

*Hamden-North Haven
Adult & Continuing Education*

What Do You See Yourself Doing?

Winter/Spring 2025

Director's Message

Dear Friends,

Welcome to the Hamden-North Haven Adult & Continuing Education Winter/Spring catalog! We are excited to offer a variety of classes designed to help you achieve your educational, career, and personal goals. Our programs provide a supportive environment that fosters your growth and development.

Our academic offerings include ESL classes for English language learners, a Credit Diploma Program, GED preparation, the National External Diploma Program, and U.S. Citizenship classes.

We offer a variety of enrichment classes designed to enhance your professional skills, including courses in medical billing and cybersecurity. We encourage you to explore your interests by enrolling in our cooking, arts and crafts classes, and line dancing sessions. Additionally, we are excited to introduce a new "Create in Canva" and "Your AI (Artificial Intelligence) Journey Starts Here" class. We invite you to discover our travel opportunities, including day trips and overnight excursions to exciting destinations like Ireland, Iceland, and the Pacific Northwest & California.

For more information on our classes and exciting travel opportunities, please visit our website at www.hamdenadult-ed.org. Get ready for an exhilarating year packed with endless learning and personal growth opportunities! Let's seize every moment and make the most of it!

Nadine Gannon

Hamden Adult Education

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

Office Hours:

Monday - Friday 7:00 AM - 2:30 PM
Tuesday and Thursday evenings 5:00 PM - 9:00 PM

North Haven Office

North Haven High School
221 Elm Street, North Haven, CT 06473
203.239.1641 ext. 2913
email: info@hamdenadulted.org

Office Hours:

Monday - Thursday 5:00 PM - 9:00 PM
(September - May)

M.L. Keefe Office

11 Pine Street Hamden, CT 06514
203.773.9211 ext. 1139

Office Hours:

Monday - Friday 9:00 AM - 1:00 PM

Location of Classes

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

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

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 2025 Calendar

January 2

Adult High School - Winter Term 1 Begins

February 6 - 4:30 pm

Adult High School - Winter Term 2 Registration

February 10

Enrichment classes begin

February 17

President's Day - No Classes

March 31

EID - No Classes

April 14-18

Spring Break - No classes

August 12 and August 13 - 4:30 pm

Adult High School - Fall 2025 Term 1 Registration

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Class numbers ending in H are held at HHS. Class numbers ending in N are held at NHHS. Shaded boxes are new classes.

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

6:00 PM - 8:30 PM

Become A U.S. Citizen



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

Classes meet on Mondays

6:00 PM - 8:00 PM

English As A Second Language

Learn to Speak, Read and Write English

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

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

Free childcare for children of students that are attending 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/Academic_Programs/Register Now

Picture ID and proof of residency are required.

Call to Register 203.407.2028

ADULT HIGH SCHOOL

Laura Rodriguez, Coordinator
Sharon King, Guidance Counselor

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

STUDENTS MUST EARN A TOTAL OF 25 CREDITS

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

Winter Term 2 Registration - February 6 - 4:30-7:30 PM

Fall 2025 Term 1 Registration - August 12- August 13 - 4:30-7:30 PM

National External Diploma Program NEDP

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

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

Technology Requirements - Students must have:

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

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

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

Computer speakers and microphone

Printer (recommended)

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

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

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

* North Haven, Bethany, Orange, Woodbridge



GED® Prep

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

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

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

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

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

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



How to Register for the GED[®] Exam

To register for the GED[®] exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students must begin the GED[®] registration process online at ged.com, take the four official practice tests receiving a score of 145 or greater, and then contact the Hamden Adult Education Office by calling 203.407.2028 or 203.773.9211 ext. 1139.

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

Searching for Talent

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

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



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



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

Come have fun while learning through classroom lecture, hands-on skills, online training and practical experience from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam, you are qualified to work as a Basic EMT. You can be employed by ambulance services, hospitals, and fire departments. A \$600 non-refundable deposit is due by December 31, to class to secure your spot. The remainder of \$675 is due by January 6. Tuition includes the textbook and online access, drills, CPR certification, smart triage, human trafficking and QPR certification. You must be 16 years or older to participate in the program. **Class will be Monday and Wednesday, 6 pm - 10 pm, and some Saturdays, starting January 6.**

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

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



Security Officer License Training

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



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

Other Dates available on our website

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

#1001H – April 22 and April 24

#1001NA - March 4 and March 6

5:30 – 9:30 PM
HHS rm B105

#1001NB - May 20 and May 22

5:00 – 9:00 PM
NHHS rm 107

INSTRUCTOR: L. Bonito

Resident \$125

Non-resident \$135

Vet Assistant

Real Estate

Real Estate Training 60 classroom hours

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



Cadema Education #1012 12 wks
Jan 13 Remote-Virtual M & Th 5:30-8:30 pm
Jan 25 Remote-Virtual Sat. 9:00 am-3:00 pm
 Resident \$575 Non-resident \$585

Veterinary Assistant Program

150 classroom hours 100 externship hours

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

CVH 52 wks Resident \$2500 Non-resident \$2510
Next Session will start in September 2025
Mon. and Thur. 9:00 am - 12:00 pm or
Mon. and Thur. 6:30 - 9:30 pm

OSHA Training Programs

OSHA 10-Hour Construction Industry Outreach Training

This training for entry-level workers on the recognition, avoidance, abatement, and prevention of safety and health hazards in workplaces, as well as information regarding workers' rights and employer responsibilities. Through this training, OSHA helps to ensure that workers have the knowledge they need to stay safe on the job. The training covers a variety of construction safety and health topics which a worker may encounter at a construction site. OSHA recommends this training as an orientation to occupational safety and health. Workers must receive additional training on hazards specific to their job.

Who is This Course For? Anyone Working on a Construction Project that is State or Federally Funded in the State of CT (a requirement for these projects) and Entry Level Construction Workers.

L. Rumore 2 days Resident \$130 Non-resident \$140
Feb 26 #1010H HHS rm B105 W, Th 4:30 - 9 pm

OSHA 30-Hour Construction Industry Outreach Training

This course is a comprehensive safety program designed for anyone involved in the construction industry. Specifically devised for safety directors, foremen, and field supervisors; the program provides complete information on OSHA compliance issues. The 30-hour Construction Outreach courses are based on hazard recognition and awareness.

Who is this course for? Construction Employees with Safety Responsibilities such as Foremen, Superintendents, Project Managers, Safety Coordinators and Safety Specialists.

L. Rumore 6 days Resident \$250 Non-resident \$260
Mar 25 #1013H HHS rm B105 T, W, Th 4:30 - 9 pm

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

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 Nursing 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 cost is \$1400 and are offered days, nights or weekends. Flexible payment plans available.

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

Call us:
203-407-2028

LEARN FROM THE COMFORT OF HOME!



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

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

ATTEND IN REAL TIME ONLINE

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



Most Popular Programs

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

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



Courses Enrolling Now!

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

Fundamentals of Landscape Design and Business



In this course, we will explore the art and business of landscaping, from an understanding of plants and foliage to principles of design, to technology, to business and management considerations. Upon completing the course, one will be fully prepared to create landscaped masterpieces for clients of all shapes, sizes, and levels of complexity.

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

Start Here for a Great Career!
Payment Plans Available.



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

Online Learning

anytime, anywhere...
just a click away

Learn from the comfort of home!

ONLINE CAREER TRAINING PROGRAMS

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

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

Categories Include:

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

Sample class:

Pharmacy Tech

This immersive course will train you to work as a pharmacy technician and prepare you for the pharmacy technician exam.

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
- Technology
- Healthcare and Medical
- Language and Arts
- Personal Development
- Teaching and Education

Sample class:

Digital Painting and Photoshop - In this course you will learn how to leverage your previous Photoshop experience to color and paint photos or enhance your own work.

Visit our website for program details!

ed2go.com/Hamden

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 Quickbooks Online

Good Save time, track money, and get important insights with Quickbooks Online. Quickbooks Online is the leading online accounting platform. It is the preferred choice for small business managers, owners, bookkeepers and accounting professionals. There are patches and regular automatic upgrades to the software. Get a comprehensive understanding of QuickBooks Online. Then learn how to work with more advanced Quickbooks Online topics.

A free trial version of the software is provided to use during the class.

Supervisory and Leadership Certificate

Your employees are your most valuable resources. Ensuring the efficiency of your team is the key to your success and is your most important responsibility. Get practical, easy to understand, and insightful methods for new and even experienced supervisors and managers.

Learn about effective delegation, performance management, and writing performance reviews. Discuss the specifics of the supervisor's role and responsibilities, and strategies for improving your overall effectiveness as a leader.

Take home practical information along with tips and techniques that can be applied at your job immediately.

HTML Fundamentals

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

Graphic Design Software Essentials Certificate

The Adobe software tools are the leading software for graphic design. Adobe Illustrator is the industry standard computer illustration software. Use Illustrator to draw shapes and design logos, flyers, posters, banners, business cards or any other vector graphics for print or web.

Adobe InDesign is the industry standard page-layout program that works with Adobe Illustrator and Photoshop seamlessly. InDesign allows you to create simple to complex multi-page documents such as brochures, flyers, books and magazines. Use Adobe Photoshop to effectively work with selection and editing tools, layers, and masks to edit, retouch and enhance existing images or create your own composite digital art work. Access to the Adobe software tools required.

Certificate in Learning Styles

New research and information is coming out frequently now about how your learners - and you - learn. Here's what we know. In the last century, you taught everyone equally by teaching them the same. But we know we each learn differently. So in this century, you teach everyone equally by teaching them differently.

In this Certificate in Learning Styles, you get the most advanced information about the three most important and most prevalent characteristics you experience with your participants: generation, gender, and the autism spectrum.

Your instructors are some of the foremost authorities in the world on these subjects. They write, and speak around North America, on learning styles.

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

AI For Teachers

Join us for a workshop that introduces teachers to the exciting possibilities of using artificial intelligence in the classroom! Explore how AI can enhance teaching and learning from instruction to automating administrative tasks. You'll learn practical ways to integrate AI tools into your lessons, helping students engage with content in new and innovative ways. Whether you're new to AI or looking to expand your tech toolkit, this will empower you to harness AI's potential in education.

L. Fasulo 1 session Resident \$35 Non-resident \$45
Mar 6 #1216H HHS rm A117 Thur., 6-8 pm

Computer Basics Made Easy

Learn computer basics for your laptop or desktop computer. Windows and Microsoft Office 2019 (Word, Excel, and PowerPoint) will be introduced as well as 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: \$64 Non-resident \$74
Feb. 10 #1200N NHHS rm 104 Mon., 6-8 pm

Create with Canva!

Discover the creative possibilities with Canva.com in this hands-on workshop! Whether you're designing eye-catching flyers, posters, brochures, or even QR codes, this session will guide you through the tools and features that make creating professional designs simple and fun. Learn how to unleash your creativity and produce visually stunning materials for any occasion, all with Canva's user-friendly platform. Perfect for beginners and those looking to enhance their design skills.

L. Fasulo 1 session Resident \$35 Non-resident \$45
Feb 25 #1217H HHS rm A117 Tues., 6-8 pm

Google 101: Docs and Drive

Join us for a hands-on workshop designed for adults of all ages! You will learn how to effectively use Google Docs for creating, editing and sharing documents, as well as explore Google Drive for organizing, storing and sharing files. Whether you're a beginner or looking to brush up on your skills, this will help you become more confident and efficient in using these essential tools.

L. Fasulo 1 session Resident \$35 Non-resident \$45
Feb 11 #1218H HHS rm A117 Tues., 6-8 pm

Google Forms & Sign Up Genius

An interactive workshop on gathering feedback and collecting data using Google Forms and Sign-Up Genius! You'll learn how to create custom surveys, registration forms, and event sign-ups to streamline your data collection process. Whether you're organizing an event, gathering opinions, or tracking responses, this workshop will help you use these tools to gather information efficiently and effectively. Don't miss out on this opportunity to enhance your organizational and communication skills.

L. Fasulo 1 session Resident \$35 Non-resident \$45
Feb 13 #1219H HHS rm A117 Thur., 6-8 pm

Microsoft Excel 2019

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. This class will take you from beginner to intermediate. 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.**

M. Hatton 5 wks Resident \$79 Non-resident \$89
Mar 11 #1206H 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, but basic keyboarding skills are helpful. **Bring a USB drive to save your work.**

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Apr 7 #1212N NHHS rm 104 Mon., 6-8 pm

Microsoft Word 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Mar 18 #1208N NHHS rm 104 Tues., 6-8 pm

Your AI Journey Starts Here

Join us for beginner friendly workshop designed to introduce artificial intelligence(AI) to even the most apprehensive users. We'll break down what AI is, how it works, and explore practical ways it can be applied in everyday life. You'll gain a clear understanding of AI's potential and how it can enhance productivity, creativity and problem-solving. No prior knowledge needed, just come curious and ready to learn.

L. Fasulo 1 session Resident \$35 Non-resident \$45
Feb 20 #1220H HHS rm A117 Thur., 6-8 pm



Basket Weaving

Unleash your creative side in this beginner-friendly basket class. Learn basic weaving techniques with step-by-step guidance in this fun 2 week class *You will need to bring a towel and scissors. A non-refundable \$30 materials fee is payable to the instructor at the first class.*

S. Kober	2 wks	Resident \$42	Non-resident \$52
Feb 12	#1457NA	NHHS rm 116	Wed., 5:30-8:30 pm
Mar 11	#1457NB	NHHS rm 115	Tues., 5:30-8:30 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 black 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
		NHHS rm 115	
Apr 24	#1404NA-River Bend Sunset	Thur., 5:45-8:30pm	
May 13	#1404NB-Pinethicket Falls	Tues., 5:45-8:30 pm	
May 15	#1404NC-Valley View w/Mountain	Thur., 5:45-8:30pm	

Calligraphy - The Art of Beautiful Writing - Beginner

Spring into style with Calligraphy, creating the Art of Beautiful and Elegant writing with a pen or ink brush. Calligraphy is considered a major visual Art form, related to writing, equally to painting or sculpture. You will learn this beautiful art and complete a small project in just 6 weeks. Calligraphy conveys class and elegance on addressing envelopes, invitations, special awards, vintage name cards and gifts for any special occasion. Celebrations deserve a personal touch with beautiful timeless handwritten calligraphy. *A supply list will be given prior to the first night of class. A \$13 materials fee for assorted paper will be collected on the first night of class.*

J. Little	6 wks	Resident \$84	Non-resident \$94
Feb 10	#1400N	NHHS rm 106	Mon., 6-8 pm

Calligraphy - The Art of Beautiful Writing - Intermediate

This class will inspire you to refresh your skills and learn some new ones. You will learn various lettering, designs and floral embellishing techniques. Have fun creating swirls and decorating letters using color. You will have a small, but completed project at the end of the six weeks. 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 \$13 materials fee for assorted paper, will be collected on the first night of class.*

J. Little	6 wks	Resident \$84	Non-resident \$94
Mar 31	#1401N	NHHS rm 106	Mon., 6-8 pm

Crochet

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

S. Tendler	10 wks	Resident \$100	Non-resident \$110
Feb 12	#1403N	NHHS rm 114	Wed., 6:30-8:30 pm

DIY Slate Etching

Interested in creating stylish, elegant gifts for all those spring and summer get togethers? Learn to etch slate slabs or coasters to create timeless yet functional handcrafted gifts that will delight any lucky recipient! Personalize a slate cheese board for Mom for Mother's Day, a grilling slab for Dad on Father's Day, or monogram a set of slate wine coasters for a lucky bride and groom! This is a simple DIY that yields sophisticated results you're sure to love. *A non-refundable material fee is included in the cost of the class and covers the stencil, slate, and etching cream. Please note: 5 day advanced registration is required for a personalized design.*

J. Stratton	1 session	Resident \$45	Non-resident \$55
Mar 20	#1455N	NHHS rm 115	Thur., 6:30-8:30 pm
Apr 24	#1455H	HHS rm B105	Thur., 6:30-8:30 pm

**Drawing People and Pet Portraits**

Learn the basics of creating a human portrait, including proportions, shading, measurements. Using shapes, learn how to draw an animal, how to render the softness of fur or feathers and how to bring out the expression in the eyes. Individual and class instruction for beginners or intermediate *A supply list will be given prior to the first night of class.*

P. Meglio	12 wks	Resident \$140	Non-resident \$150
Feb 12	#1426N	NHHS rm 115	Wed., 6-8 pm

Easy Gifts with Cricut: Using Infusible Ink and HTV

Do you own a cricut, but lack the time to experiment with various materials? We will create a couple of gift worthy projects focus on creating 3 easy, gift-worthy Cricut projects using infusible ink, vinyl and Heat Transfer Vinyl(HTV)! Prior to class you will choose from several designs for each of the projects. For project 1, you will be applying HTV to an apron, set of tea towels or a wooden serving tray. For project 2, you will be using cricut infusible inks on a tote bag or pair of coasters. Be prepared for all of summer's gift giving occasions, from Mother's Day to graduations to bridal showers and weddings. **Please note: 5 day advanced registration is required. A non-refundable materials fee is included in the cost of the class and covers the cost of ornaments, glitter, ink, paint, acetate, and vinyl.**

J. Stratton	1 session	Resident \$50	Non-resident \$60
Apr 22	#1449N	NHHS rm 114	Tues., 6:30-8:30 pm

Express Yourself in Oils

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

P. Meglio 12 wks Resident \$140 Non-resident \$150
Feb 10 #1425N NHHS rm 115 Mon., 6-8 pm

Glass Etching Workshop

Learn how to etch like a pro! Design a cheese plate or cutting board for your table! If you prefer, create monogrammed wine glass or beer mug to toast the season. Select a holiday design or request a custom stencil for a family name or monogram, a perfect personalized gift for birthday or celebrations! Etching cream and several options for glassware will be provided. If you prefer, bring your own. **A non-refundable material fee is included in the price of the class which covers the stencil, glassware and etching cream. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident \$45 Non-resident \$55
Apr 8 #1408H HHS rm B104 Tues., 6:30-8:30 pm



Large Tote Bag for Shopping or the Beach

Learn how to sew this versatile, large tote bag. It's a must have for hauling gear to the beach, carrying groceries home from the market or keeping handy in your car. **You will need to bring your own sewing machine, cord, foot pedal and know how to sew and thread your machine. A supply list will be given prior to and a non-refundable \$10 materials fee is payable to the instructor at class.**

A. Michaud 1 session Resident \$35 Non-resident \$45
May 21 #1456N NHHS rm 115 Wed., 6:30-9 pm



Macramé Basics

Learn the basics of macramé including basic knots and how to make a hanging plant hanger. **You will need to bring a scissors and a measure tool. A non-refundable \$5 materials fee is payable to the instructor at class.**

L. Davis 1 session Resident \$35 Non-resident \$45
Feb 12 #1457N NHHS rm 117 Wed., 6:30-8:30 pm

Metal Stamped Jewelry Cuff

Bring short phrases or dates to imprint your quote into an allergen-free waterproof aluminum bracelet of your choice. **All fonts, hammers, tools, inks and everything will be provided. A non-refundable \$30 materials fee is payable to instructor at class.**

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Mar 26 #1458N NHHS rm 116 Wed., 6:30-8:30 pm



Sea Glass Wire Wrapping

Beginners welcome in this fun workshop where you will learn how to wire wrap all your beach finds into wearable art! You will leave with two finished pendant necklaces. Choose from a wonderful selection of sea glass and colorful allergen-free wire. **A \$25 non-refundable materials fee, which covers the use of tools, wire and sea glass, is payable to the teacher at class.**

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



Soy Candle Making 101

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

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Apr 1 #1454N NHHS rm 116 Tues., 6:30-8:30 pm



WHOOOPS!

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

5 Element Qigong

Qigong focuses on cultivating the connection between the mind, body, and breath via gentle meditative movement. Join me from the comfort of home, in exploring the 5 elements and the connection to their corresponding organ systems to restore and rejuvenate the body during this winter season.

K. Fierlit	6 wks	Resident \$48	Non-resident \$58
Feb 10	#1666NA	Virtual-Online	Mon., 8-9 am
Feb 11	#1666NB	NHHS PE Room	Tues., 6-7 pm

6 Chi Cultivation Qigong

Qigong focuses on using gentle movement, breath, and a concentrated mind to cultivate chi, or life force energy. Join me in exploring the 6 chi cultivations to build and wake up your chi as we move into Spring!

K. Fierlit	7 wks	Resident \$56	Non-resident \$66
Mar 31	#1667NA	Virtual-Online	Mon., 8-9 am
Apr 1	#1667NB	NHHS PE Room	Tues., 6-7 pm

Adult Swim Lessons

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

Staff	7 sessions	Resident: \$95	Non-resident \$105
Jan 7	#1601D	NH YMCA	T & Th, 5:30 - 6:15 pm
Feb 4	#1601A	NH YMCA	T & Th, 5:30 - 6:15 pm
Mar 4	#1601B	NH YMCA	T & Th, 5:30 - 6:15 pm
Apr 1	#1601C	NH YMCA	T & Th, 5:30 - 6:15 pm

Check our website: www.hamdenadulted.org for dates

Authentic Qigong and Taijiquan

Taijiquan (Tai Chi) is an ancient Chinese martial art based on internal energy or chi. It uses slow flowing and connected movements to integrate the mind and body and generate flexibility, strength and well-being. Taught by a professional martial artist with over 34 years of T'ai Chi experience. *Bring water and wear comfortable clothing and flat footwear. Senior discount not applicable.*

B. Banick	12 wks	Resident \$140	Non-resident \$150
Feb 10	#1603HA	Central Office Gym	Mon., 6-7 pm
Feb 12	#1603HB	Central Office Gym	Wed., 6-7 pm



Ballroom Dance - Beginner

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

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

Ballroom Dance - Beginner Salsa, Mamba, Merengue & Bachata

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

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
Feb 11	#1655N	NHHS Cafe	Tues., 7:10-8:10 pm

Ballroom Dance - Intermediate

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

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



Dances of Bridgerton

Dearest Gentle Reader...you are cordially invited to learn dances from the fabulous Bridgerton TV series. We'll do actual group and couple dances performed on the show. No dance experience required. No partner needed.

S. de Guardiola	1 session	Resident: \$35	Non-resident \$45
Apr 2	#1663N	NHHS PE Room	Wed., 5:45 - 7:45 pm

Gentle Yoga

Full of positive energy and encouragement, this is a great class for those familiar with yoga or for students seeking a "breath-body" connection. This mindful, slower-paced class fosters self-acceptance, compassion and wisdom.

C. D'Agostin	10 wks	Resident \$109	Non-resident \$119
Feb 13	#1664	Central Office Gym	Thur., 6-7 pm

Golf Fore Women 101

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

Staff	5 wks	Resident \$149	Non-resident \$159
Mar 22	#1607A	GC at LO	Sat., 10-11:15 am
Mar 23	#1607B	GC at LO	Sun., 10-11:15am
Mar 24	#1607C	GC at LO	Mon.,5:15-6:30 pm
Mar25	#1607E	GC at LO	Tues., 12-1:15 pm
Mar 25	#1607F	GC at LO	Tues., 5:15 - 6:30 pm
Mar 26	#1607H	GC at LO	Wed., 10-11:15 am

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

Good Ole Country Time Line Dancing

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

X. Walker	10 wks	Resident: \$85	Non-resident \$95
Feb 20	#1643NA	NHHS PE Room	Thur., 6:30 - 7:30 pm
Feb 24	#1643NB	NHHS PE Room	Mon., 5:45 - 6:45 pm

Hoopng Around

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

X. Walker	10 wks	Resident: \$45	Non-resident \$55
Feb 20	#1645N	NHHS PE Room	Thur., 5:45 - 6:15 pm

Intermediate Slow & Steady Yoga

This class is appropriate for those students who already have a solid grounding in the basics of yoga asana and pranayama and wish to delve more deeply into the philosophical aspects of Yoga. A slow and steady practice enables us to find stability and ease—the two golden rules of Yoga asana. The Tantric element weaves together other aspects including the basic principles of Ayurveda and Yoga wisdom as taught in the Yoga Sutras, Bhagavad Gita and other ancient texts. There are no hands-on adjustments in this class. *Senior discount not applicable.*

Staff	8 wks	Resident \$109	Non-resident \$119
Feb 12	#1657	Yoga at the Commons	Wed., 6-7 pm

No refunds will be given after a class has begun.

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 10	#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. *Senior discount not applicable*

Staff	6 wks	Resident \$130	Non-resident \$140
Feb 10	#1614	Soulcraft Studio	M,W 6:30-7:30 pm, Sat 11am-12 pm

KUDO

Kudo is a mixed martial art with roots in the Japanese 'Budo' tradition. Kudo dynamically mixes striking, throws, takedowns, and grappling. Our training is full contact but low impact. This approach lets us train sustainably, intelligently, and realistically.

Staff	6 wks	Resident \$130	Non-resident \$140
Feb 10	#1665	Soulcraft Studio	T&F 6:30-7:30pm

Men Golf 101

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

Staff	6 wks	Resident \$149	Non-resident \$159
Mar 25	#1630A	GC at LO	Tues., 1:30-2:45 pm
Mar 27	#1630B	GC at LO	Thur., 11:30-12:15 pm

Martial Arts for Kids or Adults

Stress reduction, confidence and better health are all taught by Tae Kwon Do in a disciplined energetic, engaging and positive environment. Adults and children aged 5 or over can learn self defense in a modern studio. You can choose the schedule that works for you. *Wear comfortable clothing and flat footwear.*

Staff	20 sessions	Resident \$120	Non-resident \$130
Feb 10	#1663	Ziwak Martial Arts	M-S., 5:30 or 6:30 pm

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Mindfulness & Stress Relief 101

This 4-week course teaches basic mindfulness strategies based on the foundations of the mindfulness-based stress reduction course. Participants will have the opportunity to practice and increase skills of being present and reducing reaction time. Unrelieved stress and tension can cause debilitating symptoms and side-effects, including insomnia, eating disorders, anxiety and depression – conditions that create an internal disconnect and dampen our enthusiasm for life. A regular Mindfulness practice can re-establish a sense of wholeness and well-being.

Staff 4 wks Resident \$90 Non-resident \$100
Feb 13 #1658 Yoga at the Commons Thur., 5:30-7 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 10 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

Pilates Fusion - Intermediate/Advanced

This is a more advanced and faster paced non-traditional pilates class which incorporates pilates style exercises, with elements of strength training, breath work, and stretching. Some experience with pilates is required. *Note: Please bring a yoga mat and light weights.*

R. Burton 10 wks Resident \$70 Non-resident \$80
Feb 26 #1666N NHHS PE Room Wed., 8-9 pm

Smiling Spirit/Kripalu Yoga

Kripalu means “compassion” and Kripalu Yoga focuses on what your body can do at this time – no standard routine of postures, no competition with time or the person next to you, no focus other than yourself. Bring yourself to your own edge, wherever that may be for you on this particular day and let that be your teaching. Come safely to this edge, without forcing past it, in each of your practices and you will find that your body progresses, your “edge” advances – as do you. At the same time there is a calming effect, a mental tranquility produced by the practice itself.

Staff 8 wks Resident \$109 Non-resident \$119
Feb 10 #1640A Online Mon., 7-8:30 pm
Feb 11 #1640B Yoga at the Commons Tues., 9-10:10 am
 Check our website: www.hamdenadulthood.org for more dates

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! *Senior discount not applicable*

Staff 5 wks Resident \$130 Non-resident \$140
Feb 12 #1660 Soulcraft Studio Wed 6:30-7:30 pm, Sat 10am-12pm

Take Aim With Archery

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

Staff 4 wks Resident \$50 Non-resident \$60
Jun 25 #1650A Camp Mtn Laurel Thur., 5-5:45 pm
Jul 23 #1650B Camp Mtn Laurel Thur., 5-5:45 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 discount not applicable.*

Staff 8 wks Resident \$109 Non-resident \$119
Feb 10 #1627A Yoga on the Commons Mon., 10:15-11:15 am
Feb 11 #1627B Yoga on the Commons Tues., 10:15-11:15 am
Feb 12 #1627C Yoga on the Commons Wed., 10:15-11:15 am
 Check our website: www.hamdenadulthood.org for more dates

Your Community Yoga Flow

This 75-minute, hatha/slow-flow style class is led by YCYC owner, Jen, and embodies the spirit of our studio. The longer class allows more time for focused breathwork, mindful movement and offers the opportunity for students to connect to themselves as well as their fellow students.

Staff 8 wks Resident \$109 Non-resident \$119
Feb 10 #1652A Yoga on the Commons Mon., 9-10 am
Feb 12 #1652B Yoga on the Commons Wed., 9-10 am
Feb 14 #1652C Yoga on the Commons Fri., 9-10 am
 Check our website: www.hamdenadulthood.org for more dates

ONLINE REGISTRATION
www.hamdenadulthood.org/coursecatalog



Homebuyers Workshop

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

DePodesta, Brandi, Frazier 1 wk Resident \$35 Non-resident \$45
Mar 11 #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 19 #1801 Virtual - Online Wed., 7-9 pm

IN THE KITCHEN**Appetizer Galore**

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

A. Webb 1 session Resident: \$55 Non-resident \$60
Mar 25 #2043N NHHS rm 109 Tues., 6:30-8:30 pm

Cookie Swap

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

A. Webb 1 session Resident: \$55 Non-resident \$60
Feb 25 #2050H NHHS rm 109 Tues., 6:30-8:30 pm

Cooking Basics "The Fundamentals"

In this hands-on class, Chef Amanda will teach different knife skills, kitchen terminology and kitchen techniques all with preparing a few dishes. Please bring take home containers or we will fellowship together ***A non-refundable supply fee is included in the price. Please bring take-home containers.***

A. Webb 1 session Resident: \$50 Non-resident: \$60
May 13 #2045N NHHS rm 109 Tues., 6:30-8:30 pm

Cooking with Kids

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

A. Webb 1 night Resident: \$50 Non-resident \$60
Apr 29 #2030N NHHS rm 109 Tues., 6:30-8:30 pm

Cupcake Decorating

In this fun class you will learn the fundamentals of cupcake decorating using buttercream icing and decorator icing tools and embellishments. You will decorate by applying stars, shells and flowers to make your cupcakes shine at any occasion.

Supply list will be sent prior to first class.

M. Padilla 1 session Resident \$35 Non-resident \$45
Apr 8 #2004H HHS rm D107 Tues., 6:30-8:30 pm
Feb 11 #2004N NHHS rm 109 Tues., 6:30-8:30 pm

Homemade Cavatelli with Vodka Sauce

Join Chef Debbie and learn how to make an incredible easy cavatelli and vodka sauce recipe. ***A supply list and recipe will be sent prior to class starting.***

D. Barbiero 1 session Resident: \$35 Non-resident: \$45
Mar 3 #2035 Virtual - Online Mon., 6:30-8:30pm

Royal Icing Flowers and Basketweave Cake

Learn to make sugar flowers using royal icing. This course will teach you how to make apple blossoms, violets and roses using decorator piping tips during the first class. The second class, you will learn basketweave techniques using buttercream icing. You will then assemble the pre-made flowers on your basketweave cake. ***Supply list will be sent prior to first class.***

M. Padilla 2 wks Resident \$40 Non-resident \$50
May 6 #2031H HHS rm D107 Tues., 6:30-8:30 pm
Mar 11 #2031N NHHS rm 109 Tues., 6:30-8:30 pm



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 11 #2201H HHS rm D212 Tues., 7:00-8:30 pm

Irish II

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Feb 13 #2209H HHS rm D212 Thur., 7:00-8:30 pm



No refunds will be given after a class has begun.

MONEY MATTERS

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

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

J. Comen 1 session Resident \$25 Non-resident \$35
Mar 5 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm
Apr 30 #2418NB NHHS rm 106 Wed., 6:30-8:30 pm

Medicare: What You Need To Know

2025 Major Changes! Confused by all the mailers and TV commercials? Turning 65? Do I need to sign up for Medicare if I am still working? Why do they need my zip code on those commercials? Am I getting all the benefits I'm entitled to? Attend this free educational course to learn about all the moving parts of Medicare! There will be time for Q&A at the end.

M. DeGregorio 1 session
Feb 11 #2416HA HHS rm D213 Tues., 6-8 pm
Mar 13 #2416HB HHS rm D213 Thur., 6-8 pm

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

Passport to Retirement

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

S. Grove 2 wks Resident \$35 Non-resident \$45
Apr 24 #2404H HHS rm D213 Thur., 6:30-8:00 pm
Apr 29 #2404N NHHS rm 106 Tues., 6:30-8:00 pm

Retirement Planning Today

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

B Skinner 2 wks Resident \$49 Non-resident \$59
Mar 5 #2406 Virtual - Online Wed., 6:30-8:30 pm

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



Looking for a New Career

We have several training programs for you to choose from!

See pages 7-13 for more information

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.

Security Guard

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

OSHA

OSHA training is designed for entry-level workers in construction, demolition, building development and other fields in the construction industry, as well as healthcare, factory operations, warehousing, manufacturing, storage and more.

WHOOOPS!

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

MUSIC

Basic Music Theory and Harmony

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Feb 11 #2609H HHS rm A213 Tues., 7-8:30 pm

In Their Own Music

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Feb 13 #2608H HHS rm D104 Thur., 7-8:30 pm

Instant Guitar for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Feb 25 #2610 Virtual - online Tues., 6:30-9 pm

Instant Piano for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Feb 24 #2611 Virtual - online Mon., 6:30-9 pm

Violin and Cello - Beginner/Intermediate

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

J Jen Hsu 10 wks Resident \$95 Non-resident \$105
Feb 11 #2606N NHHS rm 106 Tues., 6-7 pm



American Red Cross Babysitter's Training Course

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

Staff	1 session	Resident \$50	Non-resident \$60
Jan 18	#3005A	NH YMCA	Sat., 10am-2 pm
May 10	#3005B	NH YMCA	Sat., 10am-2 pm

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

Chess Endgames - Tactics and Strategy

This class is designed for adult chess players who are familiar with basic chess tactics and wish to improve their play in the endgame phase. You will learn how to restrict the opponent's pieces, turn a passed pawn into a queen, and set up a checkmating attack! *"Silman's Complete Endgame Course: from Beginner to Master"* by Jeremy Silman is needed and will be available for purchase at the first class or online.

J. Groff	3 wks	Resident \$75	Non-resident \$85
May 7	#2870	Chess Academy	Wed., 6:30-8:30 pm

Chess for Beginners

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

J. Groff	3 wks	Resident \$75	Non-resident \$85
Feb 12	#2819	Chess Academy	Wed., 6:30-8:30 pm

Chess Openings

This class is designed for adult students who are familiar with chess basics and tactics and wish to develop a greater understanding of openings through stud and practice. This course, combined with Seirawan's book will help you develop a solid understanding of principles that you can apply to every game you play without having to memorize a dizzying array of tedious and lengthy opening lines." You are guaranteed to improve your game and take your chess playing ability to the next level.

J. Groff	3 wks	Resident \$75	Non-resident \$85
Apr 9	#2869	Chess Academy	Wed., 6:30-8:30 pm

Chess Tactics and Calculation

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

J. Groff	3 wks	Resident \$75	Non-resident \$85
Mar 12	#2841	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 cultures call these beings by different names. We will discuss the Good folk, how to connect and work with them. Come take a journey to the magical world of the Fae. *Please bring a notebook.*

H. Morrison	4 wks	Resident \$56	Non-resident \$66
Mar 12	#2865N	NHHS rm 105	Wed., 6-8 pm

Gluten-free Eating Workshop

You will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, what foods you should eat and what foods you should avoid if you are battling Celiac disease or have gluten sensitivity.

D. Barbiero	1 session	Resident \$35	Non-resident \$45
Feb 10	#2873	Virtual - Online	Mon., 6:30-8:30 pm

How to Reduce Inflammation In Your Body

This class will benefit you if you have arthritis, thyroid disease, heart disease or are overweight. You will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, which foods to eat and which to avoid to help you reclaim your health.

D. Barbiero	1 session	Resident \$35	Non-resident \$45
Feb 24	#2807	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 decide if they like you, trust you, or will do business with you. Within 20 seconds a decision is made to hire you or not. Learn proper body language, gestures, handshakes, correct attire, and more. Sign-up, and get hired. Certificate upon completion.

T. Knowlton	1 session	Resident \$30	Non-resident \$40
Feb 25	#2852H	HHS rm D213	Tues., 6-8 pm

Learn Remarkable Business Speaking Skills

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

T. Knowlton 1 session Resident \$30 Non-resident \$40
Feb 11 #2850H HHS rm D213 Tues., 6-8 pm

Lose Weight With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Mar 20 #2809N NHHS rm 104 Thur., 7-9 pm

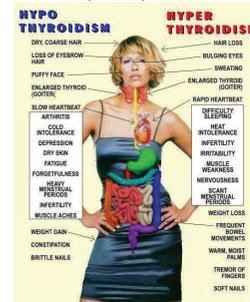
Quit Smoking With Hypnosis

Hypnosis is a wonderful tool to use to help you stop smoking. With hypnosis you can change your thought patterns and break bad habits by introducing positive thoughts and habits. Join us to finally break your smoking habit and improve your health and wellbeing. *Bring a pillow and blanket.*

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Mar 11 #2814N NHHS rm 104 Tues., 7-9 pm

Thyroid Nutrition Class

Thyroid Dysfunction



Nutrition plays a big part in maintaining a healthy thyroid and improving your thyroid health. Learn the symptoms on under-active and over-active thyroids. Learn which are the best foods to eat and eliminate from your diet to feel your best. People with thyroid disease are at a greater risk for unintended weight gain, increased risk for cardiovascular disease and diabetes. Understanding the need to eat a balanced diet and adopt a healthy lifestyle is essential.

D. Barbiero 1 session Resident \$35 Non-resident \$45
Apr 7 #2822 Virtual - Online Mon., 6:30-8:30 pm

Transformational PowerPoint Presentations

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

T. Knowlton 1 session Resident \$30 Non-resident \$40
Feb 18 #2851H HHS rm D213 Tues., 6-8 pm

High School Completion

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

AHS-CDP

(Adult High School - Credit Diploma Program)

Complete a minimum of 25 credits and earn a Hamden Board of Education Adult High School Diploma!

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

GED®

(General Educational Development Diploma Program)

Complete a series of national standardized tests and earn a State of Connecticut High School Diploma!

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

NEDP®

(National External Diploma Program)

Demonstrate your academic and life skills and earn a Hamden Board of Education Adult High School Diploma!

- Structured assignments
- Academic assessment
- Flexible scheduling

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

- Hamden • North Haven • Bethany • Woodbridge • Orange

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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 12 and May 15 #3001N NHHS rm 106
Mon. (virtually) & Thur. (on-site) 6-9 pm



American Red Cross Lifeguard Training

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

Staff 2 sessions Resident: \$300 Non-Resident \$310
Feb 15 #2439A NH YMCA Sat., Sun., 10am-4pm
Jun 7 #2439C NH YMCA Sat., Sun., 10am-4pm
 Check our website: www.hamdenadulted.org for more dates

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, Trailing, Sports and boating, as well as other boating tips.

USCG Auxiliary Staff 2 wks Resident \$72 Non-resident \$82
Apr 3 #3000 HHS D111 Thur., 5:30-9:30 pm

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



American Heart Association®

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 8 #3007N AARP Staff NHHS rm 105 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 \$35
 Non-resident \$35

Feb 13 #3008 Miller Senior Center Thur., 10am-12pm

FREE TAX PREPARATION IN HAMDEN

Volunteers from the Volunteer Income Tax Assistance (VITA) Program sponsored by the IRS and United Way of Greater New Haven will prepare tax returns at Hamden High School for households that earn \$67,000 or less. Taxpayers have the option of appearing in person (no appointments, first come-first served) or dropping off their paperwork with the VITA Greeter at the door and returning the following week to pick up their tax returns.

Both federal and state returns will be prepared.

Days and hours:

Mondays and Wednesdays, 5:00-7:30 PM, and Saturdays, 10 AM-1:30PM, at Hamden High School
January 27-April 14 (closed Feb 17 for Presidents Day, March 31 for school holiday)

Also closed any day Hamden Public Schools are closed for inclement weather

Requirements:

- Photo ID for you (and spouse if filing jointly)
- Social Security cards or statements for every member of your family who'll be included on your return
- W-2s and/or 1099s from ALL of your jobs in 2024
- Form 1099-G from the state of CT showing any unemployment compensation
- Interest, dividend and investment statements from your financial institutions
- Self-employed income and expenses
- Information on any expenses you paid in 2024: tuition and student loans (Form 1098T, 1098E); annual mortgage statement; charitable contributions; home or car taxes paid to your town; documentation from any child care provider of their tax ID number and how much you paid
- Form 1095A if you had health insurance through Access Health CT
- Want your refund direct deposited? Bring your routing and account number

Questions? Email HamdenAdultEdVITA@gmail.com. Please do not call Hamden High School.

EXCITING OVERNIGHT TRIPS

Island Hopping Nantucket and Martha's Vineyard

3 Days • 3 Meals:2 Breakfasts • 1 Dinner
Includes: Deluxe Motorcoach , 2 nights at the Holiday Inn Cape Cod Hyannis, ferries and tour director.
Per Person Rates: Double \$799; Single \$999



We are off for an exciting adventure to both Nantucket and Martha's Vineyard. Visit the JFK Museum on our way to Cape Cod. We will enjoy a fabulous welcome dinner upon our arrival at the Holiday Inn Cape Cod Hyannis. Hotel features spacious guestrooms, restaurant, indoor pool, and whirlpool.

After breakfast, we'll board the ferry for our daytrip to Nantucket Island. The guided tour highlights include Old Mill, Sconset Village, Low Beach, Sankaty Head Lighthouse, Cranberry Bogs and Nantucket moors. There will be free time for lunch, shopping or biking before we head back to the mainland. Evening is at leisure.

Following our final breakfast, we'll depart the ferry for Martha's Vineyard. We will then board an Island Bus to Edgartown with time to browse its quaint shops and lunch on your own before returning to Oak Bluffs with time for you to explore. We will then return to the mainland for our return home.

#5052 August 26, 2025 Pick-up at Rt. 40 Connector parking lot 8:30 am and return at 9:15 pm.
All times are approximate.

Countryside of the Emerald Isle

11 Days • 14 Meals: 9 Breakfasts • 5 Dinners
 Per Person Rates: Double \$5,499*; Single \$6,799; Triple \$5,449 Includes: air, hotel transfers, and group transportation to/from airport

Deposit due:
 2/22/2025
 Final Payment Due:
 6/23/25

Small Group Travel rewards you with a new prospective with less than 24 passengers. This trip is a personal adventure that today's cultural explores dream of.

Highlights Include

- Dublin
- Irish National Stud
- Rock of Cashel
- Distillery Tour
- Kinsale
- Garnish Island
- Dingle Peninsula where you will have the choice of Dingle Coastal Walk tour or the Blasket Centre Tour
- Aran Islands
- Cliffs of Moher



#1278231 **September 21, 2025** Travel insurance is highly recommended.
 View trip information on: <https://gateway.gocollette.com/link/1278231>

*Price subject to change.

Iceland's Magical Northern Lights

7 Days • 11 Meals: 6 Breakfasts • 5 Dinners
 Per Person Rates: Double \$3,999*; Single \$4,499; Triple \$3,949 Includes: air, hotel transfers, and group transportation to/from airport

Deposit due:
 8/25/2025
 Final Payment Due:
 11/26/25

Highlights Include:

- Reykjavík, Northern Lights Cruise to search for the Northern Lights
- Golden Circle
- Thingvellir National Park
- Gullfoss Lava Exhibition Center
- Vik • Seljalandsfoss • Skógar Museum • Skógafoss
- Sólheimajökull Glacier
- Jökulsárlón Glacial Lagoon • Blue Lagoon



#1278489 **February 24, 2026** Travel insurance is highly recommended. * Price subject to change.
 View detailed trip information on: <https://gateway.gocollette.com/link/1278489>

Pacific Northwest & California

8 Days • 12 Meals: 7 Breakfasts • 2 Lunches • 3 Dinners
 Per Person Rates: Double \$4,249*; Single \$5,049; Triple \$4,199 Includes: air, hotel transfers, and group transportation to/from airport

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

Highlights Include:

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



#1278154 **April 27, 2026** Travel insurance is highly recommended.
 * Price subject to change.

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

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



**Stormville Antiques and Flea Market
Stormville, NY**

Join us at the Airport in Stormville, New York for an antique show and flea market. Attracting over 600 vendors from more than eight states, this market has been featured on HGTV's "Flea Market Flip."

There is a variety of Antiques Collectibles Arts & Crafts and new merchandise.

Hamburgers, hotdogs, gyros, Philly cheese steaks, sausage and peppers, and novelty food items such as fried dough, ice cream, smoothies, shaved ice, kettle corn, and fried pickles may be available for purchase.

#5047 Saturday, April 26 \$98

Pick-up at HHS parking lot 8:30 am and return at 5:00 pm.
All times are approximate.

Note: No refunds for this trip after March 18.



**JFK Library and
Museum
Boston, MA**

The John F Kennedy Library & Museum is dedicated to the memory of our nation's 35th president. Located in a striking I.M. Pei building on Boston's waterfront is this amazing museum dedicated to the life and legacy of former President John F. Kennedy. The museum conveys his enthusiasm for politics & public service and illustrates the nature of the office of the President.

Enjoy a three-course family-style Italian lunch at Maggiano's Little Italy - everyone's favorite! Menu: Bruchetta, Maggiano's Salad, Rigatoni with Meat Sauce, Chicken Piccata with Vera's Lemon Cookies. for dessert.

Enjoy a Boston Driving City Tour with a local step-on-guide. Highlights: State House, Boston Common, Granary Burial Ground, Faneuil Hall, Back Bay, Public Gardens, & more.

#5048 Saturday, May 17 \$157

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

Note: No refunds for this trip after April 9.

**Visit our website for
more trips.**



**Join us
February 13 at 6 PM
for a Travel Presentation
on our overnight trips.
Call 203-407-2028
to RSVP.**



**Newport Flower
Show**

Newport, RI



The magnificent Rosecliff Mansion provides a delightful backdrop for the Newport Flower Show. Stroll through the first floor of the mansion filled with incredible floral arrangements, continue out onto the spacious lawn to enjoy beautiful displays.

Explore the Shopper's Marketplace with incredible views!

Free time in the afternoon to explore downtown Newport on your own.

Lots of little shops and restaurants on Bowen's and Bannister's Wharf!

#5049 Saturday, June 21 \$132

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

Note: No refunds for this trip after May 13

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:

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

Contact us for:

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

Church Street School 203.407.3111

For more information, email:

HamdenFRC@hamden.org

HAMDEN EARLY LEARNING PROGRAM

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

We have 13 classrooms:

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

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

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



Hamden Early Learning Program



hamdenkids@gmail.com

Leave message at 203.407.7733

www.hamdenyoungchildren.org

Follow us on 

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

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

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

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

Kimberly Craft, Coordinator

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

ARTS, RECREATION, AND CULTURE

203.287.2546

General Information	203.287.2579
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 SERVICES

Linda Davis-Cannon, Outreach Technician

203.562.5129 ext. 1121 ldaviscannon@hamden.com

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

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111 ylopes@hamden.com

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

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



YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 srubino@hamden.com



Hamden Youth Services Bureau creates and fosters opportunities for all youth and their families to learn and grow in positive ways. Below is a list of some of these services and programs:

- Free Books and School Supplies • Hamden-North Haven Collaborative • Hamden Prevention Council • Hamden Youth Advisory Council • Hamden Youth Diversion Project • Hamden Youth Network • Outreach Activities, Programs and Events • Prevention Awareness and Education • Resources and Referrals • Summer Youth Employment & Training Program • The Village Teen Center • Volunteer & Community Service • Youth Ambassadors

NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

203-239-5432

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 website: www.town.north-haven.ct.us The Center is located at 189 Pool Road North Haven CT 06473 and open Monday-Friday 8am-4pm.

NORTH HAVEN MEMORIAL LIBRARY

203.239.5803

DEPARTMENT OF RECREATION

203.239.5321 ext. 530

RECREATION INFO-LINE

203.234.2535

DEPARTMENT OF COMMUNITY SERVICES

TOWN HALL ANNEX -

5 LINSLEY ST. NORTH HAVEN, CT 06473

203.239.5321 ext. 500

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

Eligibility:

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

Tuition and Fees:

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

Books and Materials:

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

Storm Day Policy:

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

Our Refund Policy:

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

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

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

Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

Persons with Disabilities:

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

Senior Citizens:

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

Sexual Harassment:

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

Class Cancellations:

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

Returned Check Policy:

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

No Smoking:

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



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 - Easy Gifts with Cricut
 - Google 101: Docs and Drive
 - Google Forms and Sign Up Genius
 - Gluten-free Eating Workshop
 - Large Tote Bag
 - KUDO
 - Macrame Basics
 - Metal Stamped Jewelry Cuff
 - Pilate Fusion - Intermediate
 - Your AI Journey Starts Here

- Day Trips**
- Stormville Antiques and Flea Market
 - JFK Library and Museum
 - Newport Flower Show
 - Maple Madness
- Overnight Trips**
- Island Hopping
 - Countryside of Emerald Isle
 - Iceland's Magical Northern Lights
 - Pacific Northwest & California
- Free Classes**
- Adult High School Program
 - Citizenship
 - English as a Second Language
 - GED Prep
 - National External Diploma Program
 - Pre-GED

What Will You Try?

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