



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

Winter 2025 Course Offerings

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

courses for people of all ages.

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

CENTRAL
SCHOOL
DISTRICT

REGISTRATION:

Online Registration Opens Jan. 13 at 8 am; In-person registration is Monday, Jan. 13 from 7 to 8 pm
BH-BL High School Library
88 Lakehill Road, Burnt Hills

Visit www.bhbl.org for Possible course changes.

Continuing Education Coordinator

Amy Cullen | acullen@bhbl.org
518-399-9141, Ext. 85013



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



MANY CLASSES BEGIN THE WEEK OF JAN. 27

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. 13. Registrations must be received by Jan. 27** unless other arrangements are made with the coordinator. To register online, go to 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 Jan 13, 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

Never stop Learning

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. 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 • 10 Classes: Jan. 27 - April 7 • \$80 (\$85 NR/\$72 SR) • 6-6:45 pm • BH-BL High School Pool

This class is perfect for those looking to make a splash by adding a low-impact, high-energy aquatic exercise to their fitness routine. Less impact on joints means you can really let loose using the water's natural resistance to tone your muscles. Class limit is 25. (No class Feb. 17.)

BASKET WEAVING

Patti Brousseau • \$30 (\$35 NR/\$27 SR) • Session 1: Jan. 27 - Feb. 24 • Session 2: March 3-24 • 7-9 pm • O'Rourke Middle School Room 103

You will make a pretty basket that has a vase-like shape. It will start with a 5" wood base. The sides will gently flare out to 8-9" and then pull back into a center of 5-6". You may choose to have 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 exacto knife. A supply fee of \$45 is due the first night of class. Class limit is 15. (No class Feb. 17.)

ENERGY LITERACY

Bradley Towle, Cornell Cooperative Extension Albany & Capital Region Clean Energy Hub • Jan. 27 • FREE • 6:30-8 pm • O'Rourke Middle School Room 121

Learn about tips and tricks to cut down on energy costs by taking small steps throughout your home. Each registered attendee will leave with an energy efficiency kit and knowledge that they can take home to tighten up their household spending. Class limit is 25.

RECREATIONAL BASKETBALL

Fred Marcelli • \$60 (\$65 NR) • 12 weeks: Jan. 27-April 28 • 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. 17 & April 14.)



SPARTAN FIT

Pam Capuano-Hodge, YMCA • \$45 (\$50 NR/\$41 SR) • Feb. 3-March 3 • 4:30-5:30 pm • Pashley Gym

Spartan Fit is a cutting edge fitness program that uses plyometrics, weight training, and endurance in one routine. This class will increase your energy, speed up your metabolism, and explode through your fitness plateau! Class limit is 30. (No class Feb. 17.)



MAKE YOUR OWN POTTERY: STAMPED HEART WALL POCKET

Mercedes Criscione, BH-BL HS Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Feb. 3 • 6-8 pm • High School Room 165

Students will learn the basics of handbuilt ceramic construction and create a decorative wall pocket in the shape of a heart using glaze and stamps for a unique finish after firing. Class limit is 12.

FINANCIAL PLANNING BASICS

Jeff Jones, Halliday Financial • FREE • Feb. 3 • 6:30-8 pm • O'Rourke Middle School Room 128

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.



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

Pam Starsia, Starsia Law PLLC • FREE • Feb. 10 • 6-8 pm • O'Rourke Middle School Room 128

As more people live longer, families face new challenges in planning for care giving and quality of life in the elder years. This session is designed for older adults and their families who want to explore legal tools and financial planning strategies that foster independence, strengthen care giving relationships, and improve well-being—without waiting for a crisis.

We'll discuss how thoughtful estate planning can support care giving needs and family relationships, with a focus on using your resources to invest in these relationships during your lifetime. Through open conversations and proactive planning, you can ensure that your elder years are marked by care, connection, and confidence. Class limit is 25.

MAKE YOUR OWN POTTERY: GLASS & CERAMIC RING DISH

Mercedes Criscione, BH-BL HS Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Feb. 10 or Feb. 24 • 6-8 pm • High School Room 165
Students will learn the basics of handbuilt ceramic construction and create a small ring dish using glaze and melted glass for a unique finish after firing. Class limit is 12.



“TALK SAVES LIVES” - AN INTRO TO SUICIDE PREVENTION

Tom O'Clair, Retired Advocacy Specialist II (Family Affairs) - NYS Office of Mental Health • FREE • Feb. 10 • 6-7:30 pm • O'Rourke School Room 127

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.



COOKING WITH MARINADES

Jennifer Angelopoulos, The Furies Extra Virgin Olive Oil owner • \$20 (\$25 NR/\$18 SR) • Feb. 24 • 5:30-7 pm • O'Rourke Middle School Room 105

Learn how to elevate your food with the perfect marinades. This class will teach you basic nutrition science to create marinades that both tenderize and add delicious flavor to your meats and seafood. A \$10 supply fee is due at class. Class limit is 15.

FINANCIAL LITERACY

Jeff Jones, Halliday Financial • FREE • Feb. 24 • 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.



LEARN TO PLAY MAHJONG

Helen Seward, mahjong Instructor • \$20 (\$25 NR/\$18 SR) • 6 Weeks: Mar. 3-Apr. 7 • 6:30-8:30 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! Class limit is 8.

WILDLIFE IN YOUR BACKYARD

Brittany Ryan, Wildlife Technician • \$10 (\$15 NR/\$9 SR) • March 3 • 6:30-8 pm • O'Rourke Middle School Room 127

Learn more about the critters you can find in your own backyard. During this program we will focus 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 provide techniques for how to better co-exist with them. Resources will be provided to serve as reference documents in the future. Participants will also have the opportunity to ask questions pertaining to their own circumstances. Class limit is 25.

KICKBOXING

Kelly Sullivan, 2nd Degree Tae Kwon Do Black Belt AFAA Group Exercise Instructor, MMA Conditioning Specialist • \$45 (\$50 NR/\$40 SR) • Mar. 31-Apr. 28 • 7-7:45 pm • OMS Back Gym

Join us for an intense, cardio workout where you'll cycle through a variety of kicks, strikes, and punches from boxing, martial arts, and mixed-martial arts formats. Each move is broken down 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.

GETTING PAID TO TALK: AN INTRODUCTION TO PROFESSIONAL VOICE OVER

Voice Coaches Instructor • \$15 (\$20 NR/\$13 SR) • March 24 • 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.



PAINTING WITH ACRYLICS: SUMMER THEME

Karen Anthony, Karen's Paint Parties • \$35 (\$40 NR/\$32 SR) • April 7 • 6:30-8:30 pm • O'Rourke Middle School Room 103

You will learn to paint a summer themed painting to get into the summer vibe! 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.

TUESDAY

ZUMBA®

Karen Stern, Certified AFAA/NASM Group Exercise Instructor, Licensed Zumba Instructor • 10 Classes: Jan. 28-April 8 • \$80 (\$85 NR/\$72 SR) • 6-7 pm • Charlton Heights Gym

This class is perfect for everybody and every body! We'll take the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over you'll see why Zumba® classes are often called exercise in disguise. Zumba® is a total workout that combines all elements of fitness—cardio, muscle conditioning, balance and flexibility, boosted energy, and a dose of awesomeness each time you leave class. Class limit is 30. (No class Feb. 18.)

RECREATIONAL VOLLEYBALL

Sandy Hutchinson • \$60 (\$65 NR) • 12 weeks: Jan. 28-April 29 • 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. No class Feb. 18 & April 15.)

FOUNDATIONS OF YOGA

Amy Waylett, Shapes of Yoga Instructor • \$65 (\$70 NR/\$58 SR) • 8 weeks: Feb. 4-April 1 • 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: Jan. 28, Feb. 4 & 11 • Session 2: Feb. 25, March 4 & 19 • 8-9 pm • Pashley Gym

Learn the fastest growing sport in North America. This 3 class session will teach you 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. A \$3 supply fee is due at class. Class limit is 6.

VALENTINE WREATH

New! **Tara Connors, Owner of Bash Parties • \$20 (\$25 NR/\$18 SR) • Feb. 4 • 6-7:30 pm • O'Rourke Middle School Room 103**

Make a decadent-looking box of faux chocolates to hang on your wall or door for Valentine's Day. Supplies, materials, and instruction will be provided for this cute and sweet class. A \$20 supply fee is due at class. Class limit is 12.

HOW DO I SET UP MY HOME FOR FUN, LEARNING, AND MY OWN SANITY?

New! **Chris Stack, The Wonder Room • \$15 (\$20 NR/\$13 SR) • Feb. 4 • 7-8 pm • O'Rourke Middle School Room 127**

Let's face it—kids come with a lot of stuff! Their clothes, toys, equipment, papers and projects need to find a place in your home. Tips and tricks that will help you to think about ways to get it all under control. Your stress level decreases and your children's ability to play and help clean-up independently will increase when you create a functional space and a solid routine. Which ideas will resonate with you? Class limit is 20.

SEWING MACHINE BASICS

Ellen Nardoza, Sewing Instructor • \$20 (\$25 NR/\$18 SR) • Feb 4 • 5:30-8:30 pm • O'Rourke 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! You will 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. Get started sewing! Machine must be in good working condition. Have the machine checked by a technician. Class limit is 6.

RUBBER STAMPING: BIRTHDAY CARDS*

Ann Burns, Independent Stampin' Up Demonstrator • \$15 (\$20 NR) • Feb. 11 • 6:30-9 pm • O'Rourke Middle School Room 103

Start off your new year prepared to send out birthday cards on time. In this class you will make an assortment of cards for everyone on your birthday list. You will make four cards using different techniques and products that are sure to bring a smile to any recipient. 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! **PARENTING: HOW DO I DECIDE WHICH TOYS TO KEEP AND WHICH CAN GO?**

Chris Stack, The Wonder Room • \$15 (\$20 NR/\$13 SR) • Feb. 25 • 7-8 pm • O'Rourke Middle School Room 127

If you have ever said "These toys are taking over my house," then this workshop is for YOU! Let's talk about which toys have high play value and which ones aren't worth the space they are taking up in your home and lives. Kids thrive when their play spaces are simplified. We'll talk about how to use a rotating toy system and options for getting rid of the ones you no longer can use. Class limit is 20.

LEARN TO SEW: INCREASE YOUR SKILLS

Ellen Nardoza, Sewing Instructor • \$60 (\$65 NR/\$55 SR) • Feb 25, March 4, 11 & 18 • 5:30-8:30 pm • O'Rourke 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, and large scissors. On day two, bring a sewing machine, foot pedal, and power cord, all-purpose foot, new needle, two bobbins, small scissor, and thread to match fabric. Students must know how to use a sewing machine and the machine must work well. Class limit is 6.

MEDICARE MADE CLEAR

Mary Yuhasz, Independent Licensed Agent, Mosaic Wealth Strategies Group, Ltd. • FREE • March 4 • 6-8 pm • High School Spartan LGI

Whether you are approaching Medicare age, are already on Medicare, or a caregiver who assists a person who has Medicare, understanding the many parts of Medicare are essential in choosing the right coverage. At this workshop, you will learn Medicare basics, its parts, premiums, deductibles, how and when to apply. We will discuss the types of coverage and assistance programs available to you as well. Please come join me at this educational event. Class limit is 30.

RUBBER STAMPING: SPRING CARDS*

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

Is it spring yet? It may be a few weeks away, but you will be in the mood with cards filled with flowers and all things spring. You will be prepared for the spring holidays (Easter, Mother's Day) after this class. 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.

BOAT AMERICA

John Hinds, US Coast Guard Auxiliary • \$20 (\$25 NR) • March 4, 11, 18 & 25 • 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.

STRENGTH & CONDITIONING

Jon George, Strength & Conditioning Coach & Owner of 518 Conditioning • \$50 (\$55 NR/\$45 SR) • 6 weeks: March 11-April 22 • 7:30-8:30 pm • High School 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.



CHILDREN'S ARTWORK: HOW TO MANAGE ALL THE CRAFT SUPPLIES AND HONOR THE PIECES YOU DECIDE TO KEEP

Chris Stack, The Wonder Room • \$15 (\$20 NR/\$13 SR) • March 11 • 7-8 pm • O'Rourke Middle School Room 127

"The joy is in the journey!" is one of my favorite phrases when thinking about children's artwork. It means it is about the process, not the products. That said, children or you may want to keep some of those treasures. We'll discuss a few ways of storing and displaying children's artwork. In addition, we will explore ways to manage all of their craft supplies. Class limit is 20.



INTERMEDIATE PICKLEBALL

Ed Koivula, Level 1 Certified Pickleball Coaching International Instructor • \$60 (\$65 NR/\$54 SR) • 3 Classes: March 25, April 1 & 8 • 8-9 pm • Pashley Gym

Continue to learn the specifics of the fastest growing sport in North America. These sessions will focus on the third shot and the skills needed to transition to the net. Strategies for playing at the non-volley zone line and dinking will also be covered. This class will also include a discussion of angles and court coverage. **Pre-requisites:** Completion of Learn to Play course and at least 12 months of playing experience. A \$3 supply fee is due at class. Class limit is 6.

CUPCAKE DECORATING

Tara Connors, Bash Parties • \$30 (\$35 NR/\$27 SR) • April 1 • 6-8 pm • High School Room 209

Learn a variety of techniques to make beautiful and fun cupcakes, in this sweet course. We'll cover the basics of assembling and using a piping bag and tips. Each participant will make three spring-themed cupcakes to take home. All of the techniques taught can be used on cakes, as well! The instructor will provide all of the supplies, and participants will take home the cupcakes that they decorate during the course. Tara Connors began Bash Parties in 2013, which hosts in-home, activity-based events, including a cupcake-decorating themed party. A \$20 supply fee is due at class. Class limit is 15.



SPRING COOKIE DECORATING

Cindy Burek, Buttercup Cookie, LLC • \$78 (\$83 NR/\$70 SR) • April 22 • 6-8 pm • O'Rourke Middle School Room 105

Learn how to use royal icing to decorate creative cookies. If you've never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. 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. There are 5 cookie designs planned and we will keep things rolling to get them all completed by the end of class. You will be taking them home with you in a bakery box, along with a decorating tool, a cookie cutter and

a packet of seasonal sprinkles and/or cookie decorations. Once class registration has closed, you will be sent my informational blog loaded with my basics of baking cookies, tips and tricks of the trade, as well as links to places online to check out for additional tutorials, and other decorator's instructional blogs, recipes and vendors/suppliers for those who want to take it to the next level. All supplies are provided. Class limit is 24.

WEDNESDAY



BANDS AND BALLS RESISTANCE TRAINING

Pam Capuano-Hodge, YMCA • \$55 (\$60 NR/SR \$50) • 6 weeks: Feb. 5-March 19 • 6-7 pm • Charlton Heights Gym

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. 19.)

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. 5 • 7-8:30 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 & 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.



PAINTING WITH ACRYLICS - WINTER THEME

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

You'll learn to paint a winter theme painting to celebrate this majestic season! No artistic experience needed. You'll be led step by step to produce your own masterpiece. Cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.

INTERMEDIATE VOLLEYBALL

Linda Arocho • \$50 (\$55 NR) • 10 weeks: Feb. 5-April 23 • 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 Feb. 19 & April 16.)

CONTINUING YOGA

Judy Rightmyer, Certified Kripalu Yoga Instructor • \$75 (\$80 NR/\$70 SR) • 9 Weeks: Feb. 5-April 9 • 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 Feb. 19)

New! **SET SAIL FOR ADVENTURE: A GUIDE TO CRUISE VACATIONS**

Lisa Bzdell, Cruise Planners • \$5 (\$10 NR/\$0 SR)
• Feb. 12 • 6-7 pm • O'Rourke Middle School Room 127

Are you intrigued by the idea of cruising but unsure where to start? Or maybe you're a seasoned cruiser ready to embark on a whole new kind of voyage? This class is your ticket to mastering the art of cruise vacations! Join us for a fun and informative session where you'll discover everything you need to know to plan the ultimate cruise vacation. Class limit is 20.

New! **PERSONAL FINANCE – STARTING YOUR FINANCIAL JOURNEY OFF RIGHT**

Benjamin Simmons & Aaron Batkay • FREE • Feb. 5 • 6:30-8 pm • O'Rourke Middle School Room 127

Learn the building blocks of saving & investing as we walk through the process of planning for future financial goals and the steps to take to achieve them. Parents can bring their older teens to learn with them! Class limit is 30.

SUN TAI CHI

Anthony Grimaldi, Certified in Tai Chi, 3rd Duan Rank • \$70 (\$75 NR) • 10 weeks: Feb. 5-April 23 • 6:15-7:15 pm • Pashley Gym

Introduction to Sun Tai Chi. Looking for balance, blood circulation, more mobility for arthritis problems, tai chi movements help you re-energize. Clear the mind and relax with a flowing form. Beginners or advanced students. Class limit is 35.

ELDER CARE OPTIONS

Jennifer Harvey, MSW, CDP • FREE • Feb. 12 • 6:30-8:30 pm • High School Spartan LGI

Are you or a loved one considering aging in place or looking to learn more about care options for older adults? Join us for a class that will provide valuable insights into care options and resources. 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. Our expert presenter will share tips, tools, and strategies to help you navigate this important chapter in life. Class limit is 40.

PLANNING A TRIP TO DISNEY IN 10 EASY STEPS

Colleen Parisi, Disney travel agent and planner • FREE
• Feb. 26 • 6:30-8 pm • O'Rourke Middle School Room 127

Learn how to plan your trip to Disney in 10 easy steps with a Disney travel agent and in park planner. Learn how to use the ever changing tools and apps that Disney provides plus extra tips and tricks. I go to Disney multiple times a year to test and retest the apps, touring plans and new restaurants and attractions so I can better assist you. Take the stress out and put the fun in your Disney planning vacation! Class limit is 15.

TREE OF LIFE SUNCATCHER

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • March 5 • 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. Create a beautiful suncatcher using a metal ring, wire and iridescent beads that catch the sunlight. View an example of the completed project at www.gratitudeplace.com/projects. A \$12 supply fee is due at class. Class limit is 8.

ASTRONOMY: STARTING TO KNOW YOUR NIGHT SKY

New! **Kerry Lewis, Planetarium Manager and Astronomy Educator at miSci Museum of Innovation and Science • \$75 (\$80 NR/\$68 SR) • March 5-26 • 5-7 pm • O'Rourke Middle School Room 121**

Come to learn more about what you are seeing every time you look up at the night sky! We will learn about the fundamentals of astronomy and talk about new, ongoing areas of study. We will also talk about how to navigate your backyard sky, find constellations, and choose between different types of telescopes. The class fee also includes a planisphere—a guide to nightly stargazing that you will learn to use through the course and take home with you afterwards. Class limit is 17.

LET'S TALK ABOUT IT NOW

Kathleen Lowes, Licensed Funeral Director and Owner of Townley & Wheeler Funeral Home • FREE • March 19 • 6:30-7:30 pm • High School Library

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 when making your final arrangements and she will provide valuable information about the financial choices available to you. 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 30.

New! **BRICK STITCH BRACELET**

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR)
• March 26 • 6:30-8:30 pm • O'Rourke MS Room 103

Add a new technique to your jewelry making with the brick stitch. This is a versatile bead work stitch for beaders of all levels. View an example of the completed project at www.gratitudeplace.com/projects. A \$12 supply fee is due at class. Class limit is 8.

New! **LEGAL TOOLS FOR NAVIGATING YOUR CHILD'S TRANSITION TO ADULTHOOD**

Pam Starsia, Starsia Law PLLC • FREE • Feb. 26 • 6:30-8 pm • O'Rourke Middle School Room 128

When your child turns 18, they're legally an adult—but they still have a lot of growing up to do. As a parent, you play a key role during this critical time. However, without planning, privacy laws could prevent you from helping when it matters most. In this session, you'll learn about the essential legal steps that can keep you involved in your child's health and financial decisions during emergencies. We'll cover must-have documents like health care proxies and HIPAA authorizations, so you can stay ready to support your child through life's unexpected turns. Class limit is 25.

SOCIAL SECURITY: YOUR QUESTIONS ANSWERED

Chris Nyhan, AAMS, Financial Advisor • FREE • April 23 • 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.



BEAD IT: FUN WITH WIRE

Karen Nerney, Gratitude Place • \$30 (\$35 NR/\$27 SR) • April 23 • 6:30-8:30 pm • O'Rourke MS Room 103

Come explore wire techniques as you craft earrings and a bracelet. You'll incorporate beads as you perfect your wrapped loop or learn a new technique using a bail maker. View an example of the completed project at www.gratitudeplace.com/projects. A \$12 supply fee is due at class. Class limit is 8.



PAINTING WITH ACRYLICS - SPRING FLORAL

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

You will learn to paint a spring floral painting to chase away the winter blues! No artistic experience needed. You will be led step by step to produce your own masterpiece. Cost includes an 11x14 stretched canvas and all painting materials needed during the class. Class limit is 15.



ST. PATRICK'S DAY FABRIC WREATHS

Tara Connors, Owner of Bash Parties • \$20 (\$25 NR/\$18 SR) • March 13 • 6-7:30 pm • O'Rourke MS Room 103

Erin Go Bragh! Join us to make an easy and cute fabric strip St. Patty's Day wreath. All supplies will be provided and we'll be there to help you every step of the way. A \$20 supply fee is due at class. Class limit is 12.



EASTER COOKIE DECORATING

Cindy Burek, Buttercup Cookie, LLC • \$78 (\$83 NR/\$70 SR) • March 20 • 6-8 pm • O'Rourke MS Room 105

Learn how to use royal icing to decorate creative cookies! You'll work step by step on each cookie to learn the various decorating techniques used with royal icing, specifically piping/outlining, flooding, and wet on wet techniques. There are 5 cookie designs planned. You will be taking them home 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 class fee! Class limit is 24.

THURSDAY

SPARTAN WINTER WALKING CLUB

Dr. Megan James, PT DPT, USATF-L2 • \$35 (\$40 NR/\$32 SR) • 6 weeks: Jan. 30-March 13 • 6-7 pm • High School Main Entrance

Don't let the winter weather discourage you from being active! Lace up your sneakers and join us for a walk. Cardiovascular exercise is a key component of overall health and well-being; adding socialization is an extra benefit of this course. Participants will learn strategies geared toward a healthier lifestyle, including nutrition and mental health tips, and how to incorporate exercise into a busy life—all in ways that are easy, rewarding and sustainable! Participants will receive a t-shirt and workbook for the course. A supply fee of \$12 is due at class. Class limit is 12.

STOCKS BONDS AND MUTUAL FUNDS

Nick Stark, Halliday Financial • FREE • Jan. 30 • 6:30-8:30 pm • O'Rourke Middle School Room 128

This flagship course has been heard by thousands of people since its 2005 launch. Each year adjustments are made to give the most up-to-date information. Learn the basics of stocks, bonds, and mutual funds. Learn the differences and similarities of various types of investments and financial lingo. Learn proper asset allocation to lower your overall risk and understand the benefits of using mutual funds to build a balanced portfolio to plan for retirement. Class limit is 25.



MAT PILATES

Amy Waylett & Shapes of Yoga Instructors • \$65 (\$70 NR/\$58 SR) • 6 weeks: Feb. 6-March 20 • 7-7:45 pm • O'Rourke Middle School Library

This 45-minute classical mat Pilates focuses on building core strength and stability. A low-impact workout using your body weight for resistance, you'll carefully be guided through mindful exercises to isolate your core muscles with stability and control. Appropriate for all levels; no prior experience in Pilates is required. Class limit is 15. (No class Feb. 20.)

SEWING MACHINE BASICS

Ellen Nardoza, Sewing Instructor • \$20 (\$25 NR/\$18 SR) • Feb. 6 • 5:30-8:30 pm • O'Rourke Middle School Room 107

Did you get a new machine and have not taken it out of the box? Or a machine from Mom or Grandma and are afraid to touch it? This class is for you! You will 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 the machine checked by a technician. Class limit is 6.



CERAMIC SPOON REST - MAKE YOUR OWN POTTERY

Mercedes Buhner, BH-BL Ceramics Teacher • \$35 (\$40 NR/\$32 SR) • Feb. 27 • 6-8 pm • High School Room 165

Students will learn the basics of handbuilt ceramic construction and create a glazed, food-safe ceramic spoon rest. Class limit is 12.

THE NEW REVERSE MORTGAGE FOR SENIORS

Joanne Russell, The Mortgage Place, Inc. • FREE • March 20 • 6:30-7:30 pm • O'Rourke Middle School Room 127

This is an educational program for people who are nearing retirement. Learn the current pro's and con's of a Reverse Mortgage and see if it's right for YOU! Class limit is 30.

HOW TO PLAN FOR A TAX FREE OR TAX ADVANTAGE RETIREMENT

Steve Kamen, NSSA, Mosaic Wealth Strategies Group, Ltd. • FREE • March 20 • 6-8 pm • High School Spartan LGI

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

INVASIVE SPECIES: SUSTAINABLE YARDS & GARDENS WITH POLLINATOR RESTORATION

Addison Kubik, Capital Region PRISM • FREE • March 27 • 6:30-8 pm • O'Rourke Middle School Room 121

Learn how to apply conservation-based practices to provide ecosystem benefits to the environment. We will identify the need and methods to increase pollinator-friendly habitats within your yard. 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. Class limit is 25.



WRITING WITH A PURPOSE

Leslie M. Krutan M. Ed. Ph.D. • \$25 (\$30 NR/\$27 SR) • March 27 • 6-8 pm • O'Rourke Middle School Room 128

This course focuses on the importance of opinion writing after reading various texts. The texts will focus on technology, women's studies, loneliness, love, and philosophy. After reading the text, students will write

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from their reading on how the text leaves an imprint on their thinking process. They will share with the group their thoughts and feelings after writing and reading, and learn how to write a persuasive text. All are welcome to share their views on topics and learn about each other through this writing activity. A \$25 supply fee is due at class. Instructor will provide notebooks, writing tools, paper and colored pencils, and crayons. Class limit is 25.

SELF DEFENSE FOR WOMEN

Cody Maggs, Certified Defensive Tactics Instructor & SRO • \$25 (\$30 NR/\$23 SR) • April 3 • 7-9 pm • O'Rourke MS 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 30.

AGING-IN-PLACE: YOUR HOME FOR YOUR LIFETIME

Lauren Harrington, Certified Aging-in-Place Specialist • FREE • April 10 • 6-7:30 pm • High School Spartan LGI

Older adults often express a desire to age-in-place. What does this mean and how can we accomplish this? Learn about simple steps you can take that will make your home safe and comfortable and help you maintain your independence. Class limit is 30.

ESTATE PLANNING: ENJOY & PROTECT YOUR ASSETS

Glenn J. Witecki, Esq. • FREE • April 24 • 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 answers to these questions and more. Class limit is 30.

SATURDAY



FOCACCIA BREAD 101

Lisa Fuentes, Professional baker • \$30 (\$35 NR/\$27 SR) • Feb. 8 • 10 am-2 pm • High School Room 209

You will learn some of the foundational rules of bread making with the added bonus of how to make pizza with our extra dough. With hands-on mirror teaching, the students will learn about basic bread baking concepts such as adequate "proofing" and proper cook times of your baked goods. With many other creations that can come from this type of bread, this bake can be enjoyed quickly and with ease. Students will need to bring: two medium size bowls, one sheet tray with sides, one 9x13 metal pan, one rubber spatula. A \$25 supply fee is due at class. Class limit is 6.

SUNDAY

CARDIO TENNIS WORKSHOP

Will McKenna, Tennis Coach • \$20 (\$25 NR/\$18 SR) • May 4 • 3-4 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 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 DEFENSIVE DRIVING CLASS

Todd Stewart, Empire Safety Council Instructor • \$45 (\$50 NR) • Feb. 8 • 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.