

Hamden-North Haven Adult & Continuing Education



LEARNING
NEVER ENDS



What Do You See Yourself Doing?
Fall 2023

Director's Message

Dear Friends,

Welcome to the Hamden-North Haven Adult & Continuing Education fall catalog. Our dedicated staff are committed to helping students achieve their personal, educational, and career goals. Whether you are looking to earn your high school diploma, complete your GED®, improve your English language skills or earn your citizenship, we are here to help you!

We strive to offer enrichment opportunities to help you develop a new skill or build on an area of interest. Within or Enrichment classes, you may find just the class you were looking for: veterinary assistant, real estate training, creative art, dance and fitness, cooking classes, multiple online courses and much more. We also invite you to come and explore our day and overnight travel opportunities.

You can also visit our website, www.hamdenadulted.org, to become familiar with our programs and class offerings. Online registrations are accepted through our website for all adult academic and enrichment programs. Looking forward to seeing you soon!

- Nadine Gannon

Hamden Adult Education

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

Office Hours:

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

STAFF

Director
Nadine Gannon
Administrative Secretaries
Maria Blue
Nancy Conway

SCHOOL ADMINISTRATION

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

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North Haven Office

North Haven High School
221 Elm Street, North Haven, CT 06473
203.239.1641 ext. 2913 fax 203.239.2115

Office Hours:

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

STAFF

Administrative Secretary
Maria Ferraro

SCHOOL ADMINISTRATION

Superintendent - North Haven
Patrick Stirk

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

Call to Register 203.407.2028

Fall 2023 Calendar

September 18
Enrichment classes begin

September 25
Yom Kippur - No Classes

October 3 - 6 pm
Adult High School - Fall Term 2 Registration

October 9
Indigenous People’s Day - No classes

October 17
Parent/Teacher Conferences - No classes at HHS

November 6
Parent/Teacher Conferences - No classes at NHHS

November 22-24
Thanksgiving Break - No classes

December 5 - 6 pm
Adult High School - Spring Term 1 Registration

December 22 - January 3
Holiday Break - No classes

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Location of Classes

(Play More) Chess Academy
 1227 Whitney Avenue, Hamden

CO (Central Office)
 60 Putnam Avenue, Hamden

Golf Center at Lyman Orchards (GC AT LO)
 700 Main Street, Middlefield

HHS - Hamden High School
 2040 Dixwell Avenue, Hamden

NHHS - North Haven High School
 221 Elm Street, North Haven

MLK - M.L. Keefe Community Center
 11 Pine Street, Hamden

Soulcraft Studio
 1125 Dixwell Avenue, Hamden

Your Community Yoga Center(YCYC)
 39 Putnam Avenue, Hamden

NHYMCA - New Haven YMCA
 50 Howe Street, New Haven

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FREE CLASSES

Pre-GED®



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

Classes meet:

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

Become A U.S. Citizen



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

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

English As A Second Language

Learn to Speak, Read and Write English

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

Evening Classes 6:30 pm - 9:00 pm
All Levels

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



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

Register online:

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

Picture ID and proof of residency are required.

Call to Register 203.407.2028

ADULT HIGH SCHOOL

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

STUDENTS MUST EARN A TOTAL OF 25 CREDITS

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

Fall Term 1 Registration - August 8th - 9am-1pm and 6-8 pm

Fall Term 2 Registration - October 3th - 6-8 pm

National External Diploma Program NEDP

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



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

Technology Requirements - Students must have:

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

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

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

Computer speakers and microphone

Printer (recommended)

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

This program is free to students who live or work in Hamden or the cooperating towns*. All other individuals are welcome and should call the Adult Education office for a fee schedule.

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

* North Haven, Bethany, Orange, Woodbridge

GED® Prep

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

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

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

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

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

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



How to Register for the GED[®] Exam

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

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

Searching for Talent

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

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

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

Rissa Webb at 203.773.9211 ext. 1146 or
rwebb@hamden.org

Emergency Medical Technician EMT (Training)

#1004H



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 may receive college credit.

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

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

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

Security Officer License Training

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



This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. 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.***

**Other Dates
available
on our
website**

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

#1001H – October 3 and October 5

5:30 – 9:30 PM

HHS rm B105

INSTRUCTOR: L. Bonito

#1001N - November 14 and November 16

5:30 – 9:30 PM

NHHS rm 107

Resident \$125

Non-resident \$135

Patient Care Tech

OSHA Training Programs

Patient Care Technician Training



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

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

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

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

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

OSHA 10-Hour General Industry

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

Who is This Course For? Everyone Working in Manufacturing, Warehousing and Healthcare. Most Importantly Entry Level Workers.

D. Stevens 3 days Resident \$130 Non-resident \$140
Nov 14 #1014H HHS rm B105 T, W, Th, 5:30 - 9 pm

OSHA 10-Hour Construction Industry Outreach Training

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

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

D. Stevens 3 days Resident \$130 Non-resident \$140
Sep 26 #1010HA HHS rm B105 T, W, Th, 5:30 - 9 pm
Oct 24 #1010HB HHS rm B105 T, W, Th, 5:30 - 9 pm

OSHA 30-Hour Construction Industry Outreach Training

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

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

D. Stevens 6 days Resident \$250 Non-resident \$260
Nov 28 #1013H HHS rm B105 T and Th, 5:30 - 9 pm

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

Call to Register 203.407.2028

Phlebotomy Technician Training



**Phlebotomy
Technician**

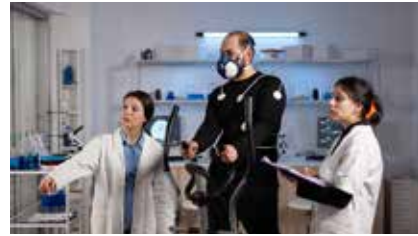


Phlebotomy Technicians are an important member of the medical laboratory team.

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

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

EKG Technician Training



**EKG
Technician**



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

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

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

Certified Nursing Assistant Training



CNA



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

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

Flexible schedule to fit your needs. Class 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

Real Estate Training
60 classroom hours

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 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 materials invitations and material.

No senior discount given



Cadema Education #1012 12 wks
Sep 11 Remote-Virtual M.&Th. 5:30-8:30 PM
Resident \$575 Non-resident \$585

Veterinary Assistant Program

150 classroom hours 100 externship hours

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

CVH 26 wks Resident \$2500 Non-resident \$2510
Sep 18 #1015 CVH
Mon. and Wed, 9:00 am - 12:00 pm or
Mon. and Wed. 6:30 - 9:30 pm

LEARN FROM
THE COMFORT
OF HOME!



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

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

ATTEND IN REAL TIME ONLINE

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



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NEXT
MOVE

Explore IT Careers

With an online training style that fits your life, you'll be prepared to earn a CompTIA certification and start your rewarding career.



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ANYWHERE. ENROLL TODAY!

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Online Learning

anytime, anywhere....
just a click away

Learn
from the
comfort of
home!

ONLINE CAREER TRAINING PROGRAMS

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

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

Categories Include:

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

Sample class:

Electrical Technician - This course provides an intensive overview of electrical maintenance. You will learn the skills needed to work as an electrical technician, including math, inspection, safety, quality, electrical systems, automation, motor controls and assembly.

Visit our website for program details!

careertraining.ed2go.com/Hamden



INSTRUCTOR-LED ONLINE SHORT COURSES

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

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

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

Categories Include:

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

Sample class:

Discover Sign Language - This course offers an immersive experience in silence, allowing you to gain a deeper understanding of the perspective of the Deaf community and build your confidence in signing. You will learn how to sign and communicate through facial expressions.

Visit our website for program details!

ed2go.com/Hamden

SKILLS
FOR THE 21ST
CENTURY™



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

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



HERE IS ARE SOME OF OUR MOST POPULAR COURSES:

Certificate in Quickbooks

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 On-line topics.

Certificate in Project Management

In today's business environment, there is a need for good project management. Project management provides visibility of project health to the business and the customer. Through continuous monitoring, early detection of variations to plan, schedule, and budget can be communicated to stakeholders for quick resolution, including project cancellation. Project management is one of the fastest paths to promotion by increasing your network through greater exposure. First, gain the skills, tools and templates to confidently develop and maintain a project. An overview of salaries, certification costs, education and experience requirements are provided. Then acquire a well-rounded knowledge of the five Project Management Processes relating to the Project Management Body of Knowledge Guide. This basic information will assist you in learning the beginnings of Project Management, whether you are interested in project management, in a project management field, or in any line of work. Finally, learn the ten Project management Knowledge Areas and their support role and relationships to the five Project Management Processes.

Spanish for Medical Professionals

Are you frustrated by the communication gap that can occur between you and your Spanish-speaking patients? If you answered yes, this Spanish class - designed specifically for health-care professionals - will help you bridge that gap. You will practice the basic, practical language skills needed to effectively communicate with your Spanish-speaking patients and their families. You will learn the basics of the language, gain an understanding of the culture, and know how to ask the questions crucial to quality healthcare. Whether you speak some Spanish and need a refresher, or speak no Spanish, you will complete the course with the skills you will need to effectively communicate with your Spanish-speaking patients.

Diversity, Equity and Inclusion in the Workplace

75% of the world's major conflicts have a cultural dimension and the culture sector now accounts for 6.1% of the global economy. To improve diversity, achieve equity, and foster inclusion one must be intentional, consistent, and courageous.

This certificate focuses on improving cultural competence and encourages continuous learning. Students will gain a better understanding of DEI.

Diversity, Equity, and inclusion (DEI) is not just a phrase; each word speaks to distinct values.

Diversity: The representation of different and unique identities, characteristics, experiences, and perspectives.

Equity: Giving everyone what they need to succeed by increasing access, resources, and opportunities for all, especially those who are underrepresented and have been disadvantaged.

Inclusion: A welcoming culture in which differences are celebrated and everyone is valued and respected.

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

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 18 #1200N NHHS rm 104 Mon., 6-8 pm

Google Applications: Docs, Slides and Sheets

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

L. Hatton 8 wks Resident \$95 Non-resident \$105
Sep 21 #1219H HHS rm C203 Thur., 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 19 #1206H HHS rm C203 Tues., 6-8 pm

Microsoft Excel 2019 Intermediate

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

M. Hatton 3 wks Resident \$60 Non-resident \$70
Nov 7 #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
Sep 20 #1208N NHHS rm 104 Wed., 6-8 pm

Microsoft Word 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86
Oct 30 #1212N NHHS rm 104 Mon., 6-8 pm

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



Bob Ross “Joy of Painting” Workshop

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

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

NHHS rm 115

Oct 25 #1404NA-Evening at Sunset Wed., 5:30-8:30 pm

Nov 15 #1404NB-Winter Frost Wed., 5:30-8:30 pm



Calligraphy - The Art of Beautiful Writing - Beginner

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

J. Little 6 wks Resident \$84 Non-resident \$94
Sep 20 #1400N NHHS rm 107 Wed., 6:30-8:30 pm



Calligraphy - The Art of Beautiful Writing - Intermediate

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

J. Little 6 wks Resident \$84 Non-resident \$94
Nov 8 #1401N NHHS rm 107 Wed., 6:30-8:30 pm

Crochet

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 #1403N NHHS rm 105 Wed., 6:30-8:30 pm

Drawing People, Places and Things

Explore seascape, cityscape and landscape drawing. Apply perspective to simplify drawing skyscrapers and people. Draw country landscapes with trees and water and capture the dynamics of seascapes. Photo choices for each scene is provided. Class critiques. This class is great for beginners or intermediate. *A supply list will be given prior to the first night of class.*

P. Meglio 10 wks Resident \$120 Non-resident \$130
Sep 18 #1426N NHHS rm 115 Mon., 6-8 pm



Drawing Techniques

You will explore various techniques and learn the fundamentals of drawing, including line, texture, volume, light and shadow, and perspective. Through hands-on practice, you will work with different mediums such as pencil, charcoal, and ink, focusing on still life, portraits, and interior. Class is aimed to help you discover your artistic potential, overcome limitations, and build a solid foundation in drawing for independent and creative expression. This class is for beginners or experienced artists. *A supply list will be given prior to the first night of class.*

D. Wolf 10 wks Resident \$120 Non-resident \$130
Sep 21 #1444H HHS rm B105 Thur., 6-8 pm

Fun Balloon Animals

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

N. Prete 1 session Resident: \$30 Non-resident \$40
Nov 15 #2840H HHS rm D107 Tues., 6-7:15 pm



Hanging Wood Panel Workshop

In this class we will craft a wood panel that composes to be a beautiful flower that hangs for a unique decoration using real shells, sea glass and driftwood from RI, CT and MD.

V. Woolard 1 session Resident \$60 Non-resident \$70
Nov 8 #1440N NHHS rm 116 Wed., 6:00-7:30 pm



Oil Painting - Beginning and Intermediate

Paint in oils, a subject of your choice. The instructor will demonstrate a variety of painting techniques and will provide individual and class instruction and informative handouts for each topic. Learn about values, color mixing and composition. *A supply list will be given prior to the first night of class.*

P. Meglio 11 wks Resident \$130 Non-resident \$140
Sep 20 #1425N NHHS rm 115 Wed., 6-8:30 pm



Pressed Flower Bracelet Workshop

You will choose from a variety of flower colors and sizes that are prepressed to layer and craft an adjustable bracelet. This makes a great gift for yourself or someone else!

V. Woolard 1 session Resident \$45 Non-resident \$55
Oct 12 #1441H HHS rm D107 Thur., 6:00-7:30 pm



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

Soy Candle Making 101

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

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Nov 15 #1427N NHHS rm 116 Wed., 6:30-8:30 pm



Watercolor Techniques for Beginners

Welcome to beginners Watercolor. We will discover the properties watercolor, basic drawing, color wheel and fun watercolor techniques. Enjoy and have fun, see you on Zoom. *A supply list will be sent prior to the class.*

D. Demetriades 4 wks Resident \$56 Non-resident \$66
Sep 14 #1443 Virtual - Online Thur., 6:30-8:30 pm



Wire Wrapped Sea Glass 101

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

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Nov 2 #1434N NHHS rm 116 Thur., 6:30 - 8:30 pm



Wire Wrapped Starfish Ornament

In this class you will create a unique sea glass starfish ornament. You will learn to wire wrap a starfish and add sea glass. There will be a variety of sea glass colors and shapes.

V. Woolard 1 session Resident \$40 Non-resident \$50
Nov 1 #1442H HHS rm D107 Wed., 6:00-7:30 pm



Adult Swim Lessons Lifeguard Certification

Classes in conjunction with the YMCA will be held at the New Haven YMCA. Check our website for days and times.

Authentic QiGong and T'ai-Chi for All levels

Unleash the power of your mind, body and spirit, and develop your strength, flexibility and stamina through QiGong and T'ai Chi. These time-proven practices will bring balance and alignment through a series of graceful, slow, connected movements. Taught by a professional martial artist with over 30 years of T'ai Chi experience. *Bring water and wear comfortable clothing and flat footwear. Senior fee not applicable.*

B. Banick	11 wks	Resident \$120	Non-resident \$130
Sep 18 #1639HB	Central Office Gym	Mon., 6-7 pm	
B. Banick	12 wks	Resident \$130	Non-resident \$140
Sep 20 #1603HA	Central Office Gym	Wed., 6-7 pm	

Ballroom Dance - Beginner

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

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
Sep 18 #1640N	NHHS Cafe	Mon., 6-7 pm	

Ballroom Dance - Beginner Salsa, Merengue and Bachata

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

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
Sep 19 #1655N	NHHS Cafe	Tues., 7-8 pm	

Ballroom Dance - Intermediate

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

JJ Hsu	10 wks	Resident \$105	Non-resident \$115
Sep 18 #1641N	NHHS Cafe	Mon., 7-8 pm	

Flow to Sleep

This two-part class begins with a slowed down vinyasa style flow. A more leisurely pace gives students the opportunity to explore each movement and posture, encouraging a deeper understanding of alignment cues. Once the body is nicely warmed up and ready for deeper work, we'll sink into the floor and enjoy some creative, deep stretches that alleviate tight muscles and nurture the joints. Finally, class winds down with a soothing, extra-long savasana that is the icing on the self-care cake. 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 \$106
Sep 23 #1656	YCYC or Online	Sun., 6-7 pm	

Golf Fore Women 101

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

Staff	5 wks	Resident \$149	Non-resident \$159
Sep 11 #1607A	GC at LO	Mon., 12-1:15 pm	
Sep 11 #1607B	GC at LO	Mon., 5:15 - 6:30pm	
Sep 13 #1607C	GC at LO	Wed., 10-11:15 am	
Sep 14 #1607D	GC at LO	Thur., 5-6:15 pm	
Sep 16 #1607E	GC at LO	Sat., 10 - 11:15 am	
Sep 17 #1607F	GC at LO	Sun., 11:45am-1:00 pm	

Check our website: www.hamdenadulted.org for dates

Good Ole Country Time Line Dancing Beginner/Refresher

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 21 #1643H	HHS front corridor	Thur., 5:45 - 6:45 pm	

Good Ole Country Time Line Dancing (Returning Students Only)

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 21 #1653H	HHS front corridor	Thur., 7-8 pm	

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

Hoopin' 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 #1645N NHHS Cafe Wed., 5:45 - 6:20 pm

Intermediate Slow & Steady Yoga

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

Staff 8 wks Resident \$96 Non-resident \$106
Sep 20 #1657A YCYC or Online Wed., 6-7:15 pm
Sep 23 #1657B YCYC or Online Sat., 10-11:15 am

Jiu Jitsu for Children (Ages 4-9)

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

Staff 6 wks Resident \$130 Non-resident \$140
Sep 18 #1613 Soulcraft Studio M&W, 5:30-6:15 pm

Kinder, Gentler Yoga

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

Staff 8 wks Resident \$96 Non-resident \$106
Sep 19 #1628A YCYC or Online Tues., 7:30-8:30 am
Sep 19 #1628B YCYC or Online Tues., 5:30-6:30 pm
Sep 21 #1628C YCYC or Online Thur., 7:30-8:30 am

Krav Maga - Self Defense

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

Staff 6 wks Resident \$130 Non-resident \$140
Sep 18 #1614 Soulcraft Studio M,W 6:30-7:30 pm, Sat 11am-12pm

Mindful Rest

This experimental course explores and teaches mindfulness based techniques for creating rest and relaxation. Learn Thich Nhat Hanh's Mindful Movements, progressive muscle relaxation and more! Come to learn and practice relaxation. *Note: Please bring a yoga mat.*

R. Burton 7 wks Resident \$60 Non-resident \$70
Sep 19 #1650N NHHS Library Mon., 7-8 pm

Mindfulness 101

This 6-week course teaches basic mindfulness strategies based in the foundations of the mindfulness based stress reduction course. Participants will have opportunity to practice and increase skills of being present and reducing reaction time.

Staff 6 wks Resident \$80 Non-resident \$90
Sep 20 #1658 YCYC or Online Wed., 6:45-8 pm

Muay Thai Kickboxing

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

Staff 6 wks Resident \$130 Non-resident \$140
Sep 18 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

Pilates Fusion

This is a non-traditional Pilates class. This class incorporates Pilates style exercises with elements of strength training, breath work and stretching. No prior experience with Pilates required. Come learn and improve your strength and flexibility.

R. Burton 7 wks Resident \$49 Non-resident \$59
Sep 18 #1659N NHHS Library Mon., 7 - 8 pm

Restorative Yoga and Vishoka Meditation®

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

Staff 8 wks Resident \$96 Non-resident \$106
Sep 22 #1632 YCYC or Online Fri., 6-7 pm



Smiling Spirit/Kripalu Yoga

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

Staff	8 wks	Resident \$96	Non-resident \$106
Sep 19	#1655A	YCYC or Online	Tues., 9-10:15 am
Sep 21	#1655B	YCYC or Online	Thur., 9-10:15 am

Strong and Fit - Women's Self Defense

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

Staff	5 wks	Resident \$130	Non-resident \$140
Sep 19	#1660	Soulcraft Studio	Tues 5:30-7 pm, Sat 10-11am

Yoga for Bone Health

This afternoon class is based on the 12-posture series for osteoporosis developed by Loren Fishman, MD. Participants in his 10-year study who practiced the series regularly showed increased bone density after two years. Sarah melds Dr. Fishman's approach with the principles of Viniyoga, using breath-centered movement in and out of the postures in combination with holding the postures. You will also learn what precautions to take when practicing yoga with bone loss. For this class you will need 2 yoga blocks, a strap or belt and a straight-back chair. *Senior fee not applicable.*

Staff	8 wks	Resident \$96	Non-resident \$106
Oct 2	#1661A	YCYC or Online	Mon., 4:15-5:30 pm
Oct 4	#1661B	Online	Wed., 4:15-5:30 pm

Yoga for Healthy Aging

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

Staff	8 wks	Resident \$88	Non-resident \$98
Sep 20	#1627A	YCYC	Wed., 10:30-11:45 am
Sep 22	#1627B	YCYC or Online	Fri., 10:30-11:45 am
Sep 23	#1627C	YCYC or Online	Sat., 10:30-11:45 am

Yoga for Stress Release

Unrelieved stress and tension can cause debilitating symptoms and side-effects, including insomnia, eating disorders, anxiety and depression – conditions that create an internal disconnect and dampen our enthusiasm for life. A regular gentle practice of Yoga can re-establish a sense of wholeness and well-being. This class empowers students using the principles of trauma-sensitive yoga—a shared authentic experience that is choice-based, non-judgmental and non-coercive. (If you are under the care of a therapist or health care provider, consult them before enrolling to determine whether yoga is appropriate for your condition.) *Senior fee not applicable.*

Staff	8 wks	Resident \$96	Non-resident \$106
Sep 23	#1662A	YCYC	Sat., 11:30am-12:30 pm

Your Community Yoga Flow

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

Staff	8 wks	Resident \$96	Non-resident \$106
Sep 18	#1652A	YCYC or Online	Mon., 9-10:15 am
Sep 20	#1652B	YCYC or Online	Wed., 9-10:15 am
Sep 22	#1652C	YCYC or Online	Fri., 9-10:15 am

HOME

Homebuyers Workshop

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

DePodesta, Brandi, Frazier	1 wk	Resident \$35	Non-resident \$45
Sep 19	#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 17	#1801	Virtual- Online	Wed., 7-9 pm

Appetizer Galore

Appetizers can make or break a meal. I always look forward to trying new appetizers and hope you do, too. Come learn how to make many appetizers with Chef Amanda. You will be the talk of the town at your next party! **A \$15 non-refundable supply fee is due to the instructor the night of class.**

A. Webb 1 session Resident: \$35 Non-resident \$45
Nov 8 #2043N NHHS rm 109 Wed., 6:30-8:00 pm

Baking is Easy as 1, 2, 3

Baking with Chef Amanda is back. Let's bake our hearts out with these simple but delicious recipes. Everyone will enjoy eating and making, time and time again. **A \$15 non-refundable consumable fee is due the night of class.**

A. Webb 1 session Resident: \$35 Non-resident: \$45
Oct 3 #2044N NHHS rm 109 Tues., 6:30-8:00 pm

Basic Cake Decorating

Learn the fundamentals of cake decorating using buttercream icing and decorating tools. You will learn how to level, ice, apply borders, stars and various flowers. **Supply list will be sent prior to class.**

M. Padilla 1 session Resident \$35 Non-resident \$45
Sep 27 #2038H HHS rm D107 Wed., 6:30-8:30 pm
Oct 24 #2038N NHHS rm 109 Tues., 6:30-8:30 pm

Cooking Basics "The Fundamentals"

In this hands-on class, Chef Amanda will teach different knife skills, kitchen terminology and kitchen techniques all with preparing a few dishes. Please bring take home containers or we will fellowship together **A \$15 non-refundable supply fee is due to the instructor the night of class.**

A. Webb 1 night Resident: \$35 Non-resident \$45
Sep 20 #2045N NHHS rm 109 Wed., 6:30-8:00 pm

Cooking with Kids

In this hands-on class you will bond with your kid, niece, nephew, grandchild, or neighborhood kid, while making kid friendly recipes. Learning to cook and clean are great life skills. Come have some fun! Price is for one adult/child combo. **A \$15 non-refundable supply fee is due to the instructor the night of class.**

A. Webb 1 night Resident: \$35 Non-resident \$45
Oct 18 #2030N NHHS rm 109 Wed., 6:30-8:00 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 19 #2004N NHHS rm 109 Tues., 6:30-8:30 pm
Oct 11 #2004H HHS rm D107 Wed., 6:30-8:30 pm

Gluten Free Cooking and Baking

In this hands-on class, Chef Amanda will teach you how to cook/bake gluten free. Most recipes can be changed into gluten free without losing the taste or flavor. We will discuss what it means to be gluten free and some health benefits. Please bring take home containers or we will fellowship together **A \$15 non-refundable supply fee is due to the instructor the night of class.**

A. Webb 2 wks Resident: \$45 Non-resident \$55
Nov 29 #2046N NHHS rm 109 Wed., 6:30-8:00 pm

Homemade Cavatelli and Vodka Sauce

Have you ever wanted to make your own pasta and sauce, but didn't know where to begin? This class is for you! Join Chef Debbie and learn how to make cavatelli and vodka sauce. The cavatelli can be made with regular flour or gluten-free flour. **Recipe and supply list will be sent prior to class.**

D. Barbiero 1 session Resident: \$35 Non-resident: \$45
Nov 2 #2035 Virtual - Online Thur., 6:30-8:30 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
Oct 5 #2009 Virtual - Online Thur., 6:30-8:30 pm



ONLINE REGISTRATION
www.hamdenadulthood.org/coursecatalog



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 19 #2201H HHS rm D212 Tues., 7:00-8:30 pm

Irish II

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Sep 21 #2209H HHS rm D212 Thur., 7:00-8:30 pm

Italian Language and Culture

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

A. Barnett 10 wks Resident \$110 Non-resident \$120
Sep 19 #2200 Virtual-online Tues., 7:00-8:30 pm

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

MONEY MATTERS

All About Asset Protection

Learn how to protect your assets from lawsuits, nursing homes and predators. Business owners, baby boomers, seniors and families can all benefit from the information in this class. Protect your choices and your assets for the future! After attending, we invite you to schedule a complimentary consultation.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$35
Oct 2 #2413NA Virtual - online Mon., 6:30-7:30 pm
Oct 16 #2413NB NHHS rm 105 Mon., 6:30-7:30 pm

All About Elder Law

Protect yourself and your spouse if one of you needs significant care in the future. This class provides an overview of strategies to plan for maximum care and the opportunities to safeguard your choices. After attending, we invite you to schedule a complimentary consultation.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$35
Sep 27 #2401NB Virtual - online Wed., 6:30-7:30 pm
Oct 11 #2401NA NHHS rm 107 Wed., 6:30-7:30 pm

All About Special Needs Planning

Planning for a child/adult with special needs can be a confusing and daunting thing. This class helps you learn the steps and options to protect your loved ones, which you can only do with a proper plan in place. Special Needs planning is for those of any age and any level of knowledge. Help you and your loved ones be prepared! After attending, we invite you to schedule a complimentary consultation.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$35
Sep 19 #2412NA Virtual - online Tues., 6:30-7:30 pm
Nov 14 #2412NB NHHS rm 105 Tues., 6:30-7:30 pm

Extended Care - Short Term and Long Term

This seminar will educate you on the types of extended care, both short term and long term. It will also cover home care options and educate you on what is not covered by health insurance.

Banker Life 1 session Resident \$25 Non-resident \$35
Oct 26 #2421N NHHS rm 106 Thur, 6-7pm

Final Expense Planning and Options

This workshop will cover different types of life insurance, income replacement options for spouse, legacy to children, debt and funeral expenses.

Banker Life 1 session Resident \$25 Non-resident \$35
Nov 14 #2422H HHS rm D111 Tues., 6-7pm

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

Already on Medicare? Plans are changing! Turning 65? Confused by all the mail? Do I need to sign up for Medicare if I am still working? Why do they need my zip code on those commercials? Am I getting all the benefits I'm entitled to? Attend this free educational course to learn about all the moving parts of Medicare - A, B, C, D, etc. There will be time for Q&A at the end.

M. DeGregorio 1 session
Oct 24 #2416HA HHS rm D111 Tues., 6-8 pm
Nov 14 #2416NA NHHS rm 105 Tues., 6-8 pm
Nov 28 #2416HB HHS rm D111 Tues., 6-8 pm



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

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

J. Comen 1 session Resident \$30 Non-resident \$40
Sep 20 #2418NA NHHS rm 106 Wed., 6:30-8:00 pm
Nov 8 #2418NB NHHS rm 106 Wed., 6:30-8:00 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
Sep 19 #2404H HHS rm D111 Tues., 6:30-8:00 pm
Sep 20 #2404N NHHS rm 106 Wed., 6:30-8:00 pm

Retirement Planning Today

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

B Skinner 2 wks Resident \$49 Non-resident \$54
Sep 27 #2406A Virtual - Online Wed., 6:30-9:30 pm
Oct 2 #2406B Virtual- Online Mon., 6:30-9:30 pm

Social Security Benefits - How to Maximize Your Income!

This workshop is designed to give you an overview of the Social Security System, when to apply, how to apply and what can be expected.

H. Schaechter 1 session Resident \$30 Non-resident \$40
Sep 21 #2419H HHS rm D111 Thur., 6:30-8:30 pm
Sep 28 #2419N NHHS rm 106 Thur., 6:30-8:30 pm

MUSIC

Basic Music Theory

This course will lead to a fuller understanding of how our music works through the study of music theory, harmony, scales and intervals, key signatures, and music analysis. No previous musical experience is necessary

Dr.. Gangi 6 wks Resident \$63 Non-resident \$73
Sep 28 #2609H HHS rm A213 Thur., 7-8:30 pm

Music At It's Best

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Sep 26 #2608H HHS rm A213 Tues., 7-8:30 pm

Instant Guitar for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Oct 24 #2610 Virtual - online Tues., 6:30-9 pm

Instant Piano for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Oct 23 #2611 Virtual - online Mon., 6:30-9 pm

Violin and Cello - Beginner/Intermediate

Learn how to play the violin or cello by a professional musician. Small class, individual attention. You 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 19 #2606N NHHS rm 106 Tues., 7-8 pm



Babysitting Training

All courses in conjunction with the YMCA and held at the New Haven YMCA. Check out our website for days and times.

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 \$75 Non-resident \$85
Sep 20 #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 \$75 Non-resident \$85
Oct 11 #2841A Chess Academy Wed., 6:30-8:30 pm

Chess Openings - King Pawn

This class is designed for adult students who are familiar with chess tactics and wish to develop a greater understanding of openings through study and practice. This course will focus primarily on King Pawn 1.e4 openings and various ways Black can respond. You are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move!

J. Groff 3 wks Resident \$75 Non-resident \$85
Nov 1 #2858 Chess Academy Wed., 6:30-8:30 pm



Chess Openings - Queen Pawn

This class is designed for adult students who are familiar with chess tactics and wish to develop a greater understanding of openings through study and practice. This course will focus primarily on Queen Pawn 1.d4 openings and various ways Black can respond. You are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move.

J. Groff 3 wks Resident \$75 Non-resident \$85
Nov 29 #2859 Chess Academy Wed., 6:30-8:30 pm

Creative Writing through Fanfiction

Have you always wanted to write but the idea scared you? During this four week class, we'll discuss character development, plots, settings, dialogue and more while we write a different ending to your favorite book. *Bring a notebook and pen/pencil to class.*

S. Fowler 4 wks Resident \$40 Non-resident \$50
Oct 5 #2860N NHHS rm 105 Thur., 6:30-8:30 pm

Intermediate Tarot Reading

Deepen your understanding of the Tarot. Experiment with the archetypes, astrology, and numerology of the cards to give more layered readings. Learn blended techniques, soft focus and new exercises every week. Enjoy reading for yourself or your friends without using a book. *Universal Rider - Waite Deck is needed.*

L. Morrison 5 wks Resident \$70 Non-resident \$80
Sep 27 #2862H HHS rm D210 Wed., 7-9 pm

Job Interview/First Impressions Workshop

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

T. Knowlton 1 session Resident \$30 Non-resident \$40
Oct 19 #2842H HHS rm D213 Thur., 7-8:30pm

Journaling

Have you ever thought about writing a journal? Then this 2 week class is for you! You'll discover the different types of journals, techniques, writing your first page, rituals, prompts and creating your own journal. *Bring a composition notebook and pen/pencil to class.*

S. Fowler 2 wks Resident \$40 Non-resident \$50
Sep 19 #2861N NHHS rm 105 Tues., 6:30-8:30 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 20 #2843H HHS rm D107 Wed., 7:15-8:30 pm

Learn Remarkable Business Speaking Skills

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

T. Knowlton 1 session Resident \$35 Non-resident \$45
Oct 5 #2850H HHS rm D213 Thur., 7-8:30 pm

Lose Weight With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Oct 14 #2809N NHHS rm 104 Tues., 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 20 #2842H HHS rm D107 Wed., 6-7:15 pm

Media Literacy: Current Events

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

K. Venit 7 wks Resident: \$72 Non-resident \$82
Oct 3 #2845H HHS Media Center Tues., 6-7:30 pm

WHOOOPS!

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

National Parks Overview

The National Parks have been called "America's Best Idea." Whether your interest is based on a quest for adventure, history, or simply great scenery, this course can be the catalyst to get you out there!

D. Early 4 wks Resident: \$65 Non-resident \$75
Oct 24 #2865H HHS D210 Tues., 6:30-8 pm

Quit Smoking With Hypnosis

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

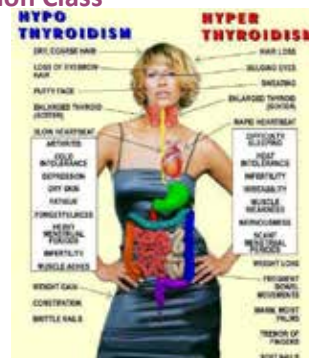
L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Nov 8 #2814N NHHS Library Wed., 7-9 pm

Social Media for Small Business Beginner

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

L. Cirkot 4 wks Resident: \$56 Non-resident \$66
Sep 20 #2856N NHHS rm 105 Wed., 6:30-8:30 pm

Thyroid Nutrition Class



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

D. Barbiero 1 session Resident \$35 Non-resident \$45
Sep 21 #2822 Virtual - via Zoom Thur., 6:30-8:30 pm

Transformational PowerPoint Presentations

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

T. Knowlton 1 session Resident \$35 Non-resident \$45
Oct 12 #2851 HHS rm D213 Tues., 7-8:30 pm



Using Canva for Small Business - Beginners

In this comprehensive class, you'll master the art of using Canva for business and marketing, equipping you with the skills to create visually captivating designs and compelling content. From social media graphics to presentations and print materials, learn how to leverage Canva's powerful features and unleash your creativity to effectively promote your brand.

L. Cirkot 4 wks Resident: \$56 Non-resident \$66
Oct 12 #2863N NHHS rm 105 Thur., 6:30-8:30 pm

Vampires Through the Ages

Come add depth to your understanding of the modern vampire. Journey with the vampire from ancient Mesopotamia through Stoker's Transylvania to modern gothic vistas. We will explore the sultry seductive vampire through myth, folklore and art.

H. Morrison 4 wks Resident \$56 Non-resident \$66
Oct 26 #2864H HHS D210 Thur., 7-9 pm

SAFETY OFFERINGS

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

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

L. Bonito 2 sessions Resident: \$150 Non-Resident \$160
Oct 10 and Oct 16 #3001N NHHS rm 106
Mon. & Thur., 5:30-8:30 pm



SENIOR OFFERINGS

AARP Driver Safety Class

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

Oct 26 #3007N AARP Staff NHHS 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. Price already includes Senior discount.*

E. Teixeira 8 wks Hamden/North Haven Seniors \$25 Non-resident \$80
Sep 21 #3008 Whitney Center Thur., 10am-12pm



Hamden Community Emergency Response Team (CERT)

Classes will start on Thursday, September 7, 2023 6:30 - 9:00 pm
Dunbar Hill Fire Station #8 - 420 Dunbar Hill Road, Hamden



Come Join Us and Learn How To Make A Difference!

You will learn over 8 weeks:

- Basic & Disaster First Aid
- Light Search and Rescue
- Control of Home Utilities
- Fire Extinguisher Training
- Traffic Safety
- along with the Goals and Protocols of the FEMA Sponsored, National Recognized CERT Program



This course will train any individual to be prepared and respond after any emergency or disaster. You will learn the skills necessary to protect; yourself, your family & neighbors and then reach out to the community if you become available and if it is called for. The training is free for those individuals 18 or older. Any individual taking this course may use the training for yourselves or become a member of our local team at a later time, if you wish.

Applications will be available on: www.hamdencert.com and must be completed, signed and returned to the Office of the Fire Chief, 2372 Whitney Avenue, Hamden, CT. 06518 no later than Thursday, August 31st. For any additional information, feel free to contact us at www.hamdencert.com or email: hamdenctcert@gmail.com

Comments or Suggestions?

We would love to hear from you!



Please help us, help you. We offer a variety of one night classes, multiple night classes, day trips and overnight trips.

We are always looking for new class and trip ideas.

Please let us know what you are interested in.

Email your suggestions to info@hamdenadulted.com

TEEN

PSAT & SAT Preparation for Juniors

Learn Reading, Writing and Math strategies that really work! Make the PSAT real practice for the SAT. Early on Prep has has 30 years' experience. You will receive textbook, full practice tests, computerized reports, and customized comments.

Class meets 6-9 pm on Wednesday evenings.
4 sessions HHS rm B210

\$325

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



Made in Vermont Country Shopping in Southern Vermont



Begin at Grafton Village Cheese, makers of artisan cheddar cheeses, in Brattleboro. This store has a large selection of artisan Vermont cheeses, specialty foods, breads and Vermont products.

Lunch at The Marina along the river. Enjoy beautiful views and great food, choice of Grilled Salmon, Marinated Steak Tips, or Marina Mac 'N Cheese.

The Vermont Country Store has something for everyone including quality merchandise from around the block and around the world, from wonderful, classic products that can simplify your life to penny candy, specialty foods, and Vermont-made items.

Hidden Springs Maple Farm is family owned where they started making maple syrup over 50 years ago. With a sugar brush span of over 1,000 acres, you will be sure to savor this natural Vermont flavor!

#5032 Saturday, September 30 \$139

Pick-up at HHS parking lot at 7:45 am and return at 7:15 pm.

All times are approximate.

Note: No refunds for this trip after August 23

Radio City Rockettes New York, NY



Come relax in your Orchestra/First Mezzanine Seat for America's favorite holiday tradition!

Let's head to Radio City for the Christmas Spectacular starring the world-famous Rockettes. Experience the magical line up of the Parade of Wooden Soldiers. Enjoy the wondrous 3D Journey with Santa and his sleigh through the skies of New York. Celebrate the miracle of the first Christmas with the living nativity scene. Dreams come to life with their unique take on the Nutcracker, complete with dancing Teddy Bears and Ice Skaters.

You'll have time before the 11:00 am performance to shop, grab a bite to eat and enjoy the City.

#5034 Saturday, November 18 \$179

Pick-up at HHS parking lot at 7:30 am and return at 7:15 pm.

All times are approximate.

Note: No refunds for this trip after October 2.

Jack O Lantern Spectacular



Providence, RI



Experience the glow of thousands of pumpkins, set in a magical display of artistry during this Early Evening Spectacular. Take a leisurely walk through the 1/4 mile trail as you feast your eyes on hundreds of artfully carved jack-o-lanterns depicting people, places, and scenes from popular culture to old time favorites and everything in between - all with painstaking detail and amazing intricacy. The event has been featured on the Today Show, CNN and hailed by USA Today as "extraordinary".

Prior to the Jack O Lantern Spectacular, enjoy free time at Providence Place Mall for shopping and dining.

NOTE: There is a moderate amount of walking on this trip.

#5033 Sunday, October 29 \$114

Pick-up at HHS parking lot 1:00 pm and return at 10:00 pm.

All times are approximate.

Note: No refunds for this trip after September 21.

Christmas in Newport Newport, RI



The Newport mansions are magical during the holiday times. The Breakers is the grandest of Newport's 'cottages' and is the sumptuous mansion of Commodore Cornelius Vanderbilt. You will receive an audio guide so you can walk through at your leisure listening to the story of the mansion. In the Elms, you'll find antique toys in the library and sumptuous mantle decorations throughout.

You will enjoy a 3 course lunch at Johnny's Restaurant, including salad, Choice of: Chicken Piccata, Baked Stuffed Scrod with seafood stuffing and Newburgh sauce, OR Pasta Primavera, with vegetable, potato, dessert, coffee and iced tea.

#5035 Sunday, December 10 \$145

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

All times are approximate.

Note: No refunds for this trip after November 3.

National Parks of America:

12 Days • 16 Meals:

Per Person Rates: Double \$5,699*; Single \$7,499; Triple \$5,599 Includes: air out of NY, hotel transfers and ground transportation to/from airport



Highlights Include:

- Experience the grandeur of the American West as you explore five fantastic national parks on this exciting journey.
- In Arizona, contemplate the vast beauty of the Grand Canyon, and in Yellowstone, relish iconic sights like Old Faithful and Yellowstone Lake.
- Marvel at the magnitude and color of Zion's cliffs and the hoodoos and spires at Bryce Canyon.

Enjoy 2-night stays in Springdale, Utah (Zion) and Jackson Hole.

- Drive through the incredible Bighorn Mountains and the great Sioux Nations Territory before seeing Mt. Rushmore and Crazy Horse Monument.
- Meet a local Lakota Native American at dinner and learn about their fascinating way of life, past and present.
- Gain new appreciation of the great outdoors on this journey that takes you from the Grand Canyon to Mount Rushmore National Memorial and everywhere in between.

#1101917

June 1, 2024

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

Travel insurance is highly recommended.

* Price subject to change.



Sunny Portugal

10 Days • 13 Meals:

Per Person Rates: Double \$3,499*; Single \$4,099; Triple \$3,469 Includes: air, hotel transfers, and group transportation to/from airport



Highlights Include:

- From the Portuguese Riviera to the sunny cliffs of the Algarve, venture along Portugal's stunning shoreline.
- Discover the charms of Lisbon.
- In Evora, step inside a medieval city with Roman ruins.
- Enjoy a leisurely 3-night stay in the Algarve region.
- Explore the soft sandy beaches and classic fishing villages.
- Take advantage of a free day to soak in the Portuguese sunshine and savor local flavors.
- Visit the charming town of Tavira with its Moorish inspired architecture and Renaissance style buildings.
- Encounter picturesque resort towns, winding cobblestone streets, oceanfront promenades, and quaint villages of perfection.



#1185937

November 3, 2024

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 \$3,999*; Single \$4,499; Triple \$3,949 Includes: air, hotel transfers, and group transportation to/from airport

Back By
Popular
Demand



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 21, 2025

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

Travel insurance is highly recommended.

* Price subject to change.

Travel Presentation

Join us ,September 12 at 6 PM, to get more information on these amazing overnight trips. Call to RSVP 203-407-2028

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 or call us at 203.776.5899. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend 2 hours/week with their students. Most tutors tell us it's the best two hours of their week.

THE FAMILY RESOURCE CENTER OF HAMDEN



Register for:

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

Contact us for:

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

Church Street School 203.407.3111

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

HAMDEN EARLY LEARNING PROGRAM

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

We have 11 classrooms:

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

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

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




Hamden Early Learning Program



Leave message at 203.407.7733

hamdenkids@gmail.com

www.hamdenyoungchildren.org

Follow us on 



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



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



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

HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director
www.hamdenlibrary.org

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

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

Questions? Call 203.287.2680 or info@hamdenlibrary.org

Three locations:

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

MILLER SENIOR CENTER PROGRAMS

Suzanne Burbage, Coordinator

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

ARTS, RECREATION, AND CULTURE

203.287.2546

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

KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

COMMUNITY DEVELOPMENT

Linda Davis-Cannon, Outreach Technician

203.562.5129 ext. 1121 ldaviscannon@hamden.com

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

COMMUNITY SERVICES

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111 ylopes@hamden.com

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

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

YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 srubino@hamden.com

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

- | | |
|--|-----------------------------|
| • Prevention Awareness and Education | |
| • Outreach Activities, Programs and Events | |
| • Summer Youth Employment & Training Program | |
| • Resources and Referrals | • Hamden Youth Network |
| • Volunteer & Community Service | • Juvenile Review Board |
| • Free Books and School Supplies | • Youth Ambassadors |
| • Hamden-North Haven Collaborative | • The Village Teen Center |
| • Hamden Youth Advisory Council | • 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 The Center is located at 189 Pool Road North Haven CT 06473 and open Monday-Friday 8am-4pm Interested members contact 203-239-5432 for more information.

DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

RECREATION INFO-LINE

203.234.2535

NORTH HAVEN PUBLIC LIBRARY

203.239.5803

MAIL

Send registration form and payment to:

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

Checks, Money Orders and MasterCard/VISA/Discover Accepted

PHONE (203) 407-2028

FAX (203) 407-2056

Master Card/VISA/Discover

IN PERSON

Hamden Adult Education Office

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



Website

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 31 for our Refund Policy.

Full payment of fees must accompany registration form.

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

WE DO NOT CONFIRM REGISTRATIONS, SO MARK YOUR CALENDARS!

Last Name:		First Name:	
Street:		Town:	State: Zip:
Home Phone:		email:	
Cell/Work Phone:		Senior Citizen:	
Visa/MC/Discover:		Exp. Date:	Money Order/Check #
Signature		Verification Code:	Complete (Office Use Only)
Additional Person:			
Last Name:		First Name:	
Address (if different from yours):			
Course #	Course Title	Amount	
Less Senior Discount			
If applicable			
Total			

Eligibility:

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

Tuition and Fees:

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

Books and Materials:

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

Storm Day Policy:

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

Our Refund Policy:

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

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

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

Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

Persons with Disabilities:

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

Senior Citizens:

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

Sexual Harassment:

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

Class Cancellations:

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

Returned Check Policy:

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

No Smoking:

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



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What Will You Try?

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