



HAMDEN  
*adult education*

Winter/Spring 2009

**REGISTER NOW!**

**WEBSITE**

www.hamdenadulted.org



**MAIL**

Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, CT 06514



**FAX**

203.407.2056



**IN PERSON**

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Rm D 102  
2040 Dixwell Avenue



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203.407.2028



# WELCOME

## MISSION STATEMENT

*The mission of Hamden Adult Education is to develop well-educated citizens who embrace education as a lifelong experience.*

*Dear Friends,*

*As the New Year arrives, I am sure you will be making many wonderful New Year's resolutions. Let us help you achieve them.*

*Whether you've resolved to exercise more, eat for better health, clear the clutter out of your closets, or learn to use your new digital camera, we have a course for you. If you want to learn a new language or perfect your English, we can help. If starting a business or exploring franchise ownership is in your future, let us prepare you for that challenge.*

*There are two convenient ways to take our courses: right in your home town, or right on your home computer. Don't delay, resolve to choose the course that will help you chart your course for 2009 and beyond.*

*We hope you will join us!*

*Sincerely,*

*Lucan Jalliocha*

## Table of Contents

- Adult High School ..... 26
- Bus Trips ..... 22, 23
- Career Center ..... 27
- Citizenship ..... 24
- College Prep ..... 27
- Computers ..... 4
- Cooking ..... 5
- CPR/Safety ..... 18
- Crafts & Hobbies ..... 12, 13
- Creative Arts ..... 14
- Cultural Enrichment ..... 16
- Dance, Fitness & Health... 9, 10, 11
- Driving Safety ..... 20
- ESOL ..... 25
- External Diploma Program ..... 26
- Family ..... 19 & 28
- Finance ..... 3
- Gateway Community College... 27
- GED Information ..... 24 & 26
- Hamden Public Library ..... 28
- Home ..... 13
- Hamden Town Services..... 28
- Keefe Learning Lab ..... 24, 25
- Languages ..... 17
- Literacy Volunteers ..... 18
- Location of Classes ..... 31
- Online Learning ..... 6, 7, 8
- Personal Development..... 15
- Real Estate..... 15
- Registration Information... 29, 30
- SAT Prep ..... 27
- Senior Offerings ..... 21
- Teenage Driver Education ..... 20

## **NEW** Five Ways to Pay For Long Term Care: the basics

The course will cover a discussion of payment methods to cover home care, assisted living expenses and nursing home expenses. Would unlimited lifetime coverage reduce worries? Did you know there is a long term care program available for those who already need substantial assistance?

Would you like your heirs to receive more than you received in premiums if the plan is not used? All of these questions will be answered. Bruce Carter has been working with seniors for over 15 years.

B. Carter HHS rm D 212  
Wed., 6:30-8:30 pm March 18 1 session  
\$22 (Senior fee not applicable) #2105

## Giving to Charity without Reducing Your Estate

Learn some uncommon ways to help a favorite charity without depleting assets, now or in the future. We will cover charitable retirement accounts, donation replacement, and leveraging foundation giving - simple programs you can implement without setup expenses. This informative class will give you some creative ideas in giving.

B. Carter HHS rm D 212  
Wed., 6:30-8:30 pm March 25 1 session  
\$22 (Senior fee not applicable) #2103

## It's Not Your Mother's Retirement Like Mother, Like Daughter?

Why is this topic so important? The world is different for today's women than it was for our mothers and grandmothers. The economic environment has changed in that the traditional safety nets that were there for our mothers are eroding, and attitudes toward retirement have also changed. Women have some distinct issues regarding retirement, and we'll talk about them, as well as some generational differences.

J. Pearson, CPA &  
N. Liebermann, CFP HHS rm D 209  
Tues., 7-9 pm March 31 1 session  
\$15 #2108

## Financial Freedom Formula

Do you control your money or does your money control you? Take back your financial life with money-saving ideas. Discover simple ways to cut household bills, reduce debt overload, stretch your dollars and get a handle on your spending. Learn Budget 101 to get ahead in tough times.

L. Calegari HHS rm D 109  
Mon., 7-9 pm Feb 9 1 session  
\$22 (Senior fee not applicable) #2110

## Successful Money Management

Make your money work for you! Learn the basics of financial planning, investing, lowering your taxes, retirement planning, proper use of insurance, and estate planning techniques. People from all income levels and occupations will benefit from this informative and fast moving course.

C. Gavin HHS rm D 211  
Tues., 7-9 pm Feb 24 3 wks  
\$32 (Sen. Cit. \$22) #2112

## Taking Money Out of a Retirement Program

A powerful impact on the quality of your retirement will be made based on how and when you withdraw money from your retirement plans. Learn how to potentially minimize your tax liabilities and your retirement income after you retire. You'll learn the pros and cons of withdrawing money from your employer's retirement plan or rolling it into an IRA. Discover how to avoid paying penalties for early and late distributions. Be advised on how to select beneficiaries and arrange your estate to ensure that your assets pass on to your loved ones as you choose.

J. Marino HHS rm D 210  
Wed., 7-9 pm April 22 1 session  
\$27 (Sen. Cit. \$17) #2106

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

## **NEW** Funding College During the Economic Crisis

Senator Chris Dodd recently estimated that over \$110 billion dollars in college savings had been lost in the recent market downturn. John F. Pearson, CPA, founder of [taxscholarship.com](http://taxscholarship.com) and nationally known speaker and columnist on college planning, will show you creative tax, scholarship, and college admission strategies that can help you fund your child's college education, while leaving you in better financial shape to retire.

J. Pearson, CPA &  
N. Liebermann, CFP HHS rm D 210  
Tues., 7-9 pm Feb 24 1 session  
\$15 #0301



**Register Early**  
Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, so please register early!

# COMPUTERS

## Computer Keyboarding

Are you tired of typing with one or two fingers? It's time to learn how to type correctly. The hunt and peck method is not good enough for today's dependence on computers. Emphasis will be placed on learning and using proper keyboarding techniques/ergonomics, learning to type without looking at the keyboard, and using the proper finger for each key which is called the "touch method".

L. Hatton HHS rm C 203  
 Mon., 6-8 pm Feb 2 8 wks  
 \$78 (Sen. Cit. \$58) #0310

## Excel I

Microsoft Excel is a spreadsheet software program that comes in handy for personal or business use. Learn how to navigate through a spreadsheet, use functions, create formulas, sort/filter, create graphs, etc. Prerequisite: type at a reasonable speed and have basic computer skills.

L. Hatton HHS rm C 203  
 Tues., 6-8 pm April 21 5 wks  
 \$88 (Sen. Cit. \$68) #0312

## **NEW** How to Search the Internet and Find What You're Looking For

Have you ever tried to find something online and nothing seemed to match what you wanted to find? Good search skills mean a more satisfying experience online and less wasted time finding the information you want. In this class, learn tips and tricks on how to use online search engines like google.com, yahoo.com, and others to improve your searching skills online.

A. French Keefe Community Center  
 Wed., 7-9 pm Feb 4 1 session  
 \$27 (Sen. Cit. \$20) #0315

## Introduction to Personal Computers

Learn the basics of a personal computer using the Microsoft Windows XP operating system. Learn to use Windows for various functions, such as copying files, creating folders, and deleting files. The course will cover the basic makeup of the computer and other information needed to buy your "first computer". You will receive a brief introduction to the various components of Microsoft Office, including Word and Excel, to determine which additional courses would be of interest.

W. Coley HHS rm D 302  
 Mon., 4:30-6:30 pm #0326 A; Feb 2  
 Mon., 7-9 pm #0326 B; Feb 2  
 Mon., 4:30-6:30 pm #0326 C; March 23  
 \$72 (Sen. Cit. \$54) 5 wks

## Microsoft Word 2003 Beginning

Learn the basics of word processing using Microsoft Word. Topics include: document creation, editing, text formatting, copying and moving, enabling you to create letters and documents. You should be a proficient typist.

W. Coley HHS rm D 302  
 Wed., 4:30-6:30 pm #0306 A; Feb 4  
 Wed., 7-9 pm #0306 B; Feb 4  
 Mon., 7-9 pm #0306 C; March 23  
 \$83 (Sen. Cit. \$63) 6 wks

## Microsoft Word 2003 Advanced

You will cover the more advanced features of Microsoft Word, including tables, columns, mail merge, macros and graphics. Prerequisite: Beg. Word or knowledge of all the basic features of Microsoft Word. You will also learn miscellaneous "tips and tricks" to make your Word experience more efficient.

W. Coley HHS rm D 302  
 Wed., 4:30-6:30 pm #0307 A; March 25  
 Wed., 7-9 pm #0307 B; March 25  
 \$83 (Sen. Cit. \$63) 6 wks

## Microsoft PowerPoint 2003

Microsoft PowerPoint is a fun and easy to use presentation software. You will learn how to create simple and elaborate presentations, use design templates, create slide transitions, text entrances/exits/emphasis, add sound, add timings and animated graphics, and lots more! Prerequisite: able to type at a reasonable speed and have basic computer skills.

L. Hatton HHS rm C 203  
 Mon., 6-8 pm April 6 5 wks  
 \$88 (Sen. Cit. \$68) #0325

## **NEW** Web Sites that Make Your Life Easier

There is so much content online to address every possible interest, so how do you separate sites with relevant, updated, and easy-to-use information from the not-so-good web sites? This class will be a broad survey of popular, easy-to-use web sites in a variety of categories, such as managing personal finance, nutrition, parenting, and travel.

A. French Keefe Community Center  
 Wed., 7-9 pm Feb 25 1 session  
 \$27 (Sen. Cit. \$20) #0313

## **NEW** How to Use the Internet as a Job Search Tool

In this class you will learn how to use the Internet as a powerful tool in your job search. Various job and career sites will be explored, along with search tips, online communication etiquette, and becoming a part of professional online communities.

A. French Keefe Community Center  
 Wed., 7-9 pm March 11 2 wks  
 \$38 (Sen. Cit. \$28) #0314

**NO REFUNDS WILL BE  
 ISSUED FOR THE  
 COMPUTER COURSES  
 AFTER THE  
 FIRST CLASS.**

**Hamden Public School buildings and  
 grounds are SMOKE FREE  
 Board Policy PO-1331 adopted  
 11/12/97**

# COOKING

## Cake Decorating Beginning

Create your own fancy professional looking cakes. Learn to make flowers, borders and many other beautiful items with frosting. Supply list available at first class.

C. Turner HHS rm D 107  
Thurs., 7-9 pm Feb 26 6 wks  
\$66 (Sen. Cit. \$52) #0617

## Healthy Cooking 101

If you love to cook, would like to learn, or love to eat, you'll enjoy this cooking class. Each week, we will prepare and taste a variety of dishes based on the four main food groups: greens and leafy vegetables, protein, whole grains, and sweet vegetables. Each participant will take home a portfolio full of recipes to share with family and friends. Consumable fee of \$48 payable to instructor at first class.

P. Carney HHS rm D 107  
Mon., 6:30-8:30 pm Feb 2 6 wks  
\$66 (Sen. Cit. \$52) #0614

## More Yeast Breads Made Simple

See how easy it is to make delicious and healthy bread at home. Each night make your own loaf to take home. Take the fear out of yeast baking with multi-grain wheat, rye, with seeds or without, challah, Easter coffee cakes, cheese bread and pitas. Consumable fee \$25 payable to instructor at first class.

L. McCullough HHS rm D 107  
Tues., 6:30-9 pm Feb 3 6 wks  
\$68 (Sen. Cit. \$56) #0615

*Diane T. said, "Very easy to learn and great breads. I can't wait for the next one".*

## ~Education~

The main ingredient for success.  
For more information and options  
see pages 24-26

## Soups, Stews and Casseroles

Lets share family recipes. Your families or mine. Soups that we will be making include pasta fagiola, minnestra with ribs and pepperoni, escarole and beans, panecotta baked twice, Italian Wedding soup, baccala et paton, clam chowder, d'oeuvres made from homemade dough, meatloaf casserole, chicken and beef stews. Classes are totally hands on. You do the prep and cooking. Consumable fee \$30 payable to instructor at first class. Chef Rich will take individual action pictures of students set up in a diploma!

R. Inzero HHS rm D 107  
Tues., 7-9:30 pm March 31 7 wks  
\$72 (Sen. Cit. \$56) #0608

## Italian Entrees & Some Mexican Dishes

Food is family, Every Sunday everyone gathered in mom's kitchen for a traditional Italian feast. The entrees we will be making include: white clam sauce and red squid sauce over linguini, stuffed pork tenderloin with mushrooms, onions and spinach. Penne alla vodka, chicken sauteed in white wine, chicken parmigiana, manicotti with spinach, steak pizzaiola over pasta, stuffed breads, rice pudding, chilli, burritos and quesadillas. Plus many side dishes and a class on the use of a pressure cooker. Consumable fee \$35 payable to instructor at first class. Chef Rich will take individual pictures of class set up in a diploma!

R. Inzero HHS rm D 107  
Wed., 7-9:30 pm Feb 4 7 wks  
\$72 (Sen. Cit. \$56) #0606



## NEW Healthy Endeavors

Offered by Wendy Battles  
Optimal Health Coach  
www.Don'tWorryGetHealthy.com

### Staying Healthy with the Seasons

Does it matter what we eat and when? Is there greater nutritional value for food that is in-season versus out-of-season? What are the best foods to eat for the seasons, anyway? These questions and more are explored in this interactive workshop that helps you understand the benefits of eating seasonally and locally as well as tips for choosing the healthiest, most nutritious foods come winter, spring, summer or fall.

W. Battles HHS rm D 107  
Thurs., 7-9 pm Feb 5 1 session  
\$27 (Sen. Cit. \$20) #0602

### Money Saving Meal Planning: Quick, Healthy and Delicious Meals on a Budget

Do any of these scenarios ring a bell? You buy food that you don't use and it ends up going bad. You eat out more than you should and spend far too much money. You often have no meal plan and reach for the quickest foods you can find, even if they're not healthy. In this age of less time, more stress and a faltering economy, most of us can't afford to waste food or money. Join Wendy for an interactive class on healthy meal planning that will get you back on track and keep more money in your wallet. Using her simple, repeatable system, you'll learn strategies to make planning, shopping and preparing healthy meals in a snap.

W. Battles HHS rm D 212  
Thurs., 7-9 pm March 5 4 wks  
\$58 (Sen. Cit. \$43) #0605

Hamden Public School buildings and grounds are SMOKE FREE  
Board Policy PO-1331 adopted  
11/12/97

# INSTRUCTOR-FACILITATED ONLINE LEARNING

## WELCOME

Our instructor-facilitated online courses are informative, fun, convenient, and highly interactive.

All courses run for six weeks (with a two-week grace period at the end). Courses are project-oriented and include lessons, quizzes, hands-on assignments, discussion areas, supplementary links, and more. You can complete any of these courses entirely from your home or office and at any time of the day or night.

### How to Get Started:

1. Visit our Online Instruction Center:

[www.ed2go.com/hamden](http://www.ed2go.com/hamden)

2. Click the **Courses** link, choose the department and course title you are interested in and select the **Enroll Now** button. Follow the instructions to enroll and pay for your course. Here you will enter your e-mail and choose a password that will grant you access to the classroom.

3. When your course starts, return to our Online Instruction Center and click the **Classroom** link. To begin your studies, simply log in with your e-mail and the password you selected during enrollment.

### Start Dates:

A new section of every course in the catalog will begin on **January 12, February 18, March 18, April 15, May 20, June 17, July 15, August 19.**

### Requirements:

All courses require Internet access, e-mail, the Netscape Navigator, or the Microsoft Internet Explorer web browsers. Some courses may have additional requirements. Visit our Online Instruction Center for more information.

## WRITING & PUBLISHING

### Writing Great Technical Documents

Learn how to write great technical documents from an award-winning technical writer. **\$ 89**

### Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches. **\$ 89**

### Beginner's Guide to Getting Published

Published writer shows you how to give yourself the credibility you need to get your books and articles published. **\$ 89**

### Travel Writing

Profit from your experiences in exotic lands (or your own backyard) by learning how to write and sell travel articles and books. **\$ 89**

### The Craft of Magazine Writing

If you're a determined new writer, this class will provide you with the skills you need to get published. **\$ 89**

### Writing for Children

Published children's author shows you how to touch the hearts of children by creating books for them. **\$ 89**

### A Writer's Guide to Descriptive Settings

Develop your eye for detail and improve your writing with vivid descriptions, memorable settings, and believable characters. **\$ 89**

### Publish it Yourself

Convert manuscripts into income by producing and selling books like the pros. **\$ 89**

### Write Fiction Like a Pro

A Hollywood writer and author teaches you how professional writers use story outlines to structure any type of story. **\$ 89**

## BUSINESS

### Marketing Your Business on the Internet

E-commerce expert helps you develop an internet marketing plan for your business. **\$ 89**

### Employment Law Fundamentals

Learn the basics of employment law so you can legally hire, evaluate, and manage employees. **\$ 89**

### Managing Customer Service

Become indispensable to any organization by understanding how to identify and meet customer needs. **\$ 89**

### Introduction to Business Analysis

Learn powerful techniques to improve your decision-making skills at work. **\$ 89**

### Creating a Successful Business Plan

Turn your business ideas into a solid plan for financing and long-term success. **\$ 89**

### Principles of Sales Management

Master the art of managing sales teams from a sales pro. **\$ 89**

### Purchasing Fundamentals

Improve your company's bottom line by mastering the fundamentals of purchasing. **\$ 89**

### Effective Selling

Learn the secret to converting a potential customer into a long-term asset. Find out how to lay the groundwork for repeat business and your future success. **\$ 89**

### Start Your Own Arts and Crafts Business

Learn how to start your own arts and crafts business from a professional artist. **\$ 89**

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT [ED2GO.COM/HAMDEN](http://ED2GO.COM/HAMDEN) TO LEARN MORE.

# INSTRUCTOR-FACILITATED ONLINE LEARNING

## GRANT WRITING

### **Becoming a Grant Writing Consultant**

Increase your income while working from home by starting a grant writing consulting business. **\$ 89**

### **Get Grants!**

Learn how to develop successful, fundable grants from experts in the field. **\$ 89**

### **A to Z Grant Writing**

Learn how to research and develop relationships with potential funding sources, organize grantwriting campaigns, and prepare proposals. **\$ 89**

### **Writing Effective Grant Proposals**

Learn to prepare grant proposals that get solid results for your favorite organization or charity. **\$ 89**

## BASIC COMPUTER LITERACY

### **Keyboarding**

Use the computer program FastType for Windows to learn the basic skills of touch-typing. **\$ 89**

### **Introduction to Windows Vista**

Learn the important basic skills and concepts you need to take control of your Windows Vista PC. **\$ 89**

### **Introduction to QuickBooks 2007**

Learn how to quickly and efficiently gain control over the financial aspects of your business. **\$ 89**

### **Intro to Microsoft PowerPoint 2007**

Learn how to use Microsoft PowerPoint 2007 to create impressive, professional-looking slide presentations. **\$ 89**

### **Intro to Microsoft Excel 2007**

Work with numbers? You need to know Excel. Learn the secrets of this powerful application. **\$ 89**

## WEB DESIGN/NETWORKING

### **Creating Web Pages**

Learn the basics of HTML so you can design, create, and post your very own site on the Web. **\$ 89**

### **Designing Effective Websites**

Learn powerful graphic design techniques and build Websites that are both attractive and wickedly effective. **\$ 89**

### **Intro to Dreamweaver 8**

Silicon Alley veteran shows you how to harness the power of the industry standard tool for Web designers. **\$ 89**

### **Intro to PC Troubleshooting**

Learn to decipher and solve almost any problem with your PC. **\$ 89**

### **Introduction to Networking**

Learn the fundamentals of networking and prepare for a career in a new fast-growing field. **\$ 89**

### **Introduction to Flash 8**

Learn how to create exciting interactive animations from a working Flash designer and author. **\$ 89**

### **Intro to JSP Programming**

Become proficient in the programming language that powers many of today's top Websites. **\$ 89**

### **Creating Web Graphics with Photoshop CS3**

Learn how to use Photoshop to create graphics for the web. **\$ 89**

### **Intro to Microsoft FrontPage 2003**

Find out how FrontPage makes it easy to create and upload professional Websites without programming. **\$ 89**

## INTERNET

### **Introduction to the Internet**

Master the ins and outs of the Internet with this informative behind the scenes look at the Web, search engines, and email. **\$ 89**

### **Intro to Microsoft Outlook 2007**

Become a productive and confident Microsoft Outlook 2007 user. **\$ 89**

### **Learn to Buy and Sell on eBay**

Auction pros teach you how to work from home or earn extra income buying and selling goods online. **\$ 89**

### **Start Your Own eBay Drop Off Store**

Turn people's unwanted items into a lucrative source of income by starting an eBay drop off store. **\$ 89**

## COURSES FOR TEACHING PROFESSIONALS



### **Solving Classroom Discipline Problems**

Veteran teacher reveals the secrets to an orderly classroom. A step-by-step approach to effective, positive discipline. **\$ 89**

### **The Classroom Computer**

Learn how to use the classroom computer to increase learning and motivate students. **\$ 89**

### **Guided Reading and Writing: Strategies for Maximum Student Achievement**

Get the professional development training you need to improve student literacy as an accomplished teacher shares the secrets of turning guided reading strategies into opportunities for teaching writing. **\$ 89**

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT [ED2GO.COM/HAMDEN](http://ED2GO.COM/HAMDEN) TO LEARN MORE.

# INSTRUCTOR-FACILITATED ONLINE LEARNING

## PERSONAL DEVELOPMENT PERSONAL FINANCE

### Skills for Making Great Decisions

Learn how to make excellent everyday decisions from an experienced counselor and life coach. \$ 89

### Handling Medical Emergencies

Every second counts during a medical emergency. Learn how to respond if someone needs your help. \$ 89

### Debt Elimination Techniques That Work

Learn specific, powerful, and proven strategies to get completely out of debt and live a stress-free lifestyle. \$ 89

### The Magic of Hypnosis

Learn to use hypnotic suggestion on yourself and others with amazing results. \$ 89

### Wine Appreciation for Beginners

Master the secrets of wine appreciation and never be intimidated by a wine steward again. \$ 89

## LANGUAGES

### Speed Spanish

Learn six easy recipes to glue Spanish words together into sentences, and you'll be engaging in conversational Spanish in no time. \$ 89

### Beginning Braille Transcription

Prepare for a rewarding career as a Braille transcriber by learning to write and read the tactual language of the blind. \$ 89

### Grammar for ESL

If English is your second language and you're headed to college, this course will teach you the principles of grammar and structure you will need to succeed. \$ 89

### An Intro to Teaching ESL/EFL

Learn how to be an effective English language teacher from an expert in the field. \$ 89

## DIGITAL PHOTOGRAPHY

### Discover Digital Photography

An informative intro to the fascinating world of digital photography equipment. \$ 89

### Secrets of Better Photography

Explore strategies and learn a variety of tricks to create excellent photographs in all types of situations.

### Travel Photography for the Digital Photographer

Learn the tricks and techniques digital photographers need to capture scenes from around the world and bring them home. \$ 89

## CAREER IDEAS

### Become a Physical Therapy Aide

Prepare for a rewarding career as a valued member of the physical therapy team. \$ 89

### Start and Operate your own Home-Based Business

An experienced entrepreneur teaches you how to develop the motivation, discipline, and creativity to quit your job and be your own boss. \$ 89

### Starting a Consulting Practice

Find out how you can earn income by sharing your training or knowledge with others. \$ 89

### Medical Mathematics

Gain the math skills you need to be successful in the medical field. \$ 89

### Medical Coding

Learn how to use the CPT manual and the ICD-9-CM to find medical codes for any disease, condition, treatment, or surgical procedure. \$ 89

### Real Estate Investing

Build and protect your wealth by investing in real estate. \$ 89

## HEALTH CARE & NUTRITION

### Certificate in Spirituality, Health, and Healing

Enhance your professional marketability by recognizing the impact spiritual values and beliefs have on health and healing (36 contact hours). \$ 89

### HIPAA Compliance

Learn how to comply with the duties, rights, and responsibilities of HIPAA. \$ 89

### Intro to Natural Health and Healing

Learn how to promote wellness, balance and health in all aspects of your daily life. \$ 89

## CHILD CARE & PARENTING

### Enhancing Language Development in Childhood

Enrich the lives of your children by learning fun and natural ways to help them become proficient speakers and thinkers. \$ 89

### Guiding Kids on the Internet

Gain confidence and experience so you can help your children discover all the Internet has to offer. \$ 89

### Understanding Adolescents

Uncover the secrets of the adolescent mind. Gain valuable information on how they feel, how their identities develop and how you can best meet their needs. \$ 89

### Working Successfully With Learning Disabled Students

Learn how to successfully meet the diverse needs of the learning disabled students in your classroom. \$ 89

### Assisting Aging Parents

Be prepared to handle the challenges you and your parents will face in the coming years, while learning to cherish the transition. \$ 89

SEVERAL NEW COURSES LAUNCH EVERY MONTH! VISIT [ED2GO.COM/HAMDEN](http://ED2GO.COM/HAMDEN) TO LEARN MORE



# DANCE/FITNESS/HEALTH

## Basic Ballroom Dancing

GET UP, DANCE, AND HAVE FUN! This course will expose students to the basic steps for Rumba, Cha-Cha, Foxtrot and Swing. Build confidence while keeping FUN as the focal point. Partners not required, but comfortable shoes are a must.

F. Costa  
 Mon., 7-8:30 pm  
 Wed., 7-8:30 pm  
 \$65 (Sen. Cit. \$52)

HHS Cafeteria  
**#1701 A;** March 2  
**#1701 B;** March 4  
 5 wks

## Latin Mix

### Merengue/Bachata/Salsa

Join in on the fun by learning the three most popular dances from the Dominican Republic. These dances are basic and easy to learn, yet very rhythmic. Move your body to the unique flavor and rhythm of the Merengue and the popular "Suavements". Next learn the Bachata, the most recent Latin dance to make its way to the Northeast. Plus, join the Salsamania! Come and have an unforgettable experience. Partners encouraged but not necessary.

F. Ramirez  
 Tues., 8-9 pm  
 Tues., 8-9 pm  
 \$75 (Sen. Cit. \$59)

HHS Cafeteria  
**#1706 A;** Feb 3  
**#1706 B;** March 17  
 5 wks

## Salsa

Join the salsamania and learn to move to the Latin beat from the region's most popular salsa instructor. Have FUN, make new friends and get a workout while learning to dance salsa. Whether you know nothing about salsa or you are already dancing salsa but would like to improve or expand your skills, this class is for you. Learn the basic steps, some freestyle moves and the fundamentals for a variety of turns. No partner necessary. Class size is limited, so sign up early.

F. Ramirez  
 Tues., 7-8 pm  
 Tues., 7-8 pm  
 \$75 (Sen. Cit. \$59)

HHS Cafeteria  
**#1705 A;** Feb 3  
**#1705 B;** March 17  
 5 wks

## Swing Dance Beginners

No partner necessary as you learn to dance the night away. Be a part of the Big Band dance comeback. Learn the basic steps (triple count), Jitterbug, underarm turn, cuddle and more. Low heeled, leather soled shoes are preferred.

K. Reilly  
 Thurs., 7:30-8:45 pm  
 \$48 (Sen. Cit. \$38)

HHS Cafeteria  
 March 26  
 4 wks  
**#1702**

## Swing Dance Intermediate

Prerequisite: Swing Dance Beginners. Start with a 30 minute review of beginner steps. New steps include: Basic Charleston, Eight Count "Lindy", Sugar Push, the Walk, and the Mooch, Shoulder Slide with supplemental steps.

K. Reilly  
 Thurs., 7:30-8:45 pm  
 \$38 (Sen. Cit. \$28)

HHS Cafeteria  
 April 30  
 3 wks  
**#1703**

## Middle Eastern (Belly) Dance

Let the music move you! Learn the basics of Middle Eastern dance, how to improvise to your favorite song, have fun, firm your body, and make new friends. Explore many different Middle Eastern dance styles using veils and cane; a sensual style of floor work will be introduced. Please bring a scarf to wrap around the hips.

Jenny (Malikah)  
 Mon., 7:30-8:30 pm  
 Wed., 7:30-8:30 pm  
 \$60 (Sen. Cit. \$54)

HHS rm C 109  
**#1704 A;** Feb 2  
**#1704 B;** Feb 4  
 6 wks

## Reiki II

Prerequisite: Reiki I Certification. This degree of Reiki introduces the student to a deeper level of healing through a second degree attunement. Four symbols will be introduced to the student. Comfy clothing is recommended.

D. Bana  
 M&T 6:15-8:15 pm  
 \$90 (Sen. Cit. \$75)

HHS rm D 208  
 Apr 20 & 21  
**#2413**  
 2 sessions

## SEARCHING FOR TALENT

Hamden Adult Education is continually attempting to offer courses of interest to the community. We are also looking for people to teach these courses.

Hamden is fortunate to have a wealth of talented citizens. 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:

LuAnn Gallicchio, Director  
 Hamden Adult Education  
 407.2028  
 407.2056 (FAX)

lgallicchio@hamden.org



## SWING INTO ACTION

### GET YOUR HIGH SCHOOL DIPLOMA

For more information  
 see pages 24-26

# FITNESS & HEALTH

## Boot Camp

This action packed class will challenge your strength, endurance and will power! Our goal is to break you down and build you up. Join our drill sergeant for an hour of intensely FUN training, where anything goes.

Elite Fitness Staff Elite Fitness  
Thurs., 6:35 pm Feb 5 16 wks  
\$80 (Sen. Cit. \$60) #2403

## Can't Resist Cardio Class

A strength training class utilizing all aerobic studio equipment. Increase lean muscle, speed up metabolism and create a firm you. Enjoy this workout in a group setting. Guaranteed to get you chiseled results!

Elite Fitness Staff Elite Fitness  
Tues., 5:30 pm Feb 3 16 wks  
\$80 (Sen. Cit. \$60) #2401

## Flow Yoga

Enjoy all the traditional yoga postures, breathing exercises, relaxation and meditation in this mindful, yet moving, class. Constant flow is the focus of this class.

Elite Fitness Staff Elite Fitness  
Tues. & Thurs 4:30 pm Feb 3 8 wks  
\$80 (Sen. Cit. \$60) #2414

## Group Cycle

Give this dynamic cardiovascular workout a try! Using an indoor cycle as your tool, have the ride of your life gaining cardiovascular strength, endurance and stamina!

Elite Fitness Staff Elite Fitness  
Tues., 5:50 pm #2404 A; Feb 3  
Wed., 9:05 am #2404 B; Feb 4  
Thurs., 5:50 pm #2404 C; Feb 5  
\$80 (Sen. Cit. \$60) 16 wks

## Living Yoga

If you have yoga experience you will love this more demanding class! You have prior yoga training and are ready to move in this fast-paced class.

Elite Fitness Staff Elite Fitness  
Fri., 6 pm Feb 6 16 wks  
\$80 (Sen. Cit. \$60) #2408

## Kickboxing

Jab, cross, hook and kick your way to a strong fit body. This challenging class helps increase your aerobic capacity while toning your muscles. Fun filled and action packed!

Elite Fitness Staff Elite Fitness  
Thurs., 5:30 pm Feb 5 16 wks  
\$80 (Sen. Cit. \$60) #2402

## Beginning Spinning

Come learn all about this amazing cardiovascular workout! This class is for the beginner and will progressively advance you to improved strength and stamina using an indoor cycle as your tool. A water bottle and towel are recommended as are comfortable, hard soled shoes and breathable clothing.

Elite Fitness Staff Elite Fitness  
Wed., 6 pm Feb 4 16 wk  
\$80 (Sen. Cit. \$60) #2405

## Yoga With Bill

Real yoga taught in a playful manner. Learn a practical sequence that you can master and develop a strong, flexible and peaceful mind and body. Wear comfy clothes and bring a yoga mat, pillow or blanket and water.

B. Banick HHS rm C 109  
Tues, 7:30-8:30 pm Feb 3 14 wks  
\$112 (Sen. Cit. \$98) #2411

## Traditional Chinese Kungfu

Learn a 300 year old style of martial art that trains the mind as well as the body. Develop one's internal energy and balance this with the body's external strength. The style incorporates a balanced blend of hand techniques, kicking techniques, and throws, and is an excellent form of self-defense. Wear sneakers and comfortable clothing.

I. Profatilov Mantis Kungfu Academy  
Mon., 7-8 pm Feb 2 8 wks  
\$80 (Sen. Cit. \$60) #2427

## **NEW** Take Time for YOU: A Women's Health Seminar

Most of us know what it takes to care for our children, our parents, and even our cars - but how many of us know what it means to take care of our unique and worthy selves? Exhaustion, stress and anxiety are all too common effects of working full time, maintaining a home that often includes raising children, AND trying to have a social life. What can often be left behind is a program of eating well, relaxing and getting sufficient sleep, and making time for relationships, play and other forms of self expression. This seminar focuses on how eating consciously and with knowledge about our choices can result in powerful, yet subtle and far-reaching, positive effects in all areas of our lives. Discussion includes how food can nourish and sustain our bodies, leading to happier, more fulfilling lives.

W. Battles HHS rm D 212  
Wed., 7-9 pm April 8 1 session  
\$27 (Sen. Cit. \$20) #0601

## Register Early

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, so please register early!

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Board Policy P-1331 adopted

11/12/97

fax 407.2056/www.hamdenadulted.org

Call to Register 407.2028

# FITNESS & HEALTH

## Gentle, Restorative Yoga

Rest and renew. Gentle stretches and supported, restorative postures for those recovering from illness or injury, and for those who are dealing with the effects of chronic stress. Leave feeling profoundly relaxed and refreshed. Taught in a peaceful environment by certified teachers. Bring yoga mat, towel and water.

S. Neufeld Your Community Yoga Ctr.  
Mon., 5:30-6:50 pm Feb 2 7 wks  
\$ 77 (Sen. Cit. \$63) #2421

## Pre-Natal Yoga

Pregnancy changes the body quickly in a short period of time. This class will help you surrender to those changes and embrace the miracle of life at every phase. Gentle and relaxing asana will be used to help open the pelvic floor and prepare you for a beautiful birthing experience.

L. Robinson Your Community Yoga Ctr.  
Tue., 5:30-6:50 pm Feb 3 7 wks  
\$ 98 #2426

## Yoga With Bill

Need a lift? Yoga with Bill is a mindful blend of form and flow designed to deepen your yoga practice as it uplifts the spirit and soothes the mind. A safe and open environment is created where laughter and acceptance is encouraged, and students feel comfortable exploring new postures. Combining asana practice, pranayama (breathing) and meditation, each class is uniquely structured to meet the needs of the students. Bring a yoga mat, towel and a carefree attitude!

B. Banick Your Community Yoga Ctr.  
Mon., 7:30-8:50 pm #2412 A; Feb 2  
Fri., 10-11:20 am #2412 B; Feb 6  
Sat., 10-11:20 am #2412 C; Feb 7  
\$ 77 (Sen. Cit. \$63) 7 wks

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



## Kundalini Yoga

Kundalini yoga, as taught by Yogi Bhajan, weaves together asana, rhythmic movement, pranayama, mantra and meditation in a dynamic, energizing, relaxing and contemplative practice that promotes physical, mental, spiritual and emotional energetic healing in our daily lives. Please bring a yoga mat, towel and water with you to class.

B. Cox Your Community Yoga Ctr.  
Wed., 5:30-6:50 pm Feb 4 7 wks  
\$ 77 (Sen. Cit. \$63) #2422

## Yoga for Weight Loss

Begin yoga in a setting with those of similar size and shape who share the same goals. Learn basic form and flow and build strength while learning poses that fit your body type. Gain trust and find enjoyment in moving your body, while reducing stress and cortisol levels. This fun, challenging and energizing, breath-based class will increase your metabolism! Please bring a yoga mat, towel and water.

K. Koopman Your Community Yoga Ctr.  
Thurs., 7:15 - 8:35 pm Feb 5 7 wks  
\$ 77 (Sen. Cit. \$63) #2407

## Yoga For You

Taught by Sue Neufeld, certified instructor, touches body, mind and spirit. Experience vibrant joy and natural peace in a class designed to increase strength, flexibility, energy and stillness. Classes include postures and breath work, and end with relaxation, visualization and meditation.

S. Neufeld Your Community Yoga Ctr.  
Thurs., 5:40-7 pm Feb 5 7 wks  
\$ 77 (Sen. Cit. \$63) #2428



## Instructor-Facilitated Online Learning

All courses run for six weeks. You can complete any of these courses entirely from your home or office and at any time of the day or night.

### How to Get Started:

Visit our Online Instruction Center at [www.ed2go.com/hamden](http://www.ed2go.com/hamden)

### Intro to Natural Health and Healing

This course is designed to anyone who wants to learn how to promote wellness, balance and health in their lives. It will give students a basic understanding of the field of natural health. \$ 89

### Luscious, Low-Fat, Lightning-Quick Meals

Would you like to enjoy a healthy, home-cooked meal tonight? Find out how easy it can be to prepare meals that are both delicious and nutritious! \$ 89

### Certificate in Spirituality, Health and Healing

Enhance your professional marketability by recognizing the impact spiritual values and beliefs have on health and healing. \$ 89

### Skills for Making Great Decisions

Learn how to make excellent everyday decisions from an experienced counselor and life coach. \$ 89

### Become a Physical Therapy Aide

Prepare for a rewarding career as a valued member of the physical therapy team. \$ 89

### Wine Appreciation for Beginners

Master the secrets of wine appreciation and never be intimidated by a wine steward again.. \$ 89

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# CRAFTS & HOBBIES

## Bridge: Defense and More....

Sharpen your skills as defender. Leads, signals, developing defensive tricks, making a plan and much more will be covered in this course. Class taught on an advanced beginner/intermediate level.

R. Brieger Miller Senior Center  
Mon., 1-3 pm Feb 2 10 wks  
\$90 (Sen. Cit. \$72) #1903

## Bridge: Popular Conventions

Learn Jacoby Transfers, Jacoby 2NT, weak two bids, Stayman and much more. Class taught on an intermediate/advanced level.

R. Brieger Miller Senior Center  
Wed., 10-12 noon Feb 4 10 wks  
\$90 (Sen. Cit. \$72) #1904

## Bridge: Beginners Intro to the Fundamentals

This eight week course covers the fundamentals of the game of bridge. The three aspects of bidding, play and defense will be studied. Start at the beginning and learn the mechanics of a game which will provide a lifetime of enjoyment. No prior knowledge of the game is required for this class. Wendy Frieden was recommended to teach this course by Rita Brieger.

W. Frieden Larson Place  
Thurs., 1-3 pm Feb 5 8 wks  
\$78 (Sen. Cit. \$58) #1902

## Chair Caning

Learn the seven basic steps of caning. Seat weaving methods including splint, porch cane, and shaker tape will be taught. Bring your chair to the first class. Materials needed along with purchasing information will be determined based on chosen weave.

V. DeAngelo HHS rm D 110  
Mon., 7-9:30 pm Feb 2 10 wks  
\$84 (Sen. Cit. \$64) #1909

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

## Crochet-All Levels

As a beginner you will learn the skills needed to crochet an afghan. Learn about hooks, gauge yarns and the basic stitches. The more advanced student will improve their skills in reading patterns, gauge, resizing and more difficult but beautiful stitches. Once you have mastered the basic techniques, you will all be able to create a variety of stitches making various beautiful patterns.

S. Tendler HHS rm B 103  
Wed., 6:30-8:30 pm Feb 4 8 wks  
\$78 (Sen. Cit. \$58) #1920

## Flower Arranging

Join Karen for these classes at her shop located at 2648 Whitney Avenue. Each week you will design a different shaped arrangement of fresh flowers to take home for your enjoyment. A pair of clippers will be necessary and a fee of \$12-\$16 weekly will be required to cover the cost of materials.

K. Wawock Whitney Flowers  
Tues., 7-8:30 pm 1913 A; Feb 24  
Wed., 9-10:30 am 1913 B; Feb 25  
Wed., 1-2:30 pm 1913 C; Feb 25  
Thurs., 7-8:30 pm 1913 D; Feb 26  
\$83 (Sen. Cit. \$63) 10 wks

## Ceramic Workshop for Adult & Child

Enjoy a fun night out with your child and experience the satisfaction of completing a beautiful ceramic piece of your choice. **One child per adult.** A seasonal hand painted piece will be completed at each session. The first session will be a Saint Patrick's Day theme; the second will be Easter and the third session will be a summer theme. Supplies included in fee.

D. Manguilli HHS rm B 104  
Tues., 6:30-8 pm 1917 A; March 3  
Tues., 6:30-8 pm 1917 B; March 31  
Tues., 6:30-8 pm 1917 C; May 5  
\$25/adult w/child 1 session

## **NEW** Intro to Wine Making

This class will cover all the basic topics to get you started in making your own wine at home. This is not a wine tasting class. We will cover topics such as grape varieties, unit of measurement, supplies and equipment, storage vessels, cleaning and sanitizing, racking and bottling your wine, making personalized labels, and the processing of your wine. You will learn where to buy your grapes, juice or kits - both locally and on the Internet. We will study wines made from kits and juice. Within six weeks you could be drinking your first home made wine!

F. Renaldi HHS rm B 103  
Mon., 6:15-8:15 pm Feb 2 6 wks  
\$66 (Sen. Cit. \$52) #0604

*Watch for a continuation of  
Intro to Wine Making  
in our  
Fall 2009 Brochure*

*Advanced Wine Making*



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# CRAFTS & HOBBIES/HOME

## Guitar for Beginners

If you have always wanted to play guitar but never found the time, here is an easy way to get started. Learn the basics of how to play the guitar, finding musical notes, basic chords, reading music, and left and right hand technique. Bring your own guitar or one will be available for rental. Book fee \$9.95 payable first class.

G. Raccio All Things Musical  
Wed., 7:30 -8:30 pm Feb 4 8 wks  
\$78 (Sen. Cit. \$58) #1932

## Knitting Circle

Beginning and intermediate knitters welcome. Complete a project for your home, your family, or yourself in no time at all. Great for stress reduction, and meeting new friends. Intermediate knitters may bring a project of their choice, necessary yarn and needles. Beginner knitters bring size 10 needles and 1 skein of light solid colored worsted weight yarn.

E. Salinger HHS rm B 103  
Tues., 6:45-8:45 pm #1918 A; Feb 3  
Tues., 6:45-8:45 pm #1918 B; Mar 31  
\$72 (Sen. Cit. \$54) 7 wks

## Volunteers Needed

We are always looking for volunteers to help out with our "Windows to the World" senior computer classes. If you are interested and available during the day, contact Elderly Services at the Miller Senior Center at 203.287-2547

## Sewing: Make a Quilted Jacket



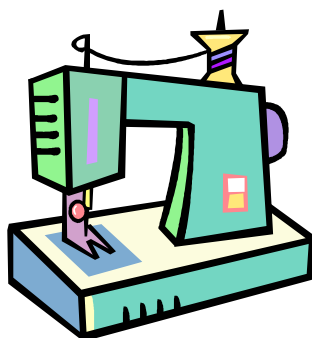
Basic sewing skills required to take this class. Bring your sewing machine, an extension cord, cutting board. 100 medium safety pins and learn how to make a quilted jacket. You will learn how to read a pattern and how to make a pattern fit you. The pattern for the jacket, Easy Stitch 'n Save #M5162 is available at Walmart for \$2.99 in two size ranges. A material list will be mailed to each enrollee.

A. Torrellas HHS rm B 103  
Thurs., 6:30-8:30 pm Feb 5 8 wks  
\$78 (Sen. Cit. \$58) #1919

## Set to Go

Explore your creative side and make your own wearable masterpieces. Make jewelry using glass beads and semi-precious stones. You will learn design fundamentals, construction, and finishing techniques. In the first class we learn to make earrings. In the second class we focus on bracelets, and in the third class we complete the sets by making necklaces. Over the course, you complete eight pieces, making two unique jewelry sets. A \$20 materials fee is payable at the first class.

S. Fields & E. Neuber HHS rm B 105  
Wed., 7-9 pm March 4 3 wks  
\$44 (Sen. Cit. \$33) #1912



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## Replacement Window Workshop - Do Your Research!

What is the best window for your home (wood, vinyl, etc.)? What makes a good quality window? What is a good price? This workshop will answer these questions plus show you how windows are replaced. A great course for anyone thinking about having windows replaced or replacing windows themselves. Instructor is a Connecticut registered home improvement contractor with 30 years experience as a master carpenter.

P. O'Doherty HHS rm A 112  
Tues., 7-9 pm March 24 1 session  
\$27 (Sen. Cit. \$20) #1911

## Register Early

Nothing cancels a good class quicker than everyone waiting until the last minute to register. If there are not enough registrations by the week before the class, the course may be cancelled. Calling on the day of the course will not resurrect it, so please register early!

# CREATIVE ARTS

## Basic Photography for Beginners Part I

This class is designed for beginners in photography. Explore the basic principles of the art of photography. We will study shutter speeds, f/stops, (aperture), lighting, flash, filters, depth of field, and more. These photo sessions will help you enhance your pictures, improve your composition, and make picture taking more rewarding. All you need is a camera and desire.

J. Kasaruskas HHS rm B 105  
Tues., 7-9 pm Feb 3 6 wks  
\$66 (Sen. Cit. \$52) #1809

**NEW**

## Basic Photo for Beg. Part II

Basic Photo II will continue with all the aspects covered in Part I. There will be greater emphasis on depth of field, lighting, composition, camera control, and all other topics discussed in Part I. There will also be weekly field trips to various parks and points of interest to experiment and expand on the topics discussed in class. All you need is a camera and desire.

J. Kasaruskas HHS rm B 105  
Tues., 7-9 pm March 24 5 wks  
\$58 (Sen. Cit. \$44) #1811

## How to Buy & Use a Digital Camera

This class will teach you how to use all the features of your new digital camera. Topics to be explained include resolution, white balance, file formats and compression, optical versus digital zoom, various picture modes and manual controls, etc. After you've taken the photo and transferred it to your computer, you'll learn how to store and catalog it so that you can find it again. Compare the various output choices such as prints or digital slide shows, do them yourself or have them done for you. Use of the Internet and e-mail will be discussed. Learn camera composition to improve your photos regardless of your camera type. A demo of the digital darkroom using Photoshop Elements will be presented.

R. Tokarz HHS rm D 212  
Mon., 6:15-9:15 pm Feb 2 2 wks  
\$44 (Sen. Cit. \$33) #1818

## Enhance Photos with Photoshop Elements Fundamentals

Now that you have a digital camera, what do you do with all those pictures? Learn how to organize all those files with Photoshop Elements Organizer. Included are subjects like: color correction, resizing photo files, changing resolution, fixing "red eye", opening closed eyes, creating slide shows on VCD, greeting cards, sending photos by email, etc. Media fee \$ 15 for class materials payable at first class. **A 30 day trial version of the program is provided that you load on your computer at home.** Owning the program is not necessary. A minimum knowledge of how to use a personal computer is required. This class will be taught on Adobe PhotoShop 6.0.

R. Tokarz Keefe Community Center  
Mon., 7-9 pm Feb 23 4 wks  
\$58 (Sen. Cit. \$44) #1806

## Enhance Photos with Photoshop Elements Essentials

This course builds on the fundamentals course with text on a picture, drawing shapes, painting with different brushes, creating collages, layers and selection to effect parts of an image, sharpening a blurry image, merging multiple images to create a panoramic, the magic of filters, and making scrapbook pages from scanned items, etc. Media fee \$ 15 for materials payable at first class. The instructor may be contacted for further information. Prerequisite: completed and mastered Photoshop Elements Fundamentals. This class will be taught on Adobe PhotoShop 6.0.

R. Tokarz Keefe Community Center  
Mon., 7-9 pm March 23 4 wks  
\$58 (Sen. Cit. \$44) #1805

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## Exploring Watercolor Painting

Experience the joys of watercolor. Here is an opportunity for beginners to explore and discover--a chance for the experienced to expand their horizons. The first evening includes a discussion of the realities of watercolor, supplies needed and a painting demo. Bring whatever supplies you have. Materials list will be provided at first class. (Cost approximately \$50.) Matty Dagradi, Pratt Institute artist with paintings in many private collections, studied under Milford-Zornes, Frank Webb and Sondra Frelkelton.

M. Dagradi HHS rm B 106  
Tues., 6:30-8:30 pm Feb 3 8 wks  
\$78 (Sen. Cit. \$58) #1817

## NEW Open Art Studio

Want to paint? Don't have the time - come to our open art studio, do your own thing, work in your desired medium. Exchange art ideas and share knowledge about different art happenings and gallery openings. We will be artists helping artists with ideas and critiques and friendship.

M. Dagradi HHS rm B 106  
Mon., 6:30-8:30 pm March 2 6 wks  
\$66 (Sen. Cit. \$49) #1816

## Oil Painting Advanced

For those who have had some painting experience and possess basic techniques. Bring your own project to this workshop. Mr. Teixeira will be available to support and guide you. **Odorless turpentine required and a container for disposal.**

E. Teixeira HHS rm B 104  
Mon., 7-9 pm Feb 2 8 wks  
\$78 (Sen. Cit. \$58) #1808



# PERSONAL DEVELOPMENT/REAL ESTATE

## Conflict Resolution and Stress Management

Participate in exploring and practicing the new life-affirming method of communicating advocated in Dr. Marshall Rosenberg's book, "Non-Violent Communication". Learn how to enhance your relationships, resolve conflicts, control anger and increase your competence at work and at home. Required textbook included in course fee.

M. Andrews HHS rm D 211  
Thurs., 7-8:30 pm March 12 4 wks  
\$52 (Sen. Cit. \$42) #1106

## Cost of Clutter

Find out the hidden cost of clutter in your home. Learn simple ways to break down the piles, eliminate the excess and find new uses for things. Discover how much you can save and even make money in the process. Create a simple filing system to avoid late fees and pay bills on time.

L. Calegari HHS rm D 109  
Mon., 7-9 pm March 2 1 session  
\$22 (Senior fee not applicable) #1119

## Homebuyer's Workshop

Understand the three main phases of buying a home. A licensed real estate sales-man 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.

B. DePodesta  
T. Brandi, P. Frazier HHS rm D 210  
Tues., 6:30-8:30 pm April 7 1 session  
\$15 (Senior fee not applicable) #0709

## Reverse Mortgages: Legal & Financial Considerations

Come hear a candid talk about the federal government's reverse mortgage program. Reverse mortgages have been getting a lot of media attention lately and there has been both true and false information reported. Kathryn Freda, a reverse mortgage specialist with Webster Bank, will provide a detailed candid overview of this important option for homeowners who are at least 62 years of age. Susan Nobleman, a local attorney who practices in the area of Elder Law, will address various legal issues concerning reverse mortgages. Ms. Freda will give an unbiased talk on the federally insured program, telling the audience both the pros and the cons of reverse mortgages. Topics will include: ownership retention, payment options, closing costs, peculiarity of legal documents, Powers of Attorney/Conservators, property considerations, loan repayment and more. Attorney Susan Nobleman of Gesmonde, Pietrosimone & Sgrignari will talk on how reverse mortgages can be used to pay for long-term care costs to remain in your home and the importance of planning for payment of long-term care costs.

K. Freda & S. Nobleman HHS rm D 211  
Tues., 6:30-8 pm March 24 1 session  
\$15 (Senior fee not applicable) #0701

## NEW The Secret Formula to Change Your Life

The Law of Attraction has been around for centuries. Learn how to make it work for you. Join others and face your fears and the negative patterns that hold you back. Find positive ways to point you in the direction of your goals. Create a gratitude journal and wish board and let this class be the first day of your new and exciting life.

L. Calegari HHS rm D 109  
Mon., 7-9 pm March 30 1 session  
\$22 (Senior fee not applicable) #1120

## NEW Helping Consumers with Health Insurance Issues & Medical Billing Problems

A Certified Insurance Consultant will share knowledge to help consumers help themselves in managing their health insurance issues and medical billing problems through education and organization. Learn how to respond and appeal with letters of dispute. Get tips to help prevent problems before they become a problem in order to save time, energy and additional cost.

C. Wells HHS rm D 210  
Thurs., 7-9 pm #2009 A; March 26  
Thurs., 7-9 pm #2009 B; May 14  
\$27 (Sen. Cit. \$20) 1 session

## SEARCHING FOR TALENT

Hamden Adult Education is continually attempting to offer courses of interest to the community. We are also looking for people to teach these courses.

Hamden is fortunate to have a wealth of talented citizens. 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:

LuAnn Gallicchio, Director  
Hamden Adult Education  
407.2028  
407.2056 (FAX)  
lgallicchio@hamden.org

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# CULTURAL ENRICHMENT

## **NEW** Shakespeare and Opera, Part I

Shakespeare's plays have provided the inspiration for some 210 known operas. While many of these are no longer performed, at least 27 of them are heard at least occasionally, and many of these are available in video recordings. This course will cover most of the Shakespearean operas currently on video. Composers include: Verdi, Rossini, Bellini, Gounod, Thomas, Nicolai, Britten and Barber. Part II will be offered next semester. A collection of articles will be provided.

S. Johnson Johnson's Residence  
Mon., 7:15-9:15 pm March 2 10 wks  
\$90 (Sen. Cit. \$70) #1901

## **NEW** Hospitality & Event Planning

This course examines the planning process and provides the tools and strategies necessary to effectively organize, implement, and monitor all the products, services, service providers and vendors that bring life to any event. This course is for anyone with any kind of budget. This course will be fun and exciting.

N. Gilbert HHS D 210  
Thurs., 7-8 pm Feb 5 4 wks  
\$45 (Sen. Cit. \$33) #1905

**Watch for one of our Fall  
2009 Bus Trips**

**Foliage Fun!  
Wine and Dine  
Chatham, NY**

**scheduled for  
Sunday  
October 4, 2009**

## Poetry101

Poetry101 contains satisfying explorations of poetic roots and components, giving way to class occurring discussions and the exhibition of material, both established and new, by published authors and the class's students. These class discussions will explore the aesthetics of each poem created and experienced. Material such as Shakespeare, Oscar Wilde, William Blake, William Wordsworth, Robert Frost, Lord Byron, Percy Shelley, John Keats, and others, will be the focus throughout the participation. Assignments will include the creation of poetry by participants to be exhibited in each class resulting in the establishment of a class portfolio. Bring a pen and composition book to class.

K. Lundquist HHS D 211  
Mon., 6:30-8:30 Feb 2 6 wks  
\$66 (Sen. Cit. \$52) #1205

## Writing for Non-Writers

This class is for those who think they can not write. My goal is to prove to them that if they can talk they can write. Books, poetry, cartoons, and pictures to prompt discussion and writing will be used throughout this class. We will also use memoir, journal writing and other creative writing techniques to write in a natural manner. Materials fee \$5 payable to instructor at first class.

A. Flaxman Whitney Center  
Tues., 1:30-3 pm Feb 3 6 wks  
\$58 (Sen. Cit. \$45) #1124



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## How to Make Money Selling Travel as a Home-Based Travel Agent

Do you have a passion for travel? How would you like to make money in your spare time by doing something you truly enjoy - sharing your love for travel with people you know?

One of the great things about being a home-based leisure travel agent is that you can start your business from your home or existing office, thereby keeping a very low overhead. And unlike a nine to five job, you set your own hours, work at your own pace, make your own rules, and enjoy the sense of pride that comes with owning your own business.

This workshop is designed to **train you how to succeed**. Through Mr. Weinstein's many years of experience as a vacation expert, he can take much of the guesswork out, providing you with the most effective tools for success.

Some of the areas covered include:

- Lessons to become a destination expert
- Making travel reservations and booking procedures
- Relationship Selling 101
- Prospecting and Networking to build your client base
- Free and almost free marketing ideas to further grow your business
- Business and legal issues
- Cashing in big with group travel

What does it take to succeed in this program? A sincere desire supported by hard work, dedication to the customer, and a passion for travel, the willingness to learn and follow the methods of good salesmanship and business operation.

J. Weinstein HHS rm D211  
Wed., 7-9 pm March 11 4 wks  
\$58 (Sen. Cit. \$42) #1121



# LANGUAGES

## French Reading

We will be discussing (mostly in English) various short articles in the French Media. Text will be in French. This course is ideal for students with some basic French reading skills. Materials fee of \$5 payable to instructor at first class.

Y. Kolodny HHS rm D 213  
 Mon., 6:15-7:45 pm March 2 5 wks  
 \$52 (Sen. Cit. \$39) #1603

## German Reading

We will be discussing (mostly in English) various short articles in the German Media. Text will be in German. This course is ideal for students with some basic German reading skills. Materials fee of \$5 payable to instructor at first class.

Y. Kolodny HHS rm D 213  
 Mon., 8-9:30 pm March 2 5 wks  
 \$52 (Sen. Cit. \$39) #1604

## Italian Beginners

Everyday Italian taught with an eye for the tourist with a quick study of grammar and Italian lifestyles, customs and geography. Textbook not included.

D. Ditomasso HHS rm D 213  
 Mon., 6:30-8 pm Feb 2 10 wks  
 \$84 (Sen. Cit. \$63) #1608

## Spanish Beginners

Are you interested in speaking Spanish? Emphasis is placed on learning through conversation, useful workplace and travel expressions and basic grammar. Textbook not included.

C. Cortes HHS rm D 209  
 Wed., 6:30-8:30 pm Feb 4 8 wks  
 \$78 (Sen. Cit. \$58) #1610

## Spanish Intermediate

For people with prior knowledge of the Spanish language, emphasis is placed on improving conversational skills, writing and refining basic knowledge of the language. Prerequisite: Beg. Spanish course or equivalent experience. Textbook not included.

G. Malavet-King HHS rm D 209  
 Tues., 7-9 pm Feb 3 8 wks  
 \$78 (Sen. Cit. \$58) #1611

## Spanish Level II Advanced

For people with Spanish language to enhance their conversational, writing and reading skills. Prerequisite: beginners and intermediate level required or equivalent experience. Textbook not included.

G. Malavet-King HHS rm D 209  
 Mon., 7-9 pm Feb 2 8 wks  
 \$78 (Sen. Cit. \$58) #1612

## Baby Sign: Enhancing Communication for Infants, Toddlers and Pre-School

Children's research indicates that infants and toddlers can communicate before they are ready or able to speak. Exposing young children, including those with language delays and disabilities, to another language, baby sign, is an effective and positive bridge to recognizing their often-challenging non-verbal needs. Learning baby sign encourages toddlers and pre-school children to interact naturally in playful and engaging ways, which has been documented through research to increase vocabulary, encourage communication, develop skills of observation, strengthen and introduce hand/eye coordination and motor skills. Through the reading of select children's books, baby sign will be used to demonstrate how to recognize and apply learning opportunities to successfully integrate baby sign into everyday life.

E. Baker HHS rm A 114  
 Mon., 7-8:30 pm Feb 23 4 wks  
 \$50 #1609



Begin your journey around the world through any of these fascinating language courses.

*Elizabeth K., said, "I am having such a good time in your class! Once again, I am reminded of how great a teacher you are."*

## Career Transitions

Gain hands-on computer experience in Microsoft Word and Excel. Explore careers by matching interests and skills with career possibilities, training or college options. Polish your job seeking skills so you can land the job of your choice. Do all this while you brush up your basic skills and work toward a high school diploma.

Call 773.9211 to find out more about this **free** program.

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Hamden Public School buildings and grounds are SMOKE FREE  
 Board Policy P-1331 Adopted  
 11/12/97

Please note: Textbook fees must be paid by check, money order or credit card.

## Child and Infant CPR

Learn how to reduce the risk of death or injury by properly recognizing breathing and cardiac emergencies and learning the proper way to administer appropriate CPR measures to victims of all ages. Certificate and textbook included.

C. Ely HHS C107  
 Mon., 6-10 pm April 20 1 session  
 \$52 #2006

## Babysitter's Training

The purpose of the American Red Cross Babysitter's Training course is to provide individuals, ages 11 to 15, with the information and skills necessary to provide safe and responsible care for children in the absence of parents or adult guardians. This training will help participants develop skills in leadership and professionalism, safety and safe play, basic care and first aid. Certificate and textbook included. **Please bring your lunch.**

C. Ely HHS C 107  
 Sat., 9 am-3:30 pm #2007 A; March 28  
 Sat., 9 am-3:30 pm #2007 B; May 16  
 \$37 1 session

## 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.lvagrh.org](http://www.lvagrh.org) or call us at 865.3867. We offer monthly orientation sessions for new tutors and eight training sessions/year. Tutors are asked to spend two hours/week with their students. Most tutors tell us it's the best two hours of their week.

**NEW**

## Basic Boating Certification

This complete boating safety course will allow you to obtain a Connecticut Safe Boating Certificate and a Certificate of Personal Watercraft Operation. Operate a boat or personal watercraft (jet ski) with confidence. Our experienced state certified instructors are ready to make your learning experience both fun and easy!

CT DEP Staff HHS rm D 215  
 M & W 6:30-9 m March 16 2 wks  
 \$15 #1003

**NEW**

## Piloting and Charting

This piloting and charting course covers the basics of coastal and inland navigation. It focuses on traditional techniques so the student will be able to find his or her way even if their GPS fails. The course includes many in-class exercises, developing the student's skills through hands-on practice and learning. Topics covered include, but not limited to, charts and their interpretations, navigation aids and how they point to safe water, plotting courses and determining direction and distance, the mariners compass and converting between true and magnetic, pre-planning safe courses, the seamans eye and simple skills for checking that one is on course.

Guilford Flotilla Staff HHS rm D 209  
 Tues., 6:30-9:30 pm April 28 3 wks  
 \$60 #1002

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

## HAMDEN'S PARTNERSHIP FOR YOUNG CHILDREN

### CHECK OUT ITS OFFICIAL WEBSITE

**WWW.HAMDENKIDS.  
 ORG**

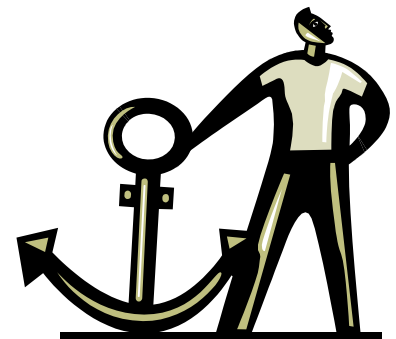
**PHONE # 203.407.2404**

Community members can locate information on family events, links to appropriate resources and enrichment activities for your child.

Childcare providers visit the site regularly to check on professional development activities and resources available to you.

## CREATE NEW OPPORTUNITIES BY CONTINUING YOUR EDUCATION

**SEE PAGE 26  
 FOR THE AVAILABLE OPTIONS**



# FAMILY LEARNING

## **NEW** Baby Sign: Enhancing Communication for Infants, Toddlers and Pre-School

Children's Research indicates that infants and toddlers can communicate before they are ready or able to speak. Exposing young children, including those with language delays and disabilities, to another language, baby sign, is an effective and positive bridge to recognizing their often-challenging non-verbal needs. Learning baby sign encourages toddlers and pre-school children to interact naturally in playful and engaging ways, which has been documented through research to increase vocabulary, encourage communication, develop skills of observation, strengthen and introduce hand/eye coordination and motor skills. Through the reading of select children's books, baby sign will be used to demonstrate how to recognize and apply learning opportunities to successfully integrate baby sign into everyday life.

E. Baker HHS rm A 114  
Mon., 7-8:30 pm Feb 23 4 wks  
\$50 #1609

## **NEW** ABC's of Parenting

This five week fun, interactive, hands-on class will offer parents of children 0-5 years an opportunity to learn the tools necessary for raising happy, healthy children. Course will include child development, positive discipline, communicating with children and getting your child ready for school.

G. Martinez HHS rm A 112  
Mon., 6:30-8 pm Feb 23 5 wks  
\$15 #2001

## **NEW** Introduction to Parenting 101

Join this interactive five week class offered to teens or teen parents. This course will give participants the opportunity to learn about the responsibilities of parenthood, relationships, healthy lifestyles, importance of attachment, discipline and guidance.

G. Martinez HHS rm A 112  
Mon., 6:30-8 pm April 6 5 wks  
\$15 #2002

## THE FAMILY RESOURCE CENTER OF HAMDEN

AT CHURCH STREET SCHOOL  
203.407.3111

### How the Family Resource Center can Assist You:

The staff can help you increase your enjoyment of your child and the parenting experience, and increase your ability to detect any developmental delays your child may have.

### PROGRAMS FOR YOUNG CHILDREN

- \* Drop-in play groups
- \* Home visits using the "Parents As Teachers" curriculum
- \* Book and toy lending library

### PROGRAMS FOR PARENTS AND CHILD CARE PROVIDERS

- \* Parenting education workshops
- \* English and high school equivalency classes in collaboration with Hamden Adult Education
- \* Training and support for home and center based child care providers
- \* CPR and first aid training
- \* Child care referrals
- \* Referrals to agencies and local services
- \* Ongoing parenting support groups
- \* Access to school readiness program information

VISIT HAMDEN'S PARTNERSHIP FOR YOUNG CHILDREN WEBSITE  
[WWW.HAMDENKIDS.ORG](http://WWW.HAMDENKIDS.ORG)

## **NEW** Cupcake Decorating for Adult & Child

Wow family and friends with beautifully decorated cupcakes. Have a fun night out and pick up some cupcake decorating tips from a professional. Bring a child and pay one price. All ingredients are peanut free and the frosting is gluten free. **Grade 2 and up please. Maximum of two children per adult.** Supplies included in fee.

C. Turner HHS rm D 107  
Mon., 6:30-8:30 pm April 6 1 session  
\$20/adult with child(ren) #0610

## **NEW** Ceramic Workshop for Adult & Child

Enjoy a fun night out with your child and experience the satisfaction of completing a beautiful ceramic piece of your choice. **One child per adult.** A seasonal hand painted piece will be completed at each session. The first session will be a Saint Patrick's Day theme; the second will be Easter and the third session will be a summer theme. Supplies included in fee.

D. Manguilli HHS rm B 104  
Tues., 6:30-8 pm 1917 A; March 3  
Tues., 6:30-8 pm 1917 B; March 31  
Tues., 6:30-8 pm 1917 C; May 5  
\$25/adult w/child 1 session



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# TEENAGE DRIVER EDUCATION/TEST PREP

## Online Test Prep Courses

### GED Preparation

Want to pass the GED? This course will help you develop the skills you'll need to succeed. **\$ 89**

### Prepare for the GED Language Arts, Writing Test

Prepare for the GED test on language arts and writing. **\$ 89**

### Prepare for the GED Math Test

Master the skills you'll need to pass Test 5 in the GED test series. **\$ 89**

### GMAT Preparation

Discover powerful test-taking techniques and methods for improving your score on the GMAT. **\$ 89**

### A+ Certification Prep, Basic

Prepare for the Comp TIA A+ exam and begin a rewarding career in the fast-growing PC repair field. **\$ 89**

### Network+Certification Prep

Prepare to take and pass the Comp TIA Network + Exam and begin a career as a network tech. **\$ 89**

### Paralegal Preparation 1

Prepare for a career as a paralegal by learning legal terminology, processes, ethics, and the basics of tort and contract law. **\$ 89**

### SAT/ACT Preparation - Part 1

Course designed to prepare you for the reading, English and science sections of the ACT and the critical reading and writing sections of the new SAT 2005. **\$ 89**

**All of these courses and many more can be taken from the convenience of your home or office. Every course offering includes expert assistance.**

**For more information visit  
[www.ed2go.com/hamden](http://www.ed2go.com/hamden)**

## Teenage Driver Education

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

**Dual Controlled Cars - Special Winter Training  
Patient Instruction**

**Permit and License Testing Available On Site**

**Qualifies You for Insurance Discount**

### New teen permit information

(Students who take Driver Ed)

\* Students do not need to go to DMV for the Learner's Permit: we will issue them to our students in the classroom phase.

\* Students who take driver education will have a two month advantage on their Learner's Permit. Students can be 16 and 4 months and apply for a license if they have completed driver education.

\* If students do not take driver education, they must obtain a Learner's Permit directly from the DMV and must hold the permit for six months.

**Students must be at least sixteen to enroll.**

**Continuous course - students can enroll anytime.**

**Option 1 - \$ 499** - This fee is for the complete course of 30 hours class/8 driving lessons. **Checks should be made payable to Academy of Driving.**

**Option 2 - \$ 599** - This fee is for the complete course of 30 hours class/10 driving lessons. It is the opinion of this driving school that 8 hours is not sufficient to adequately prepare a novice driver; as a result, we offer this 30/10 package at a reduced rate.

**Option 3 - \$ 1,250** - This fee is for a complete course of 30 hours of classroom and 20 hours of behind-the-wheel. Program designed for the student who does not have the opportunity to complete the required hours of training with their parents. This option offers 20 hours of instruction with a professional instructor and satisfies all DMV requirements.

**Other - \$ 125** - This is an optional service if the student wishes to use our vehicle for the exam date. This fee is for arrangement, insurance coverage, necessary paperwork, and the use of our vehicle. This fee must be paid in advance in order to ensure student's appointment.

**\$ 75** - Charge for the permit

**\$ 25** - Textbook fee

**Motor Vehicle fees: - \$ 40** check/money order for the exam

**\$ 77** maximum charge for student's license

These charges are payable to the Motor Vehicle Department

**\$ 30** - Cancellation fee per hour will be charged for any lesson cancelled without sufficient notice. Cancellations must be called into office 48 hours in advance. Please note that there will be no refunds once you have enrolled or started this program. This course is good for one year from enrollment date.

**Applications available at the Adult Ed Office Rm D 102.**

**Classes held after school at HHS Rm D 204.**

**For scheduling information call Academy of Driving at 287.9600.**

# SENIOR OFFERINGS

## COMPUTER CLASSES FOR SENIOR CITIZENS

### “WINDOWS TO THE WORLD”

**Computer Basics for Beginners** - If you want to learn what computers are, how they work and how to use one, then sign up for class. You will learn the basics in order to start using a computer. You will also be introduced to the Internet.

**Exploring the Internet** - Now that you completed your basic course, you can learn how to use the Internet including sending and receiving emails, “surfing” the net, and special sites for seniors.

#### Understanding your Computer

A seven week (2 hours per session) course of intermediate computer study for seniors, focusing on the XP Operating System. All students must have completed “Windows to the World” basic computer class. Students must have good hand and eye coordination and mouse skills, good keyboard skills and email accounts with screen name. A home computer is recommended because homework will be assigned.

Course fee \$15 for Hamden senior citizens which includes memory stick and supplies. Fee is \$10 if you have already purchased a memory stick.

**Drop In Lab** - You can practice, ask questions, and work on your own projects.

The computer lab is located at the Miller Senior Center.

If you are interested in signing up for a class call 287.2547.

Hamden Public School buildings and grounds are SMOKE FREE Board Policy P-1331 adopted 11/12/97

#### AARP Driver Safety

Designed for persons aged 50 and older to update their driving skills, help compensate for age-related physical changes, reduce traffic violations and accidents. Certificate awarded for completion of course may qualify you for a discount on your auto insurance. **Registration by mail or walk-in prior to start of class. Please include a \$10 check payable to AARP for each enrollee.** Bring a **driver’s license** to class.

Staff HHS rm A 112  
M & W 6-10 pm #1001 A; Feb 9 & 11  
T & Th 6-10 pm #1001 B; Mar 17 & 19  
T & W 6-10 pm #1001 C; Apr 21 & 22

#### **NEW** Shakespeare and Opera, Part I

Shakespeare's plays have provided the inspiration for some 210 known operas. While many of these are no longer performed, at least 27 of them are heard at least occasionally, and many of these are available in video recordings. This course will cover most of the Shakespearean operas currently on video. Composers include: Verdi, Rossini, Bellini, Gounod, Thomas, Nicolai, Britten and Barber. Part II will be offered next semester. A collection of articles will be provided.

S. Johnson Johnson’s Residence  
Mon., 7:15-9:15 pm March 2 10 wks  
\$90 (Sen. Cit. \$70) #1901

#### Writing for Non-Writers

This class is for those who think they can not write. My goal is to prove to them that if they can talk they can write. Books, poetry, cartoons, and pictures to prompt discussion and writing will be used throughout this class. We will also use memoir, journal writing and other creative writing techniques to write in a natural manner. Materials fee \$5 payable to instructor at first class.

A. Flaxman Whitney Center  
Tues., 1:30-3 pm Feb 3 6 wks  
\$58 (Sen. Cit. \$45) #1124

#### Oil Painting Workshop for Seniors

Bring your own project to this workshop. Mr. Teixeira will be available to support and guide you. **Participants must use odorless turpentine and bring a container for disposal.**

E. Teixeira Miller Senior Center  
Thurs., 10-12 noon Feb 5 8 wks  
\$78 (Sen. Cit. \$58) #1813  
Hamden Sen. Cit. Free

#### **NEW** Why Life Planning/Preplanning Is Important

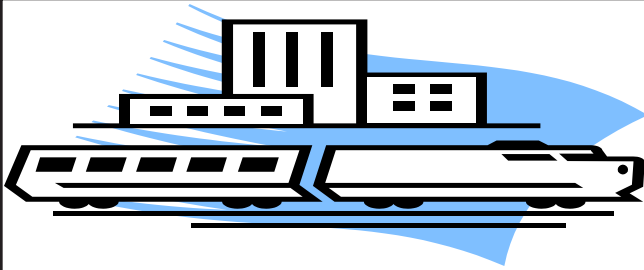
This course will bring clarity to the funeral arrangement process. Preplanning funeral options will be discussed as well as merchandise and state guidelines as it relates to preneed contracts.

H. Hill HHS rm D 215  
Tues., 6:30-8 pm #1125 A; Feb 3  
Tues., 6:30-8 pm #1125 B; March 3  
Tues., 6:30-8 pm #1125 C; April 21  
\$10 3 wks



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

## BUS TRIPS



### Grand Central Station Tour

#### Lunch and a Visit to Chelsea Market

Join us for a magnificent walking tour of Grand Central Station which has been renovated to its 1914 glory. The cerulean blue ceiling with its 2,500 twinkling stars is now sparkling, the marble is polished and gleaming, and exciting shops and restaurants beckon its visitors.

We will enjoy lunch at Maria's Mont Blanc Restaurant where the hallmarks are delicious cuisine and warm hospitality. Luncheon choices are: Four Cheese Ravioli, Chicken Marsala, or Grilled Salmon, potato, vegetable, bread basket, dessert and beverage.

Next we visit Chelsea Market which is designated the hot shopping spot of the Food Network, a gourmet lover's wonderland. Food vendors fill the interior space of an historic building in the heart of West Chelsea. If you're craving it, they're sure to have it.

1206 Saturday, March 21st \$86

Bus leaves Hamden High School promptly at 9:00 am and we will return approximately 6:30 pm.

**Please note: No refunds will be issued for this trip after March 6th**

### Little Italy Boston's Italian North End



Join us for this riding and walking tour of Boston that brings us to the Italian North End, Boston's oldest neighborhood which retains its 1630 web of narrow streets lined with Italian shoppes and markets. Italian immigrants brought their cuisine and heritage and built the vibrant, fun neighborhood that today is "Little Italy".

We will enjoy lunch at the famous Joe Tecce's Ristorante where traditional Neopolitan Italian food has been served for over 50 years. The luncheon menu includes salad, Penne Marinara, a choice of Veal Parmigiano, Chicken Marsala, or Baked Scrod, Italian bread, spumoni and beverage.

After lunch we have free time for shopping in Little Italy.

1207 Saturday, April 18th \$90

Bus leaves Hamden High School promptly at 7:30 am and we will return approximately 7:00 pm.

**Please note: No refunds will be issued for this trip after April 3rd.**

## BROOKLYN BOTANIC GARDEN CHERRY BLOSSOM FESTIVAL

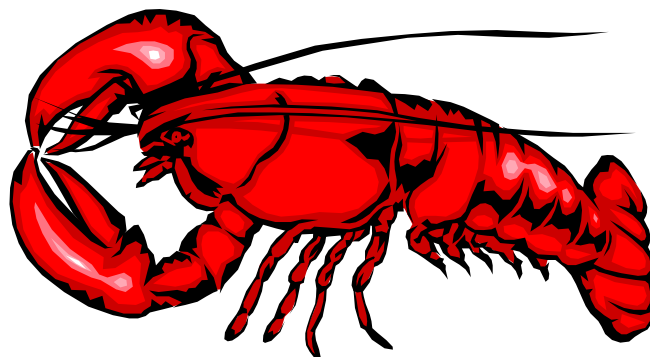
The peak blooming time at the Brooklyn Botanic Garden in New York is sensational. View over 200 dazzling trees along the Cherry Esplanade bloom with pink and magenta blossoms.

The Festival features lots of fun and festivities such as music, dance, exhibits and food vendors. Enjoy lunch on your own at one of the many food vendors. You can visit the famous Japanese Garden and many other wonderful displays.

**1208      Saturday, May 2nd      \$65**

Bus leaves Hamden High School promptly at 9:00 am and we will return approximately 5:00 pm.

**Please note: No refunds will be issued for this trip after April 17th.**



## Lobster & Cranberries! Plymouth County is Cranberry Country

Enjoy a tour of Plymouth with our knowledgeable, local step on guide. Learn the wonderful history of Cranberry Bogging, see the Mayflower II, Plymouth Rock, the Jenny Grist Mill and the National Monument of the Forefathers.

We will then enjoy a delicious Lobster Feast at Isaac's Oceanfront Restaurant overlooking the harbor in Plymouth, Ma. The menu features salad, mussels, 1-1/4 lb. boiled lobster, potato, corn, and mocha ice cream pie for dessert. (alternate meal: prime rib)

We complete our visit with a tasting at the Plymouth Colony Winery, New England's original cranberry winery. The winery building, circa 1890, is surrounded by nine acres of picturesque cranberry bogs. Your taste buds will be happy!

**1209      Saturday, June 13th      \$99**

Bus leaves Hamden High School promptly at 7:30 am and we will return approximately 7:00 pm.

**Please note: No refunds will be issued for this trip after May 29th.**

## HAMDEN ADULT EDUCATION LEARNING LAB

M. L. KEEFE COMMUNITY CENTER

11 PINE STREET - 203.773.9211

FREE CLASSES



### Basic Skills

Have you been out of school for a while? Would you like to improve your reading, writing and math skills? Do you need a high school diploma? Are you trying to get a new job? This course is a good place to start.

**M, W 9 am-12 noon or M, W 7 pm-9 pm**  
Beginning January 12th

### GED Prep

Do you want to study for the GED exam? You will work on five required areas of study: math, science, literature and the arts, writing skills, and social studies. You will be given practice tests and instruction will be individualized where possible.

The GED Exam is offered monthly at Hamden High School. Once you have completed the prep course and feel you are ready to take the exam you must register in person at the adult education office.

**M, W 9 am-12 noon or M, W 7 pm-9 pm**  
Beginning January 12th

### Career Transitions

Gain hands-on computer experience in Microsoft Word and Excel. Explore careers by matching interests and skills with career possibilities, training or college options. Polish your job seeking skills so you can land the job of your choice. Do all this while you brush up your basic skills and work toward a high school diploma. Call 773.9211 to find out more about this program.

**T & Th 9 am -12:30 pm**  
Beginning January 13th

### Citizenship

Do you need to learn about the history and government of the United States? Do you need to know the requirements for citizenship? Do you need to know how to apply for the exam and assistance in filling out the citizenship forms? This program is for you.

**Information Sessions**  
Thurs., January 8th 10:00 am or 7:30 pm  
M. L. Keefe Community Center

## Registration for all classes at the Hamden Adult Education Learning Lab

Basic Skills, ESOL, GED Prep and Career Transitions

Registration - Wednesday, January 7th or Thursday, January 8th  
9 am - 10 am or 7 pm - 8 pm

Picture I.D. required at time of registration. Plan to spend one hour.



## HAMDEN ADULT EDUCATION LEARNING LAB

M. L. KEEFE COMMUNITY CENTER

11 PINE STREET - 203.773.9211

FREE CLASSES



## LEARN ENGLISH FREE AT M. L. KEEFE COMMUNITY CENTER

### ESOL - English Speakers of Other Languages

Would you like to improve your English communication at home and on the job? Do you want to feel more at home in our communities? Are you interested in furthering your education? We offer these free classes for foreign-born residents in listening, speaking, reading and writing. We help you develop skills for jobs, education and cultural adjustments for life in the United States.

### Register

Wednesday, January 7th

Thursday, January 8th

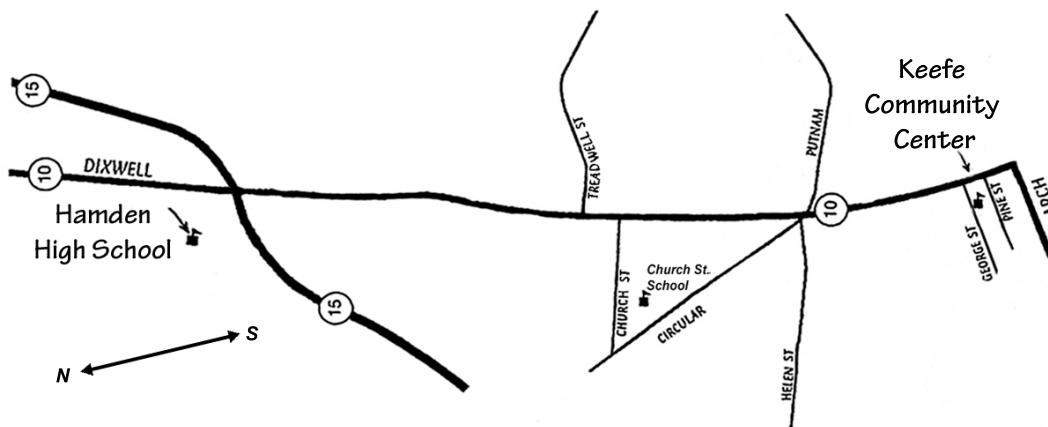
9 - 10 am or 7 - 8 pm

Classes are held Monday - Thursday  
beginning January 12th

For more information call 773.9211

Basic Skills, ESOL, GED Prep and Career Transitions

### Map to Hamden Adult Education Programs



# HAMDEN ADULT HIGH SCHOOL PROGRAMS

AT HAMDEN HIGH SCHOOL - ROOM D 102

ADULTS WISHING TO EARN AN ACCREDITED HIGH SCHOOL DIPLOMA HAVE SEVERAL OPTIONS

## ADULT HIGH SCHOOL

STUDENTS MUST EARN A  
TOTAL OF 22 CREDITS

Adults who did not complete their high school education have the opportunity to earn a high school diploma. Classes are offered in English, Math, Social Studies, and Science on Tuesday and Thursday evenings. Additional credits may be earned for work experience, independent study and through SDE online courses. The adult high school also collaborates with Gateway Community College for additional credit options.

### WALK IN REGISTRATION FOR THE ADULT HIGH SCHOOL DIPLOMA PROGRAM

**TERM 1 REGISTRATION**  
**MONDAY, JANUARY 5TH**  
**WEDNESDAY, JANUARY 7TH**  
**6:30-8:30 PM**

**TERM 1**  
**CLASSES BEGIN**  
**TUESDAY, JANUARY 13TH**  
**6:30 PM**

**TERM 2 REGISTRATION**  
**WEDNESDAY, MARCH 4TH**  
**6:30-8:30 PM**

**TERM 2**  
**CLASSES BEGIN**  
**TUESDAY, MARCH 17TH**  
**6:30 PM**

**PLAN TO SPEND ONE HOUR AT TIME OF  
REGISTRATION.**

CARL MUNGIGUERRA, COORDINATOR  
ROBERT AGNESE, COUNSELOR

## GED EXAM

### HIGH SCHOOL EQUIVALENCY DIPLOMA

The GED exam is offered monthly at Hamden High School. It consists of tests in the following areas: language arts/writing, language arts/reading, math, science and social studies.

Any Connecticut resident who does not have a high school diploma, is at least 17 years old and has formally been withdrawn from school for six months or their high school class has graduated is eligible.

**Registration deadline is at least 3 weeks prior to exam, but space is extremely limited at the Hamden site. Individuals are scheduled on a first come-first serve basis. Registering in advance may help but does not guarantee your first choice of test date and/or location. You will be requested to select a second and third choice.**

One must register in person at the Hamden Adult Education office. A current **State or Government Photo I.D. is required at registration and entrance into exams. A fee of \$ 13 payable by money order or credit card only is required for Examinees 21 years and older.** Successful completion of a GED practice test is recommended prior to registration. Testing arrangements can be scheduled through the adult education office. For more information please call 407.2028.

Special test accommodations can be arranged for individuals with appropriate documentation. Call Carl Paternostro (860) 807.2110.

GED Prep classes are available at the M. L. Keefe Community Center for those individuals interested in preparing for the GED exam who work or live in Hamden. Residents of other communities should contact their community's adult education program.

### Test Dates

Mon, Tues. Wed. evenings

January	12,13,14	May	4,5,6
February	9,10,11	June	8,9,10
March	9,10,11	July	13,14,15
March	30, 31, April 1	August	3,4,5

## EXTERNAL DIPLOMA PROGRAM - EDP

This is an alternate route to earning a high school diploma. Students are expected to demonstrate a number of life skills through several tasks as well as demonstrate an individual skill in an occupational, academic or specialized area. This program is free to students who live or work in Hamden or the cooperating towns\*. All other individuals are welcome and should call the adult education office for fee schedule.

**For all information contact the Hamden Adult Education office 407.2028.**

\* North Haven, Bethany, Orange, Woodbridge

# CAREER CENTER/COLLEGE PREP/GATEWAY

## THE CAREER CENTER

Residents of Hamden, especially high school students and their parents, are welcome to explore career and college materials. A career resource specialist will be available to help you navigate the various resources available.

### Research:

- Financial Aid
- Careers
- Voc/Tech Schools
- Colleges
- the Job Market



## NEW Funding College During the Economic Crisis

Senator Chris Dodd recently estimated that over \$ 110 billion dollars in college savings had been lost in the recent market downturn. John F. Pearson, CPA, founder of [taxscholarship.com](http://taxscholarship.com) and nationally known speaker and columnist on college planning, will show you creative tax, scholarship, and college admission strategies that can help you fund your child's college education, while leaving you in better financial shape to retire.

J.Pearson, CPA &

N. Liebermann, CFP HHS rm D 210  
 Tues., 7-9 pm Feb 24 1 session  
 \$ 15 #0301

## SAT PREP COURSE

This course is designed to help students get their best possible score on the College Board SAT exam, used in the college admissions process. Classes will focus on test-taking strategies, a thorough math and grammar review, tips for writing a high-scoring essay, and computer analysis of SAT practice tests.

Tuesday  
 8 sessions

4 - 6:15 pm

Hamden High School-Rm B 216

Classes begin February 10th

Fee - \$525

### VERBAL

Students learn how to:

- Analyze sentence completion questions
- Improve performance on reading comprehension
- Recognize vocabulary words typically seen on the SAT
- Prepare for the student-written essay
- Apply rules of grammar to the writing questions

### MATH

Students will learn:

- Math formulas, concepts, and symbols frequently tested on the SAT
- Shortcuts in order to get to the last few questions
- How to do the grid-in questions
- How to analyze strengths and weaknesses in order to develop strategies for improvement

QUESTIONS? CALL (203) 235.2195

ADVANTAGE SEMINARS

P.O. BOX 4657

WALLINGFORD, CT 06492

NAME: \_\_\_\_\_

PHONE: \_\_\_\_\_

EMAIL: \_\_\_\_\_

ADDRESS: \_\_\_\_\_

SCHOOL: \_\_\_\_\_

GRAD. YEAR: \_\_\_\_\_

Please mail form and payment to:  
 Advantage Seminars or register online at  
[www.advantageSAT.com](http://www.advantageSAT.com). Do not send  
 registrations to Hamden Adult Ed.

## Hamden-Gateway College Cooperative Program

The Hamden Board of Education, (through Hamden Adult Education), and Gateway Community College have developed a joint program to bring college level courses to the residents of Hamden. **Classes will begin the week of January 26, 2009.** You are required to take placement examinations in reading, mathematics and written English.

Mathematics and English credits from an accredited institution of higher education will be reviewed to determine if a waiver from the tests should be granted.

Courses offered at Hamden High School from 6:45 - 9:45 pm.

COURSE	DAY	ROOM
Elementary Spanish I	T	A 206
Fundamentals of Human Communications	TH	D 213
Elementary Algebra Foundations	T	D 214

Register by mail or by calling 285.2080 to request registration forms.

For further information, call the Gateway Community College's Admissions office at 285.2080.

The College reserves the right to cancel those courses for which there is insufficient enrollment.

For information regarding fees contact the admissions office.

Gateway  
 Community  
 College

Open Doors  Open Minds

## HAMDEN TOWN SERVICES

Elderly Services Coordinator, Suzanne Burbage

Parks & Recreation Director, Frank Rizzuti

Workforce Coordinator, Susan Hutchinson

Hamden Library Director, Robert Gualtieri

Community Services Director, Darlene Butler

Youth Services Coordinator, Susan Rubino

Books.....and so much more

### @ your library

**Hamden Public Library**

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

- DVDs, Videos, CDs, Books on tape and CD, Magazines
- Children's Programs  
See monthly calendar on [hamdenlibrary.org](http://hamdenlibrary.org)
- Computers for research, job resumes, business plans, homework
- Info Anytime, answers to questions 24/7; follow links at [hamdenlibrary.org](http://hamdenlibrary.org)
- Free or Discounted Passes to Aquariums, Museums, Zoo. (Need a Hamden Public Library card.)

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

Monthly calendar of events; reserve and renew books.

[iconn.org](http://iconn.org)

Research and homework help for all ages.

[learnatest.com/library](http://learnatest.com/library)

Practice tests and tutorials for GED, SAT, civil service, citizenship, plus e-test books.

Questions? Call 287.2680 or [info@hamdenlibrary.org](mailto:info@hamdenlibrary.org)

Three locations:

Miller Memorial

2901 Dixwell Avenue

287.2680

Brundage Community Branch

91 Circular Avenue

287.2675

Whitneyville Branch

125 Carleton Street

287.2677

### COMMUNITY SERVICES

562.5129

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

- Hamden Food Bank
- KC's Closet
- Fuel Assistance
- Family Movie Night
- PACK Theater Productions
- Computer Lab
- Jobs, Training & Placement
- KIDSFEST
- Housing Assistance
- Emergency Services
- Holiday Toys
- Camp Scholarships
- Medical Referral & Clinics/WIC
- Case Management & Referral

### YOUTH SERVICE BUREAU

777.2610

Provides a comprehensive, coordinated system of programs and services for the children and families of Hamden.

- Summer Youth Employment
- Information & Referral
- Substance Abuse Prevention
- Teen Programs
- Youth Center
- Boxing Program
- Community Based Prevention Programs
- Child Care Center:  
Ages 3-12 part time/full time
- After School and School Vacation Programs for Middle School Students
- Coalition to Stop Underage Drinking
- Hamden Family Fun Day
- National Night Out
- Youth Forums
- School Supplies
- Babysitting Classes
- Various special events for children and families

### PARKS AND RECREATION

General Information	287.2579
Recording of Activities	287.2588
Brooksville Park	287.2669
Ice Skating Rink	287.2610
Swimming Pool	287.2588

### MILLER SENIOR CENTER PROGRAMS

Providing social and support services to elderly Hamden residents

- aerobics
- bingo
- pinochle
- bridge
- pool
- tai chi
- stroke group
- pokeno
- blood pressure
- movie day
- line dancing
- Mah Jongg
- health counseling
- computer classes

Elderly Outreach	287.2691
Transportation	288.2885
Miller Center	287.2547

### ADULT DAY CARE

Partnerships Center  
for Adult Day Care  
248.8854

Clelian Adult Day Care Center  
288.4151

### JOB RESOURCE CENTER

Meet with the employment counselor by appointment only

Miller Library  
2901 Dixwell Avenue  
287.2647

M.L. Keefe Community Center  
11 Pine Street  
562.5129

For Hamden residents only

# REGISTRATION INFORMATION

## Eligibility:

Hamden Adult Education programs are open to all residents who are over 16 years of age. Non-residents are welcome to participate in the enrichment program.

## Tuition and Fees:

Persons enrolled in Basic Skills, ESOL, GED, American Citizenship and High School Diploma Programs are exempt from tuition. Residents enrolled in enrichment courses must pay the designated fee by check, money order or credit card.

**Non-residents will pay an additional \$5.00 per order.**

## 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.

## Storm Day Policy:

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

## Gift Certificates:

Certificates may be purchased at the Adult Education Office.

## Refunds:

**A \$ 12.00 processing fee will be subtracted for any refunds made. No refunds will be paid after the second class session. Refunds will not be issued for computer classes after the first class session. Bus trip refunds must be requested as noted under each trip description.** Refunds for craft classes must be requested one week prior to start date due to the cost of supplies the instructors could otherwise not recover. **All refunds for credit card transactions processed over 90 days past the original transaction date will be in the form of a credit voucher or check.**

## Persons with Disabilities:

Anyone who needs assistance to gain access to classrooms, special GED test accommodations or any other accommodations for effective communication should contact LuAnn Gallicchio, Hamden Adult Education (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, and upon request, this brochure is also available in alternative formats. Questions, concerns or complaints concerning the Americans with Disabilities Act of 1991 should be directed to **Hamlet Hernandez**, Assistant Superintendent at 407.2059.

## Class Cancellations:

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

## 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, as a matter of policy, does not knowingly condone discrimination in employment, assignment, program, or services, on the basis of race, gender, color, religion, national origin, age, sexual orientation, disability, or related abilities to perform the duties of the position. For further information contact **Hamlet Hernandez**, Assistant Superintendent at 407.2059.

## Senior Citizens:

Adults 62 years and older are eligible for the senior citizen rates.

## Sexual Harassment:

The Board of Education prohibits sexual harassment or intimidation of its students and employees. Any student or employee who believes he or she has been the subject of discrimination/sexual harassment should contact the district's Equity/Title IX Coordinator, at 407.2059.

## No Smoking:

Hamden Public School buildings and grounds are SMOKE FREE. Board Policy P-1331 adopted 11/12/97.

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

# HAMDEN ADULT EDUCATION REGISTRATION FORM

### By Phone

Call 407.2028  
using Visa, Mastercard  
or Discover or by  
FAX 407.2056



### By Mail

Fill out registration form and mail to:  
Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, CT 06514



### Walk-In

Adult Education Office  
Room D 102  
2040 Dixwell Avenue  
Hamden, CT 06514



### Office Hours

Monday - Thursday - 8:30 am - 3:30 pm  
Monday - Thursday - 6:30 pm - 9:00 pm  
Friday - 8:30 am - 3:30 pm

### Website

[www.hamdenadulthood.org](http://www.hamdenadulthood.org)  
Available 7 days a week  
24 hours a day

## Refund Policy

A \$ 12.00 processing fee will be subtracted for any refunds made. No refunds will be paid after the second class session. Exceptions: All computer courses. Refunds will not be issued after the first computer class. Refunds for craft classes must be requested one week prior to start date due to the cost of supplies. Bus trips refunds must be requested as noted under each trip description.

Full payment of fees must accompany registration form.

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

## WE DO NOT CONFIRM REGISTRATIONS

Last Name:		First Name:	
Street:	Town:	State:	Zip:
Home Phone:	Cell/Work Phone:	email:	
Persons with disabilities:	Senior Citizen		
Visa/MC/Discover	Exp. Date:	Money Order/Check #	
Signature	(Office Use) Approval:		
Course #	Course Title	Amount	
		Non-resident fee	\$5.00
	Non-residents add \$5.00 per order	Total Due	

**NO ENRICHMENT CLASSES ON THE FOLLOWING DATES:**

Martin Luther King, Jr. Day.....January 19  
Winter Recess.....February 16-20  
HHS Parent/Teacher Conferences.....February 25  
Spring Recess.....April 13-17  
HHS Parent/Teacher Conferences.....May 6  
Memorial Day.....May 25

**CLASS CANCELLATION  
(due to weather)**

Whenever the Hamden Public Schools are closed due to bad weather, Adult Education classes do not meet. If the weather deteriorates during a scheduled school day necessitating cancelling evening classes, an announcement will be made on WFSB (Channel 3), NBC (Channel 30), and WTNH (Channel 8) or visit us online [www.hamdenadulthood.org](http://www.hamdenadulthood.org). Cancelled classes will be made up by adding an additional session. If school is delayed, classes at our learning lab at the Keefe Community Center will begin at their scheduled time.

**LOCATION OF CLASSES**

**ALL THINGS MUSICAL**

3210 Whitney Avenue

**DIANE'S CERAMIC STUDIO**

21 Crestway

**ELITE FITNESS**

23 RACCIO PARK ROAD

**HHS**

HAMDEN HIGH SCHOOL  
2040 DIXWELL AVENUE

**HIT IT! FITNESS STUDIO**

4133 WHITNEY AVENUE

**LARSON PLACE**

1450 WHITNEY AVENUE

**MILLER LIBRARY**

2901 DIXWELL AVENUE

**MANTIS KUNGFU ACADEMY**

2371 WHITNEY AVENUE

**MSC**

MILLER SENIOR CENTER  
2901 DIXWELL AVENUE

**MLK**

M.L. KEEFE COMMUNITY CENTER  
11 PINE STREET

**WHITNEY CENTER**

200 LEEDER HILL

**WHITNEY FLOWERS**

2648 WHITNEY AVENUE

**YOUR COMMUNITY YOGA CENTER**

39 PUTNAM AVENUE

**SCHOOL ADMINISTRATION**

Superintendent  
Frances Rabinowitz

Assistant Superintendent  
Hamlet Hernandez

**BOARD OF EDUCATION**

Michael D'Agostino, Chair  
John Keegan, Secretary  
Lynn Campo  
Austin Cesare  
Michael Dolan  
Myron W. Hul  
Adam Sendroff  
Valarie Stone  
Edward Sullivan

**STAFF**

Director  
LuAnn Gallicchio  
Administrative Secretary  
Violet Maselli

**OFFICE HOURS**

Monday-Thursday  
8:30 am-3:30 pm  
6:30 pm-9:00 pm

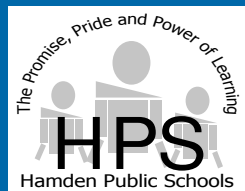
Friday  
8:30 am - 3:30 pm

Hamden Public School  
buildings and grounds are  
SMOKE FREE  
Board Policy P-1331 adopted  
11/12/97

Microsoft PowerPoint  
More Yeast Breads Made Simple  
Home Based Travel Agent  
Intro to Wine Making  
Child and Infant CPR  
Adobe Photoshop  
Open Art Studio  
Money Saving Meal Planning

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

Register by Mail - Phone 203-407-2028 - Fax 203-407-2056



Hamden Adult Education  
2040 Dixwell Avenue  
Hamden, Connecticut 06514

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

**ECRWSS**  
**Postal Customer**