

# Hamden-North Haven Adult & Continuing Education



What Do You See Yourself Doing?  
Fall 2022

*Dear Friends,*

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

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

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

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

*LuAnn Gallicchio*

## Hamden Adult Education

Hamden High School

2040 Dixwell Avenue Hamden, CT 06514

203.407.2028 fax 203.407.2056

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

### Office Hours:

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

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

### STAFF

Director

LuAnn Gallicchio

Administrative Secretaries

Maria Blue

### SCHOOL ADMINISTRATION

Superintendent - Hamden

Gary Highsmith

## HAMDEN BOARD OF EDUCATION

Melissa Kaplan, Chair

Reu'el Parks, Secretary

David Asbery

Siobhan Carter-David

Austin Cesare

Mariam Khan

Walter Morton, IV

Kevin Shea

Gary Walsh

## North Haven Office

North Haven High School

221 Elm Street, North Haven, CT 06473

203.239.1641 ext. 2913 fax 203.239.2115

### Office Hours:

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

### STAFF

Administrative Secretary

Maria Ferraro

### SCHOOL ADMINISTRATION

Superintendent - North Haven

Patrick Stirk

## NORTH HAVEN BOARD OF EDUCATION

Goldie Adele

Ronald Bathrick

Marie Devlin

Eleni Diakogeorgiou

Amanda Gabriele

Thais Moore

Randi Petersen

Martin Rudnick

Joseph Solimene

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**

## Fall 2022 Calendar

August 11-12

Adult High School - Fall Term 1 2022 Registration

August 22

Adult High School - Fall Term 1 Classes Begin

September 5

No School - Labor Day

September 19

Enrichment classes begin

September 26

Rosh Hashanah - No classes

October 4 and October 6

Adult High School - Fall Term 2 2022 Registration

October 16

Indigenous People's Day - No Classes

November 6

HHS Conferences - No Classes HHS

Decembr 6 and December 8

Adult High School - Spring Term 1 Registration

Shaded boxes are NEW classes

## Location of Classes

**Chess Academy**

1227 Whitney Avenue, Hamden

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

700 Main Street, Middlefield

**HHS** - Hamden High School

2040 Dixwell Avenue, Hamden

**NHHS** - North Haven High School

221 Elm Street, North Haven

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

11 Pine Street, Hamden

**Soulcraft Studio**

1125 Dixwell Avenue, Hamden

**Your Community Yoga Center(YCYC)**

39 Putnam Avenue, Hamden

**NHYMCA** - New Haven YMCA

50 Howe Street, New Haven

## Table of Contents

### Mandated Programs

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

### Specialty Classes

Career Development	7
CT Security Guard	
Adult First Aid, CPR and AED	
Real Estate	
Emergency Medical Technician	
Patient Care Technician	
Certified Nurse Assistant	
Phlebotomy Technician	
EKG Technician	
OSHA 10 and OSHA 30	
Serv Safe	
Online Learning	12

### Enrichment Courses

Computer Technology	14
Creative Arts	15
Dance and Fitness	17
Home	20
In the Kitchen	20
Languages	21
Money Matters	21
Music	22
Personal Enrichment	22
Safety	25
Senior Offerings	25
Day Trips	26
Overnight Trips	27
Parents with Young Children	28
SAT Preparation	25
Driver's Education	25
Family Learning	32
Town Services	33

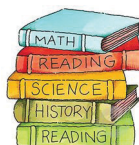
### Registration Information

Registration Info and Form	34-35
----------------------------	-------



# FREE CLASSES

## Pre-GED®



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

### Classes meet:

**Monday, Wednesday, and Friday**

**9:00 AM - 12:00 PM OR**

**Tuesday, Wednesday and Thursday**

**6:30 PM - 9:00 PM**

## Become A U.S. Citizen



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

**Classes meets virtually on Mondays**

**6:00 PM - 8:00 PM**

## English As A Second Language

*Learn to Speak, Read and Write English*

**Morning Classes 9 am - 12 pm**

**Beginner - Monday and Wednesday**

**Intermediate I and Intermediate II - Tuesday and Thursday**

**Evening Classes 6:30 pm - 9:00 pm**

**All Levels - Tuesday and Thursday**

**Free babysitting for children of students registered in Tuesday/Thursday 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.hamdenadulted.com/adult-education-enrollment-form/>**

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

**Call to Register 203.407.2028**



## ADULT HIGH SCHOOL

LAURA RODRIGUEZ, COORDINATOR

SHARON KING, COUNSELOR

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

### STUDENTS MUST EARN A TOTAL OF 23 CREDITS

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

#### Fall 2022 - Term 1 Registration

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

#### Fall 2022 - Term 2 Registration

**October 4 6-8 pm and October 6 6-8 pm**



Register using the above QR code or online:

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

Call to schedule an appointment

## National External Diploma Program NEDP



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

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

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

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

**9/21, 10/19, 11/16, 12/14 and 1/18**

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

\* North Haven, Bethany, Orange, Woodbridge

## GED® Prep



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

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

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

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

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



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

## How to Register for the GED<sup>®</sup> Exam

To register for the GED<sup>®</sup> 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<sup>®</sup> registration process online at [ged.com](http://ged.com) and then contact the Hamden Adult Education Office by calling 203.407.2028 or 203.773.9211 ext. 1139.

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

### *Searching for Talent*

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

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

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

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

## Emergency Medical Technician EMT (Training)

#1004H



The Emergency Medical Technician training is designed for people just starting their career in the field of Emergency Medical Services or current emergency professionals (such as fire-fighters) looking to expand their knowledge. EMT's provide emergency medical care in a pre-hospital environment, or can be employed in certain emergency departments. Come have fun while learning from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam, you are qualified to work as a Basic EMT. Most EMTs are employed by first responder organizations including ambulance services, hospitals, and fire departments. You must be 16 years or older to participate in the program. You can receive college credit.

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

***Class will be Monday and Wednesday, 6 pm - 10 pm some Saturdays 8am - 4 pm starting September 7.***

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

## ServSafe Food Handlers Training and Certification

#1002H

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



#1002H

Staff

HHS rm D111

Mon, 5-8 PM

Sept 27

3 wks

Resident \$200

Non-resident \$21



**New: Security Officer License Training**

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



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

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

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

**#1001H – October 11 and October 13****5:30 – 9:30 PM****HHS rm B105****#1001N - November 15 and November 17****5:30 – 9:30 PM****NHHS rm 107****INSTRUCTOR: L. Bonito****Resident \$125****Non-resident \$130****American Heart Association Adult, Child, Infant First Aid, CPR and AED**

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

**#3001      2 sessions      Nov 7      L. Bonito**  
**HHS rm B105      Mon. & Tues., 5:30-8:30 pm**  
 Resident: \$150      Non-resident: \$155

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

**Real Estate Training****Pre-Licensing 60 hour State Approved Class**

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

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

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

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

**#1012      12 weeks      Sep 8      Cadema Ed Associates**  
**Remote-Virtual      Mon. & Thur., 6-9pm**  
 Resident \$575      Non-resident \$580

## Phlebotomy Technician Training



**Phlebotomy  
Technician**



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

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

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

## EKG Technician Training



**EKG  
Technician**



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

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

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

## Certified Nurses Assistant Training



**CNA**



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

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

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

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

Call us:  
203-407-2028



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

## Top Courses

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

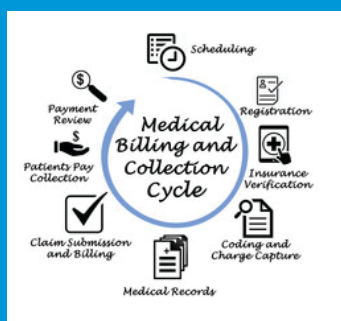


1. Medical Assistant
2. Pharmacy Technician
3. ProTrain Course Extension
4. Phlebotomy Technician
5. Spanish for Educators
6. Medical Administrative Assistant
7. Spanish for Healthcare
8. EKG Technician
9. Professional in Human Resources
10. Roofing Professional Program
11. CompTIA A+
12. AutoCAD Fundamentals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

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



## Medical Billing and Coding



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

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



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



## Patient Care Technician Training



Patient Care Technician

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

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

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

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

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

## Administrative Dental Assistant

As an integral part of the dental healthcare team, an administrative dental assistant is responsible for managing the daily operations of the dental office while providing a caring environment for patients. This course will provide a comprehensive overview of the dental office and the role of the administrative dental assistant. Students will learn how to manage patient records, maintain office inventory, conduct scheduling and recall functions, submit and manage patient insurance claims, and utilize technology to ensure a well-structured administrative system. Upon completion of this course, students will be fully prepared to become vital members of the dental healthcare team

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

## OSHA 10 Hour Online Training



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

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

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

*Available in English and Spanish.*

## OSHA 30 Hour Online Training



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

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

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

*Available in English and Spanish.*

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

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



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

**Just go to**

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



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

## Digital Marketing Certificate

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising.

Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary.

## Certificate in Quickbooks Online

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 area 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.

## Certificate in Teaching Adults

This is your invitation to teach others in-person and join in one of the more important functions in life - passing on knowledge and skills to others. Whether you want to teach others or currently teach others, in any setting, either formally or informally, this course is for you. We will give you both the fundamental and advanced information to improve your teaching.

## Certificate in Workplace Communication

Good communication in the workplace is more important than ever. And critical to your career advancement and success. Come get a comprehensive and intensive preparation with skills and techniques you can put to use on Monday morning. Take back a workable conflict management model, along with successful and practical conflict management strategies. Then work with a pro to learn how to improve your negotiation skills for a win-win outcome, including helping others to get what they want, so you get what you want. Finally, find out more about yourself and others using personality profiles for better work performance. You will be taking away new how-to skills that work.

## SQL Certification

Structured Query Language (SQL) is the industry standard database programming language. It is one of the most in demand skills in occupations. You will become more marketable in computer related career fields that pertain to database administration. You'll first learn about relational database structures, the history and uses of SQL, and how to use SQL to create a database, add records to database tables, and how to use SQL queries to extract meaningful data from tables. You will progress from creating simple SQL queries to querying multiple tables simultaneously. You'll also learn how to alter data and how to gather significant statistics from data stored. Finally, you'll learn techniques that will enable you to write powerful queries that perform complicated searches and sorts. This certificate will enhance your competitiveness in the field of database administration and data analyst jobs.

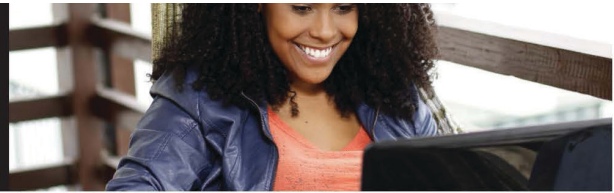
**COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!**

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

**Call to Register 203.407.2028**

## Hamden Adult Ed - Ed2Go

### SELF-PACED TUTORIAL ONLINE COURSES



#### Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

#### Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

#### Project Management Fundamentals

Gain the skills you'll need to succeed in the fast-growing field of project management.

#### Speed Spanish

Learn shortcuts to help you engage in conversational Spanish, as you build your language skills and develop fluency.

#### Grammar Refresher

Whatever your goals, a grasp of English grammar is important if you want to improve your speaking and writing skills.

#### Effective Business Writing

Improve your career prospects by learning how to develop powerful written documents that draw readers in and keep them motivated to continue to the end.

#### A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals.

#### Computer Skills for the Workplace

Gain a working knowledge of the computer skills you'll need to succeed in today's job market.

#### Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

#### Human Anatomy and Physiology

Learn the basic characteristics of the four main types of tissues, the general and special senses, cellular metabolism, body chemistry, and significant events in the life span, from fertilization through old age.

#### SAT/ACT Prep Course

Master the reading, writing, English, and science questions on the ACT and new SAT.

#### Explore a Career in Medical Coding

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

#### Medical Terminology:

#### A Word Association Approach

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

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

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

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

## Online Career Training Programs

Online Learning Anytime, Anywhere...Just a click away!

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.

#### Features:

- Facilitators and mentors are available to answer questions and help you through your studies
- Career Counselors will help you prepare for the transition from the classroom to the workplace
- Courses are all open-enrollment and self paced
- No additional charges - all materials, workbooks, and software are included in the course fee
- Payment plans available

#### Pharmacy Technician

This nationally recognized Pharmacy Technician online course and training program teaches the skills needed to gain employment as a Pharmacy Tech in either the hospital or retail setting.

#### Medical Coding and Billing

Upon successful completion of the Medical Billing and Coding course, students will be prepared for an entry-level position doing medical billing or coding in a medical office setting.

#### Medical Transcription

This nationally recognized medical transcription online course and training program prepares you to start a new career as a medical transcriptionist.

#### Six Sigma Black Belt

Course material provides an in-depth look at the Six Sigma Black Belt DMAIC problem-solving methodology, as well as deployment and project development approaches.

#### Freight Broker/Agent Training

Learn the skills to be a successful Freight - Load Broker Agent. Tutorials and projects will teach you the practical application of Freight Broker skills.

#### AutoCAD 2015 Certified User

In this program you will learn basic and advanced 2D functionality for AutoCAD 2015 and prepare for certification.

#### Veterinary Assistant

Prepare for an exciting new career as an administrative veterinary assistant. Students in the program learn about the care of animals as well as how to recognize signs of illness and disease. This online program also covers interpersonal communication, interaction with clients and their animals, as well as how to assist the veterinarian during examinations. And much more!

#### Paralegal

This program will prepare you to be successful in the fast growing paralegal career field. The paralegal training program includes free access to the official NALA Campus certification exam prep and Westlaw.

#### Project Management

This program will provide you with a solid introduction to the understanding of project management and help you comply with the minimum 35 hours of training as required by the Project Management Institute (PMI) before you take the Project Management Professional (PM) exam.

#### More programs are available in the following areas:

- Business and Professional
- Healthcare and Fitness
- Management and Corporate
- Media and Design
- Hospitality and Gaming
- Skilled Trades and Industrial
- IT and Software Development



Visit our site to learn more!

**[career.ed2go.com/hamden](http://career.ed2go.com/hamden)**

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



**Computer Basics Made Easy**

Learn computer basics for your laptop or desktop computer. Windows 10 and Microsoft Office 2019 (Word, Excel, and PowerPoint) will be introduced as well as internet, email basics, hardware, software, ribbons, cut, copy, paste, create, edit, format, save files into folders, and print are just a few of the computer terms and applications you will learn. No prior knowledge required. **Bring a USB drive to save your work.**

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86  
**Sep 19 #1200N NHHS rm 104 Mon., 6-8 pm**

**Google Applications: Docs, Slides and Sheets**

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

L. Hatton 8 wks Resident \$95 Non-resident \$105  
**Sep 22 #1219H HHS rm C203 Thur., 6-8 pm**

**(Keyboarding) Typing Skills Made Easy**

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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86  
**Sep 21 #1213N NHHS rm 104 Wed., 6-8 pm**

**Microsoft Excel 2019 Beginner**

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

M. Hatton 5 wks Resident \$95 Non-resident \$105  
**Sep 20 #1206H HHS rm C203 Tues., 6-8 pm**

**Microsoft Excel 2019 Intermediate**

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

M. Hatton 3 wks Resident \$60 Non-resident \$65  
**Nov 1 #1207H HHS rm C203 Tues., 6-8 pm**

**Microsoft Excel 2019 Made Easy**

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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86  
**Oct 26 #1208N NHHS rm 104 Wed., 6-8 pm**

**Microsoft PowerPoint 2019**

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

S. Bozzuto 3 wks Resident: \$60 Non-resident \$65  
**Nov 30 #1209N NHHS rm 104 Wed., 6-8 pm**

**Microsoft Word 2019 Made Easy**

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

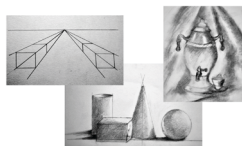
S. Bozzuto 4 wks Resident: \$76 Non-resident \$86  
**Nov 14 #1212N NHHS rm 104 Mon., 6-8 pm**



## Basic Drawing

Learn how to draw using basic shapes with charcoal and pencil. Draw from still life setups and photo references. Learn shading while referencing a value scale, that will add depth and volume to your subject. **A supply list will be given prior to the first night of class. A \$8 materials fee will also be collected on the first night of class for the canvas and picture.**

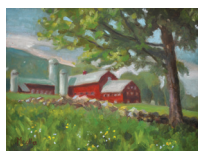
P. Meglio 6 wks Resident \$84 Non-resident \$94  
Nov 2 #1426N NHHS rm 115 Wed., 6-8 pm



## Beginning and Intermediate Oil Painting

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

P. Meglio 10 wks Resident \$100 Non-resident \$110  
Sep 19 #1425N NHHS rm 115 Mon., 6-8 pm



## Bob Ross "Joy of Painting" Workshop

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

C. Kozak 1 session Resident \$35 Non-resident \$45  
HHS rm B104

Sep 22 #1404HA-Stormy Seas Thur., 6:15-9 pm  
Oct 13 #1404HB-Cool Waters Thur., 6:15-9 pm  
Nov 9 #1404HC-Triple View Wed., 6:15-9 pm  
NHHS rm rm 115

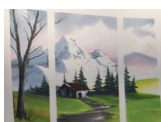
Sep 27 #1404NA-Evening Glow Tues., 6-8:45 pm  
Oct 25 #1404NB-Sun Setting on Water Tues., 6-8:45 pm  
Nov 22 #1404NC- Winter Evergreens Tues., 6-8:45 pm



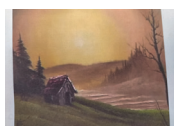
1404HA  
1404NA



1404HB  
1405NB



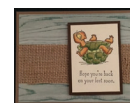
1404HC  
1404NC



## Card Making Workshop

Get a jump on your holiday cards! Come and learn how to make unique, handcrafted cards for various occasions Each week you will create three cards using various techniques that will build on each other from week to week.. **A \$15 non-refundable materials fee is payable to the instructor the first night of class.**

D. Brassell 8 wks Resident \$96 Non-resident \$106  
Sep 22 #1409H HHS rm B105 Thur., 6:30-8:30 pm



## Clay Handle Bottle Opener or Wine Stopper Workshop

Come join us for a unique craft. Make your very own wine bottle stopper or bottle opener with your choice of colorful clay! Steel components finish this mini masterpiece! This is a great class for beginners! Everything will be provided by the instructor, including tools. **A \$20 non-refundable materials fee is payable to the teacher on the evening of the class.**

L. Zlotowski 1 session Resident \$35 Non-resident \$45  
Nov 17 #1434H HHS rm D107 Thur., 7-9 pm



## Cricut 101: Cricut for the Makers

Take your Cricut Explore or Cricut Maker out of the box and start making beautiful things! In this hands on class, you'll learn to edit Cricut images and to upload designs into Design Space, to cut paper or vinyl and to create beautiful cards, home decor, and personalized gifts. Bring your cricut, mat and laptop/iOs device. **A \$5 non-refundable materials fee is payable to the instructor and covers the vinyl and simple seasonal sign.**

J. Stratton 1 session Resident \$35 Non-resident \$35  
Oct 27 #1417N NHHS rm 114 Thur., 7-9 pm

## Crochet: All Levels

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

S. Tendler 10 wks Resident \$100 Non-resident \$110  
Sep 20 #1403H HHS rm B106 Tues., 6:30-8:30 pm  
Sep 21 #1403N NHHS rm 108 Wed., 6:30-8:30 pm

**DIY Holiday Ornament Workshop**

We will be creating three different glitter and floating ornaments in this workshop. Learn to transform crafting staples like glitter, faux "snow", acetate and vinyl into whimsical or elegant personalized ornaments to commemorate a special occasion, give as a party favor or adorn your holiday tree. **A \$7 non-refundable materials fee is payable to the instructor to cover the cost of ornaments, glitter, acetate, and vinyl.**

J. Stratton	1 session	Resident \$35	Non-resident \$45
<b>Oct 11</b>	<b>#1422N</b>	<b>NHHS rm 114</b>	<b>Tues., 7-9 pm</b>
<b>Nov 3</b>	<b>#1422H</b>	<b>HHS rm B106</b>	<b>Thur., 7-9 pm</b>

**Drawing the Figure**

Learn the basics of drawing the human figure using various techniques of measurements, shapes and postures. With pencil and charcoal, draw the figure in active and inactive stances, considering bone structure and muscle. Live clothed model for last class. **A supply list will be sent prior to class starting.**

P. Meglio	5 wks	Resident \$70	Non-resident \$80
<b>Sep 21</b>	<b>#1435N</b>	<b>NHHS rm 114</b>	<b>Wed., 6-8 pm</b>

**Glass Etching Workshop**

Learn how to etch like a pro! You can celebrate special events with monogrammed wine glasses or beer mugs, customize party favors, or personalize a pie plate for a special holiday gift! Choose from several seasonal designs or you may request a custom stencil to etch a family name or monogram. Glassware and etching cream will be provided. **A \$7 non-refundable materials fee is payable to the instructor to cover the cost of the custom stencil, glassware and etching cream.** Please note: 5 day advanced registration is required for a personalized design.

J. Stratton	1 session	Resident \$35	Non-resident \$45
<b>Sep 27</b>	<b>#1408H</b>	<b>HHS rm D109</b>	<b>Tues., 7-9 pm</b>
<b>Oct 13</b>	<b>#1408N</b>	<b>NHHS rm 114</b>	<b>Thur., 7-9 pm</b>

**Fun Balloon Twisting**

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

N. Prete	1 session	Resident: \$30	Non-resident \$40
<b>Oct 3</b>	<b>#1436H</b>	<b>HHS rm B105</b>	<b>Mon., 7-8:30 pm</b>

**Holiday DIY Crafts**

Make holiday decorations using candy cane rope, origami paper, balloons and more. In this hands on class, you will make items to decorate your house, office or give away as a unique gift. **A \$10 materials fee to be paid to instructor at class.**

N. Prete	1 session	Resident: \$30	Non-resident \$40
<b>Nov 7</b>	<b>#1437H</b>	<b>HHS rm B105</b>	<b>Mon., 7-8:30 pm</b>

**Scrapbooking**

Do you have photos in boxes? Do you want to organize or display these photos? Let's start a scrapbook. Bring 5 photos to class and we will work on creating a layout and get you started on your first scrapbook page. **A supply list will be sent prior to class starting.**

M. Padilla	1 session	Resident \$35	Non-resident \$45
<b>Sep 27</b>	<b>#1432N</b>	<b>NHHS rm 114</b>	<b>Tues., 6:30-8:30pm</b>

**Soy Candle Making 101**

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

L. Zlotowski	1 session	Resident \$35	Non-resident \$45
<b>Nov 9</b>	<b>#1427H</b>	<b>HHS rm D107</b>	<b>Wed., 7-9 pm</b>

**The Art of Beautiful Writing - Calligraphy - Beginner**

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

J. Little	6 wks	Resident \$84	Non-resident \$94
<b>Sep 21</b>	<b>#1400N</b>	<b>NHHS rm 116</b>	<b>Wed., 6:30-8:30 pm</b>

**The Art of Beautiful Writing - Calligraphy - Intermediate**

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

J. Little	5 wks	Resident \$70	Non-resident \$78
<b>Nov 9</b>	<b>#1401N</b>	<b>NHHS rm 116</b>	<b>Wed., 6:30-8:30 pm</b>



## Adult Hip Hop

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

Staff	8wks	Resident \$70	Non-resident \$75
<b>Oct 24</b>	<b>#1646</b>	<b>NH YMCA</b>	<b>Thur., 6:45-7:30pm</b>

## Adult Swim Lessons

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

Staff	7 wks	Resident: \$95	Non-resident \$100
<b>Sep 20</b>	<b>#1601A</b>	<b>NH YMCA</b>	<b>T./TH., 6:30 - 7:15 pm</b>
<b>Oct 24</b>	<b>#1601B</b>	<b>NH YMCA</b>	<b>T./TH., 6:30 - 7:15 pm</b>
<b>Nov 28</b>	<b>#1601C</b>	<b>NH YMCA</b>	<b>T./TH., 6:30 - 7:15 pm</b>

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

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

B. Banick	11 wks	Resident \$140	Non-resident \$145
<b>Sep 21</b>	<b>#1603H</b>	<b>Central Office Gym</b>	<b>Wed., 6-7 pm</b>

## Authentic QiGong and T'ai-Chi Intermediate

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

B. Banick	10 wks	Resident \$140	Non-resident \$145
<b>Sep 19</b>	<b>#1639H</b>	<b>Central Office Gym</b>	<b>Mon., 6-7 pm</b>

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

**LEARN2EARN**  
CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning  
Like Us: [www.facebook.com/learn2earnCT](https://www.facebook.com/learn2earnCT)

## Ballroom Dance - Beginner

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

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
<b>Sep 19</b>	<b>#1640N</b>	<b>NHHS Cafe</b>	<b>Mon., 6-7 pm</b>



## Ballroom Dance - Intermediate

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

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
<b>Sep 19</b>	<b>#1641N</b>	<b>NHHS Cafe</b>	<b>Mon., 7-8 pm</b>

## Beautiful Basics - Yoga for Beginner and Others

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

Staff	8 wks	Resident \$96	Non-resident \$101
<b>Sep 19</b>	<b>#1648A</b>	<b>YCYC or Online</b>	<b>Mon., 6-7 pm</b>
<b>Sep 22</b>	<b>#1648B</b>	<b>YCYC or Online</b>	<b>Thur., 6-7 pm</b>

## Early Morning Yoga

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

Staff	20 days	Resident \$133	Non-resident \$138
<b>Oct 3</b>	<b>#1654</b>	<b>YCYC or Online</b>	<b>M-F 6:30-7:30 am</b>

## Embodied Rest

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

R. Burton	5 wks	Resident \$40	Non-resident \$50
<b>Nov 3</b>	<b>#1650N</b>	<b>NHHS Library</b>	<b>Thur., 7-8 pm</b>

**Golf Fore Women 101**

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

*Senior fee not applicable.*

Staff	5 wks	Resident \$130	Non-resident \$135
Sep 12	#1607A	GC at LO	Mon., 12 - 1 pm
Sep 12	#1607B	GC at LO	Mon., 5:15 - 6:15 pm
Sep 13	#1607C	GC at LO	Tues., 11am - 12 pm
Sep 14	#1607E	GC at LO	Wed., 10-11 am
Sep 15	#1607G	GC at LO	Thur., 5-6 pm
Sep 16	#1607H	GC at LO	Fri., 4-5 pm
Sep 17	#1607I	GC at LO	Sat., 10-11 am

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

**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  
**Sep 20 #1643H HHS front corridor Tues., 7:45 - 8:45 pm**

**Good Ole Country Time Line Dancing (Returning Students)**

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  
**Sep 20 #1653H HHS front corridor Tues., 6:30 - 7:30 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: \$70 Non-resident \$80  
**Sep 20 #1645H HHS front corridor Tues., 5:45-6:15 pm**

**Introduction to Dance/Movement Therapy**

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

R. Burton 6 wks Resident \$42 Non-resident \$52  
**Sep 22 #1649N NHHS Library Thur., 7-8 pm**

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

Remember doing the electric slide and the cha-cha slide at those weddings and family reunions? Join this class to learn many more current dances like the Wobble, Cupid Shuffle, as well as Same Ole Two-Step, 2-by-4 Cupid Shuffle, Broken Stones, and more. Great way to exercise the brain along with the rest of the body! Beginner-friendly and lots of fun!

S. Walker 8 wks Resident: \$85 Non-resident \$95  
**Sep 20 #1616 Central Office Gym Tues., 7:30 - 8:30 pm**

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

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

S. Walker 10 wks Resident: \$105 Non-resident: \$115  
**Sep 21 #1615 Central Office Gym Wed., 7:15 - 8:45 pm**

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

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

Staff 6 wks Resident \$130 Non-resident \$135  
**Sep 19 #1613 Soulcraft Studio M&W, 5:30-6:15 pm**

**Krav Maga - Self Defense**

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

Staff 6 wks Resident \$130 Non-resident \$135  
**Sep 19 #1614 Soulcraft Studio M,W 6:30-7:30 pm, S 11-12**

**Muay Thai Kickboxing**

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

Staff 6 wks Resident \$130 Non-resident \$135  
**Sep 19 #1617 Soulcraft M&W 7:30-8:30pm, S 10-11am**

## Slow & Steady

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

Staff	8 wks	Resident \$96	Non-resident \$101
<b>Sep 21 #1628A</b>		<b>YCYC</b>	<b>Wed., 6-7:15 pm</b>
<b>Sep 24 #1628B</b>		<b>YCYC or Online</b>	<b>Sat., 10-11:15 am</b>

## Smiling Spirit/Kripalu Yoga

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

Staff	8 wks	Resident \$80	Non-resident \$85
<b>Sep 20 #1655A</b>		<b>YCYC or Online</b>	<b>Tues., 9-10:15 am</b>
<b>Sep 22 #1655B</b>		<b>YCYC or Online</b>	<b>Thur., 9-10:15 am</b>

## Strong and Fit - Women's Self Defense

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

Staff	8 wks	Resident \$130	Non-resident \$135
<b>Sep 22 #1636</b>		<b>Soulcraft Studio</b>	<b>Thur., 6:30-8 pm</b>



## Vishoka Meditation® and Restorative Yoga

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

Staff	8 wks	Resident \$96	Non-resident \$101
<b>Sep 23 #1632</b>		<b>YCYC or Online</b>	<b>Fri., 6-7 pm</b>

## Yoga Flow

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

Staff	8 wks	Resident \$96	Non-resident \$101
<b>Sep 19 #1652A</b>		<b>YCYC or Online</b>	<b>Mon., 9-10:15 am</b>
<b>Sep 21 #1652B</b>		<b>YCYC or Online</b>	<b>Wed., 9-10:15 am</b>
<b>Sep 23 #1652C</b>		<b>YCYC or Online</b>	<b>Fri., 9-10:15 am</b>

## Yoga for Anxiety and Depression

The regular practice of yoga can reduce symptoms of anxiety and depression, which may include sadness, mental and physical inertia, difficulty concentrating, and insomnia. No yoga experience required. Please consult your therapist or health care provider before enrolling to determine whether yoga is appropriate for your condition.

Staff	8 wks	Resident \$96	Non-resident \$101
<b>Sep 24 #1629</b>		<b>YCYC or Online</b>	<b>Sat., 11:30 am-12:30 pm</b>

## Yoga for Healthy Aging

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

Staff	8 wks	Resident \$80	Non-resident \$85
<b>Oct 7 #1627</b>		<b>YCYC or Online</b>	<b>Fri., 10:30-11:45 am</b>

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



## HOME

**Homebuyers Workshop**

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

DePodesta, Brandi, Frazier 1 wk Resident \$35 Non-resident \$45  
**Sep 20 #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  
**Oct 18 #1801 Virtual- Online Tues., 7-9 pm**

## IN THE KITCHEN

**Basic Cake Decorating**

In this class you will learn the basics of cake decorating using buttercream icing. This 2-session course will teach you how to level, ice and decorate an 8" cake. *Supply list will be sent prior to first class.*

M. Padilla 2 wks Resident \$40 Non-resident \$50  
**Oct 4 #2038N NHHS rm 109 Tues., 6:30-8:30 pm**  
**Oct 17 #2038H HHS rm D107 Mon., 6:30-8:30 pm**

**Chicken and Vegetable Soup**

Join Chef Debbie and learn how to make an awesome soup. *Recipe and supply list will be sent prior to class.*

D. Barbiero 1 session Resident: \$35 Non-resident: \$45  
**Oct 24 #2039H Virtual - Online Mon., 7-9 pm**

**Chicken Picatta & Risotto**

Join Chef Debbie and learn how to make chicken picatta and risotto. *Recipe and supply list will be sent prior to class.*

D. Barbiero 1 session Resident: \$35 Non-resident: \$45  
**Nov 28 #2027H Virtual - Online Mon., 7-9 pm**

**Cupcake Decorating**

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

M. Padilla 1 session Resident \$35 Non-resident \$45  
**Sep 20 #2004N NHHS rm 109 Tues., 6:30-8:30 pm**  
**Oct 3 #2004H HHS rm D107 Mon., 6:30-8:30 pm**

**Homemade Carrot Cake**

Join Chef Debbie as she teaches you how to make a Homemade Carrot Cake...healthier. It is moist and delicious! This recipe will be in her next cookbook. *Recipe and supply list will be sent prior to class.*

D. Barbiero 1 session Resident \$35 Non-resident \$45  
**Dec 13 #2007H Virtual - Online Tues., 7-9 pm**

**Homemade Pierogis**

Join Chef Debbie and learn how to make Pierogi, also known as varenyky, a filled dumpling of Eastern European origin made by wrapping unleavened dough around a savory or sweet filling and cooking in boiling water. We will eat what we prepare in class. *Recipe and supply list will be sent prior to class.*

D. Barbiero 1 session Resident: \$35 Non-resident: \$45  
**Dec 5 #2009H Virtual - Online Mon., 7-9 pm**

**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  
**Nov 15 #2031N NHHS rm 109 Tues., 6:30-8:30 pm**



## IN THE KITCHEN



## Irish for Beginners

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

M. Crofts 10 wks Resident \$110 Non-resident \$120  
**Sep 20 #2201H HHS rm D214 Tues., 7:00-8:30 pm**

## Traveling Italy

Through the use of authentic materials and sources, the course will provide you with the language necessary to travel throughout Italy successfully, without having to rely on English speakers or translators. No textbook required, handouts will be provided.

G. Ciotto 11 wks Resident \$99 Non-resident \$104  
**Sep 19 #2208H NHHS rm 106 Mon., 6-8 pm**

## Traditional Mandarin Chinese Beginners/Intermediate

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

J. Jen Hsu 10 wks Resident \$80 Non-resident \$90  
**Sep 20 #2205N NHHS rm 106 Tues, 6-7 pm**

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

# MONEY MATTERS

## All About Avoiding Probate

We always hear about probate, but many of us are confused by what it means? When do you go to probate? Do you want to avoid probate? Come to this workshop to get all these answers and more.

Atty. F. Drazen 1 session Resident \$25 Non-resident \$30  
**Sep 29 #2400N NHHS rm 106 Thur., 6-7 pm**

## All About Special Needs Planning

Parents are always looking for ways to protect their children with a proper plan, but planning for a child/adult with special needs involves so much more. During this workshop, we provide an overview of potential risks, and pitfalls that are out there and how parents can avoid them when creating their own plan, while also providing for their children without losing their public benefits.

Atty. S. Rubin 1 session Resident \$30 Non-resident \$40  
**Nov 9 #2400N NHHS rm 106 Wed., 6-7 pm**

## All About Trusts

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

Atty. S. Rubin 1 session Resident \$30 Non-resident \$40  
**Oct 27 #2411N NHHS rm 106 Thur., 6-7 pm**

## Asset Protection

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

Atty. S. Rubin 1 session Resident \$30 Non-resident \$40  
**Dec 8 #2413N NHHS rm 106 Thur., 6-7 pm**

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

Turning 65? Already on Medicare? Confused by all the mail? Do I need to sign up for Medicare? Attend this free educational course to learn about all the moving parts of Medicare.

M. DeGregorio 1 session  
**Nov 2 #2416HA HHS rm D111 Wed., 6-8 pm**

## Medicare - United Healthcare 2023 Sales Seminar

Attend this free United Healthcare course to learn about all the moving parts of Medicare. 1 session

M. DeGregorio **Nov 15 #2416HB HHS rm D111 Mon., 6-8 pm**

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

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

J. Comen 1 session Resident \$35 Non-resident \$45  
**Oct 12 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm**  
**Nov 16 #2418NB NHHS rm 106 Wed., 6:30-8:30 pm**

## Passport to Retirement

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

S. Grove 2 wks Resident \$35 Non-resident \$45  
**Oct 3 #2404N NHHS rm 106 Mon., 6:30-8:00 pm**  
**Oct 6 #2404H HHS rm D111 Thur., 6:30-8:00 pm**

## Social Security Benefit Options

This course seeks to address the confusion and complications that arise as the new retiree applies to begin benefits. A detail explanation will be examined.

H. Schachter 2 wks Resident \$40 Non-resident \$50  
**Sep 21 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm**

**Music at its Best: Why it Works.**

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

R. Gangi    6 wks    Resident \$63    Non-resident \$73  
**Sep 20    #2608H    HHS rm A114    Tues., 7-8:30 pm**

**Violin and Cello - Beginner/Intermediate**

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

J Jen Hsu    10 wks    Resident \$95    Non-resident \$105  
**Sep    #2606N    NHHS rm 106    Tues., 7-8 pm**

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

## PERSONAL ENRICHMENT

**An Ubuntu Approach to Family History Research**

The South African aphorism, "I am because we are" speaks to the myriad number of relationships that shape our lives. Our ancestors lived full lives in communities where they lived among family, neighbors, and co-workers. They participated in informal and formal social networks such as churches, clubs, political organizations, etc. Their lives were shaped by the local economy and local, state, and national events. This workshop will encourage you to go beyond simply building a family tree. It will offer tips and tools to help you discover the lives your ancestors lived. Each participant will receive a workbook with lists of resources and worksheets to help you plan your research and organize your findings.

J. Snyder    1 session    Resident \$30    Non-resident \$35  
**Oct 1    #28??    Virtual-online    Sat., 10-11:30 am**

**Chess 101 - Beginning Chess**

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

R. Groff    3 wks    Resident \$60    Non-resident \$65  
**Sep 21    #2819A    Chess Academy    Wed., 6:30-8:30 pm**

**Chess 102 - Chess Tactics**

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

R. Groff    3 wks    Resident \$60    Non-resident \$65  
**Oct 26    #2841A    Chess Academy    Wed., 6:30-8:30 pm**  
**Nov 30    #2841B    Chess Academy    Wed., 6:30-8:30 pm**

**Creative Tarot Reading**

This class is designed to help you do readings without a book! Enjoy developing your intuitive and interpretive skills using different spreads. Draw upon the colors, symbols and meanings of the cards through creative exercises each week. *Universal Waite Tarot Deck is needed.*

L. Morrison    5 wks    Resident \$70    Non-resident \$80  
**Oct 12    #2864H    HHS rm D105    Wed., 7-9 pm**

**Family Research Case Studies**

This workshop will illustrate how online family trees and DNA can work together to help you solve family mysteries and discover previously unknown family members. The course also includes tips for African American researchers seeking to break through the '1870 brick wall'.

J. Snyder    1 session    Resident \$30    Non-resident \$40  
**Oct 8    #2863    Virtual-online    Sat., 10-11:30 am**

## 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  
**Nov 14 #2807H Virtual - Online Mon., 7-9 pm**

## iPhone & iPad: Photo Editing and Photo Organization

Edit and enhance your photos with confidence using iPhone and iPad built-in Photo app. Use amazing editing tools to make your photos even better. Organize photos to easily find, edit and share them.

D. Tual 1 session Resident: \$35 Non-resident: \$45  
**Oct 17 #2060 Virtual - Online Mon., 6:30-8:30 pm**

## iPhone Photography: Use your iPhone Camera to its Full Potential

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

D. Tual 1 session Resident: \$35 Non-resident: \$45  
**Oct 3 #2059 Virtual - Online Mon, 6:30-8:30 pm**

## Job Interview/First Impressions Workshop

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

T. Knowlton 1 session Resident \$30 Non-resident \$35  
**Oct 25 #2842H HHS rm D213 Tues., 7-9 pm**

## Juggling for Beginners

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

N. Prete 1 session Resident: \$30 Non-resident \$40  
**Sep 19 #2843H HHS rm B105 Mon., 7-8:30 pm**

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

## Learn Remarkable Business Speaking Skills

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

T. Knowlton 1 session Resident \$35 Non-resident \$45  
**Oct 11 #2850H HHS rm D213 Tues., 7-9 pm**

## Lose Weight With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$70  
**Nov 3 #2809N NHHS Library Thur., 7-9 pm**

## Magic with Everyday Objects

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

N. Prete 1 session Resident: \$30 Non-resident \$40  
**Sep 19 #2842H HHS rm B105 Mon., 5:30-7 pm**

## Media Literacy: Watching the Watchdogs

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

K. Venit 7 wks Resident: \$72 Non-resident \$77  
**Oct 6 #2845H HHS Media Center Thur., 6-7:30 pm**

## Photography: The Art of Composition

Using composition takes a so-so photo to outstanding with impact and interest. See a subject in different ways to create better images with confidence and creativity. *Suitable for all skill levels and all cameras/cellphones.*

D. Tual 1 session Resident: \$35 Non-resident: \$45  
**Nov 14 #2861 Virtual - Online Mon., 6:30-8:30 pm**



**Moving forward with Backward Parenting**

Start your family's school year feeling at peace! Are you a dedicated parent looking to "level up" to a richer family experience? Are you hoping to feel more confident in your role as a parent? Our work together will help you to identify and prioritize your parenting goals. Using the Moving Forward with Backward Parenting® goals workbook/journal/planner, we will work in a collaborative and supportive environment facilitated by local educator and parenting coach Jennifer Cecarelli to help you plan and reflect on how you can naturally embed opportunities for growth in your family's everyday life. Workbooks will be provided and are covered by the materials fee. Class members should bring their favorite writing utensil and any preferred journaling/planning supplies. Workbooks will be provided and are covered by the materials fee. Class members should bring their favorite writing utensils. **A non-refundable materials fee of \$20 is payable first night of class.**

J. Cecarelli	11wks	Resident \$105	Non-resident \$115
Sep 22	#2849N	NHHS rm 106	Thur., 6:30-8 pm

**Social Media for Small Business**

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

L. Cirkot	3 wks	Resident: \$42	Non-resident \$52
Sep 19	#2856H	HHS rm D212	Tues., 6:30-8:30 pm

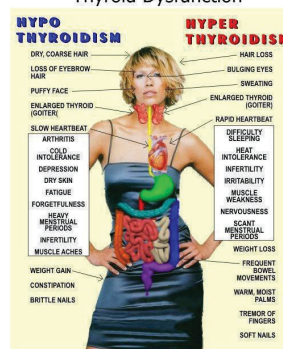
**Tell Your Family's Story**

Have you collected piles of information about your family but you're unsure what to do with it all? Don't let your hard work be forgotten. It is so important that you preserve what you've learned and share your story in a way that is accessible to future generations. This workshop will review the many ways you can share your family's story. We'll discuss no-budget, low-budget, and more costly approaches including how to publish your research in a book

J. Snyder	1 session	Resident \$30	Non-resident \$40
Oct 15	#2862	Virtual-online	Sat., 10-11:30 am

**Thyroid Nutrition Class**

Thyroid Dysfunction



If you are experiencing any of these symptoms, then this class is for you. You will learn what you need to eliminate for your diet and the best foods to heal your thyroid and feel your very best. You will also get some great recipes. This class will be taught by Certified Nutritional Health and Life Coach, Debbie Barbiero, who was diagnosed with Hashimoto's disease 10 years ago and has reclaimed her health.

D. Barbiero	1 session	Resident \$35	Non-resident \$45
Sep 26	#2822H	Virtual - Online	Mon., 7-9 pm

**Transformational PowerPoint Presentations**

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

T. Knowlton	1 session	Resident \$35	Non-resident \$40
Oct 18	#2851	HHS rm D213	Tues., 7-9 pm

**Comments or Suggestions?**

We would love to hear from you!



We are always looking for new class and trip ideas.

Please let us know what you are interested in.

Email your suggestions to [info@hamdenadulted.com](mailto:info@hamdenadulted.com)

Please help us, help you.

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

## 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  
**Nov 7 #3001 HHS rm D111 Mon. & Tues., 5:30-8:30 pm**

## Boat America

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

USCG Auxiliary Staff 2 wks Resident \$72 Non-resident \$77  
**Oct 6 #3000 HHS D111 Thur., 5:30-9:30 pm**

## WHOOOPS!

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

# 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.

**Oct 27 #3007N AARP Staff NNHS rm 106 Thur., 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.**

E. Teixeira 8 wks Hamden/North Haven Seniors \$25  
Non-resident \$80  
**Sep 22 #3008 Whitney Center Thur, 10am-12pm**

# TEEN

## First Choice College SAT Classes

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

The course consists of:

- 12 2-hour classes, 24 hours of instruction. Classes meet twice a week for 6-weeks
- Individual attention as class sizes are limited to 12 students
- Textbooks shipped to your home
- Access to recordings of all classes
- Access to the online test center to grade practice test and provide diagnostic feedback
- Access to staff to answer your questions about test plans and testing schedules
- Guaranteed results. If scores don't improve, you can have unlimited retakes of the online classes.

Find a class that is convenient for you!

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

## The Next Street Driving School at Hamden High School

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

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

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

**Entry Level Package:**

**\$679 for the complete course of 30 HOURS of in class training and 8 HOURS of behind the wheel training.**

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



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

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

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

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

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

**#5017 Saturday, September 17 \$115**

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

All times are approximate.

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

## Berkshire Railroad Foliage Express



All Aboard the new Hoosac Valley Service operated by the Berkshire Scenic Railway Museum. We will experience a 10-mile, hour-long, round-trip train ride between North Adams and Adams, MA. The train offers beautiful views of Mount Greylock (the highest point in Massachusetts) and the surrounding Hoosac Mountain Range. On-board narration provides educational, historical and cultural information. Enjoy the beautiful foliage!

First stop will be the Freight Yard Pub in the historic freight yard neighborhood of North Adams. Enjoy a 3 course hot lunch in a pub like atmosphere - Salad; Choice of Stuffed Chicken Breast, OR Sliced Roast Beef & Gravy, OR Eggplant Parmesan. Apple Crisp for dessert, Coffee & Soft Drinks!

En route home, visit Whitney's Farm & Market to bring home some apples, pumpkins, cider, pies. The perfect ending to your fall foliage adventure.

**#5023 Sunday, October 9 \$130**

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

All times are approximate.

**Note: No refunds for this trip after September 2.**

## Christmas Festival Mohegan Sun



THE ONLY SHOPPING DAY YOU WILL NEED  
FOR THE HOLIDAYS!

The 36th annual New England Christmas Festival brings you the only shopping day you will need to stock up on Holiday gifts for everyone on your list. This festival showcases 300 pop-up boutiques overflowing with American handmade gifts and specialty foods and provides the one-stop solution to the Christmas shopping conundrum. From \$10 to \$1000, from gourmet cooks to pet lovers to marbelized silt to repurposed gears and utility pipes for art, your treasure hunt will fulfill your list!

Aisles full of: specialty foods, seasonal decor, home accessories, fine jewelry, clothing, photography, and more!

**#5024 Saturday, November 5 \$95**

Pick-up at HHS parking lot at 9:30 am and return at 5:00 pm.

All times are approximate.

**Note: No refunds for this trip after October 1.**

## Thomaston Opera House White Christmas - The Musical



Irving Berlin's White Christmas is a timeless tale of joy and goodwill about a song-and-dance team putting on a show in a magical Vermont Inn and falling for a stunning sister act in the process.

We will enjoy a pre-show lunch at Black Rock Tavern in Thomaston. You will have the choice of Chicken Marsala, Salmon with Lemon and Herbs, or Pork Tenderloin, all served with vegetable, potato, dessert and beverage.

**#5025 Sunday, December 4 \$124**

Pick-up at HHS parking lot at 10:15 am and return at 5:30 pm

All times are approximate.

**Note: No refunds for this trip after November 1.**



## Irish Spendors

8 Days • 8 Meals: 6 Breakfasts • 2 Dinners

Per Person Rates: Double \$2,398\*; Single \$2,748; Triple \$2,368 Includes: roundtrip air, hotel transfers, and group transportation to/from airport

### Highlights

- Tour the regal grounds of Cabra Castle
- Learn the process of whiskey making and tasting of the final product at Whiskey Distillery
- View the awe-inspiring views of the mighty Atlantic and Aran Islands at the 700-foot-high Cliffs of Moher
- Experience the customs and daily life of a traditional Irish family and enjoy homemade schools and tea at Molanna Dairy Farm
- Stop at the Gap of Dunloe where you can shop for traditional Irish goods handcrafted by local artisan
- Killarney • Dingle Peninsula • Explore the Blarney Castle and kiss the Blarney Stone
- Visit Dublin • Tour Christ Church Cathedral

#1101871

November 2, 2022

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

Travel insurance is highly recommended.

\* Price subject to change.

## Spotlight on San Antonio Holiday

5 Days • 5 Meals: 3 Breakfasts • 2 Dinners

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

### Highlights Include:

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

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

#1101917

April 16, 2023

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

Travel insurance is highly recommended.

\* Price subject to change.



## Rome & the Amalfi Coast

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

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

### Highlights Include:

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

#1101951

March 24, 2023

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

Travel insurance is highly recommended.

\* Price subject to change.



## Resources and Information for Hamden Parents with Young Children

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



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

<https://www.hamden.org/families/family-resource-center>

Birth to Five Play and Learn Groups at Church Street and Ridge Hill schools- open to all Hamden residents, 10:00 – 11:30 am. Meet families with young children and expand understanding of child development. Parent Support, Coaching, Workshops, Connection to Resources, Family Fun and Educational Events



### Join Our Parent Advisory Committee 203-407-7733

Help expand parents' voices in our work. Work with other parents and service providers and examine what is needed to maximize the development of Hamden's young children. Support parents and understand what is needed to encourage the development of high-quality services, including childcare.



### Diaper Bank at The Keefe Community Center

The Keefe Community Center in partnership with the Diaper Bank of Connecticut provides diapers, menstrual supplies, and incontinence products to Hamden residents.

The Hamden Diaper Bank is open to Hamden residents, you will be required to provide proof of residency. Please call **(203)-562-5129 ext. 1126** first to find out which required personal documents will be needed before coming to the diaper bank at the Keefe Community Center.



Information about these and many other topics available at

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



Sign up to receive email updates on Hamden resources, services, and activities of interest to Hamden families with young children

[hamdenkids@gmail.com](mailto:hamdenkids@gmail.com)

See a list of Hamden Center Based Child Care and Preschool Programs on the next two pages. Go to link below for Family/

Home-Based Childcare Options in Hamden:

<https://tinyurl.com/homebasedchildcare>



## Information about Children with Special Needs and Financial Assistance for Hamden Parents with Young Children

### Support for Parents of Children with Special Needs:

#### → Concerned About Your Child's Development?

For children under three years old, call the CT Birth to Three System 1-800-505-7000 [www.birthe23.org](http://www.birthe23.org)

For children three to five years old (not eligible for kindergarten) call Preschool Special Education at Hamden Public Schools 203-407-2010.

Learn if your child is eligible and what services are available.

#### → CT Parent Advocacy Center CPAC

Connecticut Parent Advocacy Center, Inc. (CPAC) is a statewide nonprofit organization that offers information and support to families of children with any disability or chronic illness, age birth to 26.

To contact CPAC: <https://cpacinc.org/contact.aspx>

#### → Hamden Special Ed PTA

This parent run organization welcomes all Hamden parents with children preschool through high school who have special needs. Look them up on Facebook or email [hamdensepta@gmail.com](mailto:hamdensepta@gmail.com)

### Financial Assistance for Childcare:

#### → CT Care 4 Kids: [www.ctcare4kids.com](http://www.ctcare4kids.com) 888-214-5437

Care 4 Kids helps income-eligible working families pay for childcare.



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

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



Hamden's Partnership for Young Children is a collaborative of private & public organizations and community members, focused on children from birth to age nine. Join Us! 203-407-7733 [hamdenkids@gmail.com](mailto:hamdenkids@gmail.com)





# Hamden Center Based Child Care and Preschool Programs 2022



## Alphabet Academy

- 605 Benham Street  
Andrea Mooser: 203-230-9991 ext.1  
andrea@alphabetacademyCT.com  
www.alphabetacademyCT.com

- 2389 Dixwell Avenue  
Amy McKiernan: 203-361-3340 ext.104  
amymck@alphabetacademyCT.com  
www.alphabetacademyCT.com

## Building Blocks Early Learning Center

40 London Drive  
Shannon Cowles: 203-281-6602  
hmd@blockslearning.com  
<https://blockslearning.com/locations/hamden>

## Carrot Patch Early Learning Center

235 Johnson Road  
Lori Callahan: 203-248-5433  
carrotpatchkids@gmail.com  
www.carrotpatchkids.com

## Creative Kids Early Learning Center

1315 Dixwell Avenue  
Cheri Reid: 203-230-9191  
ctcreativekids@gmail.com  
www.creativekidshamden.com

## Duck Pond Day Care

84 Washington Avenue  
Karen Carrano: 203-281-3825  
kacarrano@sbcglobal.net  
<https://duckponddaycare.org/>

## Educare Learning Academy

1911 State St.  
Johanna Kilmer: 203-553-7926  
educarect@outlook.org  
www.educarect.org

## Hamden Hall Early Learning Program

1108 Whitney Avenue  
Catelin Fee: 203-752-2600  
cfee@hamdenhall.org  
www.hamdenhall.org

## Hamden Public Schools

### Hamden Early Learning Program

Jisel Cordero: 203-407-2254  
<https://www.hamden.org/our-schools/hamden-early-learning-program>

- Alice Peck Learning Center  
35 Hillfield Road
- Church Street Elementary School  
95 Church Street
- Dunbar Hill Elementary School  
315 Lane Street
- Helen Street Elementary School  
285 Helen Street
- Ridge Hill Elementary School  
120 Carew Road

## Hamden Public Schools

### Hamden High Nursery School

2040 Dixwell Avenue  
Michelle Kachmarck: 203-407-2040  
mkachmarck@hamden.org

## Hamden Public Schools

### Special Ed PreK Services

Alice Peck Learning Center  
35 Hillfield Road  
Judith Antignani: 203-407-2010  
jantignani@hamden.org  
[www.hamden.org/alicepeck](http://www.hamden.org/alicepeck)

## Harris and Tucker School, Small World Inc.

(infants & toddlers)  
403 Newhall Street  
Karen Tucker: 203-787-9489  
harrisandtuckersmallworld@gmail.com  
<http://harrisandtuckerpreschool.org/>

## Harris and Tucker School (preschool)

412 Newhall Street  
Kim Harris: 203-787-5087  
inspiredcommunitiesinc@gmail.com  
<http://harrisandtuckerpreschool.org/>

# Hamden Center Based Child Care and Preschool Programs 2022



## Kinder Care Learning Center

3025 Dixwell Avenue  
Roxanne Dimaio 203-248-8262  
301764@klcorp.com  
www.KinderCare.com

## Mishkan Israel Nursery School & Day Care

785 Ridge Road  
Susan Nason: 203-288-2375  
sperry@cmihamden.org  
www.cmihamden.org

## Oakwood Child Care Center

495 Benham Street  
Stephany Callahan: 203-230-8331  
oakwoodchildcarecenter@gmail.com

## Over the Rainbow Learning Center

- 310 Broadway
- 700 Hartford Turnpike

Emalee Schilling 860-637-3363  
executivedirector@overtherainbowkids.com  
www.overtherainbowkids.com

## St. Rita School Early Learning Center

30 Gillies Road  
Colleen Dacey: (203) 288-6828  
stritaelc@gmail.com  
www.stritaschoolelc.com

## St. Rita School Pre-Kindergarten

1601 Whitney Ave  
Bess McGrath: 203-248-3114  
bmcgrath.stritaschool@gmail.com  
www.stritaschool.org

## Sleeping Giant Day Care, Inc.

11 Pine Street  
Edie Reichard: 203-776-5026  
sgdaycare@sbcglobal.net

## Sunshine Preschool

20 Augur Street  
Rachael Judson: 203-562-5840  
sunshinepreschl@gmail.com  
www.sunshinepreschool-hamden.com

## The Learning Center

131 Leeder Hill Drive, Suite 1  
Tyshell Gore: 475-655-2488  
thelearningcenter131@gmail.com  
www.131LearningCenter.com

## The Learning Curve Daycare Center

60 Connolly Parkway – Building 18  
Nadiha Lindsay: 203-296-3440  
thelearningcurvedaycare@yahoo.com

## The Smart Start Preschool & Learning Center

4133 Whitney Avenue  
Natasha Mendes: 203-660-7158  
thesmartstartpreschool@gmail.com  
www.thesmartstart.org

## Whitneyville Innovative Learning Center

1825 Whitney Avenue  
Susan Curello: 203-530-8997  
Whitneyvilleinnovative@aol.com  
www.whitneyvilleinnovative.org

## Young Hearts Day Care Center

143 Leeder Hill Dr.  
Audrey Blue: 203-230-0587  
ablue@sbcglobal.net  
www.yhdaycare.com

**Programs offering low to moderate cost full day child care for 3 & 4 year olds due to state and local funding:**

- Building Blocks Early Learning Center
- Hamden Public Schools Early Learning Program
- Sleeping Giant Daycare, Inc.
- The Learning Curve Daycare Center

See listings for contact info

**For listing of Family/Home-Based Childcare Options in Hamden go to:**  
<https://tinyurl.com/homebasedchildcare>

## LITERACY VOLUNTEERS OF GREATER NEW HAVEN

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

## THE FAMILY RESOURCE CENTER OF HAMDEN



### Register for:

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

### Contact us for:

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

**Church Street School 203.407.3111**

For more information, email:  
[HamdenFRC@hamden.org](mailto:HamdenFRC@hamden.org)

## HAMDEN EARLY LEARNING PROGRAM

The Hamden Early Learning Program is a NAEYC Accredited year round program that operates 50 weeks a year, from 7:30-5:30 pm, Monday through Friday.

We have 10 classrooms:

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

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

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



## HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director

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

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

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

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

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

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

Three locations:

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

## MILLER SENIOR CENTER PROGRAMS

Suzanne Burbage, Coordinator

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

## ARTS, RECREATION, AND CULTURE

203.287.2546

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

## KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

### COMMUNITY DEVELOPMENT

203.562.5129 ext. 1121

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

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

### COMMUNITY SERVICES

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111

[ylopes@hamden.com](mailto:ylopes@hamden.com)

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

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

### YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120

[srubino@hamden.com](mailto:srubino@hamden.com)

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

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



## NORTH HAVEN TOWN SERVICES

### NORTH HAVEN SENIOR CENTER

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

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

### DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

### RECREATION INFO-LINE

203.234.2535

### NORTH HAVEN PUBLIC LIBRARY

203.239.5803



**MAIL**

Send registration form and payment to:

**Hamden Adult Education****2040 Dixwell Avenue****Hamden, CT 06514**

Checks, Money Orders and MasterCard/VISA/Discover Accepted

**IN PERSON**

Hamden Adult Education Office

Monday - Thursday 8 am - 3 pm

Friday 7 am - 2 pm

**PHONE (203) 407-2028****FAX (203) 407-2056**

Master Card/VISA/Discover

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

Available 7 days a week

24 hours a day

using Visa, Mastercard  
or Discover**Refund Policy**

A \$15.00 processing fee will be subtracted for any refunds made. Refer to page 35 for our Refund Policy.

Full payment of fees must accompany registration form.

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

Last Name:

First Name:

Street:

Town:

State:

Zip:

Home Phone:

email:

Cell/Work Phone:

Senior Citizen:

Visa/MC/Discover:

Exp. Date:

Money Order/Check #

Signature

Complete (Office Use Only)

Additional Person:

Last Name:

First Name:

Address (if different from yours):

Course #

Course Title

Amount

**Total**

## Eligibility:

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

## Tuition and Fees:

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

## Books and Materials:

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

## Storm Day Policy:

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

## Our Refund Policy:

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

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

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

## 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 203.407.2059.

## Persons with Disabilities:

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

## Senior Citizens:

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

## Sexual Harassment:

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

## Class Cancellations:

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

## Returned Check Policy:

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

## No Smoking:

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



Non-Profit Org  
U.S. Postage  
PAID  
Permit #157  
New Haven, CT

*2040 Dixwell Avenue  
Hamden, CT 06514*

**ECRWSS  
Residential Customer**

*Crafts*

*Languages*

*Personal Enrichment*

*Career Certification*

*Cooking*

*Computers*

*Dance*

*ESL*

*High School Completion*

*What Will You Try?*

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