

# CHAPEL HAVEN SCHLEIFER CENTER

## REACH PROGRAM COURSE CATALOG

### Winter 2020



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

**Chapel Haven Schleifer Center, Inc.**  
1040 Whalley Ave. New Haven, CT 06515  
[www.chapelhaven.org](http://www.chapelhaven.org/) HYPERLINK "http://www.chapelhaven.org/" \h

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

HYPERLINK "mailto:cgrandy@chapelhaven.org" \h cgrandy@chapelhaven.org

Winter Quarter Begins **Monday, January 6<sup>th</sup> 2020**  
Fall Quarter Ends **Friday, April 3<sup>rd</sup> 2020**

**\*\*\*Please submit all finalized schedules to Cherice  
Grandy by Friday, November 22<sup>nd</sup> 2019\*\*\***

---

Chapel Haven’s REACH program centers on a rich offering of functional academics with the main goal of preparing our students to live independently in the community. Our Functional Academic classes form the core of the REACH curriculum and are divided into 13 curriculum areas. Residents must meet a certain number of distribution requirements in order to graduate from the residential program. Community members, as in any adult education program, may enroll in any of the classes that interest them except those that are designate for residents only.

As a state approved private special education facility, we employ a teaching staff comprised of both certified and non-certified professionals who attend not only to their classes’ subject matter, but also to the personal growth and enrichment of their students as individuals. Great care is taken in designing the continually expanding course selection to meet the needs and interests of our students. In addition to directly preparing the students for independent living, the classes in our core curriculum, as well as our enrichment classes, incorporate thirteen blended subject areas (listed below).

The driving purpose and foundation of our education program is the integration of our students into the community. We recognize that this can be accomplished only if we teach explicitly and incidentally the social skills that make up the “hidden curriculum” that is essential to success in any community setting. To teach this hidden curriculum, we have designed each of our functional classes so that students learn concrete life skills such as clothing management and grocery shopping through a social communicative competence lens. Our curriculum takes the same approach to teaching problem solving skills, which are a skill set that is essential and transferable across any life skill or community interaction.

This comprehensive program is just one layer in the foundation upon which our residents build lives of successful independence.

<b>Blended Subject Areas – Legend</b>		
<b>LA</b> – Language Arts	<b>CarE</b> – Career Education	<b>T</b> – Technology
<b>SS</b> – Social Studies	<b>ConE</b> – Consumer Education	<b>HS</b> – Health and Safety
<b>M</b> – Math	<b>PE</b> – Physical Education	<b>SCC</b> – Social Communication
<b>S</b> – Science	<b>VS</b> – Vocational Skills	<b>LM</b> – Leisure Management
<b>A</b> – Art		

# CHAPEL HAVEN SCHLEIFER CENTER

## REACH MASTER DAY SCHEDULE

## WINTER 2020

7:30-8:30	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
	EB/NM-Personal Hygiene	EB/NM-Personal Hygiene FS-Wake up & Sweat E (FR)	EB/NM-Personal Hygiene	EB/NM-Personal Hygiene FS-Wake up & Sweat F (FR)	EB/NM-Personal Hygiene
9-10	DD-GMCH A (114) ER-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)	DD-GMCH A (114) ER-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)  <b>MR-Laundry J (SL)</b> <b>[9:00-11:00am]</b>	DD-GMCH A (114) ER-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)	DD-GMCH A (114) ER-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)  <b>MR-Laundry L (SL)</b> <b>[9:00-11:00am]</b>	DD-GMCH A (114) ER-GMCH B (115) BA-GMCH C (116) OW-GMCH D (120)
10-11	<b>MR-Wilbur Cross B (SL)</b> <b>[10:00-12:00pm]</b> <b>NM-Groc. Shop. H (SL)</b> <b>[10:00-12:00pm]</b> <b>TM-Out &amp; About E (CY)</b> <b>[10:00-12:00pm]</b>  ER-Healthy Relations. 3A (115) DD-Disability Hist. A (114)	<b>NM-Groc. Shop. J (SL)</b> <b>[10:00-12:00pm]</b>  DD-Digital Scheduling F (114) BA-CT Landmarks A (116)	<b>BA-Drazen Law Firm C (116)</b> <b>[10:00-12:00pm]</b> <b>MR-Laundry K (SL)</b> <b>[10:00-12:00pm]</b>  OW-Good Morn. Stretch A (CRA) JL-Current Events D (120)	<b>BA-Petco B (116)</b> <b>[10:00-12:00pm]</b>  DD-Assistive Tech. B (114) NM-Arts & Crafts A (116)	DF-Soc. Caffeinated A (122) <i>[2<sup>nd</sup> year only]</i>  OW-Good Morn. Stretch B (CRA) NM-Celebrating the Cent. A (120)
11-12	ER-Self-Advocacy A (115) OW-Real Life Reading A (120)	BA-Writ. for Employ. A (116) <i>[2<sup>nd</sup> year only]</i> ER-Healthy Relations. 3B (115) OW-Sounds of Musicals A (CRA)	DD-Assistive Tech. A (114) JL-Common Illnesses A (120)	ER-Self-Advocacy B (115) OW-Sweat it Off B (FR) TM-Jewelry Making H (AS)	DF-Ins/Outs of Good Comm. A (122) <i>[1<sup>st</sup> year only]</i> DD-Yearbook A (114) <i>[2<sup>nd</sup> year only]</i> NM-Sitcoms from the 2000's B (CRA)
12-1	OW-LUNCH PREP BA-LUNCH PREP	MR-LUNCH PREP DD-LUNCH PREP	NM-LUNCH PREP ER-LUNCH PREP	NM-LUNCH PREP MR-LUNCH PREP	INDEPENDENT LUNCH
1-2	<b>NM-Burlington B [1:00-3:00pm]</b>  BA/MR-CVS/CH Maint. A (SL) DD-Digital Scheduling E (114) TM-Yoga C (CRA) LW-Men's Group B (116)	<b>SP/ER-Pers. Finance I (115)</b> <b>[1:00-3:00pm]</b> <b>MR-Walgreens E (SL)</b> <b>[1:00-3:00pm]</b>  LW-Handy around the House A (119) NM-Puzzle Mania A (120) OW-Rhythm & Movement A (CRA)	<b>SP/ER-Pers. Finance J (115)</b> <b>[1:00-3:00pm]</b>  DD-Advanced Banking C (114) LW-Boot Camp A (CRA) OW-Real Life Reading B (120) TM-Painted Glass. E (AS)	<b>SP/ER-Pers. Finance K (115)</b> <b>[1:00-3:00pm]</b> <b>LW-Laundry M (SL)</b> <b>[1:00-3:00pm]</b> <b>TM-Out to Art B (CY)</b> <b>[1:00-3:00pm]</b>  BA/MR-CVS/CH Maint. B (SL) DD-All About Dogs A (114) NM-Book Club B (116)	<b>MR-Bowling C (CY)</b>  ER/NM-Read All About it A (115) DD-Kindness Camp. B (114) TM-Painted Glass. F (AS)

<b>2-3</b>	LW-Groc. Shop I (SL) BA-Basketball Diaries A (116) CG/OW-Chorus B (CRA) TM-Artistic Woodwork E (AS)	DD-Advanced Banking B (114) LW-Sweat it Off A (FR) NM-Sitcoms from the 2000's A (CRA)	LW-Handy around the House B (119) BA-Sports History A (116) MR-JCC Workout F (SL)	OW-Just the Facts: FF A (120) NM-JCC Workout H (CY)	OW-Music Apprec. A (120) BA-Will it Blend B (119) NM-Women's Group C (CRA) TM-Artistic Woodwork F (AS)
------------	--	---	---	--	---

<u>EDUCATION STAFF:</u>	<u>CLASSROOMS:</u>
<b>OW</b> -Olivia Wood <b>BA</b> -Bill Angier <b>DD</b> -Danielle Drazen <b>ER</b> -Erik Rambush <b>CG</b> -Cherice Grandy <b>TM</b> -Tina Menchetti <b>DF</b> -Dan Forman <b>SP</b> -Sue Peters <b>MR</b> -Mylissa Rockefeller <b>NM</b> -Nancy Murray  <b>LW</b> -Luke Watterson	<b>JL</b> -Jules Landswirth <b>KS</b> -Kim Stack <b>MB</b> -Marie Boyd <b>TC</b> -Terri Console <b>FS</b> -Faith Smith <b>NR</b> -Nicole Rainieri <b>NA</b> -Nery Aldana <b>IC</b> -Igor Celzer <b>SB</b> -Stephanie Berberich <b>HM</b> -Heather McDonald
	<b>114</b> -REACH (Danielle) <b>115</b> -REACH (Erik) <b>116</b> -REACH (Bill) <b>119</b> -REACH (Teaching Apt.) <b>120</b> -REACH (Olivia) <b>122</b> -REACH (Dan) <b>CLP</b> - Comm. Living Prog.  <b>UA</b> -UARTS
	<b>FR</b> -Fitness Room <b>SL</b> -Student Lounge <b>AS</b> -Art Studio <b>CRA</b> -Outreach Center <b>BC</b> -Basketball Court <b>CY</b> -Courtyard <b>RK</b> -Rossman Kitchen

<b>CHAPEL HAVEN SCHLEIFER CENTER</b>				<b>WINTER 2020</b>	
<i>REACH MASTER EVENING SCHEDULE</i>					
<b>TI ME</b>	<b>MONDAY</b>	<b>TUESDAY</b>	<b>WEDNESDAY</b>	<b>THURSDAY</b>	<b>FRIDAY</b>
<b>3-4</b>	MR/LW/NM-Keeping up Appearances (Apt)  DD-Advanced Banking A (114)  KS-Afternoon Fitness E (FR)  TM- Basic Ceramics G (AS)	<b>LW-Groc. Shop K (SL)</b> [3:00-5:00pm]  MR/NM-Keeping up Appearances (Apt)  SB/HM-UARTS B (UA)	<b>TM/OW-CHSC Theater B</b> [3:00-4:30pm] (CRA)  MR/LW/NM-Keeping up Appearances (Apt)  KS-Afternoon Fitness G (FR)	<b>MR-Groc. Shop. L (SL)</b> [3:00-5:00pm]  LW/NM-Keeping up Appearances (Apt)  TC-Zumba C (CRA)	MR/NM-Keeping up Appearances (Apt)
<b>4-5</b>	BA-NFTE 101A (CRA)  TM- Basic Ceramics H (AS)	NM-Afternoon Fitness F (FR)  FS-Let's Dance C (CRA)	<b>DD-JCC Workout G (CY)</b> [4:00-5:30pm]	NA-Afternoon Fitness H (FR)  TM-Basic Ceramics I (AS)  BA-Dealing with the Drama A (CLP)	
<b>5-6</b>	MB-Cardio & Yoga C (CRA)	<b>NR-Healthy Cooking E (CLP/RK)</b> [5:00-6:30pm]  <b>NM-Out and About F</b> [5:00-7:00pm] (CY)	IC-Kickboxing B (CRA)  TM-Expressive Painting A (AS)	<b>NR-Healthy Cooking F (CLP/RK)</b> [5:00-6:30pm]	
<b>6-7</b>			TM-Jewelry Making G (AS)		

7-8					
-----	--	--	--	--	--

<u>EDUCATION STAFF:</u>		<u>CLASSROOMS:</u>	
<b>OW</b> -Olivia Wood	<b>JL</b> -Jules Landswirth	<b>114</b> -REACH (Danielle)	<b>FR</b> -Fitness Room
<b>BA</b> -Bill Angier	<b>KS</b> -Kim Stack	<b>115</b> -REACH (Erik)	<b>SL</b> -Student Lounge
<b>DD</b> -Danielle Drazen	<b>MB</b> -Marie Boyd	<b>116</b> -REACH (Bill)	<b>AS</b> -Art Studio
<b>ER</b> -Erik Rambush	<b>TC</b> -Terri Console	<b>119</b> -REACH (Teaching Apt.)	<b>CRA</b> -Outreach Center
<b>CG</b> -Cherice Grandy	<b>FS</b> -Faith Smith	<b>120</b> -REACH (Olivia)	<b>BC</b> -Basketball Court
<b>TM</b> -Tina Menchetti	<b>NR</b> -Nicole Rainieri	<b>122</b> -REACH (Dan)	<b>CY</b> -Courtyard
<b>DF</b> -Dan Forman	<b>NA</b> -Nery Aldana	<b>CLP</b> - Comm. Living Prog.	<b>RK</b> -Rossman Kitchen
<b>SP</b> -Sue Peters	<b>IC</b> -Igor Celzer	<b>UA</b> -UARTS	
<b>MR</b> -Mylissa Rockefeller	<b>SB</b> -Stephanie Berberich		
<b>NM</b> -Nancy Murray	<b>HM</b> -Heather McDonald		
<b>LW</b> -Luke Watterson			

## TABLE OF CONTENTS

<b>[Core Classes]</b>	<b>7</b>
Good Morning Chapel Haven (LA, M, ConE, HS, SCC, LM) – <i>Core Y1 &amp; Y2</i>	7
Working Partnerships (VS, CarE) – <i>Core Y1 &amp; Y2</i>	7
Grocery Shopping (M, ConE) – <i>Core Y1</i>	7
Healthy Relationships 3 (SCC) – <i>Core Y1</i>	8
Self-Advocacy (SCC) - <i>Core Y1</i>	8
Real Life Reading (ConE, LA) – <i>Core Y1</i>	8
Lunch Preparation (ConE, HS) – <i>Core Y1 &amp; Y2</i>	8
Digital Scheduling (T) – <i>Core Y1 &amp; Y2</i>	8
Keeping Up Appearances (HS) – <i>Core Y1 &amp; Y2</i>	9
Laundry (M, ConE) – <i>Core Y1 &amp; Y2</i>	9
Advanced Banking (M, ConE) – <i>Core Y1 &amp; Y2</i>	9

(NEW)

Writing for Employment (CarE) – <i>Core Y2</i>	9
Personal Finance (M, ConE) – <i>Core Y1 &amp; Y2</i>	9
Handy around the House (HS) – <i>Core Y1</i>	10
Assistive Technology (T) – <i>Core Y1</i>	10
Socially Caffeinated (SCC) – <i>Y2 Only</i>	10
Ins and Outs of Good Communication (SCC) – <i>Y1 Only</i>	10
<b>[Electives]</b>	<b>10</b>
Disability History (SS)	10
Men’s Group (SCC, LM)	11
Yoga (PE, HS)	11
Basketball Diaries (LM, SS, SCC)	11
Chorus (LA, A)	11
Afternoon Fitness (PE)	11
CT Landmarks (SS)	11
Sound of Musicals (LA, A)	12
Puzzle Mania (LM)	12
Sweat it Off (PE)	12
Sitcoms from the 2000’s (LM, SCC)	12
JCC Workout (PE)	12
Good Morning Stretch (PE, HS, LM)	12
Current Events (LA, SS)	13
Common Illnesses (HS)	13
Boot Camp (PE)	13
Rhythm & Movement (PE, HS)	13
Arts & Crafts (A)	13
All About Dogs (S) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	13
Book Club (LA)	14
Just the Facts: Fast Food (HS, ConE)	14
Celebrating the Century (SS) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	14
Writing for the Yearbook (LA, T) – <i>Y2 Only</i>	14
Read All About It (LA, SS) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	14
Kindness Campaign (SS, SCC)	15
Music Appreciation (A, LM)	15
Women’s Group (SCC)	15
<b>[Continuing Adult Education]</b>	<b>15</b>
Out & About (ConE, SCC)	15
Artistic Woodwork (A)	15
Basic Ceramics (A)	16

NFTE 101 (CarE) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	16
Cardio & Yoga (PE) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	16
Wake Up and Sweat (PE)	16
UARTS, Connecting through Creativity (A)	16
Let's Dance (PE, HS)	17
Healthy Cooking (M, ConE, HS)	17
Painted Glassware (A)	17
Chapel Haven Schleifer Center Theater (A)	17
JCC Workout (PE) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	17
Kickboxing (PE)	18
Expressive Painting (A)	18
Jewelry Making (A, LM)	18
Out to Art (A, SCC)	18
Zumba (PE, HS) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	19
Dealing with the Drama (SCC, HS) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	19
Bowling (PE, LM)	19
Will it Blend? (ConE, HS) <span style="border: 1px solid black; border-radius: 50%; padding: 2px;">NEW</span>	19

## [Core Classes]

*\*Included with Tuition\**

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

**Danielle Drazen/Erik Rambush/Bill Angier/Olivia Wood**

This class is a great way to start the day! Students will meet each day as a group and with their coordinating teacher to practice and use social communication skills as a tool to organize their day. In this group session, facilitated by the teacher, students will practice community safety, discuss their course schedules, appropriate clothing and hygiene for different situations, free-time plans, upcoming recreation trips and more. Each student will be encouraged to bring any general daily problems (scheduling conflicts, social dilemmas, conflict resolution, etc.) to the

group for discussion. This is also the time of day during which students will work with their teacher to create their weekly grocery lists, purchase any needed hygiene items, and monitor their hygiene with help from their teacher.

**Session A - Mon-Fri. 9:00-10:00am (Danielle)**

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

**Session C - Mon-Fri. 9:00-10:00am (Bill)**

**Session D - Mon-Fri. 9:00-10:00am (Olivia)**

### **Working Partnerships (VS, CarE) – Core Y1 & Y2**

**Myliisa Rockefeller/Nancy Murray/Bill Angier**

Working Partnerships is a vocational education package designed to teach students how to become professional employees. Transferable work skills will be taught explicitly and implicitly in an off-campus classroom and in various work sites throughout the New Haven area. The focus of this program is to teach students the social skills; work ethic and attitude that they will need to become professional and reliable employees.

**Wilbur Cross (Y2 only)**

**Mon. 10:00-12:00pm (Myliisa)**

**CVS/CH Maintenance (Y1 only)**

**Mon/Thu. 1:00-2:00pm (Bill & Myliisa)**

**Burlington (Y2 only)**

**Mon. 1:00-3:00pm (Nancy)**

**Walgreens (Y2 only)**

**Tue. 1:00-3:00pm (Myliisa)**

**Drazen-Rubin Law Firm (Y2 only)**

**Wed. 10:00-12:00pm (Bill)**

**Petco (Y2 only)**

**Thu. 10:00-12:00pm (Bill)**

### **Grocery Shopping (M, ConE) – Core Y1**

**Nancy Murray/Luke Watterson/Myliisa Rockefeller**

This class will combine a variety of skill sets, from math and mobility to menu planning and social skills. The goal of this class is to help students learn to grocery shop more independently. At the beginning of the semester, students will take the bus to Stop and Shop with their teachers; locate the items on their list, shop, and pay. Support will be faded out throughout the semester as appropriate for each student.

**Session H - Mon. 10:00-12:00pm (Nancy)**

**Session I - Mon. 2:00-3:00pm (Luke)**

**Session J - Tue. 10:00-12:00pm (Nancy)**

**Session K - Tue. 3:00-5:00pm (Luke)**

**Session L - Thu. 3:00-5:00pm (Myliisa)**

### **Healthy Relationships 3 (SCC) – Core Y1**

**Erik Rambush**

The third class in the Healthy Relationships series, this course will review concepts from Healthy Relationships 1 & 2 and, in addition, will focus on many of the practical social rules and constructs that one needs to follow in order to keep relationships healthy and meaningful. Just as students will learn about the actions that they need to take to keep relationships healthy, they will also learn how to understand the actions and motives of others.

**Session A - Mon. 10:00-11:00am**

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



### **Self-Advocacy (SCC) - Core Y1**

#### **Erik Rambush**

Independence and responsibility go hand in hand. But why are they both important? And why do both concepts become more important the older we get? This course will explore the challenges of this journey while providing a basic road map to solving problems or asking for help in solving a problem.

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

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

### **Real Life Reading (ConE, LA) – Core Y1**

#### **Olivia Wood**

A reading class with a “functional” twist. Learn to read important and helpful information from a variety of sources such as schedules, tables, and menus. Students will learn to follow basic instructions and read and understand bills. These and other areas of fundamental reading will be taught.

**Session A – Mon. 11:00-12:00pm**

**Session B – Wed. 1:00-2:00pm**

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

#### **Education Staff**

In this class, our education staff will assist each student with lunch preparation in his or her apartment. Students are guided through the prep process of quick and easy meals that the student will ultimately master on their own. Once a meal is mastered, the student will move on to a new meal requiring similar yet new skills while continuing to make the mastered meals, on a less frequent basis, to maintain skill sets. This class sets the student up for independence in the kitchen and the ability to safely prepare many different meals.

**Mon-Thu. 12:00-1:00pm**

### **Digital Scheduling (T) – Core Y1 & Y2**

#### **Danielle Drazen**

Do you have trouble keeping track of a paper schedule? Do you have difficulty writing and prefer typing? If so, this is the class for you! In Digital Scheduling, students will learn to use Google Calendar to keep a record of their schedule including classes, rec trips, social plans, and various other appointments. The class will also cover how to avoid double booking and sharing your digital schedule with your family, point person, and teachers. **Students must have a smart device for this class.**

**Session E - Mon. 1:00-2:00pm**

**Session F - Tue. 10:00-11:00am**

### **Keeping Up Appearances (HS) – Core Y1 & Y2**

#### **Myliissa Rockefeller/Nancy Murray/Luke Watterson**

This class will help students target the areas of personal hygiene and self-care that they have identified as needing or wanting more practice in. The class sessions will be held in each student’s apartment to promote generalization of skills. The amount of sessions each student is enrolled in will be determined by their coordinating teacher.

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

**Laundry (M, ConE)** – Core Y1 & Y2

**Mylissa Rockefeller/Luke Watterson**

This class will convene at Top Kat Laundromat, where students will do their laundry, learn to separate darks and lights, choose the right washer and dryer cycles and fold their clothes. Students will also practice appropriate social skills at the Laundromat, including public downtime management skills.

**Session J – Tue. 9:00-11:00am (Mylissa)**

**Session K – Wed. 10:00-12:00pm (Mylissa)**

**Session L – Thu. 9:00-11:00am (Mylissa)**

**Session M – Thu. 1:00-3:00pm (Luke)**

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

NEW

**Danielle Drazen**

This class is designed for those students who have mastered skills taught in our Personal Finance class. They will learn to increase their independence with money management with a specific emphasis on technological supports. Students will continue to receive support with budgeting for wants and needs, but they will make independent trips to the bank for withdrawals and deposits. Students will also begin using the Webster Bank App and storing money they have budgeted in personal lockboxes to use throughout the week.

**Session A – Mon. 3:00-4:00pm**

**Session B – Tue. 2:00-3:00pm**

**Session C – Wed. 1:00-2:00pm**

**Writing for Employment (CarE)** – Core Y2

**Bill Angier**

In this class students will create resumes and cover letters. They will also practice filling out applications, paying close attention to handwriting.

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

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

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

**Sue Peters/Erik Rambush**

Students will work with their teacher on weekly budgeting. Areas to be reviewed are deciding weekly expenses, allotting money for those expenses, and going to the bank. Skills to be worked on will include reviewing weekly wants and needs, basic math computation, completing withdrawal and deposit slips, and responsibilities and realistic expectations regarding money. As students' progress throughout the course, the goal is for students to develop more independence and confidence with their money management skills.

**Session I – Tue. 1:00-3:00pm**

**Session J – Wed. 1:00-3:00pm**

**Session K – Thu. 1:00-3:00pm**

**Handy around the House (HS)** – Core Y1

**Luke Watterson**

There are so many tasks involved with maintaining an apartment such as knowing how to reset a circuit breaker, change every day light bulbs, hang a picture and turning a water main on and

off. There was never a class to teach all of these "little" things until now. Join this class so we can show you how to better handle small emergencies all yourself. This class is recommended for all Second Year and BRIDGE students.

**Session A – Tue. 1:00-2:00pm**

**Session B – Wed. 2:00-3:00pm**

**Assistive Technology (T) – Core Y1**

**Danielle Drazen**

Learn how fun tips, tricks on your own tablet, cell phone, or smart device can help make everyday tasks easier! Students will explore apps and built-in accessibility features to help with things like time management, reading and writing. The focus will be on finding assistive technology solutions to everyday problems. **Students must have a smart device for this class.**

**Session A – Wed. 11:00-12:00pm**

**Session B – Thu. 10:00-11:00am**

**Socially Caffeinated (SCC) – Y2 Only**

**Dan Forman**

A communication class dedicated to those who need a coffee break...or just some good conversation. This is a chance to sit down with your peers and talk about what you've been up to, the news, water cooler moments, or whatever happens to be on your mind. Lessons will explore greetings, active listening, maintaining and ending a conversation, providing details, asking follow up questions and other general conversational skills.

**Session A - Fri. 10:00-11:00am**

**Ins and Outs of Good Communication (SCC) – Y1 Only**

**Dan Forman**

Successful communication is hard. If it wasn't, most sitcoms wouldn't exist. In this class, we look at some of the basic skills needed for good communication like appropriate body language and perspective taking, while also exploring the rules of verbal communication. TV shows and movies will be mined for examples of things we should and shouldn't do when communicating with friends, co-workers, family, and other important people in our lives.

**Session A - Fri. 11:00-12:00pm**

## **[Electives]**

*\*Included with Tuition\**

**Disability History (SS)**

**Danielle Drazen**

Learn about the rich history of people with disabilities. Learn about the history of the disabled in the United States starting shortly before the United States was founded up to today's disabled community. Learn about the remarkable diversity, creativity, and leadership that have shaped the disabled community and American culture. We'll explore how far society and our law have come and the events and people that contributed to the true integration of people with disabilities in society.

**Session A - Mon. 10:00-11:00am**

### **Men's Group (SCC, LM)**

**Luke Watterson**

This class offers our male students an opportunity to get together and discuss issues they may only feel comfortable discussing with “the guys!” Each week students will come together and have an “open chat” while doing a leisure activity such as arts and crafts, puzzles, board games, discussing sports...whatever the group decides to do!

**Session B - Mon. 1:00-2:00pm**

### **Yoga (PE, HS)**

**Tina Menchetti**

Enjoy an hour of deep breathing and relaxation. Go at your own pace and learn how to use breathing techniques and position your body in different ways. Yoga can help improve your flexibility, balance, concentration and posture, while increasing muscle strength at the same time.

**Session C – Mon. 1:00-2:00pm**

### **Basketball Diaries (LM, SS, SCC)**

**Bill Angier**

In this class students will learn all about the great game of basketball. Students will learn how basketball is played and keep up on all the latest news and highlights. Whether you're a professional or just like to shoot around with your friends, this class is for you.

**Session A – Mon. 2:00-3:00pm**

### **Chorus (LA, A)**

**Cherice Grandy/Olivia Wood**

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 – Mon. 2:00-3:00pm**

### **Afternoon Fitness (PE)**

**Kim Stack/Nancy Murray/Nery Aldana**

Are you ready to release some energy after a busy day? The fitness center is the place to be! Students will rotate through a routine of stretching, cardio and weight training workouts designed to help burn calories, strengthen muscles and improve endurance. On days when the weather is nice, students will occasionally go for a walk around the Westville Community. Students should dress appropriately for the weather.

**Session E – Mon. 3:00-4:00pm (Kim)**

**Session F – Tue. 4:00-5:00pm (Nancy)**

**Session G – Wed. 3:00-4:00pm (Kim)**

**Session H – Thu. 4:00-5:00pm (Nery)**

**1<sup>st</sup> session of Afternoon Fitness is free, each additional session \$140.00**

### **CT Landmarks (SS)**

**Bill Angier**

Did you know that Connecticut, originally spelled Quinnitukqut, is from the Native American Mohegan language meaning “place of long tidal river?” Get to know this great state that was one of the 13 original colonies in New England. This was where the Frisbee was invented as well where the top sports station ESPN is located. Find out all the cool things that happened or is happening in the Constitution state.

**Session A - Tue. 10:00-11:00am**

**Sound of Musicals (LA, A)**

**Olivia Wood**

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

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

**Puzzle Mania (LM)**

**Nancy Murray**

With the weather getting colder, it is important to find fun activities to complete indoors. Puzzles are a great way to socialize and pass the time, as well as create something beautiful. In this class, students will have the chance to complete several puzzles, both easy and challenging. Students will practice a number of skills in this class, some of which include teamwork, communication, and creative thinking. If you enjoy challenging your brain, this is the class for you!

**Session A - Tue. 1:00-2:00pm**

**Sweat it Off (PE)**

**Luke Watterson/Olivia Wood**

This class is a great way to stay fit and maintain a healthy heart. Students will move to the music in our fitness room, using the treadmills, elliptical machines and stationary bikes.

**Session A - Tue. 2:00-3:00pm (Luke)**

**Session B - Thu. 11:00-12:00pm (Olivia)**

**Sitcoms from the 2000's (LM, SCC)**

**Nancy Murray**

Join us for a fun-filled T.V. hour. Watch shows from Year 2000 and up such as Big Bang Theory, Malcolm in the Middle and Everybody Loves Raymond! Students in this class will discuss underlying themes, character roles, and plots.

**Session A – Tue. 2:00-3:00pm**

**Session B – Fri. 11:00-12:00pm**

**JCC Workout (PE)**

**Mylissa Rockefeller/Nancy Murray**

Students will travel to the Jewish Community Center each week for the workout of their choice! Swim a few laps in the pool, work on your jump shot or free throw on the basketball court, or go for a jog on the treadmill in the fitness center. **Students must have an active membership prior to the first class!**

**Session F – Wed. 2:00-3:00pm (Mylissa)**

**Session H – Thu. 2:00-3:00pm (Nancy)**

**Good Morning Stretch (PE, HS, LM)**

**Olivia Wood**

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

**Session A - Wed. 10:00-11:00am**

**Session B - Fri. 10:00-11:00am**

**Current Events (LA, SS)**

**Dr. Jules Landwirth**

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

**Session D – Wed. 10:00-11:00am**

**Common Illnesses (HS)**

**Dr. Jules Landwirth**

In this class, students will learn to recognize the symptoms of common illnesses and identify the proper treatment. The focus will be on the basic types of common illnesses and which common over-the-counter medications are effective in their treatment. Students will also learn how these illnesses are transmitted, how to use and clean a thermometer, and how to use medications safely.

**Session A – Wed. 11:00-12:00pm**

**Boot Camp (PE)**

**Luke Watterson**

Atten-tion! Has your workout become ho-hum?! Want to see those muscles firmed up? Boot camp is just what you need! Each week you'll get a heart pumping workout that builds cardio health as well as strong muscles. This class will utilize a variety of obstacle course-like exercises and drills that keep you moving and sweating, but don't worry! The fast pace and fun will have your workout done before you know it!

**Session A - Wed. 1:00-2:00pm**

**Rhythm & Movement (PE, HS)**

**Olivia Wood**

Rhythm is a part of everyday life. Whether listening to rock music while exercising, dancing to the beats in a hip hop track, or listening to the windshield wipers on a rainy day, rhythm is everywhere. In this class, students will explore various forms of rhythm while dancing and having fun!

**Session A - Wed. 2:00-3:00pm**

**Arts & Crafts (A)**

**Nancy Murray**

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

**Session A - Thu. 10:00-11:00am**

**All About Dogs (S)**

**NEW**

**Danielle Drazen**

Join us for this fun filled hour exploring all things canines! Have you ever wanted to know more about man's best friend? Learn all about how dogs think, play, and how to train and care for a dog. We'll explore all this, plus enjoy some guest appearances from canine guest lecturers!

**Session A - Thu. 1:00-2:00pm**

### **Book Club (LA)**

**Nancy Murray**

In this class, students will have the opportunity to meet weekly and discuss exciting literature. Students will have lively discussions about the characters and plot, make predictions about what is going to happen, and talk about how themes in literature can relate to their lives. The chosen book for this semester is entitled *Treasure Hunters* by GE Patterson. The Kidd siblings have grown up diving down to shipwrecks and traveling the world, helping their famous parents recover everything from swords to gold doubloons from the bottom of the ocean. But after their parents disappear on the job, the kids are suddenly thrust into the biggest treasure hunt of their lives. They'll have to work together to defeat dangerous pirates and dodge the hot pursuit of an evil treasure hunting rival, all while following cryptic clues to unravel the mystery of what really happened to their parents-and find out if they're still alive.

**Session B - Thu. 1:00-2:00pm**

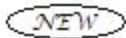
### **Just the Facts: Fast Food (HS, ConE)**

**Olivia Wood**

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

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

### **Celebrating the Century (SS)**



**Nancy Murray**

Let's take a trip through the 21<sup>st</sup> 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 – Fri. 10:00-11:00am**

### **Writing for the Yearbook (LA, T) – Y2 Only**

**Danielle Drazen**

That's right! Chapel Haven is beginning to work on the yearbook for the class of 2020! Students will work on fundraising, editing, budgeting, and decision-making skills as well as the writing skills used in creating a yearbook. Yearbook class is open to second year REACH students with a class maximum enrollment of 6. **Students will be selected by the Education Staff.**

**Session A – Fri. 11:00-12:00pm**

**Read All About It (LA, SS)**

NEW

**Erik Rambush/Nancy Murray**

Do you want to be the one to spread the news about CHSC? If so, this class is definitely for you! We will explore the basics of how to create a newsletter. Weekly classes will cover the importance of communication, the layout of information and how to best present it, research, interviewing skills, team work, community awareness, and more. Technology skills will be developed to produce a final newsletter product using MS Publisher.

**Session A - Fri. 1:00-2:00pm**

**Kindness Campaign (SS, SCC)**

**Danielle Drazen**

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

**Session B – Fri. 1:00-2:00pm**

**Music Appreciation (A, LM)**

**Olivia Wood**

Music can heal, uplift, calm, enlighten, nourish, and strengthen us. You don't have to know a lot about music to feel its impact. We live and breathe in sound. Our breathing adjusts itself to the sounds around us. We can slow it down or speed it up with music. This class offers students a chance to get together, share their favorite music and explore the variety of popular music that is out there. Through visiting artist websites, and viewing videos on You Tube, students will explore the latest and best in pop music, independent and underground, hip hop, country, hard rock and more!

**Session A – Fri. 2:00-3:00pm**

**Women’s Group (SCC)**

**Nancy Murray**

This class offers our female students an opportunity to get together and discuss issues they may only feel comfortable discussing with “the ladies!” Each week students will come together and have an “open chat” while doing a leisure activity such as arts and crafts, puzzles, board games...whatever the group decides to do!

**Session C – Fri. 2:00-3:00pm**

**[Continuing Adult Education]**

**Out & About (ConE, SCC)**

**Tina Menchetti/Nancy Murray**

Come check out New Haven happenings! Students will travel to coffee shops, museums, galleries, malls, bookstores and whatever else the group decides on. Students will use these outings as an opportunity to practice and develop their social skills – from carrying on conversations with peers and planning group activities to setting appropriate boundaries with



strangers and community employees. Everyone should have an ID, and spending money if desired. Please dress appropriately and be on time.

**Session E – Mon. 10:00-12:00pm (Tina)**

**Session F – Tue. 5:00-7:00pm (Nancy)**

**Fee: \$155.00 (Session E) \$190.00 (Sessions F)**

### **Artistic Woodwork (A)**

**Tina Menchetti**

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

**Session E – Mon. 2:00-3:00pm**

**Session F – Fri. 2:00-3:00pm**

**Class Fee: \$150.00 (includes all supplies)**

### **Basic Ceramics (A)**

**Tina Menchetti**

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

**Session G – Mon. 3:00-4:00pm**

**Session H – Mon. 4:00-5:00pm**

**Session I – Thu. 4:00-5:00pm**

**Class Fee: \$150.00 (includes all supplies)**

### **NFTE 101 (CarE)**

**NEW**

**Bill Angier**

Have you ever thought about starting your own business? If so, then you should take Chapel Haven Schleifer Center's new course, NFTE 101. In this class students will learn about NFTE and decide if they want to participate in additional NFTE classes where they will create their own business idea and find out what it will take to turn their idea into reality. And if you already have a business idea or are currently trying to grow an existing business, this class will help you take whatever you have to the next level. So if you dream of being your own boss, then sign up for NFTE 101.

**Session A – Mon. 4:00-5:00pm**

**Class Fee: \$140.00**

### **Cardio & Yoga (PE)**

**NEW**

**Marie Boyd**

Cardio & Yoga is the perfect mix to get your heart rate up to burn calories. Marie Boyd has been an instructor at The Edge Fitness since 2015 and is certified in various programs such as Strong by Zumba, Spinning and Les Mills. In the cardio portion of the class, she will introduce students to cardio intervals and engage their muscles to build strength while having fun! The yoga portion is designed to help students relax, focus on breathing and core strength.

**Session C - Mon. 5:00-6:00pm**

**Class Fee: \$150.00**

### **Wake Up and Sweat (PE)**

**Faith Smith**

Are you feeling sluggish? Has your energy level decreased? Do you want to feel better? Then get to the fitness room before most of your classmates even get out of bed. Improve your health and look great too!

**Session E – Tue. 7:30-8:30am**

**Session F – Thu. 7:30-8:30am**

**Class Fee: \$140.00**

### **UARTS, Connecting through Creativity (A)**

**Stephanie Berberich/Heather McDonald**

Explore your creativity at the UARTS studio. Paint and stencil a wooden sign, make a soy wax scented candle, dye a silk scarf or learn to silk screen. Students will be able to take home their products at the end of the semester!

*(10 week session – Begins on 1/6 and ends on 3/9)*

**Session B – Tue. 3:00-4:00pm**

**Class Fee: \$225.00 (fee includes all supplies)**

### **Let's Dance (PE, HS)**

**Faith Smith**

Come learn the newest dance moves to today's hottest music! No experience necessary- we will cover all the basic steps, so dress casually with sneakers and be prepared to have a blast!

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

**Class Fee: \$140.00**

### **Healthy Cooking (M, ConE, HS)**

**Nicole Rainieri, Certified Holistic Health Counselor**

In this class, students will learn how to make new and healthy dishes. They will also learn healthier ways to cook some of their favorite meals. Each week students will be able to participate in making and eating the dish they choose as a small group.

**Session E – Tue. 5:00-6:30pm**

**Session F – Thu. 5:00-6:30pm**

**Class Fee: \$250.00**

### **Painted Glassware (A)**

**Tina Menchetti**

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

**Session E – Wed. 1:00-2:00pm**

**Session F – Fri. 1:00-2:00pm**

**Class Fee: \$150.00 (includes all supplies)**

### **Chapel Haven Schleifer Center Theater (A)**

**Tina Menchetti/Olivia Wood**

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: \$275.00**

**JCC Workout (PE)**

**NEW**

**Danielle Drazen**

Students will travel to the Jewish Community Center each week for the workout of their choice! Swim a few laps in the pool, work on your jump shot or free throw on the basketball court, or go for a jog on the treadmill in the fitness center. **Students must have an active membership prior to the first class!**

**Session G – Wed. 4:00-5:30pm**

**Class Fee: \$165.00**

**Kickboxing (PE)**

**Igor Celzer**

This Kickboxing class promises to deliver a fun and challenging workout! Igor, the instructor, is a 2nd degree black belt in Taekwondo and has practiced mixed martial arts, which included ground fighting, kickboxing, and Mui Thai. He is a personal trainer at ASD Fitness Center and loves helping his clients become healthy and fit while having fun. Participants will see improvement in cardio endurance and stamina while building confidence and self-esteem. They can expect to practice a variety of kickboxing skills each class that will include a fun and interactive game. Igor will expertly facilitate the group so each class is appropriately challenging for each individual.

**Session B – Wed. 5:00-6:00pm**

**Class Fee: \$195.00**

**Expressive Painting (A)**

**Tina Menchetti**

Join us as we experiment with paint and color to express your inner thoughts and feelings. Discover the power of painting. We will study various types of painting including landscapes, portrait and abstract.

**Session A – Wed. 5:00-6:00pm**

**Class Fee: \$150.00 (includes all supplies)**

**Jewelry Making (A, LM)**

**Tina Menchetti**

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

**Session G – Wed. 6:00-7:00pm**

**Session H – Thu. 11:00-12:00pm**

**Class Fee: \$115.00 (fee includes all supplies)**

## **Out to Art (A, SCC)**

### **Tina Menchetti**

This class is for the real art enthusiasts! We will be holding our classes every week in the Yale Center for the British Arts. Class will be taught in collaboration with the 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 paint 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. **Students who travel from Chapel Haven by van are expected to meet in the student lounge by 12:45pm each Thursday to allow enough time for travel.** These students will meet up with the rest of the class in the front of the YCBA lobby at 1:15pm. Please dress appropriately.

**Session B - Thu. 1:00-3:00pm**

**Class Fee: \$155.00**

## **Zumba (PE, HS)**

**NEW**

### **Terri Console**

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

**Session C – Thu. 3:00-4:00pm**

**Class Fee: \$140.00**

## **Dealing with the Drama (SCC, HS)**

**NEW**

### **Bill Angier**

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

**Session A - Thu. 4:00-5:00pm**

**Class Fee: \$140.00**

## **Bowling (PE, LM)**

### **Myliisa Rockefeller**

Bowling is a great social activity and a good way to stay active when the weather gets cold. Students will travel to Amity Lanes each week with Chapel Haven staff where they will bowl in teams. **Students are expected to meet in the courtyard by 12:45pm each week to allow enough time to travel to the bowling alley.** The fee for this course includes \$6 per week for 2 games of bowling and shoe rental.

**Session C - Fri. 1:00-3:00pm**

**Class Fee: \$235.00**

**Will it Blend? (ConE, HS)** NEW

**Bill Angier**

Do you hate eating your vegetables? Does the thought of a salad ruin your appetite? If so, this class is for you! In this class you will learn how to blend vegetables and fruits together to make smoothies that are healthy and delicious. Even if you already get daily doses of fruits and vegetables, smoothies are an easy way to get more healthy food into your diet.

**Session B – Fri. 2:00-3:00pm**

**Class Fee: \$10.00**