

Hamden-North Haven Adult & Continuing Education



YOUR JOURNEY
STARTS HERE...



What Do You See Yourself Doing?
Winter Spring 2024

Director's Message

Dear Friends,

Welcome to the Hamden-North Haven Adult & Continuing Education Winter/Spring catalog. We are excited to continue to offer a variety of classes to our communities. Our number one priority is to provide a supportive learning environment for all students to thrive as they reach their personal, educational and career goals.

Our academic classes include ESL classes to assist English language learners improve their English language proficiency, Credit Diploma Program for students looking to complete their high school education, GED, National External Diploma Program and U.S. Citizenship classes. We are here to help you as you embark on your educational journey.

We also encourage you to take advantage of our enrichment classes where you can obtain new skills for a variety of career opportunities as well as participate in classes for personal fulfillment! Join our Martial Arts class for kids and adults, learn to line dance, or take a boating class to get ready for the summer months.

Visit our website at www.hamdenadulthood.org to become familiar with the multitude of class offerings as well as affordable and exciting travel opportunities.

Wishing you a productive year of learning and personal growth.

Nadine Gannon!

Hamden Adult Education

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

Office Hours:

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

STAFF

Administrative Secretary
Maria Ferraro

Location of Classes

(Play More) Chess Academy	1227 Whitney Avenue, Hamden
CO (Central Office)	60 Putnam Avenue, Hamden
GC at LO (Golf Course at Lyman Orchards)	70 Lyman Road, Middlefield
HHS - Hamden High School	2040 Dixwell Avenue, Hamden
MLK - M.L. Keefe Community Center	11 Pine Street, Hamden
NHHS - North Haven High School	221 Elm Street, North Haven
NHYMCA - New Haven YMCA	50 Howe Street, New Haven
Soulcraft Studio	1125 Dixwell Avenue, Hamden
YCYC (Your Community Yoga Center)	39 Putnam Avenue, Hamden
Ziwak Martial Arts	4133 Whitney Avenue, Hamden

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

Call to Register 203.407.2028

Winter/Spring 2024 Calendar

February 12

Enrichment classes begin

February 13 - 5 pm

Adult High School - Spring Term 2 Registration

February 19

Winter Break - No Classes

February 20

Winter Break - No Classes at NHHS

March 5

Parent/Teacher Conferences - No classes at HHS

April 10

EID - No classes at HHS

April 15 - 19

Spring Vacation - No classes

May 2

Art Beat - No classes at NHHS

May 23

HAE Graduation - No classes at HHS

August 8 - 5 pm

Adult High School - Fall 2024 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
6:30 PM - 9:00 PM

Become A U.S. Citizen



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

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

English As A Second Language

Learn to Speak, Read and Write English

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

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

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



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

Register online:

https://www.hamdenadulthood.com/Academic_Programs/

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

Spring Term 2 Registration - February 13 - 5:00-7:00 PM

Fall 2024 Term 1 Registration - August 8 - 5:00-7:00 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 6:30 pm - 9:00 pm**

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

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

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

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



How to Register for the GED® Exam

To register for the GED® exam, students must be at least 17 years old and officially withdrawn from school for 6 months. Seventeen year-olds must submit a withdrawal form with a parent or guardian signature. Individuals who are 18 years of age must submit a withdrawal form signed by them or a letter from their last high school stating that the class with which they entered ninth grade (or would have entered if never enrolled in high school) has already graduated. Students must begin the GED® registration process online at ged.com, 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, 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 January, to class to secure your spot. The remainder of \$495 is due by January 8. 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 Tuesday and Thursday, 6 pm - 10 pm, and some Saturdays, starting January 9.***



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

Security Officer License Training

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



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

Other Dates available on our website

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

#1001H – March 19 and March 21

5:30 – 9:30 PM

HHS rm B105

INSTRUCTOR: L. Bonito

#1001N - May 21 and May 23

5:30 – 9:30 PM

NHHS rm 107

Resident \$125

Non-resident \$135

Patient Care Tech

Patient Care Technician Training



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

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

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

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

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

OSHA 10-Hour General Industry

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

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

D. Stevens 3 days Resident \$130 Non-resident \$140
Call us for information: 203-407-2028

Veterinary Assistant Program

150 classroom hours 100 externship hours
The cost of this 2 semester, 52 week class is \$2500 and will be offered days or evenings in the Fall.

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

OSHA Training Programs

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

Call to Register 203.407.2028

Phlebotomy Technician Training



**Phlebotomy
Technician**



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

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

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

EKG Technician Training



**EKG
Technician**



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

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

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

Certified Nursing Assistant Training



CNA



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

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

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

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

**Call us:
203-407-2028**

Real Estate Training 60 classroom hours

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

No senior discount given



Cadema Education #1012 12 WKS
 Jan 6 Remote-Virtual Sat., 9 AM-3 PM
 Mar 11 Remote-Virtual M.&Th. 5:30-8:30 PM
 Resident \$575 Non-resident \$585

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

Real Estate



START HERE for a GREAT CAREER



Based on 2022 data

Most Popular Programs

Develop In-Demand Job Skills With an Affordable Certificate

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!

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



Call to Register 203.407.2028

Online Learning

anytime, anywhere...
just a click away



ONLINE CAREER TRAINING PROGRAMS

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

- 6-18 Month Format
- 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:

Administration Dental Assistant

This course provides comprehensive instruction in DENTRIX G4 software, which includes sample practice opportunities. You will engage in activities and skills you would use in a dental practice.

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:

Grant Writing - This series gives you the skills you need for effective grant writing. Learn how to best present information in grant proposals to raise needed funds. After creating a good foundation, you'll discover the steps to take to become an in-demand grant writing consultant.

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 Learning Styles

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

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

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

Certificate in Business Writing

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

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

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

Certificate in Basic Game Design

Games are increasingly recognized as a tool that can serve many business purposes beyond entertainment. This Certificate provides you with a general introduction to what goes into the design and development of both video and analog games, with a particular focus on the use of games outside of consumer entertainment. In the first course, you will discover resources for developing game design, identify the mechanics and verbs used in different games. You will come away with knowing the different activities that are part of game design, being able to flesh out a game idea in order to increase the chances to having a successful game design experience, and have a basic understanding of how to work with game developers. In the second course, you will learn the basics of video game design process, learn about the main video game genres, and use a game development application to begin your journey of making games. By successfully completing this Certificate in Basic Game Design, you will have taken the first steps into understanding game design, and being able to create your own games.

Certificate in Digital Marketing

Come get a fundamental yet advanced introduction to eMarketing, including improving email promotions, analyzing your web site traffic, doing search engine optimization, and how to successfully employ online advertising. Relevant for any type of organization, including businesses, companies, non-profits, and government agencies. No eMarketing experience or expertise is necessary. If you are already at an advanced level, your instructors are experts and can provide the latest most advanced information and answer your toughest questions

COURSES LAUNCH THE FIRST MONDAY OF THE MONTH!

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

Call to Register 203.407.2028

Computer Basics Made Easy

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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86
Feb 12 #1200N NHHS rm 104 Mon., 6-8 pm



Microsoft Excel 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86
Mar 18 #1208N NHHS rm 104 Mon., 6-8 pm

Microsoft PowerPoint

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

S. Bozzuto 3 wks Resident: \$42 Non-resident \$52
Mar 20 #1200N NHHS rm 104 Wed., 6-8 pm

Microsoft Word 2019 Made Easy

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

S. Bozzuto 4 wks Resident: \$76 Non-resident \$86
Apr 29 #1212N NHHS rm 104 Mon., 6-8 pm

Using Canva for Small Business - Beginner

Master Canva for business and marketing in our adult ed class. You will learn to create engaging designs and content for social media, presentations and print, leveraging Canva's features to promote your brand effectively.

L. Cirkot 4 wks Resident: \$56 Non-resident \$66
Mar 7 #2863N NHHS rm 107 Thur., 6:30-8:30 pm

CREATIVE ARTS

Bullet Journaling

If you love organization and creativity, then bullet journaling is for you! Learn the art of bullet journaling over the course of six weeks - technique, organization, and creative ideas will be shared. *A supply list will be given prior to the first night of class.*

E. DaCosta 6 wks Resident \$63 Non-resident \$73
Feb 15 #1445H HHS rm B105 Thur., 7-8:30 pm



Calligraphy - The Art of Beautiful Writing - Beginner

Treasure the moments with memories saved in beautiful hand scribed Calligraphy. Add elegance using Calligraphy on envelopes, invitations, quotes, poems, favorite family recipe, ribbon, or gifts for any special occasion. This is a great way to make a first impression. You can learn the Art of Beautiful Writing in just 6 weeks. If you have enjoyed looking at Calligraphy, but have never tried it, you are in for a pleasant surprise. You will have a small, but complete project. *A supply list will be given prior to the first night of class. A \$13 materials fee for assorted paper will be collected on the first night of class.*

J. Little 6 wks Resident \$84 Non-resident \$94
Feb 21 #1400N NHHS rm 106 Wed., 6:30-8:30 pm

Calligraphy - The Art of Beautiful Writing - Intermediate

Start having fun expanding your writing with an intermediate course in Calligraphy. This class will inspire you to improve your skills with more creative usage. You will learn various designs and embellishing techniques. Have fun creating swirls and decorating letters using color. You will have a small, but completed project at the end of the class. Congratulate yourself on your progress, your writing can only get better. *A supply list will be given prior to the first night of class. A \$13 materials fee for assorted paper, will be collected on the first night of class.*

J. Little 6 wks Resident \$84 Non-resident \$94
Apr 3 #1401N NHHS rm 106 Wed., 6:30-8:30 pm

Crochet

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

S. Tendler 10 wks Resident \$100 Non-resident \$110
Feb 14 #1403N NHHS rm 105 Wed., 6:30-8:30 pm

Drawing People, Places and Things

Explore seascape, cityscape, landscape and portrait drawing. Apply perspective to simplify drawing skyscrapers and people. Learn about perspective, values, shading and drawing techniques. Photo choices for each scene is provided. This class is great for beginners or intermediate. *A supply list will be given prior to the first night of class.*

P. Meglio 10 wks Resident \$130 Non-resident \$140
Feb 14 #1426N NHHS rm 115 Wed., 6-8 pm



Drawing Techniques

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

D. Wolf 12 wks Resident \$140 Non-resident \$150
Feb 15 #1444H HHS rm B106 Thur., 6-8 pm

Exfoliating Sugar Body Scrubs

In this class you will learn several different recipes including essential oil, if you want to use them. 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
Apr 30 #1448N NHHS rm 116 Tues., 6:30-8:30 pm

Express Yourself in Oil Paints

Explore vibrant colors, textures and beauty of oil paints. Learn about values, color mixing, texture, edges and how to select a good composition. Instruction in paint, brushes surfaces and medium, as well as technique will be provided. *A supply list will be given prior to the first night of class.*

P. Meglio 10 wks Resident \$130 Non-resident \$140
Feb 12 #1425N NHHS rm 115 Mon., 6-8 pm



Figurative Oil Painting

Join artist Doron Wolf for a weekly exhilarating artistic adventure! Immerse yourself in the captivating world of oil paints, unraveling techniques and artistic nuances. Dive into the language of art exploring line, stain, composition, color, light and shadowing. Focusing on still life, portraits and landscapes. These sessions are designed for beginners and experienced artists alike, aiming in to help you discover your artistic potential, overcome limitations and build a solid foundation in painting for independent and creative expression. *A supply list will be given prior to the first night of class.*

D. Wolf 12 wks Resident \$140 Non-resident \$150
Feb 13 #1447H HHS rm B106 Tues., 6-8 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. Balloons and pump are supplied. *Materials fee is included in the price.*

N. Prete 1 session Resident: \$35 Non-resident \$45
Apr 22 #2840N NHHS rm 116 Mon., 6-7:15 pm
Apr 30 #2840H HHS rm D107 Tues., 6-7:15 pm



Glass Etching Workshop

Learn how to etch like a pro! You can create monogrammed wine glasses or beer mugs to toast the coming of spring. If you prefer, design a cheese or cutting board. Select a seasonal design or request a custom stencil to etch a family name or monogram, a perfect personalized gift for graduation parties or bridal showers. Etching cream and several options for glassware and will be provided. If you prefer, bring your own. **A \$10 non-refundable materials fee is payable to the instructor to cover the cost of the custom stencil, glassware and etching cream. Please note: 5 day advanced registration is required for a personalized design.**

J. Stratton 1 session Resident \$35 Non-resident \$45
Apr 4 #1408H HHS rm B104 Thur., 6:30-8:30 pm
Apr 9 #1408N NHHS rm 114 Tues., 6:30-8:30 pm



Introduction to Hand Lettering

Have you ever dreamed of perfectly scripted envelopes, designing professional grade cards, creatively embellishing your written work? You will learn all the tips and tricks of hand lettering in this beginners' class, **A supply list will be given prior to the first night of class.**

E. DaCosta 6 wks Resident \$63 Non-resident \$73
Apr 4 #1446H HHS rm B105 Thur., 7-8:30 pm

Soy Candle Making 101

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

L. Zlotowski 1 session Resident \$35 Non-resident \$45
Mar 27 #1427N NHHS rm 116 Wed., 6:30-8:30 pm



Wire Wrapped Sea Glass 101

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 is payable to the teacher.**

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



DANCE AND FITNESS

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 \$100
Jan 2 #1601A NH YMCA T. & Th., 5:30 - 6:15 pm
Jan 30 #1601B NH YMCA T. & Th., 5:30 - 6:15 pm
Feb 27 #1601C NH YMCA T. & Th., 5:30 - 6:15 pm
Mar 26 #1601D NH YMCA T. & Th., 5:30 - 6:15 pm

Check our website: www.hamdenadulted.org for dates

Authentic Tai-chi and Qigong

Taijiquan (Tai Chi) is an internal martial art which focuses the mind and body through slow, connected, detailed movement. This practice develops strength and flexibility and hones balance, alignment and concentration, creating a moving meditation. Taught by a professional martial artist with over 30 years of T'ai Chi experience. **Bring water and wear comfortable clothing and flat footwear. Senior fee not applicable.**

B. Banick 13 wks Resident \$140 Non-resident \$130
Feb 12 #1639HA Central Office Gym Mon., 6-7 pm
Feb 14 #1603HB Central Office Gym Wed., 6-7 pm

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



Ballroom Dance - Beginner

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

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Feb 12 #1640N NHHS Cafe Mon., 6-7 pm

Ballroom Dance - Beginner Salsa, Merengue and Bachata

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

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Feb 13 #1655N NHHS Cafe Tues., 7-8 pm

Ballroom Dance - Intermediate

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

JJ Hsu 10 wks Resident \$105 Non-resident \$115
Feb 12 #1641N NHHS Cafe Mon., 7-8 pm

Flow to Sleep

This two-part class begins with a slowed down vinyasa style flow. A more leisurely-pace gives students the opportunity to explore each movement and posture, encouraging a deeper understanding of alignment cues. Once the body is nicely warmed up and ready for deeper work, we'll sink into the floor and enjoy some creative, deep stretches that alleviate tight muscles and nurture the joints. Finally, class winds down with a soothing, extra-long savasana that is the icing on the self-care cake. Gentle Yoga class will focus on basic poses, breath, and alignment. A calming, stress-relieving way to end your day. Added Bonus: 1 minute of stretches/mindfulness/mantras which you can incorporate into your everyday life

Staff 8 wks Resident \$99 Non-resident \$109
Feb 11 #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 fee not applicable.*

Staff	5 wks	Resident \$149	Non-resident \$159
Mar 23	#1607A	GC at LO	Sat., 10-11:15 am
Mar 24	#1607B	GC at LO	Sun., 12 - 1:15pm
Mar 25	#1607D	GC at LO	Mon., 5:15-6:30 pm
Mar 26	#1607F	GC at LO	Tues., 5-6:15 pm
Mar 27	#1607H	GC at LO	Wed., 10 - 11:15 am
Mar 28	#1607J	GC at LO	Thur., 5:15-6:30 pm
Mar 29	#1608K	GC at LO	Fri., 10-11:15 am

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

Good Ole Country Time Line Dancing

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

X. Walker 10 wks Resident: \$85 Non-resident \$95
Feb 15 #1643N NHHS Cafe Thur., 6:45 - 7:45 pm

Hooping Around

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

X. Walker 10 wks Resident: \$45 Non-resident \$55
Feb 15 #1645N NHHS Cafe Thur., 6 - 6:30 pm

Intermediate Slow & Steady Yoga

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

Staff	8 wks	Resident \$99	Non-resident \$109
Feb 14	#1657A	YCYC	Wed., 6-7:15 pm
Feb 17	#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
Feb 12 #1613 Soulcraft Studio M&W, 5:30-6:15 pm

Kinder, Gentler Yoga

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

Staff 8 wks Resident \$99 Non-resident \$109
Feb 13 #1628A YCYC or Online Tues., 5:30-6:30 pm
Feb 16 #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.

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

Line Dancing: Soulful/Jazzy/R&B Way

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

S. Walker 8 wks Resident: \$85 Non-resident \$95
Feb 14 #1616 Central Office Gym Wed., 7:30 - 8:30 pm

Martial Arts for Kids or Adults

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

Staff 20 sessions Resident \$120 Non-resident \$130
Feb 12 #1663 Ziwak Martial Arts M-S., 5:30 or 6:30 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
Feb 28 #1650N NHHS PE Room Wed., 8-9 pm

Mindfulness 101

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

Staff 6 wks Resident \$90 Non-resident \$100
Feb 15 #1658 YCYC or Online Thur., 6:45-8 pm

Muay Thai Kickboxing

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

Staff 6 wks Resident \$130 Non-resident \$140
Feb 12 #1617 Soulcraft M&W 7:30-8:30pm, Sat 10-11am

Pilates Fusion

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

R. Burton 7 wks Resident \$49 Non-resident \$59
Feb 26 #1659N NHHS PE Room Mon., 8-9 pm

Restorative Yoga and Vishoka Meditation®

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

Staff 8 wks Resident \$99 Non-resident \$109
Feb 16 #1632 YCYC or Online Fri., 6-7 pm

Take Aim With Archery

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

Staff 4 wks Resident \$50 Non-resident \$60
Jun 26 #1650A Camp Mt. Laurel Wed., 5-5:45 pm
Jul 31 #1650B Camp Mt. Laurel Wed., 5-5:45 pm

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Smiling Spirit/Kripalu Yoga

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

Staff	8 wks	Resident \$99	Non-resident \$109
Feb 13	#1640A	YCYC or Online	Tues., 9-10:15 am
Feb 15	#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!

Staff	5 wks	Resident \$130	Non-resident \$140
Feb 14	#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. Sarah melds Dr. Fishman’s approach with the principles of Viniyoga, using breath-centered movement in and out of the postures in combination with holding the postures. You will also learn what precautions to take when practicing yoga with bone loss. For this class you will need 2 yoga blocks, a strap or belt and a straight-back chair. *Senior fee not applicable.*

Staff	8 wks	Resident \$99	Non-resident \$109
Feb 14	#1661	Online	Wed., 4:15-5:30 pm

Yoga for Healthy Aging

Yoga is the perfect vehicle for healthy living and aging gracefully. This 8-week workshop will include yoga postures that develop flexibility, strength, balance and agility, breathing techniques to improve respiratory functioning and simple mindful meditations to create stillness in the mind. Classes are taught in a gentle Kripalu Yoga style, using a chair or the mat. Modified instructions are provided if you need to remain seated for the class. No experience necessary. *Senior fee not applicable.*

Staff	8 wks	Resident \$99	Non-resident \$109
Feb 14	#1627A	YCYC	Wed., 10:30-11:45 am
Feb 16	#1627B	YCYC or Online	Fri., 10:30-11:45 am
Feb 17	#1627C	YCYC or Online	Sat., 10:30-11:45 am

Yoga for Stress Release

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

Staff	8 wks	Resident \$99	Non-resident \$109
Feb 17	#1662A	YCYC	Sat., 11:30am-12:30 pm

Your Community Yoga Flow

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

Staff	8 wks	Resident \$99	Non-resident \$109
Feb 12	#1652A	YCYC or Online	Mon., 9-10:15 am
Feb 14	#1652B	YCYC or Online	Wed., 9-10:15 am
Feb 16	#1652C	YCYC or Online	Fri., 9-10:15 am

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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
Feb 27	#1800H	HHS D213	Tues., 6:30-8:30 pm

Replacement Window Workshop

COMPARE PRODUCTS & PRICES. SEE HOW WINDOWS ARE PROPERLY INSTALLED! Want to save on your heat and air conditioning bills and take advantage of incentive programs available, but don’t know where to start: Low-E, Argon, Triple Pane, Wood, Vinyl? How much should I pay for a good quality window? Confused? Don’t be! Come learn from an experienced Master Carpenter. This workshop is a must for anyone thinking about having windows replaced or replacing windows themselves.

P. O’Doherty	1 wk	Resident \$35	Non-resident \$45
Mar 6	#1801	Virtual - Online	Wed., 7-9 pm

Appetizer Galore

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

A. Webb 1 session Resident: \$50 Non-resident \$60
Mar 6 #2043N NHHS rm 109 Wed., 6:30-8:30 pm

Baking is Easy as 1, 2, 3

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.**

A. Webb 3 wks Resident: \$75 Non-resident: \$85
May 8 #2047N NHHS rm 109 Wed., 6:30-8:30 pm

Cake Decorating Basics

Learn the fundamentals of cake decorating using buttercream icing and decorating tools. You will learn how to tort, fill, ice and decorate an 8-inch cake using icing tools, buttercream and embellishments. **Supply list will be sent prior to class.**

M. Padilla 2 wks Resident \$40 Non-resident \$50
Feb 22 #2038H HHS rm D107 Thur., 6:30-8:30 pm
Apr 2 #2038N 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.**

A. Webb 1 night Resident: \$50 Non-resident \$60
Apr 24 #2030N NHHS rm 109 Wed., 6:30-8:00 pm

Cupcake Decorating

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

M. Padilla 1 session Resident \$35 Non-resident \$45
Mar 12 #2004N NHHS rm 109 Tues., 6:30-8:30 pm
Apr 4 #2004H HHS rm D107 Thur., 6:30-8:30 pm

Fondant Fundamentals

Have you ever wanted to work with fondant? This class is for you. You will learn the fundamentals of cake decoration with fondant icing medium. You will learn to tint, cover and decorate an 8-inch cake using rolled fondant and fondant appliques. **Supply list will be sent prior to class.**

M. Padilla 2 wks Resident: \$40 Non-resident: \$50
May 7 #2018N NHHS rm 109 Tues., 6:30-8:30 pm

French Onion Soup

Learn the steps to making classic French onion soup from caramelizing onions to turning them into a rich, buttery broth topped with a crouton of bread and melted cheese. **Recipe and supply list will be sent prior to class or just watch the demonstration.**

C. Senick-Kennedy 1 session Resident: \$25 Non-resident: \$35
Feb 21 #2047 Virtual - Online Wed., 6-7 pm

La Cucina Italiana: Pizza Night!

Join in on this awesome authentic Italian pizza making class. We will discuss the best ingredients and tools to help you in your kitchen. Then, experience how easy dough-making can be with a simple, four-ingredient recipe. The instructor will share tricks on how to shape your crust, her pizza sauce recipe, and demonstrate how to assemble all the ingredients along with topping variations. Learn simple techniques to slide pizza onto your pizza stone, or pizza steel, as well as how to produce a crispy and chewy crust. Questions, discussions, and comments are encouraged in class. Leave the class with the recipes and information needed to have fun and delicious pizza nights at your home. **Recipe and supply list will be sent prior to class or just watch the demonstration.**

C. Senick-Kennedy 1 session Resident: \$25 Non-resident: \$35
Jan 10 #2048 Virtual - Online Web., 6-7 pm

ONLINE REGISTRATION

www.hamdenadulthood.org/coursecatalog



Irish for Beginners

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Feb 13 #2201H HHS rm D212 Tues., 7:00-8:30 pm

Irish II

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

M. Crofts 10 wks Resident \$110 Non-resident \$120
Feb 15 #2209H HHS rm D212 Thur., 7:00-8:30 pm

Essential French

An interactive conversation class for beginners and intermediate. The class will focus on practical vocabulary, pronunciation and simple dialogues that build confidence and communication skills within a supportive learning environment. *Please bring a notebook and pen to class.*

C. Cohen 10 wks Resident \$110 Non-resident \$120
Feb 15 #2210H HHS rm D210 Thur., 6-7:30 pm



MONEY MATTERS

What is Estate Planning? (And Do I Need It?)

This course breaks down the basics of what estate planning is at its core, what options are out there if you are looking to protect your assets and your family, and what it really means to “need estate planning”. Is the legacy you will leave only monetary or physical items, or do you want to make sure that your impact on the future of yourself and others goes farther than just money? This workshop offers an explanation of how you can make your future and the future of your family safe and more simple.

Atty. S. Rubin 1 session Resident \$25 Non-resident \$35
Mar 28 #2401A Virtual - Online Thur., 6-7 pm
May 16 #2401B Virtual - Online Thur., 6-7 pm

All About Special Needs Planning

Planning for a child/adult with special needs can be a confusing and daunting thing. Parents are always looking for ways to protect their children of any age, with a proper plan in place, but planning for a child with Special Needs involves so much more. The plan should include relationships with siblings, ensuring your child qualifies for state and federal benefits, money management, housing, healthcare and making sure your child is taken care of if something should happen to you. 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
Mar 7 #2412A Virtual - Online Thur., 6-7 pm
Apr 25 #2412B Virtual - Online Thur., 6-7 pm

Medicare - How to Get All The Benefits You Are Entitled to in 2024!

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

M. DeGregorio 1 session
Feb 15 #2416HA HHS rm D213 Thur., 6-8 pm
Mar 19 #2416HB HHS rm D213 Tues., 6-8 pm

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

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

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

J. Comen 1 session Resident \$30 Non-resident \$40
Mar 13 #2418NA NHHS rm 106 Wed., 6:30-8:30 pm
May 1 #2418NB NHHS rm 106 Wed., 6:30-8:30 pm

Passport to Retirement

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

S. Grove 2 sessions Resident \$35 Non-resident \$45
Apr 9 #2404H HHS rm D111 T.&Th., 6:30-8:00 pm
Mar 27 #2404N NHHS rm 106 Wed., 6:30-8:00 pm

Retirement Planning Today

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

B Skinner 2 wks Resident \$49 Non-resident \$54
Jan 31 #2406A Virtual - Online Wed., 6:30-8:30 pm
Feb 5 #2406B Virtual- Online Mon., 6:30-8:30 pm



MUSIC

Basic Music Theory and Harmony

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Feb 15 #2609H HHS rm A213 Thur., 7-8:30 pm

Music At It's Best: Why It Works

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

Dr. Gangi 6 wks Resident \$63 Non-resident \$73
Feb 13 #2608H HHS rm A213 Tues., 7-8:30 pm

Instant Guitar for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Feb 27 #2610 Virtual - online Tues., 6:30-9 pm

Instant Piano for Everyday Busy People

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

C. Coffman 1 session Resident \$59 Non-resident \$69
Feb 26 #2611 Virtual - online Mon., 6:30-9 pm

Violin and Cello - Beginner/Intermediate

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

J Jen Hsu 10 wks Resident \$95 Non-resident \$105
Feb 13 #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
Feb 24	#3005A	NH YMCA	Sat., 10am - 4 pm
Mar 16	#3005B	NH YMCA	Sat., 10am - 4 pm
May 18	#3005C	NH YMCA	Sat., 10am - 4 pm

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

Advanced Tarot Reading

Continue your study of the Tarot by learning further astrological and numerological connect between the Major Arcana to the pip and court cards. Refine your personal intuitive techniques, incorporate card reversals into readings and explore new approaches to the Tarot. *Universal Rider - Waite Deck is needed.*

L. Morrison	5 wks	Resident \$70	Non-resident \$80
Feb 13	#2866H	HHS rm D210	Tues., 6:30-8:30 pm

Chess for Beginners

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

J. Groff	3 wks	Resident \$75	Non-resident \$85
Feb 14	#2819	Chess Academy	Wed., 6:30-8:30 pm

Chess Tactics for Club Players

This class is designed for adult students who are familiar with chess basic rules, who understand check/checkmate and are ready to take their game to the next level by focusing on tactics. You will learn and improve your abilities in deploying tactics such as pins, skewers, double attacks, discovered attacks, decoys, double check, overloaded pieces, interference, zwischenzug and zugzwang! You are guaranteed to improve your game and take your chess-playing ability to the next level. Join us in planning your next move! *"1001 Chess Exercises for Club Players: The Tactics Workbook that Also Explains All the Key Concepts" book is needed and will be available for purchase at the first class.*

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

Chess: Plans and Strategies

This class is designed for adult chess players who are familiar with basic rules and tactics and wish to improve at making plans. If you feel stuck and confused about what to do while playing chess, this course is for you! You will learn how attack weaknesses, improve your pieces, make favorable exchanges, and more. This course focuses on all phases of the game, especially the middlegame. *"Play Winning Chess" book is needed and will be available for purchase at the first class*

J. Groff	3 wks	Resident \$75	Non-resident \$85
May 1	#2867	Chess Academy	Wed., 6:30-8:30 pm

Chess Endgames - Tactics and Strategies

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

J. Groff	3 wks	Resident \$75	Non-resident \$85
Mar 27	#2868	Chess Academy	Wed., 6:30-8:30 pm

Connecting with the Faeries

Stories of the Fae have come down to us from ancient Celtic traditions. Other cultures call these beings by different names. We will discuss the Good folk, how to connect and work with them. Come take a journey to the magical world of the Fae. *Please bring a notebook.*

H. Morrison	4 wks	Resident \$56	Non-resident \$66
Apr 2	#2865H	HHS D210	Tues., 6:30-8:30 pm

Digital Photo 1 Beginner Series

Are you still getting to know your digital camera and its features? Here's an opportunity to learn from an expert in this seminar for beginners! Have your camera ready and learn when and how to use its special features - such as program mode, manual mode, aperture priority and shutter priority. Also covered will be basic composition and best use of light for different situations, such as plant, people, macro, and landscape photography.

S. McGrath	4 wks	Resident \$42	Non-resident \$52
Mar 7	#2869	Virtual - Online	Thur., 5:30-7:00 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
Apr 11	#2807	Virtual - Online	Thur., 6:30-8:30 pm

Introduction to Astronomy - Our Solar System

Does the Cosmos fascinate you? Do you often find yourself staring up at the night sky with jaw-dropping awe? Would you like to learn more about our cosmic neighborhood? Well, it's time to hop on board the cosmic express and take a journey from our precious planet earth to our solar system and beyond! Instructor and astrophotographer Ronald Zinconone will help you understand and learn about cosmic wonders such as the planets, stars, comets, meteors, our sun and moon and so much more! Zinconone has loved the night sky and astronomy since childhood and now presents this exciting celestial program in a very user-friendly, educational, and humorous style.

R. Zinconone 1 session Resident: \$35 Non-resident \$45
Mar 6 #2860 Virtual - Online Wed., 6-9 pm

Job Interview/First Impressions Workshop

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

T. Knowlton 1 session Resident \$30 Non-resident \$40
Mar 21 #2852H HHS rm D213 Thur., 6-7:15 pm

Juggling for Beginners

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

N. Prete 1 session Resident: \$30 Non-resident \$40
Apr 8 #2843N NHHS rm 116 Mon., 7:15-8:30 pm
Apr 23 #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. Bring a friend, we'll have fun.

T. Knowlton 1 session Resident \$30 Non-resident \$40
Mar 7 #2850H HHS rm D213 Thur., 6-7:15 pm

Lose Weight With Hypnosis

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

L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Mar 28 #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
Apr 8 #2842N NHHS rm 116 Mon., 6-7:15 pm
Apr 23 #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.*

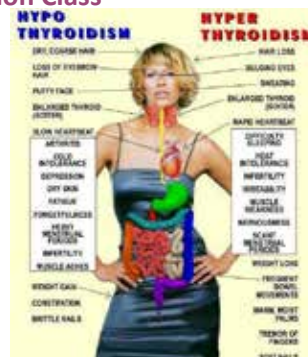
L. Santamaria 3 wks Resident: \$65 Non-resident \$75
Mar 26 #2814N NHHS rm 104 Tues., 7-9 pm

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, hastags, 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
Mar 6 #2856N NHHS rm 107 Wed., 6:30-8:30 pm

Thyroid Nutrition Class



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

D. Barbiero 1 session Resident \$35 Non-resident \$45
Mar 14 #2822 Virtual - Online Thur., 6:30-8:30 pm

Transformational PowerPoint Presentations

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

T. Knowlton 1 session Resident \$30 Non-resident \$40
Mar 14 #2851 HHS rm D213 Thur., 6-7:15 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
May 13 and May 16 #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 4 sessions Resident: \$300 Non-Resident \$310
Feb 16 #2439A NH YMCA F, S, S, & M 4-8 pm
Apr 15 #2439B NH YMCA M, T, W, & Th 10am-4pm
Check our website: www.hamdenadulted.org for more dates

Boat America

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

USCG Auxiliary Staff 2 wks Resident \$72 Non-resident \$82
Mar 12 #3000 HHS D111 Tues., 5:30-9:30 pm

SENIOR OFFERINGS**AARP Driver Safety Class**

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

Mar 21 #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
Feb 15 #3008 Miller Senior Center Thur., 1-3 pm

FREE TAX PREPARATION IN HAMDEN

Volunteers from the Volunteer Income Tax Assistance (VITA) Program sponsored by the IRS and United Way of Greater New Haven will prepare tax returns at Hamden High School for households that earn \$64,000 or less. Taxpayers have the option of appearing in person (no appointments, first come-first served) or dropping off their paperwork with the VITA Greeter at the door and returning the following week to pick up their tax returns.

Both federal and state returns will be prepared.

Days and hours:

Mondays and Wednesdays, 5:00-7:30 PM, and Saturdays, 10 AM-1:30PM, at Hamden High

January 29-April 15 (closed Feb 19 for Presidents Day, April 10 for school holiday)

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

Requirements:

- Photo ID for you (and spouse if filing jointly)
- Social Security cards or statements for every member of your family who'll be included on your return
- W-2s and/or 1099s from ALL of your jobs in 2023
- Form 1099-G from the state of CT showing any unemployment compensation
- Interest, dividend and investment statements from your financial institutions
- Self-employed income and expenses
- Information on any expenses you paid in 2023: tuition and student loans (Form 1098T, 1098E); annual mortgage statement; charitable contributions; home or car taxes paid to your town; documentation from any child care provider of their tax ID number and how much you paid
- Form 1095A if you had health insurance through Access Health CT
- Want your refund direct deposited? Bring your routing and account number

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

Comments or Suggestions?

We would love to hear from you!



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

We are always looking for new class and trip ideas.

Please let us know what you are interested in.

Email your suggestions to info@hamdenadulted.com

DAY TRIPS

Upcoming Summer 2024 Bus Trips

July 13 - Circle Line Cruise with free time at Chelsea Market

August 17 - Whale Watch with free time at Quincy Market

Call in March for more information



Encore Casino

Boston, MA



Encore Boston Harbor is a luxury resort and casino located in Everett, MA.

The casino has all the table games you know & love for the complete experience. All 166 tables come with phone chargers and beverage service. The 3100 slot machines offer games for every enthusiast, from video slots to reel slots, video poker & electronic table games. Each passenger will receive the existing bonus. A VALID ID IS REQUIRED for the casino bonus.

Stroll Harbor Walk which surrounds the property along Mystic River with breathtaking views.

Lunch on own at one of the Casino eateries.

#5036 Saturday, March 23 \$114

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

Note: No refunds for this trip after February 20



American Museum of Natural History



Hayden Planetarium Space Theater Space Show: Worlds Beyond Earth

Spend a wonderful day at The American Museum of Natural History, one of the world's greatest museums. You can stand under a 94 foot long blue whale, the largest animal that ever lived. Marvel at the most important collection of dinosaurs in the world. Walk through a central African rainforest or feel the rumble of an earthquake. Explore the exhibition of the inside story of the brain.

Worlds Beyond Earth, an all new Space Show narrated by Lupita Nyong'o, tells the story of the dynamic world that share our solar system and the unique conditions that make life on Earth possible. Fascinating Gift Shop and Museum Food Court (on own).

#5037 Saturday, April 27 \$125

Pick-up at HHS parking lot 8:15 am and return at 5:30 pm.
All times are approximate.

Note: No refunds for this trip after March 15.



West Point Tour National Purple Heart Hall of Fame



Join us on a wonderful morning tour of the National Purple Heart Hall of Fame in New Windsor, NY. This museum commemorates the extraordinary sacrifices of America's servicemen who were killed or wounded in combat. See a film, walk the timeline corridor and lookup recipients.

Lunch will be at the Hotel Thayer for their bountiful buffet.

Following lunch enjoy a fun and informative guided tour of West Point Academy. Explore the campus and learn the history of West Point and our nation beginning in 1778 to the present role as the premier training facility. Stop at the Cadet Chapel, Trophy Pint, Battle Monument and the Plain.

*This tour requires a moderate amount of walking on some uneven ground.

#5038 Saturday, May 18 \$135

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

Note: No refunds for this trip after April 11.



Savor The Flavor Providence, RI



The Welcome to Federal Hill—Providence's Little Italy. It is a great place to stroll and enjoy a slice of Italy as you watch the great fountain in DePasquale Square.

We'll begin our day at Scialo Bros. Bakery, well known for their fine bread & pastries.

We then continue to Trattoria Zooma, a Southern Italian kitchen featuring handmade pasta and wood-fired pizza. The chef delights and entertains you with his tableside demonstration of the techniques used in pizza making.

Our 5 course family-style meal includes: salad, margherita pizza, potato gnocchi, penne pasta, and Chicken Marsala, with Cannoli & Coffee.

Following lunch we will stroll over to Venda's Ravioli Emporium to shop for fine Italian foods, olive oil, and cheese,

We'll complete our day with a riding Tour of Providence with our local step on guide.

#5039 Sunday, June 29 \$145

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

Note: No refunds for this trip after May 20.

National Parks of America:

12 Days • 16 Meals:

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



Highlights Include:

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

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

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

#1101917

June 1, 2024

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

Travel insurance is highly recommended.

* Price subject to change.



Sunny Portugal

10 Days • 13 Meals:

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



Highlights Include:

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



#1185937

November 3, 2024

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

Travel insurance is highly recommended.

* Price subject to change.

Rome & the Amalfi Coast

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

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



Highlights Include:

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



#1101951

March 21, 2025

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

Travel insurance is highly recommended.

* Price subject to change.

For more information on these trips, you can click the QR code or call Joe at Dream Vacations 203-859-3800

LITERACY VOLUNTEERS OF GREATER NEW HAVEN

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

THE FAMILY RESOURCE CENTER OF HAMDEN



Register for:

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

Contact us for:

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

Church Street School 203.407.3111

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

HAMDEN EARLY LEARNING PROGRAM

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

We have 11 classrooms:

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

The program's monthly tuition range is up to \$1050 a month. A sliding fee scale is offered along with some School Readiness slots. Tuition is based on the family annual income and current tax return, pay stubs, budget or award letter is required. Fees are determined based on the family size and income.

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




Hamden Early Learning Program





hamdenkids@gmail.com


Leave message at 203.407.7733

www.hamdenyoungchildren.org

Follow us on 

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

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

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

HAMDEN PUBLIC LIBRARY

Melissa Canham-Clyne, Director
www.hamdenlibrary.org

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

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

Questions? Call 203.287.2680 or info@hamdenlibrary.org

Three locations:

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

MILLER SENIOR CENTER PROGRAMS

Kimberly Craft, Coordinator

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

ARTS, RECREATION, AND CULTURE

203.287.2546

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

KEEFE COMMUNITY CENTER

11 Pine Street, Hamden CT 06514

COMMUNITY DEVELOPMENT

Linda Davis-Cannon, Outreach Technician

203.562.5129 ext. 1121 ldaviscannon@hamden.com

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

COMMUNITY SERVICES

Y'Isiah Lopes, Coordinator

203.562.5129 ext. 1111 ylopes@hamden.com

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

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

YOUTH SERVICES BUREAU

Susan Rubino, Coordinator

203.777.2610 ext. 1120 srubino@hamden.com

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

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



NORTH HAVEN TOWN SERVICES

NORTH HAVEN SENIOR CENTER

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

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

DEPARTMENT OF COMMUNITY SERVICES AND RECREATION

203.239.5321 ext. 530

RECREATION INFO-LINE

203.234.2535

NORTH HAVEN PUBLIC LIBRARY

203.239.5803

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.

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.*

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



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