

# **Continuing Education**





## **SPRING 2025**

## **GENERAL INFORMATION**

Please read before registering for any class.

# Unless you are notified otherwise, you may assume you are in the course for which you registered.

No school credit is given for any course.

Whenever a particular school is closed during the day, whether for planned vacations, inclement weather, or for other emergency reasons, classes scheduled for that school will not meet that night. All cancelled classes will be made up.

Please Note: In the event of a district snow day, your class will be canceled.

## **REGISTRATION CLOSES TWO WEEKS BEFORE YOUR CLASS STARTS**

### **SCHOOL LOCATIONS:**

**Bradt Elementary** 

2719 Hamburg Street, Schenectady, NY 12303

**Pinewood Elementary** 901 Kings Road, Schenectady, NY 12303

Mohonasen High & Draper Middle School 2072 Curry Road, Schenectady, NY 12303

**Center for Advanced Technology Building** 400 Warrior Way, Schenectady, NY 12303

## **INTERESTED IN TEACHING A CLASS?**

We are always looking for new courses and teachers. We would like to hear from you if you feel you are qualified to teach a course or have suggestions or ideas for new courses. If you are interested, call the Adult Education Office at (518) 356-8303 or email AdultEducation@mohonasen.org

## REGISTRATION

Complete a Continuing Education registration form and mail it with a check made payable to:

## Mohonasen Continuing Education Mohonasen High School 2072 Curry Road Schenectady, New York 12303

Continuing Education Inquiries: (518) 356-8303

**DO NOT SEND CASH!** A separate check must be issued for each course.

Please indicate course title on each check. Registration for classes cannot be made by telephone.

If you register after classes begin, you will be assessed a late charge of \$5. Refunds will be issued automatically for all classes canceled due to insufficient enrollment.

If you decide to withdraw from a class after registration closes, but before a class begins, you will receive a refund less a \$5 service charge.

No refunds will be given for one or two-night courses after registration closes, unless the course is canceled.

You will not receive a refund after the second class of any course.

Your continuing education program is a self-sustaining program with all expenses paid out of registration fees. Therefore no refunds may be given after classes have started.

## **CHECKS ARE CASHED AFTER THE FIRST CLASS.**

## **SEE PAGES 9-11 FOR REGISTRATION FORMS**

\*Mohonasen does not specifically endorse any of our Adult Education providers or courses and the opinions, beliefs, and practices of the presenters are entirely their own.

Monday

#### MONDAY

# GETTING PAID TO TALK/AN INTRODUCTION TO VOICE OVER

A Single-evening workshop and Q&A By: Voice Coaches Location: Creative Voice Development Group Address: 26 Vly Road, Albany, NY Fee: R & NR \$25 Length: 1 night Date: March 3 or June 2 Time: 6:30-9 p.m. Class Limit: 10

THIS CLASS IS OFFSITE Join us for an upbeat, single-evening insider's look into the growing field of professional voice over.

From audio books to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice over under the direction of the instructor in the in person class or a one on one read if participating in the live webinar.

#### About The Instructor:

With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at voicecoaches.com

#### MONDAY

#### **GENTLE YOGA**

By: Jean Sefcovic, Certified Yoga Instructor, NYS Licensed Massage Therapist School: Mohonasen High School Room: MHS Library Length: 4 weeks Date: 3/17, 3/24, 3/31, 4/7 Fee: R & NR \$75 Time: 6-7 p.m.

Please come & enjoy a time to relax, rejuvenate and reconnect at your own level. We practice gentle warm-ups, postures, (Asanas) breath awareness, (Pranayam) and relaxation (Savasana). Please come in comfortable clothes, bring your own mat & a friend! Blankets, blocks & straps can be useful. Benefits of Yoga: a healthier, stronger and more relaxed you. Improved flexibility, a great sense of calm and well-being, increased oxygen intake. Keep Healthy!

#### MONDAY

#### **BOATING SAFETY**

By: Jack Hochmuth School: Draper Middle School Room: Library Fee: \$10 Supply Fee: \$20 (to be collected first night of class) Length: 4 nights Date: 4/7, 4/21, 4/28, 5/5 Time: 6:30-8:30 p.m.

This course meets the New York State and U.S. Coast Guard requirements for Personal Watercraft (PWC) Operation and Youth and Adult Boating Certification. Upon successful completion, participants will receive a boating certificate that is good for life and can be used to operate a PWC (e.g., Jetski) or as a youth boater able to operate a vessel independently. (To operate a PWC independently, a person must be at least 14 years old and have their boating certificate on board.) This course teaches the fundamentals of safe boating operation, including accidents and emergencies; boating related activities; boats and motors; equipment; fueling and ventilation; marine environment; numbering and registration; personal watercraft; and rules of the road. The course is for adults and children 10 years of age and older. Limit 25 participants.

#### MONDAY

#### **CARDIO SCULPT 101 - FUN FITNESS FOR ALL LEVELS**

By: Kim Aquilo School: Center for Advanced Technology (CAT Building) Room: 110B Fee: \$50 Length: 4 weeks Date: 4/21, 4/28, 5/5, 5/12 Time: 6-6:45 p.m.

A cardio sculpt class is a high-energy, fast-paced group fitness class that combines cardio exercises with strength training . The goal is to tone muscles and burn calories while getting your heart rate up. Bring towel/water and your own bands/weights if you have them

Here are some things you can expect to find in a cardio sculpt class:

- Warm-up: to prepare your body for the rest of the class
- Cardio: High-intensity cardio bursts to get your heart pumping
- Strength training: Toning exercises like push-ups, planks, squats and plies to build lean muscle
- Variety: Different exercise formats and choreography to keep things interesting
- Some benefits of cardio sculpt include:
- Increasing your metabolism to help tone body fat and build muscle
- Improving circulation and lowering blood pressure
- Decreasing the risk of heart disease

Monday

#### BEGINNER-TO-INTERMEDIATE Guitar

By: Don & Mike Warren School: Draper Middle School Room: 104 Fee: \$50 Length: 4 weeks Date: 3/3, 3/10, 3/17, 3/24 Time: 7–8 p.m. Maximum number 30

Beginner to Intermediate Guitar & Ukulele Classes - Learn a Song! Open to All Ages: From 10 to 100!

Bring your guitar, bass, or ukulele and embark on a musical adventure that promises fun and fulfillment.

- No Instrument? No Problem: We're here to assist you in finding the perfect guitar or ukulele to start your journey.
- New to Music? Welcome Aboard: Don't worry if you've never played before. We'll start from the basics and have you strumming in no time.

**Beginners:** Discover the joy of music as you learn essential chords, techniques, and rhythms. By the end of the course, you'll be playing a full song with the group and sharing the joy of music!

**Novice - Intermediate:** Elevate your skills with creative techniques and a deeper understanding of the guitar. You'll finish the course with the ability to add your own flair to our final group performance.

**Meet Your Instructor:** Don Warren, a passionate musician with a heart for teaching. Learn more about Don's approach and experience at Warrenlessons.com

Prior to Class you will receive an email giving you a head start on knowing how to tune the guitar, along with other useful tips.

What to Bring: Your guitar, a pick (if you prefer), a tuner, and a pen. Missing something? Let us know, and we'll help you out.

Monday | Tuesday

#### MONDAY/TUESDAY

#### **AARP - SMART DRIVER COURSE**

By: AARP Instructor School: Mohonasen High School Room: 62 Fee: Members \$25; Non-Members \$30 - **Must bring your AARP card & Driver's license and attend both nights** Length: 2 nights Dates: May 12 & 13 Class time: 6-9 p.m. Limit: 25

This is a 6-hour classroom refresher course for drivers 50 and over. The impacts of aging on driving are highlighted. A 10% discount on collision & liability and 4 points reduction available upon completion. A New York State driving license is required, please bring it to class. **Checks should be made out to AARP.** 



Tuesday

#### TUESDAY

#### **PAINT WITH PEGGY**

By: Peggy Porter School: Mohonasen High School Room: 67 Fee: **\$25 per class** Length: 1 night per painting Class Time: 6–9:30 p.m. Skill Level: All – Beginners welcome Limit: 8 students per class

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 paintby-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. Any level of painter will enjoy the classes. Look at photographs of the paintings at: www.paintwithpeggy.com and select which classes you want to attend. Try it! It's FUN! Peggy can be contacted @ paintwithpeggy@gmail.com or phone at 518-925-2238.

#### FEBRUARY 25: BREAKING TRAIL SUPPLY

#### Fee: \$30 (to be collected in class)

We live in the Great Northeast and can appreciate a beautiful winter's day. Cross-Country skiing anyone? No? Well then, let's stay inside and create a winter scene in a meadow with two crosscountry skiers! You will have fun creating clouds and trees with skiers who left their tracks in the fresh snow. Peggy will provide a simple pattern for the skiers, if desired.

#### MARCH 25: HAZY CITY MORNING SUPPLY

#### Fee: \$30 (to be collected in class)

Now we go to a city scene. It's early morning, and the city is covered in a light shroud of fog emanating from the river. We create a scene that appears as if we are standing on a riverbank looking across the river at the city from the opposite shore. The moon creates soft reflections in the quiet river. Peggy will provide a pattern for the city silhouette which you can change if you desire. This is a fun beginner painting

#### **APRIL 22: LAKESIDE RETREAT SUPPLY**

#### Fee: \$30 (to be collected in class)

This is a beautiful summer landscape of a view across a lake where there is a cabin nestled in the woods. You will paint a dirt road, water, reflections, a small cabin and more. Techniques covered in this workshop include blending, stippling trees & working in layers. This painting may look complicated, but Peggy guides you step by step through the process making it manageable and really rewarding.

#### **MAY 20: SUNSET SILHOUETTE SUPPLY**

#### Fee: \$30 (to be collected in class)

A great way to end the semester is with 'Sunset Silhouette. This striking landscape is painted on a black canvas using a limited palette of colors. You will create the tranquil beauty of a sunset reflecting on a serene lake. This painting has depth and the highlights on the shores create interest. capturing the essence of nature. The view across the lake with the backdrop of the setting sun is quite dramatic! Join us!

#### TUESDAY

#### **"TALK SAVES LIVES" AN INTRODUCTION TO SUICIDE PREVENTION**

**By: Thomas O Clair:** Retired NYS Office of Mental Health Advocacy Specialist II, Suicide Prevention Activist, American Foundation for Suicide Prevention (AFSP) Volunteer. School: Mohonasen High School Room: 62 Date: March 18 Class Time: 6–7:30 p.m. Fee: **Free** Limit: 20

Talk Saves Lives is the flagship suicide prevention training of AFSP. Attendees will learn suicide prevention through awareness, identifying the warning signs, statistics and dispelled myths concerning suicide.

Class is approx 1 1/2 hrs. Q&A to follow.

#### TUESDAY

#### **BEGINNING LINE DANCING**

By: Sue Kaupelis School: Pinewood Elementary School Room: Cafeteria Fee: \$50 Length: 7 weeks Time: 6-7:30 p.m. Start Date: February 25

Start with some basic steps – Learn some simple line dances for fun and exercise at the same time. If you are brand new, this class is for you! **ALL registrations must be mailed in.** 



# Tuesday

### TUESDAY

#### ZUMBA

By: Laurie Zinnershine School: Bradt Room: Gym SESSION 1: 6 weeks: 2/11, 2/25, 3/4, 3/11, 3/18, 3/25 Fee: R & NR \$48 – for Session 1

**SESSION 2:** 6 weeks: 4/8, 4/22, 4/29, 5/6, 5/13, 5/20 Fee: R & NR \$48 – for Session 2 Time: 6-7 p.m.

#### PLEASE LIST TUESDAY ON YOUR REGISTRATION

ZUMBA!<sup>®</sup> is a fusion of Latin, International and popular music/ dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party! **MUST PRE-REGISTER** 

#### TUESDAY

#### **MEDICARE 101**

By: James W. Farnham, MBA, MS School: ZOOM WEBINAR Fee: FREE Length: 1 night Date: March 18 Time: 6-8 p.m.

You must register in advance for this event. At the registration page, please fill in your first name only and leave your last name blank.

#### Please register at: https://bit.ly/3CmAG2Z

After registering, you will receive a confirmation email containing information about joining the webinar.

#### You are invited to a Zoom webinar!

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, High Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

#### TUESDAY

#### **NOTARY PUBLIC REVIEW WORKSHOP**

By: Victor Bujanow, CIC Zoom meeting Fee: \$55 Length: 1 Day Date: March 25 Time: 5:30-9 p.m.

#### Must Pre-register and provide email for Zoom invite

This workshop prepares you for the New York State 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 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 website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam.

**INSTRUCTOR:** Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years. In addition to the Notary Public Workshops he has been teaching Insurance Pre-Licensing Courses as well as Continuing Education courses at several New York State Colleges.



Wednesday

#### WEDNESDAY

#### **EXPANSIVE YOGA**

By: Antoinette Furbert, Certified Yoga Instructor, B.S. School: Pinewood Room: Gym SESSION 1: 5 weeks: 3/12, 3/19, 3/26, 4/2, 4/9 Fee: R & NR \$60

SESSION 2: 5 weeks: 4/23, 4/30, 5/7, 5/14, 5/21 Fee: \$60 (\$110 for both sessions) Class Time: 6-7 p.m. Level: MIXED

Come experience the benefits of a yoga practice that blends the Celebration of the Heart and the Science of Biomechanics. Expansive Yoga is a yoga practice which integrates the mechanical laws of movement with balanced energetic action in the performance of asana to tone muscles, increase strength and flexibility while increasing awareness and sense of wellbeing. Thus, each practice start with a heart-oriented theme that is intertwined with the postural instructions. Classes are dedicated to serving and empowering each student, while cultivating lighted heartedness, playfulness, and joyful awareness. Classes are designed using progressively sequencing instruction to assist students of all levels toward advancing their practice.

Expansive Yoga is absolutely perfect for everyone at every level!

#### WEDNESDAY

#### **BIRTHDAY CARD CLASS**

By: Joanne Mulligan School: Mohonasen High School Room: 68 Class Time: 6–8 p.m. Fee: \$25 Length: 1 Night Date: April 23 Level: Beginner to Advanced, all levels welcome

In this class you will create four birthday cards for everyone on your birthday card list; "One for women, one for men, two for anyone." Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com.

#### WEDNESDAY

#### 12" X 12"BIRTHDAY SCRAPBOOK CLASS

By: Joanne Mulligan School: Mohonasen High School Room: 68 Class Time: 6–8 p.m. Fee: \$25 Length: 1 Night Date: April 30 Level: Beginner to Advanced, all levels welcome

In this class you will be making a double page 12" x 12" layout perfect for preserving those birthday memories! Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. Please bring a pair of sharp scissors and adhesive to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com

#### WEDNESDAY

#### 12" X 12" FLORAL SCRAPBOOK CLASS

By: Joanne Mulligan School: Mohonasen High School Room: 68 Class Time: 6–8 p.m. Fee: \$25 Length: 1 Night Date: May 7 Level: Beginner to Advanced, all levels welcome

In this class you will be making a double page 12" x 12" layout perfect for any spring or summer layout. Although photos are not necessary, feel free to bring a selection of photos that you would like to use. We will be using stamps, ink and specialty paper for this project. Please bring a pair of sharp scissors and adhesive such as double-sided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com

#### WEDNESDAY

#### ALL OCCASION CARD CLASS

By: Joanne Mulligan School: Mohonasen High School Room: 68 Class Time: 6–8 p.m. Fee: \$25 Length: 1 Night Date: May 14 Level: Beginner to Advanced, all levels welcome

In this class you will be making four cards suitable for any occasion such as Get Well, Thank You, Thinking of You and Sympathy using rubber stamp images, inks, and specialty paper. Please bring a pair of sharp scissors and adhesive such as doublesided tape to class, all other supplies will be provided by the instructor. For any questions you can contact the instructor at jo@joscraftcorner.com



# Thursday

## ZUMBA

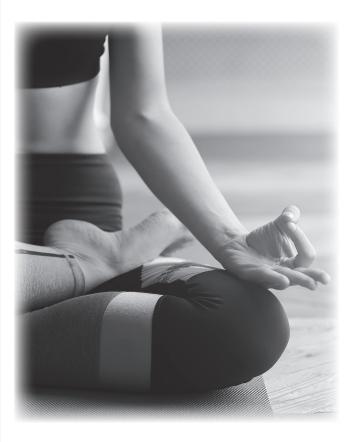
By: Laurie Zinnershine School: Bradt Room: Gym SESSION 1: 6 weeks: 2/13, 2/27, 3/6, 3/13, 3/20, 3/27 Fee: R & NR \$48 for Session 1

**SESSION 2:** 6 weeks: 4/10, 4/24, 5/1, 5/8, 5/15, 5/22 Fee: R & NR \$48 **for Session 2** Time: 6-7 p.m.

#### PLEASE LIST THURSDAY ON YOUR REGISTRATION

ZUMBA!<sup>®</sup> is a fusion of Latin, International and popular music/ dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party!

#### MUST PRE-REGISTER



Saturday

## SATURDAY

#### **MEDICARE 101**

By: James W. Farnham, MBA, MS ZOOM WEBINAR Fee: R & NR – Free Length: 1 night Date: April 26 Time: 10 a.m.-12 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

#### Please register at: https://bit.ly/4freeEO

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, High Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

#### SATURDAY

## SLOW FLOW YOGA: BREATH AND FLOW YOUR WAY TO BLISS!

By: Doreen Bishop, Certified Yoga Instructor,certified teacher training instructor, Reiki Master Teacher, Thai yoga Practitioner and Medical Assistant. School: High School Room: Cafeteria Fee: \$75 SESSION 1: 4 weeks: 2/15, 2/22, 3/1, 3/8 SESSION 2: 4 weeks: 3/22, 3/29, 4/5, 4/12 Time: 9-10 a.m.

Join us for a delightful journey of movement and mindfulness in our Slow Flow Yoga class! This isn't your typical rush-rush yoga session; we take a leisurely stroll through a series of fluid postures, inviting you to savor every stretch and breath.

Imagine flowing gracefully through gentle sun salutations, melting into calming seated postures, and discovering the joy of mindful movement. Our focus is on harmonizing breath with each pose, allowing you to release tension and find your inner zen.

Perfect for beginners or anyone seeking a peaceful escape, this class is your sanctuary to unwind, de-stress, and connect with your body. So grab your mat, bring your beautiful self, and let's flow at a pace that feels just right for you!

Dive into a world of calm and creativity—your yoga adventure awaits!



#### Please use separate form for each class and registrant. You may copy this form. PLEASE PRINT!

Course Title			
Dates Held or Session			
Your Name			
Street			
City		State	Zip
Phone (HOME)	(CELL)	(E-mail)	
School District of Residence			
Fee Paid \$		Check No.	
Course Title			
Dates Held or Session			
Your Name			
Street			
City		State	Zip
Phone (HOME)	(CELL)	(E-mail)	
School District of Residence			
Fee Paid \$		Check No.	
Course Title			
Dates Held or Session			
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Fee Paid \$		Check No.	



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Fee Paid \$		Check No.	
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Street			
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Phone (HOME)	(CELL)	(E-mail)	
School District of Residence			
Fee Paid \$		Check No.	
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School District of Residence			
Fee Paid \$		Check No.	



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ECRWSS

**POSTAL CUSTOMER** 

## MOHONASEN CONTINUING EDUCATION | SPRING 2025



**f** S www.**mohonasen**.org

IMPORTANT DATES

Classes begin the week of February 10, 2025 (unless otherwise noted).

## SCHOOL LOCATIONS

**Bradt Elementary** 2719 Hamburg Street, Schenectady, NY 12303

**Pinewood Elementary** 901 Kings Road, Schenectady, NY 12303

**Mohonasen High & Draper Jr. High** 2072 Curry Road, Schenectady, NY 12303

**CAT Building** 400 Warrior Way Schenectady, NY 12303

## **CONTACT US**

**Continuing Education Inquiries:** (518) 356-8303 **Email:** AdultEducation@mohonasen.org