

CREATE

C A T A L O G



Artwork - "Bluebird" by Henry Norton

SPRING 2026

CLASSES & WORKSHOPS

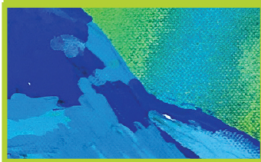
For more information about Create classes contact
Keera Swan, Quality of Life Lead:
KSwan@vistalifeinnovations.org
or 860-399-8080, Ext. 209

CLASSES OPEN TO EVERYONE

To register for classes scan the QR code below



Vista provides training, support, and resources that empower individuals with disabilities to achieve personal success and belonging throughout their lives.



April - June

1:1 Private Acting Study

These private acting lessons are designed specifically for Vista students and members who enjoy working one-on-one with an encouraging and intuitive coach. Each session is tailored to the individual's interests and strengths, whether that's improving communication, or preparing for a performance. No prior experience is required. *Instructor: Lara Morton*

Lessons held on Mondays, Tuesdays, and Thursdays:

Session One: Tuesdays: April 7, April 14, April 21, April 28, May 5, May 12 - **Session One Times:** 10:30am - 11:15am, 11:15am - 12:00pm

Session Two: Thursdays: April 9, April 16, April 23, April 30, May 7, May 14 - **Session Two Times:** 2:00pm - 2:45pm, 2:45pm - 3:30pm, 3:45pm - 4:30pm

Session Three: Mondays: May 18, (skip May 25), June 1, June 8, June 15, June 22, June 29 - **Session Three Times:** 1:00pm - 1:45pm, 1:45pm - 2:30pm

Session Four: Tuesdays: May 19, May 26, June 2, June 9, June 16, June 23 - **Session Four Times:** 2:30pm - 3:15pm

Session Five: Thursdays: May 21, May 28, June 4, June 11, June 18, June 25 - **Session Five Times:** 10:15am - 11:00am, 11:00am - 11:45am

Location: Madison Campus **Cost:** \$275



Acting Class: Disney Style!

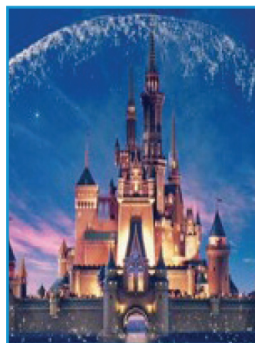
Have you always wanted to bring out your inner Maui, go for a magic carpet ride, or embrace your darker side as your favorite Disney villain? In this fun performing arts class, students will practice their craft using brief scenes and songs from their favorite Disney films and stage musicals.

Instructor: Lara Morton

Mondays: **Session One:** April 6, April 13, April 20, April 27, May 4, May 11 - **Time:** 1:00pm - 2:30pm

Session Two: May 18, (skip May 25), June 1, June 8, June 15, June 22, June 29 - **Time:** 2:45pm - 3:45pm

Location: Madison Campus **Cost:** \$130



Act it Out! Theatre Games and Improv

Come as you are and become anything you want! In a relaxed and encouraging small group environment, students are guided through a variety of fun and hilarious improv and theatre games. There is no such thing as bad ideas or failures in this class!

Instructor: Lara Morton

Mondays: April 6, April 13, April 20, April 27, May 4, May 11 - **Time:** 2:45pm - 3:45pm

Location: Madison Campus **Cost:** \$130



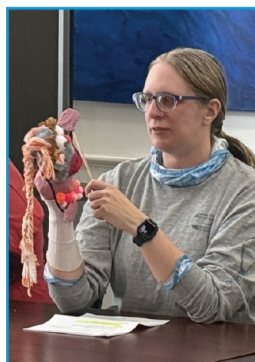
Puppets in Motion: Create and Perform!

Step into a world of creativity and imagination! In this six week class, students and members will design, build, and bring to life their personal puppets. Through simple hands-on crafting, storytelling, and performance activities, students will develop, fine motor skills, expressive communication, collaboration, and confidence.

Instructor: Lara Morton

Tuesdays: **Session One:** April 7, April 14, April 21, April 28, May 5, May 12 - **Session Two:** May 19, May 26, June 2, June 9, June 16, June 23 - **Time:** 1:00pm - 2:15pm

Location: Madison Campus **Cost:** \$155





April - June

Mandala Suncatchers Workshop

Create a stunning suncatcher that sparkles beautifully in the light. You'll design your intricate pattern and add vibrant colors to craft a unique piece that brightens any window.

Instructor: Courtney Rosenberg

Tuesday: April 7

Time: 3:00pm - 4:00pm

Location: Madison Campus **Cost:** \$30



Coil Pottery

This class will provide a structured approach to learning coil pottery, making it accessible and enjoyable for beginners. This class also offers opportunities to experiment with different techniques, allowing students to develop unique pottery skills.

Instructor: Anne-Marie Kidd

Tuesdays: Session One: April 7, April 14, April 21, April 28

Session Two: May 5, May 12, May 19, May 26

Session Three: June 2, June 9, June 16, June 23

Time: 4:30pm - 5:30pm

Location: Madison Campus **Cost:** \$160



Creative Writing

Think of this class as a writing playground, where you can play with whatever you feel like, be it a personal essay, movie review, fan fiction, poem, or short story. We will practice sense memory exercises and editing your drafts. You will be encouraged to share your work, fostering both confidence and presentation skills within a supported and safe community.

Instructor: Jocelyn Ruggiero

Wednesdays: Session One: April 8, April 15, April 22, April

29, May 6, May 13 - Session Two: May 20, May 27, June 3,

June 10, June 17, June 24

Time: 9:00am - 10:00am

Location: Madison Campus **Cost:** \$160



Color, Color, and More Color!

This class focuses on exploring and learning about color while making two dimensional work. Students will experiment with how color works across a variety of materials. Projects will range from small to medium in size with at least one larger piece that brings everything together.

Instructor: Alice Chittenden

Wednesdays: April 8, April 15, April 22, April 29

Time: 12:30pm - 2:00pm

Location: Madison Campus **Cost:** \$110



Podcast Party

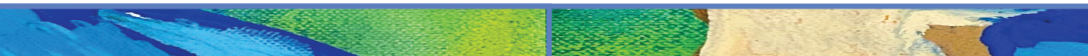
Be part of Vista's first-ever podcast series. If you are a podcast fan, you'll know there are many types, including interview shows, storytelling series, investigative reports, sports commentary, and so many more. In this class, you'll research, outline, write a podcast script, and record an episode you can share with friends and family.

Instructor: Jocelyn Ruggiero

Wednesdays: April 8, April 15, April 22, April 29, May 6,

May 13 - Time: 3:00pm - 4:00pm

Location: Madison Campus **Cost:** \$160





April - June

Be a Reporter for The Vista Gazette

Spring is a busy time of year at Vista: The Wedding Singer!, Family Weekend, Semi-Formal, Starlight Benefit, and outings. It's important that a team of curious and dedicated reporters write about these events so that members, families, and shoreline residents can learn more about the Vista community. As a Gazette staff member, each student journalist will work to produce an issue of the Vista Gazette. Inside the Gazette, you'll find articles, news stories, movie reviews, and drawings.

Instructor: Jocelyn Ruggiero

Wednesdays: April 8, April 15, April 22, April 29, May 6, May 13, May 20 - Time: 4:00pm - 5:00pm

Location: Madison Campus Cost: \$180



Bracelet Making Workshop

Spend time making friendship bracelets with your peers. Choose from a variety of colored beads in many different shapes and sizes. All bracelets will be made with stretch string for easy on and off daily wear.

Instructor: Robyn Spruill

Wednesdays: Workshop One: April 8, Workshop Two: May 6, Workshop Three: June 10

Time: 4:30pm - 5:30pm

Location: Madison Campus Cost: \$37



Musical Theatre Magic

An upbeat class blending singing, movement, and character work. Participants learn musical theatre warm-ups, group numbers, staging basics, and performance skills in a fun, structured environment. A great way to build presence, musicality, and confidence.

Instructor: Chelsea Dacey

Thursdays: April 9, April 16, April 23, April 30

Time: 9:00am - 9:50am

Location: Madison Campus Cost: \$100



Acting Adventures

A dynamic theatre class centered around scene work, improvisation, storytelling, and ensemble activities. Practice communication skills, creativity, character development, and confidence through engaging acting exercises.

Instructor: Chelsea Dacey

Thursdays: April 9, April 16, April 23, April 30

Time: 10:00am - 10:50am

Location: Madison Campus Cost: \$100



Private Voice Lessons

(30-minute individual sessions) Individualized voice lessons tailored to each participant's goals. Lessons may include warm-ups, healthy technique, breath support, song study, confidence building, and performance preparation.

Instructor: Chelsea Dacey

Thursdays: April 9, April 16, April 23, April 30

Time Slots: 11:00am - 11:30am, 11:30am - 12:00pm, 12:00pm - 12:30pm, 12:30pm - 1:00pm

Location: Madison Campus Cost: \$120





April - June

Kindness Craft Club

Each session we will talk about what it means to be kind to ourselves and others. We will make various craft projects to be brought home or given to someone out of kindness. This club will take place in the quiet setting of the 105-art studio, where peers can come together and explore different creative ways to show kindness to all. Be kind. Be you.

Instructor: Robyn Spruill

**Saturdays: Session One: April 11, April 18, April 25
Session Two: May 30, (skip June 6), June 13, June 20**

Time: 10:00am - 11:30am

Location: Madison Campus **Cost:** \$85



3 - D Art

Students will create three dimensional projects using a variety of materials. We will be making clay sculptors, building with wooden shapes, making paper mache creatures, experimenting with fibers, and more!

Instructor: Alice Chittenden

Wednesdays: May 6, May 13, May 20, May 27

Time: 12:30pm - 2:00pm

Location: Madison Campus **Cost:** \$110



Mosaic Art Workshop

Create your own one-of-a-kind mosaic piece by turning a basic wood shape into a piece of art using assorted wood tiles in a variety of colors. Learn the basics of design and tile placement to make a perfect piece for your kitchen or as a handmade gift. *Instructor: Courtney Rosenberg*

Tuesday: May 19 - Time: 3:00pm - 4:00pm

Location: Madison Campus **Cost:** \$35



Scrapbooking Workshop

Come make a creative scrapbooking page about a favorite memory. Bring any special items relating to that memory to put together your own page colorful scrapbook page!

Instructor: Robyn Spruill

Saturdays: Session One: May 27 Session Two: June 24

Time: 4:30pm - 5:30pm

Location: Madison Campus **Cost:** \$39



Simply Summer

Who doesn't love summer? There are so many things to do and see! Going to the beach, biking, attending a concert, visiting friends and family, going away on a vacation, fishing, and so much more! Join us to create artwork about your favorite summer activities! *Instructor: Alice Chittenden*

Wednesdays: June 3, June 19, June 17

Time: 12:30pm - 2:00pm

Location: Madison Campus **Cost:** \$90



Shrinky Dink Charm Keychains

Unleash your creativity in this hands-on Shrinky Dink (shrinking plastic) designed for any skill level. You'll design, color, and bake your own custom creation and then turn it into a fun and useful keychain.

Instructor: Courtney Rosenberg

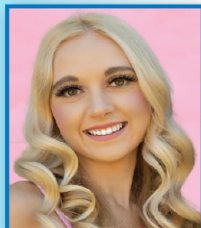
Tuesday: June 2 - Time: 3:00pm - 4:00pm

Location: Madison Campus **Cost:** \$32





Alice Chittenden earned her BFA and MALS from the University of Hartford and Wesleyan University, respectively. She went to Haystack Mountain School of Crafts, Penland School of Crafts, and Alfred University, among other places. Her work can be found in private collections in the United Kingdom, Australia, China, and the United States. She runs her own studio and is an active member and advocate for the Shoreline Arts Trail.



Chelsea Dacey, whom Vista first met as Elle Woods in *Legally Blonde*— is a seasoned theatre instructor with professional credits Off-Broadway and in regional theatre. For over a decade, she has shared her expertise in music, dance, acting, and theatre, inspiring performers of all ages to grow in skill and confidence.



Anne-Marie Kidd has been creating pottery for over 30 years, a passion that started in her native country of South Africa and her exploration has continued in Connecticut. Anne-Marie has participated in many pottery courses under the incredible instructors at The Creative Arts Workshop. She is also a member potter at the Clay Date Studio in New Haven. Her interest is in creating functional pottery, working both on the pottery wheel, as well as hand building.



Lara Morton, who you may remember as the Director of *A Shared Stage Productions* musical, *“Footloose,”* brings acting and theatre arts training back to Vista with group classes and private lessons. Lara co-founded the award-winning FUSE Theatre of CT (fusetheatretc.org), serving as Artistic Director, Creative Producer, and Board Director. Lara has directed plays and musicals and taught acting technique to students of all ages and abilities for thirty years. She currently works as a Simulated Participant actor for Yale School of Medicine and teaches adult acting at the New Haven Academy of Performing Arts.



Courtney Rosenberg, the founder of Re-Loved Designs, LLC, holds a Master’s in Social Work from Fordham University and has been passionate about crafting for over 30 years. Combining her professional background and creative expertise, she specializes in teaching classes that inspire creative expression and celebrate individuality. Whether you’re a beginner or experienced crafter, Courtney’s workshops are designed to make creativity accessible and fun for all.



Jocelyn Ruggiero is an award-winning writer whose work has appeared in *The Washington Post*, *The Boston Globe*, *Saveur*, *Food & Wine*, *Parade*, and *Yankee Magazine*. An experienced arts instructor, she has taught in the Vista Life Innovations Discover Program for over 11 years, where she leads creative writing and memoir classes that foster self-expression, confidence, and positive connections with peers. She studied literature and theatre at Sarah Lawrence College.



Robyn Spruill has been employed with Vista Life Innovations for 8 years having various roles during her time here. She enjoys crafting in all varieties during her free time and is incredibly excited to share that passion with our students and members. Crafting can provide a relaxing and safe space for folks to be creative and let some of their inner sparkle show!