

■ continuing education ■



**DON'T DELAY!  
Register early  
by mail**

# SOUTH COLONIE

Program of Continuing Education



Visit us on the web at —  
[www.southcolonieschools.org](http://www.southcolonieschools.org)

**SPRING** ■

continuing education  
semester 2012

## Special One-Day Bus Trips

**PLEASE NOTE: No one under the age of 16 will be allowed on these trips. All passengers MUST provide name, address and phone number.**

**NEW YORK CITY -  
Saturday, May 12  
Fee \$45.00**

**Leave:** Sand Creek School at 7AM  
**Arrive:** NYC - Vicinity of Grand Central Station at 10:30AM  
**Leave:** Drop-off location at 7PM  
**Arrive:** Sand Creek School at 10:30PM  
Passengers may choose to visit a museum, take in a Broadway play, or be on their own for an unguided day in New York City. What a great Mother's Day gift!

**BOSTON -  
Saturday, June 2  
Fee \$45.00**

**Leave:** Sand Creek School at 7AM  
**Arrive:** Quincy Market at 10:30 AM  
**Leave:** Quincy Market at 7PM  
**Arrive:** Sand Creek School at 10:30PM  
Passengers may choose to go to the aquarium or be on their own for an unguided day in Boston.

**Registration form is found on page 7 or can be downloaded from the district web site.**

All buses will depart from and return to Sand Creek Middle School at the designated time. You may leave your car in the school parking lot. Reservations are taken by mail any time, or in person during stated registration periods. No refunds or credits will be given. **No one under the age of 16 may participate.** Students age 16 and older must be accompanied by a parent or guardian on trips. There is no fee waiver for Senior Citizens on bus trips.

# South Colonie

SPRING SEMESTER

2012

## Program of Continuing Education

### HOW TO REGISTER FOR CLASSES

Mail in your registration by January 13, or register in person at:

When: January 9-12 (Monday - Thursday)  
9 AM - Noon  
1 PM - 3 PM  
January 11 (Wednesday evening) 4 - 6 PM

Where: South Colonie District Office  
102 Loralee Drive  
Albany, New York 12205

**Mail-in  
registration  
is on going.  
Don't delay!**

If you register for a course that is subsequently cancelled due to insufficient enrollment, you will be notified by telephone or mail and receive your refund by mail. **No other refunds will be given.**

For additional information call 869-3576, ext. 2443, MONDAY - FRIDAY from 9 A.M. - NOON and 1 P.M. - 3 P.M.

**It is not possible to register by telephone, and ALL classes are filled on a first-come, first-served basis.**

Fill out the enclosed registration form insert, enclose correct fee, make checks payable to South Colonie Central School District.

Mail to: Coordinator of Continuing Education  
South Colonie District Office  
102 Loralee Drive  
Albany, NY 12205

**No notification will be sent to registrants unless the course is cancelled, and remember — classes must have sufficient registrants by January 13 to avoid cancellation.**

## SPRING CALENDAR

Classes Begin	Monday	Tuesday	Wednesday	Thursday
Jan./Feb.	23 30 6 13 X	24 31 7 14 X	25 1 8 15 X	26 2 9 16 X
Feb./March	27 5 12 19 26	28 6 13 20 27	1 7 14 21 28	2 8 15 22 29
April	2 X 16 23	3 X 17 24	4 X 18 25	5 X 19 26
April/May	30 4	1 5	2 6	3 7

**X - School Holiday - No Classes**

**NOTE: Some classes go beyond these dates, others begin earlier. Whenever schools are closed during the day due to inclement weather, classes will not meet that evening. In the event of inclement weather later in the day, announcements will be broadcast over local radio and television stations for evening closings, and on the South Colonie web site at [www.southcolonieschools.org](http://www.southcolonieschools.org).**

### ELIGIBILITY

Registration is open to all adults, both residents and nonresidents of South Colonie. Registrants must be 21 years of age or older, unless otherwise stated in the class description.

### ENROLLMENT

Because Continuing Education is a self-sustaining program it is necessary to have a minimum of 12 full-fee participants enrolled in a course before it can be held. All courses are filled on a "first come, first served" basis.

### PARKING

All vehicles must be in designated parking areas only, NOT IN CIRCLES. VIOLATORS MAY BE TICKETED OR TOWED.

### INSTRUCTORS AND CLASSES

We retain our Continuing Education instructors to teach a course in their field of expertise. The instructors are not permitted to use Continuing Education classrooms for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given within or beyond the classroom setting and the course curriculum material.

### SENIOR CITIZENS

Residents of Colonie, age 60 or older, with a Colonie Senior Courtesy Card will be entitled to reduced or free registration in certain classes with a minimum of 12 paid registrants. Courtesy Cards may be obtained at the District Office, Beltrone Senior Center or Colonie Town Hall with appropriate proof of age and residency during regular business hours. Additional fees for books and materials are not waived for senior citizens.

### GENERAL EQUIVALENCY DIPLOMA PROGRAM

This program is offered by the Capital Region BOCES for all students 18 or older who lack a high school diploma and have left school. The program features instruction by a certified teacher in the five areas of study to prepare for the GED exam. Initial assessment is done to determine the student's needs, and an individualized education plan is developed to accommodate each student. In addition, employment preparation skills are offered to those students who are entering the work force. Call 862-4707 to register.

### GRASP ... A GED HOME-STUDY PROGRAM

*Available in English*

This special program is offered by the Capital Region BOCES for adults 21 years of age and older who cannot attend classes. Individualized packets of instruction are delivered to the library nearest your home every two weeks for you to pick up. You work at home at your own pace, and may call your teacher at BOCES if you need help or have questions. At the end of the two weeks, you return your packet to the library and pick up your next assignments. The program is free and you may register by calling Adult Education at 862-4707 between 8 a.m. and 3:30 p.m.

### ESOL (*English for Speakers of Other Languages Class*)

The Capital Region BOCES conducts classes for all levels of non-English speakers who need further study in English reading and writing. You will also learn about American traditions and customs. The program is free to adults 21 years and older. Call 862-4707 to register.

### ESOL HOME STUDY PROGRAM

*(English for Speakers of Other Languages)*

The Capital Region BOCES offers a program that allows non-native English speakers who are 21 years of age or over to study English at home. Individualized packets of instruction are delivered to the local library nearest your home every two weeks. You pick up the packet, complete the work, and return it to the library on the next scheduled date. You may call your teacher at BOCES if you need help during the two weeks. This program is free to students 21 years and older. To register, call 862-4707.

# Special One-Night Classes

## UNDERSTANDING TAXES

*Instructor: Brijen Dayal*

**Jan. 25 - Wednesday \$10**

6:30 - 7:30 PM Room 106 - Sand Creek Middle

You will learn how to complete forms W-4 and W-9 and learn why it is important to complete them correctly, as they relate to how they will affect your income taxes. In this session you will learn what information is needed to complete your tax return. You will also learn to be prepared when you are doing your taxes, on your own or with you tax specialist. For a free review of last year's return, please bring a copy. **Colonie Senior Courtesy Card Fee - \$5.**

## HOME BUYER'S WORKSHOP

*Instructor: Carol North*

**Jan. 31 - Tuesday \$10**

7 - 9 PM Room 115 - Colonie High

It's a buyer's market. Stop paying thousands of dollars in rent and buy a home you can call your own. This course provides a potential buyer with all of the tools needed to make the home purchasing process exciting and rewarding. Topics will include financing and mortgages, closing costs, home inspections, attorney fees, and the benefits of working with a "Buyers agent." Get your questions answered and turn your dream of home ownership into a reality.

## BASIC INDOOR GARDENING

*Instructor: Katherine Dineen*

**Feb. 2 - Thursday \$15**

6:30 - 8:30 PM Room 107 - Sand Creek Middle

Want to have fresh herbs year-round, some cheery flowering plants blooming while the snow piles up outside? Learn how to bring in those plants to extend the growing season or make your indoor plants happier and healthier during those cold dark winter days. A \$4 materials fee will be collected by instructor. **Colonie Senior Courtesy Card Fee - \$10.**

## RUBBER STAMPING - ALL OCCASION CARDS

*Instructor: Ann Burns*

**Feb. 7 - Tuesday \$20**

6:30 - 9 PM Room 107 - Colonie High

Come experience the fun of creating your own hand stamped cards. You will be amazed at how easy it is to make beautiful cards. We will make five different occasion cards using different stamping techniques and accessories. No prior stamping experience is necessary; come and have fun Please bring scissors and double sided tape or a glue stick. Materials fee of \$8 is payable to the instructor. **Colonie Senior Courtesy Card Fee - \$15.**

## GETTING PAID TO TALK

*Instructor/Voice Coaches: TBA*

**Feb. 8 - Wednesday \$20**

6:30 - 9 PM Room 110 - Colonie High

Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voice over 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, and how to be successful and earn great income in this exciting field. Students will have an opportunity to ask questions and hear examples of demos recorded by professional voice actors. Students will have a chance to record a commercial script under the direction of our Voicecoach.com producers. **Colonie Senior Courtesy Card Fee - \$15.**

## INSTANT PIANO FOR HOPELESSLY BUSY PEOPLE

*Instructor: Florence Shaw*

**Feb. 8 - Wednesday 6 - 9 PM \$20**

Room 187 - Colonie High

You do not need years of weekly lessons to learn piano. You can learn enough in this one workshop to play almost any song on the piano with two hands. Students may then go on to perfect their technique at home using a home-study CD designed by the instructor. This is the system the pros use — chords, not tedious note reading. In just half a day you can learn enough secrets of the trade to give you years of musical enjoyment. Total beginners should request a free pamphlet by sending a self-addressed, stamped envelope to Florence Shaw, 1667 Central Ave., Albany, NY 12205. A \$30 materials fee for the textbook and CD will be collected by instructor. **Colonie Senior Courtesy Card Fee - \$15.**

## I'M DREAMING OF A HUMMINGBIRD/BUTTERFLY GARDEN

*Instructor: Katherine Dineen*

**Feb. 13 - Monday 6:30 - 8:30 PM \$15**

Room 107 - Sand Creek Middle

Ever want to get those lovely jewels to visit your garden but don't know how to do it? Learn how to plan and what to plant in your garden to attract these flying flowers. A \$4 materials fee will be collected by instructor. **Colonie Senior Courtesy Card Fee - \$10.**

## INTRODUCTION TO ENERGY FOR HEALTH & HEALING

*Instructor: Jack Treiber*

**Feb. 13 - Monday \$20**

6:30 - 9 PM Room 110 - Colonie High

Energy is the vital life force that activates every function and drives every process in the human body. Learn about your energy system and why it is so important to your physical, emotional and spiritual health. The instructor will teach you a powerful and practical acupressure tapping technique that you can use to help you feel better, by releasing stress, boosting your energy level, and releasing the energy disruptions blocking good physical and emotional health. He will also perform a brief energy assessment on an individual's system, and will also demonstrate how energy testing can be used to assess the compatibility of foods and substances with a person's body. **Colonie Senior Courtesy Card Fee - \$15.**

## THE GOOD...THE BAD...THE ANNUITY

*Instructor: Frank T. Guiffre*

**Feb. 15 - Wednesday \$10**

6:30 - 8 PM Room 116 - Colonie High

The Annuity or "personalized pension" as it is called has been an investment vehicle long since insurance companies have been around. Years ago, the word "annuity" made people cringe. To this day the stereotype of high fees, liquidity and bad investments still linger. BUT THERE'S HOPE! The more recent annuities are now more revised, highly regulated, lower fees and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass it along to your loved ones.

## LOCKER HOOKING

*Instructor: Katherine Dineen*

**Feb. 16 - Thursday \$15**

6:30 - 8:30 PM Room 107 - Colonie High

Want to find something to do with all those extra fabric scraps that you feel guilty throwing away? Try locker hooking! This is a fun and easy technique that uses rug canvas, a special hook, fabric, yarn or wool roving to make coasters, chair pads, rugs and whatever your imagination can come up with. Supplies needed: rug canvas, about one yard to start off with, natural fibers only — cotton, three different colors of half-yard/fat quarters, wool yarn or wool roving — three skein/packages (different colors), locker hook, scissors or rotary cutter, self healing mat (for rotary cutter) and quilter's ruler (for rotary cutter). **Colonie Senior Courtesy Card Fee - \$10.**

## DESIGN TIPS SHARED FROM BEFORE AND AFTER GARDEN RENOVATIONS

*Instructor: Kerry Mendez*

**March 1 - Thursday \$15**

6 - 8 PM Room 115 - Colonie High

This eye-opening PowerPoint lecture features landscape transformations of Perennially Yours over the past decade. The gardens of Perennially Yours have been featured in national magazines including Horticulture, Fine Gardening, Garden Gate and a special edition of Better Homes and Gardens. The talk includes design tips as well as recommended perennials, shrubs and annuals. **Colonie Senior Courtesy Card Fee - \$10.**

## UNDERSTANDING STOCKS, BONDS & MUTUAL FUNDS

*Instructor: Frank T. Guiffre*

**March 1 - Thursday \$10**

6:30 - 8:30 PM Room 116 - Colonie High

Learn the basics of stocks, bonds and mutual funds, the true backbone of most portfolios. Discover how to use the Internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational with no attempt to promote any specific investment.

## RUBBER STAMPING - SPRING HOLIDAY CARDS AND GIFTS

*Instructor: Ann Burns*

**March 7 - Wednesday \$20**

6:30 - 9 PM

Room 107 - Colonie High

In this class we'll look forward to the warmer weather and holidays that will be approaching. We will make a couple of cards in honor of spring and Easter, along with some cute and easy candy containers for the special people we like to treat. Materials fee of \$10 is payable to the instructor. **Colonie Senior Courtesy Card Fee - \$15.**

## PUT YOUR RETIREMENT ON THE RIGHT TRACK

*Instructor: Frank T. Guiffre*

**March 12 - Monday \$10**

6:30 - 8 PM

Room 116 - Colonie High

Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work or pursuit of your favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement.

## BIRDING 102: FINDING AND IDENTIFYING SPRING BIRDS

*Instructor: Scott Stoner*

**March 20 - Tuesday \$15**

7 - 9 PM

Room 104 - Sand Creek Middle

Spring is a great time to look for birds. As spring approaches, many birds migrate through the Capital Region. In this two-hour classroom workshop we will discuss places to go, and how to identify common types of spring birds. We'll cover the basics of binoculars and field guides and practice an approach that will help you identify birds in the field. \$1 materials fee payable to instructor at class. **Colonie Senior Courtesy Card Fee - \$10.**

## FAQ'S OF LONG-TERM CARE INSURANCE

*Instructor: Frank T. Guiffre*

**March 21 - Wednesday \$10**

6:30 - 7:30 PM

Room 116 - Colonie High

Staying out of nursing home care is the hottest topic in the industry today. This one night, one hour course will offer you information on the Frequently Asked Questions of Long Term Care. Find out the "must-knows" of long term care. Is it right for you? When should you purchase it? What does it cover? ... and more. This course will present a basic understanding without the overload of information that will allow you to be conversational on the topic everyone wants to hear about. Folders and handouts will be distributed with more indepth information to read at your convenience. **Colonie Senior Courtesy Card Fee - \$15.**

There are more special one-night classes listed on page 4 ...

# More special one-night classes

## WEALTH ACCUMULATION: WHAT SHOULD HAVE BEEN A DINNER TABLE CONVERSATION

*Instructor: Frank T. Guiffre*

**April 3 - Tuesday** \$10

6:30 - 8 PM Room 116 - Colonie High

What does it take to be wealthy? What do "rich people" do — that ordinary middle class have not done — but can do? What decisions are made by wealthy individuals and how are these decisions executed? What is their thought process and how do financial decisions affect retirement and our desires to create a financial legacy in the future? These questions provide a thought-provoking framework for classroom discussion while we examine the complexities of advanced financial planning and decision making involved with wealth accumulation and preservation. This course will highlight the importance of comprehensive financial planning, demonstrating how investment allocation, tax considerations, insurance needs, and estate planning work together to provide necessary elements for financial success.

## REIKI

*Instructor: Suzanne Amsler*

**April 18 - Wednesday** \$15

6:30 - 8:30 PM Room 122 - Sand Creek Middle

Reiki is a non-intrusive method of hands on healing, improving health and quality of life. It activates the release of blocked energy, which restores and balances the body and mind. Get information and background on Reiki, and an opportunity to experience Reiki energy. **Colonie Senior Courtesy Card Fee - \$10.**

## IMPORTANT LEGAL DOCUMENTS

*Instructor: Patricia Morrissey, Esq.*

**April 23 - Monday** \$15

7 - 9 PM Room 114 - Colonie High

This course on wills, health care proxies, power of attorney and living wills will explore the statutory requirements for proper drafting, execution and implementation of each of these documents. The impacts that result either in the absence of these documents at the time of death or the improper execution of them will be discussed. **Colonie Senior Courtesy Card Fee - \$10.**

## TAROT CARDS

*Instructor: Michael Clarkson-Hendrix, PhD, LCSW*

**April 24 - Tuesday** \$15

6:30 - 8:30 PM Room 112 - Colonie High

Tarot reading does not have to be complicated or intimidating. In this fun, activity-based class, participants will learn 10 easy strategies for reading a Tarot card without having to rely on a book. Learning these simple strategies will enhance your intuition while reading the cards will expand your awareness of what the cards mean. Bring your favorite Tarot deck to class, along with your sense of fun and adventure. **Colonie Senior Courtesy Card Fee - \$10.**

## INTRODUCTION TO MEDITATION

*Instructor: Suzanne Amsler*

**April 25 - Wednesday** \$15

6:30 - 8:30 PM Room 122 - Sand Creek Middle

Passive Meditation: During this workshop you will learn a simple technique to help you enter your own personal meditative state. We will practice heart and healing meditations, learn different relaxation techniques and learn a Hawaiian Ha breath. Meditation can help to lower blood pressure, release stress and promote harmony and inner peace. Dynamic Meditation: This meditation can be a very effective life-changing tool. You will learn a simple method to use imagery to impress the subconscious mind to release an unwanted condition and replace with a new empowering one. **Colonie Senior Courtesy Card Fee - \$10.**

## YOU CAN DO SELF-REIKI

*Instructor: Michael Clarkson-Hendrix, PhD, LCSW*

**May 1 - Tuesday** \$15

6:30 - 8:30 PM Room 112 - Colonie High

Reiki is a Japanese system of laying-on-of-hands that promotes peace and wellness. One of the core pieces of the practice of Reiki is doing Reiki on yourself. In this fun, activity-based class, come learn how to do Reiki on yourself and begin to feel the peace and joy that is found within Reiki. **Colonie Senior Courtesy Card Fee - \$10.**

## Monday

### Beginning January 23

**\*Unless otherwise noted**

#### BALLET Beginner

*Instructor: Janet Murphy*

10 Weeks - 8 - 8:45 PM \$30

Cafeteria - Roessleville Elementary

Come exercise and stretch to classical music with a mix of ballet steps. Ballet shoes are not required, but soft shoes are encouraged. **Colonie Senior Courtesy Card Fee - \$20.**

#### BALLROOM DANCING I FOR COUPLES

*Instructor: Janet Murphy*

10 Weeks - 6:30 - 7:15 PM \$60/Couple

Cafeteria - Roessleville Elementary

Learn the basic steps of Fox Trot, Cha Cha, Rhumba, and Waltz. A course for couples getting married or for fun. **Colonie Senior Courtesy Card Fee - \$40/Couple.**

#### BALLROOM DANCING III FOR COUPLES

*Instructor: Janet Murphy*

10 Weeks - 7:15 - 8 PM \$60/Couple

Cafeteria - Roessleville Elementary

For those who have taken Ballroom Dancing II and are ready to take it to the next level. **Colonie Senior Courtesy Card Fee - \$40/Couple.**

#### COED VOLLEYBALL Intermediate/Advanced

*Instructor: Jackie Fiore*

10 Weeks - 7 - 9 PM \$45

Small Gym - Sand Creek Middle

For advanced players and run according to USVBA rules and regulations. B-level Club and Tournament players are welcome. **This class is NOT for beginners. No senior citizens discount.**

#### \* CONVERSATIONAL SPANISH

*Instructor: Sandra Gonzalez*

10 Weeks - 6 - 7:30 PM \$45

Room 113 - Colonie High

This basic 10-week course is for beginners or those who want to refresh their memories from those long ago Spanish courses. Emphasis is on conversation, not grammar — ideal for those who plan to travel to Spanish speaking countries or who sometimes need to communicate in Spanish at work. We will work hard and have a lot of fun. The class is highly interactive. Bring a notebook — all other materials are provided. **Class starts Jan. 30. Colonie Senior Courtesy Card Fee - \$35.**

#### \* INTRODUCTION TO BELLY DANCE

*Instructor: Kathie Adams*

12 Weeks - 6:15 - 7:15 PM \$60

Main Cafeteria - Colonie High

Come shimmy, shake your hips, laugh and have some fun! In this class you will explore the basics of belly dance, an ancient Middle Eastern art form with a decidedly American twist. Belly dance is a great way for women of all ages, shapes and sizes to stretch and tone their muscles while finding their inner Goddess. **Class starts Jan. 30. Colonie Senior Courtesy Card Fee - \$40.**

#### LEARN QUICKBOOKS Basics

*Instructor: Maria Venetz*

2 Weeks - 6:30 - 8:30 PM \$30

**2/6 & 2/13** Room 111 - Colonie High

Although Intuit, the maker of QuickBooks, claim it is so easy to use, many people have difficulty or are just afraid of making mistakes which involve the compilation of information needed by federal and state taxing agencies. Included in this instruction is: setting up a company, receiving payments and making deposits, entering sales and invoices, entering and paying bills, creating estimates, inventory and much more. as a certified QuickBooks ProAdvisor, the instructor will give the responsible individuals the training and confidence they need to succeed in this task \$5 materials fee payable to instructor at class. **Colonie Senior Courtesy Card Fee - \$20.**

## TAI CHI SUN STYLE Beginning

*Instructor: Rita Motto*

10 Weeks - 7 - 8 PM \$40

Cafeteria - Sand Creek Middle

A traditional Chinese mind-body relaxation exercise consisting of intricate exercise sequences performed in a slow relaxed manner over a 60-minute period. It is a simple, safe and effective program especially designed for people with arthritis, supported by many Arthritis Foundations worldwide. Studies have shown this program to relieve pain and improve physical function. **Colonie Senior Courtesy Card Fee - \$30.**

## WOMEN'S SELF-DEFENSE TRAINING

### Level 1

*Instructor: Tom Mazzaferro, Gr. Master*

10 Weeks - 6:30 - 8 PM \$35

Cafeteria - Saddlewood Elementary

There is no doubt about it, we live in a dangerous world. Assaults, robbery, kidnappings and rapes are happening every day right here in our own backyard. Many self-defense classes will teach you a few techniques and tell you emphatically that they will work for you. Some will have you lying on the ground while trying to fight off an attacker. In this course, you will learn how to defend yourself using the power of your natural body movement. Striking and kicking, centrifugal force and knowledge of some of the most effective acupuncture points will transform you from powerless to empowered. You will learn self-defense that works right from the very first class. **Colonie Senior Courtesy Card Fee - \$30.**

## ZUMBA TONING/ZUMBA FITNESS

*Instructor: Julie Sheehy*

10 Weeks - 6:45 - 7:45 PM \$40

Cafeteria - Shaker Road Elementary

This class is a combination of Zumba and Zumba Toning (Zumba with light weights). Zumba is a Latin-inspired, dance-fitness class that incorporates Latin, International music and dance movements into a fun and effective workout. The format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion to achieve a unique blended balance of cardio and muscle toning benefits. The addition of Zumba segments with light weight dumbbells will emphasize muscle work and overall toning. The cardio-based dance movements are easy to follow steps and no prior dance experience is required. Zumba is fun, easy to learn and effective! Zumba creates a non-intimidating, party-like atmosphere. It is "exercise in disguise." Workout clothes, sneakers, light dumbbells (1-2 pounds) and water are required. **Colonie Senior Courtesy Card Fee - \$30.**

## Tuesday

### Beginning January 24

**\*Unless otherwise noted**

#### CAKE DECORATING Beginning

*Instructor: Deborah Sheeley*

8 Weeks - 6 - 9 PM \$40

Room 141 - Sand Creek Middle

Students will learn in this class to make buttercream icing the proper consistency to smooth frost and decorate cakes and the techniques for creating borders, simple flowers, a rose, leaves and vines. In addition, they will make royal icing flowers and leaves, learn to basketweave, make fondant, cover a cake with fondant, and make fondant and gumpaste flowers. Students must bring to first class: bath towel to cover work surface, several decorating bags (reusable or disposable), couplers and rings, paper towels or wipes, one pre-made recipe of buttercream icing (recipe will be provided to registrants), star tip 18, an angled spatula, a dozen large flat cookies, mixing bowls, pen and paper, and plastic bags for dirty utensils. A list of additional things for class will be provided the first night. A \$2 materials fee will be collected by instructor the first class. **Colonie Senior Courtesy Card Fee - \$30.**

### \* CHINESE Beginning Mandarin

*Instructor: Maria Chou*

8 Weeks - 6 - 7 PM \$40  
Room 210 - Colonie High

Chinese, the language spoken by 1.3 billion people, is the language of the future. In this fun, easy to understand class, you will learn conversation quickly. We'll cover basic sounds, words and phrases using tools and visual aids with a focus on conversation. Whether you are an international student, want to have more fun and ease when traveling, or want to increase your business opportunities, you will get an understanding of the basics of Chinese in this class. \$20 materials fee payable at first class. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$30.**

### \* CHINESE Level II Mandarin

*Instructor: Maria Chou*

8 Weeks - 7:10 - 8:10 PM \$40  
Room 210 - Colonie High

Continue to the next level of this language. \$15 material fee payable to instructor at the first class. \$20 materials fee payable to instructor. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$30.**

### COED VOLLEYBALL Intermediate

*Instructor: James Layman*

12 Weeks - 6:30 - 8:30 PM \$55  
Gym - Forest Park Elementary

A comprehensive league for intermediate level players. **PLEASE NOTE: This class is NOT for beginners. No senior citizens discount.**

### CONVERSATIONAL SPANISH II

*Instructor: Luis Gonzalez*

10 Weeks - 6 - 8 PM \$50  
Room 108 - Sand Creek Middle

If you have some background in Spanish and know some basics, come to the next level. The focus of this class will be more conversation, more vocabulary and more practice. You will learn present, past and future tenses. You will receive information on the first night regarding the book to purchase, though we will supplement it with other activities. **Colonie Senior Courtesy Card Fee - \$40.**

### \* HULAFIT

*Instructor: Brenda McCullen-Moeske*

6 Weeks 6:30 - 7:30 PM \$30  
Main Cafeteria - Colonie High

HulaFit is a low-impact aerobic/cardio workout that uses light weight exercise hoops, fun music and a relaxed atmosphere to create a booty shaking, body toning workout. Hula Hooping is a great fat burner. It improves your mind and spirit and strengthens and tones your hips and waist while increasing your metabolism. Wear comfortable clothing and bring a towel, water, sneakers and yoga mat. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$25.**

### \* INTRO TO PODCASTING DESCRIPTION

*Instructor: Kim Dunne & Rich Gattie*

12 Weeks 6 - 7:30 PM \$40  
Room 110 - Colonie High

Want to start your own podcast and not quite sure how to do it? Have an idea that could make a great podcast? Do you have a great voice and think people would love to hear you? Then Intro to Podcasting is for you. We'll walk you through the steps from developing an idea to recording to editing the recording. You'll walk out with your very own podcast. You must bring your own headphones and laptop to the class. If you have a microphone, please bring that as well. If you have a Mac, please have Garageband downloaded. If you have a PC, please have Audacity downloaded. Both are free programs. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$35.**

### ITALIAN FOR FUN

*Instructor: Maria Speranza Nielsen*

10 Weeks - 6 - 8 PM \$50  
Room 121 - Sand Creek Middle

In this class you will learn different expressions on how to communicate and understand Italian. You will learn enough to be able to travel to Italy. I will also provide you with personal and cultural experiences on Italy. Please join us for a fun filled Italian experience. **Colonie Senior Courtesy Card Fee - \$40.**

### \* KNITTING Intermediate

*Instructor: Patricia Cumisky*

10 Weeks - 6:30 - 8:30 PM \$40  
Library Lounge - Colonie High

This class is intended for the knitter who has mastered the basics and who now wants to expand their skill level. Students will work on projects of their choice in a friendly and supportive group where we all love the language of fiber, texture and wonderful projects. Join us as we inspire each other and have lots of fun with our yarn addictions. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$30.**

### \* LOOM KNITTING

*Instructor: Katherine Dineen*

2 Weeks - 6:30 - 8:30 PM \$30  
**2/28 & 3/6** Room 107 - Colonie High

Loom Knitting is knitting without needles. This is a godsend for those who want to knit but are unable due to carpal tunnel, arthritis or any other hand or wrist problems, and are unable to hold two needles. The results are a double knit (same on both sides). We will be using the Authentic Knitting Board which allows you to knit with all weights of yarn. You will learn to double knit simple projects like potholders, hats, scarves and placemats. Materials fee of \$25 will be paid to instructor the first night of class. **Colonie Senior Courtesy Card Fee - \$20.**

### \* ONE STROKE PAINTING

*Instructor: Karen Mangoine*

10 Weeks - 6:30 - 8:30 PM \$50  
Room 135 - Colonie High

No experience is required for the One Stroke Painting classes. Learn basic and intermediate strokes to complete projects for fun or to give as gifts. Prior to the first class you will need to purchase **ONE STROKE** paint brushes available at all craft stores. You can either chose the multi-pack (better value) or a pack that includes at least the #12, 3/4 inch, and a script liner. You will also need to purchase Folk Art paint, however, this can wait until you decide on what project you want to paint. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$40.**

### \* STEPPING STONES TO RECOVERY - SSD & SSDI

*Instructor: Tammy Allen*

3 Weeks/6 Classes - 6 - 8 PM \$35  
Tuesday and Thursday  
Room 211 - Colonie High

This class is targeted for human service agencies, service coordination and case workers who provide assistance to individuals applying for Supplemental Security Income (SSI) and Social Security Disability (SSDI). The SSI/SSDI application process is complicated and difficult to navigate, particularly for people who are homeless or who are returning to the community from institutions (prisons or hospitals). For those who have a mental illness, substance use issues, or co-occurring disorders that impair cognition, the application process poses an even greater challenge, yet accessing these income and health care benefits is often a critical first step on the road to recovery. SSI/SSDI Outreach, Access, and Recovery (SOAR) is a national project funded by the Substance Abuse and Mental Health Services Administration that is designed to increase access to SSI/SSDI for eligible adults who are homeless or at risk of homelessness and have a mental illness and/or co-occurring substance use disorder. **Class starts Jan. 31. Colonie Senior Courtesy Card Fee - \$30.**

### TAI CHI SUN STYLE Advanced

*Instructor: Barbara Harte*

12 Weeks - 7 - 8 PM \$50  
Cafeteria - Sand Creek Middle

A traditional Chinese mind-body relaxation exercise consisting of intricate exercise sequences performed in a slow relaxed manner over a 60-minute period. It is a simple, safe and effective program especially designed for people with arthritis, supported by many Arthritis Foundations worldwide. Studies have shown this program to relieve pain and improve physical function. This class is designed for those who have taken Beginning Tai Chi and are ready to advance. **Colonie Senior Courtesy Card Fee - \$40.**

### YOGA FOR YOUTHFULNESS

*Instructor: Renie Cronin, RYT*

12 Weeks - 6 - 7:15 PM \$60  
Cafeteria - Lisha Kill Middle

Renie believes deeply that yoga nourishes the body we've been given. Her practice called Yoga For Youthfulness will help you maintain flexibility while regaining strength. Renie believe that yoga is the most age defying thing you can do for yourself. Removing years of accumulated tightness and stiffness from your body feels like turning back the clock. Her class for beginners to intermediate students introduces a practice that integrates stretching, strengthening and breath awareness. Students should bring a mat. **Colonie Senior Courtesy Card Fee - \$45.**

### WATERCOLOR Continuing

*Instructor: Kevin Kuhne*

10 Weeks - 7 - 9 PM \$50  
Room 245 - Sand Creek Middle

This course is for students who have basic experience in transparent watercolor techniques and basic drawing skills. Demonstrations will continue in drawing, design, art appreciation and watercolor painting, but with more emphasis on individual long-term projects. If weather permits we will plan on an outdoor painting session on the Pruyn House grounds for one weekend half day in April or May, which will replace two of the Tuesday sessions. **Colonie Senior Courtesy Card Fee - \$40.**

## Wednesday

## Beginning January 25

*\*Unless otherwise noted*

### BALLROOM DANCING II FOR COUPLES

*Instructor: Janet Murphy*

10 Weeks - 8 - 8:45 PM \$60  
Cafeteria - Roessleville Elementary

Go to the next level of Ballroom Dancing. **Colonie Senior Courtesy Card Fee - \$40.**

### \* BUILDING YOUR INVESTMENT FOUNDATION

*Instructor: John F. Fiorita*

2 Weeks - 6 - 8 PM \$20  
**2/1 & 2/8** Room 112 - Colonie High

If your investments are not properly positioned to meet your long-term goals it's possible you may have trouble realizing your objectives. When was the last time you answered these questions: Do you understand the importance of asset allocation and the role investment style can have on your long-term objectives? Do you have a well diversified portfolio - one that is properly positioned across asset classes and styles? Have you modified your investment strategy in response to changing personal objectives, recent tax law changes or activity in capital markets? This informative, educational program is designed to help provide the information and knowledge you need to build your personalized investment plan.

### COED VOLLEYBALL Beginning

*Instructor: Walter Hamm*

12 Weeks - 6:30 - 8:30 PM \$55  
Gym - Forest Park Elementary

Learn basic skills and knowledge of the game in a relaxed noncompetitive, non-aggressive, fun filled atmosphere.

### \* COMPUTERS Beginning

*Instructor: Darko Sedlar*

5 Weeks - 6 - 8 PM \$50  
Room 161 - Colonie High

This five-week course offers an introduction to computers tailored to the novice computer user. It will begin with an overview of the Windows Operating System and Microsoft Word software, including basic word processing in Microsoft Word. It will cover topics such as electronic file storage, and using the Internet as a resource. The course will focus on email basics (including signing up for free gmail account). If you have never used a computer before don't be afraid, this class is for you. The first 15 minutes of each class will be computer set up and basic vocabulary. The last 15 minutes is an optional question and answer period. **Class starts Feb. 1. Colonie Senior Courtesy Card Fee - \$40.**

### \* COMPUTERS Intermediate

*Instructor: Darko Sedlar*

5 Weeks - 6 - 8 PM \$50  
Room 161 - Colonie High

This class continues where Beginning Computers left off. Previous computer experience or the Beginning Computers class is required. Topics include customizing Windows environment (changing wallpaper, screensavers, etc.) and functions of the Internet. Basic yet important concepts such as Windows updates and virus software and Internet safety will be discussed. The second half of the class focuses on different Microsoft Office software. **Class starts March 21. Colonie Senior Courtesy Card Fee - \$40.**

### \* COMPUTERS Advanced

*Instructor: Darko Sedlar*

5 Weeks - 6 - 8 PM \$50.00  
Room 161 - Colonie High

This course continues where Intermediate Computers left off. Participation in Intermediate Computers class or previous experience in subject matter taught in Intermediate Computers required. **Class starts May 9. Colonie Senior Courtesy Card Fee - \$40.**

### \* DRAWING IN COLOR

*Instructor: Tom Baldwin*

10 Weeks - 7 - 9 PM \$60  
Room 245 - Sand Creek Middle

Colored pencils are no longer just for kids with coloring books. Today, many serious artists are able to create beautiful and elegant works from these simple, neat and relatively inexpensive tools. This course, designed for students who have basic but not necessarily strong drawing skills, will demonstrate the surprising versatility and beauty of colored pencil and other color drawing tools. It will also cover essential knowledge about color, such as how to mix and mute colors, how to place colors side by side for interesting effects, and how to create and use a limited palette. You'll be amazed at what you can create without a paint brush. No supplies are needed at the first class. A supply list will be provided at that time. If you bring a blank check, you may order supplies through the instructor. An additional \$8 supply fee will be payable to the instructor at first class. **Class starts March 28. Colonie Senior Courtesy Card Fee - \$50.**

### FLOWER DESIGN

*Instructor: Phebe Archibald*

7 Weeks - 7 - 9 PM \$40  
Room 141 - Sand Creek Middle

You will learn different types of fresh flower arrangements, the proper treatment and use of flowers, how to increase the life of flowers, decorating with flowers and greens, and different crafts using flowers and ribbon, among various other treatments. You will do your own flower arrangement or flower craft to take home each week. Each student should bring to class a sharp knife (paring or utility). Scissors are acceptable, but not recommended for cutting flowers. There is a \$10 materials fee each week, payable to the instructor. **Colonie Senior Courtesy Card Fee - \$35.**

### ITALIAN FOR FUN PART II

*Instructor: Maria Speranza Nielsen*

10 Weeks - 6 - 8 PM \$50  
Room 121 - Sand Creek Middle

Come back for more Italian for Fun. We will have in-class dialogues and conversations. Come join in the fun. **Colonie Senior Courtesy Card Fee - \$40.**

### JAZZ DANCE

*Instructor: Janet Murphy*

10 Weeks - 7:15 - 8 PM \$30  
Cafeteria - Roessleville Elementary

Remember all of those years you took dance lessons or wanted to but never did? Now it's finally your turn. Grab your dance shoes and join us for some exercise and fun. **Colonie Senior Courtesy Card Fee - \$20.**

### \* OIL PAINTING

*Instructor: Theresa Somaio*

10 Weeks - 7 - 9:30 PM \$50  
Room 135 - Colonie High

For beginners and advanced artists exploring various techniques using still-life, photographs and imagination. The instructor, associated with the Albany Institute for History & Art, will demonstrate and recommend materials to be used by each student. **Class starts Feb. 1. Colonie Senior Courtesy Card Fee - \$40.**

6

### \* QUILTING

*Instructor: Donna Ciotti*

10 Weeks - 6:30 - 8:30 PM \$40  
Library Lounge - Colonie High

This class is intended for the beginner/intermediate level quilter and will include rotary cutting techniques and safety tips. Get a head start on holiday gifts and use up some of your "stash" — thus giving you the opportunity to buy even more fabric. The featured projects will include a table runner and wearable art. Students are free to work on other projects of their choosing. **Class starts Feb. 1. Colonie Senior Courtesy Card Fee - \$30.**

### \* SHEET METAL WORKING

*Instructor: David Seaver*

3 Weeks - 6 - 7:30 PM \$15  
**2/8, 3/7 & 4/18**  
Room 141 - Colonie High

In this class you will learn how to bend, cut and hammer form sheet metal, and how to use hand tools, cutting tools, bench plates, bending brake and forming rollers to complete a class project. **Colonie Senior Courtesy Card Fee - \$10.**

### TAPPERCIZE II Intermediate

*Instructor: Janet Murphy*

10 Weeks - 6:30 - 7:15 PM \$30  
Cafeteria - Roessleville Elementary

Next level of tap dancing and exercise to music; tap shoes optional. **Colonie Senior Courtesy Card Fee - \$20.**

### ZUMBA

*Instructor: Jamie Northup*

10 Weeks - 7:30 - 8:30 PM \$45  
Gym - Saddlewood Elementary

DITCH THE WORKOUT...JOIN THE PARTY! This Latin-inspired dance fitness craze has taken the world by storm. Learn easy dance routines to various rhythms such as salsa, merengue, cumbia, belly dance, hip hop and much more and engage yourself in this energetic, calorie-busting, FUN way to get into shape. The best part is that you don't need any dance experience. Comfortable workout clothes, low tread sneakers and a water bottle are highly recommended. All fitness levels are welcome so grab your friends and come for a true Zumba Fitness experience! **Colonie Senior Courtesy Card Fee - \$35.**

### ZUMBA GOLD

*Instructor: Jamie Northup*

10 Weeks - 6:30 - 7:15 PM \$40  
Gym - Saddlewood Elementary

This course is regular Zumba on decaf. Zumba Gold is a low impact version of Zumba. It serves as a great option for beginners to group fitness or to Zumba specifically as well as active seniors or anyone looking for modifications. You will learn the same Latin-inspired and international dance rhythms but with modified steps to minimize impact on the joints. Comfortable workout clothes, low tread sneakers and a water bottle are required. **Colonie Senior Courtesy Card Fee - \$30.**

## Thursday

### Beginning January 26

\* **Unless otherwise noted**

### \* ADULT FIRST AID AND CPR TRAINING

2 weeks - 6:30 - 9:30 PM \$45  
**3/22 & 3/29**

Room 113 - Sand Creek Middle

This course consists of six hours of classroom instruction. First aid topics include medical emergencies, burns, poisoning, shock, etc. Students successfully completing the program will receive a National Safety Council certification in First Aid (valid for 3 years) and a CPR certification (valid for 2 years). In addition, each participant receives a comprehensive reference manual. This course meets OSHA requirements for workplace first aid and CPR training. **Colonie Senior Courtesy Card Fee - \$40.**

### COED VOLLEYBALL Intermediate/Advanced

*Instructor: Laura Couch*

12 Weeks - 6:30 - 8:30 PM \$55  
Gym - Forest Park Elementary

This class is for the intermediate to advanced level player who would like to improve their skills in a competitive friendly atmosphere. **This class is NOT for beginners. No senior citizens discount.**

### CONVERSATIONAL SPANISH III

*Instructor: Luis Gonzalez*

10 Weeks - 6 - 8 PM \$50  
Room 108 - Sand Creek Middle

This course is for those who have completed Conversational Spanish II and any other participants who surpass the basics of the language. **Colonie Senior Courtesy Card Fee - \$40.**

### COUNTRY LINE DANCING

*Instructors: Rich & Nancy Mendick*

8 Weeks - 7 - 8:15 PM \$35  
Cafeteria - Shaker Road Elementary

Line dancing is a great activity blending exercise and fun in a comfortable social atmosphere. No partners or special equipment is needed, just your desire to have a good time. You will learn the basic movements as well as classic and new line dances. The class is intended to give you the background and confidence to go out Country Dancing and enjoy yourself. An optional field trip to one of the instructors' events is planned. Your instructors have been dancing and hosting dances for more than 15 years. **Colonie Senior Courtesy Card Fee - \$25.**

### \* CROCHET Beginning/Intermediate

*Instructor: Shirley Trzaskos*

10 Weeks - 6:30 - 8:30 PM \$40  
Library Lounge - Colonie High

Come one, come all. Whether you're a total novice in need of the basics, or a pro who just likes company while you work, come join us for this course. Bring your own project or choose from a variety of my patterns. **Class starts Feb. 2. Colonie Senior Courtesy Card Fee - \$30.**

### \* DEFENSIVE DRIVING COURSE

2 Weeks - 6:30 - 9:30 PM \$45  
**3/22 & 3/29**

Room 120/121 - Sand Creek Middle

Defensive Driving is a six-hour accident prevention program taught within the classroom. Any principle operator of a motor vehicle completing the course will receive a 10% reduction in the base rate of their liability and collision premium for a total of three years. All drivers will receive up to a 4-point violation reduction on their driving record for points incurred within the previous 18 months. **Colonie Senior Courtesy Card Fee - \$40. High school students age 16 or older may register.**

### \* DO IT YOURSELF WEDDING PLANNING

*Instructors: Stacy LaCombe-Kraft*

8 Weeks - 7 - 8 PM \$25  
Room 112 - Colonie High

A wedding is a celebration of love and the uniting of two souls that were always meant to be together. Weddings that infuse the spirit of the couple into every element of the day create a once in a lifetime experience for family and friends. Your wedding day dreams can come true with the guidance, tips and tools provided in this course. Step by step you will learn how to plan your own wedding from creating timelines, checklists and budgets to selecting the right vendors. Traditional and non-traditional couples are welcome. **Class starts Feb. 2. Colonie Senior Courtesy Card Fee - \$20.**

### \* PEDIATRIC & CHILDREN CPR & FIRST AID

2 Weeks - 6:30 - 9:30 PM \$45  
**4/19 & 4/26**

Room 113 - Sand Creek Middle

Designed to meet all State, local and federal requirements for First Aid and CPR training of child care providers. Topics include injury assessment, rescue breathing, choking, specific body area injuries and more. A comprehensive reference manual is included. First Aid certification is good for three years. CPR certification is good for two years. Presented by the Northeastern New York Safety & Health Council, a First Aid Institute. **Colonie Senior Courtesy Card Fee - \$40.**

## SCIENCE SECRETS AT HOME

Instructors: Judy Kubik

4 Weeks - 5:30 - 6:30 PM \$15  
Room 141 - Sand Creek Middle

This is for the individual who always wanted to try something science related, but just never did. We will use many household items for demonstrations such as Bartholomew and Oobleck, bouncy balls, colorful milk, how to use the 'valcano' for learning, how does the water remain in the glass jar?, and why does the candle extinguish in one bottle, but not the other? \$5 materials fee payable to instructor at class. **Colonie Senior Courtesy Card Fee - \$10.**

## \* SELLING YOUR HOME WITHOUT A REALTOR

Instructor: Carol North

2 Weeks - 7 - 9 PM \$20  
**2/2 & 2/9** Room 115 - Colonie High

It is possible to sell your home without a realtor if you are well informed about the home selling process. Avoid common mistakes and learn valuable information crucial to selling a home in today's market. This course covers topics such as setting a competitive and realistic price, advertising and marketing, qualifying your buyer, contract negotiations, and seller/buyer responsibilities and expenses. Class discussions and handouts will move your house from "For Sale" to "Sold!" — saving you thousands of dollars in commissions.

## \* WEB COMPUTING

Instructor: Brian Alexander

6 Weeks - 6 - 8 PM \$55  
Room 161 - Colonie High

How we use computers has changed dramatically over the past few years. The new paradigm is "The Internet is the computer!" This course is an introduction to some of the new technologies included in this new "cloud" or "online" computing paradigm as well as new and expanded uses of older technologies. We'll look at these innovations in email, blogs, social media, media sharing (music, pictures, videos), productivity and business applications (word and document processing, spreadsheets, presentations), scheduling and calendaring (individual and group), and more. Vendors such as Google, Microsoft, Adobe, Yahoo, and others are being joined by an exploding number of Open Source software companies. The users — that's you — have plenty to choose from many of the web applications for fun, business, and to stay connected. Many of these services are free. Previous experience is helpful, but not necessary. **Class starts Feb. 2. Colonie Senior Courtesy Card Fee - \$45.**

### REGISTRATION FORM

Please make out a separate registration form for each course/participant

Send check or money order - no cash

Make payable to: **South Colonie Central School District**

Resident of South Colonie  Yes  No

Please Print

Name *Last* *First*

Address *Street* *City/Town* *Zip Code*

Telephone *Home* *Work* Email address

Course Title and Teacher

Evening Building

Registration Date Amount Paid Sr. Courtesy Card #

Mail to:  
Coordinator of Continuing Education  
South Colonie District Office  
102 Loralee Drive  
Albany, NY 12205

**All information must be completed (address, including zip code, phone number, etc.)** before this registration can be processed. **Senior Courtesy Card number must be included to use discount.** If you are a Colonie resident age 60 or older, see page 2 (SENIOR CITIZENS) on how to acquire a card.

BUS TRIP Check one or more\*  N.Y.C.  BOSTON

\* Please include the name, address and phone number of **EACH** person on back of registration form or a separate sheet of paper.

Courses you would like offered \_\_\_\_\_

Are you interested in teaching a course? \_\_\_\_\_ What course? \_\_\_\_\_

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