



Hamden-North Haven Adult & Continuing Education

*What Do You See Yourself Doing?
Fall 2024*

Director's Message

Dear Friends,

Welcome to the Hamden-North Haven Adult & Continuing Education fall catalog. Our passionate and experienced staff is dedicated to supporting students in reaching their personal, educational, and career aspirations. Whether you're aiming to earn your high school diploma, complete your GED, enhance your English language skills, or achieve citizenship, we are committed to assisting you every step of the way.

In addition to these essential educational offerings, we also provide a range of enrichment opportunities aimed at helping you acquire new skills and cultivate areas of interest. Our Enrichment classes feature a diverse array of options that include retirement planning, creative arts workshops such as soy candle making, music and dance classes, culinary sessions, various online courses that include coding and video marketing, and much more. Furthermore, we welcome you to discover the exciting day (Covered Bridges of New Hampshire) and overnight travel (Sunny Portugal) experiences available through our program.

To explore our comprehensive programs and class schedules, we encourage you to visit our website, www.hamdenadulted.org. Our website conveniently accepts online registrations for all adult academic and enrichment programs. We eagerly anticipate the opportunity to connect with 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

North Haven Office

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

Office Hours:

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

STAFF

Administrative Secretary
Maria Ferraro

Location of Classes

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

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

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

Call to Register 203.407.2028

Fall 2024 Calendar

August 8 - 5 pm
Adult High School - Fall 2024 Term 1 Registration

August 20
Adult High School - Fall Term 1 Begins

September 2
Labor Day - No Classes

September 16
Enrichment classes begin

September 19 - 5 pm
Adult High School - Fall Term 2 Registration

October 3
Rosh Hashanah - No Classes

October 14
Indigenous Peoples' Day - No Classes

November 5
Election Day - No Classes

November 27-29
Thanksgiving Break - No classes

December 10 - 5 pm
Adult High School - Winter Term 1 Registration

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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

6:00 PM - 8:30 PM

Become A U.S. Citizen



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

Classes meet on Mondays

6:00 PM - 8:00 PM

English As A Second Language

Learn to Speak, Read and Write English

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

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

**Free childcare for children of students that are attending the morning classes
at Keefe Learning Lab.**



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

Register online:

https://www.hamdenadulted.com/Academic_Programs/Register Now

Picture ID and proof of residency are required.

Call to Register 203.407.2028

ADULT HIGH SCHOOL

Laura Rodriguez, Coordinator
Sharon King, Guidance Counselor

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

STUDENTS MUST EARN A TOTAL OF 25 CREDITS

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

Fall Term 2 Registration - September 19 - 5:00 PM

Winter 2025 Term 1 Registration - December 10 - 5:00 PM

National External Diploma Program NEDP

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

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

Technology Requirements - Students must have:

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

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

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

Computer speakers and microphone

Printer (recommended)

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

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

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

* North Haven, Bethany, Orange, Woodbridge



GED® Prep

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

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

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

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

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

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



How to Register for the GED® Exam

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

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

Searching for Talent

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

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

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

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

Emergency Medical Technician EMT (Training)

#1004H



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

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



Come have fun while learning through classroom lecture, hands-on skills, online training and practical experience from the professionals in the field. After completion of this program and passing of the State of Connecticut certification exam, you are qualified to work as a Basic EMT. You can be employed by ambulance services, hospitals, and fire departments. A \$600 non-refundable deposit is due by the end of August, to class to secure your spot. The remainder of \$675 is due by September 4. Tuition includes the textbook and online access, drills, CPR certification, smart triage, human trafficking and QPR certification. You must be 16 years or older to participate in the program. ***Class will be Monday and Wednesday, 6 pm - 10 pm, and some Saturdays, starting September 4.***

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

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



EMT

Security Officer License Training

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



This dynamic course covers information about the Security Industry, how to be a Security Officer, and job exploration. We will review CT laws, pertaining to: the security industry, self-defense and the use of force, and citizen's arrest. 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. ***Please bring CT Driver's License or Photo Id to class.***

#1001H – October 22 and October 24

5:30 – 9:30 PM

HHS rm B105

INSTRUCTOR: L. Bonito

#1001N - November 19 and November 21

5:30 – 9:30 PM

NHHS rm 107

Resident \$125

Non-resident \$135

Security Guard Training

Real Estate Training

60 classroom hours

This Pre-Licensing State approved course is one of the first live/virtual Real Estate classes in the State! It covers the major aspects of the real estate industry and prepares you for the State licensing examination and meets the 60 hour requirement for licensing. It provides excellent information for those interested in personal real estate planning and investing. You will also learn the latest and most relevant trends in real estate. To take the State licensing examination you must be 18 years of age or older. Three books are included in the cost of the class. Students must have a computer/tablet/phone with a camera and an email address to receive Zoom materials invitations and material.



No senior discount given

Cadema Education #1012 12 wks
Sep 9 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 52 wks Resident \$2500 Non-resident \$2510
Sep 16 #1015
Mon. and Thur. 9:00 am - 12:00 pm or
Mon. and Thur. 6:30 - 9:30 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
Call us for information: 203-407-2028

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
Call us for information: 203-407-2028

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

Call to Register 203.407.2028

Phlebotomy Technician Training



**Phlebotomy
Technician**



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

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

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

EKG Technician Training



**EKG
Technician**



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

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

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

Certified Nursing Assistant Training



CNA



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

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

Flexible schedule to fit your needs. Class cost is \$1400 and are offered days, nights or weekends. Flexible payment plans available.

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

Call us:
203-407-2028

LEARN FROM THE COMFORT OF HOME!

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



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

ATTEND IN REAL TIME ONLINE

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



Most Popular Programs

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

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



Courses Enrolling Now!

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

Certified Information Security Manager



The ISACA Certified Information Security Manager (CISM) exam is designed to certify the competency of security professionals to manage designs; oversee and assess an enterprise's information security. The exam covers competency in the following domains: Information Security Governance; Information Security; Incident Management; Information Risk Management and Compliance; Information Security Program Development and Management.

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

Start Here for a Great Career!
Courses Enrolling Now!



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

Online Learning

anytime, anywhere....
just a click away

Learn
from the
comfort of
home!

ONLINE CAREER TRAINING PROGRAMS

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

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

Categories Include:

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

Sample class:

CNC Machinist

This course provides an intensive overview of workholding, math, inspection, safety, metal cutting, materials, quality, and grinding. These skills are essential for working as a CNC machinist.

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:

Speed Spanish - In this course you will learn to converse using common words and phrases and demonstrate the proper forms of common Spanish nouns and verbs. Spanish culture will be discussed.

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 Workplace Communication

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

Certificate in Mastering Video Marketing

Video marketing is the latest hot new marketing trend. Shoppers who viewed product videos were 144% more likely to add the product to their cart. When done correctly, video can tell a story, and stories connect people. Video also leads to an emotion 'trigger' that plain text cannot do. In the first course, Video Marketing, you will discover how to use simple online video to quickly bond with your viewer, drive traffic to your website, boost business and build brand awareness. Find out how to shoot simple, effective videos without costly fancy equipment or savvy technical skills. In the second course, YouTube for Business, you will find out what types of video work best on YouTube, how other business organizations are using YouTube, how to create your own YouTube channel, and the techniques of adding captions, annotations and other extra features. YouTube can enhance your current marketing and communication strategy. After attending this course you will take back proven strategies and techniques for making YouTube work successfully for your organization.

Certificate in Coding

Coding is becoming one of the most in-demand skills in the workplace today. As a result, coding has become a core skill that bolsters one's chances of becoming a higher value to organizations. The highest demand is for programming languages with broad applicability. Begin by getting introduced to the basics of computer programming and various programming languages. Then go to the next level and acquire all the basics of HTML and CSS. You will learn the relationship between these two industry-standard web page coding languages and the step by step process of hand coding and building web pages. Finally, discover the advanced features of CSS and learn how to use this very powerful language.

Advanced Excel

We are faced with different types of business decisions each day that can change the data we work with along with our financial outcomes. Have you ever wondered what type of workplace skills you can learn to make wiser decisions? Learning Advanced Excel contains these tools that can help you prepare your worksheets accurately, examine your data for authentication, and then find those answers to your most difficult questions. This course will help you learn these required business functions along with the tools required to analyze data efficiently within the workplace. Save time for yourself by protecting your valuable data and know with assurance that the entered data is accurate without any errors. By completing the course, discover how to attractively visualize your data into meaningful information with confidence.

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

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Sep 16 #1200N NHHS rm 104 Mon., 6-8 pm

Google Applications: Docs, Slides and Sheets

In this course you will learn all aspects of Google Docs(word processing), Slides(presentation) and Sheets(sheet) applications which are similar to Microsoft Word, PowerPoint and Excel. Prerequisite - type at a reasonable speed and have a Gmail account setup already.

L. Hatton 6 wks Resident: \$95 Non-resident \$105
Oct 29 #1219H HHS rm C203 Tues., 6-8 pm

Microsoft Excel 2019

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. This class will take you from beginner to intermediate. Learn how to navigate through a spreadsheet, save and print worksheets, page setup options, cell basics, modifying columns/rows/cells, utilize currency and date styles, insert and work with comments, create basic formulas, utilize fill handle, work with hyperlinks, and more.

Prerequisite - type at a reasonable speed and have basic computer skills. **Bring a USB drive to save your work.**

M. Hatton 5 wks Resident: \$79 Non-resident \$89
Sep 17 #1206H HHS rm C203 Tues., 6-8 pm

Microsoft Excel 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Oct 21 #1208N NHHS rm 104 Mon., 6-8 pm

Microsoft Word 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$64 Non-resident \$74
Oct 16 #1212N NHHS rm 104 Wed., 6-8 pm



CREATIVE ARTS

Beginner/Intermediate Drawing

Brush up on drawing skills and learn how to draw a variety of subjects. Look for shapes, gain knowledge of lines, perspective and apply shading using pencils and later, pens. Draw seascapes, landscapes, everyday objects and portraits using photos you bring or that are provided by the instructor. Individual and class instruction **A supply list will be given prior to the first night of class.**

P. Meglio 10 wks Resident: \$130 Non-resident \$140
Sep 18 #1426N NHHS rm 115 Wed., 6-8 pm

Bob Ross "Joy of Painting" Workshop

Experience Bob Ross "Joy of Painting". You will be instructed step-by-step to paint with oils utilizing a "Wet on Wet" technique to transform a blank canvas into a beautiful picture. These two workshops are brand new! 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 10 #1404NA-Milky Way Galaxy in the Woods Thur., 5:45-8:30pm

Oct 24 #1404NB-Sunset Lake

Thur., 5:45-8:30 pm

ONLINE REGISTRATION

www.hamdenadulthood.org/coursecatalog



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 ornaments, envelopes, invitations, quotes, poems, favorite family recipe, ribbon, or gifts for any special occasion. This is a great way to make a first impression. 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 in just 5 weeks. *A supply list will be given prior to the first night of class. A \$13 materials fee for assorted paper will be collected on the first night of class.*

J. Little	5 wks	Resident \$70	Non-resident \$80
Sep 16	#1400N	NHHS rm 106	Mon., 6-8 pm

Calligraphy - The Art of Beautiful Writing - Intermediate

Get ready for the Holidays! This class will inspire you to improve your skills with more creative usage. You will learn various lettering, 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 five weeks. Congratulate yourself on your progress, your writing can only get better. *A supply list will be given prior to the first night of class. A \$13 materials fee for assorted paper, will be collected on the first night of class.*

J. Little	5 wks	Resident \$70	Non-resident \$80
Nov 18	#1401N	NHHS rm 106	Mon., 6-8 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 yarn and a size H crochet hook to class.*

S. Tendler	10 wks	Resident \$100	Non-resident \$110
Sep 18	#1403N	NHHS rm 105	Wed., 6:30-8:30 pm

DIY Holiday Ornament Workshop

This fun workshop will feature several techniques for creating fun personalized ornaments to adorn your holiday tree or give as a gift! Add a child's name to a glittered globe, make a "DIY snowman kit", or create an ornament for your favorite "Grinch" - lots of fun options! Use crafting staples like glitter, ink, acetate and vinyl to create 4 custom ornaments. *A non-refundable materials fee is included in the cost of the class and covers the cost of ornaments, glitter, ink, paint, acetate, and vinyl.*

J. Stratton	1 session	Resident \$42	Non-resident \$52
Oct 24	#1422N	NHHS rm 114	Thur., 6:30-8:30 pm
Oct 29	#1422H	HHS rm B106	Tues., 6:30-8:30 pm

**DIY Wood Sign Workshop**

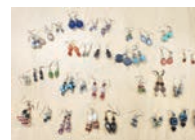
Design your own version of a rustic farmhouse-style wood sign. Choose a holiday or seasonal theme, an inspirational quote, a whimsical design or your family name on a birch wood base, using a custom stencil cut just for you. Display your art in your own home, or create a unique, meaningful holiday gift that will be treasured! *A non-refundable material fee is included in the cost of the class and covers the birch base, stencil, transfer medium and paints. Please note: 5 day advanced registration is required for a personalized design.*

J. Stratton	1 session	Resident \$50	Non-resident \$60
Sep 26	#1405N	NHHS rm 116	Thur., 6:30-8:30 pm

**Earring Making 101**

You will learn to create beaded earrings and all techniques for the finishing touches in this fun workshop! Great for yourself or for gifts. You will leave with three completed pairs of earrings. *A \$25 non-refundable materials fee, which includes use of all tools, great selection of beads and different ear wire, is payable to the teacher at class.*

L. Zlotowski	1 session	Resident \$35	Non-resident \$45
Dec 4	#1450N	NHHS rm 116	Wed., 6:30 - 8:30 pm

**Easy Holiday Gifts with Cricut: Using Infusible Ink, Vinyl and HTV**

Do you own a cricut, but find yourself short on time to create during the holidays? In this "Santa's Workshop" we will focus on creating 3 easy, gift-worthy Cricut projects using infusible ink, vinyl and Heat Transfer Vinyl! For project 1, you will be applying HTV to tea towels or apron. For project 2, you will apply permanent vinyl to a galvanized serving tray or Christmas countdown calendar. For project 3, you will be using cricut infusible inks on a pair of coasters. Prior to class, design options will be discussed. *Please note: 5 day advanced registration is required for a personalized design. A non-refundable materials fee is included in the cost of the class and covers the cost of ornaments, glitter, ink, paint, acetate, and vinyl.*

J. Stratton	1 session	Resident \$55	Non-resident \$65
Nov 7	#1449N	NHHS rm 114	Thur., 6:30-8:30 pm
Nov 12	#1449H	HHS rm B106	Tues., 6:30-8:30 pm



Exfoliating Sugar Body Scrubs

In this class you will learn several recipes using essential oil, botanicals, pantry spices and florals. Leave with two completed body scrubs of your choice. **A \$15 non-refundable materials fee is payable to the teacher.**

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Nov 12 #1448N NHHS rm 116 Tues., 6:30-8:30 pm

Fun with 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. **Materials fee is included in the price which includes balloons and use of the pump.**

N. Prete 1 session Resident: \$35 Non-resident \$45
Nov 12 #2840H HHS rm D107 Tues., 7:15-8:30 pm
Nov 13 #2840N NHHS rm 116 Wed., 7:15-8:30 pm

Glass Etching Workshop

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

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



Handwoven Basketry - Pumpkin Basket

Spark your creative spirit with this beginner basket workshop. You will weave a pumpkin basket. **You will need to bring a towel and scissors. A non-refundable \$30 materials fee is payable to the instructor at class.**

S. Kober 1 session Resident \$35 Non-resident \$45
Oct 22 #1451N NHHS rm 115 Tues., 5:30-8:30 pm



Handwoven Basketry - Wood Base Basket

Learn to weave a solid wood base basket in this beginner basket workshop. You will use twining and continuous twining weave. You will have your choice of accent color. **You will need to bring a towel and scissors. A non-refundable \$35 materials fee is payable to the instructor at class.**

S. Kober 1 session Resident \$35 Non-resident \$45
Dec 4 #1452N NHHS rm 115 Tues., 5:30-8:30 pm

Holiday Table Runner

Sew this simple Holiday table runner for your Christmas, Hanukkah or Kwanza celebration. You will be taught step by step to create a charming project. **You will need to bring your own sewing machine and know how to sew and thread your machine. A non-refundable \$10 materials fee is payable to the instructor at class.**

A. Michaud 1 session Resident \$35 Non-resident \$45
Oct 22 #1453N NHHS rm 115 Tues., 5:30-8:30 pm



Oil Painting

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

P. Meglio 10 wks Resident \$130 Non-resident \$140
Sep 16 #1425N NHHS rm 115 Mon., 6-8 pm

Wire Wrapped Sea Glass

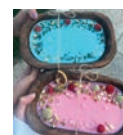
Beginners welcome in this fun workshop where you will learn how to wire wrap all your beach finds into wearable art! You will leave with two finished pendant necklaces. A wonderful selection of sea glass and color wire options will be available to choose from. **A \$25 non-refundable materials fee, which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

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

Wood Bowl Triple Wick Soy Candle

Whether you are a beginner or experienced candle maker, come make and hand pour your very own soy candle in a reusable wood bowl. All tools, supplies, color and scents, and botanical toppings will be available. The candle you make will burn about 90 hours. **A \$35 non-refundable material fee is payable to the teacher at class.**

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Nov 6 #1454N NHHS rm 116 Wed., 6:15-8:30 pm



Adult Swim Lessons

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

Staff	7 sessions	Resident: \$95	Non-resident \$105
Sep 17	#1601A	NH YMCA	T. & Th., 5:30 - 6:15 pm
Oct 15	#1601B	NH YMCA	T. & Th., 5:30 - 6:15 pm
Nov 12	#1601C	NH YMCA	T. & Th., 5:30 - 6:15 pm
Jan 7	#1601D	NH YMCA	T. & Th., 5:30 - 6:15 pm

Check our website: www.hamdenadulted.org for dates

Authentic Qigong and Taijiquan

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

B. Banick	10 wks	Resident \$120	Non-resident \$130
Sep 16	#1603HA	Central Office Gym	Mon., 6-7 pm
B. Banick	12 wks	Resident \$140	Non-resident \$150
Sep 25	#1603HB	Central Office Gym	Wed., 6-7 pm

Ballroom Dance - Beginner

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Foxtrot, Swing and Cha Cha. *Face masks must be worn. 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 16	#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. *Face masks must be worn. 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 17	#1655N	NHHS Cafe	Tues., 7:10-8:10 pm

Ballroom Dance - Intermediate

Would you like to dance like a Professional or like on Dancing with the Stars? Then this class is for you. We will learn the following dances: Rumba, Tango, and Hustle. *Face masks must be worn. 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 16	#1641N	NHHS Cafe	Mon., 7:10-8:10 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

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 22	#1656	YCYC or Online	Sun., 4-5 pm

Golf Fore Women 101

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

Staff	5 wks	Resident \$149	Non-resident \$159
Sep 3	#1607A	GC at LO	Tues., 12-1:15 pm
Sep 3	#1607B	GC at LO	Tues., 5-6:15pm
Sep 4	#1607C	GC at LO	Wed., 12-1:15 pm
Sep 5	#1607E	GC at LO	Thur., 5-6:15 pm
Sep 6	#1607F	GC at LO	Fri., 5 - 6:15 pm
Sep 8	#1607H	GC at LO	Sun., 11:30-12:45 pm
Sep 9	#1608I	GC at LO	Mon., 12-1:15 pm

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

Good Ole Country Time Line Dancing

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

X. Walker	10 wks	Resident: \$85	Non-resident \$95
Sep 19	#1643N	NHHS PE Room	Thur., 6:30 - 7:30 pm

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: \$45	Non-resident \$55
Sep 19	#1645N	NHHS PE Room	Thur., 5:45 - 6:15 pm

Intermediate Slow & Steady Yoga

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

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 18	#1657A	YCYC	Wed., 6-7:15 pm
Sep 21	#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 16	#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.

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 17	#1628A	YCYC or Online	Tues., 5:30-6:30 pm
Sep 20	#1628B	YCYC or Online	Fri., 5:30-6:30 pm

Krav Maga - Self Defense

Learn the official hand-to-hand combat system of the Israeli Army! Its quick counter-attacks and offensive techniques make it the ideal fighting style for dangerous and unexpected situations. No prior experience needed. This class is a great intro to realistic and effective self-defense. Fun, realistic self-defense that's great for men and women. You'll have a blast and get in great shape. *Senior discount not applicable*

Senior discount not applicable

Staff	6 wks	Resident \$130	Non-resident \$140
Sep 16	#1614	Soulcraft Studio	M,W 6:30-7:30 pm, Sat 11am-12 pm

Martial Arts for Kids or Adults

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

Staff	20 sessions	Resident \$120	Non-resident \$130
Sep 16	#1663	Ziwak Martial Arts	M-S., 5:30 or 6:30 pm

Men Golf 101

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

Staff	6 wks	Resident \$149	Non-resident \$159
Sep 4	#1630A	GC at LO	Wed., 12-1:15 pm
Sep 6	#1630B	GC at LO	Fri., 12-1:15 pm

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 \$49	Non-resident \$59
Sep 25	#1650N	NHHS PE Room	Wed., 8-9 pm

Mindfulness & Stress Relief 101

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

Staff	4 wks	Resident \$90	Non-resident \$100
Sep 19	#1658	YCYC or Online	Thur., 5:30-7 pm

Parent/Child Swim Class

This parent/child swim class is to introduce participants to the aquatic environment. Children in this class must be at least 6 months old, and should sit unassisted and stand with support. This class is limited to 10 parent/child pairs. Instructors will lead participants in games and songs while participants begin to develop a comfort level with in the aquatic setting.

Staff	4 wks	Resident \$90	Non-resident \$100
Sep 17	#1661A	NH YMCA	T. & Th., 9:30-10:15 am
Oct 15	#1661B	NH YMCA	T. & Th., 9:30-10:15 am
Nov 12	#1661C	NH YMCA	T. & Th., 9:30-10:15 am

REGISTER NOW!

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. **Note:** *Please bring a yoga mat, Pilates ring and light hand weights.*

R. Burton	10 wks	Resident \$70	Non-resident \$80
Sep 16	#1659N	NHHS PE Room	Mon., 8-9 pm

Smiling Spirit/Kripalu Yoga

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

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 17	#1640A	YCYC or Online	Tues., 9-10:15 am
Sep 19	#1640B	YCYC or Online	Thur., 9-10:15 am

Strong and Fit - Women's Self Defense

This is a research-based program designed to help women identify early signs of danger and increase strength, flexibility and overall fitness. Designed by women instructors in Jujitsu, Muay Thai kickboxing, and yoga, this course draws attention to physical, verbal, and nonverbal aspects of practical self-defense. A faculty member specializing in violence prevention works as part of our diverse team. In this program, you can expect to develop practical knowledge and skills while also getting in shape and connecting with other women in a safe environment! **Senior discount not applicable**

Staff	5 wks	Resident \$130	Non-resident \$140
Sep 18	#1660	Soulcraft Studio	Wed 6:30-7:30 pm, Sat 10am-12pm

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. In addition to holding the postures you will be guided in and out of the postures using breath-centered movement. Also covered will be precautions to take when practicing yoga with bone loss. You will need 2 yoga blocks, a strap or belt and a straight-back chair. **Senior discount not applicable.**

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 18	#1661	YCYC or 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 discount not applicable.**

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 18	#1627A	YCYC or Online	Wed., 10:30-11:45 am
Sep 20	#1627B	YCYC or Online	Fri., 10:30-11:45 am
Sep 21	#1627C	YCYC or Online	Sat., 10:30-11:45 am

Your Community Yoga Flow

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

Staff	8 wks	Resident \$109	Non-resident \$119
Sep 16	#1652A	YCYC or Online	Mon., 9-10:15 am
Sep 18	#1652B	YCYC or Online	Wed., 9-10:15 am
Sep 20	#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 17	#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 8	#1801	Virtual - Online	Tues., 7-9 pm

All the Trimmings

Learn how to prepare "all the trimmings" for your Thanksgiving Day Dinner. You will make gravy, stuffing, biscuits, a cranberry dish, a vegetable and a potato dish - all from scratch. Just in time for your ultimate Thanksgiving Day Feast. **A \$15 non-refundable consumable fee is included in the class fee. Please bring containers.**

A. Webb 1 night Resident: \$50 Non-resident \$60
Nov 12 #2049N NHHS rm 109 Tues., 6:30-8:30 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 non-refundable consumable fee is due included in the price of the class. Please bring containers.**

A. Webb 1 session Resident: \$50 Non-resident \$60
Oct 29 #2043N NHHS rm 109 Tues., 6:30-8:30 pm
Dec 3 #2043N NHHS rm 109 Tues., 6:30-8:30 pm



Cupcake Decorating

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

Supply list will be sent prior to first class.

M. Padilla 1 session Resident \$35 Non-resident \$45
Sep 17 #2004H HHS rm D107 Tues., 6:30-8:30 pm
Dec 3 #2004N NHHS rm 109 Tues., 6:30-8:30 pm

Cooking with Kids

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

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



Easy Baking

Baking with Chef Amanda is back. You will learn some delicious recipes that can wow your friends and family. Gluten-Free options will be available for some recipes. **A non-refundable consumable fee is included in the price of the class. Please bring containers.**

A. Webb 1 session Resident: \$40 Non-resident: \$50
Sep 24 #2047N NHHS rm 109 Tues., 6:30-8:30 pm

Homemade Banana Chocolate Chip Bread

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

D. Barbiero 1 session Resident \$35 Non-resident \$45
Sep 23 #2050 Virtual - Online Mon., 6:30-8:30 pm

Homemade Cavatelli and Broccoli

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

D. Barbiero 1 session Resident: \$35 Non-resident: \$45
Sep 16 #2051H Virtual - Online Mon., 6:30-8:30 pm

Royal Icing Flowers and Basketweave Cake

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

M. Padilla 2 wks Resident \$40 Non-resident \$50
Oct 15 #2031H HHS rm D107 Tues., 6:30-8:30 pm
Nov 19 #2031N NHHS rm 109 Tues., 6:30-8:30 pm

Sugar Cookie Decorating

Learn to decorate sugar cookies with royal icing in this beginner's cookie class! You'll practice piping, learn tips and tricks, and decorate six sweet cookies with step-by-step, guided instruction.

J. Moulton 1 session Resident: \$65 Non-resident: \$75
More information is available on our website.



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 17 #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 19 #2209H HHS rm D212 Thur., 7:00-8:30 pm

Italian Language and Culture

A beginner's class taught via Zoom with a friendly & relaxed learning approach to the beautiful language and culture. You will have an opportunity to listen to the dialogues prior to class time with prerecordings. We will practice everyday phrases and dialogues based on typical situations that include: greeting people, making acquaintances, introductions, your nationality, age and career. **A \$30 non-refundable fee is payable to the instructor for the required book. Books need to be picked at Hamden Adult Ed office.**

A. Barnett 8 wks Resident \$84 Non-resident \$94
Oct 21 #2200H Virtual - Online Mon., 6-7:30 pm

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

MONEY MATTERS

Estate Planning? Why Do I Need It?

Most comprehensive estate plans are focused around a Living Trust and Last Will and Testament. A Living Trust provides benefits for individuals over the age of 18 who want to ensure that as much of their estate passes to who they choose. Avoiding probate and keeping you in charge of your affairs are the important goals you aim to achieve. If you want to ensure your property passes how you have decided and protect your privacy and your beneficiaries in the future, this presentation is will highlight those strategies.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$35
Oct 17 #2401A Virtual - Online Thur., 6-7 pm
Dec 12 #2401B Virtual - Online Thur., 6-7 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 \$25 Non-resident \$35
Oct 9 #2418NA NHHS rm 106 Wed., 6:30-8 pm
Nov 20 #2418NB NHHS rm 106 Wed., 6:30-8 pm

Medicare - 2025 Major Changes! Will Your Plan Still Meet Your Needs

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

M. DeGregorio 1 session
Oct 24 #2416HA HHS rm D213 Thur., 6-8 pm
Nov 19 #2416HB HHS rm D213 Tues., 6-8 pm

Passport to Retirement

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

S. Grove 2 wks Resident \$35 Non-resident \$45
Oct 9 #2404N NHHS rm 106 Wed., 6:30-8:00 pm

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



Retirement Planning Today

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

B Skinner 2 wks Resident \$49 Non-resident \$59
Oct 3 #2406 Virtual - Online Thur., 6:30-8:30 pm

Special Needs Planning: What You Need To Know

This workshop is beneficial to parents of children with special needs. By attending you will receive an overview of the potential risks and pitfalls that are out there and how you can avoid them while creating your plan, providing for your child without losing their public benefits.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$35
Sep 30 #2412A Virtual - Online Mon., 6-7 pm
Nov 18 #2412B Virtual - Online Mon., 6-7 pm

No refunds will be given after a class has begun.

LEARN2EARN
 CONNECTICUT ADULT EDUCATION: The Pathway to Lifelong Learning
 Like Us: www.Facebook.com/learn2earnCT

MUSIC

Basic Music Theory and Harmony

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Oct 1 #2609H HHS rm A213 Tues., 7-8:30 pm

In Their Own Music

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Oct 10 #2608H HHS rm D104 Thur., 7-8:30 pm

Instant Guitar for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Nov 6 #2610 Virtual - online Wed., 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
Nov 4 #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. **Face masks must be worn. Bring a notebook to class.**

J Jen Hsu 10 wks Resident \$95 Non-resident \$105
Sep 17 #2606N NHHS rm 106 Tues., 6-7 pm



American Red Cross Babysitter's Training Course

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

Staff	1 session	Resident \$50	Non-resident \$60
Sep 14	#3005A	NH YMCA	Sat., 10am-2 pm
Nov 16	#3005B	NH YMCA	Sat., 10am-2 pm

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

Chess for Beginners

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

J. Groff	3 wks	Resident \$75	Non-resident \$85
Sep 18	#2819	Chess Academy	Wed., 6:30-8:30 pm

Chess Openings - Play the Sicilian!

The Sicilian Defense is widely considered one of the most interesting openings in all of chess, but this reputation can also make it intimidating for players to learn. In this course, you will learn to play this opening successfully. We will focus on the Accelerated Dragon and the Najdorf variations, as well as common "anti-Sicilian" options for White. At the end of each class, you will practice what you learned in training games with your peers.

J. Groff	3 wks	Resident \$75	Non-resident \$85
Dec 4	#2869	Chess Academy	Wed., 6:30-8:30 pm

Chess Tactics and Calculation

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

J. Groff	3 wks	Resident \$75	Non-resident \$85
Oct 9	#2841	Chess Academy	Wed., 6:30-8:30 pm

Chess: The Power of Pawns

This class is designed for adult chess players who would like to deepen your understanding of pawns in chess. You will learn about pawn, structure, pawn storms, passed pawns, weak squares and more. At the end of each class, you will practice what you learned in training games with your peers. ***"The Power of Pawns" book by Jorg Hickl is needed and will be available for purchase at the first class or online.***

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

Everyday Etiquette

Join me for a fun and interactive class on everyday etiquette. During these sessions, we will cover many topics: social skills, dining etiquette/table manners and more. Don't miss out! ***Senior discount not applicable***

S. Jones	2 wks	Resident: \$35	Non-resident \$45
Sep 24	#2830	HHS rm D107	Tues., 6:30-7:30 pm

How to Reduce Inflammation In Your Body

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

D. Barbiero	1 session	Resident \$35	Non-resident \$45
Nov 18	#2807	Virtual - Online	Mon., 6:30-8:30 pm

Job Interview/First Impressions Workshop

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

T. Knowlton	1 session	Resident \$30	Non-resident \$40
Oct 22	#2852H	HHS rm D213	Tues., 6-8 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
Oct 21	#2843N	NHHS rm 116	Mon., 7:15-8:30 pm
Oct 22	#2843H	HHS rm D107	Tues., 7:15-8:30 pm

Learn Remarkable Business Speaking Skills

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

T. Knowlton	1 session	Resident \$30	Non-resident \$40
Oct 1	#2850H	HHS rm D213	Tues., 6-8 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
Nov 7	#2809N	NHHS rm 104	Thur., 7-9 pm

Magic with Everyday Objects

Learn magic with everyday objects found around the house. These are easy to learn tricks that can be performed with little or no practice. This will be entertaining with hands on instruction. Magic tricks and supplies included. **A materials fee is included in the price.**

N. Prete	1 session	Resident: \$35	Non-resident \$45
Oct 21	#2842N	NHHS rm 116	Mon., 6-7:15 pm
Oct 22	#2842H	HHS rm D107	Tues., 6-7:15 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
Oct 22	#2814N	NHHS rm 104	Tues., 7-9 pm

Social Media for Small Business

Together, we'll go through the steps to create easy-to-execute and effective social media strategy perfect for your business. I'll go over all the different platforms and help you figure out the right one for you. In addition, you'll learn about short-form videos, ChatGPT, hashtags, and content strategy. Each class is half lecture and half workshop **Bring a laptop, tablet or phone.**

L. Cirkot	4 wks	Resident: \$56	Non-resident \$66
Sep 18	#2856N	NHHS rm 107	Wed., 6:30-8:30 pm

The Art and History of Renaissance Florence

Come explore Florence, beloved Italian city of art and architecture. View the masterpieces of DaVinci, Michelangelo, Raphael, Botticelli, Gentileschi and many more each week. Learn about the Medici Family and their fierce power struggles with Machiavelli. Discover how this tiny republic became one of the great cities of the modern age. Taught by a Florentine Renaissance Historian and tour guide.

L. Morrison	5 wks	Resident \$70	Non-resident \$80
Sep 17	#2871H	HHS rm D210	Tues., 6:30-8:30 pm

The LGBTQ+ Community 101 and How to be an Ally

Whether curiosity or for a friend/family, join us and learn more about the LGBTQ+ Community! We get to know one another in an introduction and then learn more about being an inclusive and welcoming ally. **Note: The Savvy Ally: A Guide to Becoming a Skilled LGBTQ+ Advocate book is needed for the class.**

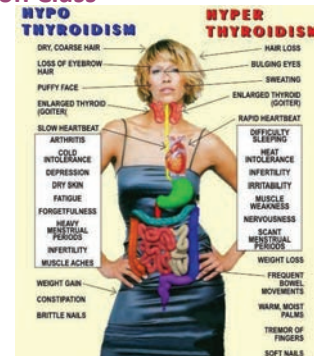
C. Navarro	2 wks	Resident \$40	Non-resident \$50
Sep 25	#2872H	HHS rm D111	Tues., 6:15-8:15 pm

The Reality of Mortality: Consideration for End of Life

This thought provoking, interactive, practical, and dare I say fun course will explore various areas around death and dying. You will become more comfortable discussing end-of life topics with others, become confident in preparing your own end-of-life plans. You will learn a brief history around death rituals, beliefs, and current trends, Advance Directives and other useful medical end-of-life documents with the opportunity prepare their own. You will learn about Life Review and how it is valuable way to make sense of one's life. You will learn about Legacy Projects and will explore Ethical Wills as a form of legacy for others to enjoy for generations to come. Participants will have the opportunity to explore and plan their own death ritual, vigil, and end-of-life celebration.

A. Lane	4 wks	Resident \$56	Non-resident \$66
Sep 17	#2873H	HHS D210	Tues., 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
Nov 4	#2822	Virtual - Online	Mon., 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 \$30	Non-resident \$40
Oct 15	#2851H	HHS rm D213	Tues., 6-8 pm

WHOOOPS!

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

Vampires Through the Ages

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

H. Morrison 4 wks Resident \$56 Non-resident \$66
Oct 9 #2864N NHHS 106 Wed., 6:30-8:30 pm

World of the New Testament

This class offers an introductory background into the fascinating and thought-provoking world of the New Testament. Welcoming to all those who are curious, our journey will be a dive into the stories that sum up the 1st-century AD world. Topics will revolve around the culture, various beliefs, and the people that influenced it. Be prepared to learn, have fun, and be open to understanding its ancient socio-historical context. "Introducing the New Testament: A Historical, Literary, and Theological Survey" (2nd Edition, 2018) is needed for this class

K. Coles 6 wks Resident \$74 Non-resident \$84
Sep 24 #2874 HHS rm D214 Tues., 6-7:45 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 7 and Oct 10 #3001N NHHS rm 106
Mon. (virtually) & Thur. (on-site) 6-9 pm

**American Red Cross Lifeguard Training**

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

Staff 2 sessions Resident: \$300 Non-Resident \$310
Oct 12 #2439A NH YMCA Sat., Sun., 10am-4pm
Dec 27 #2439B NH YMCA Sat., Sun., 10am-4pm
Check our website: www.hamdenadulted.org for more dates



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 10 #3007N AARP Staff NHHS rm 105 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 19 #3008 Miller Senior Center Thur., 10am-12pm



Hamden Community Emergency Response Team (CERT)

Classes will start on Thursday, September 12, 2024 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 Techniques
- Control of Home Utilities
- Fire Extinguisher Training
- Traffic Safety
- along with the Goals and Protocols of the FEMA Sponsored, National Recognized CERT Program



This 8-week 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 Tuesday, September 3rd. 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!



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

Please let us know what you are interested in.
We are always looking for new class and trip ideas.
Email your suggestions to info@hamdenadulted.com

EXCITING OVERNIGHT TRIPS

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

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

Travel insurance is highly recommended.

March 21, 2025

* Price subject to change



Mackinac Island

9 Days • 13 Meals: 8 Breakfasts • 1 Lunch • 4 Dinners

Per Person Rates: Double \$3,999*; Single \$4,999; Triple \$3,949 Includes: air from Hartford, hotel transfers, and group transportation to/from airport



Highlights Include:

- Chicago - Millennium Park
- Holland's Tulip Time Festival
- Mackinac Island
- Grand Hotel
- Frankenmuth
- Henry Ford Museum
- Greenfield Village



#1278168

May 7, 2025

Travel insurance is highly recommended.

* Price subject to change.

Countryside of the Emerald Isle

11 Days • 14 Meals: 9 Breakfasts • 5 Dinners

Per Person Rates: Double \$5,499*; Single \$6,799; Triple \$5,449 Includes: air, hotel transfers, and group transportation to/from airport

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

Highlights Include:

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



#1278231

September 21, 2025

Travel insurance is highly recommended.

Price subject to change.

Iceland's Magical Northern Lights

7 Days • 11 Meals: 6 Breakfasts • 5 Dinners

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



Highlights Include:

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



#1278489

February 24, 2026

Travel insurance is highly recommended. * Price subject to change.

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

Call to Register 203.407.2028



Boston Old Town Trolley Tour

Boston, MA



Hop aboard the city's most enthralling Boston sight-seeing excursion: Old Town Trolley Tours of Boston!

We'll have a private 2 hour riding tour of the Best of Boston highlights aboard these famous orange and green trolleys. Enjoy double-decker height views through large windows all while protected from the elements. Our trolley tour will make a circle through Boston as our expert conductor shows us the Boston Highlights including: Downtown, Beacon Hill, Back Bay, the Theater District, the Waterfront District, the Historic North End, and more. Old Town Trolley is the best way to relive history and see all our country's Cradle of Liberty has to offer.

A visit to Boston is not complete without time spent at Quincy Market. Lunch on own at one of many eateries.

#5042 Sunday, September 22 \$162

Pick-up at HHS parking lot at 7:45 am and return at 6:00 pm.

All times are approximate.

Note: No refunds for this trip after August 15



Covered Bridges of New Hampshire

Troy, NH



Enjoy a homemade luncheon at the Inn at East Hill Farm, a working farm and inn in the shadow of Mount Monadnock in Troy, NH. The meal is served family-style at large farmhouse tables, lunch will include homemade soup, fresh baked breads, fritter with maple syrup, hot entrees, sides and delicious desserts. You are sure to make new friends at this welcoming working farm.

Covered bridges (or "Kissing Bridges") are practically a trademark of New England life. They can reflect the town that they reside in, the artist or architect that designed them or the period in which they were built. Grab your camera and come explore several of them with us on a Guided Driving Tour of Covered Bridges of Cheshire County in Southern New Hampshire.

#5043 Tuesday, October 15 \$143

Pick-up at HHS parking lot 7:45 am and return at 7:30 pm.

All times are approximate.

Note: No refunds for this trip after September 8.

**Our Exciting
November Trip isn't
available for print yet.
Check online or
call the 203-407-2028.**

**Join us
September 5 at 6 PM
for a Travel Presentation
on our overnight trips.
Call 203-407-2028
to RSVP.**



Christmas by Candlelight Old Sturbridge Village, MA

Enjoy a late traditional Yankee lunch at the historic Publick House Inn in the (Heated) Garden Tent, complete with a cozy hot cocoa bar! The menu includes: Salad, House-made baked goods including Pecan Sweet Rolls, Choice of: Herb-roasted Chicken Breast with cornbread-sausage stuffing or Butter Crumb Scrod with lemon dill Sauce, Dessert & Coffee or soft drinks.

Off to a celebration of Favorite Holiday Traditions & Music like a holiday card come to life, Old Sturbridge Village transforms itself into a Magical candlelit 19th century village. As we stroll through the village, listen to the Victorian carolers, enjoy a horse drawn sleigh ride, meet Santa Claus and join in a Christmas carol sing along. The village historians will share the origins of traditions such as roasted chestnuts, Christmas trees, Yule logs, gingerbread houses and sugar plums.

#5045 Saturday, December 14 \$153

Pick-up at HHS parking lot at 12:00 pm and return at 8:30 pm

All times are approximate.

Note: No refunds for this trip after November 7.

LITERACY VOLUNTEERS OF GREATER NEW HAVEN

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

THE FAMILY RESOURCE CENTER OF HAMDEN



Register for:

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

Contact us for:

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

Church Street School 203.407.3111

For more information, email:

HamdenFRC@hamden.org

HAMDEN EARLY LEARNING PROGRAM

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

We have 13 classrooms:

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

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

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



Hamden Early Learning Program



hamdenkids@gmail.com

Leave message at 203.407.7733

www.hamdenyoungchildren.org

Follow us on 



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



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

Kimberly Craft, Coordinator

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

ARTS, RECREATION, AND CULTURE

203.287.2546

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

KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

COMMUNITY SERVICES

Linda Davis-Cannon, Outreach Technician

203.562.5129 ext. 1121 ldaviscannon@hamden.com

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

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111 ylopes@hamden.com

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

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



YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 srubino@hamden.com



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

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

NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

203-239-5432

North Haven Senior Center mission is to respond to the ever-changing needs of the 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 website: www.town.north-haven.ct.us The Center is located at 189 Pool Road North Haven CT 06473 and open Monday-Friday 8am-4pm.

NORTH HAVEN MEMORIAL LIBRARY

203.239.5803

DEPARTMENT OF RECREATION

203.239.5321 ext. 530

RECREATION INFO-LINE

203.234.2535

DEPARTMENT OF COMMUNITY SERVICES

TOWN HALL ANNEX -

5 LINSLEY ST. NORTH HAVEN, CT 06473

203.239.5321 ext. 500

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

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

Our Refund Policy:

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

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

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

Nondiscrimination/Equal Employment/Equal Education Opportunity:

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

Persons with Disabilities:

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

Senior Citizens:

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

Sexual Harassment:

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

Class Cancellations:

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

Returned Check Policy:

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

No Smoking:

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



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New Haven, CT

*2040 Dixwell Avenue
Hamden, CT 06514*

ECRWSS
Residential Customer

*Cooking
Personal Enrichment
Driver Safety
Career Certification
Crafts*

High School Completion

*Computers
English Classes
Fitness
Languages*

What Will You Try?

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