

# Chatham Adult Ed



## Spring 2017 Course Information

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.

**REGISTRATION: 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.

### **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.

There will be no classes

on April 10 or  
the week of April 17

**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 registrants in sports and physical activities)

**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.**

**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 518-697-8227 or email [LitConnectNorth@aol.com](mailto:LitConnectNorth@aol.com)

### **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.

# Course Offerings

## MONDAY

### NYS Point & Insurance Reduction Defensive Driving” Program

**John Gelatt**

**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% 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.

Mon. & Wed., May 15 & 17, 6-9 pm \$45

### Driver Education -5-Hour Pre-Licensing Course

**John Gelatt**

**High School Room 113**

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.

Mon. & Wed., April 24 & 26, 6-8:30 \$35

### Juggling—You Can Do It!

**Ben Borkovitz**

**Meet in High School Lobby**

Learn the secrets of juggling and get one-on-one instruction from a Master Juggling teacher. Join the club—"it's easy when you know how!" This course is open to anyone who wants to learn, including people with prior juggling experience who want to improve their skills. Optional materials fee of \$20 for 3 beginning juggling balls (payable to the instructor at class).

Four sessions beginning April 24

Mon/Wed, 6-7 p.m. (2 Mon & 2 Wed) \$45

### Juggling—You Can Do It, Encore Session!

**Ben Borkovitz**

**Meet in High School Lobby**

This course is geared for people who have taken the first course and want to continue learning, as well as people who already have some training and want to explore new patterns, including juggling with a partner or partners.

Four sessions beginning May 8

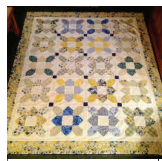
Mon/Wed, 6-7 p.m. (2 Mon & 2 Wed) \$45

### Prairie Flowers or Rhombus Cube QUILT

**Michelle Haner**

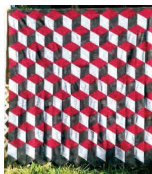
**High School Cafeteria**

In this class, you will learn basics of quilt making, including choosing fabrics, accurate cutting, sewing, and pressing, along with tricks and tips to give you a strong start in quilt making. Choose from two quilt quilts that are suitable for all skill levels. The patterns are from Missouri Star Quilt



Prairie Flowers

Company. The first quilt is based on an old pattern called "Prairie Flower" but we will give it an updated look using modern fabrics and layer cakes (10" pre-cut squares). The finished quilt measures 74" X 89½". The second option is the "Rhombus Cube." Don't let the look of this unique quilt scare you! There is not one single "Y" seam in this quilt; the secret is using a template for cutting. Finished quilt measures 80" X 80¾". Students must have a sewing machine (in good working order) that they can bring to each class starting with the 2nd class. Other supplies to bring: seam ripper, extension cord, rotary cutter, 6"x24" ruler, cutting mat (12" or larger preferred), pressing mat, iron, pins, and coordinating thread. The 1<sup>st</sup> class on March 13 will be an information session at 6 pm (not a full length class) to review materials/supplies you will need to purchase. Please indicate your quilt option on your



Rhombus Cube

registration form so a pattern and template will be ready for you on the 1st night at a cost of \$5 for Prairie Flower and \$17 for Rhombus Cube – payable to the instructor at class. Students are responsible for the cost of all fabrics and tools. For questions, call Michelle at 821-2451 or email shellhaner@yahoo.com. See larger photos on the adult ed link on the school website.

Eight sessions beginning March 13, Mondays, 6-9 p.m. \$50

### Healing with Whole Foods

**Ben Borkovitz**

**High School Room 107**

We live in a time of unsurpassed abundance of food choices. There's also a lot of conflicting information out there about what to eat and what not to eat. In this class we will explore many different natural foods currently available and how to use them. We will also explore techniques such as sprouting, blending, dehydrating and lacto-fermenting. Above all, since each of us has different needs, we will focus on what works for you and what doesn't. Classes will consist of lecture/discussion, demonstrations, recipe ideas and tastings! Please bring your questions and your hunger to learn. Included in this course fee is an optional 45 minute one-on-one consultation with the instructor, to be scheduled after the course begins. Fee of \$24 (for food) payable to instructor at first class.

Four sessions beginning March 13 Mondays, 6:30-8:30 p.m. \$60

### Adirondack Pack Basket

**Doug Perkins**

**High School Room 123**

There's nothing better than owning a beautiful handmade basket, especially one that you made yourself. This traditional Adirondack Pack Basket is approximately 16" tall with a solid wood base and cotton webbing straps for carrying. You'll find it useful for picnics, a trip to the beach, fishing, or as a room decoration. Participants should bring an awl, pencil, scissor to cut the reed, pocket knife, 5-gallon pail, and clothes pins or clamps to the first class.

All other materials will be provided for \$40, payable to the instructor on the first night. Weaving experience is helpful, but not mandatory. You can look at a larger, color photograph of this basket on the Adult Ed link on the school's website at



[www.ChathamCentralSchools.com](http://www.ChathamCentralSchools.com). Click on the "Adirondack Pack Basket" link.

Two sessions—March 20 & 22

Mon & Wed., 5:30-9:30 p.m. \$35

## FITNESS-(MONDAY)

### Fitness Walking Program

**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. Please register by completing the form on this brochure and sending it in or dropping it off with a \$5 annual registration fee to the Adult Education Office located in the M.E.D. Elementary Building.

### ZUMBA® Fitness with 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 in this or any exercise class.)*

Advance registration price for Monday night is \$56 for 8 weeks (\$7/night).

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

8 Nights beginning March 13 Mondays, 6:15—7:15 pm

# Course Offerings

## FITNESS-(MONDAY) Continued...

### 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.

**In Charge:** Ron Dixon

**Mondays, 7:30-9 p.m. - Starts immediately**

#### **PLEASE NOTE:**



**1. "NO PAY...NO PLAY" POLICY—MUST PRE-REGISTER & 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. Call 392-1501 if you have any questions. Send \$10 annual (school year) registration fee—must be paid before attending, along with name, 911 address, email address for notification of location changes, and telephone number to Chatham Adult Ed Office, CCSD, 50 Woodbridge Ave, Chatham, NY 12037.

## TUESDAY

### 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](http://www.voicecoaches.com).

One session on Tuesday, March 21,  
6:30-9 p.m.

\$35

### Getting It Together

**Doreen Oakley and Patricia Story  
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 March 14

Tuesdays, 6:30 - 8:30 p.m.

\$49

### Pie Basket

**Joyce Flower**

**High School Room 123**

Using a round wooden base and attaching a wooden handle to it, learn to weave this beautiful pie carrier basket, suitable for a large pie. We will use natural and dyed reed to give it a pleasing design and finish with a wrapped rim for a distinctive look. The basket is 12" round and 5" tall without the handle. To see a larger photo of this basket, go to the Adult Ed link at

[www.ChathamCentralSchools.com](http://www.ChathamCentralSchools.com). Please bring scissors, spring-type clothes pins, pencil, tape measure, and an old towel to class. All other materials will be supplied by the instructor for a fee of \$33, payable to the instructor on the first class night.

Two sessions on April 25 & May 2,

Tuesdays, 6-9 p.m.

\$30

### Understanding Stocks, Bonds & Mutual Funds

**Michael Sleasman**

**High School Room 117**

Learn the basics of stocks, bonds, and mutual funds, the staples of modern portfolios. This class outlines the differences between these various types of investments so you can best determine the right ventures for you. You will also be shown how proper asset allocation can lower your overall risk and increase your return. Track and monitor your investments with confidence as you plan your financial future. This class is strictly educational and there will be no attempt to promote any specific investments.

One session on Tuesday, March 28

6:30-8 pm \$9 per person or \$15 per couple

### Estate & Medicaid Planning

**Phillip Tribble, Esq.**

**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, March 21,

6:30-8:30 pm \$9 per person, \$15/couple

### Genealogy 101— For Beginners

**High School Room 102 (Computer Lab)**

**Michelle LeClair**

Learn how to uncover your family history. This course is to familiarize one with the terminology and on-site and online resources of genealogy—military records, immigration, census, vital records, local history, city directories, social security death index, newspapers, obituaries, church records, and more. Learn about the locations of these of sources and how to organize your findings. 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 beginning April 4

Tuesdays, 6-8 p.m.

\$30

### Genealogy 201— Intermediate

**High School Room 102 (Computer Lab)**

**Michelle LeClair**

Once you've tackled the basics of genealogy, you're ready to track down those elusive ancestors! In this course, we'll learn the techniques for searching and retrieving records, how to do the nitty-gritty work at libraries, courthouses, cemeteries, and other valuable resource locations. Then analyze what you've learned and how to put those pieces together to maximize your research. Genealogy 101 course or previous genealogy research experience is helpful. Please bring a USB flash drive with you to class—any size is fine.

Four sessions beginning April 25

Tuesdays, 6-8 p.m.

\$40

### Retirement Income Planning— Creating Your Personal Pension

**Michael Sleasman**

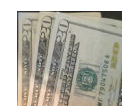
**High School Room 117**

The media speaks often about the retirement crisis facing Americans. This class attacks that crisis by arming attendees with an action plan for predictable retirement income. For most, an ideal retirement is funded by steady income without having to work. Along with social security benefits, money in annuities, IRAs, 401(k)s, 403(b)s, CDs and cash, can all be used to create an income plan to fund the retirement of your dreams. In an era where many traditional corporate pension plans are closing, a wise retirement income plan is essential. This timely class will help attendees to understand how annuities and other investments can create your "personal pension," a retirement income stream to give you peace of mind.

One session on Tuesday, March 21

6:30-8 pm

\$9 per person or \$15 per couple





# Course Offerings

## First Aid Course

**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 two evenings 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 \$5 to class for card.

Class size limited to 10.

One session on Tuesday, May 2, 6-9 p.m. \$30

## FITNESS—(TUESDAY)

### Tai Chi For Fun & Health

**Judith Occhipinti**

**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 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 March 14

Tuesdays, 6:30-7:45 p.m. \$60

## **WEDNESDAY**

### CPR and AED Training

**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 \$5 to class to pay for card. Class size limited to 6. Two-night class on Wed/Thurs



April 12 & 13, 6-8 pm \$35

### What Wall Street Does Not Want You to Know When Investing Your Money

**High School Room 110—Rick Nathan**

Do you have some money to invest? This fact-packed seminar is a must for those who want to learn how NOT to be ripped off when buying/leasing cars, buying insurance, investigating in long-term care insurance, and investing with or without a financial planner. After taking this course you will have the confidence to invest on your own or find a financial planner who truly wants to work for YOU. *Optional materials fee of \$20 payable to instructor at class.*

Wednesday, April 5, 6-8 pm \$45

### Entrepreneurship—Starting a Business with Little Money Down

**High School Room 117—Bev Nathan**

In this lively and informative seminar you will learn behind the scenes practical information on how to start a successful home-based, second-income business that may grow into a full-time business. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will learn how to avoid making major financial mistakes. Franchising information will also be discussed. *Optional materials fee of \$20 payable to instructor at class.*

Wednesday, April 5, 8-10 pm \$45

### How to Drastically Cut Costs in Difficult Times

**High School Room 117—Bev Nathan**

If you are trying to drastically cut costs because your retirement plan or savings plan has lost a lot of money, or you want to learn how to save thousands of dollars, this course is for you. We will discuss ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving money when buying a car, home & life insurance, methods to reduce your school and county taxes, and taking advantage of the many money saving websites. *Optional materials fee of \$20 payable to instructor at class.*

Wednesday, April 5, 6-8 pm \$45

### Getting Great Real Estate Deals

**High School Room 110—Rick Nathan**

There are some excellent deals in real estate. The instructor is a consumer advocate, not a real estate agent, who will teach you the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, and buying for no money down. He will show you how to buy or sell investment property, primary homes, multi-families and vacation homes. You'll learn how to research property at the tax assessor's and county clerk's office on the Internet. There will be discussion about how to sell your home with or without a realtor. *Optional materials fee of \$20 paid to instructor at class*

Wednesday, April 5, 8-10 pm \$45

### Savvy Social Security Planning

**Chelsea Whiteman & Daria Schumacher**

**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 Wednesday, April 12.

6:30-8:00 p.m. \$9 per person or

\$15 per couple

*(Same class will also be held on Thursday, March 16. Please specify which night when*

### Intro to "A Course In Miracles"

**Ben Borkovitz**

**High School Library**

In this course we will review and discuss the work titled, "A course in Miracles" (ACIM) as well as learn the amazing story of how it came into being. Through guided meditation, reading and discussion, the aim of this course is to: 1) gain a basic understanding of ACIM; 2) learn to effectively work with the material, if so desired; 3) learn about other authors' work based on ACIM that may be helpful to start with; 4) experience a profound sense of peace and love that you can bring into your daily lives to the benefit of all of your relationships. ACIM has been translated into over 20 different languages. While words in a book can't truly teach, there is a feeling that is communicated through ACIM that is powerful and transformative. For more information visit [www.acim.org](http://www.acim.org). It is recommended that participants bring a blank notebook/pen and wear comfortable clothing. *Optional materials fee, for a copy of ACIM, will be discussed during the first class.*

Three sessions beginning March 15

Wednesdays, 7:30-9 p.m.

\$35

### ABC Women's Self Defense—

#### For Moms and Daughters

**The Modern Self Defense Academy with Daniel Tuczinski & John Borter**

**MED Elementary School Gymnasium**

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 Dept 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 at [www.modernselfdefenseacademy.com](http://www.modernselfdefenseacademy.com)

One class on Wednesday, May 3, 6-9 pm



# Course Offerings

## FITNESS-(WEDNESDAY)

### Insanity® Live!

#### MODIFIED

Peggy Mackerer

MED Elementary School Cafeteria



Get ready to dig deeper! Insanity LIVE is the revolutionary, high-intensity interval training, total body conditioning program developed

and regulated by Shaun T.—creator of INSANITY. It is based on the principals of MAX Interval Training which is a safe, challenging and results driven experience. This program will be modified for those needing modifications—available for ALL fitness levels. You do what you can, as much as you can!! No jumping required! Classes will last about 1 hour. Bring lots of water, a yoga mat or towel, wear sneakers and dress to sweat! *(It is recommended that you obtain your doctor's approval before participating in this or any exercise class.)* Advance registration price is \$56 for 8 weeks. Walk-ins are welcome at a cost of \$9/night.

8 Nights beginning March 15

Wednesdays from 6:15-7:15 pm

### Adult Coed SOCCER (for men/women)

In Charge: Kevin Simmons

Middle Sch Gym -(or outside, weather permitting)

Open to any interested adult with a basic knowledge of soccer rules/regulations. No instruction is given. Teams are not permanent. No bodily injury or accident insurance is included. 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. Will play outdoors when weather permits.— Provide email address so Kevin can email changes in location.

Wednesdays, 7:30 – 9 p.m.

## THURSDAY

### Medicare 101

Patrick Bender

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 May 11,

Thursday, 7-9 pm

\$9 per person or \$15 per couple

### Savvy Social Security Planning

Chelsea Whiteman & Daria Schumacher  
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, March 16, 6:30-8:00 p.m.

\$9 per person or \$15 per couple

*(This same class will also be held on Wednesday, April 12. Please specify which night when registering.)*



### Notary Public Review Workshop

Victor Bujanow

High School Room 110

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 Thursday, March 30, 6-9 pm

\$49 per person

### Decluttering & Organizing Basics

Julie Ulmer

High School Room 107

In this class, participants will learn some of the basic reasons why Americans have difficulty with clutter and disorganization, how to identify what constitutes clutter for them, and how to begin the process of shedding unwanted belongings and organizing what remains. No supplies are necessary, but note taking is suggested. (see photo on the adult education page of the school's website @ [www.ChathamCentralSchools.com](http://www.ChathamCentralSchools.com))

One session Thursday, April 27, 6-9 p.m.

\$33/person (\$30 if register for both decluttering courses)

### Decluttering & Downsizing for Seniors

Julie Ulmer

High School Room 107

This class follows up on basic decluttering and organizing principals with an emphasis on how seniors can begin the downsizing process and/or age in place safely. 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 Thursday, May 4, 6-9 p.m.

\$ 33/person (\$30 if register for both decluttering courses)

## FITNESS-(THURSDAY)

### ZUMBA® Fitness with Jocelyn Morse

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 out 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 in this or any exercise class.)* Advance registration price for Thursday night is \$56 for 8 weeks (\$7/night). Walk-ins are welcome at a cost of \$9/night. Eight nights beginning March 16 Thursdays from 6:15—7:15 pm

# Chatham Adult Ed Spring Courses at a Glance

A detailed description of the courses below can be found at [www.ChathamCentralSchools.com](http://www.ChathamCentralSchools.com), then click on the Adult Ed link, or by calling Ann at 392-1501.

## **Don't wait to register! Classes begin the week of March 13th**

### *Monday*

NYS Point & Ins. Reduction 6-hour Course, Monday/Wednesday, May 15 & 17, 6-9 pm  
Driver Ed Pre-Licensing 5-hour Course, Monday/Wednesday, April 24 & 26, 6-8:30 pm  
Juggling—You Can Do It!, starting Monday, Apr 24 (2 Mon & 2 Wednes), 6-7pm  
Juggling—You Can Do It, Encore Session!, starting Monday, May 8 (2 Mon & 2 Wednes), 6-7 pm  
Prairie Flowers or Rhombus Cube Quilt, starting Monday March 13, 6-9 pm  
Healing with Whole Foods, starting Monday, March 13, 6-9 pm  
Adirondack Pack Basket, Monday/Wednesday, March 20 & 22, 5:30-9:30 pm  
Fitness Walking Program, Monday through Friday, 5-7:30 pm @ CHATHAM HIGH SCHOOL  
ZUMBA Fitness, (with Ida Drake), starting Monday, Monday, March 13, 6:15-7:15 pm  
Adult Men's Basketball for District Residents Only (age 21 & over), starting immediately, 7:30-9 pm

### *Tuesday*

Professional Voiceovers: Getting Paid to Talk, Tuesday, March 21, 6:30-9 pm  
Getting it Together, starting Tuesday, March 14, 6:30-8:30 pm  
Pie Basket, Tuesdays, April 25 & May 2, 6-9 pm  
Understanding Stocks, Bonds & Mutual Funds, Tuesday, March 28, 6:30-8 pm  
Estate & Medicaid Planning, with Phillip Tribble, Esq., Tuesday, March 21, 6:30-8:30 pm  
Genealogy 101 (beginners), Tuesdays, April 4 & 11, 6-8 pm  
Genealogy 201 (intermediate), Tuesdays beginning April 25, 6-8 pm  
Retirement Income Planning: Creating Your Personal Pension, Tuesday, March 21, 6:30-8  
First Aid Course, Tuesday, May 2, 6-9 pm  
Tai Chi for Fun & Health, starting Tuesday, March 14, 6:30-7:45 pm

### *Wednesday*

CPR & AED Certification, Wednesday/Thursday, April 12 & 13, 6-8 pm  
Wall Street Secrets When Investing Your Money, Wednesday, April 5, 6-8 pm  
Entrepreneurship, Starting a Business, Wednesday, April 5, 8-10 pm  
How to Drastically Cut Costs in Difficult Financial Times, Wednesday, April 5, 6-8 pm  
Getting Great Real Estate Deals, Wednesday, April 5, 8-10 pm  
Savvy Social Security Planning, Wednesday, April 12, 6:30-8 pm  
Intro to "A Course In Miracles", starting March 15, 7-9 pm  
ABC Women's Self Defense for Moms & Daughters, Wednesday, May 3, 6-9 pm  
Insanity® Live! (Modified) Wednesdays starting March 15, 6:15-7:15  
Adult Coed Soccer, starting immediately, 7:30-9 pm (CMS Gym—as available; outside weather permitting)

### *Thursday*

Medicare 101, Thursday, May 11, 7-9 pm  
Savvy Social Security Planning, Thursday, March 16, 6:30-8 pm  
Notary Public Review Workshop, Thursday, March 30, 6-9 pm  
Decluttering & Organizing Basics, Thursday, April 27, 6-9 pm  
Decluttering & Downsizing for Seniors, Thursday, May 4, 6-9 pm  
ZUMBA Fitness, (with Jocelyn Morse), starting Thursday, March 16, 6:15- 7:15 pm



# Instructors—Spring 2017

## **Patrick Bender**

Medicare 101

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.

## **Ben Borkovitz**

Juggling

Ben is a Master Juggling Teacher. He has taught 1000's of people of all ages, skill levels, and backgrounds to juggle, and has done hundreds of performances. His juggling classes include many entertaining stories from the juggling world and beyond, relevant to the moment.

## **Ben Borkovitz**

A Course in Miracles ACIM

Ben has been working with the material in ACIM for the past 25 years. He has a Facilitator Training Certificate from Pathways of Light, ([pathwaysoflight.org](http://pathwaysoflight.org)), a spiritual college based upon ACIM, whose purpose is to connect attendees with their own inner wisdom.

## **Ben Borkovitz**

Whole Foods

Ben has been on a healthy food journey since he was a teenager. He has over 20 years experience in the organic/natural foods world, including managing organic farmer's market stands for over 10 yrs, and has helped hundreds of people find new & healthy ways to nourish themselves & their families.

## **John Borter & Dan Tuczinski**

**The Modern Self-Defense Academy**

Women's Self Defense

John is a 6th degree black belt and holder of multiple black belts in martial arts styles and systems and an inductee in the World Martial Arts Hall of Fame. Dan has black belts in 2 different martial arts systems, a high brown belt in another and has been involved in martial arts and self-defense training for 15 years. The Academy has taught hundreds of women including law enforcement officials and teachers how to defend themselves.

## **Victor Bujanow, Cert Insurance Counselor (CIC)**

Victor 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.

## **Ida Drake**

Zumba® Fitness—Mondays

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.

## **Joyce Flower**

Pie 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.

## **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.

## **Peggy Mackerer**

Insanity® Live! MODIFIED

Peggy is a certified Insanity Live instructor. She currently works at the VA Medical Center in Albany. She is a Team Beachbody coach who loves to motivate and help others to get fit and eat healthy. Peggy is a Hudson High graduate and currently lives in Ghent, with her husband Tom, and her two children, Sam and Jon (CHS graduates).

## **Jocelyn Morse**

Zumba® Fitness—Thursdays

Jocelyn is a graduate of Chatham HS. She is employed at Barnwell Nursing and Rehab in Valatie as a certified occupational therapy assistant, as well as being a full-time mother of two. Jocelyn has been licensed to teach Zumba fitness, Zumbatonic, Zumbatoning, and Zumba sentao since May 2011.

## **Bev Nathan**

Cutting Costs & Entrepreneurship

Bev is a successful business person who started a part-time business in her home over 25 years ago and is now a full-time business owner. She worked at a credit union dealing with financial issues. She is a consumer advocate whose purpose is to help protect consumers.

## **Rick Nathan**

Wall Street Secrets & Real Estate

Rick has been buying and selling real estate, and investing wisely for over 25 years. He is not a realtor or a commissioned financial planner, just a consumer advocate whose motive is to help individuals protect their financial interests.

## **Doreen Oakley**

Getting It Together

Doreen worked for Columbia County ARC for over 17 years. She currently works at Mental Health Association of Columbia and Greene Counties as a program director.

## **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.

## **Doug Perkins**

Adirondack Pack Basket

Doug has been a basket weaver for over 17 years and specializes in Adirondack pack baskets. For several years, he has demonstrated his art of basket weaving at the Columbia County Fair.

## **Michael Slesman**

Stocks/Bonds, Retirement Income Planning

Mike is a Certified Financial Planner™ at Halliday Financial in Albany whose passion is working with individuals who are dedicated to having their money work within their own defined system of values. Mike also serves his community as a Professional Firefighter and member of the I.A.F.F.

## **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**

Decluttering

Julie is a Professional Organizer and owner of Minding Your Manor since 2003. A service that helps people and small businesses with decluttering, organizing, productivity and moving/relocation. She is a member of the Natl Assoc. 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](http://www.voicecoaches.com)).

## **Chelsea Whiteman & Daria Schumacher**

Savvy Social Security Planning

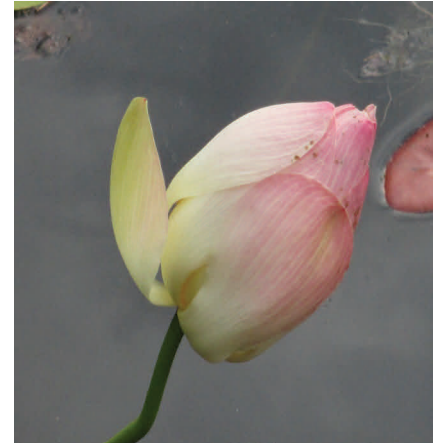
Chelsea & Daria want to make sure that no matter what life bring, their clients have them as a trusted resource to continue to guide them in attaining their financial goals. Most importantly, Chelsea & Daria specialize in listening to their clients, assessing their needs, and taking the time to discuss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

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# Spring 2017

**Pre-register by mail before the first class night.  
Late registrations will be accepted if course is not filled  
(If registering late, please call 392-1501 or email [flanagana@chatham.k12.ny.us](mailto:flanagana@chatham.k12.ny.us))**

**Please call 392-1501 or email [flanagana@chatham.k12.ny.us](mailto:flanagana@chatham.k12.ny.us) if registering late 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.**

**Please use a separate registration section below and separate check for each course.** Checks should be made payable to "Chatham Central School." **Mail to:** Continuing Education Program, Chatham Central School, Chatham, NY 12037; or you may pay in person at the Superintendent's Office located in the M.E.D. Elementary School. For security purposes, please call before you come so we can let the receptionist know you'll be arriving (392-1501). We accept cash or personal checks. Sorry, but we do not accept credit cards. **Please do not send cash through the mail.**

**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.**

Name (please print) \_\_\_\_\_ Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Telephone No. \_\_\_\_\_ Course \_\_\_\_\_

Check for \$ \_\_\_\_\_ enclosed. Do not include materials fee. *In case of cancellations, it is advisable to write a separate check for each course.*

Name (please print) \_\_\_\_\_ Email Address \_\_\_\_\_

Mailing Address \_\_\_\_\_

Telephone No. \_\_\_\_\_ Course \_\_\_\_\_

Check for \$ \_\_\_\_\_ enclosed. Do not include materials fee. *In case of cancellations, it is advisable to write a separate check for each course.*