

# Hamden-North Haven Adult & Continuing Education



What Do You See Yourself Doing?  
Winter/Spring 2022

Dear Friends,

We at Hamden Adult Education are very proud of our long-standing commitment to adult learners, and our dedication to providing innovative and stimulating educational opportunities in a safe and nurturing environment. We strive to strengthen our community partnerships and value the spirit of collaboration.

We offer ESL classes to assist English language learners improve their English language proficiency. Students looking to complete their high school education can benefit from our Credit Diploma, GED, and National External Diploma Program. The U.S. Citizenship classes will prepare immigrants for the U.S. Citizen test. The many offerings through our work skills training programs offer workforce education in areas that match the current employment needs demand. Our dedicated staff is available to guide and assist you in choosing the program that best meets your educational needs. We are very pleased to offer the Family Literacy Program. This integrated program meets the needs of the entire family through adult education, early childhood education, parenting education, and interactive literacy. Our Enrichment Program offers a vast number of classes to satisfy your lifelong learning goals. We invite you to take advantage of our travel program which presents stimulating, educational, and affordable opportunities for travel. Visit our website, [www.hamdenadulthood.org](http://www.hamdenadulthood.org), to become familiar with the multitude of programs and class offerings. Online registrations are accepted through our website for all adult academic and enrichment programs.

Please follow us on Facebook to stay connected and learn more about our unique programs. There is truly something for everyone.

We thank you for placing your trust in us to not only provide you with the high-quality education and customer service you seek and deserve, but to also do so in an unprecedented time of change. Your health and well-being will always be at the forefront of our decision making, and we will continue to communicate our plans as we all adapt to this new environment.

LuAnn Gallicchio

## Hamden Adult Education

Hamden High School

2040 Dixwell Avenue Hamden, CT 06514

203.407.2028 fax 203.407.2056

email: [info@hamdenadulthood.org](mailto:info@hamdenadulthood.org)

### Office Hours:

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

Tuesday and Thursday evenings 6:00 PM - 9:00 PM

### STAFF

Director

LuAnn Gallicchio

Administrative Secretaries

Maria Blue

Doreen Van Horn

### SCHOOL ADMINISTRATION

Superintendent - Hamden

Jody Goeler

Assistant Superintendent

Christopher Melillo

Assistant Superintendent

Gary Highsmith

## HAMDEN BOARD OF EDUCATION

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## North Haven Office

North Haven High School

221 Elm Street, North Haven, CT 06473

203.239.1641 ext. 2913 fax 203.239.2115

### Office Hours:

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

### STAFF

Administrative Secretary

Maria Ferraro

### SCHOOL ADMINISTRATION

Superintendent - North Haven

Patrick Stirk

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.

**Call to Register 203.407.2028**

## Winter/Spring 2022 Calendar

January 11

Adult High School - Spring Term 1 Classes Begin

February 2

HHS Conferences - No Classes HHS

February 7

Enrichment classes begin

February 21-22

Winter Recess - No Adult Ed classes

February 23-24

Adult High School - Spring Term 2 Registration

March 15

Adult High School - Spring Term 2 classes begin

April 13

HHS Conferences - No Classes HHS

April 19-21

Spring Recess - No Adult Ed Classes

August 11-12

Adult High School - Fall Term 1 2022 Registration

Shaded boxes are NEW classes

## Location of Classes

**Chess Academy**

1227 Whitney Avenue, Hamden

**Golf Center at Lyman Orchards (GC AT LO)**

700 Main Street, Middlefield

**HHS** - Hamden High School

2040 Dixwell Avenue, Hamden

**NHHS** - North Haven High School

221 Elm Street, North Haven

**MLK** - M.L. Keefe Community Center

11 Pine Street, Hamden

**Soulcraft Studio**

1125 Dixwell Avenue, Hamden

**Your Community Yoga Center (YCYC)**

39 Putnam Avenue, Hamden

**Camp Mtn Laurel - YMCA Camp Mountain Laurel**

2705 Downs Road, Hamden, CT

**NHYMCA - New Haven YMCA**

50 Howe Street, New Haven

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# FREE CLASSES

## Pre-GED®



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

### Classes meet:

**Monday, Wednesday, and Friday**  
**9:00 AM - 12:00 PM OR**  
**Tuesday, Wednesday and Thursday**  
**6:30 PM - 9:00 PM**

## Become A U.S. Citizen



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

**Classes meets virtually on Mondays**  
**6:00 PM - 8:00 PM**

## English As A Second Language

### *Learn to Speak, Read and Write English*

**Morning Classes 9 am - 12 pm**  
**Beginner - Monday and Wednesday**  
**Intermediate I and Intermediate II - Tuesday and Thursday**

**Evening Classes 6:30 pm - 9:00 pm**  
**All Levels - Tuesday and Thursday**

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



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

**Register online:**  
**<https://www.hamdenadulthood.com/adult-education-enrollment-form/>**

**Picture ID and proof of residency are required.**

**Call to Register 203.407.2028**

## **How to Register for the GED® Exam**

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students must begin the GED® registration process online at [ged.com](https://ged.com) and then contact the Hamden Adult Education Office by calling 203.407.2028 or 203.773.9211 ext. 1139.

Accommodations for the GED® test are available for qualified individuals with a disability. For more information contact LuAnn Gallicchio at 203.407.2028 or you may contact Sabrina Mancini at the Connecticut State Department of Education at 860.807.2111

## **Steps to Success**

The Steps to Success workshops cover everything you need to know to develop your career path.

### **CAREER EXPLORATION**

You will complete several assessments designed to help individuals understand how a variety of personal attributes (i.e., interests, values, preferences, motivations, aptitudes and skills), impact potential success and satisfaction with different career options and work environments. You will use the assessment results to narrow down possible career options.

### **DEVELOP YOUR CAREER PATH AND JOB SEARCH STRATEGIES**

You will use the results of career assessments and research to develop an individualized career path. You will gain an understanding of the Career Planning Model, job qualifications and barriers, career ladders and local labor market trends. You will gain skills in the following areas: job search strategies, internet search skills, telephone skills, and networking.

### **CREATE A CAREER PORTFOLIO AND INTERVIEWING SKILLS**

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

### **ENHANCE YOUR DIGITAL LITERACY SKILLS**

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

**The Steps to Success program is free to those students who don't have a US high school diploma, all others will pay \$25.**

**For more info or to register call 203.773.9211 ex. 1139**

## ADULT HIGH SCHOOL

LAURA RODRIGUEZ, COORDINATOR

SHARON KING, COUNSELOR

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

### STUDENTS MUST EARN A TOTAL OF 23 CREDITS

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

**Spring 2022 - Term 2 Registration**

**February 23 6-8 pm and February 24 10 am - 2 pm**

**Fall 2022 - Term 1 Registration**

**August 11 6-8 pm and August 12 10 am - 2 pm**



Register using the above QR code or online:

<https://www.hamdenadulthood.com/adult-education-enrollment-form/>

Call to schedule an appointment

## National External Diploma Program NEDP



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

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

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

**All interested students must attend an information session:**

**1/27, 2/24(via Zoom), 3/24, 4/28, 5/18 and 6/9**

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

\* North Haven, Bethany, Orange, Woodbridge

## GED® Prep



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

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

**Register online: <https://www.hamdenadulthood.com/adult-education-enrollment-form/>**

**Call 203-773-9211 ext. 1139  
to make an appointment**

**Picture ID and proof of residency are required.**

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

**Free babysitting for children of students registered in morning GED® class.**

**Call to Register 203.407.2028**

## Emergency Medical Technician EMT (Training)

#1004H



The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as fire-fighters) looking to expand their knowledge. EMT's provide emergency medical care in a pre-hospital environment, or can be employed in certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam, you are qualified to work as a Basic EMT. Most EMTs are employed by first responder organizations including ambulance services, hospitals, and fire departments. You must be 16 years or older to participate in the program. ***A \$600 non-refundable deposit is due by January 3<sup>rd</sup> and balance is due by first night of class. Class will be held Tuesday and Thursday evenings per week starting on January 11.***

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

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

Bartending offers an opportunity to start a new career or supplement your income with a part-time position. This course includes the state and national S.M.A.R.T. certification(-Servers and Managers Alcohol Responsibility Training) recognized by the CT Department of Liquor Control and police departments. You will learn to serve responsibly, spot signs of intoxication and respond appropriately. You will learn to make more than 100 drinks, from gin and tonics to daiquiris. Instruction focuses on opening and closing procedures, product knowledge, speed of preparation and people skills. Upon successful completion of this course, you will receive a certificate and will have acquired the skills employers require to work in any environment that serves liquor, including restaurants, clubs, hotels and catering companies. ***A \$25 non-refundable materials fee is due to the instructor the first night of class. There is no senior discount given.***

**P. Rich  
#1003**

**5 wks  
March 3**

**6-9 pm  
Thur., HHS rm D107**



Resident \$200

Non-resident \$205



## New: Security Officer License Training



This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. CT laws will be reviewed, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. In addition, you will learn about: the use of force continuum, fire safety, the history of security, work place violence, terrorism, communication skills, and more.

Upon successful completion of this course, you will be issued a training certificate, required to accompany your licensure application, to the Connecticut Department of Emergency Services and Public Protection. **No senior discount given.**

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

BRING TO Class: CT Driver's License or State ID

**#1001H – March 8 and March 10**

**5:30 – 9:30 PM**

**HHS rm B105**

**#1001N - May 3 and May 5**

**5:30 – 9:30 PM**

**NHHS rm 107**

**INSTRUCTOR: L. Bonito**

**Resident \$125**

**Non-resident \$130**

## American Heart Association Adult, Child, Infant First Aid, CPR and AED



This course teaches how to recognize and treat sudden illness and injury in adults, children, and infants. You learn how to provide CPR and to use an Automated External Defibrillator. Topics include: allergic reactions, heart attacks, stroke, seizures, diabetes, bites and stings, bleeding control, splinting, heatstroke, hypothermia, and relief of choking. This course is appropriate for members of the community who want to be prepared in the event of a cardiac emergency or serious life threatening emergency. **First night is virtual and second night is in-person. No senior discount given.**

**#3001      2 sessions      April 5      L. Bonito**  
**HHS rm B105      Tues. & Thur., 5:30-8:30 pm**  
 Resident: \$150      Non-resident: \$155

Other dates are available for the Guard Card and CPR classes, visit: [hamdenadulted.com/CourseCatalog/](http://hamdenadulted.com/CourseCatalog/)



**Real Estate Training**



## Pre-Licensing 60 hour State Approved Class

This course is one of the first approved live/virtual Real Estate classes in the State! It covers the major aspects of the real estate industry and prepares you for the State licensing examination and meets the 60 hour requirement for licensing.

It also provides excellent information for those interested in personal real estate planning and investing. You will also learn the latest and most relevant trends in real estate.

To take the State licensing examination you must be 18 years of age or older.

Textbooks/Ebooks are included in the cost of the class. Students must have a computer/tablet/phone with a camera and an email address to receive Zoom invitations and materials. **No senior discount given.**

**#1012      12 weeks      Jan 3      Cadema Ed Associates**  
**Remote-Virtual      Mon. & Thur., 6-9pm**  
 Resident \$575      Non-resident \$580



## Phlebotomy Technician Training



### Phlebotomy Technician



Phlebotomy Technicians are an important member of the medical laboratory team.

Their most important duty is to collect blood specimens from patients, and handle the samples properly.

Phlebotomists work mainly in hospitals, medical and diagnostic laboratories, and doctor's offices.

## EKG Technician Training



### EKG Technician



EKG Technicians serve as valuable members of medical teams in caring for patients hearts.

They administer tests for recording and analyzing electrical impulses transmitted by the heart.

They are employed at hospitals, doctor offices and medical clinics.

## Certified Nurses Assistant Training



### CNA



Certified Nurses Assistants are primarily responsible for helping patients with bathing, grooming, toileting, eating and moving.

They work mainly in nursing homes. Others work as home health aides, caring for patients in their own homes.

Flexible schedule to fit your needs. Class are offered days, nights or weekends. Flexible payment plans are offered too.

Ready to register or want more information on becoming a:  
CNA, Phlebotomy Technician,  
or EKG Technician?

Call us:

203-407-2028



## Top Courses

*Develop In-Demand Job Skills With an Affordable Certificate*

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

1. Medical Assistant
2. Pharmacy Technician
3. ProTrain Course Extension
4. Phlebotomy Technician
5. Spanish for Educators
6. Medical Administrative Assistant
7. Spanish for Healthcare
8. EKG Technician
9. Professional in Human Resources
10. Roofing Professional Program
11. CompTIA A+
12. AutoCAD Fundamentals Certificate
13. Medical Terminology
14. CompTIA Network+
15. CompTIA Security+
16. Project Management Professional (PMP) Exam Prep
17. Day Care Administration Career Prep
18. Medical Billing and Coding Career Prep
19. Microsoft Office Excel
20. Medical Scribe
21. Spanish for the Workplace
22. Cisco CCNA and CCNP
23. Grant Writing
24. Professional Certification in Digital Marketing
25. Basic Management Skills
26. Spanish for Construction
27. Six Sigma Green Belt Certification Prep
28. Professional Communication
29. Electrical and Electronic Fundamentals
30. Spanish for Social Services

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



## Pharmacy Technician

*Develop In-Demand Job Skills With an Affordable Certificate*

This program prepares students to be professional Pharmacy Technicians dedicated to assisting in quality pharmacy operational procedures. Students that pass the course and certification exam can submit an application to participate in an internship program with national affiliation partners like CVS and Walgreens, or local pharmacy operations near their residence.

*Student will be prepared to enter the pharmacy field and to take the Pharmacy Technician Certification Board (PTCB) certification exam or NHA Exam.*

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



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



## Patient Care Technician Training



**Patient Care Technician**

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

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

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

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

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

## ServSafe Food Handlers Training and Certification



ServSafe is a food safety training and certificate program administered by the National Restaurant Association. This program is accredited by ANSI and the Conference for Food Protection. This certification is required by most restaurants as a basic credential for their management staff. You will learn basic food safety practices for preparing and serving food. You will earn your food handler certificate from the foodservice experts, the National Restaurant Association. The five sections you will learn are Basic Food Safety, Personal Hygiene, Cross-contamination and Allergens, Time and Temperature, and Cleaning and Sanitation. You must complete these sections before the assessment is available. Please register 10 days prior to class, so books can be picked up prior to class. **Price includes textbook. There is no senior discount given.**

**#1002HA**  
**Sat., 8am-5pm**

**Staff**

**HHS rm D111**

**Apr 23 1 session**

Resident \$200



Non-resident \$205

## OSHA 10 Hour Online Training



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

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

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

**Available in English and Spanish.**

## OSHA 30 Hour Online Training



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

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

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

**Available in English and Spanish.**

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

SKILLS  
FOR  
THE 21<sup>ST</sup>  
CENTURY™



We offer you hundreds of engaging online courses as well as online certificate programs. For each course you will need to read, listen to a 10-15 minute presentation from the instructor, take a self quiz, join discussions with fellow students, and obtain plenty of practical information that you can put to immediate use. Our online courses are affordable, fun, fast, convenient, and geared just for you. You can take all of the classes from the comfort of your home or office at the times that are most convenient to you. Each course runs several times a year, starting on the first Monday of the month. Most courses run for four weeks. The certificate programs are usually comprised of three courses. You can ask questions and give or receive advice at any time during the course. Upon successful completion, you will be able to download a certificate of completion. Certificate programs start as low as \$195 and includes several courses.

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



**HERE IS ARE SOME OF OUR MOST POPULAR COURSES:**

**Certificate in Customer Service**

Customer service is now essential for business and all work organizations. With the increase of technology, human interaction with customers becomes all the more important. Whether it relates to retaining customers, serving your audience, or turning inquiries from potential customers into sales, good customer service is now one of the central factors in organizational success.

Learn to improve your customer service skills to enhance your career skill set, improve productivity, and increase your organization's success. You will also take away some extraordinary customer service techniques you won't find anywhere else.

**Bookkeeping Certificate**

How do you manage the finances of a business? Whether you are an entrepreneur, running a family business, or just looking to advance your career and add to your skill set, this Bookkeeping Certificate will provide you with the knowledge needed to measure, and manage, the financial health of your business. This program focuses on cash basis accounting.

No one will care more about the financial health of your business than you! It's imperative that you understand how the process works and are able to complete the accounting cycle accurately and in a timely fashion. Even if you plan to outsource your bookkeeping needs, you should still understand how the process works. No one should be clueless when it comes to the finances of their business.

**Certificate in Master Excel**

A must-have skill to succeed in business, whether an entrepreneur or a valued employee, is the ability to create, edit and manage spreadsheets. Microsoft Excel is the most used spreadsheet tool in the world.

Begin with learning how an Excel worksheet is constructed, populated, and edited for delivery. Discover how various menu items, commands, settings and processes affects the look of your worksheets and workbooks.

Then, increase your efficiency by learning how to organize, display and calculate your data into useful information. Identify different types of data and how data can be best visually represented or formatted, by using different data tool techniques.

Finally, you'll learn a variety of Excel's most powerful features to analyze data quickly and easily. This Certificate will help you discover how to attractively visualize your data into meaningful information with confidence. You must have Microsoft Excel on your computer to complete this certificate.

**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.

**COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!**

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

**Call to Register 203.407.2028**



## Hamden Adult Ed - Ed2Go

### SELF-PACED TUTORIAL ONLINE COURSES



These **high-quality online courses** let you learn at your own pace and are designed to quickly deliver specific skills and knowledge that **help to advance personal or professional development**. Our online classroom is informative, convenient, and highly interactive.

- |   |  |  |
|---|--|--|
| ■ Twelve Steps to a Successful Job Search             | ■ Certificate in Food, Nutrition, and Health | ■ Medical Math                                   |
| ■ Introduction to SQL                                 | ■ Keyboarding                                | ■ Spanish For Medical Professionals              |
| ■ Medical Terminology:<br>A Word Association Approach | ■ Explore a Career in Medical Coding         | ■ Fundamentals of Supervision and Management     |
| ■ Introduction to Microsoft Excel 2016                | ■ Introduction to Natural Health and Healing | ■ Stocks, Bonds, and Investing: Oh, My!          |
| ■ Human Anatomy and Physiology                        | ■ Discover Sign Language                     | ■ Achieving Success with Difficult People        |
| ■ Grammar Refresher                                   | ■ Creating WordPress Websites                | ■ Real Estate Investing Write Fiction Like a Pro |
| ■ A to Z Grant Writing                                | ■ Computer Skills for the Workplace          | ■ Keys to Effective Communication                |
| ■ Accounting Fundamentals                             | ■ Administrative Assistant Fundamentals      | ■ Using Social Media in Business                 |
| ■ Project Management Fundamentals                     | ■ Understanding Adolescents                  | ■ Introduction to Microsoft Excel 2013           |
| ■ Speed Spanish                                       | ■ Certificate in Gerontology                 | ■ Personal Finance                               |

Many other online Self-Paced Tutorials are available. Be sure to look for Self-Paced Tutorial in the name of the course, as many have an instructor-led version.

24/7 Access • Start course at any time • Certificate of completion • 3 Month access • Work at your own speed • Discussion boards • Mobile accessible

Enroll, learn more, or view all our  
Self-Paced Tutorial online courses at:

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

## COURSES



## FEATURES INCLUDE:

- Self-paced, Start anytime
- 24/7 Access
- Books and materials included
- Certificate of Completion
- Certification Exam Voucher may be included
- Financial assistance available
- Student Advisors Included
- Industry Recognized Certifications
- Counselors help match your interests

## Hamden Adult Education - Ed2Go

### ONLINE CAREER TRAINING COURSES

Learn in-demand skills around your schedule. This online, self-paced training is designed to prepare you for entry or advancement in career opportunities.

#### MEDICAL BILLING AND CODING (Vouchers Included)

Train for an in-demand healthcare career in medical billing and coding and prepare for industry certification in this course.

#### PHARMACY TECHNICIAN (Voucher Included)

Train to enter this rapidly growing field as a Pharmacy technician, supporting licensed pharmacists in providing health care to patients.

#### COMPTIA CERTIFICATION TRAINING: A+, NETWORK+, SECURITY+ (Vouchers Included)

Get a comprehensive foundation for IT professionals, incorporating CompTIA A+, CompTIA Network+, and CompTIA Security+ specific training, and preparing you for the corresponding industry certification exams.

#### HUMAN RESOURCES PROFESSIONAL

Master the skills you need to gain an entry-level position in human resources and prepare to take the PHR certification exam.

#### HVAC/R CERTIFIED TECHNICIAN

A comprehensive online training program that encompasses heating, ventilation, air conditioning, and refrigeration.

#### LEAN SIX SIGMA GREEN BELT AND BLACK BELT (Exam Cost Included)

Learn the principles of both Lean Six Sigma Green Belt and Lean Six Sigma Black Belt, before sitting for the certification exams.

#### CERTIFIED MEDICAL ADMINISTRATIVE ASSISTANT WITH MEDICAL BILLING AND CODING (Vouchers Included)

This course will teach you how Administrative Medical Assistants are versatile and valuable members of the healthcare team who handle a broad range of duties. You will also be prepared for the Certified Medical Administrative Assistant (CMAA) national certification exam offered by the National Healthcareer Association (NHA).



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

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

## Computer Basics Made Easy

Learn computer basics for your laptop or desktop computer. Windows 10 and Microsoft Office 2016 (Word, Excel, and PowerPoint) will be introduced as well as internet, email basics, hardware, software, ribbons, cut, copy, paste, create, edit, format, save files into folders, and print are just a few of the computer terms and applications you will learn. No prior knowledge required. *Bring a USB drive to save your work.*

S. Bozzuto 4 wks Resident: \$72 Non-resident \$77  
Feb 7 #1200N NHHS rm 116 Mon., 6:30-8:30 pm

## Google Applications: Docs, Slides and Sheets

This course will teach you basic to advanced skills for GoogleApps programs: Docs, Slides, and Sheets (similar to Microsoft Word, PowerPoint and Excel). You will complete hands-on activities to learn skills. Prerequisite - type at a reasonable speed and have a gmail account setup.

L. Hatton 8 wks Resident \$90 Non-resident \$95  
Feb 10 #1219H HHS rm C203 Thur., 6-8 pm

## Keyboarding Typing Skills Made Easy

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

S. Bozzuto 5 wks Resident: \$72 Non-resident \$77  
Mar 9 #1213N NHHS rm 116 Wed., 6:30-8:30 pm

## Microsoft Excel 2019 Beginner

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, save and print worksheets, page setup options, cell basics, modifying columns/rows/cells, utilize currency and date styles, insert and work with comments, create basic formulas, utilize fill handle, work with hyperlinks, and more. Prerequisite - type at a reasonable speed and have basic computer skills. *Bring a USB drive to save your work. \* students are encouraged to register for Excel 2019 Intermediate*

M. Hatton 5 wks Resident \$90 Non-resident \$95  
Feb 9 #1206H HHS rm C203 Wed., 6-8 pm

## Microsoft Excel 2019 Intermediate

This course picks up where the Beginning Excel course leaves off, covering more intermediate features include utilizing font/fill color, applying/drawing borders, applying table styles and themes, naming ranges and functions (advanced formulas), sort/filter, inserting objects into worksheets, charts, etc. Prerequisite - type at a reasonable speed and know basic features of Excel or have taken the Excel Beginner course. *Bring a USB drive if you want to save your work.*

M. Hatton 3 wks Resident \$60 Non-resident \$65  
Mar 23 #1207H HHS rm C203 Wed., 6-8 pm

## Microsoft Excel Made Easy

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

S. Bozzuto 4 wks Resident: \$72 Non-resident \$77  
Feb 9 #1208N NHHS rm 116 Wed., 6:30-8:30 pm

## Microsoft PowerPoint

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

S. Bozzuto 3 wks Resident: \$60 Non-resident \$65  
Apr 11 #1209N NHHS rm 116 Mon., 6:30-8:30 pm

## Microsoft Word Made Easy

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

S. Bozzuto 4 wks Resident: \$64 Non-resident \$69  
Mar 14 #1212N NHHS rm 116 Mon., 6:30-8:30 pm



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



## Beginning and Intermediate Oil Painting

Paint in oils, a subject of your choice, using a sharp 8x10 or larger photo reference. Learn canvas and painting techniques, including color mixing, application, and composition. Instructor will provide individual and class instruction. *A supply list will be given prior to the first night of class. A \$10 materials fee will also be collected on the first night of class.*

P. Meglio	6 wks	Resident \$72	Non-resident \$77
<b>Mar 28</b>	<b>#1425N</b>	<b>NHHS rm 115</b>	<b>Mon., 6-8 pm</b>

## Bob Ross "Joy of Painting" Workshop

Experience Bob Ross "Joy of Painting". You will be instructed step-by-step to paint with oils utilizing a "Wet on Wet" technique to transform a blank canvas into a beautiful picture. No experience is needed! *A \$35 materials fee is included in the price of the class. Bring a roll of paper towels.*

C. Kozak	1 session	Resident \$65	Non-resident \$70
		<b>HHS rm B104</b>	

<b>Mar 22</b>	<b>#1404HA-Serenity Bridge</b>	<b>Tues., 6:15-9 pm</b>
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<b>Apr 26</b>	<b>#1404HB-Island Vacation</b>	<b>Tues., 6:15-9 pm</b>
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<b>May 19</b>	<b>#1404HC-Northern Lights</b>	<b>Thur., 6:15-9 pm</b>
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**NHHS rm 115**

<b>Mar 8</b>	<b>#1404NA-Country Winter Barn</b>	<b>Tues., 6-8:45 pm</b>
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<b>Apr 4</b>	<b>#1404NB-Mountain Morning</b>	<b>Mon., 6-8:45 pm</b>
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<b>May 4</b>	<b>#1404NC-Mellow Country Road</b>	<b>Wed., 6-8:45 pm</b>
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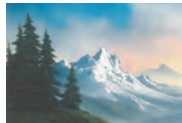
1404HA  
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## Crochet: All Levels

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

S. Tendler	10 wks	Resident \$90	Non-resident \$95
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<b>Feb 8</b>	<b>#1403H</b>	<b>HHS rm B106</b>	<b>Tues., 6:30-8:30 pm</b>
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<b>Feb 9</b>	<b>#1403N</b>	<b>NHHS rm 108</b>	<b>Wed., 6:30-8:30 pm</b>
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## Drawing 101

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

D. Demetriades	6 wks	Resident \$42	Non-resident \$47
<b>Jan 27</b>	<b>#1430</b>	<b>Virtual - Online</b>	<b>Thur., 7-8 pm</b>

## Paint a Steam Train Scene in Oils

You will paint this lovely scene of a steam train chugging down the tracks. Learn techniques for painting falling snow and learn how to mix and apply many colors of snow. *A supply list will be given prior to the first night of class. A \$8 materials fee will also be collected on the first night of class for the canvas and picture.*



P. Meglio	6 wks	Resident \$72	Non-resident \$77
<b>Feb 7</b>	<b>#1426N</b>	<b>NHHS rm 115</b>	<b>Mon., 6-8 pm</b>

## Scrapbooking

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

M. Padilla	1 session	Resident \$25	Non-resident \$30
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<b>Mar 21</b>	<b>#1432N</b>	<b>NHHS rm 114</b>	<b>Mon., 6:30-8:30pm</b>
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## Sea Glass Wire Wrapping 101 Workshop

Come learn basic wire wrapping techniques using beach finds and turning them into jewelry. Different designs, techniques and colors will be shown. Leave with two finished pendant necklaces. This is a great class for beginners! Everything will be provided by the instructor, including tools. *A \$25 non-refundable materials fee is included in the cost of the class.*

L. Zlotowski	1 session	Resident \$50	Non-resident \$55
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<b>Mar 22</b>	<b>#1405N</b>	<b>HHS rm D107</b>	<b>Tues., 7-9 pm</b>
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## Soy Candle Making 101

Using soy wax, learn how to pour, scent and create 2 of your very own candles. Each candle burns over 25 hours each. There will be over 80 scents available to choose from. Everything is provided: the jars, instructions, twine and tags. *\$25 material fee is payable to the instructor on the evening of class.*

L. Zlotowski	1 session	Resident \$25	Non-resident \$30
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<b>Mar 15</b>	<b>#1427H</b>	<b>HHS rm D107</b>	<b>Tues., 7-9 pm</b>
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## The Art of Beautiful Writing - Calligraphy - Beginner

Treasure themoments with memories saved in beautiful hand scribed Calligraphy. Add a little elegance using Calligraphy on envelopes, invitations, quotes, poems, favorite family recipe, ribbon, ornaments, or gifts for any special occassion. This is a great way to make a first impression. You can learn the Aret of Beautiful Writing in just 6 weeks. If you have enjoyed looking at Calligraphy, but have never tried it, you are in for a pleasant surprise. You will have a small, but complete project. *A supply list will be given prior to the first night of class. A \$12 materials fee will also be collected on the first night of class.*

J. Little	6 wks	Resident \$72	Non-resident \$78
<b>Feb 8</b>	<b>#1425N</b>	<b>NHHS rm 116</b>	<b>Tues., 6-8 pm</b>

## Adult Hip Hop

Our main focus is to bring a little dance education and lots of fun into the room. Participants will learn all the basic Hip Hop moves and also be able to make up some of their own. Everyone will learn many new steps and routines while developing coordination and skills. For all ability levels, beginners or advanced participants. The program will challenge the participants individually. *Bring water bottle, towel and sneakers.*

Staff	7 wks	Resident \$70	Non-resident \$75
Mar 3	#1646A	NH YMCA	Thur., 6:30-7:15pm
Apr 28	#1646B	NH YMCA	Thur., 6:30-7:15pm

## 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 wks	Resident: \$95	Non-resident \$100
Mar 2	#1601A	NH YMCA	Wed., 6:30 - 7:15 pm
Mar 5	#1601B	NH YMCA	Sat., 8:30 - 9:15 am
Apr 27	#1601C	NH YMCA	Wed., 8:30 - 7:15 pm
Apr 30	#1601D	NH YMCA	Sat., 8:30 - 9:15 am
Jul 6	#1601E	Camp Mtn Laurel	Wed., 6:30 - 7:15 pm
Jul 9	#1601F	Camp Mtn Laurel	Sat., 8:30 - 9:15 am
Aug 3	#1601G	Camp Mtn Laurel	Wed., 6:30 - 7:15 am
Aug 6	#1601H	Camp Mtn Laurel	Sat., 8:30 - 9:15 am

## American Red Cross Lifeguard Certification Course

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

Staff	2 wks	Resident \$300	Non-resident \$305
Feb 19	#3439A	NH YMCA	Sat/Sun., 10am - 5:30 pm
Jun 4	#3439C	Camp Mtn Laurel	Sat/Sun., 10am - 5:30pm
Staff	5 days	Resident \$300	Non-resident \$305
Mar 14	#3439B	NH YMCA	M-F., 10am - 4 pm

## Aqua Dance

This course is designed for those who are interested in water aerobics. This workout is a "pool party" for all ages. Safe, effective, and challenging water based work outs for all ability levels. The program will challenge the participants individually. *Bring a bathing suit, towel and water bottle.*

Staff	1 session	Resident \$50	Non-resident \$55
Mar 2	#1647A	NH YMCA	Wed., 10 - 11 am
Apr 27	#1647B	NH YMCA	Wed., 10 - 11 am
Jul 9	#1647C	Camp Mtn Laurel	Sat., 11 am - 12 pm
Aug 6	#1647D	Camp Mtn Laurel	Sat., 11 am - 12 pm

## Authentic QiGong and T'ai-Chi for Beginners

Create an Oasis within yourself through the practice of T'ai Chi. Learn to manage stress and embody relaxation. Improve your strength, flexibility, balance and alignment and enhance your well-being. Taught by a professional martial artist with over 30 years of T'ai Chi experience. *Bring water and wear comfortable clothing and flat footwear. Senior fee not applicable.*

B. Banick	14 wks	Resident \$140	Non-resident \$145
Feb 9	#1603H	Central Office Gym	Wed., 6-7 pm

## Authentic QiGong and T'ai-Chi Intermediate

Take your Tai-Chi to the next level! Fine-tune your skills through personalized instruction exploring the subtleties and applications of the postures. Taught by a professional martial artist with over 30 years of experience. *Bring water and wear comfortable clothing and flat footwear. Senior fee not applicable.*

B. Banick	13 wks	Resident \$140	Non-resident \$145
Feb 7	#1639H	Central Office Gym	Mon., 6-7 pm

## Ballroom Dance - Beginner

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

JJ Hsu	10 wks	Resident \$100	Non-resident \$105
Feb 7	#1640N	NHHS	Mon., 6-7 pm

## Ballroom Dance - Intermediate

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Waltz, Tango, Salsa and Merengue. *Men, please wear dress shoes. Women, please wear ballroom dancing shoes or high heels, no more than 4 inches high. No partners needed.*

JJ Hsu	10 wks	Resident \$100	Non-resident \$105
Feb 7	#1641N	NHHS	Mon., 7-8 pm

## Befriend Yourself Yoga

This Gentle Yoga class will focus on basic poses, breath, and alignment. A calming, stress-relieving way to end your day. Added Bonus: 1 minute of stretches/mindfulness/mantras which you can incorporate into your everyday life!

Staff	8 wks	Resident \$96	Non-resident \$101
Feb 7	#1648A	YCYC or Online	Mon., 6-7 pm
Feb 10	#1648B	YCYC or Online	Thur., 6-7 pm



## Golf Fore Women 101

This class is a beginner class for women only that covers the fundamentals of golf including full swing, short game and putting. Bring golf clubs if you have them. Do not go out and buy golf clubs prior to the first day of class if you don't have them.

*Senior fee not applicable.*

Staff	5 wks	Resident \$130	Non-resident \$135
Mar 21	#1607A	GC at LO	Mon., 12:15 - 1:15 pm
Mar 21	#1607B	GC at LO	Mon., 3:30 - 4:30 pm
Mar 22	#1607C	GC at LO	Tues., 5:15 - 6:15 pm
Mar 23	#1607D	GC at LO	Wed., 9:45 - 10:45 am
Mar 25	#1607E	GC at LO	Fri., 5:15-6:15 pm
Mar 26	#1607F	GC at LO	Sat., 10-11 am
Mar 27	#1607G	GC at LO	Sun., 10-11 am

Check our website: [www.hamdenadulted.org](http://www.hamdenadulted.org)  
for other dates in May.

## 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!

X. Walker	10 wks	Resident: \$80	Non-resident \$85
Feb 10	#1643	Central Office Gym	Thur., 7:30 - 8:30 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: \$60	Non-resident \$65
Feb 10	#1645	Central Office Gym	Thus., 6:45-7:15 pm

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

Remember doing the electric slide and the cha-cha slide at those weddings and family reunions? Well, there are hundreds more current and here's an opportunity to learn more! Come learn the Wobble, Cupid Shuffle, as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Broken Stones, and more. Great way to exercise the brain along with the rest of the body! Beginner-friendly and lots of fun!

S. Walker	8 wks	Resident: \$80	Non-resident \$85
Mar 1	#1616	Central Office Gym	Tues., 7 - 8 pm

## Line Dancing: Soulful/Jazzy/R&B Way (Returning Students)

If you've taken my class, you remember some of the basics, want to continue to learn more dances, and you're a quick learner, this one's for you! I will do a quick refresher of dances previously taught, and continue to show some new ones! Still beginner friendly and lots of fun!

S. Walker	10 wks	Resident: \$100	Non-resident: \$105
Feb 23	#1615	Central Office Gym	Wed., 7:15 - 8:45 pm

## Jiu Jitsu for Children (Ages 4-9)

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

Staff	6 wks	Resident \$130	Non-resident \$135
Feb 7	#1613	Soulcraft Studio	M&W, 5:30-6:15 pm

## Krav Maga - Self Defense

Learn the official hand-to-hand combat system of the Israeli Army! Its quick counter-attacks and offensive techniques make it the ideal fighting style for dangerous and unexpected situations. No prior experience needed. This class is a great intro to realistic and effective self defense. Fun, realistic self defense that's great for men and women. You'll have a blast and get in great shape.

Staff	6 wks	Resident \$130	Non-resident \$135
Feb 7	#1614	Soulcraft Studio	M,W 6:30-7:30 pm, S 11-12

## Muay Thai Kickboxing

From day one you will be hitting pads and learning to react to attacks in effective realistic ways. Our training method is designed to be safe yet realistic! No matter what your interest may be – martial arts, fitness, self-defense or stress reduction – our Muay Thai kickboxing program and classes focus on personal improvement at your own pace, with the support and motivation you need to reach your goals.

Staff	6 wks	Resident \$130	Non-resident \$135
Feb 7	#1617	Soulcraft	M&W 7:30-8:30pm, S 10-11am

## Restorative Yoga

Retreat from your everyday life - journey into tranquility and well-being. You will gently remind your nervous system to relax, your adrenals to restore, and your organs to be nurtured. Class includes deep relaxation, healing breathing, and meditation. Blankets, bolsters and other props will be used. A healing experience for those recovering from illness or injury, or anyone looking to recharge and re-new your lifestyle.

Staff	8 wks	Resident \$96	Non-resident \$101
Feb 11	#1632	YCYC or Online	Fri., 6-7 pm

All classes at YCYC will be held on Zoom (links available through our website) and – for those who are vaccinated – in person: bring your card to show the teacher at your first class. Also, wear a mask to class

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Slow & Steady – Yoga for Right Now

Put your yoga practice to work to help navigate through the quarantine! We will do gentle asana (including stretches and balances), a special pranayama to soothe and calm your nervous system, and meditation or yoga nidra to bring you back to your best self – clear headed, focused and physically stable. *Senior fee not applicable.*

Staff	8 wks	Resident \$96	Non-resident \$101
Feb 9	#1628A	YCYC or Online	Wed., 6-7:15 pm
Feb 12	#1628B	YCYC or Online	Sat., 10-11:15 am

Smiling Spirit/Kripalu Yoga

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

Staff	8 wks	Resident \$80	Non-resident \$85
Feb 8	#1640A	YCYC or Online	Tues., 9-10:15 am
Feb 10	#1640B	YCYC or Online	Thur., 9-10:15 am

Strong and Fit - Women’s Self Defense

This is a research-based program designed to help women identify early signs of danger and increase strength, flexibility and overall fitness. Designed by women instructors in Jujitsu, Muay Thai kickboxing, and yoga, this course draws attention to physical, verbal, and nonverbal aspects of practical self-defense. A faculty member specializing in violence prevention works as part of our diverse team. In this program, you can expect to develop practical knowledge and skills while also getting in shape and connecting with other women in a safe environment!

Staff	8 wks	Resident \$130	Non-resident \$135
Feb 10	#1636	Soulcraft Studio	Thur., 6:30-8 pm

Sunrise Yoga

Most people have no idea how good their body was designed to feel. You can set the tone for each day with a good stretch and a calm mind, supported by an amazing community. Gentle movement and breathing exercises optimize everything that we physically experience, bringing our bodies and mind back into equilibrium, ready for the challenges ahead. *Senior fee not applicable.*

Staff	20 days	Resident \$133	Non-resident \$138
Feb 7	#1649	YCYC or Online	M-F 6:30-7:30 am

Take Aim with Archery

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

Staff	5 wks	Resident \$40	Non-resident \$45
Jul 6	#1650A	Camp Mtn Laurel	Wed., 5-5:45 pm
Aug 3	#1650B	Camp Mrn Laurel	Wed., 5-5:45 pm

Yoga for Depression & Anxiety

The regular practice of yoga can reduce symptoms of depression & anxiety, which may include sadness, feeling hopeless, difficulty concentrating or making decisions, insomnia & restlessness. No yoga experience required. Please consult your therapist or health care provider before enrolling to determine whether yoga is appropriate for your condition.

Staff	8 wks	Resident \$96	Non-resident \$101
Feb 12	#1629	YCYC or Online	Sat., 11:30 am-12:30 pm

Yoga for Healthy Aging

Yoga is the perfect vehicle for healthy living and aging gracefully – a way of intentional living supported by diet, exercise, mindfulness, and emotional wellness. This workshop will include yoga postures that develop flexibility, strength, balance and agility, breathing techniques to improve respiratory functioning and simple mindful meditations to create stillness in the mind. Classes are taught in a gentle Kripalu Yoga style, using a chair or the mat. Modified instructions are provided if you need to remain seated for the class. No experience necessary. Handouts will be included. *Senior fee not applicable.*

Staff	8 wks	Resident \$80	Non-resident \$85
Feb 2	#1627	YCYC or Online	Wed., 10:30-11:45 am

Check our website for more classes!  
[www.hamdenadulthood.com/CourseCatalog](http://www.hamdenadulthood.com/CourseCatalog)



**Homebuyers Workshop**

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

B. DePodesta, T. Brandi, P. Frazier 1 wk Resident \$25 Non-resident \$30  
**Mar 15 #1800H HHS D213 Tues., 6:30-8:30 pm**

**Replacement Window Workshop**

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

P. O'Doherty 1 wk Resident \$25 Non-resident \$30  
**Mar 9 #1801H Virtual- Online Wed., 7-9 pm**

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

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

M. Ciarleglio 4 wks Resident \$70 Non-resident \$75  
**Feb 16 #2029N NHHS rm 109 Wed., 6:30-8:30 pm**

**Cake Decorating with Gum Paste and Fondant**

In this class you will learn how to make gum paste and fondant flowers and borders during week 1. The techniques learned will be applied and assembled on an iced cake during week 2. **Supply list will be sent prior to first class.**

M. Padilla 2 wks Resident \$41 Non-resident \$46  
**May 3 #2038N NHHS rm 109 Tues., 6:30-8:30 pm**

**Cupcake Decorating**

In this fun class you will learn to decorate cupcakes using specialty tools. You will learn to make easy fun flowers, borders in various shapes and colors. **Supply list will be sent prior to class.**

M. Padilla 1 session Resident \$30 Non-resident \$35  
**Feb 15 #2004N NHHS rm 109 Tues., 6:30-8:30 pm**

**Easy Weeknight Caribbean Meals - Orange Mango Jerk Chicken**

Join Chef DarleneB to bring pizzazz to your everyday weeknight meal by adding a Caribbean twist. Make orange mango jerk chicken, which was featured at the NYC Jerk Fest. This class will focus on knife skills and other important techniques. Learn how to make coconut couscous with wilted spinach and West Indian pumpkin. **An ingredient list will be emailed prior to class.**

D. Banks 1 session Resident \$30 Non-resident \$35  
**Mar 15 #2033 Virtual - Online Tues., 7-9 pm**

**Mardi Gras Celebration: Shrimp and Grits**

Join Chef DarleneB in celebrating Fat Tuesday with the succulent and soulful shrimp and grits. This Southern classic of pan seared shrimp and creamy grits will make your mouth water. Learn how to peel and devein shrimp and other cooking techniques. Also learn how to make quick collard greens and corn fritters. **An ingredient list will be emailed prior to class.**

D. Banks 1 session Resident: \$30 Non-resident: \$35  
**Mar 1 #2032 Virtual - Zoom Tues., 7-9 pm**

**Spring and Easter Baking**

Join Chef Maryann and learn to make some awesome cookies, pies and cakes for the springtime. **\$45 non-refundable consumable fee is payable first night of class.**

M. Ciarleglio 4 wks Resident \$70 Non-resident \$75  
**Mar 23 #2028N NHHS rm 109 Wed., 6:30-8:30 pm**

**Street Food Favorites: Falafel - Vegan**

Join Chef DarleneB in learning how to make the protein packed Middle Eastern, street food favorite, Falafel. This plant-based treat is made of chickpeas, fresh herbs, spices and fried to perfection for a crunchy bite. We will serve our falafels on a pita and serve with homemade tahini dressing, Mediterranean salad and chili sauce. **An ingredient list will be emailed prior to class.**

D. Banks 1 session Resident: \$30 Non-resident: \$35  
**Mar 24 #2034 Virtual - Zoom Thur., 7-9 pm**

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

## Street Food Favorites: Falafel - Vegetarian

Join Chef DarleneB in learning how to make the protein packed Middle Eastern , street food favorite, Falafel. This plant-based treat is made of chickpeas , fresh herbs, spices and fried to perfection for a crunchy bite. We will serve our falafels on a pita and served with homemade tzakiki sauce, Mediterranean salad and hummus. *An ingredient list will be emailed prior to class.*

D. Banks	1 session	Resident: \$30	Non-resident: \$35
<b>May 5</b>	<b>#2035</b>	<b>Virtual - Zoom</b>	<b>Thur., 7-9 pm</b>

## Tier Cake Assembly

In this class, you will ice, assemble and decorate a two-tier cake. Icing flowers will be made during session one and assembled on prepared cake during session two. You will work in teams to complete project. *Supply list will be sent prior to class.*

M. Padilla	2 wks	Resident \$41	Non-resident \$46
<b>Mar 8</b>	<b>#2036N</b>	<b>NHHS rm 109</b>	<b>Tues., 6:30-8:30 pm</b>

## Wonderful Winter Soups

Need a nice warm hearty soup to warm you up this cold weather? Join Chef DarleneB and learn how to make two great tasting soups - Curried Pumpkin and Chicken Tortilla. Ready to cook and have fun? *An ingredient list will be emailed prior to class.*

D. Banks	1 session	Resident: \$30	Non-resident: \$35
<b>Feb 17</b>	<b>#2037</b>	<b>Virtual - Zoom</b>	<b>Thur., 7-9 pm</b>

## Vegan Taco Tuesday

Join Chef DarleneB and learn how to make delicious plant-based tacos filled with roasted cauliflower and topped with homemade guacamole and salsas. Kick start your New Year's resolution by adding more plant-based meals to your weekly menu for a healthier 2022. *An ingredient list will be emailed prior to class.*

D. Banks	1 session	Resident: \$30	Non-resident: \$35
<b>Feb 15</b>	<b>#2038</b>	<b>Virtual - Zoom</b>	<b>Tues., 7-9 pm</b>

## Searching for Talent

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

Persons with specialized skills and interests are invited to share their talents with the community.

If you are interested in joining our staff, please contact:

Rissa Webb at 203.773.9211 ext. 1146 or [rwebb@hamden.org](mailto:rwebb@hamden.org)

# 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 \$99	Non-resident \$104
<b>Feb 8</b>	<b>#2201H</b>	<b>HHS rm D214</b>	<b>Tues., 7:00-8:30 pm</b>

## Italian For You

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

M. Lolaico	10 wks	Resident \$99	Non-resident \$104
<b>Feb 8</b>	<b>#2200H</b>	<b>Virtual - Online</b>	<b>Tues., 6-7:30 pm</b>

## Spanish in the Workplace

Would you like to learn Spanish? Then this is the course for you! Develop basic Spanish language skills such as verb conjugations and sentence structure. We will work within vocabulary themes that benefit you. For example, if you are in the healthcare field, we will work with specific vocabulary that can be useful in this line of work. An excellent course for beginners or used as a refresher for those who have not used their Spanish skills in a while. Instruction will take place through Zoom. You will receive an email containing a link and instructor information before the start of the course.

S. Allen	4 wks	Resident \$59	Non-resident \$64
<b>Feb 9</b>	<b>#2208N</b>	<b>Virtual - Online</b>	<b>Wed, 7-8:30 pm</b>

## Traditional Mandarin Chinese Beginners/Intermediate

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

J Jen Hsu	10 wks	Resident \$70	Non-resident \$75
<b>Feb 8</b>	<b>#2205N</b>	<b>NHHS rm 106</b>	<b>Tues, 6-7 pm</b>

Call to Register 203.407.2028



## Avoiding Probate

We always hear about probate, but are confused about by what probate actually is? When do we go to probate? Do we want to avoid it? Should we avoid it? Come to this workshop and get the answers to all these questions and more.

Atty. S. Rubin	1 session	Resident \$25	Non-resident \$30
<b>Feb 15</b>	<b>#2400H</b>	<b>HHS rm D111</b>	<b>Tues., 6-8 pm</b>
<b>Apr 7</b>	<b>#2400N</b>	<b>NHHS rm 106</b>	<b>Thur., 6-8 pm</b>

## Medicare 101 - How to Get All The Benefits You Are Entitled To!

Turning 65? Already on Medicare? Confused by all the mail? Do I need to sign up for Medicare? Why do they need my zip code on those commercials? Am I getting all the benefits I'm entitled to? Attend this free course to learn about all the moving parts of Medicare – A, B, C, D etc! Opportunity for Q&A at the end to clear up common confusion about the various plans

M. DeGregorio	1 session		
<b>Feb 8</b>	<b>#2416H</b>	<b>HHS rm D111</b>	<b>Tues., 6-8 pm</b>

## 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 \$30
<b>Mar 9</b>	<b>#2418NA</b>	<b>NHHS rm 106</b>	<b>Wed., 6:30-8:30 pm</b>
<b>Apr 6</b>	<b>#2418NB</b>	<b>NHHS rm 106</b>	<b>Wed., 6:30-8:30 pm</b>

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

## 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.

S. Grove	2 wks	Resident \$30	Non-resident \$35
<b>Apr 5</b>	<b>#2404H</b>	<b>HHS rm D111</b>	<b>Tues., 6:30-8:00 pm</b>
<b>Apr 6</b>	<b>#2404N</b>	<b>NHHS rm 106</b>	<b>Wed., 6:30-8:00 pm</b>

## Secret Life of Trusts

Wills and living trusts are great, but are they enough to protect your estate from loses due to creditors, nursing homes and probate? In this workshop you will learn how to avoid probate, how to protect your children's inheritance, the best plan for retirement accounts and how to pay for care you will need in the future.

Atty. S. Rubin	1 session	Resident \$25	Non-resident \$30
<b>Mar 15</b>	<b>#2411H</b>	<b>HHS rm D111</b>	<b>Tues., 6-8 pm</b>
<b>May 12</b>	<b>#2411N</b>	<b>NHHS rm 106</b>	<b>Thur., 6-8 pm</b>

## Six Barriers to Investment Success: Uncovering Your Behavioral Biases

Are hidden biases undermining your investment success? We like to think we invest rationally, but the field of behavioral finance has shown that there are social, emotional, and even cognitive factors that can affect our financial decisions and stand in the way of investment success. By identifying these unconscious tendencies, we may have a better chance of meeting long-term goals. Come learn about these things and more.

M. Argiro	1 session	Resident \$25	Non-resident \$30
<b>Mar 24</b>	<b>#2402</b>	<b>Virtual - Online</b>	<b>Thur., 6:30-8:00 pm</b>

# MUSIC

## Music at its Best: Why it Works.

The inner life of music - how it effects us the way it does. Many styles are used in this exploration. No formal music background is required. The more varied the background of the participants, the richer the experience.

R. Gangi	8 wks	Resident \$72	Non-resident \$77
<b>Feb 8</b>	<b>#2608H</b>	<b>HHS rm A114</b>	<b>Tues., 7-8:30 pm</b>

## Violin and Cello - Beginner/Intermediate

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

J Jen Hsu	10 wks	Resident \$90	Non-resident \$95
<b>Feb 8</b>	<b>#2606N</b>	<b>NHHS rm 106</b>	<b>Tues., 7-8 pm</b>

## ONLINE REGISTRATION

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



### 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 \$55
<b>Feb 12</b>	<b>#3005A</b>	<b>NH YMCA</b>	<b>Sat., 10am - 4:30 pm</b>
<b>Mar 19</b>	<b>#3005B</b>	<b>NH YMCA</b>	<b>Sat., 10am - 4:30 pm</b>
<b>Apr 16</b>	<b>#3005C</b>	<b>NH YMCA</b>	<b>Sat., 10am - 4:30 pm</b>

### Chess 101 - Beginning Chess

This class is designed for adults who are new to the game as well as those who learned it years ago and would like a refresher! We cover all the basic rules of the game, piece movements, relative values of the pieces, capturing, and of course, the ultimate object of the game – checkmate! You will master the special moves of castling, promotion and en passant. Upon completion of the course you will have a firm grasp of the basics and have confidence that you understand the rules and can play a complete game. *Chess for Beginners: Know the Rules, Choose the Strategies and Start Winning book is needed and will be available for purchase at the first class for \$17.81.*

R. Groff	3 wks	Resident \$60	Non-resident \$65
<b>Feb 9</b>	<b>#2819A</b>	<b>Chess Academy</b>	<b>Wed., 6:30-8:30 pm</b>
<b>Apr 6</b>	<b>#2819B</b>	<b>Chess Academy</b>	<b>Wed., 6:30-8:30 pm</b>

### Chess 102 - Chess Tactics

This class is designed for adult students who are familiar with chess basic rules, who understand check/checkmate and are ready to take their game to the next level by focusing on tactics. You will learn and improve your abilities in deploying tactics such as pins, skewers, double attacks, discovered attacks, decoys, double check, overloaded pieces, interference, zwischenzug and zugzwang! You are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move! *Chess for Beginners: Know the Rules, Choose the Strategies and Start Winning book is needed and will be available for purchase at the first class for \$17.81.*

R. Groff	3 wks	Resident \$60	Non-resident \$65
<b>Mar 2</b>	<b>#2841A</b>	<b>Chess Academy</b>	<b>Wed., 6:30-8:30 pm</b>
<b>May 4</b>	<b>#2841B</b>	<b>Chess Academy</b>	<b>Wed., 6:30-8:30 pm</b>

### Herbal Medicine Making

Want to learn more about how to use plants for healing? Herbs have been used for thousands of years by cultures around the world as medicine, protection, and more. In this course, learn the basic techniques for making potent and safe medicines in your kitchen - herbal teas, tinctures, infusions, decoctions, vinegar, vinegar essence, infused honey, and honey ups.

D. Karpukov	1 session	Resident \$35	Non-resident \$40
<b>Mar 9</b>	<b>#2859</b>	<b>Online - Zoom</b>	<b>Wed., 7-9 pm</b>

### Introduction to Astronomy - Part One - Our Solar System

Does the Cosmos fascinate you? Do you often find yourself staring up at the night sky with jaw-dropping awe? Would you like to learn more about our cosmic neighborhood? Well, it's time to hop on board the cosmic express and take a journey from our precious planet earth to our solar system and beyond! Instructor and astrophotographer Ronald Zincone will help you understand and learn about cosmic wonders such as the planets, stars, comets, meteors, our sun and moon and so much more! Zincone has loved the night sky and astronomy since childhood and now presents this exciting celestial program in a very user-friendly, educational, and humorous style.

R. Zincone	1 session	Resident \$49	Non-resident \$54
<b>Mar 1</b>	<b>#2860</b>	<b>Online - Zoom</b>	<b>Tues., 6 - 9 pm</b>

### 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 make a decision if they like you, trust you, or will do business with you. Within 20 seconds a decision is made to hire you or not. Learn proper body language, gestures, handshakes, correct attire, and more. Sign-up, and Get Hired. Certificate upon completion.

T. Knowlton	1 session	Resident \$30	Non-resident \$35
<b>Mar 1</b>	<b>#2842H</b>	<b>HHS rm D213</b>	<b>Tues., 7-8:30 pm</b>

### Learn Remarkable Public Speaking Skills

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

T. Knowlton	1 session	Resident \$30	Non-resident \$35
<b>Feb 8</b>	<b>#2850</b>	<b>HHS rm D213</b>	<b>Tues., 7-8:30 pm</b>

### Lose Weight With Hypnosis

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

L. Santamaria	3 wks	Resident: \$65	Non-resident \$70
<b>Mar 31</b>	<b>#2809N</b>	<b>NHHS Library</b>	<b>Thur., 7-9 pm</b>

## Media Literacy: Watching the Watchdogs

Fake News? Infotainment? Infodemics? Narratives? First Amendment Right? Who can you trust? Kenn Venit, former WTNH Action News8 anchor/reporter/producer, facilitates this seminar series, designed to enlighten news consumers regarding practices, professional guidelines, responsibilities, and rationales affecting what is presented by various media. Kenn has received major awards for journalism, as well as for his teaching style, utilizing a highly-interactive setting, in which everyone participates in civil discourse, critically analyzing current events and historical preselectives.

K. Venit	7 wks	Resident: \$72	Non-resident \$77
<b>Apr 5</b>	<b>#2845B</b>	<b>HHS rm B105</b>	<b>Tues., 6-7:30 pm</b>

## Nourishing The Soul - Half Day Mindfulness Retreat

Join me on a quiet, winter's morning, as we travel inward, making connection with our own deep presence. Through gentle movement, meditation, and reflection, we'll catch up with ourselves and explore what is asking to be known. Appropriate for those with and without meditation experience.

T. Hodes	1 session	Resident \$35	Non-resident \$40
<b>Feb 20</b>	<b>#2855</b>	<b>Online - Zoom</b>	<b>Sun., 9:30 am - 12:30 pm</b>

## Social Media for Small Business

Together, we'll go through the steps to create an easy-to-execute social media strategies perfect for your business. As an added bonus, you'll learn about tons of money saving resources to make content creation easire and more fun. *Bring a laptop/tablet and cell phone.*

L. Cirkot	3 wks	Resident: \$65	Non-resident \$70
<b>Mar 1</b>	<b>#2856H</b>	<b>HHS rm D212</b>	<b>Tues., 6:30-8:30 pm</b>
<b>Apr 4</b>	<b>#2856N</b>	<b>NHHS rm 104</b>	<b>Mon., 6:30-8:30 pm</b>

## TikTok 101

TikTok is the fastest growing media platform (850 million users and counting). In this course you will learn the basics of the app - how to create a tiktok, understand all the features including understanding the algorythm, and how to optomize your account for engagement and viewership. *Bring a laptop/tablet and cell phone.*

L. Cirkot	3 wks	Resident: \$65	Non-resident \$70
<b>Mar 22</b>	<b>#2857H</b>	<b>HHS rm D212</b>	<b>Tues., 6:30-8:30 pm</b>
<b>Apr 7</b>	<b>#2857N</b>	<b>NHHS rm 104</b>	<b>Thur., 6:30-8:30 pm</b>

## Transformational PowerPoint Presentations

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

T. Knowlton	1 session	Resident \$30	Non-resident \$35
<b>Feb 15</b>	<b>#2851</b>	<b>HHS rm D213</b>	<b>Tues., 7-8:30 pm</b>

## Waking Up To Spring - Half Day Mindfulness Retreat

The season is changing, nature is waking, light is shining. Join me as we explore how the change in season is also changing our way of being in relationship to each other and to the wider world. Through gentle movement, meditation, and reflection, we'll look back on what was, with an intention to create room to spring forward.

T. Hodes	1 session	Resident \$35	Non-resident \$40
<b>Apr 3</b>	<b>#2858</b>	<b>Online - Zoom</b>	<b>Sun., 9:30 am - 12:30 pm</b>

## Comments or Suggestions?

We would love to hear from you!



Please help us, help you.

We offer a variety of one night classes, multiple night classes, day trips and overnight trips.

We are always looking for new class and trip ideas.

Please let us know what you are interetsed in.

Email your suggestions to [info@hamdenadulthood.org](mailto:info@hamdenadulthood.org)



# SAFETY OFFERINGS

## American Heart Association Adult, Child, Infant First Aid, CPR and AED

Learn how to recognize and treat sudden illness and injury in adults, children, and infants and how to provide CPR and use an Automated External Defibrillator. Course topics include: medical emergencies including: allergic reactions, heart attacks, stroke, seizures, and diabetes, Injury management including bites and stings, bleeding control, splinting, environmental emergencies such as heat stroke and hypothermia, relief of choking, CPR AED for adults, children, and infants. This course is appropriate for members of the community who want to be prepared in the event of a cardiac emergency or serious life threatening emergency. **First night is virtual and second night is in person. No senior discount.**

L. Bonito 2 sessions Resident: \$150 Non-Resident \$155  
**Apr 5 #3001 HHS rm D111 Tues. & Thur., 5:30-8:30 pm**

## Boat America

Boat America is a boating certificate class to learn boating Safety at a USCG Basic Boating Course. This is a two day 4 hours each class to fulfill requirements for Connecticut Boating Certification. Upon completion of test you will be qualified for a Connecticut Personal Watercraft Certificate. Topics covered will be: Introduction to Boating, boating law, safety equipment, Safe Operation and Navigation, Boating Emergencies, trailering, and other boating tips

USCG Auxiliary Staff 2 wks Resident \$72 Non-resident \$77  
**Apr 5 #3000 HHS D111 Tues., 5:30-9:30 pm**

## WHOOOPS!

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

# SENIOR OFFERINGS

## Oil Painting Workshop for Seniors

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

E. Teixeira 8 wks Hamden Snrs Free Non-resident \$80  
**Feb 10 #3008 North Haven Rec Center Thur, 10am-12pm**



# FREE TAX PREPARATION IN HAMDEN

Your Volunteer Income Tax Assistance (VITA) program will be back in-person this year at Hamden High (Covid trends permitting) for clients with proof of vaccination. Hamden Adult Ed VITA will also provide virtual tax prep for unvaccinated clients and those preferring virtual tax prep.

## For in-person tax prep:

- \* Hours: Mon and Wed, 5-7:30pm, and Sat, 10am-1:30pm, at Hamden High
- \* Open Jan 24-April 13 (except for Feb 21 and Hamden High School closures)
- \* No appointment necessary

For virtual tax preparation: Upload your information, starting Jan 24, 2022, to [www.GetYourRefund.org/HHS-CT](http://www.GetYourRefund.org/HHS-CT)

## Requirements:

- \* Household income under \$60,000
- \* For in-person tax preparation, proof of vaccination and masks required (no proof needed for virtual prep)
- \* Government-issued photo ID for taxpayers and social security or ITIN number verification for everyone on tax return
- \* Documents detailing all income and expenses needed to file (visit [www.irs.gov/individuals/checklist-for-free-tax-return-preparation](http://www.irs.gov/individuals/checklist-for-free-tax-return-preparation) for a list of potential documents needed)

Questions? You can reach us at [HamdenHighVita@gmail.com](mailto:HamdenHighVita@gmail.com). Your VITA team looks forward to serving you!

Call to Register 203.407.2028



## Resources and Information for Hamden Parents with Young Children

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



### Financial Assistance for Childcare

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



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

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



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

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

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



For information about Family/Home  
Based Child Care options:

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

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



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

## 9/11 Memorial Museum New York, NY



We'll start our day in NYC with Lunch (on own) at Brookfield Place, an upscale food court in the heart of Lower Manhattan.

*The 9/11 Museum:* The National 9/11 Memorial & Museum is the country's principal institution concerned with exploring the implications of the events of 9/11, documenting the impact of those events and exploring 9/11's continuing significance. Multi-media displays, artifacts and narratives commemorate the lives of each & every victim of both the 2001 & 1993 attacks.

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

**#5022      Saturday, April 23      \$105**

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

All times are approximate.

**Note: No refunds for this trip after March 16.**

## Friesians of Majesty Townshend, Vermont



The Friesians of Majesty in Townshend, Vermont is the only Friesian farm in North America devoted exclusively to a majestic breed of jet-black horses from the Netherlands.

Tour the European style stables and meet these gentle and friendly horses. Enjoy a Choreographed Musical Show performed in an impressive arena.

Prior to our time with the Friesians we will visit Kringle Candle in Bernardston, MA. Then enjoy classic fare at the New England House in Brattleboro, VT.

Menu: Fresh Baked Bread, Garden Salad with House Dressing, Choice of Herb-Crusted White Fish, New England Pot Roast, or Maple Barbecue Pork Loin, Side Dishes, Seasonal Fruit Cobbler, Soft Drink, Coffee or Tea.

**#5023      Saturday, May 14      \$140**

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

All times are approximate.

**Note: No refunds for this trip after April 7.**

## Bronx Zoo



Come and experience life on the wild side! The Bronx Zoo's world-class exhibits such as the Congo Gorilla Forest, the Wild Asia Monorial, Tiger Mountain, and Madagascar will get you eye-to-eye with majestic tigers, inquisitive gorillas, and so much more!

Hailed as America's largest metropolitan zoo, the Bronx Zoo will take you on an adventure through the African Plains to the Himalayan Highlands. Come and escape for a day!

The TOTAL EXPERIENCE PASS includes\*:

Full Admission	Congo Gorilla Forest
Bug Carousel	Butterfly Garden
JungleWorld	Wild Asia Monorail
Zoo Shuttle	

Bring your lunch or grab a tasty snack at one of the vendors or cafeterias.

**#5024 Saturday, June 11    \$115    \$108 (kids 6-12)**

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

All times are approximate.

**Note: No refunds for this trip after May 4.**

## Charles Riverboat Cruise



The Cheesecake factory is known for its upscale casual dining, lavish decor, and high energy atmosphere. Enjoy a fabulous lunch - choice of entree, beverage, dive into Original Chocolate Mouse or Dulce de Leche Carmel Cheesecake for dessert.

We will then board a narrated sightseeing cruise on the legendary Charles River. The highlights that we will see are sights of Boston and Cambridge, Beacon Hill, Back Bay, Boston University, M.I.T., Harvard, countless sailboats and so much more.

**#5025      Saturday, July 16      \$132**

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

All times are approximate.

**Note: No refunds for this trip after July 9.**



## Saratoga Races



We are off to the races!

Thoroughbred racing has no finer setting than Saratoga Race Course, opened over 150 years ago. Named one of the world's greatest sporting venues by Sports Illustrated, the past comes alive in the historic grandstand. Experience the best in racing as well as the unmatched charm and ambience of historic Saratoga.

This trip includes admission and reserved grandstand seating.

Lunch will be on your own at the many restaurants and concession stands at the raceway.

**#5026 Sunday, August 21 \$122**

Pick-up at HHS parking lot at 7:45 am and return at 930 pm.

All times are approximate.

**Note: No refunds for this trip after July 14.**



## Ellis Island and The Statue of Liberty New York, NY

**ELLIS ISLAND:** From 1892 to 1954, millions of immigrants began their American dream here: The Great Hall, where the immigrants were processed and the four rooms where immigrants were detained.

**STATUE OF LIBERTY:** She is an icon, a national treasure, and one of the most recognizable figures around the globe. The new Museum represents an exciting chapter in Lady Liberty's story of freedom.

We will take the ferry to both Ellis Island and Statue of Liberty Island. You will receive AUDIO GUIDES for each island and the museum so you can relive the experience of the immigrant as if you were a new arrival.

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

**#5017 Saturday, September 17 \$108**

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

All times are approximate.

**Note: No refunds for this trip after August 10.**

## First Choice College SAT Classes

One of the premier test prep providers in New England, will offer to live online SAT prep classes. The classes are fully interactive and conducted live, via Zoom, by graduates of Yale and other top universities. Students are prepared using proprietary method of first, identifying the student's knowledge gaps through a diagnostic test, then working on strengthening the weaknesses through lessons. Aimed at giving the skills and strategies necessary to succeed on the test, and by making the student comfortable with the way the questions are asked on the test.

The course consists of:

- 12 2-hour classes, 24 hours of instruction. Classes meet twice a week for 6-weeks
  - Individual attention as class sizes are limited to 12 students
  - Textbooks, which are shipped to your home
- Access to the online test center to grade practice test and provide diagnostic feedback
  - Access to staff to answer your questions about test plans and testing schedules
  - Access to recordings of all classes

- Guaranteed results. If scores don't improve, you can have unlimited retakes of the online classes.

Find a class that is convenient for you! Classes start either February 8 or 15 for the March School Day SAT.

**\$624 is the cost of this class. That is a \$75 discount!**

## The Next Street Driving School at Hamden High School

**30 Hours of Classroom and 8 Hours Behind the Wheel**

Qualifies You for an Insurance Discount - Dual Controlled Cars - License Testing options available

Let us prepare you for licensing with one of our programs offered through Hamden Adult Ed.

**Entry Level Package:**

**\$599** for the complete course of 30 HOURS of in class training and 8 HOURS of behind the wheel training.

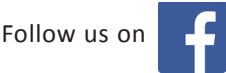
Call The Next Street **AT 1.800.732.8090** for more information, extra driving and testing services, or register on-line at [www.thenextstreet.com/hamdenhs](http://www.thenextstreet.com/hamdenhs)

LITERACY VOLUNTEERS  
OF  
GREATER NEW HAVEN

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



Leave message at 203.407.7733    [hamdenkids@gmail.com](mailto:hamdenkids@gmail.com)  
[www.hamdenyoungchildren.org](http://www.hamdenyoungchildren.org)



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

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

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

NEW HAVEN READS  
Sharing the Power and Joy of Reading

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

HAMDEN EARLY LEARNING  
PROGRAM

The Hamden Early Learning Program is a NAEYC Accredited year round program that operates 50 weeks a year, from 7:30-5:30 pm, Monday through Friday. We have 9 locations Alice Peck, Helen Street School, Church Street School and Dunbar Hill School.

The program's monthly tuition range is up to \$900. A sliding fee scale is offered along with some School Readiness slots. Tuition is based on the family annual income and current tax return, pay stubs, budget or award letter is required. Fees are determined based on the family size and income.

For more information or to request an application call 203.407.2254 or download the application from the Hamden Public School website at [www.hamden.org](http://www.hamden.org) or email [jcordero@hamden.org](mailto:jcordero@hamden.org)



THE FAMILY RESOURCE CENTERS  
OF HAMDEN



Register for:

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

Contact us for:

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

**Church Street School 203.407.3111**  
**For more information, email:**  
**[HamdenFRC@hamden.org](mailto:HamdenFRC@hamden.org)**

## HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director

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

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

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

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

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

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

Three locations:

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

## MILLER SENIOR CENTER PROGRAMS

Suzanne Burbage, Coordinator

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

## ARTS, RECREATION, AND CULTURE

203.287.2546

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

## KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

## COMMUNITY DEVELOPMENT

Colette Kroop - Program Specialist

203.562.5129 ext. 1121

[www.hamden.com/communitydevelopment](http://www.hamden.com/communitydevelopment)

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

## COMMUNITY SERVICES

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111 [ylopes@hamden.com](mailto:ylopes@hamden.com)

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

- Camp Scholarships
- Financial Wellness
- Emergency Services
- Health and Nutrition Initiatives
- Thanksgiving Food Baskets
- Computer Lab
- Fuel Assistance
- Hamden Food Bank
- Rental Assistance
- Utility Assistance
- Diaper Bank
- Holiday Toys

## YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 [srubino@hamden.com](mailto:srubino@hamden.com)

The Hamden Youth Services Bureau seeks to improve the quality of life for the children, youth and families of Hamden by providing a variety of programs and services. Below is a list of some of these services and programs:

- Prevention Awareness and Education
- Outreach Activities, Programs and Events
- Resources and Referrals
- Summer Youth Employment & Training Program
- Volunteer & Community Service
- Free Books and School Supplies
- Hamden-North Haven Collaborative
- Hamden Youth Network
- Juvenile Review Board



# NORTH HAVEN TOWN SERVICES

## NORTH HAVEN SENIOR CENTER

North Haven Senior Center mission is to respond to the ever-changing needs of the Town's Residents and their families by providing personal enrichment, information, referral, advocacy, volunteerism, wellness as well as social and recreational activities. Residents 62 and over are welcomed to become members at no cost. Transportation to and from the Center is offered daily as well as transportation to medical appointments. "Senior Happenings" the Center's newsletter is printed monthly and copies are found at the Center as well as on the Town of North Haven's:

[www.town.north-haven.ct.us](http://www.town.north-haven.ct.us) The Center is located at 189 Pool Road North Haven CT 06473 and open Monday-Friday 8am-4pm Interested members contact 203-239-5432 for more information.

## DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

## RECREATION INFO-LINE

203.234.2535

## NORTH HAVEN PUBLIC LIBRARY

203.239.5803





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

## Our Refund Policy:

- Each class requires a different minimum number of attendance to run. For this reason, **refunds will only be issued if you withdraw from your class 1 week prior to the first night of class.** If you wish to cancel within the allowable time, email [info@hamdenadulthood.com](mailto:info@hamdenadulthood.com) or call the office. A \$15 processing fee will be subtracted from all refunds.
- Full refunds are given if a course is canceled by Hamden Adult Education due to unforeseen circumstances or low enrollment. See Storm Day Policy for cancellations due to inclement weather.
- Credit Card transactions over 120 days will be issued in the form of a check.
- Refunds will NOT be given after a course has started.
- Bus trip refunds MUST be requested four weeks prior to departure, **or as stated in the trip description.**
- There will be no refunds for a prepaid supply or consumable fee.

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

## Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

## Persons with Disabilities:

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

## Senior Citizens:

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

## Sexual Harassment:

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

## Class Cancellations:

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

## Returned Check Policy:

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

## No Smoking:

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

\* Hamden Board Policy P-1331 adopted 1/12/97.



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