

Hamden-North Haven Adult & Continuing Education



What Do You See Yourself Doing? Winter/Spring 2023

Dear Friends,

Winter is on the horizon but spring is not far behind. A new year is upon us. Time to think about ways to enrich our lives and make each day fulfilling.

Within our Enrichment classes you might find just the class you were looking for: calligraphy, painting/drawing, yoga or T'ai-Chi, golf, fitness and swim lessons. Take a Microsoft or Google applications class and become more comfortable using computers. The lifeguard course, security officer training or the many other career advancement courses could lead to a more fulfilling work experience. Prepare for retirement, learn how to manage money or maintain a healthy body and mind. The many online classes offered have flexible enrollments to meet the needs of any hectic schedule. We invite you to take advantage of our travel program which presents stimulating, educational, and affordable opportunities for travel.

Our academic classes include 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. Dedicated staff is available to guide and assist you in choosing the program that best meets your educational needs.

Visit our website, www.hamdenadulted.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.
LuAnn Gallicchio

Hamden Adult Education

Hamden High School
2040 Dixwell Avenue Hamden, CT 06514
203.407.2028 fax 203.407.2056
email: info@hamdenadulted.org

Office Hours:

Monday - Friday 7:00 AM - 2:30 PM
Tuesday and Thursday evenings 6:00 PM - 9:00 PM

STAFF

Director
LuAnn Gallicchio
Administrative Secretaries
Maria Blue
Nancy Conway

SCHOOL ADMINISTRATION

Superintendent - Hamden
Gary Highsmith
Assistant Superintendents -
Elementary - Erin Bailey
Secondary - Linda Tran Morbidelli

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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 2023 Calendar

- January 2**
Adult High School - No Online Classes
- January 16**
Martin Luther King Birthday - No School
- February 8**
HHS Conferences - No classes at HHS
- February 13**
Enrichment classes begin
- February 20**
Winter Break - No classes
- February 21**
Winter Break - No classes at NHHS
- February 22 and 23 - 6 pm**
Adult High School - Spring Term 2 Registration
- April 12**
HHS Conferences - No classes at HHS
- April 17-20**
Spring Break - No classes at HHS or NHHS

Location of Classes

- (Play More) Chess Academy**
1227 Whitney Avenue, Hamden
- CO (Central Office)**
60 Putnam 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
- 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 meet 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 childcare for children of students registered in the 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

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 Program. Classes are offered in English, Mathematics, Social Studies and Science virtually or in person on Monday 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 25 CREDITS

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

Spring - Term 2 Registration
February 22-23 6-8 pm



Register using the above QR code or online:

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

Call 203-407-2028 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 register and attend a virtual information session on one of these dates:

1/18, 2/15, 3/15, 4/19 and 5/15

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, 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 6.

How to Register for the GED[®] Exam

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

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

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 firefighters) 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. You may receive college credit.

A \$600 non-refundable deposit is due to secure your space.

Class will be Monday and Wednesday, 6 pm - 10 pm some Saturdays 8am - 4 pm starting January 4.

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

Real Estate Training

#1012

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.

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.***



Jan 9 12 weeks Remote-Virtual Mon., & Thur., 5:30-8:30 PM
Resident \$555 Non-resident \$565

Security Guard

Security Officer License Training

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



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.

#1001H – March 7 and March 9

5:30 – 9:30 PM

HHS rm B105

INSTRUCTOR: L. Bonito

#1001N - May 9 and May 11

5:30 – 9:30 PM

NHHS rm 107

Resident \$125

Non-resident \$135

CPR

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

May 16 & May 25

L. Bonito

NHHS m 106

Tues. & Thur., 5:30-8:30 pm

Resident: \$150

Non-resident: \$160

Other dates are available for the Guard Card and CPR classes, visit: hamdenadulthood.com/CourseCatalog/

Lifeguard

American Red Cross Lifeguard Certification Course



**Red Cross
LIFEGUARD
CERTIFICATION**

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 \$325

Non-resident \$335

Dec 26

#3439A

NH YMCA

M-F., 10am - 4 pm

Apr 17

#3439B

NH YMCA

M-F., 10am - 4 pm

Call to Register 203.407.2028

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

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

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

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



AUTOCAD Fundamentals Certification



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

This Certificate training program covers all aspects of 2D Computer Aided Drafting and Design with the latest versions of AutoCAD. It also includes an introduction to basic 3D modeling concepts ensuring the graduate of this program will have a sound fundamental understanding of both 2D and 3D skills for working with AutoCAD. These three basic courses are essential for architects, engineers, interior designers and all those involved in the production of technical drawings. The delivery format of this course is via self-directed, video lectures and demonstrations, PDF manuals, and online support via web-based discussion groups and email support. Upon successful completion of this course, the students will have reliably demonstrated the ability to: set up an AutoCAD drawing; use construction commands to create a new drawing; use editing commands to modify an existing drawing; use annotation commands to add text and notes to a drawing; create 3D solid models, and so much more.

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



Patient Care Technician Training



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

Day Care Administrator

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

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

This course prepares students for the Council for Professional Recognition Child Development Associate (CDA) certification exam

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

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 21ST
CENTURY™



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

Just go to

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



HERE IS ARE SOME OF OUR MOST POPULAR COURSES:

Certificate in Leadership Development

Especially geared for future leaders in the Gen Y generation, the certificate provides how-to practical information on advancing your leadership potential and making a difference in both the workplace and in society.

Find out what it takes to become an effective leader. Discover your style of leadership. Discuss task completion, building relationships with your subordinates, becoming socially perceptive to changes in the workplace, utilizing your emotions in a positive and effective manner, and addressing challenging goals.

Then learn the unspoken secrets that leaders know and the strategies they employ/exhibit in for influencing others. Leadership skills are acquired and learned. You can become a leader if you know the do's and don'ts; what to say, what not to say; what to do, what not to do.

At the end of completing the three course certificate, you will come away with a new understanding, new toolbox of leadership skills, and the information to move your leadership development into high gear.

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

Certificate in Business Writing

Discover the keys to successful writing for the workplace. Whether you are writing a report, memo, letter or publicity notice, business writing has some defined characteristics for success. Successful communicators in the workplace move forward, others move back. Enhance your career by improving this critical communication skill.

Begin with understanding the format, construction, and successful techniques of writing good business reports and proposals. Then improve your skills with editing and proofreading. Finally, discover what good journalists know. Learn how to write a news story, press release or other publicity notice that zings.

Help your organization stand out with your new skills in business writing. This certificate will take you to the next level where business writing is a skill for personal and organizational success.

Certificate in Data Analysis

Data Analysis is quickly becoming one of the most sought-after skills in the workplace. Companies have vast amounts of data, but it is rare to have someone with the ability to analyze that data to see trends and make predictions. Add a whole new skill set to your portfolio, and make a big difference in the success of your organization by acquiring data analysis skills.

Begin with getting a basic understanding of how to analyze data in a business setting. Then learn how many of your business decisions involve comparing groups for differences. You will know the statistics behind these group differences and relationships. Finally you will find out how to perform inquiries that will be useful to your business or organization, and have the skill necessary to communicate these results through graphs and text that your fellow employees will understand. Whether your business is home based or a large company, this certificate will take you to the next level where important decision-making is concerned.

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

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

Call to Register 203.407.2028

Online Learning

anytime, anywhere...
just a click away



ONLINE CAREER TRAINING PROGRAMS

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

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

Categories Include:

- Arts and Design
- Business
- Computer Applications
- Computer Programming
- Construction and Trades
- Health and Fitness
- Hospitality
- Information Technology

Visit our website for program details!

careertraining.ed2go.com/Hamden



INSTRUCTOR-LED ONLINE SHORT COURSES

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

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

- 6 Week Format
- Discussion Areas
- Monthly start sessions
- Expert Instructor

Categories Include:

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

Visit our website for program details!

ed2go.com/Hamden

Computer Basics Made Easy

Learn computer basics for your laptop or desktop computer. Windows 10 and Microsoft Office 2019 (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: \$76 Non-resident \$86
Feb 27 #1200N NHHS rm 104 Mon., 6-8 pm

Google Applications: Docs, Slides and Sheets

This course will teach you basic to advanced skills for Google Apps 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 \$95 Non-resident \$105
Feb 16 #1219H HHS rm C203 Thur., 6-8 pm

**Beginner's Graphic Design**

This 4 week course is aimed to sharpen your grasp on 2 of Adobe's design programs including Adobe Photoshop and Adobe Illustrator. Over the 4 weeks you will complete 2 projects showcasing your skills in both programs. You will attempt to recreate and also design a new book cover, movie poster, album cover or billboard. *Bring your own laptop with Adobe Photoshop & Adobe Illustrator installed. If 4 week free trial is not available, you must come prepared with your own subscription. Software not included with class.*

R. Brown 4 wks Resident \$76 Non-resident \$86
Mar 15 #1222H HHS rm C203 Wed., 6:30-8:30 pm

Intro to Graphic Design

This 4 week course is aimed to teach you the basics of 2 of Adobe's design programs including Adobe Photoshop and Adobe Illustrator. You will learn principles of design, software basics, and leave with 2 completed works with the option of enrolling in a Beginner's Graphic Design course. *Bring your own laptop with Adobe Photoshop & Adobe Illustrator installed. If 4 week free trial is not available, you must come prepared with your own subscription. Software not included with class.*

R. Brown 4 wks Resident \$76 Non-resident \$86
Feb 15 #1221H HHS rm C203 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 \$95 Non-resident \$105
Feb 21 #1206H HHS rm C203 Tues., 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 to save your work.*

M. Hatton 3 wks Resident \$60 Non-resident \$70
Apr 4 #1207H HHS rm C203 Tues., 6-8 pm

Microsoft Excel 2019 Made Easy

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

S. Bozzuto 3 wks Resident: \$60 Non-resident \$70
Mar 29 #1208N NHHS rm 104 Wed., 6-8 pm

Microsoft Word 2019 Made Easy

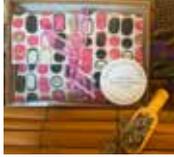
Learn Word by creating documents such as letters and resumes. Create, edit, format, save and print text and graphics. Use tools such as spell and grammar check, Thesaurus, word count, the help menu, and keyboard shortcuts. Change margins, set tabs, line spacing and fonts, create headers, footers and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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86
Apr 10 #1212N NHHS rm 104 Mon., 6-8 pm

Aromatherapy 101: Come To Your Senses

Come join certified N.A.H.A Aromatherapist, Kim Larkin, and learn the fascinating history and health benefits of nature's essential oils. We will then create a healing foot salt soak and a botanical "dream" pillow to help calm your space. *A non-refundable \$16 material fee is payable to the instructor at the evening of class.*

K. Larkin 1 session Resident \$35 Non-resident \$45
Feb 28 #1437N NHHS rm 116 Tues., 6:30-8:30 pm



Beginning and Intermediate Oil Painting

Paint in oils, a subject of your choice over the course. The instructor will cover the materials used in oil painting, including paint, surfaces, and mediums. Learn about values, color mixing, texture, edges, and how to select a good composition. Bring a sharp 8x10 or larger photo reference. The instructor will demonstrate a variety of painting techniques and will provide individual and class instruction and informative handouts for each topic. *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 12 wks Resident \$120 Non-resident \$130
Feb 13 #1425N NHHS rm 115 Mon., 6-8 pm

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 payable the evening of class. Bring a roll of paper towels.*

C. Kozak 1 session Resident \$40 Non-resident \$50
HHS rm B104

Apr 26 #1404HA-Southwest Serenity Wed., 6-9 pm

**May 10 #1404HB-Delightful Meadow Home Wed., 6-9 pm
 NHHS rm 115**

Mar 21 #1404NA-Wintertime Discovery Tues., 5:45-8:45 pm

May 24 #1404NB-Valley View Wed., 5:45-8:45 pm



1404HA
1404NA



1404HB
1405NB



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 \$100 Non-resident \$110
Feb 14 #1403H HHS rm B106 Tues., 6:30-8:30 pm
Feb 15 #1403N NHHS rm 108 Wed., 6:30-8:30 pm

Fun Balloon Animals

Be the hit of the party. Make balloon animals using two different styles. You will make a variety of objects from dogs to bunnies to hats and everything in between. Special requests are encouraged. Balloons and pump are supplied. *A \$10 materials fee to be paid to instructor at class.*

N. Prete 1 session Resident: \$30 Non-resident \$40
Apr 25 #2840H HHS rm B105 Tues., 6-7:15 pm

Parent/Child 1-2-3 Canvas Paint Class

Come create your own canvas, while you inspire your paint-mate! Our bluebird in the Birches canvas uses simple bands of color with simple paint techniques for foliage including using cool metallic paints. The only thing you need to bring is your imagination and a desire to have fun with color! *A non-refundable \$15 material fee is payable to the instructor on the evening of class.*

K. Larkin 1 session Resident \$35 Non-resident \$45
May 4 #1438N NHHS rm 116 Thur., 5:45-8:00 pm



All materials fees are payable on the first evening of classes. You can pay by cash or check to the instructor.

Portrait and Figure Drawing

Ever want to draw someone's portrait, but were unable to figure out where to start? In this class, you will learn the guidelines for creating a successfully executed human portrait. In the first weeks, we will cover proportions, measurements and shading, as well as creating natural looking hair. The 2nd half of the class, you will learn the basics of drawing the human figure using various techniques of measurements, shapes and postures. *A supply list will be given prior to the first night of class. A \$10 materials fee will be collected on the first night of class for the canvas and picture.*

P. Meglio	6 wks	Resident \$84	Non-resident \$94
Feb 15	#1426NA	NHHS rm 115	Wed., 6-8 pm
Mar 29	#1426NB	NHHS rm 115	Wed., 6-8 pm

Scrapbooking

Are your photos accumulating in boxes or in your phone? Let's start scrapbooking! Learn to arrange photos, apply borders and embellishments during this one night fun scrapbooking class. *A supply list will be sent prior to class starting.*

M. Padilla	1 session	Resident \$35	Non-resident \$45
Apr 25	#1432N	NHHS rm 114	Tues., 6:30-8:30pm
Apr 27	#1432H	HHS rm B105	Thur., 6:30-8:30pm

Soy Candle Making 101

Learn how to make and hand pour your very own soy candle creations in this workshop. All tools, supplies, color and over 150 scents will be available. Leave with two finished candles. Labels and decorations will be available. *A non-refundable \$25 material fee is payable to the teacher.*

L. Zlotowski	1 session	Resident \$35	Non-resident \$45
Feb 28	#1427N	NHHS rm 116	Tues., 6:30-8:30 pm

Spring Wreath Class

Come create a unique textured burlap-looped wreath, complete with felted flowers and felted nest balls in vibrant colors. Our 14" wreath will be constructed with plain/lace burlap and felted flowers using a glue gun and our imagination. Beginners are welcome, so come get creative and try something new! *A non-refundable \$30 material fee is payable to the instructor on the evening of class.*

K. Larkin	1 session	Resident \$35	Non-resident \$45
Apr 4	#1439N	NHHS rm 116	Tues., 6:00-8:45 pm



The Art of Beautiful Writing - Calligraphy - Beginner

Get ready for special occasions. Treasure the moments with memories saved in beautiful hand scribed Calligraphy. Add elegance using Calligraphy on envelopes, invitations, quotes, poems, favorite family recipe, ribbon, holiday ornaments, or gifts for any special occasion. This is a great way to make a first impression. You can learn the Art 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 \$84	Non-resident \$94
Feb 15	#1400N	NHHS rm 116	Wed., 6:30-8:30 pm



The Art of Beautiful Writing - Calligraphy - Intermediate

Start having fun expanding your writing with an intermediate course in Calligraphy. This class will inspire you to improve your skills with more creative usage. You will learn various designs and embellishing techniques. Have fun creating swirls and decorating letters using color. You will have a small, but completed project at the end of the class. Congratulate yourself on your progress, your writing can only get better. *A supply list will be given prior to the first night of class. A \$12 materials fee will also be collected on the first night of class.*

J. Little	6 wks	Resident \$84	Non-resident \$94
Mar 29	#1401N	NHHS rm 116	Wed., 6:30-8:30 pm

Wire Wrapped Sea Glass Jewelry

Learn how to wrap sea glass shells or stones in this workshop. Leave with two finished necklaces. A wonderful selection of sea glass and multiple wire color options will be available to choose from. *A \$25 non-refundable materials fee is payable to the teacher.*

L. Zlotowski	1 session	Resident \$35	Non-resident \$45
Apr 4	#1434N	NHHS rm 116	Tues., 6:30 - 8:30 pm



Adult Swim Lessons

Are you 18+ years of age and wish to learn to swim or strengthen your basic swimming skills? Lessons are for beginning to intermediate swimmers. Your swim lesson is customized to your swim ability level. *Bring water bottle, towel and bathing suit. No Senior Discount.*

Staff	4 wks	Resident: \$95	Non-resident \$105
Jan 10	#1601A	NH YMCA	T/TH, 5:30 - 6:15 pm
Feb 14	#1601B	NH YMCA	T/TH, 5:30 - 6:15 pm
Mar 21	#1601C	NH YMCA	T/TH, 5:30 - 6:15 pm
Apr 25	#1601D	NH YMCA	T/TH, 5:30 - 6:15 pm
May 23	#1601E	NH YMCA	T/TH, 5:30 - 6:15 pm

Authentic QiGong and T'ai-Chi for All levels

Unleash the power of your mind, body and spirit, and develop your strength, flexibility and stamina through QiGong and T'ai Chi. These time-proven practices will bring balance and alignment through a series of graceful, slow, connected movements. 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	13 wks	Resident \$140	Non-resident \$150
Feb 13	#1639HB	Central Office Gym	Mon., 6-7 pm
Feb 15	#1603HA	Central Office Gym	Wed., 6-7 pm

Beautiful Basics - Yoga for Beginner and Others

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! *Wearing of a mask is required.*

Staff	8 wks	Resident \$96	Non-resident \$106
Feb 13	#1648A	YCYC or Online	Mon., 6-7 pm
Feb 16	#1648B	YCYC or Online	Thur., 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.*

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
Feb 13	#1640N	NHHS Cafe	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.*

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
Feb 13	#1641N	NHHS Cafe	Mon., 7-8 pm

Early Morning 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. *Wednesday session is online only. Senior fee not applicable.*

Staff	20 days	Resident \$133	Non-resident \$143
Mar 6	#1654	YCYC or Online	M-F 6:30-7:30 am

Early Morning REBOOT Yoga

Does committing to 20 days of yoga in a month seem too much to take on? Try a REBOOT! Pick a week to try it out! Set the tone for your 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. *Wednesday session is online only. Senior fee not applicable.*

Staff	5 days	Resident \$35	Non-resident \$45
Feb 13	#1654A	YCYC or Online	M-F 6:30-7:30 am
Feb 20	#1654B	YCYC or Online	M-F 6:30-7:30 am
Feb 27	#1654C	YCYC or Online	M-F 6:30-7:30 am

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 \$140
Mar 20	#1607A	GC at LO	Mon., 12:15 - 1:15 pm
Mar 20	#1607B	GC at LO	Mon., 3:30 - 4:30 pm
Mar 21	#1607C	GC at LO	Tues., 3:30 - 4:30 pm
Mar 21	#1607D	GC at LO	Tues., 5:15 - 6:15 pm
Mar 22	#1607E	GC at LO	Wed., 10 - 11 am
Mar 24	#1607F	GC at LO	Fri., 5:15 - 6:15 pm

Check our website: www.hamdenadulted.org for other dates during the spring and summer.

All classes at YCYC will be held on Zoom (links available through their website) and – for those who are vaccinated – in person: bring your card to show the teacher at your first class. Masks are suggested, not required unless noted.

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: \$85 Non-resident \$95
Feb 15 #1643H HHS rm C109 Wed., 6:30 - 7:30 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: \$70 Non-resident \$80
Feb 15 #1645H HHS rm C109 Wed., 5:45 - 6:15 pm

Introduction to Dance/Movement Therapy

This experimental course provides an introduction to body based movement and expressive techniques used to further social-emotion well-being. Come dance, move, express yourself and build connections with others.

R. Burton 7 wks Resident \$49 Non-resident \$59
Feb 28 #1649N NHHS Library Tues., 7 - 8 pm

Line Dancing: Soulful/Jazzy/R&B Way

Remember doing the electric slide and the cha-cha slide at those weddings and family reunions? Join this class to learn many more current dances like 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: \$85 Non-resident \$95
Feb 15 #1616 Central Office Gym Wed., 7:15 - 8:15 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 8 wks Resident: \$105 Non-resident: \$115
Feb 14 #1615 Central Office Gym Tues., 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 \$140
Feb 13 #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 \$140
Feb 13 #1614 Soulcraft Studio M,W 6:30-7:30 pm, Sat 11am-12pm

Mindful Rest

This experimental course explores and teaches body and movement based techniques for creating rest and relaxation. Learn Thich Nhat Hanh's Mindful Movements, progressive muscle relaxation and more! Come to learn and practice relaxation.

Note: Please bring a yoga mat.

R. Burton 7 wks Resident \$60 Non-resident \$70
Mar 2 #1650N NHHS Library Thur., 7-8 pm

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 \$140
Feb 13 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

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



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	1 session	Resident \$325	Non-resident \$335
Dec 26	#3439A	NH YMCA	M-F, 10 am - 4 pm
Apr 17	#3439B	NH YMCA	M-F, 10 am - 4 pm

Slow & Steady

Enjoy gentle to moderately challenging asana (including stretches and balances), breathing techniques to sooth your nervous system, and meditation or deep relaxation practices to restore and re-energize your body and mind. This class is appropriate for advanced beginners and intermediate students who are able to navigate getting down to and up from the floor. *Senior fee not applicable.*

Staff	8 wks	Resident \$96	Non-resident \$106
Feb 15	#1628A	YCYC	Wed., 6-7:15 pm
Feb 18	#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 \$96	Non-resident \$106
Feb 14	#1655A	YCYC or Online	Tues., 9-10:15 am
Feb 16	#1655B	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 \$110	Non-resident \$120
Feb 16	#1660	Soulcraft Studio	Thur., 6:30-8 pm

Vishoka Meditation® and Restorative Yoga

Imagine a life free from pain and sorrow—infused with joy and tranquility. The ancient yogis called this state vishoka and insisted that we all can reach it. The key is a precise set of meditative techniques designed to unite mind and breath and turn inward to discover our inner radiance. This deeply restorative practice includes gentle movement and relaxed breathing techniques. This class is appropriate for all level.

Staff	8 wks	Resident \$96	Non-resident \$106
Feb 17	#1632	YCYC or Online	Fri., 6-7 pm

Yoga Flow

Yoga Flow emphasizes increasing mobility, strength, and range of motion while maintaining a focus placed on alignment and depth. This breath-synchronized yoga class uses gentle movement to warm the body, reminders of the basics of alignment to protect the student from injury and awareness of the breath’s connection to the asanas to create a smooth flowing and focused practice.

Staff	8 wks	Resident \$96	Non-resident \$106
Feb 13	#1652A	YCYC or Online	Mon., 9-10:15 am
Feb 15	#1652B	YCYC or Online	Wed., 9-10:15 am
Feb 17	#1652C	YCYC or Online	Fri., 9-10:15 am

Yoga for Anxiety and Depression

The regular practice of yoga can reduce symptoms of anxiety and depression, which may include sadness, mental and physical inertia, difficulty concentrating, and insomnia. 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 \$106
Feb 18	#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. 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. *Senior fee not applicable.*

Staff	8 wks	Resident \$88	Non-resident \$98
Mar 3	#1627	YCYC or Online	Fri., 10:30-11:45 am



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Homebuyers Workshop

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

DePodesta, Brandi, Frazier 1 wk Resident \$35 Non-resident \$45
Mar 7 #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 \$35 Non-resident \$45
Mar 8 #1801 Virtual- Online Wed., 7-9 pm

IN THE KITCHEN

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Basic Cake Decorating

Learn the fundamentals of cake decorating using buttercream icing and decoration icing tips. This 2-session course will teach you how to level, ice, apply borders and pipe flowers on an 8" cake. *Supply list will be sent prior to first class.*

M. Padilla 2 wks Resident \$40 Non-resident \$50
Mar 22 #2038H HHS rm D107 Wed., 6:30-8:30 pm
Mar 2 #2038N NHHS rm 109 Tues., 6:30-8:30 pm



Calzones

Learn how to turn a simple pizza dough recipe into customized calzones for a simple, delicious, and family-pleasing dinner. *Supply list will be sent prior to class.*

C. Kennedy 1 session Resident \$19 Non-resident \$29
Jan 18 #2040 Virtual - Online Wed., 7-8 pm

Cupcake Decorating

In this fun class you will learn to decorate cupcakes using buttercream icing and decorator piping tips. You will decorate by applying stars, shell borders and easy drop flowers.

M. Padilla 1 session Resident \$35 Non-resident \$45
Mar 7 #2004N NHHS rm 109 Tues., 6:30-8:30 pm
Mar 15 #2004H HHS rm D107 Wed., 6:30-8:30 pm

Hot Cocoa Bombs For Valentine's Day

With a few simple ingredients, you can create your own hot cocoa bombs with a variety of flavor options. Learn the techniques and tips for perfecting these fun and delicious treats, great for Valentine's Day gifting! *Supply list will be sent prior to first class.*

C. Kennedy 1 session Resident \$19 Non-resident \$29
Feb 8 #2041 Virtual - Online Wed., 7-8 pm



LANGUAGES

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Irish for Beginners

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Feb 28 #2201H HHS rm D214 Tues., 7:00-8:30 pm

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 \$80 Non-resident \$90
Feb 28 #2205N NHHS rm 106 Tues, 6-7 pm

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 educational course to learn about all the moving parts of Medicare - A, B, C, D, etc.

M. DeGregorio 1 session
Feb 15 #2416HA HHS rm D111 Wed., 6-8 pm
Mar 14 #2416HB HHS rm D111 Tues., 6-8 pm

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 \$35 Non-resident \$45
Feb 22 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm
Apr 26 #2418NB NHHS rm 106 Wed., 6:30-8:30 pm

Passport to Retirement

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

S. Grove 2 wks Resident \$35 Non-resident \$45
Mar 30 #2404N NHHS rm 106 Thur., 6:30-8:00 pm

Secret Life of Trusts

We will explain how trusts are created, the different types of trusts and who you should choose to participate. You will know how trusts can minimize/avoid taxes, protect assets and keep public benefits for loved ones with special needs.

DrazenRubin Law 1 session Resident \$25 Non-resident \$35
Mar 16 #2411N NHHS rm 106 Thur., 6-7 pm

You've Earned It, Now Protect It!

Learn how proper planning can help protect your assets in the event a lawsuit is filed against you. The cost of long term care is on the rise. Proper planning can determine the amount of care an individual needs and has to pay for it while protecting as much of their legacy as possible.

DrazenRubin Law 1 session Resident \$25 Non-resident \$35
May 18 #2413N NHHS rm 106 Thur., 6-7 pm



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

MUSIC

How Music Does It To Us: An Exploration Of The Inner Life Of Music

A venture into why music affects us the way it does. Many styles are used in this exploration. No formal music background is required. The more varied background of the participants, the richer the experience.

R. Gangi 6 wks Resident \$63 Non-resident \$73
Feb 14 #2608H HHS rm A114 Tues., 7-8:30 pm



Violin and Cello - Beginner/Intermediate

Learn how to play the violin or cello by a professional musician. 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 \$95 Non-resident \$105
Feb 28 #2606N NHHS rm 106 Tues., 7-8 pm

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

American Red Cross Babysitter's Training Course

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

Staff	1 session	Resident \$50	Non-resident \$60
Jan 21	#3005A	NH YMCA	Sat., 10am - 4 pm
Feb 18	#3005B	NH YMCA	Sat., 10am - 4 pm
Mar 18	#3005C	NH YMCA	Sat., 10am - 4 pm

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 \$70
Mar 1	#2819A	Chess Academy	Wed., 6:30-8:30 pm
May 3	#2819B	Chess Academy	Wed., 6:30-8:30 pm

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 \$70
Mar 22	#2841A	Chess Academy	Wed., 6:30-8:30 pm

Connecting with the Faeries

Stories of the Fae have come down to us from ancient Celtic traditions. Other places and traditions call similar beings by different names. In this class, we will discuss these beings and how to connect and work with them through different mediums including meditation. Come take a journey to the land of the Fae. *Please bring a notebook.*

H. Morrison	4 wks	Resident \$56	Non-resident \$66
Apr 26	#2865H	HHS D212	Wed., 7-9 pm

Intro to Canine Massage Relaxation Massage

This course is for pet owners who want to upgrade from “scratches” to massage techniques. Learn 6 fundamental pet massage techniques to decrease your best bud’s stress, while promoting health, greater trust and bonding. For home use only. *\$3 Non-refundable materials fee payable to the instructor.*

L. Schneider	6 wks	Resident \$63	Non-resident \$73
Apr 4	#2855H	HHS rm B105	Tues., 7-8:30 pm

iPhone: Photo Editing and Enhancements

Learn how to edit and enhance your photos with confidence using the Photos app on your iPhone. The built-in editing and enhancement tools - including adjusting light and color, adding filters, crop and straightening - are amazing and you can easily fine tune your photos in just a few minutes. For all skill levels and iPhone models with the latest iOS software version.

D. Tual	1 session	Resident: \$35	Non-resident: \$45
Mar 27	#2860	Virtual - Online	Mon., 6:30-8:30 pm

iPhone Photography: Use your iPhone Camera to its Full Potential

Get the best results from your iPhone and take better photos by knowing the basics: settings, techniques, lighting, focusing, exposure and composition. Take amazing photos by knowing how to use and control your iPhone camera.

D. Tual	1 session	Resident: \$35	Non-resident: \$45
Mar 6	#2859	Virtual - Online	Mon, 6:30-8:30 pm

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 \$40
Mar 21	#2842H	HHS rm D213	Tues., 7-9 pm

Juggling for Beginners

Learn to juggle 3 bean bags by breaking it down into easy steps. You will also get to experiment with clubs, scarves and balancing peacock feathers. Bean bags supplied.

N. Prete	1 session	Resident: \$30	Non-resident \$40
Apr 11	#2843H	HHS rm B105	Tues., 7:15-8:30 pm

Learn Remarkable Business Speaking Skills

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

T. Knowlton 1 session Resident \$35 Non-resident \$45
Mar 7 #2850H HHS rm D213 Tues., 7-9 pm

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 \$75
Mar 30 #2809N NHHS Library Thur., 7-9 pm

Magic with Everyday Objects

Learn magic with everyday objects found around the house. These are easy to learn tricks that can be performed with little or no practice. This will be entertaining with hands on instruction. Magic tricks and supplies included. *A \$10 non-refundable material fee is payable to the instructor for the magic tricks and supplies.*

N. Prete 1 session Resident: \$30 Non-resident \$40
Apr 11 #2842H HHS rm B105 Tues., 6-7:15 pm

Media Literacy: Current Events

Analyzing current events including the economy, elections, government, social justice, crime, immigration, education, health care and first Amendment rights. Learn how "narratives," "fake news," disinformation, ethics, social media, and other factors affect your ability as "news consumers" to discern accurate news and information. Award-winning journalist/educator Kenn Venit is the facilitator.

K. Venit 7 wks Resident: \$72 Non-resident \$82
Apr 4 #2845H HHS Media Center Tues., 6-7:30 pm

Quit Smoking With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Apr 27 #2814N NHHS Library Thur., 7-9 pm

Photography Trio: Composition, People and Places

Learn how to see the world like a professional photographer and create images with interest and impact using composition guidelines. Plus, learn the do's and don'ts of photographing your family and friends and techniques to capture the beauty and unique aspects of the places in your travels near and far. *Suitable for all skill levels and all cameras/cellphones.*

D. Tual 1 session Resident: \$35 Non-resident: \$45
Apr 24 #2866 Virtual - Online Mon., 6:30-8:30 pm

Reading The Tarot

Whether you have just begun or have been studying on your own, you can learn how to read the Tarot. Learn about the major and minor arcana, symbolism, numerology and arche types of the cards. Develop your intuitive and interpretive skills. Enjoy giving insightful readings without using a book. *Universal Rider - Waite Deck is needed.*

L. Morrison 5 wks Resident \$70 Non-resident \$80
Feb 22 #2864H HHS rm D210 Wed., 7-9 pm

Social Media for Small Business Beginner

Together, we'll go through the steps to create easy-to-execute social media strategies perfect for your business. We'll go over all the different platforms and help you figure out the right one for you. In addition, you will learn about the different types of content, hashtags, scheduling, and how to create short-form videos for TikTok/Instagram Reels. Each class is structured as half lecture/half workshop. *Bring a cell phone.*

L. Cirkot 4 wks Resident: \$56 Non-resident \$66
Mar 8 #2856H HHS rm D212 Wed., 6:30-8:30 pm



No Refunds are given after a class begins.

Social Media for Small Business Advanced

If you're consistently posting on social media but want to take your strategy to the next level, then this is the class for you. We'll go in depth - auditing your profiles, strategy, how to hop on trends, SEO, analytics and learning the minor things you can do to rank better in the algorithms. Each class is structured half lecture/half workshop, so you can feel confident moving forward. *Bring a cell phone.*

L. Cirkot 4 wks Resident: \$56 Non-resident \$66
 Mar 9 #2857H HHS rm D212 Thur., 6:30-8:30 pm



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 \$35 Non-resident \$45
 Mar 14 #2851 HHS rm D213 Tues., 7-9 pm

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

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 \$160
 May 16 and May 25 #3001N NHHS rm 106
 Mon. & 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 the test you will be qualified for a Connecticut Personal Watercraft Certificate. Topics covered will be: Introduction to Boating, boating law, safety equipment, Safe Operation and Navigation, Boating Emergencies, trailering, and other boating tips.

USCG Auxiliary Staff 2 wks Resident \$72 Non-resident \$82
 Mar 21 #3000 HHS D111 Tues., 5:30-9:30 pm



SENIOR OFFERINGS

AARP Driver Safety Class

This course provides: safe-driving strategies; effects of medication on driving; proper use of features, such as seat belts; state rules & regulations for school buses, construction zones and other areas! CT Drivers 60 and above will receive a multi-year discount on their auto liability insurance. The fee is \$20 for AARP members and \$25 for non-members. Please bring your AARP card and driver's license to class. Registration by phone, mail or walk-in prior to class.

Apr 4 #3007N AARP Staff NHHS rm 106 Tues., 5-9 pm

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. Price already includes Senior discount.*

E. Teixeira 8 wks Hamden/North Haven Seniors \$25 Non-resident \$80
 Feb 16 #3008 Whitney 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 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, 4:15-8:30 pm, and Sat, 9am-3pm, at Hamden High
- * Open Jan 30-April 15 (except for Feb 8, Feb 20, April 12 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

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 for a list of potential documents needed)

Questions? You can reach us at HamdenHighVita@gmail.com. Your VITA team looks forward to serving you!

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 interested in. Email your suggestions to info@hamdenadulted.com

TEEN

SAT Preparation for Juniors - Early On Prep

Early on Prep has helped students reach peak SAT performance for many years in central CT. Instructor has 30 years' experience. Learn strategies that really work! You will receive two full practice tests, computerized reports, and customized comments. Textbook is included.

February 14 **Class meets 6-8:30 pm on Tuesday evenings.**
8 sessions HHS rm B210 **\$450**

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:

\$679 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



Titanic The Exhibition
New York, NY



This exhibition is a unique narrative experience - a tale of the people aboard history's most legendary ship on its maiden and final journey. Travel back to 1912 through photographs, handwritten letters, keepsakes, and other personal belongings telling countless stories about the fates and heroic deeds on board. You'll walk in their footsteps as you explore life-size detailed recreations of the ship's interior. The exhibition boasts over 200 original objects. An audio guide* will bring historic accounts to life with music, sound effects and testimonies from titanic passengers and crew.

Lunch will be on your own at Chelsea Market

* Bring your smartphone and headphones, or audio will be available to rent.

#5026 Wednesday, April 19 \$124

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

Note: No refunds for this trip after March 10

Daffodil Days with Tea at Blithewold



Overlooking the Narragansett Bay, Blithewold one of the finest garden estates in New England. Late April into May, Blithewold opens its gates to welcome visitors just as springtime begins. Their famous display covers the 33-acre seaside estate with over 50,000 daffodils.

Our visit includes a guided tour of the garden, the magnificent 45 room mansion that was lived in by the Van Wicke /McKee family for over 80 years. The estate features grand views of Narragansett Bay and is filled with family heirlooms.

We will begin our visit with a lovely tea lunch on the heated porch. The sample menu includes: scones, finger sandwiches, mini quiches, desserts and tea.

#5027 Sunday, April 29 \$155

Pick-up at HHS parking lot at 9:00 am and return at 6:30 pm.
All times are approximate.

Note: No refunds for this trip after March 17.



Taste of Italian
New York, NY



Here's a chance to visit 3 New York Food "Hot Spots" all in one day!

Zabar's Upper West Side: Gourmet Market with cheeses, breads, meats, smoked fish, cooking gadgets, coffees, teas, New York Bagels plus lots of International foods.

Carmine's Upper West Side: Sit and indulge in an Italian lunch served family style at this famous restaurant. Be amazed by the enormous portions!

Arthur Avenue in the Bronx: Some consider this the real Little Italy of New York for bread, pasta, sausage and pastries. Arthur Avenue Retail Market is a covered Italian market bringing together under one roof all the food specialties you could want. Bring a cooler to bring home your goodies!

#5028 Saturday, May 13 \$144

Pick-up at HHS parking lot at 8:45 am and return at 7:00 pm.
All times are approximate.

Note: No refunds for this trip after April 1.

Ogunquit and Nubble Lighthouse
Ogunquit, ME



Ogunquit is the quintessential Coastal Maine town. According to legend, Ogunquit was named by the Abenski tribe, meaning "beautiful by the sea".

We will enjoy a 3 course lunch at Jonathan's Restaurant and free time to shop in downtown Ogunquit.

We will stop at Nubble's Lighthouse, New England's most photographed lighthouse, for breathtaking views.

#5029 Saturday, June 24 \$142

Pick-up at HHS parking lot at 7:30 am and return at 8:30 pm
All times are approximate.

Note: No refunds for this trip after May 15.

Hudson Valley Kingston, NY



Enjoy a bountiful Sunday buffet with a southern flare at Ole Savannah Southern Table on the Kingston waterfront. Don't miss the fried chicken!

All Aboard the Rip Van Winkle departing Kingston, NY and heading Hyde Park. Our narrated cruise will take us by beautiful views of the Hudson River lighthouses, waterfront mansions and other amazing sites, as we lazily glide along the water.

#5030 **Sunday, July 23** **\$142**

Pick-up at HHS parking lot at 9:45 am and return at 6:30 pm

All times are approximate.

Note: No refunds for this trip after June 15.

Long Island Lighthouses and Mansions



Departing from the World's Fair Marina in Flushing, NY, the Skyline Princess will travel east along the Gold Coast of Long Island. Our narrated cruise will highlight: Stepping Stones, Execution Rocks & Sands Point Lighthouses, impressive Gold Coast mansions, historic Fort Totten and Fort Schuler.

While cruising we will enjoy a buffet lunch.

#5031 **Saturday, August 20** **\$166**

Pick-up at HHS parking lot at 8:45 am and return at 5:00 pm

All times are approximate.

Note: No refunds for this trip after July 13.

Other Upcoming Trips: Sept 30 - Made in Vermont October 15 - Jack O Lantern Spectacular

Spotlight on San Antonio Holiday

5 Days • 5 Meals: 3 Breakfasts • 2 Dinners

Per Person Rates: Double \$1,999*; Single \$2,499; Triple \$1,969 Includes: air, hotel transfers, and group transportation to/from airport

Highlights Include:

- Visit the second mission established by Fray Antonio Margil de Jesus in 1720, the Mission San José
- Explore one of America's most historic sites, The Alamo ● Get acquainted with the River Walk
- Take a riverboat ride on the Paseo del Rio
- Journey to Stonewall and visit the LBJ Ranch view the grounds of the "Texas White House" including the family ranch, the one-room schoolhouse and the cemetery and final resting place of LBJ and Lady Bird Johnson
- Visit the German settlement of Fredericksburg and visit the National Museum of the Pacific War
- Explore the 33-acres of the San Antonio Botanical Gardens OR visit the South Texas Heritage Center at the Witte Museum
- Browse one-of-a-kind goods at El Mercado, the Mexican Marketplace

The sights and sounds of the holiday celebrations are sure to immerse you in the spirit of the season as you stroll along the San Antonio River, illuminated by festive decorations.

#1101917

April 16, 2023

To receive a more detailed itinerary contact: Joe at Dream Vacations (203) 859-3800

Travel insurance is highly recommended.

* Price subject to change.

Rome & the Amalfi Coast

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

Per Person Rates: Double \$3,698*; Single \$4,498; Triple \$3,648 Includes: air, hotel transfers, and group transportation to/from airport

Highlights Include:

- Legendary Colosseum ● Learn how to make mozzarella cheese ● Renowned monastery of Montecassino
- Explore the breathtaking scenery of Italy's coastline, from the dramatic beauty of the Amalfi Coast to the charms of seaside Sorrento
- Rocky cliffs of the Amalfi Coast ● Discover Pompeii's ruins
- Local winery at the foot of Mount Vesuvius, sip on real-deal limoncello
- From 2 of Italy's most beloved locales, experience the country's renowned food, culture, history, and landscapes

#1101951

March 24, 2023

To receive a more detailed itinerary contact: Joe at Dream Vacations (203) 859-3800

Travel insurance is highly recommended.

* Price subject to change.

LITERACY VOLUNTEERS OF GREATER NEW HAVEN

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

THE FAMILY RESOURCE CENTER OF HAMDEN



Register for:

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

Contact us for:

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

Church Street School 203.407.3111

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

HAMDEN EARLY LEARNING PROGRAM

The Hamden Early Learning Program is a NAEYC Accredited year round program that operates 50 weeks a year, from 7:00-5:00 pm, Monday through Friday.

We have 11 classrooms:

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

The program's monthly tuition range is up to \$1000 a month. A sliding fee scale is offered along with some School Readiness slots. Tuition is based on the family annual income and current tax return, pay stubs, budget or award letter is required. Fees are determined based on the family size and income.

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



Hamden Early Learning Program



Leave message at 203.407.7733 hamdenkids@gmail.com
www.hamdenyoungchildren.org

Follow us on 

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

 Contact us to find out about Hamden programs for children five years old and younger including, 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.

HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director
www.hamdenlibrary.org

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

hamdenlibrary.org - Calendar of events; reserve books.
iconn.org - Research and homework help for all ages.
learnatest.com/library - Practice tests and tutorials for GED, SAT, civil service, citizenship, plus e-test books.

Questions? Call 203.287.2680 or info@hamdenlibrary.org

Three locations:

Miller Memorial	2901 Dixwell 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
Brooksvale 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

203.562.5129

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

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

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

YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 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
- Summer Youth Employment & Training Program
- Resources and Referrals
- Volunteer & Community Service
- Free Books and School Supplies
- Hamden-North Haven Collaborative
- Hamden Youth Advisory Council
- Hamden Youth Network
- Juvenile Review Board
- Youth Ambassadors
- The Village Teen Center
- Hamden Prevention Council



NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

North Haven Senior Center mission is to respond to the ever-changing needs of the Towns’ 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 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

MAIL

Send registration form and payment to:

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

Checks, Money Orders and MasterCard/VISA/Discover Accepted

PHONE (203) 407-2028

FAX (203) 407-2056

Master Card/VISA/Discover



Website

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



using Visa, Mastercard
or Discover

IN PERSON

Hamden Adult Education Office

Monday - Friday 7 am - 2 pm, Tuesday - Thursday 6:15 pm - 9 pm

North Haven Office - Monday - Thursday 6 pm - 9 pm

Refund Policy

A \$15.00 processing fee will be subtracted for any refunds made. Refer to page 31 for our Refund Policy.

Full payment of fees must accompany registration form.

Make checks or money order payable to: **HAMDEN ADULT EDUCATION**

WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDARS!

Last Name:

First Name:

Street:

Town:

State:

Zip:

Home Phone:

email:

Cell/Work Phone:

Senior Citizen:

Visa/MC/Discover:

Exp. Date:

Money Order/Check #

Signature

Verification Code:

Complete (Office Use Only)

Additional Person:

Last Name:

First Name:

Address (if different from yours):

Course #

Course Title

Amount

Less Senior Discount
If applicable

Total

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

Our Refund Policy:

- Each class requires a different minimum number of attendance to run. For this reason, **refunds will only be issued if you withdraw from your class 1 week prior to the first night of class.** If you wish to cancel within the allowable time, email info@hamdenadulthood.com or call the office. A \$15 processing fee will be subtracted from all refunds.
- Full refunds are given if a course is canceled by Hamden Adult Education due to unforeseen circumstances or low enrollment. See Storm Day Policy for cancellations due to inclement weather.
- Credit Card transactions over 120 days will be issued in the form of a check.
- 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 203.407.2090.

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 203.407.2090.

Senior Citizens:

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

Sexual Harassment:

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

Class Cancellations:

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

Returned Check Policy:

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

No Smoking:

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

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



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