



Scotia-Glenville CENTRAL SCHOOL DISTRICT

Continuing Education

FALL 2018

CLASSES BEGIN

Monday, October 1

Open Registration

Monday, September 24

6:30 - 8:00 PM

Senior High School

Scotia-Glenville's Continuing Education Spring program begins the week of October 1, 2018, unless otherwise noted.

When school is closed due to inclement weather or emergencies, there will be no Continuing Education courses.

**MAKE CHECKS PAYABLE TO:
SCOTIA-GLENVILLE CENTRAL
SCHOOLS**

MAIL TO:
S-G CONTINUING EDUCATION
SENIOR HIGH SCHOOL
1 TARTAN WAY
SCOTIA, NY 12302



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REGISTRATION POLICIES

- Checks must be made payable to SCOTIA-GLENVILLE CENTRAL SCHOOLS.
- We require a separate check and registration form for each separate course.
- Classes are held at the High School unless otherwise noted.
- Residents of the Scotia-Glenville School District who are 60-64 years are eligible for a 20% discount on all courses with the exceptions of those identified with an asterisk.
- Residents 65 years and older are entitled to free admission to courses not marked with an asterisk with a senior pass. Pass, which may be obtained at the District Office located at 900 Preddice Parkway (call 382-1215 for directions), must be presented upon registration. Material fees are not waived.
- Registrants will not be contacted for confirmation, but will be notified if the course has been cancelled.
- Refunds WILL NOT be issued unless our office receives cancellation request 24 hour notice prior to class beginning. Please be advised that refunds will take three to four weeks.
- No Continuing Education courses will be held on the following dates: Oct 8, Nov 12, Nov 21 & Nov 22.



BOXWOOD TREE

BOXWOOD TREE*

NIGHT: WEDNESDAY

ROOM: B-4

INSTRUCTOR: Janet Cavoli

LENGTH: 1 Night (Dec 5)

TIME: 7:00- 9:30 PM

COST: \$15.00 (plus supplies)

This small tree from 16-18" made from fresh boxwood can be used as a centerpiece or a small tree decoration. Decorations include an assortment of bows, balls, pine cones, berries and other decorations to choose from. Everything is included. **Please include a separate check for \$30.00 for supplies made payable to the instructor with your registration.** Registrations that do not include the additional supply fee will not be accepted.

DRIVING

DEFENSIVE DRIVING*

NIGHT: MONDAY/WEDNESDAY

ROOM: B-5

INSTRUCTOR: Gary Chojecki

LENGTH: 2 Nights (Oct 1 & 3)

TIME: 6:00- 9:00 PM

COST: \$42.00

Come join us to receive 10% off your insurance for 3 years and if needed, remove up to four points from your driving record. The instructor has been following the guidelines of the New York Safety Program for the past 27 years with measured success. Join us for jammed pack information and useful tips on defensive driving, car safety, driving attitudes and behaviors, road rage and even the dreaded

roundabouts! Bring your driver's license to class. Student must attend both sessions to receive certification.

EXERCISE/WELLNESS

CHI-GONG FOR ANXIETY, TRAUMA & CHRONIC CONDITIONS*

NIGHT: THURSDAY

ROOM: B-11

INSTRUCTOR: Oded Ben-Ami

LENGTH: 6 Weeks, beg Oct 11

TIME: 7:00-8:00 PM

COST: \$60.00

Are you dealing with anxiety, trauma or a chronic condition? Join the thousands of people who have already discovered an ancient Chinese energy practice known as Chi-Gong, and use it daily for their own wellbeing. Chi-Gong can help in ways that no medicine or surgery can. It has no side effects, easy to learn and safe for all ages. The instructor is a certified Chi-Gong teacher. He has been teaching at the American Cancer Society, several senior centers, the Schenectady JCC and more. As a speaker he gives talks about spirituality, mysticism and health.

CORE DE FORCE*

NIGHT: WEDNESDAY

ROOM: Lincoln School Gym

INSTRUCTOR: Beth Maycock

LENGTH: 8 Weeks, beg Oct 3

TIME: 6:00-7:00 PM

COST: \$80.00

This is an MMA-inspired work out that promises to burn calories and help sculpt total body definition using your own body weight as resistance. With CORE DE FORCE, you won't get a run-

of-the-mill Kickboxing workout. You'll get a total-body shred that focuses on blasting fat off your core—no equipment needed. In 3-minute "rounds," you'll alternate between Boxing, Kickboxing, and Muay Thai combinations, cardio spikes, and body weight training for an insane calorie burn. MODIFICATIONS will be shown so anyone at any fitness level can do this program. You will need water, a towel, comfortable clothes that you can move in, sneakers and a mat.

PILATES*

NIGHT: MONDAY

ROOM: Lincoln School Gym

INSTRUCTOR: Jaime Muscato

LENGTH: 10 Weeks, beg Oct 1

TIME: 7 - 8 PM

COST: \$55.00

Pilates is a form of body conditioning that leaves you refreshed and revitalized. It is designed to stretch, strengthen, tone, and balance the body. Through slow controlled movements you will improve posture and flexibility, and create longer, leaner muscles. Bring a yoga or pilates mat to class. Participants should wear comfortable clothing without zippers or buckles.

YMCA - CARDIO DANCIN*

NIGHT: TUESDAY & THURSDAY

ROOM: Lincoln School Gym

LENGTH: 8 Weeks, beg Sept 25

TIME: 5:30 - 6:30 PM

COST: \$56.00

Does music make you feel like dancin'? Come try this original dance program designed to teach you how to dance while getting a high energy aerobic workout and increasing your muscle tone. These 12 choreographed cardio



elevating dance routines incorporate various styles of dance with a variety of your favorite songs followed by abdominal and arm work with weights and a relaxing stretch/yoga routine to help increase balance and flexibility. Please wear comfortable clothing and well-fitting sneakers appropriate for this sport. YMCA members will receive membership rate of \$28.00, cards must be shown at registration. Register for course and pay your instructor at first class.

YOGA*

NIGHT: TUESDAY

ROOM: Lincoln School Gym

INSTRUCTORS: Jaime Muscato

LENGTH: 10 Weeks, beg Oct 2

TIME: 7:00-8:00 PM

COST: \$55.00

This class is a blend of several forms of Hatha yoga to create an experience that stresses strength, flexibility, and balance. Hatha yoga helps develop physical strength, flexibility of body and mind, as well as teaches participants to breathe in a relaxed and modulated way in order to provide focus in the different postures. Modifications will be taught so that this class is appropriate for all.

ZUMBA® BASIC*

NIGHT: WEDNESDAY

ROOM: B-9

LENGTH: 10 Weeks, beg Oct 3

TIME: 5:45 - 6:45 PM

COST: \$60.00

INSTRUCTOR: Kathy Gautie

This class is perfect for everybody and every body! Each Zumba class is designed to bring people together to sweat it out. In this class we 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. Is it super effective? Check. Is it super fun? Check. Zumba is a total workout that combines all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesomeness each time you leave class.

FINANCIAL

BUILDING INEVITABLE WEALTH: BASIC GUIDELINES FOR LONG TERM INVESTING

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Nick Start

LENGTH: 21 Night (Dec 3)

TIME: 6:30 - 8 PM

COST: \$10/Person or Couple

In this course you will learn the principles of long term equity investing. Empowering you, as an investor, to make smart decisions in the pursuit of growing your nest egg. We will provide time tested ways to identify and avoid investor bias. Topics will include but not limited to: the difference between owning and loaning, risk and volatility and investment and investor returns. The instructor is an advisor with Halliday Financial.

COMPREHENSIVE RETIREMENT PLANNING

NIGHT: TUESDAY

ROOM: B-5

INSTRUCTOR: Richard L. Lane

LENGTH: 2 Nights (Oct 9 & 16)

TIME: 6:30 - 8 PM

COST: \$10/Person or Couple

This informational seminar is designed to be a comprehensive look at planning for a successful retirement. The course will be a 360 degree study of all the issues and decisions facing soon to be retirees or those currently enjoying the golden years. Topics covered during this two night seminar will include: Efficient portfolio design for the Retiree, Retirement Income Planning, Risk Mitigation in Retirement, Social Security decision making, Tax considerations and efficient tax planning, Estate planning. These topics and many more will be examined and you will leave with the tools to develop your own retirement financial plan. Richard L. Lane is the Vice President-Investments and an Accredited Investment Fiduciary® with Madison Wealth Managers.

ESTATE PLANNING -TAKING THE MYSTERY OUT: AN ATTORNEY'S PERSPECTIVE

NIGHT: THURSDAY

ROOM: B-5

INSTRUCTOR: Richard Fuerst, Esq.

LENGTH: 1 Night (Nov 15)

TIME: 6:30 - 8:30 PM

COST: \$10/Person or Couple

If you have an interest in planning for your future and for the future of your loved ones, we'll explain the ins and outs of important estate planning strategies in simple, non-legal terms. Regardless of your health, you can learn the advantage of having a health care proxy and/or living will. You'll learn why thoughtful planning will benefit you and your family as we discuss nursing home and Medicaid considerations as well as avenues open in order to reduce wealth transfer taxation. The instructor, of Higgins, Roberts, Beyers & Coan, P.C., is an experienced local attorney and workshop facilitator.



HEALTHCARE AFTER RETIREMENT

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Michael Stanton

LENGTH: 1 Night (Oct 15)

TIME: 6:30 - 8 PM

COST: \$10/Person or Couple

Do you know what to expect when it comes to Medicare? Did you know Medicare is mandatory for those collecting Social Security and it will likely be your greatest expense in retirement? If you or someone you know is turning 65, ready to retire, or losing your employer plan, this course will help you discover an understanding of Medicare. From Part A to IRMAA, learn fundamentals of how each section of Medicare works in this hands-on class aimed at making complex information easy-to-understand. The instructor is an advisor with Halliday Financial.

HOW TO GET TO THE 0% TAX BRACKET

NIGHT: WEDNESDAY

ROOM: B-5

INSTRUCTOR: Steve Kamen, Mosaic Wealth Strategies Group, Ltd.

LENGTH: 2 Nights (Oct 10 & 17)

TIME: 6:30 - 9:30 PM

COST: \$10/Person or Couple (plus supplies fee)

At Mosaic WSG, we believe there is a massive freight train bearing down on the average American investor, and it is coming in the form of higher taxes. The U.S. Government has made trillions of dollars in promises for programs like Social Security and Medicare it simply can't afford to keep. The only way to deliver on these promises is to raise taxes. Some experts have even suggested that tax rates have to double to keep our country solvent. Unfortunately,

if you're like most Americans, you saved the majority of your retirement assets in tax-deferred vehicles like 401 (K)s and IRAs. If tax rates go up, how much of your hard-earned money will you really end up with? This is a step by step roadmap for those who qualify on how to get to a 0% tax bracket. The course is based on a book by David McKnight "The Power of Zero" which is about effectively eliminating tax risk from your retirement picture. Why is the 0% tax bracket so powerful? Because if tax rates double, two times zero is still zero! A supply fee of \$25 for a workbook will be collected at the first class by the instructor.

MAXIMIZE YOUR SOCIAL SECURITY BENEFITS

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Steve Vadney

LENGTH: 1 Night (Nov 19)

TIME: 6:30 - 8 PM

COST: \$10/Person or Couple

A few key decisions can make a big difference in the amount of your social security benefit. Attend our hands-on workshop and learn strategies to get the most money from Social Security and other retirement sources. Learn how to plan for and minimize taxes and other costs during retirement, as well as how to wisely grow and protect your retirement income. This session will cover key Social Security choices, such as individual and spousal options and when to take your benefit, as we explore simple steps to maximize your money. We will also give limited attention to Medicare and health care costs and choices. Join us before you make final decisions that may not be able to be reversed. The instructor is an advisor with Halliday Financial.

MEDICARE - DO YOU HAVE QUESTIONS?

ROOM: B-23

INSTRUCTOR: Maureen Hallaran, Mosaic Wealth Strategies, Ltd.

LENGTH: 1 Night (Wed Oct 3 or Thurs Oct 18)

TIME: 7 - 9 PM

COST: \$10/Person or Couple

With so much media coverage and product literature bombarding your mailbox, knowledge is imperative in choosing your Medicare Health Plan. At this workshop, you will learn all about Medicare basics and all its parts, premiums, and deductibles. I will show you how to evaluate and make an educated decision in choosing your Medicare plan every year with confidence. You will be able to identify the difference between a Medicare Advantage Plan, a Medicare Supplement Plan, and Part D Prescription Coverage. Finally, do you know about, or do you QUALIFY for, State Prescription Assistance or other available assistance programs? Join us to learn more! **Please note on registration form which night you are signing up for.**

NEW REVERSE MORTGAGE FOR 2018: IS IT RIGHT FOR YOU?

NIGHT: TUESDAY

ROOM: B-5

INSTRUCTOR: Burt Farbstein

LENGTH: 1 Night (Tues, Oct 2, Wed Dec 12 or Thurs, Nov 1)

TIME: 7:00 - 8:00 PM

COST: \$10/Person or Couple

This course will guide you through the relevant facts, dispel old myths and clarify misconceptions about the current Reverse Mortgage- and more importantly, is it RIGHT FOR YOU and



your personal situation. We go through qualifications, type of Mortgages available, different ways you can receive your Tax-Free cash, impact on inheritance and your heirs, as well as different ways a Reverse Mortgage can positively impact your life in matters of retirement planning, health-related services and improving your overall lifestyle. The course is for Seniors 62 and older and their families/advocates who want to evaluate reverse mortgages as a financial planning tool. The instructor is a NYS Licensed Mortgage Loan Originator and specializing in Reverse Mortgages. **Please note on registration form which night you are signing up for.**

SAVVY SOCIAL SECURITY PLANNING

NIGHT: WEDNESDAY

ROOM: B-5

INSTRUCTOR: Richard L. Lane

LENGTH: 1 Night (Oct 24)

TIME: 6:30 - 8:00 PM

COST: \$10/Person or Couple

You've been conditioned by popular opinion to believe that Social Security may not be there for you once you retire. The truth is it might be and although it may have a different look by the time you begin your benefits, the lifetime value to you and your family may be substantially larger than what you think. In fact, Social Security is a benefit that some take for granted and discount as inconsequential in the context of their overall wealth management plan. These attitudes can result in the under utilization and potential wasting of a benefit that can have real and dramatic impacts on the lives of the recipients and their heirs when proper benefit planning is done.

Come learn the "ins and outs" to help maximize your Social Security benefits, as we discuss why you should begin thinking of Social Security as more than just a political hot potato and what the TRUE value of this misunderstood benefit can be.

TAX-EFFICIENT PLANNING PROCEDURES

NIGHT: MONDAY

ROOM: B-5

INSTRUCTOR: Steve Vadney

LENGTH: 1 Night (Nov 5)

TIME: 6:30 - 8 PM

COST: \$10/Person or Couple

Taxes come in many forms and while investors generally do not mind paying their fair share, no one wants to pay more than they should. Income tax, sales tax, property tax, school taxes are unavoidable in our daily lives and, even if you don't own property, some of these taxes are built into rents and leases. There are taxes that can and should be planned. Investors know their gains aren't always theirs and often times are subject to 20% or more in taxation. Trusts and corporations are taxed at potentially even higher rates. Knowing that true wealth is generational, our class attempts to point out key areas that clients and investors can focus on to keep family wealth in their family. Tax-efficient investing begins with an understanding of income tax, capital gains (both long term and short term), dividend taxation and certainly estate taxation. The instructor is an advisor with Halliday Financial.

NEEDLECRAFT

A BARGAIN ON KNITTING & CROCHET INSTRUCTION*

NIGHT: TUESDAY

ROOM: B-6

INSTRUCTOR: Ellen La Que

LENGTH: 8 Weeks, beg Oct 2

TIME: 6 - 8 PM

COST: \$35.00

Join this combined knitting/crochet circle, and take advantage of 16 hours of instructor led time to learn to either knit or crochet, work on a current project, or maybe finish one you've been holding onto...? If it's your first time learning, decide on either crochet or knitting, and we will discuss plans (including the materials you'll need) at the first class as well as begin to practice some basics in a fun, supportive atmosphere. The instructor, formally trained at The Hill Institute in Florence, MA, has been knitting for 18 years, crocheting for 14.

PAINTING

NIGHT: THURSDAY

ROOM: A-3

TIME: 6:00 - 9:30 PM

COST: \$25.00/CLASS (plus supplies)

The following classes are taught by Peggy Porter. Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? WELCOME to "Paint with Peggy"! In each class you will create an oil painting. Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. Each evening the student creates a complete oil painting. These classes do not require drawing skills, and they are also NOT paint-by-number.



At the beginning of class every student is provided with a blank canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own, unique oil painting. The Wilson Bickford paintings are suitable for any level of painter. **BEGINNERS ARE WELCOME!** Try it! It's FUN! You select which classes you want to attend. It is suggested to bring a box (like a pizza box) to carry home your completed oil painting. (No experience required). *A \$25 materials fee payable to the instructor will be collected in each class.* View photographs of the paintings at www.paintwithpeggy.com

WATCHING THE SUNSET*

DATE: OCT 11

Sunsets are fun to paint! Join Peggy to paint a couple and their dog sitting on a shore watching the sun set across the lake. You can make the colors pastel or bold - depending on what you like.

MOONLIT SKATE*

DATE: NOV 8

The moonlit sky creates a pretty background for the skaters. This is a monochromatic painting so color value (how light or dark a color is) is important. Students can choose to use blues or purples for this night scene. This painting is especially fun for beginners and it will make a very nice Christmas gift.

CHRISTMAS CANDLE*

DATE: DEC 6

This painting will make a wonderful holiday decoration or

gift! Using acrylic and oil paints students will paint a Christmas candle set in pine boughs and holly. The black background creates a dramatic contrast for the candle and flame. Patterns are provided and Peggy provides you with step by step instructions.

PERSONAL STYLE

YOUR SIGNATURE STYLE*

NIGHT: TUESDAY

ROOM: B-21

INSTRUCTOR: Jill Boyd

LENGTH: 1 Night (Oct 9th)

TIME: 6:00—7:30 PM

COST: \$20.00

Today visibility is the key to success. You have incredible talent skills to share with the world, but with so many people clamoring and vying for attention, you are not easily recognized. Learn to develop our own style - distinctive and memorable so people will not only see you, but feel you and hear you? Self-promotion can be stress-free when you become excited and at ease with your image. This allows you to project your magnificence on stage and on social media.

QUILTING/SEWING

APPLIQUE OR HAND SEWING CLASS

NIGHT: THURSDAY

ROOM: B-8

INSTRUCTOR: Pam Davis

LENGTH: 3 Weeks, (Nov 29, Dec 6 & 13)

TIME: 6:45—9:15 PM

COST: \$22.00

Come and learn the tips and techniques to do hand applique or hand sewing. No need to bring a machine. Hand sewing and applique are relaxing and portable. Bring your own project or I can provide a basic pattern to practice on. It is fun to have a group to sit and sew with while learning your stitches. Bring your project or else 2 8"x10" square of muslin, 2 pink or purple scraps, 2 green scraps, neutral colored thread, hand sewing needles called sharps, freezer paper, glue stick and a mechanical pencil to first class.

MAKING A HEXAGON QUILT

NIGHT: TUESDAY

ROOM: B-8

INSTRUCTOR: Pam Davis

LENGTH: 8 Weeks, beg Oct 2

TIME: 6:45 - 9:15 PM

COST: \$45.00

The hexagon shape has become very popular lately. However, sewing rows of six-sided blocks together is not fun and involves the dreaded "Y" seam. This class will break down the hexagon to make it easy to sew together. We will actually explore a few different methods of making hexagons. Students can choose to make something small like a pillow, table runner or wall hanging, or something larger like a baby quilt, lap quilt or bed quilt. The hexagons can be made in a variety of sizes, depending on the finished project. This pattern can be made in a planned color scheme or using a wide variety of colors for a scrappy version. Jelly rolls or precut 2 1/2" wide strips can also be used. Rotary cutting supplies and a sewing machine will be required after the first week. The remaining supplies will be discussed the first night. (Former students that would like to come and work on a past project are also welcome to sign up).



SEWING MACHINE CLEANING CLASS

NIGHT: THURSDAY

ROOM: B-8

INSTRUCTOR: Pam Davis

LENGTH: 1 Night (Nov 8)

TIME: 6:00-8:30 PM

COST: \$12.00

This hands on class will walk students through taking their machine apart to do basic maintenance - cleaning, oiling, adjusting tension, etc. We will also talk about how the machine works and many details that will help to make your sewing experience easier. This class is for older machines that require oiling - like Featherweights and other pre 1980's non-computerized machines. New machines often do not require oiling and cannot be opened up for adjustments but basic tips on sewing and how to use your machine will still apply. There will be a supply list to pick up before class. Any questions can be directed to the instructor and she will either call or email.

RUBBERSTAMPING

NIGHT: TUESDAY

ROOM: A-3

TIME: 7:00 - 9:30 PM

COST: \$10.00/class (plus supplies)

The following classes are taught by Deb Valder. *Each class will have a \$10 material fee payable to the instructor collected at class.* Please bring a small pair of sharp scissors and adhesive. No previous experience necessary. Check out the instructor's blog for samples of her work at www.stampladee.com

STAMP A STACK OF HOLIDAY CARDS

DATE: Sept 25

You will be stamping a stack of holiday cards and will go home with TWO of each card along with the envelopes.

FAMOUS BLACK AND WHITE CLASS

DATE: Oct 2

Everyone loves this class, check out samples on Deb's website. You will be wowed at what you go home with.

STAMP A STACK OF CARDS

DATE: Oct 23

You will be stamping a stack of all occasion cards and will go home with TWO of each card along with envelopes.

MORE HOLIDAY CARDS

DATE: Nov 6

This class is filled with over the top Holiday Cards. Please join me in a warm and wonderful evening to celebrate the holidays.

VOICE-OVER

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

NIGHT: WEDNESDAY

LOCATION: 26 Vly Rd, Colonie

INSTRUCTOR: Creative Voice Development Group

LENGTH: 1 Night (Dec 5)

TIME: 6:30 - 9 PM

COST: \$15.00

Have you ever been told you have a great voice? This intro to professional voice-acting will explore numerous aspects of voice-over work for TV, film, radio, books on tape, documentaries and

the internet! We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in this field. Students will be able to ask questions, hear examples of demos recorded by professional voice actors and will even record a commercial script under the direction of our producer. This class is a great first step for anyone interested in voice-acting professionally. For more info on CVDG, please visit www.voicecoaches.com.

**REGISTRATIONS CAN
EITHER BE MAILED IN
OR
YOU MAY ATTEND
OPEN REGISTRATION
ON
MONDAY,
SEPTEMBER 24 FROM
6:30 TO 8:00 PM AT
THE SENIOR HIGH
SCHOOL MAIN
OFFICE.**

Scotia-Glenville Continuing Education

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www.scotiaglenvilleschools.org

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Continuing Education

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The Continuing Education program is sponsored by the Board of Education and is self-supporting with no effect on local taxes. We appreciate your support and continued interest in our program and course offerings. If you have any suggestions or would be interested in teaching a course, we would like to hear from you.

Cynthia Shipley, Director

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CONTINUING EDUCATION REGISTRATION FORM

Name _____

Address _____

Home Phone _____ Other Phone _____

Email _____

Course Name _____

Course Date _____ Day of Week _____ Fee _____