



REACH & SAIL PROGRAM COURSE CATALOG WINTER 2021



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 Cheric Grandy:
(203) 397-1714 ext. 142
cgrandy@chapelhaven.org

WINTER REGISTRATION

Fall Quarter Begins **Monday, January 4th 2021**
Fall Quarter Ends **Friday, April 2nd 2021**

REACH TEACHERS - Please fill the electives in on your students schedules located on DC1 by Tuesday, December 8th and leave a copy in Cherice's mailbox.

SAIL STAFF - Please complete a registration form for each student. Forms should be submitted to Cherice's lockbox located in the community center's mailroom by Thursday, December 10th. Any choices submitted after December 10th should be emailed to cgrandy@chapelhaven.org.

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 22nd 2021.**
2. Whether adding or dropping, the student's parent, teacher or support coordinator must notify Cherice Grandy, REACH Administrative Manager, at 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	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

REACH & SAIL MASTER SCHEDULE

WINTER 2021

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-10	MR-GMCH A (114) ER-GMCH B (115) JS-GMCH C (116)	MR-GMCH A (114) ER-GMCH B (115) JS-GMCH C (116) NM-Rhythm & Mvmnt A (CRA/V)	MR-GMCH A (114) ER-GMCH B (115) JS-GMCH C (116)	MR-GMCH A (114) ER-GMCH B (115) JS-GMCH C (116) NM-All About Dogs C (120/V)	MR-GMCH A (114) ER-GMCH B (115) JS-GMCH C (116)
10-11	NM-Groc. Shop Prep I (405) JS-Dealing/Drama D (116/V) MR-Hangman E (114/V) TM-Yoga C (CRA/V)	NM-Groc. Shop Prep J (405) JS-Dealing/Drama E (116/V) MR-What's Happ. D (114/V) DF-Art of Comm. B (V) <i>[SAIL & Comm only]</i>	NM-Groc. Shop Prep K (405) MR-CHSC Maint. J (114) KF-Weather & Climate A (120/V) ER-GM Stretch C (CRA/V)	NM-Groc. Shop Prep L (405) ER-Healthy Relations 3B (115/V) KF-Kindness Camp. B (120/V) TM-Jewelry Making C (CRA)	DF-Ins/Outs of Good Comm. A (122) <i>[Y1 only]</i> JS-CT Landmarks A (116/V) MR-Movie Club E (114/V) KF-Kindness Camp. C (120/V)
11-12	MR-CHSC Maint. H (405) ER-FT Management. A (115/V) JS-JTF: Fast Food A (116/V) NM-Karaoke Power Hr. C (CRA/V)	ER-Soft Skills Success E (115) JS-JTF: Fast Food B (116/V) MR-Sounds of Musicals B (CRA/V) NM-Pictionary D (120/V)	JS-Soft Skills Success F (116) ER-Cyb/Phone Safe. C (115) NM-All About Dogs B (120/V) MR-Hangman F (114/V) DF-Soc. Caffeinated B (V) <i>[SAIL & Comm only]</i>	NM-CHSC Maint. K (405) ER-FT Management B (115/V) KF-Pop Culture A (120/V) TM-Jewelry Making D (CRA)	JS-Basketball Diaries A (116/V) KF-Book Club E (120/V) ER-Convo Games A (115/V) TM-Paint. Glass B (CRA)
12-1	NM-Lunch Prep (2 nd Floor) MR-Lunch Prep (3 rd Floor)	NM-Lunch Prep (2 nd Floor) MR-Lunch Prep (3 rd Floor)	NM-Lunch Prep (2 nd Floor) MR-Lunch Prep (3 rd Floor)	NM-Lunch Prep (2 nd Floor) MR-Lunch Prep (3 rd Floor)	NM-Lunch Prep (2 nd Floor) MR-Lunch Prep (3 rd Floor)
1-2	KF-Consumer Math A (120/V) ER-Disability History A (115/V) MR-Color your Convo D (114/V) TM-Exp. Painting B (CRA)	SP-Pers. Finance G (114) NM-CHSC Maint. I (405) KF-Comm. Illnesses/1 st Aid A (120/V) JS-Citizenship A (116/V) LW-Sitcoms C (CRA/V)	SP-Pers. Finance H (114) KF-Relax. Techniq. A (120/V) LW-Current Events D (405/V) TM-Bas. Ceramics C (CRA)	SP-Pers. Finance I (114) JS-Disabilities/Adv. A (116/V) LW-Men's Group E (120/V) MR-Women's Group D (405/V)	DF-Soc. Caffeinated C (122) <i>[Y2 only]</i> NM-Pictionary E (120/V) TM-Travel/World C (V/405) MR-Sitcoms D (CRA/V)
2-3	JS-Handy/House A (116) LW-Current Events C (405/V) MR-Movie Club D (114/V) KF-Under the Sea A (120/V) TM-Art. Woodwork B (CRA)	ER-Healthy Relations 3A (115/V) NM-Book Club D (405/V) LW-Around the World A (120/V)	JS-Handy/House B (116) KF-Consumer Math B (120/V) ER-Mindfulness A (115/V) LW-Sports History B (405/V) TM-Bas. Ceramics D (CRA)	ER-Cyb/Phone Safe. D (115) JS-Music Exploration A (116/V) LW-Comic Creations A (120/V) TM-Out to Art C (405/V)	ER-Music Exploration B (115/V) NM-Rhythm & Mvmnt B (CRA/V) MR-What's Happ. E (120/V)

AFTERNOON/EVENING SCHEDULE

3-4	MR/NM-KUA (Apt) SP-Adv. Banking (114) SB-Social Media Safety A (V)	MR/NM-KUA (Apt) SB-Paint By Numbers C (V) CG-So You Think/Sing C (V)	MR/NM-KUA (Apt) SB-Art & Nature B (V) LW-Men's Group D (120/V)	LW/NM-KUA (Apt) SB-Social Media Safety B (V) CG-So You Think/Sing D (V)	MR/NM-KUA (Apt)
4-5	TM-CHSC Theater C (405/V) (Improvisational Version) SB-Women's Group C (V)	NR-It's Game Time B (V) NM-Let's Dance C (CRA/V)	TM-CHSC Theater D (405/V) (Classic Version) ER-Virtual Characters C (115/V)	NR-International Cuisine A (V) NM-Let's Dance D (CRA/V)	
5-6		NR-Name that Tune C (V)		NR-It's Game Time C (V)	

CLASSES LISTED IN RED ARE OFFERED TO IN-PERSON REACH STUDENTS ONLY.

EDUCATION STAFF:

ER - Erik Rambush
JS - Julian Sandoval
TM - Tina Menchetti
MR - Mylissa Rockefeller
SP - Sue Peters
NR - Nicole Rainieri
LW - Luke Watterson
NM - Nancy Murray
SB - Stephanie Berberich
KF - Kim Freeman
CG - Cherice Grandy

CLASSROOMS:

114 - REACH (TBD)
115 - REACH (Erik)
116 - REACH (Julian)
119 - REACH (Teaching Apt.)
120 - REACH (TBD)
122 - REACH (Dan)
CRA - Outreach Center
SL - REACH Student Lounge
V - Virtual

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[REACH ONLY Classes]

Included with Tuition

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

Myliisa Rockefeller/Erik Rambush/Julian Sandoval

This class is a great way to start the day! Students will meet as a group 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.

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

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

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

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

Nancy Murray

In this class, students will work with staff to develop their weekly breakfast, lunch, and weekend menu plans, assess grocery inventory, and generate an accurate grocery list within their budget. Students will also check for expired foods in their apartment once their list is completed.

Session I - Mon. 10:00-11:00am

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

Session K - Wed. 10:00-11:00am

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

CHSC Maintenance (VS, CarE) - Core Y1 & Y2

Myliisa Rockefeller/Nancy Murray

Students will review and apply pre-vocational skills in small groups by performing basic vocational tasks around campus.

Session H – Mon. 11:00-12:00pm (Myliisa)

Session I – Tue. 1:00-2:00pm (Nancy)

Session J – Wed. 10:00-11:00am (Myliisa)

Session K – Thu. 11:00-12:00pm (Nancy)

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

Nancy Murray/Myliisa Rockefeller

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 - Fri. 12:00-1:00pm

Handy around the House (HS) – Core Y1 & Y2

Julian Sandoval

There are so many tasks involved with maintaining an apartment such as knowing how to reset a circuit breaker, change every day light bulbs, hang a picture and turning a water main on and off. There was never a class to teach all of these "little" things until now. Join this class so we can show you how to better handle small emergencies all yourself.

Session A – Mon. 2:00-3:00pm

Session B – Wed. 2:00-3:00pm

Keeping Up Appearances (HS) – Core Y1 & Y2

Myliisa Rockefeller/Nancy Murray/Luke Watterson

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 REACH staff.

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

Soft Skills Success (CarE) – Core Y1 & Y2

Erik Rambush/Julian Sandoval

Soft Skills are an essential component to your success in the workplace. These job-related skills are personal attributes that influence how well you can work or interact with others. Understanding soft skill concepts will make it easier to form relationships with people, create trust and dependability, and promote teamwork. In this class you will discuss and explore the concept of Soft Skills in the Workplace, study various Soft Skills and learn to think critically about the importance of examining use of Soft Skills in the Workplace. **Students in this class will be pre-selected.**

Topics include:

- Communication
- Expected/Unexpected Behaviors
- Active Listening
- Verbal vs. Nonverbal Language
- Self-Awareness
- Working Relationships
- Conflict Resolution
- Teamwork

Session E – Tue. 11:00-12:00pm (Erik)

Session F – Wed. 11:00-12:00pm (Julian)

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

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 G – Tue. 1:00-3:00pm

Session H – Wed. 1:00-3:00pm

Session I – Thu. 1:00-3:00pm

Cyber/Phone Safety (T, HS) - Core Y1 & Y2

Erik Rambush

Just as students benefit from learning to use technology as a tool for independence, they also must learn how to use their phones for safety, communication, organization, learning, leisure, and how to do all these things appropriately, effectively and safely. In this class, students will learn the basics of safe, responsible participation in the digital arena through topics such as email scams, privacy, and the downfalls of social media. Students will also learn the basics of everyday cell phone management skills such as adding a number to your contact list, and checking and erasing messages; as well as etiquette like appropriate time frames to return messages, asking someone what time is too late to call them, whether a text or a call is more fitting in a particular situation, and much more!

Session C – Wed. 11:00-12:00pm

Session D – Thu. 2:00-3:00pm

Ins and Outs of Good Communication (SCC) – Y1 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

Socially Caffeinated (SCC) – Y2 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 C - Fri. 1:00-2:00pm

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

Sue Peters

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 with a specific emphasis on technological supports. 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 using the Webster Bank App and storing money they have budgeted in personal lockboxes to use throughout the week.

Session C – Mon. 3:00-4:00pm

[REACH/SAIL Core & Electives]

Hangman (LM)

Myliissa 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 Myliissa each week for this fun and challenging game and be the first to guess the word or phrase!

Session E – Mon. 10:00-11:00am

Session F – Wed. 11:00-12:00pm

Class Fee: REACH (Free) SAIL (\$95.00)

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. 10:00-11:00am

Class Fee: REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

Dealing with the Drama (SCC, HS) – REACH Core

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 D - Mon. 10:00-11:00am

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

Class Fee: REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

Free Time Management (SS, LA) – REACH Core NEW

Erik Rambush

All of us want some time to ourselves. But sometimes it can be difficult to figure out what to do with that time! Especially when we first move away from home and live in a new environment. This first class of our Free Time Management series will focus on how to make the most of your downtime when you are by yourself or in small groups in the residence and on campus. Students will each identify and create a list of favorite downtime activities to keep and use in this class and throughout their time in the residence. Every other session of this course will be an opportunity for each student to choose an activity from his or her list and then plan and engage in the activity with the guidance of a special education teacher. The students will practice both solitary downtime activities in addition to making plans with groups of peers. Students will spend the opposite sessions of this course in the classroom discussing and reflecting on how they are spending their downtime (through journals, class discussions and problem solving sessions).

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

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

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Just the Facts: Fast Food (HS, ConE) - REACH Core

Julian Sandoval

You are what you eat, but do you really know what you are eating? Food for thought; let's research a few of our favorite fast food restaurants to see if they are really our friend or foe! We will also explore healthy alternatives if you MUST eat fast food. Modes of learning will include discussion, video, handouts and written work.

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

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

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Karaoke Power Hour (A, LM)

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 C – Mon. 11:00-12:00pm

Class Fee: REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

Consumer Math (M, ConE) - REACH Core

Kim Freeman

In this class, students will learn and practice functional math skills for successful shopping in brick and mortar, as well as on-line stores. Students will practice skills used when: paying at the register with cash or debit card, paying online with debit card, keeping a record of debit purchases (i.e., tracking purchases in budgeting binders or check registers), estimating total purchase price, comparison shopping, and interpreting terms of sales and coupons.

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

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

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Disability History (SS)

NEW

Erik Rambush

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 – Mon. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$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 D – Mon. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

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 B – Mon. 1:00-2:00pm

Class Fee: \$120.00 ALL

Current Events (LA, SS)

Luke Watterson

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 – Mon. 2:00-3:00pm

Session D – Wed. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Movie Club (LM)

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 D – Mon. 2:00-3:00pm

Session E – Fri. 10:00-11:00am

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Under the Sea (S)

NEW

Kim Freeman

Dive in to the depths of the ocean once a week in this class by exploring the creatures, habitats, and marvels that exist under the sea! Students will watch videos, read articles, and participate in group discussions about remarkable under water worlds and organisms from coral reefs to ice bergs and clown fish to whales! Students are encouraged to use their smartphones, tablets, or laptops during this class to conduct instructor-guided internet searches for relevant information to share with the group, though this is not a requirement.

Session A – Mon. 2:00-3:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

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 B – Mon. 2:00-3:00pm

Class Fee: \$155.00 ALL

Rhythm & Movement (PE, HS)

Nancy Murray

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 – Tue. 9:00-10:00am (SAIL ONLY) Class Fee: (\$110.00)

Session B – Fri. 2:00-3:00pm REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

What's Happening (LM, SCC)

Myliisa Rockefeller

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 D – Tue. 10:00-11:00am

Session E – Fri. 2:00-3:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

The Art of Communication (SCC) - SAIL ONLY

Dan Forman

How do we communicate with others and tell people what's on our minds? With words, of course, but we also communicate many things nonverbally - from happiness to sadness, from interest to boredom. Learn about such things as eye contact, posture, body language, and active listening while also exploring the demands of different settings or environments. Explore the interactions in sitcoms and movies, as well as art forms that don't necessarily require words like dance, music, and paintings. Are mimes brilliant or annoying? And, what if your life depended on your skill at charades?

Session B – Tue. 10:00-11:00am

Class Fee: SAIL VIRTUAL (\$95.00)

Sounds of Musicals (A)

Myliisa Rockefeller

"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 B – Tue. 11:00-12:00pm

Class Fee: REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

Pictionary (LM)

Nancy Murray

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 D – Tue. 11:00-12:00pm

Session E – Fri. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Common Illnesses & Basic First Aid (HS)

NEW

Kim Freeman

In this class, students will learn to recognize the symptoms of common illnesses and how to care for themselves at home. Focus will be on the basic types of common illnesses and symptoms; treatment, including calling the doctor's office; common over the counter medications; basic first aid for minor injuries that may occur in the home or community; and calling 911. **This class has been updated to reflect the current COVID-19 pandemic and will reinforce the best practices adopted by CHSC to stay safe and healthy.**

Session A – Tue. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Citizenship (SS)

Julian Sandoval

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

Session A – Tue. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Sitcoms (LM)

Luke Watterson/Mylissa 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 C - Tue. 1:00-2:00pm (Luke)

Session D - Fri. 1:00-2:00pm (Mylissa)

Class Fee: REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

Healthy Relationships 3 (SCC) – REACH Core

Erik Rambush

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 – Tue. 2:00-3:00pm

Session B – Thu. 10:00-11:00am

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Around the World (SS)

Luke Watterson

Do you know which country has the most cell phones per person? Do you know which country has the best school system? Learn about the world and become a member of the global village. Amaze your friends at parties with your knowledge. All you have to do is take this class to make it happen. By the way, Hong Kong citizens have nearly two cell phones per person and Finland has the best school system in the world!

Session A – Tue. 2:00-3:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Book Club (LA)

Nancy Murray/Kim Freeman

In this class, students will have the opportunity to meet weekly and discuss exciting literature. Students will have lively discussions about the characters and plot, make predictions about what is going to happen, and talk about how themes in literature can relate to their lives.

A – Tue. 2:00-3:00pm (Nancy)

The chosen book for Session D is entitled *Treasure Hunters: Danger Down the Nile*. Bick Kidd and his globe-trotting siblings Beck, Storm and Tommy may have completed their first treasure hunt after their father was lost at sea, but their kidnapped mother is still in the hands of nasty pirates. Their search for a rescue plan takes them down the Nile river in Africa, where they'll have to navigate everything from Egyptian pyramids in the desert to wet-and-wild jungles-not to mention life-threatening encounters with wilderness diseases, angry hippos and some seriously *bad* guys-in order to find the treasure and save the day.

B – Fri. 11:00-12:00pm (Kim)

The chosen book for Session E is entitled *Mary Poppins*. From the moment Mary Poppins arrives at Number Seventeen Cherry-Tree Lane, everyday life at the Banks house is forever changed. It all starts when Mary Poppins is blown by the east wind onto the doorstep of the Banks house. She becomes a *most* unusual nanny to Jane, Michael, and the twins. Who else but Mary Poppins can slide *up* banisters, pull an entire armchair out of an empty carpetbag, and make a dose of medicine taste like delicious lime-juice cordial? A day with Mary Poppins is a day of magic and make-believe come to life!

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Weather & Climate (S)

NEW

Kim Freeman

In this class, learn what makes the weather wild! Topics will include clouds, thunderstorms and tornados, winter weather and blizzards, weather forecasting, and practical skills for prepping for severe weather. We will also explore causes and effects of the powerful environmental forces that are changing our planet.

Session A – Wed. 10:00-11:00am

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Good Morning Stretch (HS, PE)

Erik Rambush

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

Session C - Wed. 10:00-11:00am

Class Fee: REACH (Free) SAIL IN-PERSON (\$110.00) SAIL VIRTUAL (\$95.00)

All about Dogs (S)

Nancy Murray

Join us for this fun filled hour exploring all things canines! Have you ever wanted to know more about man's best friend? Learn all about how dogs think, play, and how to train and care for a dog. What happens when a dog gets sick or injured? Who helps when dogs get lost? Join this class and we'll explore some of these amazing real life stories!

Session B - Wed. 11:00-12:00pm REACH (Free) SAIL VIRTUAL (\$95.00)

Session C - Thu. 9:00-10:00am (SAIL ONLY) Class Fee: (\$95.00)

Socially Caffeinated (SCC) – SAIL 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 B - Wed. 11:00-12:00pm

Class Fee: SAIL VIRTUAL (\$95.00)

Relaxation Techniques (HS)

NEW

Kim Freeman

Spend part of your day with an hour of calm, relaxation, and self- exploration. Check in with your emotions (are you happy? excited? stressed? all of the above?) and embark on a new relaxation journey each week. Students will have the opportunity to try different relaxation techniques each week and by engaging in critical discussions about their experience, they will be able to choose a relaxation style that suits them best! Students will try techniques including: artistic expression, physical movement, music, and mindfulness practices.

Session A – Wed. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

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 C – Wed. 1:00-2:00pm

Session D – Wed. 2:00-3:00pm

Class Fee: \$155.00 ALL

Mindfulness (HS, SCC)

NEW

Erik Rambush

Studies have shown that practicing mindfulness, even for just a few weeks, can bring a variety of physical, psychological, and social benefits. This class will focus on learning the basics of mindfulness and some strategies to help incorporate mindful thinking into your life.

Session A – Wed. 2:00-3:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Sports History (LM, SS, SCC)

Luke Watterson

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

Session B – Wed. 2:00-3:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Kindness Campaign (HS)

Kim Freeman

Sometimes it is easy to get caught up in the “drama”, but it feels amazing to be kind! YOU can make a difference by actively spreading kindness and in this class we will discuss, plan, and do acts of kindness towards ourselves and others around us to spread kindness in the CHSC community!

Session B – Thu. 10:00-11:00am

Session C – Fri. 10:00-11:00am

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

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 C – Thu. 10:00-11:00am

Session D – Thu. 11:00-12:00pm

Class Fee: \$120.00 ALL

Popular Culture (SS)

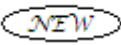
Kim Freeman

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. 11:00-12:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Disabilities & Advocacy (SS)



Julian Sandoval

Knowing yourself is an important skill that directly relates to your success socially and in the workplace. Self-discovery is an important and lifelong process. Knowing specifically about your disability-related strengths and weaknesses leads to greater self-esteem, helps you identify goals for growth, and is a foundational skill for being a strong self-advocate. In this class, students will participate in guided research, focusing on specific disabilities and how they can help better understand themselves and their peers. A major focus of the class will be famous people who have had disabilities such as Temple Grandin, Chris Burke, Stephen Hawkins, and many others. Come join us in a fun journey of discovery!

Session A – Thu. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Men's Group (LA)

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, discussing sports...whatever the group decides to do!

Session E - Thu. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Women's Group (LA)

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 D - Thu. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Music Exploration (A)

Julian Sandoval/Erik Rambush

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 reading reviews in Spin and Metacritic.com, visiting artist websites, and viewing videos on YouTube, students will explore the latest and best in pop music, independent and underground, hip hop, country, hard rock and more!

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

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

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Comic Creations (LA)

NEW

Luke Watterson

Do you enjoy drawing and would like to tell a story with your drawings? In Comic Creations students will tell stories and solve daily problems through creating their own Comic Strips. This class is open to people with drawing experience as well as those who would just like to try it out.

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

Class Fee: REACH (Free) SAIL VIRTUAL (\$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 C - Thu. 2:00-3:00pm

Class Fee: \$95.00 ALL

CT Landmarks (SS)

Julian Sandoval

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 - Fri. 10:00-11:00am

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

Basketball Diaries (LM, SS)

Julian Sandoval

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. 11:00-12:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

The Conversation Games (LM, SCC)

Erik Rambush

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

Session A – Fri. 11:00-12:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

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 B – Fri. 11:00-12:00pm

Class Fee: \$155.00 ALL

Travel the World (SS)

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 C– Fri. 1:00-2:00pm

Class Fee: REACH (Free) SAIL VIRTUAL (\$95.00)

[Continuing Adult Education –Afternoon/Evening]

Social Media Safety (T, HS)

NEW

Stephanie Berberich

Using Facebook, Instagram and other apps, students will be provided with great tricks to learn how to stay safe while having fun on social media.

Session A – Mon. 3:00-4:00pm

Session B – Thu. 3:00-4:00pm

Class Fee: \$95.00 ALL

CHSC Theater – Improvisational Group (A)

Tina Menchetti

Performers will be experimental and playful with our acting exercises. It will be a class of dialog improvisation, comedy and joke telling, dancing, singing and lots of music. This is a great time to test your acting skills and have fun practicing 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 and talented group of aspiring actors!

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

Class Fee: \$95.00 ALL

CHSC Theater – Theater Classics (A)

NEW

Tina Menchetti

Calling all actors! If you love the classics this is the class for you. Every enrolled actor will be sent a professionally written script of a classic play. Actors will read from the script and perform the play of the group's choice during each class. Feeling like Romeo or maybe Frankenstein, it's all fun and sure to be a blast!

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

Class Fee: \$95.00 ALL

Women's Group (LA)

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

Class Fee: \$95.00 ALL

Paint by Numbers (A)

Stephanie Berberich

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

Class Fee: \$95.00 ALL

So You Think You Can Sing (A, LA)

Cherice Grandy

So...you have all heard of “So You Think You Can Dance”, well how about So You Think You Can Sing. Yes, we will sing and dance to your favorite musicals, rock, country and hip hop songs. You will pick the song that you would like to sing by yourself or with your friends. Watch out New Haven! We may have the next Katy Perry or Taylor Swift right here at Chapel Haven! Come join the FUN!

Session C – Tue. 3:00-4:00pm

Session D – Thu. 3:00-4:00pm

Class Fee: \$95.00 ALL

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 B – Tue. 4:00-5:00pm

Session C – Thu. 5:00-6:00pm

Class Fee: \$95.00 ALL

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

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

Class Fee: In-Person (\$145.00) Virtual (\$95.00) ALL

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 C – Tue. 5:00-6:00pm

Class Fee: \$95.00 ALL

Art & Nature (A)

NEW

Stephanie Berberich

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. 3:00-4:00pm

Class Fee: \$95.00 ALL

Men's Group (LA)

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, discussing sports...whatever the group decides to do!

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

Class Fee: \$95.00 ALL

Virtual Characters (SS)

Erik Rambush

Virtual Characters is the class for you if you love fan fiction, comics, anime, storytelling, or if you have a great imagination. No experience necessary! In this class you will connect with your friends over Zoom about what you like, what they like; look at your favorite characters online; how to create a character of your own; share ideas; find a writing partner and more! Virtual Characters will be a free flowing place to bring your ideas out in the open!

Session C – Wed. 4:00-5:00pm

Class Fee: \$95.00 ALL

International Cuisine (ConE, HS)

NEW

Nicole Rainieri

In this class, students will learn about various cultures and foods from all over the world. We will learn about different dishes, their ingredients, how they are prepared and how to find them in stores or restaurants. Students will also discuss their favorite meals, trips they may have taken, and meals they'd like to try.

Session A– Thu. 4:00-5:00pm

Class Fee: \$95.00 ALL