



REACH/CONTINUING ADULT EDUCATION COURSE CATALOG SPRING 2020



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

Chapel Haven Schleifer Center, 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

Greetings CHSC Families & Staff,

While none of us could have predicted our current situation, I could not be prouder of the way our educators, staff, and most importantly, our residents and community members have risen to the occasion to maintain our dynamic culture of independent living. And I could not be more grateful to all of you for your faith in all of the hardworking staff at CHSC. This will not be perfect. Nothing can ever replace a talented instructor interacting face-to-face with students. We know the challenges and inequities our students and community members face, especially when faced with an unfamiliar environment.

There will surely be bumps in the road as we all adjust to this new reality, and I want to thank you for the patience that will be demanded of you as we undertake this transformation together. Beginning on Monday, April 20th, we will all take a great leap together into uncharted territory. We will be successful if we continue to work together as a community of families, educators, and staff. We are striving to maintain two key goals: to provide educational and social opportunities for every single one of our CHSC adults, as well as maintain the necessary protections in the midst of this unprecedented public health challenge.

I am confident that together we will chart this path forward with shared enthusiasm and commitment. CHSC has the most exceptional students, families, and staff, and this combination of experience, motivation, and creativity makes it possible to succeed in this new chapter of CHSC's history.

Sincerely,

Jordan Girard

REACH Director

Chapel Haven Schleifer Center

SPRING REGISTRATION

Spring Quarter Begins **Monday, April 20th 2020**

Spring Quarter Ends **Friday, June 19th 2020**

Please send all class registrations to Cherice Grandy at cgrandy@chapelhaven.org by 4pm Friday, April 17th.

ADD/DROP

1. The first two 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, May 1st 2020.**
2. Whether adding or dropping, the student's parent, teacher or support coordinator must notify Cherice Grandy, REACH Administrative Manager, at 203-397-1714 Ext.142 or 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

CHAPEL HAVEN SCHLEIFER CENTER

REACH GRAND MASTER SCHEDULE

SPRING 2020

	DAY CLASSES				
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9	NM-Laundry M [8:30-10:30am]				
9-10	DD-GMCH A NM-GMCH B MR-GMCH D TM-GM Stretch C	DD-GMCH A ER-GMCH B MR-GMCH D SB/HM-All About UARTS A	DD-GMCH A ER-GMCH B JS-GMCH D SB/HM-All About UARTS B	MR-GMCH A ER-GMCH B JS-GMCH D SB/HM-All About UARTS C	MR-GMCH A NM-GMCH B JS-GMCH D TM-GM Stretch E
10-11	DD-Adv. Banking D MR-Color your Convo A NM-Legends of Music A	MR-Laundry N [10-12pm] ER-Wonders of Nature A DD-Virtual Connect. B NM-Legends of Music B	JS-Anger Management A DD-All About Dogs B NM-GM Stretch D JL-Zumba D	MR-Laundry O [10-12pm] JS-Anger Management B ER-What's Happ. B	DF-Rules of Comm. A JS-Cultural Perspec. A NM-Book Club D
11-12	NM-CHSC Maint. E DD-Virtual Connect. A MR-Hangman A TM-Gardening A	ER-Interview Skills A DD-RPG: Prob. Solv. A NM-Cardio Kickboxing A	DD-Yearbook B ER-Prob. Solving C JS-Good Vibrations A	ER-Prob. Solving D JS-Real Life Reading C TM-The Flora Show! A	DF-Soc. Caffeinated 2A JS-Real Life Reading D MR-Color your Convo B
12-1	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-2	BA-Nutrition C LW-Zoology A	NM-CHSC Maint. F BA-Consumer Ed. A ER-Virtual Characters A	SP/JS-Pers. Finance L ER-Maint. Relations. B DD-Book Club C	NM-CHSC Maint. H ER-Movie Club BA-Consumer Ed. B	JS-History's Heroes A MS-Hangman B NM-CHSC's Got Talent A
2-3	DD-Adv. Banking E BA-The Big Picture A MR-Pictionary A	SP-Chat with Sue A ER-Maint. Relations. A BA-Road to the Whitehouse A	MR-CHSC Maint. G BA-Nutrition D LW-Celebrity Facts B TM-Chat w/ Tina & Flora A	SP-Chat with Sue B BA-The Big Picture B JS-50 States of America A	MR-CHSC Maint. I BA-Sports History C NM-Current Events F
	AFTERNOON/EVENING CLASSES				
3-4	MR-Keeping up Appear. F LW-Keeping up Appear. G NM-Keeping up Appear. H BA-Current Events E DD-Spanish Basics A TM-Mindfulness/Art A	MR-Keeping up Appear. F LW-Keeping up Appear. G NM-Keeping up Appear. H IS-Virtual Full Body Fitness A BA-Sports History B	MR-Keeping up Appear. F LW-Keeping up Appear. G NM-Keeping up Appear. H ER-Men's Group C DD-Women's Group D	MR-Keeping up Appear. F LW-Keeping up Appear. G NM-Keeping up Appear. H IS-Virtual Full Body Fitness B JS-Good Vibrations B	MR-Keeping up Appear. F NM-Keeping up Appear. I
4-5	BA-Dealing with Drama C LW-Celebrity Facts A	FS-Let's Dance D BA-Dealing with Drama D	BA-WWE Club C (120) LW-Zoology B (122)	LW-Men's Group D MR-Women's Group E	
5-6	MB-Cardio & Yoga D				

CLASSES LISTED IN RED ARE FOR REACH/BRIDGE STUDENTS ONLY

CONTINUING ADULT EDUCATION STAFF:

TM-Tina Menchetti
MR-Mylissa Rockefeller
NM-Nancy Murray
DD-Danielle Drazen
BA-Bill Angier

LW-Luke Watterson
MB-Marie Boyd
SB-Stephanie Berberich
HM-Heather McDonald
ER-Erik Rambush

IS-Isabel Skarzynski
FS-Faith Smith
JS-Julian Sandoval
JL-John Leyseca
SP-Sue Peters

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[Day Classes]

Good Morning Stretch (HS, PE)

Tina Menchetti/Nancy Murray

Let Tina or Nancy change the way you start your day! Make your morning a good one with muscle strengthening, low impact stretching exercises. You'll leave this class feeling refreshed and ready to take on new challenges for the day.

Session C - Mon. 9:00-10:00am [Tina]

Session D - Wed. 10:00-11:00am [Nancy]

Session E - Fri. 9:00-11:00am [Tina]

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Color your Conversation (A, LM)

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! Meet up with Mylissa and your peers for some social time coloring and chatting. ***Class requirements: Art supplies such as colored pencils, crayons or markers, paper, coloring book, etc.***

Session A – Mon. 10:00-11:00am

Session B – Fri. 11:00-12:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Legends of Music (A, LM)

Nancy Murray

Some would consider Elvis Presley, The Beatles, Prince and Michael Jackson to be music legends. Do you agree with this statement? Can you add others to this list? Maybe you grew up listening to different artists. Or maybe present day music has influenced your life and thinking, so they have become your legends/heroes. Come share the musical experience of famous musical icons and some not so well known artists in this class. Do you have a favorite song that changed your life? Does a certain song bring back memories? Students will search the web to research various artists and provide videos and examples (lyrics, etc) why the artist they picked has touched their lives. Music is universal, come share your love for it!

Session A – Mon. 10:00-11:00am

Session B – Tue. 10:00-11:00am

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Virtual Connections (T)

NEW

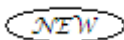
Danielle Drazen

Technology is rapidly changing and sometimes it can be hard to keep up with the latest and the greatest technology trends. In this class we will learn all about Zoom, Google Hangouts and whatever new ways to connect through technology that pop up! Students will also practice their digital scheduling skills as this class will give students an opportunity to make social plans with peers and then enter their plans into the calendar. One thing is for sure: whatever technology throws our way, we'll be sure to cover it!

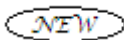
Session A – Mon. 11:00-12:00pm

Session B – Tue. 10:00-11:00am

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Hangman (LM)**Myliissa Rockefeller**

Have you ever dreamed up being on Wheel of Fortune??? Well, a game of Hangman with your friends is probably the next best thing! Join Myliissa each week for this fun and challenging game and be the first to guess the word or phrase!

Session A – Mon. 11:00-12:00pm**Session B – Fri. 1:00-2:00pm****Class Fee: REACH (included in tuition) Community Members (\$70.00)****Gardening (LM, VS)****Tina Menchetti**

In this class, you will learn how to grow your own flowers or veggies right at home. You will also learn what different plants can do with the proper care. Each week, as a class, we will monitor their growth as we wait for the summer to see them bloom!

Session A – Mon. 11:00-12:00pm**Class Fee: All Students (\$70)****Nutrition (ConE, HS)****Bill Angier**

In this class, students will learn about the fundamentals of a healthy diet and will be guided and encouraged to put these principles into practice. Students will learn about food groups, portion sizes, the effects of sugar and fat, diet-related illnesses, the effect of emotions on our eating habits, weight gain and loss, the importance of physical activity, healthy eating on a budget and much more.

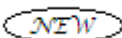
Session C – Mon. 1:00-2:00pm**Session D – Wed. 2:00-3:00pm****Class Fee: REACH (included in tuition) Community Members (\$70.00)****Zoology (S)****Luke Watterson**

Do you enjoy learning about all the amazing animals that share our planet with us? Students will study zoo-ology through videos and online activities. Students will study the main branches of the animal kingdom including mammals, reptiles, amphibians, birds, insects, and fish as well as others. They will study animal habitats, behaviors, diets, and the fascinating adaptations that help them survive.

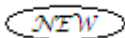
Session A – Mon. 1:00-2:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)****The Big Picture (SCC)****Bill Angier**

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.

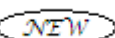
Session A – Mon. 2:00-3:00pm**Session B – Thu. 2:00-3:00pm****Class Fee: REACH (included in tuition) Community Members (\$70.00)**

Pictionary (LM)**Myliissa Rockefeller**

Pictionary is a classic fun game of drawing and guessing pictures. In this class, each student will have the opportunity to draw a pictures while your peers guess within a time limit. If you love to draw, this class is definitely for you!!! ***Class requirements: Pen or pencil and paper.***

Session A – Mon. 2:00-3:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)****All About UARTS (A, VS)****Stephanie Berberich/Heather Mcdonald**

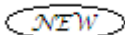
Get to know Stephanie, Heather and the other great staff that make up our awesome UARTS program! They will give you a virtual tour of the UARTS store, perform art demonstrations and talk about the art that is created.

Session A - Tue. 9:00-10:00am**Session B - Wed. 9:00-10:00am****Session C - Thu. 9:00-10:00am****Class Fee: All Students (\$70)****Wonders of Nature & Art (A, SS)****Erik Rambush**

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 virtually as we get acquainted with the many wonders of our natural surroundings! We will also discuss and create inspired by our observations.

Session A – Tue. 10:00-11:00am**Class Fee: REACH (included in tuition) Community Members (\$70.00)****Interview Skills (CarE)****Erik Rambush**

Interviews are essential for obtaining employment. Looking, acting and speaking appropriately are the keys to a successful interview. In this class, students will practice how to dress for, what to say and how to act in an interview. Mock interviews will be practiced and taped. Students will review their tapes looking for and practicing areas of need as well as enhancing appropriate interviewing skills.

Session A – Tue. 11:00-12:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)****Role Playing Games for Problem Solving (SCC, LM)****Danielle Drazen**

During this fun-packed hour, students will play No Thank You, Evil! a creative adventure and storytelling role playing game to explore decision making, problem solving, and other soft skills. The teacher will serve as the guide, presenting a dilemma and the players set off on an adventure of the imagination. Along the way they use their character's special skills, companions, and equipment to overcome obstacles. Maybe you'll rescue a friend from Dragonsnot Falls, save the world's biggest adventure park from an ancient curse, or fix Whizbang's broken time machine before it's too late! Whatever you choose, you're sure to solve mysteries, gain friends, confront bad guys, and have a wild adventure! Students must use their problem solving skills as their options are limited only by their creativity. Together, the players create a story as they work together to make their way through the adventure!

Session A - Tue. 11:00-12:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)**

Cardio Kickboxing (PE)NEW**Nancy Murray**

This is a high energy class that will build stamina, coordination and flexibility while having fun and challenging yourself. Grab a friend and come join this low impact, high fun fitness class!

Session A – Tue. 11:00-12:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)****Consumer Education (ConE, M)****Bill Angier**

We spend money, we save money, and we earn money. We are also tempted by the “great deals” we see in colorful print ads or the side banners of our favorite websites. As consumers, we have a responsibility to ourselves to be careful consumers. A careful consumer uses a combination of problem solving skills, social skills, and basic math skills to make wise decisions when using and purchasing goods and services. This class uses real world examples and case studies to teach students how to be careful and educated consumers while shopping at clothing stores.

Session A – Tue. 1:00-2:00pm**Session B – Thu. 1:00-2:00pm****Class Fee: REACH (included in tuition) Community Members (\$70.00)****Virtual Characters (SS)**NEW**Erik Rambush**

Ready to share your creativity with others? The time is here! In this course we will talk about the awesome characters in your favorite movies or cartoons and what makes them awesome, how to build interesting characters, and finally you will create your own to share with your class!

Session A – Tue. 1:00-2:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)****Maintaining Relationships (SCC)**NEW**Erik Rambush**

This class will review concepts from previous classes offered such as Coping Skills, Self-Advocacy, and Healthy Relationships. We will focus on many of the practical social rules that one needs to follow in order to keep relationships healthy in this unusual time. Just as students will learn about the actions that they need to take to keep relationships healthy, they will also learn how to understand the actions and motives of others.

Session A – Tue. 2:00-3:00pm**Session B – Wed. 1:00-2:00pm****Class Fee: REACH (included in tuition) Community Members (\$70.00)****Road to the Whitehouse (SS)**NEW**Bill Angier**

This November, we will get to choose the next President of the United States! Who will we send to the Whitehouse? Who do you think is the best person to lead our country? In this class students will study the major issues, watch the debates and follow the race.

Session A – Tue. 2:00-3:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)**

Anger Management (SS, SCC)**NEW****Julian Sandoval**

Anger is a signal, and one worth listening to. Your anger may be a message that you are being hurt, that your rights are being violated, that your needs are not being met, or that something is not right. Learn how to set boundaries, be more assertive, and resolve conflict without "losing your cool." Use your anger as a starting point to change patterns rather than to blame others. You don't have to get rid of your anger, but it is important to understand where it comes from and learn to take different action on your own behalf.

Session A – Wed. 10:00-11:00am**Session B – Thu. 10:00-11:00am****Class Fee: REACH (included in tuition) Community Members (\$70.00)****All About Dogs (S)****NEW****Danielle Drazen**

Join us for this fun filled hour exploring all things canines! Have you ever wanted to know more about man's best friend? Learn all about how dogs think, play, and how to train and care for a dog. We'll explore all this, plus enjoy some guest appearances from canine guest lecturers!

Session B - Wed. 10:00-11:00am**Class Fee: REACH (included in tuition) Community Members (\$70.00)****Zumba (PE, HS)****John Leyseca**

Join the fun of Zumba! Together, we will take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Learn moves from salsa, merengue, cumbia, and many more influential styles of dance.

Session D – Wed. 10:00-11:00am**Class Fee: All Students (\$75)****Problem Solving (SCC)****Erik Rambush**

This class will help you identify a problem situation, state your feelings about the situation and help you sequence events leading to the problem. Learn how to identify appropriate and inappropriate solutions to problems, select the best solution and learn how to implement that solution! These skills will begin to prepare you to learn how to interact with difficult people and develop strategies to establish relationships and how to maintain those meaningful relationships.

Session C – Wed. 11:00-12:00pm**Session D – Thu. 11:00-12:00pm****Class Fee: REACH (included in tuition) Community Members (\$70.00)****Good Vibrations (A, LM)****Julian Sandoval**

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 – Wed. 11:00-12:00pm**Class Fee: REACH (included in tuition) Community Members (\$70.00)**

Book Club (LA)

Danielle Drazen/Nancy Murray

Danielle - Do you love a great story? Enjoy stimulating conversations? In this class, students will have the opportunity to meet weekly to read and discuss exciting literature. The chosen book for this section is entitled Stardust. Life moves at a leisurely pace in the tiny town of Wall—named after the imposing stone barrier which separates the town from a grassy meadow. Here, young Tristran Thorn has lost his heart to the beautiful Victoria Forester and for the coveted prize of her hand, Tristran vows to retrieve a fallen star and deliver it to his beloved. It is an oath that sends him over the ancient wall and into a world that is dangerous and strange beyond imagining...

Session C – Wed. 1:00-2:00

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Nancy - The chosen book for this session is entitled *Rules*. This 2007 Newbery Honor Book is humorous and heartwarming debut about feeling different and finding acceptance. Twelve-year old Catherine just wants a normal life. Which is near impossible when you have a brother with autism and a family that revolves around the disability. She's spent years trying to teach David the rules, from "a peach is not a funny-looking apple" to "keep your pants on in public," in order to stop his embarrassing behaviors. But the summer Catherine meets Jason, a paraplegic boy, and Kristi, the next-door friend she's always wished for, it's her own shocking behavior that turns everything upside down and forces her to ask: What is normal?

Session D – Fri. 10:00-11:00am (Nancy)

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Celebrity Facts (SS, A)

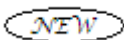
Luke Watterson

Did you know that Kobe Bryant played on one team throughout his entire 20 years in the NBA? Did you know that Lady Gaga taught herself to play the piano at only 4 years old? Who is your favorite celebrity and how much do you know about them? Join this class every week and share everything you know about your favorite celebs. If you don't know much, that is okay! Luke will help you do some research so you can share all of the known facts for the celebrities of your choice!

Session B - Wed. 2:00-3:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Chat with Tina & Flora (SCC)



Tina Menchetti/Flora

Flora really misses your hugs, pets and treats! If you miss Flora...and Tina...join this class and tell them all about your week and what you are doing while at home. Do you need ideas to keep you busy? Tina has lots and Flora can't wait to photo-bomb!!!

Session A - Wed. 2:00-3:00pm

Class Fee: All Students (\$70)

What's Happening?! (SCC)

Erik Rambush

Let's talk! Whatever is on your mind, we can discuss it. Relationships, love, fear, and self-esteem - you name it. We will focus on developing a positive attitude towards life's struggles and work toward developing an upbeat outlook to overcome stress of the unknown, fear and failure. Students will be encouraged share their hopes, dreams and worries with understanding, non-judgmental peers and also to practice active listening and empathy as their peers share their own. Developing a network of understanding friends is an important ingredient in living a healthy, happy life. This class is a great start.

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

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Real Life Reading (ConE, LA)

Julian Sandoval

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 C – Thu. 11:00-12:00pm

Session D – Fri. 11:00-12:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

The Flora Show! (SCC)

NEW

Tina Menchetti/Flora

That's right!! Flora has her own show! Do you have a pet at home that would like to meet her? If so, have them join you in this class as we watch our pets get to know each other. We will share our pet stories, take funny pictures, and more importantly, smile and laugh!!!

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

Class Fee: All Students (\$70)

Movie Club (LM)

NEW

Erik Rambush

Have you ever fancied yourself a movie critic? Have you ever belonged to a book club? Why not try this course where participants will agree on a movie each week to watch on their own time and then “get together” with the class online to talk about the movie. ***Class requirements: Access to Netflix or Amazon Prime.***

Session A – Thu. 1:00-2:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

50 States of America (SS)

Julian Sandoval

Let's have fun learning and sharing facts about our 50 States! For each of the US states, there is a large collection of resources including state facts, links to wonderful state-related websites and a large section on field trips. Students are encouraged to share facts about the state they are from.

Session A – Thu. 2:00-3:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Cultural Perspectives (A, LA)

Julian Sandoval

Each of us has our own perspective on what happens around us just like each country and culture has its own way of looking at things. In this class, students will explore the cultures and viewpoints of different people from around the world and around the country. They will also explore different foods, languages, and music.

Session A – Fri. 10:00-11:00am

Class Fee: REACH (included in tuition) Community Members (\$70.00)

History's Heroes (SS)

Julian Sandoval

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 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 - Fri. 1:00-2:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Chapel Haven's Got Talent (LA, A)

Nancy Murray

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 – Fri. 1:00-2:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Sports History (LM, SS, SCC)

Bill Angier

How much do you know about the history of your favorite sports? This class is offered during an exciting time for sports fans: The baseball season is heading into October; The NFL and the NBA are just beginning to sort out who will make the headlines in the 2017-2018 season! This class will focus on the rich stories of those three major sports – major events in sports history such as Red Sox selling Babe Ruth to the Yankees, The New York Jets winning the Super Bowl in 1969, and the creation of the NBA in Springfield Massachusetts!

Session C – Fri. 2:00-3:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

Current Events (LA, SS)

Nancy Murray

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 F – Fri. 2:00-3:00pm

Class Fee: REACH (included in tuition) Community Members (\$70.00)

[Afternoon/Evening Classes]

Current Events (LA, SS)

Bill Angier

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 E – Mon. 3:00-4:00pm

Class Fee: All Students (\$70)

Spanish Basics (LA, SS)

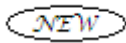
Danielle Drazen

Thirty million Americans speak Spanish according to the U.S. Census. In this class students will practice speaking, reading and writing common words and phrases of the third most common language in the world. Materials will include books, movies, audio tapes and more!

Session A – Mon. 3:00-4:00pm

Class Fee: All Students (\$70)

Mindfulness through Art (A, SCC)



Tina Menchetti

Share your own artwork or your thoughts on your favorite master's artwork. What inspires you? We will discuss and create some art work from home using different techniques. No paint brushes? No problem-we will use our imagination to create, discuss and share ideas as a group of artists.

Session A – Mon. 3:00-4:00pm

Class Fee: All Students (\$70)

Dealing with the Drama (SCC, HS)

Bill Angier

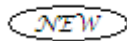
Wherever there are people, there will be drama. We're not talking about dramatic performances from TV or movies. We're talking about common conflicts that always seem to happen when you get a group of people together. Gossiping, teasing and bullying are all forms of drama that we'll talk about in this class. Students will learn how to deal with all these forms of drama and they will also learn how to avoid causing drama themselves.

Session C - Mon. 4:00-5:00pm

Session D – Tue. 4:00-4:00pm

Class Fee: All Students (\$70)

Celebrity Facts (SS, A)



Luke Watterson

Did you know that Kobe Bryant played on one team throughout his entire 20 years in the NBA? Did you know that Lady Gaga taught herself to play the piano at only 4 years old? Who is your favorite celebrity and how much do you know about them? Join this class every week and share everything you know about your favorite celebs. If you don't know much, that is okay! Luke will help you do some research so you can share all of the known facts for the celebrities of your choice!

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

Class Fee: All Students (\$70)

Cardio & Yoga (PE)

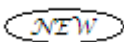
Marie Boyd

Cardio & Yoga is the perfect mix to get your heart rate up to burn calories. Marie Boyd has been an instructor at The Edge Fitness since 2015 and is certified in various programs such as Strong by Zumba, Spinning and Les Mills. In the cardio portion of the class, she will introduce students to cardio intervals and engage their muscles to build strength while having fun! The yoga portion is designed to help students relax, focus on breathing and core strength.

Session D - Mon. 5:00-6:00pm

Class Fee: All Students (\$75)

Virtual Full Body Fitness (PE)



Isabel Skarzynski

Join us virtually for simple, safe and effective, weekly workouts targeting total body fitness. From warm up, to cool down you are guaranteed to get a great workout.

Session A – Tue. 3:00-4:00pm

Session B – Thu. 3:00-4:00pm

Class Fee: All Students (\$75)

Sports History (LM, SS, SCC)

Bill Angier

How much do you know about the history of your favorite sports? This class is offered during an exciting time for sports fans: The baseball season is heading into October; The NFL and the NBA are just beginning to sort out who will make the headlines in the 2017-2018 season! This class will focus on the rich stories of those three major sports – major events in sports history such as Red Sox selling Babe Ruth to the Yankees, The New York Jets winning the Super Bowl in 1969, and the creation of the NBA in Springfield Massachusetts!

Session B – Tue. 3:00-4:00pm

Class Fee: All Students (\$70)

Let's Dance (PE, HS)

Faith Smith

Come learn the newest dance 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!

Session D - Tue. 4:00-5:00pm

Class Fee: All Students (\$75)

Men's Group (SCC, LM)

Erik Rambush/Luke Watterson

This class offers our male students an opportunity to get together and discuss issues they may only feel comfortable discussing with “the guys!” Each week students will come together and have an “open chat” while doing a virtual activity - whatever the group decides to do!

Session C - Wed. 3:00-4:00pm (Erik)

Session D – Thu. 4:00-5:00pm (Luke)

Class Fee: All Students (\$70)

Women's Group (SCC, LM)

Danielle Drazen

This class offers our female students an opportunity to get together and discuss issues they may only feel comfortable discussing with “the ladies!” Each week students will come together and have an “open chat” while doing a virtual activity - whatever the group decides to do!

Session D - Wed. 3:00-4:00pm (Danielle)

Session E – Thu. 4:00-5:00pm (Mylissa)

Class Fee: All Students (\$70)

WWE Club (LM, SCC, SS)

Bill Angier

What's your favorite sport? These days there are so many different sports to watch. Some people like football or basketball, others like baseball or hockey. However, when it comes to Chapel Haven, one sport rises above them all...Professional Wrestling!! Chapel Haven has a class where you can keep up with all of the wild and crazy action this sport has to offer. We will review the big news and watch all the important highlights. If you consider yourself a pro wrestling fan then this class is for you.

Session C – Wed. 4:00-5:00pm

Class Fee: All Students (\$70)

Zoology (S)

Luke Watterson

Do you enjoy learning about all the amazing animals that share our planet with us? Students will study zoo-ology through videos and online activities. Students will study the main branches of the animal kingdom including mammals, reptiles, amphibians, birds, insects, and fish as well as others. They will study animal habitats, behaviors, diets, and the fascinating adaptations that help them survive.

Session A – Wed. 4:00-5:00pm

Class Fee: All Students (\$70)

Good Vibrations (A, LM)

Julian Sandoval

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 B – Thu. 3:00-4:00pm

Class Fee: All Students (\$70)