

CHAPELHAVEN

CONTINUING ADULT EDUCATION COURSE CATALOG
SPRING 2018



Empowering individuals with developmental and social disabilities to live independent, happy lives since 1972.

Chapel Haven, Inc.
1040 Whalley Ave. New Haven, CT 06515
www.chapelhaven.org

Any questions pertaining to registration, please contact Cherice Grandy:
(203) 397-1714 ext. 142
cgrandy@chapelhaven.org

Chapel Haven’s REACH program centers on a rich offering of functional academics with the main goal of preparing our students to live independently in the community. Our Functional Academic classes form the core of the REACH curriculum and are divided into 13 curriculum areas. Residents must meet a certain number of distribution requirements in order to graduate from the residential program. Community members, as in any adult education program, may enroll in any of the classes that interest them except those that are designate for residents only.

As a state approved private special education facility, we employ a teaching staff comprised of both certified and non-certified professionals who attend not only to their classes’ subject matter, but also to the personal growth and enrichment of their students as individuals. Great care is taken in designing the continually expanding course selection to meet the needs and interests of our students. In addition to directly preparing the students for independent living, the classes in our core curriculum, as well as our enrichment classes, incorporate thirteen blended subject areas (listed below).

The driving purpose and foundation of our education program is the integration of our students into the community. We recognize that this can be accomplished only if we teach explicitly and incidentally the social skills that make up the “hidden curriculum” that is essential to success in any community setting. To teach this hidden curriculum, we have designed each of our functional classes so that students learn concrete life skills such as clothing management and grocery shopping through a social communicative competence lens. Our curriculum takes the same approach to teaching problem solving skills, which are a skill set that is essential and transferable across any life skill or community interaction.

This comprehensive program is just one layer in the foundation upon which our residents build lives of successful independence.

Blended Subject Areas – Legend		
LA – Language Arts SS – Social Studies M – Math S – Science A – Art	CarE – Career Education ConE – Consumer Education PE – Physical Education VS – Vocational Skills	T – Technology HS – Health and Safety SCC – Social Communication LM – Leisure Management

CONTINUING ADULT EDUCATION MASTER DAY SCHEDULE

SPRING 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7-8		OW-Wake up & Sweat H (FR) [7:30-8:30am]		OW-Wake up & Sweat I (FR) [7:30-8:30am]	
8-9					
9-10					
10-11	TM-Out & About M (CY) BA-The Big Picture A (C3) BD-Walk Westville D (CY/SL)	BA-Just the Facts: Fast Food A (C3) OW-Let's Go Cardio A (FR)	DF-Socially Caff. 2A (C3) JL-Current Events D (CRA)	BA-Real Life Reading B (C3) OW-Good Vibrations B (CRA)	TM-Out & About P (CY) BD-Free Time Mmmt 2B (C1) BA-Writ. for Yearbook B (C3)
11-12	BA-Real Life Reading A (C3) OW-Good Vibrations A (CRA)	MR-Internship Seminar A (C2) OW-Popular Culture A (CRA)	BD-Free Time Mmmt 2A (C1) JL-Your Incredible Body A (CRA)	BA-The Big Picture B (C3) OW-Relaxation Tech B (CRA) TM-Jewelry Making M (AS)	MR-Color your Conversation/20 th Cent. Sitcoms A (CRA)
12-1					
1-2	OW-Writ. for Employment A BD-Hot Topic Review A (C1) TM-Yoga C (CRA)	BA-History's Heroes A (C3) KY-Mindfulness through Art D (CA) LW-Basketball C (BC)	LW-Films of the 90's A (CRA) BD-Exp. New England A (C1) TM-Painted Glass. K (AS)	TM-Out to Art C (CY) [1:00-3:30pm] OW-Writ. for Employment B (C2) LW-Let's Go Cardio B (FR)	MR-Bowling D (CY) [1:00-3:00pm] BD-Recipes for Me A (C1) OW-Walk Westville E (CY/SL) TM-Painted Glass. L (AS)
2-3	BA-Handy around the House A (C3) OW-CH's Got Talent A (CRA) TM-Artistic Woodwork B (AS)	LW-Around the World A (CRA) SP-CH Happenings A (CRA)	BA-Citizenship 2A (C3)	MR-Internship Seminar B (C2) LW-Basketball D (BC)	BA-Just the Facts: Fast Food B (C3) OW-Vibe A (CRA) TM-Basic Ceramics O (AS)

CLASSES IN GREEN EXCEED 1 HOUR IN LENGTH.

EDUCATION STAFF:

BD-Brittany Dadio
OW-Olivia Wood
BA-Bill Angier
DF-Dan Forman
TM-Tina Menchetti
CS-Chris Sidarwick
SP-Sue Peters
MR-Mylissa Rockefeller
LW-Luke Watterson
JL-Jules Landwirth
KY-Kelly Yontef
AP-Alicia Prigodich

SB-Stephanie Berberich
HM-Heather McDonald
TC-Tim Cenabre
KF-Karin Frodel
NA-Nery Aldana
CM-Carlos Mercado
KS-Kim Stack
JS-John Stanley
TH-Theresa Console
SR-Sunny Richards
NR-Nicole Rainieri
KC-Kevin Connors

CLASSROOMS:

C1-Classroom 1
C2-Classroom 2
C3-Classroom 3
CA-Classroom A
CY-Courtyard
FR-Fitness Room
UA-UARTS
AS-Art Studio
BC-Basketball Court
CRA-Outreach Center

CONTINUING ADULT EDUCATION MASTER EVENING SCHEDULE

SPRING 2018

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-4	KS-Afternoon Walk C (FR)	MR-Hiking A (CY) [3:00-5:00pm] SB/HM-UARTS D (UA)	TM/OW-CH Theater C [3:00-4:30pm] (CRA) KS-Afternoon Fitness L (FR)		AP/KC-Biking (CY) [3:00-5:00pm]
4-5	TC-Kickboxing G (CRA) TM-Basic Ceramics L (AS)	TC-Kickboxing H (CRA) NA-Afternoon Fitness K (FR)	BA-Checkmate A (C3) TC-Line Dancing A (CRA) [4:30-5:30pm]	TM-Basic Ceramics N (AS) CS-Afternoon Walk D (FR) TC- Sports Camp D (CRA)	
5-6	MR-Out and About N [5:00-7:00pm] (CY) TM- Basic Ceramics M (AS) NR-Eating Out for Health/Fun B (C1) [5:30-7:00pm]	MR-Out and About O [5:00-7:00pm] (CY) JS-Karaoke Power Hour B (CRA)	TM-Jewelry Making K (AS)	CM-Self Defense C (CRA)	
6-7		NR-Healthy Cooking G [6:00-7:30pm] (C1)	KF-ASD Fitness D (CY) [6:00-7:30pm] TM-Jewelry Making L (AS)	NR-Healthy Cooking H [6:00-7:30pm] (C1)	
7-8					

CLASSES IN GREEN EXCEED 1 HOUR IN LENGTH.

EDUCATION STAFF:

<p>BD-Brittany Dadio OW-Olivia Wood BA-Bill Angier DF-Dan Forman TM-Tina Menchetti CS-Chris Sidarwick SP-Sue Peters MR-Mylissa Rockefeller LW-Luke Watterson JL-Jules Landwirth KY-Kelly Yontef AP-Alicia Prigidich</p>	<p>SB-Stephanie Berberich HM-Heather McDonald TC-Tim Cenabre KF-Karin Frodel NA-Nery Aldana CM-Carlos Mercado KS-Kim Stack JS-John Stanley TH-Theresa Console SR-Sunny Richards NR-Nicole Rainieri KC-Kevin Connors</p>
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CLASSROOMS:

<p>C1-Classroom 1 C2-Classroom 2 C3-Classroom 3 CA-Classroom A CY-Courtyard</p>	<p>FR-Fitness Room UA-UARTS AS-Art Studio BC-Basketball Court CRA-Outreach Center</p>
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SPRING 2018

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SPRING REGISTRATION

Spring Quarter Begins Monday, April 9, 2018
Spring Quarter Ends Friday, June 15, 2018

*****Please submit all finalized schedules to Cherice
Grandy by Friday, March 16, 2018*****

ADD/DROP

1. The first three weeks of the term is designated as the Add/Drop period, during which time a student may enroll in or drop a class. A student may drop out of a class during this time without being billed. Students will not receive a full refund after Friday, April 27, 2018.
2. Whether adding or dropping, the student's Coordinating Teacher must notify Cherice Grandy, REACH Administrative Manager, at 203-397-1714 Ext.142 or cgrandy@chapelhaven.org.

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[Day Classes]

Out & About (ConE, SCC)

Tina Menchetti

Come check out New Haven happenings! Students will travel to coffee shops, museums, galleries, malls, 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.

Session M – Mon. 9:45-12:00pm

Session P – Fri. 9:45-12:00pm

Class Fee: \$155.00

The Big Picture (SCC)

Bill Angier

A key skill in successfully solving problems is the ability to see the “big picture.” This can be something as basic as realizing that there might be more than one way to solve a problem or as acknowledging your own role in a conflict. Other elements include learning from both our successes and failures and the ability to see whether a problem requires immediate attention or is one that can wait. In this class, we will break down the different facets involved in trying to solve problems and why it is important to take on an increasingly larger role in finding appropriate solutions. In addition, we will look at video clips for examples of good and bad problem solving of the new media and provide basic knowledge to help navigate the ever changing landscape.

Session A – Mon. 10:00-11:00am

Session B – Thu. 11:00-12:00pm

Class Fee: \$105.00

Walk Westville (PE, HS, LM)

Brittany Dadio/Olivia Wood

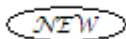
Enjoy a leisurely walk through the Westville neighborhood. Walking is a great form of exercise and doing it with a group only makes it more fun. Student generated topics for discussion and input are highly welcomed as we explore the community on foot.

Session D - Mon. 10:00-11:00am (Brittany)

Session E - Fri. 1:00-2:00pm (Olivia)

Class Fee: \$105.00

Real Life Reading (ConE, LA)



Bill Angier

A reading class with a “functional” twist. Learn to read important and helpful information from a variety of sources such as schedules, tables, and menus. Students will learn to follow basic instructions and read and understand bills. These and other areas of fundamental reading will be taught.

Session A - Mon. 11:00-12:00pm

Session B - Thu. 10:00-11:00am

Class Fee: \$105.00

Good Vibrations (A, LM)

NEW

Olivia Wood

Music can be a strong influence in many ways such as with personal fulfillment, feelings and responses, communication, socializing, and pleasurable experiences in a group. If you really love music, listening, singing along, and performing, you will enjoy this class. We will explore and have fun with various types of music; students will share personal favorites as well.

Session A – Mon. 11:00-12:00pm

Session B – Thu. 10:00-11:00am

Class Fee: \$105.00

Writing for Employment (VS, CarE)

Olivia Wood

In this class students will create resumes and cover letters. They will also practice filling out applications, paying close attention to handwriting.

Session A - Mon. 1:00-2:00pm

Session B - Thu. 1:00-2:00pm

Class Fee: \$105.00

Yoga (PE, HS)

Tina Menchetti

Enjoy an hour of deep breathing and relaxation. Go at your own pace and learn how to use breathing techniques and position your body in different ways. Yoga can help improve your flexibility, balance, concentration and posture, while increasing muscle strength at the same time.

Session A – Mon. 1:00-2:00pm

Class Fee: \$105.00

Hot Topic Review (LA, SS)

Brittany Dadio

Do you enjoy keeping up with the latest news? Do you want to read about exciting things that are happening in the world? Do you like having interesting conversations about new topics? This class will offer the opportunity to do all of the above! Similar to a book club, students will get together on a weekly basis to read about the latest hot topics from various publications and engage in lively and analytical discussion afterwards.

Session A - Mon. 1:00-2:00pm

Class Fee: \$105.00

Artistic Woodwork (A)

NEW

Tina Menchetti

Practical and fun! Create a piece of artwork that's useful and beautiful! In this class students will learn more about wood pieces and different decorating techniques such as sponging, stencils and decals. During the first class we will discuss techniques and projects.

Session B – Mon. 2:00-3:00pm

Class Fee: \$150.00 (includes all supplies)

Handy around the House (HS)

Bill Angier

There are so many tasks involved with maintaining an apartment such as knowing how to reset a circuit breaker, change every day light bulbs, hang a picture and turning a water main on and off. There was never a class to teach all of these "little" things until now. Join this class so we can show you how to better handle small emergencies all yourself. **This class is recommended for all Second Year and BRIDGE students.**

Session B – Mon. 2:00-3:00pm

Class Fee: \$105.00

Chapel Haven’s Got Talent (LA, A)

Olivia Wood

Do you have what it takes? Can you sing any of the top ten hits or maybe you have a favorite from the past? Can you dance like a ballerina or is hip hop more of your style? Do you play classical music or do you like to beat on a drum set? Are you the next Houdini with your magic skills? Come show your hidden talents for all to see!

Session A – Mon. 2:00-3:00pm

Class Fee: \$105.00

Just the Facts – Fast Food (HS, ConE)

Bill Angier

You are what you eat, but do you really know what you are eating? Food for thought; let's research a few of our favorite fast food restaurants to see if they are really our friend or foe! We will also explore healthy alternatives if you MUST eat fast food. Modes of learning will include discussion, video, handouts and written work.

Session A - Tue. 10:00-11:00am

Session B – Fri. 2:00-3:00pm

Class Fee: \$105.00

Wake Up and Sweat (PE)

Olivia Wood

Are you feeling sluggish? Has your energy level decreased? Do you want to feel better? Then get to the fitness room before most of your classmates even get out of bed. Improve your health and look great too!

Session H – Tue. 7:30-8:30am

Session I – Thu. 7:30-8:30am

Class Fee: \$140.00

Let’s Go Cardio (PE)

Olivia Wood/Luke Watterson

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

Session A - Tue. 10:00-11:00am (Olivia)

Session B - Thu. 1:00-2:00pm (Luke)

Class Fee: \$105.00

Internship Seminar (VS, CarE)**NEW****Myliisa Rockefeller**

This class offers students a chance to meet weekly to share and reflect on their ongoing vocational experience. Students will bring up successes, challenges and questions that they are facing in their internships. Group support, problem solving and role playing will be major aspects of this seminar.

Session A - Tue. 11:00-12:00pm**Session B - Thu. 2:00-3:00pm****Class Fee: \$105.00****Popular Culture (SS)****Olivia Wood**

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.

Session A - Tue. 11:00-12:00pm**Class Fee: \$105.00****History's Heroes (SS)****NEW****Bill Angier**

Gandhi said that we should “be the change we want to see in the world.” He was saying that each of us, in our own way, can do our part to make the world a better place. Throughout human history, there have been many instances of people coming together to help each other. Sometimes people have risked their lives to do so. This class will explore some of history’s most inspiring moments and figures. Students will learn about how Gandhi and Martin Luther King won freedom for millions of people; the history of the first Thanksgiving; Nelson Mandela and the end of Apartheid in South Africa; German and British soldiers during World War I leaving their trenches to celebrate Christmas together; the remarkable history of the underground railroad and the Amistad ship, which is now docked in New Haven; and much more. Discussions in this class will focus on the history involved as well as how the core values of equality, compassion and justice can be applied in everyday life.

Session A - Tue. 1:00-2:00pm**Class Fee: \$105.00****Basketball (PE)****Luke Watterson**

Come play team basketball with your friends and classmates on Chapel Haven’s very own basketball court! Students will work on skill-building drills as well as play structured games.

Session C – Tue. 1:00-2:00pm**Session D – Thu. 2:00-3:00pm****Class Fee: \$105.00**

Mindfulness through Art (SCC, A)

Kelly Yontef, Cognitive Behavioral Therapist

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. This class will focus on learning the basics of mindfulness and some strategies to help incorporate mindful thinking into your life. Students will experiment with various media, including painting, drawing and collage. Learn how to express inner thoughts, feelings and experiences through art.

Session D - Tue. 1:00-2:00pm

Class Fee: \$115.00

Around the World (SS)

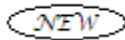
Luke Watterson

Do you know which country has the most cell phones per person? Do you know which country has the best school system? Learn about the world and become a member of the global village. Amaze your friends at parties with your knowledge. All you have to do is take this class to make it happen. By the way, Hong Kong citizens have nearly two cell phones per person and Finland has the best school system in the world!

Session A – Tue. 2:00-3:00pm

Class Fee: \$105.00

Chapel Haven Happenings (LA)



Sue Peters

If you enjoy writing or reporting and would like your work read by others, you will enjoy this class! The focus will be notable on-campus happenings such as the campus construction, recreation trips, classes and special events. Students will take pictures around campus, discuss and compile notes and generate a newsletter at the end of the semester for all of their peers to read!

Session A – Tue. 2:00-3:00pm

Class Fee: \$105.00

Socially Caffeinated 2 (SCC)

Dan Forman

It's not twice the caffeine as Socially Caffeinated, but hopefully there will be twice the conversation. In this course, students will continue to practice their conversational skills in a natural setting while also reviewing the basic fundamentals of successful communication in a traditional classroom environment. As the course progresses, scaffolding from the instructor will fade and the students will be increasingly encouraged to talk about the things that are on their minds, from weekend plans to timely pop culture events.

Session A - Wed. 10:00-11:00am

Class Fee: \$105.00

Current Events (LA, SS)

Dr. Jules Landwirth

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.

Session D – Wed. 10:00-11:00am

Class Fee: \$105.00

Your Incredible Body (HS)

Dr. Jules Landwirth

Our bodies are truly amazing machines but how do they work? Have you ever wondered why we sneeze? What is a hiccup? What makes us hungry? Take a journey from head to toe for an inside look at the amazing workings of your incredible body with Dr. Jules.

Session A – Wed. 11:00-12:00am

Class Fee: \$105.00

Free Time Management 2 (SS, LA)

Brittany Dadio

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 is else free and making plans with them, however, is not as easy as it sounds. It requires some planning and communication. This class will focus primarily on initiating and planning activities with friends and peers at home, and on campus. Students will break down these skills into their most essential steps and will role play and practice initiating and making plans with each other.

Session A – Wed. 11:00-12:00pm

Session B – Fri. 10:00-11:00am

Class Fee: \$105.00

Films of the 90's (SCC, LM)

NEW

Luke Watterson

The last decade of the millennium gave us many memorable films – from comedies like “Ferris Bueller’s Day Off,” to epic dramas like “Braveheart,” to timeless love stories like “Titanic”. In this class, students will relive this decade through its best movies while discussing the themes and topics that will never grow old.

Session A - Wed. 1:00-3:00pm

Class Fee: \$155.00

Exploring New England (SS)

Bill Angier

Whether it's visiting Mystic Seaport, skiing in Vermont, or shopping in Quincy Market- New England has a lot more to offer than you might think! Learn about things to do and places to go in this cozy and unique corner of the United States; and you don't even need a plane ticket!

Session A - Wed. 1:00-2:00pm

Class Fee: \$105.00

Painted Glassware (A)

Tina Menchetti

In this class we will paint glassware, all shapes and sizes. You can drink from these glass pieces or you can have them just to look at and enjoy! These are great gift making ideas for everyone. We will learn special brush stroke techniques that are simple and beautiful. Class is for all levels as long as you love to use a paint brush.

Session K – Wed. 1:00-2:00pm

Session L – Fri. 1:00-2:00pm

Class Fee: \$150.00 (includes all supplies)

Citizenship 2 (SS)

Bill Angier

Living independently in one's community involves more than using public transportation, doing your own banking and grocery shopping. Living independently also means becoming a responsible and productive member of the interdependent web of people that we call our community. It is about being a citizen. This is the second part of the series and it will continue to focus primarily on the personal qualities that make a good citizen – kindness, honesty, responsibility, humility, and perseverance, among others. Students will be encouraged through our annual Kindness Campaign to apply these values and personal qualities in class, in the residence, and in the wider community.

Session A – Wed. 2:00-3:00pm

Class Fee: \$105.00

Relaxation Techniques (HS, LM)

Olivia Wood

Everyone likes to chill in their own unique way and having a tried-and-true way to relax is an important piece of our coping toolboxes. In this class, students will meet weekly to explore some classic relaxation techniques such as yoga and meditation, but will also have the chance to mix it up and try new things. Students will have the opportunity to try adult coloring books, physical exercise, music, and mindfulness practices to see what works for them. Join this class and see what relaxation style suits you best!

Session A – Thu. 11:00-12:00pm

Class Fee: \$105.00

Out to Art (A, SCC)

Tina Menchetti

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. **Students who travel from Chapel Haven by van are expected to meet in the student lounge by 12:45pm each Thursday to allow enough time for travel.** These students will meet up with the rest of the class in the front of the YCBA lobby at 1:15pm. Please dress appropriately.

Session C - Thu. 1:00-3:30pm

Class Fee: \$155.00

Color your Conversation/20th Century Sitcoms (LM, A, SCC)

Mylissa Rockefeller

Coloring is a relaxing, stress-relieving, and FUN activity! The physical act of coloring (with crayons, pencils, gel pens and/or markers) generates mind-focus and brain-balance while also enhancing creativity. Even if you can't draw a straight (or wavy) line, you can COLOR -- no other artistic skills are required! Come meet up for some social time coloring and chatting. If you aren't up for coloring you can join us for a fun-filled T.V. hour! We will also watch shows from the 20th Century such as Malcolm in the Middle, King of Queens and Everybody Loves Raymond!

Session A – Fri. 11:00-12:00pm

Class Fee: \$115.00

Vibe (PE, HS)

Olivia Wood

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.

Session A – Fri. 2:00-3:00pm

Class Fee: \$105.00

Recipes for Me (HS, ConE)

Brittany Dadio

Do you enjoy making simple and/or complex meals? Do you find that you have a list of meals you want to make, but no recipe to follow? In this class, students will identify recipes of interest and put together an individual recipe binder to keep. This will allow students to build a repertoire of recipes that they can carry with them along the way.

Session A – Fri. 1:00-2:00pm

Class Fee: \$105.00

[Afternoon/Evening Classes]

Play it Safe! (HS)

NEW

Sunny Richards

Join your peers for this FREE refresher course in independent community living. You will hang out with friends while learning about home safety, theft prevention, internet do's and don'ts, bullying, safely navigating your neighborhood, and fire safety. There will also be time to discuss healthy and safe relationships as well as any other topics of interest.

Session C (4/9, 4/16, 4/23, 4/30, 5/7) – Mon. 3:00-4:00pm

Session D (5/14, 5/21, 6/4, 6/11) – Mon. 3:00-4:00pm

Class Fee: FREE!

Afternoon Walk (PE)

Kim Stack/Chris Sidarweck

This class is recommended for students who would like to enjoy a leisurely walk through the Westville neighborhood at a fair pace. Walking is a great form of exercise and doing it with a group only makes it more fun. Student-generated topics for discussion and input are highly welcomed as we explore the community on foot. Please bring a water bottle to each class.

Session C - Mon. 3:00-4:00pm (Kim)

Session D - Thu. 4:00-5:00pm (Chris)

Class Fee: \$140.00

Out & About (ConE, SCC)

Mylissa Rockefeller

Come check out New Haven happenings! Students will travel to coffee shops, museums, galleries, malls, 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.

Session N – Mon. 5:00-7:00pm

Session O – Tue. 5:00-7:00pm

Fee: \$190.00

Afternoon Fitness (PE)

Kim Stack/Nery Aldana

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. On days when the weather is nice, students will occasionally go for a walk around the Westville Community. Students should dress appropriately for the weather.

Session K – Tue. 4:00-5:00pm (Nery)

Session L – Wed. 3:00-4:00pm (Kim)

Class Fee: \$140.00

Kickboxing (PE)

Tim Cenabre

Kickboxing is a sport that combines striking targets with punches, kicks, elbows, and knees. It is a very fun fitness-based class that involves improving cardio, coordination, and discipline. During the semester, we will engage in many different types of kickboxing-based exercises and drills, and most importantly, have fun! Student will work straight punches, straight kicks and knees, as well as very basic combination and agility drilling.

Session G – Mon. 4:00-5:00pm

Session H – Tue. 4:00-5:00pm

Class Fee: \$140.00

Basic Ceramics (A)

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.

Session L – Mon. 4:00-5:00pm

Session N – Mon. 5:00-6:00pm

Session N – Thu. 4:00-5:00pm

Session O – Fri. 2:00-3:00pm

Class Fee: \$150.00 (includes all supplies)

Eating Out for Health & for Fun! (M, ConE, HS, SCC) NEW

Nicole Rainieri, Certified Holistic Health Counselor

In this class, we will discuss healthy and fun options for grocery shopping, eating out, and snacking. Together we will look over your grocery shopping lists and talk about new things to add and healthier options to consider. Also, we will look over restaurant menus in the area and order a meal for a few of our classes. There will be light snacks provided each week so you can try something new! **PLEASE NOTE: Students must bring their own money for nights when we will eat out.**

Session B – Mon. 5:30-7:00pm

Class Fee: \$175.00

Hiking (PE, LM) NEW

Myliisa Rockefeller

Come and see nature up close as we hike on trails around Lake Wintergreen, Farmington Canal, West Haven Beach and maybe even Sleeping Giant!!! In the event of rain, students will take a nice leisure walk around our local mall. Bring a water bottle and wear good hiking shoes!

Session A - Tue. 3:00-5:00pm

Class Fee: \$190.00

UARTS, Connecting through Creativity (A) NEW

Stephanie Berberich/Heather McDonald

Explore your creativity at the UARTS studio. Paint and stencil a wooden sign, make a soy wax scented candle, dye a silk scarf or learn to silk screen. Students will be able to take home their products at the end of the semester!

(8 week session – Begins on 4/24 and ends on 6/12)

Session D – Tue. 3:00-4:00pm

Class Fee: \$280.00 (fee includes all supplies)

Karaoke Power Hour (LA, A) NEW

John Stanley

Your magical voice, John Stanley on keyboards, and a predetermined list of song choices all make for a powerful hour of fun! If you love to sing, dance and have a great time, this is the class for you!

Session B - Tue. 5:00-6:00pm

Class Fee: \$140.00

Healthy Cooking (M, ConE, HS)

Nicole Rainieri, Certified Holistic Health Counselor

In this class, students will learn how to make new and healthy dishes. They will also learn healthier ways to cook some of their favorite meals. Each week students will be able to participate in making and eating the dish they choose as a small group.

Session G – Tue. 6:00-7:30pm

Session H – Thu. 6:00-7:30pm

Class Fee: \$225.00

Chapel Haven Theater (A)

Tina Menchetti/Olivia Wood

Be part of the Chapel Haven Theater Group and experience the drama we create as a group project. We will include dialog, music, dance, comedy and improvisation. All cast members will be part of the production in front of a live audience at the end of the semester. Students will be part of the choreography, set design, costumes, music, make-up and more. Come join the fun and be part of a very creative group of actors!

Session C - Wed. 3:00-4:30pm

Class Fee: \$275.00 (includes all supplies and costumes)

Checkmate! (SCC, LM) NEW

Bill Angier

Chess is one of the oldest and most popular games in the world. In Checkmate, students new to the game will learn the rules of Chess and how to play. More experienced players will improve their skills and learn new strategies. Whether you're a beginner or expert, if you want to learn more about Chess then Checkmate is for you.

Session A - Wed. 4:00-5:00pm

Class Fee: \$140.00

Line Dancing (PE, HS) NEW

Theresa Console

From old folk and country western dances to the Electric Slide of the 80s, the Macarena of the 1990s, and the Wobble, line dancing has been engrained in American culture for a long time. Students in this class will practice many popular line dances, past and present, all while taking in good music and good company!

Session A – Wed. 4:30-5:30pm

Class Fee: \$140.00

ASD Fitness (PE)

Karin Frodel

Enjoy working out with your friends at the ASD Fitness Center in Orange. The class will be taught by certified fitness instructors with backgrounds in Special Education and Adaptive Fitness. The class will begin with a warm up, followed by rotations through a variety of different fitness stations, each adapted to students' ability. The sessions will conclude with group core exercises and a fun cardio activity.

Session D - Wed. 6:00-7:30pm

Class Fee: \$290.00 (includes weekly gym fee)

Jewelry Making (A, LM)

Tina Menchetti

In this class, students will create jewelry out of beads, baubles and even elastic bands. We will make key chains, necklaces and bracelets among other things. Test your fine motor skills and try the very popular "Rainbow Loom"; bracelets made of colorful elastic bands. Make gifts or keep them for yourself. Either way, you'll leave with great jewelry. All supplies included.

Session K – Wed. 5:00-6:00pm

Session L – Wed. 6:00-7:00pm

Session M – Thu. 11:00-12:00pm

Class Fee: \$115.00 (fee includes all supplies)

Sports Camp (PE)

Tim Cenabre

Try out several different sports activities during this interactive class! Have fun and learn new skills while getting some exercise!

Session D – Thu. 4:00-5:00pm

Class Fee: \$140.00

Self-Defense (PE)

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.

Session C - Thu. 5:00-6:00pm

Class Fee: \$140.00

Bowling (PE, LM)

Myliisa 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 12:45pm each Friday to allow enough time to travel to the bowling alley.** The fee for this course includes \$6 per week for 2 games of bowling and shoe rental.

Session D - Fri. 1:00-3:00pm

Class Fee: \$210.00

Biking at Cheshire Bike Path (PE) 

Alicia Prigodich/Kevin Connors/Sunny Richards

If you are like many who enjoy the wind in your face as you peddle down the road on your bicycle, this class was made for you! Join Alicia Prigodich, Mr. Kevin Connors and/or Sunny Richards for a thrilling way to end a busy week or to start your weekend with an excellent workout. Riders will gather at Chapel Haven with their bicycles, helmets and water bottles. After a short ride to the RT.10/Hamden entrance of the Cheshire Bike Path, you will enjoy riding for miles from approximately 3:30 – 4:30 pm. You (and your bike) will then be transported back to Chapel Haven arriving in time for Friday evening recreational activities.

Session A - Fri. 3:00-5:00pm

Class Fee: \$190.00

Spring 2018 Registration Form

Student Name:	Student Phone #
Parent/Point Staff <i>(Person in charge of Scheduling)</i>	Parent/Point Staff Phone #

(Please check) **SLP** **SAIL** **DAY STUDENT** **ASAT**

Please put a check next to the class you would like to register for. Forms are due to Cherice Grandy by Friday, March 16th. Forms will not be accepted without the signature of your Point Staff.

Monday (Day)	Fee	✓	Monday (Evening)	Fee	✓
<i>Out & About [M] 9:45-12p</i>	\$155		<i>Afternoon Walk [C] 3-4p</i>	\$140	
<i>The Big Picture [A] 10-11a</i>	\$105		<i>Play it Safe [C] 3-4p [4/9 – 5/7] NEW</i>	FREE	
<i>Walk Westville[D] 10-11a</i>	\$105		<i>Play it Safe [D] 3-4p [5/14 – 6/11] NEW</i>	FREE	
<i>Real Life Reading [A] 11-12p NEW</i>	\$105		<i>Basic Ceramics [L] 4-5p</i>	\$150	
<i>Good Vibrations [A] 11-12p NEW</i>	\$105		<i>Kickboxing [G] 4-5p</i>	\$140	
<i>Writing for Employment [A] 1-2p</i>	\$105		<i>Out & About [N] 5-7p</i>	\$190	
<i>Hot Topic Review [A] 1-2p</i>	\$105		<i>Basic Ceramics [M] 5-6p</i>	\$150	
<i>Yoga [C] 1-2p</i>	\$105		<i>Eating out for Health & Fun [B] 5:30-7p NEW</i>	\$175	
<i>Artistic Woodwork [B] 1-2p NEW</i>	\$150				
<i>Handy around the House [A] 2-3p</i>	\$105				
<i>CH's Got Talent [A] 2-3p</i>	\$105				
Tuesday (Day)	Fee	✓	Tuesday (Evening)	Fee	✓
<i>Wake up & Sweat [H] 7:30-8:30a</i>	\$140		<i>Hiking [A] 3-5p</i>	\$190	
<i>Just the Facts: Fast Food [A] 10-11a</i>	\$105		<i>UARTS-Connect. through Creativity[D] 3-4p NEW</i>	\$280	
<i>Internship Seminar [A] 11-12p NEW</i>	\$105		<i>Kickboxing [H] 4-5p</i>	\$140	
<i>Popular Culture [A] 11-12p</i>	\$105		<i>Afternoon Fitness [K] 4-5p</i>	\$140	
<i>History's Heroes [A] 1-2p NEW</i>	\$105		<i>Out & About [O] 5-7p</i>	\$190	
<i>Mindfulness through Art [D] 1-2p</i>	\$115		<i>Karaoke Power Hour [B] 5-6p NEW</i>	\$140	
<i>Basketball [C] 1-2p</i>	\$105		<i>Healthy Cooking [G] 6-7:30p</i>	\$225	
<i>Around the World [A] 2-3p</i>	\$105				
<i>CH Happenings [A] 2-3p NEW</i>	\$105				

Wednesday (Day)	Fee	✓	Wednesday (Evening)	Fee	✓
<i>Socially Caffeinated 2 [A] 10-11a</i>	\$105		<i>CH Theater [C] 3-4:30p</i>	\$275	
<i>Current Events [D] 10-11a</i>	\$105		<i>Afternoon Fitness [L] 3-4p</i>	\$140	
<i>Your Incredible Body [A] 11-12p</i>	\$105		<i>Checkmate [A] 4-5p</i> NEW	\$140	
<i>Free Time Management 2 [A] 11-12p</i>	\$105		<i>Line Dancing [A] 4:30-5:30p</i> NEW	\$140	
<i>Films of the 90's [A] 1-3p</i> NEW	\$155		<i>Jewelry Making [K] 5-6p</i>	\$115	
<i>Exploring New England [A] 1-2p</i>	\$105		<i>Jewelry Making [L] 6-7p</i>	\$115	
<i>Painted Glassware [K] 1-2p</i>	\$150		<i>ASD Fitness [D] 6-7:30p</i>	\$290	
<i>Citizenship 2 [A] 2-3p</i>	\$105				
Thursday (Day)	Fee	✓	Thursday (Evening)	Fee	✓
<i>Wake up & Sweat [I] 7:30-8:30a</i>	\$140		<i>Afternoon Walk [D] 4-5p</i>	\$140	
<i>Real Life Reading [B] 10-11a</i>	\$105		<i>Basic Ceramics [N] 4-5p</i>	\$150	
<i>Good Vibrations [B] 10-11a</i> NEW	\$105		<i>Sports Camp [D] 4-5p</i>	\$140	
<i>The Big Picture [B] 11-12p</i>	\$105		<i>Self Defense [C] 5-6p</i>	\$140	
<i>Relaxation Techniques [B] 11-12p</i>	\$105		<i>Healthy Cooking [H] 6-7:30p</i>	\$225	
<i>Jewelry Making [M] 11-12p</i>	\$115				
<i>Out to Art [C] 1-3:30p</i>	\$155				
<i>Writing for Employment [B] 1-2p</i>	\$105				
<i>Let's Go Cardio [B] 1-2p</i>	\$105				
<i>Internship Seminar [B] 2-3p</i> NEW	\$105				
<i>Basketball [D] 2-3p</i>	\$105				
Friday (Day)	Fee	✓	<u>Office use only</u>		
<i>Out & About [P] 9:45-12p</i>	\$155		<u>Date Recv'd</u>	<u>Total Amount</u>	<u>Previous Balance</u>
<i>Free Time Management 2 [A] 10-11a</i>	\$105				
<i>Color your Conversation/ 20th Century Sitcoms A [A] 11-12p</i>	\$120				
<i>Walk Westville [E] 1-2p</i>	\$105				
<i>Painted Glassware [L] 1-2p</i>	\$150				
<i>Bowling [D] 1-3p</i>	\$210				
<i>Just the Facts: Fast Food [B] 2-3p</i>	\$105				
<i>Vibe [A] 2-3p</i>	\$105				
<i>Basic Ceramics [O] 2-3p</i>	\$150				
<i>Biking at Cheshire</i>	\$190				
<i>Bike Path [A] 3-5p</i> NEW					

Signature of Applicant

Signature of Parent/Point Staff