

CHAPELHAVEN SCHLEIFER CENTER

CONTINUING ADULT EDUCATION COURSE CATALOG
WINTER 2019



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

Chapel Haven Schleifer Center'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
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CHAPEL HAVEN SCHLEIFER CENTER CONTINUING ADULT EDUCATION MASTER DAY SCHEDULE				WINTER 2019	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
7:30-8:30		OW-Wake up & Sweat E (SL/FR)		OW-Wake up & Sweat F (SL/FR)	
8-9					
9-10					
10-11	TM-Out & About H (CY) [10:00-12:00pm] DD-Interview Skills A (114) OW-GM Stretch A (CRA)	DF- Socially Caffeinated A (122) DD-Assistive Tech. A (114) OW-Sweat it Off A (FR)	BA-Problem Solving A (116) JL-Common Illnesses A (120)	DS-Under the Sea A (115) OW-GM Stretch B (CRA)	TM-Out & About J (CY) [10:00-12:00pm] OW-Consumer Ed B (120) DS-Entertaining Friends A (115)
11-12	BA-Healthy Relat. 3A (116) OW-Music Apprec. A (120)	DD-Coping Skills B (114) BA-Hist. of Holidays A (116)	DD-Interview Skills B (114) JL- Current Events C (120)	BA-Comm/21 st Cent B (116) OW-Winter Climate A (120) TM-Jewelry Making I (AS)	DD-Assistive Tech. B (114) BA-Hist. of Holidays B (116)
12-1					
1-2	DD-Coping Skills A (114) TM-Yoga C (CRA)	OW-Consumer Ed A (120) BA-CT Landmarks A (116) LW-Men's Group A (CRA)	DD-Disability Hist. A (114) OW-Boot Camp A (CRA) TM-Painted Glass. F (AS)	TM-Out to Art B (CY) [1:00-3:00pm] DD-Spanish Basics A (114) OW-Music Apprec. B (120) LW-Sweat it Off B (FR)	MR-Bowling B (CY) [1:00-3:00pm] DD-Get on Board A (114) DS-Book Club B (115) TM-Painted Glass. G (AS)
2-3	BA-Comm/21 st Cent. A (116) DS-Puzzle Mania A (115) TM-Artistic Woodwork C (AS)	CG/OW-Chorus B (CRA) LW-Zoology A (120)	BA-Healthy Relat. 3B (116) DD-Convo. Games B (114)	BA-Problem Solving B (116) LW-Men's Group B (CRA) MR-Women's Group B (120)	OW-Rhythm & Mvmnt A (CRA) BA-Basketball Diaries A (116) TM-Basic Ceramics J (AS)

<u>EDUCATION STAFF:</u>		<u>CLASSROOMS:</u>	
DS -Dana Skawinski BA -Bill Angier OW -Olivia Wood DF -Dan Forman TM -Tina Menchetti SP -Sue Peters MR -Mylissa Rockefeller LW -Luke Watterson JL -Jules Landswirth CG -Cherice Grandy	DD -Danielle Drazen KS -Kim Stack HM -Heather McDonald NA -Nery Aldana NR -Nicole Rainieri SB -Stephanie Berberich TH -Terri Console CS -Chris Sidarweck JS -Julian Sandoval ASD -ASD Fitness Center	114 -REACH (Danielle) 115 -REACH (Dana) 116 -REACH (Bill) 119 -REACH (Teaching Apt.) 120 -REACH (Olivia) 122 -REACH (Dan) CLP - Comm. Living Prog. UA -UARTS	FR -Fitness Room SL -Student Lounge AS -Art Studio CRA -Outreach Center BC -Basketball Court CY -Courtyard RK -Rossman Kitchen

CHAPEL HAVEN SCHLEIFER CENTER CONTINUING ADULT EDUCATION MASTER EVENING SCHEDULE				WINTER 2019	
TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-4	KS-Afternoon Fitness E (FR) SB-Women's Group A (UA) [3:30-4:30pm]	SB/HM-UARTS C (UA) LW-Board Games C (CRA)	TM/OW-CHSC Theater B [3:00-4:30pm] (CRA) KS-Afternoon Fitness G (FR)		
4-5	BA-Sports Talk B (CRA) TM- Basic Ceramics H (AS)	CS-Afternoon Fitness F (FR) TC-Let's Dance! A (CRA)	BA-Blast from the Past A (CRA) [4:30-5:30pm]	NA-Afternoon Fitness H (FR) TM-Basic Ceramics I (AS) JS-Men's Group C (CRA)	
5-6	MR-Out and About I [5:00-7:00pm] (CY) NR-Eating Out for Health/Fun C (CRA) [5:00-6:30pm] TM-Expressive Painting A (AS)	NR-Healthy Cooking E (CLP/RK) [5:30-7:00pm]	TM-Jewelry Making G (AS)	NR-Healthy Cooking F (CLP/RK) [5:30-7:00pm]	
6-7			ASD-Cardio Kickboxing A (CRA) TM-Jewelry Making H (AS)		
7-8					

<u>EDUCATION STAFF:</u>		<u>CLASSROOMS:</u>	
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WINTER REGISTRATION

Winter Quarter Begins **Wednesday, January 2nd 2019**
Winter Quarter Ends **Friday, March 29th 2019**

**Please submit all registration forms to Cherice Grandy by
Tuesday, December 11th 2018. Forms should be dropped off
in the lockbox located near the copier in the community
center.**

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 18th 2019.**
2. **Whether adding or dropping, the student's Support Coordinator must notify Cherice Grandy, REACH Administrative Manager, at 203-397-1714 Ext.142 or cgrandy@chapelhaven.org.**

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[Day Classes]

Out & About (ConE, SCC)

Tina Menchetti

Come check out New Haven happenings! Students will travel to coffee shops, museums, galleries, malls, bookstores and whatever else the group decides on. Students will use these outings as an opportunity to practice and develop their social skills – from carrying on conversations with peers and planning group activities to setting appropriate boundaries with strangers and community employees. Everyone should have an ID, and spending money if desired. Please dress appropriately and be on time.

Session H – Mon. 9:45-12:00pm

Session J – Fri. 9:45-12:00pm

Class Fee: \$155.00

Interview Skills (VS, CarE)

Danielle Drazen

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. 10:00-11:00am

Session B – Wed. 11:00-12:00pm

Class Fee: \$105.00

Good Morning Stretch (PE, HS, LM)

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 - Thu. 10:00-11:00am

Class Fee: \$105.00

Healthy Relationships 3 (SCC)

Bill Angier

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. 11:00-12:00pm

Session B – Wed. 2:00-3:00pm

Class Fee: \$105.00

Music Appreciation (A, LM)

Olivia Wood

Music can heal, uplift, calm, enlighten, nourish, and strengthen us. You don't have to know a lot about music to feel its impact. We live and breathe in sound. Our breathing adjusts itself to the sounds around us. We can slow it down or speed it up with music. 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 A – Mon. 11:00-12:00pm

Session B – Thu. 1:00-2:00pm

Class Fee: \$105.00

Coping Skills (SCC)

Danielle Drazen

Students will explore a variety of different strategies for coping with the ups and downs of daily life and how to deal with the normal stressors of life. Each class will explore a different strategy for students to try. Students will practice different techniques to help calm their emotions and quiet their minds.

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

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

Class Fee: \$105.00

Yoga (PE, HS)

Tina Menchetti

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

Session C – Mon. 1:00-2:00pm

Class Fee: \$105.00

Communication in the 21st Century (SCC)

Bill Angier

Letters...gone. Landlines...on their way out. Face to face talking...we'll see. 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. Luckily, there are some general rules we can follow. 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 - Mon. 2:00-3:00pm

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

Class Fee: \$105.00

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 C – Mon. 2:00-3:00pm

Class Fee: \$150.00 (includes all supplies)

Puzzle Mania (LM)

Dana Skawinski

With the weather getting colder, it is important to find fun activities to complete indoors. Puzzles are a great way to socialize and pass the time, as well as create something beautiful. In this class, students will have the chance to complete several puzzles, both easy and challenging. Students will practice a number of skills in this class, some of which include teamwork, communication, and creative thinking. If you enjoy challenging your brain, this is the class for you!

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

Class Fee: \$105.00

Wake Up and Sweat (PE)

Olivia Wood

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

Session E – Tue. 7:30-8:30am

Session F – Thu. 7:30-8:30am

Class Fee: \$140.00

Socially Caffeinated (SCC)

Dan Forman

A communication class dedicated to those who need a coffee break...or just some good conversation. This is a chance to sit down with your peers and talk about what you've been up to, the news, water cooler moments, or whatever happens to be on your mind. Lessons will explore greetings, active listening, maintaining and ending a conversation, providing details, asking follow up questions and other general conversational skills.

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

Class Fee: \$105.00

Assistive Technology for Independent Living (T)

NEW

Danielle Drazen

Learn how some fun tips and tricks on your own tablet, cell phone, or smart device can help make everyday tasks easier! Students will explore apps and built-in accessibility features to help with things like time management, reading and writing. The focus will be on finding assistive technology solutions to everyday problems. *****Students must have their own Apple or**

Android smart device***

Session A – Tue. 10:00-11:00am

Session B – Fri. 11:00-12:00pm

Class Fee: \$105.00

Sweat it Off (PE)**Olivia Wood/Luke Watterson**

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

Session A - Tue. 10:00-11:00am (Olivia)**Session B - Thu. 1:00-2:00pm (Luke)****Class Fee: \$105.00****History of the Holidays (SS)****Bill Angier**

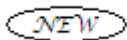
From religious observances to celebrations of ethnic pride to patriotic anniversaries, explore the history of some of our most popular holidays. Did you know New York City has the biggest fireworks display in the United States and that three U.S. presidents died on July 4? Can you guess which 2 creatures 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. 11:00-12:00pm**Session B – Fri. 11:00-12:00pm****Class Fee: \$105.00****Consumer Education (M, ConE)****Olivia Wood**

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 – Fri. 10:00-11:00am****Class Fee: \$105.00****Connecticut Landmarks (SS)****Bill Angier**

Did you know that Connecticut, originally spelled Quinnitukqut, is from the Native American Mohegan language meaning “place of long tidal river?” 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 – Tue. 1:00-2:00pm**Class Fee: \$105.00****Men’s Group (SCC, LM)****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 leisure activity such as arts and crafts, puzzles, board games...whatever the group decides to do!

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

Chorus (LA, A)**Cherice Grandy/Olivia Wood**

Come and be a part of the Chapel Haven Schleifer Center Chorus! During the first few classes, we will choose the songs that we are going to perform at our concert to be held at the end of the semester. Come to rehearsal each week ready to sing and with your dancing shoes on!

Session B – Tue. 2:00-3:00pm**Class Fee: \$105.00****Zoo-ology (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 – Tue. 2:00-3:00pm**Class Fee: \$105.00****Problem Solving (SCC)****Bill Angier**

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.

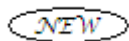
Session A – Wed. 10:00-11:00am**Session B – Thu. 2:00-3:00pm****Class Fee: \$105.00****Common Illnesses (HS)****Dr. Jules Landwirth**

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 – Wed. 10:00-11:00am**Class Fee: \$105.00****Current Events (LA, SS)****Dr. Jules Landwirth**

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

Session C – Wed. 11:00-12:00pm**Class Fee: \$105.00**

Disability History (SS)**Danielle Drazen**

Learn about the rich history of people with disabilities. Learn about the history of the Disabled in the United States starting shortly before the United States was founded up to today's Disabled Community. Learn about the remarkable diversity, creativity, and leadership that have shaped the Disabled Community and American culture. We'll explore how far society and our law have come and the events and people that contributed to the true integration of people with disabilities in society.

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

Class Fee: \$105.00

Boot Camp (PE)**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 - 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 – Wed. 1:00-2:00pm

Session G – Fri. 1:00-2:00pm

Class Fee: \$150.00 (includes all supplies)

Conversation Games (SCC, LM)**Danielle Drazen**

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 B – Wed. 2:00-3:00pm

Class Fee: \$105.00

Under the Sea (S)**Dana Skawinski**

Come explore life under the sea in this adventurous class! We will be learning about many different sea creatures through internet research, books, and videos. If you want to learn more about what life exists under the sea, come join us in a fun journey of discovery!

Session A – Thu. 10:00-11:00am

Class Fee: \$105.00

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 I – Thu. 11:00-12:00pm

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

Winter Climate (S, HS)

Olivia Wood

Winter...what a time to live in the Northeast! In this class, students will be active participants as they learn about various winter weather conditions and phenomena, both locally and globally! Topics will touch on the scientific, such as extreme winter weather conditions, and measuring and recording precipitation levels right here at Chapel Haven, to the practical, such as winter weather safety concerns and how to prepare for the inevitable New England blizzard. Students will conduct their own research and draw conclusions through hands on activities, multimedia presentations, and some good old fashioned exploring of the great outdoors!

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 Schleifer Center 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 B - Thu. 1:00-3:30pm

Class Fee: \$155.00

Spanish Basics (LA, SS)

NEW

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.

Session A – Thu. 1:00-2:00pm

Class Fee: \$105.00

Women’s Group (SCC, LM)

NEW

Myliissa Rockefeller

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 leisure activity such as arts and crafts, puzzles, board games...whatever the group decides to do!

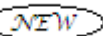
Session B – Thu. 2:00-3:00pm

Entertaining Friends (LM, SCC)**Dana Skawinski**

If you have some free time and are not sure what to do then this class is for you! In this class students will work on time management skills, planning activities with others, and exploring various leisure time activities.

Session A – Fri. 10:00-11:00am**Class Fee: \$105.00****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 courtyard 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 B - Fri. 1:00-3:00pm**Class Fee: \$235.00****Get on Board (SCC, LM)**A small, stylized logo with the word "NEW" in a blue, outlined font, enclosed in an oval shape.**Danielle Drazen**

Adventure is out there! Roll the dice to test your luck. Embark on a quest with your fellow travelers to a far off land for honor and glory. During this fun-packed hour, students will play board games and role playing games to explore decision making, problem solving, and other soft skills, by creating their characters and rolling (literally) with challenges they are likely to experience in the “real world.”

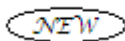
Session A - Fri. 1:00-2:00pm**Class Fee: \$105.00****Book Club (LA)****Dana Skawinski**

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. **The chosen book for this semester is entitled *Finding Gobi* by Dion Leonard.** Finding Gobi tells the incredible true story of how ultra-marathoner Dion Leonard found a stray dog (later named Gobi) that followed him for over 77 miles while running across the Gobi Desert in China. The journey that followed to get Gobi to come home would change both of their lives forever.

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

Basketball Diaries (LM, SS, SCC)**Bill Angier**

In this class students will learn all about the great game of basketball. Students will learn how basketball is played and keep up on all the latest news and highlights. Whether you're a professional or just like to shoot around with your friends, this class is for you.

Session A - 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 J – Fri. 2:00-3:00pm

Class Fee: \$150.00 (includes all supplies)

[Afternoon/Evening Classes]

Afternoon Fitness (PE)**Kim Stack/Chris Sidarweck/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.

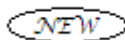
Session E – Mon. 3:00-4:00pm (Kim)

Session F – Tue. 4:00-5:00pm (Chris)

Session G – Wed. 3:00-4:00pm (Kim)

Session H – Thu. 4:00-5:00pm (Nery)

Class Fee: \$140.00

Women's Group (SCC, LM)**Stephanie Berberich**

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 leisure activity such as arts and crafts, puzzles, board games...whatever the group decides to do!

Session A – Mon. 3:30-4:30pm

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 H – Mon. 4:00-5:00pm

Session I – Thu. 4:00-5:00pm

Class Fee: \$150.00 (includes all supplies)

Sports Talk (LM, SS, SCC)

Bill Angier

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 A – Mon. 4:00-5:00pm

Class Fee: \$140.00

Out & About (ConE, SCC)

Myliissa 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 I – Mon. 5:00-7:00pm

Fee: \$190.00

Expressive Painting (A)

Tina Menchetti

Join us as we experiment with paint and color to express your inner thoughts and feelings. Discover the power of painting. We will study various types of painting including landscapes, portrait and abstract.

Session A – Mon. 5:00-6:00pm

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 C – Mon. 5:00-6:30pm

Class Fee: \$175.00

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!

(10 week session – Begins on 1/8 and ends on 3/19)

Session C – Tue. 3:00-4:00pm

Class Fee: \$225.00 (fee includes all supplies)

Let's Dance (PE, HS)**Terri Console**

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 C - Tue. 4:00-5:00pm

Class Fee: \$140.00

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 C - Tue. 3:00-4:00pm

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 E – Tue. 5:30-7:00pm

Session F – Thu. 5:30-7:00pm

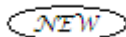
Class Fee: \$225.00

CHSC Theater (A)**Tina Menchetti/Olivia Wood**

Be part of the Chapel Haven Schleifer Center 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

Blast from the Past (A)**Bill Angier**

Are you a fan of history? If so, this class is for you! Students will choose what historical topics they want to learn about. From the ancient to the present, we will study it all. Whether you're a casual fan or genuine historian, come and learn more about the history you love!

Session A - Wed. 4:30-5:30pm

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 G – Wed. 5:00-6:00pm**Session H – Wed. 6:00-7:00pm****Class Fee: \$115.00 (fee includes all supplies)****Cardio Kickboxing (PE)****NEW****ASD Fitness**

This Kickboxing class promises to deliver a fun and challenging workout! Igor, the instructor, is a 2nd degree black belt in Taekwondo and has practiced mixed martial arts for 5 years, which included ground fighting, kickboxing, and Mui Thai. He is a personal trainer at ASD Fitness Center and loves helping his clients become healthy and fit while having fun. Participants will see improvement in cardio endurance and stamina while building confidence and self-esteem. They can expect to practice a variety of kickboxing skills each class that will include a fun and interactive game. Igor will expertly facilitate the group so each class is appropriately challenging for each individual.

Session A – Wed. 6:00-7:00pm**Class Fee: \$190.00****Men’s Group (SCC, LM)****NEW****Julian Sandoval**

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 leisure activity such as arts and crafts, puzzles, board games...whatever the group decides to do!

Session C – Thu. 4:00-5:00pm**Class Fee: \$140.00**

Winter 2019 Registration Form

Student Name:

Student Phone #

Parent/Point Staff

(Person in charge of Scheduling)

Parent/Point Staff

Phone #

(Please check)

SLP ☐

SAIL ☐

DAY STUDENT ☐

ASAT ☐

Please put a check next to the class you would like to register for. Forms are due to Cherice Grandy by Tuesday, December 11th 2018. **ALL FORMS SHOULD BE PLACED IN THE CLASS REGISTRATION LOCKBOX LOCATED NEAR THE COPIER IN THE COMMUNITY CENTER!**

They will not be accepted without the signature of your point staff or parent.

Monday (Day)	Fee	✓	Monday (Evening)	Fee	✓
Out & About [H] 9:45-12p	\$155		Afternoon Fitness [E] 3-4p	\$140	
Interview Skills [A] 10-11a	\$105		Women's Group [A] 3:30-4:30p NEW	\$140	
Good Morning Stretch [A] 10-11a	\$105		Basic Ceramics [H] 4-5p	\$150	
Healthy Relationships 3 [A] 11-12p	\$105		Sports Talk [A] 4-5p	\$140	
Music Appreciation [A] 11-12p	\$105		Out & About [I] 5-7p	\$190	
Coping Skills [A] 1-2p NEW	\$105		Expressive Painting [A] 5-6p	\$150	
Yoga [C] 1-2p	\$105		Eating out for Health & Fun [C] 5:00-6:30p	\$175	
Communication/21 st Century [A] 2-3p	\$105				
Puzzle Mania [A] 2-3p	\$105				
Artistic Woodwork [C] 2-3p	\$150				
Tuesday (Day)	Fee	✓	Tuesday (Evening)	Fee	✓
Wake up & Sweat [E] 7:30-8:30a	\$140		UARTS-Connect. through Creativity [C] 3-4p	\$225	
Socially Caffeinated [A] 10-11a	\$105		Board Games [C] 3-4p	\$140	
Assistive Tech/Indep. Living [A] 10-11a NEW	\$105		Afternoon Fitness [F] 4-5p	\$140	
Sweat it Off [A] 10-11a	\$105		Let's Dance [A] 4-5p	\$190	
Coping Skills [B] 11-12p NEW	\$105		Healthy Cooking [E] 5:30-7p	\$225	
History of the Holidays [A] 11-12p	\$105				
Consumer Education [A] 1-2p	\$105				
CT Landmarks [A] 1-2p	\$105				
Men's Group [A] 1-2p NEW	\$105				
Chorus [B] 2-3p	\$105				
Zoology [A] 2-3p	\$105				

Wednesday (Day)	Fee	✓	Wednesday (Evening)	Fee	✓
<i>Problem Solving [A] 10-11a</i>	\$105		<i>CHSC Theater [B] 3-4:30p</i>	\$275	
<i>Common Illnesses [A] 10-11a</i>	\$105		<i>Afternoon Fitness [G] 3-4p</i>	\$140	
<i>Interview Skills [B] 11-12p</i>	\$105		<i>Blast from the Past [A] 4:30-5:30p</i> <i>NEW</i>	\$140	
<i>Current Events [C] 11-12p</i>	\$105		<i>Jewelry Making [G] 5-6p</i>	\$115	
<i>Disability History [A] 1-2p</i> <i>NEW</i>	\$105		<i>Jewelry Making [H] 6-7p</i>	\$115	
<i>Boot Camp [A] 1-2p</i>	\$105		<i>Cardio Kickboxing [A] 6-7p</i> <i>NEW</i>	\$190	
<i>Painted Glassware [F] 1-2p</i>	\$150				
<i>Healthy Relationships 3 [B] 2-3p</i>	\$105				
<i>Conversation Games [B] 2-3p</i>	\$105				
Thursday (Day)	Fee	✓	Thursday (Evening)	Fee	✓
<i>Wake up & Sweat [F] 7:30-8:30a</i>	\$140		<i>Afternoon Fitness [H] 4-5p</i>	\$140	
<i>Under the Sea [A] 10-11a</i>	\$105		<i>Basic Ceramics [I] 4-5p</i>	\$150	
<i>Good Morning Stretch [B] 10-11a</i>	\$105		<i>Men's Group [C] 4-5p</i> <i>NEW</i>	\$140	
<i>Communication/21st Century [B] 11-12p</i>	\$105		<i>Healthy Cooking [F] 5:30-7p</i>	\$225	
<i>Winter Climate [A] 11-12p</i>	\$105				
<i>Jewelry Making [I] 11-12p</i>	\$115				
<i>Out to Art [B] 1-3p</i>	\$155				
<i>Spanish Basics [A] 1-2p</i> <i>NEW</i>	\$105				
<i>Music Appreciation [B] 1-2p</i>	\$105				
<i>Sweat it Off [B] 1-2p</i>	\$105				
<i>Problem Solving [B] 2-3p</i>	\$105				
<i>Men's Group [B] 2-3p</i> <i>NEW</i>	\$105				
<i>Women's Group [B] 2-3p</i> <i>NEW</i>	\$105				
Friday (Day)	Fee	✓	<u>Office use only (Notes)</u>		
<i>Out & About [J] 9:45-12p</i>	\$155				
<i>Consumer Education [B] 10-11a</i>	\$105				
<i>Entertaining Friends [A] 10-11a</i>	\$105				
<i>Assistive Tech/Indep. Living [B] 11-12p</i> <i>NEW</i>	\$105				
<i>History of the Holidays [B] 11-12p</i>	\$105				
<i>Bowling [B] 1-3p</i>	\$235				
<i>Painted Glassware [G] 1-2p</i>	\$150				
<i>Get on Board [A] 1-2p</i> <i>NEW</i>	\$120				
<i>Book Club [B] 1-2p</i>	\$105				
<i>Rhythm & Movement [A] 2-3p</i>	\$105				
<i>Basic Ceramics [J] 2-3p</i>	\$150				
<i>Basketball Diaries [A] 2-3p</i> <i>NEW</i>	\$105				

Signature of Applicant

Signature of Point Staff/Parent