



B U R N T H I L L S

**BHBL**

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

# Continuing Education

PROGRAM

**FALL 2024** Course Offerings

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

courses for people of all ages.

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

CENTRAL  
SCHOOL  
DISTRICT

## REGISTRATION:

Online Registration Opens Sept. 9

In-person registration is

Tuesday, Sept. 10

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*

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



**MANY CLASSES BEGIN THE WEEK OF SEPT. 30**

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 and in-person registration is available. **Online registration begins Sept. 9. Registrations must be received by Sept. 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, Continuing Education Department, PO Box 1389, Ballston Lake, NY 12019.**

**In-person registration is Sept. 10**, in the library at BH-BL High School from 7 to 8 pm. The registration fee is listed with each course and

## Never stop Learning

does not include 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.

**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

### AQUA ZUMBA

**Karen Stern, Certified AFAA/NASM Group Exercise Instructor, Licensed Aqua Zumba Instructor • 8 Classes: Sept. 30 - Dec. 9 • \$65 (\$70 NR/\$60 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 20. (No class Oct. 14, 21 and Nov. 11.)

### BASKET WEAVING

**Patti Brousseau • \$30 (\$35 NR/\$27 SR) • Session 1: Sept. 30 - Oct. 28 • Session 2: Nov. 4 - Dec. 2 • 7-9 pm • O'Rourke Middle School Room 103**

In this class, we will make a pretty basket that has a vase like shape. It starts with a 5-inch wood base. The sides will gently flare out to 8-inches and then pull back into a center of 5-inches. Attach a wire swing handle or go without. 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 \$45 supply fee is due at class. Class limit is 15. (No class Oct. 14 and Nov. 11.)

### RECREATIONAL BASKETBALL

**Fred Marcelli • \$50 (\$55 NR) • 10 Classes: Sept. 30 - Dec. 16 • 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 Oct. 14 & Nov. 11.)

### 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) • Session 1: Sept. 30-Oct. 28 (MS Back Gym) Session 2: Nov. 4-Dec. 2 (MS Cafe) • 7-7:45 pm**

Join us for an intense, cardio workout where you'll cycle through a variety of kicks, strikes, and punches from boxing, martial arts, and mixed-martial

arts formats. Each move is broken down to easy to learn steps that you can choose which intensity you want. It's invigorating moves set to music and leaves you feeling energized and ready to take on the day or release stress. 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. (No class Oct. 14 and Nov. 11.)

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

**Voice Coaches Instructor • \$15 (\$20 NR/\$13 SR) • Sept. 30 • 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, and 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.

### INTERMEDIATE SALSA DANCING

**Tom Russell, Dance Fire Studio • \$50 (\$55 NR) • 6 weeks: Sept. 30-Nov. 18 • 7:30-8:30 pm • Pashley Elementary School Gym**

You've already learned the basic moves. This class will build on the basics and spice up your salsa with more advanced steps. Open to anyone who has basic salsa knowledge. No partner needed. Leather-soled shoes are recommended. Class limit is 30. (No class Oct. 14 & Nov. 11.)

### IMPROVE YOUR CORE STRENGTH

**Michelle Hernandez, American Council on Exercise, Personal Trainer & Fitness Instructor • \$60 (\$65 NR/\$54 SR) • 4 Classes/sessions • Session 1: Oct. 7-Nov. 4 • Session 2: Nov. 18-Dec. 9 • 7-7:45 pm • Pashley Elementary School Cafeteria**

Core exercises are an important part of your fitness plan. You will be engaging in movements that will strengthen your pelvis, lower back, hips,

and abs. The goal is to improve your overall core strength, balance, and flexibility. Bring water and a mat. Class limit is 15. (No class Oct. 14.)

### FINANCIAL LITERACY

**Jeff Jones, Revolutionary Financial Planning • FREE • Oct. 7 • 6:30-8 pm • O'Rourke Middle School Room 128**

In this class we will discuss the ability to effectively evaluate and manage one's finances in order to make prudent decisions toward reaching life's goals. Class limit is 25.

### FINANCIAL PLANNING BASICS

**Jeff Jones, Revolutionary Financial Planning Instructor • FREE • Oct. 21 • 6:30-8 pm • O'Rourke Middle School Room 127**

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 SALADS

**New!** **Jennifer Angelopoulos, Owner of The Furies Extra Virgin Olive Oil • \$20 (\$25 NR/\$18 SR) • Nov. 25 • 5:30-7 pm • O'Rourke Middle School Room 105**

In this class, we will learn how to make salads and dressings for the holidays that are not only wonderful for your health but also taste great. Extra virgin olive oil has powerful antioxidants that maintain their nutritional value, even through cooking. The instructor will bring the ingredients. You will learn how to make a variety of dressings to create delicious, tasty salads that will brighten your holiday table. A supply fee of \$20 is due on the night of class. Bring a bowl and utensils. Class limit is 15.

### HOLIDAY PAINTING WITH ACRYLICS

**New!** **Karen Anthony, Karen's Paint Parties • \$35 (\$40 NR/\$32 SR) • Dec. 9 • 6:30-8:30 pm • O'Rourke Middle School Room 103**

You will learn to create a holiday-themed painting. No experience needed. You will be led step by step to produce your own masterpiece. An 11x14 stretched canvas and all painting materials are provided. Class limit is 15.

## TUESDAY

### ZUMBA®

**Karen Stern, Certified AFAA/NASM Group Exercise Instructor, Licensed Zumba Instructor • 8 Classes: Oct. 1-Dec. 3 • \$65 (\$70 NR/\$60 SR) • 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 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 Oct. 15 & 22.)

### RECREATIONAL VOLLEYBALL

**Sandy Hutchinson • \$60 (\$65 NR) • 12 weeks: Oct. 1-Dec. 17 • 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.



### MAKE AN AUTUMN GRAPEVINE WREATH

**Tara Connors, Bash Parties Owner • \$20 (\$25 NR/\$18 SR) • Oct. 1 • 6-8 pm • O'Rourke Middle School Room 103**

Get sweater weather ready with an autumn Grapevine Wreath. Supplies will be provided to make an 18-inch grapevine wreath with a variety of flowers and a wood cut out that reads Hello Fall, Happy Fall Y'all or Welcome. Instruction and help are provided throughout the entire project. A \$20 supply fee is due on the night of class. Class limit is 12.



### FOUNDATIONS OF YOGA

**Amy Waylett, Shapes of Yoga Instructor • \$55 (\$60 NR/\$50 SR) • 7 weeks: Oct. 1-Nov. 12 • 7-8 pm • O'Rourke MS 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.

### LEARN TO PLAY PICKLEBALL

**Ed Koivula, Level 1 Certified Pickleball Coaching International Instructor • \$60 (\$65 NR/\$54 SR) • Session 1: Oct. 1-15 • Session 2: Oct. 22-Nov. 5 • Session 3: Nov. 12-26 • 8-9 pm • Pashley Gym**

Learn the fastest growing sport in North America. This three-week clinic teaches the skills necessary to get started playing doubles Pickleball. (Paddletek paddles will be provided.) Week 1: Learn the basic game overview, basic footwork, scoring, stroke mechanics, serving, and returning. Week 2: Expand your skills and learn basic court skills, shot placement, moving with your doubles partner, and when to move up to the NVZ (no volley zone) or kitchen line when you're the receiving team. Week 3: Learn strategies on how to move up to the kitchen line when you are the serving team. Class limit is 6.

### UNDERSTANDING STOCKS, BONDS, AND MUTUAL FUNDS

**Nick Stark, Revolutionary Financial Planning • FREE • Oct. 1 • 6:30-8 pm • O'Rourke Middle School Room 128**

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, 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.

### SEWING MACHINE BASICS

**Ellen Nardoza, Sewing Instructor • \$20 (\$25 NR/\$18 SR) • Oct. 1 • 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.



**STRENGTH & CONDITIONING**

**Jon George, 518 Conditioning Owner • \$50 (\$55 NR/ \$45 SR) • 6 weeks: Oct. 1-Nov. 5 • 7:30-8:30 pm • HS Fitness Center**

This class will focus on the basics for Strength and Conditioning, for any level and activity. We will learn proper technique and form for full body workouts, while performing a variety of exercises designed for developing strength, balance, and coordination. Understanding the fundamentals in the weight room, and for workouts, helps to ensure safety and to gain the most out of your workout regimen. Class limit is 15.

**RUBBER STAMPING: FALL CARDS\***

**Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR) • Oct. 8 • 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.

**BOAT AMERICA**

**John Hinds, US Coast Guard Auxiliary • \$20 (\$25 NR) • Oct. 8, 15, 22 & 29 • 7-9 pm • O'Rourke Middle School Room 128**

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.

**PLAN YOUR TRIP TO DISNEY IN 10 EASY STEPS**

**Colleen Parisi, Travel Agent to Disney & Beyond • FREE • Oct. 8 • 6:30-8 pm • O'Rourke Middle School Room 127**

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.



**FALL FABRIC PUMPKIN**

**Ellen Nardozza, Sewing Instructor • \$20 (\$25 NR/\$18 SR) • Oct. 8 • 5:30-8:30 pm • O'Rourke MS Room 107**

Create a decorative fabric pumpkin in one or more festive fabrics. Pattern provided. Bring 1 ¼ yard fabric for one color pumpkin or 3 ¼ yard fabrics for more designs plus 8x10 scrap for stem, matching thread, 12 oz bag of polyester filler, twine or yarn accent wrapping, straight pins, pin cushion, tape measure, sharp scissors, sewing machine and accessories, bobbins to match fabric. Students must know how to use a sewing machine and the machine must work well. Class limit is 10.



**MASTER YOUR MONEY: THE ULTIMATE GUIDE TO BUDGETING & PERSONAL FINANCE**

**Simmons Capital Group Advisor • FREE • Oct. 15 • 6:30-8 pm • O'Rourke Middle School Room 127**

This course aims to empower one with the knowledge, skills, and confidence to take control of their finances, make informed financial decisions and achieve their financial goals. Learn the principles of saving/spending; how to create and maintain a budget that reflects your income, expenses, and personal goals; effective debt management; and short vs.

long-term goals. Learn how to assess your current financial situation, set financial goals, and create a roadmap for achieving financial security and success. Open to all from every academic background and level of financial literacy. Class limit is 25.

**LEARN TO SEW PART II**

**Ellen Nardozza, Sewing Instructor • \$60 (\$65 NR/ \$55 SR) • 4 Classes: Oct. 15, 22, 29 & Nov. 5 • 5:30-8:30 pm • O'Rourke Middle School Room 107**

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, 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. Class limit is 6.



**DIY MARBLE-PAINTED WINE GLASSES**

**Tara Connors, Bash Parties Owner • \$20 (\$25 NR/ \$18 SR) • Oct. 22 • 6-8 pm • O'Rourke Middle School Room 103**

Sip in style with your own set of marble-painted wine glasses! Each participant will take home four stemless wine glasses and learn how to decorate them with a dip marbling paint technique. There will be a large selection of colors to choose from to personalize your glasses. We'll provide instruction and help throughout the entire project. A \$20 supply fee is due on the night of class. Class limit is 12.

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

**Capital District Clean Energy Hub Advisor • FREE • Oct. 29 • 6:30-8 pm • O'Rourke Middle School Room 121**

Plan for your energy needs with Bradley Towle from Cornell Cooperative Extension Albany for an informational seminar on the clean energy solar options available to you. You'll learn about on-site systems as well as community solar, and how to be a smart consumer with questions for potential contractors and tools for navigating financial incentives through the state and federal system. Class limit is 25.

**THANKSGIVING-THEMED PAINTING WITH ACRYLICS**

**Karen Anthony, Karen's Paint pARTies • \$35 (\$40 NR/\$32 SR) • Nov. 5 • 6:30-8:30 pm • O'Rourke Middle School Room 103**

You will learn to make a Thanksgiving-themed painting. No artistic experience needed. You'll be led step by step to produce your own masterpiece. An 11x14 stretched canvas and all painting materials are provided. Class limit is 15.

**HEAT PUMPS, ENERGY EFFICIENCY & AFFORDABILITY**

**Capital District Clean Energy Hub Advisor • FREE • Nov. 12 • 6:30-8 pm • O'Rourke Middle School Room 121**

Plan for your energy needs with the Capital District Clean Energy Hub, manager of Heat Smart Capital Region, for a night of learning about the technology, options, maintenance, and financial incentives of this clean way of heating your home, business or hot water. Class limit is 25.

**RUBBER STAMPING: STACK OF HOLIDAY CARDS\***

**Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR) • Nov. 12 • 6:30-9 pm • O'Rourke Middle School Room 103**

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 simple but elegant cards (3 designs, 2 each). Envelopes included.

No stamping experience necessary. Please bring double-sided adhesive and a small pair of scissors. \$10 materials fee collected at class. Class limit is 15.



**RUBBER STAMPING: HAND-STAMPED TILE COASTERS\***

**Ann Burns, Independent Stampin' Up Demonstrator**  
• \$15 (\$20 NR) • Nov. 19 • 6:30-9 pm • O'Rourke MS Room 103

The holidays will be here soon and it's time to think about gift giving. You'll work with four travertine tiles that you'll stamp, color, and turn into beautiful coasters. You just might not want to give them away! No stamping experience required. A \$15 materials fee is due at class. Class limit is 15.



**SEWING SANTA ORNAMENTS**

**Ellen Nardozza, Sewing Instructor** • \$20 (\$25 NR/ \$18 SR)  
• Dec. 3 • 5:30-8:30 pm • O'Rourke MS Room 107

Create a set of 12 decorative Santa Claus ornaments. Pattern provided. Please bring 1/4 yd red fabric for hat, 1/8 yd white fabric for beard, 1/8 yd accent pink fabric, 1/4-inch googly eyes (24), white fabric glue, red and white thread and bobbins, ruler, red ribbon, 1/2-inch bells or pompoms for hat, small iron and pad, large scissors or rotary cutter, ruler and cutting mat and straight pins. Bring a sewing machine in good working condition, including power cord. Class limit is 10.

**WEDNESDAY**

**FALL THEMED PAINTING WITH ACRYLICS**



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

You will learn to make a pumpkin/sunflower-themed painting. No artistic experience needed. You'll be led step by step to produce your own masterpiece. An 11x14 stretched canvas and all painting materials are provided. Class limit is 15.

**INTERMEDIATE VOLLEYBALL**

**Linda Arocho** • \$50 (\$55 NR) • 10 weeks: Oct. 2-Dec. 11  
• 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 24. (No class Nov. 27.)

**WUDANG TAI CHI**

**Anthony Grimaldi, Certified Instructor & 3<sup>rd</sup> Duan Rank in Tai Chi**  
• \$70 (\$75 NR) • 10 weeks: Oct. 2-Dec. 11 • 6:15-7:15 pm  
• Pashley Elementary School Gym

This is an introduction to Wudang style Tai Chi and is beneficial for those looking to improve balance, blood circulation, and mobility for arthritis problems. Let Tai Chi movements help you re-energize. Clear the mind and relax with a flowing form. Beginners or advanced students. Class limit is 35. (No class Nov. 27.)

**SEWING MACHINE BASICS**

**Ellen Nardozza, Sewing Instructor** • \$20 (\$25 NR/\$18 SR) • Oct. 2  
• 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.

**CARDIO FITNESS**

**Steve Aldi, Action Certified Personal Trainer Group Exercise Instructor** • \$50 (\$55 NR/\$45 SR) • 8 weeks: Oct. 2-Nov. 20  
• 7:30-8:30 pm • O'Rourke Middle School Back Gym

In this cardio class you'll use only your body weight for a workout. No machines, no added weights, just a full-body cardiovascular and strength workout. Class by class will be switched between interval training, circuit training, station training, and jumping rope. All fitness levels are welcome as alternative exercises are always given to best suit your needs. It's a team atmosphere to encourage you to be your best while having fun, burning calories, relieving stress and listening to great music. Please bring sneakers, water, a towel, and a yoga mat. Jump ropes will be provided. Class limit is 25.

**LET'S TALK ABOUT IT NOW**

**Kathleen Lowes, Licensed Funeral Director and Owner of Townley & Wheeler Funeral Home** • FREE • Oct. 2 • 6:30-7:30 pm  
• High School Library

This is a presentation and conversation about the benefits of planning your final arrangements in advance. Kathleen's experience has taught her the importance of planning in advance. She will talk about the different options available and provide valuable information about the financial choices available. People who have their affairs in order feel empowered and relieved that they have lifted a considerable burden from their loved ones' shoulders. They have the comfort of knowing their final wishes will be honored and they can feel good about making decisions without the pressure of emotions and time constraints. Class limit is 20.

**LEARN TO SEW PART I**

**Ellen Nardozza, Sewing Instructor** • \$60 (\$65 NR/\$55 SR) • Oct. 9, 16, 23 & 30 • 5:30-8:30 pm • O'Rourke Middle School Room 107

Make a pair of pajama or pull-on pants. You will need a sewing pattern (Joann's, Hobby Lobby, online), fabric, (see pattern for type of fabrics and amount), and elastic (see pattern for size and amount). Pattern sizes rarely are accurate so we will adjust it in class. Measure yourself or the person you are sewing for. Bring large scissors, straight pins, large safety pin or elastic threader, fabric tape measure, sewing chalk, marking pen or pencil. 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. You will not need the machine on the first day. Class limit is 6.

**LEARN TO PLAY PICKLEBALL FOR TEACHERS**

**Ed Koivula, Certified Pickleball Instructor** • \$60 (\$65 NR/\$54 SR)  
• Oct. 9, 16 & 23 • 4-5 pm • Pashley Gym

Learn the fastest growing sport in North America. This three-week clinic teaches the skills necessary to get started playing doubles Pickleball. (Paddletek paddles will be provided.) Week 1: Learn the basic game overview, basic footwork, scoring, stroke mechanics, serving, and returning. Week 2: Expand your skills and learn basic court skills, shot placement, moving with your doubles partner, and when to move up to the NVZ (no volley zone) or kitchen line when you're the receiving team. Week 3: Learn strategies on how to move up to the kitchen line when you are the serving team. Class limit is 6. There is a \$3 supply fee.



**INTERNATIONAL TRAVEL: THINGS TO KNOW**

Lisa Bzdell, Travel Specialist & Cruise Planners Franchise Owner • \$5 (\$10 NR/\$0 SR) • Oct. 9 • 6-7 pm • O'Rourke Middle School Room 127

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.



**NEUROMOTOR EXERCISE SAMPLE CLASS**

YMCA Instructor • \$25 (\$30 NR/\$23 SR) • Oct. 9 • 6:30-7:30 pm • High School Library

Neuromotor Wellness is a research-based practice exercise program specifically for those with muscular degeneration challenges including, but not limited to, Parkinson's, Multiple Sclerosis, ALS, stroke recovery, and muscle injury. Class limit is 15.



**CULTIVATING JOY THROUGH MINIATURE ART**

Chris Stack • \$65 (\$70 NR/\$60 SR) • Oct. 9, 16 & 23 • 6:30-8 pm • O'Rourke Middle School Room 105

Tap into your natural creativity through this playful art exploration class for GROWN-UPS! Try a variety of miniature art experiences. Painting, drawing, collage, and clay work in miniature form can be a relaxing way to try out materials and ideas without the commitment of producing a large, finished piece. There will be a brief discussion about art journaling during the last workshop. There's a \$25 supply fee due the first night. Class limit is 12.



**HALLOWEEN PAINTING WITH ACRYLICS**

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

You will learn to make a Halloween painting. No artistic experience needed. You'll be led step by step to produce your own masterpiece. An 11x14 stretched canvas and all painting materials are provided. Class limit is 15.

**BUILD YOUR BRAND IDENTITY IN 6 SIMPLE STEPS**

Brenna McPeck, Professional Marketer and Content Creator, Co-Creator/Editor-in-Chief of Fatal Flaw Literary • \$35 (\$40 NR) • Oct. 16 • 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 step by step how to create a unique brand identity in a strategic way, ensuring that you'll connect with your audience today, tomorrow, and into the future. Class limit is 25.

**MEDICARE MADE CLEAR**

Mary Yuhasz, Mosaic Wealth Strategies Group • FREE • Oct. 23 • 6-8 pm • High School Spartan LGI Room

Whether you are approaching Medicare age, are on Medicare, or are a caregiver who assists a person who has Medicare, understanding the many parts of it are essential in choosing the right coverage. Learn Medicare basics, its parts, premiums, deductibles, and how and when to apply. We will also discuss the types of coverage and assistance programs available. Class limit is 30.

**OSTEO WHAT? A BONE HEALTH WORKSHOP**

Dr. Megan James, PT DPT, USATF-L2, Doctor of Physical Therapy • \$30 (\$35 NR/\$27 SR) • Oct. 30 • 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.

**CONTINUING YOGA**

Judy Rightmyer, Certified Kripalu Yoga Instructor • \$55 (\$60 NR/\$50 SR) • 7 Weeks: Oct. 30-Dec. 18 • 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. 27.)



**THE FOUNDATIONS OF INVESTING: BUILDING WEALTH FROM THE GROUND UP**

Simmons Capital Group Advisor • FREE • Nov. 6 • 6:30-8 pm • O'Rourke Middle School Room 128

This course aims to equip you with the knowledge, skills, and confidence to navigate the complex world of investing and help you achieve your financial goals responsibly and ethically. (There are no specific prerequisites for this course although a basic understanding of finance would be beneficial.) You'll gain knowledge of the various financial markets and tools including stocks, bonds, mutual funds, ETFs and alternative investments. Understand the characteristics, risks, and returns associated with each instrument. Class limit is 25.



**JOURNAL WRITING THROUGH THE SENSES**

Leslie M. Krutan, M.Ed. Ph.D. • \$35 (\$40 NR/\$32 SR) • Nov. 13 • 6-8 pm • O'Rourke Middle School Room 128

This workshop focuses on the creative process when writing and how journaling works with the creative process. You'll learn a variety of genres and writing strategies, journal about a variety of topics, and find ways to express feelings through journaling. (\$30 supply fee.) Class limit is 25.



**WILDLIFE IN YOUR BACKYARD**

Brittany Ryan, Wildlife Technician • \$10 (\$15 NR/\$9 SR) • Nov. 13 • 6:30-8 pm • O'Rourke MSI Room 127

Learn more about the critters you can find in your own backyard! Focus will be on the tendencies of various urban wildlife species, why we might be seeing more species thriving in urban settings, what might be attracting them to our yards, and techniques for how to better co-exist with them. Reference resources will be provided. Participants will have the opportunity to ask questions pertaining to their own circumstances. Class limit is 25.

**THURSDAY**



**SPARTAN WALKING CLUB**

**Dr. Megan James, PT DPT, USATF-L2, Doctor of Physical Therapy • \$35 (\$40 NR/\$32 SR) • 6 weeks: Oct. 3-Nov. 14 • 6-7 pm • High School Athletic Field Entrance**

Lace up your sneakers and join me for a walk! Cardiovascular exercise is a key component of overall health and well-being; adding socialization and fresh air are extra benefits. Walkers will learn strategies for a healthier lifestyle, including nutrition and mental health tips, and how to incorporate exercise into a busy life. There is a \$12 supply fee. Participants will receive a t-shirt and workbook. Class limit is 12. (No class Oct. 31.) First class only is in the HS cafeteria.



**CERAMIC JACK O' LANTERN**

**Mercedes Buhner, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Oct. 3 • 6-7:45 pm • High School Room 165**

Students will learn how to create a small handmade Jack O' Lantern jar with a lid, then add decorative features to make it their own. Pieces will be glazed and food safe, a small, battery powered LED light for the inside will be included upon final pickup. Class limit is 12.



**AGING-IN PLACE & ELDER CARE OPTIONS**

**Mary Moller, LMSW • FREE • Oct. 3 • 6:30-8:30 pm • O'Rourke Middle School Room 127**

Are you making plans to age-in-place? Or does an older adult depend on you? Just like a puzzle, there are many pieces that need to fit together and not always perfectly. Discover the types of services and resources available and gain knowledge on how to prioritize what matters most. Tips, tools, and strategies to help you navigate this important chapter in life will be shared. Class limit is 25.

**HALLOWEEN COOKIE DECORATING**



**Cindy Burek, Buttercup Cookie, LLC • \$78 (\$83 NR/\$70 SR) • Oct. 3 • 6-8 pm • O'Rourke MS Room 105**

Learn how to use royal icing to decorate creative cookies.

We will work step by step on each cookie to learn hands-on the various decorating techniques used with royal icing, specifically piping/outlining, flooding and wet-on-wet techniques. Learn five cookie designs to take with you in a bakery box, along with a decorating tool, a cookie cutter and a packet of seasonal sprinkles and/or cookie decorations. All supplies are provided and included in the course fee. Class limit is 24.

**INVASIVE SPECIES 101**

**Hannah Coppola, Aquatic Program Manager CR-PRISM • FREE • Oct. 3 • 6:30-8 pm • O'Rourke Middle School Room 121**

Are you concerned about how invasive species are impacting the ecosystems? Learn about which ones are found in yards, characteristics, invasion curve, and prioritization for management. High-threat species approaching the region will be discussed, and resources and identification materials provided. Class limit is 25.

**TREE OF LIFE SUNCATCHER**

**Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • Oct. 10 • 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.

**SOCIAL SECURITY: YOUR QUESTIONS ANSWERED**

**Chris Nyhan, AAMS, Financial Advisor • FREE • Oct. 10 • 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.

**INVASIVE SPECIES CONTROL: INTEGRATED PEST MANAGEMENT**

**Sam Schultz, Terrestrial Invasive Species Specialist, CR-PRISM • FREE • Oct. 10 • 6:30-8 pm • O'Rourke Middle School Room 121**

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



**WATERCOLOR GLAZE CERAMIC LEAF DISH**

**Mercedes Buhner, BH-BL Teacher • \$35 (\$40 NR/\$32 SR) • Oct. 17 • 6-7:45 pm • High School Room 165**

Students will create a ceramic dish using real fallen leaves impressed into the clay. After impressing, students will glaze their pottery for a beautiful watercolor like effect. Ceramic pieces will be food safe after firing upon final pickup. Class limit is 12.



**CAKE WRITING/PIPING**

**Chef Ronica Keith, Master Baker • \$30 (\$35 NR/\$27 SR) • Oct. 17 • 5-7 pm • High School Room 209**

Learn how to choose a proper piping bag, how to fill the piping bag, the proper holding technique, and the amount of pressure used to create a certain effect. Learn to write your name, Happy Birthday, and Congratulations. There is a \$15 supply fee. Class limit is 15.

**LEARN HOW TO ENJOY & PROTECT YOUR ASSETS**

**Glenn J. Witecki, Esq. • FREE • Oct. 17 • 6:15-8:15 pm • O'Rourke Middle School Library**

Would you like to remain living in your house and still protect it in the event of a future need for nursing home care? Do you know how a properly drafted Power of Attorney can save significant assets even if you have not done any prior estate planning and need nursing home care immediately? Get the answers to these questions and more as basic and enhanced (with the use of Trusts) estate planning is discussed. Attendees will have the chance to ask personalized questions regarding their own circumstances. Class limit is 30.

**INVASIVE SPECIES: SUSTAINABLE YARDS & GARDENS WITH POLLINATOR RESTORATION**

**Kristopher Williams, CR-PRISM • FREE • Oct. 17 • 6:30-8 pm • O'Rourke Middle School Room 121**

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

**WIRE-WRAPPED STONES**

**Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • Oct. 24**  
• 6:30-8 pm • O'Rourke Middle School Room 103

Love the look of wire-wrapped stones? Learn a basic wire-wrapping technique and experiment with different gauge wire and tools to wrap stones. No experience is required, however, some fine motor dexterity is required. A \$15 supply fee is due the night of class. Class limit is 8.

**THE NEW REVERSE MORTGAGE FOR SENIORS**

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

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

**SELF DEFENSE FOR WOMEN**

**New!** **Cody Maggs, Certified Defensive Tactics Instructor & SRO**  
• \$20 (\$25 NR/\$18 SR) • Nov. 7 • 7:30-8:30 pm  
• O'Rourke Middle School Back Gym

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. Class limit is 20.

**New!** **WHIMSICAL CHICKEN WIRE SUNCATCHER**

**Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)**  
• Nov. 14 • 6:30-8:30 pm • O'Rourke MS Room 103

Create a whimsical suncatcher using chicken wire and colorful glass beads. View the completed project at [www.gratitudeplace.com/projects](http://www.gratitudeplace.com/projects). Work gloves are recommended for this project as it involves attaching chicken wire to a wooden frame. A \$15 supply fee is due the night of class. Class limit is 8.

**New!** **HOLIDAY SPRITZ COOKIE MAKING**

**Chef Ronica Keith, Master Baker • \$30 (\$35 NR/\$27 SR)**  
• Nov. 21 • 5-7 pm • High School Room 209

Create one of the most famous Italian cookies, the Spritz Christmas Cookie. Learn how to effectively measure ingredients, pipe placements, preparation for baking, bake and finish cookies with holiday decor. Supplies are provided. A \$20 supply fee due at class. Class limit is 8.

**PLAN FOR A TAX FREE OR TAX ADVANTAGE RETIREMENT**

**Steve Kamen, NSSA, Mosaic Wealth Strategies Group • FREE**  
• Nov. 21 • 6-8 pm • High School Spartan LGI Room

How to place yourself in the best possible position to retire either tax free or tax advantage. Several strategies to help you will be discussed. The course is based on Amazon's number one bestselling book *Retire Like a Shark*, co-authored by Kevin Harrington (Shark Tank), the instructor and 35 other leading authorities in North America. Class limit is 30.

**New!** **EARRING MAKING II**

**Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)**  
• Dec. 5 • 6:30-8 pm • O'Rourke Middle School Room 103

Extend your jewelry-making skills in this advanced beginner class! You'll experiment with wire and beads to make your own unique earrings. Make a pair of dangle earrings for yourself and one to give as a gift! Some fine motor dexterity is required. A \$15 supply fee is due the night of class. Class limit is 8.

**SATURDAY**

**New!** **OUTDOOR ADULT LACROSSE**  
**Cody Maggs • \$30 (\$35 NR) • Sept. 28-Nov. 16 • 9-11 am**  
• O'Rourke Middle School Athletic Fields

Fall lacrosse will be played on a smaller grass field with goals and boundaries. There is minimal experience needed but the hope is to have a competitive season. You will need a helmet, gloves and a lacrosse stick. (Pads are optional). This is a co-ed course. Class limit is 30.

**New!** **MAKE CHICKEN FRANCESE**  
**Chef Jennifer Doig • \$30 (\$35 NR/\$27 SR) • Nov. 2**  
• 10 am-12:30 pm • High School Room 209

Create your not-so-everyday Italian dish, Chicken Francese. Thin cutlets dredged and sauteed to perfection in a lemony beurre blanc sauce. Chef will lead you in creating your next dinner night hit! Bring a cutting board, a small bowl, chef knife for prep work, a meat mallet, and a medium or large saute pan. A \$25 supply fee is due at class. Class limit is 8.

**SUNDAY**

**New!** **CARDIO TENNIS**  
**Will McKenna & Cindy Turgeon, Tennis Coaches**  
• \$30 (\$35 NR/\$27 SR) • Sept. 29-Oct. 27 • 4-5 pm  
• High School Tennis Courts

Do you love to play tennis but aren't into the competition? Or maybe you want to get out and hit to keep up your skills. Join Will and Cindy for a tennis-style workout. Skill and drill cardio style for a good Sunday work out in the fresh air. Class limit is 20.

**DRIVING COURSES**

**NYS-APPROVED 1-DAY DEFENSIVE DRIVING CLASS**

**Todd Stewart, Empire Safety Council Instructor • \$45 (\$50 NR)**  
• Oct. 26 • 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.

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

**Armand Canestraro, NYS DMV-Certified PIRP Instructor**  
• \$45 (\$50 NR) (includes workbook) • Tuesday & Wednesday,  
Oct. 1 & 2 • 6-9 pm • O'Rourke Middle School Room 127

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 up to four points off their driving record. It is sponsored by the Empire Safety Council and led by a DMV-Certified PIRP Instructor. 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.