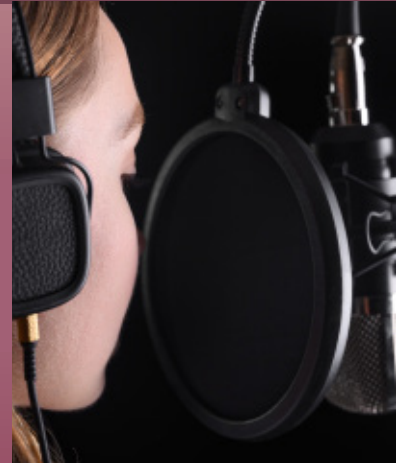




South Colonie ADULT

Program of
Continuing Education
SPRING SEMESTER
2024



South ADULT SPRING SEMESTER 2024 Colonie Program of Continuing Education

HOW TO REGISTER FOR CLASSES

Registration for all classes is now done online.

If you register for a course that is subsequently cancelled due to insufficient enrollment, you will be notified and receive a refund electronically. NO OTHER REFUNDS WILL BE GIVEN.

For additional information call 518-869-3576, ext. 0443, Monday – Friday from 8:00 a.m. – 3:30 p.m. All classes are filled on a “first-come, first-served basis.”

You do not have to be a resident of the South Colonie School District to participate in a class in the Continuing Education Program.

No notification will be sent to registrants unless the course is cancelled. Classes must have sufficient registrants no less than one week prior to class to avoid cancellation.

SPECIAL ONE-DAY BUS TRIP

NEW YORK CITY

■ Saturday, May 11, 2024

■ Fee \$47.00

Leave: Sand Creek Middle School at 8:00 AM
Arrive: Bryant Park at 11:30 AM

Leave: Bryant Park at 7:00 PM
Arrive: Sand Creek Middle School at 10:30PM

You may leave your car in the school parking lot. Reservations are taken by mail, in person during stated registration periods or on-line at southcolonieschools.org. No refunds or credits will be given. Students 18 and under must be accompanied by a parent or guardian. No fee waiver for Senior Citizens on bus trips.

SPRING CALENDAR*

JAN 2024

M T W T
29 30 31

FEB 2024

M T W T
1
5 6 7 8
12 13 14 15
X X X X
26 27 28 29

MARCH 2024

M T W T
4 5 6 7
11 12 13 14
18 19 20 21
25 26 27 28

APRIL 2024

M T W T
X X X X
8 9 10 11
15 16 17 18
22 23 24 25
29 30

MAY 2024

M T W T
1 2
6 7 8 9
13 14 15 16
20 21 22 23

X - School Holiday - No Classes

*NOTE: There may be additional excluded dates in certain buildings. Your instructor will inform you if that is the case. Also, some may extend beyond the dates shown above, others may 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, check local radio, television stations and www.southcolonieschools.org for closing information.

DRUG FREE ZONE

Remember: New York State public schools are all **DRUG FREE ZONES** and that includes tobacco products. Smoking and vaping are **NOT** allowed **ANYWHERE** on school property.

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. **NO ONE UNDER THE AGE OF 21 MAY ACCOMPANY REGISTRANTS TO CLASS OR INTO THE SCHOOL BUILDING.**

ENROLLMENT

Because Continuing Education is a self-sustaining program it is necessary to have a minimum number of paid 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.

COLONIE SENIOR COURTESY CARD

Residents of Colonie, age 60 or older, with a Colonie Senior Courtesy Card will be entitled to reduced or free registration for most courses. Courtesy Cards may be obtained at the South Colonie District Office, Colonie Town Hall or Colonie Senior Resources (12 Metro Park Road, Suite 103) with appropriate proof of age and residency during regular business hours. Additional fees for books and materials are not waived for senior citizens.

AVAILABLE AT CAPITAL REGION BOCES: HIGH SCHOOL EQUIVALENCY TEST AND ENGLISH AS A NEW LANGUAGE (ENL) HIGH SCHOOL EQUIVALENCY (HSE) DIPLOMA PROGRAM

New York currently offers a test leading to a NYS High School Equivalency Diploma. The Test Assessing Secondary Completion (TASC) replaced the GED as the only free, state subsidized assessment leading to a New York State High School Equivalency (HSE) Diploma.

ENGLISH AS A NEW LANGUAGE (ENL)

Classes are provided to help students improve English speaking, listening, reading and writing skills. The classes are free to students age 21 or older.

TASC, ENL AND HOME STUDY OPTIONS GRASP (Giving Ready Adults a Study Program):

GRASP is a home study program for the more advanced student who cannot attend a traditional class. Individualized packets of instruction are delivered to the student's home. GRASP is a free program for students age 21 and older.

To earn your High School Equivalency Diploma or learn English, call Capital Region BOCES at (518) 862-4760 OR (518) 694-4568. You may also view information on the **Capital Region BOCES** website at: www.capregboces.org. Click on the Adult Education tab.

Continuing Education is pleased to offer these **Special One-Night Classes**

PICTURING NATURE: A PRACTICAL GUIDE TO NATURE PHOTOGRAPHY

Instructor: Scott Stoner

- **Thursday, Feb. 1** **\$23**
- **6:30 - 8:30 PM**
- **Room 107 – Sand Creek Middle School**

There is great beauty in nature and it can be captured with any type of camera, from cell phone to the latest DSLR or mirrorless camera. Suitable for all levels of photographers with a variety of equipment. This workshop will cover basic elements including light, composition, focus and how they apply to close-ups, landscapes and wildlife photography. We will also discuss tools and techniques in the field and basic editing. **Colonie Senior Courtesy Card Fee – \$18.**

RUBBER STAMPING–BIRTHDAY CARDS

Instructor: Ann Burns

- **Wednesday, Feb. 7** **\$23**
- **6:30-9:00 PM**
- **Room 134 – Colonie Central High School**

Start off the new year prepared to send out birthday cards on time! In this class you will make an assortment of cards for everyone on your birthday list. You will make four cards using different techniques and products, sure to bring a smile to any recipient. No prior stamping experience needed. Please bring a pair of scissors and adhesive of your choice. **A \$5 materials fee will be collected prior to the start of class.** Check out samples of the instructor's work at annburns.stampinup.net. **Colonie Senior Courtesy Card Fee – \$18.**

SO, YOU'RE READY TO DOWNSIZE!

Instructor: Neil Bindelglass

- **Monday, Feb. 12** **\$23**
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

According to AARP, an American will turn 50 every eight seconds. That is more than 10,000 people every day. During this time, many people begin to think about downsizing, either by choice or because of health-related issues and it can all be very overwhelming. This class will give an overview about how to break this mammoth task down into manageable pieces. Topics will include: Sorting your possessions, how to downsize, space planning for a new residence, questions to ask before you hire a mover, home staging, when a Senior Move Manager is right for you, and questions to ask a Senior Move Manager before you hire them. **Colonie Senior Courtesy Card Fee – \$18.**

HOW TO GET RID OF YOUR STUFF: SELLING AND DONATING ITEMS

Instructor: Neil Bindelglass

- **Tuesday, Feb. 13** **\$23**
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

This course is the perfect accompaniment to "So, You're Ready to Downsize." Millions of Americans are downsizing and moving to smaller homes. And many older Americans have been in their homes for decades. This course will discuss how you can dispose of all of the items that you don't want or won't be taking with you when you move. Topics will include Craig's List, Ebay, estate sales, giving things away and donating goods (and the tax benefits). **Colonie Senior Courtesy Card Fee – \$18.**

HEALTHCARE AFTER RETIREMENT–PART 1

Instructor: Michael Stanton

- **Monday, Feb. 26** **\$18**
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

Do you know what to expect when it comes to Medicare? Did you know Medicare is mandatory for those collecting Social Security and it will likely be your greatest expense in retirement? If you or someone you know is turning 65, ready to retire, or losing your employer plan, this course will help you discover an understanding of Medicare. From Part A to IRMAA, learn the fundamentals of how each section of Medicare works in this hands-on class aimed at making complex information easy-to-understand. **Free with Colonie Senior Courtesy Card.**

HEALTHCARE AFTER RETIREMENT–PART 2

Instructor: Michael Stanton

- **Monday, March 4** **\$18**
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

An educational course designed to help you understand the differences between Advantage, Supplemental and Prescription drug plans. This is the second course in the Healthcare series offered by Michael Stanton. **Free with Colonie Senior Courtesy Card.**

RUBBER STAMPING-SPRING CARDS

Instructor: Ann Burns

- **Wednesday, March 6** **\$23**
- **6:30-9:00 PM**
- **Room 134 – Colonie Central High School**

Is it Spring yet? It may be a few weeks away, but you will be in the mood with cards filled with flowers and all things spring. You will be prepared for the spring holidays (Easter, Mother's Day) after this class. No stamping experience necessary. Please bring double-sided adhesive and a small pair of scissors. **A \$5 materials fee will be collected prior to the start of class.** Check out samples of the instructor's work at: annburns.stampinup.net. **Colonie Senior Courtesy Card Fee – \$18.**

PREPLANNING CEMETERY SERVICES

Instructor: Matthew Yager & Trish Wielt

- **Thursday, March 7** **\$18**
- **6:00-7:00 PM**
- **Room 112 – Colonie Central High School**

This class offers an introduction to preplanning for your family's cemetery needs. It is a step by step educational program including history, rules, regulations, current laws, and burial options for you and your family. Presented by Memory Gardens. Free with Colonie Senior Courtesy Card. **Free with Colonie Senior Courtesy Card.**

DELECTABLE VEGAN DINNER

Instructor: Olivia Townsend

- **Monday, March 11** **\$23**
- **6:00-8:30 PM**
- **Room 141 – Sand Creek Middle School**

Coming together with your family or friends to share a warm, delectable dinner? That is what this course is about. In this vegan cooking course, we will create a light and rich version of lasagna in a 2 1/2-hour evening. I will provide printed recipes and the knowledge of why and how they work to understand vegan food on a fundamental level. The recipes are simple, but effective, perfect for the home cook. Class size is limited to 12 participants. **A materials fee of \$25.00 is due to the instructor on the first night of class.** **Colonie Senior Courtesy Card Fee - \$18.**

YOUR CUSTOM COLORS

Instructor: Jill Boyd

- **Tuesday, March 26** **\$23**
- **6:00-8:00 PM**
- **Room 112 – Colonie Central High School**

Do you want to instantly improve how you look and feel? Find and use the colors that reflect your beauty and transform your personal style, enhance your unique beauty and elevate your energy. All color systems are based on the combination of body colors i.e. hair, eyes, natural blush and skin tone. Regrouping and feeling better about yourself will give you a new perspective. In this class you will learn your best colors and how to transition to grey hair with a vibrant flare and the new 2024 colors for your accessories.

Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication and elegance with which she dresses her clients. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life. **Colonie Senior Courtesy Card Fee – \$18.**

One-Night Classes *Continued*

CLUSTERING YOUR WARDROBE

Instructor: Jill Boyd

- **Thursday, March 28** **\$23**
- **6:00-8:00 PM**
- **Room 112 – Colonie Central High School**

Do you have an overcrowded wardrobe that is becoming problematic as to what to wear and when? Learn to cluster your wardrobe with 5-8 easy pieces that coordinate with each other and span all seasons. In this class you will watch a demonstration that instructs how to cluster, how to simplify your closet pieces and how to make outfits. Most important, clustering will teach you a strategy to save money and know when it is time to replace pieces.

Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication and elegance with which she dresses her clients. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life.

Colonie Senior Courtesy Card Fee – \$18.

GETTING PAID TO TALK

Instructor: Voice Coaches

- **Wednesday, April 10** **\$23**
- **6:30-9:00 PM**
- **White Lake Music & Post Recording Studios,
26 Vly Road, Albany 12205**

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 – \$18.**



MONDAY

Beginning Jan. 29

**Unless otherwise noted*

COED VOLLEYBALL-INTERMEDIATE

Instructor: Paul DeFrancisco

■ 12 Weeks \$75

■ 8:30-10:30 PM

■ New Gym – Sand Creek Middle School

Competitive pickup games for veteran players. Participants are expected to have a mastery of basic volleyball skills and hands-on knowledge of offensive and defensive strategies using designated hitters, setters, blockers, etc. Play will be conducted in accordance with USA Volleyball rules and regulations. This class is NOT for beginners. **Colonie Senior**
Courtesy Card Fee-not applicable to this course.

HIGH FITNESS

Instructor: Connie DiNovo

■ 10 Weeks \$60

■ 6:30-7:30 PM

■ Gym – Forest Park Elementary School

High Fitness is a full body workout that combines aerobic and anaerobic training and has shown to improve overall endurance, stamina, strength, and cardiovascular health without the use of additional equipment. The High Fitness method of choreography ensures that participants can enjoy effective exercise to music of all genres while reaping the benefits to both mind and body! All you need is comfortable clothes and shoes, plenty of water and be prepared to have lots of fun! **Colonie Senior Courtesy Card Fee – \$55.**

*YOGA

Instructor: Lisette Roldan-Hart

■ 10 Weeks \$60

■ 6:30-7:30 PM

■ Cafeteria – Forest Park Elementary School

***Start Date: Feb. 5**

Yoga for all is a multi-level class designed for the beginner as well as the experienced student. The instructor guides the class through a series of Vinyasa flow poses. Movement is coordinated with breath to flow from one pose to the next. Benefits include improved strength, flexibility, reduced stress, better posture, community and much more. Participants should wear flexible pants or shorts, close fit t-shirt or tank. Water bottle and mat required. **Colonie Senior**
Courtesy Card Fee – \$55.

*SKETCHBOOK DRAWING TECHNIQUES: INTERIORS & PERSPECTIVE

Instructor: Kevin Kuhne

■ 6 Weeks \$45

■ March 18-April 29

■ 6:30-8:30 PM

■ Room 245 – Sand Creek Middle School

***Start Date: March 18**

For both the beginning and experienced drawing student, this course will teach the basic drawing skills and techniques needed to show realistic interiors, still lifes and simple figures in an environment. The emphasis will be on working from life: drawing in your sketchbook, as we learn about perspective, sighting, proportion, value, design, color and more!

For the first class, bring a mixed media sketchbook of any size you are comfortable with, a pencil, eraser, and a ballpoint pen. In future classes we will explore other media such as vine charcoal, colored pencils, ink pen and watercolor to depict exciting and lively interior scenes. Class will not meet on April 1. **Colonie Senior**
Courtesy Card Fee – \$40.

*BEGINNER-INTERMEDIATE GUITAR/ UKULELE

Instructor: Don Warren

■ 4 Weeks \$40

■ April 29-May 20

■ 7:00-8:00 PM

■ Orchestra Room – Colonie Central High School

***Start Date: April 29**

Bring your guitar, bass or ukulele and prepare to enjoy a rewarding and fun experience. No guitar? No problem. Contact Don at donwlessons@gmail.com. No prior experience? No worries.

Beginners: you will learn how to play basic cords, techniques, rhythms/strumming and timing. By the end of the course, you will contribute to the group as you play through a recognizable song.

Novice-Intermediate: By the end of the course, you will be able to contribute to the final song in a variety of creative ways, to take your playing up a level and apply new-found techniques to add to your abilities as a guitarist. What to bring? An acoustic guitar, guitar pick (if you like) and clip-on headstock tuner (preferred) and pen. **Colonie Senior Courtesy Card Fee – \$35.**

*ZUMBA GOLD TONING/ZUMBA FITNESS

Instructor: Lynne Ross

■ 8 Weeks \$55

■ 6:30-7:30 PM

■ Cafeteria – Shaker Road Elementary School

***Start Date: March 4**

Zumba Gold is a fun combination of Latin and International rhythms, dance and light weights to tone and sculpt the body. This class combines low impact dance rhythms, such as merengue, salsa, cumbia with easy to follow steps with light weights to sculpt and tone. No experience necessary. Please bring 1 to 3-pound weights, a towel, and a water bottle. Dress in sneakers and comfortable work out clothing. Wear layers as you will work up a sweat! **Colonie Senior**
Courtesy Card Fee – \$50.

QUILTING-INTERMEDIATE

Instructor: Donna Hyer

■ 10 Weeks \$55

■ 6:00-8:30 PM

■ Library Lounge – Colonie Central High School

If you have a basic knowledge of quilting or would like to brush up on your skills and learn some new techniques, this class is for you. We'll be making a quilt or a table runner (or two) and having fun along the way. **Colonie Senior Courtesy Card Fee – \$50.**

TUESDAY

Beginning Jan. 30

*Unless otherwise noted

FINDING CALM & CONNECTION THROUGH YOGA, GUIDED JOURNALING & COMMUNICATION CIRCLE

Instructor: Kimberly Favro

■ **6 Weeks** **\$50**

■ **6:30-7:45 PM**

■ **Cafeteria – Shaker Road Elementary School**

This is a 6-week yoga workshop series. Each session will begin with a forty-minute, beginner friendly, hatha yoga practice. The class will include pranayama (breathing exercises), meditation, and restorative postures to help us settle into our evening routine. A special focus in our physical practice will be devoted to the chakras (energy centers in the body). The second part of the workshop (thirty minutes) will encompass reflective journaling and community circle sharing (if desired). Participants will work with suggested prompts to enhance self-exploration and to allow for creative and mindful time to write thoughts and responses. The goal is to improve motivation and healing when feeling stuck, overwhelmed or in need of a little inspiration. Please bring a yoga mat and journal.

Kim is a 500-hour Certified Yoga teacher, a 200-hour Registered Yoga Teacher by the Yoga Alliance and a Restorative Justice Trainer and Facilitator. She has been teaching yoga since 2018 and facilitating restorative/ community circles since 2012 **Colonie Senior Courtesy Card Fee – \$45.**

*ZUMBA

Instructor: Carolyn Schirnglone

■ **9 Weeks** **\$60**

■ **6:30–7:30 PM**

■ **Cafeteria – Veeder Elementary School**

***Start Date: February 27**

A Latin-inspired dance fitness class that incorporates Latin and international music. The class combines fast and slow rhythms that tone and sculpt the body. You will get a great workout while having a blast. Choreography incorporates hip-hop, soca, salsa, merengue and mambo. Squats and lunges can also be included. Moving in sync to music will make you work hard and help you build endurance, tone muscles, and build definition. Bring water and a towel. **Colonie Senior Courtesy Card Fee – \$55**

QUILTING–BEGINNER

Instructor: Donna Hyer

■ **10 Weeks** **\$55**

■ **6:00-8:30 PM**

■ **Library Lounge – Colonie Central High School**

Learn the basics and/or learn the proper way to put a quilt together. Have fun and make a lap quilt in the 10-week session. **Colonie Senior Courtesy Card Fee – \$50.**



WEDNESDAY

Beginning Jan. 31

*Unless otherwise noted

BALLROOM DANCING I FOR COUPLES

Instructor: Janet Murphy

- 10 Weeks \$70/Couple
- 7:15-8:00 PM
- Cafeteria - Roessleville Elementary School

Learn the basic steps of the Fox Trot, Cha Cha, Rhumba and Waltz. A course for couples getting married or just for fun! **Colonie Senior Courtesy Card Fee – \$65 per couple.**

BALLROOM DANCING II FOR COUPLES

Instructor: Janet Murphy

- 10 Weeks \$70/Couple
- 6:15-7:00 PM
- Cafeteria - Roessleville Elementary School

Now that you know the basic steps of the Fox Trot, Cha Cha, Rhumba and Waltz, it's time to kick it up a notch! **Colonie Senior Courtesy Card Fee – \$65 per couple.**

FLIPPING HOUSES MASTERCLASS: FROM NOVICE TO PRO

Instructor: Monica L. Cook

- 10 Weeks \$60
- 6:00-8:00 PM
- Room 164 – Colonie Central High School

Unlock the secrets to successful house flipping with our intensive 10-week masterclass. Led by seasoned industry experts and guest speakers, this course dives deep into every facet of real estate flipping, from strategic acquisitions to profitable sales. Explore residential and commercial properties, uncover diverse financing options, and learn the art of efficient project management. Delve into design and staging techniques that maximize appeal and master marketing strategies that seal the deal. With a focus on long-term wealth building, this course offers invaluable insights for both beginners and seasoned investors. Don't just flip houses, master the art and science of it. **A \$5 materials fee will be collected prior to the start of class.** **Colonie Senior Courtesy Card Fee – \$55.**

COED VOLLEYBALL - BEGINNER

Instructor: Tammy Thayer

- 12 Weeks \$75
- 6:30-8:30 PM
- Gym - Forest Park Elementary School

Learn basic skills and knowledge of the game in a relaxed noncompetitive, non-aggressive, fun filled atmosphere. **Colonie Senior Courtesy Card Fee – \$70.**

OIL PAINTING

Instructor: Theresa Somaio

- 10 Weeks \$60
- 6:30-8:30 PM
- Room 132 – Colonie Central High School

Explore still life, landscape and portrait painting in oils. Bring your own painting projects to work on or work with the instructor's set ups and photos. All levels of experience are welcome to attend this painting workshop. Materials list will be handed out on the first night of class, but bring a small canvas and whatever materials you have. The instructor has been teaching art to adults and children for over twenty years. **Colonie Senior Courtesy Card Fee – \$55.**

QUILTING - ADVANCED

Instructor: Donna Hyer

- 10 Weeks \$55
- 6:00-8:30 PM
- Library Lounge – Colonie Central High School

Work on your own projects with the help and expertise of other knowledgeable quilters. Special group projects and demonstrations during the session **Colonie Senior Courtesy Card Fee – \$50.**



THURSDAY

Beginning Feb. 1

*Unless otherwise noted

ZUMBA

Instructor: *Christa Grant*

- **12 Weeks** **\$75**
- **6:30-7:30 PM**
- **Cafeteria – Shaker Road Elementary School**

Feel the beats and join the fun! Zumba Fitness is a high energy, high calorie burning dance workout that combines a variety of international and latin-inspired rhythms. You will have a great aerobic and exhilarating workout while dancing to merengue, hip hop, salsa, bollywood and other. **Colonie Senior Courtesy Card Fee – \$70.**

NATURALISTIC ILLUSTRATION

Instructor: *Rainier Bernhardt*

- **5 Weeks** **\$45**
- **Feb. 1 - March 1**
- **6:30-8:30 PM**
- **Room 245 - Sand Creek Middle School**

This class is for the budding naturalist, birder, botanist, or anyone with an appreciation for nature and detail. We will look at the likes of Audubon, Sibley, and Blackwell for inspiration and use techniques in watercolor and colored pencil to render information-rich imagery.

Supplies: Hot press watercolor paper (140 lbs.), water soluble colored pencils (also called watercolor pencils), and watercolor paints. Class will not meet on February 22. **Colonie Senior Courtesy Card Fee – \$40.**

CROCHET – BEGINNER TO INTERMEDIATE

Instructor: *Shirley Trzaskos*

- **13 Weeks** **\$65**
- **6:30-8:30 PM**
- **Library Lounge – Colonie Central High School**

This class is for a novice in need of the basics, or someone beyond the basics who needs assistance now and then. Beginners should bring worsted weight bright color yarn and a crochet hook no smaller than H and no larger than K. Intermediates should bring your own project or choose from a variety of my patterns. **Colonie Senior Courtesy Card Fee – \$60.**

*FIRST AID CPR WITH AED-ADULT AND CHILD

Instructor: *Gregory Watson*

- **2 Weeks** **\$35**
- **March 21 and March 28**
- **6:30-9:30 PM**
- **Classroom 114 – Colonie Central High School**

***Start Date: March 21**

For the good of all, we need this course! Please help save a life CPR with AED training and certification by National Safety Council. Certificate included and is valid for two years. The second class covers stroke, heart attack, heat and cold emergencies, accidental poisoning and use of Narcon for opioid overdose. All topics covered-all questions answered. Be ready! Don't wait until it's too late. **A \$45 materials fee will be collected prior to the start of class. Colonie Senior Courtesy Card Fee – \$30.**