



**Scotia-Glenville**  
CENTRAL SCHOOL DISTRICT

# Continuing Education

## SPRING 2019

### Open Registration

Monday, January 28  
6:30-8:00 p.m.  
Senior High School  
Main Office

## INSIDE:

### Boating

About Boating Safely\* 2

### Exercise/Wellness

Approaching PTSD Through Chi-Gong\* 2

Chi-Gong for Physical Health/Emotional Wellbeing\* 2

Core de Force\* 3

Pilates\* 3

Tae Kwon Do 2 You – Youth Program\* 3

YMCA – Cardio Dancin'\* 3

Yoga\* 3

Zumba Basic\* 3

### Financial

Comprehensive Retirement Planning 4

Estate Planning – Taking The Mystery Out: An Attorney's Perspective 4

Financial Planning Basics 4

Healthcare After Retirement 4

Reverse Mortgage 2019 4

Is It Right For You? 4

Savvy Social Security Planning 5

Understand Stocks, Bonds & Mutual Funds 5

### Needlecraft

A Bargain on Knitting & Crochet Instruction\* 5

### Painting

Paint with Peggy\* Class Series 5

### Personal Style

Looking Fabulous at any Age 6

### Quilting/Sewing

Hand Sewing Class 6

Intro to Sewing 6

Pinwheel Quilt 7

Strip Pieced Scrap Quilt 7

### Rubberstamping

Rubberstamping Class Series 7

### Voice-over

Getting Paid to Talk 7

## Classes Begin

### Monday, February 4

Scotia-Glenville's Continuing Education Spring program begins the week of February 4, 2019, unless otherwise noted.

No Continuing Education courses will be held on the following dates: Feb. 18-21, Apr. 22-25, May 27

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

### 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.
- 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.
- \* 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 518-382-1215 for directions), must be presented upon registration. Material fees are not waived.



## Continuing Education Registration Form

**Scotia-Glenville**  
CENTRAL SCHOOL DISTRICT

NAME \_\_\_\_\_

ADDRESS \_\_\_\_\_

HOME PHONE \_\_\_\_\_ OTHER PHONE \_\_\_\_\_

EMAIL \_\_\_\_\_

COURSE NAME \_\_\_\_\_

COURSE DATE \_\_\_\_\_ DAY OF WEEK \_\_\_\_\_ FEE \_\_\_\_\_

Complete a separate check and registration form for each course.

**Make checks payable to:**  
Scotia-Glenville Central Schools

**Mail to:**  
S-G Continuing Education  
Senior High School  
1 Tartan Way  
Scotia, NY 12302



### Boating

#### About Boating Safely\*

|                    |   |
|--------------------|---|
| <b>NIGHT:</b>      | Wednesday   |
| <b>TIME:</b>       | 7:00-9:00 p.m.                                      |
| <b>LENGTH:</b>     | 4 Weeks, starting Feb 6                             |
| <b>LOCATION:</b>   | High School, Rm. B-25                               |
| <b>COST:</b>       | \$20 single/\$5 each additional person sharing book |
| <b>INSTRUCTOR:</b> | US Coast Guard Auxiliary                            |

This course is for all boaters age 10 and up. The course includes topics such as types of boats, lines & knots, safety equipment, trailering, VHF radio, handling, legal requirements, Aids to Navigation, Rules of the Waterway and Weather. Special attention is given to safe operation of Personal Watercraft. A proctored, closed-book examination is given at the end of the course. Passing qualifies boaters for a course certificate recognized by all US states (including New York State) and usually qualifies a boater for a discount on marine insurance. A text book/study guide is included with the course fee. The certificate is required by all boaters to operate a Personal Water Craft and by all power boaters born after May 1, 1996.

### Exercise/Wellness

#### Approaching PTSD through Chi-Gong\*

|                    |                          |
|--------------------|--------------------------|
| <b>NIGHT:</b>      | Thursday                 |
| <b>TIME:</b>       | 7:00-8:00 p.m.           |
| <b>LENGTH:</b>     | 6 Weeks, starting Apr 18 |
| <b>LOCATION:</b>   | High School, Rm. B-11    |
| <b>COST:</b>       | \$60.00                  |
| <b>INSTRUCTOR:</b> | Oded Ben-Ami             |

Is it possible that doing a few slow movements, making some strange sounds and using our imagination, can actually help with this debilitating condition? It may sound like a type of martial art, but Chi-Gong is an ancient Chinese practice that's used for self healing. It is very simple to learn yet very effective. PTSD is often treated using talk therapy and medication, and Chi-Gong is not really known among PTSD sufferers. But given the impressive results that it delivers, it ought to. Please note that this course is very similar to the Chi Gong course taught earlier this semester, but it focuses on PTSD and is intended to create a supportive environment for PTSD sufferers and by PTSD sufferers. The instructor is a certified Chi-Gong teacher.. As a speaker, he gives talks about spirituality, mysticism and healing.

#### Chi-Gong for Physical Health and Emotional Wellbeing\*

|                    |                         |
|--------------------|-------------------------|
| <b>NIGHT:</b>      | Thursday                |
| <b>TIME:</b>       | 7:00-8:00 p.m.          |
| <b>LENGTH:</b>     | 6 Weeks, starting Feb 7 |
| <b>LOCATION:</b>   | High School, Rm. B-11   |
| <b>COST:</b>       | \$60.00                 |
| <b>INSTRUCTOR:</b> | Oded Ben-Ami            |

We take medications, have surgeries, make various adjustments and still we don't feel the way we'd like to. We can take our physicians' pessimistic view that this is what getting old looks like or, we can question it. After all, there are many elderly individuals who are neither ill or in pain. Chi-Gong (pronounced Chee Gong) is a tool for those who believe that their state of illness and suffering can be reversed. A 5,000 year old practice from China, Chi-Gong is a very simple yet unique synergy between movement, meditation, visualization, energy work, breath work and sometimes vocalization. It is a system of holistic self-healing that works synergistically on body, mind and spirit. Some benefits from Chi-Gong are relief from aches and pains that do not respond to any other treatment, help with the healing of a variety of health conditions, allows individuals with

depression or those who suffer loss, anxiety, panic attacks, etc to gently and quietly find grounding, inner peace and renewed purpose, stabilize emotional roller-coasters, bring about relief, calm and a sense of well being.

### Core de Force\*

|                    |  |
|--------------------|--|
| <b>NIGHT:</b>      | Monday   |
| <b>TIME:</b>       | 5:45-6:45p.m.  |
| <b>LENGTH:</b>     | 7 Weeks,<br>1st Session starts Feb. 4;<br>2nd Session starts Apr 8 |
| <b>LOCATION:</b>   | Lincoln Elementary Gym   |
| <b>COST:</b>       | \$75/session or \$140/both   |
| <b>INSTRUCTOR:</b> | Beth Maycock   |

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 bodyweight 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\*

|                    |                           |
|--------------------|---------------------------|
| <b>NIGHT:</b>      | Monday                    |
| <b>TIME:</b>       | 7:00-8:00 p.m.            |
| <b>LENGTH:</b>     | 10 Weeks, starting Feb. 4 |
| <b>LOCATION:</b>   | Lincoln Elementary Gym    |
| <b>COST:</b>       | \$55.00                   |
| <b>INSTRUCTOR:</b> | Jaime Muscato             |

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.

### Tae Kwon Do 2 You – Youth Program\*

|                    |                           |
|--------------------|---------------------------|
| <b>NIGHT:</b>      | Monday & Wednesday        |
| <b>TIME:</b>       | 5:00-6:00 p.m.            |
| <b>LENGTH:</b>     | 8 classes, starting Mar 4 |
| <b>LOCATION:</b>   | High School, Rm. B-9      |
| <b>COST:</b>       | \$60.00                   |
| <b>INSTRUCTOR:</b> | Derek Monaghan            |

Do your children have a lot of energy they need to burn off? Are they having trouble focusing in school? Could their listening skills improve? How about respect for themselves and others? Our youth program is for girls and boys ages 6-12. Along with the physical benefits of strength flexibility and improved cardiovascular capacity, our youth program teaches life skills, modifies behavior and reinforces character development. As well as teaching and instilling Tae Kwon Do core values of: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Our classes fill up quickly, so don't delay!

### YMCA – Cardio Dancin'\*

|                  |  |
|------------------|--|
| <b>NIGHT:</b>    | Tuesday & Thursday   |
| <b>TIME:</b>     | 5:30-6:30 p.m.   |
| <b>LENGTH:</b>   | Session I: Begins Jan. 15<br>8 Weeks \$56.00<br><br>Session II: Begins Apr 2<br>10 Weeks \$70.00 |
| <b>LOCATION:</b> | Lincoln Elementary Gym   |

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, cards must be shown at registration. For this class, ALL please register and pay your instructor at first class.

### Yoga\*

|                    |                           |
|--------------------|---------------------------|
| <b>NIGHT:</b>      | Tuesday                   |
| <b>TIME:</b>       | 7:00-8:00 p.m.            |
| <b>LENGTH:</b>     | 10 Weeks, starting Feb. 5 |
| <b>LOCATION:</b>   | Lincoln Elementary Gym    |
| <b>COST:</b>       | \$55.00                   |
| <b>INSTRUCTOR:</b> | Jaime Muscato             |

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\*

|                    |                           |
|--------------------|---------------------------|
| <b>NIGHT:</b>      | Wednesday                 |
| <b>TIME:</b>       | 5:45-6:45 p.m.            |
| <b>LENGTH:</b>     | 10 Weeks, starting Feb. 6 |
| <b>LOCATION:</b>   | Lincoln Elementary Gym    |
| <b>COST:</b>       | \$60.00                   |
| <b>INSTRUCTOR:</b> | Kathy Gautie              |



Zumba® (basic) targets the largest growing segment of the population: the active, older adult as well as anyone of any age! It takes the Zumba formula and modifies the moves and pacing to suit the needs of the active older participant as well as the deconditioned participant. What stays the same are all the elements of the Zumba Fitness Party is know for: the party-like atmosphere the zesty Latin music and the sheer vibrancy of each class. And that's exactly what active adults want.. camaraderie, excitement and fitness as a regular part of their weekly schedule. Learn the steps and take out the jump! This class is perfect for any age. If you feel like jumping to the beat it's okay...if you are not a "jumper, this class is perfect for you also. Kathy will show modifications for any move or any physical issues to suit your needs. C'mon...it's fun! .

## Financial

### Comprehensive Retirement Planning

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Tuesday               |
| <b>TIME:</b>       | 6:30-8:00 p.m.        |
| <b>LENGTH:</b>     | 2 Nights (May 7 & 14) |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Richard L. Lane       |

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

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Wednesday             |
| <b>TIME:</b>       | 6:30-8:30 p.m.        |
| <b>LENGTH:</b>     | 1 Night (Mar. 27)     |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Richard Fuerst, Esq.  |

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 & Suprunowicz, P.C., is an experienced local attorney and workshop facilitator.

### Financial Planning Basics

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Monday                |
| <b>TIME:</b>       | 6:30-8:00 p.m.        |
| <b>LENGTH:</b>     | 1 Night (Apr 1)       |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Jeffery Jones         |

We'll take a look at some general financial planning concerns. While there is no such thing as a "one-size fits all" financial plan, this overview should assist you in thinking about your own needs. The instructor is a financial advisor with Halliday Financial LLC.

### Healthcare After Retirement

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Monday                |
| <b>TIME:</b>       | 6:30-8:00 p.m.        |
| <b>LENGTH:</b>     | 1 Night (Mar 4)       |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Michael Stanton       |

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 the 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.

### Reverse Mortgage 2019: Is It Right For You?

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Tuesday               |
| <b>TIME:</b>       | 7:00-8:00 p.m.        |
| <b>LENGTH:</b>     | 1 Night (Mar 26)      |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Burt Farbstein        |

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, whether you are currently in retirement, contemplating retirement or just want to clarify what you hear advertised on the TV. The instructor is a NYS Licensed Mortgage Loan Originator and specializing in Reverse Mortgages.

### Savvy Social Security Planning

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Wednesday             |
| <b>TIME:</b>       | 6:30-8:00 p.m.        |
| <b>LENGTH:</b>     | 1 Night (May 22)      |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Richard L. Lane       |

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.

### Understanding Stocks, Bonds & Mutual Funds

|                    |                       |
|--------------------|-----------------------|
| <b>NIGHT:</b>      | Tuesday               |
| <b>TIME:</b>       | 6:30-8:00 p.m.        |
| <b>LENGTH:</b>     | 1 Night (Apr 9)       |
| <b>LOCATION:</b>   | High School, Rm. B-5  |
| <b>COST:</b>       | \$10/Person or Couple |
| <b>INSTRUCTOR:</b> | Nicholas Stark        |

This flagship course has been heard by THOUSANDS of people since the launch in 2005. Each year we make adjustments and give you the most up-to-date information. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. This course will help you understand the basic differences and the similarities of various types of investments and explain "financial lingo" in easy-to-understand language. 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. The instructor is a financial advisor with Halliday Financial LLC.

### Needlecraft

#### A Bargain on Knitting & Crochet Instruction\*

|                    |                          |
|--------------------|--------------------------|
| <b>NIGHT:</b>      | Wednesday                |
| <b>TIME:</b>       | 6:00-8:00 p.m.           |
| <b>LENGTH:</b>     | 8 Weeks, starting Feb 27 |
| <b>LOCATION:</b>   | High School, Rm. B-6     |
| <b>COST:</b>       | \$35.00                  |
| <b>INSTRUCTOR:</b> | Ellen La Que             |

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 eighteen years, crocheting for fifteen.

### Painting

#### Paint with Peggy\* Class Series

|                 |  |
|-----------------|--|
| <b>NIGHT:</b>   | Thursday   |
| <b>TIME:</b>    | 6:00-9:30 p.m.   |
| <b>LENGTH:</b>  | 1 Night/Class  |
| <b>Classes:</b> | After the Snow, Feb. 7<br>Springtime in the Country Mar. 7<br>Butterflies & Daisies, Apr 11<br>Homestead in the Hills, May 9 |

|                  |                                 |
|------------------|---------------------------------|
| <b>LOCATION:</b> | High School, Rm. A-3            |
| <b>COST:</b>     | \$25.00/Class<br>plus materials |

(A \$25 materials fee payable to the instructor will be collected in each class.)

|                    |              |
|--------------------|--------------|
| <b>INSTRUCTOR:</b> | 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

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





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). View photographs of the paintings at [www.paintwithpeggy.com](http://www.paintwithpeggy.com)

## After the Snow\*

Brrrr? You can almost hear the snow crunching underfoot. Using a limited color palette, you will create a cold winter scene that includes an old barn that is "snowed in". This landscape includes distant and nearby snow covered evergreen trees and a broken down fence. It is great for beginners and those who don't paint very often will enjoy it too. Peggy will provide a pattern for the barn and if you want to add falling snow - we can do that too!

## Springtime in the Country\*

This delightful country cottage is fun to paint (The snow is GONE!) The cottage is nestled near a stream at the edge of the woods. You will use the pale greens of spring for the background then add pink, blue, white and yellow to create the indications of flowers along the banks of the stream. Beginners are welcome and will enjoy creating this tranquil spring scene.

## Butterflies and Daisies\*

This may look complicated, but it is not! Using a Wilson Bickford design, Peggy will demonstrate how to create basic daisies, then 'blur' them slightly to make them look like they are in the background. The technique creates the look of layers of flowers in a field. Put in as many flowers as you want and we will fill in where needed with basic brush strokes for leaves and grass. A pattern for the butterfly is provided and is completed with a simple glazing technique. This is a fun class for outstanding results.

## Homestead in the Hills\*

This cabin is nestled in the foothills of the mountains. As you paint this nostalgic scene, Peggy will guide you through how to paint distant mountains, a basic building and a dirt road that disappears behind the home. Students enjoy painting this warm, inviting scene..

## Personal Style

### Look Fabulous at Any Age\*

|             |                      |
|-------------|----------------------|
| NIGHT:      | Tuesday              |
| TIME:       | 6:00-7:30 p.m.       |
| LENGTH:     | 1 Night (Mar 19)     |
| LOCATION:   | High School, Rm. B-5 |
| COST:       | \$20.00              |
| INSTRUCTOR: | Jill Valerie Boyd    |

In this new year, no matter your age or lifestyle, it is your time to get noticed and not blend in with everyone else. When you become excited about your appearance, you will attract more opportunities, improve your social and work life and relationships. Jill Valerie Boyd, stylist and author of *Ageless & Iconic Looking Fabulous At Any Age*, teaches concepts and tips to elevate your style within your budget. Whether you are

in business, active in your community or in a new relationship, up-leveling your appearance is a key to success. Jill's promise is that you will take many ideas from this class that will have an immediate impact on your life. Her presentation will change the way you see yourself and others. This class is for men and women.

## Quilting/Sewing

### Hand Sewing Class

|             |                           |
|-------------|---------------------------|
| NIGHT:      | Thursday                  |
| TIME:       | 6:45-9:15 p.m.            |
| LENGTH:     | 3 Weeks, starting Apr. 11 |
| LOCATION:   | High School, Rm. B-8      |
| COST:       | \$22.00                   |
| INSTRUCTOR: | Pam Davis                 |

Learn hand appliqué, quilting, embroidery or piecing. This class will be determined by the projects students want to learn or need help with. Bring your project or questions to the first class and we will decide where to go from there. You can also join us if you have a project you would like to work on with some friendly conversation and a girl's night out.

### Intro to Sewing

|             |                          |
|-------------|--------------------------|
| NIGHT:      | Thursday                 |
| TIME:       | 6:45-9:15 p.m.           |
| LENGTH:     | 3 Weeks, starting Mar 14 |
| LOCATION:   | High School, Rm. B-8     |
| COST:       | \$22.00                  |
| INSTRUCTOR: | Pam Davis                |

Do you have a sewing machine that you either struggle with or wish you knew how to use it and don't know where to start? This class will start with the basics of how the machine works and what the knobs, dials, buttons and numbers mean. I can give you tips to take the frustration

out of using your sewing machine so you can actually complete a simple project that looks good. Bring your project questions, your machine with it's manual, and sewing supplies - thread, scissors, bobbins, extra machine needles, seam ripper and fabric. We'll get started on the first night..

### Pinwheel Quilt

|                    |                          |
|--------------------|--------------------------|
| <b>NIGHT:</b>      | Tuesday                  |
| <b>TIME:</b>       | 6:45-9:15 p.m.           |
| <b>LENGTH:</b>     | 4 Weeks, starting Apr 30 |
| <b>LOCATION:</b>   | High School, Rm. B-8     |
| <b>COST:</b>       | \$30.00                  |
| <b>INSTRUCTOR:</b> | Pam Davis                |

Learn a foolproof method to make pinwheel blocks. This is a traditional quilt block and can be used in many, many ways. They can be made into quilts, place mats, table runners, pillows and wall hangings. You can pick your own pattern after learning the method to make perfect pinwheels

### Strip Pieced Scrap Quilt

|                    |                         |
|--------------------|-------------------------|
| <b>NIGHT:</b>      | Tuesday                 |
| <b>TIME:</b>       | 6:45-9:15 p.m.          |
| <b>LENGTH:</b>     | 8 Weeks, starting Feb 5 |
| <b>LOCATION:</b>   | High School, Rm. B-8    |
| <b>COST:</b>       | \$45.00                 |
| <b>INSTRUCTOR:</b> | Pam Davis               |

This pattern is a variation of a Rail Fence with a little twist. The strips are not all the same width and there is one angle thrown in just to "twist" things up a bid. This is a good quilt for beginners to learn some basic techniques. The colors can be scrappy or planned by a theme, a colorway, or a season. Make a table runner, place mat, baby quilt, lap quilt or a bed sized quilt. If you have a fabric

stash, this is a good stash buster. If you need a special gift, you can plan a theme and purchase all the perfect fabrics. Rotary cutting supplies and a sewing machine will be needed in class after the first night The remaining supplies will be discussed at the first class..

## Rubberstamping

### Rubberstamping Class Series

|                    |   |
|--------------------|---|
| <b>NIGHT:</b>      | Tuesday   |
| <b>TIME:</b>       | 7:00-9:30 p.m.  |
| <b>LENGTH:</b>     | 1 Night/Class   |
| <b>Classes:</b>    | Stamp a Stack of Cards, Feb. 26<br>Come and Create Dazzling All Occasion Cards (for men and women), Mar. 19<br>Cards, Cards & More Cards, Mar. 26<br>Card Making with Stamps, Apr 2 |
| <b>LOCATION:</b>   | High School, Rm. A-3  |
| <b>COST:</b>       | \$10.00/Class<br>plus materials<br>(A \$10 materials fee payable to the instructor will be collected in each class.)  |
| <b>INSTRUCTOR:</b> | Deb Valder  |

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](http://www.stampladee.com)

### Stamp a Stack of Cards

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

### Come and Create Dazzling All Occasion Cards (For Men And Women)

It's time to dazzle everyone with your hand-stamped creations. Even if you say you are not creative, come and try stamping with rubber stamps, a little ink, cardstock and some great embellishments. We will be doing some amazing folds and unique openings.

### Cards, Cards & More Cards

We will be doing a bundle of cards. You will be wowed at what you go home with.

### Card Making With Stamps

Come and stamp some amazing cards.

## Voice-over

### Getting Paid to Talk: Voice-Overs as a Profession\*

|                    |                                  |
|--------------------|----------------------------------|
| <b>NIGHT:</b>      | Thursday                         |
| <b>TIME:</b>       | 6:30-9:00 p.m.                   |
| <b>LENGTH:</b>     | 1 Night (Mar. 14)                |
| <b>LOCATION:</b>   | 26 Vly Rd, Colonie               |
| <b>COST:</b>       | \$15.00                          |
| <b>INSTRUCTOR:</b> | Creative Voice Development Group |

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. You'll be able to ask questions, hear examples of demos recorded by professional voice actors and even record a commercial script under the direction of our producer. This is a great class for anyone interested in voice-acting professionally. For info on CVDG, please visit [www.voicecoaches.com](http://www.voicecoaches.com).

No Continuing Education courses will be held on the following dates:

Feb. 18-21, Apr. 22-25, May 27

---

## Board of Education

David J. Bucciferro

PRESIDENT

Daniel P. Feinberg

VICE PRESIDENT

Colleen R. Benedetto

Pamela S. Carbone

David M. Massaro

William J. Pytlovany

Hal M. Talbot

## Scotia-Glenville

CENTRAL SCHOOL DISTRICT

Continuing Education

Senior High School

1 Tartan Way

Scotia, NY 12302

Non-Profit Org.

U.S. Postage

PAID

Permit No. 854

Albany, NY

---

## District Administrators

Susan M. Swartz

SUPERINTENDENT

Karen Swain

ASSISTANT SUPERINTENDENT

FOR CURRICULUM AND INSTRUCTION

Andrew M. Giaquinto

SCHOOL BUSINESS MANAGER

POSTAL CUSTOMER

ECRWSS

Produced in cooperation with the  
Capital Region BOCES Communications Service.



Scotia-Glenville CENTRAL SCHOOL DISTRICT

# Continuing Education

SPRING 2019

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

Scotia-Glenville Continuing Education Program

518-347-3600 ext. 61111

[sgcontinuingeduc@sgcsd.net](mailto:sgcontinuingeduc@sgcsd.net)

## REGISTER:

Registrations  
may be mailed to:

S-G Continuing Education  
Senior High School  
1 Tartan Way  
Scotia, NY 12302

Or register in person  
at open registration:

Monday, January 28  
6:30-8:00 p.m.  
Senior High School  
Main Office