

CHAPEL HAVEN

REACH PROGRAM COURSE CATALOG

WINTER 2019

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

WINTER REGISTRATION

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

*****Please submit all finalized schedules to Cherice
Grandy by Friday, November 30th 2018*****

ADD/DROP

1. The first three weeks of the term is designated as the Add/Drop period, during which time a student may enroll in or drop a class. A student may drop out of a class during this time without being billed. **Students will not receive a full refund after Friday, January 18th 2019.**
2. **Whether adding or dropping, the student's Coordinating Teacher must notify Cherice Grandy, REACH Administrative Manager, at 203-397-1714 Ext.142 or cgrandy@chapelhaven.org.**

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

REACH/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	DS-Personal Hygiene	DS-Personal Hygiene	DS-Personal Hygiene	DS-Personal Hygiene	DS-Personal Hygiene
9-10	DD-GMCH A (114) DS-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)	DD-GMCH A (114) DS-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120) MR-Laundry I (SL) [9:00-11:00am]	DD-GMCH A (114) DS-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)	DD-GMCH A (114) DS-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120) MR-Laundry L (SL) [9:00-11:00am]	DD-GMCH A (114) DS-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)
10-11	MR-Wilbur Cross B (SL) [10:00-12:00pm] TM-Out & About H (CY) [10:00-12:00pm] DD-Interview Skills A (114) OW-GM Stretch A (CRA)	DF- Socially Caffeinated A (122) <i>2nd year only</i> DD-Assistive Tech. A (114) OW-Sweat it Off A (FR)	MR-Laundry J (SL) [10:00-12:00pm] DS-Advanced Banking A (115) BA-Problem Solving A (116) JL-Common Illnesses A (120)	DD-Writing for the Yearbook A (114) <i>2nd year only</i> DS-Under the Sea A (115) OW-GM Stretch B (CRA)	MR-Wilbur Cross C (SL) [10:00-12:00pm] TM-Out & About J (CY) [10:00-12:00pm] DF-Ins/Outs of Good Comm. A (122) <i>1st year only</i> 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	TBD-LUNCH PREP DS-LUNCH PREP	TBD-LUNCH PREP MR-LUNCH PREP	TBD-LUNCH PREP BA-LUNCH PREP	TBD-LUNCH PREP MR-LUNCH PREP	INDEPENDENT LUNCH
1-2	MR-Walgreens F (SL) [1:00-3:00pm] LW-Groc. Shopping F (SL) [1:00-3:00pm] DD-Coping Skills A (114) TM-Yoga C (CRA)	MR-Walgreens G (SL) [1:00-3:00pm] DS/SP-Pers. Finance H (115) [1:00-3:00pm] OW-Consumer Ed A (120) BA-CT Landmarks A (116) LW-Men's Group A (CRA)	MR-Walgreens H (SL) [1:00-3:00pm] DS/SP-Pers. Finance I (115) [1:00-3:00pm] LW-Laundry K (SL) [1:00-3:00pm] DD-Disability Hist. A (114) OW-Boot Camp A (CRA) TM-Painted Glass. F (AS)	DS/SP-Pers. Finance J (115) [1:00-3:00pm] 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 & Mvmt A (CRA) BA-Basketball Diaries A (116) TM-Basic Ceramics J (AS)

EDUCATION STAFF:

DS -Dana Skawinski	DD -Danielle Drazen
BA -Bill Angier	KS -Kim Stack
OW -Olivia Wood	HM -Heather McDonald
DF -Dan Forman	NA -Nery Aldana
TM -Tina Menchetti	NR -Nicole Rainieri
SP -Sue Peters	SB -Stephanie Berberich
MR -Mylissa Rockefeller	TH -Terri Console
LW -Luke Watterson	CS -Chris Sidarweck
JL -Jules Landswirth	JS -Julian Sandoval
CG -Cherice Grandy	ASD -ASD Fitness Center

CLASSROOMS:

114 -REACH (Danielle)	FR -Fitness Room
115 -REACH (Dana)	SL -Student Lounge
116 -REACH (Bill)	AS -Art Studio
119 -REACH (Teaching Apt.)	CRA -Outreach Center
120 -REACH (Olivia)	BC -Basketball Court
122 -REACH (Dan)	CY -Courtyard
CLP - Comm. Living Prog.	RK -Rossman Kitchen
UA -UARTS	

REACH/CONTINUING ADULT EDUCATION MASTER DAY SCHEDULE

WINTER 2019

TIME	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
3-4	MR/LW-Keeping up Appearances (Apt) KS-Afternoon Fitness E (FR) SB-Women's Group A (UA) [3:30-4:30pm]	MR-Groc. Shopping G (SL) [3:00-5:00pm] SB/HM-UARTS B (UA) LW-Board Games C (CRA)	TM/OW-CH Theater B [3:00-4:30pm] (CRA) MR/LW-Keeping up Appearances (Apt) KS-Afternoon Fitness G (FR)	MR-Groc. Shopping H (SL) [3:00-5:00pm]	MR/JS-Keeping up Appearances (Apt)
4-5	TM- Basic Ceramics H (AS)	CS-Afternoon Fitness F (FR) TC-Let's Dance! A (CRA)		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					

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DF -Dan Forman	NA -Nery Aldana
TM -Tina Menchetti	NR -Nicole Rainieri
SP -Sue Peters	SB -Stephanie Berberich
MR -Myliissa Rockefeller	TH -Terri Console
LW -Luke Watterson	CS -Chris Sidarweck
JL -Jules Landswirth	JS -Julian Sandoval
CG -Cherice Grandy	ASD -ASD Fitness Center

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CLP - Comm. Living Prog.	RK -Rossman Kitchen
UA -UARTS	

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[Core Classes – Residents Only]

Included with Tuition

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

Danielle Drazen/Dana Skawinski/Bill Angier/Olivia Wood

This class is a great way to start the day! Students will meet each day as a group and with their coordinating teacher to practice and use social communication skills as a tool to organize their day. In this group session, facilitated by the teacher, students will practice community safety, discuss their course schedules, appropriate clothing and hygiene for different situations, free-time plans, upcoming recreation trips and more. Each student will be encouraged to bring any general daily problems (scheduling conflicts, social dilemmas, conflict resolution, etc.) to the group for discussion. This is also the time of day during which students will work with their teacher to create their weekly grocery lists, purchase any needed hygiene items, and monitor their hygiene with help from their teacher.

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

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

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

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

Interview Skills (VS, CarE) – Core Y1 & Y2

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

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

Mylissa Rockefeller

Working Partnerships is a vocational education package designed to teach students how to become professional employees. Transferable work skills will be taught explicitly and implicitly in an off-campus classroom and in various work sites throughout the New Haven area. The focus of this program is to teach students the social skills; work ethic and attitude that they will need to become professional and reliable employees.

Wilbur Cross – Mon/Fri. 10:00-12:00pm

Walgreens – Mon/Tue/Wed. 1:00-3:00pm

Healthy Relationships 3 (SCC) – Core Y1 & Y2

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

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

Luke Watterson/Myliissa Rockefeller

This class will combine a variety of skill sets, from math and mobility to menu planning and social skills. The goal of this class is to help students learn to grocery shop more independently. At the beginning of the semester, students will take the bus to Stop and Shop with their teachers; locate the items on their list, shop, and pay. Support will be faded out throughout the semester as appropriate for each student.

Session F - Mon. 1:00-3:00pm (Luke)

Session G - Tue. 3:00-5:00pm (Myliissa)

Session H - Thu. 3:00-5:00pm (Myliissa)

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

Education Staff

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

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

Coping Skills (SCC) – Core Y1 & Y2

NEW

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

Communication in the 21st Century (SCC) - Core Y1

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

Keeping Up Appearances (HS) – Core Y1 & Y2

Education Staff

This class will help students target the areas of personal hygiene and self-care that they have identified as needing or wanting more practice in. The class sessions will be held in each student's apartment to promote generalization of skills. The amount of sessions each student is enrolled in will be determined by their coordinating teacher.

Mon/Wed/Fri. 3:00-4:00pm

Laundry (M, ConE) – Core Y1 & Y2

Myliisa Rockefeller

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

Session I – Tue. 9:00-11:00am

Session J – Wed. 10:00-12:00pm

Session K – Wed. 1:00-3:00pm

Session L – Thu. 9:00-11:00am

Assistive Technology for Independent Living (T) - Core Y1 & Y2

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

Socially Caffeinated (SCC) – Year Two Only

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

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

Dana Skawinski & Sue Peters

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

Session H– Tue. 1:00-3:00pm

Session I – Wed. 1:00-3:00pm

Session J – Thu. 1:00-3:00pm

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

Dana Skawinski

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

Session A– Wed. 10:00-11:00am

Consumer Education (M, ConE) - Core Y1

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

Problem Solving (SCC) – Core Y1 & Y2

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

Ins and Outs of Good Communication (SCC) – Year One Only

Dan Forman

Successful communication is hard. If it wasn't, most sitcoms wouldn't exist. In this class, we look at some of the basic skills needed for good communication like appropriate body language and perspective taking, while also exploring the rules of verbal communication. TV shows and movies will be mined for examples of things we should and shouldn't do when communicating with friends, co-workers, family, and other important people in our lives.

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

[Electives]

Included with Tuition

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

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

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

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

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)

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

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

Men’s Group (SCC, LM)

NEW

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

Chorus (LA, A)

Cherice Grandy/Olivia Wood

Come and be a part of the Chapel Haven 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

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

Afternoon Fitness (PE)

Kim Stack/Nery Aldana

Are you ready to release some energy after a busy day? The fitness center is the place to be! Students will rotate through a routine of stretching, cardio and weight training workouts designed to help burn calories, strengthen muscles and improve endurance. On days when the weather is nice, students will occasionally go for a walk around the Westville Community. Students should dress appropriately for the weather.

Session 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)

1st session of Afternoon Fitness is free, each additional session \$140.00

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

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. 11:00-12:00am

Disability History (SS)

NEW

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

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

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

Writing for the Yearbook (LA, T) - Year Two Only

Danielle Drazen

That's right! Chapel Haven is beginning to work on the yearbook for the class of 2019! Students will work on fundraising, editing, budgeting, and decision-making skills as well as the writing skills used in creating a yearbook. Yearbook class is open to second year REACH students with a class maximum enrollment of 6. **Students will be selected by the Education Staff.**

Session A – Thu. 10:00-11:00am

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

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**

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

Women's Group (SCC, LM)

NEW

Myliisa 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

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

Get on Board (SCC, LM)

NEW

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

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

Basketball Diaries (LM, SS, SCC)

NEW

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

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

[Continuing Adult Education]

Out & About (ConE, SCC)

Tina Menchetti/Mylissa Rockefeller

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

Session H – Mon. 9:45-12:00pm (Tina)

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

Session J – Fri. 9:45-12:00pm (Tina)

Fee: \$155.00 (Sessions H & K) \$190.00 (Session I)

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)

Women's Group (SCC, LM)

NEW

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

Session J – Fri. 2:00-3:00pm

Class Fee: \$150.00 (includes all supplies)

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

Nicole Rainieri, Certified Holistic Health Counselor

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

Session B – Mon. 5:00-6:30pm

Class Fee: \$175.00

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)

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

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)

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

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

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

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)

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

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

Session I – Thu. 11:00-12:00pm

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: \$175.00

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

Class Fee: \$155.00

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 B – Thu. 4:00-5:00pm

Class Fee: \$140.00

Bowling (PE, LM)

Myliisa Rockefeller

Bowling is a great social activity and a good way to stay active when the weather gets cold. Students will travel to Amity Lanes each week with Chapel Haven staff where they will bowl in teams. **Students are expected to meet in the 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