

Chatham Adult Education Program

Course Offerings for Fall 2018

REGISTRATION INFORMATION

Early registration by mail protects against having to cancel a course due to low class size. Please register early! Registration may be done by mail or by phone before the first class session. Late registrations will be accepted if class is not filled. Please call 392-1501 to see if course is filled or cancelled if you are registering late.

To register, send your name, address, phone number, email address, the name of the course and a check for payment. Please use a separate check for each course. Checks should be made payable to Chatham Central School. Mail to the Continuing Education Program, Chatham Central School, Chatham, NY 12037. You may also pay in person at the Superintendent's Office located in the MED Elementary School. We accept cash or personal checks in person. Sorry, but we do not accept credit cards. Please do not send cash through the mail.

Pre-register by mail so that the registration reaches the Adult Education office before the first class night. Late registrations will be accepted if course is not filled or not cancelled. If registering late, please call 392-1503 or email howardt@chatham.k12.ny.us to find out if a course is filled. Registrants must be 18 years of age, unless otherwise noted. Driving course students must be 16 or older. Registrants of other school districts are welcome. There is no extra fee for such registrations.

Unless otherwise notified, your registration is automatically accepted and you are to go directly to class on the date indicated for the first class session. You will not receive a call to confirm registration. You will only receive a call or email if class is cancelled or changed. A receipt will be mailed to you upon request.

CANCELLATION OF COURSE

Each course must meet a minimum enrollment before it can be held. If enrollment is insufficient, a course may be cancelled and refunds will be issued. You will be notified by phone or email ONLY if a course you registered for has been cancelled or changed. Register early to avoid cancellation of a course due to low enrollment.

FEES

The Continuing Education Program is self-supporting. The cost is borne by participants' fees. A registration fee to cover overhead costs is noted for all classes that have no other charge.

IMPORTANT NOTICE

Especially for registrants in sports and physical activities courses. No classes or activities provide insurance coverage to individuals for accident or bodily injury. It is strongly recommended that you obtain your doctor's approval before participating in any of our courses that involve sports, exercise or other strenuous physical activity.

Chatham School District claims the right to use its own discretion when selecting courses for the Chatham Adult Education Program. The beliefs and views expressed in the courses taught

are those of the instructors and are not necessarily shared by the Chatham Central School District or its administrators.

REFUNDS

Adult Education is a self-supporting program. Total refunds will be made if a class is cancelled or filled, or if a student cancels registration BEFORE the start of the first session. NO refunds will be made after the first class begins.

MATERIAL COSTS

Additional cost for materials, supplies and/or textbooks will be collected by the instructor, as noted in the class description. Do not include these fees in the registration check unless told otherwise.

LITERACY CONNECTIONS

If you know someone who wants to learn to read, contact Literacy Connections c/o Hudson Area Library, 400 State Street, Hudson, NY, Phone 518-697-8227

HOLIDAYS

There will be no classes on Sept 20, Rosh Hashanah or Oct 9, Columbus Day.

SCHOOL CLOSINGS

If school is closed due to holiday or inclement weather, or if school closes early due to a weather related event, no classes will be held that evening. Call 392-2400 and press "2" for school closings. It is the instructor's responsibility to see that their class participants are notified of any other emergency cancellations and to reschedule the class.

MONDAY EVENING COURSES:

Professional Voiceovers: Getting Paid to Talk

Creative Voice Development Group - Albany, NY

High School Room 111

Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voiceover work for television, film, radio, audio books, documentaries and the Internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. We have created a web-accessible page with detailed information specifically about our Getting Paid to Talk class. Go to www.voicecoaches.com.

One session on Monday, September 24, 6:30-9 p.m. The cost is \$35

Dashing Stars Quilt For All Level Quilters - a great class for beginners

Instructor: Michelle Haner

Location: High School Cafeteria

The big stars on this quilt are so quick and easy, you won't believe how fast this "Dashing Stars" quilt goes together. Create your own quilt using layer cakes or yardage for a scrappy look or use three fabrics to create a three colorway quilt. The pattern size is 90" X 90" but you can make a baby or twin size if you like. This quilt is great for beginners! The first night of class will start at 6:00 pm. This class will be the orientation night. I will hand out patterns, go

over supplies and materials and answer any questions you may have. Patterns will be \$5 payable to the instructor payable to the instructor at the first night of class. This class will be a shortened class. Students are responsible for the cost of all fabrics and tools. For questions, call Michelle at 821-2451 or email shellhaner@yahoo.com. Call 392-1503 if you'd like to receive an email showing a large, color photograph of this beautiful quilt sample. Eight sessions beginning September 17, Mondays, 6-9pm The cost is \$50

Adult Recreational Program Men's Basketball Night

Location: Middle School Gym

When parking, please remember not to block the bus garage entrance gate on Library Place

Individual In Charge: Ron Dixon

Basketball Nights are on Mondays, 7:30-9 pm, starting Sept. 17. Please note the following:

1. THERE IS A NO PAY, NO PLAY POLICY. You must be pre-registered and pay in advance.
2. AGE 21 AND OLDER ONLY, WITH PROOF OF AGE REQUIRED
3. CHATHAM SCHOOL DISTRICT RESIDENTS AND/OR TAXPAYERS ONLY
4. SORRY, NO HIGH SCHOOL STUDENTS

Open to any interested male adult with some basketball experience, age 21 or older, who RESIDES IN THE CHATHAM SCHOOL DISTRICT. Teams are not permanent. No bodily injury or accident insurance is included. Registration fee of \$10 on the date you begin no matter what that date is throughout the school year. Call 392-1503 if you have any questions. Send \$10 annual (school year) registration fee along with name, 911 address, email address for notification of location changes, and telephone number to Chatham Adult Ed Office, CCSD, 50 Woodbridge Avenue, Chatham, NY 12037

Fitness Walking Program

Location: High School Hallways

Walking for physical fitness has proven its health benefits in a number of studies, however, it can be dangerous to walk on the street because of traffic, inclement weather, or even an encounter with someone's unfriendly dog. Now you can walk in the safe, clean halls of the High School. You may walk from 5:00 to 7:30 p.m. on any Monday through Friday that school is in session. If school is closed or canceled, this program will be canceled too. There is an annual \$5 registration fee. Please register by sending the fee along with your name, email address and phone number.

Tabata Boot Camp

Mary Harding

Location: MED Elementary School Cafe

Tabata Boot Camp is a High Intensity Interval Training (HIIT) aerobic and strength training class.. Keep in mind—High Intensity doesn't have to mean High Impact. Participants work out at their own intensity (variations and modifications are always available) with 10 exercises conducted in an interval format (20 seconds of work followed by 10 seconds of rest) for this 1-hour class includes warm up and cool down stretching), which makes it great for all fitness levels! We'll be integrating the use of kettlebells and hand weights in the variety of exercises. You'll burn calories, strengthen and tone muscles, and have fun in this cross-training class. Participants should wear appropriate exercise attire and supportive sneakers, and bring their own mat, towel and water, along with 5-10 lb. hand weights and a kettlebell to class. If you don't own a kettlebell, you may purchase one from the instructor on the first night for \$10. It is recommended that you obtain your doctor's approval before participating in this or any exercise class. Advance registration is \$56 for 8 wks (\$7 per night).

Walk-ins welcome @ \$9 per night

Mondays starting September 24, 6:15-7:15pm

TUESDAY EVENING COURSES:

Savvy Social Security Planning

Instructor: Chelsea Whiteman

Location: High School Room 111

You've paid into the Social Security system for years. Soon it will be your turn to collect. Find out why advance preparation is essential and how some little-known rules can help you make the most of this very valuable benefit. We'll answer the following questions: Will SS be there for me? How much can I expect to receive? When should I apply for SS? How can I maximize my benefits? Will SS be enough to live on in retirement? At this informative seminar you will learn important rules and strategies for collecting your retirement benefits and coordinating SS with other sources of retirement income. One session on Tuesday, October 16, 6:30-8 p.m. The cost is: \$9 per person or \$15 per couple. The same class will also be held on Thursday, November 1. Please specify which night when registering.

Downsizing with Boomers and Seniors

Instructor: Julie Ulmer

High School Room 123

Learn from a professional with a passion for teaching others how to declutter successfully, reclaim space, and transfer skills to those interested in living in a more organized environment, thereby reducing stress and chaos. Basic decluttering and organizing principals are taught with an emphasis on how Boomers and Seniors can begin the downsizing process and/or age in place safely. Years' worth of accumulations and collecting an overwhelm homeowners who strive to live a simpler and safer existence, plan on moving to smaller accommodations or don't want to burden their families after they're gone. Participants will learn about how to deal with sentimental belongings and how other family members come into play during the "right sizing" transition. No supplies are necessary, but note taking is suggested.

One session Tuesday, October 23, 6-7:30pm The cost is \$35

Getting It Together

Instructors: Tonya Oakley and Nicole Shove

High School Room 107

This class is for developmentally disabled adults and it's designed to increase both physical and emotional self-awareness. Emphasis will be on daily living skills. Refreshments and materials fee of **\$15** is payable at first class. Class size limited to 20 on a first-come, first-served basis.

Eight sessions beginning September 18 Tuesdays, 5:30-8:30pm The cost is \$49

Estate & Medicaid Planning

Instructor: Phillip Tribble, Esq.

Location: High School Room 110

Estate Planning is the coordination of your assets with documents that will carry out your wishes for the transfer of assets upon your death, while taking into consideration the use of those assets while you're still alive. We all have an Estate Plan that is determined by how we choose to own our assets. In this class we'll discuss how our assets are distributed to our heirs, the importance of a valid Will, how to choose our beneficiaries, assets we own (IRA, 401K, life insurance, annuities, etc.) and how to use them now as well as how they can be distributed at death, the difference among the various types of Living Trusts—their purpose and usefulness,

Powers of Attorney, Gift Riders, Healthcare Proxy & Living Wills, Medicaid Planning and our eligibility for it, Long-term Care Insurance, Special Treatment of Tax Deferred Accounts, and the all-important 5-year look-back period! Sooner is better than later when it comes to Estate Planning. One session on Tuesday, October 16, 6:30-8:30 pm, Cost: \$9 per person, \$15 per couple

Riff Raff Holiday Happening Basket

Instructor: Joyce Flower

High School Room 123

Have fun weaving this large rectangular basket that measures 12" long X 8" wide and 14" tall with the handle. Woven with various sizes of natural, dyed reed, seagrass and a specially prepared 2" wide fabric weaver with a holiday theme on the wooden "D" handle. Various fabric weavers to choose from with Christmas /Winter and Fall prints on them. Please bring a pencil, tape measure, spring-type clothespins and an old towel to class. All other materials will be supplied by the instructor for a fee of \$30 payable to the instructor on the first class night. Call 392-1503 if you'd like to receive an email showing a larger, color photograph of this basket . Class size limited to 10

Two sessions on September 25 and October 2 Tuesdays ,6-9pm. The cost is \$30

First Aid Course

Instructor: Barbara Fischer

Elementary School Music Room (#310)

What would you do in a medical emergency before help arrives? This 3-hour American Heart Association (AHA) First Aid course is completed in one evening and includes the new roll-out protocol for administering first aid. The four modules that will be covered include: First Aid Basics, Medical Emergencies, Injury Emergencies, and Environmental Emergencies. Find out what you need to know in an emergency situation that may save someone's life. Completion cards will be sent to participants after the course and are valid for 2 years. **Bring \$18 to class for card.**

Class size limited to 10. One session on October 16, 6-9pm The cost is \$35

ZUMBA® Fitness

Instructor: Ida Drake

Elementary School Cafeteria

ZUMBA® FITNESS is a high-energy, Latin inspired dance fitness workout designed to be fun for everyone. The best part is that anyone and everyone can do it! People of any size, age, gender, and fitness level can participate in a ZUMBA® FITNESS class without any dance experience. You'll Salsa, Hip Hop, Belly Dance, Merengue, Cha-Cha, Rock, and more. Have fun burning calories. Come try it and see why it's the most fun you'll have exercising! Please wear workout clothes and sneakers, and bring a towel, and a bottle of water. *(It is recommended that you obtain your doctor's approval before participating)*

Advanced registration price -

\$56 for 8 weeks (\$7 night)

Walk-ins are welcome at a cost of \$9 per night

8 nights beginning Tuesday, September 18, 6:15-7:15pm

Tai Chi For Fun & Health

Instructor: Judith Occhipinti

Location: Middle School Cafeteria

Tai Chi Chi Kung is about getting in touch with ourselves and the world we live in. Through a combination of relaxation techniques and slow movements, we can decrease stress, improve our health, and become reacquainted with the joy of life. Like any other ancient craft, the

practice of Tai Chi Kung will provide us with a stronger mind, body, spirit connection. This five-week course will provide one guided meditation and one simple but complete Tai Chi form that can be used to reduce stress and promote emotional balance and health. Easy enough for seniors—all ages welcome. Wear loose, comfortable clothing.
Five sessions beginning September 18, Tuesdays, 6:30-7:45 p.m. The cost is \$60

WEDNESDAY EVENING COURSES:

Berkshire Paint & Sip (*Mocktails Only*)

Instructor: Michelle Iglesias

CHS Cafe

Michelle will demonstrate the painting and give easy to follow, step by step instructions using acrylic paints. There is no experience required. Painting materials and instructions provided for each guest to create a large 16X20 original painting on canvas.

Participants should bring their own non-alcoholic beverage.

2 sessions 10/3 and 11/7 6:30-8:30pm The cost is \$38

ABC Women's Self Defense For Moms and Daughters

Instructors: The Modern Self Defense Academy with John Borter and Col.Co. Sheriff's Office
MED Elementary School Cafeteria

Despite the best efforts of schools and law enforcement, violence against women continues to rise at an alarming rate. In many cases, women are victims of random and unanticipated actions of others which they were not able to foresee or for which they had no prior experience or training. The Columbia Co. Sheriff's Office and The Modern Self Defense Academy have teamed up to create a seminar which teaches reality and situational self-defense skills, emphasizing practical awareness. These easy to learn techniques are designed to enable women of all ages, experience, and skill levels how to avoid and escape from dangerous encounters. This training also includes how to react to unexpected threats, and the dangers associated with drinking, drugging and date rape drugs. There will be hands-on training for each potential unwanted physical encounter from wrist grabs to what to do if you're knocked down. Wear loose, comfortable clothing.

\$20 per person or \$30 for mom/daughter team. See more info about The Academy @

www.modernselfdefenseacademy.com

Wednesday, October 17, 6:30-9:30pm

Building Inevitable Wealth Basic Guidelines for long term investing

Instructor: Reese Hughes

High School Room 117

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.

One session Wednesday, October 10

6-7pm \$9 per person or \$15 per couple

Understanding Stocks, Bonds, & Mutual Funds

Instructor: Reese Hughes

High School Room 117

Since its inception, Halliday's flagship course has been attended by thousands. Learn the basics from our investment professionals on the staples of the modern portfolio: stocks, bonds, and mutual funds. This course outlines the differences between these various types of investments, so you can best determine the right ventures for you. Learn about how proper asset allocation can lower your overall risk and increase your return. Track and monitor your investments with confidence as you plan for your financial future.

One session on Wednesday, November 7

6-7pm \$9 per person or \$15 per couple

[Pre-Retirement Planning](#)

Instructor: Reese Hughes

Location: High School Room 117

This seminar is geared towards answering important pre-retirement questions for the retirees' generation, and also to ensure they are asking the right questions. This course highlights the primary shift in investment strategy from accumulation to preservation and distribution.

Additional topics include the following: asset protection and control, required minimum distributions (RMDs), healthcare, and tax management of distributions and estates. Make certain you are both financially and mentally prepared for retirement.

One session on Wednesday, November 7, 7:15-8 pm. The cost is \$9 per person or \$15 per couple

[Entrepreneurship-: Starting your own Business with Little Money Down](#)

Instructor:—Bev Nathan

High School Room 111

From this lively and informative seminar you will learn behind the scenes practical information on how to start a successful home-based, second-income business which can then become full-time . With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Also, to be discussed will be franchising.

Optional material fee of \$20 payable to instructor at class.

Wed. October 24 8-10pm The cost is \$45

[What Wall Street Does Not Want You to Know When Investing Your Money](#)

Instructor: Rick Nathan

High School Room 110

Have you just come into some money or have some money to invest? This lively, fact packed seminal is a must for those who want to learn form strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in hs or college. .You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. Will learn how to stretch and save your hard earned money. IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!

Optional material fee of \$20 payable to instructor at class.

Wednesday, October 24, 6-8 pm The cost is \$45

Getting Great Real Estate Deals

Instructor: Rick Nathan

High School Room 110

Because of difficult time in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent. He will teach you how to get these great deals. He will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. Also, he will show you how to wisely buy or sell investment property, primary homes, multi-families and vacation homes. After this class, you will know how to research property at the tax assessors office, county clerks office and various other methods to use to research a property including using web sites. Also, to be discussed is how to sell your home with or without a realtor.

Optional material fee of \$20 paid to instructor at class

Wednesday, October 24, 8-10pm the cost is \$45

How to Drastically Cut Costs in Difficult Times

Instructor: Bev Nathan

High School Room 111

If you are trying to drastically cut costs because your retirement plan or savings plan has lost a lot of money, or has lost a lot of money or your income does not meet your expenses and you want to learn how to save thousands of dollars, dollars, this course will greatly help you. Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no -load mutual funds or index funds, the benefits of credit unions, buying used and new cars wisely, buying home and life insurance wisely, and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail.

Also, 100's of money saving websites will be discussed. *Optional* material fee \$20 paid to instructor at class.

Wednesday, October 24, 6-8pm The cost is \$45

Genealogy 101—For Beginners

Instructor: Michelle LeClair

Location: High School Room 102 Computer Lab

Learn the basics for following your family's ancestry. This course is to familiarize one with terminology, on-site and online resources. The how, when and why of resources: vital records, military records, immigration records, local history, city directories, newspapers, obituaries, church records and more. Learn how to organize your findings for maximum efficiency. In-depth research for students will be covered in Genealogy 201. Please bring a USB flash drive with you to class—any size is fine.

Two sessions on September 19 & 26 6-8 p.m. The cost is \$30

Genealogy 201—Intermediate

Instructor: Michelle LeClair

Location: High School Room 102 Computer Lab

Once you've tackled the basics of genealogy research, you're ready to track those elusive ancestors. This course will teach you search strategies online and retrieval of onsite records, and will answer the question, "What does it all mean?" Genealogy 101 course or previous genealogy research experience required. Please bring a USB flash drive with you to class—any size is fine. Four sessions beginning October 3, Wednesdays, 6-8 p.m. The cost is \$40

CPR and AED Training

Instructor: Barbara Fischer, RN

Location: Elementary School Music Room #310

This 4-hour American Heart Association (AHA) Heart Saver Course offers instruction in Automatic External Defibrillator (AED), and Adult and Infant/Child CPR. Instruction includes Heimlich procedure for adult and infant/child choking victims. AHA new protocols will be provided with hands-on experience so participants feel competent and confident. Completion cards will be sent to participants after the course and are valid for two years. Bring \$18 to class to pay for card. Class size limited to 6.

Two-night class on Wednesday and Thursday September 26 & 27, 6-8 pm. The cost is \$35

Medicare 101

Instructor: Patrick Bender

Location: High School Room 110

Back by popular demand! Are you confused about Medicare? Having a difficult time keeping up with the changes? This class will answer all of your questions. We will discuss the benefits, enrollment periods, avoiding potential penalties, and much more. This class is intended for those who are or about to turn 65 and for those who are helping out a friend or relative. Bring all of your questions with you. One session on Wednesday, October 10, 7-9 pm. The cost is \$9 per person or \$15 per couple

Adult Coed SOCCER

Person In Charge: Kevin Simmons

Location: Middle School Gym, or outside, weather permitting

Open to any interested adult with a basic knowledge of soccer rules and regulations. No instruction is given. Teams are not permanent. No bodily injury or accident insurance is included. We will play outdoors as weather permits. PRE-REGISTRATION and PAYMENT IS REQUIRED. Please submit registration form and \$10 annual (school year) registration fee prior to attending. Payment is \$10 for school year no matter what date you begin. Will play outdoors when weather permits. Provide email address so Kevin can email changes in play location. Begins Wednesdays, September 19, 7:30–9 p.m.

THURSDAY EVENING COURSES:

Savvy Social Security Planning

Instructor: Chelsea Whiteman

Location: High School Room 111

You've paid into the Social Security system for years. Soon it will be your turn to collect. Find out why advance preparation is essential and how some little-known rules can help you make the most of this very valuable benefit. We'll answer the following questions: Will SS be there for me? How much can I expect to receive? When should I apply for SS? How can I maximize my benefits? Will SS be enough to live on in retirement? At this informative seminar you will learn important rules and strategies for collecting your retirement benefits and coordinating SS with other sources of retirement income. One session on Thursday, November 1, 6:30-8:00 p.m. The cost is \$9 per person or \$15 per couple. This same class will also be held on Tuesday, October 16. Please specify which night when registering.

Notary Public Review Workshop

Instructor: Victor Bujanow

Location: High School Room 111

This workshop prepares you for the NYS Notary Public test and will provide you with a comprehensive view of the Notary Public office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney, and minimizing legal liability. This workshop is a must for Notary Public candidates to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided including a 57-pg workbook, handouts, and website links to NYS licensing information, booklets and forms. Also featured is an 80-question practice exam which attempts to emulate the actual NYS mandatory exam. Test locations and times will be provided. One session on Thursday, November 29, 6-9 pm. The cost is \$49 per person

NYS Point and Insurance Reduction Program - Defensive Driving

Instructor: John Gelatt

Location: High School Room 117

This Department of Motor Vehicles approved 6 hour defensive driving program is based on film presentations followed by discussion of driving strategies. Principal vehicle operators completing the course are eligible for a 10 percent insurance cost reduction and up to 4 points subtracted from their driving record for three years. Students may repeat this course every 18 months for point reduction only. By law, students must arrive promptly and attend both nights in order to meet the 6 hour requirement and receive the certificate.

Thursday and Thursday October 4 & 11, 6 to 9 pm. The cost is \$45

Driver Education 5 Hour Pre Licensing Course

Instructor: John Gelatt

Location: High School Room 104

This 5-hour course, open to students age 16 and older, is a pre-requisite to obtaining a NYS driver's license. Must have permit by 2nd class night. Sponsored by DMV, this class provides an opportunity to gain classroom exposure to defensive-driving principles and other factors that affect driver behavior. Emphasis will be placed on the dangers of driving while under the influence of alcohol and other drugs and using portable electronic devices while driving. The importance of using safety belts as a means of reducing injuries is also given considerable attention. By actively participating in and completing the DMV pre-licensing program, beginning drivers have an opportunity to improve significantly. Collisions, convictions, suspensions or revocations can be greatly reduced or eliminated entirely. Please send or bring in a copy of your permit when you register. Must attend both nights to receive certificate.

Thursday and Thursday, October 25 and November 1, 6-8:30 pm. The cost is \$35

Usui Reiki—Level 1

Instructor: Bonnie Dlugolecki

Location: High School Cafeteria

In this course, students are introduced and attuned to the healing life force energy best known by the Japanese word Reiki. Reiki is a healing technique based on the principle that energy can be channeled into a patient by means of touch, to activate the natural healing processes of the patient's body and restore physical and emotional well-being. Upon completion of this class, students will be certified as a Level 1 Reiki Practitioner with the basic skills enabling them to

perform Reiki on themselves and others. Bring \$20 to class to pay instructor for manuals and certificate. Three sessions beginning October 11, 18, 25, Thursdays, 6-8 p.m. The cost is \$30

CPR and AED Training

Instructor: Barbara Fischer

Elementary School

Music Room (#310)

This 4-hour American Heart Association (AHA) Heart Saver Course offers instruction in Automatic External Defibrillator (AED), and Adult and Infant/Child CPR. Instruction includes Heimlich procedure for adult and infant/child choking victims. AHA new protocols will be provided with hands-on experience so participants feel competent and confident. Completion cards will be sent to participants after the course and are valid for two years. Bring \$18 to class to pay for card. Class size limited to 6. Two-night class
Wed/Thurs September 26 & 27 6-8pm The cost is \$35

Business Tax Seminar

Instructor: Susan G Baer

CHS Room 111

Do you want to be self-employed and want to know what you need to do for taxes, or have a current business but need more guidance?

Topics covered:

W-2 vs 1099 Self-employed taxes and how they affect you

-What is deductible

-How you track income and expenses

-How to keep your records so you are compliant

-Tax myths debunked

-Who gets audited by IRS

-What the new tax law changed for business owners

October 18, 6-8pm The cost is \$35

Pilates Mat Class

Instructor: Sandra Flavin

CMS Gym

My goal as a Pilates Instructor is to have you so focused on engaging your core and listening to my cues that you almost forget you are exercising. Pilates uses controlled and mindful movements that originate to your core. These precise movements are designed to stretch and strengthen muscle without adding bulk. Your posture will correct, core strength will improve and energy levels will increase. Chronic back pain and other debilitating physical ailments will decrease significantly as your range of motion and mobility improves.

8 Sessions beginning September 20,

Thursdays 6:30 pm

8 Classes for \$60 or

\$10 per drop-in class

Equipment necessary—Pilates Mat

Instructors For Fall 2017

Susan G. Baer - Taxes

Susan is a Certified Public Accountant and President of Susan G. Baer, CPA, P.C. She is a lifelong resident of Columbia County for 26 years. Sue has vast knowledge and interest in assisting sole

proprietors, small to medium size business and not for profits with taxation and planning. She is a past adjunct professor in accounting at CGCC and member of AICPA.

Patrick Bender - Medicare

Patrick is a licensed independent broker who specializes in health insurance and employee benefits, with a focus on Medicare and Employer Group Benefit Plans. He has over 28 years of industry experience, and is certified by the Centers for Medicare & Medicaid Services. He is an expert in Medicare & the Affordable Care Act. Patrick's seminars have earned him rave reviews.

John Borter - ABC Modern Self-Defense for Women

John is a 6th degree black belt and holder of multiple black belts in martial arts styles and systems. He is an inductee in the World Martial Arts Hall of Fame. The Academy has taught hundreds of women including law enforcement officials and teachers how to defend themselves.

Victor Bujanow - Notary Public Review Workshop

Victor is a Certified Insurance Counselor (CIC). He has been a practicing Notary Public & Notary Signing Agent for over 25 years. In addition to Notary workshops, he teaches insurance and real estate licensing and other continuing ed courses at local colleges. Victor is an associate insurance broker at the David H. Rivenburgh Agency.

Bonnie Dlugolecki - Usui Reiki

Bonnie Dlugolecki, owner of Natural Focus Healing Arts, is a Certified Master Teacher in both Usui and Karuna® Reiki, Master Practitioner of Komyo ReikiDo, member of the International Association of Reiki Practitioners, and Registered Master Teacher with the International Center for Reiki Training.

Ida Drake - Zumba® Fitness

Ida is a native of Peru where she grew up dancing salsa, merengue and cumbia. Her love of dance has grown over the years and Zumba is a natural outlet for her talent and energy. She is a Zumba certified instructor.

Barbara Fischer - CPR/AED & First Aid

Barbara is a former interior firefighter & EMT with Red Rock VFC and former EMT & past President of the rescue squad. She has been an AHA Instructor of Basic Life Support, Heartsaver CPR/AED and 1st Aid for 14 years. She is currently a member of the Juvenile Fire-setter Intervention Program for Columbia County.

Sandra Flavin - Pilates Mat Class

I have been doing Pilates since 2003 and did my initial training with Brian Hull from ReCenter Pilates in 2009. At that time I was interested in learning more about Pilates for my own knowledge and wasn't focused on teaching. My search for wellness and a more flexible schedule to care for my children led me to teaching Pilates. I live and work in Ghent where I have a jewelry studio

Joyce Flower - Riff Raff Holiday Happening Basket

Joyce has been weaving baskets for over 25 years and teaching both adults and children for 16 years at schools and in the community. Joyce has also taught at conventions and continues to take classes to learn new techniques and styles of baskets.

John Gelatt - Driving Courses

John has taught Driver Education courses at Chatham for many years. He is a certified driving instructor, as well as a social studies teacher at Cohoes High School.

Michelle Haner - Quilting

Michelle has been quilting for about 20 years. She has entered several quilt shows, including the “Autumn Inspirations” show at Proctor’s Theater and the annual Columbia County Fair.

Mary Harding - Tabata Boot Camp®

Mary is a certified Tabata Boot Camp® instructor who is an avid runner who has completed 3 marathons and several half-marathons. In her spare time she likes to run, ski, hike, kayak and enjoy life around her Spencertown home.

Reese Hughes -Retirement Income, Stocks/Bonds, Pre-Retirement

Reese is a Certified Financial Planner™ at Halliday Financial in Albany and has been working in the financial industry for over 15 years.

Michelle Iglesias - Paint and Sip

Born in 1972 Michelle Iglesias entered into the art scene in 2002 when she opened “Piece of My Art Gallery and Frame Shop” in Westfield, MA. Two years after opening the gallery she was diagnosed with breast cancer and at that point discovered the therapeutic value of creating art for herself. Since then she has become a nationally recognized, award-winning artist and instructor who teaches and exhibits her work in group and solo shows across the country. She is now an active member of the National Association of Women Artists, Oil Painters of America, the Berkshire Art Association, and is currently an Art Instructor and Owner of Berkshire Paint and Sip, Pittsfield, MA.

Michelle LeClair - Genealogy

Michelle is a graphic designer by profession and genealogist by obsession. She has worked on her own family research for over 20 years and has been teaching, lecturing and volunteering for 10 years. Michelle is currently studying to be a certified genealogist.

Bev Nathan - Cutting Costs & Entrepreneurship

Bev Nathan is a successful business person for over 20 years. She started a part-time home-based business and when she retired it was a successful full-time business in an Office Complex. Bev Nathan formerly worked at a Credit Union where she showed members how to drastically cut their costs..

Rick Nathan - Wall Street Secrets & Real Estate

Instructor Richard Nathan, a consumer advocate, has been successfully teaching this course for over 20 years. His sole purpose is to protect you, the consumer.

Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Mass., Ct., NY, PA and NJ for the past 20 years.

Tonya Oakley—Getting It Together

Tonya has lived in Chatham all of her life, from Kindergarten to Graduation in 2004. She is a wife, and a mother of 3. She loves to help people. She has worked with children at Okay Kids Day Care. She is currently working as a CAN since 2017. For the past 15 years she has worked with Customer Service. Let’s not forget—she has been a huge volunteer in the “Getting it Together Class” since 2002 and knows everyone there.

Judith Occhipinti - Tai Chi for Fun and Health

Judith is a long term student of Tai Chi and Chi Kung. She is currently a Tai Chi instructor and a member of the Healing Tao Instructors Association

Nicole Shove - Getting It Together

Nicole graduated from Chatham High School in 2004. She is creative and talented and has volunteered with children in the past. She also helps and volunteers with elderly and handicapped adults who need assistance. She will make a great assistant to the instructor.

Phillip Tribble, Esq. - Estate & Medicaid Planning

Phillip has degrees from Valparaiso Univ, Yale Univ School of Divinity & Albany Law School. He is a member of the NYS Bar Assoc Elder law & Trust & Estates Sections and on the Board of Directors of the Estate Planning Council of Eastern NY. He specializes in Estate & Medicaid Planning, Elder Law, Probate, Estate Administration and Real Estate, with offices in Clifton Park & Kinderhook.

Julie Ulmer - Downsizing

Julie is a Professional Organizer who has built an extensive business having founded Minding Your Manner in 2005, a service that helps people and small businesses with decluttering, downsizing, hoarding behavior and moving/unpacking. As an expert in organization, she has a passion for teaching others how to declutter successfully, reclaim space and transfer skills to those interested in living with less in a more organized environment. She is a member of the National Association of Professional Organizers, The Institute for the Challenging Disorganized and the Columbia County Chamber of Commerce.

Voiceover - Members of the Creative Voice Development Group in Albany, NY

Getting Paid to Talk

The Voice Development Group provides industry leading voice evaluation, training, and demo development. The Group is comprised of experts in acting, communication, broadcasting, and speech & language pathology who regularly host professional voice over productions for Discovery Networks, HGTV, Women's Entertainment Network, TLC & others. More at (www.voicecoaches.com).

Chelsea Whiteman - Savvy Social Security Planning

Chelsea & Daria want to make sure that no matter what life brings, their clients have them as a trusted resource to continue to guide them in attaining their financial goals. Most importantly, Chelsea & Daria specialize in listening to their clients, assessing their needs and taking the time to discuss options so they can find a financial strategy that is right for them.