com/coursecatalog](http://www.hamdenadulted.com/coursecatalog), then contact Kim at Hit It Fitness at (203)640-9214 to pick your two weekly sessions.

K. Hurd 6 wks Hit It Fitness
M-S 9:15 am, M-W 5 pm, M-F 6 pm Jan 30
Resident \$45 Non-resident \$50

Krav Maga - Self Defense

#2460

Learn the realistic self-defense techniques of the Israeli Army! Fun, realistic self defense that's great for men and women. You'll have a blast and get in great shape.

Staff 5 wks Soulcraft Studio
Mon., Wed., Fri., 6-7 pm Jan 30
Resident \$110 Non-resident \$115

Let Your Yoga Dance!

Relax, Let Go and Have Fun

#2478

Yoga Dance is joyful healing movement to the rhythm of world music for all ages. No experience is required. This is beneficial for anyone seeking an enjoyable way to burn calories and manage the stress that abounds in modern life.

Staff Your Comm Yoga Ctr.
Sun., 4:30-5:45 pm Feb 5 6 wks
Resident \$72 Non-resident \$77

Muscle and Core

#2487

Strength training which may use free weights, stretch bands, and medicine balls, encouraging core strength throughout, followed by stretching.

Staff 8 wks YMCA
Wed., 9:45-10:30 am #2487A; Jan 4
Wed., 9:45-10:30 am #2487B; Mar 1
Wed., 9:45-10:30 am #2487C; Apr 26
Resident \$75 Non-resident \$80

Rise 'N Shine

#2465

New to exercise? Get your day started on the right foot as you work out to the oldies in this early morning class. This program will challenge you individually. Bring a water bottle, towel and sneakers.

Staff 8 wks YMCA
Wed., 6:45-7:45 am #2465A; Jan 4
Wed., 6:45-7:45 am #2465B; Mar 1
Wed., 6:45-7:45 am #2465C; Apr 26
Resident \$75 Non-resident \$80

Seated Fitness

#2489

Try something new! Have fun and move to the music through a variety of exercises designed to increase muscular strength, range of movement and activities for daily living. Hand-held weights, balls, and elastic tubing with handles are offered for resistance. A chair is available if needed for seated or standing support. Bring water bottle, towel and sneakers.

Staff 8 wks YMCA
Wed., 9-9:45 am #2489A; Jan 4
Wed., 9-9:45 am #2489B; Mar 1
Wed., 9-9:45 am #2489C; Apr 26
Resident \$75 Non-resident \$80

Self Defense and

Listening Skills for Children

#2476

Valuable self defense and anti-bullying techniques for children. Our class is rooted in Brazilian Jiu Jitsu. In addition to self defense, this class is great for improving listening skills, focus and self confidence.

Staff 5 wks Soulcraft Studio
M,W 5-5:30 pm (4-6) #2476A; Jan 30
M,W 5:30- 6:15 pm(7-11) #2476B; Jan 30
Resident \$110 Non-resident \$115

Silver Yoga For Seniors

#2495

This program is designed to be done seated. This course will help those with insomnia, osteoporosis, arthritis and COPD. Enhance your body, learn asanas(poses) to increase range of motion and flexibility. **Please bring yoga mat, yoga strap, and water bottle.**

G. Livia HHS rm C109
Tue., 6-7 pm Jan 31 12 wks
Resident \$120 Non-resident \$125

War

#2509

An exhilarating total body workout where a fusion of martial arts meets chart topping music. Learn how to punch effectively, kick safely, and perform hooks and uppercuts like pros.

Staff 8 wks YMCA
Tues., 6-7 pm #2498A; Jan 3
Tues., 6-7 pm #2498B; Feb 28
Tues, 6-7 pm #2498C; Apr 25
Resident \$75 Non-resident \$80

Yoga for 50+

#2431

Midlife is often a time of reassessment, self-reflection and course change. Through physical poses, mindful breathing techniques and simple yet effective relaxation exercises, "Yoga for 50+" offers a systematic introduction to the ancient tradition of yoga which supports and celebrates aging as an enriching experience.

Staff 8 wks Your Comm. Yoga Ctr
Wed., 7:30-8:45 pm #2431A; Feb 1
Sat., 9:45-11 am #2431B; Feb 4
Resident \$96 Non-resident \$101

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

Homebuyer's Workshop #0709

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

B. DePodesta, T. Brandi, P. Frazier HHS rm D214
Tues., 6:30-8:30 pm Mar 21 1 session
Resident \$25 Non-resident \$30

ONLINE REGISTRATION

www.hamdenadulted.org/coursecatalog

**Replacement Window and Siding Workshop #1911**

Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start? Low-E, Argon, Triple Pane, Wood, Vinyl? How much should I pay for good quality windows and siding? What type of siding would be best for my home? Vinyl Clapboard, Polymer Cedar Impressions or Hardie Plank? Confused? Don't be. Learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows or siding replaced or doing the work themselves.

P. O'Doherty HHS rm A112
Thur., 7-9 pm Mar 23 1 session
Resident \$25 Non-resident \$40

High School Completion

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

AHS-CDP

(Adult High School -
Credit Diploma Program)

Complete a minimum of 22 credits and earn a Hamden Board of Education Adult High School Diploma!

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

GED®

(General Educational
Development Diploma Program)
Complete a series of national standardized tests and earn a State of Connecticut High School Diploma!

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

NEDP®

(National External Diploma
Program)
Demonstrate your academic and life skills and earn a Hamden Board of Education Adult High School Diploma!

- Structured assignments
- Academic assessment
- Flexible scheduling

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

• Hamden • North Haven • Bethany • Woodbridge • Orange

Appetizers Galore!

#0604

Appetizers are everyone's favorite part of dinner. Since they are served first, they can either make or break your food experience. This is a hands-on food experience that will have you cooking hot and cold appetizers for any occasion. Next thing you know you can be your own party host. **A \$30 non-refundable consumable fee is due the first night of class.**

A. Webb HHS rm D107
Wed., 6:30-9:00pm Feb 1 3 wks
Resident: \$45 Non-resident: \$50

Basics of Baking

#0651

When you step in the kitchen with a recipe, you want to come out with a masterpiece. I will give you some tips on how to do that. Baking is a science, so we will take our time and have fun making, from scratch, yummy treats like mini cheesecakes, caramel brownies, cookies and more. **A \$20 non-refundable consumable fee is due the first night of class.**

A. Webb HHS rm D107
Wed., 6:30-9 pm Mar 15 2 wks
Resident: \$50 Non-resident: \$55



Cake Decorating - Wilton Course 1

Building Better Buttercream #0648

Learn how to decorate cakes and sweet treats with basic buttercream techniques. You will learn how to pipe flowers to create modern and traditional cake designs. **Supply list will be sent prior to first class.**

M. Padilla HHS rm D107
Mon., 6-8 pm Jan 30 4 wks
Resident \$49 Non-resident \$54

Cake Decorating - Wilton Course 2

Flowers and Cake Design #0637

Learn how to create professional looking flowers and designs made from royal icing. Flowers include: rosebuds, pansies, violets and apple blossoms. Also included are buttercream technique applications, such as basketweave, cornelli lace, and brush embroidery. **Prerequisite: Wilton Course 1. Supply list will be sent prior to first class.**

M. Padilla HHS rm D107
Mon., 6-8 pm Mar 6 4 wks
Resident \$49 Non-resident \$54

Cake Decorating - Wilton Course 3

Fondant and Gum Paste #0654

In this class, you will learn to create flowers, bows, and garlands using fondant and gum paste. You will make a two layer cake with flowers, borders and accents. **Prerequisite: Wilton Course 1. Supply list will be sent prior to class.**

M. Padilla HHS rm D107
Mon., 6-8 pm Apr 3 4 wks
Resident \$49 Non-resident \$54

Colorful Cupcakes

#0636

Learn basic cupcake decorating techniques using Wilton decorating tips. A list of supplies will be sent prior to class.

M. Padilla HHS rm D107
Wed., 6-8 pm Mar 8 1 session
Resident \$30 Non-resident \$35

Canning 2.0

#0660

This class is designed to help you get a more in-depth look at the canning process. You will leave with a product that you have helped produce. **A \$5 non-refundable consumable fee is included in price of the class.**

S. Joyce 1 session HHS rm D107
Thur., 7:35-9:05pm #0660A-Pears Feb 23
Thur., 7:35:9:05pm #0660B-Pickles Apr 27
Thur., 7:35:9:05pm #0660C-Chutney May 11
Resident \$25 Non-resident \$30

Introduction to Canning

#0657

This is an introduction to the science and art behind preserving your own foods. You will be given a hands on experience in different aspects of canning. **A \$5 non-refundable consumable fee is included in price of the class.**

S. Joyce 1 session HHS rm D107
Thur., 6-7:30 pm #0657A; Feb 23
Thur., 6-7:30 pm #0658B; Apr 27
Resident \$25 Non-resident \$30

Mastering Knife Skills

#0630

Proper knife technique is essential to "Mise En Place" and overall cooking success. There are no secrets- it's all about using a knife appropriate for the item, sharp and honed, as well as proper technique. This class which has been re-designed is now held over two sessions: On the first evening we will discuss knives, uses and applications, sharpening and honing. The second class will emphasize proper technique in slicing, dicing and chopping various products. No band aids necessary! **A \$6 non-refundable consumable fee is due the first night of class.**

Chef Paula HHS rm D107
Tues., 6:15-8:15 pm Mar 14 2 wks
Resident \$52 Non-resident \$57

Homemade Pastas

#0661

Join Chef Debbie and make a different homemade pasta and sauce dish each class. We will make: Gnocci, which is a potato pasta, with a Bolognese Sauce, Ravioli with Tomato Sauce and finally Fettuccine with Alfredo Sauce. **A \$25 non-refundable consumable fee is payable to the instructor the first night of class.**

D. Barbiero HHS rm D107
Mon., 7-9 pm May 8 3 wks
Resident \$60 Non-resident \$65

Simply Scones

#0641

Tender, flaky scones are simple, delightful and easy to prepare when using proper mixing technique and ingredients. Learn tricks and bake a batch to bring home. Prior to class you will receive a packet of information and will choose the scone you would like to prepare. **Price includes a \$10 non-refundable consumable fee.**

Chef Paula

HHS rm D107

Tues., 6:15-9:00 pm

Feb 28 1 session

Resident \$38

Non-resident \$43

Wilton - Drizzle, Dip and Mold with Candy Melts

#0659

Discover the magic of candy making with Wilton's complete line of Candy Melts and tools! In this class, you will learn tips and tricks needed to make candy treats by molding, dipping, drizzling and so much more. **Price includes a \$15 non-refundable consumable fee.**

M. Padilla

HHS rm D107

Wed., 6-8 pm

Mar 1 1 session

Resident \$41

Non-resident \$50

Yeast Breads

#0627

In this two part class, students will learn the procedure for creating their own sweet yeast breads. In the first class we will make a light wheat and white cinnamon swirl bread laced with the fragrance of cardamom. In the second class students will make a light oatmeal and white sweet bread and choose their own fruit or cheese filling and formation design. Your friends and family will be impressed with your creations! Prior to class each student will receive a packet of information. **Price includes a non refundable supplies fee: \$8.00.**

Chef Paula

HHS rm D107

Thur., 6:15-9 pm

Apr 20 2 wks

Resident \$38

Non-resident \$43



Relay For Life of Hamden/North Haven
Saturday, June 10, 2017
Hamden Town Center Park
See web site for details:
www.RelayForLife.org/HamdenNorthHavenCT



Italian Beginners #1608

Everyday Italian taught with an eye for the tourist, with a quick study of grammar and Italian lifestyles, customs and geography. Textbook not included.

D. DiTomasso HHS rm D213
Wed., 6:00-7:30 pm Mar 8 10 wks
Resident \$99 Non-resident \$104

Levantine Arabic (Beginners) #1619

This course is for those seeking to learn communication skills in colloquial Levantine Arabic, i.e. the contemporary dialect used in Syria. You will focus on speaking and listening skills by increasing practical use of Arabic in every day situations. *Knowledge of the Arabic alphabet is necessary.*

Y. Almtit HHS rm D210
Tues., 6:30-8 PM Feb 28 12 wks
Resident: \$125 Non-resident: \$130

Italian Spoken #1601

More fun and conversation in a continuation of Italian Beginners. Textbook not included.

D. DiTomasso HHS rm D213
Wed., 7:35-9:05 pm Mar 8 10 wks
Resident \$99 Non-resident \$104

Traditional Mandarin Chinese Beginners/Intermediate #1612

In this beginner's class, you will learn how to speak traditional Mandarin Chinese, the most spoken language in the world. Use it in business, pleasure and in communication. Instructor has been teaching Mandarin for twenty years. Please bring notebook to class; no textbook is required.

J. Jen Hsu HHS rm B103
Tues., 6-7 pm Jan 31 10 wks
Resident \$70 Non-resident \$75

The ABCs of Arabic #1616

This course is for those seeking to learn beginning Arabic. You will start by studying the Arabic alphabet and then move on to some vocabulary.

Y. Almtit HHS rm D210
Mon., 6:30-8 PM Feb 27 11 wks
Resident: \$115 Non-resident: \$120

Spanish for Beginners #1610

You will gain a general introduction to the Spanish language. You will learn the alphabet, sounds of vowels and vocabulary that may be used in daily life and greetings. **A \$20 non-refundable book fee is due to the instructor the first night of class.**

G. Berrios HHS rm D212
Thur., 6:30-8:30 PM Feb 2 8 wk
Resident: \$99 Non-resident: \$104

MONEY MATTERS

Asset Protection #2140

My spouse is having a health crisis: How do we stay out of the poor house? Home Care, Nursing Home, Assisted Living. What's the best choice and how do we pay for it? Asset Protection: When a little paranoia is a good thing! Come and hear the answers to these questions and more.

A. Rothstein HHS rm B208
Thur., 6:30-8:30 pm Mar 2 1 session
Resident \$25 Non-resident \$30

Debunking Myths of Reverse Mortgages: Are They Right For You? #2131

What are Reverse Mortgages? You will learn the 4 myths around reverse mortgages. Why are reverse mortgages recently so popular? How are reverse mortgages different from other home loans? How do you select a Reverse Mortgage Lender? Whether you are considering a reverse mortgage for yourself or a family member or are just plain curious, this course will provide the in-depth information you should know.

S. Cornwall HHS rm B208
Wed., 7-8:30 pm Apr 19 1 session
Resident \$25 Non-resident \$30

Medicaid and Veterans Benefits #2139

Qualifying for Medicaid and Keeping My House: Is it possible? The Veterans Benefit the Government Doesn't Tell You About Medicaid and Veterans Benefits Advisors: Unmasking the Frauds. How to keep long term care from becoming a long term financial crisis. Come and hear the answers to these questions and more.

A. Rothstein HHS rm B208
Thur., 6:30-8:30 pm May 4 1 session
Resident \$25 Non-resident \$30

Naked Retirement Workshop #2130

A fun and creative approach to retirement that strips away the numbers and addresses everyday life in retirement. Learn how to replace your work identity, stay socially connected and remain physically and mentally sharp. Create a plan, build a retirement "curious list" and change your retirement life forever by answering three revealing questions. Too many people start their first day of retirement with only a financial plan and nothing else. Do not let this happen to you.

M. Argiro HHS rm B212
Thur., 6:30-8 pm Mar 9 1 Session
Resident: \$25 Non-resident: \$25

Planning for Affordable Long Term Care #2127

Topics include: three ways to pay for home health care, assisted living facility and nursing home expenses; how the State of CT views your assets and your income; the use of trusts and gifting assets through the CT Partnership for Long Term Care; how long term care insurance works and the different types of policies available, including shared plans, single pay plans and plans that return a premium. This is an informational seminar with ample opportunity for individual questions.

A. Abrahamian HHS rm B216
Wed., 7-9 pm Mar 22 1 session
Fee: \$25 Non-resident: \$25

Register Early

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

Call to Register 203.407.2028

Banjo for Beginners #1936

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

G. Raccio	All Things Musical
Wed., 8-9 pm	May 24 6 wks
Resident \$75	Non-resident \$80

**Guitar for Beginners #1932**

Have you always wanted to play guitar but never found the time? Here's an easy way to get started. Learn the basics of how to play, find musical notes, basic chords, read music, left and right hand technique. Bring your own guitar or one will be available for rental. Book fee \$10.95 payable first class. **Senior fee not applicable.**

G. Raccio	All Things Musical
Wed., 8-9 pm	Feb 15 6 wks
Resident \$75	Non-resident \$80

Violin and Cello - Beg/Inter #1933

Learn how to play the violin or cello by professional musicians. Small class, individual attention. You will be contacted by instructor where you can rent your instrument or you can bring your own. **Bring a notebook to class.**

J Jen Hsu	HHS rm B103
Tues., 7:05-8:05 pm	Jan 31 10 wks
Resident \$90	Non-resident \$95

Ukulele for Beginners #1924

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

G. Raccio	All Things Musical
Wed., 8-9 pm	Mar 29 6 wks
Resident \$75	Non-resident \$80



PERSONAL ENRICHMENT

Beginning Bridge #1902

This course introduces the basics of the engaging game of bridge. Starts at the beginning, introducing the mechanics of the game and covers bidding, play and defense. Learn a game to enjoy for a lifetime! No experience required.

W. Frieden	Whitney Center
Thur., 10-12 noon	Apr 6 6 wks
Resident \$72	Non-resident \$77

Bridge: Commonly Used Conventions #1960

This course covers the conventions and treatments players are likely to encounter in competitive bridge games, including Stayman, Jacoby Transfer, Jacoby 2NT, responses to major and minor suit openings. Students should be familiar with the basics of bridge.

W. Frieden	Whitney Center
Thur., 10-12 noon	Feb 2 8 wks
Resident \$96	Non-resident \$101

Connecting with Fairies #1277

Fairy tales have inspired us for generations through childhood to old age. These stories are one of many ways to connect to the fairies. Come explore how to commune with fairies and nature spirits. Learn how to build a relationship with them to better understand our world.

H. Morrison	HHS Rm D111
Thur., 7-9 pm	Apr 6 1 session
Resident \$25	Non-resident \$30

An Evening at the Uffizi Gallery #1281

Come for an evening of famous artwork at the Uffizi Gallery in Florence. View paintings from the Italian Renaissance by the Florence Masters and other renowned schools. The evening is presented by a Renaissance Historian and former city guide who led tours through the Uffizi Gallery.

L. Morrison	HHS Rm D111
Wed., 7-9 pm	Apr 5 1 session
Resident \$25	Non-resident \$30

Cosmetology: Beauty and Hair Care Secrets #1282

Enter the World of Beauty and learn how to apply and have fun with some of the latest haircolors, make-up, haircutting, and skin care trends for 2017. Learn how cosmetology professionals work behind the scenes. You will receive information on how to become licensed or just learn the field of cosmetology and have fun.

L. Allen	HHS rm B106
Tues., 6-9 pm	Jan 31 8 wks
Resident \$99	Non-resident \$105

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

Get Ready to Harvest! #1278

How to get the most out of your summer garden and farmers' markets. You will learn how to plant to maximize financial savings, and get the most out of farmers' markets and pick your own seasonal offerings.

S. Joyce 1 session HHS rm D209
 Thur., 6:30-8 pm **1278A;** Feb 16
 Thur., 6:30-8 pm **1278B;** Apr 6
 Resident \$25 Non-resident \$30

How Nutrition Can Reduce Inflammation in your Body #1283

In this 90 minute class, learn which foods are best to avoid and which foods are best to include in your diet to give you more energy, reduce pain and bloat, which is a result of inflammation in your body. This is a great class for people trying to lose weight, manage thyroid or Type II diabetes and other inflammatory diseases.

D. Barbiero HHS rm D107
 Tues., 7-8:30 pm Apr 4 1 session
 Resident \$60 Non-resident \$65

Intro to Preserving Foods #1280

You will learn ways to save money, ensure better quality food for your family, and methods for preserving produce. You will learn the techniques of freezing, canning and drying.

S. Joyce 1 session HHS rm D209
 Thur., 6:30-8 pm **1280A;** Feb 9
 Thur., 6:30-8 pm **1280B;** Apr 20
 Resident \$25 Non-resident \$30

**Intuitive Rune Readings #1260**

Learn how to do readings with the ancient oracle tradition of the Runes. Discover the connections to Nature and the trees in the 24 symbol alphabet. Develop creative and sightful ways to hone your intuition and read the Runes for yourself and your friends. *Bring a notebook and your own wooden, stone or ceramic set of Runes to class.*

L. Morrison HHS Rm D111
 Wed., 7-9 pm Apr 19 3 wks
 Resident \$42 Non-resident \$41

Know the 10 Signs - Early Detection Matters #1271

Do you know someone who is experiencing changes in memory or thinking? This program will explain the difference between typical age-related cognitive changes and the warning signs of dementia, including Alzheimers disease. Please joins us for this informal example-based program.

M. Tomasetti HHS rm D111
 Mon., 6-7:30 pm Feb 27 1 session
 Resident \$25 Non-resident \$30

Start Your Food Product #1279

In this two hour class you will take your idea for a food product to the next level. You will leave with an understanding of how food products go from idea to retail sale. You can have your idea critiqued and the instructor can help with the next step

S. Joyce HHS rm D209
 Thur., 7-9 pm Mar 23 1 session
 Resident \$25 Non-resident \$30

Thyroid Management #1286

In this 3 week class, you will learn which foods to eat and which to avoid to best manage your thyroid.

D. Barbiero HHS rm D111
 Mon., 7-9 pm Mar 6 3 wks
 Resident \$42 Non-resident \$47

Metamorphosis Body, Mind, and Spirit 3 Day Detox #1285

Spring, or any season, can be the time of renewal, a fresh start, a new beginning, which makes this time of year perfect for a gentle detox that will reset your body and mind while priming you for the next season. Detoxifying through your diet doesn't have to mean fasting, and is one of the best ways to maintain lasting health and wellness. Some reasons to do a detox cleanse: boost your mood, energy, and productivity by reducing inflammation, shed excess weight and eliminate toxins. What follows is a 3-day gentle detox plan, filled with delicious, seasonal recipes that

will aid your body in getting rid of toxins naturally. You will learn what foods to eat and avoid for 3 days. Also included is a shopping list and recipes for breakfast, lunch and dinner for all 3 days. After this class, you can do the detox at your convenience. It's real food. No chemicals. No powders.

D. Barbiero 1 session HHS rm D111
 Mon., 7-8:30 pm **#1285A;** Mar 20
 Tues., 7-8:30 pm **#1285B;** Mar 14
 Resident \$25 Non-resident \$30

Reading the Tarot #1213

Whether you have just begun or have been studying on your own, you can learn how to read the Tarot without using a book! Become adept at the numerology and symbolism of the cards. Develop your interpretive and intuitive skills while reading for yourself and others. *Enrolling with a partner is encouraged but not required. Bring a 3-ring binder and 78 card Tarot Deck (the Universal Rider Waite-based deck is recommended).*

L. Morrison HHS rm D111
 Wed., 7-9 pm Feb 1 6 wks
 Resident \$72 Non-resident \$77

About Boating Safety**#1003**

Learn boating safety at a USCG basic boating course. This class fulfills the requirements for the CT Boating Certificate. Upon completion of a test you will be qualified for a CT Personal Watercraft Certificate. Topics covered are: know your boat, before you get underway, a general introduction to navigating the waterways, general description of operating your boat, legal requirements of boating, emergencies-what to do and enjoying your boat.

USCG Auxiliary Staff 2 wks HHS rm D109
Thur, 5:30-9:30 pm **#1003A;** Feb 16
Thur, 5:30-9:30 pm **#1003A;** May 18
Resident \$72 Non-resident \$77

Babysitting 101**#2011**

This course is designed for girls and boys 11-15 years old. Taught by a team of pediatric nurses, you will learn the essentials of being a good babysitter. This includes how to get your business started, playtime ideas, trouble shooting solutions and, of course, health and safety including child and infant CPR, first aid and choking prevention and maneuvers.

S. Gesner, RN/C. Levy, RN HHS rm D109
Mon., 6:30-9:30 pm May 15 2 wks
Resident \$50 Non-resident \$55

American Heart Association**Friends and Family CPR****#2009**

Learn the lifesaving skills of adult Hands-Only® CPR, child CPR, infant CPR and AED use, and relief of choking in an adult, child or infant. This course is for those who want to learn CPR but do not need a course completion card in CPR. Ideal for parents, grandparents, babysitters and anyone interested in learning how to save a life.

S. Gesner, RN/ C. Levy, RN HHS rm D109
Thurs., 6:30-9:30 pm Apr 27 1 session
Resident \$50 Non-resident \$55

American Heart Association**Pediatric First Aid and CPR****#2010**

Designed to meet the regulatory requirements for child care workers in CT. Learn to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. The course covers child/infant/adult CPR and child/adult AED. Intended for child-care center workers, camp counselors, coaches, teachers and foster care workers.

S. Gesner, RN/ C. Levy, RN HHS rm D111
Thurs., 6:30-9:30 pm Feb 9 2 wks
Resident \$90 Non-resident \$95

Piloting and Charting**#1002**

Piloting and Charting courses on navigation, covering the basics of coastal and inland navigation. The course focuses on traditional techniques so the student will be able to find their way even if their GPS fails. The course includes many in-class exercises. This develops the students' skill through hands on practice. A sample of the topics covered are charts and their interpretation, plotting courses, and more.

USCG Auxiliary Staff HHS rm D109
Tues., 6-9 pm May 2 3 wks
Resident \$64 Non-resident \$69

Refuse to be a Victim**#2012**

This class promotes awareness and prevention of criminal confrontations. We will cover topics including home, automobile, phone, technological, travel and personal security. You will be presented with a variety of common-sense crime prevention and personal safety strategies and devices that may integrate into your daily life. You will get the tools you need to develop your own personal safety strategy, including information and practical demonstrations.

L. Bonito HHS rm B202
Mon., 6-9 pm May 1 1 session
Resident \$100 Non-resident \$105

Hamden Community Emergency Response Team (CERT)

Classes will start on Thursday, February 9, 2017 7:00 - 9:30 pm

If You're on Your Own, could you assist your neighbors?

Teams will learn over 9 weeks:

- Disaster Preparedness
- Team Organization & Disaster Psychology
- Medical Operations
- Damage Assessment
- Fire Suppression
- Light Search and Rescue
- Traffic & Crowd Management



A CERT member is a person who is trained to prepare for and respond after any emergency or disaster. A CERT Member learns the skills necessary to protect; themselves, their family & neighbors and then reach out to the community if they become available and if it is called for. The training is free and any individual taking the course may use the training for themselves or become a member of our local team at a later time, if they wish.

Call: Dave Lewis @ 203-654-1894
Robert Freeman @ 203-287-9921
Debbie DiLeone @ 203-988-7599

citizen★corps
UNITING COMMUNITIES
PREPARING THE NATION

AARP Driver Safety Smart Driver Course

#1001

Refresh your driving skills with this course. You will learn defensive driving techniques, proven safety strategies, new traffic laws and rules of the road. Plus, there are no tests to pass. Upon completion, you are eligible for a multi-year discount on your car insurance. **Register by mail or walk-in prior to class. Please include a \$15 check for AARP members or a \$20 check for non-members payable to AARP for each enrollee. Bring a driver's license to class and your AARP membership card.**

Staff	1 session	HHS rm A112
Thur., 6-10 pm	#1001A;	Feb 8
Thur., 6-10 pm	#1001B;	Apr 6

Computer Classes for Senior Citizens "Windows to the World"

Computer Basics for Beginners - If you want to learn what computers are, how they work and how to use one, this is for you. You will be introduced to the Internet. **Intermediate** - If you had an assessment determining you're ready to explore more benefits and features of the computer and the web.

Exploring the Internet/Email - Now that you completed your basic course, you can learn how to use the Internet including sending and receiving emails, "surfing" the net, and special sites for seniors.

Drop In Lab - You can practice, ask questions, and work on your own projects.

The computer lab is located at the Miller Senior Center. **If you are interested in signing up for a class call 203.287.2547 for information and class costs.**

Oil Painting Workshop for Seniors

#1813

Bring your own project to this workshop. Mr. Teixeira will be available to support and guide you. **Participants must use odorless turpentine and bring a container for disposal.**

E. Teixeira	Miller Senior Center
Thur., 10-12 noon	Feb 23 8 wks
Hamden Snrs Free	Non-resident \$80

Give a gift certificate for a special occasion.
Certificates may be purchased in our office.

FREE TAX PREPARATION IN HAMDEN

Have your taxes prepared for free at an IRS-certified Volunteer Income Tax Assistance (VITA) site. If your household earned less than \$54,000 in 2016, VITA is the safe, simple way to file your taxes. Plus, you may be eligible for the Earned Income Tax Credit, credits based on child care expenses or education expenses.

WHAT YOU'LL NEED TO BRING TO A VITA SITE

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

WHERE TO FIND VITA IN HAMDEN

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

January 24-April 18, 2017

Tuesdays (except March 21) and Wednesdays (except March 15 & 22) 4-8pm

Helen St School 285 Helen St

Saturdays 10am - 2pm

Hamden High School 2040 Dixwell Ave

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

February 2-April 13, 2017

Thursdays (except March 16) 3-8pm

Keefe Community Center 11 Pine St

Hamden seniors may also have their taxes prepared through AARP Tax-Aide volunteers at the Miller Senior Center by appointment only. Call Hamden's Elderly Services Department at 203-287-2547.

Call to Register 203.407.2028



30 Hours of Classroom and 8 Hours Behind the Wheel

Qualifies You for an Insurance Discount - Dual Controlled Cars - License Testing options available. Let us prepare you for licensing with one of our programs offered through Hamden Adult Ed at Hamden High School Tuesday and Thursday, starting January 31 or April 4
2:15 PM to 4:15 PM Room B216.

Optional Textbook is \$25

Entry Level Package:

\$550 This fee is for the complete course of 30 HOURS of in class training and 8 HOURS of behind the wheel training.

Call The Next Street AT **1.800.732.8090** for more information, extra driving and testing services, or register on-line at www.thenextstreet.com/hamdenhs

Hamden Driving School at Hamden High School

"Driver Education 101" - Price \$499

Hamden Driving School's Fully Licensed Comprehensive Driving Program

Cost includes: CT Driver's Manual, Thirty (30) Hours Classroom Instruction, Eight (8) Hour Mandatory Teen Class, Two (2) Hour Parent/Guardian/Teen Class, and Eight (8) Hours of Private Behind the Wheel Lessons. Satisfies State Full Course Requirements. Monday and Wednesday, starting January 9 or April 3 2:15 PM to 4:15 PM Room B216

"Teen Eight Hour Safe Driving Practices Class" (AKA The Drug & Alcohol Class) Price \$99

This State Mandated Class includes: CT Driver's Manual, Study Material, Eight (8) Hours of Professional Classroom Training. Monday and Wednesday, starting February 22 or May 17 2:15 PM to 4:15 PM Room B216

Call Hamden Driving School for more information (203) 230-8265 or visit www.hamdedrivingschool.com

The Hamden Board of Education (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of January 23, 2017.** Placement examinations in reading, mathematics and written English are required prior to registration. Mathematics and English credits from an accredited institution of higher education will be reviewed to determine if a waiver from the tests should be granted. The following courses are offered at Hamden High School from 6:30 - 9:35 PM.



CRN	COURSE	TITLE	DAY	ROOM
1355	SPA 102	Elementary Spanish II	M	A 206
1150	SPA 101	Elementary Spanish I	T	A 206

Tuition: \$453 per 3-credit class (includes service and student fees), Call 203.285.2020 to register, or visit the college website at www.gwcc.commnet.edu New students must apply to the college before registering for classes. If you're planning to take classes for college credit you will need the following:

1. A completed application form or apply online
2. A copy of your high school transcript, diploma or GED® certificate*
3. Proof of immunization for measles, rubella and varicella (chicken pox)
4. \$20 application fee**

**If you are not pursuing a degree you will only need to submit an application and the application fee.*

***Fee waived if you attended another CT Community College or if you attended Gateway Community College in the past.*

Academic Placement: Once admitted, and before you can register, new students must take the academic placement test in English and Math. This assures placement in the appropriate classes. **Continuing students may register online at my.commnet.edu Follow the link to online registration. You will need your student identification number to register online. Simply use your birth date as your PIN number and follow the prompts on the screen.** For information regarding applications, tuition and fees, call the Gateway's Admissions office at 203.285.2080. The College reserves the right to cancel those courses for which there is insufficient enrollment.

Computer Basics Made Easy #5300

Learn Computer Basics for your laptop or desktop computer. Windows 10 and Microsoft Office 2013 (Word, Excel and PowerPoint) will be introduced, as well as the Internet and E-mail basics. Hardware, software, ribbons, cut, copy, paste, create, edit, format, save files into folders and print are just a few of the computer terms and applications you will learn. Please bring a USB Flash Drive to class. Course fee includes useful materials. No prior knowledge required.

S. Bozzuto	NHHS Room 104
Mon., 6:30-8:30 pm	Jan 30 5 wks
Resident: \$72	Non-resident: \$77

Introduction to Photoshop #5223

Not your average Photoshop class! Designed with both beginner and advanced users in mind. Class includes hands-on-training, personal attention and a series of fun tutorials. You will learn how to manipulate and correct your pictures or simply create unique art. \$10 materials fee payable at first class.

A. Szewczyk	NHHS Room 104
Tues, 6:30-8:30 pm	Jan 31 6 wks
Resident \$90	Non-resident \$95

iPhone/iPad: Beyond the Basics #5311

We build off the topics discussed in the introductory classes and delve deeper into the advanced functionality of these devices. Beginning with web surfing and email, we will learn how to utilize both Apps more effectively. We'll discuss communication options, like iMessage, Skype or Facetime, how to organize your albums, share your photos and videos, download and play movies or television shows, and the many uses for Siri. Next we'll look at the streaming options available through Hulu+ and Netflix, and how those Apps can be used. Lastly we'll discuss how to edit spreadsheets. *Bring your iPad/iPhone with you to class and have your Apple ID and password.*

D. Wray	NHHS Room 105
Mon., 6:30-8:30 pm	Mar 20 3 wks
Resident: \$60	Non-resident: \$65

iPad/iPhone: A Comprehensive Introduction #5310

iPads offer features to make your everyday life more fun and manageable, but you have to know how to do it, and this is the course to help. We'll start at the beginning by reviewing the iPad and discussing hardware and its functionality. From there we proceed through all of the touches and gestures needed to navigate on your iPad. We will then explore all the settings that allow you to create an experience customized to suit your needs. We'll discuss the importance of security, data storage and the iCloud to allow you to sync and protect your data, and also locate your iPad if it is lost or stolen. This course packs enough information to help experienced users improve their experience at a pace suited for both basic and intermediate users. *Bring your iPad/iPhone with you to class and have your Apple ID and password.*

D. Wray	NHHS Room 105
Thur., 6:30-8:30 pm	Feb 16 3 wks
Resident: \$60	Non-resident: \$65

iPhone and iPad Photography #5313

Have you ever wondered if you are getting the best photos off of your iPhone or iPad? Have you ever wondered what to do with your photos once you've taken them? If so, this is the course for you! By popular demand, we are offering a 2 week course to go through best practices of photography with your iPhone and iPad. We will look at getting the best quality photos and then go through managing your digital library so that you can preserve those images without worry. *Bring your iPhone with you to class and have your Apple ID and password.*

D. Wray	NHHS Room 104
Wed., 6:30-8:30 pm	Mar 1 2 wks
Resident: \$40	Non-resident: \$45

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

Keyboarding Made Easy #5303

Learn to type or improve keyboarding skills with this "hands-on" course using the computer keyboard. "Hunt and Peck" specialists will learn to use all ten fingers. Basic typing skills and good keyboarding habits will be learned and practiced. Increase your speed and productivity. No knowledge of computers is necessary. Handouts are included. *Please bring a USB Flash Drive to class.*

S. Bozzuto	NHHS Room 104
Wed., 6:30-8:30 pm	Mar 29 5 wks
Resident: \$70	Non-resident: \$75

Level 1-Microsoft Access 2013 #5312

Together, we will explore the various powerful features of Microsoft Access. You will learn how to store, manage, and retrieve all different kinds of information. You will reach new heights in your learning when you finally produce your very own customized information reports. The lessons are written by the teacher - a step-by-step, touch-this, press-that, approach to learning. The class will be fun, meaningful, practical and easy. Reserve your spot today. *Please bring a USB Flash Drive to class. A \$10 non-refundable material fee is payable to the instructor the first night of class.*

T. Lorenti	NHHS Room 105
Mon., 6-8 pm	Jan 30 8 wks
Resident: \$110	Non-resident: \$115

Microsoft Excel Made Easy #5304

Create spreadsheets for personal or business applications. Learn to navigate, enter and edit text and numbers, create formulas, format worksheets and analyze data. Learn to open, close, save, select, copy, move, paste, and enhance your worksheet using styles, spell checking, setting margins, headers and footers. Print versions and portions of the worksheet and enter formulas using a variety of methods. Learn to use web queries. Keyboard skills are helpful. Useful materials are included in course fee. *Please bring a USB Flash Drive to class.*

S. Bozzuto	NHHS Room 104
Wed., 6:30-8:30 pm	Feb 1 5 wks
Resident: \$90	Non-resident: \$95

Microsoft PowerPoint #5308

Learn to create, edit, format and view presentations and slides using this fun and easy software. Change layouts, add background styles and insert, move and size clipart/graphics. Use transitions and animations to enhance your slide show and more. Keyboarding skills are helpful. Handouts are included. *Please bring a USB Flash Drive to class.*

S. Bozzuto NHHS Room 104
Wed., 6:30-8:30 PM Feb 8 3 wks
Resident: \$60 Non-resident: \$65

**Microsoft Word Made Easy #5301**

Learn Word by creating documents such as letters and resumes. Create, edit, format, save and print text and graphics. Use tools such as spell and grammar check, Thesaurus, word count, the help menu, and keyboard shortcuts. Change margins, tabs, line spacing and fonts; create headers, footers and borders; cut, copy, paste and more. Work efficiently with folders and files. Keyboarding skills are helpful. Handouts are included. *Please bring a USB Flash Drive to class.*

S. Bozzuto NHHS Room 104
Mon., 6:30-8:30 pm Mar 13 5 wks
Resident: \$80 Non-resident: \$85

CREATIVE ARTS

Angels Paint Night #5232

You will be guided step by step in painting a mother and child angel. They are wearing light yellow gowns with huge wings against a light purple background. No experience necessary. Bring Your Own Beverage and snacks. *Price includes all supplies needed.*

A. Marquardt Catalyst Art Studio
Thur., 6:30-8:45 pm Mar 30 1 session
Resident: \$35 Non-resident: \$40

Peacock Paint Night #5233

You will be guided step by step in painting a bold peacock. Beautiful blues and greens are scattered throughout the painting. No experience necessary. Bring Your Own Beverage and snacks. *Price includes all supplies needed.*

A. Marquardt Catalyst Art Studio
Thur., 6:30-8:45 pm May 18 1 session
Resident: \$35 Non-resident: \$40

Beginner Watercolor #5215

You will explore "wet into wet" (water color) to see the colors drip, sparkle and bleed. This is a satisfying way to paint! This course is fun and no stress; just have a good time learning to mix and apply the many colors to a wet surface. *A \$10 non-refundable supply fee is due to the instructor the first night of class.*

M. Horan NHHS Room 115
Mon., 7-9 pm Apr 17 4 wks
Resident: \$48 Non-resident: \$53

Card Making #5229

Are you tired of the high cost of greeting cards? Come join us for a fun night out making your own cards. You will learn some basics and techniques of rubber stamping. You will go home with three cards that you created! No prior experience necessary. *Price includes a \$10 non-refundable material fee.*

S. Rudnicki 1 session NHHS Room 115
Wed., 6:30-8:30 pm #5229A; Apr 26
Wed., 6:30-8:30 pm #5229B; May 24
Resident: \$35 Non-resident: \$40

Crochet Jewelry #5234

Summer is coming - enhance your accessories with an attractive crochet bead necklace and bracelet. Once mastered the color possibilities are endless. We will use trellis and/or cotton yarn, beads, complete with jump rings and clasp. *Basic knowledge of crochet chain is helpful. Bring a size "F" crochet hook. A \$8 non-refundable supply fee is due to the instructor the first night of class.*

L. Minichino NHHS Room 107
Wed., 6-7:30 pm Mar 8 4 wks
Resident: \$90 Non-resident: \$95

Crochet: All Levels #5208

As a beginner, you will learn the skills needed to crochet an afghan. Learn about hooks, gauge, yarns and basic stitches. The more advanced students will improve their skills in reading patterns, resizing and more difficult stitches. Once you have mastered the basic techniques, you will be able to create a variety of stitches, making various beautiful patterns. *Bring a size "H" crochet hook.*

S. Tendler NHHS Room 108
Wed., 6:30-8:30 pm Feb 8 10 wks
Resident: \$90 Non-resident: \$95

Digital Photography (D-SLR) Introduction #5418

You will learn fundamental techniques, principles, and applications of camera based image making. You will become familiar with basic camera operation, and learn to use settings and features as elements of effective photographic composition. Little or no experience is needed, but intermediate users are welcome. *You should have access to a digital camera for shooting assignments. A \$5 non-refundable materials fee is due to instructor the first night of class.*

A. Szweczyk NHHS Room 115
Tues., 6:30-8:30 pm Mar 28 8 wks
Resident: \$96 Non-resident: \$101

Drawing: Beginners #5209

You will gain a gradual, yet thorough understanding of how to draw what you see by first learning how to use basic graphite pencil techniques. You will explore the importance of line, focusing on line weight with its directional and expressive qualities. You will draw still life and scenery as you go in depth about drawing procedures and techniques. All you need is a pencil, paper and a few hours of practice for simple drawing to become beautiful artwork.

S. Ghods NHHS Room 117
Wed., 6:30-8:30 pm Feb 1 5 wks
Resident: \$60 Non-resident: \$65

Drawing: Intermediate & Advanced #5219

You will explore the importance of lines, focusing on weight with its directional and expressive qualities. You will draw still life, scenery and portraits as you go in depth with procedures and techniques, concentrating on shading and lighting. You will improve your skills and become more creative. All you need is a pencil, paper and a few hours of practice for simple drawing to become beautiful artwork.

S. Ghods NHHS Room 117
Wed., 6:30-8:30 pm Mar 15 5 wks
Resident: \$60 Non-resident: \$65

Stained Glass #5231

Learn the art of stained glass using the copper foil technique made popular by Louis Comfort Tiffany. You will complete one stained glass panel throughout the course and leave with the tools and the ability to complete future works on your own. There will be some out of class assignments. No prior experience necessary. **Kit fee of \$85 due to instructor upon first class.** Additional glass purchased separately.

J. Kriksciun NHHS Room 114
Thur., 6-8:30 pm Feb 2 8 wks
Resident \$120 Non-resident \$125

DANCE & FITNESS**Ballroom Dancing Basics #5112**

Ever find yourself saying, "I'd like to dance like that!"? Here's your chance. Learn the basic steps for the swing, foxtrot, waltz, rumba and cha-cha-cha. Every student will receive a complimentary CD of all 5 dances at the second class. Partners not required, but comfortable shoes are a must.

F. Costa NHMS Cafe
Thur., 7-8 pm Mar 2 5 wks
Resident: \$80 Non-resident: \$85

Line Dancing: Soulful/Jazzy/R&B Way #5118

Remember doing the electric slide and the cha-cha slide at those weddings, parties and family reunions? There are hundreds more current and here's an opportunity to learn some of them! Come learn the Wobble, Cupid Shuffle, and the dances to 'Back in the Day' (Wayne Brady), as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Zydeco Bounce, Broken Stones, Stay, and more....Great way to exercise the brain along with the rest of the body! These are very beginner-friendly and lots of fun!

S. Walker Theater Lobby
Tues., 7:05-8:05pm Jan 31 8 wks
Resident: \$72 Non-resident: \$77

Line Dancing: Soulful/Jazzy/R&B Way #5116

Remember doing the electric slide and the cha-cha slide at those weddings, parties and family reunions? There are hundreds more current and here's an opportunity to learn some of them! Come learn the dances to 'Blurred Lines' (Robin Thicke), 'Dem Jeans', 'Latch' with a refresher on the Wobble, Cupid Shuffle, as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Zydeco Bounce, Broken Stones, and more. Great way to exercise the brain along with the rest of the body! These are beginner-friendly, but for the quick learner, and lots of fun!

S. Walker 8 wks Theater Lobby
Tues., 6-7 pm #5116A; Jan 31
Resident: \$72 Non-resident: \$77
S. Walker 6 wks Theater Lobby
Tues., 7-8 pm #5116B; Apr 18
Resident: \$54 Non-resident: \$59

Introduction to Tai Chi #5101

This course will provide an eight-week introduction to the ancient Chinese art of Tai Chi. You will learn to use this gentle form of exercise for improving strength, balance, endurance, flexibility, coordination, concentration and managing stress. *Michael LaPointe has studied Tai Chi for many years with the Grandmaster Aiping Cheng.*

M. LaPointe Green Acres Cafe
Mon., 6:30-7:30 pm Feb 6 8 wks
Resident: \$80 Non-resident: \$85

Pilates Mat #5102

Pilates is a mind/body workout based on the philosophies of Joseph Pilates, designed to strengthen and stretch muscles from the core, which is essential to the stability of the spine. Improve your muscle tone, posture, flexibility and balance. Reduce stress in this mind/body workout.

M. Daniele 6 wks Montowese School Gym
Tues., 7-8 pm #5102A; Feb 28
Tues., 7-8 pm #5102B; Apr 18
Resident: \$60 Non-resident: \$65

Spring Into Fitness #5119

Do you want to live a healthy and fit lifestyle and don't know where to begin? Learn proper form with cardio, strength training and stretch with this beginner friendly exercise program. Learn how to make healthy dietary decisions with a Registered Dietetic Technician and exercise specialist. **Please bring a yoga mat and 3-5 lb weights.**

M. Daniele Montowese School Gym
Thur., 7-8 pm Mar 23 8 wks
Resident: \$80 Non-resident: \$85

Rest, Relax and Renew #5103

Learn to reduce stress through breathing techniques, meditation and restorative Yoga. Move gently, breathe deeply and discover the still place within. *Please bring a yoga mat and firm blanket to class.*

L. Baumgartner NHHS Library
Tues., 7-8 pm Feb 7 8 wks
Resident: \$80 Non-resident: \$85

Yoga #5104

This class is designed for the beginning yoga student or the student who would like to come back to the basics. The smaller class size offers individual attention in a safe and structured environment. This class is taught in the Iyengar tradition focusing on alignment, foundation and breathing practices. *Please bring a yoga mat and firm blanket to class.*

L. Baumgartner NHHS Library
Tues., 5:30-6:45 pm Feb 7 8 wks
Resident: \$80 Non-resident: \$85

Yoga - AM #5114

Start your day off right. This class offers stretches, movement and awareness of the still place within. This class is for all levels. *Please bring a yoga mat to class.* All other supplies will be provided.

L. Baumgartner MECA
Wed., 9:30-10:45 am Feb 8 8 wks
Resident: \$99 Non-resident: \$104

Yoga II #5106

This Iyengar based class is for students with some yoga experience. It is multi-level and props will be provided if needed. Sun and Moon salutations are included in this flowing vinyasa style class, moving through the poses with awareness of breath, body and the stillness that lies within.

L. Baumgartner MECA
Thur., 6:45-7:45 pm Feb 9 8 wks
Resident: \$99 Non-resident: \$104

Zumba #5110

Enjoy the party with a very exciting workout full of Latin and exotic international music flavors. The dance routines are a combination of slow and fast rhythms that tone and sculpt the body while burning calories. It targets areas such as gluteus, legs, arms and abs. Before you know it, you will be getting fit and your energy level will be soaring.

A. Wiley 10 wks NHHS PA Room
Mon., 6:45-7:45 pm #5110 A; Jan 30
Thur., 6:45-7:45 pm #5110 B; Feb 2
Resident: \$99 Non-resident: \$104

M. & Th., 6:45-7:45 pm #5110 C; Jan 30
Resident: \$160 Non-resident: \$165

Zumba for Seniors #5117

Move to the beat at your own speed with Zumba for Seniors. These invigorating, community-oriented dance-fitness classes provide modified, low-impact moves and easy-to-follow pacing for older adults who love a healthy, active lifestyle.

A. Wiley NHHS PA Room
Tues., 5:30-6:30 pm Jan 31 10 wks
Resident: \$99 Non-resident: \$104

Zumba with Weights #5118

When it comes to body sculpting, Zumba with Weights raises the bar. Learn how to use weights to enhance rhythms and tone all the target zones including arms, abs, thighs and booty. Zumba with Weights is a perfect way to sculpt your body naturally while having a total blast!! This is the perfect class for those of you who want to party but put an emphasis on toning and sculpting muscles. It works by adding the challenge of resistance with light weights, which helps to focus on specific muscle groups so that you (and your muscles) stay engaged. *Please bring 1-3 lb. weights to class.*

S. Hupalo NHHS PA Room
Tues., 6:45-7:45 pm Jan 31 8 wks
Resident: \$80 Non-resident: \$85

V IN THE KITCHEN

**Cake Decorating - Wilton Course 1
Building Better Buttercream #5611**

Learn how to decorate cakes and sweet treats with basic buttercream techniques. You will learn how to pipe flowers to create modern and traditional cake designs. *Supply list will be sent prior to first class.*

M. Padilla NHHS Room 109
Tue., 6-8 pm Jan 31 4 wks
Resident \$49 Non-resident \$54

**Cake Decorating - Wilton Course 2
Flowers and Cake Design #5614**

Learn how to create professional looking flowers and designs made from royal icing. Flowers include: rosebuds, pansies, violets and apple blossoms. Also included are buttercream technique applications, such as basketweave, cornelli lace, and brush embroidery. **Prerequisite: Wilton Course 1. Supply list will be sent prior to first class.**

M. Padilla NHHS Room 109
Tue., 6-8 pm Mar 7 4 wks
Resident \$49 Non-resident \$54

**Cake Decorating - Wilton Course 3
Fondant and Gum Paste #5629**

In this class, you will learn to create flowers, bows, and garlands using fondant and gum paste. You will make a two layer cake with flowers, borders and accents. **Prerequisite: Wilton Course 1. Supply list will be sent prior to class.**

M. Padilla NHHS Room 109
Tue., 6-8 pm Apr 4 4 wks
Resident \$49 Non-resident \$54

Canning 2.0 #5628

This class is designed to help you get a more in-depth look at the canning process. You will leave with a product that you have helped produce. **A \$5 non-refundable consumable fee is included in price of the class.**

S. Joyce 1 session NHHS Room 109
Thur., 7:35-9:05pm #5628A-Butters Mar 30
Thur., 7:35:9:05pm #5628B-Peaches May 4
Resident \$25 Non-resident \$30

Colorful Cupcakes #5613

Learn basic cupcake decorating techniques using Wilton decorating tips. A list of supplies will be sent prior to class.

M. Padilla NHHS Room 109
Wed., 6-8 pm Feb 8 1 session
Resident \$30 Non-resident \$35

Comfort Foods #5629

Let Chef Maryann teach you the art of making homemade meatloaf, macaroni-n-cheese, soups and casseroles as well as gourmet dishes like chicken artichokes, roasted peppers, mushrooms and olives, eggplant rollitini and meatless dishes. Bring a container for leftovers. **A \$40 non-refundable supply fee is due to the instructor the first night of class.**

M. Ciarleglio NHHS Room 109
Wed., 6:30-8:30 pm Feb 1 4 wks
Resident: \$64 Non-resident: \$69

Cooking with Kids #5601

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

A. Webb NHHS Room 109
Wed, 6:15-8:45 pm May 3 1 session
Resident: \$40 Non-resident: \$45

Introduction to Canning #5620

This is an introduction to the science and art behind preserving your own foods. You will be given a hands on experience in different aspects of canning. **A \$5 non-refundable consumable fee is included in price of the class.**

S. Joyce NHHS Room 109
Thur., 6-7:30 pm Mar 30 1 session
Resident \$25 Non-resident \$30

Italian Easter Specialties #5607

Pastry Chef Maryann shares her family recipes for Ham Pie, Rice Pie, Ricotta Pie, Easter Bread, and Cheese Bread in this hands-on class. **A \$40 non-refundable supply fee is due to the instructor the first night of class.**

M. Ciarleglio NHHS Room 109
Wed., 6:30-8:30 pm Mar 1 5 wks
Resident: \$80 Non-resident: \$85

Pizza, Calzones and Stuffed Breads #5609

In this hands-on class you will make dough from scratch. Toppings/fillings will include your choice: sausage, pepperoni, mushrooms, bacon, broccoli, spinach, peppers, or onions. You will make pizza sauce and authentic gravy (Mom's secret recipe). You will also make fried dough. **A \$35 non-refundable supply fee is due to the instructor the first night of class.**

Chef R. Inzero NHHS Room 109
Mon., 6:30-9 pm Jan 30 3 wks
Resident: \$60 Non-resident: \$65



Soups, Stews and Chowders #5622

In this hands-on class, you will make RI Clam Chowder, beef, chicken and veal soups and stews. Some of these will be made with a Pressure Cooker! **A \$35 non-refundable consumable fee is due to the instructor the first night of class.**

Chef R. Inzero NHHS Room 109
Mon., 6:30-9 pm Feb 27 3 wks
Resident: \$60 Non-resident: \$65



Wilton - Drizzle, Dip and Mold with Candy Melts #5623

Discover the magic of candy making with Wilton's complete line of Candy Melts and tools! In this class, you will learn tips and tricks need to make candy treats by molding, dipping, drizzling and so much more. **Price includes a \$15 non-refundable consumable fee.**

M. Padilla NHHS room 109
Wed., 6-8 pm Mar 29 1 session
Resident \$41 Non-resident \$46



Hamden and North Haven
Public School buildings and grounds
are SMOKE FREE
Board Policy PO-1331 adopted
11/12/97

Advanced Spanish #5705

This course will expand your vocabulary and fluency in speaking Spanish. You will be able to go to a restaurant and order food in Spanish. If you took Spanish for Beginners, you don't need a new book. *A \$20 non-refundable book fee is due to the instructor the first night of class.*

P. Myrthil NHHS Room 107
 Mon., 6:30-8:00 pm Feb 6 8 wks
 Resident: \$99 Non-resident: \$104

**MONEY MATTERS****Debunking the Myths of Reverse Mortgages: Are They Right For You? #5516**

What are Reverse Mortgages? We will be exposing the 4 myths around reverse mortgages. And, answering questions such as: Why are reverse mortgages recently so popular? How are reverse mortgages different from other home loans? How do you select a Reverse Mortgage Lender? Whether you are considering a reverse mortgage for yourself or a family member or are just plain curious, this course will provide the in-depth information you should know.

S. Cornwall NHHS Room 105
 Thur., 7-8:30 pm Apr 20 1 session
 Resident \$25 Non-resident \$30

**MONEY
 MATTERS**
 KNOW MORE. MAKE MORE.

Estate Planning #5519

Taking the Mystique out of Living Trusts
 How to Control and Protect Your Estate from the Grave
 Directing Your Medical Care when You can't Communicate
 Connecticut's Right-to-Die Debate:
 Communicating your medical care desires when you can't communicate
 Power of Attorney: The Game has Changed. What you need to know about

A. Rothstein NHHS Room 106
 Thur., 7-9 pm Mar 16 1 session
 Resident \$25 Non-resident \$30

Planning for Affordable Long Term Care #5507

Hear about the entire spectrum of long term care planning. Topics include: the three ways to pay for home health care, assisted living facility and nursing home expenses; how the State of Connecticut views your assets and your income; the use of trusts and gifting assets through the Connecticut Partnership for Long Term Care; how long term care insurance works and the different types of policies available. This class is designed to be an informational seminar with ample opportunity for individual questions.

A. Abrahamian NHHS Room 106
 Wed., 7-9 pm Mar 29 1 Session
 Resident: \$25 Non-resident: \$30

Retirement Planning Today #5517

You've worked hard to provide for your family and save for your future. Now, there is a course that teaches how to keep more of what you earn and make your money work harder for you. Whether you are just beginning to develop a retirement plan or rapidly approaching retirement, you should enroll in this course. You will learn how to define long-term goals and return from the class with practical information you can apply immediately. This course includes a textbook. Couples may attend together for a single registration fee.

B Skinner 2 wks NHHS Room 106
 Thur., 6:30-9:30 pm #5517A; Feb 16
 Tues., 6:30-9:30 pm #5517B; Feb 21
 Resident \$49 Non-resident \$54

Stop the Financial Insanity #5518

Learn what the pros know. This authoritative, behind-the-scenes look at Wall Street shows how to build a market-proven income generating portfolio that can minimize risk and beat growth-oriented investment strategies. This is a must attend financial survival course for every investor over 50 years of age.

A. Agemy NHHS Room 106
 Tues., 6-7:30 pm Mar 14 3 wks
 Resident \$30 Non-resident \$35

AARP Driver Safety Smart Program

This course is primarily for seniors fifty years of age and older, but is open to anyone with a driver's license. We will cover defensive driving techniques and the normal changes in vision, hearing and reaction time associated with aging. Participants will learn about current rules of the road and how to operate their vehicles more safely. A certificate of completion for seniors can result in a discount on auto insurance rates.

AARP Staff 1 session NHHS Room 105
Thur., 5-9 pm **#6000A;** Mar 9
Thur., 5-9 pm **#6000B;** May 11
AARP Members: \$15 Non-members \$20
No Cash - Checks only, payable to AARP. AARP Membership required to receive AARP fee. Membership card must be brought to class to verify.

American Heart Association

Friends & Family CPR

#5805

Learn the lifesaving skills of adult Hands-Only® CPR, child CPR, infant CPR, AED use, and relief of choking in an adult, child or infant. This course is for those who want to learn CPR but do not need a course completion card in CPR. Ideal for parents, grandparents, babysitters, or anyone interested in learning how to save a life.

Gesner, RN/Levy, RN NHHS Room 105
Mon., 6:30-9:30 pm Jan 30 1 Session
Resident: \$50 Non-resident: \$55

Akashic Record/Angel Reading #5435

Reserve your 30 minute phone or in-person Reading with Intuitive Healing Arts Practitioner Diane Esposito, as she helps you experience the joy of receiving loving messages from your Akashic Record and/or Angels, guides, and loved ones. Learn to open more fully to the inspiration of [+] energy and feel gratitude even when you have conscious or unconscious resistance to do so. Strengthen and integrate lasting, healthy transformation and healthy relationships. **Sign-up for the class and then contact Diane at 203-913-3869 to schedule your 30 minute reading.**

D. Esposito Personal Harmony LLC
M-F., 9am-9 pm 1 session
Resident: \$45 Non-resident: \$50

Babysitting 101

#5804

This course is designed for girls and boys 11-15 years old. Taught by a team of pediatric nurses, you will learn the essentials of being a good babysitter. This includes how to get your business started, playtime ideas, trouble shooting solutions and, of course, health and safety including child and infant CPR, first aid and choking prevention and maneuvers.

Gesner, RN/Levy, RN NHHS Room 105
Thur., 6:30-9:30 pm Feb 23 2 wks
Resident: \$50 Non-resident \$55

American Heart Associate

Pediatric First Aid and CPR

#5803

Designed to meet the regulatory requirements for child care workers in CT. Learn to respond to and manage illnesses and injuries in a child or infant in the first few minutes until professional help arrives. The course covers child/infant/adult CPR and child/adult AED. Intended for child-care center workers, camp counselors, coaches, teachers and foster care workers.

Gesner, RN/Levy, RN NHHS Room 105
Mon., 6:30-9:30 pm Mar 20 2 wks
Resident: \$90 Non-resident: \$95

Get Ready to Harvest!

#5440

How to get the most out of your summer garden and farmers' markets. You will learn how to plant to maximize financial savings, and get the most out of farmers' markets and pick your own seasonal offerings.

S. Joyce 1 session NHHS Room 107
Thur., 6:30-8 pm **#5440A;** Mar 16
Thur., 6:30-8 pm **#5440B;** May 18
Resident \$25 Non-resident \$30

Guided Mindful Healing Meditation with Crystals & Stones

#5421

Join Diane for the relaxation, release, and refreshment of Guided Imagery Meditation. Class includes a touch of Aromatherapy and/or use of Crystals and Stones for grounding, focus, and flow. Connect to support, guidance, and wisdom of one's Intuitive gifts, Angels and guides. Strengthen and integrate lasting, healthy transformations and learn to release and heal those thoughts and relationships that drain one's energy or spirit.

D. Esposito Personal Harmony LLC
Wed., 6:30-8:30 pm **#5421A;** Feb 15
Wed., 6:30-8:30 pm **#5421B;** Mar 15
Wed., 6:30-8:30 pm **#5421C;** Apr 19
Wed., 6:30-8:30 pm **#5421D;** May 17
Resident: \$25 Non-resident: \$30

Intro to Preserving Foods

#5441

You will learn ways to save money, ensure better quality food for your family, and methods for preserving produce. You will learn the techniques of freezing, canning and drying.

S. Joyce NHHS Room 107
Thur., 6:30-8 pm Mar 2 1 session
Resident \$25 Non-resident \$30

Lose Weight With Hypnosis

#5409

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

L. Santamaria NHHS Library
Thur., 7-9 pm Mar 16 3 wks
Resident: \$65 Non-resident: \$70

ONLINE REGISTRATION

www.hamdenadulted.org/coursecatalog



Call to Register 203.407.2028

Quit Smoking With Hypnosis #5411

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

L. Santamaria NHHS Library
Thur., 7-9 pm Apr 20 3 wks
Resident: \$65 Non-resident: \$70

Refuse to be a Victim #5440

This class promotes awareness and prevention of criminal confrontations. We will cover topics including home, automobile, phone, technological, travel and personal security. You will be presented with a variety of common-sense crime prevention and personal safety strategies and devices that may integrate into your daily life. You will get the tools you need to develop your own personal safety strategy, including information and practical demonstrations.

L. Bonito NHHS Room 106
Tues., 6-9 pm Apr 4 1 session
Resident \$100 Non-resident \$105

REIKI I Practitioner Certification #5802

Your Reiki I Certification will include a complimentary pre-class consultation, class manual, healing and Reiki I Attunements; Meditation, steps to integrate the Principles of Reiki; positions for healing self and others; an overview of the 7 main Chakras. Discover the limitless uses of energy, balancing how it supports overall health and well being. Reiki promotes stress release, relaxation, and rejuvenation which allow your body to innately heal itself. *Prerequisite: call 203-913-3869 to schedule a pre-class consultation with Diane, 7 or more days before class. A \$25 non-refundable materials fee is included in price.*

D. Esposito 1 wk Personal Harmony LLC
Sat., 9am - 3 pm **#5802A;** Jan 14
Sat., 9am - 3 pm **#5802B;** Feb 11
Sat., 9am - 3 pm **#5802C;** Mar 18
Sat., 9am - 3 pm **#5802D;** May 20
Resident: \$150 Non-resident: \$155

Starting a Small Business:**Marketing and Branding #5438**

Launch your business big on a small budget. This class is intended to provide some ideas and tips, brand building, value creating and marketing ideas that help you start or revive your small business.

A. Szewczyk NHHS Room 115
Wed., 7-8 pm Mar 22 1 session
Resident: \$15 Non-resident: \$20

REIKI II Practitioner**Certification****#5807**

Your Reiki II Certification will enhance the flow of Reiki, expand upon the techniques presented in Reiki I, include a complimentary pre-class consultation, class manual Reiki II Attunement: Meditation, steps to integrate Reiki I Symbols to the power of love, mental/emotional clarity and balance, and distant treatments. Chakras. Deepen support for overall health and healthy relationships. *Prerequisite: call 203-913-3869 to schedule a pre-class consultation with Diane, 7 or more days before class. A \$25 non-refundable materials fee is included in price.*

D. Esposito 1 wk Personal Harmony LLC
Sat., 9am - 3 pm **#5807A;** Jan 21
Sat., 9am - 3 pm **#5807B;** Feb 18
Sat., 9am - 3 pm **#5807C;** Mar 25
Sat., 9am - 3 pm **#5807D;** Apr 22
Resident: \$175 Non-resident: \$180

Universal Laws - It's More Than the Law of Attraction #5439

The law of attraction is just one of 12 universal laws. Each law is important on its own, but when we work with them together they are powerful supports to our path to a fulfilled life. This class will explain each law and how to apply them into your life.

L. Santamaria NHHS Library
Tues., 7-9 pm Apr 18 2 wks
Resident: \$40 Non-resident: \$45

Looking for a New Career

We have several training programs for you to choose from!

See pages 26-27 for more information

CNA

Certified Nurse Assistant

The Certified Nursing Assistant Program offered is at a training program approved by the Department of Health. Successful program completion allows you to work as a Certified Nurse Assistant in some medical facilities, clinics, home settings, or to work as a home health aide.

EMT

Emergency Medical Technician

EMT's provide emergent medical care in a pre-hospital environment, or can be employed in a certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam you are qualified to work as a Basic EMT.

Security Guard

This is a "two" day course!! That's right...you can get certified in just two days to receive your Connecticut Uniformed Security Officer/Guard/CT security license. We help prepare you to work!! The lesson plan provided has been approved by the State of Connecticut Department of Public Safety. Upon successful completion of this course, you will be issued a training certificate.

Churches of Manhattan NYC



Some of the most stunning and beautiful churches & cathedrals in the world are dotted throughout Manhattan. Spend a full day with a **local guide** visiting Trinity Church Wall Street, St. Paul's Chapel, St. Patrick's Cathedral, and Cathedral of St. John the Devine. Lunch on your own will be at Brookfield Place, the new upscale food court in lower Manhattan.

#1300 Saturday, April 8 \$115

Pick-up at HHS parking lot at 9:30 am and will return approximately 9:00 pm. **Please note: No refunds after 3/1**

Hairspray Thomaston Opera House



We will have a wonderful lunch, with your choice of Chicken Francaise or Baked Scrod, at the Black Rock Tavern. After lunch, we will have orchestra seats to Hairspray at the Thomaston Opera House.

#1301 Saturday, May 7 \$99

Pick-up at HHS parking lot at 10:30 am and will return approximately 5:00 pm. **Please note: No refunds for this trip after April 1**

National Baseball Hall of Fame Cooperstown, NY



On June 12, 1939, the National Baseball Museum opened its doors for the first time, in honor of the 100th anniversary of the mythical "first game" that allegedly was played in Cooperstown on June 12, 1839. The first four classes of Hall of Fame electees were Honored on that day in 1939.

Since that day, the National Baseball Hall of Fame has stood as the definitive repository of the game's treasures and as a symbol of the most profound individual honor bestowed on an athlete. Located on Main Street in the heart of picturesque Cooperstown, New York, the National Baseball Hall of Fame and Museum is one of the country's most popular destinations and is surely the best-known sports shrine in the world. It is every fan's "Field of Dreams" with its stories, legends and magic to be passed on from generation to generation. We will have leisure time on Main Street.

#1296 Saturday, July 15 \$109

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 7:30 am and will return approximately 9:00 pm.

Please note: No refunds issued after June 5.

Tall Ships Boston, MA



The Magnificent Tall Ship fleet returns to Boston for an exciting Boston Sail 2017.

We will have lunch at Maggiano's Restaurant with a great family style meal which includes: appetizers, salad, pasta, main entree, Italian desserts, coffe and tea. Mangia!

We will then board the lovely Provincetown II for a close-up view of the tall ships, on a 90-minute narrated cruise through Boston Harbor. Onboard there are open and enclosed decks so you can view the Tall Ships throughout the Historic Wharves.

There will be free time to spend at Quincey Market.

#1295 Sunday, June 18 \$127

Pick-up at HHS parking lot at 6:45 am and will return approximately 8:00 pm.

Please note: No refunds for this trip after May 10

Boston POPS By The Sea Boston, MA



We will board the Hyannis Harbor Cruise and set sail to learn about the history of Hyannis and local area landmarks on our way to view the Historic Kennedy Compound. We will see: Great Island, The Kennedy Memorial, Egg Island, St. Andrews-by-the-Sea, Squaw Island and Point Gammon Light. There will be leisure time for lunch and shopping on Main Street, Hyannis.

The gates for the Citizens Bank Pops by the Sea concert open at 1 and the concert begins at 5 pm. This event is Cape Cod's single largest cultural event. For each of the past 30-years, Cape Cod has welcomed one of the nation's finest and best-loved musical ensembles—the Boston Pops Esplanade Orchestra.

#1297 Sunday, August 13 \$135

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 8 am and will return approximately 10:00 pm.

Please note: No refunds issued after July 5.

RI Seafood Festival Charlestown, RI



Nestled in Ninigret Park located in Charlestown, Rhode Island, enjoy the extravagant Charlestown Seafood Festival. Over 20 different choices of seafood and a wide variety of entertainment and events. After a day at the festival, travel to Foxwoods, where you will have time to visit the all new Tanger Outlets, or try your luck at the casino.

#1302 Sunday, August 6 \$70

Pick-up at HHS parking lot at 9:00 am and will return approximately 7:00 pm.

Please note: No refunds for this trip after July 1

Stormville Antique Show and Flea Market

Stormville Airport, NY



Join us at the Airport in Stormville for an antique show and flea market. This event attracts over 600 vendors from more than eight states. There will be a variety of antiques, collectibles, arts and crafts, and new merchandise. For lunch you can purchase hamburgers, hot dogs, fried dough, ice cream and more.

#1304 Sunday, October 14 \$64

Pick-up at HHS parking lot at 9:00 am and will return approximately 6:30 pm. **Please note: No refunds after July 1**

WaterFire Providence, RI



"The Crown Jewel of the Providence Renaissance"

WaterFire's over eighty sparkling bonfires, the fragrant scent of aromatic wood smoke, the flickering firelight on the arched bridges, the silhouettes of the firetenders passing by the flames, the torch-lit vessels traveling down the river and the enchanting music from around the world engage all the senses and emotions of those who stroll the paths of Waterplace Park.

We will have a local guide give us a highlight tour of Providence, where we will visit Federal Hill. You will have the opportunity to choose from all sorts of delicious international

#1298 Saturday, August 26 \$71

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 8 am and will return approximately 9:30 pm.

Please note: No refunds issued after July 15.

Hudson Valley Wine & Food Fest Rhinebeck, NY



Enjoy your day at the 16th annual Hudson Valley Wine and Food Fest. Not only will you be able to taste over 100 different wines from over 60 wineries, but you can also sample an extensive range of craft distilled spirits, hard ciders and craft beers! You can also purchase and take home your favorite tastes.

At the fest, there will be food trucks, gourmet foods, cooking demonstrations, wine seminars, live music, and shopping.

#1303 Sunday, September 10 \$84

Pick-up at HHS parking lot at 8:30 am and will return approximately 7:00 pm.

Please note: No refunds for this trip after April 1

NASCAR RACING at Dover Downs



Built from the ground up by Dover Motorsports, Inc, Dover International Speedway continues to be a unique venue on NASCAR's annual calendar. The facility is known for its concrete surfaces, severely banked corners and signature trophies, and is a favorite amongst fans and drivers alike. Dover International Speedway, the one-mile oval in Dover, DE, has been hosting NASCAR events since it first opened in July, 1969. With a unique blend of speeds in excess of 175 mph, and banking of nine degrees on its narrow straightaways and 24 degrees in its sweeping turns, Dover has earned the nickname the "Monster Mile" for its toughness on both man and machine.

Included is one night at the Sheraton Suites in Wilmington, DE,

#1299 Sat-Sun September 30 - October 1
\$419 per person double \$592 single
\$415 triple/quad \$287 child sharing w/2 adults

Gratuity is not included, pick-up is Rt 40 commuter parking lot at 6:00 am and will return approximately 8:00 pm.

Please note: No refunds issued after August 1.

Reflections of Italy

featuring Rome, Florence, Venice and Milan

10 Days • 13 Meals: 8 Breakfasts • 1 Lunch • 4 Dinners

*Per Person Rates: Single \$4,699; Double \$3,999; Triple \$3,949

Includes: air out of NYC, air taxes/fees, hotel transfers, early booking discount and grp transfer to/from airport

#767931 April 19, 2017 * Price subject to change.



To receive more details, contact: John or Ann at Adler Travel 203-288-8100

Travel insurance is highly recommended.

Christmas on the Danube

featuring 6 Night cruise Vienna

9 Days • 19 Meals: 7 Breakfasts • 5 Lunch • 7 Dinners

*Per Person Rates: Double Lower Outside \$3,149;

Double Middle Outside \$3,549; Upper Outside Double Rate \$3,949; Suite Double Rate \$4,949

Includes: air out of NYC, air taxes/fees, hotel transfers, early discount of \$500 and grp transfer to/from airport

Highlights Include:

- Vienna's Imperial architecture including the lavish Hofburg Palace, the impressive Vienna Opera House, the majestic Ringstrasse, and awe-inspiring St. Stephen's Cathedral, Vienna's Baroque elegance, Karntner Strasse
- Cruise through the romantic Wachau Valley, dotted with magnificent castles and small riverside towns, view the picturesque landscapes of Emmersdorf
- Durnstein and the 900-year-old Benedictine Melk Abbey, one of Europe's largest Baroque monasteries, enjoy a Glühwein Party
- Passau - explore Baroque architecture, quaint cobblestone streets, St. Stephen's Cathedral, and the Christmas market

#767693

November 27, 2017

To receive a more detailed itinerary contact:

John or Ann at Adler Travel at 203-288-8100 Travel insurance is highly recommended. * Price subject to change.



Pacific Northwest

featuring Washington, Oregon and California

8 Days • 10 Meals: 6 Breakfasts • 4 Dinners

Per Person Rates: Single \$3,899; Double \$2,999; Triple \$2,969

Includes: air out of Bradley, hotel transfers, early booking discount of \$200 and grp transportation to/from airport

Highlights Include:

- Seattle - "Emerald City," Pioneer Square and Pike Place Market
- Mount St. Helens Visitor Center
- Portland - "City of Roses", Columbia River Gorge, Willamette Valley, Newport, North Bend
- Oregon Dunes National Recreation Area
- Redwood National Park
- Drive over the Golden Gate Bridge to San Francisco

#767928

September 10, 2017

To receive a more detailed itinerary contact:

John or Ann at Adler Travel 203-288-8100 Travel insurance is highly recommended.



Call to Register 203.407.2028



We offer you hundreds of engaging online courses as well as online certificate programs.

For each course you will need to read, listen to a 10-15 minute presentation from the instructor, take a self quiz, join discussions with fellow students, and obtain plenty of practical information that you can put to immediate use. Our online courses are affordable, fun, fast, convenient, and geared just for you.

You can take all of the classes from the comfort of your home or office at the times that are most convenient to you. Each course runs several times a year, starting on the first Monday of the month. Most courses run for four weeks. The certificate programs are usually comprised of three courses.

You can ask questions and give or receive advice at any time during the course. Upon successful completion, you will be able to download a certificate of completion.

Certificate programs start as low as \$195 and includes several courses.

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

HERE IS A SAMPLING OF SOME OF OUR MOST POPULAR COURSES:

Entrepreneurship Certificate

Boost your chances of success for your new or small business and reduce your risks. Get the latest on planning your business, brainstorming business ideas and a checklist for going into business. Then learn how to create a business plan, including assessing business feasibility and prepare the management and financial plans. Then take home a step by step approach to attract and keep customers, with an emphasis on customer-driven marketing decisions and building a strong brand. At the end of this certificate, you will be able to identify the abilities required of successful entrepreneurs and how to acquire them, develop goals to help establish your business, develop an outline for your plan, and take home techniques to successfully manage and market your new business.

Mastering Computer Skills in the Workplace

Must-have skills to succeed in the workplace include the ability to create, edit and manage presentations in MS PowerPoint, documents in MS Word, email and calendars in MS Outlook, and spreadsheets in MS Excel. Microsoft Office Suite of applications is the most used software tool in the world. Stay current with this class, as it is always up-to-date and will change as the features of MS Office change over time. Master the most common uses so that you can work faster and more efficiently and can take your computer skills from plain and drab to exciting and engaging. You will leave class with a set of skills that are a workplace requirement in today's fast paced ever-changing environment and will enable your future career success.

Spanish for Medical Professionals II

If you understand basic Spanish, or if you have successfully completed Spanish for Medical Professionals, Spanish for Medical Professionals II will help you expand your knowledge of the Spanish language. You will learn about the near future, present progressive, the command or imperative tenses, direct objects, increase your medical vocabulary and practice interviewing patients, taking health history, diagnosing, giving instructions, and prescribing medication. You will improve your communication skills with your Spanish speaking patients and conquer the frustrating communication gap that can occur.

Introduction to Game Design

Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This course provides a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment. By completing this course, you can take the first steps into understanding game design and how it can be applied in your field.

Stress Management

Stress isn't the enemy. It is our perceptions of stress that amp our anxiety and use up all our steam. Events happen every day. How we interpret those events can set the stage for how we feel and how we react to others. Reducing stress is as easy as understanding what stress is, understanding what stress is to you, and using that knowledge to restructure your thoughts. Turn stress into a stepping stone, not a stumbling block!

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

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

Call to Register 203.407.2028

Online Learning

anytime, anywhere...
just a click away!



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
- All materials provided
- Prepare for certifications
- Student advisor

Some of our most popular programs include:

Administrative Dental Assistant

Learn how to perform the administrative tasks essential for managing the business aspects of a dental practice.

CBCS Certified Medical Administrative Assistant with Medical Billing and Coding

The CBCS Certified Medical Administrative Assistant with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

Advanced Hospital Coding and CCS Prep

This program will utilize your existing knowledge of medical terminology and healthcare sciences. Increase your coding skills and prepare to take the official certification exam to become a Certified Coding Specialist.

Certified Electronic Health Records Specialist

Learn how to implement and utilize electronic health records and become a Certified Electronic Health Records Specialist.

Physical Therapy Aide

Master the skills you need to begin a career as a physical therapy aide.

CompTIA Healthcare IT Technician (Voucher Included)

The CompTIA Healthcare IT Technician course teaches the fundamentals of healthcare IT (HIT) by using the CompTIA Healthcare IT Technician (HIT-001) exam objectives as the framework.

CPC Medical Billing and Coding (Voucher Included)

This is an ideal program for students new to a medical career. This comprehensive program will provide you with all of the information you need to earn a certification in medical billing and coding.

Medical Transcription + Medical Terminology

Start a new career as a medical transcriptionist with the training provided in this program, which also includes medical terminology training.

Optician Certification Training

Master the skills you need for a successful career as an optician and prepare yourself to take the ABO certification exam.

Pharmacy Technician (Voucher Included)

Pharmacy technicians support licensed pharmacists in providing health care to patients. Train to enter this rapidly growing field with this respected online program.

INSTRUCTOR-LED ONLINE COURSES

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.

- 6 Week Format
- 24-Hour Access
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Some of our most popular courses include:

Explore a Career as a Pharmacy Technician

Master the skills that will prepare you for an entry-level position as a pharmacy tech or clerk, and discover the steps you can take to become a Certified Pharmacy Technician (CPhT).

Medical Terminology: A Word Association Approach

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

Explore a Career in Medical Coding

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

Explore a Career as an Administrative Medical Assistant

Learn all about the in-demand career of medical information management as you explore the job of an administrative medical assistant (AMA) in a doctor's office—from appointment scheduling and chart creation to medical billing and coding.

Certificate in Legal and Ethical Issues in Healthcare

(12 contact hours) Explore the legal and ethical risks healthcare professionals face, including issues related to HIPAA rules, medication errors, social media and healthcare, organ donation, and workplace violence.

DISCOUNTED COURSE BUNDLES

PMP Prep Series:

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

Basic Computer Skills Suite:

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

Microsoft Office Value Suite Series:

Learn to use the basic features of Microsoft Word 2016, Microsoft Excel 2016, and Microsoft PowerPoint 2016, three of the most fundamental software programs used in educational and professional settings.

Microsoft Word Series:

Learn the ins and outs of Microsoft's newest release of Microsoft Word. This discounted bundle teaches you everything you need to know about the 2016 release.

Microsoft Excel Series

Learn to use basic, intermediate, and advanced features of Microsoft Excel.

Adobe Value Suite

This group of courses teaches you the basics of Adobe's InDesign, Illustrator and Photoshop image and graphic design software.

Visit www.ed2go.com/Hamden for more program details!

NEW HAVEN READS**Sharing the Power and
Joy of Reading**

New Haven Reads is a one-on-one tutoring program that serves over 500 students from the Greater New Haven area. The program continues to grow and our need for volunteer tutors is growing as well. With a waiting list of over 200 students, we are searching for dependable, enthusiastic adult tutors, willing to make this commitment. Materials and assistance are all provided. New Haven Reads serves as a Book Bank for the Greater New Haven area. If you have some time to share with a child or just love books and would like to share that gift, please feel free to contact New Haven Reads 203.752.1923. We are located at 45 Bristol Street in New Haven. Or contact us at info@newhavenreads.org. You may also check out our website at www.newhavenreads.org.



*Hamden's Partnership
for Young Children*

Check out our new website:
www.hamdenyoungchildren.org

Follow us



Join us as we focus on Hamden's system of services and support for families and their young children.

Learn about our efforts to improve the health, safety, early care and education of Hamden's young children.

Help us promote community events and activities.

Find out about Hamden programs including school readiness, pre-school, childcare, home visiting and special supports.

Call 203-407-7733

**THE FAMILY RESOURCE
CENTERS OF HAMDEN****Register for:**

- * Play & Learn Groups for infants, toddlers and preschoolers
- * Raising Reader Program to foster a love of books and reading
- * Individualized Personal Visits to support your child's development and parenting skills
- * Child Care while you attend English as a Second Language offered by Hamden Adult Education
- * Countdown to Kindergarten
- * After School Activities for children attending Church or Ridge Hill schools

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 and options for Financial Support
- * Information on our Infant Massage, Circle of Security and Food & Nutrition Programs

**CHURCH STREET SCHOOL
203.407.3111**

**RIDGE HILL SCHOOL
203.407.2035 EXT. 854**

**For more information email:
HamdenFRC@hamden.org**

**HAMDEN EARLY
LEARNING PROGRAMS**

**at Church Street School,
Helen Street School,
Alice Peck Learning Center,
and Dunbar Hill School**

The Hamden Early Learning Program provides a developmentally appropriate, pre-school experience for children ages 3-5 years old. The NAEYC accredited program operates twelve months a year and is open 7:30 am – 5:30 pm, Monday – Friday. The program helps prepare children for kindergarten and a lifetime of learning in a nurturing and joyful environment.

The sliding fee scale, based on family income, ranges from \$450.00 to \$900.00 per month. Some State Department of Education funded School Readiness spaces are available at a reduced rate for families that qualify.

For more information or to request an application call 203-407-2254 or 203-407-2255 or download the application from the Hamden Public School website at www.hamden.org

**LITERACY VOLUNTEERS
OF
GREATER NEW HAVEN**

Ever imagine what it would be like if you couldn't read this paragraph-or any paragraph? There are thousands of adults in our area who can't. Literacy Volunteers reaches out to them, providing one-on-one and small group tutoring. If you are interested in becoming a tutor, fill out an application on our website, www.lvagnh.org or call us at 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.

Hamden Public Library

Marion Amodeo, Director

www.hamdenlibrary.org

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

hamdenlibrary.org - Monthly calendar of events; reserve and renew books.

iconn.org - Research and homework help for all ages.

learnatest.com/library - Practice tests and tutorials for GED, SAT, civil service, citizenship, plus e-test books.

Questions? Call 203.287.2680 or info@hamdenlibrary.org

Three locations:

Miller Memorial

2901 Dixwell Avenue 203.287.2680

Brundage Community Branch

91 Circular Avenue 203.287.2675

Whitneyville Branch

125 Carleton Street 203.287.2677

COMMUNITY SERVICES

Darlene Butler, Director

203.562.5129

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

- Camp Scholarships
- Computer Lab
- Diaper Bank
- Fuel Assistance
- Emergency Services
- Hamden Food Bank
- Holiday Toys
- Keefe Fest
- Rental Assistance
- Thanksgiving Food Baskets
- Utility Assistance
- WIC

MILLER SENIOR CENTER PROGRAMS

Suzanne Burbage, Coordinator

Elderly Outreach 203.287.2691

Transportation 203.288.2885

Miller Center 203.287.2547

Nutrition Site/Cafe 203.287.0057

YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610



Creating and Fostering Opportunities for Hamden Youth and their Families to Learn and Grow in Positive Ways

- Volunteer and Community Service Placements
- After School Programs (ages 5-12)
- SoHa KidFest and Teen Activities
- Summer Youth Employment
- Girls' Circle
- Substance Abuse Prevention
- Resource Library and Referrals
- National Night Out
- School Supplies Closet
- Let's Move, Hamden! Wellness Fair
- Hamden Youth Advisory Council
- H-Spot

ARTS, RECREATION, AND CULTURE

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

NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

A place where older adults come together, meet for educational presentations, activities and entertainment on a daily basis which challenge them and utilize their experience and skills. Residents of the town of North Haven age 62 or over are eligible to become members at the Center. We do welcome non-residents as well, a \$5.00 activity fee is charged to all non-residents. The Center offers many programs to fit the needs of our seniors. We publish a monthly newsletter outlining our exciting activities and post it on our Town's website, www.town.north-haven.ct.us. We provide transportation to our North Haven member residents to medical appointments, hairdressers, grocery shopping, errands and mini-trips to other towns. A nutritious hot lunch is provided by LifeBridges (outsourced program) and served daily at 11:30 A.M. The North Haven Senior Center is open Monday through Friday from 8:00 a.m. to 4:00 p.m. and our telephone number is 203-239-5432. The Center's Manager is Judy Amarone-Arcangelo and the Program Coordinator is Sue Tienken-Jung.

DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

RECREATION INFO-LINE

203.234.2535

NORTH HAVEN PUBLIC LIBRARY

203.239.5803

REGISTRATION FORM**MAIL**

Send registration form and payment to:

Hamden Adult Education **OR** Hamden-North Haven Adult Education
 2040 Dixwell Avenue 221 Elm Street
 Hamden, CT 06514 North Haven, CT 06473

Checks, Money Orders and MasterCard/VISA/Discover Accepted

PHONE

(203) 407 2028 (Hamden) (203) 407-2056
 (203) 239-1641 ext. 2 (203) 239-2115

Master Card/VISA/Discover

FAX**Website**

www.hamdenadulted.org
 Available 7 days a week
 24 hours a day



using Visa, Mastercard
 or Discover

IN PERSON

Hamden Adult Education Office **OR** North Haven Adult Education Office
 Monday - Friday 8 am - 3 pm Monday - Thursday 5:15 - 9:15 pm

**Refund Policy**

A \$15.00 processing fee will be subtracted for any refunds made. Refer to page 39 for our Refund Policy.

Full payment of fees must accompany registration form.

Make checks or money order payable to: **HAMDEN ADULT EDUCATION****WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDARS!**

Last Name:

First Name:

Street:

Town:

State:

Zip:

Home Phone:

email:

Cell/Work Phone:

Senior Citizen:

Visa/MC/Discover:

Exp. Date:

Money Order/Check #

Signature

Complete (Office Use Only)

Additional Person:

Last Name:

First Name:

Address (if different from yours):

Course #

Course Title

Amount

Total

Eligibility:

Hamden Adult Education programs are open to all residents of Hamden, North Haven, Bethany, Orange and Woodbridge who are over 17 years of age.

Non-residents are welcome to participate in the enrichment program.

Tuition and Fees:

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

Books and Materials:

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

Storm Day Policy:

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

Our Refund Policy:

- Class refunds will be issued **only** if cancelled by Hamden Adult Education. **Once a course has begun, students can request a tuition credit**, which will be valid for one year. A \$15 processing fee will be subtracted from all credits given.
- **All refunds will be in the form of a check.**
- Bus trip refunds must be requested four weeks prior to departure, **or as stated in the trip description.**
- **Prepaid supply/consumable fees are not refundable.**

Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms or any other accommodations for effective communication should contact LuAnn Gallicchio, Hamden Adult Education (203.407.2028) prior to the event so the necessary accommodations may be provided. The adult education program is committed to making all course offerings accessible. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to Gary Highsmith at 203.407.2059.

Gift Certificates:

Certificates may be purchased at the Hamden Adult Education Office.

No Smoking:

Hamden and North Haven Public School buildings and grounds are **SMOKE FREE.***

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.

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

Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator, at 203.407.2059.

Class Cancellations:

Any class or trip may be cancelled for insufficient enrollment or for any other reason beyond the control of the Adult Education Director.

Returned Check Policy:

Participants will be charged \$35 for each check returned by the bank.

The Adult Education Program is sponsored by the Hamden Board of Education in compliance with regulations of the State Department of Education and statutes of the State of Connecticut. Adult Education instructors are selected for their expertise in specific areas. However, the Adult Education Program, the Board of Education and the Town of Hamden do not promote the private services of the instructors nor the companies with whom they are associated. The Board of Education and the Town of Hamden disclaim any and all responsibility for any activities participants may pursue based upon information offered or discussions conducted in an adult education class relating to money management, investment options, business options, personal development, parenting, health care, exercise, personal safety or any other subjects. Courses are provided to expand the knowledge and skills of the participants, and as such, the participants are solely responsible as to how this information and knowledge is applied by them.

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



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Hamden, CT 06514*

**ECRWSS
Residential Customer**

Certifications

Certified Nurse Assistant
Emergency Medical Technician
Servsafe Certification

New Classes

Advanced Spanish
An Evening at the Uffizi Gallery
Comfort Foods
Container Gardening
Crochet Jewelry
Get Ready to Harvest
Homemade Pastas
iPhone and iPad Photography
Paint Night
Refuse to Be A Victim
Spring Into Fitness

Bus Trips

Boston's Tall Ships
Churches of Manhattan
Hairspray
Hudson Valley Wine and Food Fest
Nascar Racing at Dover Downs
National Baseball Hall of Fame
RI Seafood Fest

Free Classes

Adult High School Program
Career Transitions
Citizenship
English as a Second Language
GED® Prep
National External Diploma Program
Pre-Ged®

*Register by mail - Phone 203.407.2028
www.hamdenadulted.org*



LEARN2EARN
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
Like Us: www.Facebook.com/learn2earnCT