****Hello,

Below you will find the course catalog for Continuing Adult Education and the Wellness Program. Individuals should look over this catalog for courses they are interested in, and then speak with their Support Staff to request classes.

Once all class requests are received, Program Directors will approve, and confirmations will go out. Please see below for important dates, policies, and contact information.

**IMPORTANT DATES**

* **March 4 – March 15, 2024** - Spring Registration
* **March 22, 2024** – Spring Registration Confirmations Sent Out
* **April 1, 2024 -** Spring Term Begins
* **April 1 – 19, 2024** - Add/Drop Period
* **June 14, 2024 -** Spring Term Ends

**ADD/DROP**

The first three weeks of the term are designated as the Add/Drop period, during which time a student may enroll in or drop out of a class. A student may drop out of a class during this time without being billed. **Students will not receive a full refund after April 19, 2024.**

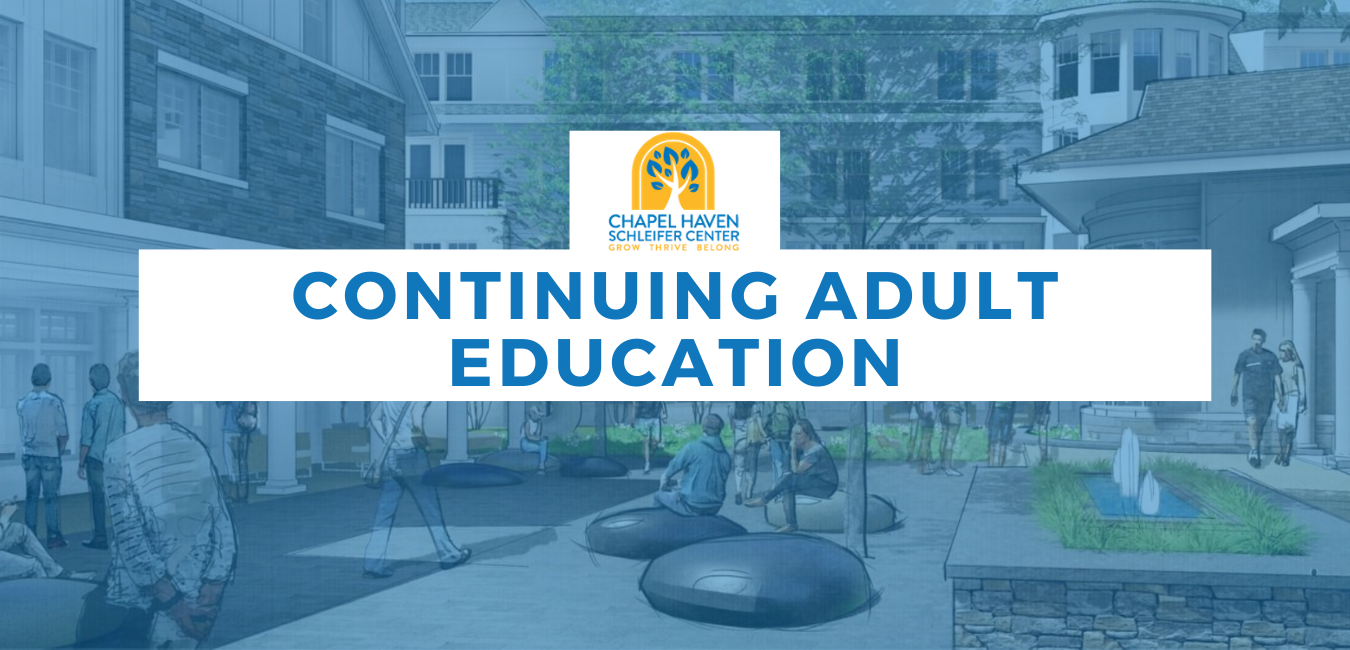
**QUESTIONS**

**Continuing Adult Ed Related Courses**:

Please direct questions to cgrandy[@chapelhaven.org](mailto:cgrandy@chapelhaven.org).

**Wellness Related Courses:**

Please direct questions to [Wellness@ChapelHaven.org](mailto:Wellness@ChapelHaven.org)

Chapel Haven Schleifer Center’s REACH program centers on a rich offering of functional academics with the main goal of preparing our students to live independently in the community. Our Functional Academic classes form the core of the REACH curriculum and are divided into 13 curriculum areas (Language Arts, Social Studies, Math, Science, Art, Career Education, Consumer Education, Physical Education, Vocational Skills, Technology, Health & Safety, Social Communication and Leisure Management). 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 designated for residents only. 

As a state approved private special education facility, we employ a teaching staff 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.

|  |  |  |  |  |  |
| --- | --- | --- | --- | --- | --- |
| **CHAPEL HAVEN SCHLEIFER CENTER**  *CONTINUING ADULT EDUCATION* | | | | SPRING 2024 | |
|  | **MONDAY** | **TUESDAY** | **WEDNESDAY** | **THURSDAY** | **FRIDAY** |
| **7-9** |  |  |  |  |  |
| **9-10** |  |  |  |  |  |
| **10-11** | BA-Local History A (S1)  DF-Small Talk D (122)  *(Community only)*  TM-Basic Ceramics J (OR) | KF-Citizenship A (S2)  PM-Gettin’ Jiggy with It A (CRA) | JS-Comm. Resources A (S2)  PM-Stress Mngmnt C (S1) | JS-Men’s Group D (S1)  KF-Women’s Group D (S2)  PM-Legends of Music B (OR) | MR-Hot Topic Review A (S1)  PM-Pictionary A (S2) |
| **11-12** | KF-The Big Picture A (S1)  PM-Animal Science C (S2) | KF-Consumer Edu. B (S2)  JS-Cultural Perspect. A (S1) | JS-Cultural Perspect. B (S1)  PM-Legends of Music A (S2) | JS-US Presidents A (S1)  TM-Jewelry Making J (S2) | KF-Kindness Campaign A (S1)  PM-Gettin’ Jiggy With It B (OR) |
| **12-1** | LUNCH | LUNCH | LUNCH | LUNCH | LUNCH |
| **1-2** | MR-Movie Club C (S2)  TM/HM-Basic Ceramics K (OR) | JS-Anger Mngmnt. B (S1)  MR-What’s Happening C (OR)  HM-Diamond Painting C (S2) | PM-Animal Science D (S1)  TM-Art. Woodwork E (OR)  HM-Arts & Crafts B (S2) | PM-Current Events G (S2)  HM/TM-Chorus B (OR) | PM-Celeb. the Century B (S1)  MR-Hangman C (405)  TM-Jewelry Making K (S2) |
| **2-3** | MR-Wild Things A (S1)  PM-Celebrity Facts B (S2)  TM/HM-Basic Ceramics L (OR) | MR-Celeb. the Cent. A (S1)  WG-Basketball E (BC)  HM-Diamond Painting D (S2) | WG-Backyard Games B (CY)  TM-Express. Paint. D (OR)  HM-Musical Instruments B (S2) | MR-Wild Things B (S2)  WG-Basketball F (BC)  TM-Out to Art C (S1) | MR-Walk Westville I (CY)  TM/HM-CH Idol B (OR) |
| ***AFTERNOON/EVENING SCHEDULE*** | | | | | |
| **3-4** | MP-WWE Club D (S2)  SP-International Theme Parks B (V) | HM-Paint by Numbers B (S2)  SP-America’s Funniest Home Videos B (V) | **TM-CH Theater C (OR)**  **[3:00-4:30p]**    MP-Walk Westville H (CY) | MP-Bingo D (S2) |  |
| **4-5** | JL-Current Events F (S2)  SP-All Things Disney D (V) | SP-Virt. Travel the World C (V) |  | SP-Chat with Sue D (V) |  |
| **5-6** |  |  |  |  |  |

***IN-PERSON CLASS OFFERINGS***

### **ANGER MANAGEMENT** with Julian Sandoval

### Anger is a signal, and one worth listening to. Your anger may be a message that you are being hurt, that your rights are being violated, that your needs are not being met, or that something is not right. Learn how to set boundaries, be more assertive, and resolve conflict without "losing your cool." Use your anger as a starting point to change patterns rather than to blame others. You don't have to get rid of your anger, but it is important to understand where it comes from and learn to take different actions on your own behalf.

*Session B - Tue. 1:00-2:00pm* *Class Fee - $125*

### **ANIMAL SCIENCE** with Pam Murray

### 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 C – Mon. 11:00-12:00pm*  *Class Fee - $125*

*Session D – Wed. 1:00-2:00pm*  *Class Fee - $125*

### **ARTISTIC WOODWORKING** with 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 E - Wed. 1:00-2:00pm* *Class Fee - $155*

**ARTS & CRAFTS** with Heather McDonald 

Let’s get crafty! Winter is here and that means more indoor activities are on demand. We will use crafty items as well to create various works of art. Bring your creativity and ideas to this class!

*Session B - Wed. 1:00-2:00pm* *Class Fee - $155*

### **BASIC CERAMICS** with Tina Menchetti & Heather McDonald

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

*Session J – Mon. 10:00-11:00am* *Class Fee - $155 (Tina)*

*Session K – Mon. 1:00-2:00pm* *Class Fee - $155 (Tina & Heather)*

*Session L – Mon. 2:00-3:00pm* *Class Fee - $155 (Tina & Heather)*

### **BASKETBALL** with Wilson Goodwin

### Come play team basketball with your friends and classmates on Chapel Haven’s very own basketball court! Students will work on skill-building drills as well as play structured games.

*Session E – Tue. 2:00-3:00pm* *Class Fee - $125*

*Session F – Thu. 2:00-3:00pm* *Class Fee - $125*

### **BACKYARD GAMES** with Wilson Goodwin

Students will get together each week and choose from a handful of classic backyard games –Frisbee, wiffleball, ring toss and corn hole are just some of the options. This class will offer social and leisure activities where students can spend time with friends and talk about their day while enjoying some friendly competition.

*Session B – Wed. 2:00-3:00pm* *Class Fee - $125*

### **BINGO** with Michael Pretlove

### Grab your bingo cards and have some fun playing BINGO with Michael from REACH. Bingo cards will be distributed to participants prior to the start of the class.

*Session D – Thu. 3:00-4:00pm* *Class Fee - $125*

### **CELEBRITY FACTS** with Pam Murray

Did you know that Kobe Bryant played on one team throughout his entire 20 years in the NBA? Did you know that Lady Gaga taught herself to play the piano at only 4 years old? Who is your favorite celebrity and how much do you know about them? Join this class every week and share everything you know about your favorite celebs. If you don’t know much, that is okay! Luke will help you do some research so you can share all of the known facts for the celebrities of your choice!

*Session B – Mon. 2:00-3:00pm* *Class Fee - $125*

### **CELEBRATING THE CENTURY** with Mylissa Rockefeller/Pam Murray

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 – Tue. 2:00-3:00pm* *Class Fee - $125 (Mylissa)*

*Session B – Fri. 1:00-2:00pm* *Class Fee - $125 (Pam)*

**CHSC IDOL** with Tina Menchetti & Heather McDonald 

Do you have what it takes? Can you sing any of the top ten hits or maybe you have a favorite from the past? Can you dance like a ballerina or is hip hop more of your style? Do you play classical music or do you like to beat on a drum set? Are you the next Houdini with your magic skills? Come show your hidden talents for all to see! We are looking for talent of all types-show us what you got!

*Session B – Fri. 2:00-3:00pm*  *Class Fee - $125*

### **CHSC THEATER** with Tina Menchetti

### 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. 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! ***Due to our annual talent show, we will not have a play at the end of the semester.***

### *Session C – Wed. 3:00-4:30pm* *Class Fee - $275*

**CHORUS** with Heather McDonald & Tina Menchetti 

### 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 – Thu. 1:00-2:00pm* *Class Fee - $125*

### **CITIZENSHIP** with Kim Freeman

### Living independently in one’s community involves more than using public transportation, doing your own banking and grocery shopping. Living independently also means becoming a responsible and productive member of the interdependent web of people that we call our community. It is about being a citizen. This class will focus primarily on the personal qualities that make a good citizen – kindness, honesty, responsibility, humility, and perseverance, among others. Students will be encouraged to apply these values and personal qualities in class, in the residence, and in the wider community.

*Session A – Tue. 10:00-11:00am*  *Class Fee - $125*

**COMMUNITY RESOURCES** with Julian Sandoval

Students will learn how to identify and utilize the community resources available to them. Students in this class will research and develop a list of services in the community that are of value to them. Once students identify their list, they will learn how to independently access these services through class outings. Students will then utilize the skills learned to independently complete group and individual assignments.

*Session A – Wed. 10:00-11:00am*  *Class Fee - $125*

### **CONSUMER EDUCATION** with Kim Freeman

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 B – Tue. 11:00-12:00pm*  *Class Fee - $125*

### **CULTURAL PERSPECTIVES** with 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 – Tue. 11:00-12:00pm*  *Class Fee - $125*

*Session B – Wed. 11:00-12:00pm*  *Class Fee - $125*

### **CURRENT EVENTS** with Dr. Jules Landswirth/Pam Murray

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

*Session F – Mon. 4:00-5:00pm*   *Class Fee - $95 (Dr. Jules)* ***No classes held on 5/13, 5/20, & 5/27***

*Session G – Thu. 1:00-2:00pm*   *Class Fee - $125 (Pam)*

**DIAMOND PAINTING** with Heather McDonald 

If you want to create a painting that sparkles and is made out of tiny “diamond” beads, this class is for you! Students will learn this technique on how to make a diamond painting. Keep in mind it is meticulous and takes patience, but the final product is stunning!

### *Session C – Tue. 1:00-2:00pm* *Class Fee - $155*

### *Session D – Tue. 2:00-3:00pm* *Class Fee - $155*

**EXPRESSIVE PAINTING** with 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, portraits and abstract.

*Session D – Wed. 2:00-3:00pm*   *Class Fee - $155*

### **GETTING JIGGY WITH IT** with Pam 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 – Tue. 10:00-11:00am*  *Class Fee - $125*

*Session B – Fri. 11:00-12:00pm*  *Class Fee - $125*

### **HANGMAN** with Mylissa 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 Mylissa each week for this fun and challenging game and be the first to guess the word or phrase!

*Session C – Fri. 1:00-2:00pm*  *Class Fee - $125*

### **HOT TOPIC REVIEW** with Mylissa Rockefeller

### Do you enjoy keeping up with the latest news? Do you want to read about exciting things that are happening in the world? Do you like having interesting conversations about new topics? This class will offer the opportunity to do all of the above! Similar to a book club, students will get together on a weekly basis to read about the latest hot topics from various publications and engage in lively and analytical discussion afterwards.

### *Session A – Fri. 10:00-11:00am* *Class Fee - $125*

### **JEWELRY MAKING** with 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 J – Thu. 11:00-12:00pm* *Class Fee - $155*

*Session K – Fri. 1:00-2:00pm* *Class Fee - $155*

### **KINDNESS CAMPAIGN** with Kim Freeman

### 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 – Fri. 11:00-12:00pm* *Class Fee - $125*

### **LEGENDS OF MUSIC** with Pam Murray

### Some would consider Elvis Presley, The Beatles, Prince and Michael Jackson to be music legends. Do you agree with this statement? Can you add others to this list? Maybe you grew up listening to different artists. Or maybe present day music has influenced your life and thinking, so they have become your legends/heroes. Come share the musical experience of famous musical icons and some not so well known artists in this class. Do you have a favorite song that changed your life? Does a certain song bring back memories? Students will search the web to research various artists and provide videos and examples (lyrics, etc) why the artist they picked has touched their lives. Music is universal, come share your love for it!

*Session A – Wed. 11:00-12:00pm*   *Class Fee - $125*

*Session B – Thu. 10:00-11:00am*   *Class Fee - $125*

### **LOCAL HISTORY** with Bill Angier

### Do you know the history of Connecticut and its surrounding regions? Many incredible events in the history of our country have taken place in the state, making it rich with history and fun facts. In this class, students will explore historical events and landmarks that make our state so special.

*Session A – Mon. 10:00-11:00am*   *Class Fee - $125*

**MEN’S GROUP** with 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 D – Thu. 10:00-11:00am*  *Class Fee - $125*

### **MOVIE CLUB** with Mylissa Rockefeller

### In this class, we will watch and discuss many different genres of movies, some of which include mystery, comedy, action, and romance! If you enjoy watching movies this is the class for you!

***Session C*** *– Mon. 1:00-2:00pm* ***Class Fee*** *- $125*

**MUSICAL INSTRUMENTS** with Heather McDonald 

Inspired by music we all know and love students will join in using assorted percussion instruments, dance moves and sing along. If you love music and want to add to the sound, you need to join this class. Let’s make some music together!

*Session B – Wed. 2:00-3:00pm*  *Class Fee - $125*

### **OUT TO ART** with Tina Menchetti

This class is for real art enthusiasts! Classes will be taught in collaboration with the Yale Center for British Art 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 create 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. **This class will be held every week in the SAIL Engagement Room (#1).** Trips to the museum with a YCBA Docent will be planned throughout the semester.

*Session C – Thu. 2:00-3:00pm* *Class Fee - $155*

**PAINT BY NUMBERS** with Heather McDonald 

Create your own masterpiece using paints and guidance by following the numbers on the canvas. Look out Van Gogh!

*Session B – Tue. 3:00-4:00pm*  *Class Fee - $155*

### **PICTIONARY** with Pam 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 A – Fri. 10:00-11:00am*  *Class Fee - $125*

### **SMALL TALK** with Dan Forman

There’s nothing small about it!!!! Discussing politics, sports, pop culture… where you’re from, what you like to do… it’s small talk and it can be very hard for some people. Learn to talk about things that you may not be familiar with or even like, how to pretend to be interested in something when you’re really not, or how to join conversations that you want to be a part of. It can be hard to connect with people and the ability to make good small talk can go a long way.

*Session D – Mon. 10:00-11:00am*  *Class Fee - $125*

### **STRESS MANAGEMENT** with Pam 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.

*Session C – Wed. 10:00-11:00am*  *Class Fee - $125*

### **THE BIG PICTURE** with Kim Freeman

A key skill in successfully solving problems is the ability to see the “big picture.” This can be something as basic as realizing that there might be more than one way to solve a problem or as acknowledging your own role in a conflict. Other elements include learning from both our successes and failures and the ability to see whether a problem requires immediate attention or is one that can wait. In this class, we will break down the different facets involved in trying to solve problems and why it is important to take on an increasingly larger role in finding appropriate solutions. In addition, we will look at video clips for examples of good and bad problem solving.

*Session A – Mon. 11:00-12:00pm*  *Class Fee - $125*

**UNITED STATES PRESIDENTS** with Julian Sandoval 

The President of the United States it the most powerful person in this country and, one could argue, the world. In this class students will learn about the most influential United States Presidents and how they shaped the way we live today – Thomas Jefferson and the Declaration of Independence, Abraham Lincoln and the Civil War, Franklin Roosevelt and the New Deal, Lynden Johnson’s Great Society, the era of Ronald Reagan and more! Students will also keep abreast of current events involving President Obama and the many important challenges he currently faces as the leader of our nation.

*Session A – Thu. 11:00-12:00pm*  *Class Fee - $125*

### **WALK WESTVILLE** with Michael Pretlove/Mylissa Rockefeller

### Enjoy a leisurely walk through the Westville neighborhood. 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.

*Session H – Wed. 3:00-4:00pm* *Class Fee - $125 (Mike)*

*Session I – Fri. 2:00-3:00pm* *Class Fee - $125 (Mylissa)*

**WHAT’S HAPPENING** with Mylissa 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 to 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 C – Tue. 1:00-2:00pm* *Class Fee - $125*

**WILD THINGS** with Mylissa Rockefeller 

In the wildest and most remote parts of nature, animals live free from the burden of human life. Ecosystems sustain themselves and animals roam freely about, intermingling with other species. Through the lens of environmental and animal science, students will learn what life is like for these “Wild Things” in their natural habitats.

*Session A – Mon. 2:00-3:00pm* *Class Fee - $125*

*Session B – Thu. 2:00-3:00pm* *Class Fee - $125*

**WOMEN’S GROUP** with Kim Freeman

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. 10:00-11:00am*  *Class Fee - $125*

**WWE CLUB** with Michael Pretlove

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 now 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 D – Mon. 3:00-4:00pm*  *Class Fee - $125*

### ***VIRTUAL CLASS OFFERINGS***

### **ALL THINGS DISNEY** with Sue Peters

Attention all Disney lovers! Come have fun exploring Walt Disney World in Florida and Disneyland in California. Together we will learn fun facts about how Disney was started, the differences between the two parks, and explore all of the amazing movies, thrill rides and experiences that have made Disney such a magical place.

*Session D – Mon. 4:00-5:00pm*  *Class Fee - $95*

**AMERICA’S FUNNIEST HOME VIDEOS** with Sue Peters 

Who needs a good laugh especially after a long day of classes and work? In this class we will take it back to the late 80’s/early 90’s and watch some of the funniest clips from America’s Funniest Home Videos. At the end of each class, we will discuss and vote on funniest clip.

*Session B – Tue. 3:00-4:00pm*  *Class Fee - $95*

### **CHAT WITH SUE** with Sue Peters

Do you miss Sue? We all do! Good news- here’s your chance to ask her about her new home, learn about Georgia, and fill her in with all the happenings here at Chapel Haven!

*Session D – Thu. 4:00-5:00pm*  *Class Fee - $95*

**INTERNATIONAL THEME PARKS** with Sue Peters 

If you love theme parks, you will love this class! Each week we will explore the tallest and fastest roller coasters around the country along with virtual reality rides, water rides, parades, and all the delicious treats that theme parks have to offer.

*Session B – Mon. 3:00-4:00pm*  *Class Fee - $95*

### **TRAVEL THE WORLD** with Sue Peters

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 – Tue. 4:00-5:00pm*  *Class Fee - $95*

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**OUR MISSION**

The goal of the Chapel Haven Wellness program is to provide the inspiration, education, and programs necessary to help our community live long, healthy, happy lives. We do this through the promotion of the 6 pillars of healthy happy living.

* PURPOSE
* PROPER NUTRITION
* REGULAR EXERCISE
* STRESS MANAGEMENT
* CONNECTION
* SELF CARE/ HYGIENE

The programs and offerings in this catalog are aimed at fueling the success of each individual in our community. We hope to see you in a variety of these classes and programs.

-**Ryan McEachern,** Wellness Director

### **WHAT’S NEW**

* Hiking club is back! Come join us for some SPRING hiking at the best spots around New Haven.
* Megan from Aspen Yoga is still on maternity leave so Yoga will return in the Summer!
* Women’s Wellness is now offered as a Group Exercise class for the term!

**WANT SOMETHING NEW?**

We are always looking for ways to serve you better and provide the courses & classes you would like.   
[Please make your suggestions known here!](https://forms.microsoft.com/r/th35RyTvL3)

**SMALL GROUP CLASS OFFERINGS**

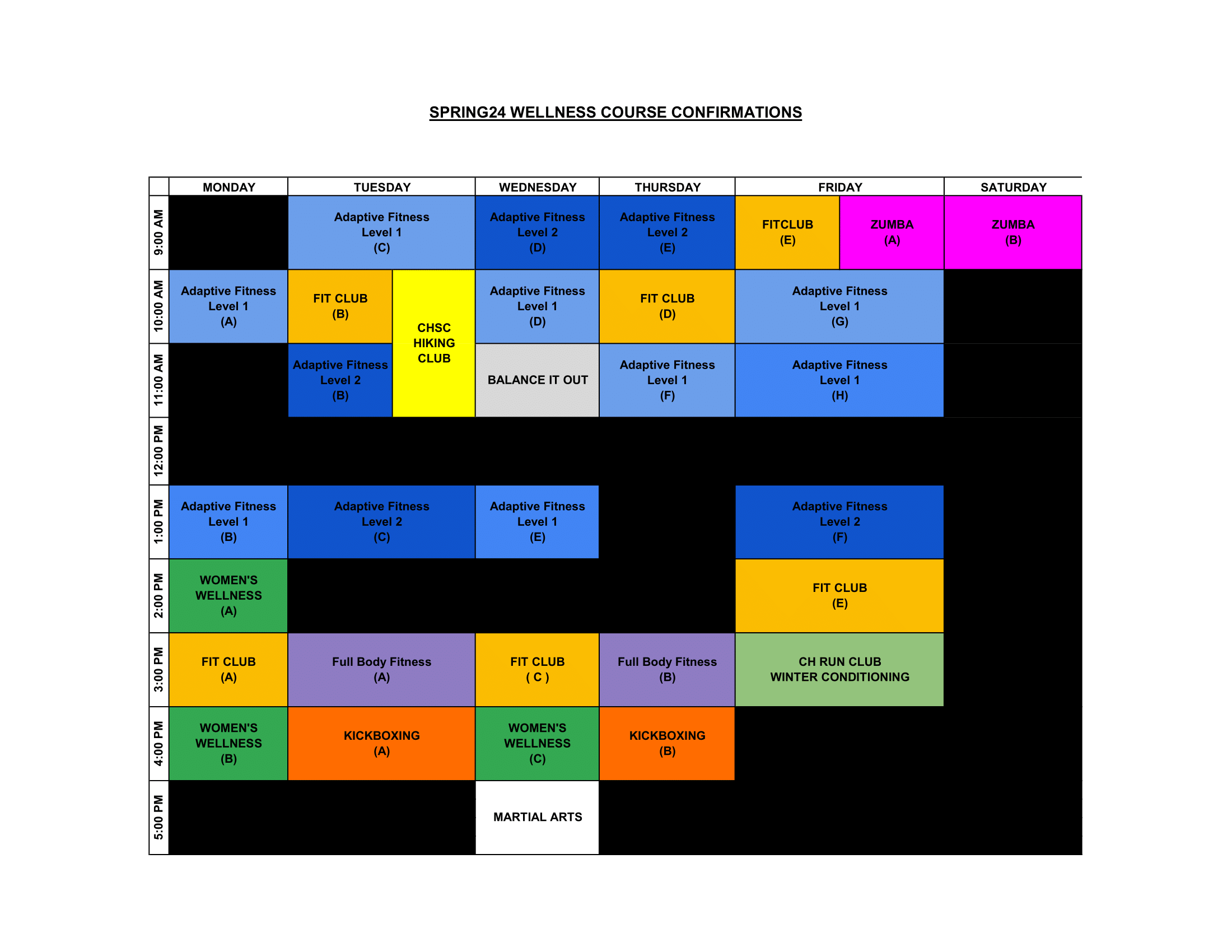
These classes have limited participation to allow enough individualized attention,

while still engaging with others in a social setting.

### **PRICING**

### **IN-PERSON CLASSES**

**$275 per class section for the term unless otherwise noted in course description.**

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### **ADAPTIVE FITNESS LEVEL 1:** with Ryan McEachern and/or Jacob Bellet

This is a 45-minute in-person small group training class geared for all fitness levels utilizing Chapel Haven’s state of the art group exercise room. In this class, the instructor will take you safely through a proper warm-up and exercise routine that will build functional strength, stamina, balance and improve cardiovascular fitness.

Session A - Mon 10 -11:00am

Session B - Mon 1 -2:00pm

Session C - Tue 9 -10:00am

Session D - Wed 10 -11:00am

Session E - Wed 1 - 2:00pm

Session F - Thu 11a - 12:00pm

Session G - Fri 10 - 11:00am

Session H - Fri 11 - 12:00pm

***Location:*** SAIL Group Exercise Room

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### **ADAPTIVE FITNESS LEVEL 2:** with Alex and/or Jacob Bellet

**\*\*\*\*\*\*\*\*\*\* PREREQUISITE: ADAPTIVE FITNESS 1 or WELLNESS STAFF APPROVAL\*\*\*\*\*\*\*\*\*\***

This is a 45-minute in-person small group training class geared for the more advanced fitness levels utilizing Chapel Haven’s state of the art group exercise room. In this class, the instructor will take you safely through a proper warm-up and exercise routine that will build functional strength, stamina, balance and improve cardiovascular fitness

Session B - Tue 11a –12:00pm

Session C - Tue 1:00 - 2:00pm

Session D - Wed 9-10:00am

Session E - Thu 9-10:00am

Session F- Fri 1- 2:00pm

***Location:*** SAIL Group Exercise Room

### **BALANCE IT OUT (LIMITED MOBILITY)** with Jacob & Alex

Get back to basics and focus on balance and functional movement at a slower pace. We will walk you through a

series of exercises that will increase your strength and mobility leaving you moving better and feeling more limber. This is a great class for anyone dealing with neck, knee, hip or back pain!

***Session A*** – Wed. 11:00am-12:00pm with Jacob & Alex

***Location****:* SAIL Group Exercise Room

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### **CARDIO KICKBOXING** with Isabel Skarzynski

Isabel is not just a personal trainer, but also a Black Belt in Tang Soo Do. She will help you kick your fitness into high gear with this high energy class that will build stamina, coordination and flexibility.

Session A – Tue. 4:00-5:00pm

Session B – Thu. 4:00-5:00pm

***Location****:* SAIL Group Exercise Room

### **CHSC FIT CLUB** with Ryan McEachern or Jacob Bellet

Join us for simple, safe and effective, weekly workouts targeting total body fitness. From warm up, to cool down you are guaranteed to get a great workout.

*Session A - Mon 3 – 4:00pm*

*Session B - Tue 10 -11:00am*

*Session C - Wed 3 - 4:00pm*

*Session D- Thu 10 - 11:00am*

*Session E - Fri 9:00-10:00am*

*Session F – Fri 2:00- 3:00pm*

***Location****:* SAIL Group Exercise Room

**CHSC RUN CLUB** with Alex Lagase

Prepare for your first or next 5k, or explore your love of running with the CHSC RUN CLUB!

***Session A*** *–:* Fri 3:00 – 4:00pm

***Location****:* Courtyard

### **FULL BODY FITNESS** with Isabel Skarzynski

Join us for simple, safe, and effective workouts targeting total body fitness. From warm-up, to cool down you are guaranteed to get a great workout.

***Session A*** *– Tue. 3:00-4:00pm*

***Session B*** *– Thu. 3:00-4:00pm*

***Location****:* SAIL Group Exercise Room

### **HIKING AROUND CT** with Ryan McEachern \*\* $300 per section

Get some fresh air while getting your fitness on! We will travel around the local CT area exploring awesome places to hike! This will be rain or shine, unless there is lightning! Some hikes will be a little longer, as some travel time is expected.

\*\*\*  **Make sure you have good hiking shoes, proper clothing, a water bottle, and your best attitude!** \*\*\*

***Session A*** *– Tue. 10:00-12:00pm*

***Location****:* Meet in Courtyard

### **TRADITIONAL MARTIAL ARTS** with Stratford Shotokan

Unleash your inner warrior and learn traditional karate.In this class, you will learn the basics of self-defense and bullyproof techniques while also developing discipline and focus.

***Session A*** *– Wed. 5:00-6:00pm*

***Location****:* SAIL Group Exercise Room

### **WOMEN’S WELLNESS** with Izzy \*\* $300 per section \*\* Limited to 6 people

Purpose: to give women a space to exercise and have conversations around women's wellness and health including core and pelvic floor strength, menstruation, perimenopause and menopause, breast health, hormonal changes throughout the month in regards to exercise, healthy eating that fuels your body rather than drains it, the importance of strength training for bone health, and getting to/maintaining a healthy body weight

Classes are also grouped by age range to keep topics discussed during the discussion piece relevant.

***Session A*** *- Best for Ages 40+ – Mon. 2:00-3:00pm*

***Session B*** *– Best for Ages 25-39 – Mon 4:00-5:00pm*

***Session C*** *– Best for Ages 18-24 - Wed 4:00-5:00pm*

***Location****:* SAIL Group Exercise Room

### **ZUMBA** with John Layseca

Join the fun of Zumba! Together, we will take the "work" out of workout, by mixing low & high-intensity moves for a fun, calorie-burning dance fitness party. Learn moves from salsa, merengue, cumbia, and many more influential dance styles.

***Session A*** *– Fri. 9:00-10:00am*

***Session B*** *– Sat.9:00-10:00am*

***Location****:* SAIL Multipurpose Room

**OTHER SERVICES**

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Personal Training is great when you need individualized support in approaching your health & fitness goals. Get the support you need to improve your health, lose unwanted weight, and adopt a healthier happier lifestyle.

Our clients come to us with different goals, needs, & capabilities so we strive to offer programs just as unique.

Our trainers have the best certifications in the industry such as NASM, Autism Fitness & Precision Nutrition and experience working with clients of all ability levels.

With sessions starting at $40 you are guaranteed to get the accountability, personalization, and attention necessary to achieve serious results in a fun, focused way.

GET STARTED NOW by booking a consultation with our Wellness Coordinator to find out about the different options and see if 1:1 training is right for you.

Get Started Today

[CLICK HERE TO ENROLL](https://chapelhaven.typeform.com/to/pRbSphwE)

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| **2 SESSIONS PER MONTH**  **$110** *($55 per session)* | | **1 SESSIONS PER WEEK**  **$215** *($53.75 per session)* | |
| **2 SESSIONS PER WEEK**  **$360** *( $45 per session)* | **3 SESSIONS PER WEEK**  **$510** *( $42.50 per session)* | | **4 SESSIONS PER WEEK**  **$640** *($40 per session)* |

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The new Wellness Meal Plan is **fueling CHSC’s success with nutritious, delicious and ready-to-go meals!**

The Wellness Meal Plan is a simple way to get nutritious, delicious, and ready-to-go meals delivered right to campus, ready to just heat and eat. Meals are prepared by professional chef’s so you can be sure they are cooked properly and taste great.

Each meal is made by [EDIBOLIC KITCHEN](https://edibolic.com/) with fresh whole foods and balanced properly so you can be sure your body gets the proper portions and nutrients it needs to function properly.

Everything is delivered right to campus each week so you can pick it up at your convenience and avoid the grocery stores and fast food restaurants. There are new items on the menu each week so you never get bored.

There is also a specialty menu for people with health conditions that require a low carb diet.

Ordering is “A LA CARTE” so you can get some, or all of your meals for the week based on your needs.

Book a call with our Wellness Coordinator to find out which option is best for you or [CLICK HERE](https://docs.google.com/document/d/1oPU6YkMNi-GFBFHcxyWiYWI3vDvERRrZsH6eLI72PzI/edit?usp=sharing) to get started.

### **QUESTIONS**

Please reach out to [Wellness@ChapelHaven.org](mailto:Wellness@ChapelHaven.org) with any questions about these programs.