

# BURNT HILLS-BALLSTON LAKE CONTINUING EDUCATION PROGRAM FALL 2011 COURSE OFFERINGS

James E. Hadcock, Director

Elizabeth Falkowitz, Secretary

Join us for the Fall semester! Classes begin September 26th.

## General Information

Classes are open to all persons 16 years or older who are not attending regular high school classes. The number of students in each class is limited and students will be enrolled on a first-come first-served basis. Registrations must be received at least 5 days prior to the beginning of the class unless other arrangements are made with the secretary or director. REGISTRATIONS MAY BE SENT BY MAIL. Mail registration must include: 1) A REGISTRATION CARD FOR EACH COURSE, 2) A CHECK MADE PAYABLE TO BH-BL CENTRAL SCHOOLS. Mail to: BH-BL Continuing Education, O'Rourke Middle School, Lakehill Road, Burnt Hills, NY 12027. You may register in person on Monday & Tuesday, Sept. 19 & 20, 2011 in the main lobby at the O'Rourke Middle School from 6:30-8pm. All classes will be held in the O'Rourke Middle School UNLESS otherwise specified in the course description. **Some classes have moved to new locations so please read each class description carefully.** The registration fee is listed with each course. This does not include supplies and textbooks that may be required.

**REFUNDS:** Registration fees will automatically be returned if a class is cancelled. Refunds will not be made for any ten-week or longer course after the second regular meeting of the class. Notification of withdrawal for all other classes must be received at least 5 days prior to first meeting.

**CLASS SCHEDULE:** Classes begin Monday, September 26 unless otherwise specified. Classes DO NOT meet when day school is closed either as a holiday or because of the weather. If classes are canceled late in the day, the information will be relayed to local TV and radio stations. If classes are cancelled due to the weather, every effort to reschedule will be made. Classes may need to be moved to a different location, day and/or time or in some circumstances may not be able to be made up.

**SENIOR CITIZENS:** Any resident of the school district who holds a Senior Citizen pass is entitled to enroll in one class, free of charge, as long as the class has sufficient enrollment to permit the course to operate on a self-supporting basis. However, they must pay half of the registration fee for any additional courses. The exceptions are special courses such as Defensive Driving or those referenced with an asterisk \*. A 10 % discount is given to senior citizens for these courses. **Seniors MUST have a Senior Citizen Pass which can be obtained at the School District Office on Cypress Drive.**

**PARKING REGULATIONS:** Cars must be parked in the parking lot. There is no parking permitted in the fire lanes in front of the building. The fire lanes are clearly marked as "NO PARKING ZONES." Fire safety requires that these lanes be kept free of parked cars.

WE ARE ALWAYS LOOKING FOR NEW COURSES & TEACHERS: We would like to hear from you for suggestions or ideas for new courses. If you are skilled in a craft, hobby, or special area and would like to share it with others, email us at [jhadcock@bhbl.org](mailto:jhadcock@bhbl.org).

## Monday

### ANNUITIES AND YOUR RETIREMENT

Chris Nyhan • \$5(\$7NR) • 1 night, Sept. 26 • 7-8 PM • Rm. 120

Retirement can be an incredible time of your life--but it can also last 20 years or more. It's important to consider if your retirement income will last as long as your retirement. We will discuss planning for wealth distribution in retirement, how annuities are commonly used to supplement income, and the most common types of annuities and their features.

### BASKET WEAVING -- Winnebago\*

Patti Brousseau • \$30(\$33NR) • 5 Wks. • 7-9 PM • Rm. 103

Join us for a few fun nights learning the art of basket weaving. The Winnebago basket is inspired by the Great Lakes Storage Basket and the Winnebago Indian Baskets. You start with a square base measuring 7 1/2" x 7 1/2" and weave into a flared round basket with a wooden lunch pail handle. Midway up the side you apply a false rim and from that point you cinch in the top to a nice round 8" diameter. The total height of the basket is 15" including the handle. There will be plenty of time to weave a second basket of your choice. Please bring with you an old towel, clothespins, awl or regular screw driver and a sturdy pair of scissors. A supply fee of \$20.00 is payable to the instructor the first night of class.

### STAINED GLASS\*

Sharon Nazzaro • \$35(\$38NR) • 6 weeks • 7-9 PM • Room 134

For beginner and advanced. For advanced students, we are planning to make Christmas ornaments and ornamental stars. For beginners come and learn the art of copper foil. Each student should complete at least one item and leave with the skills and supplies for creating at home. Options for obtaining tools will be discussed at the first class. I will supply the patterns. Email Sharon ([senazzaro@gmail.com](mailto:senazzaro@gmail.com)) with any questions

### RECREATIONAL BASKETBALL

Fred Marcelli • \$50 (\$53NR) • 10 Wks. • 7:30-9:30 PM • Gym

Participants MUST pre-register for basketball. Class is limited to the first 30 registrations received. Teams are formed each week and play in a non-competitive environment. It's a great workout!

### BEGINNING YOGA\*

Judy Rightmyer • \$60 (\$63NR) • 10 Wks. • 7:00-8:30 PM • HS Library

Kripalu Yoga introduces principles of alignment, breath-work, and relaxation. A series of gentle primary postures and yoga basics are taught with emphasis on increasing flexibility, stretching, spine lengthening and stress reduction. Please bring a mat, small pillow or cushion and blanket to class.

### WORRIED ABOUT BREAST CANCER?

### THERE REALLY IS SOMETHING YOU CAN DO

Andrea Smith • \$12(\$15NR) • 1 night, Oct. 3 • 7-8:30pm • Room 105

Learn the Qigong movements for Breast Cancer Prevention, a program designed by Dr. Nan Lu of the Breast Cancer Prevention Project (see <http://www.breastcancer.com>) A certified instructor through the Traditional Chinese Medicine World Foundation in NYC, Andrea teaches this one-of-a-kind program to help women of all ages support their breast health. It's essential to know that women can be proactive when it comes to the issue of breast cancer. Based on the ancient, time-tested theories of Chinese medicine, this unique program gives women the healing tools necessary to support breast health. Prevention is more than early detection.

### CREATE YOUR OWN WEB PAGE

Gayathri Gopalan • \$15(\$18NR) • 2 weeks begin Oct. 3 • 6:30-7:30PM • High Sch. Rm 204

Introducing the World Wide Web. Explore the many ways to design a webpage. Setting up your website, HTML Basics. Formatting and Styling Text, Adding Images to your webpages, Creating Hyperlinks, Publishing a website and Maintaining a website.

### SELL YOUR HOME WITHOUT A REALTOR

Carol North • \$16(\$19NR) • 2 Wks. Begin Oct. 17 • 7-9 PM • Rm. 120

Learn how to save thousands of dollars in commissions by selling your property without a realtor. You will learn (1) getting your home ready for the market (2) advertising the availability of your property (3) qualifying your buyer (4) understanding the seller's and buyer's responsibilities and expenses (5) handling contract negotiations.

\* Senior Citizens pay a 10% discounted fee for this course

(NR = Non Resident)

# Monday

## MEDITATION

**Alison Keller • \$5 (\$7NR) • 8 nights • 7-8:30 PM • MS Library**

This course is for everyone who is seeking inner self discovery, peace and balance for the mind, emotions and physical well being in a way that will help lay a foundation for the goal of study in self realization and the awakening of consciousness.

## NEW YORK SAFE BOATING (for Children)

**Coast Guard Auxiliary • \$5 • 4 weeks • 7-9 PM • Rm 109**

This course is taught by qualified members of the U.S. Coast Guard Auxiliary to youths aged 10 through 18. Topics include boating nomenclature, boating laws, boating safety equipments, navigation aids, boat handling and trailering. A Boating Certificate through New York State is issued after perfect attendance and passing a proctored closed book exam. The certificate authorizes solo operation of powered vessels and operation of Personal Water Craft, subject to current NY State regulations. Currently New York State requires age 14 and up for solo operation of a PWC. The textbook is free, there is a fee for filing for a State Boating Certificate.

## ABOUT BOATING SAFELY (for Adults)

**Coast Guard Auxiliary • \$5 • 4 weeks • 7-9 PM • Rm 105**

The Adult course (ages 16 and higher) includes topics such as 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 examination is given at the end of the course. Passing qualifies boaters for a course certificate recognized by New York State and usually qualifies a boater for a discount on marine insurance. A text book/study guide is included with the course fee. Fees (payable to the instructor in class) are \$20 for a single student and \$5 for each additional family member who shares the text. 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. However, solo operators of PWC's must be at least age 14 years in New York State.

# Tuesday

## BEGINNER SWING DANCING\*

**Tom Russell • \$60 per person \$100 per couple • 10 Wks. • 6:30-7:30 PM • Pashley Elem. Gym (9/26 ONLY--Meets in the Middle School Back Gym)**

Learn the basics of this fun and versatile dance. By the end of the session, you will be able to go out dancing at clubs, weddings, or anywhere they play good music and have a great time! No partner needed! Children 12 and over are welcome.

## HOW TO CREATE PERSONALIZED PHOTO BOOKS AND GIFTS WITH YOUR DIGITAL PHOTOS

**Gail Stein • \$5 • 3 nights begin Oct. 18 • 6:30-9PM • High School Rm 204**  
Make beautiful, professionally bound and printed photo books, as well as other personalized gifts, with your own digital photos using our free Rock-etLife photo software (available through [www.myphotokeeper.com](http://www.myphotokeeper.com)). See how easy, fast and intelligent this software is! Create your projects using unlimited background choices, arrange and size your photos to your liking, add text and graphics...all with a click of the mouse. Projects can be created in as little as 3 minutes!! Orders are then placed and processed whenever you are ready, and delivered to your door. The first class will be a simple walk-through of the software and its many abilities (with step by step printed guidelines provided). The following two sessions will be workshops, to which you may bring your own computers and photos and together we will work to create precious keepsakes of your most important memories. Personalized gifts and mementoes, with Christmas only a few months off! Books, photo calendars, collage prints, mugs, key chains, puzzles, greeting cards and so much more!

## THE JEWISH ROOTS OF CHRISTIANITY

**Barbara Iuliano • \$32 (\$35NR) • 8 weeks • 7-8:30 PM • Room 124**

Come study the Jewish roots of the bible in the Old Testament and see how it is the foundation for the New Testament. We will look at the culture and the time period to get a better understanding of the bible. The book, *The Jewish Roots of Christianity*, will be available at the first class for \$15.

## PROFESSIONAL VOICE ACTING

**Jay Silverman • \$12 (\$15NR) • 1 night, Oct. 4 • 6:30-9 PM • Room 120**

This exciting class will explore the 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 be successful and earn great income in this exciting field. Students will listen to demos recorded by professional voice actors and will have the opportunity to prepare and read a piece of commercial copy for critique.

## RUBBER STAMPING I - Stamp a STACK of Cards

**Deb Valder • \$12(\$15NR) • 1 night, Sept. 27 • 7-9:30 PM • Rm 105**

Every year we get together and stamp some amazing items. This year is no exception. All Projects are brand new. 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. It will give you a large number of cards to send out! Even if you've never stamped before, try this. I know you will fall in love with it instantly. Please bring a small pair of sharp scissors and your adhesive. A \$10 materials fee will be payable to the instructor the night of class. No previous experience necessary. See [my blog for samples of my work www.stampladee.com](http://myblogfor samples of my work www.stampladee.com).

## RUBBER STAMPING II - Holiday Treasures

**Deb Valder • \$12(\$15NR) • 1 night, Oct. 4 • 7-9:30 PM • Rm 105**

The Holiday Treasures class every year is a HUGE success. All projects are brand new this year. With the holidays fast approaching, here is a class to help out with some inexpensive gift ideas. With today's economy, this is a great class to take. Please join in for a warm and wonderful evening to celebrate the holidays. Bring a small pair of sharp scissors. A \$10 materials fee will be payable to the instructor the night of the class. No previous experience necessary. My website for samples is <http://stampladee.stampinup.net>.

## RUBBER STAMPING III - Stamp a Stack of Masculine Cards

**Deb Valder • \$12(\$15NR) • 1 night, Oct. 25 • 7-9:30 PM • Rm 105**

I think of all the things I do, this is the most requested type of card. It's easy to make a feminine card but it takes a little bit more thought to come up with a masculine card. So, in this class you will complete a stack of masculine cards and will go home with TWO of each card with the envelopes. Check out my blog for samples of my work <http://stampladee.com>. Please bring a small pair of sharp scissors. A \$10 materials fee will be payable to the instructor the night of class. No experience necessary.

## RUBBER STAMPING IV - Scrapbooking

**Deb Valder • \$12(\$15NR) • 1 night, Nov. 1 • 7-9:30 PM • Rm 105**

If you love scrapbooking and if you love stamping, here is a combination of the two. You will complete an entire mini scrapbook in one night. So come and scrap that special event. All projects are brand new. Please bring to class a small pair of scissors, a FISKARS Cutter if you have one, your own adhesive and some pictures if you want to scrap them that night. A \$15 materials fee will be payable to the instructor the night of the class. No previous experience necessary.

## RECREATION VOLLEYBALL

**Sandy Hutchinson • \$50 (\$53NR) • 10 Wks. • 7:30-9:30 PM • Gym**

This course is for those who want a medium degree of exercise. Teams are formed each week. Having fun is emphasized.

## CONTINUING YOGA\*

**Judy Rightmyer • \$60 (\$63NR) • 10 Wks. • 7:00-8:30 PM • HS Library**

This continuing yoga class will focus on refining primary postures, while introducing new postures, meditation and breathing techniques and the concept of "meditation in motion". Students should have completed at least one beginning level yoga session. Students are asked to bring a mat, small pillow or cushion and blanket to class.

## ZUMBA - Basic I\*

**Deb Spurgas • \$60(\$63NR) • 8 Wks. start 9/20 • 6-7 PM • Pashley Gym (9/27 ONLY--Meets in Middle School Front Gym)**

"Zumba" is the hottest International Dance Fitness class in existence. It combines the various Latin Rhythms of Merengue, Salsa, Cha, Cha, Cumbia and Samba. All routines are unique choreography to original music composition. The session consists of 15 minutes of warm-up, 30 minutes of cardio-fitness and 15 minutes of cool-down. During the course of the class one burns between 600 and 1000 calories while working the core; experiencing exhilaration beyond belief. "So... ditch the boring work-out and join the party!" Comfortable work-out attire and non-waffle bottom dance shoes/sneakers suggested.

\* Senior Citizens pay a 10% discounted fee for this course

**LOVE YOUR HOME AGAIN**

**Dawn DiLorenzo (Locust Grove Designs) • \$38 (\$41NR) • 8 Wks. • 6:30-8 PM • Room 109**

Decorating doesn't have to be a painful, expensive process. There are so many ways to revitalize your home without spending a fortune. The classes will cover: selecting paint colors, re-designing your space, makeover on a dime, staging your home for sale, enhancing curb appeal, cute kids' rooms, using nature in decorating, and inexpensive holiday decorating. Submit your home photo(s) and questions via email (dawn@locustgrovedesigns.com) and 1-2 photos will be selected each class to discuss. Attend one class or all-each class will cover a different topic.

**Wednesday****COMPANION DOG TRAINING I**

**Bill Murphy • \$38 (\$41NR) • 6 Wks. • 7-7:45 or 8-8:45 pm • Back Gym**

Designed to teach teens and adults to train their dogs to be more agreeable family companions. Lessons will include heel, sit, down, stand, stay and come on-leash. Please bring proof of vaccinations within the past year and at least 2 weeks prior to the first class. Come to the first class with dog, clean up materials, treats, training collar and a 6 foot lead. Any pet store can properly fit the dog with a training collar. Dog must be at least 5 months old.

**COMPANION DOG TRAINING II & III**

**Mary Lou Cuddy • \$35 (\$38NR) • 6 Wks. begin Oct. 5 • Back Gym**

**Dog Training II • 7-7:45pm • • • Dog Training III • 8-8:45pm**

Designed for dogs with enough previous training to begin off-leash work. Handlers may bring dogs to the first class, provided they have proof of DHL vac. within the past year and at least 2 weeks prior to the first class.

**ONE STROKE/DECORATIVE PAINTING****INTERMEDIATE CLASS**

**Michele Lombard • \$26 (\$29NR) • 4 wks begin Oct. 12 • 6:45-8:45PM • Rm 103**

Continue one-stroke/decorative painting classes with 2 new projects. **In this 4 week class we will be painting a cute Snowman/Gingerbread Banner and a Snowman Wreath. The wreath will be a very unique grapevine wreath that can be decorated with ribbon and lights (provided).**

**REQUIREMENT: BASIC ONE STROKE BRUSHES. \$ 20 supply fee will be collected by the instructor on the first night.**

**PEN & INK DECORATIVE PAINTING CLASS**

**Michele Lombard • \$15 (\$18NR) • 2 wks begin Sept. 21 • 6:45-8:45PM • Rm 103**

Come and have fun with a new pen & ink project. We will be doing a Winter Cardinal/Birdhouse scene. No experience necessary. **REQUIREMENT: BASIC ONE STROKE BRUSHES and a Rapidograph Koh-I-Noor Pen .25 or .30.** If you participated in the previous pen & ink class, pens that were purchased will be accepted. If you would like to try this class and need to borrow an ink pen, please contact the instructor. \$8 supply fee will be collected by the instructor on the first night.

**GLITTER & DECORATIVE PAINTING****ORNAMENT CLASS**

**Michele Lombard • \$15(\$18NR) • 2 wks begin Nov. 9 • 6:45-8:45PM • Rm 103**

Come and enjoy a fun night making 6 glitter glass ornaments. We will be using glitter and ink to decorate the inside of the ornaments and then painting the outside of them with a Christmas rose or rub on stencils. No experience necessary. Glass ornaments, glitter, ribbon and paint provided. **REQUIREMENT: BASIC ONE STROKE BRUSHES. \$10.00 supply fee will be collected by the instructor the first night.**

**STRATEGIC PLAN FOR LIFE:****CREATING THE LIFE I WANT**

**Barbara E. Norton • \$12(\$15NR) • 1 Wk. Oct. 12 • 7-9 PM • Rm. 120**

Are there changes you want to make in your life? Is there something you've wanted to do, but, for whatever reason, it just hasn't come to be? You do have the capacity within yourself to discover what you really want, make changes in your life (small or large), and do things you have always wanted to do. What you don't always have is the opportunity to express and develop your passions and ideas. You will envision what you want, set goals, and develop action plans. Creating the life you want to live is a lifelong process and this class introduces strategies that you can utilize to envision, design, and live the future you desire.

**COMPETITIVE VOLLEYBALL**

**Vince Caterina/Jim Rulison • \$50 (\$53NR) • 10 Wks. • 7:30-10 PM • Front Gym**

Participants should have a mastery of basic volleyball skills; bumping, setting and spiking. Emphasis will be on team play in a competitive environment, with designated setters and spikers encouraged. Teams will be formed after the first night and team standings tracked through the session. USA Volleyball rules will be followed and will be discussed during the first session. Class size is limited and participation in the program is based on an individual's skill level.

**T'AI CHI \***

**Tony Grimaldi • \$50 (\$53NR) • 10 Wks. • 7-8PM • Charlton Heights Cafeteria**

This ancient Chinese art of meditation in motion promotes mental, emotional and physical healing by combining movement, meditation, relaxation and self-defense. It is reputed to be of therapeutic value for high blood pressure and heart and lung diseases and is practiced by people of all ages and physical abilities. It requires no equipment and very little space. Each movement is performed slowly to improve balance, flexibility, concentration and muscle control.

**ESTATE PLANNING - An Attorney's Perspective**

**Richard Fuerst • \$12 (\$15NR) • 1 night, Nov. 2 • 6:30-8:30 PM • Room 120**

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in carefully planning for your future and the future of your loved ones, we promise to explain the ins and outs of these important estate planning strategies - in simple, nonlegal terms. For instance 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 -- based on the latest legal changes -- nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation.

**HOME BUYERS WORKSHOP**

**Carol North • \$12(\$15NR) • 1 night, Oct. 12 • 7-9 PM • Rm. 109**

Do you want to be a smart shopper and avoid the pitfalls that can be involved when purchasing a home? This course will take you from start to finish. The roles of the various real estate professionals involved in the process, such as the attorney and home inspector, will be examined. Mortgages and closing costs will also be discussed.

**DIGITAL PHOTOGRAPHY**

**Gayathri Gopalan • \$20(23NR) • 3 weeks begin Sept. 28 • 6:30-7:30 PM • High School Rm 204**

Introduction to Digital cameras, Types of Digital cameras, Features, Accessories and Interpreting Digital camera reviews on web. Digital Camera Settings, Exposure modes, Scene modes, Metering modes. Camera Techniques, Transfer of Images from camera to computer and Photo Editing. Saving Images as different File Formats, Organizing and sharing photos using Picasa. Printing photos and Resizing photos for Digital picture frames.

Please make out a separate card & check for each course. Make checks payable to BHBL Central Schools. **You will be notified only if the course is cancelled or changed.** Mail to:

Director of Continuing Education  
O'Rourke Middle School, Lakehill Road, Burnt Hills, NY 12027

**REGISTRATION CARD**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, St. Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Course: \_\_\_\_\_ Session: \_\_\_\_\_

**REGISTRATION CARD**

Name: \_\_\_\_\_

Address: \_\_\_\_\_

City, St. Zip: \_\_\_\_\_

Telephone: \_\_\_\_\_ Cell: \_\_\_\_\_

Course: \_\_\_\_\_ Session: \_\_\_\_\_

\* Senior Citizens pay a 10% discounted fee for this course

## Wednesday

### BEADSTRINGING

**Martha Hatt • \$16(\$19NR) • 2 Wks. begin Nov. 2 • 7-9 PM • Rm 105**  
Attention fine jewelry lovers! Learn how to design custom jewelry and work with fine gemstone beads in this "hands-on" class. You will learn the two most popular beadstringing techniques and make two finished pieces of jewelry. Now you too can make custom jewelry using the same gemstone beads, find-ings and techniques used by professional jewelry designers. Learn a new hobby, repair or restore your heirlooms, earn extra money, or give beautiful gifts, come and get started. Bring a hand towel. Stringing materials, including gemstone beads will be available at the first class at a cost of \$16.00 plus tax.

### EARRING MAKING

**Martha Hatt • \$12(\$15NR) • 1 night, Nov. 16 • 7-9 PM • Room 105**  
This hands-on class will enable you to take home three pairs of earrings. This is a nice extension of skills for those who have taken the bead stringing class. A \$16 plus tax materials fee is payable to the instructor in class.

### JUGGLING WORKSHOP (for all ages)

#### FOR BEGINNERS, INTERMEDIATE & ADVANCED\*

**Steve Roz • \$42(\$45NR) • 10 Wks. • 7-9 PM • Room 137**  
Juggling is not only a great hobby for all ages, it has many benefits. Many times people use the excuse "I don't have the coordination", but juggling is actually a great way to dramatically improve ones coordination and reflexes. It can be used to relieve stress. Beginners will learn basic juggling techniques; scarf juggling, three ball juggling and two ball juggling. Advanced beginners will be introduced to club and hoop juggling as well as balancing and plate spinning. Intermediate to advanced levels will explore two-man juggling, five ball juggling, share new and old tricks or just hone your own talent in the company of other juggling enthusiasts. Participants will be encouraged to try new techniques, learn new tricks and develop a Juggling Routine.

### I'M RETIRING...NOW WHAT?

**Barbara E. Norton • \$12(\$15NR) • 1 Wk. Oct. 5 • 7-9 PM • Rm. 120**  
The time has finally come, you're going to retire. "What do I really want to do? And are my finances in order to allow me to do what I want?" This class will start the process of thinking about what you want to do and evaluating your resources for retirement. Maybe you have a hundred ideas and want to figure out what you want to do most. Maybe you've never thought a lot about what you really want. This course introduces strategies that you can utilize to envision, design, and live the future you desire. By looking at both what you want to do and the resources that you have, you can begin to create the life you want in your retirement.

### QUILTING -- SCRAP QUILTS\*

**Peg Allocco • \$38(\$41NR) • 8 Wks. • 7-9 PM • Room 107**  
Create beautiful quilts using your stash. We will be using the new book (required), "Scrap-Basket Sensations" by Kim Brackett for our class. Choose a contemporary design or opt for a more traditional look with the patterns in this book. Learn how to turn your leftover fabric into treasures. E-mail Peg at pegallocco@yahoo.com with questions or for the supply list.

## Thursday

### TAX FREE INVESTING

**"It's not what you make, it's what you keep"**

**Chris Nyhan • \$5(7NR) • 1 night, Oct. 20 • 7-8 PM • Rm. 120**  
Do you want more control over the taxes you pay? There are several strategies to help reduce your tax burden. Choosing tax-advantaged investments is one of them. You'll learn about: tax-advantaged investments and their features; tax advantages of IRAs, tax-free investment returns vs. taxable investment returns; and three ways to own municipal bonds.

### FOCUS ON FIXED INCOME

**Chris Nyhan • \$5(\$7NR) • 1 night, Oct. 27 • 7-8 PM • Rm. 120**  
Intended for investors of all ages but ideal for the retired or those near retirement. Owning investments that may provide you with a regular income can be a smart decision. It's a good idea to learn how fixed-income investments such as bonds may help you to reach your financial goals. You'll learn more about: Bond characteristics and features, the relationship between interest rates and bond prices, tax advantages of municipal bonds and how bonds may help you weather fluctuating markets.

\* Senior Citizens pay a 10% discounted fee for this course

### ZUMBA - Gold\*

**Deb Spurgas • \$60(\$63NR) • 8 Wks. start 9/22 • 6-7 PM • Pashley Gym**  
A lower intensity Zumba Fitness that captures all the fun and fitness of Zumba Basic I. Participants will experience the same basic steps and infectious music with modifications. It is designed to target both the deconditioned (beginner) participant as well as the active older adult population. Zumba Gold addresses the anatomical, physiological and psychological needs specific to this demographic. Recommended for ages 50 and older. Wear comfortable exercise attire with non-waffle bottom sneakers and water and a towel are also helpful.

## Specials

### AEROBICS & FITNESS\*

**Monday & Wednesday • Linda Mielcarski • 5:45-6:45PM • Pashley Gym**  
**Fees: 10 wks • 1 x a wk. • \$46(\$49 NR) • 2 x's a wk • \$70(\$73NR)**  
**Classes begin Monday Sept. 19.**

A total body workout to the sounds of music. This workout is designed to tone all major muscle groups including abs. An aerobic segment is aimed at cardiovascular fitness and fat burning. Aerobic routines are designed to accommodate all levels. Register by mail or with instructor on the first night of class.

### BALL WORKOUT\*

**Jami Juron • \$60 (\$63NR) • 10 Wks. • 6:10-7:10 pm • Pashley Cafe.**  
**• Meeting dates: Mondays - 9/26 ONLY--Meets in the Middle School Cafe, 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5**

Define, tone and strengthen your entire body using a stability ball. The stability ball offers a functional way to strengthen all major muscle groups by challenging balance and core strength. This innovative, fun and low impact class includes a variety of weight bearing exercises for the upper body, lower body and core (abdominal/back) that are appropriate for all ages and fitness levels. Come join the fun and have a ball! Participants should bring a stability ball and floor mat. Instructor will have a pump available. Recommended ball size is based on your height - 45 cm (< 5'0"), 55 cm (5'0"-5'7"), 65 cm (5'8"-6'3") & 75 cm (>6'3").

### PILATES\*

**Jami Juron • \$60 (\$63NR) • 10 Wks.**  
**Please Specify Beginner or Intermediate on Registration form**  
**Beginner -- 7-8 pm • Pashley Cafeteria • Meeting Dates: Thursdays -- 9/29, 10/6, 10/13, 10/20, 10/27, 11/3, 11/10, 11/17, 12/1, 12/8**  
**Intermediate -- 7:15-8:15 pm • Pashley Cafeteria • Meeting dates: Mondays -- 9/26 ONLY--Meets in the Middle School Cafe, 10/3, 10/17, 10/24, 10/31, 11/7, 11/14, 11/21, 11/28, 12/5**

PILATES (pronounced piLAH teeZ) is designed to give you a leaner, stronger, healthier body that is flexible and pain-free. Pilates exercise is a form of isometric exercise that simultaneously stretches, strengthens, tones and aligns the body, while eliminating excess tension and strain on the joints. With consistent practice, you will improve posture, balance and coordination, build strength without "bulking up," increase flexibility and agility, develop optimal core control, and create flat abdominals, lean thighs and a strong back. A refreshing mind-body workout appropriate for men and women of all abilities. A typical class includes 25 exercises performed on a mat lying on your back, front, and side, with each exercise repeated at most 10 times. Participants should bring a floor mat.

### DEFENSIVE DRIVING\*

**Vic Ferrante • \$40 • 2 nights • 7-10 PM • High School, Room 207**  
**1st Session: Sept. 26-27      3rd Session: Nov. 29-30**  
**2nd Session: Oct. 24-25      4th Session: Dec. 19-20**

This course will award all New York State motorists with a 10% reduction in motor vehicle collision liability insurance premiums for a 3-year period. Also, those drivers who have incurred violation points on their record will receive a 4 point reduction. The course is certified with the D.M.V. The program consists of 6 hours of classroom instruction including films, lecture and discussions. Registrations must be received at least 5 days prior to the beginning of the class unless other arrangements are made with the secretary or director.

### 5 HOUR PRE-LICENSING DRIVING COURSE\*

**Bill Cassidy • \$35 • 2 nights • 7-9:30PM • High School, Room 205**  
**1st Session: Sept. 27-28      3rd Session: Dec. 13-14**  
**2nd Session: Nov. 1-2**

This course fulfills the New York State 5-hour classroom requirement for those signing up to take a road test. People who have taken driver education and have received a blue card do NOT have to take this course.

(NR = Non Resident)