

CHAPEL HAVEN

CONTINUING ADULT EDUCATION COURSE CATALOG WINTER 2017

Chapel Haven provides lifelong individualized services for people with developmental and social disabilities, empowering them to live independent and self-determined lives.

WINTER REGISTRATION

(Registration will now be based on a lottery system)

Fall Quarter Begins Tuesday, January 3, 2017

Fall Quarter Ends Friday, March 24, 2017

*****Please submit all registration forms to Cherice Grandy by Friday, December 9, 2016*****

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, January 20, 2017.
2. Whether adding or dropping, the student's Point Staff must notify Cherice Grandy, REACH Administrative Manager, at 203-397-1714 Ext.142 or cgrandy@chapelhaven.org.

Chapel Haven, Inc.
1040 Whalley Ave. New Haven, CT 06515 (203) 397-1714 ext. 142
cgrandy@chapelhaven.org
www.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 EDUCATION MASTER DAY SCHEDULE				WINTER 2017	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30		O-Wake up & Sweat E (CRA/FR)		O-Wake up & Sweat F (CRA/FR)	
8-9					
9-10		O-Healthy Breakfast C (RCK)		O-The Conversation Games B (CRA)	
10-11	T-Out & About I (CY) K-Healthy Relations. 3A (C3) O-GM. Stretch A (CRA)	K-Character Education A (C3) DS-Interview Skills B (CRA)	K-Comm. Illnesses B (C3) J-Current Events C (CRA)	K-Healthy Relations. 3B (C3) O-Hist. of Holidays B (CL)	T-Out & About L (CY) M-Bowling B (CY) O-GM Stretch B (CRA) B-Book Club D (C1)
11-12	B-The Conversation Games A (C1) O-Rhythm & Mvmnt A (CRA)	K-Comm. Illnesses A (C3) O-Yoga B (CRA)	O-CT Landmarks A (CL) J-Your Incred. Body A (CRA) KY-Mindfulness through Art A (45-47)	K-Mak. Numb. Matt. 2A (C3) O-CH's Got Talent A (CRA) T-Jewelry Making H (AS)	K-Comm. in the 21 st Cent. B (C3)
12-1					
1-2	DS-Interview Skills A (CRA) K-Book Club C (C3) T-Animals in Art A (AS)	O-Hist. of Holidays A (CL) Z-20 th Cent. Sitcoms A (CRA)	DS-Citizenship B (C2) O-Boot Camp B (CRA) T-Painted Glass. G (AS)	T-Out to Art C (CY) [1:00-3:30] B-Email 101 A (CL) Z-Zoology A (CRA)	Z-ASD Fitness C (CY) DS-Comm. Resources B (CRA) M-Color Your Conv. A (C3) T-Painted Glass. H (AS) M-Tennis C [1:45-3:15] (CY)
2-3	DS- Photo. For Yearbook A (C2) O-Boot Camp A (CRA) T-Painted Glass. F (AS)	DS-Citizenship A (CRA) Z-Sweat it Off C (FR)	K-Comm. in the 21 st Cent. A (C3) DS-Comm. Resources A (CRA)	K-Newsflash A (CL) Z-Sweat it Off D (FR)	R-20 th Cent. Sitcoms B (CRA) O-Music App. B (CL) T-Basic Ceramics L (AS)

CLASSES IN BLUE ARE 2 HOURS IN LENGTH UNLESS LISTED OTHERWISE.

<u>EDUCATION STAFF:</u>			<u>CLASSROOMS:</u>	
B -Brittany Mel K -Kim Freeman DS -Dana Skawinski O -Olivia Wood D -Dan Forman T -Tina Menchetti	M -Myliisa Rockefeller R -Reine Cherry Z -Zach Miller L -Luke Watterson S -Sue Peters CM -Carlos Mercado	CS -Chris Sidarweck KS -Kim Stack J -Jules Landwirth N -Nicole Rainieri KY -Kelly Yontef	C1 -Classroom 1 C2 -Classroom 2 C3 -Classroom 3 CL -Computer Lab BC -Basketball Court LB -Library RCK -Rossman Classroom Kitchen	FR -Fitness Room SL -Student Lounge AS -Art Studio FLD -Field CRA -Outreach Center CY -Courtyard

CONTINUING EDUCATION MASTER EVENING SCHEDULE				WINTER 2017	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-4	KS-Afternoon Fitness C (FR) Z-Board Games B (C3)	Z-Sports Talk A (CL)	T/O-CH Theater B [3:00-4:30] (CRA) KS-Afternoon Fitness E (SL)	D-Adv. Conversation Skills B (C4)	
4-5	TC-Kickboxing B (CRA) T-Basic Ceramics I (AS) M-Out and About J (SL) [4:30-6:30]	TC-Kickboxing C (CRA) C-Afternoon Fitness D (FR) M-Out and About K (SL) [4:30-6:30]	Z-Men's Group D (C4)	C-Afternoon Fitness F (SL) T-Basic Ceramics K (AS)	
5-6	T-Basic Ceramics J (AS)		T-Jewelry Making F (AS)	CM-Self Defense B (CRA)	
6-7		N-Healthy Cooking E (C1) [6:00-7:30]	T-Jewelry Making G (AS)	N-Healthy Cooking F (C1) [6:00-7:30]	
7-8					

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[New Classes]

Interview Skills (VS, CarE)

NEW

Dana Skawinski

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 - Mon. 1:00-2:00pm

Session B – Tue. 10:00-11:00am

Class Fee: \$105.00

Photography for the Yearbook (T)

NEW

Kim Freeman

Photographs help tell a story and in this class you will capture those memories for the Chapel Haven *yearbook*! The focus will be to take photos of the Chapel Haven community, including residents, community and SAIL members, and staff with the purpose of including them in the yearbook. ***Students wishing to enroll in this class must have their own digital camera or a device with a camera option such as a cell phone or an iPad.***

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

Class Fee: \$105.00

Character Education (SCC)

NEW

Kim Freeman

In this class, students will examine the role they play as a part of a larger community and how their actions and behavior impact others in their schools, neighborhoods, and communities. Students will explore the positive character traits that make an upright citizen and consider how they can continue to develop these traits within themselves as they gain independence and autonomy in their lives.

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

Class Fee: \$105.00

Common Illnesses (HS)

NEW

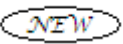
Kim Freeman

In this class, students will learn to recognize the symptoms of common illnesses and identify the proper treatment. The focus will be on the basic types of common illnesses and which common over-the-counter medications are effective in their treatment. Students will also learn how these illnesses are transmitted, how to use and clean a thermometer, and how to use medications safely.

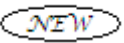
Session A - Tue. 11:00-12:00pm

Session B – Wed. 10:00-11:00am

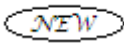
Class Fee: \$105.00

History of the Holidays (SS)NEW**Olivia Wood**

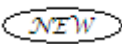
From religious observances to celebrations of ethnic pride to patriotic anniversaries, explore the history of some of our most popular holidays. Did you know New York City has the biggest fireworks display in the United States and that three U.S. presidents died on July 4? Can you guess which 2 creatures of the zodiac are the most important symbols of Chinese New Year? These are just some of the holidays that we will explore. Come celebrate!

Session A – Tue. 1:00-2:00pm**Session B – Thu. 10:00-11:00am****Class Fee: \$105.00****Citizenship (SS)**NEW**Dana Skawinski**

We are all citizens of this great nation, our state, and local communities. In this class we will learn how to be active citizens, focusing on things such as registering to vote, identifying and writing to our legislators, and identifying and learning about the issues that matter the most to us in our daily lives.

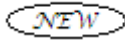
Session A – Tue. 2:00-3:00pm**Session B – Wed. 1:00-2:00pm****Class Fee: \$105.00****Mindfulness through Art (SCC, A)**NEW**Kelly Yontef, Cognitive Behavioral Therapist**

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.

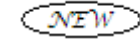
Session A – Wed. 11:00-12:00pm**Class Fee: \$115.00****Community Resources (ConE)**NEW**Dana Skawinski**

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.

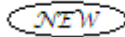
Session A – Wed. 2:00-3:00pm**Session B – Fri. 1:00-2:00pm****Class Fee: \$105.00**

The Conversation Games (LM, SCC)**Olivia Wood**

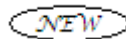
Unlike in the movie and novel *The Hunger Games*, when people sit down to talk over games, everyone's a winner. In this class, students will have the opportunity to practice and improve their social skills during leisure time activities. Students will identify and engage in activities of interest facilitated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

Session A – Mon. 11:00-12:00pm**Session B – Thu. 9:00-10:00am****Class Fee: \$105.00****Making Numbers Matter 2 (M, ConE)****Kim Freeman**

Following the natural progression from Making Numbers Matter, the second course in this series continues to focus on enhancing the student's understanding of basic math skills that we use to complete daily activities such as shopping, budgeting, managing time, and more! All practice will be based upon the needs of the specific students in each class and will utilize real world problem solving situations.

Session A – Thu. 11:00-12:00pm**Class Fee: \$105.00****Zoology (S)****Zach Miller**

Do you enjoy learning about all the amazing animals that share our planet with us? Students will study zoology 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 – Thu. 1:00-2:00pm**Class Fee: \$105.00****Color Your Conversation (A, SCC)****Myliisa Rockefeller**

Coloring is a relaxing, stress-relieving, and FUN activity! Come meet up for some social time coloring and chatting, while enjoying relaxing music. 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!

Session A – Fri. 1:00-2:00pm**Class Fee: \$115.00**

[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 I – Mon. 9:45-12:00pm

Session L – Fri. 9:45-12:00pm

Class Fee: \$155.00

Healthy Relationships 3 (SCC)

Kim Freeman

The third class in the Healthy Relationships series, this course will review concepts from Healthy Relationships 1 & 2 and, in addition, will focus on many of the practical social rules and constructs that one needs to follow in order to keep relationships healthy and meaningful. 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 – Mon. 10:00-11:00am

Session B – Thu. 10:00-11:00am

Class Fee: \$105.00

Good Morning Stretch (PE, HS)

Olivia Wood

Let Olivia 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 A – Mon. 10:00-11:00am

Session B – Fri. 10:00-11:00am

Class Fee: \$105.00

Rhythm & Movement (PE, HS)

Olivia Wood

Rhythm is a part of everyday life. Whether listening to rock music while exercising, dancing to the beats in a hip hop track, or listening to the windshield wipers on a rainy day, rhythm is everywhere. In this class, students will explore various forms of rhythm while dancing and having fun!

Session A – Mon. 11:00-12:00pm

Class Fee: \$105.00

Animals in Art (A)

Tina Menchetti

Why are we so fascinated with animals? Animals appear in so many works of art whether it be paintings, sculptures, movies or music. We LOVE animals and fear some of them. Ever since the beginning of time humans began drawing animals as a subject of artistic expression, symbolizing the important relationship they have in our lives. What's your favorite animal? Let's explore some of the world's most famous art using animals and creating some of our own.

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

Class Fee: \$115.00 (includes all supplies)

Book Club (LA)

Brittany Mel/Kim Freeman

In this class, students will have the opportunity to meet weekly and discuss exciting literature. Students will have lively discussions about the characters and plot, make predictions about what is going to happen, and talk about how themes in literature can relate to their lives. Students will receive their own copy of the book that they will be able to keep at the end of the term.

Session C – Mon. 1:00-2:00pm (Kim)

The chosen book for this session is a how-to guide to life entitled Dear Diana... Diana's Guide to Independent Living by Chapel Haven's own REACH graduate and longtime community member, Diana Bilezikian. This practical resource is an outgrowth of a series of emails [Diana] sent to relatives and friends about her life and the skills she was learning. Backed by the president of Chapel Haven, Diana's original ideas have been expanded into a helpful collection of advice and support for how to live an independent and meaningful life. Hints and suggestions are grouped under the major headings of Life, Consumer, and Financial Skills; Communication and Interpersonal Skills; Self-Care and Domestic Living; Getting Around; Stress Management; Taking Charge, Managing Priorities, and Solving Problems; and Safety and Emergencies.

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

The chosen book for this session is entitled Soul Surfer. They say Bethany Hamilton has saltwater in her veins. How else could one explain the passion that drives her to surf? How else could one explain that nothing—not even the loss of her arm—could come between her and the waves? That Halloween morning in Kauai, Hawaii, Bethany responded to the shark's stealth attack with the calm of a girl with God on her side. Pushing pain and panic aside, she began to paddle with one arm, focusing on a single thought: "Get to the beach...." And when the first thing Bethany wanted to know after surgery was "When can I surf again?" it became clear that her spirit and determination were part of a greater story—a tale of courage and faith that this soft-spoken girl would come to share with the world.

Session C Class Fee: \$130.00

Session D Class Fee: \$120.00

Boot Camp (LA)

Olivia Wood

Attention! Has your workout become ho-hum?! Want to see those muscles firmed up? Boot camp is just what you need! Each week you'll get a heart pumping workout that builds cardio health as well as strong muscles. This class will utilize a variety of obstacle course-like exercises and drills that keep you moving and sweating, but don't worry! The fast pace and fun will have your workout done before you know it!

Session A – Mon. 2:00-3:00pm

Session B – 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 F – Mon. 2:00-3:00pm

Session G – Wed. 1:00-2:00pm

Session H – Fri. 1:00-2:00pm

Class Fee: \$150.00

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 E – Tue. 7:30-8:30am

Session F – Thu. 7:30-8:30am

Class Fee: \$105.00

Healthy Breakfast (M, ConE, HS)

Olivia Wood

Breakfast is the most important meal of the day. It provides you with the energy and nutrients that lead to increased concentration. In this class, community members will learn how to prepare basic but healthy meals for breakfast to help get their day off to a great start!

Session C – Tue. 9:00-10:00am

Class Fee: \$150.00

Yoga (PE, HS)

Olivia Wood

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 B – Tue. 11:00-12:00pm

Class Fee: \$105.00

20th Century Sitcoms (SCC, LM)

Zach Miller/Reine Cherry

Join Zach or Reine for a fun-filled T.V. hour. Watch shows from this century like Malcolm in the Middle and Everybody Loves Raymond! Students in this class will discuss underlying themes, character roles, and plots.

Session A – Tue. 1:00-2:00pm (Zach)

Session B – Fri. 2:00-3:00pm (Reine)

Class Fee: \$105.00

Sweat it Off (PE)

Zach Miller

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 C – Tue. 2:00-3:00pm

Session D – Thu. 2:00-3:00pm

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 C – 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

Connecticut's Landmarks (SS)

Olivia Wood

Get to know this great state that was one of the 13 original colonies in New England. This was where the frisbee was invented as well where the top sports station ESPN is located. Find out all the cool things that happened or is happening in the Constitution state.

Session A – Wed. 11:00-12:00pm

Class Fee: \$105.00

Communicating in the 21st Century (T, SCC)

Kim Freeman

Letters...gone. Landlines...on their way out. What are the traditional ways of communicating being replaced with? Facebook, cell phones, emails, texts, twitter, and the list goes on and on. In this course, we will explore many of the issues today's technology brings up, from passwords to oversharing online. Communicating properly using the new media can be hard. And just when you think you've got it down, something new comes along. Through direct instruction and some exploration of their own use of digital media by having their personal electronics into the classroom, students will explore some of the benefits and risks of the new media and provide basic knowledge to help navigate the ever changing landscape.

Session A – Wed. 2:00-3:00pm

Session B – Fri. 11:00-12:00pm

Class Fee: \$105.00

Chapel Haven's Got Talent (A, LA)

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 – 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

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 H – Thu. 11:00-12:00pm

Class Fee: \$115.00

Email 101 (T, SCC)**Brittany Mel**

Do you need to set up an email account? Do you have an email account that you don't use? In this class, students will learn the basics to using email and practice composing, reading, and responding to emails from family, friends, and staff. Students are encouraged to bring their phones, iPads or laptops to class!

Session A – Thu. 1:00-2:00pm**Class Fee: \$105.00****Newsflash (LA, SS)****Dana Skawinski**

Students will research what's going on with things such as sports, local news, and other happenings this winter! Our "weekly roundup" can be the start of a habit of lifelong learning; keeping up with events in the community and in the world. We will also have fun along the way with online activities and quizzes.

Session A – Thu. 2:00-3:00pm**Class Fee: \$105.00****Bowling (PE, LM)****Mylissa Rockefeller**

Bowling is a great social activity and a good way to stay active when the weather gets cold. Students will travel to Amity Lanes each week with Chapel Haven staff where they will bowl in teams. **Students are expected to meet in the student lounge by 9:45am each Friday to allow enough time to travel to the bowling alley.** The fee for this course includes 2 games of bowling each week and shoe rental.

Session B - Fri. 10:00-12:00pm**Class Fee: \$225.00****Cardio Boot Camp at ASD Fitness (PE)****Zach Miller**

The REACH program is proud to offer a fitness class 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 10 minute warm up, followed by 5 minute 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. This fitness class is a great chance for students to experience the benefits of a fitness program tailored to their individual abilities and goals.

Session C - Fri. 1:00-3:00pm**Class Fee: \$380.00**

Tennis (PE)

Jerry Weil/Mylissa Rockefeller

Building on popularity of our ongoing tennis clinic program led by parent and experienced coach, Jerry Weil, we are integrating tennis and its life skill benefits into our education program. Jerry uses adaptive teaching methods that build confidence and skills making tennis accessible and fun. In addition to exercise, fun and developing an active lifestyle, students will learn “inner game” life skills for success on and off the court including: mental focus, emotional control, responding to challenges, self-confidence, social communication skills and sportsmanship. Through teaching moments, role play and practice, students will learn to use tennis and recreation to establish wider participation in their community.

Jerry is the parent of a 2nd year REACH student. He has been a member of the USPTA for over fifteen years and serves on the Adaptive Tennis Committee of USTA/New England. Jerry has an extensive background in tennis with a special interest in adaptive tennis. This is his second year running tennis clinic programs for Chapel Haven students and community members.

Session C - Fri. 1:45-3:15pm

Class Fee: \$315.00

Music Appreciation (A, LM)

Olivia Wood

This class offers students a chance to get together, share their favorite music and explore the variety of popular music that is out there. Through visiting artist websites, and viewing videos on You Tube, students will explore the latest and best in pop music, independent and underground, hip hop, country, hard rock and more!

Session B – Fri. 2:00-3:00pm

Class Fee: \$105.00

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 – Fri. 2:00-3:00pm

Class Fee: \$150.00

[Afternoon/Evening Classes]

Afternoon Fitness (PE)

Kim Stack/Chris Sidarweck

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 C – Mon. 3:00-4:00pm (Kim)

Session D – Tue. 4:00-5:00pm (Chris)

Session E – Wed. 3:00-4:00pm (Kim)

Session F – Thu. 4:00-5:00pm (Chris)

Class Fee: \$140.00

Board Games (SCC, LM)

Zach Miller

During the winter, it is important to find fun and entertainment indoors. 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 B - Mon. 3:00-4:00pm

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 B – Mon. 4:00-5:00pm

Session C – 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 I – Mon. 4:00-5:00pm

Session J – Mon. 5:00-6:00pm

Session K – Thu. 4:00-5:00pm

Class Fee: \$150.00

Out & About (ConE, SCC)**Myliisa 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 J – Mon. 4:30-6:30pm**Session K – Tue. 4:30-6:30pm****Class Fee: \$190.00****Sports Talk (LM, SS, SCC)****Zach Miller**

This class is for sports fans who are looking for ways of connecting with other like-minded classmates. The focus will be on the interpersonal skills required to make the viewing of sporting events a more social activity. The teacher will be present to help students practice these skills and initiate conversation topics through viewing videos, visiting websites, etc.

Session B - Tue. 3:00-4:00pm**Class Fee: \$140.00****Healthy Cooking (M, ConE, HS)****Nicole Rainieri, Certified Health Counselor**

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

Session E – Tue. 6:00-7:30pm**Session F – Thu. 6:00-7:30pm****Class Fee: \$225.00 (includes ingredients and supplies)****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 B - Wed. 3:00-4:30pm**Class Fee: \$275.00 (includes all supplies and costumes)**

Men's Group (A)

Zach Miller

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 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.

Session D – 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 F – Wed. 5:00-6:00pm

Session G – Wed. 6:00-7:00pm

Class Fee: \$115.00

Advanced Conversation Skills (SCC)

Dan Forman, Speech and Language Pathologist

While the basic rules related to conversation will be covered in this class, this is primarily an opportunity to brush up on your small talk skills while connecting with peers in person rather than through texts or social media sites like *Facebook*. From weekend plans, to current events and hobbies, the direction of this class will be dictated by what you want to discuss and the things that are important to you as an active, independent member of the Chapel Haven community.

Session B – Thu. 3:00-4:00pm

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 B - Thu. 5:00-6:00pm

Class Fee: \$140.00

Winter 2017 Registration Form

Student Name:

Student Phone #

Point Person
(Person in charge
of Scheduling)

Point Staff
Phone #

(Please check)

SLP ☐

SAIL ☐

DAY STUDENT ☐

ASAT ☐

Please put a check next to the class you would like to register for.

Day Classes (Before 3pm)	Fee	✓	Day Classes (Before 3pm)	Fee	✓
Monday			Tuesday		
Out & About [I] 9:45-12p	\$155		Wake up & Sweat [E] 7:30-8:30a	\$105	
Healthy Relationships 3[A] 10-11a	\$105		Healthy Breakfast [C] 9-10a	\$150	
Good Morning Stretch [A] 10-11a	\$105		Character Education [A] 10-11a	\$105	
The Conversation Games [A] 11-12p	\$105		Interview Skills [B] 10-11a	\$105	
Rhythm & Movement [A] 11-12p	\$105		Common Illnesses [A] 11-12p	\$105	
Interview Skills [A] 1-2p	\$105		Yoga [B] 11-12p	\$105	
Book Club [C] 1-2p	\$130		History of the Holidays [A] 1-2p	\$105	
Animals in Art [A] 1-2p	\$115		20 th Century Sitcoms [A] 1-2p	\$105	
Photography for the Yearbook [A] 2-3p	\$105		Citizenship [A] 2-3p	\$105	
Boot Camp [A] 2-3p	\$105		Sweat it Off [C] 2-3p	\$105	
Painted Glassware [F] 2-3p	\$150				
Wednesday			Thursday		
Common Illnesses [B] 10-11a	\$105		Wake up and Sweat [F] 7:30-8:30a	\$105	
Current Events [C] 10-11a	\$105		The Conversation Games [B] 9-10a	\$105	
Mindfulness through Art [A] 11-12p	\$115		Healthy Relationships 3[B] 10-11a	\$105	
Your Incredible Body [A] 11-12p	\$105		History of the Holidays [B] 10-11a	\$105	
CT Landmarks [A] 11-12p	\$105		Making Numbers Matter 2[A] 11-12p	\$105	
Citizenship [B] 1-2p	\$105		CH's Got Talent [A] 11-12p	\$105	
Boot Camp [B] 1-2p	\$105		Jewelry Making [H] 11-12p	\$115	
Painted Glassware [G] 1-2p	\$150		Out to Art [C] 1-3:30p	\$155	
Comm. in the 21 st Century [A] 2-3p	\$105		Email 101 [A] 1-2p	\$105	
Community Resources [A] 2-3p	\$105		Zoology [A] 1-2p	\$105	
			Newsflash [A] 2-3p	\$105	
			Sweat if Off [D] 2-3p	\$105	

Day Classes (Before 3pm)	Fee	✓	Day Classes (Before 3pm)	Fee	✓
Friday			Friday		
Out & About [L] 9:45-12p	\$155		Color your Conversation [A] 1-2p	\$115	
Bowling [B] 10-12p	\$225		Painted Glassware [H] 1-2p	\$150	
Book Club [D] 10-11a	\$120		Tennis [C] 1:45-3:15p	\$315	
Good Morning Stretch [B] 10-11a	\$105		20 th Century Sitcoms [B] 2-3p	\$105	
Comm. in the 21 st Century [B] 11-12p	\$105		Music Appreciation [B] 2-3p	\$105	
Community Resources [B] 1-2p	\$105		Basic Ceramics [L] F 2-3p	\$150	
ASD Fitness [C] 1-3p	\$380				
Evening Classes (After 3pm)			Evening Classes (After 3pm)		
Monday			Tuesday		
Afternoon Fitness [C] 3-4p	\$140		Sports Talk [A] 3-4p	\$140	
Board Games [B] 3-4p	\$140		Kickboxing [C] 4-5p	\$140	
Kickboxing [B] 4-5p	\$140		Afternoon Fitness [D] 4-5p	\$140	
Basic Ceramics [I] 4-5p	\$150		Out & About [K] 4:30-6:30p	\$190	
Out & About [J] 4:30-6:30p	\$190		Healthy Cooking [E] 6-7:30p	\$225	
Basic Ceramics [J] 5-6p	\$150				
Wednesday			Thursday		
Afternoon Fitness [E] 3-4p	\$140		Advanced Conversation Skills [B] 3-4p	\$140	
Chapel Haven Theater [B] 3-4:30p	\$275		Afternoon Fitness [F] 4-5p	\$140	
Men's Group [D] 4-5p	\$140		Basic Ceramics [K] 4-5p	\$150	
Jewelry Making [F] 5-6p	\$115		Self Defense [B] 5-6p	\$140	
Jewelry Making [G] 6-7p	\$115		Healthy Cooking [F] 6-7:30p	\$225	

Total Class Fee:

Forms should be submitted to Cherice Grandy no later than Friday, December 9, 2016. Forms will not be accepted without the signature of the Point Staff.

Signature of Applicant

Signature of Point Staff

Office Use Only:

Date Received

Outstand. Bill Y/N

Initial Reg. #

Final Reg. #