

## SHENENDEHOWA COMMUNITY EDUCATION PROGRAM

**Fall/Winter 2009-10**

*Sponsored by the Board of Education and Shenendehowa Central Schools.*

**Jonathan Conover, Community Education Coordinator**

**Patricia Hayes, Secretary**

**CLASSES BEGIN the week of September 21 (Unless otherwise indicated)**

*The Community Education Department is entirely self-supporting and does not receive any funds from taxes.*

COMMUNITY EDUCATION OFFICE (518) 881-0444

### BUILDINGS

HSW - High School West

HSE - High School East

Off campus: Okte (Exit 8, Crescent Road) Chango (Exit 11)

On campus: Middle schools: Gowana, Koda, Acadia

***Federal Law prohibits smoking on public school grounds and in public school buildings.***

**IN-PERSON REGISTRATION: September 8-September 18 or \*\*mail-in anytime**

In the Community Education Office at High School West

**Weekdays-Monday thru Friday**

9:00am-12:00pm and 1:00-3:00pm

**\*\*BY MAIL(Preferred method)**

Completely fill out the registration form on the back and mail with a check or money order payable to-

***"Shenendehowa Central School"*** and send to:

Shenendehowa Community Education Dept.

High School West-970 Route 146

Clifton Park, NY 12065

***(There will be a \$20 charge for returned checks)***

### **REGISTRATION POLICIES:**

- Any person 16 years and older is eligible to attend unless otherwise noted.
- Registrations are accepted on a first-come, first-served basis **and can be mailed in as soon as the brochure is available on the [Community Education page of the Shenendehowa website at www.shenet.org](http://www.shenet.org)**
- Please make out a separate check for each course and note the name of the course on the check.
- **Registrations will not be confirmed.** Registrants will be notified in advance only if a class is canceled.
- Out of district residents must pay an **additional \$5** per course, **except for Driver Education and one-night courses.**
- All book and supply fees are included with the registration fees unless otherwise noted.

## REFUNDS :

- Refunds will be given if the course is canceled by Community Education.
- If the student cancels a course **prior to the start of the first class**, a refund, **less a \$10 cancellation fee**, will be given.
- **NO REFUNDS** will be given for cancellations after the course begins and for one-night courses.

## CANCELLATIONS:

If school is closed for the day, all evening activities, including Community Education classes, MAY BE HELD. Radio and TV announcements will be made by 2pm to advise of any cancellations. Information regarding closings is also posted on the Times Union Source line at 446-4000(code 9191), and on the Community Services page at [www.shenet.org](http://www.shenet.org)

## HUDSON VALLEY COMMUNITY COLLEGE CREDIT COURSES

Hudson Valley Community College is pleased to offer credit-bearing classes on the Shenendehowa Central School campus. Students enrolled in these classes are eligible for all college services and may take advantage of all on-campus activities and events. Students are responsible for complying with all college rules and regulations as set forth in the college catalog. **The FALL semester will begin the week of September 14 and end on Thursday December 22.** *Listed below is the schedule of credit classes for the Fall semester being held at Shenendehowa High School East building.*

**HOW DO I REGISTER? Call HVCC 629-4560** In-person registration on the HVCC campus begins in August.

<b>BADM 110</b> Mondays	<b>Legal/Ethical Env Of Bus I</b> 5:30-8:50pm	<b>HSE Room 105</b>
<b>ECON 101</b> Thursdays	<b>Prin of Microec</b> 6:00-9:20pm	<b>HSE Room 107</b>
<b>EDUC 100</b> Wednesdays	<b>Child Dev</b> 6:00-9:20pm	<b>HSE Room 105</b>
<b>ENGL 101</b> Wednesdays	<b>Eng Comp I</b> 6:00-9:20pm	<b>HSE Room 106</b>
<b>ENGL 102</b> Thursdays	<b>Eng Comp II</b> 6:00-9:20pm	<b>HSE Room 106</b>
<b>ENGL 125</b> Tuesdays	<b>Public Speaking</b> 6:00-9:20pm	<b>HSE Room 105</b>
<b>ENGL 210</b> Mondays	<b>The Short Story</b> 6:00-9:20pm	<b>HSE Room 106</b>
<b>HIST 110</b> Thursdays	<b>Int of Amer Hist I</b> 6:00-9:20pm	<b>HSE Room 100</b>
<b>MATH 099</b> Mon/Weds	<b>Elem Alg I</b> 6:00-8:10pm	<b>HSE Room 100</b>

**MATH 150** Coll Alg & Trig  
**Tuesdays** 6:00-8:20pm HSE Room 108  
**Thursdays** 6:00-7:50pm HSE Room 108

**PSYC 100** Gen Psych  
**Thursdays** 6:00-9:20pm HSE Room 105

**SOCL 100** Sociology  
**Wednesdays** 6:00-9:20pm HSE Room 108

### **CAPITAL REGION BOCES SPONSORED COURSES**

#### **ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)**

Program for Adults 21 years or older

This program is offered for all non-English speaking learners. Our classes are set up to help students who speak little or no English as well as for those who would like more practice in speaking, reading and writing English. You can learn about American traditions and customs, U S government, currency, media, etc. Our teachers are able to teach English to speakers of any language. Classes are held at a variety of locations throughout the Capital District. You may contact the Capital Region BOCES Adult Education Office at 862-4791 for more information.

***There is NO FEE for the course if you are 21 or older.*** Classes offer continuous enrollment, so you may register at any time during the semester.

**Building:** Karigon Library  
**Date:** Tuesdays and Thursdays  
**Time:** 6:00-9:00pm  
**Length:** Continuous Enrollment  
**Fee:** Free

#### **ENGLISH SPEAKERS OF OTHER LANGUAGES - ESOL/HOME STUDY**

The Capital Region BOCES offers a program that allows you to study English at Home. Individualized packets of instruction are delivered to the library nearest your home twice a month. You pick up the packet, complete the work and return it to your library on the next drop off/pick up. You may contact the Capital Region BOCES Adult Education Office at 862-4791 for more information. This program is free to adults 21 years and older.

### **SHENENDEHOWA COMMUNITY EDUCATION COURSES**

#### ***ACADEMICS AND LOTE (Language Other Than English)***

#### **CARE LINKS**

##### **FREE ASSISTANCE IN MATH AND SCIENCE**

Free assistance in Math and Science courses will be offered on **Tuesday and Thursday evenings between 6:30 and 9:30pm**. These sessions begin in September and run through June. No pre-registration or appointment is required, but students must sign-in and sign-out showing the time of their arrival and departure. Students are invited and encouraged to come when they desire help. They are requested to bring their class notes, textbook and problem set to each session to assure that the help given is consistent with their teacher's presentation. Assistance is provided in a stress-free environment on one-to-one basis, or small group setting. Help is offered in Chemistry, Physics, Earth Science, and all Math courses from Grade 9 through Pre-Calculus. Special attention is paid to Regents Examination preparation as well. This program is provided under the auspices of the Shenendehowa Senior Citizens Center Care Links Program in conjunction with the Shenendehowa High School. The tutors are volunteers from the teaching, science, and engineering professions. **Classes will be held in Room 101 at High School East.** **PLEASE NOTE: The doors to the building are locked after 7:30pm.** The tutoring session is

suspended on any day there are no classes, when evening activities are suspended (holidays, snow days, vacations, etc.).

### **SAT PREP COURSE**

A 5-week course designed to meet the needs of students reviewing for the SAT exam. The first 3 classes will be dedicated to the English portion of the exam and the following 2 classes will be dedicated to the Math portion of the exam. This course will deal with general and specific test-taking strategies and skills necessary for reviewing for both the verbal and math aspects of the SAT exam. Students will also be given opportunities to take notes and complete short assignments. **Limited to 25/session.**

**Building:** HS East Room 101  
**Instructors:** Mary Ann Campe (English)-3 wks; Heidi Stinebrickner (Math)-2 wks  
**Dates:** Session 1: Mondays Sept 14, 21 & Oct 5(English); Oct 19 & 26(Math)  
OR  
Session 2: Wednesdays Sept 23, 30 & Oct 7 (English); Oct 21 & 28(Math)  
**Time:** 6:30-9:00pm  
**Length:** 5 weeks/session  
**Fee:** \$82

### **FRENCH-BEGINNING**

Have you always wanted to study French? Did you study French in the past and now want to get back into it? Are you working for a corporation that has offices in French speaking countries and you wanted to be able to make an effort to address the employees and your co-workers in French? If your answers are yes to any or all of the above questions, this course is for you. During this 10-week period, we will be doing simple and basic introductory conversations, listening to native speakers and doing some writing for re-enforcement. ***The workbook is \$26 and will be available for purchase on the first night of class.***

**Building:** Koda Room 807  
**Instructor:** Nancy Scarselletta  
**Dates:** Mondays beginning September 21 (No classes 9/28 & 10/12)  
**Time:** 6:00-7:30pm  
**Length:** 10 weeks  
**Fee:** \$55

### **FRENCH-CONTINUING**

Upon completing the Beginning French course, we will continue in the book and workbook. If you have already studied French and want to pick it up again but at the beginning level, this course is for you. We will begin with the fundamentals of verbs and go forward. The emphasis will be speaking and using the language in simple conversation. ***Workbooks will be available for purchase the first night of class if not previously enrolled in the Beginning French course.***

**Building:** Koda Room 807  
**Instructor:** Nancy Scarselletta  
**Dates:** Mondays beginning September 21 (No classes 9/28 & 10/12)  
**Time:** 7:30-9:00pm  
**Length:** 10 weeks  
**Fee:** \$75

### **SPANISH (Basic)**

Did you know that out of 15+ existing Spanish speaking countries, each has it's own distinct flavor? If you are looking for an authentic taste of this beautiful language, this course is for you! Designed for those who have little or no background in the language, the class will place emphasis on the conversational skills and cultural awareness needed when traveling to Spanish speaking countries.

**Building:** HS West Room 70  
**Instructor:** Myriam Santos  
**Dates:** Tuesdays beginning September 22

**Time:** 6:00-7:30pm  
**Length:** 10 weeks  
**Fee:** \$75 (includes book)

### **SPANISH-Continuation**

In this course students will be continuing to work with the Spanish in 10 Minutes a Day book that was included w/the basic course and with emphasis on conversational skills.

**Building:** HS West Room 70  
**Instructor:** Myriam Santos  
**Dates:** Tuesdays beginning September 22  
**Time:** 7:30-8:30pm  
**Length:** 10 weeks  
**Fee:** \$49

### **ITALIAN LESSONS**

Italian is the beautiful language of classic opera, great food, and Dante. This program is an introduction to this popular romance language in an informal, enjoyable setting. The emphasis will include basic grammar to develop conversational skills. Learning will rely on practice and role-playing exercises involving basic topics such as social introduction, polite expressions, directions, food and shopping. A supply fee of \$8 will be collected in the first class to cover the cost of materials.

**Building:** Koda Room 701  
**Instructor:** Fulvia Pizzitola, Certified Language Teacher (Italian, Spanish, ESOL)  
**Dates:** Mondays beginning September 21 (No classes 9/28 & 10/12)  
**Time:** 6:00-7:35pm  
**Length:** 10 weeks  
**Fee:** \$67

### **ITALIAN LESSONS-(Continuation)**

This course is for students who have completed the first course or have a basic knowledge of the language. During these lessons conversation will be emphasized. A supply fee of \$8 will be collected in the first class to cover the cost of materials.

**Building:** Koda Room 701  
**Instructor:** Fulvia Pizzitola, Certified Language Teacher (Italian, Spanish, ESOL)  
**Dates:** Mondays beginning September 21 (No class 9/28 & 10/12)  
**Time:** 7:35-9:05pm  
**Length:** 10 weeks  
**Fee:** \$67

### **ART & CRAFTS**

#### **CALLIGRAPHY**

This course is an introduction to the creation of beautiful lettering using India ink and a broad-tipped Speedball pen. Roman, Humanistic and Chancery Cursive styles will be covered. Learn the fundamentals so you can hand letter invitations, address envelopes or produce a beautiful copy of your favorite poem. Materials are extra and will be discussed at the first class.

**Class is limited to 18.**

**Building:** HS West Room 32  
**Instructor:** Linda Trela  
**Dates:** Tuesday beginning September 29  
**Time:** 7:00-9:00pm  
**Length:** 6 weeks  
**Fee:** \$45

#### **BIRTHDAY CARDS IN A DECORATED TIN NEW**

Create an assortment of birthday greeting cards with envelopes and gift enclosures for all ages.

You will also embellish a tin container to store your cards in. You can add more cards you've created and/or a small gift and use the tin to package it nice for someone special. You will use rubber stamps, ink, designer paper and punches to create your cards. Envelopes will be provided as well so you can stamp them to coordinate. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin Up!* Demonstrator  
**Dates:** Wednesday September 30  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **CHRISTMAS CARDS CLASS NEW**

Create an assortment of beautiful Christmas cards with envelopes featuring rubber stamps, ink, cardstock, designer paper and embellishments. These card designs will showcase many different stamp sets, color combinations and styles. This will allow you to choose the one you like best and create wonderful handmade Christmas cards for everyone on your list this year! Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double sided tape and scissors. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Thursday October 8  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **NAME FRAME WALL ART CLASS NEW**

Create a framed piece of art featuring your family name or a word that means a lot to you. You will be amazed how easy it is using the Big Shot alphabet dies, cardstock, rubber stamps, inks and cool embellishments. Hang it at home or give it as a gift. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class (includes a 14x8 Frame). Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 12.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Wednesday October 21  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **DECORATIVE SEASONAL DISPLAY PLATES NEW**

Create a collection of embellished circular art pieces to decorate a plain glass or plastic display plate (plastic will be provided). You will make one for each of the seasons and a few holidays as well. We will be using the circle scissor plus cutting system, rubber stamps, designer paper and embellishments to create our pieces. You can easily switch out the display when the season or holiday changes. Hang it on the wall or display on a plate easel. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class

size is limited to 12.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Monday October 26  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**FANCY GIFT CARD HOLDERS CLASS** **NEW**

Create a collection of fancy gift card holders featuring unique ways to fold Designer Paper. You can be able to choose from a collection of designer papers & stamps to fit the person or occasion you want to use them for. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own scissors that you don't mind getting sticky and Snail (mono adhesive) or double-sided tape as well. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Tuesday November 3  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**STAMP-A-STACK OF MASCULINE CARDS** **NEW**

Create an assortment of more masculine cards with envelopes just for the men in your life (young and old). You will use rubber stamps, ink, designer paper and embellishments to stamp your cards. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Thursday November 5  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**"WELCOME" DESIGNER FRAME CLASS** **NEW**

Create an awesome framed piece of art featuring the word "Welcome" in Décor Elements vinyl, designer paper, ribbon, big shot die-cuts and other embellishments. We will feature a winter background and embellishments but I will give you ideas of other seasonal backgrounds and embellishments you can use to change it up later if you choose. What a fantastic Holiday gift for someone special or to keep for yourself to decorate your entryway. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be an \$18 supply fee collected at the class (includes a large 24x8 Frame & large "Welcome" Décor Wall Vinyl piece). Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 10 (limited by number of large frames available).

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Monday November 23  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**RECIPE SCRAPBOOK PAGES WITH WOODEN HOLDER** **NEW**

Do you like to cook? Does your family have recipes that you want to pass on to future generations? In this class you will create a few 6x6 Recipe Scrapbook page samples to get you started. You will use rubber stamps, designer paper, punches and embellishments to create your pages. These pages will be displayed on a unique wooden holder that we will embellish with

Décor Elements Vinyl and ribbons. Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 12.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Monday November 30  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **CHRISTMAS SCRAPBOOK IN AN EVENING CLASS NEW**

Create a 20 page 6x6 Christmas Scrapbook in one evening, including a cardstock front and back cover. Keep it for your family pictures or give it as a Christmas gift this year. The pages will feature textured cardstock, designer paper and self-adhesive die-cuts from the Stampin' Up! Christmas Jingle Simply Scrappin' Kit plus a few embellishments. Your scrapbook will be ready to add photos at home. It's super easy and fun! Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$15 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 18

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Wednesday December 9  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **ELEGANT & FEMININE CARDS IN A DECORATED TIN NEW**

Create an assortment of feminine greeting cards with envelopes and gift enclosures and embellish a tin container to store them in. You can add more cards you've created and/or a small gift and use the tin to package it nice for someone special. We will feature a Décor Elements vinyl embellishment for the Tin and Décor Elements stencils, rubber stamps, ink, designer paper and punches for the cards. This ensemble will make a great gift for someone special for any occasion! Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Thursday January 21  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **BIG SHOT DIE-CUT CARDS & PROJECTS NEW**

Create super fun cards and awesome 3/D projects using Big Shot Dies with cardstock and other materials. From baby carriage cards to wedding favors boxes, the possibilities are endless! Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Wednesday January 27  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **PUNCH ART CARD CLASS NEW**

Create an assortment of greeting cards with envelopes which utilize punches and scrap cardstock to create cool embellishments from fun animals to elegant medallions! Visit my blog at [www.stampupastorm.com](http://www.stampupastorm.com) to see samples of my work. There will be a \$13 supply fee collected at the class. Please bring your own Snail (mono adhesive) or double-sided tape and scissors. Class size is limited to 18.

**Building:** HS West Room 29  
**Instructor:** Dania Welch, *Stampin' Up!* Demonstrator  
**Date:** Wednesday February 24  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **SILVERSMITH WORKSHOP**

Learn the necessary basic techniques and procedures for the design and fabrication of jewelry with metal. Create original, unique and functional jewelry in sterling silver. Instruction will include an introduction to lamination, piercing, bezel making and stone setting. You are **not** required to purchase any tools for the this course, however, there is a \$20 materials fee that will be collected in the first class. Matt Balint is a local artist who began as a Silversmith in Buffalo, NY and has worked in the field for 15 years. He currently holds a BA and MA degrees in education.

**Limited to 8/session.**

**Building:** HS West Room 27  
**Instructor:** Matt Balint  
**Date:** Session 1: Thursdays beginning September 24  
OR  
Session 2: Wednesdays beginning November 4 (No class 11/11)  
**Time:** 6:30-9:00pm  
**Length:** 6 weeks/session  
**Fee:** \$55/session

### **LOST WAX CASTING**

Learn the art of lost wax casting. This course explores the history of lost wax casting and teaches the basic skill necessary to carve in hard wax or sculpt in soft wax. Your original design is then cast in the metal of your choice (silver, gold, bronze or copper). There is a casting fee depending on the size of the piece(s) being cast and the cost of the metal that you select-(based on current market value of the metal). All tools will be provided. **Limited to 12.**

**Building:** HS West Room 27  
**Instructor:** Matt Balint  
**Date:** Tuesdays beginning September 29  
**Time:** 6:30-9:00pm  
**Length:** 6 weeks  
**Fee:** \$55

### **BASKET WEAVING**

Here is an opportunity to learn from a master basket weaver. In this course you will learn to make two new baskets- a 12"x12"x10" floral basket and a 8"x8"x12" apple basket. Each basket will make beautiful and thoughtful gifts. A materials fee of \$36 will be collected in the first class.

**Class is limited to 15.**

**Building:** HS West Room 27  
**Instructor:** Barbara Clark  
**Dates:** Wednesdays September 30 & October 7  
**Time:** 6:00-9:30pm  
**Length:** 2 weeks  
**Fee:** \$25

### **BEAD STRINGING**

Attention fine jewelry lovers! Learn how to design custom jewelry and work with fine gemstone beads in this “hands on” class. You will learn the two most popular bead stringing techniques and make two finished pieces of jewelry to take home with you. KUMA BEADS, a Burnt Hills business, has helped thousands of people all over the U.S. learn the art of jewelry making. Whether you want to learn a new hobby, repair or restore your heirlooms, earn extra money, or give beautiful gifts, come and get started. Please bring a hand towel to class. Stringing materials, including gemstone beads will be available at the first class at a cost of \$15 plus tax. **Class is limited to 16.**

**Building:** HS West Room 33  
**Instructor:** Martha Hatt  
**Date:** Tuesday October 13 & 20  
**Time:** 7:00-9:00pm  
**Length:** 2 weeks  
**Fee:** \$25

### **EARRING MAKING**

Come learn three different bead stringing techniques from the owner of KUMA BEADS in Burnt Hills. This “hands on” class will enable you to make three pairs of earrings to take home with you. This class is a nice extension of skills for those who have taken the bead stringing class listed above; however **no prior experience is necessary**. A \$15 supply fee will be collected at the class to cover the cost of materials. **Class is limited to 12.**

**Building:** HS West Room 33  
**Instructor:** Martha Hatt  
**Date:** Tuesday October 27  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **BEGINNING KNITTING I**

The continental style of knitting will be taught. You will learn how to cast on, bind off and do the knit and purl stitches through a series of small projects. The instructor will contact participants before the first class with a list of supplies. **Class is limited to 8.**

**Building:** Koda Room 701  
**Instructor:** Chris Reivik  
**Date:** Wednesdays beginning September 23  
**Time:** 7:00-9:00pm  
**Length:** 4 weeks  
**Fee:** \$42

### **KNITTING II and KNIT NIGHT**

**This class is only open to students who have just completed Beginning Knitting I and those knitters who know how to cast on, bind off and are able to do the knit and purl stitches.** Any knitters in the community who are working on a knitting project and need help completing their project are also welcome. In this class students will learn more knitting techniques, including increasing and decreasing, slipping stitches, knitting on circular and double pointed needles and making I-cord. These techniques will be taught through a series of small projects. The instructor will contact participants before the first class with a list of supplies.

**Limited to 8.**  
**Building:** Koda Room 701

**Instructor:** Chris Reivik  
**Date:** Wednesdays beginning October 21 (No class 11/11)  
**Time:** 7:00-9:00pm  
**Length:** 4 weeks  
**Fee:** \$42

### **LEARN TO CROCHET**

Welcome to Crochet Night! Want a productive night out? How about some giggles and a new skill? Whether you are a beginner, rusty hand at it or a pro—come enjoy the company of other crocheters and share the knowledge of different yarns, patterns, stitches and short cuts! Come crochet with Susanna! Please contact Susanna 518-577-5501 if you are a beginner for a materials list or if you have any questions at all. **Class is limited to 12.**

**Building:** HS West Room 33  
**Instructor:** Susanna Ashline  
**Date:** Thursdays beginning October 1  
**Time:** 6:30-8:30pm  
**Length:** 4 weeks  
**Fee:** \$35

### **BUSINESS AND INVESTING**

#### **FINANCIAL AID 101-What Every Parent Needs to Know About Financial Aid With Confidence NEW**

This class is designed for parents who are approaching the financial aid process from the parents of high school freshmen to seniors. Lisa Jordan, life coach and former college admission/financial aid counselor, will define and explain grants, scholarships, work programs and student and parent federal loans. The class will also cover the where to go for further financial aid assistance, *free and paid*, and the basic time line for applying for financial aid as it correlates to applying for admission to colleges.

**Building:** HS West Room 10  
**Instructor:** Lisa Jordan, Life Coach & Owner of *The Right Fit Coaching*  
**Date:** Tuesday November 10  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **FINANCIAL PLANNING IN AN UNCERTAIN WORLD NEW**

This course reviews a number of critical points such as: The limitations of conventional planning methods—particularly for investors with more complex goals and time horizons, how market volatility and the timing of future cash flow can upset even the most carefully thought-out financial plan and the use of probability-based simulations to test investment scenarios.

**Building:** HS West Room 48  
**Instructor:** John Fiorita, Financial Advisor—*Smith Barney*  
**Date:** Wednesday October 7  
**Time:** 6:30-8:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **NEW FUNDING ALTERNATIVES FOR LONG-TERM CARE NOW AVAILABLE IN NEW YORK STATE**

The simple fact is: When you need care it has to be paid for. The question is: What is the most effective way to fund this expense and what programs are available now to pay for it? Participants will learn the necessary terminology to understand what Medicare covers, how Medicaid works and what services must be paid for out-of-pocket. We'll then discuss the funding options available to alleviate the financial burden including: life insurance with a long-term care rider that is now available in New York, long-term care insurance and the New York State

Partnership for Long-Term Care. Eileen Dunn is a certified care manager and national presenter and speaker on long-term care. [Eileen@trinityeldercare.com](mailto:Eileen@trinityeldercare.com) Kevin Newman is a certified long-term care specialist and financial advisor in the Capital District. [Kevin@longtcare.com](mailto:Kevin@longtcare.com)

**Building:** HS West Room 10  
**Instructor:** Eileen Dunn and Kevin Newman, Health Care Consultants  
**Date:** Wednesday October 14  
**Time:** 6:30-8:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **NEW YORK STATE PARTNERSHIP FOR LONG-TERM CARE**

This class will explain the NYS Partnership for Long-Term Care and the plan options available. You will learn about long-term care from a health care perspective to become an educated consumer regarding long-term care plans. You will discover if the Partnership is appropriate for you, learn the terms necessary to ensure a policy will maximize home care benefits and provide flexibility of who can provide the care. Each company is different and it's crucial that certain language be included. Also discussed is the claims process of long-term care insurance from experienced care managers in the long-term care industry. Eileen Dunn of Trinity ElderCare is a certified care manager and long-term care specialist. [Eileen@trinityeldercare.com](mailto:Eileen@trinityeldercare.com). Kevin Newman is a certified long-term care specialist and financial planner in the Capital District [Kevin@longtcare.com](mailto:Kevin@longtcare.com)

**Building:** HS West Room 10  
**Instructor:** Eileen Dunn, Health Care Consultant  
**Date:** Monday October 26  
**Time:** 6:30-8:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **MINIMIZE TAXES, MAXIMIZE MONEY**

Tax laws and regulations change as often as the seasons. It's important to stay up to date on these changes so you can minimize your taxes. There is an array of questions and concerns individuals have when it comes to taxes. What can I deduct? Why am I paying so much in taxes? How do my investments impact my taxes? This course is designed as an informational course to answer these questions and many more. We can show you ways to minimize your tax liability and maximize your money.

**Building:** HS West Room 48  
**Instructor:** Matthew A. Sherman, Financial Advisor, *Halliday Financial Group*  
**Date:** Thursday September 24  
**Time:** 6:30-8:30  
**Length:** 1 night  
**Fee:** \$12

#### **HOW TO PROTECT YOUR LEGACY NEW**

If something should happen to you, will your family be o.k.? Life insurance is often overlooked as part of one's financial plan. Life insurance is not always exciting to talk about but no other asset class has the advantages it offers. Learn how life insurance can replace lost income and or college funding for your heirs. We will also discuss the importance life insurance has as part of an estate plan. There have been many changes in the insurance industry, therefore we will also discuss whether your current policy is adequate.

**Building:** HS West Room 10  
**Instructor:** Howard Kibrick, Financial Advisor-*Halliday Financial Group*  
**Date:** Tuesday September 29  
**Time:** 6:30-8:00pm  
**Length:** 1 night  
**Fee:** \$12

### **INVESTING: IT'S NOT JUST ABOUT INVESTMENTS *NEW***

Did you know that, according to industry studies, the investments in your portfolio only account for about 6% of the performance in your portfolio. So what makes up the other 94%? This class will teach you how the foundations of investing can impact your portfolio and lead to a greater chance of success.

**Building:** HS West Room 8  
**Instructor:** Matthew A. Sherman, Financial Advisor, *Halliday Financial Group*  
**Date:** Monday October 5  
**Time:** 6:30-8:30  
**Length:** 1 night  
**Fee:** \$12

### **PAYING FOR COLLEGE WITHOUT GOING BROKE**

Are you and your family sitting around the kitchen table wondering how you are going to pay for your children's college costs? Are you concerned that you will miss out on all of the financial aid, grants and scholarships that you deserve? If your answer is "Yes" then you cannot miss this workshop. We will discuss the following topics and more: maximizing the college financial aid process, how to avoid costly mistakes when paying the bills, avoiding scams that could cost you thousands of dollars, paying for college without sacrificing your retirement savings and finding the right college for your children and your budget.

**Building:** HS West Room 10  
**Instructor:** Jason Tabor, Financial Advisor-*Halliday Financial Group*  
**Date:** Wednesday October 21  
**Time:** 6:30-8:30pm  
**Length:** 1 night  
**Fee:** \$12

### **WOMEN AND INVESTING: Turning Obstacles in to Opportunities**

Did you know that women control more than one-half of the financial assets in the U.S.? Let's face it-men and women think differently. Women make decisions about money differently too, as they should! Men and women have different financial needs based solely on their difference in gender. This seminar is designed to help women identify these needs and overcome the unique obstacles we face when planning for our financial futures. This course is taught by a woman in the business of helping secure the financial dreams of fellow women. Please e-mail [Lhibbs@hallidayfinancial.com](mailto:Lhibbs@hallidayfinancial.com) with question or for more information.

**Building:** HS West Room 10  
**Instructor:** Ms. Logan A. Hibbs, Financial Advisor-*Halliday Financial Group*  
**Date:** Thursday November 5  
**Time:** 6:30-8:00pm  
**Length:** 1 night  
**Fee:** \$12

### **UNDERSTANDING STOCKS, BONDS AND MUTUAL FUNDS**

Learn the basics of stocks, bonds and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. 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 and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments. Please email the instructor at [fquiffre@hallidayfinancial.com](mailto:fquiffre@hallidayfinancial.com) with questions or for more information.

**Building:** HS West Room 10  
**Instructor:** Frank Guiffre, Advisor-*Halliday Financial Grp*  
**Date:** Tuesday December 8  
**Time:** 6:30-8:30pm

**Length:** 1 night  
**Fee:** \$12

**PUT YOUR RETIREMENT PLAN ON THE RIGHT TRACK NEW**

Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work, or the pursuit of favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to email [fquiffre@hallidayfinancial.com](mailto:fquiffre@hallidayfinancial.com) for more course information.

**Building:** HS West Room 10  
**Instructor:** Frank Guiffre, Advisor-Halliday Financial Grp  
**Date:** Thursday January 7  
**Time:** 6:30-8:30pm  
**Length:** 1 night  
**Fee:** \$12

**EXIT BABYBOOMERS: The Financial Transition to Retirement NEW**

This informational seminar is for the “babyboomer” generation. Over the next several years babyboomer’s will be exiting the workforce and enjoying a long and fruitful retirement. This course will discuss the financial transition that will face this generation. Retirement income that was accumulated over the working years will now be distributed over the course of retirement which can expand 30 years in some cases. With inflation, tax laws, and healthcare costs rising, it is important to know your options. Topics that will be discussed (but not limited to) are rolling over your 401k plan into something YOU can control, asset distribution management, required minimum distributions (RMDs), Individual Retirement Accounts (IRAs), Long-Term Care. This course is strictly educational and there will be no solicitation of a specific investment. The instructor is a licensed Financial Advisor with the Halliday Financial Group in Albany, NY. Please feel free to email [fquiffre@hallidayfinancial.com](mailto:fquiffre@hallidayfinancial.com) to learn more about course topics.

**Building:** HS West Room 10  
**Instructor:** Frank Guiffre, Advisor-Halliday Financial Grp  
**Date:** Wednesday January 20  
**Time:** 6:30-8:00pm  
**Length:** 1 night  
**Fee:** \$12

**THE 10 BIGGEST MISTAKES & HOW TO AVOID THEM**

You only get one shot at retirement. This is not a drill! Don’t let luck and guesswork form the foundation of your financial security. At this town hall style workshop, you’ll learn the common mistakes people make when retiring and more importantly, how to avoid them. Come armed with your questions and concerns and walk away with straight answers and sound advice. **A \$20 materials fee is required and will be collected at the class.** Bill Losey, CFP®, CSA, has been named one of America’s Top Financial Planners and is the author of Retire in a Weekend! The Baby Boomer’s Guide to Making Work Optional. He owns and operates **Bill Losey Retirement Solutions, LLC**, an independent registered investment advisory firm in Wilton and can be reached at [www.myretirementsuccess.com](http://www.myretirementsuccess.com)

**Building:** HS West Room 48  
**Instructor:** Bill Losey, CFP & Sr. Advisor-Bill Losey Retirement Solutions, LLC  
**Date:** Session 1: Wednesday October 14  
Or  
Session 2: Tuesday January 12  
**Time:** 6:30-8:00pm

**Length:** 1 night  
**Fee:** \$12

### **HOW TO OWN YOUR PAYCHECK AGAIN**

Learn how to get completely out of debt-including your mortgage-in less than 10 years! The more debts you have the BETTER! This is not a misprint! If you can pay all your debts and bills on time now this will work for you! And yes, the more debt you have-the better! There is no magic here. You don't need to cut out all your fun or cancel your vacations. So, come and learn a BETTER way to pay your debts using the money you already have. If you have questions please feel free to contact the instructor, Leo Quinn at 885-7355 or email him at [Leo@LeoQuinn.com](mailto:Leo@LeoQuinn.com). There will be a \$20 materials fee collected in class to cover the cost of the hand outs

**Building:** Koda Room 703  
**Instructor:** Leo Quinn  
**Date:** Wednesday October 7  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **STOP PAYING RENT!-HOME BUYERS WORKSHOP**

It's a buyers market! Stop paying thousands of dollars a year in rent and buy a home that you can call your own. This course provides a potential buyer with all of the tools that they will need to make the home purchasing process an exciting and rewarding experience. Topics will include: financing and mortgages, closing costs, home inspections, attorney's fees and the benefits of working with a "Buyer's Agent". Get your questions answered and turn your dream of home ownership into a reality!

**Building:** HS West Room 10  
**Instructor:** Carol North, Pamela Barnes  
**Date:** Thursday September 24  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$10

### **SELLING YOUR HOME WITHOUT A REALTOR**

It is possible to sell your home without a realtor if you are well-informed about the home-selling process. Avoid common mistakes and learn valuable information crucial to selling a home in today's market. This course covers topics such as setting a competitive and realistic price, advertising and marketing, qualifying your buyer, contract negotiations and seller/buyer responsibilities and expenses. Class discussions and handouts help you move from "For Sale" to "Sold"!- saving you thousands of dollars in commission.

**Building:** HS West Room 10  
**Instructor:** Carol North  
**Date:** Tuesdays October 13 & 20  
**Time:** 7-9pm  
**Length:** 2 weeks  
**Fee:** \$15

### **COMPUTERS**

#### **PERSONAL COMPUTERS FOR BEGINNERS**~~CANCELLED~~

Personal Computers for Beginners is a 4-week course meant for the individual who is new to computers and would like a gentle introduction. It will include the following: Week 1-You will learn how computers work and the buzz words often used, such as RAM, ROM, byte, CD-ROM, etc. Week 2-You will be introduced to Windows 5, learn how to create folders, and organize information on the desktop. Weeks 3 and 4-You will learn how to do various tasks that can be performed by the personal computer. You will be introduced to word processing, spreadsheets, databases and more. **Class is limited to 10.**

**Building:** HS West Staff Development Room  
**Instructor:** Roger Gibbs  
**Date:** Mondays beginning October 5 (No class 10/12)  
**Time:** 6:30-9:30pm  
**Length:** 4 weeks  
**Fee:** \$82

#### **MICROSOFT WORD FOR WINDOWS**~~CANCELLED~~

This hands-on course will teach you to use the latest version of the word processing program, Word. Microsoft Word 7.0 is a powerful full-featured word processing package which includes many new features to help you create, format and produce documents, whether you work individually or in a group. No previous experience with this program with this required. Course notes covering the lectures and a certificate of completion will be provided to each student.

**Class is limited to 10.**

**Building:** HS West Staff Development Room  
**Instructor:** Roger Gibbs  
**Date:** Tuesdays beginning October 6  
**Time:** 6:30-9:30pm  
**Length:** 4 weeks  
**Fee:** \$82

#### **MICROSOFT WINDOWS 2000/ XP**~~CANCELLED~~

Windows creates a desktop environment on your computer, which uses icons and pull-down menus. This course will teach you how to use Windows to run programs, copy folders and files, and manage your computer's hard drive. This course will cover all versions of Windows up to and including Windows XP. No previous experience with computers is needed. Course notes covering the lectures and a certificate of completion will be provided to each student.

**Class is limited to 10.**

**Building:** HS West Staff Development Room  
**Instructor:** Roger Gibbs  
**Date:** Wednesdays beginning October 7  
**Time:** 6:30-9:30pm  
**Length:** 4 weeks  
**Fee:** \$82

#### **MICROSOFT EXCEL 7.0 FOR WINDOWS**~~CANCELLED~~

This hands-on course will teach you to use the latest version of the spreadsheet program Excel. Microsoft Excel is a full-featured spreadsheet, which can be applied to everyday uses such as home finance, databases and accounting. No previous knowledge of this program is required. Course notes covering the lectures and a certificate of completion will be provided to each student. **Class is limited to 10.**

**Building:** HS West Staff Development Room  
**Instructor:** Roger Gibbs  
**Date:** Thursdays beginning October 8  
**Time:** 6:30-9:30 pm  
**Length:** 4 weeks  
**Fee:** \$82

#### **DRIVER EDUCATION**

##### **DRIVER EDUCATION PROGRAM**

This non-credit course will include 24 hours of classroom instruction and 24 hours of on the road instruction. **Students must be 16 years of age by September 15 and have a valid NYS Learners Permit or license when the course begins.** Upon successful completion of the program, the student will be issued a MV-285 Student Certificate of Completion (formerly called a blue card). This certificate will allow the holder at age 17 to drive after 9:00pm and will also allow

for an insurance reduction where applicable. Bell's Driving School will contact all registered students after the registration period ends with schedules which may include after school and/or Saturdays. **The parental consent/attendance policy form can be found in the HS East Counseling Center, in the Community Education Office at HS West or on the website at [www.shenet.org](http://www.shenet.org)** Registrations are accepted on a first-come first-served basis with seniors given preference. **Payments and forms must be received in the Community Education Office no later than Friday September 18.**

**Building:** HS East Little Theater  
**Instructor:** Bell's Driving School  
**Dates:** Wednesday September 23 (Orientation Mtg)  
**Time:** 3:30-5:00pm  
**Fee:** \$382

### **DEFENSIVE DRIVING**

This course will award all New York State motorists with a 10% reduction in motor vehicle liability and collision insurance premiums for a three-year period. Those drivers who have incurred violation points on their record will receive a four-point reduction. This course is certified with the Department of Motor Vehicles and the National Safety Council and consists of 6 hours of classroom instruction including films, lecture, and discussion. Students will be taught accident prevention techniques along with risk management skills. Course materials include a student workbook and a certificate upon completion.

**Building:** HS West Room 15-17  
**Instructor:** Bell's Driving School  
**Date:** Session 1-Mondays September 14 & 21  
Session 2-Mondays October 19 & 26  
Session 3-Mondays November 9 & 16  
Session 4-Mondays December 7 & 14  
Session 5-Mondays January 4 & 11  
Session 6-Mondays February 1 & 8  
**Time:** 6:30-9:30pm  
**Length:** 2 nights/session  
**Fee:** \$40  
\$45 walk-in(Call CE Office for availability prior to class)

### **DRIVER TRAINING (5-HOUR TRAINING COURSE)**

This is a required 5-hour course for first-time drivers and for expired revoked licenses in NYS.. Upon completion of this course, the required MV-278 form for road test appointment will be issued. Bring your learner's permit and a pen. Pre-registration and payment is required before class.

**Building:** HS West Room 50  
**Instructor:** Bell's Driving School  
**Date:** Saturday October 24  
**Time:** 9:00am-2:00pm  
**Length:** 5 hrs/session  
**Fee:** \$40

### **HEALTH AND PERSONAL GROWTH**

#### **ELIMINATING YOUR FEARS & PHOBIAS WITH EFT (Emotional Freedom Techniques) *NEW***

Why live with your fears and phobias when you don't have to? Why not live your life the way it was meant to be? Fears and phobias can totally disrupt your daily life and create all kinds of stress, including anxiety and panic attacks. It doesn't matter what fear or phobia you have, how severe you think it is, or what you may have done in the past to get over it, this can work for you. This technique is totally different from anything you've tried before and the bottom-line is, it gets results. You will learn a simple and powerful energy technique called EFT. You can get complete and permanent relief in a very short time and be free from it once and for all. By the

end of this class, you will have learned detailed information on how to use the EFT process on yourself. You can go back home after class knowing that very soon you can be free from it, forever. As an added benefit, I am offering you a free one-on-one session should you need extra help in eliminating your fear or phobia.

**Building:** HS West Room 8  
**Instructor:** Clay LaPorte, EFT Advanced Practitioner  
**Date:** Wednesday October 7  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **INTRO TO BIOFEEDBACK & AWARENESS TRAINING FOR WEIGHTLOSS *NEW***

Often people suffer with health and emotional issues for years longer than they should, because they do not possess a fundamental knowledge of how the mind and body work. When You learn how to master your physiology (heart rate, blood pressure, muscle tension, pain threshold etc.) you simultaneously learn how to master yourself. Your body automatically becomes a feedback instrument that enables you to make healthier choices with ease. This course will give you a hands on opportunity to experience biofeedback and how it can be extremely helpful with weight loss. It will also discuss how we can utilize the wonderful wisdom of eastern medicine to feel more physically satisfied, content, and "full" of life. Bethany Gonyea, MS is the former Director of Biofeedback of the Albany Facial Pain Center, [bgonyea@nycap.rr.com](mailto:bgonyea@nycap.rr.com)

**Building:** HS West Room 8  
**Instructor:** Bethany Gonyea, MS  
**Date:** Wednesday October 14  
**Time:** 6:00-8:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **INTRO TO BIOFEEDBACK & ENERGY MEDICINE FOR ILLNESS & DEPRESSION *NEW***

Scientists continue to show us how our emotions affect our health, then why is it that so many of us are chronically unhealthy? If our minds are so strong, why can't we just wish our colds away? It is because we need to learn the skill of how to interface our mind with our bodies. This course will demonstrate what this means on a very practical level through the use of a biofeedback instrument, and discuss how current western biofeedback technology can facilitate understanding of ancient eastern medical. This course will also discuss, how in the words of Alexander Lowen, MD, "there can not be a depressed mind without a depressed body." Bethany Gonyea, MS is the former Director of Biofeedback of the Albany Facial Pain Center, [bgonyea@nycap.rr.com](mailto:bgonyea@nycap.rr.com)

**Building:** HS West Room 8  
**Instructor:** Bethany Gonyea, MS  
**Date:** Wednesday October 28  
**Time:** 6:00-8:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **DEEPER UNDERSTANDING OF OURSELVES & OTHERS *NEW***

Many people assume that others see the world the same way they do or think others would if only they would listen. By examining our own and others differing motivations and problem-solving styles, we can increase the likelihood of cooperation among family members, colleagues and individuals. The Enneagram (pronounced ANT-a-gram) is a system that identifies nine distinct personality types, as it differentiates each type by distinctive inner motivations, attitudes and behaviors. Students will learn the basic theory of the Enneagram and practical applications for both personal growth and interpersonal relations.

**Building:** HS West Room 70  
**Instructor:** Lisa Jordan, Life Coach & Owner of *The Right Fit Coaching*  
**Date:** Wednesday October 28  
**Time:** 7:00-9:00pm

**Length:** 1 night  
**Fee:** \$12

### **NATURAL SOLUTIONS TO DIGESTIVE PROBLEMS**

Acid Reflux, Hiatal Hernias, Ulcers, Irritable Bowel Syndrome, Colitis and Crohn's Disease are just a few of the digestive disorders that affect over 61 million Americans each year. This presentation will educate you on how the digestive system works and natural, non-drug approaches you can take to improve the health of the digestive system.

**Building:** HS West Room 12-14  
**Instructor:** Antonio Marotta, D.C.  
**Date:** Tuesday September 29  
**Time:** 6:00-7:30pm  
**Length:** 1 night  
**Fee:** \$12

### **BALANCING HORMONES NATURALLY** *NEW*

This presentation will educate attendees about some of the mysteries surrounding the symptoms women experience with PMS and menopause and introduce them to alternative methods for addressing symptoms. Over 80 million women in the United States currently suffer with PMS and menopause symptoms. A very large percentage are confused as to what solution is right for them. Many women are not being served properly by HRT or other treatments. Now, more and more middle-aged women are looking towards alternative healthcare as a solution.

**Building:** HS West Room 12-14  
**Instructor:** Antonio Marotta, D.C.  
**Date:** Tuesday October 13  
**Time:** 6:00-7:30pm  
**Length:** 1 night  
**Fee:** \$12

### **5 SECRETS TO PERMANENT WEIGHT LOSS** *NEW*

More than 60% of all Americans over the age of 20 are either overweight or obese. Over \$30 million a year is spent on products and services to rectify this problem. Yet, despite all of the fad diets, calorie counting and diet pills, nothing seems to work. This presentation will educate you on the key secrets to permanent weight loss, looking and feeling younger, as well as preventing and improving Type 2 Diabetes.

**Building:** HS West Room 12-14  
**Instructor:** Antonio Marotta, D.C.  
**Date:** Tuesday January 5  
**Time:** 6:00-7:30pm  
**Length:** 1 night  
**Fee:** \$12

### **NEW SOLUTIONS TO FIBROMYALGIA** *NEW*

People who suffer with Fibromyalgia are desperate for relief from the constant nagging symptoms and pain associated with it. Many are stuck with medications for depression, muscle relaxers, etc. which offer little help, if any. This presentation will educate you on the true symptoms of Fibromyalgia, causes, and natural, safe and effective treatment options.

**Building:** HS West Room 12-14  
**Instructor:** Antonio Marotta, D.C.  
**Date:** Tuesday February 9  
**Time:** 6:00-7:30pm  
**Length:** 1 night  
**Fee:** \$12

### **THE ART OF BECOMING AN EXCELLENT CONVERSATIONALIST**

This course teaches conversational skills from A-Z that will become a winsome social asset and a

magnetic business tool. Instruction includes: how to initiate and maintain conversations with friends or strangers; how to be interesting so that others will enjoy your company; how to improve your listening skills; how to contribute to conversations outside of your area of expertise and much, much more. Blossom Woodrow, with her culturally diverse and international background, teaches conversational skills to individuals from all walks of life: doctors, attorneys, engineers, educators, students and entire families. Whether you're out to breakfast with a client, lunch with the boss, dinner with a date, at a job interview or a party, one-on-one or in a group, you'll learn how to conversationally engaging with anyone, on any level and at ease in any setting. This course is taught in a fun and relaxed atmosphere—you may come as a stranger but will leave as a friend—or with a friend!

**Building:** Acadia Room 901  
**Instructor:** Blossom Woodrow  
**Date:** Wednesdays begins September 23  
**Time:** 7:00-9:00pm  
**Length:** 3 weeks  
**Fee:** \$35

### **INTRODUCTION TO REIKI**

Do you want to decrease stress and tension and increase harmony and balance in your life? Would you like an opportunity to feel deep relaxation and overall wellbeing? Experience the subtle energy known as REIKI! Reiki is an ancient hands on healing art in which the practitioner channels the energy from the universe and directs it, through her hands by placing them on or above the recipient. The recipient takes in as much energy as needed to balance the mind, body and spirit. When enough energy is received and the body is in balance, the body can then begin to heal itself. In this introductory class you will learn the basic history and principles of Reiki and be able to experience the flow of this life force energy first hand through the guidance of Reiki Master/ Teacher, Lynn Gelman. Lynn has been practicing Reiki for over five years and received her Master/ Teacher status in 2004. Lynn is trained in Usui Reiki and has authentic Usui lineage. Her goal is to empower others with the knowledge needed to rediscover their innate healing ability on their personal path to wellness.

**Building:** HS West Room 12-14  
**Instructor:** Lynn Gelman  
**Date:** Wednesday September 30  
**Time:** 6:30-8:30pm  
**Length:** 1 night  
**Fee:** \$12

### **MEDITATION-AN INTRODUCTION FOR YOUR MIND, BODY AND SOUL**

Do you need to de-stress? Do you want to experience a renewal of energy and have an opportunity to make better choices and reconnect with your inner being? Learn to meditate! Meditation is a technology that benefits mind, body and soul and is the antidote to stress. During meditation our minds become quiet, allowing our bodies to gain the deep rest necessary to release stress and fatigue. In this introductory class, you will learn the basic principles of meditation and practice a silent meditation designed to bring you inward to silence and spirit. Lynn Gelman is a Reiki Master/Teacher who has been practicing Reiki for over 5 years and has studied meditation with Deepak Chopra. She is certified to teach meditation through the Chopra Center for Wellbeing and has dedicated herself to sharing her knowledge of Reiki and Meditation with those who desire to live a healthy, peaceful and Spirit-filled life.

**Building:** HS West Room 12-14  
**Instructor:** Lynn Gelman  
**Date:** Wednesday October 21  
**Time:** 6:30-8:30pm  
**Length:** 1 night  
**Fee:** \$12

**PROMOTE HEALTH and HEALING BY BALANCING YOUR BODY'S ENERGY SYSTEM-  
(Yes ...You Can!)**

Energy is the vital life force that activates every function and drives every process in the human body. Learn about your energy system and why it is so important to your physical, emotional and spiritual health. The instructor also will teach you a powerful and practical acupressure tapping technique that you can use to help you feel better by boosting your energy level and releasing the energy disruptions blocking good physical and emotional health. He will also demonstrate how energy testing can be used to assess the compatibility of foods and substances with a person's body. Jack Treiber is a Personal Energy Advisor and Certified Energy Practitioner in practice as "Energy for Health & Healing,LLC" in downtown Saratoga Springs and Clifton Park.

**Building:** HS West Room 10  
**Instructor:** Jack Treiber, Certified Energy Practitioner & Personal Energy Advisor  
**Date:** Wednesday September 30  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**MUSIC AND DANCE**

**GUITAR FOR BEGINNERS NEW**

This beginning guitar course will show you the basics of the acoustic guitar. You will learn how to tune a guitar, change strings, strum, scales, finger exercises and 28 chords used in today's most popular music. Books for this course are provided by the instructor and a fee of \$14 will be collected in the first class. **Limited to 18/session.**

**Building:** HS West Room 4  
**Instructor:** Phil Rogers  
**Date:** Session 1: Thursdays beginning October 1  
Or  
Session 2: Thursdays beginning January 7 (No class 2/18)  
**Time:** 7:00-9:00pm  
**Length:** 7 weeks  
**Fee:** \$59

**BALLROOM DANCING I**

With the return of the big band sound, this course is in popular demand whether you're a beginner or just want to brush up on your dancing skills! Dances will include both ballroom and Latin dancing, including Fox Trot, Waltz, Tango, Rumba and Cha-Cha. *Couples only*

**Building:** Koda Cafeteria  
**Instructor:** Hershell Allen  
**Date:** Session 1- Beginning Tuesday September 22  
Or  
Session 2- Beginning Tuesday December 1 (No class 12/29)  
**Time:** 6:30-8:00pm  
**Length:** 10 weeks  
**Fee:** \$82/couple

**WEST COAST SWING I NEW**

This course is a basic introduction to the West Coast Swing with 6-count patterns and for couples with no experience or those who just want to brush up on their dancing skills. Dances include: Sugar Push, Side Passes, Underarm Turns and others. *Couples only*

**Building:** Koda Cafeteria  
**Instructor:** Hershell Allen  
**Date:** Tuesdays beginning September 22  
**Time:** 8:00-9:30pm  
**Length:** 10 weeks

**Fee: \$82/couple**

**SWING I: BIG BAND DANCING**

Come have an invigorating, fun-filled experience in this dance class. Swing is one of the most popular dances in the world. Swing will include jitterbug, lindy hop and jive. Couple only.

**Building:** Koda Cafeteria  
**Instructor:** Hershell Allen  
**Date:** Tuesdays beginning December 1 (No class 12/29)  
**Time:** 8:00-9:30pm  
**Length:** 10 weeks  
**Fee:** \$82/couple

**PHYSICAL EDUCATION AND RECREATION**

**BASKETBALL FOR MEN**

Full or half court basketball-played for fun and competition! Three different nights are offered and you can sign up for more than one night. Teams will be made up each week. Bring appropriate gym clothes and both a light and dark colored shirt. **No walk-ins please!**

**Building:** HS West Gym  
**Instructors:** Rich Pauli (Mondays & Thursdays)  
Gary Connell (Tuesdays)  
**Date:** Mondays, Tuesdays and/or Thursdays  
Session 1-Mondays begins September 14; Tuesdays begins September 15  
Thursdays begins September 17  
Session 2-Mondays begins December 21; Tuesdays begins December 15  
Thursdays begins December 17  
**Time:** 7:00-8:30pm (Mon, Tues & Thurs) & 8:30-10:00pm (Mon & Thurs)  
**Length:** 12 wks/session  
**Fee:** \$60 per 12-wk session (choose Mon, Tues or Thurs)

**INTERMEDIATE VOLLEYBALL**

This volleyball program is aimed at players who have participated in some type of structured, organized team volleyball. This would include the ability to properly serve, bump pass, set and spike the volleyball. **The program is not designed for the beginner or back yard player.** It will be an open format and each week we will arbitrarily form teams and play round robin matches on two nets. Structured play, sportsmanship, exercise and fun are the main objectives.

**No walk-ons please!**

**Building:** Gowana Gym  
**Instructor:** Ron Hoffman  
**Date:** Session 1-Thursdays beginning September 10  
Session 2-Thursdays beginning January 14  
**Time:** 7:00-9:00pm  
**Length:** 12 weeks/session  
**Fee:** \$60/session

**TAI CHI**

Tai Chi is a classic Chinese exercise for health and relaxation. Derived from ancient martial arts and movements for health, it is also a moving meditation. These non-strenuous, graceful movements encourage mind, body and spirit to harmonize and include increased energy and strength, improved balance and flexibility, stress reduction and sharpened mental concentration. This course is great for all ages and sexes. The class will include a simplified Yang style form for

beginners and other gentle Chinese exercises. Please come to class wearing loose-fitting, comfortable clothing.

**Building:** Acadia Cafeteria  
**Instructor:** Leland Lakritz  
**Date:** Mondays beginning October 5 (No class 10/12)  
**Time:** 6:30-7:30pm  
**Length:** 10 weeks  
**Fee:** \$52

#### **TAI CHI FOR CONTINUING STUDENTS**

This class is for students who have taken the Tai Chi beginners class and others who have had prior experience with Tai Chi and wish to continue the practice. Students will learn movements of the traditional Yang Style Tai Chi form and will also practice other Chinese exercises. The goal of this practice is to stimulate the free flow of life energy (chi) in the body-mind to enhance our health, promote relaxation and feelings of well-being. Wear loose comfortable clothing.

**Building:** Acadia Cafeteria  
**Instructor:** Leland Lakritz  
**Date:** Mondays beginning October 5 (No class 10/12)  
**Time:** 7:30-8:30pm  
**Length:** 10 weeks  
**Fee:** \$52

#### **THE BODY WORKOUT**

This multi-level exercise class is designed for all levels of fitness from the beginner through the experienced exerciser. Each class includes warm-up, pre-stretch, cardio segment, body sculpting/strengthening, abdominal and “core” training and flexibility segments. Use of movement choreography, interval training, resistance bands/tubing and techniques from yoga/pilates will round out each workout. Modifications and challenges are continually given by the instructor throughout the workout. Increase your energy, firm and tone, improve your health and have a great time doing it! Hand weights are recommended. The Instructor is an AFAA certified/trained professional with over 17 years of experience.

**Building:** Okte Gym  
**Instructor:** Amy Cioni-Rusnak  
**Date:** Mondays & Wednesdays  
Session 1-Beginning Monday October 19 (No class 11/11)  
Session 2-Beginning Monday January 4 (No class 1/18,2/15,17)  
**Time:** 6:00-7:00pm  
**Length:** 16 classes/session  
**Fee:** \$73/session

#### **THE BALL WORKOUT (RESIST-A-BALL)**

This class adds an element of fun and innovation for all fitness levels! Improve your posture, balance, strength (toning), coordination, flexibility and “core” stability while using a fitness/stability ball. The stability ball offers a more functional way to improve all the major muscle groups in the body while using a dynamic surface (ball). The Instructor is an AFAA certified/trained professional with over 17 years of experience that will guide participants through beginning and more skilled positions for greater challenges. This is a great way to enhance every day activities as well as improve all areas of fitness (even athletics and sports). Come join the fun and “Have a ball”! Please bring a fitness/stability ball (45-55-65 cm size) to each class. Hand weights will be added into the workout.

**Building:** Okte Gym  
**Instructor:** Amy Cioni-Rusnak  
**Date:** Session 1: Tuesdays beginning October 20 (No class 11/11)  
Session 2: Tuesday beginning January 5 (No class 2/16)  
**Time:** 6:00-7:00pm  
**Length:** 8 classes/session

**Fee: \$39/session**

### **PILATES MAT PROGRAM**

The Pilates method is a conditioning program that strengthens and tones muscles, improves posture, provides flexibility and balance, unites body and mind, and creates a more streamlined shape. Pilates combines elements of gymnastics, yoga, dance and resistance/weight training. It's a lengthening and strengthening of your body workout without bulking up muscles. Anyone can do Pilates: women, men, healthy or out of shape and age doesn't matter. Come out and give it a try! Please bring a 5" thick mat to the first class. The instructor can be contacted @858-1471 with any questions.

**Building: Okte Gym**  
**Instructor: Lisa Reale-Pazienza**  
**Date: Thursdays beginning October 1**  
**Time: 6:00-7:00pm**  
**Length: 5 weeks/session**  
**Fee: \$39/session**

### **YOGA**

This relaxing yoga course will help you connect with your body, mind and spirit, while reducing the stress in your life and having a great workout. This 10-week course is for the beginner or anyone desiring a gentle class. This course is taught by a certified Kripalu yoga instructor. Bring a sticky mat, wear comfortable clothing and be prepared to relax and renew.

**Building: Koda PE Adaptive Room**  
**Mondays Or Tuesdays**  
**Instructors: Hanne Siatka (Mon) & Deborah Foss (Tues)-Certified Kripalu Instructors**  
**Date: Session 1-Mondays begins September 21 OR**  
**Tuesdays begins September 22**  
**(No classes 9/28, 10/12)**  
**Session 2-Mondays begins January 4 OR Tuesdays begins January 5**  
**(No classes 1/18, 2/15 & 16)**  
**Time: 6:30-8:00pm**  
**Length: Session 1-10 weeks**  
**Session 2- 8 weeks**  
**Fee: Session 1-\$65**  
**Session 2-\$53**

### **CONTINUING YOGA**

Take your practice to the next level. Continuing Yoga includes asanas (postures) to build flexibility, strength and balance, as well as breathing techniques and meditation instruction to relax and refresh. Prior experience in basic yoga class is recommended. Bring a sticky mat, blanket and wear clothing comfortable for movement.

**Building: Koda PE Adaptive Room**  
**Instructor: Gwen Friesen-Certified Kripalu Yoga Instructor**  
**Date: Session 1-Wednesdays begins September 23 (No class 11/11)**  
**Session 2-Wednesdays beginning January 6 (No class 2/17)**  
**Time: 6:30-8:00pm**  
**Length: Session 1-10 weeks**  
**Session 2- 8 weeks**  
**Fee: Session 1-\$65**  
**Session 2-\$53**

### **JACKI'S FITNESS PROGRAM**

Jacki's has it all - fitness and fun, toning, trimming, creative choreography - all while burning calories in this aerobic dancing program. Jacki Sorensen has been the leading fitness expert for the past 35 years. The one-hour class begins with body sculpting routines and the optional use

of hand and ankle weights (to firm and tone your entire body). The abdominal work, warm-up, easy-to-learn choreographed dances with heart rate monitoring and cool down, all combine to give you a safe and effective cardiovascular workout. The instructor is highly trained and certified and has been teaching for over 25 years. ***For questions about the class, please call the instructor directly. \*Registration and payments are made in class.***

**Building:** Chango Gym  
**Instructor:** Mary Beth Evers (664-6730)  
**Date:** Mondays & Wednesdays  
Session 1-Begins Monday Sept 14 (No classes 9/28,10/12,11/11,12/28,30)  
Session 2-Begins Monday January 11 (No classes 1/18,2/15,17)  
**Time:** 7:00-8:00pm  
**Length:** 11 weeks  
**Fee:** \$121- \*Payable to the instructor in class  
**New Students:** 6 weeks-\$42

### **JAZZERCISE**

Jazzercise is the largest fitness program in the world with over 5,000 certified instructors teaching 19,000 classes weekly to more than 450,000 people in the U S and 38 countries. Jazzercise is an energetic dance-based workout program consisting of approximately 40-45 minutes of dance aerobics and 15-20 minutes of toning exercises. Please bring a mat or towel. Hand weights and leg weights are optional. ***\*Registrations and payments are made in class. Please refer any questions to the instructor.***

**Building:** Koda Cafeteria  
**Instructor:** Sylvia Dzintars 577-7757  
**Date:** Mondays & Wednesdays  
Beginning Monday September 14  
(No classes 9/28, 10/12, 11/11 12/28, 30, 1/18, 2/15, 17)  
**Time:** 6:30-7:30pm  
**Length:** 8 weeks  
**Fee:** \$72 (or \$10 per single class) \*Payable to the instructor in class

### **SPECIAL INTERESTS**

#### **MESSAGES FROM BEYOND NEW**

Reunite with your loved ones on the Other Side who guide and comfort your way! In this moving and profound presentation filled with compassion, insight and humor, Hillary will convey intuitive messages that demonstrate there is more to life than what you think. Integrating her clairvoyant gifts with academic credentials and clinical counseling experience, Hillary will also offer guidance on your life's important choices and inspiration to live your dreams. Hillary Kramer, M.S.W., a social worker/therapist and intuitive counselor for nearly 30 years, offers private consultations with accuracy and insight to clients across the country.

**Building:** HS West Room 70  
**Instructor:** Hillary Kramer, M.S.W.  
**Date:** Session 1: Thursday October 1  
OR  
Session 2: Wednesday October 21  
**Time:** 7:00-8:30pm  
**Length:** 1 night  
**Fee:** \$12

#### **COLLEGE SEARCH 101-What Every Parent Needs to Know About the College Search Process the First Time Around NEW**

This class is designed for parents who are new to the college search process. Lisa Jordan, life coach and former college admission/financial aid counselor, will address parent specific objectives that are inherently different from the schools' focus on educating the students on the colleges and getting in. The reason it it's a process rather than a decision is that choosing the college to attend is based on a number of important supporting, potentially emotionally charged

preliminary decisions. Having a clear understanding of exactly what will be the best fit for your Student and how to make that decision together will be the main focus of this class. Topics will include decision making together, campus visits and open houses, applications and interviewing and financial aid.

**Building:** HS West Room 70  
**Instructor:** Lisa Jordan, Life Coach & Owner of *The Right Fit Coaching*  
**Date:** Wednesday October 7  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **BABY SIGN LANGUAGE 101 WORKSHOP**

If I told you that there was a toy on the market that could raise your baby's IQ, you would buy it, wouldn't you? Baby sign language has been proven to raise IQ's 10-12 points! The benefits of teaching your pre-verbal infant to communicate through sign language include: earlier speech development, less frustration, larger vocabularies, higher self-esteem and a stronger parent-child bond. Babies are happiest when they can communicate with the people who love them the most, their families. Begin signing with your baby now through this 90 minute workshop. As seen on Oprah and 20/20! **A \$5 materials fee will be collected in class** that will include a baby sign language dictionary, baby sign tips and techniques and baby sign language games, songs and activities.

**Building:** HS West Room 10  
**Instructor:** Erin Carter, *Certified Teacher*  
**Date:** Wednesday October 7  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **DO IT YOURSELF CRUISE PLANNING – AND SAVINGS**

Have you dreamed of taking a cruise? You can and you can save money too!! Let your next vacation involve waking up each morning in a different port, afternoons filled with exciting excursions, evenings enjoying a wonderful dinner, shows and more. Yes, the average person can book their own cruise trip and their own shore excursions – saving money along the way! Learn the game of cruising and come out saving! The instructor has taken 11 cruises and has learned these tips from her own experience.

**Building:** HS West Room 8  
**Instructor:** Tracey Kubis  
**Date:** Tuesday November 10  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

#### **ADOPTION 101: HOW ADOPTION IS DONE TODAY**

This one-night workshop is presented by a social worker who is also an adoptive parent. It covers the emotional, legal, financial and practical issues involved in making a decision to adopt, as well as the mechanics of the process and the post-adoptive family life. Information on various methods of adoption, including domestic, international, private and agency adoption is included. An information packet of relevant articles, lists of infertility and adoption organizations, addresses and phone numbers will be provided. Lorelei Landau is a two-time adoptive parent and social worker with many years of experience in the adoption community and working for adoption agencies in the Capital District area.

**Building;** HS West Room 10  
**Instructor:** Lorelei Landau

**Dates:** Monday October 5  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **GETTING PAID TO TALK: VOICE-OVERS AS A PROFESSION**

The field of professional voice work can be exciting, fun and lucrative. This two hour introductory class will explore the many aspects of voice-over work for television, film, radio, and narration as well as emerging opportunities for voice in multimedia. We will cover all the basics, including how to prepare the all important demo tape as well as how to bypass the competition and get the job. All students will have the opportunity to listen to professional voice-over recordings and class participants will have the opportunity to prepare and read a piece of commercial copy for critique.

**Building:** HS West Room 8  
**Instructor:** David Bourgeois, Creative Voice Development Group  
**Date:** Monday November 23  
**Time:** 6:30-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **BACK TO SCHOOL READINESS NEW**

The Back-To-School craziness is upon us. Come and get the tools you need to organize your home for handling getting out the door with everything you need plus managing what is coming in the door. Having an effective home family command center will keep things running smoothly. Plus, tips on clothing, homework, lunches, art storage and more will be discussed. A materials fee of \$3 will be collected in class.

**Building:** HS West Room 8  
**Instructor:** Jordana Turcotte, *Simply You*  
**Date:** Thursday September 24  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **ORGANIZATION: A "HOW TO" FOR EVERYONE**

Is it all too much? Well, seize the day and learn the basics of organizing. This course will teach the organizing basics, how to prioritize where to start and give you the tips and tools to tackle each project. Room by room tips on how to sort, group and place items so each room is set up efficiently and most importantly, is organized top to bottom. A materials fee of \$3 will be collected in class.

**Building:** HS West Room 8  
**Instructor:** Jordana Turcotte, *Simply You*  
**Date:** Wednesday October 21  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

### **TIPS & TOOLS TO ORGANIZE KIDS NEW**

Kids and their stuff, you ask where do you start? This class will give you the tips and the tools to organize your kids and all their belongings. From general organizing tips to kid "hot spots" in the home such as the playroom, bedroom and entry area to all that school stuff including papers, schedules and artwork – learn how to organize it and manage it on a daily basis. Other topics such as chores, "shoestring" ideas and photos will be covered. A materials fee of \$3 will be collected in class.

**Building:** HS West Room 8  
**Instructor:** Jordana Turcotte, *Simply You*  
**Date:** Tuesday November 3

**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**ORGANIZATION FOR THE NEW YEAR** *NEW*

Not quite executing those New Year's resolutions? Or your personal goals and daily lists? Come and learn how to really pick those resolutions and goals and how to carry them to completion. Plus, learn how to manage all your files from what to purge, how long to keep things and how to set up an effective system that you can stick to inclusive of managing the daily mail mountain. A materials fee of \$3 will be collected in class.

**Building:** HS West Room 8  
**Instructor:** Jordana Turcotte, *Simply You*  
**Date:** Tuesday January 12  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12

**TACKLE THE PAPER** *NEW*

Paper Paper Paper! What does come in; does have to be dealt with. If every horizontal surface is covered, if the bills are lost or not paid, if you can't find things when you need them – this class is for you. Come and learn what to keep, what to throw out and then how to set up an effective system to manage everything that comes in the door. A materials fee of \$3 will be collected in class.

**Building:** HS West Room 8  
**Instructor:** Jordana Turcotte, *Simply You*  
**Date:** Tuesday February 9  
**Time:** 7:00-9:00pm  
**Length:** 1 night  
**Fee:** \$12