

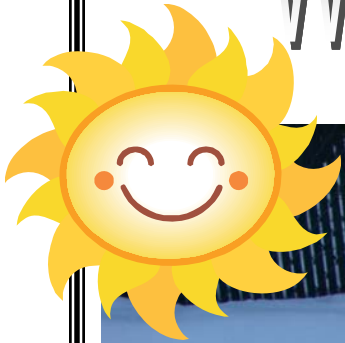
Chapel Haven, Inc.

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Winter 2012 CATALOG



Chapel Haven is committed to providing a lifelong program of individualized support services for adults with cognitive and social disabilities, enabling them to live independent and productive lives.

MASTER DAY SCHEDULE

WINTER 2012

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:15-8:15		Cs-Wake Up and Sweat!	Cs-Wake Up and Sweat!	Cs-Wake Up and Sweat!	
8-9	EDU-Personal Hygiene (apts.)	EDU-Personal Hygiene (apts.)	EDU-Personal Hygiene (apts.)	EDU-Personal Hygiene (apts.)	EDU-Personal Hygiene (apts.)
9-10	<i>Ae-GMCH (C1)</i> <i>A-GMCH (C2)</i> <i>C-GMCH (C3)</i> <i>V-GMCH (C4)</i>	<i>Ae-Pers. Finance A [Part 1] (C1)</i> <i>V-Self Advocacy A (C4)</i> <i>C-Popular Culture (C3/CL)</i>	<i>Ae-GMCH (C1)</i> <i>A-GMCH (C2)</i> <i>C-GMCH (C3)</i> <i>V-GMCH (C4)</i>	<i>Ae-Pers. Finance B [Part 1] (C1)</i> <i>A-Academic Readiness (C2)</i> <i>V-Let's Go Cardio (FR)</i> <i>O-Stress Management (CRA)</i>	<i>Ae-GMCH (C1)</i> <i>A-GMCH (C2)</i> <i>C-GMCH (C3)</i> <i>V-GMCH (C4)</i> IW-Walgreens C {9:30-2:00}
10-11	R-Retirement Home (SL) M-Wilbur Cross (SL) R/C-UNH (SL) <i>C-Career Wrkshp. 3A (C3)</i> <i>V-Weather & Climate (C1/CRA)</i> <i>T-Basic Ceramics A (AS)</i>	R-All Pet's Club (SL) M-Wilbur Cross (SL) A-Mobility 3B (C2) <i>O-Weight Training (FR)</i> <i>J-Itunes 101</i>	R-Retirement Home (SL) M-Fair Haven (SL) C-UNH (SL) <i>O-Intro to the Comm. A (C4)</i> <i>Ae-Disabilities & Adv. (C1/CRA)</i>	R-All Pet's Club (SL) M-Wilbur Cross (SL) T-Media Science B (SL) {10-11:30am} <i>V-Self Advocacy B (C4)</i>	M-Wilbur Cross (SL) T-Out & About C (SL) <i>V-Healthy Relat. 3B (C4)</i> <i>A-Card Games (C1/CRA)</i>
11-12	<i>A-Cooking A (apt.)</i> <i>Ae-Cooking B (apt.)</i> <i>V-Cooking C (apt.)</i> <i>O-Cooking D (apt.)</i>	<i>V-Healthy Relat. 3A (C4)</i> <i>C-Career Wrkshp 3B (C3)</i> <i>Ae-Animal Science (C1)</i>	<i>A-Cooking A (apt.)</i> <i>Ae-Cooking B (apt.)</i> <i>V-Cooking C (apt.)</i> <i>O-Cooking D (apt.)</i>	<i>V-Free Time Mngmt. A (C4)</i> <i>C-CH Blogger (CL)</i> <i>A-American History (C2)</i>	<i>O-Intro to the Comm. A (C4)</i> <i>Ae-Sweet & Savory (Apt.)</i> <i>C-Exp. Science (C3)</i>
12-1	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-2	Ae/Sh-Online Banking (CL) A/D-Mobility 3A (C2) T-Out & About A (SL) <i>O-Cell Phone Etiq. A (C3)</i>	A/D-Groc. Shopping A V-Bowl. for Res. (SL) <i>Ae/Sh-Pers. Finance A [Part 2] (C1)</i> <i>J-Smartphone Apps (C3)</i>	C-CH Maint. A (SL) A/R-Groc. Shopping B J/D-Yearbook <i>Ae-Vibe A (CRA)</i> <i>T-Jewelry Making B (AS)</i>	A/D-Groc. Shopping C T-Out to Art (SL) {1-3:30pm} <i>Ae/Sh-Pers. Finance B [Part 2] (C1)</i> <i>O-Cell Phone Etiq. B (C3)</i>	C-CH Maint. B (SL) M-Bowling (SL) T-Basic Ceramics F (AS) {1-2:30pm} <i>V-Free Time Mngmt. B (C4)</i> <i>O-Drumming Basics (CRA)</i>
2-3	<i>J-Cyber Safety (CL)</i> <i>M-Media Science (SL)</i>	M-Walgreens A (SL) S-Tower One A (SL) <i>Ae/Sh-Consumer Math A (C1)</i> <i>R-90's Sitcoms (CRA)</i>	<i>V-Social Prob.Solv. A (C4)</i> <i>T-Exp. Paint. & Writing (AS)</i>	M-Walgreens B (SL) S-Tower One B (SL) <i>Ae/Sh-Consumer Math B (C1)</i> <i>V-Social Prob. Solv. B (C4)</i> <i>J-Fantasy Wrestling (CRA/Apt)</i>	<i>Ae-Student Gov. (C1)</i> <i>V-Vibe B (CRA)</i> <i>O-Current Events (C3/CL)</i>

Classes that are in bold exceed one hour in length (see description for length).

Education Staff:

C -Caleb Bray	A -Amy Norton	Ae -Alicia Earnesty
V -Vicki McGeorge	O -Olivia Wood	J -Jordan Girard
T -Tina Menchetti	M -Myliissa Rockefeller	R -Reine Cherry
Cs -Chris Sidarweck	Sh -Shala Lindsay	D -Drea Moore
K -Kim Stack	Ca -Carlos Mercado	S -Sara Lamonaca
Cm -Carmelina Mosher	N -Nicole Romano	
IW -Independent Worksite		

Classrooms:

C1 - Classroom 1	FR - Fitness Room
C2 - Classroom 2	SL - Student Lounge
C3 - Classroom 3	AS - Art Studio
C4 - Classroom 4	MAL - Media Arts Lab
C5 - Classroom 5	CRA - Outreach Center
CL - Computer Lab	BC - Basketball Court

MASTER EVENING SCHEDULE				WINTER 2012	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-4	EDU-Keeping Up Appearances [apts.] C-Profess. Develop. A (Comm.) K-Afternoon Fitness A [FR] T-Basic Ceramics B [AS] {3:30-5pm}	EDU-Keeping Up Appearances [apts.] C-Profess. Develop. B (Comm.) K-Afternoon Fitness B [FR] J-Digital Photo (MAL)	EDU-Keeping Up Appearances [apts.] K-Afternoon Fitness D [FR] T/Cm-Exp. Drama [CRA] {3-5pm}	EDU-Keeping Up Appearances [apts.] K-Afternoon Fitness E [FR] J-Adv. Digital Photo [MAL] T-Basic Ceramics D [AS] {3:30-5pm}	EDU-Keeping Up Appearances [apts.] T-Scrap Booking [C3]
4-5	M-Boot Camp [CRA] {4:30-5:30}	C- Profess. Develop. C (Resid) M-Out and About B [SL] {4:30-6:30pm}		C- Profess. Develop. D (Resid)	
5-6	T-Jewelry Making A {5:30-7pm} [AS]		T-Basic Ceramics C [A] {5:30-7pm} CM-Chorus (CRA)	T-Basic Ceramics E {5:30-7pm} [AS] Ca-Self Defense [CRA]	
6-7		N-Healthy Cooking A {6-7:30pm} [C1] K-Evening Fitness C [FR]		N-Healthy Cooking A {6-7:30pm} [C1]	
7-8		D-Hip Hop Dance {7:30-8:30} [CRA]			

Classes that are in bold exceed one hour in length (see description for length).

Education Staff:			Classrooms:	
C -Caleb Bray	A -Amy Norton	Ae -Alicia Earnesty	C1 - Classroom 1	FR - Fitness Room
V -Vicki McGeorge	O -Olivia Wood	J -Jordan Girard	C2 - Classroom 2	SL - Student Lounge
T -Tina Menchetti	M -Myliissa Rockefeller	R -Reine Cherry	C3 - Classroom 3	AS - Art Studio
Cs -Chris Sidarweck	Sh -Shala Lindsay	D -Drea Moore	C4 - Classroom 4	MAL - Media Arts Lab
K -Kim Stack	Ca -Carlos Mercado	S -Sara Lamonaca	C5 - Classroom 5	CRA - Outreach Center
Cm -Carmelina Mosher	N -Nicole Romano		CL - Computer Lab	BC - Basketball Court
IW -Independent Worksite				

WINTER REGISTRATION

*****All Registration forms are due by Friday, December 2, 2011*****

Winter Quarter Begins January 2, 2012

Winter Quarter Ends March 30, 2012

***Community members must place their registration forms in Cherice Grandy's mailbox (located on the 2nd floor of the Rossman Residence) by the date listed above. The registration process will begin on December 19th. Cherice will register community members for classes in the order in which she receives their registration forms. There will be no in-person registration sessions.**

ADD/DROP

1. The first two weeks of the term is designated as the Add period, during which time a student may enroll in a class. A student may drop out of a class any time during a term for reasons of change in employment status.
2. **Whether adding or dropping, the student and his/her Coordinating Teacher or Supported Living Counselor must notify Cherice Grandy, REACH Coordinator, at 203-397-1714 Ext. 142 or cgrandy@chapelhaven.org.**

EDUCATION DEPARTMENT STAFF

Director of Education: Robert Nurin

Supervisor of Education: Matthew Tietjen

Cherice Grandy

Vicki McGeorge

Olivia Wood

Caleb Bray

Amy Norton

Alicia Earnesty

Tina Menchetti

Jordan Girard

Mylissa Rockefeller

Shala Lindsay

Chris Sidarweck

Sue Peters

Denise Lindsay

Charles Romanos, Jr.

Drea Moore

Reine Cherry

Sara Lamonaca

Kim Stack

Carmelina Mosher



Carlos Mercado

Nicole Romano



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Becoming Digital Citizens

Preparing students to fully participate in their communities in a safe and successful way has been the goal of Chapel Haven for more than thirty years.



In the past decade, the fast paced digitalization of so many of life's activities has made the Internet, smart phones and social networking sites indispensable tools for accessing the community.



Just as students benefit from learning to access their local grocery store and bank, and to participate in local social arenas like churches and recreation programs, they also must learn how to become members of the digital community.

Chapel Haven was excited to respond to this reality by introducing a Digital Citizenship Curriculum beginning in the 2011-2012 school year. This series of core classes and electives will constantly evolve in response to the ways that the role of technology changes in our lives. You will find our Digital Citizenship courses blended into the various areas of our curriculum to mirror the way in which technology blends seamlessly into each area of our lives.

Interested in becoming more involved in the digital community?

Just look for the  icon next to each course's description.

Social Communication

Good Morning Chapel Haven – CORE Year One and Two

Alicia Earnesty/Amy Norton/Caleb Bray/Vicki McGeorge

This class is a great way to start the day! Students will meet three times a week as a group and with their coordinating teacher to practice and use social communication skills as a tool to organize their day. In this group session, facilitated by the teacher, students will discuss their course schedules, appropriate clothing and hygiene for different situations, free-time plans, roommate issues, upcoming recreation trips and more. Social communication skills practiced will include conversational skills, reading non-verbal cues, active listening and problem solving. Special emphasis will be placed on the latter skill, as each student will be encouraged to bring any general daily problems (scheduling conflicts, social dilemmas, conflict resolution, etc.) to the group for discussion. The teacher will guide a problem solving session only to the extent needed for students to become independent, confident problem solvers. This is also the time of day during which students will work with their teacher to create their weekly grocery lists, purchase any needed hygiene items, and monitor their hygiene with help from their teacher.

Classroom – C1, C2, C3, C4

Session: Monday, Wednesday, Friday 9:00am to 10:00am

Residents Only

Cell Phone Etiquette

NEW

Olivia Wood

This class is for students who...wait a minute...is that someone's cell phone ringing? Please silence it so I can finish this course description! All kidding aside, advances in technology have made cell phones increasingly powerful tools for safety, communication, organization, learning, leisure, and more. We use them for everything, and it is more important than ever that we know how to use them appropriately, effectively and safely. Ever get a text at 2am? Ever have your phone ring in the movie theater? Has anyone ever had trouble contacting you because you set your phone on "silent" for a class and forgot to put it back on ring mode? This class will focus on every day cell phone management skills such as adding a number to your contact list, and checking and erasing messages; as well as etiquette such as appropriate time frames to return messages, asking someone what time is too late to call them, whether a text or a call is more fitting in a particular situation, and much more!

Classroom – C3

Session A: Monday 1:00pm to 2:00pm

Session B: Thursday 1:00pm to 2:00pm

Fee: \$105.00 (Community Members)



Social Problem Solving NEW

Vicki McGeorge

Learning to identify the expected responses for different social situations can be daunting. After all, each social interaction and challenge seems unique, with its own setting and participants. However, as with all types of problem solving, there are some general steps you can take to navigate successfully through any sticky social situation. In this class students will learn those steps and practice applying them in a variety of role playing situations.

Classroom – C4

Session A: Wednesday 2:00pm to 3:00pm

Session B: Thursday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Bowling for Residents

Vicki McGeorge

This is one of our activity-based social skills classes. If you are a student at Chapel Haven, chances are you have been to Amity Lanes before for various events. But have you ever gone there on your own with a group of friends? In this class, students will take the B bus to the bowling alley each Tuesday and practice the variety of skills that go into planning and executing a successful outing—mobility skills, budgeting skills, and – most of all – interpersonal communication skills. As a midterm assignment, students will plan and execute their own outing to Amity Lanes on the weekend with minimal staff oversight. For a final, any students who are ready will go completely independently!



Classroom – SL

Session: Tuesday 1:00pm to 3:00pm

Residents Only - Students will need to budget \$9 each week to pay for their games

Introduction to Community Living – CORE Year Two

Olivia Wood

Graduation is right around the corner! Students will hear what it's like to live on their own right from the experts themselves! Guest speakers from the Supported Living Program and past graduates will help answer any questions students may have. Students will also review what their new responsibilities are and how they will manage them. Such responsibilities include paying bills on time and how to act in the community.

Classroom – C4

Session A: Wednesday 10:00am to 11:00am

Session B: Friday 11:00am to 12:00pm

Residents Only

Free Time Management – CORE Year One

Vicki McGeorge

It's good to know how to entertain yourself during downtime, but sometimes it's nice to spend your free time with friends. Figuring out who else is free and making plans with them, however, is not as easy as it sounds. It requires some planning and communication. This second class in the Free Time Management series focuses primarily on initiating and planning activities with friends and peers at home, and on campus. In this class, students will break down these skills into their most essential steps and will role play and practice initiating and making plans with each other. Using their Recreation and Leisure binders, which now contain a list of preferred downtime activities, students will make real plans one-on-one and in small groups. Students will then execute these plans in their apartments and on campus and reflect on them in their downtime journals.

Classroom – C4

Session A: Thursday 11:00am to 12:00pm

Session B: Friday 1:00pm to 2:00pm

Residents Only

Self Advocacy – CORE Year One

Vicki McGeorge

Knowing when and how to speak up for yourself is an essential requirement for living an enjoyable, healthy life. Sometimes advocating for yourself means doing what makes you happy, even if others don't agree. In this class students will learn a variety of self-advocacy strategies and will discuss and role play common situations in which this skill is needed.

Classroom – C4

Session A: Tuesday 9:00am to 10:00am

Session B: Thursday 10:00am to 11:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Recreation & Leisure Management

Out & About

Tina Menchetti

Come check out New Haven happenings! Students will travel to coffee shops, museums, galleries, bookstores and whatever else the group decides on. Students will use these outings as an opportunity to practice and develop their social skills – from carrying on conversations with peers and planning group activities to setting appropriate boundaries with strangers and community employees. Everyone



should have an ID, and spending money if desired. Please dress appropriately and be on time.

Classroom – SL

Session A: Monday 1:00pm to 3:00pm

Session C: Friday 10:00am to 12:00pm

Fee: \$155.00 (Community Members)

No fee for Residents

Media Science

Mylissa Rockefeller/Tina Menchetti

In this class, students will learn to take advantage of one of the most important local resources – the Mitchell Library! Students will learn how to search for and take out DVDs, CDs, books, audio books, magazines and much more. Students will also learn how to access the computers in Mitchell Library’s media lab for research, communication and leisure purposes. Students who do not yet have a library card will get one at the beginning of the semester. Social skills emphasized in this course will include: using and responding to verbal greetings and closings, making introductions, asking questions and seeking assistance, and using polite forms and tactful statements.



Classroom - SL

Session A: Monday 2:00pm to 3:00pm (Mylissa)

Session B: Thursday 10:00am to 11:30am (Tina)

Fee: Session A (\$105.00) Session B (\$130.00) [Community Members]

No fee for Residents

Bowling

Mylissa Rockefeller

Bowling is a great social activity and a good way to stay active when the weather gets cold. Students will travel to Amity Lanes each week with Chapel Haven staff where they will bowl in teams. Students are expected to meet in the student lounge by 1:00pm each Friday to allow enough time to travel to the bowling alley. The fee for this course includes \$9 per session for three games of bowling.

Classroom – SL

Session: Friday 1:00pm to 3:00pm

Fee: \$120.00 (Residents) \$275.00 (Community Members)

Health and Safety

Cyber Safety



Jordan Girard

Just as students benefit from learning to access their local grocery store and bank and to participate in local social arenas like churches and recreation programs, they also must learn how to become members of the digital community as well. In this class, students will learn and be assessed in the basics of safe, responsible participation in the digital arena.

Classroom – CL

Session: Monday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Cooking -CORE Year One and Two

Amy Norton/Alicia Earnesty/Vicki McGeorge/ Olivia Wood

In this class, our education staff will cook with each student in his or her apartment. The goal of this class is to help each resident build a cookbook of lunch recipes that he or she will learn to make independently. The student may take this cookbook with them upon graduation. This class is structured so that each student will receive one-to-one instruction time with staff.

Classroom – Apartment

Session: Monday & Wednesday 11:00am to 12:00pm

Residents Only



Healthy Relationships 3-CORE Year Two

Vicki McGeorge

The third class of our Healthy Relationship series focuses on establishing and maintaining appropriate boundaries throughout a wide variety of relationships – from the stranger on Whalley Avenue, to the employee at CVS, to a friend or significant other. How close should a person be to his or her significant other when watching a movie in the living room versus riding the city bus? How much personal information should you give someone when you introduce yourself? How do you know if you are giving too much information? Are you spending too much time with your significant other at the exclusion of all of your other friends? Using the Circles Program and other activities in the classroom and community, students will discuss the answers to these questions and other issues involving relationships and boundaries.

Classroom – C4

Session A: Tuesday 11:00am to 12:00pm

Session B: Friday 10:00am to 11:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Personal Hygiene-CORE Year One

EDU Staff

With staff assistance, students will attend to personal hygiene. Tasks include showering, applying deodorant, shaving when applicable, wearing clean clothing, brushing and flossing and preparation of a simple breakfast. Students will complete checklists when necessary. Emphasis will be placed on taking responsibility for and pride in one's personal appearance.

Classroom – Apartment

Session: Monday – Friday: 8:00am to 9:00am

Residents Only

Keeping Up Appearances-CORE Year One

EDU Staff

This class will help students target the areas of personal hygiene and self care that they have identified as needing or wanting more practice in. The class sessions will be held in each student's apartment to promote generalization of skills.

Classroom – Apartment

Session: Monday – Friday: 3:00pm to 4:00pm

Residents Only

Consumer Education

Grocery Shopping

Amy Norton/Reine Cherry/Drea Moore

This class will combine a variety of skill sets, from math and mobility to menu planning and social skills. The goal of this class is to help students learn to grocery shop more independently. Students will take the B bus to Stop & Shop; locate the items on their list, shop, and pay. Support will be faded out throughout the semester as appropriate for each student.

Classroom – SL

Session A: Tuesday 1:00pm to 3:00pm

Session B: Wednesday 1:00pm to 3:00pm

Session C: Thursday 1:00pm to 3:00pm

Residents Only



Consumer Math

Alicia Earnesty & Shala Lindsay

As part of our year-round consumer math curriculum, students will learn about and practice vital money skills such as paying with the correct bills, making change, estimating and comparing prices, deciding if they can afford an item, calculating tips and

tax, and more. Taught by our personal finance teacher, topics in this class will be seamlessly woven in to student's weekly budgeting sessions so that the practical necessities of consumer math skills are front and center.

Classroom – C1

Session A: Tuesday 2:00pm to 3:00pm

Session B: Thursday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Personal Finance – CORE Year One and Two

Alicia Earnesty & Shala Lindsay

Students will work with their teacher on weekly budgeting. Areas to be reviewed weekly are deciding weekly expenses, allotting money for those expenses, and going to the bank. Skills to be worked on will be basic math, completing withdrawal and deposit slips, and responsibilities and realistic expectations regarding money. Students will be encouraged to share their day-to-day budgeting dilemmas and questions with the group when appropriate, with the goal being that students will develop their independence and confidence with the problem solving process.



Classroom – C1

Session A (Part 1): Tuesday 9:00am to 10:00am

Session A (Part 2): Tuesday 1:00pm to 2:00pm

Session B (Part 1): Thursday 9:00am to 10:00am

Session B (Part 2): Thursday 1:00pm to 2:00pm

Residents Only

Online Banking - CORE Year One and Two

Alicia Earnesty & Shala Lindsay

A good way to think of this class is, “Advanced Personal Finance.” Students who have mastered our current paper-based budgeting system will now have the chance to move their money management to the Internet. Students in this class will sign up for Webster Bank’s online banking and will hold their own debit cards, managing their weekly finances online. Students will still practice going to the bank, but the Webster ATM machine will be the primary method of obtaining cash when needed.

Classroom – CL

Session: Monday 1:00pm to 3:00pm

Residents Only

Mobility

Mobility 3-CORE Year One

Amy Norton

In the next two mobility classes students will focus on learning the Whalley Avenue B bus line and the Q bus line. Destinations will include the Jewish Community Center, Amity Plaza (Stop & Shop), and the New Haven Green. Students will practice making transfers at the Green to use a variety of other bus lines. Students will also review basic safety skills such as carrying proper identification, reciting home phone numbers, addresses. Students will continue to practice the social skills needed to use public transportation. Students will learn how to obtain and review the bus schedules.

Classroom – C2

Session A: Monday 1:00pm to 3:00pm

Session B: Tuesday 10:00am to 12:00pm

Residents Only



Vocational Education

Working Partnerships – CORE Year Two

Caleb Bray/Reine Cherry/Mylissa Rockefeller/Sara Lamonaca

Working Partnerships is a vocational education package designed to teach students how to become professional employees. Transferable work skills will be taught explicitly and implicitly in an off-campus classroom and in various work sites throughout the New Haven area. The focus of this program is to teach students the social skills; work ethic and attitude that they will need to become professional and reliable employees. Working Partnerships is required for all second-year students and is open on a fee basis to community members who would like to continue to practice their vocational skills and increase their marketability to employers.

Classroom – SL

Session: Days and times vary

Fee: \$175 per session/worksite (Community Members)

No fee for Residents



Career Workshop 3 **NEW**

Caleb Bray

In this class, students will focus on their career related interests, strengths and weaknesses and how knowledge of them can help a person identify the right job or

career. Self-knowledge is foundational to success in the workplace, and everyone can benefit from gaining more insight into these areas of career exploration. Overall, this class is designed to help students identify the importance of continuous learning and growth and how they relate to job satisfaction.

Classroom - C3

Session A: Monday 10:00am to 11:00am

Session B: Tuesday 11:00am to 12:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Citizenship Education

Student Government

Alicia Earnesty

This session is the weekly meeting time for Chapel Haven's very first Student Government. Elections last past spring produced our first President and Vice President (pictured on the right). In addition to organizing class fundraisers and special events, Chapel Haven's Student Government will advocate on behalf of its student body in the residence, throughout Westville, and at the state level. They will attend People First Connecticut events and visit the state capital. If you would like to run for student government, see Alicia Earnesty for more information.



Classroom – C1

Session: Friday 2:00pm to 3:00pm

Elected Student Government Members Only

Physical Education

Wake Up and Sweat!

Chris Sidarweck

In this class students will focus on building strength and good cardiovascular health. Students will rotate through a routine of weight and cardio exercises with the goal of pinpointing each muscle group.

Classroom - SL/FR

Session A: Tuesday 7:15am to 8:15am

Session B: Wednesday 7:15am to 8:15am

Session C: Thursday 7:15am to 8:15am



***Fee for ALL: 1 section (\$105) 2 sections (\$210)
3 sections (\$275 *discounted rate*)***

Vibe

Alicia Earnesty/Vicki McGeorge

Are you looking for a chance to burn some calories while having a great time? Doesn't sound possible? Well, it is! Patterned after popular dance aerobics classes like Zumba, this class combines movement with Latin rhythms and other types of music to create a fun, effective workout you can enjoy with your classmates.

Classroom-CRA

Session A: Wednesday 1:00pm to 2:00pm (Alicia)

Session B: Friday 2:00pm to 3:00pm (Vicki)

Fee: \$105.00 (Community Members)

No fee for Residents



Weight Training

Olivia Wood

In this class students will focus on building muscle and strength. Students will rotate through a routine of weight exercises with the goal of pinpointing each muscle group. This class also certifies students to use the fitness center.

Classroom-FR

Session: Tuesday 10:00am to 11:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Let's Go Cardio

Vicki McGeorge

This class is a great way to stay fit and maintain a healthy heart. Students will move to the music in our newly renovated fitness room, using the treadmills, elliptical machines and stationary bikes.

Classroom – FR

Session A: Thursday 9:00am to 10:00am

Fee: \$105.00 (Community Members)

No fee for Residents



Electives

Academic Readiness

NEW

Amy Norton

This class is for students who have thought about taking a college course and are wondering what it takes to succeed at the college level. The course will focus on a particular college level topic for the semester (chosen from the areas of social sciences, language arts, psychology, or science). The topic will be presented at the college level with a syllabus, a required text, and in-class lectures. Homework will be assigned via the syllabus. Skills taught and assessed will include study skills, time management, and academic organization.

Classroom - C2

Session: Thursday 9:00am to 10:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Drumming Basics

NEW

Olivia Wood

This winter, students will march to the beat of their own drum....literally! Okay, maybe we won't be marching, but students will be purchasing their own Remo Djembe drums and learning how to play them in a drum circle setting. At music festivals and in college dorm rooms, Djembe drums have become the most popular instrument for a shared music experience. The best part is that, while Djembe drums can be played at a professional level, they are one of the best sounding instruments while students are just starting out with the basics. In this class students will learn basic hand techniques, foundational rhythm patterns and – most fun of all – how to enjoy these



instruments in a group setting. Students will be purchasing their own drums which are theirs to keep throughout the semester and once the class ends. The hope is that students will practice the skills learned in class with their friends during downtime. Depending on the level of interest generated this semester, this class may continue throughout the year so that students can continue to build their skills. ***Students should budget \$70 for the cost of their Remo drum and bring this sum in check or cash on the first day of class when drums will be purchased.***

Classroom - CRA

Session: Friday 1:00pm to 2:00pm

Fee: \$70.00 (Residents) \$175.00 (Community Members)

Popular Culture

NEW

Caleb Bray

While studying serious current events in the news like politics and international affairs is a must, it can also be fun and enriching to keep up with pop culture events from around the country and world. Through films, music, celebrity headlines, reviews and more, students will have fun in this class and leave with a broader knowledge of current pop culture. Students can share their own pop culture interests while also becoming more aware of what else is making headlines.

Classroom - C3/CL

Session: Tuesday 9:00am to 10:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Disabilities & Advocacy

NEW

Alicia Earnesty

Knowing yourself is an important skill that directly relates to your success socially and in the workplace. Self-discovery is an important and lifelong process. Knowing specifically about your disability-related strengths and weaknesses leads to greater self-esteem, helps you identify goals for growth, and is a foundational skill for being a strong self-advocate. In this class, students will participate in guided research, focusing on specific disabilities and how they can help better understand themselves and their peers. A major focus of the class will be famous people who have had disabilities such as Temple Grandin, Chris Burke, Stephen Hawkins, and many others. Come join us in a fun journey of discovery!

Classroom - C1/CRA

Session: Wednesday 10:00am to 11:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Weather & Climate

NEW

Vicki McGeorge

Ever wondered how tornadoes form or how the Hurricane Hunters fly into the eye of the storm? Well, these are among the topics we will explore in this class. Students will learn about preparation for severe weather such as hurricanes, tornadoes, floods, lightning, extreme heat, and severe winter weather. We will also explore causes and effects of the powerful climate and environmental forces that are changing our planet. Class materials will include newspapers, weather videos, the weatherchannel.com, and (a viewing of) the 1996 film *Twister*.



Classroom - C1/CRA
Session: Monday 10:00am to 11:00am
Fee: \$105.00 (Community Members)
No fee for Residents

Chapel Haven Blogger

NEW

Caleb Bray

This winter, Chapel Haven will be making its return to the blogosphere! The focus of Chapel Haven's new blog will be notable on-campus happenings such as the student government and anti-bullying campaign, to recreation trips, classes and special events. If you enjoy writing or reporting and would like your work read by others on the Internet, you will enjoy this class!

Classroom - CL

Session: Thursday 11:00am to 12:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Card Games

NEW

Amy Norton

From long airplane rides and family get-togethers to hanging out in the student lounge, card games are a great way to pass the time with others. In this class, students learn the rules and etiquette of particular card games while also practicing the social communication skills required such as turn taking, joint attention, sportsmanship and perspective taking.

Classroom - C1/CRA

Session: Friday 10:00am to 11:00am

Fee: \$105.00 (Community Members)

No fee for Residents



American History

NEW

Amy Norton

Though the United States of America is a relatively young country, we have a rich history. From the pilgrims, to our founding fathers and the revolutionary war, from the Civil War to Civil Rights, this class will be a broad survey of some of the most important figures and events that has made the United States the nation it is today.

Classroom - C2

Session: Thursday 11:00am to 12:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Sweet & Savory

NEW

Alicia Earnesty

The cold winter weather will be here so bring on the warm treats and hot soups. We will learn how to make lots of yummy sweets for the cold winter days, will make warm drinks and snacks and we can't forget the hot savory soup to keep us warm.

Classroom -Apt.

Session: Friday 11:00am to 12:00pm

Fee: \$115.00 (Community Members)

No fee for Residents

Fantasy Wrestling

NEW

Jordan Girard

Do you love wrestling? This year many students and graduates would most likely answer "yes" to this question, as we have an avid wrestling fan base on and around campus. This semester, you can experience wrestling as never before. Uncas, the president of our student government is joining forces with Jordan, Chapel Haven's computer teacher, to offer a video-game based interactive fantasy wrestling tournament. Using the Xbox 360 game system, students will each create their own fantasy wrestler at the beginning of the winter and then embark on a semester-long tournament with their peers. This class is a unique way for wrestling fans to connect and also proof that playing video games is often more fun as a social activity!

Classroom - CRA/Apt

Session: Thursday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

iTunes 101



Jordan Girard

Learn how to manage your own iTunes account from Chapel Haven! In this class, students will learn about many sites on the web – like Metracritic.com – where they can explore new music and expand their collections. Students will learn to manage their iTunes accounts on their iPods, iPhones or iPads. Students who have iPhones or iPads can use those devices in class by connecting to Chapel Haven's wireless network for larger downloads. Students with iPods will have access to their own iTunes account in our computer lab. If you don't already have an



iTunes account, that's okay. We can help you set one up. On the first day of class, all students must bring their portable music device, a debit card, and knowledge of their iTunes user name and password if they already have an account.

Classroom - CL

Session: Tuesday 10:00am to 11:00am

Fee: \$105.00 (Community Members)

No fee for Residents

Animal Science

Alicia Earnesty

This winter, while many local New Haven critters are going into hibernation, students in this class will be studying animals from all over North American and around the world! Through films, magazines and trips to local nature centers students will learn more about different animals, their characteristics, habitats, and more! This semester the Beardsley Zoo will be coming to us and bringing a wide variety of animals for students to examine up close and personal!

Classroom - C1

Session: Tuesday 11:00am to 12:00pm

Fee: \$105.00 (Community Members)

No fee for Residents



Experimental Science

Caleb Bray

Want to get in touch with your inner scientist? Do you ever find yourself looking at every day items and products and wondering how they work? If so, then this class is for you! Students will examine various every day products and test them to see if the myths are true. If you put a Mento candy in a bottle of coke, does it really result in a soda giser? And if so, why? What properties of the soda and candy would cause that reaction? Ever see a baking soda volcano or a tea bag that can fly across the room? Is it true that a hamburger and package of fries from a fast food restaurant will not grow mold if left out for a month? If so, what does that say about its nutritional value. Students will explore these myths and learn a lot in the process!

Classroom - C3

Session: Friday 11:00am to 12:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Smartphone Apps



Jordan Girard

Do you have a smart phone and want to explore its almost endless applications? Do you want to share your own favorite apps and discoveries with friends? There's a class for that! And it's this one.... From practical applications like calendars and weather reports,

to interest-based apps focused on news, sports and music; games you can play with friends; all the way to hilarious apps that will get laughs at a party; there are thousands of apps out there waiting for you to discover them. And the best part....most of them are free! Students must bring their smart phones or iPads to class. Please try to come to class on the first day knowing your ID and password required to make downloads.

Classroom - C3

Session: Tuesday 1:00pm to 2:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Writing for the Yearbook

Jordan Girard & Drea Moore

That's right! Chapel Haven is beginning to work on the yearbook for the class of 2012 with Jordan and the computer lab! Students will work on fundraising, editing, budgeting, and decision-making skills as well as the writing skills used in creating a yearbook.

Yearbook class is open to **Second Year Students ONLY** with a class maximum enrollment of 6.

Classroom – CL

Session: Wednesday 1:00pm to 3:00pm

No fee for Residents

90's Sitcoms

Reine Cherry

Who needs Nick at Nite? Join Reine Tuesday afternoons for a fun filled T.V. hour. Watch shows from the 90's like Friends, Seinfeld, the Simpsons, and more! Students in this class will discuss underlying themes, character roles, and plots.

Classroom - CRA

Session: Tuesday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Current Events

Olivia Wood

This class will discuss local, national and international events that appear in the newspaper and in the Internet. Students will have the opportunity to discuss and share their opinions with their peers.

Classroom – C3/CL

Session: Friday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Art

Basic Ceramics

Tina Menchetti

Students will learn to clean, paint and glaze molded ceramics pieces. Students will also learn different decorating techniques. This is a great opportunity to create useful items for home and gifts. Tuition includes pieces of your choice up to \$20.00.

Classroom - AS

Session A: Monday 10:00am to 11:00am

Session F: Friday 1:00pm to 2:30pm

Fee: Session A (\$150.00) Session F (\$175.00) [Community Members]

No fee for Residents



Jewelry Making

Tina Menchetti

In this class, students will make jewelry out of beads and baubles. Students will make key chains, necklaces and bracelets among other things. These can be given out as gifts or keep them for yourself! Either way, you'll leave with some great jewelry. All supplies are included.

Classroom - AS

Session B: Wednesday 1:00pm to 2:00pm

Fee: \$115.00 (Community Members - fee includes all supplies)

No fee for Residents

Out to Art

Tina Menchetti/Jennifer Kowitt/Cindy Cross

This class is for the real art enthusiasts! We will be holding our classes every week in the Yale Center for the British Arts. Class will be taught in collaboration with the Center's own education department. We will study famous British paintings and sculptures displayed in the museum and discuss techniques, color, subject matter, history and more. The class will draw and paint with direction and influence from the works we observe and discuss during class. This is a very special opportunity to experience the chance to create and learn about art in one of the world's finest museums.

Classroom-SL

Session: Thursday 1:00pm to 3:30pm

Fee: \$155.00 (Community Members)

No fee for Residents



Expressive Painting & Writing

Tina Menchetti

In past semesters, students have produced beautiful paintings in Tina's Expressive Painting class. This semester, students will continue to try their hand at painting while exploring the ways in which the arts of writing and painting can compliment each other. Writing in this class can range from poetry, to journaling, to coming up with creative titles for your paintings.



Classroom-AS

Session: Wednesday 2:00pm to 3:00pm

Fee: \$105.00 (Community Members)

No fee for Residents

Continuing Adult Education

Professional Development NEW

Caleb Bray

As the year in professional development continues, students will be focusing on the importance of flexibility and teamwork, self-esteem on the job, work-related stress management, and work performance (how to self-evaluate, get feedback and set personal performance goals). Learning will take place through class discussions, role playing situations, hands-on activities, as well as more formal lessons. Students will each bring their own diverse work history and experiences to this class, which will enrich class discussions help provide the context in which these skills are discussed and practiced.

Classroom - C3

Session A: Monday 3:00pm to 4:00pm (***Community Members Only***)

Session B: Tuesday 3:00pm to 4:00pm (***Community Members Only***)

Session C: Tuesday 4:00pm to 5:00pm (***Residents Only***)

Session D: Thursday 4:00pm to 5:00pm (***Residents Only***)

Fee: \$140.00(Community Members)

No fee for Residents

Boot Camp NEW

Mylissa Rockefeller

Join this class if you want to see results. Over the thirteen week period, Mylissa will work on a variety of different exercises with you, always keeping it fresh and active. Wear sneakers and bring a water bottle and a positive attitude to every session!

Classroom – CRA

Session: Monday 4:30pm to 5:30pm

Fee: \$140.00 ALL

Jewelry Making

Tina Menchetti

In this class, students will make jewelry out of beads and baubles. Students will make key chains, necklaces and bracelets among other things. These can be given out as gifts or keep them for yourself! Either way, you'll leave with some great jewelry. All supplies are included.

Classroom - AS

Session A: Monday 5:30pm to 7:00pm

Fee: \$165.00 ALL (fee includes all supplies)



Hip Hop Dance

Drea Moore

Come learn the newest Hip Hop moves to today's hottest music! No experience necessary- we will cover all the basic steps, so dress casually with sneakers and be prepared to have a blast!

Classroom - CRA

Session: Tuesday 7:30pm to 8:30pm

Fee: \$140.00 ALL

Expressive Drama

Tina Menchetti & Carmelina Mosher

Hands On! Experience the drama of your creation through theatrical expression. As a group we will create a play to perform in front of a live audience. Experiment with improvisation, mime, role-playing and theatre techniques. We will begin by playing simple movement games, exploring personal space through mirroring and balance. Then we will work with skits, monologues, dialogues, creative imagination and fantasy to create characters, a setting and a plot. You will be a member of the cast and perform in the Expressive Drama Play. Together we will create costumes, choose props, choose music, choreograph dances, design and construct backdrop and scenery for the play. You may also choose to be part of the stage crew and help with make-up, stage management, props, music, technical equipment, ushering or run stage lighting, fog machine, video camera or selling refreshments.

Classroom - CRA

Session: Wednesday 3:00pm to 5:00pm

Fee: \$275.00 ALL (fee includes all supplies)

Out & About

Mylissa Rockefeller

Come check out New Haven happenings! Students will use these outings as an opportunity to practice and develop their social skills – from carrying on conversations with peers and planning group activities to setting appropriate boundaries with strangers

and community employees. Everyone should have an ID and spending money if desired. Please dress appropriately and be on time.

Classroom - SL

Session B: Tuesday 4:30pm to 6:30pm

Fee: \$190.00 ALL

Digital Photography

Jordan Girard

See your photos take shape instantly through the wonders of modern technology. Students will learn how to import photographs from a scanner or clip art program. Students will also learn how to enhance and manipulate pictures using the *Microsoft Digital Image* program.

Classroom - MAL

Session B: Tuesday 3:00pm to 4:00pm

Fee: \$165.00 ALL (fee includes all supplies and equipment)



Scrap Booking

Tina Menchetti

Do you have many photographs? Would you like to preserve them in a fun and interesting way? Bring your photos and create a colorful book of memories. Leave this class with more artistic skills and your own scrap book of memories that will last forever.

Classroom – C3

Session B: Friday 3:00pm to 4:00pm

Fee: \$150.00 ALL (fee includes all supplies)

Afternoon/Evening Fitness

Kim Stack

Are you ready to release some energy after a busy day? The fitness center is the place to be! Students will rotate through a routine of stretching, cardio and weight training workouts designed to help burn calories, strengthen muscles and improve endurance.

Classroom - FR

Session A: Monday 3:00pm to 4:00pm

Session B: Tuesday 3:00pm to 4:00pm

Session C: Tuesday 6:00pm to 7:00pm

Session D: Wednesday 3:00pm to 4:00pm

Session E: Thursday 3:00pm to 4:00pm

Fee: \$140.00 per session (Community Members)

No fee for Residents



Basic Ceramics

Tina Menchetti

Students will learn to clean, paint and glaze molded ceramics pieces. Students will also learn different decorating techniques. This is a great opportunity to create useful items for home and gifts. Tuition includes pieces of your choice up to \$20.00.

Classroom - AS

Session B: Monday 3:30pm to 5:00pm

Session C: Wednesday 5:30pm to 7:00pm

Session D: Thursday 3:30pm to 5:00pm

Session E: Thursday 5:30pm to 7:00pm

Fee: \$185.00 ALL

Advanced Digital Photography

Jordan Girard

Learned the basics? Now move on. Students will explore the advanced features of the digital camera – focus, flash, control, and photos in black and white or sepia, use of the tripod, still life and portrait photos. Students will learn the advanced setting of the digital imaging program that adds special effects to student’s photos. After the process, the best student photo will be saved to a projects folder and displayed in the CC lobby for all to view. **Students wishing to enroll in this class must have taken Digital Photo and have their own digital camera.**

Classroom - MAL

Session: Thursday 3:00pm to 4:00pm

Fee: \$165.00 ALL (fee includes all supplies and equipment)

Self-Defense

Carlos Mercado

In this class, students will learn basic one-step defense moves in order to be more prepared to defend themselves in an unsafe situation. Students will practice these useful techniques first in isolation and then with a partner. This class will begin with some light stretching and warm-up exercises. Wear comfortable clothing and sneakers and be prepared to sweat a little.

Classroom - CRA

Session: Thursday 5:00pm to 6:00pm

Fee: \$140.00 ALL



Chorus

Carmelina Mosher

Come and sing! Be part of the Chapel Haven Chorus. Learn vocal, scales, breathing...in other words, learn to sing. The class will work towards a show to be presented at the end of the term. If singing in class is all you wish to do, that's fine. Cheer your chorus mates on at the show instead. Please bring a folder and water bottle to each class.

Classroom - CRA

Session: Wednesday 5:00pm to 6:00pm

Fee: \$140.00 ALL

Healthy Cooking

Nicole Romano

Nicole is a Certified Health Counselor with an infectious enthusiasm for healthy eating. In this class, she will teach students to make new and healthy dishes. Nicole will also help students learn healthier ways to cook some of their favorite meals. Each week students will be able to participate in making and eating the dish we choose as a small group. The class will discuss the importance of making healthier choices and experience the adventure of trying new foods. Students will build folders of recipes that they enjoy in class so they can try them at home.

Classroom – C1

Session A: Tuesday 6:00pm to 7:30pm

Session B: Thursday 6:00pm to 7:30pm

Fee: \$225.00 ALL (Cost includes ingredients and supplies for 13 meals)



Class Registration Winter 2012

Name of Student: _____ Phone: _____

Name of Support Coordinator _____

(Please check) Community Member BRIDGE SAIL DAY STUDENT ASAT

(Please check) Person Responsible for Payment: Self Parent Other _____

Please list your top 2 choices in the box below. Please be sure to indicate what day, time and section you would like to register for and the fee of the course.

1. _____ Day/Time _____ Fee: \$ _____

2. _____ Day/Time _____ Fee: \$ _____

ADDITIONAL CHOICES

3. _____ Day/Time _____ Fee: \$ _____

4. _____ Day/Time _____ Fee: \$ _____

5. _____ Day/Time _____ Fee: \$ _____

6. _____ Day/Time _____ Fee: \$ _____

7. _____ Day/Time _____ Fee: \$ _____

8. _____ Day/Time _____ Fee: \$ _____

Total Fee: \$ _____

****Forms will only be accepted when reviewed and signed by your Support Coordinator****
****Forms should be submitted to Cherice Grandy no later than Friday, December 2, 2011****
******Class schedules will be handed out on Friday, December 23, 2011****

Please contact **Matthew Tietjen** at 203-397-1714 ext. 130 if you have any questions regarding registration or payment for classes.

Signature of Applicant

Signature of Support Coordinator