

Scotia-Glenville Central Schools



Continuing Education Schedule of Classes Winter/Spring '10

Mail-In Registration

Or

Open Registration

Send to:

S-G Continuing Ed
1 Tartan Way
Scotia, NY 12302

Monday, January 25
7 - 8:30 PM
Senior High School

Classes Begin: Monday, February 1

COURSE OFFERINGS (PAGE NUMBER IN PARENTHESIS)

MONDAY

BOATING SAFETY COURSE (3)
CHOOSING BEST LTC (5)
DAD'S JUNK BOX (3)
GOLF: WHAT TO KNOW (7)
LOW IMPACT AEROBICS (5)
NY SAFE BOATING (3)
PAYING FOR COLLEGE (6)
PILATES (5)
SIMPLE STEPS TO WELLNESS (9)
SOCIAL DANCING - BEGIN (4)
SOCIAL DANCING - INTERMED
(4)
SPRING WREATH (4)
ST PAT'S DAY GLASS BLOCK (4)

TUESDAY

CANDLEWICKING (10)
CHINESE YOGA W/HEALING QI (5)
CLAY POT CUPID (3)
COLLEGE SEARCH 101 (3)
GETTING PAID TO TALK (11)
LONG TERM CARE ADVISOR (6)
PROMOTE YOUR HEALTH (8)
REDUCING STRESS AND WORRY (8)
SHAMANIC JOURNEYING (8)
STOP PAYING RENT (9)
UNDERSTAND STOCK/BONDS (6)
UNDERSTAND FINANCIAL LIFE (6)
WHAT IS CO-CREATIVE GARDEN (7)
YMCA CARDIO DANCIN' (5)
YOGA (5)

WEDNESDAY

BASIC FLOWER ARRANGING (7)
BEAD STRINGING (10)
DEFENSIVE DRIVING (4)
EARRING MAKING (10)
EASTER FLORAL BASKET (3)
ESTATE PLANNING (5)
INTRO TO LATIN DANCING (4)
JOYFULLY EVER AFTER (8)
LOW IMPACT AEROBICS (5)
MAKING A GOURD RATTLE (8)
RUBBER STAMPING IV (11)
SELL HOME W/OUT REALTOR (9)
TOOLS FOR PERSONAL HEALING (9)
VALENTINE SWEATSHIRT (4)
WED NIGHT QUILTING (10)
WOMEN AND INVESTING (7)

THURSDAY

CONVERSATIONAL JAPANESE (10)
CREATE EASTER CENTERPIECE (7)
FINISHING LONE STAR QUILT (10)
MEMORIAL DAY GLASS BLOCK (4)
MOM'S DAY BOUQUET/BASKET (4)
RUBBER STAMPING I (11)
RUBBER STAMPING II (11)
RUBBER STAMPING III (11)
SUGAR BLUES (9)
YOGA (5)

REGISTRATION POLICIES

1. Checks must be made payable to SCOTIA-GLENVILLE CENTRAL SCHOOLS.
2. We require a separate check and registration form for each course.
3. Residents of the Scotia-Glenville School District who are 60-65 years are eligible for a 20% discount on all courses with the exceptions of those identified with an asterisk.
4. Residents over 65 years are entitled to free admission to courses not marked with an asterisk with a senior pass. Pass, which may be obtained at the District Office, must be presented upon registration. Material fees are not waived.
5. An additional fee of \$3.00 will be assessed to non-district residents.
6. Registrations will NOT be confirmed.
7. Registrations will be accepted on a first come basis. Preference will be given to Scotia-Glenville residents if a maximum number of registrants are required by the instructor.
8. Registrants will not be contacted for confirmation, but will be notified if the course has been cancelled.
9. Refunds will not be issued unless our office receives 24 hour notice prior to class beginning. Please be advised that refunds will take three to four weeks.

The Scotia-Glenville Continuing Education Winter/Spring program begins the week of February 1, 2010, unless otherwise noted. When school is closed due to inclement weather or emergencies, there will be no Continuing Education courses.

No Continuing Education courses will be held on the following dates: **February 15-18, April 5-8, May 31**

MAKE CHECKS PAYABLE TO:
SCOTIA-GLENVILLE CENTRAL SCHOOLS
MAIL TO: S-G CONTINUING EDUCATION,
SENIOR HIGH SCHOOL, 1 TARTAN WAY, SCOTIA, NY 12302

CONTINUING EDUCATION REGISTRATION FORM

Name _____

Address _____

Home Phone _____ Other Phone _____

Course Name _____ Course Date _____

Day of Week _____ Fee _____ Non Resident Fee \$3.00 _____

BOATING

BOATING SAFELY COURSE*

NIGHT: MONDAY

ROOM: B-26

INSTRUCTOR: US Coast Guard
Auxiliary

LENGTH: 4 Weeks, beg Feb 1

TIME: 7 - 9 PM

COST: \$25.00/individual; \$30.00/
couple sharing text

This is a comprehensive introduction to boating safety offered through the US Coast Guard Auxiliary. Topics include: types of boats, lines & knots, safety equipment, trailering, VHF radio, handling, aids to navigation, rules of the waterway and weather. Special attention is given to safe operation of personal watercraft. A proctored, closed-book exam is given at the end of the course. Passing qualifies a boater for a discount on marine insurance. A text book/study guide is included with the course fee. The class is for adults (16 and up) and the certificate qualifies a young adult for solo operation of a powered vessel in New York State.

NEW YORK SAFE BOATING

NIGHT: MONDAY

ROOM: B-28

INSTRUCTOR: US Coast Guard
Auxiliary

LENGTH: 4 Weeks, beg Feb 1

TIME: 7 - 9 PM

COST: FREE (includes text)

This course is a NYS sponsored safe boating course for youths 10-18. A number of boating subjects are discussed, including types of boats, lines & knots, safety equipment, trailering, VHF radio, handling, aids to navigation, rules of the waterway & weather. Special attention is given to safe operation of personal watercraft. A proctored, closed-book examination is given at the end of the course. Passing qualifies boaters for a course certificate recognized by NYS and usually qualifies a boater for a discount on marine insurance. The course completion certificate qualifies a young adult for solo operation of a powered vessel in NYS with the exception that operators of PWC must be at least 14 years in NYS. A fee is required to apply for the NY State boating certificate.

COLLEGE INFO

COLLEGE SEARCH 101: WHAT PARENTS NEED TO KNOW*

NIGHT: TUESDAY

ROOM: B-5

INSTRUCTOR: Lisa Jordan

LENGTH: 1 Night (Mar 16)

TIME: 7 - 9 PM

COST: \$20.00 each or couple

This class is designed for parents who are new to the college search process. The instructor is a life coach and former college admission/financial aid counselor who will address parent specific objectives that are inherently different from the schools' focus on educating the students on the colleges and getting in. The reason it is a process rather than a decision is that choosing the college to attend is based on a number of important supporting, *potentially emotionally charged* preliminary decisions. Having a clear understanding of exactly what will be the best fit for your student and how to make that decision together will be the main focus of this class. Topics will include decision-making together, campus visits and open houses, applications and interviewing, and general financial aid.



CRAFTS

The following classes are taught by Barbara Costello. A SUPPLY FEE IS COLLECTED THE NIGHT OF EACH CLASS. IF INTERESTED IN SEVERAL CLASSES, PLEASE NOTE ON REGISTRATION FORM SO INSTRUCTOR CAN GET SUPPLIES; REGISTRATION FEE ISN'T DUE UNTIL ONE WEEK BEFORE CLASS. No experience necessary for classes.

CLAY POT CUPID*

NIGHT: TUESDAY

ROOM: B-4

LENGTH: 1 Night (Feb 2)

TIME: 6:45 PM

COST: \$8.00 (plus supplies)

Make a cute sitting cupid from a clay pot, styrofoam ball, felt and other materials. Bring scissors and glue gun to class.

DAD'S JUNK BOX*

NIGHT: MONDAY

ROOM: B-4

LENGTH: 1 Night (Jun 7)

TIME: 6:45 PM

COST: \$8.00 (plus supplies)

Let's do something for Dad or hubby for a change for Father's Day this year - let's make him a little junk box so he can throw those odds and ends in, like those extra screws or nails or things that end up in his pockets that don't belong in the wash. Bring a glue gun to class.

EASTER FLORAL BASKET*

NIGHT: WEDNESDAY

ROOM: A-3

LENGTH: 1 Night (Mar 24)

TIME: 7 PM

COST: \$8.00 (plus supplies)

Make a small delicate Easter Basket with pretty spring artificial flowers, small bunny and easter eggs - take out the eggs and keep it all spring long. Bring wire cutters and scissors to class.

MEMORIAL DAY GLASS BLOCK*
NIGHT: THURSDAY
ROOM: B-4
LENGTH: 1 Night (May 20)
TIME: 7 PM
COST: \$8.00 (plus supplies)

Make a patriotic glass block decorated in red, white and blue ribbon and flowers. This block can also be used for the 4th of July and Labor Day too. Bring a glue gun and scissors to class.

**MOTHER'S DAY
BOUQUET/BASKET***
NIGHT: THURSDAY
ROOM: B-4
LENGTH: 1 Night (May 6)
TIME: 7 PM

COST: \$8.00 (plus supplies)
Make a pretty artificial arrangement in a pretty vase or basket (depends on availability) for your mom or that special someone close to you for Mother's Day. This bouquet will last a lot longer than the fresh ones and look just as pretty. Bring wire cutters and scissors to class.

SPRING WREATH*
NIGHT: MONDAY
ROOM: B-4
LENGTH: 1 Night (Apr 19)
TIME: 7 PM

COST: \$8.00 (plus supplies)
Make a colorful spring wreath from artificial flowers, i.e. tulips, daffodils, etc, and pretty spring ribbon. Bring a glue gun and scissors to class.

ST PATRICK'S DAY GLASS BLOCK*
NIGHT: MONDAY
ROOM: B-4
LENGTH: 1 Night (Mar 8)
TIME: 7 PM

COST: \$8.00 (plus supplies)
Upon request, we will be making a St Patrick's Day glass block with St. Patrick's Day ribbon, flowers and decorations (and green lights if at all possible upon availability). Bring glue gun and scissors to class.

**VALENTINE SWEATSHIRT - CUTE
CUPID***
NIGHT: WEDNESDAY
ROOM: A-3
LENGTH: 1 Night (Feb 10)
TIME: 6:45 PM
COST: \$8.00 (plus supplies)

You will make a cute animated cupid pattern on your sweatshirt using different fabrics fusing them together and then transferring it onto your shirt. You will need to bring a sweatshirt (or shirt) that has been washed and fabric softener free. I do not suggest bringing a red shirt as we will be using a lot of red fabric in the design. You will also need to bring an iron, an extension cord, and a thick towel or small travel ironing board to class. Also when you sign up please indicate if you want your cupid to be blonde, brunette or red head.

DANCING

INTRO TO LATIN DANCING*
NIGHT: WEDNESDAY
ROOM: B-9
INSTRUCTOR: Kaitlin Gallup
LENGTH: 10 Weeks, beg Feb 3
TIME: 7 - 8 PM
COST: \$40.00/Person; \$60/Couple
An introductory course to latin dancing. Dances covered will include salsa, merengue and bachata. If time permits the cha-cha will be taught as well. The focus will be on dance basics and essential moves able to be used in a social setting. By the end of the course, participants should be able to hold their own in a club or informal setting. No partner or previous experience required.

SOCIAL DANCING: BEGINNERS*
NIGHT: MONDAY
ROOM: B-9
INSTRUCTOR: Sylvia Schinnerer
LENGTH: 6 Weeks, beg Feb 1
TIME: 7 - 8 PM
COST: \$44.00/Couple

Learn the basics of the fox-trot, waltz, swing, cha-cha, rumba and polka. This course provides not only dance instruction but a milieu in which social gatherings can be better appreciated.

SOCIAL DANCING: INTERMEDIATE*
NIGHT: MONDAY
ROOM: B-9
INSTRUCTOR: Sylvia Schinnerer
LENGTH: 6 Weeks, beg Feb 1
TIME: 8 - 9 PM
COST: \$44.00/Couple

Students enrolling in this course will review the basic dances of beginning Social Dance plus learn the tango and samba.

DRIVING

DEFENSIVE DRIVING*
NIGHT: WEDNESDAY
ROOM: B-28
INSTRUCTOR: Easy Method
Driving School
LENGTH: 2 Weeks (Feb 3 & 10)
TIME: 6:30 - 9:30 PM
COST: \$40.00

This is a six hour, fast paced course which includes videos and often humorous discussion focusing on attitudes of drivers and defensive driving techniques. You will receive a 10% reduction on your liability and collision insurance as well as four points off your NYS license after successful completion of this course. Come and evaluate your own driving skills. Note: Student must attend both nights to receive certificate.

EXERCISE

CHINESE YOGA WITH HEALING QI (CHI)*

NIGHT: TUESDAY

ROOM: B-9

INSTRUCTOR: Capital District
Tai Chi Association

LENGTH: 12 Weeks, beginning
Feb 2

TIME: 6:00 - 7:30 PM

COST: \$76.00

This simple eight form exercise combines Tai Chi, Qi Gong, stretching and balance with the concepts of Chinese herbal medicine and meridian theory, as well as information drawn from Taoism and Buddhism. This Mind-Body-Spirit connection provides healing benefits bringing heaven and earth energy into the body's organs to keep them healthy. A very simple but highly effective form, it can be practiced anytime, anywhere in limited space without a mat. For more information call 459-6869.

LOW IMPACT AEROBIC DANCING*

NIGHT: MONDAY

AND/OR WEDNESDAY

ROOM: Lincoln School Gym

INSTRUCTOR: Sharon Clasen

LENGTH: 10 Weeks beginning in
March

TIME: 5:45 - 6:45 PM

COST: \$3.50/class

Low Impact Aerobic Dancing elevates the heart rate for a sustained period of time, achieved through the activity of expressive movements to music. Having fun while benefitting from exercise is our goal. All ages are welcome to attend. Call Sharon for March start date and information at 399-7304. Register for this course and pay your instructor at first class.

PILATES*

NIGHT: MONDAY

ROOM: Lincoln School Gym

INSTRUCTOR: Jaime Massaro

LENGTH: 10 Weeks, beg Feb 1

TIME: 7 - 8 PM

COST: \$55.00

Pilates is a form of body conditioning that leaves you refreshed and revitalized. It is designed to stretch, strengthen, tone, and balance the body. Through slow controlled movements you will improve posture and flexibility, and create longer, leaner muscles. Bring a yoga mat to class.

YMCA - CARDIO DANCIN*

NIGHT: TUES & THURS

ROOM: Lincoln School Gym

LENGTH: 10 Weeks, beg Mar 30

TIME: 5:30 - 6:30 PM

COST: \$70.00

This program is specifically designed for safety, fun and enjoyment of movement to help you achieve your level of fitness by using your own body as a workout tool. Each class includes warm-up, stretch, 9-10 cardio-elevating routines, cool down, flexibility/stretch all accompanied by a variety of music. Please wear comfortable clothing and well-fitting sneakers appropriate for this sport. YMCA members will receive membership rate, cards must be shown at registration. Register for course and pay your instructor at first class.

YOGA*

NIGHT: TUES **OR** THURS

ROOM: Lincoln School Gym

INSTRUCTOR: Carole Barden

LENGTH: 10 Weeks

TIME: TUES: 7 - 8 PM **OR**

THURS: 7:15-8:15 PM

COST: \$55.00

This class will use a gentle approach blending various styles of yoga to improve flexibility, strength and breathing techniques. The posture sequence lengthens and stretches the muscles at the same time it builds strength and lean muscle mass. It can reshape your body and mind. Bring a yoga mat to class. The course fee is only for 1 night per week. Please note on your registration form which night you are signing up for.

FINANCIAL

CHOOSING THE BEST LONG-TERM CARE STRATEGY AND INSURANCE PLAN

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Stephen I.
Nussbaum

LENGTH: 1 Night (Mar 15)

TIME: 7 - 9 PM

COST: \$10.00 each or couple

This workshop reviews planning strategies available to help people avoid the catastrophic costs of long-term care (LTC). Are you better off buying LTC insurance? Or transferring assets? Or doing nothing? If you buy LTC insurance, what's the best type of plan? Benefit package? Company? The instructor is former Director of Research and Evaluation for the NY State Partnership for Long-Term Care. For the past 12 years, Steve has been a long-term care planning consultant and licensed, independent LTC insurance agent.

ESTATE PLANNING - TAKING THE MYSTERY OUT - AN ATTORNEY'S PERSPECTIVE

NIGHT: WEDNESDAY

ROOM: B-5

INSTRUCTOR: Richard Fuerst,
Esq.

LENGTH: 1 Night (Mar 24)

TIME: 6:30 - 8:30 PM

COST: \$10.00 each or couple

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in planning for your future and for the future of your loved ones, we'll explain the ins and outs of these important estate planning strategies in simple, nonlegal terms. Regardless of your health, you can learn the advantage of having a health care proxy and/or living will. You'll also learn why thoughtful planning will benefit you and your family as we discuss nursing home and Medicaid considerations

as well as avenues open in order to reduce wealth transfer taxation. The instructor, of Higgins, Roberts, Beyerl & Coan, P.C., is an experienced local attorney and workshop facilitator. He will sensitively consider all your estate planning questions in this interactive workshop.

LONG TERM CARE ADVISOR

NIGHT: TUESDAY

ROOM: B-7

INSTRUCTOR: Charles H. Peterson

LENGTH: 1 Night (Mar 9)

TIME: 7 - 9 PM

COST: \$10.00 each or couple

Eliminate the myths and learn the facts about long-term care with respect to Medicare, Medicaid, transfer of funds, trusts, and look back periods. Find out how to protect your assets for your spouse or a legacy. Review the services offered while in a nursing home, assisted living, adult day care facility and at home and their costs. Understand the fundamental benefits of long-term care insurance, what qualifications are required for this type of protection and the NYS and Federal tax incentives. Obtain details covering the NYS Partnership for Long Term Care insurance program. Discover how some policies provide estate recovery of all your paid premiums if you die and never make a claim. Take home a 17-page booklet covering all of the above. The instructor is a long-term care specialist.

PAYING FOR COLLEGE WITHOUT GOING BROKE

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Frank T. Guiffre

LENGTH: 1 Night (Feb 22)

TIME: 6:30 - 8 PM

COST: \$10.00 each or couple

Are you and your family sitting around the kitchen table wondering how you are going to pay for your children's college costs? Are you concerned that you will miss out on all of the financial aid,

grants and scholarships you deserve? If your answer is "yes" then you cannot miss this workshop. The following topics and more will be discussed: maximizing the college financial aid process, how to avoid costly mistakes when paying the bills, avoiding scams that could cost you thousands of dollars, paying for college without sacrificing your retirement savings, finding the right college for your children and your budget. Email the instructor at fguiffre@hallidayfinancial.com for more information on course topics.

THE GOOD...THE BAD...THE ANNUITY

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Frank T. Guiffre

LENGTH: 1 Night (Mar 8)

TIME: 6:30 - 8 PM

COST: \$10.00 each or couple

The annuity or "personalized pension" as it is commonly referred to have been an investment vehicle long since insurance companies have been around. Years ago, the word "annuity" made people cringe. To this day the stereotypes of high fees, illiquidity, and bad investments still linger. BUT THERE'S HOPE! The more recent annuities are now more revised, highly regulated, lower fees, and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass this legacy along to your loved ones. The instructor is a licensed Financial Advisor with the Halliday Financial Group in Albany.



UNDERSTANDING STOCKS, BONDS & MUTUAL FUNDS

NIGHT: TUESDAY

ROOM: B-5

INSTRUCTOR: Frank T. Guiffre

LENGTH: 1 Night (Feb 2)

TIME: 6 - 8 PM

COST: \$10.00 each or couple

Learn the basics of stocks, bonds and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments.

UNDERSTANDING YOUR FINANCIAL LIFE

NIGHT: TUESDAY

ROOM: B-5

INSTRUCTOR: Frank T. Guiffre

LENGTH: 4 Nights (Feb 9 & 23, Mar 9 & 23)

TIME: 6:30 - 8 PM

COST: \$10.00 each or couple

This series is a MUST for those who want a snapshot of their full financial picture. This four-part series covers the basics of investing. The initial class, "Understanding your investments" will lay the foundation for you to understand key terminology and help set expectations for your portfolio and your investments. The remaining three classes will build on the core knowledge from the introductory class. Join us to learn more about accumulation and distribution strategies for retirement, goal savings, and college costs. Discover how to avoid unnecessary taxation or unwarranted risks. Course book included. Please email: fguiffre@hallidayfinancial.com for more course info.

WOMEN IN INVESTING: TURNING OBSTACLES INTO OPPORTUNITIES
NIGHT: WEDNESDAY
ROOM: B-5
INSTRUCTOR: Logan A. Hibbs
LENGTH: 1 Night (Feb 10)
TIME: 6:30 - 8 PM

COST: \$10.00 each or couple
Did you know that women control more than half of the financial assets in the US? Let's face it, men and women think differently. Women make decisions about money differently too, as they should! Men and women have different financial needs based solely on their difference in gender. This seminar is designed to help women identify these needs and overcome the unique obstacles we face when planning for our financial futures. This class is taught by a woman in the business of helping secure the financial dreams of fellow women. Please email Lhibbs@hallidayfinancial.com for more information on course topics.

FRESH FLOWERS

BASIC FRESH FLOWER ARRANGING*
NIGHT: WEDNESDAY
ROOM: A-5
INSTRUCTOR: Kathy Shearer
LENGTH: 3 Weeks, beginning Mar 3
TIME: 6:30 - 8:30 PM

COST: \$45.00 (plus supplies fee)
This three-part class will introduce you to the basics of flower arranging through working on three successively more difficult floral projects. The first project will be a symmetrical centerpiece that will introduce students to the basics of floral foam, adding the greens and creating balance in an arrangement. The second project will introduce the idea of balance and flow in an asymmetrical design and we will look at different aspects of color. The third project will be determined by the individual desires of the participants. Please bring a pocketknife or small pair of scissors. A \$25 materials fee will be collected at first class. The instructor has over 10 years experience as a horticulture and floral design instructor.

CREATE AN EASTER CENTERPIECE*
NIGHT: THURSDAY
ROOM: A-5
INSTRUCTOR: Kathy Shearer
LENGTH: 1 Night (Apr 1)
TIME: 6:30 - 8:30 PM
COST: \$28.00

Create a cherry, spring arrangement just in time for Easter. This centerpiece arrangement will incorporate a variety of fresh flowers in a basket. Participants can choose from a selection of Easter novelties to add to their creation. Instruction will also include making a florist's bow for the arrangement. No previous experience necessary. Please bring a pocketknife or small scissors. Cost of class includes materials.

GARDENING

WHAT IS CO-CREATIVE GARDENING*
NIGHT: TUESDAY
ROOM: B-7
INSTRUCTOR: Kathy Shearer
LENGTH: 1 Night (Mar 23)
TIME: 6:30 - 8:30 PM
COST: \$15.00

Fairies, devas and Nature spirits are waiting to communicate with you! Learn how to use their guidance and work together to design and plant the garden of your dreams. Come learn the concepts and simple techniques for opening yourself up to the world of the Nature spirits. Instruction will include an explanation of the realm of the Nature intelligences, setting up an energy coning and step-by-step instructions for obtaining the information you need to co-create your garden. Learn to connect with these amazing beings directly and use their ageless wisdom to create a garden that is beautiful, thriving and in harmony with nature. Written handouts will be provided. The instructor is a professional horticulturist with over 30 years experience. She has worked both here and abroad as a commercial greenhouse grower, extension agent and horticulture therapist. She has been working co-creatively with the Nature spirits for the past 10 years.

GOLF

GOLF: WHAT YOU ALWAYS WANTED TO KNOW, BUT WERE AFRAID TO ASK*
NIGHT: MONDAY
ROOM: High School Library
INSTRUCTOR: Jim Coburn
LENGTH: 1 Night (Feb 1)
TIME: 6:30 - 9:30 PM
COST: \$10.00

Interested in taking up golf as a serious hobby or just playing in a league after work? Whatever your goals, you are encouraged to attend this fun filled, interactive one night seminar. Get your game up to par with fundamentals on: golf clubs, gear, rules of play, etiquette and the layout of the golf course, how to pick an instructor and where to take lessons, proper stretching techniques, mental aspects of the game and the most important fundamentals...grip, stance and alignment to your target on the course. Putting is 40% of your golf score. There will be a 1 hour lesson on putting, so bring your putter to class. A 6-week instructional series may be offered for those interested, sign ups at the end of class.



HEALTH AND PERSONAL WELL-BEING

JOYFULLY EVER AFTER - WORKSHOP FOR MOM & DAD*

NIGHT: WEDNESDAY

ROOM: B-5

INSTRUCTOR: Lisa Jordan

LENGTH: 1 Night (May 12)

TIME: 7 - 9 PM

COST: \$20.00 each or couple

In this workshop Life Coach Lisa Jordan addresses the three stages parents go through once their children have left for college: grief, relief, and joy. Some parents are able to get right into the joy; others get caught up in the grief, or settle for relief. It is said that often the good is the enemy of the best. This class is ideal for parents gearing up to send their first or last child off to college within the next two years. Topics covered are: changes to expect when this new young adult comes home for breaks, listening to what they're really saying about college life, how all the recent conversations about success, dreams and goals reflects your own life today and in the years to come, now that there's more time open on the calendar, what are you going to do for you? Now that you've amassed a lifetime of wisdom, how are you going to make the next few decades really count.



MAKING A GOURD RATTLE*

NIGHT: WEDNESDAY

ROOM: B-7

INSTRUCTOR: Kathy Shearer

LENGTH: 2 Weeks (Feb 10 & 24)

TIME: 6:30 - 9 PM

COST: \$30.00 (plus supplies fee)

In this two-part class we will make a ceremonial rattle that can be used for journeying, healing and cleansing energy. In the first class we will journey to our power animal and ask about the purpose and form of the rattle we will be making. We will then select a gourd and material for the handle and complete the rough form. In the second class we will decorate the rattle using paints, beads, feathers or other objects based on the information we received. Once completed we will conduct an empowerment ceremony to fully instill our rattles with their sacred energies. Journeying experience is helpful. Please bring notebook, pen and pocketknife. A \$15 materials fee will be collected at first class.

PROMOTE YOUR HEALTH: USING EASTERN-BASED TECHNIQUES*

NIGHT: TUESDAY

ROOM: B-6

INSTRUCTOR: Ann Chapman,
PhD

LENGTH: 1 Night (Mar 9)

TIME: 7 - 9 PM

COST: \$13.00

In this class participants will practice techniques to enhance and maintain health based on the Chinese meridian system and presented in the book *Energy Medicine* by Donna Eden. You will learn and practice a Six Minute Routine to decrease the impact of daily stress and other easy tools to help you relax and be energized. We'll also focus on how these methods can be combined and integrated into everyday life. The instructor is a Reiki Master Practitioner.

REDUCING STRESS AND WORRY*

NIGHT: TUESDAY

ROOM: B-6

INSTRUCTOR: Ann Chapman,
PhD, CSW

LENGTH: 1 Night (Mar 23)

TIME: 7 - 9 PM

COST: \$13.00

This course introduces participants to health enhancement techniques currently being taught in many major medical centers: effective methods to reduce stress and incorporating powerful relaxation methods into daily life to decrease the impact of life's stresses on the body, mind and spirit. Class focus will be on practical information with applications to daily life and on opportunities to practice the techniques discussed. The instructor has been offering classes in stress reduction and health enhancement for over 20 years.

SHAMANIC JOURNEYING*

NIGHT: TUESDAY

ROOM: B-6

INSTRUCTOR: Kathy Shearer

LENGTH: 1 Night (Feb 9)

TIME: 6:30 - 9 PM

COST: \$24.00

Shamanic Journeying is an ancient technique, known to have been used over 10,000 years ago, and used throughout the world in nearly every known culture to access information from other planes of consciousness. This powerful tool can allow you to find answers to many questions facing you on your spiritual and daily path. Every one possesses an innate ability to journey as it is a means of connecting to our soul energy. We will do four separate journeys following the heartbeat of the drum and the percussion of the rattle to connect with your power animals and spirit guides and to ask specific questions about your unfolding path. A list of resources for further study will be provided. Please bring notebook and pen to record your journeys. Participants should also bring a mat or blanket to lie on and a scarf or kerchief to cover their eyes with. No previous experience necessary. The instructor studied for 3 years at Spirit Hollow Shamanic Center in Vermont and has practiced Shamanic healing and soul retrieval for 5 years.

SIMPLE STEPS FOR NATURAL WELLNESS*

**NIGHT: MONDAY
ROOM: B-7**

**INSTRUCTOR: Tamara Flanders
LENGTH: 1 Night (Feb 22)
TIME: 6 PM
COST: \$20.00**

This fun and interactive class provides an overview of a natural and holistic approach to health and wellness. Simple steps focus on food and lifestyle choices that can work together to create health and wellness. Topics include whole foods, sugar addiction, stress reduction, meal planning and strategies to make healthy living work for you. The instructor is a Holistic Health Counselor.

THE SUGAR BLUES*

**NIGHT: THURSDAY
ROOM: B-7**

**INSTRUCTOR: Tamara Flanders
LENGTH: 1 Night (Mar 18)
TIME: 6 PM
COST: \$20.00**

The sugar blues is a class for sugar addicts and those who love them. This honest, fun and entertaining workshop will take you to the heart of sugar addiction. Participants will learn the long term effects of sugar addiction on your health and wellness, the power of emotional eating, and some sure fire strategies to help you break free from sugar addiction. The instructor is a Holistic Health Counselor.

TOOLS FOR PERSONAL HEALING*

**NIGHT: WEDNESDAY
ROOM: B-5**

**INSTRUCTOR: Kathy Shearer
LENGTH: 1 Night (Feb 3)
TIME: 7 - 9 PM
COST: \$15.00**

As we approach 2012 the vibrational field of the earth continues to vibrate at higher and higher frequencies. This higher vibration encourages each of us to heal trapped and lower vibrational energies in our physical, emotional, mental and spiritual bodies. This course will introduce participants to the use of flower essences, (vibrational healing remedies), the use of kinesiology or muscle testing and establish a personal healing team. The personal healing team will then be available to each individual for continued healing work for as long as desired. Each participant will also receive written handouts on these procedures and a custom flower essence combination determined through kinesiology. Kathy has been working with the nature spirits and using and teaching these healing processes for 10 years..

**HOME BUYING/
SELLING**

SELL YOUR HOME WITHOUT A REALTOR

**NIGHT: WEDNESDAY
ROOM: B-7**

**INSTRUCTOR: Carol North
LENGTH: 2 Nights (Mar 3 & 10)
TIME: 7 - 9 PM**

COST: \$10.00 each or couple

It is possible to sell your home without a realtor if you are well informed about the home selling process. Avoid common mistakes and learn valuable information crucial to selling a home in today's market. This course covers topics such as setting a competitive and realistic price, advertising and marketing, qualifying your buyer, contract negotiations, and seller/buyer responsibilities and expenses. Class discussions and handouts will move your house from "For Sale" to "Sold"! saving you thousands of dollars in commission.

STOP PAYING RENT - HOME BUYER'S WORKSHOP

**NIGHT: TUESDAY
ROOM: B-7**

**INSTRUCTOR: Carol North
LENGTH: 1 Night (Feb 9)
TIME: 7 - 9 PM**

COST: \$10.00 each or couple

It's a buyer's market! Stop paying thousands of dollars a year in rent and buy a home you can call your own. This course provides a potential buyer with all of the tools they will need to make the home purchasing process an exciting and rewarding experience. Topics include financing and mortgages, closing costs, home inspections, attorney's fees, and the benefits of working with a "Buyer's Agent". Get your questions answered and turn your dream of home ownership into a reality!

SAVE TIME AND GAS

REGISTER EARLY BY

MAIL

JEWELRY

BEAD STRINGING
NIGHT: WEDNESDAY

ROOM: A-3

INSTRUCTOR: Martha Hatt

LENGTH: 2 Weeks (Feb 24 &
Mar 3)

TIME: 7 - 9 PM

COST: \$20.00 (PLUS SUPPLIES)

If you love jewelry and would like to create your own, this is the class for you. You will learn the two most popular bead stringing techniques and make two finished pieces of jewelry to take home. Bring a hand towel to class. Stringing materials will be available at the first class at a cost of \$16 plus tax. The instructor is the owner of KUMA beads in Burnt Hills.

EARRING MAKING

NIGHT: WEDNESDAY

ROOM: A-3

INSTRUCTOR: Martha Hatt

LENGTH: 1 Night (Mar 10)

TIME: 7 - 9 PM

COST: \$10.00 (PLUS
SUPPLIES)

This hands-on class will enable you to take home three pairs of earrings. This class is a nice extension of skills for those who have taken the beadstringing class, however, no prior experience is necessary. A \$16 materials fee plus tax will be collected in class.



LANGUAGE

CONVERSATIONAL
JAPANESE*

NIGHT: THURSDAY

ROOM: B-5

INSTRUCTOR: Kaitlin Gallup

LENGTH: 8 Weeks, beginning
Feb 4

TIME: 7 - 8 PM

COST: \$28.00

An introductory course to the Japanese language. Participants will learn how to converse in basic Japanese in an informal setting. Topics covered will include introduction, greetings, numbers, asking and understanding directions, present and past tense verbs, and adjectives. Participants will also learn the traditional Japanese syllabic alphabet, hiragana. If time permits, the borrowed alphabet, katakana, and the more advanced Chinese kanji may be taught.

NEEDLECRAFT

CANDLEWICKING*

NIGHT: TUESDAY

ROOM: B-6

INSTRUCTOR: Donna Ahnert

LENGTH: 2 Weeks (Feb 23 &
Mar 2)

TIME: 6 - 8 PM

COST: \$10.00 (plus supplies)

It's not what you think! Learn the fancy stitching skill the women used in Colonial America to make George Washington bedspreads. This decorative art can be used to make decorations for your home or, if ambitious enough, a toasty warm top blanket for your bed. A \$4 material fee will be collected the first night of class. Bring your glasses and a pair of sharp pointed scissors. Donna has been a fancy stitcher and certified educator for over 40 years.

QUILTING

FINISHING A LONE STAR
QUILT (OR ANY QUILT)

NIGHT: THURSDAY

ROOM: B-8

INSTRUCTOR: Pam Davis

LENGTH: 8 Weeks, beginning Feb
4

TIME: 6:45 - 9:15 PM

COST: \$40.00

This class will cover a different technique every night. First you will learn the Sawtooth Star that can be used in the border for the Lone Star Quilt or can be made into a quilt all it's own. You will also learn how to make a set in Lemoyne Star, along with machine or hand applique and machine or hand quilting techniques. Also covered will be how to measure for borders, squaring up the quilt and how to make and apply the binding. Students will need to bring rotary cutting supplies and a sewing machine to class after the first night. Supplies will be discussed at the first class.

WEDNESDAY NIGHT

QUILTING

NIGHT: WEDNESDAY

ROOM: B-8

INSTRUCTOR: Pam Davis

LENGTH: 8 Weeks, beginning Feb
3

TIME: 6:45 - 9:15 PM

COST: \$40.00

This class will be a night for open quilting. Bring your sewing machine project or a hand work project to work on. Sit and sew with others while learning some new tips and techniques. Instructor will be on hand to offer help with your projects and will also be giving the same lesson as the Thursday night class for those who cannot make it on Thursday nights.

RUBBERSTAMPING

The following rubber stamping classes are taught by Deb Valder in Room A-5. Each class will have a material fee that will be collected by the instructor at class. Please bring a small pair of sharp scissors and adhesive. No previous experience necessary. Check out samples of instructor's work at <http://stampladee.stampinup.net>

RUBBERSTAMPING I - STAMP A STACK OF CARDS

NIGHT: THURSDAY

LENGTH: 1 Night (Feb 11)

TIME: 7-9:30 PM

COST: \$10.00 (PLUS SUPPLIES)

Beat those winter blues with a great craft. You will be stamping a stack of all occasion cards and will go home with TWO of each card along with the envelopes. They are simply beautiful! I will be teaching you several different techniques in this class as well as how to use different tools on your cards. Give that traditional looking card a unique edge. Come and fill up your card box! Even if you've never stamped before... try this, I know you will fall in love with it instantly. A \$10 material fee will be collected at class.

RUBBER STAMPING II - COME AND CREATE DAZZLING CARDS MADE WITH RUBBER STAMPS

NIGHT: THURSDAY

LENGTH: 1 Night (Mar 4)

TIME: 7 - 9:30 PM

COST: \$10.00 (PLUS SUPPLIES)

It's time to dazzle everyone with your handstamped creations. Even if you say you are not creative, come and try stamping with rubber stamps, a little ink, cardstock and some great embellishments. We will be doing some amazing folds and unique openings. You will be amazed at what you go home with. Even if you've never stamped before...try this, I know you will fall in love with it instantly. A \$10 material fee will be collected at class.

RUBBER STAMPING III -RUBBER STAMPING PROJECTS

NIGHT: THURSDAY

LENGTH: 1 Night (Mar 18)

TIME: 7 - 9:30 PM

COST: \$10.00 (PLUS SUPPLIES)

In this class we will be doing cards and gifts that are great to give and are not expensive to make. With the way the economy is today, you can still give gifts to say "I care" but not break the bank doing it. You will go home with an AMAZING container to put them in. A \$10 material fee will be collected at class.

RUBBER STAMPING IV -ALTERED SCRAPBOOKS

NIGHT: WEDNESDAY

LENGTH: 1 Night (Mar 31)

TIME: 7 - 9:30 PM

COST: \$10.00 (PLUS SUPPLIES)

If you love scrapbooking and if you love stamping, here is a combination of the two with a twist. Come and see what it's all about. You will complete an entire mini scrapbook in one night... so come and scrap that special event. No previous scrapbooking experience necessary. Besides scissors, bring a FISKARS Cutter if you have one, your own adhesive and some pictures if you want to scrap them that night. A \$15 material fee will be collected at class.

VOICE-OVER

GETTING PAID TO TALK: VOICE- OVERS AS A PROFESSION*

NIGHT: TUESDAY

LOCATION: BEDFORD RD
STUDIO

INSTRUCTOR: Creative Voice
Development Group

LENGTH: 1 Night (Apr 27)

TIME: 6:30 - 9 PM

COST: \$15.00

Have you ever been told you have a great voice? This is an introduction to professional voice-acting. This exciting course will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet! We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in this field. Students will have the opportunity to ask questions, hear examples of demos recorded by professional voice actors and will even have a chance to record a commercial script under the direction of our producer. This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally. Creative Voice Development Group is one of the largest voice-acting training organizations in the United States. For more info on CVDG, please visit www.voicecoaches.com.

DON'T WAIT TOO LONG!

*Register early! Each class has a minimum required enrollment.

*If you find a course that you would like to take, encourage a friend to join you. Sometimes one or two people make the difference between "go" or "cancel".

*Many of our courses fill early. Don't wait until the last minute. Register early by mail.

*You will ONLY be notified if your class is CANCELLED.

*There is NO confirmation of classes.

*NO registrations will be accepted by telephone.

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Cynthia Shipley, Director
Carol Clark, Assistant Director

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**REGISTRATIONS CAN EITHER BE MAILED IN OR YOU MAY ATTEND
OPEN REGISTRATION ON MONDAY, JANUARY 25,
FROM 7:00 TO 8:30 PM AT THE SENIOR HIGH SCHOOL MAIN OFFICE.**

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