



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 that interest them, 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 once approvals are finalized.

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

IMPORTANT DATES

- **Catalog Distribution:** August 17, 2026
- **Registration Period:** August 17 - 28, 2026
- **Summer Term Ends:** August 28, 2026
- **Confirmation Deadline:** September 4, 2026
- **Fall Term Begins:** September 14, 2026
- **Add/Drop Period:** September 14 – October 2, 2026
- **Fall Term Ends:** December 18, 2026

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 2, 2026**, students will be billed the full amount for the term. A student's absence for any reason from Chapel Haven Schleifer Center, while their placement is being held, will not result in a reduction of tuition or program fees. The **Continuing Adult Education Department** reserves the right to cancel **one session of any class per semester** without providing a make-up session or issuing a credit.

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

CONTINUING ADULT EDUCATION

MASTER SCHEDULE

FALL 2026

Updated: 8/11/26

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
9-9:45		WN-Adapt. Fitness 1B (SFR)	WN-Adapt. Fitness 2B (SFR)	WN-Adapt. Fitness 2C (SFR)	WN-Zumba A [S1 & S2]
10-10:45	LA-Wants vs Needs A (S1) JS-Dealing with Drama A (S2) TM-Ceramics A (OR) WN-Adapt. Fitness 1A (SFR)	KF-Healthy Relations A (S1) MR-Bug Buddies A (S2) WN-Drum Fit A (SFR)	KF-Prob. Solving A (S1) IP-Walk Westville C (CY) WN-Adapt. Fitness 1C (SFR)	KF-Prob. Solving B (S1) LA-Wants vs Needs B (S2) WN-Fit Club C (SFR)	KF-Mindfulness A (S1) MR-Color Your Convo B (S2) WN-Adapt. Fitness 2D (SFR)
11-11:45	KF-Assistive Tech. for Indep Living A (S1) MR-National Parks A (S2)	KF-Assistive Tech. for Indep Living B (S1) MR-Color Your Convo A (S2) WN-Adapt. Fitness 2B (SFR)	JS-Know New Haven B (S1) MR-Bug Buddies B (S2) WN-Balance it Out A (SFR)	JS-Disabilities & Adv. A (S1) MR-50 States B (S2) DF-Sitcoms A (122) WN-Adapt. Fitness 1D (SFR)	JS-Dealing with Drama B (S1) LA-Book Club A (S2) MR-Talk Touchdowns A (102) WN-Active for Life A (SFR) CA-Crafting Your Calm
12-1	WN-Adapt. Boxing A [12:15-1:30p]			WN-JCC [12:00-2:00p]	
1-1:45	JS-Know New Haven A (S1) MP-Basketball A (BC) TM-Ceramics B (OR)	JS-Disabilities & Adv. A (S1) MP-Walk Westville B (CY) TM/AC-Voice Over A (102) BT-Diamond Paint. A (S2) CA-Frest Start	LA-Intro to Sign Lang. A (S1) MP-Legends of Music A (S2) BT-Art. Woodwork A (OR)	TM-Out to Art A (S1) [1:00-3:00p] MP-Around the World A (S2) BT-Let's Dance A (OR) WN-Balance it Out B (SFR)	MP-Around the World B (S1) IP-Walk Westville E (CY) BT/TM-Jewelry Making A (S2) WN-Yoga B (SFR) [1:15-2:00p] CA-Great Gardening
2-2:45	KF-Intro to Employ. A (S1) MR-50 States A (S2) IP-Walk Westville A (CY) TM-Ceramics C (OR) CA-Career Exploration	TM/AC-CHSC Podcasting A [2:00-3:30p] (102) MR-Hist. of Holidays A (S1) MP-Basketball B (BC) BT-Diamond Paint. B (S2) WN-Yoga A (SFR)	KF-Healthy Relations B (S1) MR-Hist. of Holidays B (S2) BT-The Groove Club A (OR)	MR-National Parks B (S2) MP-Walk Westville D (CY) IP-Basketball C (BC)	MP-Legends of Music B (S1) JS-Men's Group A (S2) MR-Women's Group A (102) BT/TM-Express Yourself A (OR) WN-Fit Club D (SFR)
AFTERNOON/EVENING SCHEDULE					
3-3:45	TM/AC-CH Theater A (OR) [3:00-4:30p] WN-Fit Club A (SFR)	MP-WWE Club A (S1) WN-Full Body Fit. A (SFR)	CA-Speak Up WN-Fit Club B (SFR)	MP-Movie Club A (S1) WN-Full Body Fit. B (SFR)	WN-Run Club A (SFR)
4-4:45	JL-Current Events A (S2)	SP-All Things Disney A (V) WN-Cardio Kickboxing A (SFR)		SP-Chat with Sue A (V) WN-Cardio Kickboxing B (SFR)	
5-5:45	WN-Yoga PM A (SFR)				

Black – Continuing Adult Ed

Red – Wellness

Blue - CareerAbility

STAFF:

JS – Julian Sandoval **IP** – Ilona Perry **JO** - John Layseca
BA – Bill Angier **MR** – Mylissa Rockefeller **AC** – Ashley Cavaliere
KF – Kim Freeman **MP** – Michael Pretlove **BT** – Bettina Thompson
LA – Laura Akins **SP** – Sue Peters **CA** - CareerAbility
DF – Dan Forman **JL** – Jules Landswirth **WN** - Wellness
TM – Tina Menchetti

CLASSROOMS:

114 - REACH (Laura) **OR** - Outreach **V** – Virtual
115 - REACH (Kim) **CY** – Courtyard **SF** – SAIL Fitness Room
116 - REACH (Julian) **BC** – Basketball Court **SL** – SAIL Lounge
120 - REACH (Bill) **RL** – Rossman Lounge **S1** – SAIL Classroom #1
122 - REACH (Dan) **WC** – Welcome Center **S2** – SAIL Classroom #2



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

50 STATES OF AMERICA with Mylissa Rockefeller

Let's have fun exploring and sharing amazing facts about all 50 states. For each U.S. state, we've gathered a rich collection of resources, including fun facts, interesting state-related websites, and exciting field trip ideas. Students are encouraged to share facts about the state they're from, making this a fun and interactive way to learn more about our country—one state at a time.

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

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

AROUND THE WORLD with Michael Pretlove

Do you know which country has the most cell phones per person or which country is known for a strong school system? Learn about the world and become a member of the global village. This class explores interesting international facts and broadens students' knowledge of the world.

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

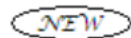
Session B - Fri. 1:00-1:45pm Class Fee - \$150

ARTISTIC WOODWORKING with Bettina Thompson

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

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

ASSISTIVE TECHNOLOGY FOR INDEP. LIVING with Kim Freeman



In this class, students will explore the many ways assistive technology can support greater independence at home, at work, and in the community. Students will identify tools they already use, learn about new low-tech and high-tech supports, and

add to the "Tool Belt" of strategies they are building to help with daily routines, communication, organization, safety, and accessibility. Through classroom instruction, hands-on exploration, and assessment, students will learn how to choose and use tools that match their individual needs, preferences, and goals. Tools and knowledge gained from this course will support students in developing practical skills needed to lead meaningful, self-determined lives with the right support in place.

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

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

BASIC CERAMICS with Tina Menchetti

In this hands-on class, students will learn how to clean, paint, and glaze molded ceramic pieces, transforming them into beautiful and 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 prior experience, join us for a fun, relaxing, and creative experience!

Session A – Mon. 10:00-10:45am Class Fee - \$240

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

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

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

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

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

BOOK CLUB with Laura Akins

Enjoy stimulating conversations? In this class, students will have the opportunity to meet weekly to read and discuss exciting literature. The chosen book for this section is *Anne of Green Gables*, a beautifully illustrated graphic novel adaptation of L. M. Montgomery's beloved classic about an imaginative orphan who finds friendship, family, and a place to belong in the charming village of Avonlea.

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

BUG BUDDIES with Mylissa Rockefeller

Get ready to discover the amazing world of insects! In this class, we will learn about different bugs, where they live, and what makes them special. Through hands-on activities, pictures, and simple discussions, students will explore insects like butterflies, ants, and ladybugs. We may even observe real insects up close! This class is fun, interactive, and perfect for anyone curious about the tiny creatures all around us.

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

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

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 A – Tue. 2:00-3:30pm Class Fee - \$375

CHSC THEATER with Tina Menchetti & Ashley Cavaliere

Be part of the Chapel Haven Theater Group and experience the excitement of creating a group performance. Together, we will explore dialogue, music, dance, comedy, and improvisation as we develop collaborative production. All cast members will participate in a live performance for an audience at the end of the semester. Students will also have opportunities to contribute to choreography, set design, costumes, music, make-up, and more. Come join the fun and be part of a creative and supportive group of actors! Tina will be joined by Ashley Cavaliere, Chapel Haven Schleifer Center's nationally known podcaster, who will co-teach this class.

Session A – Mon. 3:00-4:30pm Class Fee - \$375

COLOR YOUR CONVERSATION with 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! Come meet up for some social time coloring and chatting, while enjoying relaxing music.

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

Session B – Fri. 10:00-10:45am 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 A – Mon. 4:00-4:45pm Class Fee - \$150

DEALING WITH THE DRAMA with Julian Sandoval

Wherever there are people, drama tends to follow. But we're not talking about the kind you see on TV or in movies. This kind of drama refers to everyday conflicts that often arise when people come together—things like gossiping, teasing, and bullying. In this class, we'll explore these common forms of drama, learn how to handle them effectively, and discover strategies to avoid creating drama ourselves.

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

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

DIAMOND PAINTING with Bettina Thompson

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

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

DISABILITIES & ADVOCACY with 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 Hawking, and many others. Come join us in a fun journey of discovery!

Session A – Tue. 1:00-1:45pm Class Fee - \$200

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

EXPRESS YOURSELF with Bettina Thompson & Tina Menchetti

Sing, dance, recite poetry, or play an instrument—the choice is yours! This high-energy class inspires you to move, groove, and express yourself through music and rhythm. Whether you love singing the oldies, rapping to your favorite artist, sharing original poetry, or playing an instrument, there is a place for you here. You won't want to stay in your seat! Join the fun and let your creativity shine.

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

HEALTHY RELATIONSHIPS with Kim Freeman

This class explores the building blocks of strong, healthy connections. You will learn practical skills for meeting new people, identifying qualities you value in others, and understanding the differences between friendships and romantic relationships. We will focus on recognizing healthy versus unhealthy behaviors, respecting personal space, and setting clear boundaries. Through readings, videos, and role-playing, you will build the confidence to form safe and caring relationships.

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

Session B – Wed. 2:00-2:45pm Class Fee - \$200

HISTORY OF THE HOLIDAYS with Mylissa Rockefeller

From religious observances to celebrations of ethnic pride to patriotic anniversaries, explore the history of some of our most popular holidays. Did you know New York City has the biggest fireworks display in the United States and that three U.S. presidents died on July 4? Can you guess which 2 creatures of the zodiac are the most important symbols of Chinese New Year? These are just some of the holidays that we will explore. Come celebrate!

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

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

INTRO TO SIGN LANGUAGE with Laura Akins

Learn how to speak using your hands, facial expressions and body language. In this class, we will learn the alphabet, numbers, basic colors, and common phrases that are useful in any non-verbal conversation.

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

JEWELRY MAKING with Bettina Thompson & Tina Menchetti

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

KNOW NEW HAVEN with Julian Sandoval

New Haven County has a rich and fascinating history—far too much to cover in a single class! That's why we've chosen some of the most exciting, legendary, and popular highlights to explore together. From the historic **New Haven Green** and the hidden **Judges Cave** on West Rock, to the beautiful shores and historic lighthouse at **Lighthouse Point Park**, there is so much to discover. We will dive into the stories behind iconic local landmarks like **Louis' Lunch** (home of the very first hamburger!), the world-famous pizza legacy of **Wooster Square**, and the beautiful **Thimble Islands** in Branford. Through fun activities and multimedia, get ready to explore the incredible history right in our own backyard!

Session A – Mon. 1:00-1:45pm Class Fee - \$200

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

LEGENDS OF MUSIC with Michael Pretlove

From Elvis Presley and The Beatles to Prince, Michael Jackson, and today's top chart-toppers, music has a unique way of shaping our lives. In this class, students will explore the journeys of famous icons and lesser-known artists alike. You will

have the opportunity to share your favorite songs, discuss how music evokes powerful memories, and research the musicians who matter most to you. Using online resources, students will share videos, lyrics, and history to show why their chosen artists are true legends. Come celebrate a universal love for music!

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

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

LET'S DANCE with Bettina Thompson

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 welcoming, supportive space to connect and discuss topics they may feel most comfortable exploring among peers. Each week, students will come together for an "open chat" paired with engaging group activities like arts and crafts, puzzles, board games, or sports discussions—whatever the group decides! It's the perfect opportunity to build stronger friendships, share perspectives, and enjoy good company in a relaxed, casual environment.

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

MINDFULNESS with Kim Freeman

Studies show that practicing mindfulness—even for just a few weeks—can lead to a wide range of physical, emotional, and social benefits. In this class, you'll learn the basics of mindfulness and explore simple, practical strategies to help bring more awareness, focus, and calm into your daily life. Whether you're new to mindfulness or looking to deepen your practice, this is a great place to start.

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

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 A – Thu. 3:00-3:45pm Class Fee - \$150

NATIONAL PARKS with Mylissa Rockefeller

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. 11:00-11:45am 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. 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

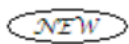
PROBLEM SOLVING with Kim Freeman

This class will guide you in identifying problem situations, expressing your feelings effectively, and sequencing the events that led to the issue. You will learn to distinguish between appropriate and inappropriate solutions, choose the most effective response, and implement it successfully. These foundational skills will also prepare you to interact with challenging individuals, develop strategies for building positive relationships, and maintain meaningful connections over time.

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

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

SITCOMS with Dan Forman



Join us for a fun-filled TV hour featuring today's favorite sitcoms! Students will watch selected episodes from popular shows and explore how characters communicate, build relationships, solve problems, and navigate everyday social situations. Through group discussions and activities, students will practice identifying emotions, understanding different perspectives, recognizing social cues, and discussing appropriate ways to respond in real-life situations. Come laugh, learn, and build social communication skills while enjoying entertaining sitcoms!

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

THE GROOVE CLUB with Bettina Thompson

For many adults with IDD and Autism, music is often one of the most accessible, confidence-building, and socially connecting interests. The beauty of **“The Groove Club”** is that it allows students who may struggle in traditional academic settings to become the experts in the room. The key is to make the class about participation, joy, memory, social connection, and self-expression, not just “getting the right answer.”

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

VOICE OVER with Ashley Cavaliere & Tina Menchetti

Do you love to talk? Have you ever wondered what it’s like to be the voice on the radio? Join Ashley for a fun and engaging voice-over class! Bringing over 18 years of professional radio experience, she is excited to share the tricks of the trade with you. In this class, we will focus on learning how to get your message across clearly, improving your enunciation and vocal delivery, and recording exciting voice-overs that you will get to keep. Whether you are dreaming of a future career behind the mic or just want to try something new, this class is the perfect place to start!

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

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

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

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

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

WANTS VS NEEDS with Laura Atkins

Need a new phone? A car? A boat? When it comes to making big purchases like these, it can be difficult to even know where to start! This class will discuss long-term goals—both large and small—and help students break them down into manageable steps, prioritize their needs, and create a realistic action plan to achieve them. The core focus will be on smart saving strategies for major milestones, helping students determine exactly what they want, and mapping out the financial and personal tools needed to successfully get it!

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

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

WOMEN'S GROUP with Mylissa Rockefeller

This class offers our female students a welcoming, supportive space to connect and discuss topics they may feel most comfortable exploring among peers. Each week, students will come together for an "open chat" paired with engaging group activities like arts and crafts, puzzles or board games—whatever the group decides! It's the perfect opportunity to build stronger friendships, share unique perspectives, and enjoy good company in a relaxed, casual environment.

Session A – Fri. 2:00-2:45pm 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 A – Tue. 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 A – Tue. 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 A – Thu. 4:00-4:45pm Class Fee - \$95



CAREERABILITY

IN-PERSON CLASS OFFERINGS

CAREER EXPLORATION with Catherine Nelson and Maulana Melton

NEW

Join us in learning new and interesting ways to lower anxiety and learn grounding techniques for stress management. We will focus on various arts and crafts to help learn to calm our minds and give our creative side a chance to thrive. Arts and Crafts can help us learn better hand-eye coordination, focus, and how to follow directions. This class will focus on trying new and varied art techniques with many different subjects and skills to highlight.

Session A – Mon. 2:00-2:45pm Class Fee – \$300

Location – 48/50 Emerson (1st Floor)

CRAFTING YOUR CALM with Samantha Bernstein

Join us in learning new and interesting ways to lower anxiety and learn grounding techniques for stress management. We will focus on various arts and crafts to help learn to calm our minds and give our creative side a chance to thrive. Arts and Crafts can help us learn better hand-eye coordination, focus, and how to follow directions. This class will focus on trying new and varied art techniques with many different subjects and skills to highlight.

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

Location – 48/50 Emerson (1st Floor)

GREAT GARDENING with Jeff Sullivan

NEW

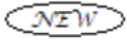
Through a supported learning environment, students will develop practical knowledge, personal responsibility, and transferable skills through experiences with gardening and environmental science. Students will have opportunities to observe and document natural life cycles, including the process of growing plants from seed to flowers and vegetables.

Students will learn about the conditions necessary for healthy plant growth and explore modern gardening practices such as vertical gardening and indoor hydroponics. Through a supportive, hands-on environment, students will gain greater awareness of agricultural science while discovering their own interests, strengths, and potential vocational pathways.

Session A – Fri. 1:00-1:45pm Class Fee – \$300

Location – 48/50 Emerson (1st Floor)

FRESH START: HAIR AND GROOMING FOR SUCCESS with Gabby Rodriguez

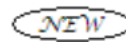


Interested in getting hands on practice with hair and grooming? Come learn more about it! Students will learn the basics of hair and grooming, learning new styles as well as tips and tricks. We will also discuss the important role hair and grooming play in your personal and professional life, setting you up for success and making you feel more confident.

Session A – Tues. 1:00-1:45pm Class Fee – \$300

Location – Outreach

SPEAK UP: ADVOCACY IN ACTION with Marissa Martin



Ready to make your voice heard? Join Speak Up: Advocacy in Action and discover how to advocate for yourself, your workplace, and your community. As election season approaches, we'll explore how voting, government, and civic engagement influence everyday life.

Through interactive activities, group discussions, and real-world scenarios, students will build confidence in expressing their ideas respectfully, evaluating reliable information, and participating in meaningful conversations. Along the way, participants will strengthen essential workplace skills including communication, professionalism, teamwork, problem-solving, and self-advocacy while learning how their voices can make a positive impact in their communities.

Session A – Wed. 3:00-3:45pm Class Fee – \$300

Location – SAIL Engagement 1



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

- Lot more classes this summer to help with that busy schedule
- Workout class with Alex at the JCC on Thursdays!
- Drum Fit is back!
- Adaptive Boxing class is now being offered at the JCC

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.

ACTIVE FOR LIFE with Alex Lagase

This class is geared for students who are having some mobility issues or want to learn how to move their bodies better to support themselves as they get older. This class is recommended for our older students, but all ages are welcome!

Session A – Fri. 11:00-11:45am

ADAPTIVE FITNESS LEVEL 1: with Alex Lagase/Nick Serio

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 B – Tue. 9:00-9:45am

Session C – Wed. 10:00-10:45am

Session D- Thurs. 11:00-11:45am

Location: SAIL Fitness Room

ADAPTIVE FITNESS LEVEL 2: with Alex Lagase/Nick Sero

******* 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 - Tue. 11:00-11:45am

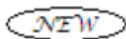
Session B - Wed. 9:00-9:45am

Session C - Thurs. 9:00-9:45am

Session D- Fri. 10:00-10:45am

Location: SAIL Fitness Room

ADAPTIVE BOXING AT THE JCC



Get ready to channel your energy, build strength, and have a blast in Adaptive Boxing at the JCC! Held in the JCC's dedicated boxing studio, this high-energy class offers a fun and safe environment to learn boxing fundamentals, practice target training, and let out some stress. Perfect for all fitness levels, these adaptive workouts focus on boosting coordination, building endurance, and developing confidence. **Spaces are strictly limited to 6 students**, so secure your spot early for this exciting fitness opportunity!

Section A – Mon. 12:15-1:30pm (times reflect travel, class is 45 min)

AFTERNOON YOGA with Mason Thompson

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. 5:00-5:45pm

Location: SAIL Fitness Room

BALANCE IT OUT (LIMITED MOBILITY) with Alex Lagase/Nick Serio

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. 11:00-11:45am

Session B - Thur. 1:00-1:45pm

Location: SAIL Fitness Room

CARDIO KICKBOXING with Mason Thompson/Nick Serio

Join our trainer Mason in a fun way to get out frustration as well as get some cardio!

Session A – Tue. 4:00-4:45pm

Session B- Thur. 4:00-4:45pm

Location: SAIL Fitness Room

CHSC FIT CLUB with Alex Lagase/Nick Serio

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 – Thur. 10:00-10:45am

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

Location: SAIL Fitness Room

CHSC RUN CLUB with Alex Lagase

Through different running drills and light runs, improve your cardio while having fun on the run!

Session A – Fri 3:00-3:45pm

Location: SAIL Fitness Room

DRUM FIT with Alex Lagase

A fun and engaging way to get moving while enjoying great music and boosting your heart rate!

Section A – Tue. 10:00 –10:45am

Location: SAIL Fitness Room

FULL BODY FITNESS with Mason Thomspson/Nick Serio

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 Fitness Room

JCC FITNESS CLUB with Alex Lagase

Join Alex up at the JCC for a workout at the JCC in their new group exercise room. Learn some great new exercises using different equipment. This class is for those serious about leveling up their workouts!

Session A - Thursday 12:00-2:00pm

YOGA with Jen from Aspen Yoga

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 – Tue 2:00-2:45pm

Session B - Fri 1:15-2:00pm

Location: SAIL Fitness 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 Classroom 1 & 2



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.