

# CHAPEL HAVEN

## REACH PROGRAM COURSE CATALOG

### SUMMER 2018

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

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## SUMMER REGISTRATION

Summer Quarter Begins Monday, July 9, 2018  
Summer Quarter Ends Friday, August 31, 2018

**\*\*\*Please submit all finalized schedules to Cherice Grandy by Friday, May 29<sup>th</sup> 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, July 20<sup>th</sup> 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](mailto: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**

<b>LA</b> – Language Arts <b>SS</b> – Social Studies <b>M</b> – Math <b>S</b> – Science <b>A</b> – Art	<b>CarE</b> – Career Education <b>ConE</b> – Consumer Education <b>PE</b> – Physical Education <b>VS</b> – Vocational Skills	<b>T</b> – Technology <b>HS</b> – Health and Safety <b>SCC</b> – Social Communication <b>LM</b> – Leisure Management
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REACH & CONTINUING EDUCATION MASTER DAY SCHEDULE				SUMMER 2018	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30		OW-Wake up & Sweat A (SL/FR)		OW-Wake up & Sweat B (SL/FR)	
8-9	DS/PC-Personal Hygiene	DS/PC-Personal Hygiene	DS/PC-Personal Hygiene	DS/PC-Personal Hygiene	DS/PC-Personal Hygiene
9-10	PC-GMCH A (C1) DS-GMCH B (C2) BA-GMCH C (C3) OW-GMCH D (C4)	PC-GMCH A (C1) DS-GMCH B (C2) BA-GMCH C (C3) OW-GMCH D (C4) <b>MR-Laundry B (CY)</b> <b>[9:00-11:00am]</b>	PC-GMCH A (C1) DS-GMCH B (C2) BA-GMCH C (C3) OW-GMCH D (C4)	PC-GMCH A (C1) DS-GMCH B (C2) BA-GMCH C (C3) OW-GMCH D (C4) <b>MR-Laundry D (CY)</b> <b>[9:00-11:00am]</b>	PC-GMCH A (C1) DS-GMCH B (C2) BA-GMCH C (C3) OW-GMCH D (C4)
10-11	<b>PC/MR-Groc. Shop. A (CY)</b> <b>TM-Out &amp; About A (CY)</b>  DS-Prop. Etiq/Wrkpl. A (C2) OW-Walk Westville A (CY)	BA-Tech. Indep. Living B (C3) OW-Movin' & Groovin' A (CRA)	<b>MR-Laundry C (CY)</b>  DF-Intro to Small Talk A (C5) <i>2<sup>nd</sup> year students only</i>  JL-Current Events A (C4)	PC-Free Time Mngmt. A (C1) BA-Fitness Room Cert. B (FR)	<b>TM-Out &amp; About C (CY)</b>  MR-Soup Kitchen A (CY) DS-Prop. Etiq/Wrkpl. B (C2) OW-History of Music B (C4)
11-12	OW-Money Mngmt. A (C4) DS-Kindness Camp. A (C2)	BA-Healthy Relations. B (C3) PC-Convo. Games A (C1)	OW-Media Science A (C4) JL-Taking Care of your Body A (C4)	SP-Adv. Banking A (C1) MR-80's Sitcoms B (CRA) TM-Jewelry Making C (AS)	DF-Talk is Cheap A (C5) <i>1<sup>st</sup> year students only</i>  PC-Conversation Games B (C1) BA-Walk Westville B (CY)
12-1	PC-LUNCH PREP OW-LUNCH PREP	PC-LUNCH PREP OW-LUNCH PREP	BA-LUNCH PREP DS-LUNCH PREP	BA-LUNCH PREP DS-LUNCH PREP	M - INDEPENDENT LUNCH
1-2	<b>MR-Walgreens A (CY)</b> <b>LW-Book Bank A (CY)</b>  BA-Healthy Relations. A (C3) TM-Yoga A (CRA)	<b>MR-Walgreens B (CY)</b> <b>SP/DS-Pers. Finance A (C1)</b>  BA-Summer Climate A (C3) LW-Basketball A (BC)	<b>MR-Walgreens C (CY)</b> <b>SP/DS-Pers. Finance B (C1)</b>  LW-Life Skills 101B (C6) BA-Fitness Room Cert. A (FR) TM-Painted Glass. A (AS)	<b>SP/DS-Pers. Finance C (C1)</b> <b>PC-Groc. Shop. B (CY)</b> <b>TM-Wonders of Nature &amp; Art (CY)</b>  OW-Money Mngmt. B (C4) LW-Basketball B (BC)	<b>MR-Bowling A (CY)</b>  PC-Comm. Safety A (C1) OW-So you think/Sing A (CRA) TM-Painted Glass. B (AS)
2-3	PC-Comm. Resources A (C1) BA-Tech. Indep. Living A (C3) TM-Artistic Woodwork A (AS)	LW-Life Skills 101A (C6) OW-History of Music A (C4)	PC-Comm. Resources B (C2) LW-80's Sitcoms A (CRA)	OW-Media Science B (C4) LW-Board Games A (CRA)	PC-Free Time Mngmt. B (C1) BA-American History A (C3) TM-Basic Ceramics D (AS)

**CLASSES IN RED ARE 2 HOURS IN LENGTH UNLESS OTHERWISE LISTED.**

EDUCATION STAFF:		CLASSROOMS:	
<b>PC</b> -Paul Clarizio <b>DS</b> -Dana Skawinski <b>BA</b> -Bill Angier <b>OW</b> -Olivia Wood <b>DF</b> -Dan Forman <b>TM</b> -Tina Menchetti <b>SP</b> -Sue Peters <b>MR</b> -Myliissa Rockefeller <b>LW</b> -Luke Watterson <b>JL</b> -Jules Landswirth	<b>SB</b> -Stephanie Berberich <b>KF</b> -Karin Frodel <b>KS</b> -Kim Stack <b>HM</b> -Heather McDonald <b>NA</b> -Nery Aldana <b>NR</b> -Nicole Rainieri <b>TC</b> -Tim Cenabre <b>JS</b> -John Stanley <b>CS</b> -Chris Sidarweck	<b>C1</b> -Classroom 1 <b>C2</b> -Classroom 2 <b>C3</b> -Classroom 3 <b>C4</b> -Classroom 4 <b>C5</b> -Classroom 5 <b>C6</b> -Life Skills Teaching Apt. <b>CLP</b> - Comm. Living Prog. <b>UA</b> -UARTS	<b>FR</b> -Fitness Room <b>SL</b> -Student Lounge <b>AS</b> -Art Studio <b>CRA</b> -Outreach Center <b>BC</b> -Basketball Court <b>CY</b> -Courtyard <b>RK</b> -Rossman Kitchen <b>EP</b> -Edgewood Park

REACH & CONTINUING EDUCATION MASTER EVENING SCHEDULE				SUMMER 2018	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-4	<b>LW-Laundry A (CY)</b>  MR/PC-Keeping up Appearances (Apt)  KS-Afternoon Walk A (FR)	MR/LW-Keeping up Appearances (Apt)  SB/HM-UARTS A (UA)	<b>TM/OW-Summer Theater A [3:00-4:30] (CRA)</b>  MR/LW-Keeping up Appearances (Apt)  KS-Afternoon Fitness B (FR)	MR/LW-Keeping up Appearances (Apt)	MR/PC-Keeping up Appearances (Apt)
4-5	BA-Checkmate! A (CLP)  TM- Basic Ceramics A (AS)	TC-Kickboxing A (CRA)  NA-Afternoon Fitness A (FR)	BA-Always on the Run A (CY)  SB-Soccer A (CY/EP)	CS-Afternoon Walk B (FR)  TM-Basic Ceramics C (AS)  TC-Sports Camp A (CRA)	
5-6	<b>MR-Out and About B [5:00-7:00] (CY)</b>  TM-Basic Ceramics B (AS)  NR-Eating out for Health/Fun A (CLP) [5:30-7:00pm]	JS-Karaoke Power Hour A (CRA)	TM-Jewelry Making A (AS)		
6-7		<b>NR-Healthy Cooking A (CLP/RK) [6:00-7:30pm]</b>	<b>KF-ASD Fitness A (CY) [6:00-7:30pm]</b>  TM-Jewelry Making B (AS)	<b>NR-Healthy Cooking B (CLP/RK) [6:00-7:30pm]</b>	
7-8					

**CLASSES IN RED ARE 2 HOURS IN LENGTH UNLESS OTHERWISE LISTED.**

<u>EDUCATION STAFF:</u>		<u>CLASSROOMS:</u>	
<b>PC</b> -Paul Clarizio <b>DS</b> -Dana Skawinski <b>BA</b> -Bill Angier <b>OW</b> -Olivia Wood <b>DF</b> -Dan Forman <b>TM</b> -Tina Menchetti <b>SP</b> -Sue Peters <b>MR</b> -Mylissa Rockefeller <b>LW</b> -Luke Watterson <b>JL</b> -Jules Landswirth	<b>SB</b> -Stephanie Berberich <b>KF</b> -Karin Frodel <b>KS</b> -Kim Stack <b>HM</b> -Heather McDonald <b>NA</b> -Nery Aldana <b>NR</b> -Nicole Rainieri <b>TC</b> -Tim Cenabre <b>JS</b> -John Stanley <b>CS</b> -Chris Sidarweck	<b>C1</b> -Classroom 1 <b>C2</b> -Classroom 2 <b>C3</b> -Classroom 3 <b>C4</b> -Classroom 4 <b>C5</b> -Classroom 5 <b>C6</b> -Life Skills Teaching Apt. <b>CLP</b> – Comm. Living Prog. <b>UA</b> -UARTS	<b>FR</b> -Fitness Room <b>SL</b> -Student Lounge <b>AS</b> -Art Studio <b>CRA</b> -Outreach Center <b>BC</b> -Basketball Court <b>CY</b> -Courtyard <b>RK</b> -Rossman Kitchen <b>EP</b> -Edgewood Park

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## **[Core Classes – Residents Only]**

*\*Included with Tuition\**

### **Good Morning Chapel Haven (LA, M, ConE, HS, SCC, LM) – Core Y1 & Y2**

**Paul Clarizio/Dana Skawinski/Bill Angier/Olivia Wood**

This class is a great way to start the day! Students will meet each day 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 practice community safety, discuss their course schedules, appropriate clothing and hygiene for different situations, free-time plans, upcoming recreation trips and more. Each student will be encouraged to bring any general daily problems (scheduling conflicts, social dilemmas, conflict resolution, etc.) to the group for discussion. 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.

**Session A - Mon-Fri. 9:00-10:00am (Paul)**

**Session B - Mon-Fri. 9:00-10:00am (Dana)**

**Session C - Mon-Fri. 9:00-10:00am (Bill)**

**Session D - Mon-Fri. 9:00-10:00am (Olivia)**

### **Grocery Shopping (M, ConE) – Core Y1 & Y2**

**Paul Clarizio/Mylissa Rockefeller**

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. At the beginning of the semester, students will take the bus to Stop and Shop with their teachers; locate the items on their list, shop, and pay. Support will be faded out throughout the semester as appropriate for each student.

**Session A - Mon. 10:00-12:00pm (Paul & Mylissa)**

**Session B - Thu. 1:00-3:00pm (Paul)**

### **Proper Etiquette in the Workplace (M, ConE) – Core Y1 & Y2**

**Dana Skawinski**

This class will teach students the basic understandings of proper etiquette in the workplace and why it's important. Students will plan conversations including greeting, maintaining and ending conversation. Skills will include eye contact, good listening, time and place, proximity, proper interrupting skills, and tone of voice.

**Session A - Mon. 10:00-11:00am**

**Session B - Fri. 10:00-11:00am**

### **Money Management (M, ConE) Core Y1 & Y2**

**Olivia Wood**

Do you know where all your money is going? Do you have difficulty saving money? In this class, students will learn organizational tips and tricks for tracking their overall spending and expenses. Some of the steps we will take include: setting goals and planning for unexpected (lost phone charger) and future (bills due end of the month) expenses. All practice will be based upon the individual needs of the students in the class, and will utilize real life problem-solving situations.

**Session A – Mon. 11:00-12:00pm**

**Session B – Thu. 1:00-2:00pm**

**Lunch Preparation (ConE, HS)** – Core Y1 & Y2

**Education Staff**

In this class, our education staff will assist each student with lunch preparation in his or her apartment. Students are guided through the prep process of quick and easy meals that the student will ultimately master on their own. Once a meal is mastered, the student will move on to a new meal requiring similar yet new skills while continuing to make the mastered meals, on a less frequent basis, to maintain skill sets. This class sets the student up for independence in the kitchen and the ability to safely prepare many different meals.

**Mon-Thu. 12:00-1:00pm**

**Working Partnerships (VS, CarE)** – Core Y1 & Y2

**Mylissa Rockefeller**

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.

**Walgreens – Mon, Tue, Wed. 1:00-3:00pm**

**Community Service Exploration (VS, CarE)** – Core Y1 & Y2

**Luke Watterson/Mylissa Rockefeller**

Community Service Exploration is designed to allow students an opportunity to get to know the community they live in, and to give back through volunteer work. Students will travel to their volunteer sites weekly. In addition, students will spend some time reflecting after each weekly assignment to think about their interest in jobs or careers that involve the kinds of tasks they completed that week. Students in community service exploration should come with an open mind and be prepared to try out a variety of types of tasks and work environments.

**Book Bank A – Mon. 1:00-3:00pm (Luke)**

**Soup Kitchen A – Fri. 10:00-11:00am (Mylissa)**

**Healthy Relationships (SCC)** – Core Y1 & Y2

**Bill Angier**

This class will focus on the social and emotional elements of starting and maintaining strong, beneficial relationships. Topics will include meeting new people, recognizing the qualities that you value in a friend or significant other, the differences between friendships and romantic relationships, how to understand people's motives and intentions in a relationship, how to tell when a relationship is healthy versus unhealthy, personal space and more. Reading, videos and role-playing will be used to display appropriate communication.

**Session A – Mon. 1:00-2:00pm**

**Session B – Tue. 11:00-12:00pm**

**Keeping Up Appearances (HS)** – Core Y1 & Y2

**Education 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. The amount of sessions each student is enrolled in will be determined by their coordinating teacher.

**Mon – Fri. 3:00-4:00pm**



### **Community Resources (ConE) - Core Y1**

#### **Paul Clarizio**

Students will learn how to identify and utilize the community resources available to them. Students in this class will research and develop a list of services in the community that are of value to them. Once students identify their list, they will learn how to independently access these services through class outings. Students will then utilize the skills learned to independently complete group and individual assignments.

**Session A – Mon. 2:00-3:00pm**

**Session B – Wed. 2:00-3:00pm**

### **Technology for Independent Living (T) - Core Y1**

#### **Bill Angier**

In today's age, technology presents itself in most facets of our lives. As students embark on their journey towards independence this class will provide the opportunity for them to learn ways to use technology to keep in touch with family and friends, enhance new social connections, manage a schedule, contacts and notes, and how to do it all safely. Students will undergo an informal assessment on their current skill levels in the areas of email, texting, social media and internet safety.

**Session A – Mon. 2:00-3:00pm**

**Session B – Tue. 10:00-11:00am**

### **Laundry (M, ConE) – Core Y1 & Y2**

#### **Luke Watterson/Mylissa Rockefeller**

This class will convene at Top Kat Laundromat, where students will do their laundry, learn to separate darks and lights, choose the right washer and dryer cycles and fold their clothes. Students will also practice appropriate social skills at the Laundromat, including public downtime management skills.

**Session A – Mon. 3:00-5:00pm (Luke)**

**Session B – Tue. 9:00-11:00am (Mylissa)**

**Session C – Wed. 10:00-12:00pm (Mylissa)**

**Session D – Thu. 9:00-11:00am (Mylissa)**

### **Personal Finance (M, ConE) – Core Y1 & Y2**

#### **Sue Peters/Dana Skawinski**

Students will work with their teacher on weekly budgeting. Areas to be reviewed are deciding weekly expenses, allotting money for those expenses, and going to the bank. Skills to be worked on will include reviewing weekly wants and needs, basic math computation, completing withdrawal and deposit slips, and responsibilities and realistic expectations regarding money. As students' progress throughout the course, the goal is for students to develop more independence and confidence with their money management skills.

**Session A – Tue. 1:00-3:00pm**

**Session B – Wed. 1:00-3:00pm**

**Session C – Thu. 1:00-3:00pm**

### **Life Skills 101 (HS)** – Core Y1

**Luke Watterson**

Could your apartment pass the white glove test or are the dust bunnies taking over!? In this class, students will learn to identify and select appropriate cleaning products for everyday apartment maintenance. Students will be able to identify when their apartment needs cleaning and general maintenance. Students will practice thoroughly cleaning all areas of the apartment.

**Session A – Tue. 2:00-3:00pm**

**Session B – Wed. 1:00-2:00pm**

### **Intro to Small Talk (SCC)** – Year Two Only

**Dan Forman**

What is small talk and why is it important? No one wants to be the person that people avoid at a party or be thought of as boring, but what are some other reasons we should practice our conversational skills? And, why does small talk require good *listening* skills? The course will look at the basic way we try to connect with other people while also building our conversational skills through practicing small talk with our peers.

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

### **Media Science (LA, ConE, SCC)** – Core Y1

**Olivia Wood**

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.

**Session A - Wed. 11:00-12:00pm**

**Session B - Thu. 2:00-3:00pm**

### **Free Time Management (ConE, HS)** – Core Y1

**Paul Clarizio**

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. Students will each identify and create a list of favorite downtime activities then learn how to initiate and plan these activities with friends.

**Session A – Thu. 10:00-11:00am**

**Session B – Fri. 2:00-3:00pm**

### **Advanced Banking (M, ConE)** – Core Y1 & Y2

**Sue Peters**

This class is designed for those students who have mastered skills taught in our Personal Finance class. They will learn to increase their independence with money management. Students will continue to receive support with budgeting for wants and needs, but they will make independent trips to the bank for withdrawals and deposits. Students will also begin storing money they have budgeted in personal lockboxes to use throughout the week. Other skills practiced will include solving word problems, writing checks to pay sample bills, and maintaining an accurate account record.

**Session A - Thu. 11:00-12:00pm**

**Talk is Cheap (SCC)** – Year One Only

**Dan Forman**

Everyone knows actions speak louder than words. But can we speak loudly without talking? What does nonverbal communication mean? What does it mean to think with your eyes? Why is perspective-taking an important skill? This course will introduce the basic qualities of successful communication and lay the groundwork for later communication courses.

**Session A - Fri. 11:00-12:00pm**

**Community Safety (HS)** – Core Y1

**Paul Clarizio**

Students will learn to identify situations in the community when police, fire or medical help is needed. Students will participate in exercises that will help them describe methods of obtaining appropriate help in the community, and how to report danger, crime or threats to the appropriate authorities. The majority of this class will be held outdoors in various community locations. Students will learn how to navigate busy streets safely through weekly practice sessions, during which each student will have the chance to lead the class multiple times to different locations using sidewalks and crosswalks appropriately. Students who complete the class having demonstrated an acceptable level of awareness and safety when navigating the community will be considered ready to travel a designated area of the Westville community independently.

**Session A - Fri. 1:00-2:00pm**

**[Electives]**

*\*Included with Tuition\**

**Walk Westville (PE, HS, LM)**

**Olivia Wood/Bill Angier**

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 A - Mon. 10:00-11:00am (Olivia)**

**Session B - Fri. 11:00-12:00pm (Bill)**

**Kindness Campaign (SS, SCC)**

**Dana Skawinski**

Gandhi said, “You have to be the change you wish to see in the world.” Sometimes it is easy to get caught up in the “drama” of the world, but YOU can make a difference by actively spreading kindness! Through this class, we’ll learn how to plan and implement acts of kindness to brighten our Chapel Haven community. The great thing about kindness is that it keeps on giving so who knows what other acts of kindness we might inspire in others!

**Session A – Mon. 11:00-12:00pm**

**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**

**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 A - Mon. 3:00-4:00pm (Kim)****Session B - Thu. 4:00-5:00pm (Chris)****1<sup>st</sup> session of Afternoon Walk or Afternoon Fitness is free, each additional session \$140.00****Movin' & Groovin' (PE)****Olivia Wood**

Do you love dancing to today's hottest songs?! Want to learn those hip new moves that all the cool kids are doing? This exciting class combines the hottest pop and hip-hop songs with exciting dance routines. Each class you'll perfect old routines and learn new steps until you're movin' and groovin' like a pop star – all while getting a great workout!

**Session A – Tue. 10:00-11:00am****The Conversation Games (LM, SCC)****Paul Clarizio**

Unlike in the movie and novel *The Hunger Games*, when people sit down to talk over games, everyone's a winner. In this class, students will have the opportunity to practice and improve their social skills during leisure time activities. Students will identify and engage in activities of interest facilitated by the instructor, and practice skills such as: initiation, responding to others, conversational turn-taking, reading body language, and cheering others on.

**Session A – Tue. 11:00-12:00pm****Session B – Fri. 11:00-12:00pm****Summer Climate (S, HS)****Bill Angier**

This class is an opportunity for students to apply the science of weather to “real life.” Extreme summer temperatures and storms are a reality of life in our geographical region. After reviewing some of the science behind summer weather patterns, students will examine the impact of these weather conditions on their everyday life from choosing the appropriate weight jacket on a cool summer evening to remaining safe and healthy under the hot summer sun. A mix of science, real life tips, and some fun environmental exploration make this an ideal class for a new-comer to the area or a long time Connecticut resident.

**Session A – Tue. 1:00-2:00pm****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 A – Tue. 1:00-2:00pm****Session B – Thu. 1:00-2:00pm**

### **History of Music (A, LM)**

**NEW**

**Olivia Wood**

Why does music affect us the way it does? There is no escaping music in our society; it's everywhere. Together we will discover how and why music has impacted our culture through the centuries. We will explore music's history, its basic elements, and its power to alter entire societies.

**Session A – Tue. 2:00-3:00pm**

**Session B – Fri. 10:00-11:00am**

### **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 A – Tue. 4:00-5:00pm (Nery)**

**Session B – Wed. 3:00-4:00pm (Kim)**

**1<sup>st</sup> session of Afternoon Walk or Afternoon Fitness is free, each additional session \$140.00**

### **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 A – Wed. 10:00-11:00am**

### **Taking Care of Your Body (HS)**

**Dr. Jules Landwirth**

Have you ever left your apartment and realized you forgot to brush your teeth? In today's hectic world it can be hard to take the time to make sure we are taking care of ourselves. Over the course of the semester Dr. Jules will help you learn how taking care of your body can help you feel your best.

**Session A – Wed. 11:00-12:00am**

### **Fitness Room Certification (PE)**

**Bill Angier**

Knowing how to stay fit is a requirement for living a healthy, fulfilling life. Each semester, students have the opportunity to take a variety of fitness classes led by an instructor. Equally important, though, is developing the knowledge and ability to exercise independently. In this class, students will work out while being trained on each piece of equipment – learning which parts of the body it addresses, proper use and safety. Students who complete this course and have demonstrated a required level of knowledge and safety will be considered “certified” and able to use the fitness room independently as it fits their schedule.

**Session A – Wed. 1:00-2:00pm**

**Session B – Thu. 10:00-11:00am**

### **80's Sitcoms (SCC, LM)**

**Luke Watterson/Mylissa Rockefeller**

Join Zach for a fun-filled T.V. hour. Watch shows from the 80's like Webster, Small Wonder, Who's the Boss & Family Ties. Students in this class will discuss underlying themes, character roles, and plots.

**Session A - Wed. 2:00-3:00pm (Luke)**

**Session B - Thu. 11:00-12:00pm (Mylissa)**

### **Board Games (SCC, LM)**

**Luke Watterson**

Board games are a great way to socialize and pass the time, but there is more to them than meets the eye. In addition to learning the rules of particular games, students will practice all of the other interpersonal skills that they will need to be successful in a variety of settings – turn taking, joint attention, sportsmanship, expressive and receptive communication, and more.

**Session A - Thu. 2:00-3:00pm**

### **So You Think You Can Sing (A, LA)**

**Olivia Wood**

So...you have all heard of "So You Think You Can Dance", well how about So You Think You Can Sing. Yes, we will sing and dance to your favorite musicals, rock, country and hip hop songs. You will pick the song that you would like to sing by yourself or with your friends. Watch out New Haven! We may have the next Katy Perry or Taylor Swift right here at Chapel Haven! Come join the FUN!

**Session A – Fri. 1:00-2:00pm**

### **American History (SS)**

*NEW*

**Bill Angier**

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.

**Session A – Fri. 1:00-2:00pm**

## **[Continuing Adult Education]**

### **Out & About (ConE, SCC)**

**Tina Menchetti/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 A – Mon. 9:45-12:00pm (Tina)**

**Session B – Mon. 5:00-7:00pm (Mylissa)**

**Session C – Fri. 9:45-12:00pm (Tina)**

**Fee: \$155.00 (Sessions A & C) \$190.00 (Session B)**

### **Artistic Woodwork (A)**

**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 A – Mon. 2:00-3:00pm**

**Class Fee: \$150.00 (includes all supplies)**

### **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 - Mon. 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 A – Mon. 4:00-5:00pm**

**Session B – Mon. 5:00-6:00pm**

**Session C – Thu. 4:00-5:00pm**

**Session D – Fri. 2:00-3:00pm**

**Class Fee: \$150.00 (includes all supplies)**

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

**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**

### **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 A – Tue. 7:30-8:30am**

**Session B – Thu. 7:30-8:30am**

**Class Fee: \$140.00**

### **UARTS, Connecting through Creativity (A)**

**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!

*(6 week session – Begins on 7/10 and ends on 8/14)*

**Session A – Tue. 3:00-4:00pm**

**Class Fee: \$150.00 (fee includes all supplies)**

### **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 A – Tue. 4:00-5:00pm**

**Class Fee: \$140.00**

### **Karaoke Power Hour (LA, A)**

**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 A - 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 A – Tue. 6:00-7:30pm**

**Session B – Thu. 6:00-7:30pm**

**Class Fee: \$225.00**

### **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 A – Wed. 1:00-2:00pm**

**Session B – Fri. 1:00-2:00pm**

**Class Fee: \$150.00 (includes all supplies)**



### **Chapel Haven Summer Theater (A)**

**Tina Menchetti/Olivia Wood**

Different from the past semesters of Chapel Haven Theater Group, we will be experimental and playful with our acting exercises. It will be a summer of dialog, improvisation, comedy, dance and lots of music. This is a great time to test your acting skills and have fun learning what drama is all about. Although we will not have a final production, we will attend a professional production at a local theater in CT. **Ticket fee will be at an additional cost.** Come join this very creative group of aspiring actors!

**Session A - Wed. 3:00-4:30pm**

**Class Fee: \$175.00 (includes all supplies and costumes)**

### **Always on the Run! (PE)**

**NEW**

**Bill Angier**

Jogging is not only popular but also a healthy pastime that has gained momentum in many parts of the world. Whether you are a beginner or have some past experience, the combination of this introduction and your experiences will help you learn the necessary skills to become a more fit and efficient jogger. These newly acquired skills will allow you to benefit from this leisurely paced, healthy activity. Jogging is an activity that promotes a healthy lifestyle. A jogging routine can even provide a great cardiovascular workout that strengthens and tones the muscles.

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

**Class Fee: \$140.00**

### **Soccer with Stephanie! (PE)**

**NEW**

**Stephanie Berberich**

We will meet on the Chapel Haven campus, followed by a warm-up to Edgewood Park, where we will learn the fundamentals of soccer and have some fun while enjoying the fresh air!

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

**Class Fee: \$140.00**

### **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 A – Wed. 5:00-6:00pm**

**Session B – Wed. 6:00-7:00pm**

**Session C – Thu. 11:00-12:00pm**

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

### **ASD Fitness (PE)**

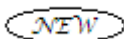
**Karin Frodel**

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 A - Wed. 6:00-7:30pm**

**Class Fee: \$260.00 (includes weekly gym fee)**

### **Wonders of Nature & Art (A)**



**Tina Menchetti**

There are so many neighbors we've never met- in the trees, under logs, in the air, in the water, just about everywhere! Join us as we get acquainted with the many wonders of our natural surroundings through walks, bird-watching and observing all sorts of creatures! We will also discuss and create art inspired by our observations.

**Session A – Thu. 1:00-3:00pm**

**Class Fee: \$175.00 (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 A – Thu. 4:00-5:00pm**

**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 A - Fri. 1:00-3:00pm**

**Class Fee: \$200.00**