

*Hamden-North Haven
Adult & Continuing Education*

*What Do You See Yourself Doing?
Fall 2025*



EXPLORE. LEARN. THRIVE. WELCOME TO FALL 2025

Dear Friends,

Welcome to the Hamden-North Haven Adult & Continuing Education Fall Catalog! A new season is upon us, bringing a world of opportunity. Whether you're looking to advance your career, earn your high school diploma, learn a new language, explore a new passion, or simply try something different, we are here to help you take that next important step.

Explore our Academic Programs:

- *ESL Classes: Build your English skills and confidence.*
- *Credit Diploma Program: Complete your high school education.*
- *GED Prep: Lay a strong academic foundation*
- *National External Diploma Program: A flexible, self-paced path for adult learners.*
- *U.S. Citizenship Classes: Support your journey to naturalization.*

Ignite your creativity! Study Irish or Italian, learn how to prepare "all the trimmings" for your Thanksgiving Day dinner, or participate in hands-on classes such as Cricut design, candle making, painting, and more.

Try something new! Empower yourself with self-defense skills or express your creativity with ukulele music.

Join us in exploring new opportunities! Enjoy day trips like Maple Madness and Oktoberfest, or take overnight get-aways to destinations such as Iceland, the Pacific Northwest, California, or enjoy a magical Christmas experience in Cape May.

This fall, commit to your personal growth and goals. Whether you're just starting out or continuing your journey, we are here to support you every step of the way. Visit www.hamdenadulted.org to explore all classes and adventures we offer.

Let's make this a season of learning, discovery, and unforgettable experiences.

With enthusiasm and support,

The Hamden-North Haven Adult & Continuing Education Team

Hamden Adult Education

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

North Haven Office

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

M.L. Keefe Office

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

Location of Classes

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

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

Fall 2025 Calendar

August 19 Adult High School - Fall Term 1 Begins	October 15 Conferences - No Classes Hamden
September 1 Labor Day - No Classes	October 29 Conferences - No Classes North Haven
September 2 Classes at Keefe Begin	November 3 Conferences - No Classes North Haven
September 15 Enrichment class begin	November 4 Election Day - No Classes
September 23 Rosh Hashanah - No Classes	November 11 Veteran's Day - No Classes North Haven
October 2 Yom Kippur - No Classes	November 26-28 Thanksgiving Break - No Classes
October 9 Adult High School - Fall Term 2 Registration	December 9 Adult High School - Winter Term 1 Registration
October 13 Indigenous People's Day - No Classes	December 19 - January 7 Holiday Break - No Classes

Table of Contents

Mandated Programs

Adult High School	5
Citizenship	4
ESL	4
GED® Testing Information	6
GED® Prep Class	5
National External Diploma Pgm	5
Pre-GED®	4

Specialty Classes

Career Development	7
Emergency Medical Technician	
CT Security Guard	
OSHA 10 and OSHA 30	
Certified Nurse Assistant	
Phlebotomy Technician	
EKG Technician	
Real Estate	
Online Learning	11

Enrichment Courses

Computer Technology	13
Creative Arts	13
Dance and Fitness	16
Home	19
In the Kitchen	19
Languages	20
Money Matters	20
Music	21
Personal Enrichment	21
Safety	24
Senior Offerings	24
Overnight Trips	25
Day Trips	27
Hamden Programs and Resources	28
Town Services	29

Registration Information

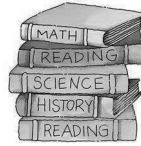
Registration Info and Form	30-31
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*Class numbers ending in H are held at Hamden High School.
Class numbers ending in N are held at North Haven High School.*

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

FREE CLASSES

Pre-GED®



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

Classes meet:
Monday, Wednesday, and Friday
9:00 AM - 12:00 PM OR
Monday and Wednesday
6:00 PM - 8:30 PM

Become A U.S. Citizen



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

Classes meet on Mondays
6:00 PM - 8:00 PM

English As A Second Language

Learn to Speak, Read and Write English

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

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



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

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

Picture ID and proof of residency are required.

ADULT HIGH SCHOOL COMPLETION PROGRAMS

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

ADULT HIGH SCHOOL

Laura Rodriguez, Coordinator
Sharon Sherrod, School Counselor

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

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

Fall Term 1 Registration - August 12 and August 13 4:30-7:30 PM

Fall Term 2 Registration - October 9 - 4:30-7:30 PM

Spring Term 1 Registration - December 9 - 4:30-7:30 PM

National External Diploma Program NEDP

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



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

Technology Requirements - Students must have:

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

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

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

Computer speakers and microphone

Printer (recommended)

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

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

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

* North Haven, Bethany, Orange, Woodbridge

GED® Prep

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

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

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

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

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

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





How to Register for the GED® Exam

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them 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, take the four official practice tests receiving a score of 145 or greater, and then contact the Hamden Adult Education Office by calling 203.407.2028 or 203.773.9211 ext. 1139.

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact Sabrina Mancini at the Connecticut State Department of Education at 860.807.2111

Searching for Talent

*We're always looking for great course ideas
and instructors*

We welcome individuals with specialized skills and passions to share their talents with the community. If you are interested in joining our staff, please contact:
Rissa Webb at 203.773.9211 ext. 1146 or
rwebb@hamden.org

CAREER DEVELOPMENT

Emergency Medical Technician EMT (Training)

#1004H



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

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

Come have fun while learning through classroom lecture, hands-on skills, online training and practical experience from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam, you are qualified to work as a Basic EMT. You can be employed by ambulance services, hospitals, and fire departments. A \$600 non-refundable deposit is due by August 25, to class to secure your spot. The remainder of \$695 is due by September 3. Tuition includes the textbook and online access, drills, CPR certification, smart triage, human trafficking and QPR certification. You must be 16 years or older to participate in the program. ***Class will be Monday and Wednesday, 6 pm - 10 pm, and some Saturdays, starting September 3.***

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

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

Security Officer License Training



This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. We will review CT laws, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. You will learn about: the use of force continuum, fire safety, the history of security, work place violence, terrorism, communication skills, and more. Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection. ***No senior discount given.***

Administrative directives for Security Officer's Training Certification Identification Card from the Department of Emergency Services and Public Protection Division of State Police Special Licenses & Firearms Unit, will be distributed and reviewed during training, outlining: Application-fees, Fingerprinting-fees, FBI Background Inquiry-fees, State of CT Background Inquiry fees, and additional requirements such as, a copy of your current CT Driver's License and Papers of Naturalization, if applicable. Eligibility: Must be at least 18 years of age with no felony record and no sexual offenses.

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

**Other Dates
available
on our
website**

#1001HA – October 14 and October 16

#1001NA - November 18 and November 20

#1001HB - December 16 and December 18

5:00 – 9:00 PM

5:00 – 9:00 PM

HHS rm B105

NHHS rm 107

INSTRUCTOR: L. Bonito

Resident \$125

Non-resident \$135

CAREER DEVELOPMENT

Real Estate Training 60 classroom hours

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



Cadema Education #1012A 12 wks
Aug 11 Remote-Virtual M & Th 5:30-8:30 pm
Cadema Education #1012B 7 wks
Nov 3 Remote-Virtual M, W, F 5:30-8:3 pm
 Resident \$575 Non-resident \$585

Veterinary Assistant Program 150 classroom hours 100 externship hours

Veterinary assistants support the veterinarian and veterinary technicians with the daily functions of the veterinary clinic. Most veterinarians and technicians will say that they cannot do their jobs without veterinary assistants. They help ensure that things run smoothly, and patients receive the care and attention they need. There is a large list of responsibilities that a veterinary assistant will develop, and proper training is necessary to succeed. Veterinary assistants are somewhat equivalent to certified nurse assistants. Primary duties include patient comfort and husbandry, hospital housekeeping and maintenance, animal restraint, feeding, walking, laboratory skills and other duties as directed by a veterinarian or technician. Assistants may be trained to answer phones, book appointments, and assist clients. Many will go on to become technicians, supervisors, managers, and even veterinarians. An externship will be assigned to each student, which involves mentored hands-on experience in a local veterinary practice. This program will provide students with the knowledge and skills necessary to enter the field of veterinary medicine as a well-rounded veterinary assistant.

CVH 52 wks Resident \$2500 Non-resident \$2510
September 2025 Date to be Determined
Mon. and Thur. 9:00 am - 12:00 pm or
Mon. and Thur, 6:30 - 9:30 pm

Medical Billing and Coding



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

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



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

CAREER DEVELOPMENT

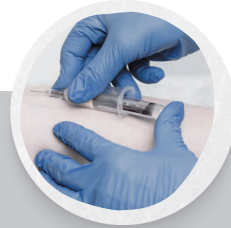
**JOIN US FOR AN INFORMATIONAL SESSION
ON TUESDAY OCTOBER 7 AT 6 PM.**

Please call 203-407-2028 to RSVP!



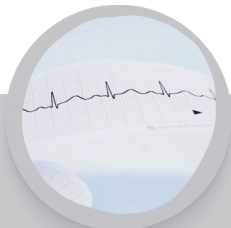
CNA TRAINING

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



PHLEBOTOMY TRAINING

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



EKG TRAINING

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

FLEXIBLE SCHEDULE TO FIT YOUR NEEDS:

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

Classes are held in collaboration with Excel Academy.

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

Call now to register: 203-407-2028

CAREER DEVELOPMENT

Most Popular Programs

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

*Live Online Instructor-Led format available.
†Live Mentored format available.

LEARN FROM THE COMFORT OF HOME!



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

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



Courses Enrolling Now!

Call 1 (844) 292-8641 or email us at enroll@ProTrain.edu or find us online at <https://hamden.theknowledgebase.org/>.

ATTEND IN REAL TIME ONLINE

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



Certified Associate in Project Management



This course will provide entry-level project managers with the knowledge and skills necessary to successfully complete the Project Management Institute's nationally recognized Certified Associate in Project Management (CAPM) exam. This credential is considered the standard of excellence in the field of project management and is often a required credential in the field. This comprehensive course will use learning activities, practice exams, and assignments to help students prepare for, and successfully complete, the CAPM exam.

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

Start Here for a Great Career!
Payment Plans Available.



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

CAREER DEVELOPMENT

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

Learn
from the
comfort of
home!

ONLINE CAREER TRAINING PROGRAMS

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

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

Categories Include:

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

Sample class:

Residential Electrician

From updating existing buildings to building construction, demand for electricians is on the rise. This course will train you for an entry-level career as an electrician by teaching you the fundamental skills you will need to succeed, such as electrical theory, wiring and installation, customer service best practices, and the National Electrical® Code, and so much more.

Visit our website for program details!

careertraining.ed2go.com/Hamden



ONLINE SHORT COURSES

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

INSTRUCTOR-LED

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

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

SELF-GUIDED

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

COURSE BUNDLES

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

Categories Include:

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

Sample class:

Speed Spanish

With this course, you will immediately start creating sentences and conversations in Spanish. Each lesson will introduce new techniques to increase your fluency quickly and allow you to start speaking Spanish right away. You will have the opportunity to discuss the Spanish culture and the different Spanish-speaking countries.

Visit our website for program details!

ed2go.com/Hamden



ONLINE LEARNING

SKILLS
FOR THE 21ST
CENTURY™



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

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



HERE ARE SOME OF OUR MOST POPULAR COURSES:

Certificate in Mastering Computer Skills for the Workplace

Get hands-on experience with the most widely used computer programs in the world, and take away the skills to create professional documents, presentations, and spreadsheets. Whether you're looking to enhance your current career or launch a new one, this certificate program will equip you with the skills you need to succeed in today's digital world. Earn a certificate that demonstrates your mastery of computer skills for the workplace by taking all three classes in this series. Discover the power of Microsoft Excel to create, edit and manage spreadsheets, master the art of professional document creation with Microsoft Word, and bring your proposals and presentations to life with Microsoft PowerPoint.

HTML Fundamentals

This course covers all the basics of HTML coding language. You will learn building simple web pages by hand coding, using HTML tags to create paragraphs, heading, lists, links, insert images and tables and more. We also cover creating a simple multi-page website with images, text and a navigation bar.

Certificate in Non-Profit Administration

Non-profits today need to be run like a business in many respects. You have competition, a need to generate income and a surplus, and staff need to be even more productive. Get the best training on revenue generation for nonprofits, and program evaluation for nonprofits, with our Certificate in NonProfit Administration.

You will come away with the latest best information from instructors who train people in nonprofits.

Advanced Web Design

Responsive Web design enables Web designers and developers to build and maintain a single website to serve all kinds of devices sizes: smartphones, tablets, laptops and more.

Advanced Cyber Threat Analysis and Mitigation

Delve into advanced techniques for detecting cyber threats, including anomaly detection, behavior analysis, and threat intelligence. Learn how to identify and respond to sophisticated attacks. Comprehend the role of threat intelligence in proactive cybersecurity measures. And gain expertise in analyzing and reverse-engineering malware.

Introduction to Fictional Writing

Designed specifically for those with little to no fiction writing experience, find your pathway towards your fiction writing goals. Learn the basic building blocks of story: character, plot and setting. Then find out the different forms of fiction writing and some of the genres you might like to explore. Whether you've never written a word of fiction, or haven't written since high school or college, you will complete the course with the skills you need to get started. Create a new work of fiction, or revive an old one that's been sitting in your bottom drawer.

Leading Virtual Teams

Discover the keys to communicating with and leading remote workers, one of the fastest growing sectors of the workforce. Some 80% of employers are keeping some or many of their employees working from home part of the week. People working from home are 25% more productive than those who work in an office. Working from home is here to stay. Tap into the experience of a CEO who has been managing remote workers for 25 years. He has pioneered the fundamental processes and procedures you won't get anywhere else.

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

VISIT TO LEARN MORE [HTTP://WWW.YOUGOTCLASS.ORG/INDEX.CFM/HAMDEN](http://WWW.YOUGOTCLASS.ORG/INDEX.CFM/HAMDEN)

COMPUTERS

Computer Basics Made Easy

Learn computer basics for your laptop or desktop computer. Windows and Microsoft Office 2019 (Word, Excel, and PowerPoint) will be introduced as well as hardware, software, ribbons, cut, copy, paste, edit, format, save files into folders, and print are just a few of the computer terms and applications you will learn. No prior knowledge required. **Bring a USB drive to save your work.**

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Sep 15 #1200N NHHS rm 104 Mon., 6-8 pm

Microsoft Excel 2019 Made Easy

Create spreadsheets for personal or business applications. Learn to navigate, enter and edit text and numbers, create formulas, format worksheets and analyze data. Learn to open, close, save, select, copy, move, paste and enhance your worksheet using styles; spell checking; setting margins; headers and footers; print versions and portions of the worksheet; produce formulas using a variety of methods and more. No prerequisites, but basic keyboarding skills are helpful. **Bring a USB drive to save your work.**

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Oct 20 #1208N NHHS rm 104 Mon., 6-8 pm

Microsoft Word 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Nov 24 #1212N NHHS rm 104 Mon., 6-8 pm



CREATIVE ARTS

Basket Weaving

In this class, you will be creating 3 baskets. You will learn basic basket weaving techniques. Colored reed will be available for accent to make each basket uniquely yours. **You will need to bring a towel and scissors. A non-refundable \$45 materials fee is payable to the instructor at the first class.**

S. Kober 3 wks Resident \$72 Non-resident \$82
Nov 10 #1457NA NHHS rm 116 Mon., 5:30-8:30 pm



Calligraphy - The Art of Beautiful Writing - Beginner

Get ready for the Holidays with Calligraphy, creating the Art of Beautiful and Elegant writing with a pen. Calligraphy is considered a major visual art form, related to writing, equally to painting or sculpture. You will learn this beautiful art and complete a small project in just 6 weeks. Calligraphy conveys class and elegance on addressing holiday envelopes, invitations, special awards, vintage name cards, ornaments, and gifts for any special occasion. Celebrations deserve a personal touch with beautiful timeless handwritten calligraphy. **A supply list will be given prior to the first night of class. A \$14 materials fee for assorted parchment paper, card stock and grid sheets will be collected on the first night of class.**

J. Little 6 wks Resident \$84 Non-resident \$94
Sep 15 #1400N NHHS rm 106 Mon., 6-8 pm

Calligraphy - The Art of Beautiful Writing - Intermediate

This class will inspire you to refresh your skills and learn some new ones. You will learn various lettering, designs and floral embellishing techniques. Have fun creating swirls and decorating letters using color. You will have a small, but completed project at the end of the class. Congratulate yourself on your progress, your writing can only get better. **A supply list will be given prior to the first night of class. A \$14 materials fee for assorted paper, will be collected on the first night of class.**

J. Little 5 wks Resident \$84 Non-resident \$94
Nov 10 #1401N NHHS rm 106 Mon., 6-8 pm

NEW - Countdown to Christmas with Cricut HTV

Come to Santa's workshop and learn to apply HTV (iron-on vinyl) on chalkboard, metal, wood or a burlap sack! Choose from 4 holiday options to create two festive projects; 1) Christmas Countdown sign (chalkboard or galvanized metal); 2) Hot Cocoa Bar or Santa's Snacks serving tray* or 3) North Pole Special Delivery wood toy crate or 4) a printed burlap Santa sack; perfect for that special child on your list. Create new family traditions with these gift-worthy holiday projects. A non-refundable \$15 materials fee is included in the cost of the class and includes the cost of the grate, tray sign or sack, and HTV. *Optional Santa's milk bottle available for an additional fee.

J. Stratton 1 session Resident \$45 Non-resident \$55
Nov 6 #1458N NHHS rm 114 Thur., 6:30-8:30 pm

CREATIVE ARTS

Crochet

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

S. Tendler 10 wks Resident \$100 Non-resident \$110
Sep 17 #1403N NHHS rm 114 Wed., 6:30-8:30 pm

DIY Holiday Ornament Workshop

This fun workshop will feature several techniques for creating fun personalized ornaments to adorn your holiday tree or give as a gift! Add a child's name to a glittered globe, make a "DIY snowman kit", or create an ornament for your favorite "Grinch" - lots of fun options! Use crafting staples like glitter, feathers, acetate and vinyl to create 4 custom ornaments. **A \$10 non-refundable materials fee is included in the cost of the class and covers the cost of ornaments, glitter, acetate, and vinyl.**

J. Stratton 1 session Resident \$40 Non-resident \$50
Oct 21 #1422N NHHS rm 114 Tues., 6:30-8:30 pm



DIY Slate and Glass Etching

Learn to create stylish, elegant gifts for all those special occasions, teacher appreciation days or winter holidays. Choose a glass or slate cheese board for your Thanksgiving table or a set of monogrammed glasses or slate coasters for your favorite wine or coffee enthusiast. This is a simple DIY that yields sophisticated results you're sure to love. **A \$10 non-refundable material fee is included in the cost of the class and covers the stencil, slate or glass, and etching cream. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident \$45 Non-resident \$55
Sep 18 #1455N NHHS rm 115 Thur., 6:30-8:30 pm
Sep 30 #1455H HHS rm B105 Tues., 6:30-8:30 pm



Drawing People, Places and Things

Explore seascape, cityscape and landscape as well as still life drawing using photo reference and setups. Learn about perspective to draw buildings, values and shading when drawing landscapes, seascapes, and basic shapes while drawing still life. Individual and class instruction for beginners or intermediate **A supply list will be given prior to the first night of class.**

P. Meglio 10 wks Resident \$140 Non-resident \$150
Sep 17 #1426N NHHS rm 115 Wed., 6-8 pm

Easy Cricut Gifts Workshop with Infusible Ink and HTV

Do you own a cricut and want to experiment with various materials? We will create two elegant hand-crafted projects using infusible ink and Heat Transfer Vinyl (HTV)! You will create a personalized tray, apron, tea towels or coasters to delight someone on your gift list or to elevate your own Thanksgiving or holiday table. Prior to class you will choose from several designs for each of the projects. In class, we'll focus on tips and techniques for (1) applying HTV on a serving tray, a chef's apron, set of tea towels or Santa sack, and (2) using infusible inks on a wood plaque, tote bag or a pair of coasters **Please note: 5 day advanced registration is required. A non-refundable \$12 materials fee is included in the cost of the class and covers the cost of custom stencil, base, infusible ink and HTV.**

J. Stratton 1 session Resident \$42 Non-resident \$52
Oct 9 #1449N NHHS rm 114 Thur., 6:30-8:30 pm
Oct 14 #1449H HHS rm B105 Tues., 6:30-8:30 pm



Express Yourself in Oils

Explore vibrant colors, textures and the beauty of oil paints. Learn about color mixing, values, texture, and edges. Details on brushes, paint, surfaces and medium will be explained. Handouts and one-on-one instruction and demonstrations. This class is for beginners as well as intermediate painters. **A supply list will be given prior to the first night of class.**

P. Meglio 10 wks Resident \$140 Non-resident \$150
Sep 15 #1425N NHHS rm 115 Mon., 6-8 pm

NEW - Learn How to Crochet Your Own Bag

Want a new hobby where you can create useful everyday items instead of buying them? Join this two night class and gain this new skill! In this beginner friendly workshop, we will be creating a bag. You will learn how to create a bag multipurpose bag. Step-by-step instruction will be provided to: learn how to hold your crochet hook and yarn, learn to slip knot, single chain, single crochet, double crochet and how to count the rounds/rows. **Supply list will be sent prior to class.**

C. Duran 2 wks Resident \$32 Non-resident \$42
Sep 16 #1460N NHHS rm 116 Tues., 6-8 pm

CREATIVE ARTS

Macramé Basics

Learn the basics of macramé including basic knots and how to make a hanging plant hanger. Whether you have always wondered about macramé or just want to learn a new craft, this class is for you! **You will need to bring a scissors and a ruler. A non-refundable \$5 materials fee is payable to the instructor at class.**

L. Davis 1 session Resident \$30 Non-resident \$40
Sep 30 #1457N NHHS rm 117 Tues., 6-8 pm

NEW - Paint Elegant Lavender Cylinder Vases

Join us where you'll create two elegant glass vases adorned with delicate lavender flowers—a timeless addition to your home décor or a heartfelt gift for someone special. You'll receive two vases: one 10.5" and one 7.25", perfect for displaying flowers, candles, or simply as a stunning standalone piece. No painting experience, no problem! We will guide you step-by-step. **All supplies and materials are included in the class fee.**

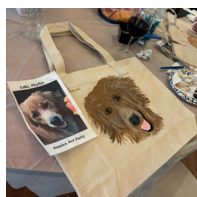
A. Kearns Fers 1 session Resident \$55 Non-resident \$65
Oct 16 #1459N NHHS rm 116 Thur., 6:30-8:30 pm



NEW - Paint Your Pet on a Canvas Tote Bag

Join us for a creative and fun-filled evening. In this unique workshop, you'll paint your beloved pet on a large, high-quality 14x18 heavy-duty canvas tote—perfect for farmers markets, beach days, shopping trips, or carrying your favorite reads. **Note: Registration for this class ends 1 week prior to the event. All supplies and materials are included in the class fee.**

A. Kearns Fers 1 session Resident \$55 Non-resident \$65
Nov 13 #1461N NHHS rm 116 Thur., 6:30-8:30 pm



Soy Candle with Botanicals

Choose from 150 different scents and make two different clean burning soy candles in glass vessels that burn over 25 hours each. Color, botanicals, labels, bags and more are all included. **A \$25 non-refundable material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Oct 14 #1427N NHHS rm 116 Tues., 6:30-8:30 pm



3 Wick Wood Dough Bowl Soy Candle with Botanicals

This amazing workshop gives you a fabulous centerpiece for your holiday table. With clean burning soy wax, color options, and many scents to choose from, you will create your own candle in a reusable wood bowl. The candle you make will burn about 90 hours. **A \$30 non-refundable material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$30 Non-resident \$40
Nov 12 #1454N NHHS rm 116 Wed., 6:15-8:30 pm



Wire Wrapping Sea Glass 101

At the completion of this fun beginner's workshop, you will be able to wire wrap anything found on a beach! Learn two different wiring techniques. You will leave with two finished pendant necklaces. Choose from a wonderful selection of sea glass, colorful allergen-free wire and cord. **A \$25 non-refundable materials fee, which covers the use of tools, wire and sea glass, is payable to the teacher at class.**

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



Visit our website to register online and for more classes.



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

DANCE AND FITNESS

NEW - 8 Pieces of Brocade (Ba Duan Jin) and Shaolin Neigong Quigo

What is Qigong? Qigong is an internal martial art, similar to Tai Chi that consists of gentle and meditative movement patterns that focus on cultivating mind-body-breath connection and coordination to reduce stress, and improve joint mobility, balance and overall wellness. Join me in exploring how the 8 pieces of Brocade and the Shaolin Neigong can help reduce your stress and improve your health!

K. Fierlit 10 wks Resident \$70 Non-resident \$80
Sep 15 #1668N NHHS PE Room Mon., 6-7 pm

Adult Swim Lessons

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

Staff 7 sessions Resident: \$95 Non-resident \$105
Sep 16 #1601A NH YMCA T & Th, 5:30 - 6:15 pm
Oct 14 #1601B NH YMCA T & Th, 5:30 - 6:15 pm
Check our website: www.hamdenadulted.org for dates

Authentic Qigong and Taijiquan

Experience Qigong and Taijiquan taught by a teacher with 52 years of martial arts training. Learn relaxation, self-control, and peace of mind through in-depth training with a series of movements that will stretch and strengthen while promoting alignment and balance. **Bring water and wear comfortable clothing and flat footwear. Senior discount not applicable.**

B. Banick 12 wks Resident \$140 Non-resident \$150
Sep 15 #1603HA Central Office Gym Mon., 6-7 pm
Sep 17 #1603HB Central Office Gym Wed., 6-7 pm

Ballroom Dance - Beginner

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. You will learn Foxtrot, Swing and Cha Cha. **Face masks are optional. Men, please wear dress shoes. Women, please wear ballroom dancing shoes or high heels, no more than 4 inches high.**

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Sep 15 #1640N NHHS Cafe Mon., 6-7 pm

Ballroom Dance - Beginner Salsa, Mamba, Merengue & Bachata

Learn Salsa, Mamba, Merengue and Bachata with a professional ballroom dance teacher. **Face masks are optional. Men, please wear dress shoes. Women, please wear ballroom dance shoes or high heels, no more than 4 inches high.**

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Sep 16 #1655N NHHS Cafe Tues., 7:10-8:10 pm

No refunds will be given
after a class has begun.

Ballroom Dance - Intermediate

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

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Sep 15 #1641N NHHS Cafe Mon., 7:10-8:10 pm

Beginner Yoga

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

G. Livia 12 wks Resident \$96 Non-resident \$106
Sep 18 #1669H HHS rm C109 Thur., 6:45-7:45 pm

NEW - Chair Yoga

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

G. Livia 12 wks Resident \$96 Non-resident \$106
Sep 18 #1670H HHS rm C109 Thur., 5:30-6:30 pm

Dances of Bridgerton

Dearest Gentle Reader...you are cordially invited to learn dances from the fabulous Bridgerton and Queen Charlotte TV series. We'll do actual couple dances to the music on the show and get ready for Bridgerton Ball! Beginner friendly - no previous experience needed, no partner required. Flat, leather-soled shoes suggested; no spike heels please!

S. de Guardiola 2 wks Cost: \$32
Oct 15 #1663N NHHS PE Room Wed., 6:30 - 8:30 pm



NEW - Disco Line Dancing

Let's dance like it's 1978! Come learn the great line dances of the disco era and dance to fabulous disco music! Learn the Bus Stop, the New Yorker, Hot Chocolate, and of course the Saturday Night Fever Dance! This class is great fun and great exercise. No previous experience needed and no partner required.

S. de Guardiola 3 wks Cost: \$36
Nov 5 #1671N NHHS PE Room Wed., 6:30 - 8:00 pm



DANCE AND FITNESS

Golf Fore Women 101

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

Staff	5 wks	Resident \$169	Non-resident \$179
Sep 2	#1607A	GC at LO	Tues., 11:30-12:45pm
Sep 2	#1607B	GC at LO	Tues., 5:15-6:30pm
Sep 3	#1607C	GC at LO	Wed., 10:00-11:15am

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

Good Ole Country Time Line Dancing

A great way to exercise the brain along with the rest of the body. You'll learn a variety of country line dances. Dances will be taught with a gradual degree of challenges and a weekly review of previous dances taught. No partner needed. Come join in the fun! **Returning students only in the 6:25pm class.**

X. Walker	10 wks	Resident: \$85	Non-resident \$95
Sep 18	#1643NA	NHHS PE Room	Thur., 6:25 - 7:25 pm
Sep 18	#1643NB	NHHS PE Room	Thur., 7:35 - 8:35 pm

Hooping Around

Hula hooping is fun and easy to do. You'll get a great workout while you burn calories. Bring your fitness hoop and come join the fun. Fitness hoops will be available for purchase if you don't have one.

X. Walker	10 wks	Resident: \$45	Non-resident \$55
Sep 18	#1645N	NHHS PE Room	Thur., 5:45 - 6:15 pm

Intermediate Slow & Steady Yoga

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

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 17	#1657	Yoga at the Commons	Wed., 6-7 pm

Jiu Jitsu for Children

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

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

Kinder Gentler Yoga

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

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 16	#1628	Yoga at the Commons	Tues., 5:30-6:30pm

Krav Maga - Self Defense

Learn the official hand-to-hand combat system of the Israeli Army! Its quick counter-attacks and offensive techniques make it the ideal fighting style for dangerous and unexpected situations. No prior experience needed. This class is a great intro to realistic and effective self-defense. Fun, realistic self-defense that's great for men and women. You'll have a blast and get in great shape. Senior discount not applicable

Staff	6 wks	Resident \$130	Non-resident \$140
Sep 15	#1614	Soulcraft Studio M&Th	6:30-7:30 pm, Sat 11am-12 pm

KUDO

Kudo is a mixed martial art with roots in the Japanese 'Budo' tradition. Kudo dynamically mixes striking, throws, takedowns, and grappling. Our training is full contact but low impact. This approach lets us train sustainably, intelligently, and realistically. **Senior discount not applicable.**

Staff	6 wks	Resident \$130	Non-resident \$140
Sep 16	#1665	Soulcraft Studio	T&F 6:30-7:30pm

Martial Arts for Kids or Adults

This one hour class focuses on self defense, fitness, self-control, and self-esteem. You can choose the schedule that works for you. **Wear comfortable clothing and flat footwear.**

Staff	20 sessions	Resident \$120	Non-resident \$130
Sep 15	#1663A	Ziwak Martial Arts	M-Th., 5:30pm Child
Sep 15	#1663B	Ziwak Martial Arts	M-Th., 6:30pm Adult
Sep 20	#1663C	Ziwak Martial Art	Sat., 9am Child/Adult

Men Golf 101

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

Staff	6 wks	Resident \$169	Non-resident \$179
Sep 3	#1630A	GC at LO	Wed., 10-11:15am
Sep 12	#1630B	GC at LO	Fri., 10-11:15am

DANCE AND FITNESS

Muay Thai Kickboxing

From day one you will be hitting pads and learning to react to attacks in effective realistic ways. Our training method is designed to be safe yet realistic! No matter what your interest may be – martial arts, fitness, self-defense or stress reduction – our Muay Thai kickboxing program and classes focus on personal improvement at your own pace, with the support and motivation you need to reach your goals. **Senior discount not applicable.**

Staff 6 wks Resident \$130 Non-resident \$140
Sep 15 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

NEW - Nightclub Two-Step

Learn to slow dance with style! Nightclub Two-Step is a great introduction to couple dancing. It's a simple, beginner-friendly dance designed for slow ballads by everyone from Phil Collins and Sting to Beyoncé and Taylor Swift! Perfect for wedding dances, or just dancing at weddings and parties! No previous experience needed.

S. de Guardiola 4 wks Cost: \$48
Sep 17 #1672N NHHS PE Room Wed., 6:30 - 8:00 pm



Smiling Spirit/Kripalu Yoga

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

Staff 8 wks Resident \$109 Non-resident \$119
Sep 16 #1640A Yoga at the Commons Tues., 9-10:15 am
Sep 18 #1640B Yoga at the Commons Thur., 9-10:15 am
Sep 20 #1640B Virtual - Remote Sat., 9-10:30 am

Sunrise Yoga

Establishing regular early morning practice is the perfect way to start your day off right in both mind and body. Sunrise Yoga includes intention setting, breathwork and slow flow style movements to prepare you for whatever the day brings. Hey, for one week? Give it a try! **Senior discount not applicable.**

Staff 1 week Resident \$55 Non-resident \$65
Sep 15 #1649A Yoga on the Commons M-F., 6:30-7:30 am
Sep 22 #1649B Yoga on the Commons M-F., 6:30-7:30 am
Sep 29 #1649C Yoga on the Commons M-F., 6:30-7:30 am

Women Only Self Defense and Brazilian Jiu Jitsu

This is a research-based program designed to help women identify early signs of danger and increase strength, flexibility and overall fitness. Designed by women instructors in Jujitsu, Muay Thai kickboxing, and yoga, this course draws attention to physical, verbal, and nonverbal aspects of practical self-defense. A faculty member specializing in violence prevention works as part of our diverse team. In this program, you can expect to develop practical knowledge and skills while also getting in shape and connecting with other women in a safe environment! **Senior discount not applicable.**

Staff 5 wks Resident \$130 Non-resident \$140
Sep 17 #1660 Soulcraft Studio Wed 6:30-7:30 pm, Sat 10-11am

NEW - Yoga Bridge

Come get fit and de-stress with yoga bridge, where yoga and strength training are integrated; creating a muscle-building, toning and relaxing class. It's part-yoga and strength training utilizing hand-held weights. **Bring a yoga mat and weights.**

S. Sherrod 8 wks Resident \$56 Non-resident \$66
Oct 14 #1673H HHS rm C109 Tues., 7:30-8:30 pm

Yoga Community Flow

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

Staff 8 wks Resident \$109 Non-resident \$119
Sep 15 #1652A Yoga on the Commons Mon., 9-10:15 am
Sep 17 #1652B Yoga on the Commons Wed., 9-10:15 am
Sep 19 #1652C Yoga on the Commons Fri., 9-10:15 am

Yoga for Healthy Aging

Yoga is the perfect vehicle for healthy living and aging gracefully. This 8-week series will include yoga postures that develop flexibility, strength, balance and agility, breathing techniques to improve respiratory functioning and simple mindful meditations to create stillness in the mind. Classes are taught in a gentle Kripalu Yoga style, using a chair or the mat. Modified instructions are provided if you need to remain seated for the class. No experience necessary. **Senior discount not applicable.**

Staff 8 wks Resident \$109 Non-resident \$119
Sep 15 #1627A Yoga on the Commons Mon., 10:30-11:40 am
Sep 17 #1627B Yoga on the Commons Wed., 10:30-11:40 am
Sep 18 #1627C Yoga on the Commons Thur., 9:00-10:10 am
Sep 19 #1627D Yoga on the Common Fri., 10:30-11:40 am



HOME

Homebuyers Workshop

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

DePodesta, Brandi, Frazier 1 wk Resident \$35 Non-resident \$45
Sep 16 #1800H HHS D111 Tues., 6:30-8:30 pm

Replacement Window Workshop

COMPARE PRODUCTS & PRICES. SEE HOW WINDOWS ARE PROPERLY INSTALLED! Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don't know where to start: Low-E, Argon, Triple Pane, Wood, Vinyl? How much should I pay for a good quality window? Confused? Don't be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

P. O'Doherty 1 wk Resident \$35 Non-resident \$45
Sep 24 #1801 Virtual - Online Wed., 7-9 pm

IN THE KITCHEN

Appetizer Galore

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

A. Webb 1 session Resident: \$50 Non-resident \$60
Sep 30 #2043N NHHS rm 109 Tues., 6:30-8:30 pm

All the Trimmings

Learn how to prepare "all the trimmings" for your Thanksgiving Day Dinner. You will make gravy, stuffing, biscuits, a cranberry dish, a vegetable and a potato dish - all from scratch. Just in time for your ultimate Thanksgiving Day Feast. **A non-refundable \$20 consumable fee is included in the class fee. Please bring containers.**

A. Webb 1 night Resident: \$50 Non-resident \$60
Oct 20 #2049N NHHS rm 109 Mon., 6:30-8:30 pm

Cookie Swap

In this fun hands-on class, come learn how to make delicious cookies. You are sure to impress your friends and family. Chef Amanda will contact you a few days prior to class to see if you have a favorite cookie recipe you want to share. **A non-refundable \$20 consumable fee is included in the price of the class. Please bring containers.**

A. Webb 1 session Resident \$50 Non-resident \$60
Dec 8 #2050H NHHS rm 109 Mon., 6:30-8:30 pm

Cooking with Kids

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

A. Webb 1 night Resident: \$50 Non-resident \$60
Nov 10 #2030N NHHS rm 109 Mon., 6:30-8:30 pm

NEW - Cupcake Bouquet

In this new and exciting cupcake decorating class, you will learn to make flowers, leaves, and borders. You will then assemble the decorated cupcakes and create a beautiful "bouquet".

Supply list will be sent prior to class.

M. Padilla 1 session Resident \$35 Non-resident \$45
Sep 16 #2051NA NHHS rm 109 Tues., 6-8 pm
Oct 14 #2051HA HHS rm C107 Tues., 6-8 pm
Nov 18 #2051NB NHHS rm 109 Tues., 6-8 pm
Dec 2 #2051HB HHS rm D107 Tues., 6-8 pm

Royal Icing Flowers and Basketweave Cake

You will learn to make royal icing flowers, leaves, and borders during the first class. During the second night of class, you will decorate an 8 inch cake applying a basketweave technique and assembling the flowers you made on the first night. **Supply list will be sent prior to first class.**

M. Padilla 2 wks Resident \$40 Non-resident \$50
Oct 21 #2031N NHHS rm 109 Tues., 6-8 pm

NEW - The Basics of Yeast

Anyone curious about working with yeast should attend this one-night class. You will learn different techniques for working with yeast so you can create their own bread. You will also bake your own delicious bread to bring home. **A non-refundable \$10 consumable fee is included in the price of the class.**

L. Fredrickson 1 session Resident: \$45 Non-resident: \$55
Sep 18 #2052N NHHS rm 109 Thur., 5:30-8:45pm



LANGUAGES

Irish for Beginners

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Sep 16 #2201H HHS rm D212 Tues., 7:00-8:30 pm

Irish II

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Sep 18 #2209H HHS rm D212 Thur., 7:00-8:30 pm

NEW - Learn to Speak Italian

This online course introduces essential grammar, practical language skills, and a taste of Italian culture through a mix of engaging activities. **A non-refundable supply fee is included in the price.**

F. Papaleoni 6 wks Resident \$59 Non-resident \$69
Sep 25 #2211 Virtual-online Thur., 5:30-6:45 pm

NEW - Learn to Speak Italian II

The course is for students who already completed the beginners course and would like to grow in confidence in understanding and speaking Italian. **A non-refundable supply fee is included in the price.**

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

MONEY MATTERS

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

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

J. Comen 1 session Resident \$25 Non-resident \$35
Oct 8 #2418NA NHHS rm 106 Wed., 6:30-8:00 pm
Nov 19 #2418NB NHHS rm 106 Wed., 6:30-8:00 pm

Medicare-2026 Major Plan Changes! Will Your Plan Still Meet Your Needs?

2026 Major Changes! Confused by all the mailers and TV commercials? Turning 65? Do I need to sign up for Medicare if I am still working? Why do they need my zip code on those commercials? Am I getting all the benefits I'm entitled to? Attend this free educational course to learn about all the moving parts of Medicare! There will be time for Q&A at the end.

M. DeGregorio 1 session
Oct 9 #2416HA HHS rm D213 Thur., 6-8 pm
Oct 28 #2416HB HHS rm D213 Tues., 6-8 pm
Nov 6 #2416HC HHS rm D213 Thur., 6-8 pm

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

Passport to Retirement

This workshop will cover the 10 most common mistakes made in retirement: Social Security, Medicare, determining how long your money will last, the power of inflation, long term care, maximizing your pension, wills and trusts. We will discuss strategies to avoid general retirement roadblocks. This class is geared to people 50 and over.

S. Grove 2 wks Resident \$35 Non-resident \$45
Oct 8 #2404N NHHS rm 105 Wed., 6:30-8:00 pm
Oct 9 #2404H HHS rm A103 Thur., 6:30-8:00 pm

Retirement Planning Today

Learn how to make the most of your retirement savings with tax efficient withdrawal strategies. This course covers income planning, investments, risk management, tax strategies and more--helping you avoid mistakes and keep more of what you've earned. This course includes an emailed textbook. Couples may attend together for a single registration fee.

A. Marchitto 2 wks Resident \$49 Non-resident \$59
Oct 14 #2406A NHHS rm 105 Tues., 6:30-8:30 pm
Oct 15 #2406B NHHS rm 105 Wed., 6:30-8:30 pm
Oct 16 #2406C Virtual - Online Thur., 6:30-8:30 pm

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



MUSIC

Basic Music Theory and Harmony

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Sep 16 #2609H HHS rm A213 Tues., 7-8:30 pm

In Their Own Music

Explore what it is that composers and performers do to draw us into their musical world. Music of many styles and periods will be studied. No previous music experience is required.

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Sep 18 #2608H HHS rm A213 Thur., 7-8:30 pm

Instant Guitar for Hopelessly Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Oct 28 #2610 Virtual - online Tues., 6:30-9:30 pm

Instant Piano for Hopelessly Busy People

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do, use chords. The Chords method is fun easier to learn than notes. The fee includes an online book, online follow-up video lessons, a recording of the class and optional question and answer sessions. The course is part lecture/demonstration and partly hands-on instruction.

C. Coffman 1 session Resident \$59 Non-resident \$69
Oct 27 #2611 Virtual - online Mon., 6:30-9:30 pm

NEW - Learn to Play the Ukulele

You will learn essential chording and strumming skills using familiar songs!

D.Perry 4 wks Resident \$48 Non-resident \$58
Sep 16 #2612A Virtual - Online Tues., 6-7:30 pm
Check our website: www.hamdenadulted.org for more dates

Violin and Cello - Beginner/Intermediate

Learn how to play the violin or cello by a professional musician. Small class, individual attention. You can contact K.H. Chapin Fine Violins for rental or you can bring your own. **Face masks are optional. Bring a notebook and pen/pencil to class.**

J Jen Hsu 10 wks Resident \$95 Non-resident \$105
Sep 16 #2606N NHHS rm 106 Tues., 6-7 pm

PERSONAL ENRICHMENT

American Red Cross Babysitter's Training Course

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

Staff 1 session Resident \$50 Non-resident \$60
Sep 13 #3005A NH YMCA Sat., 10am-2 pm
Nov 22 #3005B NH YMCA Sat., 10am-2 pm
Check our website: www.hamdenadulted.org for more dates

NEW - Chat GPT Side Hustle: 20+ Ways to Make an Income Through Chat GPT, Working from Home

Learn to make an income using Chat GPT, the AI program, while working from home. This class works well for the complete beginner to Chat GPT who has no clue about it, as well as the more advanced professional wanting to make extra money. It's also a great class for the retired senior, who is curious about Chat GPT, the busy stay at home parent, wondering how to turn their home baked cookie business into a side hustle, and for the out of work individual trying to make an income with a successful business. This class will give you ideas that can bring you income, without you ever having to leave your home.

P. Fernando 1 session Resident \$36 Non-resident \$46
Sep 5 #2871A virtual-online Fri., 1-2 pm
Dec 2 #2871B virtual-online Tues., 4-5 pm

REGISTER NOW!

No refunds will be given after a class has begun.

PERSONAL ENRICHMENT

Chess for Beginners

This class is designed for adults who are new to the game as well as those who learned it years ago and would like a refresher! We cover all the basic rules of the game, piece movements, relative values of the pieces, capturing, and of course, the ultimate object of the game – checkmate! You will master the special moves of castling, promotion and en passant. At the end of each class, you will practice what you learned in training games with peers. **“Chess for Beginners: Know the Rules, Choose the Strategies and Start Winning” book by Y. Orlova is needed and will be available for purchase at the first class or online.**

J. Groff 3 wks Resident \$75 Non-resident \$85
Sep 17 #2819 Chess Academy Wed., 6:30-8:30 pm

NEW - Chess: How to Analyze Your Game

The best way to improve at chess is to play, analyze, and learn from your own games. This class is designed for adult players who would like to learn how to analyze their own games as effectively as possible. Taught by PMCA instructor and National Master Jordan Groff. **“Perpetual Chess Improvement: Practical Advice from World-Class Players and Dedicated Amateurs” book by NM Ben Johnson can be purchase at the first class or online.**

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

NEW - Chess Middlegames: Plans and Strategy

This class is designed for students who are familiar with basic tactics and would like to improve their understanding of chess strategy in the Middlegame. This course will teach you how to figure out a plan when you feel like you don’t know what to do. We will discuss imbalances like material, time, space, and pawn structure. Taught by PMCA instructor and National Master Jordan Groff. **“Play Winning Chess” book by GM. Yasser Seirawan is needed and will be available for purchase at the first class or online.**

J. Groff 3 wks Resident \$75 Non-resident \$85
Nov 5 #2873 Chess Academy Wed., 6:30-8:30 pm

Chess Tactics and Calculation

This class is designed for adult improvers who would like to improve your tactical skill in chess. You are encouraged to take this class even if you have taken it previously, as different material will be used. You will study examples on themes such as Elimination of the Defense, Double Attack, Discovered Attack, Skewer, Pin, Trapping a Piece, Promotion and Drawing. At the end of each class, you will practice what you learned in training games with peers. **Book by Frank Erwich, is needed and will be available for purchase at the first class or online.**

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

NEW - Greek Mythology

Explore Greek Mythology through the ancient stories. We will discuss the timeless tales of gods, goddesses, and heroes. Learn why they still resonate with us today. **Please bring a notebook.**

H. Morrison 4 wks Resident \$56 Non-resident \$66
Sep 18 #2874 HHS rm D111 Thur., 6-8 pm

NEW - How to Create a Profitable Airbnb Business

This is a step-by-step course for young entrepreneurs ready to break into short-term rentals. Learn how to choose the right location, find high demand properties, secure funding, and price strategically to generate consistent cash flow, maximize revenue and build a sustainable Airbnb band. **Please bring notebook and pen.**

K. Bordeaux 8 wks Resident \$128 Non-resident \$138
Sep 18 #2875H HHS rm D210 Thur., 6-8 pm

NEW - How to Grow Your Small Business

Whether you want to sell home baked muffins, start a bicycle repair shop, or sell products online, this class is for you. From customer service to marketing, to creating compelling social media posts, my class is ideal for those thinking about starting a small business, struggling with an existing small business, or wanting to expand a small business. It’s also useful for the curious individual, the Senior, the single parent, the in-between jobs person, wondering how they can make an income with a small business.

P. Fernando 1 session Resident \$19 Non-resident \$29
Sep 5 #2876A virtual-online Fri., 2-3 pm
Dec 2 #2876B virtual-online Tues., 5-6 pm

NEW - How to Save Money and Change Your Own Oil

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

D. Webb 2 wks Resident \$32 Non-resident \$42
Sep 16 #2077 Location TBD Tues., 6-7:30pm



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

PERSONAL ENRICHMENT

Job Interview/First Impressions Workshop

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

T. Knowlton 1 session Resident \$30 Non-resident \$40
Oct 7 #2852H HHS rm D213 Tues., 6-8 pm

Learn Remarkable Business Speaking Skills

Do you have a talk or speech coming up soon? Do you struggle, are you terrified, and don't like giving speeches? Your worries are over when you take my course! I'm the guy. I will show you strategies so you don't struggle with public speaking, or talking in front of people. You'll learn to relax ... present with ease... and leave a lasting impression. Sign up today for the "Keys to Presentation Mastery." Certificate upon completion.

T. Knowlton 1 session Resident \$30 Non-resident \$40
Sep 16 #2850H HHS rm D213 Tues., 6-8 pm

NEW - Life Skills for Working, Living with a Difficult, Toxic Person

Working, living with a toxic person can be emotionally, physically, financially demanding. From being controlling, belligerent, verbally abusive, to being manipulative, demeaning, and sneaky, toxic people can derail our plans, dreams, and hopes – if we allow them to. You will feel better after you listen to what I have to say during this one hour class... I guarantee it. In my class you will learn simple, effective emotional tools to maintain your cool, calmness, and sanity, when you are affected by a toxic person, day in, day out. I am the author of "I Never Said It Was Easy. I Said You Got This: Emotional Intelligent Tools to Deal With Difficult Toxic People and Lead Through Change".

P. Fernando 1 session Resident \$36 Non-resident \$46
Dec 2 #2878A virtual-online Tues., 7-8 pm

NEW - Living Smoke-Free

Smokers tend to like to smoke. But most dream of an addiction-free, smoke-free life. This workshop will give smokers the necessary skills to cope with the symptoms of nicotine withdrawal. No drugs. No hypnosis. No gimmicks. You will receive suggestions to help you set your "quit date" and become a non-smoker. Taught by a former smoker who is committed to staying smoke free.

L. Fredrickson 1 session Resident \$30 Non-resident \$40
Oct 16 #2079N NHHS rm 105 Thur., 6-7:30pm

Lose Weight With Hypnosis

Sometimes losing weight takes changing habits like snacking between meals or eating late at night. Through hypnosis you change those bad habits into positive habits. Join us for three nights to help change your old habits, improve your weight loss experience and improve your health. Bring a pillow and blanket.

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Oct 23 #2809N NHHS rm 104 Thur., 7-9 pm

NEW - Publish Your Own Book

Become a published author and check off that item off your bucket list. Publish a children's book, a how-to book, a memoir, art book, a cook book, or just about any type of book. (This is not a writing class.) If you are thinking about publishing a book or simply curious, this class is for you.

P. Fernando 1 session Resident \$36 Non-resident \$46
Sep 5 #2880A virtual-online Fri., 11am-1 pm
Dec 2 #2880B virtual-online Tues., 1-3 pm

Quit Smoking With Hypnosis

Hypnosis is a wonderful tool to use to help you stop smoking. With hypnosis you can change your thought patterns and break bad habits by introducing positive thoughts and habits. Join us to finally break your smoking habit and improve your health and wellbeing. **Bring a pillow and blanket. Note: No class on 10/14.**

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Oct 7 #2814N NHHS rm 104 Tues., 7-9 pm

NEW - Thrive Beyond 50: Empowerment, Renewal and Purpose

This is a guided, empowering journey designed for women navigating life beyond midlife. Through reflective exercises, meaningful dialogue and supportive community, this three part series helps you embrace personal transformation, prioritize wellness, and rediscover purpose. This program offers practical tools to help you thrive in your next chapter.

M. Newell 3 wks Resident \$36 Non-resident \$46
Oct 9 #2881H HHS rm D211 Thur., 6-7:30 pm

Transformational PowerPoint Presentations

Have you ever witnessed a bad Power-Point Presentation? There are 53,000 presentations given every hour of every day. Majority are Horr-A-Bull, Sleep Inducing, and Boring. Tailor your presentation so your audience feels you're talking just to them. The "keys" to simple, easy, and direct slides. Have "command presence" on stage. Certificate upon completion.

T. Knowlton 1 session Resident \$30 Non-resident \$40
Sep 30 #2851H HHS rm D213 Tues., 6-8 pm

NEW - Turn Your Passion into a Business

This course is for aspiring entrepreneurs ready to turn their skills and passions into a business. Through hands-on activities, real world strategies and easy-to-follow lessons, you learn to understand and attract your ideal customers, develop a marketing plan that speaks directly to the people who need your product or service the most. By the end of this course, you'll have a crystal clear business direction and step by step plan to start earning money doing what you love. **Please bring notebook and pen.**

K. Bordeaux 8 wks Resident \$128 Non-resident \$138
Sep 16 #2882H HHS rm D210 Tues., 6-8 pm

EXCITING OVERNIGHT TRIPS

Christmas in Victorian Cape May

3 Days • 4 Meals: 2 Breakfast • 1 Lunch • 1 Dinner

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

Per Person Rates: Double \$809; Single \$1009



On Day 1, we will depart via deluxe motorcoach and head towards beautiful Cape May, NJ at Christmas time...step back in time to the gentility and charm of the Victorian Era. This seaside town is transformed into a Dickens village for the holidays with garlands of fragrant greens and twinkling gaslights. This evening view Cape May's holiday decorations on our Holly Trolley Ride. Our trolley winds its way through town as we listen to Christmas music and enjoy hearing the history of many of the Christmas traditions of today. Dinner tonight at the Lobster House Restaurant followed by a visit from a Victorian Storyteller reading a Christmas favorite.

On day 2, we will be joined by a local guide and travel through West Cape May to the tip of Cape May's peninsula, which is one of the most celebrated bird migratory locations in North America. Entering Cape May Point State Park, you can view a fully restored Lighthouse, build in 1859. Then onto Sunset Beach where the concrete ship Atlantis is still visible. We will enjoy a short shopping stop or search for Cape May Diamonds. Enjoy lunch at the Washington Inn before an afternoon Holiday Inns Tour. Get in the holiday spirit as we go on our self-guided tour through some of Cape May's properties. Step inside these Inns and see them beautifully decorated with garland, bows, trees and more. Evening and dinner on own to explore the quaint shops & restaurants along the Washington Mall.

On the last morning, we start with a guided tour of the impressive Emlen Physick Estate returns you to the era of Victorian opulence and experience the feeling of Christmas in the 1890s. Learn all about Victorian Christmas traditions and decorating at Cape May's only Victorian House Museum. Visit the Carroll Gallery to see "An Old-fashioned Christmas" exhibit, a popular annual display featuring a huge Christmas tree, model trains, and an elaborate Dept. 56 Dickens village collection. we visit the quaint village of Historic Smithville, with cobblestone streets and lovely boutiques filled with unique and beautiful gift ideas for the holidays. We head towards home with memories of a lovely visit to Victorian Cape May.

#5057 December 8, 2025

Pick-up at Rt. 40 Connector parking lot

8:30 am and return at 9:15 pm.

All times are approximate.

Iceland's Magical Northern Lights

7 Days • 11 Meals: 6 Breakfasts • 5 Dinners **February 24, 2026**

Per Person Rates: Double \$3,999*; Single \$4,499; Triple \$3,949 * Price subject to change

Last Call



Pacific Northwest & California

8 Days • 12 Meals: 7 Breakfasts • 2 Lunches • 3 Dinners

Per Person Rates: Double \$4,249*; Single \$5,049; Triple \$4,199 Includes: air, hotel transfers, and group transportation to/from airport

Deposit due: 11/27/2025 Final Payment Due: 1/26/2026

Highlights Include:

- Seattle ● Mount St. Helens Visitor Center ● Portland, ● Columbia River Gorge
- Hood River ● Yaquina Head Lighthouse ● Newport ● Bandon State Natural Area
- Rogue River Cruise, ● Redwood National Park ● Avenue of the Giants
- San Francisco



From the wilds of Mount St. Helens to the shadow of giants in the Redwoods, fall under the spell of the Pacific Northwest and California. Travel along Oregon's beautiful coast, making stops at Yaquina Head Lighthouse, Newport, Bandon and Coos Bay. Explore Oregon's wilderness on a Rogue River cruise. Visit Redwood National Park's Avenue of the Giants. Cross the Golden Gate Bridge and discover the "City by the Bay," San Francisco. Explore the natural beauty from Seattle to San Francisco.

#1278154

April 27, 2026

Travel insurance is highly recommended.

* Price subject to change

View detailed trip information: <https://gateway.gocollette.com/link/1278154>

Visit our website for more trips.



OVERNIGHT TRIPS

Tuscany, Lake Maggiore and Italian Riviera

9 Days • 11 Meals: 7 Breakfasts • 3 Dinners

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

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



Highlights Include:

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

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

#1368589

October 9, 2026

Travel insurance is highly recommended.

* Price subject to change.

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



Christmas Markets of Montreal & Quebec City

7 Days • 9 Meals: Breakfasts • 3 Dinners

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

Deposit due: 11/27/2025 Final Payment Due: 1/26/2026



Highlights Include:

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

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

#1368553

December 4, 2026

Travel insurance is highly recommended.

* Price subject to change.

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



Upcoming Tours For 2027

Tropical Costa Rica February 2027

Highlights: San Jose, Coffee Plantation, Arenal Volcano, Cano Negro Refuge, Lake Arenal Cruise, Farm Tour and Lunch, Monteverde Cloud Forest, Choice on Tour: Monteverde Hanging Bridges or Canopy Adventure, Guanacaste

Painted Canyons of the West April 2027

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

Discover Switzerland, Austria & Bavaria September 2027

Highlights: Bern, Alphorn Maker, Yodeling Demonstration, Fondue Lunch, Lucerne, Austrian Alps, Choice on Tour: Cultural City Walking Tour or Architectural Walking Tour, Innsbruck, Salzburg, Mirabell Gardens, St. Peter's Restaurant, Bavaria, Linderhof Palace, Tyrolean Folklore Show

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

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

**Join us SEPTEMBER 30, 2025 at 6:00 PM
at Hamden High School
for a Travel Presentation on our overnight trips.
Call 203-407-2028 to RSVP.**

DAY TRIPS



Maple Madness

Everything Maple in Southern Vermont

The historic 1884 Deerfield Inn stands at the center of the village of Deerfield, MA. Relax in the beauty and elegance of this historic inn and enjoy a Maple Breakfast Buffet at Champney's Restaurant at the Deerfield Inn. The classic buffet will include: spiced french toast with local Maple syrup, eggs benedict, vegetable quiche, home fries, maple bacon, bagels and maple scones!

Following Brunch, we will head north to the Robb Family Farm Sugar House in Brattleboro, VT. We will tour the Maple Sugar House and learn about the sugaring/syrup process. We might even have the chance to see boiling of sap. This delightful New England Family owned treasure also has a wonderful gift shop with everything maple!

Our final stop will be the Yankee Candle flagship store in S. Deerfield, MA. You will be able to shop at the candle shop and see their maple products.

#5053 Saturday, September 20, 2025 \$153

Pick-up at HHS parking lot 7:45 am and return at 5:00 pm. All times are approximate.

Note: No refunds for this trip after August 13, 2025.



Oktoberfest Krucker's Pomona, NY

ENJOY A FULL DAY OF ENTERTAINMENT, FOOD, FUN, MUSIC, AND DANCING AT KRUCKER'S IN POMONA, NY.

This lovely resort features its popular Oktoberfest with great food and music...the genuine spirit of an Oktoberfest.

Enjoy a lovely welcome reception with coffee, tea, buttermilk scones, pancakes and apple cider. Lunch will consist of: barley soup, applesauce, choice of: sauerbraten with red cabbage or sliced pork loin with sauerkraut, mashed potatoes, brussel sprouts, carrots, apple strudel with vanilla ice cream, Beer, Wine and Soft Drinks.

Enjoy entertainment throughout the day - Music, Dancing & Games.

Bratwurst Sandwich & Cucumber Salad served at 4:00pm

#5054 Thursday, October 23, 2025 \$146

Pick-up at Rt. 40 connector lot A 8:30 am and return at 7:00pm. All times are approximate.

Note: No refunds for this trip after September 16, 2025.



Holiday Stocking Stuffer Shopping Trip in MA



Everyone will receive a stocking at the beginning of the trip.

We will have a lovely lunch at historic Longfellow's Wayside Inn, a charming Inn and Tavern in Sudbury! Enjoy a step back in time in this warm and hospitable setting beautifully decorated for the season. Menu includes: Salad, Roast Prime Rib of Beef or Boneless Breast of Chicken with Cranberry Walnut Dressing, sides, and Warm Deep Dish Apple Pie with fresh whipped cream.

Next stop Wayside Country Store in Marlborough. Here we go back in time as we shop for collectibles, Christmas gifts and truly the largest assortment of candy in Central MA. Each passenger will receive a goody bag for their stocking.

On to Douglas Farm and Orchard in MA, a longtime local favorite of produce and baked goods. Receive a special homemade treat for your stocking.

Our final shopping spot before heading home will be the Christmas Barn, a quaint establishment nestled in Woodstock, CT, offering a unique selection of holiday decorations and gifts. A Hallmark movie, One Royal Holiday, was filmed here. A gift for everyone is included here.

#5055 Sunday, November 16, 2025 \$185

Pick-up at HHS parking lot 8:30 am and return at 6:45 pm. All times are approximate.

Note: No refunds for this trip after October 9, 2025.

SoWa Winter Festival Boston, MA



Experience the magic of the SoWa Winter Festival, Boston's most festive holiday market, featuring over 100 local artisans & 10+ specialty food vendors. Discover unique gifts, handmade art, and festive treats. Wander through a twinkling wonderland at the heated SoWa Power Station transformed with live music, holiday lights, and a giant Christmas tree.

Whether you're shopping for unique gifts or simply soaking in the holiday cheer, this winter festival is a must-visit in Boston.

Prior to our time at the Festival enjoy a three-course family-style Italian Lunch at Maggiano's Little Italy - everyone's favorite in Boston! Menu: Freshly Baked Ciabatta Rolls, Maggiano's Salad, Bruschetta, Rigatoni with Meat Sauce, Chicken Piccata, Lemon Cookies, Coffee, Iced Tea, and Soda.

#5056 Sunday, December 14, 2025 \$148

Pick-up at HHS parking lot 8:15 am and return at 7:00 pm. All times are approximate.

Note: No refunds for this trip after November 7, 2025.

HAMDEN PROGRAMS AND RESOURCES

THE FAMILY RESOURCE CENTER OF HAMDEN



Register for:

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

Contact us for:

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

Church Street School 203.407.3111

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

HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director
www.hamdenlibrary.org

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

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

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

MILLER SENIOR CENTER PROGRAMS

Kimberly Craft, Coordinator

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

HAMDEN EARLY LEARNING PROGRAM

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

We have 13 classrooms:

Alice Peck,
Helen Street School,
Church Street School,
Dunbar Hill School,
Ridge Hill School and
West Woods School.

The program's monthly tuition range is up to \$1300 a month. A sliding fee scale is offered along with some School Readiness slots. Tuition is based on the family annual income and current tax return, pay stubs, budget or award letter is required. Fees are determined based on the family size and income.

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



hamdenkids@gmail.com

Leave message at 203.407.7733
www.hamdenyoungchildren.org

Follow us on

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

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

Join our mailing list to receive announcements about community events and resources for families.

ARTS, RECREATION, AND CULTURE

203.287.2546

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

HAMDEN TOWN SERVICES

KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

COMMUNITY SERVICES

Linda Davis-Cannon, Outreach Technician

203.562.5129 ext. 1121 ldaviscannon@hamden.com

The Office of Community Services provides critical financial, informational, and support resources to low and moderate-income Hamden residents seeking to improve their access to homeownership opportunities, the quality of their housing, the viability of their businesses, the usability and effectiveness of their shared community facilities, and the cleanliness of their neighborhoods.

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111

ylopes@hamden.com

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

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



YOUTH SERVICES BUREAU

203.777.2610 ext. 1119



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

NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

203-239-5432

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

NORTH HAVEN MEMORIAL LIBRARY

203.239.5803

DEPARTMENT OF COMMUNITY SERVICES

TOWN HALL ANNEX -

5 LINSLEY ST. NORTH HAVEN, CT 06473

203.239.5321 ext. 8500

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

DEPARTMENT OF RECREATION

203.239.5321 ext. 8530

RECREATION INFO-LINE

203.672.0541

REGISTRATION INFORMATION

Eligibility:

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

Tuition and Fees:

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

Books and Materials:

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

Storm Day Policy:

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

Our Refund Policy:

- Each class requires a different minimum number of attendance to run. For this reason, **refunds will only be issued if you withdraw from your class 1 week prior to the first night of class.** If you wish to cancel within the allowable time, email info@hamdenadulthood.com or call the office. A \$15 processing fee will be subtracted from all refunds.
- Full refunds are given if a course is canceled by Hamden Adult Education due to unforeseen circumstances or low enrollment. See Storm Day Policy for cancellations due to inclement weather.
- Credit Card transactions over 120 days will be issued in the form of a check.
- **No refunds will be given after a course has started.**
- Bus trip refunds MUST be requested four weeks prior to departure, **or as stated in the trip description.**
- There will be no refunds for a prepaid supply or consumable fee.

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

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

Nondiscrimination/Equal Employment/Equal Education Opportunity:

In compliance with regulations of the Office of Civil Rights and with Equal Opportunity practices as determined by state and with federal legislation, the Hamden Board of Education, adheres to the following Federal statement from the Office of Civil Rights: No person in the United States shall, on the basis of sex, be excluded from participation in, or denied the benefits of, or be subjected to discrimination under any educational program or activity receiving state or federal assistance. For further information contact **Hamden Public Schools** at 203.407.2090.

Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms or any other accommodations for effective communication should contact Nadine Gannon, Hamden Adult Education (203.407.2028) prior to the event so the necessary accommodations may be provided. The adult education program is committed to making all course offerings accessible. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to Gary Highsmith at 203.407.2090.

Senior Citizens:

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

Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Title IX Coordinator, at 203.407.2090.

Class Cancellations:

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

Returned Check Policy:

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

No Smoking:

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



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U.S. Postage
PAID
Permit #157
New Haven, CT

2040 Dixwell Avenue
Hamden, CT 06514

ECRWSS
Residential Customer

New Classes

- 8 Pieces of Brocade and Shaolin Neigong Quigo
- Chair Yoga
- ChatGPT Side Hustle
- Countdown to Christmas with Cricut HTV
- Chess: How to Analyze Your Game
- Crochet Your Own Bag
- Cupcake Bouquet
- Disco Line Dancing
- Greek Mythology
- How to Save Money and Change Your Own Oil
- Learn to Play the Ukulele
- Learn to Speak Italian I and II
- KUDO
- Nightclub Two-Step
- Paint Elegant Lavender Cylinder Vases
- Paint Your Pet
- The Basics of Yeast
- Yoga Bridge

Day Trips

- Maple Madness
- Octoberfest - Krucker's
- Holiday Stocking Stuffer Shopping Trip
- SoWa Winter Festival

Overnight Trips

- Christmas in Victorian Cape May
- Iceland's Magical Northern Lights
- Pacific Northwest & California
- Tuscany and the Italian Riviera
- Christmas Markets of Montreal and Quebec City

Free Classes

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

What Will You Try?

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