



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/Spring 2026

## 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 Jan. 12 at 8 am; In-person registration is Wednesday, Jan. 14 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 & Yoga
- Finance & Investing
- Cooking, and more!



**MANY CLASSES BEGIN THE WEEK OF JAN. 26**



The number of participants in each class is limited with enrollment 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 Jan. 12. Registrations must be received before payment but no later than by Jan. 25** unless other arrangements are made with the coordinator. To register online go to [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 mail separate checks for each course to: BH-BL School District, Attn. Brittany Bounds, PO Box 1389, Ballston Lake, Y 12019.**

**In-person registration is Jan 14**, in the library at BH-BL High School from 7 to 8 pm. The registration fee is listed with each course



and does not include supplies and textbooks that may be required for specific courses. Check or *exact cash* amounts can be accepted at in-person registration. Each registration must include an email address to be shared with the instructor for communication regarding course information.

**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 any 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 school 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. This only applies to courses with an \* next to their name. Contact us for help registering for courses in this special senior citizen program.

## MONDAY

### RECREATIONAL BASKETBALL

**Fred Marcelli • \$60 (\$65 NR) • 12 weeks: Jan. 26-April 27**  
**• 7:30-9:30 pm • O'Rourke Middle School Front Gym**

Teams are formed each week and play in a non-competitive environment. It's a great workout! Class limit is 30. (No classes Feb. 16 & April 6.)

### BASKET WEAVING

**Patti Brousseau • \$30 (\$35 NR/\$27 SR) • Session 1: Jan. 26-Feb. 23 • Session 2: March 2-23 • 7-9 pm • O'Rourke Middle School Room 103**

The basket is called Shelly's Basket. She uses it as a waste paper basket and so do I. You will start twinning around an 8" square wood base then 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 at class. Class limit is 15. (No class Feb. 16.)

### AQUA ZUMBA

**Karen Stern, Certified AFAA/NASM Group Exercise Instructor & Licensed Aqua Zumba Instructor • 10 Classes: Jan. 26-April 13**  
**• \$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 your fitness routine. Less impact on joints means you can let loose using the water's natural resistance to tone your muscles. Class limit is 25. (No class Feb. 16 & April 6.)

### STOCKS BONDS AND MUTUAL FUNDS

**Jeff Jones, Revolutionary Financial Planning • FREE • Jan. 26**  
**• 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." Learn about proper asset allocation to lower your overall risk and 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.

### WATERCOLOR PAINTING TECHNIQUES PART 2

**Wendy Carroll, Retired Art Teacher • 8 Weeks: Feb. 2-March 30**  
**• \$80 (\$85 NR/\$72 SR) • 6:30-8 pm • O'Rourke Middle School Room 105**

We'll will focus on advanced techniques and independent artwork. *Pre-requisite:* The fall 2025 session of watercolor painting techniques. A \$25 supply fee is due at class. Class limit is 20. (No class Feb. 16)

### ENERGY EFFICIENCY AND AFFORDABILITY

**Tyler Folts, Energy Advisor, Capital Region Clean Energy Hub**  
**• FREE • Feb. 9 • 6:30-8:30 pm • O'Rourke Middle School Room 109**

Join the Capital Region Clean Energy Hub to learn about energy efficiency for your home. We will go over heat pump technology, solar panels, working with contractors, reading your energy bill, and more. Come with questions! Presented in collaboration with the Town of Ballston's Green Community Committee. Class limit is 25.

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

**Voice Coaches Instructor • \$15 (\$20 NR/\$13 SR) • March 23**  
**• 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 in a whole new way. Learn how the industry works, trends in opportunity in your community, areas of future growth, and hear about the top traits casting professionals look for when hiring voice professionals. Listen to samples from working voice over artists and record a sample professional voice over. Class limit is 25.



### **HORMONE HARMONY: A MIND-BODY APPROACH TO MENOPAUSE**

**Dr. Theresa DeLorenzo, RD DCN (dietitian), Dr. Megan James, PT DPT (physical therapist), Dr. Holly Serrao, PhD (psychologist) • \$50 (\$55 NR/\$45 SR) • March 30 • 6-8 pm • High School Distance Learning Room 150C**

Menopause is a natural transition in a woman's life, but it can bring physical, emotional, and nutritional challenges that may feel anything but natural. Led by three 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 is due at class. Class limit is 30.



### **ARTIFICIAL INTELLIGENCE (AI)**

**Renata Relyea, Technology Coach • \$25 (\$30 NR/\$22 SR) • April 13 • 6-7 pm • O'Rourke Middle School Room 109**

Artificial Intelligence can easily be referenced as both friend and foe. Learn how to use AI to your advantage and save yourselves valuable time as well as have some fun. Educators, small businesses, and families can take advantage of AI. You'll also learn what to look for and be wary of, with examples provided in class. Class limit is 20.

## **TUESDAY**

### **RECREATIONAL VOLLEYBALL**

**Sandy Hutchinson • \$60 (\$65 NR) • 12 weeks: Jan. 27-April 28 • 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 35. No class Feb. 17 & April 7.)

### **RUBBER STAMPING: ALL OCCASION CARDS\***

**Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR/\$7.50 SR) • Jan. 27 • 6:30-9 pm • O'Rourke Middle School Room 103**

Need a card for a special occasion? In this class you will make one sympathy, one get well, and two birthday cards using different techniques and folds. Your family and friends will be so impressed when they receive their handmade card from you! Envelopes included. No prior stamping experience necessary. Please bring small scissors and double-sided adhesive. A \$10 supply fee is due at class. Class limit is 15.

### **FOUNDATIONS OF YOGA**

**Katie Bodnaryk, Shapes of Yoga Instructor • \$65 (\$70 NR/\$58 SR) • 8 weeks: Jan. 27-March 31 • 7-8 pm • O'Rourke Middle School Library**

In this yoga 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. (No class Feb. 17 & March 3.)

### **ADULT RED BALL TENNIS**

**Peter Green, Sporttime Instructor • \$80 (\$85 NR/\$72 SR) • 6 Weeks: Jan. 27-March 10 • 8-9 pm • Pashley Elementary School 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 Feb. 17.)

### **BOAT AMERICA**

**John Hinds, US Coast Guard Auxiliary • \$20 (\$25 NR) • 4 Classes: Jan. 27-Feb. 24 • 7-9 pm • O'Rourke Middle School Room 121**

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. (No class Feb. 17.)

### **ZUMBA®**

**Karen Stern, Certified AFAA/NASM Group Exercise Instructor & Licensed Zumba Instructor • 10 Weeks: Jan. 27-April 14 • \$80 (\$85 NR/\$72 SR) • 6-7 pm • Charlton Heights Elementary School 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. (No class Feb. 17 and April 7.)

### **GETTING YOUR HOME READY FOR TODAY'S REAL ESTATE MARKET**

**Darlene Prince, Associate Broker • FREE • Feb. 3 • 6:30-8 pm • O'Rourke Middle School Room 109**

Preparing your home to sell in today's market can feel overwhelming—but it doesn't have to be. In this class, we'll break down exactly what matters most to buyers right now and how small, strategic improvements can make a big impact on your home's value and marketability. To give you real-world insight, several trusted local vendors will share current trends, typical pricing, and examples of improvements that help sellers stand out in our market. Class limit is 20.

### **VALENTINE'S GNOME: PAINT YOUR OWN LIT WINE BOTTLE**

**Jennifer Claire, Traveling Paint 'n Sip Owner • \$40 (\$45 NR/\$36 SR) • Feb. 3 • 6:30-8:30 pm • O'Rourke Middle School Room 103**

Join us for a fun and creative class to chase away the winter blues! You'll paint a beautiful, customized wine bottle or lantern for the season. No prior painting skills are necessary, just a desire to be creative. All supplies are included, so it's a perfect opportunity to relax and make something special for yourself or as a thoughtful gift for someone else. Class limit is 20.



PLANNING A TRIP TO DISNEY IN 10 EASY STEPS

Colleen Parisi, Travel Agent • FREE • Feb. 10 • 6:30-8 pm  
• O'Rourke Middle School Room 109

Take a walk in the park with Colleen! Learn how to use the ever changing tools and apps that Disney provides plus extra tips and tricks. The instructor visits Disney multiple times a year to test and retest the apps, touring plans, and new restaurants and attractions so she can better assist you. Take the stress out and put the fun in your Disney vacation. Class limit is 15.

CHAIR YOGA

Debra Guarneri, RYT 200 • \$30 (\$35 NR/\$27 SR)  
• Session 1: Feb 24-March 17 | Session 2: March 24-April 21  
• 6:30-7:30 pm • High School Library

Chair yoga is an adaptable form of yoga that modifies traditional yoga poses to be performed while seated in a chair or using a chair for support. You will experience all the benefits of traditional yoga and focus on breathing, flexibility, strength, and posture. This practice is beneficial for people who may face challenges with flexibility, balance, or mobility. Yoga props are not essential, but are valuable tools that can significantly enhance your yoga practice, offer support, deepen your experience of each pose, and allow you to explore new dimensions within your body. Yoga blocks and yoga belts or a necktie are recommended. You'll will have a great work out, fun, and be safe. Class limit is 20. (No class April 7.)

**NEW!** CREATE A WOOD DOOR HANGER  
Leslie Filippo, Petunias Craft Co. • \$40 (\$45 NR/\$36 SR)  
• Feb. 24 • 6-8:30 pm • O'Rourke Middle School Room 103

Join us for a fun night of crafting! No experience needed. We will make an 18" round door hanger. You can customize it however you would like to fit your taste. A \$25 supply fee is due at class. Class limit is 15.

**NEW!** INTRODUCTION TO LEATHER WORKING: BRACELET  
Ellen Nardoza • \$20 (\$25 NR/\$18 SR) • March 3  
• 5:30-8:30 pm • O'Rourke Middle School Room 103

Participants will learn to use leather working tools, dyes, and finishing techniques on a precut leather bracelet. There will be a selection of decorations available to accessorize your bracelet. A \$7 supply fee will be collected on the night of class. Class limit is 8.

RUBBER STAMPING: SPRING CARDS\*

Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR/\$7.50 SR) • March 10 • 6:30-9 pm • O'Rourke Middle School Room 103

Tired of the cold and snow? Let's think spring and create some bright and cheery cards. We will make four cards celebrating Easter and spring. Envelopes included. No prior stamping needed. Please bring double-sided adhesive of your choice and a small pair of scissors. A \$10 supply fee is due at class. Class limit is 15.

**NEW!** CREATE A CUSTOM WOOD SIGN  
Leslie Filippo, Petunias Craft Co. • \$40 (\$45 NR/\$36 SR)  
• March 17 • 6-8:30 pm • O'Rourke Middle School Room 103

Join us for a fun night of crafting! No experience needed. We will create a 12"x24" customizable wood sign to fit your decor. A \$20 supply fee is due at class. Class limit is 15.

RUBBER STAMPING: HUMOROUS CARDS\*

Ann Burns, Independent Stampin' Up Demonstrator  
• \$15 (\$20 NR/\$7.50 SR) • March 31 • 6:30-9 pm  
• O'Rourke Middle School Room 103

Everyone enjoys getting a funny card for their birthday or "just because." In this class you will make four funny cards. The cards will not only be funny, but they will also be made using napkins, incorporating fancy folds, and a technique to impress everyone. Envelopes included. No prior stamping experience necessary. Please bring small scissors and double-sided adhesive. A \$10 supply fee is due at class. Class limit is 15.

THE NEW ACTIVE RETIREMENT WORKSHOP: 2 PARTS

Frank V. Finch, Halliday Financial VP • FREE • March 31  
• 6:15-8 pm • O'Rourke Middle School Room 127  
Part 1: Retirement Income Strategies and Part 2: 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 25.

**NEW!** PAINTED WATERMELON TRAY  
Tara Connors, Owner of Bash Parties • \$20 (\$25 NR/\$18 SR) • April 14 • 6-7:30 pm • O'Rourke Middle School Room 103

Add a slice of summer fun to your home décor! In this hands-on craft class, participants will create a picnic perfect 12" wide wooden serving tray inspired by the iconic fruit of summer—watermelon! You receive step-by-step guidance as you paint vibrant pinks, juicy greens, and those iconic black "seeds." To finish, you'll seal your custom wood tray and attach tray handles. A \$35 supply fee is due at class. Class limit is 15.

WEDNESDAY

**NEW!** GUIDED TRAVEL: THE WORLD MADE EASY  
Lisa Bzdell, Travel Advisor • \$5 (\$10 NR/\$0 SR) • Jan. 28  
• 6-7 pm • O'Rourke Middle School Room 109

Discover the benefits of guided travel and how it can transform your vacation into a stress-free, amazing adventure. In this class, you'll learn about the benefits of guided travel, including how to choose an experience that is right for you. Perfect for both first-time travelers and seasoned explorers looking for new ways to see the world. Class limit is 20.

CONTINUING YOGA PART 1

Rachel Fridholm, Certified Kripalu Yoga Instructor • \$54 (\$59 NR/\$49 SR) • 6 Weeks: Jan. 28-March 11 • 7-8:15 pm  
• O'Rourke Middle School Library

A continuing Kripalu yoga class where you'll 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 Feb. 18.)



INTERMEDIATE VOLLEYBALL

Linda Dolen • \$60 (\$65 NR) • 12 weeks: Jan. 28-April 29  
• 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 Feb. 18 & April 8.)

ADULT STRENGTH & CONDITIONING

Steve Aldi, Action Certified Personal Trainer • \$65 (\$70 NR/\$58 SR)  
• 8 weeks: Feb. 4-April 1 • 7:30-8:30 pm • High School 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 that we do while having fun in a team environment. Class limit is 12. (No class Feb. 18.)

BANDS & BALLS RESISTANCE TRAINING

Pam Capuano-Hodge, YMCA • \$55 (\$60 NR/\$50 SR) • 6 weeks:  
Feb. 4-March 18 • 6-7 pm • Charlton Heights Elementary School 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. (No class Feb. 18.)

ACRYLIC PAINTING: WINTER SCENE

Karen Anthony, Karen’s Paint pARTies • \$35 (\$40 NR/\$32 SR)  
• Feb. 4 • 6:30-8:30 pm • O’Rourke Middle School Room 103  
Embrace natural beauty by learning to paint a beautiful winter scene. No artistic experience needed. You will be led step by step to produce your own masterpiece. Course cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.

SUN STYLE TAI CHI/QIGONG

Anthony Grimaldi, Certified Instructor • \$70 (\$75 NR) • 10 weeks:  
Feb. 4-April 22 • 6:15-7:15 pm • Pashley Elementary School Gym  
Sun Style Tai Chi and Qigong will help improve balance and stability, increase flexibility and muscle strength, and enhance mindfulness along with reduce stress. Class limit is 35. (No class Feb. 18 and April 8.)

BEADED MALA WRIST STRAP

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)  
• Feb. 11 • 6:30-8:30 pm • O’Rourke Middle School Room 103  
Create a beautiful beaded mala phone wrist strap or bracelet. Learn traditional knotting techniques, bead placement, and finishing methods. Wear as a bracelet or use as a wrist strap for your phone. Perfect for beginners and experienced makers alike. A \$15 supply fee is due at class. Class limit is 8.

OSTEO-WHAT? AN ALL-AGES WORKSHOP ON BONE HEALTH

Dr. Megan James, PT DPT, USATF-L2, Doctor of Physical Therapy  
• \$30 (\$35 NR/\$27 SR) • Feb. 11 • 6-8 pm • High School Distance Learning Room 150C  
Osteoporosis and osteopenia can be scary terms to hear from your doctor, your friends, or your family—but they don’t have to be! Optimizing our bone health starts at a young age, but any effort we put toward it at any point in our life is going to help in the long run. In this workshop, you will learn about 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 will be beneficial to men and women of all ages, including parents of young athletes. A \$5 materials fee will be collected at the class. Class limit is 30.

ACRYLIC PAINTING: BIRDS

Karen Anthony, Karen’s Paint pARTies • \$35 (\$40 NR/\$32 SR)  
• Feb. 25 • 6:30-8:30 pm • O’Rourke Middle School Room 103  
Look ahead to spring by learning to paint the ambassadors of warm weather. No artistic experience needed. You’ll be led step by step to create your own masterpiece. Course cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.

ACRYLIC PAINTING: BODY OF WATER

Karen Anthony, Karen’s Paint pARTies • \$35 (\$40 NR/\$32 SR) • March 11 • 6:30-8:30 pm • O’Rourke Middle School Room 103  
Relax by learning to paint a beautiful water scene. No artistic experience needed. You will be led step by step to produce your own masterpiece. Course cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.

LET’S PRETEND WE’RE AUDITIONING FOR SNL

Heather E. Schwartz, Performer/Author • \$30 (\$35 NR/\$27 SR)  
• March 18 • 6-8:30 pm • High School 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! Let’s prepare for that moment together, support each other through live “auditions,” and restore ourselves afterward to end on a happy and inspired note. Class may run shorter depending on the number of participants. Class limit is 10.

WRAP BRACELET

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)  
• March 18 • 6:30-8:30 pm • O’Rourke Middle School Room 103  
You’ve seen the popular wrap bracelets that feature beads woven between two lengths of cord. Create your own for a fraction of the cost! Some fine motor dexterity is required. For a sample project, see [www.gratitudeplace.com/projects](http://www.gratitudeplace.com/projects). A \$15 supply fee is due at class. Class limit is 8.

ACRYLIC PAINTING: FLORAL

Karen Anthony, Karen’s Paint pARTies • \$35 (\$40 NR/\$32 SR)  
• March 25 • 6:30-8:30 pm • O’Rourke Middle School Room 103  
Smell the flowers as you learn to paint the beauty of the spring season. No artistic experience needed. You will be led step by step to produce your own masterpiece. Course cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.



## BUYING SMART IN TODAY'S REAL ESTATE MARKET

**Darlene Prince, Associate Broker • FREE • March 25 • 6:30-8 pm**  
**• O'Rourke Middle School Room 109**

Buying a home in today's market takes more than luck—it takes strategy, knowledge, and confidence. We'll explore how to make smart real estate decisions in a competitive environment. Learn about current market trends, financing options, and how to prepare a strong offer that stands out. We'll also discuss common buyer mistakes, the importance of pre-approval, and how to work effectively with your agent to achieve your homeownership goals. Whether you're a first-time buyer or re-entering the market, this session will help you understand the process, avoid costly missteps, and buy smart in today's changing real estate landscape. Class limit is 20.

## CONTINUING YOGA PART 2

**Judy Rightmyer, Certified Kripalu Yoga Instructor • \$54**  
**(\$59 NR/\$49 SR) • 6 Weeks: April 15-May 20 • 7-8:15 pm**  
**• O'Rourke Middle School Library**

A continuing Kripalu yoga class where you'll 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. (May 13 class in the HS Library.)

## BEADED WIND CHIMES

**Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • April 15**  
**• 6:30-8:30 pm • O'Rourke 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. View an example of the completed project at [gratitudeplace.com/projects](http://gratitudeplace.com/projects). A \$20 supply fee is due at class. Class limit is 8.

## AVOIDING PROBATE THROUGH A REVOCABLE TRUST

**Glenn J. Witecki, Esq. • FREE • April 22 • 6:15-8:15 pm**  
**• High School Library**

Learn about the under-appreciated little brother of Irrevocable Medicaid Trusts. Gain an in-depth understanding of when a Revocable Trust may benefit you as we explore uses of Revocable Trusts in preventing Will challenges and offering enhanced flexibility to your estate plan. You'll have an opportunity to ask questions pertaining to your own circumstances to learn how a Revocable Trust may benefit you. Class limit is 30.

## THURSDAY

### SMART PLANNING: HOW LIFE INSURANCE CAN PROTECT YOUR LOVED ONES

**Lubica Mills, CPCU • FREE • Jan. 29 • 6:30-8 pm**  
**• O'Rourke Middle School Room 121**

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.

### FINANCIAL PLANNING BASICS

**Nick Stark, Revolutionary Financial Planning • FREE**  
**• Feb. 5 • 6:15-7:45 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.

### NEW BEGINNINGS: A WOMAN'S LIFE BEYOND THE BREAKUP

**Lisa Albright, Mental Health Counselor • \$15 (\$20 NR/\$13 SR) • Feb. 5 • 5:30-7 pm • High School Library**

In this course, we will strive to help women understand emotional patterns after a breakup, regulate overwhelm, rebuild identity, and create a grounded, hope-filled path forward. Class limit is 12.

### PAPER QUILTING: SNOWFLAKE

**Stacey Kennedy, Artist & Teacher • \$25 (\$30 NR/\$23 SR) • Feb. 12**  
**• 6:30-8:30 pm • O'Rourke Middle School Room 107**

A quilling snowflake class teaches participants how to create a snowflake design using the art of paper quilling. This project involves rolling, looping, and shaping paper strips and gluing them together. This is a beginner friendly class. By the end of class you will have a decorative ornament to hang in your home. A \$10 supply fee is due at class. Class limit is 15.

### TALK SAVES LIVES: AN INTRO TO SUICIDE PREVENTION

**Tom O'Clair, Retired Advocacy Specialist II (Family Affairs), NYS**  
**Office of Mental Health • FREE • Feb. 12 • 6-7:30 pm**  
**• O'Rourke School 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. This training is approved for those 15 years of age and older. Class limit is 20.

### VALENTINE'S CAKE DECORATING

**Lisa Albright, experienced cake decorator • \$50 (\$55 NR/\$45 SR)**  
**• Feb. 12 • 5:30-7 pm • High School Room 209**

Join us to pipe and decorate a 5-inch cake from start to finish to celebrate Valentine's Day! Perfect for gifting or treating yourself. All levels welcome. A \$13 supply fee is due at class. Class limit is 16.



UNDERSTANDING MEDICARE: PARTS A, B, D, AND MORE

Mary Yuhasz, Independent Licensed Agent • FREE • Feb. 26  
• 6-8 pm • High School Spartan LGI Room

Are you confused about Medicare Advantage, Medigap, and prescription drug plans? This educational class will guide you through the different parts of Medicare and what each type of additional coverage means. We'll also discuss the latest changes in Medicare, explain how and when to apply, and provide information on assistance programs available 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.

LEARN TO PLAY AMERICAN MAHJONG

Helen Seward & Heidi Tatro, MahJong instructors • \$30 (\$35 NR/\$27 SR) • 6 Weeks: March 5-April 16 • 6-8 pm • O'Rourke Middle School Room 107

Learn to play mahJong—a mind challenging game of tiles and rules where a bit of skill and a lot of luck can make you a winner! Join us for some fun and demanding entertainment. A \$5 supply fee is due at class. Class limit is 12. (No class April 9.)

SELF DEFENSE WORKSHOP

Cody Maggs, Certified Defensive Tactics Instructor & SRO • \$25 (\$30 NR/\$23 SR) • March 5 • 7-8:30 pm • High School 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 25.

 **COOKIE CRAZINESS**  
Aaliyah Hickok, Baker • \$30 (\$35 NR/\$27 SR)  
• March 12 & 19 • 5-7:30 pm • High School Room 209

Keep warm this winter/spring and join us in learning how to make specialty cookies. We will make cookies like cookie monster cookies, chocolate chunk, sugar cookies with frosting, and maple shortbread cookies. Students should bring two bowls, whisk, cookie sheet, rubber spatula, spatula, and a container to put the cookies into when they are done baking. A \$29 supply fee is due at class. Class limit is 8.

LET'S TALK ABOUT IT NOW: FUNERAL PLANNING SEMINAR & SUPPER

Kathleen A. Lowes, Townley & Wheeler Funeral Home • FREE • March 12 • 5:30-7 pm • O'Rourke Middle School Cafeteria

Dinner is at 5:30 followed by the seminar at 6 pm. In this informative session, Kathleen will share insights from more than 30 years of experience into the many options available for arranging final plans and provide a clear understanding of the financial choices designed to ease the process. By planning ahead, individuals often experience a sense of empowerment and peace of mind, knowing they have alleviated a significant emotional and logistical burden for their loved ones. It's an opportunity to ensure your wishes are honored while making decisions free from the pressures of urgency and emotion. Come prepared to ask questions, learn valuable information, and gain clarity on a topic that touches us all. Class limit is 50.

THE NEW REVERSE MORTGAGE FOR SENIORS

Joanne Russell, The Mortgage Place, Inc. • FREE • March 12  
• 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.

 **ELDER LAW BASICS**  
Phillip Vacchio, Esq. • FREE • March 19 • 6-8 pm  
• O'Rourke Middle School Library

Have you safeguarded your home and investments, planned for nursing home costs, minimized unnecessary taxes, and explored long-term care options? Learn about the strategies and solutions available to secure your future. Class limit is 30.

 **SPRING FLOWER CUPCAKE WORKSHOP**  
Lisa Albright, experienced cake decorator • \$50 (\$55 NR/\$45 SR) • March 26 • 5:30-7 pm  
• High School Room 209

Celebrate the season by decorating six vanilla cupcakes with beautiful, colorful flowers! Using buttercream icing, you'll learn piping techniques to create a variety of spring blooms. Perfect for all skill levels, this hands-on workshop includes everything you need, so you can focus on the fun of decorating. Take home a set of stunning cupcakes to enjoy or share. A \$13 supply fee is due at class. Class limit is 16.

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Chris Nyhan, MBA, AAMS, Financial Advisor • FREE • April 2  
• 7-8 pm • High School Spartan LGI

This is an educational program for people nearing retirement, ages 55 and older, 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.

ACRYLIC PAINTING: SUMMER

Karen Anthony, Karen's Paint pARTies • \$35 (\$40 NR/\$32 SR)  
• April 16 • 6:30-8:30 pm • O'Rourke Middle School Room 103

Think ahead to summer and all the fun that comes with it! Learn to paint a summer themed work of art. No artistic experience needed. You'll be led step by step to produce your own masterpiece. Course cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.

BONSAI WORKSHOP

David Gehrs, Bonsai trainer and master gardener • \$55 (\$60 NR/\$50 SR) • April 23 • 6:30-8:30 pm • O'Rourke Middle School Room 103

This is a 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 then with the instructor's step by step guidance you will plant, wire and trim your own tree. Care instructions are provided ensure a long life for your new mini tree. Materials supplied: Bonsai pot, pre-bonsai plant, bonsai soil, mesh and sculpting wire, and 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.



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#### HOW TO IDENTIFY AND STOP THE MOST COMMON FINANCIAL TRICKS AND SCAMS

Kym Hance, CMC • FREE • April 23 • 6-8 pm  
• O'Rourke Middle School Library

Older adults are particularly vulnerable to financial scams, and these schemes can be perpetrated by strangers or even people you know. This session will teach you how to recognize and protect yourself from financial fraud. We will also discuss what steps to take and where to seek help if you or someone you know becomes a victim of a scam. Class limit is 30.

### SATURDAY



#### APPETIZER EXTRAVAGANZA!

Chef Jennifer Doig, Master Chef • \$35 (\$40 NR/\$32 SR)  
• Feb. 7 • 10 am-12:30 pm • High School Room 209

Get ready to become the host with the most! Join Chef Jen for a hands-on class where you'll create irresistible bite-sized appetizers that guests will be talking about long after the party ends. Using delicate, flaky phyllo cups, you'll craft a variety of flavorful fillings—from creamy spinach-artichoke to brie and fig jam, and even a savory chicken salad. A \$25 supply fee is due at class. Class limit is 12.

### DRIVING COURSE

#### NYS-APPROVED DEFENSIVE DRIVING CLASS

Todd Stewart, Empire Safety Council Instructor • \$45 (\$50 NR)

• Feb. 21 • 8 am-2 pm • O'Rourke Middle School Library

This is a NYS Department of Motor vehicles approved six-hour program. You'll be able to 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.

### 3 WAYS TO REGISTER

#### 1. REGISTER ONLINE, JAN. 12 (SEE PAGE 2)

#### 2. REGISTER IN-PERSON

In person registration, Wednesday, Jan. 14 from 7-8 pm in the library at BH-BL High School, 88 Lakehill Road.

#### 3. OTHER REGISTRATION OPTIONS

If you are unable to register online or in-person, please contact Continuing Education Coordinator Amy Cullen at [acullen@bhbl.org](mailto:acullen@bhbl.org) or 518-399-9141, Ext. 85013 for alternative registration options.