



B U R N T H I L L S

BH-BL

B A L L S T O N L A K E

Continuing Education

PROGRAM

WINTER 2024 Course Offerings

We are pleased to offer a variety of classes and programs for the adults in our community. Learning is a lifelong journey and we are happy to be a part of it with you! BH-BL's Continuing Education program provides a multitude of valuable resources to district residents, such as recreational, enrichment, vocational, and educational

courses for people of all ages.

We succeed when the community takes advantage of the services provided. We urge you to take part in our program by enrolling in one or more of our classes, suggesting ideas for future classes, volunteering to assist with the program, or even sharing your skills or hobbies by instructing a program.

CENTRAL
SCHOOL
DISTRICT

REGISTRATION:

Online Registration begins Jan. 8

In-person registration is
Thursday, January 11,
from 6:30 to 8 p.m.
BH-BL High School's Library,
88 Lakehill Road, Burnt Hills.

Visit www.bhbl.org for
possible course changes.

Continuing Education Coordinator
Amy Cullen

email: acullen@bhbl.org



- Cupcake & Cookie Decorating,
- Painting & Ceramics
- Cardio & Self Defense,
- Retirement Plans, and more!



MANY CLASSES BEGIN THE WEEK OF JAN. 29

The number of participants in each class is limited and participants will be enrolled on a first-come, first-served basis. Many classes fill quickly due to high enrollment. Only register for courses you plan to attend. **Registrations must be received by January 26, 2024**, unless other arrangements are made with the coordinator. You can register online and in-person. To register online, go to www.familyid.com and click "BH-BL Continuing Education Program." Create an account to select classes. Payment is required prior to the first class. Please mail payment and include:

- 1) Name, phone number & course name(s)
- 2) A check made payable to BH-BL Central School District. Please mail separate checks for each course to:
BH-BL School District, Continuing Education Department, PO Box 1389, Ballston Lake, NY 12019.

In-person registration is Thursday, Jan. 11, in the BH-BL High School library from 6:30 to

Never stop Learning

8 p.m. Registration fees are listed with course descriptions, and do not always include supply fees that may be required. Each registration must include an email address and contact phone number to be shared with the instructor to communicate course information.

REFUNDS: Registration fees are automatically returned if a class is cancelled. Refunds are not available for multiple week courses after the first class. Notification of withdrawal from a course must be received at least five days before the first class.

CLASS SCHEDULE: Class dates are listed with the descriptions. Classes do not meet when school is closed, either as a holiday or because of the weather. If classes are cancelled late in the day, the information will be relayed to local TV and radio stations and posted on www.bhbl.org. If classes are cancelled due to the weather, every effort to reschedule will be made. Classes might 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 is 60 years of age or older and holds a BH-BL Senior Citizen Pass is entitled to a 10% discount on many classes (special rate is listed with these classes) or can enroll in one eligible class free of charge (as long as the class has sufficient enrollment). Eligible courses are denoted with an asterisk (*).

* First course free, subsequent eligible courses 50% discount.

MONDAY



CAKE CONSTRUCTION 101

Chef Ronica Keith, Master Baker, RPI • \$25 (\$30 NR/\$22 SR) • Jan. 29 • 5-7 pm • BH-BL HS Room 209

Learn how to fill, ice, and decorate a basic birthday cake. If there's time, there will also be writing demonstration so you can customize your cake. You'll leave class filled with new knowledge and skills. Students should bring their own cake. Dress comfortably and get ready to learn! A \$15 supply fee is due at class. Class limit is 15.

BASKET WEAVING

Patti Brousseau • \$30 (\$35 NR/\$27 SR) • Session 1: Jan. 29-Feb. 26 • Session 2: March 11-April 8 • 7-9 pm • O'Rourke Middle School Room 103

You will make a medium-sized round basket that has an 8" to 9" base and is 6" in height. You'll weave a colorful arrow pattern on the sides. You choose the colors and pattern. Bring an old towel, heavy duty scissors, clothes pins, awl or ice pick, and an exacto knife. A \$45 supply fee is due at the first class. Class limit is 15. (No class 2/19 and 4/1.)

IMPROVE YOUR CORE STRENGTH

Michelle Hernandez, American Council on Exercise Personal Trainer and Fitness Instructor • \$60 (\$65 NR/\$54 SR) • Session 1: Jan. 29-Feb. 26 | Session 2: March 4-25 • 7-7:45 pm • Pashley Cafeteria
Core exercises are an important part of your fitness plan. You will be engaging in movements that will strengthen your pelvis, lower back, hips, and abs. The goal is to improve your overall core strength, balance, and flexibility. Get ready to work and have fun! Bring your own water and mat. Class limit is 15. (No class 2/19.)

RECREATIONAL BASKETBALL

Fred Marcelli • \$60 (\$65 NR) • 12 Classes: Jan. 29-April 29 • 7:30-9:30 pm • O'Rourke Middle School Front 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. (No class 2/19 and 4/1.)

AQUA ZUMBA

Karen Stern, Certified AFAA/NASM Group Exercise Instructor, Licensed Aqua Zumba Instructor • \$80 (\$85 NR/\$72 SR) • 10 Classes: Feb. 5-April 22 • 6-6:45 pm • BH-BL High School Pool

This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Less impact on joints means you can use the water's natural resistance to tone your muscles. Class limit is 20. (No class 2/19, 4/1.)



MEDITERRANEAN DIPS & SPREADS

Chef Jennifer Doig, Executive Chef, RPI • \$25 (\$30 NR/\$23 SR) • Feb. 5 • 6:30-8 pm • BH-BL HS Room 209

Embrace the joys of the Mediterranean with an introduction to some of Chef Doig's favorite dips and spreads. Learn how to create dips and pita spreads intended for sharing. Please bring a cutting board, knife for cutting vegetables, a rubber spatula and spoon for stirring, three medium bowls, a food processor, a peeler, and a large Ziplock bag to carry home your pita chips. A \$30 supply fee is due at class. Class limit is 12.

FINANCIAL PLANNING BASICS

Jeffrey Jones, Revolutionary Financial Planning • FREE • Feb. 5 • 6:30-8 pm • O'Rourke Middle School Room 127

Take a look at some general financial planning concerns. While there's no such thing as a one-size-fits-all financial plan, the overview should assist you in thinking about your own needs. Class limit is 25.

**FRENCH ONION SUPER SOUP NIGHT****Executive Chef Jennifer Doig, RPI • \$25 (\$30 NR/\$23 SR)**
• March 4 • 6:30-8 pm • High School Room 209

Get ready to stir up some flavor! Learn how to make a delicious French onion soup topped with melted Swiss cheese and a crusty crouton. This French favorite will be your next go-to appetizer to impress your guests. Bring a cutting board, knife for cutting onions, a wooden spoon and a soup pot, preferably one with a heavy bottom. A \$25 supply fee is due at class. Class limit is 8.

KICKBOXING PLUS**Kelly Sullivan, 2nd-Degree Black Belt in Tae Kwon Do, AFAA Group Exercise Fitness Instructor, MMA Conditioning Specialist • \$45 (\$50 NR/\$40 SR) • 5 weeks: March 25-April 29 • 7-7:45 pm**
• Charlton Heights Gym

Join us for an intense cardio workout where you'll cycle through a variety of kicks, strikes, and punches from boxing, martial arts, and mixed-martial arts formats. Each move is broken down into easy-to-learn steps so you can choose your intensity level. Invigorating moves are set to music. You will leave feeling energized and ready to release the stress of the day. Whether you are new to group exercise classes or a guru, you will be motivated to have a great time, burn lots of calories and get a fantastic workout. Class limit is 25. (No class 4/1.)

**CUPCAKE DECORATING LEVEL 2****Chef Ronica Keith, Master Baker, RPI • \$25 (\$30 NR/\$22 SR) • Feb. 26 • 5-7 pm • BH-BL HS Room 209**

Learn how to fill cupcakes as well as special finishing decorating techniques. Dress comfortably and get ready to learn! Each class participant will leave with their half dozen decorated cupcakes and a wealth of decorating knowledge for future projects. A \$12 supply fee is due at class. Class limit is 15.

BUILD YOUR BRAND IDENTITY IN 6 SIMPLE STEPS**Brenna McPeck, Professional Marketer and Content Creator, Co-Creator/Editor-in-Chief of Fatal Flaw Literary • \$35 (\$40 NR)**
• March 25 • 7-8 pm • BH-BL High School Room 150C

The success of your business begins and ends with its branding. Your brand is a character, with a distinctive personality, voice, look, tone, and feel. How do you engage with your audience in an efficient, effective, and memorable way? Do it right and they will remain loyal to you. Fail to resonate with them, and they may just be a one-time customer. In this masterclass, you'll learn the steps needed to create a unique brand identity in a strategic way, ensuring that you'll connect with your audience today, tomorrow, and into the future. Class limit is 25.

**HOW TO PLAN FOR A TAX FREE OR TAX ADVANTAGE RETIREMENT****Steve Kamen, NSSA, Mosaic Wealth Strategies Group, Ltd.**
• FREE • Feb. 26 or March 11 • 6-8 pm • HS Spartan LGI Room

Learn how to place yourself in the best possible position to retire either Tax Free or Tax Advantage. The course is based on Amazon's number one bestselling book *Retire Like a Shark*, co-authored by the instructor and Kevin Harrington of Shark Tank as well as 35 other leading authorities in North America. You'll discuss several strategies to help you get there. Class limit is 30.

TUESDAY**ZUMBA®****Karen Stern, Certified AFAA/NASM Group Exercise Instructor, Licensed Zumba Instructor • \$80 (\$85/\$72 SR) • 10 classes: Jan. 30-April 16 • 6-7 pm • Charlton Heights Gym**

This class is perfect for everybody and every body! We'll take the "work" out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over you'll see why Zumba® classes are often called exercise in disguise. Zumba® is a total workout that combines all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy, and a dose of awesomeness each time you leave class. Class limit is 30. *Feb. 6 class held in the school's cafeteria. (No class 2/20, 4/2.)

UNDERSTANDING STOCKS, BONDS, AND MUTUAL FUNDS**Nick Stark, Revolutionary Financial Planning • FREE • Jan. 30 • 6:30-8 pm • O'Rourke Middle School Room 127**

This flagship course has been heard by thousands of people since the launch in 2005. Each year, adjustments are made to ensure the most up-to-date information is shared. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. This informational class will help you understand the differences and similarities of various types of investments and explain financial lingo. It will also show you how proper asset allocation will lower your overall risk and help you understand the benefits of using mutual funds to build a balanced portfolio to plan for a successful retirement. There will be no attempt to promote any specific investments. Class limit is 25.

RECREATIONAL VOLLEYBALL**Sandy Hutchinson • \$60 (\$65 NR) • 12 weeks: Jan. 30-April 30 • 7:30-9:30 pm • O'Rourke Middle School Gyms**

This course is for those who want a moderate level of exercise. Teams are formed each week. We play hard but fun is emphasized! Class limit is 40. (No class 2/20 and 4/2.)

SEWING MACHINE BASICS**Ellen Nardoza, Sewing instructor, 40 years • \$20 (\$25 NR/\$18 SR) • Feb. 6 • 5:30-8:30 pm • O'Rourke Middle School Room 107**

Did you get a new machine and have not taken it out of the box? Did you inherit a machine from Mom or Grandma but are afraid to touch it? If yes, this class is for you! Learn how to identify the parts of the machine and what they do, thread the machine and bobbin, sew stitches, put in a new needle, and use all the accessories. The instructor will let participants know what they need to bring to class. Class limit is 6.

YOGA FOUNDATIONS AND FLOW**Margo Janack, Certified Yoga Teacher Training, RYS 200 & Certified Life and Spiritual Coach • \$70 (\$75 NR/\$63 SR) • 7 weeks: Feb. 6-March 26 • 7-8 pm • Pashley Cafeteria**

This moderately paced Hatha yoga class for all levels features basic yoga poses and short Vinyasa flow sequences. Class sessions will include some meditation and breathwork practice to support mind-body-soul connection. Participants must bring their own mat, straps, blocks, blanket, and seat cushions. Class limit is 25. (No class 2/20.)



PAINTING WITH ACRYLICS

Karen Anthony, Karen's Paint pARTies • \$35 (\$40 NR/ \$32 SR) • March 26 or April 16 • 7-9 pm • O'Rourke Middle School Room 103

You will learn to paint a spring themed painting. No artistic experience necessary. You will be led step by step to produce your own masterpiece. Course cost includes an 11x14 stretched canvas (you will take this home) and all painting materials needed during the class. Class limit is 15.

SOLAR ENERGY 101: ENERGIZING YOUR HOME WITH THE POWER OF THE SUN

Capital District Clean Energy Hub Advisor • FREE • April 9 • 6:30-8 pm • O'Rourke Middle School Room 121

Plan for your energy needs with the Capital District Clean Energy Hub and its partner, Solarize Albany, for an informational seminar on the clean energy solar options available to you. You'll learn about on-site systems as well as community solar, and how to be a smart consumer with questions for potential contractors and tools for navigating financial incentives through the state and federal system. Class limit is 25.

WEDNESDAY

YANG STYLE TAI CHI 16 FORM


Anthony Grimaldi, Certified in Tai Chi, 3rd Duan ranking • \$70 (\$75 NR) • 10 Weeks: Jan. 31-April 17 • 6:15-7:15 pm • Pashley Elementary School Gym

Yang Style Tai Chi is an easy form to learn for beginners or advanced students. It is a practice that involves a series of slow gentle movements. Tai Chi helps to have a meditative state of mind and controlled breathing. It can help with blood circulation and balance. Class limit is 30. (No class 2/21, 4/3.)

CONTINUING YOGA

Judy Rightmyer, 500 hr. Certified Kripalu Yoga Instructor • \$80 (\$85 NR/\$72 SR) • 10 Weeks: Jan. 31-April 24 • 7-8:15 pm • O'Rourke Middle School Library

A continuing Kripalu yoga class where you focus on movement, breathwork, and meditation to connect the mind, body and spirit. Participants should bring a yoga mat, seat cushion or small pillow, and a blanket. Class limit is 25. (No class 2/21, 3/27, 4/3.)



OSTEO-WHAT? BONE HEALTH WORKSHOP

Dr. Megan James, PT DPT, USATF-L2, Certified Endurance Running Coach, Owner of Immersion PT • \$30 (\$35 NR/ \$27 SR) • Jan. 31 • 7-8:30 pm • HS Room 150C

Osteoporosis and osteopenia can be scary terms to hear—but they don't have to be! Optimizing bone health starts at a young age, but any effort put toward it at any point in life is going to help in the long run. You'll learn the basic science of bones, including how men and women are different, and what you can do now to support a healthy and active lifestyle for years to come. This class is beneficial to people of all ages, including parents of young athletes. A \$5 materials fee is due at class. (www.ptimmersion.net). Class limit is 30.



BEGINNER/INTERMEDIATE SALSA DANCE

Thomas & Tamara Russell, Dance Fire Studio • \$50 (\$55 NR) • 6 Weeks: Jan. 31-March 13 • 7-8 pm • Charlton Heights Cafeteria

This is a fun Latin party dance often used for Zumba exercises. Learn to

dance, have fun, and exercise at the same time. You'll learn where you can go dancing with your new talent. No partner needed. Flat leather-soled shoes are the best for dancing (i.e., most dress shoes). Class limit is 30. (No class 2/21.)



CARDIO FITNESS


Steve Aldi, Action Certified Personal Trainer & Group Exercise Instructor • \$50 (\$55 NR/\$45 SR) • 8 Weeks: Jan. 31-March 27 • 7:30-8:30 pm • Charlton Heights Gym

In this class you'll be working with only your body weight—no machines, no added weights, just a full body cardiovascular and strength workout. Classes will be switched up between interval training, circuit training, and jumping rope. All fitness levels are welcome. (Alternative exercises will always be given.) The team atmosphere will push everyone to be their best while having fun, burning calories, relieving stress, and listening to great music. Sneakers, water, a towel, and a yoga mat are needed. Jump ropes will be provided. Class limit is 25. (No class 2/21.)

INTERMEDIATE VOLLEYBALL

Linda Arocho • \$50 (\$55 NR) • 10 weeks: Jan. 31-April 17 • 7:30-9:30 pm • O'Rourke Middle School Front Gym


Competitive pick-up games for intermediate-level players who have a basic understanding of offensive and defensive strategies, know how to bump, set, and spike, and can perform these skills with a moderate level of consistency. This class is not for beginners. Class limit is 24. (No class 2/21, 4/3.)



AROMA WELLNESS BODY SOAK

Kimberly Krizan, Wellness Advocate, Sorella Spa • \$30 (\$35 NR/\$27 SR) • Feb. 7 • 6-7:30 pm • O'Rourke Middle School Room 103

This is a fun and light workshop where you'll learn the importance of using essential oils in your daily routine. Enjoy fun activities and create your own bath/foot soak. Please note: if you are under a physician's care, please consult with your practitioner before implementing essential oils into your lifestyle. Class limit is 15.



LEARN TO SEW PART 2

Ellen Nardoza • \$70 (\$75 NR/\$63 SR) • 5 Classes: Feb. 28, March 6, 13, 20, 27 • 5:30-8:30 pm • O'Rourke Middle School Room 107

This class is for students who have taken Learn to Sew Part 1 (see Tuesday courses) or know how to sew. Choose a pattern of your choice. See pattern for fabric, notions (buttons, snaps, zippers, elastic, etc.) that you'll need and bring thread to match, straight pins, pin cushion, tape measure, marking pen or chalk, and large scissors. Day 2: bring a sewing machine, foot pedal, power cord, all-purpose foot, new needle, two bobbins, small scissor, and thread to match fabric. Class limit is 6.

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Chris Nyhan, AAMS, Financial Advisor • FREE • Feb. 28 • 7-8 pm • HS Spartan LGI Room

This class is an educational program for people who are nearing retirement, ages 55 and up who have questions about social security. Questions to be addressed include: How does Social Security fit into my retirement income plan? When should I start taking benefits? What about taxes? What about spousal, divorcee, and widow benefits? What if Social Security runs out of money? Don't miss this important, informative session. Class limit is 30.

STEP WRITE UP!

Karen Bond, M.Ed. • \$35 (\$40 NR/\$31 SR) • 8 Weeks: March 6-May 1 • 6-8 pm • O'Rourke Middle School Room 128
This is a writing class for beginners and intermediates. Each week will feature a writing theme and opportunities to write and share. Bring a pen and paper or laptop (your preference). A \$5 materials fee is due at the first class. Class limit is 15. (No class 4/3.)

New! MANDALA-INSPIRED BEADED SUNCATCHER
Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)
• March 6 • 6:30-8:30 pm • Middle School Room 103
Create a beautiful mandala-inspired suncatcher using beads and wire. No beading experience needed, but some fine motor dexterity is required. View a sample of the completed project at www.gratitudeplace.com/projects. A \$15 materials is due at class. Class limit is 8.

FIND YOUR CENTER: WELL-BEING IN UNCERTAIN TIMES
Kim Perone, Certified Life Coach, Grief Educator and Certified Workplace Mindfulness Facilitator • FREE • March 27 • 6-7 pm • BH-BL HS Library
We live beautiful, yet chronically stressed lives. Modern life is volatile, uncertain, complex, and ambiguous (VUCA). In times like these, it is important to focus on your well-being and how you can find your “center,” a place within you that is grounded and stable in any situation, so that you can access joy and approach life empowered for success. The *Find Your Center with Life Coach Kim Perone* podcast is available wherever you get podcasts. Perone is also the author of *Finding Your Center: The Case for Clarity, Compassion & Contentment*. (center4c.com). Class limit is 20.

New! BEADED WINDCHIMES
Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)
• March 27 • 6:30-8:30 pm • Middle School Room 103
Celebrate spring by creating a whimsical piece for your home or garden! Use a variety of beads to make something that celebrates your unique creativity. There are no complicated steps for this project, so it's great for the beginning beader or experienced stringer looking to spend a relaxing couple of hours. View a sample of the completed project at www.gratitudeplace.com/projects. A \$15 materials fee is due at class. Class limit is 8.

GETTING PAID TO TALK: AN INTRODUCTION TO PROFESSIONAL VOICE OVER
Voice Coaches Instructor • \$15 (\$20 NR/\$13 SR) • March 27 • 6:30-9 pm • O'Rourke Middle School Room 121
From audio books, training material, animation, gaming, and commercials to socially relevant content, television, and more, today's voice over field has become a great way to leverage your individual interests, voice qualities, and communication skills. Learn about how the industry works today, trends in opportunity, areas of future growth, and top traits casting professionals. You'll also hear samples from working voice over artists and record a sample voice over. If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a first step. Class limit is 25.

EARRING MAKING 101
Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • April 10 • 6:30-8 pm • O'Rourke Middle School Room 103
Learn how to make and finish earrings using beads and wire. You'll learn to make wire loops as well as experiment with wire to make your own

unique earrings. Make a pair of dangle or chandelier earrings for yourself and one to give as a gift! This is a beginner class, but some fine motor dexterity is required. A \$15 supply fee is due at class. Class limit is 8.

THURSDAY

LET'S TALK ABOUT IT NOW
Kathleen Lowes, Licensed Funeral Director, Owner of Townley & Wheeler Funeral Home • FREE • Feb. 1 • 6:30-7:30 pm • O'Rourke Middle School Room 121
Listen to a presentation and have a conversation about the benefits of planning final arrangements in advance. Learn the different options and financial choices available. People who have their final affairs in order often feel empowered and relieved that they have lifted a burden from their loved ones' shoulders. There's comfort in knowing final wishes will be honored and decisions can be made without the pressure of emotions and time constraints. Class limit is 20.

BOX LACROSSE
Cody Maggs • \$40 (\$45 NR) • 8 Weeks: Feb. 1-March 28 • 7-9 pm • Pashley Elementary School Gym
This is a non-contact, pick-up box lacrosse class for beginners to experienced payers. It's a great way to get in a cardio workout. Helmets, gloves, arm pads, and stick are required. Class limit is 30. (No class 2/22.)

New! MORE SALAD CREATIONS
Jennifer Angelopoulos, Owner of The Furies Extra Virgin Olive Oil • \$20 (\$25 NR/\$18 SR) • Feb. 8 • 5:30-7 pm • O'Rourke Middle School Room 105
Join us again to empower your health and awaken your food! You'll learn how to make a variety of new dressings to create delicious, tasty salads. Please bring a bowl and utensils to hold your salad and dressings. Extra virgin olive oil has powerful antioxidants that maintain their nutritional value, even through cooking. Visit <https://thefuriesoliveoil.com> for more information about extra virgin olive oil. A \$20 supply fee is due at class. Class limit is 15.

New! INVASIVE SPECIES 101: THE PROBLEM DEFINED FOR THE HOMEOWNER
Hannah Coppola, Aquatic Program Manager at CR-PRISM • FREE • Feb. 8 • 6:30-8 pm • Middle School Room 121
Are you concerned about how invasive species are impacting the ecosystems? Learn about invasive species found in yards, invasive species characteristics, invasion curve, and prioritization for management. High-threat species approaching the region will be discussed, and resources and identification materials will be provided. (This introductory program is part one of three classes offered in this topic area.) Class limit is 25.

New! CERAMIC RING DISH POTTERY PROJECT
Mercedes Buhner, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Feb. 15 • 6-8 pm • BH-BL HS Room 165
Students will learn the basics of handbuilt ceramic construction and create a small ring dish using glaze and melted glass for a unique finish after firing. (This is a non-food safe project.) Clay for one ceramic piece and additional materials used are provided. Class limit is 10.



INVASIVE SPECIES CONTROL USING INTEGRATED PEST MANAGEMENT

Sam Schultz, Terrestrial Invasive Species Coordinator at CR-PRISM • FREE • Feb. 15 • 6:30-8 pm • O'Rourke Middle School Room 121

Learn how to use integrated pest management approaches to control invasive species in a yard or woodlot. There will be demonstrations of management techniques with associated tools property owners can use to take control of invasive species. Problematic invasive species will be discussed and resources shared. Class limit is 25.

THE NEW REVERSE MORTGAGE FOR SENIORS

Burt Farbstein, NYS Licensed Mortgage Loan Originator • FREE • Feb. 15 • 6:30-7:30 pm • O'Rourke Middle School Room 127

Learn the current pro's and con's of a Reverse Mortgage and see if its right for YOU! Class limit is 20.

LONG TERM CARE: PROTECTION STRATEGIES FOR WOMEN

Audra Higgins, COO & Partner at Simmons Capital Group • FREE • Feb. 29 • 6:30-7:30 pm • O'Rourke Middle School Room 128

Would you be shocked to know that 70% of people over age 65 will need long-term care? And the majority are women? We may find ourselves caring for aging loved ones so it's important to stay informed of the various financial planning options to address the rising costs of long-term care. Learn the basics of long-term care, funding options, and hybrid strategies being used today. Whether you are still working, planning for retirement, or in retirement, this class will help clarify what expenses you may encounter in later years and how to begin planning to protect your assets and take control of the care you wish to receive. Class limit is 20.



ATHLETIC SCHOLARSHIPS AND COLLEGE SPORTS TEAM RECRUITMENT - HOW DOES IT ALL WORK?

Nancy Adis, Educational Consultant, Confident College Planning • \$15 (\$20 NR) • Feb. 29 • 7-8 pm • HS Library

Do you have an athlete in the family who wants to play a sport in college? Do you want to learn more about the college recruitment process and possibilities for athletic scholarships to help fund college costs? Join us for an overview with important information about what to consider before students sign on. Class limit is 30.



FINANCIAL STRATEGIES FOR WOMEN

Audra Higgins, COO & Partner at Simmons Capital Group • FREE • March 7 • 6:30-7:30 pm • MS Room 128

As women, we have many reasons to take extra time to plan for retirement: we tend to live longer, experience more than one status change in life, and likely earned less prior to retirement. With every life change, benefits and options for retirement can change and as a result our planning should be updated. Learn the core structure of a sound financial plan as well as the lesser known details that could greatly impact your income and financial stability in retirement (i.e., social security benefit changes due to death or divorce, long-term care costs for women vs men, the risk of out-living your resources). Class limit is 20.



SPRING COOKIE DECORATING

Cindy Burek, Buttercup Cookie, LLC • \$78 (\$83 NR/\$70 SR) • March 14 • 6-8 pm • Middle School Room 105

Learn how to use royal icing to decorate creative cookies. You'll work step by step on each cookie to learn the various decorating techniques (piping/ outlining, flooding, wet-on-wet) used with royal icing. There are five cookie

designs you'll complete and take home, along with a decorating tool, cookie cutter, and packet of seasonal sprinkles and/or cookie decorations. Registrants will get link to the instructors blog with baking cookies basics, tips and tricks of the trade, as well as links for additional tutorials and other decorators' instructional blogs, recipes, and vendors/suppliers. All supplies are provided and included in the class fee. Class limit is 20.



INVASIVE SPECIES: SUSTAINABLE YARDS AND GARDENS WITH POLLINATOR RESTORATION

Kristopher Williams, Capital Region Partnership for Regional Invasive Species Management (CR-PRISM) • FREE • March 14 • 6:30-8 pm • O'Rourke Middle School Room 121

Learn how to apply conservation-based practices, on a small scale, to provide ecosystem benefits to the environment. This program will identify the need and methods to increase pollinator-friendly habitats within your yard or woodlot. Core practices of turf grass removal and amending soil to build the foundation for pollinator habitats will be explored. This program will provide pollinator resources and allow for open dialogue with participants. Attendance in previous invasive species class is recommended but not required. Class limit is 25.



THE ART OF KOKEDAMA: DECORATIVE HANGING PLANT

Aissa Murray, Brookside Nursery • \$20 (\$25 NR/SR \$18) • March 14 • 6:30-8:30 pm • O'Rourke Middle School Room 103

Kokedama is a style of Japanese bonsai in which a plant's root system is wrapped in moss and bound with string, transforming it into a living sculpture. Loosely translated, koke means 'moss' and dama means 'ball.' These decorative hanging plants are a strikingly beautiful accent for any room. There are many different plants that can thrive in a kokedama planting, and in this class you'll explore some of the different options while making your very own. A \$20 materials is due at class. Class limit is 20.

A TALE OF TWO TRUSTS – REVOCABLE & IRREVOCABLE

Glenn J. Witecki, Esq. • FREE • March 28 • 6:15-8:15 pm • O'Rourke Middle School Library

You'll learn about estate planning basics as well as more enhanced planning opportunities through the use of Trusts—both Revocable and Irrevocable. The discussion will include answers to: How much money can an individual or married couple protect if they need nursing home care even if they have done no prior asset protection planning? What is the difference between the "five-year look-back period" pertaining to Medicaid funding and a "penalty period?" Among other things, you'll learn about Revocable and Irrevocable Trust uses to prevent Will challenges, protecting assets from long-term care expense, and offering enhanced flexibility to your estate plan. You will have an opportunity to ask specific questions pertaining to your own circumstances. Class limit is 30.



PLANTING FOR POLLINATORS

Aissa Murray, Brookside Nursery • \$10 (\$15 NR/\$9 SR) • April 11 • 6:30-7:30 pm • Middle School Room 127

Imagine a garden that comes alive with hummingbirds, butterflies, and native bumblebees among other pollinators. Reimagine your garden filled with native plants that will feed and sustain these wonderful visitors. Learn how to use plants in order to attract pollinators, their botanical value, and where to best plant them. Resources will be provided to help you better understand the importance that native plants play in our ecosystem. Class limit is 20.

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CENTRAL SCHOOLS

PO Box 1389
Ballston Lake, New York 12019

HOME STAGING: HOW TO TURN YOUR HOME FROM FRUMPY TO FABULOUS

Katherine Curran, Professional Home Stager/ NYS Licensed Real Estate Salesperson • FREE • April 18 • 6-9 pm • HS Library

Do you plan to sell your home but have no idea where to begin to get it ready to be listed? Maybe you're just tired of your current decor and would like some tips on updating a room with the latest paint colors and furniture trends. This class will cover what home buyers are looking for in today's market and how you can get your home magazine ready for real estate photos. Attendees are encouraged to bring photos of their home that are areas of concern. Class limit is 30.

SELF DEFENSE WORKOUT*

Master Park, Chong Hyo Century Tae Kwon Do • \$15 (\$20 NR) • April 11 & 18 • 7:30-8:30 pm • O'Rourke Middle School Back Gym

Our class focuses on learning Tae Kwon Do as a means of self-defense. This class offers you an intense cardio workout for fitness and the knowledge of self defense techniques to incorporate into your busy life. Class limit is 20.



SHORT-TERM RENTAL 101

Katherine Curran, Professional Home Stager/ NYS Licensed Real Estate Salesperson, VRBO Premier Host • \$20 (\$25 NR/\$18 SR) • April 25 • 6-8 pm • BH-BL HS Library

Have you ever thought about earning extra income with Airbnb or VRBO? This class will teach you the in's and out's of the short-term rental business that's become so popular! Class limit is 30.

DRIVING COURSES

BOAT AMERICA

John Hinds, US Coast Guard Auxiliary • \$20 (\$25 NR) • Tuesdays: Feb. 6-March 5 • 7-9 pm • O'Rourke Middle School Room 127

Boat America is a NASBLA approved boating safety course that meets the requirements of New York state boating safety. Subjects include boat handling, navigation rules, charts and safe navigation, legal requirements of boating, and handling emergencies. In addition, many insurance companies will provide a discount on boat insurance upon proof of taking the course. Class limit is 25. (No class 2/20.)

NYS-APPROVED DEFENSIVE DRIVING CLASS

Alyssa Sukhu, Empire Safety Council Instructor • \$45 (\$50 NR) • May 18 • 8 am-2 pm • O'Rourke Middle School Library

This is a NYS Department of Motor vehicles approved six-hour program. Upon completion of this course, you may be eligible to receive 10% off insurance premiums and point reductions. Refresh your knowledge of traffic laws and learn safe driving strategies to help minimize risks on the road. Class limit is 30.

COURSE REGISTRATION DEADLINE IS JAN. 26, 2024.

GO TO WWW.BHBL.ORG TO LEARN MORE ABOUT REGISTERING ONLINE.

PAYMENTS MUST BE RECEIVED BEFORE FEB. 1 OR THE FIRST DAY OF CLASS, WHICHEVER IS FIRST.