



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

P R O G R A M

## FALL 2025 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 Opens Sept. 15

In-person registration is

Wednesday, Sept. 17

from 7 to 8 pm

BH-BL High School Library  
88 Lakehill Road, Burnt Hills

Visit **[www.bhbl.org](http://www.bhbl.org)** for  
possible course changes.

*Continuing Education Coordinator*

Amy Cullen | [acullen@bhbl.org](mailto:acullen@bhbl.org)  
518-399-9141, Ext. 85013



- Holiday Crafts
- Exercise & Fitness
- Finance & Investing
- Cooking, Baking and More!



**MANY CLASSES BEGIN THE WEEK OF SEPT. 29**

The number of participants in each class is limited. Participants are enrolled on a first-come, first-served basis. Please only register for courses that you plan to attend, since many classes close out due to high enrollment. Online and in-person registration is available. **Online registration begins Sept. 15. Registrations must be received by Sept. 26** unless other arrangements are made with the coordinator. Register online at [www.familyid.com](http://www.familyid.com) and click "BH-BL Continuing Education Program." Please send payment prior to the first class and include:

- 1) **Name, phone number & course name(s)**
- 2) **A check made payable to BH-BL Central School District. Please send a check (no cash) and course information to: BH-BL School District, Continuing Education Department, PO Box 1389, Ballston Lake, NY 12019.**

**In-person registration is Sept. 17**, in the HS library from 7 to 8 pm. The registration fee is listed with each course and does not include

## Never stop Learning

supplies and textbooks that may be required for specific courses. Each registration must include an email address to be shared with the instructor for communication regarding course information. Exact cash or check are acceptable forms of payment at in-person registration only.

**REFUNDS:** Registration fees will automatically be returned if a class is cancelled. Refunds will not be made for any multiple-week course after the first class. Notification of withdrawal for a course must be received at least five days prior to the first class.

**CLASS SCHEDULE:** Class dates are

listed with each class description. 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](http://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 district who is 60 years of age or older and holds a BH-BL Senior Citizen Pass is entitled to a discount on certain classes (special rate is listed with these classes). There are a few classes where you can enroll in one eligible class free of charge (as long as the class has sufficient enrollment). Eligible courses for this special discount are denoted with an asterisk (\*). This special program includes the first course free, and subsequent eligible courses at 50% discount. Contact us for help registering for courses in this special senior citizen program.

## MONDAY

### AQUA ZUMBA

**Karen Stern, Certified AFAA/NASM Group Exercise Instructor, Licensed Aqua Zumba Instructor • 10 Classes: Sept. 29-Dec. 8 • \$85 (\$90 NR/\$77 SR) • 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 really let loose using the water's natural resistance to tone your muscles. Class limit is 25. (No class Oct. 13.)

### RECREATIONAL BASKETBALL

**Fred Marcelli • \$50 (\$55 NR) • 10 Classes: Sept. 29-Dec. 8 • 7:30-9:30 pm • O'Rourke Middle School Front Gym**

Participants must pre-register for basketball, payment is due at time of registration. 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 Oct. 13.)

### BASKET WEAVING

**Patti Brousseau • \$30 (\$35 NR/\$27 SR) • Session 1: Sept. 29-Oct. 27 • Session 2: Nov. 3-24 • 7-9 pm • O'Rourke Middle School Room 103**

The basket we will be making is called Shelly's Basket. She uses it as a waste paper basket. We start twinning around an 8" square wood base. From there we weave with 1/2" flat reed to a height of 10-12". You may add color or leave it all natural. Your choice to square off the top or leave it round. Please bring an old towel, clothes pins, an awl or ice pick, a sharp pair of heavy-duty scissors, and an Exact-o knife. A \$65 supply fee is due on the first night of class. Class limit is 15. (No class Oct. 13.)

### STOCKS, BONDS, AND MUTUAL FUNDS

**Jeff Jones, Revolutionary Financial Planning • FREE • Oct. 6 • 6:15-7:45 pm • O'Rourke Middle School Room 109**

This flagship course has been heard by thousands of people since the launch in 2005. Each year we make adjustments to give you the most up-to-date information. 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: 25.



### WATERCOLOR PAINTING TECHNIQUES

**Wendy Carroll, Retired Art Teacher • \$80 (\$85 NR/\$72 SR) • Oct. 6-Dec. 1 • 6:30-8 pm • O'Rourke MS Room 105**

Join us and learn various watercolor painting techniques, brushwork and color theory. The classes will be sequential, building upon the previous class skills. There is \$25 supply fee due the first night of class. Class limit is 18. (No class Oct. 13.)



### TAME YOUR STAGE FRIGHT!

**Heather E. Schwartz, QuietGirlComedy.com • \$30 (\$35 NR/\$27 SR) • Oct. 6 • 6:30-8 pm • HS Black Box Theater**

Dreaming of performing at open mic, trying out for a community play, or even just taking an acting class but you're too afraid to do it? This workshop is a friendly space for adults who've never performed for an audience as well as those who have stage fright. Class may run shorter depending on the number of participants. Class limit is 15.



### UNDERSTANDING THE LOCAL REAL ESTATE MARKET

**Darlene Prince, Licensed Associate Broker • FREE • Oct. 6 • 6:30-8 pm • O'Rourke Middle School Room 310**

Curious about what's really going on in our neighborhood's real estate market? We'll break down market terms in plain language, share real data from your neighborhood, and explore how things like school districts, home updates, interest rates, and even curb appeal impact local home values. Whether you're considering selling, investing, or just want to be a more informed neighbor, this class will give you valuable insight into the real estate trends right where you live. Class limit: 20

**START (OR JUMPSTART) YOUR SOLO SHOW JOURNEY**

Heather E. Schwartz, QuietGirlComedy.com • \$30 (\$35 NR/\$27 SR)  
• Oct. 20 • 6:30-8:30 pm • HS Black Box Theater

What if creating a solo show wasn't out of your reach? What if it wasn't all that complicated? This workshop puts the focus on you, so you can have productive solo rehearsals, trust your own judgement, and bring your authentic self to the stage. Class may run shorter depending on the number of participants. Class limit is 15.

**CHAIR YOGA**

Debra Guarneri • \$30 (\$35 NR/\$27 SR) • Oct. 20-Nov. 10  
• 7-8 pm • HS Library

Chair yoga is an adaptable form of yoga that modifies traditional yoga poses to be performed while sitting in a chair or using a chair for support. You will experience all the benefits of traditional yoga, focusing on breathing, flexibility, strength, and posture. This practice is particularly beneficial for people who may face challenges with flexibility, balance, or mobility. If possible, please bring yoga blocks or a sturdy shoe box, yoga belts or a necktie, and a yoga mat. You will have a great work out, have fun, and be safe. Class limit is 20.

**KICKBOXING**

Kelly Sullivan, 2<sup>nd</sup> Degree Tae Kwon Do Black Belt AFAA Group  
Exercise Instructor, MMA Conditioning Specialist • \$45 (\$50  
NR/\$40 SR) • Oct. 20-Nov. 10 • 7-7:45 pm • MS Back Gym

Join us for an intense, cardio workout where you'll cycle through a variety of kicks, strikes, and punches from boxing to mixed-martial arts formats. Each move is broken down to easy-to-learn steps with the intensity of your choosing. Invigorating moves set to music leaves you feeling energized and ready to take on the day. Positive motivation, safety, and having fun is what Kelly is all about. 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 in a fantastic workout. Class limit is 25.

**LET'S PRETEND WE'RE AUDITIONING FOR SNL**

Heather E. Schwartz, QuietGirlComedy.com • \$30 (\$35  
NR/\$27 SR) • Oct. 27 • 6-8:30 pm • HS Black Box Theater

Only a small percentage of people get to experience actual Saturday Night Live auditions. And why should they get all the fun? This workshop is exactly what it sounds like: a chance to make believe we're auditioning for Lorne Michaels himself! Class may run shorter depending on the number of participants. Class limit is 15.

**MODERN PLANNING FOR AGING: FAMILY CONVERSATIONS & LEGAL STRATEGIES FOR LIFELONG SUPPORT**

Pam Starsia, Starsia Law PLLC • FREE • Oct. 27 • 6-8 pm  
• O'Rourke Middle School Room 109

As more people live longer, families face challenges in planning for caregiving and quality of life in the elder years. This session is designed for older adults and their families who want to explore legal tools and financial planning strategies that foster independence, strengthen caregiving relationships, and improve well-being—without waiting for a crisis. We'll discuss how thoughtful estate planning can support caregiving needs and family relationships, with a focus on using your resources to invest in these relationships during your lifetime. Through open conversations and proactive planning, you can ensure that your elder years are marked by care, connection, and confidence. Class limit is 25.

**WHAT'S NEXT? ENJOY YOUR EQUITY**

Darlene Prince, Licensed Associate Broker • FREE • Nov. 3  
• 6:30-8 pm • O'Rourke Middle School Room 127

This class is for homeowners who are considering downsizing or making a lifestyle change and want to explore how to use the equity in their home to fuel the next chapter. Whether you're dreaming of a low-maintenance condo, a move closer to the grandkids, or that long-awaited beach town escape, we'll walk through the smart steps to get there. This is a no-pressure, information-only session for anyone wondering if now is the time to make a change—and how to do it with confidence. Class limit is 20.

**GETTING PAID TO TALK: AN INTRODUCTION TO PROFESSIONAL VOICE OVER**

Voice Coaches Instructor • \$15 (\$20 NR/\$13 SR) • Nov. 10  
• 6:30-9 pm • O'Rourke Middle School Room 121

From audio books to advertisements and beyond, we encounter recorded voices everywhere. In this one-night class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain an inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice over under the direction of the instructor. With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at voicecoaches.com Class limit is 25.

**TUESDAY****ZUMBA®**

Karen Stern, Certified AFAA/NASM Group Exercise Instructor,  
Licensed Zumba Instructor • \$80 (\$85 NR/\$72 SR) • 10 Classes:  
Sept. 30-Dec. 9 • 6-7 pm • Stevens Elementary School Gym

Zumba is perfect for everybody and every body! We mix 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. It's a total workout that combines all elements of fitness (cardio, muscle conditioning, balance and flexibility). Class limit is 30. (No class Nov. 11.)

**ADULT STRENGTH & CONDITIONING**

Steve Aldi, Action Certified Personal Trainer • \$50 (\$55 NR/\$45  
SR) • Sept. 30-Nov. 4 • 7:30-8:30 pm • HS Fitness Center

This class will focus on the basics of strength and conditioning for any skill level. Learn and practice proper form, technique, breathing and safety for full-body workouts while performing a variety of exercises designed for developing strength, balance and coordination. The goal is to gain the most out of each and every exercise and workout while having fun in a team environment. Class limit is 15.

**RECREATIONAL VOLLEYBALL**

Sandy Hutchinson • \$50 (\$55 NR) • 10 weeks: Sept. 30-Dec. 9  
• 7:30-9:30 pm • O'Rourke Middle School Front & Back 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.





**CONFIDENT COMMUNICATION: SPEAK CLEARLY, LEAD BOLDLY, CONNECT AUTHENTICALLY**  
**William Kent, Pastor of Fireside Church • \$15 (\$20 NR/\$13 SR) • Sept. 30 • 6:30-8 pm • HS Spartan LGI**

Struggle with speaking up, leading meetings, or sharing your ideas clearly? This hands-on workshop will help you build confidence, speak with clarity, and connect with others—whether you're in a classroom, boardroom, or everyday conversation. Gain real skills for real-life communication. Class limit is 20.

**HOW TO NAVIGATE & ACCESS ELDER CARE SERVICES**  
**Kym Hance, CMC, Client Care Services/Aging Life Care Manager, Herzog Law Firm • FREE • Sept. 30 • 6-8 pm • HS Library**

Feeling overwhelmed by the long-term care system or unsure of what is available? Our community offers a wealth of services (many with no cost) to help you age in place, no matter where you call home. Learn about the resources available, how to access them, and how to handle unexpected crises with confidence. Class limit is 30.

**SEWING MACHINE BASICS**  
**Ellen Nardoza, Sewing Instructor • \$20 (\$25 NR/\$18 SR) • Oct. 7 • 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? Or a machine from Mom or Grandma and are afraid to touch it? This class is for you. Learn to identify the parts of the machine and what they do, thread the machine and the bobbin, sew all the stitches, put in a new needle, and use all the accessories that come with your machine. Machine must be in good working condition. (Have it checked by a technician.) Class limit is 6.

**FOUNDATIONS OF YOGA**  
**Amy Waylett, Shapes of Yoga Instructor • \$65 (\$70 NR/\$58 SR) • 8 weeks: Oct. 7-Dec. 2 • 7-8 pm • O'Rourke MS Library**

In this class, you will learn, revisit, and explore the foundations of yoga. By connecting your breath with your movement, you will build strength and gain flexibility moving through gentle flows. Class limit is 25.



**PAINTED SOLAR LANTERN**  
**Jennifer Claire Hockford, Artist • \$40 (\$45 NR/\$36 SR) • Oct. 7 • 6:30-8:30 pm • O'Rourke MS Room 103**

Join us for an evening of crafting and painting. No experience needed. You'll receive step-by-step instruction through this fall birch tree painted solar lantern. You'll be guided on brushes, strokes and colors. All painting supplies and gift bag for your masterpiece are included. Class limit is 20.

**PLAN YOUR TRIP TO DISNEY IN 10 EASY STEPS**  
**Colleen Parisi, Travel Agent to Disney & Beyond • FREE • Oct. 7 • 6:30-8 pm • O'Rourke Middle School Room 109**

Learn to use the ever-changing tools and apps that Disney provides plus extra tips and tricks. The instructor visits Disney multiple times a year testing and retesting the apps, touring plans, and trying out new restaurants and attractions to better assist you. Take away the stress and put the fun in your Disney vacation! Class limit is 15.

**LEARN TO SEW: INCREASE YOUR SKILLS**  
**Ellen Nardoza, Sewing Instructor • \$60 (\$65 NR/\$55 SR) • 4 Classes: Oct. 14-Nov. 4 • 5:30-8:30 pm • O'Rourke Middle School Room 107**

Increase your sewing IQ! Choose a pattern of your choice. See pattern for fabric, notions (buttons, snaps, zippers, elastic, etc.), thread to match,

straight pins, pin cushion, tape measure, marking pen or chalk, and large scissors. On day two, bring a machine, foot pedal, and power cord, all-purpose foot, new needle, two bobbins, small scissors, and thread to match fabric. Students must know how to use a sewing machine and the machine must work well. Class limit is 6.

**RUBBER STAMPING: FALL CARDS\***  
**Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR) • Oct. 14 • 6:30-9 pm • O'Rourke Middle School Room 103**

There is no better way to get into the new season than to stamp some fall cards. We will make some amazing cards using autumn colors, images, and incorporate fun techniques and folds. Envelopes included. No prior stamping experience necessary. Please bring small scissors and double-sided adhesive. A \$10 materials fee collected at class. Class limit is 15.

**UNDERSTANDING MEDICARE: PARTS A, B, D, AND MORE**  
**Mary Yuhasz, Independent Licensed Agent • FREE • Oct. 14 • 6-8 pm • HS Spartan LGI**

Are you confused about Medicare Advantage, Medigap, and prescription drug plans? This class will guide you through the different parts of Medicare and what each type of additional coverage means. We'll discuss the latest changes in Medicare, explain how and when to apply, and provide information on assistance programs to help cover Medicare costs. Don't miss this opportunity to gain clarity and confidence about your Medicare options. Join us and get the answers you need! Class limit is 30.


**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) • Oct. 21 • 7-8 pm • High School Library 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. Learn to create a brand identity in a strategic way, ensuring that you'll connect with your audience today, tomorrow, and into the future. Class limit is 25.



**PAINTED WINE GLASSES**  
**Jennifer Claire Hockford, Artist • \$40 (\$45 NR/\$36 SR) • Oct. 21 • 6:30-8:30 pm • O'Rourke MS Room 103**

Join us for a wonderful evening crafting and painting. No experience needed. Jennifer Claire will instruct you step by step through these sunflower painted wine glasses. You'll be guided on brushes, strokes and colors. All painting supplies and gift bag for your masterpiece are included. Class limit is 20.



**ADULT RED BALL TENNIS**  
**Peter Green, Sportime Instructor, 30+ years experience • \$60 (\$65 NR/\$54 SR) • 4 Classes: Oct. 28-Nov. 25 • 8-9 pm • Pashley Gym**

This is a fun, social experience designed to bring new players, lapsed players and pickleball players to the courts and have them playing the game of tennis in no time. Red Ball Tennis uses smaller courts, shorter racquets, and low-compression balls that bounce lower and move slower. It's the ultimate mix of fun, fitness, and exercise for players of all skill levels. Class limit is 8. (No class Nov. 11.)



### LIFE NEEDS ANALYSIS

Lubica Mills, CPCU • FREE • Nov. 4 • 6:30-8 pm  
• O'Rourke Middle School Room 128

Join us for a free, interactive presentation with personalized planning exercises and Q&A. Designed to help you make informed decisions to secure your family's financial future. Learn about types of life insurance and create your own personalized life insurance plan. Class limit is 25.

### RUBBER STAMPING: HOLIDAY CARDS\*

Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR)  
• Nov. 4 • 6:30-9 pm • O'Rourke MS Room 103

Get into the holiday spirit with handmade cards. Your friends will be amazed when they receive their cards made by you! Go home with six simple but elegant cards. Envelopes included. No stamping experience necessary. Please bring double-sided adhesive and a small pair of scissors. A \$10 materials fee is due at class. Class limit is 15.



### RUBBER STAMPING: GIFT GIVING\*

Ann Burns, Independent Stampin' Up Demonstrator  
• \$15 (\$20 NR) • Nov. 18 • 6:30-9 pm • O'Rourke Middle School Room 103

The holidays will be here and it's time to think about gift giving. In this class you make two unique gifts (one will be a holiday frame) to gift. You just might not want to give them away! No stamping experience necessary. A \$15 materials fee is due at class. Class limit is 15.



### HOLIDAY DECORATIVE PAINTED PLATE

Jennifer Claire Hockford, Artist • \$40 (\$45 NR/\$36 SR)  
• Dec. 2 • 6:30-8:30 pm • O'Rourke MS Room 103

Join us for a wonderful evening crafting and painting. No experience needed. Jennifer Claire will instruct you step by step through this snowman painted decorative plate. You'll be guided on brushes, strokes and colors. All painting supplies and gift bag for your masterpiece are included. Class limit is 20.



### CHOCOLATE MOLDING: CHRISTMAS

Ellen Nardoza, 40-year Instructor • \$20 (\$25 NR/ \$18 SR)  
• Dec. 2 • 5:30-8:30 pm • O'Rourke MS Room 105

Learn to make hand-molded chocolates for the holidays! Class includes use of molds or bring your own. A \$5 supply fee is due at class. Bring waxed paper, a sheet/cookie pan no larger than 12x18, an apron, dish towel or paper towels, and box to bring everything home. Class limit is 8.

## WEDNESDAY

### CONTINUING YOGA

Judy Rightmyer, Certified Kripalu Yoga Instructor • \$85 (\$90 NR/\$76 SR) • 10 Weeks: Oct. 1-Dec. 10 • 7-8:15 pm • O'Rourke Middle School Library

A continuing Kripalu yoga class where we will focus on movement, breathwork and meditation that will connect the mind, body and spirit. Participants should bring a yoga mat, seat cushion or small pillow and blanket. Class limit is 25. (No class Nov. 26.)

### INTERMEDIATE VOLLEYBALL

Linda Dolen • \$50 (\$55 NR) • 10 weeks: Oct. 1-Dec. 10  
• 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. (Not for beginners.) Class limit is 23. (No class Nov. 26.)

### ESTATE PLANNING AND END OF LIFE DECISIONS

Glenn J. Witecki, Esq. • FREE • Oct. 1 • 6:15-8:15 pm • HS Library  
Learn about basic and enhanced estate planning, including the use of a Power of Attorney and Trusts (Revocable and Irrevocable) to avoid probate and to protect assets. Learn and engage in conversation about medical aid in dying—the myths and truths—and the status of legislation in New York. Attendees will have the chance to ask personalized questions regarding their own circumstances. Class limit is 30.



### STARGAZING

Kerry Lewis, Planetarium Manager & Astronomy Educator, miSci Museum of Innovation and Science • \$20 (\$25 NR/\$18 SR) • Oct. 1 • 6:30-8 pm • MS Room 109

Come learn about 'naked eye' stargazing—finding objects with your eyes only. We will discuss the seasonal constellations and the history/stories behind them. Class limit is 15.

### TAI CHI: THE FLOW OF WATER

Anthony Grimaldi, Certified Instructor & 3<sup>rd</sup> Duan Rank in Tai Chi  
• \$70 (\$75 NR) • 10 weeks: Oct. 1-Dec. 10 • 6:15-7:15 pm  
• Pashley Elementary School Gym

Come experience enhanced balance and control along with movements for flexibility. Focus the mind, body and spirit as one. Beginners or advanced students. Class limit is 35. (No class Nov. 26.)

### BANDS AND BALLS RESISTANCE TRAINING

Pam Capuano-Hodge, YMCA • \$55 (\$60 NR/\$50 SR) • 6 Weeks:  
Oct. 8-Nov. 12 • 6-7 pm • Charlton Heights Cafeteria

Join us for a full-body workout for all fitness levels with resistance training. When using resistance bands and exercise balls, this type of physical activity involves using resistance or force against muscles to build strength. The resistance placed on the muscles during these exercises stimulates them to adapt and become stronger over time. Resistance exercise can provide numerous benefits for overall health, including improved muscle function, bone density, metabolism, and even mental well-being. Class limit is 20.

### INTERNATIONAL TRAVEL: THINGS TO KNOW

Lisa Bzdel, Travel Specialist & Cruise Planners Franchise Owner  
• \$5 (\$10 NR) • Oct. 8 • 6-7 pm • O'Rourke MS Room 109

Have you been considering international travel? A little bit wary with all of the changes since COVID? We will discuss destination selection, trip preparation, and "during travel" tips/tricks. Learn about popular destinations and options for travel. Class limit is 20.



### BONSAI WORKSHOP

David Gehrs, Bonsai trainer & master gardener • \$55 (\$60 NR/\$50 SR) • Oct. 15 • 6:30-8:30 pm • MS Room 103

This workshop uses hands-on training to create a living bonsai tree. Each student will create a unique mini tree to take home. Everyone will pick out their own pot and pre-bonsai that you will plant, wire and trim. There will be caring instructions given out to ensure a long life for your new mini tree. Materials supplied: Bonsai Pot, Pre-bonsai plant, bonsai soil, mesh and sculpting wire, tools for trimming and designing your bonsai. The only thing left is giving your new pet tree a name! A \$30 supply fee is due at class. Class limit is 10.

STARTING YOUR FINANCIAL JOURNEY OFF RIGHT

Benjamin Simmons • FREE • Oct. 15 • 6:30-8 pm • MS Room 109  
Learn the building blocks of saving and investing as we walk through the process of planning for future financial goals and the steps to take to achieve them. Parents can bring their older teens to learn with them! Class limit is 25.



CERAMIC GLASS MELTED RING DISH

Mercedes Criscione, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Oct. 15 • 6-8 pm • High School Room 165  
Melt glass in a handmade ceramic ring or trinket dish to create beautiful, layered artwork. We will be making a handmade dish of your design and then using glass and glaze to finish the surface. All supplies included. Artworks will be fired and ready for pickup two weeks after the class date. Class limit is 12.

OSTEO WHAT? A BONE HEALTH WORKSHOP

Dr. Megan James, PT DPT, USATF-L2, Doctor of Physical Therapy • \$30 (\$35 NR/\$27 SR) • Oct. 22 • 7-8:30 pm • High School Library Classroom 150c  
Osteoporosis and osteopenia can be scary terms to hear—but they don't have to be. Optimizing our bone health starts at a young age, but any effort put toward it at any point is going to help in the long run. Learn about the basic science of bones, including how men & 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 men and women of all ages, including parents of young athletes. There's a \$5 materials fee. Class limit is 30.

PAINTING WITH ACRYLICS: PUMPKINS

Karen Anthony, Karen's Paint pARTies • \$35 (\$40 NR/\$32 SR) • Oct. 22 • 6:30-8:30 pm • O'Rourke Middle School Room 103  
You will learn to paint a pumpkin-themed painting to embrace the upcoming fall season! No artistic experience needed. You will be led step by step to produce your own masterpiece. Includes an 11x14 stretched canvas and painting materials used during class. Class limit is 15.

BEAD IT: FUN WITH WIRE

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • Oct. 29 • 6:30-8:30 pm • O'Rourke Middle School Room 103  
Explore wire techniques that incorporate geometric shapes. Learn how to form circles, triangles and squares that can be used as the foundation for earrings or pendants. Some fine motor dexterity is required. See sample projects at [www.gratitudeplace.com/projects](http://www.gratitudeplace.com/projects). A \$15 supply fee is due at class. Class limit is 8.



HANDMADE CERAMIC ORNAMENT SET

Mercedes Criscione, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Oct. 29 • 6-8 pm • High School Room 165  
Hand-make your own ceramic ornaments this holiday season! We will be creating 4-8 ornaments using hand-building ceramic techniques with a number of tools and glaze. Artworks will be fired and ready for pickup two weeks after the class date. Class limit is 12.



STAMPED CERAMIC CHARCUTERIE

Mercedes Criscione, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Nov. 5 • 6-8 pm • High School Room 165  
Build your own ceramic charcuterie platter. We will be stamping, impressing dried flora, and using glaze to create a beautiful, food safe dish. All materials supplied. Artworks will be fired and ready for pickup two weeks after the class date. Class limit is 12.



LEARN ABOUT TELESCOPES

Kerry Lewis, Planetarium Manager & Astronomy Educator, miSci Museum of Innovation and Science • \$25 (\$30 NR/\$23 SR) • Nov. 11 • 5-7:30 pm • O'Rourke MS Room 109  
This course provides students with an introduction to telescopes, including the different types and uses, and how to select one for yourself or as a gift. Be prepared for that star lover on your gift list! Class limit is 12.



PAINTED LIT WINE BOTTLE

Jennifer Claire Hockford, Artist • \$40 (\$45 NR/\$36 SR) • Nov. 12 • 6:30-8:30 pm • O'Rourke MS Room 103  
Join us for a wonderful evening crafting and painting. No experience needed. Jennifer Claire will instruct you step by step through this mum-themed lit wine bottle. You'll be guided on brushes, strokes and colors. All painting supplies and gift bag for your masterpiece are included. Class limit is 20.



CHOCOLATE MOLDING: THANKSGIVING

Ellen Nardoza, 40-year Instructor • \$20 (\$25 NR/ \$18 SR) • Nov. 12 • 5:30-8:30 pm • O'Rourke MS Room 105  
Learn how to make your own hand molded chocolates for a Thanksgiving gathering! Class includes use of molds or bring your own. A \$5 supply fee is due at class. Bring waxed paper, a sheet/cookie pan no larger than 12x18, an apron, dish towel or paper towels, and box to bring everything home. Class limit is 8.

BUDGETING: A PRACTICAL GUIDE & WORKSHOP

Benjamin Simmons & Aaron Batkay • FREE • Nov. 19 • 6:30-8 pm • O'Rourke Middle School Room 127  
Learn the building blocks of budgeting as we sit down and build a budget together. In this session we will talk through the different types of budgeting techniques before following along and building one together. Class limit is 25.

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Chris Nyhan, AAMS, Financial Advisor • FREE • Nov. 19 • 7-8 pm • High School Spartan LGI Room  
This is an educational program for people who are nearing retirement, ages 55 and up, who have questions about social security. During this program we will help answer these questions: How does Social Security fit into my retirement income plan? When should I start taking benefits? What about taxes? What about spousal, divorcee, and widows benefits? What if Social Security runs out of money? Class limit is 30.

TREE OF LIFE SUNCATCHER

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • Nov. 19 • 6:30-8:30 pm • O'Rourke Middle School Room 103  
The Tree of Life is a reminder that we are connected to everything around us. Use a metal ring, wire, and iridescent beads to make a suncatcher. View completed project at [www.gratitudeplace.com/projects](http://www.gratitudeplace.com/projects). A \$15 supply fee is due the night of class. Class limit is 8.



STAMPED CERAMIC PICTURE FRAME

Mercedes Criscione, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Dec. 3 • 6-8 pm • High School Room 165  
Make your own slab ceramic photo frame for a 4x6 or 5x7 image. We will be customizing and decorating the frame surrounded with stamps and ceramic glazes. All supplies included. Artworks will be fired and ready for pickup two weeks after the class date. Class limit is 12.



BEADED EARRING MAKING

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • Dec. 10 • 6:30-8 pm • O'Rourke Middle School Room 103

Design and create your own unique earrings in this fun, creative class. Learn the basics of earring construction—including forming wire loops and connecting components—using wire, beads, and simple jewelry-making tools. This class is great for beginners or those looking for inspiration. Some fine motor dexterity is required. View completed project at [www.gratitudeplace.com/projects](http://www.gratitudeplace.com/projects). A \$15 supply fee is due the night of class. Class limit is 8.

THURSDAY

MAT PILATES

Amy Waylett, Shapes of Yoga Instructor • \$65 (\$70 NR/\$58 SR) • 6 weeks: Oct. 2-Nov. 6 • 7-7:45 pm • O'Rourke MS Library

A classical mat Pilates class that focuses on building core strength and stability. It's a low impact workout using your own body weight for resistance. You will be carefully guided through mindful exercises to isolate your core muscles with stability and control. This class is appropriate for all levels; no prior experience in Pilates is required. Class limit is 20.

**New!** **HORMONE HARMONY: A MIND-BODY APPROACH TO MENOPAUSE**

Dr. DeLorenzo, RD DCN (dietitian), Dr. James, PT DPT (physical therapist), Dr. Serrao, PhD (psychologist) • \$50 (\$55 NR/\$45 SR) • Oct. 2 • 7-9 pm • HS Library Room 150C

Menopause is a natural transition in a woman's life, but it can bring about physical, emotional and nutritional challenges that may feel anything but natural! Led by three doctorally trained professionals, this course is designed to help women better understand and navigate the changes of this powerful life stage through a holistic approach. A \$5 supply fee collected on the night of class. Class limit is 30.

**New!** **PAINTING WITH ACRYLICS: FALL LANDSCAPE**

Karen Anthony, Karen's Paint pARTies • \$35 (\$40 NR/\$32 SR) • Oct. 2 • 6:30-8:30 pm • O'Rourke MS Room 103

You will learn to paint a fall landscape painting to embrace the beautiful colors of fall! No artistic experience needed. You will be led step by step to produce your own masterpiece. Includes an 11x14 stretched canvas and painting materials used during class. Class limit is 15.

**THE NEW ACTIVE RETIREMENT WORKSHOP**

Frank V. Finch, VP - Halliday Financial • FREE • Oct. 2 • 6-8:30 pm • HS Library

Part 1 (6-7:15 pm) Retirement Income Strategies & Part 2 (7:15-8:30 pm) Creating Your Personal Pension. Live your best years confidently and actively with wise money strategies that fit you. An ideal retirement is funded by steady income without having to work to pay the bills. We will explore ways to secure and increase a predictable cash flow for one's retirement, or even pre-retirement years. Join us for this two-part workshop to improve your confidence in your bright financially independent future. You'll learn popular income strategies that can benefit you while avoiding others which may hurt you. Class limit is 30.

**SELF DEFENSE FOR WOMEN**

Cody Maggs, Certified Defensive Tactics Instructor & School Resource Officer • \$25 (\$30 NR/\$23 SR) • Oct. 2 or Oct. 30 • 7-8:30 pm • HS Wrestling Room

An introduction to self defense against an unruly aggressor, this class will create confidence in utilizing defensive tactics that will allow you to escape a difficult situation. Several techniques demonstrated in class. Class limit is 30.

**New!** **DIGGING INTO SOIL HEALTH FOR HOMEOWNERS**

Nick Rowell & Dustin Lewis, Warren and Saratoga Counties Soil & Water Conservation Districts • FREE • Oct. 9 • 6:30-8 pm • O'Rourke Middle School Room 109

Get ready to grow! We'll explore understanding your soil health, its connection to water quality, and will provide guidance and resources to help you improve your own garden and lawn. Presented in collaboration with the Town of Ballston Green Community Committee. Class limit is 25.

**New!** **SHORT TERM RENTAL 101**

Katherine Curran, Professional Home Stager/NYS Licensed Real Estate Salesperson, VRBO Premier Host • \$20 (\$25 NR/\$18 SR) • Oct. 9 • 6-8 pm • HS Library

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

**New!** **MAKE AN AUTUMN GRAPEVINE WREATH**

Tara Connors, Owner of Bash Parties • \$20 (\$25 NR/\$18 SR) • Oct. 16 • 6-7:30 pm • O'Rourke MS Room 103

Happy Fall Y'all! Get sweater weather ready with an autumn grapevine wreath. Bash Parties will bring all of the supplies for you to make an 18" grapevine wreath complete with a variety of flowers and a wood cut out that reads "Hello Fall," "Happy Fal Y'all" or "Welcome." We'll provide instruction and help throughout the entire project. There will be a supply fee of \$25 due at class. Class limit is 12.

**THE NEW REVERSE MORTGAGE FOR SENIORS**

Joanne Russell, The Mortgage Place Inc. • FREE • Oct. 16 • 6:30-7:30 pm • O'Rourke Middle School Room 109

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

**New!** **CHOCOLATE MOLDING: HALLOWEEN**

Ellen Nardoza, 40-year Instructor • \$20 (\$25 NR/ \$18 SR) • Oct. 23 • 5:30-8:30 pm • O'Rourke MS Room 105

Learn how to make your own hand-molded chocolates to celebrate Halloween! Class includes use of molds or bring your own. A \$5 supply fee is due at class. Bring waxed paper, a sheet/cookie pan no larger than 12x18, an apron, dish towel or paper towels, and box to bring everything home. Class limit is 8.

**New!** **QUILLING SUNFLOWERS IN A BASKET**

Stacey Kennedy, Artist, 16 years teaching experience • \$25 (\$30 NR/ \$23 SR) • Oct. 23 • 6:30-8:30 pm • O'Rourke Middle School Room 107

Quilling, also known as paper filigree or paper rolling, is an art form where decorative designs are created by rolling, shaping, and gluing thin strips of paper. These rolled and shaped paper strips are then arranged and glued together to form intricate patterns and designs. In this class, we will be

making a corrugated paper basket full of quilled sunflowers made from quilling paper. A \$10 supply fee is due at class. Class limit is 15.

## FINANCIAL PLANNING BASICS

**Nick Stark, Revolutionary Financial Planning • FREE • Oct. 30 • 6:30-8 pm • O'Rourke Middle School Room 109**

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

## HOLIDAY COOKIE DECORATING

**Cindy Burek, Buttercup Cookie, LLC • \$78 (\$83 NR/\$70 SR) • Nov. 13 • 6-8 pm • O'Rourke 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 we'll complete and take home in a bakery box, along with a decorating tool. Registrants will get a link to the instructor's 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.



## PAINTING WITH ACRYLICS: HARVEST TIME

**Karen Anthony, Karen's Paint pARTies • \$35 (\$40 NR/\$32 SR) • Nov. 13 • 6:30-8:30 pm • O'Rourke MS Room 103**

You will learn to paint a harvest themed painting to celebrate the Thanksgiving holiday! No artistic experience needed. You will be led step by step to produce your own masterpiece. Includes an 11x14 stretched canvas and painting materials used during class. Class limit is 15.



## FALL CAKE DECORATING FROM BEGINNER TO PRO

**Lisa Albright, 14 years experience • \$55 (\$60 NR/\$50 SR) • Nov. 20 • 6:30-8 pm • HS Room 209**

Join us for Autumn Swirls, a cozy, beginner-friendly cake decorating class where you'll learn to pipe like a pro! Perfect for newcomers, this hands-on session covers essential piping skills, colorful fall-inspired designs, and ends with you decorating your very own cake to take home. Class includes a 5" cake, frosting, and use of all decorating tools for in-class plus step-by-step instruction and an apron to keep you frosting free! A \$10 supply fee is due at class. No experience needed—just bring your creativity and a sweet tooth! Class limit is 16.

## TYPES OF HOME CARE TO MEET YOUR NEEDS

**Kym Hance, CMC, Client Care Services/Aging Life Care Manager, Herzog Law Firm • FREE • Nov. 20 • 6-8 pm • HS Library**

As people age or face health challenges; they may need help with daily tasks or medical care while staying in their own homes. Home care services provide a range of options tailored to individual needs. Learn about the different levels of home care, what insurance covers, and additional payment options available to access these services. Class limit is 30.

## AN INTRO TO SUICIDE PREVENTION: TALK SAVES LIVES

**Tom O'Clair, Retired Advocacy Specialist II, NYS Office of Mental Health • FREE • Nov. 20 • 6-7:30 pm • O'Rourke MS Room 109**

This course is AFSP's flagship suicide prevention education program that covers the scope of this leading cause of death, what the research

has found to be the warning signs and risk factors of suicide, and the strategies that prevent it. Class limit is 20.

## SATURDAY



## ITALIAN WEDDING SOUP

**Chef Jennifer Doig • \$35 (\$40 NR/\$32 SR) • Nov. 1 • 10 am-12:30 pm • High School Room 209**

Italian wedding soup is a wonderful balance of tender little meatballs, fresh vegetables, and tiny pasta simmered in a savory broth. It's hearty and comforting, and can work as a starter or a main course. Join Chef Jen in marrying these wonderful ingredients to create a dish your family will love. Bring a small baking pan, mixing bowl, wooden spoon and a medium to large soup pot. A \$25 supply fee is due at class. Class limit is 8.



## HOLIDAY PIES

**Lisa Fuentes, Professional Baker • \$30 (\$35 NR/\$27 SR) • Nov. 15 • 10 am-12 pm • High School Room 209**

Get ready to pie-ioneer your baking skills! Join Lisa for a delightful class to master the art of crafting perfect holiday pies. Learn the secrets to a flaky, melt-in-your-mouth crust, then put your new skills to the test with a classic, delicious apple pie and a rich, decadent chocolate silk pie. Leave ready to impress everyone at your holiday table! Bring two 9-inch pie plates, a rolling pin, two bowls, a rubber spatula, and a cheese grater. A \$28 supply fee is due at class. Class limit is 6.

## DRIVING COURSES

### BOAT AMERICA

**John Hinds, US Coast Guard Auxiliary • \$20 (\$25 NR) • Oct. 7, 14, 21 & 28 • 7-9 pm • O'Rourke MS Room 310**

Boat America is a NASBLA approved boating safety course that meets the requirements of NYS 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.

### NYS-APPROVED 2-DAY DEFENSIVE DRIVING CLASS

**Armand Canestraro, NYS DMV Certified PIRP Instructor • \$45 (\$50 NR) (includes workbook) • Tuesday & Wednesday, Oct. 21 & 22 • 6-9 pm • O'Rourke Middle School Room 109**

This is the NYS DMV approved six-hour course that allows participants to save 10% off their collision and liability insurance premiums, and up to four points off their driving record. (Sponsored by Empire Safety Council.) Video, lecture, workbook and open class discussion, included. Bring a pen and your NYS driver's license. Must attend both classes to complete the course requirements and receive credit. *NOTE: Class sign in begins at 5:45 pm the first evening.* Class limit is 25.

### NYS-APPROVED DEFENSIVE DRIVING CLASS

**Todd Stewart, Empire Safety Council Instructor • \$45 (\$50 NR) • Nov. 8 • 8 am-2 pm • O'Rourke Middle School Library**

This is a NYS DMV approved six-hour course. Save 10% off insurance premium and point reduction. Refresh your knowledge of traffic laws and learn safe driving strategies that help minimize risks on the road. Class limit is 30.