



BURNT HILLS - BALLSTON LAKE CENTRAL SCHOOL DISTRICT

CONTINUING EDUCATION PROGRAM

Fall 2026
Course Offerings



Online Registration

September 14

In-person Registration

September 16

7-8 pm

High School Library



CLASS OFFERINGS

- Holiday Crafts
- Exercise & Yoga
- Finance & Investing
- Cooking and more!

www.bhbl.org

NEVER STOP
LEARNING



GENERAL INFORMATION:

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 adults 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.

The number of participants in each class is limited and participants will be 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 registration begins Monday, Sept. 14 at 8 am.** Registrations must be received before **payment and no later than Sept. 25.** unless other arrangements are made with the Coordinator. Please note that each registration must have an email address and contact phone number, and this information will be shared with the instructor to facilitate communication regarding course information.

We have several options to register and pay for classes!

REFUNDS: Registration fees will automatically be returned if a class is canceled or closed out. 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 a week 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 canceled late in the day, the information will be relayed via email, and posted on www.bhbl.org. If classes are canceled 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. Please contact us for help registering for courses in this special senior citizen program.

COMMUNICATION & QUESTIONS: Join our new ParentSquare Community for Continuing Education. Sign up through the district website, bhbl.org, and click the ParentSquare icon at the bottom of the website.

If you have questions, please contact us via email:

Amy Cullen: acullen@bhbl.org
 Brittany Bounds: bbounds@bhbl.org
 Dacey Bonney: dbonney@bhbl.org

TO REGISTER

1 ONLINE REGISTRATION BEGINS SEPT. 14

- Visit www.bhbl.org > Community Corner
- Go to Recreational & Community Programs

There will be a link on the Continuing Education page to register for fall courses online. Follow that link and register for the classes you want to take.

2 IN-PERSON OFFICE HOURS

New this fall! We will have office hours for those who would like to come register in person, but can't make the evening registration night. Come see us at:

BH-BL District Office (attached to the High School)
 88 Lakehill Rd., Burnt Hills, NY

Tuesday, Sept. 15 and Thursday, Sept. 17 from 11 am to 1 pm
You can also pay with check or exact cash during the office hours.

3 IN-PERSON REGISTRATION NIGHT, SEPT. 16

BH-BL High School Library, 88 Lakehill Rd., Burnt Hills, NY

Wednesday, Sept. 16 from 7 to 8 pm
You can also pay with check or exact cash at registration night.

HOW DO I PAY FOR MY COURSES?

We have several ways to pay course fees for your Continuing Education courses this fall. The course registration fee is listed with each course description, and does not include supplies and textbooks that may be required for specific courses.

► BY MAIL:

Send check made payable to to *BH-BL Continuing Education* to:
 BH-BL School District
 Attn: Brittany Bounds – Continuing Education Dept.
 PO Box 1389, Ballston Lake, NY 12019
 You will need to **send your check no later than September 25.**
 Please include:

- 1) Name, cell phone number and course name(s).
- 2) A check made payable to **BH-BL Central School District** (no cash accepted by mail).

► DISTRICT OFFICE DROP BOX:

Bring your check to the District Office (attached to the High School building) and drop into the Continuing Education Drop Box located in the District Office lobby at 88 Lakehill Rd., Burnt Hills, NY.

Please include:

- 1) Name, cell phone number and course name(s).
- 2) A check made payable to **BH-BL Central School District**.

► OFFICE HOURS:

We will have office hours for those who would like to come register and pay in person. Come see us at BH-BL District Office, 88 Lakehill Rd., Burnt Hills, NY.

Tuesday, Sept. 15 and Thursday, Sept. 17 from 11 am to 1 pm.
We will accept check and exact cash at office hours.

► IN-PERSON REGISTRATION NIGHT:

BH-BL High School Library, 88 Lakehill Rd., Burnt Hills, NY

Wednesday, Sept. 16 from 7 to 8 pm.
We will accept checks and exact cash at in-person registration night.

MONDAY



Artificial Intelligence

- Technology Coach Renata Relyea
- 6-7 pm
- \$25 (\$30 NR/\$22 Sr.)
- O'Rourke Middle School Library
- Sept. 28

Artificial intelligence can easily be referenced as both friend and foe. You will learn how to use Artificial Intelligence to your advantage to save valuable time as well as have some fun. Educators and small businesses as well as families can take advantage of artificial intelligence. You will also learn what to look for and be wary of. Examples will be provided in class. Class limit is 30.

Recreational Basketball

- Instructor Fred Marcelli
- 7:30-9:30 pm
- \$50 (\$55 NR)
- O'Rourke Middle School Front Gym
- 10 Classes: Sept. 28-Dec. 7

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. 12.)

Basket Weaving

- Instructor Patti Brousseau
- Session 2: Nov. 2-23
- \$30 (\$35 NR/\$27 Sr.)
- 7-9 pm
- Session 1: Sept. 28-Oct. 26
- O'Rourke Middle School Room 103

This year's basket has an oval wooden base measuring 6" x 10." You will use smoked reed for your stakes and weaving with 3/16" natural flat oval in an over two under two pattern. You can weave it from 6" to 8" in height. Please bring an old towel, clothes pins, an awl or ice pick, a sharp pair of heavy-duty scissors, and an Exact-0 knife. A \$50 supply fee is due the first night of class. Class limit is 15. (No class Oct. 12.)



Cardio Kickboxing

- Certified Group Fitness Instructor with 10+ years experience Kerry Archer
- Sept. 28-Oct. 26
- \$35 (\$40 NR/\$32 Sr.)
- 7-7:45 pm
- O'Rourke Middle School Back Gym

This is a high-energy fitness class that combines elements of boxing, kickboxing, and aerobic training. Using punches, kicks, knee strikes, and bodyweight exercises, participants engage in a workout that strengthens muscles, improves coordination, and burns calories—all while having fun in a motivating group setting. All fitness levels are welcome! The instructor teaches a variety of classes and formats at local YMCAs. Class limit is 20. (No class Oct. 12.)



Watercolor Painting Techniques Part 1

- Retired Art Teacher Wendy Carroll
- 26, Nov. 2 & 9
- \$70 (\$75 NR)/\$63 Sr.
- 5:30-7 pm
- 6 Weeks: Sept. 28, Oct. 5, 19,
- O'Rourke Middle School Room 105

Suitable for beginners. Students will learn various watercolor painting techniques, applications, brushwork and color theory. A \$25 materials fee is due at the first class. Class limit is 15.

Adult Strength & Conditioning

- Action Certified Personal Trainer Steve Aldi
- 8 weeks: Oct. 5-Nov. 30
- \$65 (\$70 NR/\$58 Sr.)
- 6:30-7:30 pm
- HS Fitness Center

This class will focus on the basics of strength and conditioning for any skill level. You will 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. The instructor is a Certified Personal Trainer as well as certified in Group Exercise Instruction, TRX Suspension training, Kettlebell training, and CPR/First Aid/AED. Class limit is 12. (No class Oct. 12.)

The New REVERSE MORTGAGE for Seniors

- The Mortgage Place Inc. Advisor Joanne Russell
- 6:30-7:30 pm
- FREE
- O'Rourke Middle School Room 109
- Oct. 5

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

MONDAY'S CLASSES *continued from page 3***New! Understanding Alzheimer's and Dementia**

- CMC Kym Hance
- FREE
- Oct. 16
- 6-7 pm
- O'Rourke Middle School Library

Learn about detection, causes, risk factors, stages, and treatment of Alzheimer's disease. Class limit is 30.

New! Yoga Nidra for Sleep & Nervous System Regulation

- Rest & Revive Studio
- Instructor Molly Beard
- \$70 (\$75 NR/\$63 Sr.)
- 6 weeks: Oct. 19-Nov. 23
- 6-7 pm
- Pashley Elementary School Gym

All levels of experience are welcome! This is not a traditional yoga class. This calming, grounding, and deeply restorative experience is designed to release tension, soothe the nervous system, and promote better sleep. You will be guided into profound rest by a trained 40-CE Hour YACEP Divine Sleep® Yoga Nidra Guide and fellow yoga and fitness lover. Yoga Nidra has vital, proven effects for healing—it is both relaxing and energizing, with the power to transform at deep levels. There is no way to do this wrong! Each 60-minute session includes gentle stretching and movement to prepare the body for rest; progressive muscle relaxation to release stored tension; breath awareness to settle the mind; and guided self-massage to promote relaxation. This peaceful guided Yoga Nidra journey only requires you to lie down and listen, finishing with closing grounding techniques. Bring your own yoga mat to lay down on and a pillow and blanket(s) to cover or put under your legs for support and comfort. Class limit is 30.

New! Will the Nursing Home Take My House: What you really need to know about Medicaid and Long-term care planning in NY

- Starsia Law PLLC, Pam Starsia
- FREE
- Oct. 19
- 6-7:30 pm
- O'Rourke Middle School Room 109

This session will provide a clear, practical overview of how long-term care costs are handled in New York and address one of the most common concerns people have: whether a nursing home can take their home. We will cover how Medicaid eligibility works in NY, including income and asset limits, the role of the five-year lookback period, and how primary residences are treated under current rules. The session also explores key planning strategies and common misconceptions, helping individuals and families make informed decisions about protecting assets while securing necessary care. Class limit is 20.

Financial Planning Basics

- Halliday Financial Advisor Jeff Jones
- FREE
- Oct. 26
- 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.

Get Paid To Talk: An Introduction to Voice Over

- Voice Coach David Bourgeois
- \$15 (\$20 NR/\$13 Sr.)
- Nov. 9
- 6:30-9 pm
- O'Rourke Middle School Room 109

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. Class limit is 20.

TUESDAY**Chair Yoga**

- RYT 200 Instructor Debra Guarneri
- \$60 (\$65 NR/\$54 Sr.)
- 8 weeks: Sept. 29-Nov. 17
- 6:30-7:30 pm
- HS Library Classroom 150C

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. Yoga props are not essential, but they are valuable tools that can significantly enhance your practice, offering support, deepening your experience of each pose, and allowing you to explore new dimensions within your body. Yoga blocks and yoga belts or a necktie are recommended. Class limit is 20.

New! Drawing Part 1

- Retired Art Teacher Wendy Carroll
- \$70 (\$75 NR/\$63 Sr.)
- 6 weeks: Sept. 29-Nov. 10
- 5:30-7 pm
- O'Rourke Middle School Room 105

Suitable for beginners. Students will learn various drawing techniques, applications, shading and 3D concepts. A \$20 materials fee is due at the first class. Class limit is 18. (No class Oct. 13.)



Navigating the Long-Term Care Continuum: Resources for Caregiver

- Client Care Services/Aging Life Care Manager Kym Hance
- FREE
- Sept. 29
- 6-8 pm
- O'Rourke Middle School Library

Caring for a loved one comes with rewards and challenges, especially when navigating long-term care options. This interactive seminar provides essential tools to help caregivers confidently explore care levels—from in-home support to assisted living and skilled nursing. Learn key legal, financial, and medical considerations, discover valuable community resources, and gain strategies for self-care. Join us to make informed decisions and provide the best possible care for your loved one. Class limit is 30.

Recreational Volleyball

- Instructor Sandy Hutchinson
- \$50 (\$55 NR)
- 10 Weeks: Sept. 29-Dec. 1
- 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 37.

Planning a Trip to Disney in 10 Easy Steps

- Travel Agent Colleen Parisi
- FREE
- Oct. 6
- 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 goes to Disney multiple times a year to test and retest the apps, touring plans, and new restaurants and attractions to better assist you. Take the stress out and put the fun in your Disney planning vacation. Class limit is 15.

Boat America

- US Coast Guard Auxiliary John Hinds
- \$20 (\$25 NR)
- 4 Weeks: Oct. 6-27
- 7-9 pm
- O'Rourke Middle School Room 121

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.



Foundations of Yoga

- Shapes of Yoga Instructor Katie Bodnaryk
- \$65 (\$70 NR/\$58 Sr.)
- 8 Weeks: Oct. 6-Nov. 24
- 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. Join us! Class limit is 25.

Learn to Play American MahJong

- MahJong Instructor Heidi Tatro
- \$40 (\$45 NR/\$36 Sr.)
- 4 Weeks: Oct. 6-27
- 6-8 pm
- O'Rourke Middle School Room 107

Learn to play American 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 \$15 supply fee is collected at the first class. Class limit is 12.

Zumba®

- Certified AFAA/NASM Group Exercise Instructor & Licensed Zumba Instructor Karen Stern
- \$80 (\$85 NR/\$72 Sr.)
- 10 Weeks: Oct. 6-Dec. 8
- 6-7 pm
- Stevens 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

TUESDAY'S CLASSES *continued from page 5*

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.

Ceramic Glass Melted Ring Dish

- BH-BL HS Ceramics Teacher ▪ Oct. 13
- Mercedes Criscione ▪ 6-8 pm
- \$40 (\$45 NR/\$36 Sr.) ▪ High School Room 165

Melt glass in a handmade ceramic ring or trinket dish to create a beautiful, layered artwork. We will be making a handmade dish of your design and then using glass and glaze to finish the surface. Artworks will be fired and ready for pickup 2-3 weeks after the class date. Class limit is 15.

Adult Red Ball Tennis

- Sportime Instructor Peter ▪ 8-9 pm
- Green ▪ Pashley Elementary School
- \$60 (\$65 NR/\$54 Sr.) Gym
- 6 Weeks: Oct. 20-Nov. 24

Adult Red Ball 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.

NYS-Approved Two-night Defensive Driving Class

- NYS DMV Certified PIRP ▪ 6-9 pm
- Instructor Armand Canestraro ▪ O'Rourke Middle School
- \$45 (\$50 NR) Room 109
- Oct. 20 & 21

This is the NYS Department of Motor Vehicles approved six-hour program that allows participants to save 10 percent off their collision and liability insurance premiums and remove up to four points off their driving record! The course is sponsored by the Empire Safety Council and led by a DMV Certified Instructor. Video, lecture, workbook and open class discussion highlight this course. Participants must bring a pen and their NYS driver's license, and are required to attend both evenings of the class to complete the course requirements and receive credit. NOTE: Sign in begins at 5:45 pm the first evening. Class limit is 25.

Handmade Ceramic Ornament Set

- BH-BL HS Ceramics Teacher ▪ Oct. 20
- Mercedes Criscione ▪ 6-8 pm
- \$40 (\$45 NR/\$36 Sr.) ▪ High School Room 165

Hand-make your own ceramic ornaments this holiday season! You will create 4-8 ornaments using handbuilding ceramic techniques with a number of tools and glaze. Artworks will be fired and ready for pickup 2-3 weeks after the class date. Class limit is 15.

Rubber Stamping ALL OCCASION CARDS*

- Independent Stampin' Up ▪ 6:30-9 pm
- Demonstrator Ann Burns ▪ O'Rourke Middle School
- \$15 (\$20 NR/\$7.50 Sr.) Room 103
- Oct. 20

Yes! You can make greeting cards without all the fancy tools and gadgets. In this class you will make four simple, yet elegant, cards using materials found in your home. You will make birthday, sympathy, get well and thinking of you cards to have on hand when you need them. Envelopes are provided. No prior stamping experience necessary. Please bring small scissors and double-sided adhesive. A \$10 materials fee is collected at class. Class limit is 15.

**What Everyone Needs to Know About Saving the Bees**

- Sustainable Health Strategist ▪ Oct. 20
- at GreenTown Consulting ▪ 6:30-7:30 pm
- Jennifer Michelle, MPH ▪ High School Library
- FREE

Learn how honeybees differ from native bees, why native bees need protection, and what we can do to balance the needs of development and native bees. Presented in collaboration with the Town of Ballston's Green Community Committee. Class limit is 25.

**Acrylic Painting: Pumpkins & Apples**

- Karen's Paint pARTies ▪ 6:30-8:30 pm
- Instructor Karen Anthony ▪ O'Rourke Middle School
- \$35 (\$40 NR/\$32 Sr.) Room 103
- Oct. 27

We all love apples and/or pumpkins during this 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.



Better Money Habits

- Merrill Lynch Senior Vice President Scott Calhoun
- Nov. 3 & 10
- 6-7:30 pm
- FREE
- High School Library

Become more financially resilient! We will cover topics like saving, investing, budgeting, managing credit and debt, and tax planning. We will also answer questions regarding pursuing financial milestones such as homeownership and college. Come ask questions relevant to your personal experience and feel more confident in your decisions along your financial journey. Class limit is 30.

Rubber Stamping HOLIDAY CARDS*

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

Get into the holiday spirit with beautiful handmade cards. Your friends will be amazed when they receive their cards made by you! You will go home with six beautiful holiday cards (three designs, two each). Envelopes are 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.

Acrylic Painting: Harvest/Thanksgiving

- Karen's Paint pARTies Instructor Karen Anthony
- 6:30-8:30 pm
- \$35 (\$40 NR/\$32 Sr.)
- O'Rourke Middle School Room 103
- Nov. 17

We are truly thankful at this time of the year! Come join us in painting a harvest themed masterpiece...Gobble gobble! 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.



Artisan Chocolate Bar Making Experience

- Gouda Giggles Charcuterie Owner Sana Parvez
- 6-8 pm
- \$50 (\$55 NR/\$45 Sr.)
- O'Rourke Middle School Room 105
- Nov. 17

Join Gouda Giggles Charcuterie for a fun, hands-on chocolate making experience! Participants will learn how to melt, mold, and customize their own gourmet chocolate bars using a variety of premium toppings and fillings. Each attendee will create and take home their own unique chocolate creations. No experience is necessary—just come ready to have fun and get creative! A \$20 supply fee is due the night of class. Class limit is 10.



Ceramic Soap Dish

- BH-BL HS Ceramics Teacher Mercedes Criscione
- Nov. 17
- \$40 (\$45 NR/\$36 Sr.)
- 6-8 pm
- High School Room 165

Create your very own dish for a bar of soap or another item of your choosing! You will handbuild a soap dish-style piece of pottery, paint it, then leave it to be fired. Artworks will be fired and ready for pickup 2-3 weeks after the class date. Class limit is 15.



Rubber Stamping Seashell and Sea Glass Frame*

- Independent Stampin' Up Demonstrator Ann Burns
- 6:30-9 pm
- \$15 (\$20 NR/\$7.50 Sr.)
- O'Rourke Middle School Room 103
- Nov. 24

The holidays will be here soon and it's time to think about gift giving. In this class you will make a unique picture frame using seashells and sea glass to give to family or friends. You just might not want to give it away! No experience necessary. A \$15 materials fee is due at class. Class limit is 15.

WEDNESDAY

Continuing Yoga

- 500-hr. Certified Kripalu Yoga Instructor Judy Rightmyer
- 7-8:15 pm
- \$65 (\$70 NR/\$58 Sr.)
- O'Rourke Middle School Library
- 8 Weeks: Sept. 30-Dec. 2

This is a continuing Kripalu yoga class where you will 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 classes Nov. 11 and 25.)

Estate Planning Tools

- Esquire Glenn J. Witecki
- 6:15-8:15 pm
- FREE
- High School Library
- Sept. 30

Where there is a Will there is a Way; and where there is a Trust, there is another Way. Join us to learn how these and other legal documents are used for estate planning and asset protection purposes. Different scenarios will be discussed and individuals will have an opportunity to ask questions pertaining to their specific situation. Class limit is 30.

WEDNESDAY'S CLASSES *continued from page 7***Intermediate Volleyball**

- Instructor Linda Dolen
- \$40 (\$45 NR)
- 8 weeks: Sept. 30-Dec. 2
- 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 course is not suitable for beginners. Class limit is 27. (No classes Nov. 11 & 25.)

New! Acrylic Painting: Desert Landscape

- Karen's Paint pARTies
- Instructor Karen Anthony
- \$35 (\$40 NR/\$32 Sr.)
- Sept. 30
- 6:30-8:30 pm
- O'Rourke Middle School Room 103

Let's feel the heat and the dusty sand as we paint a desert 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.

Tai Chi & Qigong

- Certified Instructor Anthony Grimaldi
- \$56 (\$60 NR)
- 8 weeks: Sept. 30-Dec. 2
- 6:15-7:15 pm
- Pashley Elementary School Gym

Tai Chi Palm Routine is a flowing sequence of open-hand movements that emphasizes softness, awareness, and continuous motion. It utilizes the methods of clearing the meridians promoting the flow of Qi. Qigong movements will be introduced for balance and control. Class limit is 35. (No classes Nov. 11 and 25.)

Bands and Balls Resistance Training

- YMCA Instructor Pam Capuano-Hodge
- \$55 (\$60 NR/\$50 Sr.)
- 6 Weeks: Oct. 7-Nov. 18
- 6-7 pm
- O'Rourke Middle School Cafe (Oct.) & Charlton Heights Elementary School Cafe (Nov.)

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 Nov. 11.)

**International Travel: Things You Should Know**

- Cruise Planners Franchise Owner & Travel Specialist Lisa Bzdell
- \$5 (\$10 NR/\$0 Sr.)
- Oct. 7
- 6-7 pm
- O'Rourke Middle School Room 109

Have you been thinking about international travel but aren't sure where to start? This informative class will explore destination options, travel requirements, different travel styles, and how to prepare for travel. Whether you're a first-time traveler or looking to refresh your travel skills, this session is designed to help you create an unforgettable and stress-free vacation. Class limit is 20.

New! Woven Beaded Bracelet

- Gratitude Place Owner Karen Nerney
- \$30 (\$35 NR/\$27 Sr.)
- Oct. 7
- 6:30-8:30 pm
- O'Rourke Middle School Room 103

Discover the art of woven jewelry in this beginner-friendly bead loom workshop. Learn how to weave beads into a beautiful handmade bracelet. No prior experience is necessary but this project does require some fine motor skills. See gratitudeplace.com/projects for a sample project. A \$15 supply fee is due at class. Class limit is 8.

New! Acrylic Painting: Autumn Landscape

- Karen's Paint pARTies
- Instructor Karen Anthony
- \$35 (\$40 NR/\$32 Sr.)
- Oct. 14
- 6:30-8:30 pm
- O'Rourke Middle School Room 103

The leaves are bright and colorful at this time of year. I'll be teaching some new interesting techniques for this painting. 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.



Seed Bead Fun!

- Gratitude Place Owner Karen Nerney
- 6:30-8:30 pm
- \$30 (\$35 NR/\$27 Sr.)
- O'Rourke Middle School Room 103
- Oct. 28

Make dangling earrings and a matching bracelet using a variety of colorful seed beads. No prior experience is necessary but this project does require some fine motor skills. A \$15 supply fee is due at class. See gratitudeplace.com/projects for a sample project. Class limit is 8.

Earring Extravaganza!

- Gratitude Place Owner Karen Nerney
- 6:30-8:30 pm
- \$30 (\$35 NR/\$27 Sr.)
- O'Rourke Middle School Room 103
- Nov. 18

Make a variety of earrings to keep or give as holiday gifts! Learn basic earring making or uplevel your skills with wire frame wrapped earrings. See gratitudeplace.com/projects for sample projects. A \$20 supply fee is due at class. Class limit is 8.



Legal and Financial Planning for Alzheimer's Disease

- Herzog Law, Kym Hance
- 6-8 pm
- FREE
- O'Rourke Middle School Room 109
- Nov. 18

Presented in partnership with the Alzheimer's Association of Northeastern NY, this program provides vital information for individuals and families managing Alzheimer's or related dementias. Learn about key legal and financial considerations, essential documents, accessing local resources, and creating a long-term care plan. We discuss government programs to help cover care costs, and practical strategies to ensure your needs are met. Class limit is 25.

Social Security: Your Questions Answered

- Financial Advisor Chris Nyhan
- 7-8 pm
- FREE
- High School Spartan LGI Room
- Nov. 18

This class 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? Don't miss this important, informative session. Class limit is 30.

THURSDAY

All Levels Yoga

- Certified Kripalu Yoga Instructor Rachel Fridholm
- 7-8:15 pm
- \$65 (\$70 NR/\$58 Sr.)
- O'Rourke Middle School Library
- 8 Weeks: Oct. 1-Nov. 19

Beginners and experienced practitioners are welcome. Yoga increases flexibility, improves circulation, calms the nervous system, and strengthens muscles. We will focus on breathwork, yoga asanas, and meditation. Please bring a yoga mat, seat cushion or small pillow, and a blanket. A yoga tie and yoga blocks may also be helpful, but are optional. Class limit is 25.

Bonsai Workshop: Jade Tree

- Bonsai Trainer and Master Gardener David Gehrs
- 6:30-8:30 pm
- \$55 (\$60 NR/\$50 Sr.)
- O'Rourke Middle School Room 103
- Oct. 1

This is hands-on training workshop 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. 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, and tools for trimming and designing your bonsai. The only thing left is giving your new pet tree a name! A \$54 supply fee is due at class. Class limit is 10.

Getting Your Home Ready for Today's Real Estate Market

- Associate Broker Darlene Prince
- 6:30-8 pm
- FREE
- O'Rourke Middle School Room 109
- Oct. 1

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.

THURSDAY'S CLASSES *continued from page 9***Mat Pilates**

- Certified Mat Pilates Instructor Molly Chandler
- \$35 (\$40 NR/\$32 Sr.)
- 4 Weeks: Oct. 1-22
- 7-7:45 pm
- O'Rourke Middle School Back Gym

Build strength and flexibility in this Mat Pilates class designed for all levels. No prior experience in Pilates is required. This course focuses on core stability, proper alignment, and controlled, intentional movement to support overall fitness. Participants will learn foundational Pilates exercises with options to modify or progress based on individual needs. Whether you're looking to ease into movement or deepen your practice, this class offers a supportive environment to help you feel stronger, more balanced, and more connected to your body. Participants should bring a yoga or Pilates mat and a water bottle. Class limit is 25.

Stocks Bonds and Mutual Funds

- Halliday Financial Advisor Nick Stark
- FREE
- Oct. 1
- 6:15-7:45 pm
- O'Rourke Middle School Room 107

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 is 25.

Understanding Medicare: Parts A, B, D, and More

- Independent Licensed Agent Mary Yuhasz
- FREE
- Oct. 8
- 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.

**Build Your Own Treat Box**

- Baker Aaliyah Hickok
- \$25 (\$30 NR/\$23 Sr.)
- Oct. 15
- 6-8 pm
- High School Room 209

Looking for a fun and creative night out this fall? Join me for a cozy, hands on dessert decorating experience where you'll create your very own bakery style treat box to take home! In this beginner-friendly class, participants will learn how to decorate seasonal cookies, frost and style cupcakes and/or mini desserts, and arrange into a beautiful fall-themed dessert box perfect for gifting or enjoying yourself. This course is designed to be relaxed, social, and fun for all skill levels. Whether you've never held a piping bag before or simply love getting creative in the kitchen, you'll leave with new skills, sweet memories and delicious treats. A \$17 supply fee is due at class. Class limit is 10.

Royal Icing Cookie Decorating for Beginners

- Experienced Icer Mara Van Vorst
- \$50 (\$55 NR/\$45 Sr.)
- Oct. 22
- 6:30-8:30 pm
- O'Rourke Middle School Room 105

Join us for a spook-tacular royal icing cookie decorating class where creativity meets Halloween. In this class, students will learn the basics: piping, flooding, and wet on wet. We will use these techniques to decorate five themed Halloween cookies. This class is perfect for beginners and cookiers alike. A \$5 supply fee is due at class. Class limit is 16.

The New Active Retirement Workshop

- Halliday Financial Vice President Frank V. Finch
- FREE
- Oct. 22
- 6:15-8 pm
- O'Rourke Middle School Room 109

Part 1: Retirement Income Strategies, 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.



Building Brain-Healthy Habits

- CMC Kym Hance
- FREE
- Oct. 29
- 6:30-7:30 pm
- O'Rourke Middle School Room 109

Research shows there are everyday habits you can build today to help protect your memory and thinking in the future—even reducing your risk of cognitive decline and possibly dementia. Changing one habit has a ripple effect on others. Even small actions add up to big improvements. This class will provide research-backed guidance on brain health and the importance of taking action to protect your brain at every age. Class limit is 20.

Self Defense Workshop

- Certified Defensive Tactics Instructor & SRO Cody Maggs
- \$25 (\$30 NR/\$23 Sr.)
- Oct. 29
- 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.



Bonsai Workshop: Hawaiian Umbrella Tree

- Bonsai Trainer and Master Gardener David Gehrs
- \$55 (\$60 NR/\$50 Sr.)
- Nov. 5
- 6:30-8:30 pm
- O'Rourke Middle School Room 103

This is a hands-on training workshop 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. 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, and tools for trimming and designing your bonsai. The only thing left is giving your new pet tree a name! A \$54 supply fee is due at class. Class limit is 10.

"Talk Saves Lives"—An Intro to Suicide Prevention

- Retired Advocacy Specialist II from the NYS Office of Mental Health Tom O'Clair
- FREE
- Nov. 5
- 6-7:30 pm
- O'Rourke Middle 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. Class limit is 20.

DOWNsize SMART: Protect Your Equity & Plan Your Next Move

- Associate Broker Darlene Prince
- FREE
- Nov. 12
- 6:30-8 pm
- O'Rourke Middle School Room 109

Your home may be one of your biggest assets, and making the right decisions now can help you maximize your equity, reduce stress, and protect your financial future. Join us for an informative class designed for homeowners who are considering a move to a smaller home, senior living, or simply want to simplify life while preserving the wealth they've built over the years. Our team of trusted professionals will guide you through every step of the downsizing process, including advise from a realtor, Home Inspector, handyman, attorney, and a Financial Advisor. Your home has worked hard for you—now learn how to make it work for your future. Class limit is 20.



Cooking: A Traditional Pierogi Workshop

- Cooks Lubica Mills & Kamila Wheeler
- \$20 (\$25 NR/\$18 Sr.)
- Nov. 19
- 6:30-8:30 pm
- High School Room 209

Learn how to make delicious homemade pierogies from scratch in this fun, hands-on class! You'll be guided through every step, from mixing and rolling the dough to preparing fillings and shaping your own pierogies. Bring your apron and be ready to get creative in the kitchen. Best of all, you'll take home a batch of your freshly made pierogies to cook, share, and enjoy with family and friends. A \$5 supply fee will be collected at class. Class limit is 8.



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CONTINUING EDUCATION PROGRAM

Fall 2026 Course Offerings

SATURDAY



Butternut Squash Bisque with Cheddar Sage Croutons

- Executive Chef Jennifer Doig
- 10 am-noon
- \$35 (\$40 NR/\$32 Sr.)
- High School Room 209
- Nov. 7

The ultimate fall comfort food is here—warm, cozy, and perfect for sweater weather. Join Chef Jen for a hands-on cooking class where you'll create a rich, delicious butternut squash bisque that's quick to make, easy to freeze, and guaranteed to become your next favorite meal. Learn how simple accompaniments and finishing touches can transform a cozy soup into a dish that truly wows family and friends. A \$25 supply fee is due at class. Class limit is 8.



NYS Approved Defensive Driving Class

- Empire Safety Council
- 8 am-2 pm
- Instructor Todd Stewart
- O'Rourke Middle School Library
- \$45 (\$50 NR)
- Nov. 14

NYS Department of Motor vehicles approved six-hour program. You can save 10% off insurance premiums and benefit from a point reduction. Refresh your knowledge of traffic laws and learn safe driving strategies that help minimize risks on the road. Class limit is 30.