



Hello,

Below is the course catalog for Continuing Adult Education, CareerAbility, and the Wellness Program. Individuals are encouraged to review the catalog, select the courses they are interested in, and consult with their Support Staff to submit class requests. Once all requests have been submitted, Program Directors will review and approve them. Confirmation notices will be sent out following approval.

Please refer to the information below for key dates, program policies, and contact details.

IMPORTANT DATES

- **Catalog Distribution**: August 18, 2025
- **Registration Period**: August 18 - 29, 2025
- **Summer Term Ends**: August 29, 2025
- **Confirmation Deadline**: September 8, 2025
- **Fall Term Begins**: September 15, 2025

ADD/DROP

The first three weeks of the term are designated as the Add/Drop period. During this time, students may enroll in or withdraw from classes without incurring any charges. After October 3, 2025, students will be billed in full. **Student's absence for any reason from Chapel Haven Schleifer Center, while placement is being held for Student, will not result in a reduction in Tuition or programing fees.**

QUESTIONS

Continuing Adult Ed Related Courses: Please direct questions to cgrandy@chapelhaven.org.

CareerAbility Related Courses: Please direct questions to scarter@chapelhaven.org

Wellness Related Courses: Please direct questions to Wellness@ChapelHaven.org

CHAPEL HAVEN SCHLEIFER CENTER MASTER SCHEDULE				FALL 2025	
	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-9:45		AL-Adapt. Fitness (SF)	AL-Adapt. Fitness L2 (SF)		JL-Zumba (SM)

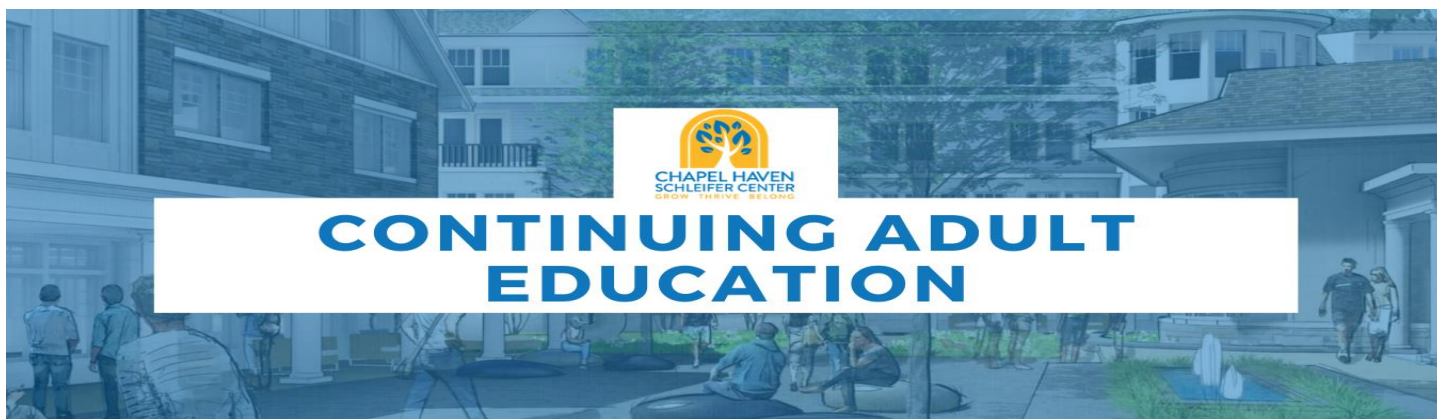
10-10:45	LA-Real Life Reading A (S2) JS-Disabilities & Adv. A (S1) TM-Ceramics D (OR) AL-Adapt. Fitness (SF)	KF-Healthy Relations. 2A (S1) MR-Under the Sea A (S2)	KF-Cyb/Phone Safety B (S1) JS-Disabilities & Adv. B (S2) IP-Walk Westville H (CY) LS-Adapt. Fitness (SF)	JS-Food Safety A (S1) MR-Exp New Wild A (S2) JS-Interview Prep A (48/50) LS-CHSC Fit Club (SF)	LA-Wants vs Needs B (S1) MM-Unwind After Work A (48/50) KF-Relax. Techniqs. A (S1)
11-11:45	KF-Cyb/Phone Safety A (S2) JS-Men's Group B (S1) MR-Women's Group B (405)	JS-CT Landmarks A (S1) LA-Convo Games B (S2) AL-Drum Fit (SF)	KF-Take Care/Body B (S1) MR-Under the Sea B (S2) DF-Socially Caff. A (122) AL-Balance it Out (SF)	KF-Healthy Relations. 2B (S2) JS-CT Landmarks B (S2)	JS-Food Safety B (S1) MR-Exp New Wild B (S2) SB-Office Olympics A (48/50) AL-SO Conditioning (SF)
11:45-12:30	LUNCH	LUNCH	LUNCH	LUNCH	LUNCH
1-1:45	MR-Forces of Nature A (S1) MP-Basketball E (BC) TM/HO-Ceramics E (OR) MS-Yoga (SF)	MP-Sports History A (S1) TM/AC-Voice Over B (405) HO-Diamond Painting C (S2) MS-Yoga (SF)	JS-Coping Skills B (S1) MP-Music Appreciation A (S2) HO-Art. Woodwork B (OR)	TM-Out to Art (S1) [1:00-3:00p] MR-Forces of Nature B (S1) MP-It's Game Time A (405) HO-Let's A(OR)	MP-Sports History B (S2) IP-Walk Westville J (CY) TM/HO-Jewelry Making B (S2)
2-2:45	MR-National Parks A (S1) IP-Walk Westville F (CY) TM/HO-Ceramics F (OR) IS-Women's Wellness (SF)	TM/AC-CHSC Podcasting B [2:00-3:15p] (405) MR-National Parks B (S1) IP-Walk Westville G (CY) HO-Diamond Painting D (S2)	MP-Newsflash A (S2) IP-Basketball G (BC) HO-Art. Woodwork C (OR)	MP-Newsflash B (S1) IP-Basketball H (BC) HO-Karaoke Power Hr. B (OR) IS-Active Aging (SF)	MR-Talk Touchdowns A (S1) MP-Movie Club B (S2) TM/HO-Express Yourself B (OR) AL-CHSC Fit Club (SF)
AFTERNOON/EVENING SCHEDULE					
3-3:45	MP-WWE Club B (S2) IS-CHSC Fit Club (SF)	MP-Basketball F (BC) HM-Paint by Numbers B (S2) IS-Full Body Fitness (SF)	TM-CHSC Theater B (OR) [3:00-4:30p] MM-Confidence & Self-Adv. In Workplace A (48/50) HO-The Live Comedy Hr B (S2) AL-CHSC Fit Club (SF)	MP-Walk Westville I (CY) HO-Creating Music & Art B (S2) IS-Full Body Fitness (SF) SP-Virtual Day in Hist. A (V)	AL-CHSC Run Club (SF)
4-4:45	JL-Current Events D (S2) IS-Run Club (SF) SP-Virt. All Things Disney B (V)	CN-What's Cooking at Work A (48/50) IS-Cardio Kickboxing (SF) SP-Virtual Trivia B (V)		IS-Cardio Kickboxing (SF) SP-Virtual Chat with Sue B (V)	
5-5:45	MT-Afternoon Yoga (SF)				
6-6:45					MT-Afternoon Yoga (SF)
SATURDAY CLASSES JL - Zumba 9:00-9:45am (SM)					

Black – Continuing Adult Ed

Purple – Wellness

Blue – CareerAbility

STAFF:			CLASSROOMS:		
JS – Julian Sandoval	MR – Mylissa Rockefeller	IS – Isabel Skarzynski	114 - REACH (Laura)	OR - Outreach	SM - SAIL Multipurpose
BA – Bill Angier	IP – Ilona Perry	MT – Mason Thompson	115 - REACH (Kim)	CY – Courtyard	SF – SAIL Fitness Room
KF – Kim Freeman	MP – Michael Pretlove	LS – Lisa Stapleton	116 - REACH (Julian)	BC – Basketball Court	SL – SAIL Lounge
LA – Laura Akins	SP – Sue Peters	AC – Ashley Cavaliere	120 - REACH (Bill)	RL – REACH Lounge	S1 – SAIL #1
DF – Dan Forman	JL – Jules Landswirth	MM – Marissa Martin	122 – REACH (Dan)	WC – Welcome Center	S2 – SAIL #2
TM – Tina Menchetti	AL – Alex Lagase	SB – Samantha Bernstein	405 – REACH 405	V – Virtual	48/50 – 48-50 Emerson St.
HO – Heather Orser	MS – Meghan Spaulding	CN – Catherine Nelson			



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 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 and 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 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.

IN-PERSON CLASS OFFERINGS

ARTISTIC WOODWORKING with Heather Orser

Unleash your creativity while making something both beautiful and functional! In this hands-on class, you'll explore wood pieces and learn exciting decorating techniques like sponging, stenciling, and decals. During the first class, we'll discuss techniques and project ideas to inspire your unique designs. Whether you're a beginner or an experienced crafter, this class is a great way to develop new skills and create one-of-a-kind pieces for yourself or as gifts!

Session B - Wed. 1:00-1:45pm Class Fee - \$240

Session C - Wed. 2:00-2:45pm Class Fee - \$240

BASIC CERAMICS with Tina Menchetti & Heather Orser

In this hands-on class, students will learn to clean, paint, and glaze molded ceramic pieces, transforming them into beautiful, functional works of art. Explore a variety of decorating techniques to add unique designs and personal touches. This is a fantastic opportunity to create useful items for your home or thoughtful handmade gifts. Whether you're a beginner or have experience, join us for a fun and creative experience!

Session D – Mon. 10:00-10:45am Class Fee - \$240 (Tina)

Session E – Mon. 1:00-1:45pm Class Fee - \$240 (Tina & Heather)

Session F – Mon. 2:00-2:45pm Class Fee - \$240 (Tina & Heather)

BASKETBALL with Michael Pretlove/Ilona Perry

Come join your friends and classmates for some team basketball on Chapel Haven's very own basketball court! Whether you're new to the game or looking to improve your skills, this class offers the perfect mix of skill-building drills and structured games. Work together as a team, practice your shots, and enjoy the excitement of playing basketball with others in a fun, supportive environment. Get ready to dribble, pass, and score your way to a great time!

Session E – Mon. 1:00-1:45pm Class Fee - \$150 (Mike)

Session F – Tue. 3:00-3:45pm Class Fee - \$150 (Mike)

Session G – Wed. 2:00-2:45pm Class Fee - \$150 (Ilona)

Session H – Thu. 2:00-2:45pm Class Fee - \$150 (Ilona)

CHSC PODCASTING with Ashley Cavaliere & Tina Menchetti

The news is out – Chapel Haven Schleifer Center is creating an official podcast, and we need you to help cover fun events and happenings on campus, interview people and record it all into our very own podcast. Join Ashley Cavaliere, a radio pro, as we report the Chapel Haven news for friends and family!

Session B – Tue. 2:00-3:15pm Class Fee - \$375

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. All cast members will be part of the production in front of a live audience at the end of the semester. Students will be part of the choreography, set design, costumes, music, make-up and more. Come join the fun and be part of a very creative group of actors!

Session B – Wed. 3:00-4:30pm Class Fee - \$375

CONVERSATION GAMES with Laura Akins

Unlike in *The Hunger Games*, when people gather around games in this class—everyone's a winner! This fun and interactive class gives students the chance to build and strengthen their social skills through engaging leisure activities. With guidance from the instructor, students will choose and participate in games and activities that interest them, all while practicing important social skills like starting conversations, responding to others, taking turns, reading body language, and encouraging peers. It's a great way to connect, communicate, and have fun together!

Session B – Tue. 11:00-11:45am Class Fee - \$150

COPING SKILLS with Julian Sandoval

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

Session B – Wed. 1:00-1:45pm Class Fee - \$200

CREATING MUSIC & ART with Heather Orser

Come to class ready to make some noise with assorted instruments! Discover the beat, rhythm, and sounds that bring music to life while learning how different instruments work. But that's not all—we'll also create unique art inspired by the music we make as a group! Express yourself through sound and visuals, and who knows? Maybe we'll even start a band! No experience needed—just bring your energy and creativity for a fun, hands-on musical adventure!

Session B – Thu. 3:00-3:45pm Class Fee - \$240

CT LANDMARKS with Julian Sandoval

Did you know that Connecticut, originally spelled *Quinnehtukqut*, comes from the Mohegan language and means “place of the long tidal river”? Connecticut was one of the 13 original colonies in New England and is home to many interesting firsts and famous places. It is where the Frisbee was invented and where the sports network ESPN is based. In this class, students will discover the history, culture, and fun facts that make the Constitution State unique.

Session A – Tue. 11:00-11:45am Class Fee - \$150

Session B – Thu. 11:00-11:45am Class Fee - \$150

CURRENT EVENTS with Dr. Jules Landswirth

Stay informed and engaged with what’s happening in the world! In this class, we’ll explore local, national, and international news. Students will have the opportunity to discuss, analyze, and share their opinions in a respectful and open environment. Join us for thoughtful conversations on important topics and gain new perspectives from your peers!

Session D – Mon. 4:00-4:45pm Class Fee - \$150

CYBER/PHONE SAFETY with Kim Freeman

Just as students benefit from learning to use technology as a tool for independence, they also must learn how to become safe and responsible members of the digital community as well. In this class, students will learn and be assessed in the basics of safe, responsible participation in the digital arena through topics such as email and phone scams, privacy, and the downfalls of social media.

Session A – Mon. 11:00-11:45am Class Fee - \$200

Session B – Wed. 10:00-10:45am Class Fee - \$200

DIAMOND PAINTING with Heather Orser

If you love glittering, eye-catching art, this class is for you! Learn the meticulous and rewarding technique of diamond painting, where tiny “diamond” beads come together to create a dazzling masterpiece. This craft requires patience and precision, but the final result is absolutely stunning! Whether you’re a beginner or an experienced crafter, come enjoy the process and bring home a work of art that truly shines!

Session C – Tue. 1:00-1:45pm Class Fee - \$240

Session D – Tue. 2:00-2:45pm Class Fee - \$240

DISABILITIES & ADVOCACY with Julian Sandoval

Knowing yourself is an important skill that supports success in social life and in the workplace. Self-discovery is a lifelong process. Learning about your disability-related strengths and challenges can build self-esteem, guide personal growth, and provide a strong foundation for self-advocacy. In this class, students will take part in guided research to learn more about specific disabilities and how this knowledge can support a better understanding of themselves and their peers. The class will also highlight famous people with disabilities, such as Temple Grandin, Chris Burke, Stephen Hawking, and many others. Join us on this journey of learning and discovery!

Session A – Mon. 10:00-10:45am Class Fee - \$200

Session B – Wed. 10:00-10:45am Class Fee - \$200

EXPLORING THE NEW WILD with Mylissa 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 A – Thu. 10:00-10:45am Class Fee - \$150

Session B – Fri. 11:00-11:45am Class Fee - \$150

EXPRESS YOURSELF with Tina Menchetti & Heather Orser

Sing, dance, recite poetry, or play an instrument—it's your choice! This high-energy class will inspire you to move and express yourself through music and rhythm. Whether you love to sing oldies, rap to your favorite artist, share your poetry, or play an instrument, there's a place for you here. With singing, dancing, movin' and groovin', you won't want to stay in your seat! Join the fun and let your creativity shine!

Session B – Fri. 2:00-2:45pm Class Fee - \$240

FOOD SAFETY with Julian Sandoval

This class will focus on overall safe and hygienic practices in the kitchen – ranging from correct food storage, how to use essential cooking tools, getting rid of expired foods, to the proper cleaning standards and techniques in a kitchen. Concepts to be introduced include: bacteria, contamination, food-borne illness, microorganisms, and toxins. This class will also explore the different ways that we can tell if food has gone bad or not. Class will take place partly in the classroom and your own apartments for hands-on learning.

Session A – Thu. 10:00-10:45am Class Fee - \$200

Session B – Fri. 11:00-11:45am Class Fee - \$200

FORCES OF NATURE with Mylissa Rockefeller

There are many facets of our natural world that take our breath away. In this class, bring your love of all things in nature and explore world-wide natural phenomena that have us dropping our jaws in awe, scratching our heads in wonderment, and delving into the world of natural science as we explore the forces, big and small, that leave us in amazement. Examples of topics covered are: bioluminescent plankton, hot springs, mud volcanoes, as well as some of the forces of nature that we experience in our everyday life such as extreme weather and natural disasters.

Session A – Mon. 1:00-1:45pm Class Fee - \$150

Session B – Thu. 1:00-1:45pm Class Fee - \$150

HEALTHY RELATIONSHIPS 2 with Kim Freeman

Healthy Relationships introduced ways to recognize and build positive relationships, and to better understand the actions of others. In this second course, students will practice using self-advocacy and communication skills to solve social problems, manage conflict, and strengthen their relationships.

Session A – Tue. 10:00-10:45am Class Fee - \$200

Session B – Thu. 11:00-11:45am Class Fee - \$200

IT'S GAME TIME with Michael Pretlove

Who's ready for some fun? In this class, we'll dive into different games that will keep you laughing, thinking, and on your toes. You'll practice taking turns, teaming up, sharing, and staying focused—all while making new friends and enjoying a little friendly competition. Get ready to roll the dice, spin the wheel, and bust out the boards—it's game time!

Session A – Thu. 1:00-1:45pm Class Fee - \$150

JEWELRY MAKING with Tina Menchetti & Heather Orser

Get creative and craft your own beautiful jewelry and accessories! In this hands-on class, students will design and create keychains, necklaces, bracelets, and more using beads, baubles, and colorful elastic bands. Try your hand at the popular Rainbow Loom and test your fine motor skills while making vibrant, one-of-a-kind pieces. Whether you're creating gifts or keeping them for yourself, you'll leave with amazing handmade jewelry—and all supplies are included!

Session B – Fri. 1:00-1:45pm Class Fee - \$240

KARAOKE POWER HOUR with Heather Orser

Do you love to sing and have fun? This class is for you! You'll choose songs from a fun list and sing with others. Use your amazing voice to enjoy a great hour of music and laughter!

Session B – Thu. 2:00-2:45pm Class Fee - \$150

LET'S DANCE with Heather Orser

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 A – Thu. 1:00-1:45pm Class Fee - \$150

MEN'S GROUP with Julian Sandoval

This class offers our male students a chance to get together, unwind, and have open, honest conversations about topics they may feel more comfortable discussing with “the guys!” Each week, we’ll meet for an open chat while enjoying leisure activities like arts and crafts, puzzles, board games, or whatever the group decides! It’s a laid-back, fun space to connect and relax while having meaningful discussions and creating great memories together.

Session B – Thu. 11:00-11:45am Class Fee - \$150

MOVIE CLUB with Michael Pretlove

If you love watching movies and discussing them with friends, this is the perfect class for you! Each week, we’ll explore a variety of genres including mystery, comedy, action, and romance. Watch some of your favorite films, discover new ones, and join in on lively discussions about what makes them so special. Whether you’re a film buff or just love a good movie night, this class is sure to entertain!

Session B – Fri. 2:00-2:45pm Class Fee - \$150

MUSIC APPRECIATION with Michael Pretlove

Music can heal, uplift, calm, and strengthen us. You do not need special knowledge to feel its impact. Sound is part of our daily lives, and our breathing often adjusts to the sounds around us. Music can help us slow down or feel more energized. In this class, students will come together to share their favorite music and explore different styles. By visiting artist websites and watching videos on YouTube, students will discover a wide range of music, including pop, hip hop, country, rock, independent, and underground styles.

Session A – Wed. 1:00-1:45pm Class Fee - \$150

NATIONAL PARKS with Mylissa Rockefeller

The US National Parks are home to some of the most incredible natural treasures in the world. These beautiful, unspoiled landscapes are rich with plants and animals you can’t find anywhere else in the world. Many parks feature rock formations or geological deposits to astound and amaze. America’s 63 national parks are large, protected areas off-limits to human settlement and land development. And they showcase incredible sights, such as Bryce Canyon’s hoodoos, Arches Park’s stone gateways, and Yellowstone’s Old Faithful geyser! A century after the creation of the National Park Service, its lands are more popular than ever, hosting more than 300 million annual visitors, and it’s up to all of us to ensure the parks are preserved for future generations. So lace up your hiking shoes, grab your camera, and join us for a tour of America’s most breathtaking natural wonders!

Session A – Mon. 2:00-2:45pm Class Fee - \$150

Session B – Tue. 2:00-2:45pm Class Fee - \$150

NEWSFLASH with Michael Pretlove

Students will research what’s going on in the community and around the world. Our “weekly roundup” can be the start of a habit of lifelong learning. We will also have fun along the way with online activities and quizzes.

Session A – Wed. 2:00-2:45pm Class Fee - \$150

Session B – Thu. 2:00-2:45pm

Class Fee - \$150

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.** The YCBA docents will join the classes virtually on Zoom. Trips to the museum with a YCBA Docent will be planned throughout the semester.

Session A – Thu. 1:00-3:00pm

Class Fee - \$290

PAINT BY NUMBERS with Heather Orser

Unleash your inner artist and create a stunning masterpiece using paints and a guided paint-by-numbers canvas! With every stroke, you'll follow the numbers and watch your artwork come to life. Whether you're a seasoned painter or a first timer, this class is a fun and easy way to create your own unique art. Look out, Van Gogh! A beautiful masterpiece is just a few brushstrokes away!

Session B – Tue. 3:00-3:45pm Class Fee - \$240

REAL LIFE READING with Laura Akins

This class helps students strengthen their reading skills using real-world materials such as menus, schedules, maps, signs, and news articles. We'll focus on understanding practical information, improving comprehension, and building confidence in everyday situations. Through group activities, role-play, and guided practice, participants will learn how to apply their reading skills outside the classroom in ways that support independence and daily living.

Session A – Mon. 10:00-10:45am Class Fee - \$200

RELAXATION TECHNIQUES with 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 meet weekly to explore some classic relaxation techniques such as yoga and meditation but will also have the chance to mix it up and try new things. Students will try adult coloring books, physical exercise, music, and mindfulness practices to see what works for them. Join this class and see what relaxation style suits you best!

Session A – Mon. 10:00-10:45am Class Fee - \$150

SOCIALLY CAFFEINATED with Dan Forman

Socially Caffeinated is a communication class designed for anyone who enjoys a coffee break and good conversation. Students will have the chance to sit with peers and talk about daily life, current events, and whatever is on their minds. Lessons will focus on greetings, active listening, asking follow-up questions, sharing details, and learning how to begin, maintain, and end a conversation.

Session A – Wed. 11:00-11:45am Class Fee - \$200

SPORTS HISTORY with Michael Pretlove

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 the 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 A – Tue. 1:00-1:45pm Class Fee - \$150

Session B – Fri. 1:00-1:45pm Class Fee - \$150

TAKING CARE OF YOUR BODY with Kim Freeman

This class will help students learn the basics of staying healthy and feeling their best. Topics will include personal hygiene, exercise, nutrition, rest, and ways to manage stress. Students will practice healthy habits and discuss how small daily choices can make a big difference in overall well-being. This class supports independence and confidence through learning how to care for your body.

Session A – Wed. 11:00-11:45am Class Fee - \$200

TALKING TOUCHDOWNS with Mylissa Rockefeller

Are you an NFL fan? If so, then you're not alone! Come Labor Day weekend each year at Chapel Haven, students and community members begin getting pumped up for the new football season. Patriots, Giants and Jets gear starts becoming as common as the autumn leaves! Though there are many football fans out there, our community is large, and it's not always easy to find like-minded fans that want to talk about Sunday's results or predict the outcome of Monday Night's big game. Well, here is your chance! This is more of a fan club than a class. Each Monday afternoon, students will gather in the computer lab to share their favorite Sunday highlights, check on standings, player stats, and talk about the night's upcoming game. Who knows...you may even use this time to make plans with classmates to get together for some Monday Night Football!

Session A – Fri. 2:00-2:45pm Class Fee - \$150

THE LIVE COMEDY HOUR with Heather Orser

Knock-Knock—who's there? It's the LIVE Comedy Hour Class! Get ready for a fun-filled time where you'll share your funniest jokes, enjoy performances by your favorite comedians, and even meet some special surprise guests! Prepare for big belly laughs and moments that will have you laughing out loud. It's going to be a hoot, so come join the fun and be part of the comedy magic!

Session B – Wed. 3:00-3:45pm Class Fee - \$150

UNDER THE SEA with Mylissa Rockefeller

Dive into the ocean once a week in this class by exploring the creatures, habitats, and marvels under the sea! Students will watch videos, read articles, and participate in group discussions about remarkable underwater worlds and organisms from coral reefs to icebergs and clownfish 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 – Tue. 10:00-10:45am Class Fee - \$150

Session B – Wed. 11:00-11:45am Class Fee - \$150

VOICE OVER with Ashley Cavaliere & Tina Menchetti

Do you love to talk? Ever wondered what it's like to be a voice on the radio? Join Ashley for a fun and engaging voice-over class! With over 18 years of experience in radio, she's excited to share what she has learned with you. In this class, we'll focus on getting your message across clearly, improving annunciation and delivery, and recording fun voice-overs that you'll get to keep. Whether you're dreaming of a career behind the mic or just want to try something new, this class is the perfect place to start!

Session B – Tue. 1:00-1:45pm Class Fee - \$325

WALK WESTVILLE with Ilona Perry/Michael Pretlove

Join us for a leisurely walk through the vibrant Westville neighborhood! Walking is not only a great form of exercise but doing it in a group makes it even more enjoyable. As we explore the community on foot, students are encouraged to bring up their own topics for discussion and share their thoughts, making each walk a fun and interactive experience. Let's get moving, discover the beauty of our surroundings, and connect with others in a relaxed, social setting!

Session F – Mon. 2:00-2:45pm Class Fee - \$150 (Ilona)

Session G – Tue. 2:00-2:45pm Class Fee - \$150 (Ilona)

Session H – Wed. 10:00-10:45am Class Fee - \$150 (Ilona)

Session I – Thu. 3:00-3:45pm Class Fee - \$150 (Mike)

Session J – Fri. 1:00-1:45pm Class Fee - \$150 (Ilona)

WANTS VS NEEDS with Laura Akins

Do you really *need* that new phone, car, or boat—or just *want* it? In this class, we'll explore the difference between wants and needs while learning how to set goals, both big and small. Students will practice breaking down large goals into manageable steps, prioritizing what matters most, and creating an action plan. The focus will be on smart saving strategies, making informed choices, and figuring out exactly what you want—and how to achieve it!

Session B – Fri. 10:00-10:45am Class Fee - \$200

WOMEN'S GROUP with Mylissa Rockefeller

This class offers our female students a chance to come together and have an open, honest discussion about topics they may feel more comfortable discussing with “the ladies!” Each week, we'll gather for an open chat while enjoying a leisure activity, such as arts and crafts, puzzles, board games, or anything the group decides! It's a laid-back, supportive space where you can connect, share, and relax with others in a fun and friendly environment.

Session B – Mon. 11:00-11:45am Class Fee - \$150

WWE CLUB with Michael Pretlove

What's your favorite sport? There are so many options, but when it comes to Chapel Haven, one sport takes the top spot—Professional Wrestling! Join us for a class dedicated to all the wild and crazy action this sport has to offer. We'll review the latest news, watch the big highlights, and dive into the world of pro wrestling like never before! If you're a fan (or want to be), this is the class for you. Don't miss out on staying up to date with all the thrills and drama of the ring!

Session B – Mon. 3:00-3:45pm Class Fee - \$150

VIRTUAL CLASS OFFERINGS

ALL THINGS DISNEY with Sue Peters

Attention all Disney lovers! Join us for a fun-filled exploration of Walt Disney World in Florida and Disneyland in California. Together, we'll dive into the fascinating history of how Disney started, compare the unique features of both parks, and discover the movies, thrill rides, and magical experiences that make Disney so special. Whether you're a Disney expert or just a fan of the magic, this class will bring the world of Disney to life in a whole new way!

Session B – Mon. 4:00-4:45pm Class Fee - \$95

CHAT WITH SUE with Sue Peters

Do you miss Sue? We all do! Here's your chance to catch up with her! In this special class, you'll have the opportunity to ask Sue about her new home in Georgia, learn all about her experiences there, and share with her the latest updates from Chapel Haven. It's a great chance to reconnect, share some stories, and keep in touch! Don't miss out on this fun, informal reunion!

Session B – Thu. 4:00-4:45pm Class Fee - \$95

Day In History with Sue Peters

Day in History invites students to step into the past and explore important events that shaped our world. In this virtual class, students will learn what happened on this day in history through engaging stories and discussion. Each session will highlight topics such as U.S. presidents and world leaders, famous explorers and discoveries, groundbreaking inventions, civil rights milestones, and the wonders of ancient civilizations.

Session A – Thu. 3:00-3:45pm Class Fee - \$95

TRIVIA with Sue Peters

Do you love trivia and enjoy learning new things? Put on your thinking caps and join Sue for an exciting hour of trivia fun! This class will cover a wide range of topics, including animals, holidays, sports, movies, and so much more. Whether you're a trivia pro or just looking to learn something new, this class will keep you engaged and entertained. Get ready for some friendly competition and a whole lot of fun!

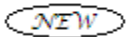
Session B – Tue. 4:00-4:45pm

Class Fee - \$95



IN-PERSON CLASS OFFERINGS

CONFIDENCE & SELF-ADVOCACY IN THE WORKPLACE with Marissa Martin



This interactive class helps students build confidence and speak up for themselves in the workplace. Through real-life examples, role-playing, and group discussions, participants will learn how to:

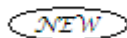
- Understand their strengths and needs
- Communicate clearly and respectfully with coworkers and supervisors
- Ask for support or accommodations when needed
- Set personal boundaries and goals
- Build self-esteem and workplace independence

Whether you're starting a new job or want to feel more confident where you work now, this class gives you the tools to stand up for yourself, make your voice heard, and succeed on the job.

Session A – Wed. 3:00-3:45pm

Class Fee - \$300

INTERVIEW PREP with Jeff Sullivan



This class will cover professionalism and interview prep prior to the interview, as well as important skills that are useful during and after the interview with perspective employers. We will focus on active listening while also working on "green light" statements that bring attention to skills and previous experience. The class will also conduct mock interviews to practice learned skills and become more comfortable with the whole process.

Session A – Thu. 10:00-10:45am Class Fee - \$300

OFFICE OLYMPICS with Samantha Bernstein

Office Olympics is a high-energy class that builds real-world work skills through fun, structured games. Students will strengthen their soft skills, such as teamwork, communication, leadership, time management and problem-solving in a supportive, team-based environment. By the end, they'll gain workplace confidence and greater self-awareness!

Session A – Fri. 11:00-11:45am Class Fee - \$300

UNWIND AFTER WORK with Maulana Melton

Unwind and recharge with this relaxing course that combines mindfulness, guided meditation, and practical stress management strategies. Learn simple techniques to release tension, calm your mind, and create a peaceful end to your workday. No experience needed, just a willingness to slow down and care for yourself. Perfect for anyone looking to reduce stress and restore balance after work!

Session A – Fri. 10:00-10:45am Class Fee - \$300

WHAT'S COOKING AT WORK with Catherine Nelson

Set your lunchbag up for success! Students will review recipes and get hands-on experience cooking a delicious meal to share each week. Food may seem simple, but it can also cause some surprising issues at work! We will make time to answer some common and important questions about food in the workplace, such as:

What do I do if my office doesn't have a microwave?
What are some adaptive tools I can use in the kitchen?
How much can I take when someone brings in free food?

And many more!

Session A – Tue. 4:00-4:45pm Class Fee - \$300



WELLNESS OFFERINGS

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 everyone in our community. We hope to see you in a variety of these classes and programs.

WHAT'S NEW

- We have added a second section for Run Club Monday at 4
- Try out our new drum fit class to feel the beat and get some cardio!
- New class geared to keep our Special Olympians in shape for the upcoming season!
- Yoga with Mason Monday and Friday afternoon!

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!](#)

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

\$350 per class section for the term unless otherwise noted in course description.

ADAPTIVE FITNESS LEVEL 1: with Alex Lagase

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 10:00-10:45am
Session C - Wed 10:00-10:45am

Session B - Tue 9:00-9:45am

Location: SAIL Group Exercise Room

ADAPTIVE FITNESS LEVEL 2: with Alex Lagase

******* 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 A – Wed 9:00-9:45am

Location: SAIL Group Exercise Room

BALANCE IT OUT (LIMITED MOBILITY) with Alex Lagase

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-11:45am

Location: SAIL Group Exercise Room

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. 4:00-4:45pm

Session B – Thu. 4:00-4:45pm

Location: SAIL Group Exercise Room

CHSC FIT CLUB with Alex Lagase

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

Session A - Mon 3:00-3:45pm

Session B - Wed 3:00-3:45pm

Session C- Thu 10:00-10:45am

Session D - Fri 2:00-2:45pm

Location: SAIL Group Exercise Room

CHSC RUN CLUB with Alex Lagase & Isabel Skarzynski

Run Club is back outside! Through different running drills and light runs; improve your cardio while having fun on the run!

Session A – Mon 4:00-4:45pm

Session B – Fri 3:00-3:45pm

Location: SAIL Group Exercise Room

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. 3:00-3:45pm

Session B – Thu. 3:00-3:45pm

Location: SAIL Group Exercise Room

WOMEN'S WELLNESS with Izzy Skarzynski

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 grouped by age range to keep topics discussed during the discussion piece relevant. ***

Session A - Best for Ages 40+ – Mon. 2:00-2:45pm

Location: SAIL Group Exercise Room

YOGA with Megan from Aspen Yoga **\$350 per section**

Yoga is perfect for building mobility. This class will focus on engaging muscles and building mobility while learning to relax, focus on breathing and developing core strength. This will be accomplished all while having fun!

Session A – Mon 1:00pm-1:45pm

Session B - Tues 1:00pm-1:45pm

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. 9:00-9:45am

Session B – Sat. 9:00-9:45am

Location: SAIL Multipurpose Room

NEW CLASSES

ACTIVE AGING with Izzy Skarzynski

A brand-new class for those who still want to exercise but may not be up for the rigors of a traditional workout class. Perfect for those recovering from an injury or who wish a softer approach to exercise.

Session A – Thurs. 2:00-2:45pm

Location: SAIL Group Exercise Room

DRUM FIT with Alex Lagase

Get fit with this cardio fun class playing the drums!

Session A- Tues. 11:00am-11:45am

Location: SAIL Group Exercise Room

AFTERNOON YOGA with Mason Thompson

End the day with some mindfulness with Mason!

Session A- Monday 5:00pm-5:45pm

Session B- Friday 6:00pm-6:45pm

SPECIAL OLYMPICS TRAINING with Alex Lagase

This class is for the upcoming Special Olympics season. For the fall the focus is for the Basketball and Floorball season

Session A - Friday 11am-11:45am

Location: SAIL Group Exercise Room

OTHER SERVICES



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 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](#)

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)



WELLNESS MEAL PLAN

Fueling the Success of the Chapel Haven Community

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 chefs so you can be sure they are cooked properly and taste great.

Each meal is made by EDIBOLIC KITCHEN 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 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](#) to get started.

QUESTIONS

Please reach out to Wellness@ChapelHaven.org with any questions about these programs.