



CONTINUING ADULT EDUCATION COURSE CATALOG FALL 2020



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

Chapel Haven Schleifer Center, Inc.
1040 Whalley Ave. New Haven, CT 06515
www.chapelhaven.org

Any questions pertaining to registration, please contact Cherice Grandy:
(203) 397-1714 ext. 142
cgrandy@chapelhaven.org

FALL REGISTRATION

Fall Quarter Begins **Monday, September 14th 2020**
Fall Quarter Ends **Friday, December 18th 2020**

Please send all class registrations to Cherice Grandy at cgrandy@chapelhaven.org by Wednesday, September 2nd.

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, October 2nd 2020.**
2. Whether adding or dropping, the student's parent, teacher or support coordinator must notify Cherice Grandy, REACH Administrative Manager, at 203-397-1714 Ext.142 or cgrandy@chapelhaven.org.





Class Protocol for Teachers/Instructors

Effective September 14, 2020:

- Teacher/Instructor will meet community members in courtyard and walk them to the Welcome Center, 5 minutes before the start of class/activity. Any community member who does not arrive on time will not be permitted in the class that day.
- In the Welcome Center, instructor will take temperatures of community members. Any temp higher than 99, they will be asked to return home
- Community members (all individuals and staff) must wear their mask (or face covering) at all times on campus.
- Social distancing in the classroom/activity space will be enforced
- Instructor will escort community members to bathroom to wash their hands then walk them to the classroom/activity space.
- At the conclusion of class, instructor will walk community members out of the building
- Instructor will sanitize surfaces/doorknobs in activity space at the conclusion of class.

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	CarE – Career Education	T – Technology
SS – Social Studies	ConE – Consumer Education	HS – Health and Safety
M – Math	PE – Physical Education	SCC – Social Communication
S – Science	VS – Vocational Skills	LM – Leisure Management
A – Art		



CHAPEL HAVEN SCHLEIFER CENTER
CONTINUING ADULT EDUCATION
ON CAMPUS MASTER SCHEDULE

FALL 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
8-9					
9-10					
10-11	TM-Yoga B (CRA)		NM-Sounds of Musicals A (CRA)	TM-Jewelry Making A (CRA)	NM- Getting Jiggy With It (CRA)
11-12	MR-Sitcoms A (CRA)	NM-Stress Mngmnt. A (CRA)		TM-Jewelry Making B (CRA)	TM-Paint. Glass A (CRA)
12-1	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-2	TM-Exp. Painting A (CRA)		TM-Bas. Ceramics A (CRA)		
2-3	TM-Art. Woodwork A (CRA)	NM-Karaoke Power Hr. A (CRA)	TM-Bas. Ceramics B (CRA)	LW-Boot Camp A (CRA)	NM-Karaoke Power Hr. B (CRA)
AFTERNOON/EVENING SCHEDULE					
3-4					
4-5	NM-Afternoon Walk A (RCY)	DD-Afternoon Walk B (RCY) NM-Let's Dance B (CRA)	NM-Afternoon Walk C (RCY)	DD-Afternoon Walk D (RCY)	
5-6	NR-Healthy Lifestyles A (CRA)	NR-Healthy Cooking C (119) [5:00-6:30p]		NR-Healthy Cooking D (119) [5:00-6:30p]	

<u>EDUCATION STAFF:</u>	<u>CLASSROOMS:</u>
DD - Danielle Drazen NM - Nancy Murray TM - Tina Menchetti MR - Mylissa Rockefeller NR - Nicole Rainieri LW - Luke Watterson	119 - REACH (Teaching Apt.) CRA - Outreach Center RCY - Rossman Courtyard

CHAPEL HAVEN SCHLEIFER CENTER
CONTINUING ADULT EDUCATION
VIRTUAL MASTER SCHEDULE

FALL 2020

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10		DD-Animal Science A		MR-Color Your Convo D	
10-11	JS-Hist. of Holidays A	MR-What's Happ? B NM-Pictionary C	MR-Color Your Convo C	DD-Geek Culture A DF-Soc. Caffeinated B	KF-Relaxation Techniques. A
11-12	KF-Animal Care B ER-Global Cultures A	KF-The Lunch Hour A	DF-Soc. Caffeinated A ER-Entertain. Friends A MR-Explor. New Wild D	JS-Sports Talk B	KF-Stay. Connected A JS-Cult. Perspectives A
12-1	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-2	MR-Explor. the New Wild C JS-Deal with Drama C	KF-Current Events B	KF-Book Club C DD-Animal Science B	KF-Popular Culture A MR-Hangman C	TM-Travel the World B ER-What's Happ C MR-Hangman D
2-3		DD-Kindness Camp. A	SB-Art & Nature B ER-Celeb. the Cent. A	TM-Out to Art B	DD-Let's Go Viral A MR-Movie Club D
<i>AFTERNOON/EVENING SCHEDULE</i>					
3-4	NR-Name that Tune A	SB/HM-Paint by Numbers B NR-It's Game Time A	DD-Women's Group C LW-Mens Group C	JS-Deal with Drama D NR-Name that Tune B	
4-5	TM-CHSC Theater C JS-WWE Club B		TM-CHSC Theater D	ER-Music Appreciation B TM-Pictionary D	
5-6	JS-Sports Talk A		ER-Movie Club C		

EDUCATION STAFF:

DD - Danielle Drazen
ER - Erik Rambush
JS - Julian Sandoval
TM - Tina Menchetti
MR - Mylissa Rockefeller

NR - Nicole Rainieri
LW - Luke Watterson
KF - Kim Freeman
SB - Stephanie Berberich
HM - Heather McDonald

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[*On Campus*]

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 B – Mon. 10:00-11:00am

Class Fee: \$110.00

Sitcoms (LM)

Myliissa Rockefeller

Join us for a fun-filled hour of laughter. Watch shows from the 80's, 90's and 2000's like Full House, Fresh Prince of Bel-Air and Big Bang Theory!

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

Class Fee: \$110.00

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. 1:00-2:00pm

Class Fee: \$120.00 (fee includes all supplies)

Artistic Woodworking (A)

Tina Menchetti

Practical and fun! Create a piece of artwork that's useful and beautiful! In this class students will learn more about wood pieces and different decorating techniques such as sponging, stencils and decals. During the first class we will discuss techniques and projects.

Session A – Mon. 2:00-3:00pm

Class Fee: \$155.00 (includes all supplies)

Afternoon Walk (PE)

Nancy Murray/Danielle Drazen

This class is recommended for students who would like to enjoy a leisurely walk through the Westville neighborhood at a fair pace. Walking is a great form of exercise and doing it with a group only makes it more fun. Student-generated topics for discussion and input are highly welcomed as we explore the community on foot. Please bring a water bottle to each class.

Session A - Mon. 4:00-5:00pm (Nancy)

Session B - Tue. 4:00-5:00pm (Danielle)

Session C - Wed. 4:00-5:00pm (Nancy)

Session D - Thu. 4:00-5:00pm (Danielle)

Class Fee: \$145.00

Healthy Lifestyles (HS, ConE)

NEW

Nicole Rainieri

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

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

Class Fee: \$145.00

Stress Management (HS)

Nancy Murray

You should be able to relax, feel good and be happy. Sometimes this is not so easy. But how you feel and react to stress is up to you. Learn how to reduce anxiety, think positively and improve your overall health and well-being. Students will learn how to build and maintain a healthy support system, identify the first signs of stress, and sample many different calming strategies to use when stress occurs. This class teaches students to integrate awareness of mind and body and provides a toolbox for managing the stress that occurs in day-to-day life. Students should bring a yoga mat, towel, or blanket, and an open mind to classes and be prepared to participate in calming stretching, breathing, and mindfulness exercises.

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

Class Fee: \$110.00

Karaoke Power Hour (A, LM)

NEW

Nancy Murray

Your magical voice and a predetermined list of song choices all make for a powerful hour of fun! If you love to sing, dance and have a great time, this is the class for you!

Session A – Tue. 2:00-3:00pm

Session B – Fri. 2:00-3:00pm

Class Fee: \$110.00

Let's Dance (PE, HS)

Nancy Murray

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

Class Fee: \$145.00

Healthy Cooking (M, ConE, HS)

Nicole Rainieri

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 C – Tue. 5:00-6:30pm

Session D – Thu. 5:00-6:30pm

Class Fee: \$250.00

Sounds of Musicals (A)

Nancy Murray

“The hills are alive with the sound of music.” What famous musical is that line from? If you are a fan of musicals, then come join the sing-a-long as we view various favorite musicals. Watch these great musicals in our outreach center on the big screen with stereo sound!

Session A – Wed. 10:00-11:00am

Class Fee: \$110.00

Basic Ceramics (A)

Tina Menchetti

Students will learn to clean, paint and glaze molded ceramics pieces. Students will also learn different decorating techniques. This is a great opportunity to create useful items for home and gifts.

Session A – Wed. 1:00-2:00pm

Session B– Wed. 2:00-3:00pm

Class Fee: \$155.00 (includes all supplies)

Jewelry Making (A, LM)

Tina Menchetti

In this class, students will create jewelry out of beads, baubles and even elastic bands. We will make key chains, necklaces and bracelets among other things. Test your fine motor skills and try the very popular “Rainbow Loom”; bracelets made of colorful elastic bands. Make gifts or keep them for yourself. Either way, you’ll leave with great jewelry. All supplies included.

Session A – Thu. 10:00-11:00am

Session B – Thu. 11:00-12:00pm

Class Fee: \$120.00 (fee includes all supplies)

Boot Camp (PE, HS)

Luke Watterson

Atten-tion! 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 – Thu. 2:00-3:00pm

Class Fee: \$110.00

Gettin’ Jiggy With It (PE, HS)

Nancy Murray

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

Session A – Fri. 10:00-11:00am

Class Fee: \$110.00

Painted Glassware (A)

Tina Menchetti

In this class we will paint glassware, all shapes and sizes. You can drink from these glass pieces or you can have them just to look at and enjoy! These are great gift making ideas for everyone. We will learn special brush stroke techniques that are simple and beautiful. Class is for all levels as long as you love to use a paint brush.

Session A – Fri. 11:00-12:00pm

Class Fee: \$155.00 (includes all supplies)

[Virtual]

History of the Holidays (SS)

Julian Sandoval

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 – Mon. 10:00-11:00am

Class Fee: \$95.00

Global Cultures (SS)

NEW

Erik Rambush

We live in a diverse world. There are many differences and similarities between the way we live and the way people live in other societies. In this class students will explore different cultures and their ways of living, the food they eat, the music they listen to, and more. We will even explore the cultural differences that exist across the United States. Film, magazines, books and other media will be used to supplement class discussions.

Session A – Mon. 11:00-12:00pm

Class Fee: \$95.00

Animal Care (CarE)

NEW

Kim Freeman

Interested in career opportunities involving animals? During this class we will explore various positions available at farms, pet stores, animal shelters, and more! Whether you are interested in volunteering or obtaining paid employment, this course will give you a vocational knowledge base for which to direct your love of animals. Topics included are:

- Career Exploration within the Animal Care Industry
- animal behavior
- basic care of common pets
- Fish: types and basic care
- Cleaning of animal habitats
- Assisting with animal transport
- Observing animals and keeping up-to-date animal records

Session B – Mon. 11:00-12:00pm

Class Fee: \$95.00

Exploring the New Wild (S)

NEW

Myliisa Rockefeller

Let's learn about different animals and insects, old and new. There are deep sea creatures that are newly discovered while other animals that were once thought extinct are coming back! Does climate change affect animals and insects? Let's explore these creature happenings together using drones and other technology. Don't you wonder what's hanging out in the wild and deep seas these days? Let's check it out!

Session C – Mon. 1:00-2:00pm

Session D – Wed. 11:00-12:00pm

Class Fee: \$95.00

Dealing with the Drama (SCC, HS)

Julian Sandoval

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

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

Session D - Thu. 3:00-4:00pm

Class Fee: \$95.00

Name that Tune (A)

NEW

Nicole Rainieri

Remember that old show? Can you guess the name of the song on the radio? Do you know all the words to your favorite music? We will come up with categories popular with the group and will test our skills, talk about our favorite artists and songs, and have some fun playing games around popular music.

Session A – Mon. 3:00-4:00pm

Session B – Thu. 3:00-4:00pm

Class Fee: \$95.00

CHSC Virtual Theater (A)

NEW

Tina Menchetti

Different from the past semesters of Chapel Haven Theater Group we will be experimental and playful with our acting exercises. It will be a summer of dialog, improvisation, comedy, dance and lots of music. This is a great time to test your acting skills and have fun learning what drama is all about. Although we will not have a final production we will have fun entertaining each other. Come join this very creative group of aspiring actors!

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

Session D – Wed. 4:00-5:00pm

Class Fee: \$95.00

WWE Club (LM, SCC)

Julian Sandoval

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

Session B – Mon. 4:00-5:00pm

Class Fee: \$95.00

Sports Talk (LM, SCC)

Julian Sandoval

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. 5:00-6:00pm

Session B – Thu. 11:00-12:00pm

Class Fee: \$95.00

Animal Science (S)

Danielle Drazen

Learning about animals is a naturally motivating process that also teaches about citizenship, respect, and responsibility. In this class, students will develop their knowledge about the various types of animals living around them, not only in their own communities, but also in the rest of the world.

Session A - Tue. 9:00-10:00am

Session B - Wed 1:00-2:00pm

Class Fee: \$95.00

What's Happening (LM, SCC)

Myliissa Rockefeller/Erik Rambush

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

Session B – Tue. 10:00-11:00am (Myliissa)

Session C – Fri. 1:00-2:00pm (Erik)

Class Fee: \$95.00

Pictionary (LM)

Nancy Murray/Tina Menchetti

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

Session C – Tue. 10:00-11:00am (Nancy)

Session D – Thu. 4:00-5:00pm (Tina)

Class Fee: \$95.00

The Lunch Hour (CarE)

NEW

Kim Freeman

Should I pack a lunch or buy one at work? How long will mayonnaise stay fresh in my lunch bag? Can I put my feet up in the lunchroom— it is my break after all? These are just a few of the questions that will be answered in this workshop that builds independent living skills and self-reliance while also increasing awareness of the “unwritten” rules of the workplace lunchroom. In addition to practical knowledge, students will practice the following transferrable employability skills as they are led through basic cooking exercises.

- Task completion
- Following multi-step directions
- Workspace organization
- Communication
- Teamwork

A list of required grocery items will be provided in advance of class.

Session A – Tue. 11:00-12:00pm

Class Fee: \$95.00

Current Events (LA, SS)

Kim Freeman

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 B – Tue. 1:00-2:00pm

Class Fee: \$95.00

Kindness Campaign (HS)

Danielle Drazen

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

Session A – Tue. 2:00-3:00pm

Class Fee: \$95.00

Paint by Numbers (A)

NEW

Stephanie Berberich/Heather McDonald

UARTS will work virtually together on a painting project. This project will consist of a ‘paint by numbers’ canvas with paints to coordinate. Together we will create a collaborative masterpiece!

Students will need to purchase a paint kit using a link that will be provided during the first class. Paint kits are approximately \$20. This is in addition to the class fee.

Session B - Tue. 3:00-4:00pm

Class Fee: \$115.00

It's Game Time (A)

NEW

Nicole Rainieri

This class will be intellectually challenging and stimulating! We will play some of your favorite games like Crazy Eights, Bingo, Charades and Trivia. In the process, we will communicate verbally, share, wait, take turns, and enjoy interacting with others. Players will foster their ability to focus, lengthen attention spans, work as team players, and have fun in the spirit of healthy competition. Join in, see friends you have been missing, and make some new friends too!

Session A – Tue. 3:00-4:00pm

Class Fee: \$95.00

Color your Conversation (A, LM)

Mylissa Rockefeller

Coloring is a relaxing, stress-relieving, and FUN activity! The physical act of coloring (with crayons, pencils, gel pens and/or markers) generates mind-focus and brain-balance while also enhancing creativity. Even if you can't draw a straight (or wavy) line, you can COLOR -- no other artistic skills are required! Meet up with Mylissa and your peers for some social time coloring and chatting. **Class requirements: Art supplies such as colored pencils, crayons or markers, paper, coloring book, etc.**

Session C – Wed. 10:00-11:00am

Session D – Thu. 9:00-10:00am

Class Fee: \$95.00

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 - Wed. 11:00-12:00pm

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

Class Fee: \$95.00

Entertaining Friends (LM)

NEW

Erik Rambush

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 – Wed. 11:00-12:00pm

Class Fee: \$95.00

Book Club (LA)

Kim Freeman

Do you love a great story? Enjoy stimulating conversations? In this class, students will have the opportunity to meet weekly to read and discuss exciting literature. The chosen book for this section is entitled The One and Only Ivan by Katherine Applegate. This unforgettable novel from renowned author Katherine Applegate celebrates the transformative power of unexpected friendship. Inspired by the true story of a captive gorilla known as Ivan, this illustrated book is told from the point of view of Ivan himself. Having spent twenty-seven years behind the glass walls of his enclosure in a shopping mall, Ivan has grown accustomed to humans watching him. He hardly ever thinks about his life in the jungle. Instead, Ivan occupies himself with television, his friends Stella and Bob, and painting. But when he meets Ruby, a baby elephant taken from the wild, he is forced to see their home, and his art, through new eyes.

Session C – Wed. 1:00-2:00pm

Class Fee: \$95.00

Art & Nature (A)

NEW

Stephanie Berberich/Heather McDonald

UARTS will take this virtual class on an adventure into the outdoors to look at the wonders of nature. We will identify and learn about different objects and animals found in nature. We will then recreate our findings by drawing them together! **Students will need to purchase a sketch pad and colored pencils for this class. This is in addition to the class fee.**

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

Class Fee: \$95.00

Celebrating the Century (SS)

NEW

Erik Rambush

Let's take a trip through the 21st century! This class will highlight the people, places, events, and trends of the century. Topics students will explore include Arts and Entertainment, Sports, Science and Technology, and Lifestyle of the 2000's!

Session A – Wed. 2:00-3:00pm

Class Fee: \$95.00

Women's Group (SCC, LM)

Danielle Drazen

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

Session C – Wed. 3:00-4:00pm

Class Fee: \$95.00

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 virtual activity - whatever the group decides to do!

Session C – Wed. 3:00-4:00pm

Class Fee: \$95.00

Movie Club (LM)

Erik Rambush/Myliisa Rockefeller

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

Access to Netflix or Amazon Prime.

Session C – Wed. 5:00-6:00pm (Erik)

Session D – Fri. 2:00-3:00pm (Myliisa)

Class Fee: \$95.00

Geek Culture (LA)

NEW

Danielle Drazen

Are you a Trekkie? Do you ever feel like you’ve “gotta catch ‘em all?” Do you know exactly which house the Sorting Hat would put you in? Are you ready to respectfully debate whether DC or Marvel has better super heroes? Well in Geek Culture we’ve got you and all your geeky fandoms covered! Fandoms of films, books, comics, and series will all be explored in this class where we dive deeper than the surface into different universes. We’ll watch movies, episodes and clips and read reviews and learn more about the cast, authors and creators behind them. I hope you’re ready, because this class is sure to leave The Shire.

Session A – Thu. 10:00-11:00am

Class Fee: \$95.00

Popular Culture (SS)

Kim Freeman

While studying serious current events in the news like politics and international affairs is a must, it can also be fun and enriching to keep up with pop culture events from around the country and world. Through films, music, celebrity headlines, reviews and more, students will have fun in this class and leave with a broader knowledge of current pop culture. Students can share their own pop culture interests while also becoming more aware of what else is making headlines.

Session A – Thu. 1:00-2:00pm

Class Fee: \$95.00

Hangman (LM)

Myliisa Rockefeller

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

Session C – Thu. 1:00-2:00pm

Session D – Fri. 1:00-2:00pm

Class Fee: \$95.00

Out to Art (A)

Tina Menchetti

Yale Center for British Art docents are delighted to be returning to work with Tina and CHSC students again and everyone's looking forward to a very fun, creative summer! In this class, we will explore some of art's many forms together. Of course there are paintings and sculpture in museums and galleries but what about your own creations...Mother Nature's wonders...the art of conversation and listening...and other art forms all around us? Subject matter and activities will differ weekly. In this interactive class, you'll be encouraged to ask questions, challenge assumptions, and accept that others may have opinions different from your own.

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

Class Fee: \$95.00

Music Appreciation (A, LM)

Eric Rambush

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 - Thu. 4:00-5:00pm

Class Fee: \$95.00

Relaxation Techniques (HS)

NEW

Kim Freeman

Everyone likes to chill in their own unique way and having a tried-and-true way to relax is an important piece of our coping toolboxes. In this class, students will come together weekly to explore some classic relaxation techniques such as guided relaxation, but will also have the chance to mix it up and try new things. Students will have the opportunity to try adult coloring books, physical exercise, music, and mindfulness practices to see what works for them. Join us for this hour of exploration and relaxation!

Session A – Fri. 10:00-11:00am

Class Fee: \$95.00

Staying Connected (HS)

NEW

Kim Freeman

Social Distancing does not mean you have to socially disconnect! Whether it's from a safe distance of 6 feet apart (at the very least) or from a long distance of hundreds of miles apart, there are new and fun ways to remain connected to friends, family, classmates, and coworkers!

Want to host a game night on Zoom? Let's talk about how! Miss watching a movie with your BFF who's in a different state? Sync up Netflix and pop the popcorn! Staying connected these days means being creative with how we spend time with our loved ones. This class will explore ways to stay connected and have fun with each other, even when we are at a distance!

Session A – Fri. 11:00-12:00pm

Class Fee: \$95.00

Cultural Perspectives (SS)

Julian Sandoval

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

Session A – Fri. 11:00-12:00pm

Class Fee: \$95.00

Travel the World (SS)

NEW

Tina Menchetti

Or the universe! Students will take turns choosing destinations anywhere you can imagine and we, as a class will go there! The best part -you don't have to pack, buy a travel ticket or leave the comfort of your own room. See the wonders of the world together or visit your favorite restaurant or planet. Sit back and enjoy the ride!

Session B – Fri. 1:00-2:00pm

Class Fee: \$95.00

Let's Go Viral (SCC)

NEW

Danielle Drazen

If you enjoy Chapel Haven and would like to share experiences with others, you will enjoy this class! In this class we're going to go viral as we work together to create content for Chapel Haven's social media accounts. We will highlight all areas of life at Chapel Haven: on-campus happenings, recreation trips, classes, job sites and special events. We'll also look at important events, dates and some silly celebrations as we work together pictures, captions, videos and more all for Chapel Haven's social media.

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

Class Fee: \$95.00