

# Community and Professional Education

A CATALOG OF PROFESSIONAL DEVELOPMENT AND PERSONAL GROWTH CLASSES



**FALL 2015**

*REGISTRATION BEGINS AUGUST 24*

[www.hvcc.edu/communityed](http://www.hvcc.edu/communityed)



**Be bold. Be a Viking.**



# COURSES AT-A-GLANCE

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Advanced Pastel  
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### Papercrafting and Rubberstamping

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Technique Tuesdays  
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Sewing Basics & Alterations  
Open Sew

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Knickerbocker Mansion  
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Gender & Race Among Shakers  
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PIYO Fusion  
Metabolic Bootcamp  
Core Camp  
Pilates for Runners  
Barbarian Sandbag Blast  
Senior S.T.R.O.N.G.  
Kettlebell Fitness  
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Elemental Fitness  
Couch to 5K  
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### Hobbies

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Basics of Selling on Ebay  
Blogging for Money  
Income at Home  
Project Management  
Mah Jongg  
Notary Public Review  
Discover the Actor Inside  
Hypnosis Seminar  
Defensive Driving  
5- Hour Pre-licensing Course

## MOTORCYCLE - Pgs 45-46



Be bold. Be a Viking.



Three times each year, the staff of Hudson Valley Community College's Office of Community and Professional Education coordinates a variety of courses, workshops, trips and professional development opportunities for the community. We serve everyone - from young children to seniors.

This fall, we are proud to offer more than 175 different courses, and our Center for Creative Retirement has more educational offerings than at any time in its history. Take a look at our offerings listed on the opposite page and then jump inside this course bulletin to find something that will expand your horizons, fill an educational need or help you find a new hobby. With diverse offerings such as "Medicare 101," "Yoga," "German for Everyone" and "Introduction to Microsoft Excel," there is sure to be a course for you!

Our office staff (pictured on this page) looks forward to helping you!

## THE OFFICE OF COMMUNITY and PROFESSIONAL EDUCATION

Hudson Valley Community College



**Be bold. Be a Viking.**

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Services Center,  
Room 252**

E-mail: [communityed@hvcc.edu](mailto:communityed@hvcc.edu) // Web: [www.hvcc.edu/communityed](http://www.hvcc.edu/communityed)

Registration form and information about: • Professional CEUs • Parking  
• Refunds/Cancellations are available at the back of this course catalog.

# ■ Arts & Crafts



## Renaissance Zentangle

The Zentangle® method is a fun and relaxing way to create beautiful images from repetitive patterns. Created by Rick Roberts and Maria Thomas, Zentangle was designed with the non-artist in mind. This meditative art form is being discovered by many as a way to relieve stress, tension and anxiety. Using tan tiles, we will explore the many different tangles of Zentangle-inspired art. This course is taught by certified Zentangle teacher Cindy Bishop. For more information, visit: [www.zentangle.com](http://www.zentangle.com). Course fee includes \$15 materials fee.

50557

\$64

4 Sessions, WIL 113

Thurs., 9/24 - 10/15, 6 - 8 p.m.

NEW!

## Zentangle® Mandala

Combine the ancient wonders of mandalas with the contemporary form of Zentangle and create beautiful zendalas! Students will work in the round on white tiles, using both ink and color. This course is taught by certified Zentangle teacher Cindy Bishop. For more information, visit: [www.zentangle.com](http://www.zentangle.com). Course fee includes \$15 materials fee.

50558

\$64

4 Sessions, WIL 113

Thurs., 10/29 - 11/19, 6 - 8 p.m.

NEW!

## Basic Watercolor

Discover different ways of using transparent watercolor paint, from free experimentation to a more controlled approach. Learn about color theory, sketching and composition while observing flowers, still life and landscape. Everyone is welcome, and no experience is necessary. Please bring whatever materials you may already have OR purchase the following supplies: a pan set of transparent watercolor paints, a pointed-round watercolor brush (approximately size 6), a 9" x 12" pad of 140# watercolor paper, pencil, masking tape, two water containers and two pieces of cardboard (slightly larger than size of paper).

50198

\$59

4 Sessions, DCC B05

Thurs., 10/29 - 11/19, 1 - 4 p.m.

Carol Bollinger-Green, Instructor



## Painting with Acrylics - Intermediate

This class will focus on building and exploring techniques with acrylics. The focus will be on the properties of this medium, brush types and use, color mixing, texture and composition. We will address the elements involved in landscape, seascape and still life. Some experience drawing and painting with acrylics is required.

Please see materials list for this class posted at [www.hvcc.edu/community/courseinfo](http://www.hvcc.edu/community/courseinfo)

50523

\$125

10 Sessions, DCC B05

Tues., 9/15 - 11/17, 6 - 8 p.m.

Colleen Connolly, Instructor

## Beginning Pastel

This class is designed for beginners who are interested in learning how to work with the beautiful drawing medium of soft pastel. We will focus on techniques, color blending, composition and effects that can be achieved with this medium. Some drawing experience is required.

Please see materials list for this class posted at [www.hvcc.edu/community/courseinfo](http://www.hvcc.edu/community/courseinfo)

50525

\$125

10 Sessions, DCC B05

Wed., 9/16 - 11/18, Noon - 2 p.m.

Colleen Connolly, Instructor

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**NOTE:** Course descriptions are subject to change without notice.

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# Floral Design Certificate Program

This program is designed for those interested in learning floral design from A to Z. Are you thinking of starting your own floral business or trying to get into the trade? The program includes two core components: Introduction to Floral Design and Advanced Floral Design Techniques. Both core courses and two electives (see list below) are required to receive the certificate of completion. Please note: not all courses are offered each semester.



## Core - two required

Introduction to Floral Design	ZARC 039
Advanced Floral Design Techniques	ZARC 040

## Electives - Two Required

Designed Dish Gardens	ZARC 042
Contemporary Designs for the Floral Industry	ZARC 224
Getting Your Floral Business Started	ZARC 038
Holiday Boxwood Tree Design	ZARC 032
Funeral Arranging and Grieving	ZARC 041
Wedding Design	ZARC 045

## Introduction to Floral Design

In this course you will learn the proper use of tools in the preparation and care of fresh flowers. Learn the principles of design and create your own arrangements including vase arrangements and centerpieces. There will be a field trip to a local flower wholesaler. All floral products will be supplied for this class. Please bring a sharp folding knife that fits comfortably in your hand, wire cutters and paper and pen to take notes. Course fee includes a \$325 materials fee.

50567 \$475  
6 Sessions, HUD 155  
1 Session, Off Campus TBA  
Tues., 9/15 - 10/20, 6:30 - 9 p.m.  
One Saturday TBA

## Getting Your Floral Business Started

Learn the business side of the floral industry, from filing your DBA and taxes to wire services and advertising. This course will allow you to make an informed decision on how you would like your floral business to proceed. This course is open only to those pursuing the floral design certificate. Please bring pen and paper to take notes.

50596 \$80  
1 Session, HUD 155  
Tues., 12/1, 6:30 - 9 p.m.

## Funeral Arranging and Grieving

This course is open to those who are receiving their certificate in floral design. You will learn funeral design basics such as baskets, sprays, casket designs and set forms. You will also learn to work with the grieving public and funeral directors. Please bring a sharp folding knife and wire cutters to class. Course fee includes a \$225 materials fee. Prerequisite: Introduction to Floral Design or program completion.

50594 \$275  
2 Sessions, HUD 155  
Tues., 11/10 & 11/17, 6:30 - 9 p.m.

## Holiday Boxwood Tree Design

This fun and unique class will teach you how to construct and decorate a boxwood tree for the holidays. The boxwood tree is quickly becoming a holiday tradition! This course is open to those who are taking the Floral Design Certificate Course AND those who wish to come and learn how to make their own tree! Please bring a sharp folding knife and wire cutters to class. Course fee includes a \$75 materials fee.

50595 \$105  
1 Session, HUD 155  
Tues., 12/8, 6:30 - 9 p.m.

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*All floral courses are taught by Judy Pochobradsky of Celestial Designs. Please note the materials fee for all floral courses is non-refundable seven business days prior to the start of the course.*

## Arts & Crafts

### Advanced Studio in Pastel

This class is designed for students who have had experience working with soft pastel. We will be working with a variety of soft pastels such as Sennelier and NuPastel, as well as pencils and oil pastels. Our goal is to further enrich and develop your technique, focusing on areas such as portraits and landscapes, seascapes, and venturing into some abstract approaches! Some experience drawing with pastels is necessary. See materials list for this class posted at [www.hvcc.edu/communityed/courseinfo/50524](http://www.hvcc.edu/communityed/courseinfo/50524) \$125

10 Sessions, DCC B05

Thurs., 9/17 - 11/19, 6 - 8 p.m.

Colleen Connolly, Instructor

### Glass and Ceramic Painting

Have fun on a Saturday learning how to paint on glass and ceramic pieces. Create beautiful designs on plates, wine glasses, bowls – the possibilities are endless! Our focus will be on painting and brush techniques as well as interesting composition and designs. Some experience with drawing and painting is helpful but not required. See materials list for this class posted at [www.hvcc.edu/communityed/courseinfo/50219](http://www.hvcc.edu/communityed/courseinfo/50219) \$33

1 Session, DCC B05

Sat., 10/24, 9:30 a.m. - 3:30 p.m. with a ½ hour lunch break

Colleen Connolly, Instructor

### Basic Jewelry for Beginners

This class will cover the basics of making jewelry, including tools. In just one session, we will complete a jewelry project consisting of a bracelet with matching earrings. Introduce yourself to this fun and creative art form and walk away with some new jewelry! Course fee includes a \$15 materials fee. Students must register prior to 10/5/15. No refunds for materials will be issued after that date.

50199 \$35

1 Session, DCC 135

Tues., 10/13, 6 - 8 p.m.

Joanne Farash of Silverlining, Instructor



### Crystal Clay Jewelry

Crystal clay is a new and fun creation! It's a clay that doesn't need heat to set. This jewelers' clay can be molded onto an embellishment and adorned with crystals. Join us for this fun class, and make your own creation with crystal clay. Two projects will be completed. Beginners are welcome and no experience is necessary. Course fee includes a \$25 materials fee. Students must register prior to 10/6/15. No refunds for materials will be issued after that date.

50356 \$47

1 Session, DCC 135

Wed., 10/14, 6 - 8 p.m.

Joanne Farash of Silverlining, Instructor

### Knitting for Beginners

With two basic stitches of knitting, this class will create a sampler scarf and hat. Learn these two stitches - knit and purl - and the possibilities are endless! You will learn to "cast on" the beginning stitches, do the garter pattern (knit every row), do the stockinette stitch (knit one row, purl one row), and ribbing (knit three stitches, purl three stitches, knit three stitches, etc.), then how to "bind off" the end row of stitches. You will then have the ability to design your own scarves, hats, pillow covers and much, much more! Knitting needles and yarn will be provided at the first class. Class fee includes a \$6 materials fee.

50162 \$55

4 Sessions, DCC 135

Tues., 9/15 - 10/6, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

### Knitting for Beginners - Level Two

You can make a lace pattern and cable stitch hat. This hat is knit on a circular needle and double-pointed needles. Join us if you already know the basics of casting on and the knit and purl stitches or have taken a beginning knitting class. Build on the skills you have and learn to follow a pattern. You will need to bring one skein – 3.5 or 4 ounce of knitting worsted, 4-ply yarn. Choose any beautiful color or variegated yarn you like. As a tip, try not to choose a black or very dark colored yarn because they are very difficult to work on at night. Course fee includes a \$9 materials fee for needles. The class will use size 6 needles, which will be supplied by the instructor. If you already have a size 6 pair you like, you may request a different size before the first class. Course fee includes \$9 materials fee.

50486 \$58

4 Sessions, DCC 135

Tues., 10/20 - 11/10, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor



## Crochet for Beginners

Learn the basic crochet stitches – chain, single, double – while creating a scarf. With one hook, you can create a variety of patterns and designs with only these and other stitches. Working at your own pace you will become familiar with yarns, size gauges and other handiwork information. In these few classes, you will have the ability to design your own scarves, hats, blankets and more! Crochet is an easy, relaxing craft that can be done anywhere and anytime. Course fee includes \$6 materials fee.

50222 \$55

4 Sessions, DCC 135

Wed., 9/16 - 10/7, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

## Crochet for Beginners - Level Two

This class builds on your skills to make creative crochet items. You'll learn new crochet designs by making different squares to join together as you like – perhaps a scarf, purse or hat! Your project will be finished with an edging and flowers or tassels. Students should know the basic single and double crochet stitches or have taken a beginning crochet class. Please bring a crochet hook, size G or H, and three colors of 4-ply yarn to class.

50352 \$49

4 Sessions, DCC 135

Wed., 10/21 - 11/11, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

## Sewing for Beginners Level Two - Pajamas

*For adults and children (Age 7-10 with adult)*

This class will use a pattern to design your own pajamas. Because perfect fit is not necessary, this is a good way to learn important sewing techniques.

The pajamas will have an elastic or drawstring waistband bottoms, sleeves, hems, facing and closures for top. Students should bring their own sewing machine. When you register you will be given information about the pattern and fabric to be brought to the first class.

50568 \$60

5 Sessions, DCC 135

Sat., 11/7-12/12, 9:30 - 11:30 a.m.

Aleta Schweigert, Instructor

## Sewing Basics and Alterations

Are you tired of things not fitting you properly? Alterations can be so costly. Why not learn how to do it yourself? In this class you will learn different methods of altering clothing or some household items.

This is a class for all levels, and you will be working at your own pace. No sewing knowledge is required.

You may bring in whatever item you wish to be altered. Students should bring their own sewing machine.

Additional course materials available at: [www.hvcc.edu/community/courseinfo/](http://www.hvcc.edu/community/courseinfo/)

50566 \$45

4 Sessions, DCC 135

Mon., 9/14 - 10/5, 6 - 8 p.m.

Fatima Bey, Instructor

**NEW!**

## Open Sew

This Open Sew classroom is just for you!

You can finish projects, get help with technique or get direction on how to start or finish your sewing project. Bring your project, pattern (if applicable),

your own sewing machine and basic sewing supplies. This class is open to all levels and any

sewing projects.

50565 \$45

4 Sessions, DCC 135

Mon., 10/19 - 11/9, 6 - 8 p.m.

Fatima Bey, Instructor

## Paper Filigree Snowflakes and Designs for the Winter Season

Paper filigree, or quilling, is the art of creating designs with narrow strips of paper. It is believed to have originated during the Renaissance, when French and Italian nuns used bird quills to roll strips of paper to decorate religious items, mimicking the iron filigree work of the time.

The shaped paper coils can be arranged to form delicate snowflakes, snowmen, sprigs of holly or wreaths to decorate your home. They can be used in scrapbook pages or to make cards and gift tags for the upcoming holidays. Please bring scissors, tweezers and a ruler with you to class. Course fee includes a \$7 materials fee.

50211 \$19

1 Session, DCC 135

Mon., 12/7, 6 - 8 p.m.

Laurie Helper, Instructor

# Arts & Crafts

## BASKET WEAVING WORKSHOPS

### Trashee Basket

This is a great beginner basket. Just because you throw trash in it doesn't mean it can't look good! Using a 7" round wooden base and a plastic wastebasket as a class mold, weave this useful wastebasket with a variety of natural and dyed reed. Finished height is approximately 12". Course fee includes \$29 materials fee.

50559 \$65

2 Sessions, DCC B05

Wed., 9/30 & 10/7, 6 - 9 p.m.



### Kathy's Karrier

Learn to weave this versatile rectangular basket, woven on a wooden base, using various sizes of natural and dyed reed with a little bit of twining thrown in for good measure. Finished off with an oak handle, this basket is great for serving or using in the powder room for toilet paper or towels. Measures 18" long by 6" wide by 5" tall without the handle. Course fee includes \$29 materials fee.

50560 \$65

2 Sessions, DCC B05

Wed., 10/14 & 10/21, 6 - 9 p.m.

50561 \$65

2 Sessions, DCC B05

Wed., 10/28 & 11/4, 6 - 9 p.m.



All basket weaving workshops are taught by Joyce Flower. Students should bring a measuring tape, a pencil, spring-type clothes pins, scissors and an old towel to class. Please note the materials fee for all basket courses is non-refundable five business days prior to the start of the course.



### Point the Way

Starting with a 6" by 10" oval wooden racetrack base, we will weave this large oval basket using dyed and natural reed. We'll do some twining and make arrows by doing French randing to give this a distinct look. Finished off with leather bushel basket side handles, this makes a really striking basket. Approximately 12" long by 9" wide and 9" tall. Course fee includes \$33 materials fee.

50562 \$69

2 Sessions, DCC B05

Wed., 11/11 & 11/18, 6 - 9 p.m.

### Solid Bottom Shaker Basket

Learn to weave this large rectangular basket which is 8" by 14" by 7" tall. This basket is continuously woven of natural reed starting from the base and using a hand carved wooden handle. Very interesting and new technique. Course fee includes \$28 materials fee.

50563 \$64

2 Sessions, DCC B05

Wed., 12/2 & 12/9, 6 - 9 p.m.

### Candleholder Basket

Starting with a 3" wooden base and weaving on an improvised plastic "mold," we will learn to weave this cute little basket using various sizes of dyed, natural reed and cane. Basket height is approximately 3" tall and finished with a saw-tooth rim. Included is a battery powered tea light to put in your finished basket. Course fee includes \$21 materials fee.

50564

1 Session, DCC B05 \$45

Sat., 11/14, 10 a.m. - 2:30 p.m. with a 1/2 hour break for lunch



# Papercrafting and Rubberstamping

## Cards, Cards, Cards

Tired of having to run out to the store every time you need a card for an occasion? Make your own! Have a stash on hand ready for that next occasion. People will be amazed that you actually cared enough to make a card for them. Each session will have a different theme and use a variety of techniques. Course fee includes a \$10 materials fee per class. All classes meet in DCC 135.

## Butterflies

50349 \$18  
Thurs., 9/17, 6 - 7:30 p.m.

## For the Kids

50357 \$18  
Thurs., 9/24, 6 - 7:30 p.m.

## Faux Watercolor

50580 \$18  
Thurs., 10/1, 6 - 7:30 p.m.

## Birthdays

50581 \$18  
Thurs., 10/8, 6 - 7:30 p.m.

## Miscellaneous Cards

50582 \$18  
Thurs., 10/15, 6 - 7:30 p.m.

## All 5 Classes - Save \$10!

50583 \$80  
Thurs., 9/17, 9/24, 10/1, 10/8, 10/15, 6 - 7:30 p.m.

## Paper Craft of the Month

A new surprise each month. Together we will open a box filled with a new project with all the supplies to complete it and play with it together. The kit and all the supplies are yours to take home. Course fee includes a \$22 materials fee. Registration closes on the 8th of the month the class is being given. No refunds for materials will be given after this time.

50584 \$30  
1 Session, DCC 135  
Thurs., 10/22, 6 - 7:30 p.m.

50585 \$30  
1 Session, DCC 135  
Thurs., 11/19, 6 - 7:30 p.m.

50586 \$30  
1 Session, DCC 135  
Thurs., 12/17, 6 - 7:30 p.m.

## The Envelope, Please

This class is so popular, we are bringing it back once again. Customize your own envelopes in a variety of sizes and paper. You will be learning how to use the Envelope Maker, which you can then take home to continue with your envelope craze! Course fee includes a \$25 materials fee for the Envelope Maker.  
50358 \$32  
1 Session, DCC 135  
Thurs., 10/29, 6 - 7:30 p.m.

## Holiday Cards Buffet

Time to make cards for the holidays. What is a card buffet? There will be a variety of cards for you to choose from and you will get to pick four you want to make - it can be four different ones or multiples of one or two designs. There may even be something other than a card to choose from. Please bring sharp scissors and double-sided adhesive tape. Class fee includes a \$10 materials fee.

50587 \$18  
1 Session, DCC 135  
Thurs., 11/5, 6 - 7:30 p.m.

50588 \$18  
1 Session, DCC 135  
Thurs., 11/12, 6 - 7:30 p.m.

## Technique Tuesdays

Each Tuesday you will learn new, quick and easy Stampin' techniques! Dazzle your friends with awesome cards using your new talent! Course fee includes a \$20 materials fee.

50589 \$28  
1 Session, DCC 135  
Tues., 11/17, 6 - 7:30 p.m.

50590 \$28  
1 Session, DCC B05  
Tues., 12/15, 6 - 7:30 p.m.

## Gift Bag Punch Board

Instead of buying bags for small gifts and treats, create them in a variety of sizes (2" deep, up to 3 5/8" wide and from 4" to 10" tall) using cardstock and designer papers. And the best part - the gift bag punch board is yours to keep! Course fee includes a \$20 materials fee.

50591 \$28  
1 Session, DCC B05  
Tues., 12/1, 6 - 7:30 p.m.

Registration deadline for paper crafts classes is one week prior to the start of the class. Registration deadline for Paper Craft of the Month classes is the 8th of the month the class is scheduled for. Any withdrawals after this date will not be refunded the materials fee. Please bring sharp scissors and a strong double-sided adhesive to each class. All papercrafting classes are taught by Sharyn Bouck - independent Stampin' Up! demonstrator. Find her on the web at [Sharyn.stampinup.net](http://Sharyn.stampinup.net), or contact her at [sharynbouck@hotmail.com](mailto:sharynbouck@hotmail.com).

# ■ Business/Financial Planning

## Pre-Retirement Planning for the Baby-Boomers



This educational seminar is geared to answering important pre-retirement questions for the baby-boomer generation and also to make sure they are asking the right questions. This course will discuss the primary shift in investment strategy from accumulation to preservation and distribution. Additional topics include asset protection and control, required minimum distributions, health care, and tax management of distributions and estate. Most are mentally prepared for retirement, but are you financially ready as well?

50549 \$10

1 Session, DCC 137

Wed., 10/7, 6:30 - 8 p.m.

Frank Guiffre of Halliday Financial Group, Instructor

## Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course is dedicated to informing you of the potential benefits of effective financial management and to show you techniques that will assist you in meeting your goals. Topics include: the seven road-blocks to financial success; the six keys to financial success; risk management; cash management - create liquidity, pay down debt, increase savings; investment planning - what the pros do, strategies for successful investing, stocks, bonds, annuities, mutual funds; tax management and tax planning; retirement planning - calculating the cost of retirement, sources of retirement income, IRA(s), 401-K's, 403-b(s), 457 plans; estate planning - probate, estate taxes, intestacy, wills, trusts. The course concludes with how to prepare your own plan. Call Steve Miner at 272-6747 for more details. Course fee includes \$26 materials fee for the workbook.

\*Your spouse, partner or significant other is encouraged to attend at no charge, but will need to register for the course as well. Please note that you will only receive one workbook per couple.

50202 \$65

\*50321 - Please use this course number to register a partner.

3 Sessions, DCC 137

Wed., 10/14 - 10/28, 6:30 - 9 p.m.

Stephen F. Miner, CLU, ChFC, Instructor

## Shopping for Health Insurance



With the changes brought by the Affordable Care Act, more people than ever are required to find their own health insurance coverage for themselves and their families. Importantly, health insurance plan costs and coverage can and do change from year to year, so even if you are satisfied with your current plan, you should re-evaluate your options each year to make sure the plan is the best choice for you and your family. Your options in the health insurance marketplace have increased, and while plans may look similar on the surface, the plan you choose may not provide the coverage you expect, and the costs may be different than you anticipate. Just like selecting a cable provider or buying a new television, consumers need to be armed with specifics to make an informed decision when selecting a health insurance plan. This course will give you the tools to help sort through the options, including how to evaluate premiums, deductibles, networks, co-pays, coverage limitations, service territories and drug formularies, just to name a few.

50592 \$15

1 Session, DCC B06

Thurs., 10/8, 6 - 8:30 p.m.

Robert Carrothers, Instructor

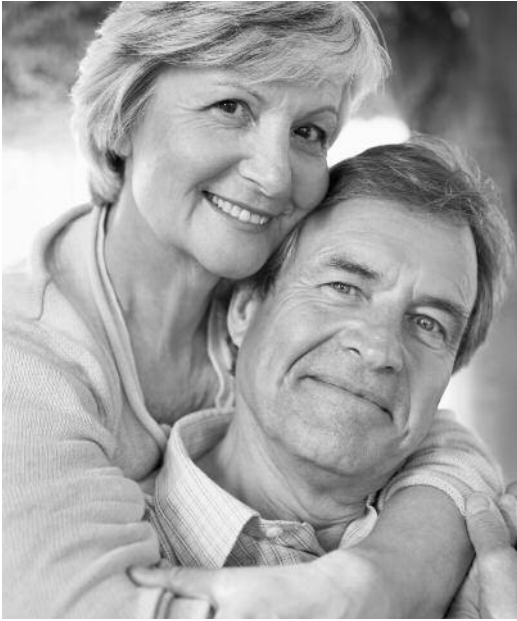
## DON'T WAIT TOO LONG!

### Register early!

Each class has a minimum required enrollment. If you find a course that you would like to take, encourage a friend to join you. Sometimes one or two people make the difference between "go" or "cancel." Many of our courses fill early. Don't be disappointed because you waited until the last minute.



Be bold. Be a Viking.



## Your Decisions or Theirs? Long Term Care Planning and Senior Living Choices

**NEW!**

You've worked hard, and along the way have accumulated money and assets. How important it is for you to remain free to choose where you live, what you eat, and with whom you're surrounded? How important is it to keep your stuff and your money, and to choose where it all goes upon your death? This new class will explore senior living choices and long term care planning to fit your mindset, your values and your budget. Instructor Frank Finch developed this course to empower people to maintain their independence, as well as their money and dignity throughout their lives. Rich Curry, senior care consultant for CarePatrol and advocate for better senior living choices, will co-teach. Course fee includes \$5 materials fee.

50243 \$20

1 Session, WIL 112

Mon., 11/23, 6:15 - 8 p.m.

Frank Finch, Principal of Life Stages Financial Group, adviser with Holliday Financial, Instructor

## Maximizing Your Social Security Benefit

A few key decisions can make a big difference in the amount of your social security benefit. Attend this hands-on workshop and learn strategies to get the most money from Social Security. Learn how to plan for taxes, health care and other costs during retirement, as well as how to wisely grow and protect your retirement income. This session will cover key Social Security benefit choices, such as individual and spousal options, and help you understand simple steps to maximize your benefit. Join us before you make financial decisions that may not be able to be reversed. Course fee includes \$5 materials fee.

50244 \$20

1 Session, WIL 112

Mon., 10/5, 6:15 - 8 p.m.

Frank Finch, Principal of Life Stages Financial Group, adviser with Holliday Financial, Instructor

## Financial Fitness: A 10-Point Check-Up

**NEW!**

Physical fitness is booming across America. As we strive to pay for active, bright futures in an increasingly expensive and competitive world, sound financial health and decision-making will be required. This course is designed for those of any age who seek to fund and protect active lifestyles. Instructor Frank Finch will guide participants through practical hands-on worksheets and materials – all designed to help improve financial fitness in ways that matter most to you. Course fee includes \$5 materials fee.

50548 \$20

1 Session, ADM 101

Sat., 11/14, 9 - 10:45 a.m.

Frank Finch, Principal of Life Stages Financial Group, adviser with Holliday Financial, Instructor

## Charting X's & O's to Better Understand the Stock Market

Point and Figure charting, X's & O's, will provide you with a simple, easy solution to understanding the markets. This technical analysis process works in markets that move up or down, cutting through the Wall Street noise.

- Learn a simple process to help determine market trends
- Learn whether to consider owning a stock based on certain patterns
- Learn what sectors and asset classes may be overweight or underweight
- Learn how to compare types of investments using relative strength

Discover how applying these simple principles to the stock market can help you understand when adjustments to your own portfolio need to be made.

50397 \$15

1 Session, DCC 136

Thurs., 10/1, 6:30 - 8:30 p.m.

50597 \$15

1 Session, DCC 136

Sat., 10/31, 9 - 11 a.m.

John Gattulli, Instructor

# Center for Creative Retirement



## Medicare 101

It is important to understand how Medicare works and learn how to make the most informed decisions possible. In this two-session course, Medicare Parts A and B will be explained, including what is and is not covered. Your fiscal responsibility and ways to mitigate the potential copays of Medicare also will be discussed. Learn what a Medigap plan is and how it works and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

50174 \$10

2 Sessions, WIL 101

Wed., 10/21 - 10/28, 10 - 11:30 a.m.

50175 \$10

2 Sessions, DCC B06

Thurs., 10/15 - 10/22, 6 - 7:30 p.m.

Janet Kiffney, Instructor

## The Anti-Rent Wars: From Feudalism to Freedom in Upstate NY



A little-known piece of U.S. history happened here in upstate New York. The anti-rent struggle is an amazing story of rebellion, inequality, political struggle and militancy. Rather than sell their rich farmland, the patroons leased plots to tenant farmers who could never purchase land they and their descendants developed over generations. This course examines the centuries-long anti-rent battles that eventually forced the patroons to give up their vast, near feudal, possessions.

50555 \$13

1 Session, WIL 113

Mon., 10/19, 1 - 3:30 p.m.

Henry Bankhead, Instructor

## Stitches In Time:

### A History Of Ladies' Needlework

It was Mary Queen Of Scots, imprisoned for most of her adult life, who made the practice of needlework popular throughout England. She kept her mind busy with elaborate needlework that filled her lonely days. She would stitch symbols within her work that vented her depression and despair. This needlework tradition eventually spread to most upper class women in England by the 17th century. After discussing works from the 17th century, the presentation will proceed into the 18th and 19th centuries when needlework became part of all young, American girls' education.

50488

\$18

1 Session, WIL 113

Thurs., 9/24, 10 a.m. - Noon

Marilyn Sassi, Instructor

## Women and War: Part 1, the Revolutionary War and the Civil War

We will examine the roles, challenges and experiences of women during the Revolutionary War and the Civil War, with a focus on women from New York State. War dramatically changed the roles and domestic landscape for many women during these conflicts. In times when there were no established government safety nets for families and when the primary breadwinner went off to war, how did women and families survive? Who were the women who joined, often in disguise, the army and fought alongside the men? Our speaker, Michael Aikey, is the retired director of the New York State Military Museum and Veterans Research Center in Saratoga Springs.

50541

\$13

1 Session, WIL 113

Wed., 9/23, 9:30 - 11:30 a.m.

Michael Aikey, Instructor

## Captured By The Indians



In 1763, during the infamous Wyoming Valley Massacre, a 13-year-old boy named Ezra was captured by the Delaware Indians. Traded to the Seneca, he remained a prisoner/slave until rescued a year later by Sir William Johnson. Reunited with family in the lower Hudson Valley, Ezra would witness Prendergast's Rebellion, a now-forgotten uprising of American farmers against British authority in 1766. And in 1775, as a young man of 24, he would enlist as a soldier in the Revolutionary War. Ezra survived captivity, rebellion and revolution and died peacefully in his bed in 1834 at age 84. His story will be told by his descendant, Steve Trimm.

50516

\$13

1 Session, WIL 113

Mon., 10/5, 9:30 - 11:30 a.m.

Steve Trimm, Instructor

## The Design, Color, Texture and Flowers of Fall

When do you have the opportunity to spend a morning with a versatile floral artist, who can design a classic look but make it follow a modern trend? Take advantage of Michele Peter's 28 years of experience and let her show you how you can put creativity and energy into designs and events. Michele brings a passion for what she does, and many return because they know she always brings new ideas and demonstrates what is "hot" in the flower world. You may be one of the lucky students who carry one of her creations home! Course fee includes a \$13 materials fee per person.

50339

\$23

1 Session, WIL 113

Wed., 10/28, 9:30 a.m. - Noon

Michele Peters, Instructor,

Owner of Ambiance Florals and Events

## Antietam Remembered and Civil War Letters

The Battle of Antietam was the first major Civil War battle to take place on Northern soil. What impressions did the soldiers actually remember in their letters, diaries and memoirs? This illustrated talk recalls the campaign and battle, fought in Maryland on September 17, 1862, with plenty of first person impressions, and plenty of audience participation. The American armies of the Civil War were the first in history to be literate. The common soldiers could read newspapers, debate the merits of sermons and patriotic speeches, and write home. Their letters are a gripping and educating relic of the war. This introductory talk features numerous selections, illustrating the wide variety of subjects soldiers wrote about to the folks back home.

50537

\$17

1 Session, WIL 113

Wed., 11/4, 9:30 - 11:30 a.m.

Robert E. Mulligan, Instructor

## Dragons in the Garden

Many small creatures are losing habitat and need a helping hand. Your garden can be the perfect place to introduce a few natural elements and invite wildlife to visit and establish a home there. Amphibians and reptiles can be fun to watch, interesting to learn about and are important to local ecology. A monarch butterfly waystation can be an important resting stop for these small migrants. This program will cover the natural history of amphibians and reptiles and how you can create a wild refuge in your garden.

50536

\$15

1 Session, WIL 113

Thurs., 11/12, 9:30 - 11 a.m.

Lisa Hoyt, Instructor

## Federal Furniture in America (1790 - 1830)

During the American Revolution, the building of new homes and much of the importation of goods from England came to a halt. After America's victory, there was a new sense of optimism and furnishing the many recently-built homes was a top priority. Even though England had been the enemy, she was also our fashion setter, and what was in vogue there was copied here.

This class will examine furniture examples from different areas of the country and showcase Duncan Phyfe, who made New York City the leader in furniture construction for the first time. Contrasted with Phyfe's formal designs will be examples of country made furniture by cabinet makers working to emulate the new styles. Furniture will be illustrated in many period room settings and in close detail as well.

50513

\$18

1 Session, WIL 113

Thurs., 9/17, 10 a.m. - Noon

Marilyn Sassi, Instructor

## Introduction to Folk Music Using Fiddle, Banjo, Guitar and Song

Come whet your musical appetite while hearing the history and sounds of roots music. Listen to music from Scotland, Ireland, Canada, New England and Appalachia. Combine this with a discussion of how these sounds developed and you have one rousing presentation. George Wilson, accomplished fiddler, folk music educator and performer, has planned a great morning for the music lover in you! Join the fun!

50091

\$13

1 Session, WIL 113

Wed., 10/7, 9:30 - 11:30 a.m.

George Wilson, Instructor

### CHECK IT OUT

- **Computers for Beginners** on page 28
- **Senior S.T.R.O.N.G. Fitness Class** on page 40

# Center for Creative Retirement

## New York State and the Civil War

NEW!

There is a multitude of books about the Civil War: causes, personalities, battles – but how many books cover what the State of New York was enduring and doing during the war? Just three. His talk by Robert E. Mulligan examines the population, finances, industry and infrastructure, agriculture and the filling up of the vacant ranks. How did Syracuse salt play a role in the war? How important was the Erie Canal, or was the Erie Railroad more important? Did the draft really provide many soldiers?

## Albany Rural Cemetery in the Civil War

Local Civil War historian Mark Bodnar will take you on a special tour of the Albany Rural Cemetery via PowerPoint, weaving a tapestry of military interest, genealogical research and local history. You'll be treated to a virtual tour over the three prominent ridges of the cemetery, visiting the graves of courageous soldiers and prominent civilians from the Civil War period. There are 26 general officers from the Civil War, six Civil War Medal of Honor recipients and three Confederate soldiers buried in Albany Rural Cemetery. The "tour" includes many images of unique and symbolic gravestones and monuments of the Victorian period, the iconography of which will be explained.

During this virtual tour, you will be introduced to statesmen, industrialists, clergy, authors and numerous soldiers, from privates to generals.

50538 \$17

1 Session, WIL 113

Thurs., 10/15, 9:30 - 11:30 a.m.

Robert E. Mulligan and Mark Bodnar, Instructors

## Digital Camera

This two-session class will concentrate on learning how to effectively use your new (or not-so-new) digital camera. You will learn about exposure, white balance, macro-mode, portrait settings, landscapes, bracketing – all complex techniques that can be easily explained and mastered. Gather your favorite photos, organize your questions and bring along your camera and owner's manual. These classes are designed to inform in a relaxed, comfortable setting. Remember to have the camera's battery fully charged and have an empty memory card.

50340 \$10

2 Sessions, WIL 113

Thurs., 11/5 and 11/12, 1 - 4 p.m.

Kevin Sarsfield, Instructor



## Twentieth Century Cookbooks in America

NEW!

Local historian Tom Allison returns with more cookbook history - this time with a focus on 20th century cookbooks. The stories behind our favorite foods are sometimes fascinating and almost forgotten, but will be retold here for your enjoyment. There is a whole history behind how recipes or "receipts" were written. Come to hear about the first celebrity cook, Fanny Farmer, James Beard, Julia Child and Martha Stewart.

When the class is over, you will have a whole new appreciation for the next recipe you follow. The history of cookbooks from Fanny Farmer's "Cookbook of the Boston Cooking School" to Martha Stewart's latest, is worthy of serious study. You'll discover how some recipes are time capsules of an era while others are as relevant today as when they were first created.

50539 \$13

1 Session, WIL 113

Mon., 11/16, 9:30 - 11:30 a.m.

J. Thomas Allison, Instructor

## Antiques and More

Come spend an engaging morning that will touch on history, geography, the arts and society. Owners Andrew Geller and David Ornstein of New Scotland Antiques will appraise a treasure that you bring to class. Bring in an item that you are curious about, set it on the table and when class begins, Andy and David will discuss each and every object! They'll cover the history of the item, its popularity and what it's worth in today's market. Remember to bring only one item.

50372 \$10

1 Session, WIL 113

Tues., 10/6, 9:30 - 11:30 a.m.

Andrew Geller and David Ornstein, Instructors

## The American Musical Theatre of the 1980s

**NEW!**

In American musical theatre, the 80's are referred to as "The British Invasion." With "Evita" in 1980, Andrew Lloyd Webber introduced a new style of musical theatre, "the pop rock opera," where almost the entire production was sung. He followed it with "Cats," "Starlight Express" and "The Phantom of the Opera," which is still playing at the Majestic Theatre. In 1987, the French got on the bandwagon with "Les Miserables." American composers were still working and in 1984, Jerry Herman's "La Cage aux Folles" won the Tony as best musical while Stephen Sondheim's "Sunday in the Park with George" won the Pulitzer Prize the same year. Other 80's musicals include "Barnum," "42nd Street," "Dreamgirls," "Big River" and "Into the Woods." We will see backstage interviews, rehearsals and production scenes from all the shows with stars Patti Lupone, Michael Crawford, Sarah Brightman, Jerry Orbach, George Hearn, Betty Buckley and Bernadette Peters.

50515 \$13  
1 Session, WIL 113  
Wed., 10/14, 9:30 - 11:30 a.m.  
Richard Feldman, Instructor

## New Sources for Finding Your Irish Ancestors

**NEW!**

There's never been a better time to discover your Irish roots! With more and more genealogy resources becoming available online, including the collection of Catholic parish records from the National Library in Dublin newly digitized for Summer 2015, finding your elusive Irish ancestor is within reach for many. Join professional genealogist Lisa Dougherty for an overview on utilizing resources in both the USA and Ireland to make your ancestral journey back to the Emerald Isle a memorable and successful one!

50517 \$13  
1 Session, WIL 113  
Tues., 10/20, 9:30 - 11:30 a.m.  
Lisa Dougherty, Instructor



## Ancestry.com: Setting Up Your Family Tree & Effective Searching

Ancestry.com is the internet's largest genealogy website with over 1.87 million users worldwide. Its many features can be a great advantage to those researching their family history, but all that information can also be confusing and intimidating. Join experienced Ancestry user and professional genealogist Lisa Dougherty to find out what exactly Ancestry.com has to offer, how to perform effective searches, find the information you are looking for, and how to create an online family tree that is both accurate and interesting enough to share!

50328 \$13  
1 Session, WIL 113  
Tues., 11/17, 9:30 - 11:30 a.m.  
Lisa Dougherty, Instructor

## The Soldiers National Cemetery at Gettysburg

**NEW!**

If you were here last spring to hear John McTague enlighten us on the particulars of Lincoln's trip to Gettysburg, then you know that he is an incredible speaker. This fall, John will present a lecture on the history of the National Cemetery at Gettysburg, its many monuments and the brave soldiers who fought, died and were buried there.

50534 \$18  
1 Session, WIL 113  
Thurs., 10/29, 9:30 - 11:30 a.m.  
John McTague, Instructor

## Troy: The Civil War and Draft Riot of 1863

**NEW!**

This illustrated lecture, the result of over 30 years of research, is not a military history, but rather, it is a true story about the people and events that made a city great. It is a true story about people and events that don't always make it into the history books. Undoubtedly, Troy's most vigorous and influential period was the decades leading up to and during the years of the American Civil War. While the city was a bustling industrial center, the lives of her workers reflected the same social, financial and emotional upheaval that had torn the nation apart. Local economic and political disparity had led to the early and successful organization of labor, and related political affiliations. These factors were compounded by the first military conscription act in American history, which included provisions that many considered to be weighted against the laboring class. This turmoil led to what has been called the second most destructive draft riot in the nation, necessitating some rather unusual governmental responses.

50543 \$18  
1 Session, WIL 113  
Thurs., 11/5, 9:30 - 11:30 a.m.  
Michael Barrett, Instructor

# Center for Creative Retirement

## Jane Addams, Social Worker: Conscience for a Gilded Age *New Visually Enhanced Program*

**NEW!**

As a child, Jane Addams told her parents that she wanted to "live among the poor, and help them" by becoming a doctor. While the medical degree did not come to pass, she found her life's work in addressing the broad needs of communities and society as a whole. Opening the first settlement house in America, Hull House, in Chicago's poor neighborhood, she and her colleague, Ellen Gates Starr, created an institution that not only provided the basic services of food, shelter and clothing, but fostered unity and belonging to a group of people with diverse backgrounds and cultural traditions.

50518

\$20

1 Session, WIL 113

Tues., 10/13, 9:30 - 11:30 a.m.

Phyllis Chapman, Historic Interpreter

## Women: Theirs Rights and Nothing Less - Susan B. Anthony *New Visually Enhanced Program*

Truly a "local heroine," Susan B. Anthony was born in Adams, Mass., lived near Greenwich, NY, and taught at the Canajoharie Female Academy. She and her closest ally, Elizabeth Cady Stanton (from Johnstown, NY) led the campaign for women's' suffrage for over 50 years. While Stanton was a writer and theorist at home with her children, Susan was a tireless advocate who traveled the entire country, giving speeches, gathering signatures for petitions, and passing out pamphlets to gather public support and governmental action to give women the right to vote.

50519

\$20

1 Session, WIL 113

Tues., 9/22, 9:30 - 11:30 a.m.

Phyllis Chapman, Historic Interpreter

## Trips and Tours

Please note: several of these trips and tours include a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course. Directions and additional information about off-campus tours and trips are posted at hvcc.edu/communityed.

### New York City Bus Trip

A bus will leave at 7 a.m. from Crossgates Commons (behind Walmart) for New York City. The bus will drop you off and pick you up from the Bryant Park area in Manhattan, leaving New York City at 7 p.m. The outing is for the bus trip only. Arrangements for the day will be left open for you to do whatever you please. A small donation will be collected on the bus for driver gratuity. Course fee includes a \$29 materials fee.

50094

\$40

1 Session, Leaving from parking lot behind

Crossgates Commons

Wed., 9/30, 7 a.m. departure

Joyce Feiring, Coordinator

### Dutch Apple Cruise on the Hudson

All aboard the Dutch Apple for a 2 ½ hour lock cruise, complete with sandwiches, salad, coffee, tea and dessert! Take in the scenic and historic Hudson River. Bring your binoculars to best see the birds and wildlife that live along the river's edge. The Dutch Apple sails rain or shine, but offers the best of both worlds with sunshine and breezes on the exterior deck or the protection of a fully enclosed and climate-controlled interior. Join us for a fun and relaxing afternoon cruising the Hudson! Please wear comfortable low heeled or soled shoes for your safety. Course fee includes a \$29 materials fee.

50040

\$40

1 Session, Dutch Apple Cruises in Albany, NY

Wed., 10/14, 12:30 p.m., boarding

1 - 3:30 p.m., cruise and lunch

Joyce Feiring, Coordinator



**NOTE:** Course descriptions are subject to change without notice.



## Lessons in Watercolor with Edith Leu



Join us for an adventure in transparent watercolor. Watercolor is forgiving, creative, portable and always fun. We will learn about edges, shadows, color mixing and more. These classes are appropriate for all levels of students. Paints, brushes and watercolor paper are provided. Coffee, beverages and baked goods are included. Course fee includes \$45 materials fee.

50573 \$55

1 Session, The Living Room Art Gallery at Historic St. Agnes Cemetery, Menands  
Wed., 10/7, 10 a.m. - 1 p.m.

50574 \$55

1 Session, The Living Room Art Gallery at Historic St. Agnes Cemetery, Menands  
Wed., 10/21, 10 a.m. - 1 p.m.  
Kelly Grimaldi, Coordinator

## Painting the Harvest Moon: A Lesson in Oil on Canvas with Noreen Powell



The muted golden glow of a harvest moon has its own mysterious and enchanting aura. Hanging low and large in the autumn sky it is one of nature's prettiest celestial views. Learn to capture the essence of its beauty in paint. This class is perfect for beginner and intermediate painters. Join us as we celebrate the colors and mood of a harvest moon on canvas! This workshop includes all materials needed to finish a piece of art (note: the oil based paints are water soluble with no fumes), coffee and fresh baked goods in the morning and a scrumptious catered lunch. Course fee includes \$65 materials fee.

50522 \$75

1 Session, The Living Room Art Gallery at Historic St. Agnes Cemetery, Menands  
Wed., 10/28, 10 a.m. - 3 p.m.,  
with lunch at 12:15 p.m.  
Kelly Grimaldi, Coordinator

## Renaissance Art: A Lesson in Pastels with Edith Leu



Oil-based pastels have been in use since the Renaissance. Join accomplished pastel artist Edith Leu for a relaxing workshop and one-on-one instruction in the art of pastels and still life drawing. This is an excellent opportunity to dabble in pastels without an expensive investment in materials. No experience necessary and our class size is kept small to allow for a lot of individual guidance. All materials are included. Coffee, cold beverages, bakery goods and refreshments provided. Course fee includes \$45 materials fee.

50520 \$55

1 Session, The Living Room Art Gallery at Historic St. Agnes Cemetery, Menands  
Fri., 10/2, 10 a.m. - 1 p.m.  
Kelly Grimaldi, Coordinator



## Claude Monet's Haystacks: A Lesson in Impressionist Art with Noreen Powell



Claude Monet was a master in the creation of sketchy and spontaneous paintings. He made no attempt to blend paint to create smooth tonal gradations and an optically accurate scene, and yet we love his work. His distinct style is noted in his lovely pastoral scenes - specifically his renderings of simple haystacks in a field. This relaxing workshop will lead even the most novice painter into Monet's world of Impressionist art. Participants will go home with their own interpretation of Monet's famous haystacks. All materials including paint, brushes and canvas will be provided. A catered lunch will be served at noon and is included in the course fee. Course fee includes \$60 materials fee.

50521 \$70

1 Session, The Living Room Art Gallery at Historic St. Agnes Cemetery, Menands  
Sat., 10/3, 10 a.m. - 3 p.m.  
Kelly Grimaldi, Coordinator

## A Tour of Proctor's Theatre in Schenectady

Our presentation will include the fascinating history of both the theater and the man who built it, Fredrick F. Proctor. Beginning in the arcade, visitors will view a new exhibit that features Mr. Proctor from his teen years as a high wire performer to the owner of over 50 theaters across the country. After listening to the history, a walking tour will feature the stage, cross over area back stage, dressing rooms, mezzanine, balcony and theater museum. Many of these theater areas have been newly cleaned and restored to their former beauty with years of dirt, tobacco tar and stains removed and new gilding carefully applied to match the original gold leaf.

50487 \$10

1 Session, Proctor's Theatre  
Wed., 9/30, 10:30 a.m. - Noon  
Jean Chenette, Coordinator

# Center for Creative Retirement

## Trips and Tours

### A Tour of the Melville House with the Lansingburgh Historical Society

Melville House was built in 1786 by Stephan Gorham, the first postmaster of Rensselaer County. A New York State historic marker commemorates the nine years that author Herman Melville lived there and wrote his first two novels, "Typee" and "Omoo." The Lansingburgh Historical Society's collections, housed at the site, include maps, photographs, diaries, business records, town and village records, and the Burleigh panoramic views. The unique "attic museum" houses tools, materials and products of the community's extensive 19th century brush and oil cloth industries. The museum is in the attic of the building and has two rather long steep flights of stairs. Persons with walking difficulty may choose not to see the upstairs museum. Most of the talk will be in the public area on the first floor. Course fee includes \$5 materials fee.

50368 \$15  
1 Session, meeting at the Herman Melville House  
Wed., 10/21, 10 a.m. - Noon  
Paula Johannessen, Coordinator

### Capitol Hauntings: A Historical Ghost Tour of the New York State Capitol

Explore the haunted history of one of New York State's architectural treasures, the Capitol building in Albany. Find out about the night watchman who still makes his rounds, despite his death in the 1911 fire. Search for the missing murals above the Assembly Chamber – and the eccentric artist who painted them. Examine the strange gothic creatures carved in stone on the famous Million Dollar Staircase. These and other "strange incidents" will be the subject as we "walk the halls" with Stuart W. Lehman, education coordinator for the New York State Capitol. Our Capitol Hauntings tour begins at the base of the Senate Staircase on the first floor of the Capitol.

50051 \$10  
1 Session, meet at the base of the Senate Staircase on the first floor of the Capitol  
Mon., 10/26, 3:30 - 5 p.m.  
Jean Chenette, Coordinator



### A Trip to Historic Deerfield

This is special tour of Historic Deerfield Village has been scheduled to coincide with the furniture classes being offered by Marilyn Sassi. Experts will discuss both style characteristics and construction details of these early pieces allowing a close up view of the furniture being examined. The tour reserved for us will begin at 1 p.m. and last until 4:30 p.m. Because many individual pieces will be discussed, the tour will be primarily in the Wright House (reflecting 150 years of furniture masterpieces) and the Woods Gallery. Those who would like to arrive earlier (doors open at 9:30 a.m.), will be able to visit any of the houses open that day for the same admission fee charged for our customized tour. Course fee includes \$12 materials fee.

50514 \$31  
1 Session, Wright House, Deerfield Village in Massachusetts  
Fri., 10/9, 1 - 4:30 p.m.  
Marilyn Sassi, Instructor

### Knickerbocker Family Mansion - Ghosts, Tour and Lunch

The Knickerbocker Historical Society will be our hosts as they tell us about the history of the Knickerbocker Mansion, which dates from about 1770. They will arrange for historical 'ghosts' to give moving first-hand accounts of their lives and experiences, and they will explain recent renovations – the not-for-profit Society rescued the mansion from certain demolition and has continued to restore it. Our visit concludes with a chance to tour the mansion and a colonial lunch cooked with authentic recipes. Course fee includes a \$25 materials fee

50071 \$35  
1 Session, meeting at Knickerbocker Family Mansion  
Wed., 9/16, 10:30 a.m. - 1:30 p.m.  
Jean Chenette, Coordinator

**NEW!**



## The Saugerties Lighthouse

Join us at the Saugerties Lighthouse, an 1869 landmark on the Hudson River that now stands proudly as a living museum and a renowned bed and breakfast. Step back over a hundred years to experience the charm and rustic simplicity of life in the middle of the river. Furnished as it may have looked in the early 20th century, the lighthouse contains a small museum, gift shop, parlor, kitchen, keepers' quarters, and two guest bedrooms. The operational light-tower offers a panoramic view of the Hudson River Valley and Catskill Mountains. Because of its location on the river, tours must be scheduled with tide schedules in mind. The lighthouse can be reached via a half-mile nature trail of dirt and rock paths with wooden bridges and boardwalks and sandy trails. It is at the end of Lighthouse Drive in the village of Saugerties. Suitable, comfortable shoes are recommended. Course fee includes an \$8 materials fee.

50338 \$18

1 Session, Walk the trail and meet at the lighthouse, Saugerties

Thurs., 10/15, Noon - 1:30 p.m.

Paula Johannessen, Coordinator

## Tour and Lunch at The Skene Manor

Enjoy a visit to The Skene Manor, one of the few remaining castles in northeast New York. Whitehall's "Castle on the Mountain" was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows craftsmanship rarely duplicated today. Our morning will begin with a tour of the Skene Manor where we will experience the grandeur that exemplified turn-of-the-century wealth. Then, a lunch of homemade soup, sandwiches, beverages and dessert will be served in the tea room. You will be contacted prior to the trip for your sandwich order. Course fee includes a \$20 materials fee.

50076 \$30

1 Session, The Skene Manor

Thurs., 10/8, 11:15 a.m. - 1:30 p.m.

Paula Johannessen, Coordinator

## Fall in Fields and Forests - Exploring Nearby Nature Preserves

Nature puts on a glorious display in the fall. Foliage reports become a part of the daily weather forecast, but nature has even more to offer – fascinating seed pods, colorful fungi, migrating butterflies and birds, and animals preparing for winter. Our first session will be a classroom orientation at the college including a photo preview and various facts about what we might see. In subsequent sessions, we will walk through selected preserves in our local counties taking time to observe, learn about, and enjoy the plants, wildlife and natural beauty around us.

50083 \$10

5 Sessions, Fri., 9/18, 10 a.m. - Noon, WIL 113

Fri., 9/25 - 10/16, 10 a.m. - Noon, In the field

Betty & John Nickles, Instructors

## Hiking in the Fall

For those who always wanted to enjoy the outdoors but never had the time or did not know where to start, this course will open the door. October is a great month to take those first steps. The leaves are turning, the air has a freshness, and with a little preparation you can be out there enjoying nature and getting a little exercise. What to wear, where to go and how to be safe will be covered. Hike locations will be announced at the orientation and each hike will be about two hours in length.

50082 \$10

Orientation: Wed., 9/30, 10 a.m. - Noon, WIL 113

Hikes: Weds., 10/7, 10/14 and 10/21, 10 a.m. - Noon

or after meeting at hiking location

Bill Brodnitzki and Marcia Hopple, Instructors

## All Souls are Equal: Gender and Race Among the Shakers



This course explores the paradoxes of gender and race within the Shaker world, the clashing of state government and Shaker leadership and the experiences of female and African American Shakers. The Shakers welcomed black members and had connections to the Underground Railroad. However, friction between the Shaker ideal of equality and worldly laws and beliefs led to surprising legal battles and changes in NY State law, as well as tension among Shaker membership. The course will end with a short tour of the Shaker Heritage Society. Course fee includes a \$10 materials fee.

50526 \$20

1 Session, Shaker Heritage Society

Thurs., 10/1, 10 a.m. - Noon

Samantha Hall-Saladino, Coordinator

# Center for Creative Retirement

## Trips and Tours

### Oktoberfest at Different Drummers

Come explore some of the favorite dishes of Germany, and celebrate the harvest just in time for Oktoberfest, the country's most popular festivity. Together, with Deanna Fox, we will make traditional sugared almonds, soft pretzels, sausage with braised red cabbage, pretzel-crust schnitzel with mustard sauce, German potato salad, and easy apple strudel. Course fee includes a \$55 materials fee.

50366 \$65

1 Session at Different Drummers Kitchen,  
Stuyvesant Plaza

Tues., 9/29, Noon - 2:30 p.m.

Jean Chenette, Coordinator

### Cricket Creek Farm Tour and Cheese Making Demonstration

On this farm tour, you will visit a 100-year-old dairy farm nestled in the Berkshires. The small, diversified, farm consists of a herd of Brown Swiss and Jersey cows, mixed heritage breed pigs, a small flock of laying hens and an on-site bakery. Cricket Creek's mission is to produce nourishing food that honors their animals, respects the land, and feeds the community. It exemplifies a sustainable model for small farm viability. We will meet the animals, observe cheese making, explore the farm and visit the farm store. You may end your tour by purchasing some of the farmstead cheeses, raw milk, homemade breads, pasture-raised, grass fed beef, pasture raised pork, maple syrup, honey, etc.

Come to enjoy the beauty of the landscape and step back into a quieter time. Dress appropriately for a farm.

50540 \$10

1 Session, Meeting at Cricket Creek Farm  
in Williamstown

Fri., 10/2, 10 - 11:30 a.m.

Lea Darling, Coordinator

### Tour of the New York State Military Museum

This tour of the New York State Military Museum in Saratoga Springs will include a history of the museum and its world class collections, an insider's view of the museum's exhibits and a behind-the-scenes peek of the state's military history collection. Tour guide, Michael Aikey, is the retired director of the New York State Military Museum and Veterans Research Center in Saratoga Springs.

50542 \$13

1 Session, at the New York State Military Museum  
in Saratoga Springs

Thurs., 10/22, 9:30 - 11:30 a.m.

Michael Aikey, Instructor

### Fall Tour of Washington Park and its Historic Homes

Step back in time to experience the genteel living of the nouveau rich of Troy's Washington Park neighborhood. You will see firsthand the loving care taken to rehabilitate and update many of these one-of-a-kind homes and visit their own private park. We may even see a restoration in progress. A small reception will be held in one of the tour stops.

Be mindful of your ability to keep up with the group as we have a tight schedule to adhere to for the two and a half hour tour. Wear comfortable walking shoes as you will be on your feet for all of the tour, but do join us for this delightful glimpse into an era of long ago.

Meet in Washington Park across from the front of 195 2nd Street. Parking is available along the bordering streets of Washington Park - Washington Place, 2nd and 3rd Streets and Washington Street. Course fee includes a \$10 materials fee.

50322 \$20

1 Session, Meet at 195 2nd St. in Troy

Mon., 9/28, 10 a.m. - 12:30 p.m.

Lea Darling, Coordinator

### Going Once, Going Twice: Auctioneering 101

Dolores Meissner, New Lebanon's veteran auctioneer, talks about her personal journey, how she learned the auction business, and the rise of her well-known auction house. Along the way, she explains how the business works and how to get a bargain at an auction. You will be invited to preview items up for the upcoming auction that weekend.

50531 \$10

1 Session, Meissner Auction Service,  
New Lebanon

Fri., 10/9, 10 a.m. - Noon

Jean Chenette, Coordinator

NEW!

NEW!

New York State Military Museum



## Slate Valley Museum and Quarry Visit

The Slate Valley Museum explores, preserves and celebrates the history and heritage of the Slate Valley, a 30-mile long and six mile wide area along the New York-Vermont border where rock has been quarried since 1850. Participants will explore this rich cultural, industrial and geological story through a guided tour of the museum. The group will then drive to a nearby slate quarry, where they will experience a tour of modern slate industry facilities led by slate workers. Since the tour will take place in an industrial, commercial environment, boots are recommended and open-toed shoes are not permitted. Those with mobility issues will be able to see some of the quarry from their car. Walking, round trip, about half a mile to the quarry will be on unpaved, uneven dirt roads used for heavy lifting equipment, so please plan accordingly. Wear sturdy shoes and be dressed for walking outdoors in a quarry. Please do not wear open-toed shoes. Course fee includes a \$3 materials fee.

50527 \$13

1 Session, Slate Valley Museum, Granville

Wed., 9/30, 9:30 a.m. - 12:30 p.m.

Lea Darling, Coordinator

## A Short Talk and a Long Stroll Through the Victorian Village of Round Lake

Travel with Round Lake village historian Bill Ryan, and two deputy historians, Mike Roets and Scott Rigney, as they describe the founding of Round Lake. The Round Lake Camp Meeting Association of the Troy Conference of the Methodist Episcopal Church, was born in 1868 as a camp meeting town. These first camp meetings drew 2,000 to 8,000 people. In 1869, crowds of up to 20,000 attended Sunday services. We will find out where the famous organ came from, why the streets are arranged in a hub and spoke pattern and what the term "camp houses" means. We also will be entertained with a short musical program on their famous antique pipe organ.

You will be walking on even and uneven surfaces for up to a mile. Wear appropriate footwear and be prepared to stand for up to one and a half hours. Some folks may want to bring a small folding chair. This class will meet at the Auditorium, 2 Wesley Avenue, in Round Lake on Tuesday, September 29. Choose one class time, 10 a.m. or 2 p.m. Parking will be at Leah's Cakery, 3 Curry Road and the Round Lake Methodist Church, 34 George Avenue.

50079 \$10

Tues., 9/29, 10 a.m. - Noon

50080 \$10

Tues., 9/29, 2 - 4 p.m.

Lea Darling, Coordinator



## Beef 101

Jaime Ortiz, executive chef and general manager of 677 Prime, will lead our class through a delicious experience, giving you an inside look into the world of high-end beef. His fabulous menu consists of grilled flat iron steak and goat cheese flatbread with red wine onions, arugula and crispy shallots, slow-cooked Kobe beef cheeks with sweet potato polenta. There will also be a trio of steak samples: prime ribeye, petite filet and prime NY strip served with truffled steak fries, and a surprise dessert. Course fee includes a \$59 materials fee.

50529 \$69

1 Session, Different Drummer's Kitchen, Stuyvesant Plaza

Tues., 10/20, 2 - 4:30 p.m.

Jean Chenette, Coordinator

## Get Your Sauce On with Questar III High School Culinary Arts Students

**NEW!**

Questar III's career and technical education (CTE) programs offer high school students the opportunity to learn valuable career skills while still earning their Regents diploma. The half-day programs help students develop industry specific skills, practice team work and problem solving and offer opportunities for internships with local businesses.

One of our most popular CTE programs is Culinary Arts at the Rensselaer Educational Center. The Culinary Arts program teaches students the management and culinary skills needed for a career in the hospitality and food service industries. This includes classroom study, lab work and mentored work experiences.

Join us for an opportunity to learn the basics of making fresh pasta and sauce with high school seniors. The students will lead the hands-on class from start to finish and all participants will leave with a sampling of pasta and sauce. Students will engage with participants and share their career goals.

50528 \$10

1 Session, Rensselaer Educational Center in Troy

Wed., 10/21, 9 a.m. - Noon,

Jean Chenette, Coordinator

The address is Rensselaer Educational Center, 35 Colleen Road, Troy. Visitors may park in the first parking lot to the right as they pull in to school grounds. There are several handicapped parking spaces, if needed.

# Center for Creative Retirement

## Trips and Tours

### Join the Matinee Theater Players

If you have a love of theater and acting, you're invited to join the actors and directors of Matinee Theater Players. This group meets at the Sand Lake Center for the Arts each Tuesday afternoon to "play" with improv, rehearse one act plays that they'll perform in November, and to support each other in improving their craft. This past year, the group has performed in two schools and three outside venues in addition to the show for the center. The Matinee Theater Players welcome new people and everyone has a chance to perform. Not sure if it's for you? Come see the players perform their newly-created show on Nov. 10 at noon for a walk in price of \$15 and we will throw in lunch!

50530

\$10

Tues., 9/8, Noon - 3 p.m.

Will meet consecutive Tuesdays until the work is completed.

Sand Lake Center for the Arts

Val Kavanaugh, Facilitator

### Ten Broeck Mansion Tour with German Lunch

The elegant Ten Broeck Mansion was the home of two of Albany's most prominent families. It was originally built in 1798 as a Federal-style country home for merchant and Mayor Abraham Ten Broeck, who had served as a major general of the Albany militia during the Revolutionary War. In 1848, the home became the residence of banker and philanthropist Thomas Worth Olcott and underwent modifications that included the addition of Greek Revival porticos to the doorways and marble mantels in the main first-floor rooms. Today, the home reflects Olcott's era of occupancy and contains a collection of furnishings from the late 18th and early 19th centuries, as well as some fine portraits on loan from the Albany Institute of History and Art. After parking at the rear of the mansion gardens, stroll the garden path to enter the mansion and have a tour followed by a hearty German lunch. Course fee includes \$20 materials fee.

50533

\$30

1 Session, Ten Broeck Mansion, Albany

Tues., 10/ 27, 11:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator



### Visit Historic Grant Cottage and Have Tea

Ulysses S. Grant, hero of the Civil War and 18th President of the United States, died at Grant Cottage, in the town of Wilton, on July 23, 1885. The general was broke and dying of cancer; literally racing death to finish his memoirs, the sales of which he hoped would rescue his family from poverty. The rooms and their furnishings are as they were the same morning of Grant's death.

In addition to touring the cottage and hearing about the general's tragic but ultimately triumphant final year, little-known and fascinating stories about U.S. Grant will be shared. You will also learn about "supporting players" in the Grant drama.

Participants will enjoy a small tea and assorted sandwiches before their tour of the cottage. We may even have a secret family member of Grant's with us to share more stories of the illustrious general. This is a two and a half hour program with some standing and walking. Please wear comfortable shoes. We will meet at the Grant Cottage Visitor's Center to begin our tour. Course fee includes a \$15 materials fee.

50326

\$25

1 Session, Grant Cottage Visitor's Center, Wilton

Fri., 9/25, 10 a.m. - 12:30 p.m.

50449

1 Session, Grant Cottage Visitor's Center, Wilton

Fri., 9/25, Noon - 2:30 p.m.

Lea Darling, Coordinator

## Discover the Pine Bush

Sign up for an extraordinary journey into the Albany Pine Bush, the best remaining example in the world of an inland pine barrens. We will begin inside with an overview of the Pine Bush followed by Exploration in the Discovery Center. Experts will then guide you through a 0.9 mile hike over rolling sand dunes where you will discover the Pine Bush's natural history, seasonal surprises and transformations. Please remember to dress for the weather, wear long pants and sturdy walking shoes and bring drinking water. Course fee includes a \$3 materials fee.

50532

\$13

1 Session, at Albany Pine Bush

Tues., 9/15, 10 a.m. - noon

Jean Chenette, Coordinator

**NEW!**

## Tree Identification and Fall Foliage Hike

Conifers and deciduous, softwoods and hardwoods - how do you tell the difference? Learn to identify at least ten trees of the northern hardwood forest on a leisurely walk along the trails of the Dyken Pond Environmental Education Center. We will look at leaves, bark and other distinguishing characteristics of trees. Bring tree identification books if you have them, pad and pen. Course fee includes a \$5 materials fee.

50535

\$15

1 Session, Dyken Pond

Mon., 9/28, 1 - 3 p.m.

Lisa Hoyt, Instructor

**NEW!**

## Literacy Volunteers of Rensselaer County - Tutor Training Workshop Sessions

Our tutor training module workshop prepares volunteers to provide free tutoring to Basic Literacy Learners and/or English Language Learners. Participants will learn how to tutor adults using an interactive and learner-centered whole language approach. Upon completion, tutors will be paired with students to begin providing two hours of one-to-one or small group instruction per week. Become a partner in building a literate community!

- \$35 materials fee with scholarships available for eligible participants.
- A one-hour volunteer opportunities information session is helpful to attend prior to enrolling in the tutor training workshop series.



### FALL 2015 SESSIONS

Faith Lutheran Church, 50 Leversee Road, Troy

6 - 9 p.m., Mondays

Sept. 14, 21, 28, Oct. 5, 19, 26, Nov. 2 and Dec. 7

Rensselaer Public Library

676 East Street, Rensselaer

12:30 - 3:30 p.m., Mondays and Thursdays

Nov. 2, 5, 9, 12, 16, 19, 23 and Jan. 4

### WINTER 2016 SESSIONS

HVCC Viking Child Care Center -

DCC Room B05

Williams Road, Troy

9:30 a.m. - 4 p.m., Saturdays

Jan. 9 (morning), 16, 23 & 30, Feb. 6

(snow make up date, if needed) and March 12 (morning)

### SPRING 2016 SESSIONS

St. Mary's Church, 163 Columbia Turnpike, Rensselaer

6 - 9 p.m., Wednesdays

March 9, 16, 23, 30, April 6, 13, 20, May 4

(snow make up date, if needed) and June 1

*For more information and to register, call Literacy Volunteers of Rensselaer County at 274-8526 or visit us online at [www.lvorc.org](http://www.lvorc.org).*

## DO YOU HAVE A GREAT IDEA FOR A COURSE?

Contact our office  
at (518) 629-7339 or  
[www.hvcc.edu/communityed/apply](http://www.hvcc.edu/communityed/apply)



Be bold. Be a Viking.

# Certificate Programs

## Paralegal Certificate Course

This intensive, nationally acclaimed program is designed for beginning and advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which legal assistants are in most demand.

The online paralegal course is split into two parts: Introduction to Paralegal Studies and Advanced Paralegal Concepts. All registered students will be enrolled in both sections, which will be completed consecutively.

Introduction to Paralegal Studies provides the foundation for the study of paralegalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law. Coursework is equivalent to 45 class hours of study.

Advanced Paralegal Concepts takes over where the introduction leaves off. In this seven-week course, you will learn the advanced skills of legal research and writing, formal and informal advocacy, and appellate procedure. Coursework in the advanced course is equivalent to an additional 45 class hours of study.

This is an accelerated course. While there are no prerequisites, you will be expected to complete a significant amount of homework and you can anticipate spending an average of 12 hours per week reading and completing writing assignments.

Successful graduates of this program will be awarded a certificate of completion. To receive the certificate, you must pass six quizzes and successfully complete five legal document writing assignments.

Please note: paid access to the Westlaw online legal library is offered through the Center for Legal Studies and is strongly recommended to complete the second part of the course. Students have access to Westlaw at Hudson Valley Community College. However, at this time, the Westlaw database can only be accessed from the Marvin Library on campus. Textbooks that accompany the instruction of this course are available for purchase in the college's bookstore or through the Center for Legal Studies at 1(800) 522-7737.

50103 \$1289

*Online course, 8/24 - 10/9 & 10/19 - 12/4*

50104 \$1289

*Online course, 10/19 - 12/4/15 & 1/11 - 2/26/16  
Center for Legal Studies, Instructors*

**Additional information for the Paralegal Certificate Course  
can be obtained at [www.legalstudies.com](http://www.legalstudies.com).**

## PTIA Personal Trainer Certification

Here's your chance to become a nationally certified personal trainer in one intensive weekend. Personal training certification from the Personal Training Institute of America (PTIA) will prepare you for a successful career as a certified personal trainer!

With Americans becoming more aware of the impact that physical fitness has on their long-term health, the need for individuals with an in-depth knowledge of personal fitness and who have the ability to provide personal training and fitness instruction is rapidly rising. PTIA is a premiere personal training school that will give you the education, skills and insight to become a valued professional and ready to enter the workforce! Jump-start your career with personal training certification from PTIA, a leading personal trainer school. The two-day intensive program includes 16 hours of lecture, demonstrations and practical hands-on application.



Day 1: Classroom training

Day 2: Hands-on in the gym

### Some of what you'll learn includes:

- Client consultation and assessments
- Basic anatomy and physiology
- Program design and implementation
- Injury prevention and medical considerations
- Nutrition fundamentals
- Weight loss information
- Goal setting and motivation
- Case study practice and client role playing
- Practical training in the gym



Please note: Students must complete a 10-hour internship at a local gym/health club and pass an online exam before final certification. In addition, CPR/AED certification needs to be obtained before final PTIA certification. If you already hold CPR/AED certification, bring your card to class. An email address is required upon registration. Students should come to class both days dressed in comfortable, gym-appropriate clothing. Course fee includes a \$65 materials fee for the required textbook.

All PTIA instructors have many years of real world experience and multiple fitness certifications including: certified personal trainers, yoga instructors, nutritional consultants, mat and equipment pilates instructors, group fitness instructors, senior fitness instructors, spin instructors, CPR/AED instructors and more.

50184 \$515

2 Sessions, MCD 202

Sat. & Sun., 11/7 & 11/8, 9 a.m. - 5 p.m.

Nadia Ellis of Personal Training Institute of America ([www.PersonalTrainingInstituteOfAmerica.com](http://www.PersonalTrainingInstituteOfAmerica.com)),  
Instructor

## ed2go Online Career Training Programs

ed2go online career training programs offered at Hudson Valley Community College are self-paced and provide short-term certificate programs. You may register for and start the courses listed below at any time. However to receive a certificate of completion from Hudson Valley Community College, you must complete the course with a 70 percent or higher within 180 days. Each course includes a set of lessons and tests, and has an instructor who responds to you. Any certification or exam fees are not included in the course fees.

### Administrative Medical Specialist with Medical Billing and Coding

The Administrative Medical Specialist with Medical Billing and Coding course will give you the skills you need to find a job as an administrative medical specialist (AMS), medical billing specialist, medical coder and/or medical office manager. In addition to the extensive medical billing information, you will be taught every aspect of the medical receptionist/front desk position. Upon successful completion of the course, you will be prepared for an entry-level position doing medical billing or coding in a medical office setting and will be prepared to sit for the Certified Billing and Coding Specialist (CBCS) exam and the Certified Medical Administrative Assistant (CMAA) exam.

50099 \$1995

Online course, 300 hours

### Medical Transcription + Medical Terminology

A medical transcriptionist listens to dictated recordings made by physicians and other health care professionals and transcribes the recordings, creating medical reports that eventually become part of patients' permanent files. In the Medical Transcription + Medical Terminology online training program, you'll gain the ability to transcribe medical reports and learn the skills you need to obtain an entry-level position as a medical transcriptionist. You'll also get a 60-hour Medical Terminology online training program!

50101 \$1995

Online course, 300 hours

### Veterinary Assistant

Prepare for a new career working with animals with the help of the Veterinary Assistant online training program. You'll learn about animal care and how to recognize signs of illness and disease. This online program also covers interpersonal communication, interaction with clients and their animals, and how to assist the veterinarian during examinations.

Administrative duties such as fee collection, banking and accounts payable are also emphasized, and the program contains basic information about pet insurance. The coursework does not lead to New York State licensure and students will not gain fieldwork experience from this course.

50100 \$1995

Online course, 240 hours

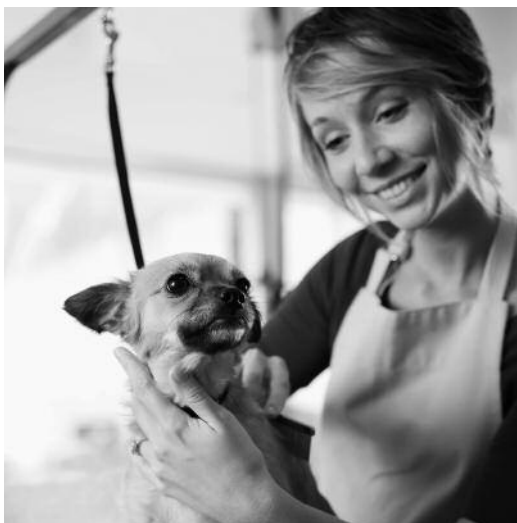
For more information including complete course descriptions, prerequisites and course outlines, please visit [www.hvcc.edu/communityed](http://www.hvcc.edu/communityed) and click on these ed2go classes in our fall course listings.

**Please note that these certificate programs have their own cancellation and refund policy. Go to [www.hvcc.edu/communityed/cancel](http://www.hvcc.edu/communityed/cancel) for more information.**



# Certificate Programs

## Pet Educational Training Services



### Pet Certificate Program

Interested in starting a career working with animals but don't know where to get started? This course will help you explore the field of animal-related careers through education and internships. The Pet Education Certificate course offers resources to help begin or enhance your career working with animals including but not limited to pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields.

The course content includes: pet health and illness, communication, behavior management, safety, basic hygiene for pets, and even writing a resume and preparing for an interview. This course will further your knowledge and skills through lectures, guest speakers and hands-on internship experiences. Those who successfully complete this unique program will have specialized education and experience that gives them an advantage in the field. Internships can be a good source for students to network for experience and employment. The instructor will assist you in securing the necessary internships to complete the certificate.

In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 54 hours of internships at approved animal care facilities within six months of the final class meeting. 7.2 CEUs  
50102 \$400

Online Course dates: 9/22 - 11/17

50393 \$400

Online Course dates: 11/2 - 12/24

Mary Lynn Gagnon of Pet Estates Inc., Instructor

### P.E.T.S. Basics of Grooming School

The P.E.T.S grooming school is an introductory course to prepare you for a career in the grooming business. Through both online lecture and hands-on training, P.E.T.S. grooming school is for those who have a desire to work with animals as a pet groomer assistant and caregiver. This course also is beneficial to pet owners who wish to advance their knowledge in pet hygiene.

Professionals in the animal industry can earn a comfortable salary working as a grooming assistant while at the same time pursuing their creativity and love for animals. This course will walk you through the basic steps in the pet grooming process including nails, ear cleaning, anal glands, dental and eye care. You'll learn how to bathe, brush and dry dogs based on their coat type and individual needs. The fundamentals of cat grooming, including handling, restraining, bathing, brushing and drying, will be covered. You will learn about products to properly care for pets and treat some health issues impacting appearance. In addition, the course will include a history of dog and cat grooming, and an overview of basic anatomy, health and disease in pets. Health and safety for both students and the pets will be covered.

Finally, you will have the opportunity to learn about career opportunities in the field, prepare a resume, and prepare to interview for grooming assistant positions. All students must complete a pet CPR/First Aid course to complete this program. Prerequisite: Pet Education Certificate Course.

In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet CPR/First Aid class and complete at least 20 hours of internships at approved animal care facilities within six months of the final class meeting. 4.7 CEUs  
50362 \$400

Online Course dates: 11/18 - 12/23

Mary Lynn Gagnon of Pet Estates Inc., Instructor

Instructor, Mary Lynn Gagnon, is the owner of Pet Estates Inc. and Merry Lynn Kennels and has been a successful pet business owner and leader in the pet business field locally and regionally for more than 24 years.

## Pet Educational Training Services

### Pet CPR and First Aid

This is a hybrid class where you will complete the online learning followed by a hands-on skill session. This course is for those who wish to work in the pet industry or wish to acquire knowledge on how to respond in an emergency situation for pets. The course will provide hands-on experience in pet CPR using our dog mannequin as well as basic first aid.

In this class, you will learn what you can do in the first 15-25 seconds on the scene to make a big difference for a pet. Learning to respond quickly and properly in the first few minutes in a pet emergency is critical and can save a pet's life. Just a sample of some of the material covered in this class includes:

- Equipment and supplies for putting together your own pet First Aid kit
- Assessing vital signs
- Understanding basic pet owner responsibilities
- Bleeding and shock management
- Restraint, muzzle, elevation, direct pressure, pressure points
- Immobilization, shock management and transportation
- Rescue breathing
- Administering medicine and treating wounds

Many more scenarios and skills will be covered throughout the course. Whether you are a pet owner or just a pet lover, this class will provide critical knowledge that could help save a pet's life. Students will need to purchase at least one textbook as part of the online portion of this course. Approximate cost is \$20. 0.6 CEUs

*Online and practical skills session*

50105 \$85

*Online course open 10/1 - 10/22*

*Skills Session*

*Mon., 10/26, 6:30 - 8 p.m. WIL 101*

50363 \$85

*Online course open 11/2 - 11/23*

*Skills Session*

*Mon., 11/30, 6:30 - 8 p.m., WIL 101*

*Mary Lynn Gagnon, Instructor*



### Starting a Pet Business

This course is designed for students who desire to start their own pet business. In order to stand out in the pet industry today you need to think outside the box and do your research. The course will save you time and money by giving you the tools to do it right the first time. Aspiring entrepreneurs will learn how to avoid pitfalls in the beginning stages of business planning. Topics will include business planning, acquiring permits, how to make your business unique in the industry, writing a press release, tips to increase revenue, marketing and designs that sell, where to go for free assistance and much more. Course includes a 30-minute personal phone consultation with Pet Estates Inc. owners Don or Mary Lynn Gagnon.

50364 \$85

*Online Course Dates: 10/14 - 10/28*

50578 \$85

*Online Course Dates: 11/16 - 11/30*

*Mary Lynn Gagnon, Instructor*

### Tools and Techniques for the Professional - Entering a Client's Home Safely with a Pet in the Household

This course will give professionals (police, fireman, pet sitters, nurse, etc.) the training and tools needed to help keep them safe when entering a home with pets. Topics covered include: canine aggression and reading body language, assessing dogs and how to diffuse dangerous or potentially dangerous situations involving dogs. This course will help you recognize aggression in animals and remain safe when entering their territory. Finally, this course will help you to recognize pet's body language such as evaluating tail position, eye behavior, ear posture and mouth behavior, vocal communication and discuss how to communicate with the pet accordingly. Continuing Education credits may be available for completion of this course. .2CEUs

50579 \$205

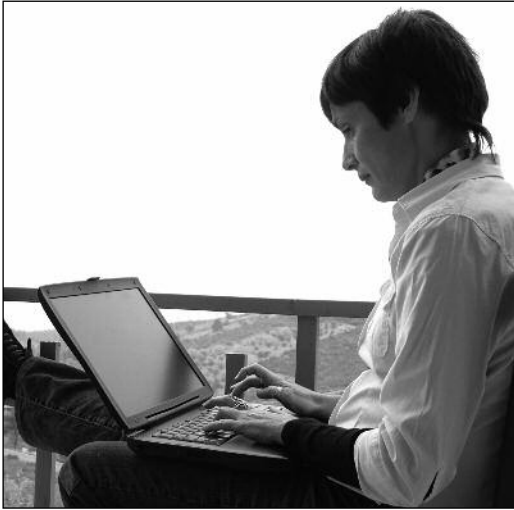
*Online Course Dates: 11/2 - 11/16*

*Mary Lynn Gagnon, Instructor*

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**Know you want to work with animals but not sure which pet program to choose? Join us for a free informational session on Wednesday, September 16 from 6 - 7 p.m. in DCC 137.**

# ■ Communication



## Mandarin Chinese I

This introduction to Mandarin Chinese and Chinese culture is designed for people planning business or pleasure trips or individuals interested in Chinese language and Chinese calligraphy. No previous experience with Mandarin Chinese is required. The course fee includes a \$7 materials fee.

50229 \$52

9 Sessions, ADM 101

Mon., 10/19 - 12/14, 6 - 7 p.m.

Jung Tzu Lin, Instructor

## German for Everyone

This conversational course provides basic pronunciation, grammar and useful phrases in German. The focus is on having fun while participating in many interactive activities such as role playing, games and puzzles. The course fee includes a \$10 materials fee.

50577 \$103

10 Sessions, DCC 137

Tues., 9/15 - 11/17, 6 - 8 p.m.

Lisa Jiardini, Instructor

## Writing Fiction For Kids

If you're a budding Beatrix Potter or a struggling Dr. Seuss, discover the secrets of writing short stories, picture books and novels for kids. You will learn techniques such as characterization, viewpoint and dialogue and a system for plotting to make your story successful. Course fee includes \$15 materials fee.

50335 \$55

3 Sessions, ADM 102

Thurs., 10/1 - 10/15, 6:30 - 8:30 p.m.

Pauline Bartel, Instructor

## No Excuses!

### Writing and Selling Your Book

Is a book burning inside you? Do you dream of being a published author? Stop dreaming about writing and selling your book and start working on it. In this course, you will discover how the book publishing industry works, how to pitch your idea to publishers and agents and how to establish a system that will get you writing your book now. Course fee includes a \$15 materials fee.

50178 \$55

3 Sessions, ADM 102

Thurs., 10/29 - 11/12, 6:30 - 8:30 p.m.

Pauline Bartel, Instructor

## Getting Paid to Talk:

### Voice-Overs as a Profession

Have you ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice over. Learn what the pros look for, how to prepare, and where to find work in your area! We'll discuss industry pros and cons and play samples from working voice professionals. In addition, you'll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic, and a great first step for anyone interested in the voice over field. For more info please visit: [www.voicecoaches.com](http://www.voicecoaches.com)

50180 \$15

1 Session, DCC 136

Thurs., 11/19, 6:30 - 9 p.m.

Creative Voice Development, Instructor

## Get Paid to Be Seen: Acting Opportunities in the Film Industry

Are you a born star? Do you have what it takes to be on the silver screen, television or Broadway? In this course, you will learn how to get started and what obstacles to expect as you explore acting. Find out where to look for opportunities, start having fun and being seen on the big screen sooner than you would have ever thought! This course will also introduce you to the various professional networks where you can meet production members and stars. Join us to learn how to break into the business and start earning income!

For the second session, you will need your HVCC computer login information. Course fee includes \$3 computer fee.

50390 \$33

2 Sessions, BTC 309

Mon., 11/2 - 11/9, 6 - 9 p.m.

Tylan Nino (SAG/AFTRA Actor), Instructor

## The Basics of Screenwriting I

You will be introduced to the basics of translating a screenplay idea into a working form. In this series of six sessions, an idea is structured and outlined, ready to begin the actual writing of a screenplay.

In addition, you will be given resources to historical reference materials and current information sources in the field. You'll be encouraged to view as many films as possible outside of class as each session will begin with a brief discussion and critique of films students have recently watched. In a collaborative environment, students will work together to critique and suggest improvements to each other's work. Students are also introduced to an overview of the film industry and markets to potentially sell both fiction and non-fiction works.

50191 \$29

2 Sessions, ADM 103

Wed., 9/30 - 10/7, 6 - 9 p.m.

Barbara Guyette, Instructor

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**NOTE:** Course descriptions are subject to change without notice.

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## English as a Second Language - Beginners

This course is specifically designed for beginning-level English language students. No prior knowledge of English is needed; some reading ability is helpful but not required. Students will practice the skills of listening, speaking, reading and writing in a supportive and interactive setting. We will use a textbook, "What a World 1, 2nd Edition" by Milada Broukal, which is available for purchase at the college bookstore.

50238 \$150

10 Sessions, ADM 106

Tues., 9/22 - 11/24, 3 - 5 p.m.

Noah Kucij, Instructor

## Publish Your Book, Guaranteed

In this class, you will learn how to publish your book at no cost to you on Amazon and Barnes and Noble. Get your paperback in print and your ebook heavily distributed; readers will be able to ask for your book in any store. You'll discover modern techniques for marketing and publicizing your work and learn how radio tours work. Authors will discover how to use the best social media techniques to sell their book.

50550 \$15

1 Session, ADM 101

Sat., 12/5, 9 a.m. - Noon

David Ewen, Instructor

## Computers

### Microsoft Office 2013 Basics for the Administrative Professional

For the recent graduate or someone who wants to get back into the workforce and needs a refresher on the word processing and productivity suite, Microsoft Office, this class will provide the skills you need to land that job. The course covers MS Office 2013. You will learn how to create a word processing document and merge it with a mailing list you create in Excel and Access. You will also learn how to create a spreadsheet to keep track of data and use simple functions. While this class does not cover Outlook, you will receive tips on how to keep your e-mails professional looking and effective. This is a hands-on class, and you will need your HVCC username and password.

Prerequisite: Students must possess basic computing skills, such as copy and paste, be familiar with computer functionality and operation and/or have completed a basic computer class. Course fee includes a \$5 computer fee.

50125 \$85

5 Sessions, BTC 205

Tues., 9/15 - 10/13, 5:30 - 7:30 p.m.

Sherry Flansburg, Instructor

### Introduction to Excel

Do you need to learn how to use Excel or need a refresher? Whether you're a teacher, in sales, or just in charge of the finances at home, this is a class you shouldn't miss. You'll learn how to navigate Microsoft Excel and enter, edit and format data. You will learn how to create a formula and copy it (autofill) to other cells in the worksheet. Discover the difference between relative, absolute and mixed cell references. Learn to create an "if" statement to evaluate a condition. Use built in functions such as Sum, Average, Min, Max. Apply conditional formatting to highlight data in your worksheet that meet specific conditions or rules you specify. Learn to create pie and column charts to visually represent your data. Basic computer knowledge is required to take this class. Course fee includes \$5 computer fee. This is a hands-on class, and you will need your HVCC username and password.

50552 \$69

4 Sessions, BTC 205

Tues., 10/27 - 11/17, 5:30 - 7:30 p.m.

Sherry Flansburg, Instructor

# Computers

## Computer Basics for Absolute Beginners

Do you feel like a deer in the headlights when you try to use a computer? Do you need computer skills for your job hunt or so you can keep up with your children or grandchildren? This hands-on course will walk you through the basics so you can take charge of your computer. Learn how to turn the computer on and off, use a mouse and computer keyboard, work with the Windows 7 desktop, menus and windows, and open and close programs. Learn how to "surf the Web" with Google and Yahoo to find information and evaluate the results, how to use email, and how to keep your computer and Internet activities safe from criminal attacks, identity theft and email fraud. Learn how to create and save files to folders, and find them again! A step-by-step textbook is included. Course fee includes a \$5 computer fee and \$26 materials fee for the required textbook. This class is taught by TechNOW Prof., a local computer training business. This is a hands-on class, and you will need your HVCC username and password.

50128 \$110

5 Sessions, WIL 111

Mon. - Fri., 11/2 - 11/6, 9 - 11 a.m.

TechNOW Prof, Instructor

## Quickbooks Basics

Learn the essentials of QuickBooks so that you can easily enter transactions, manage accounts and generate reports. The content is presented in an easy to understand format with hands-on experience. Class content will include: navigating QuickBooks; entering information and transactions, managing lists and accounts; and working with and generating reports. Students should have basic computer skills. You will need your HVCC user ID and password for this course. Course fee includes a \$3 computer fee.

50380 \$29

1 Session, WIL 111

Sat., 11/21, 9 a.m. - Noon

David Ewen, Instructor

## Introduction to Bitcoin and Digital Currencies

This course will cover the history of Bitcoin Blockchain Technology, Altcoins and Metacoins, wallet creation and safety and future uses of the technology. Course content will not go into economics or investment advice but will focus purely on the technology side. Course fee includes a \$5 computer fee.

50544 \$69

4 Sessions, BTC 204

Tues., 10/20 - 11/10, 6 - 8 p.m.

Paul Paterakis, Instructor

## Creating Web Sites and Mobile Apps

Do you want to make websites and mobile apps that run on any mobile device? Learn how to imagine, design, build and optimize a cross-platform mobile app using the very latest HTML5 standards. By the end of the course, you'll have built your first website and mobile web app, and you'll be on your way to making your dream of being a successful mobile app developer a reality. For this beginners course, you will need your HVCC user ID and password. Course fee includes a \$3 computer fee.

50389 \$29

1 Session, WIL 111

Sat., 11/14, 9 a.m. - Noon

David Ewen, Instructor

## COMPUTER ACCOUNTS

If your course requires a computer account, and you are a new student, you will receive two envelopes, one containing your username and the other your password, in the mail.

If you are a returning student and you no longer have your username and/or password you can contact the Office of Community and Professional Education at (518) 629-7339, and we can reset your password and send both your username and new password to you in the mail. Please make this request at least one week before your course begins. If you do not have your username and password on the day your class begins, you can come to the Office of Community and Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and with photo ID we can reset your password. Students can also go to the Computer Learning Center in the basement of the Marvin Library to have their password reset.

Your username is defined as the first initial of your first name, followed by a hyphen(-), followed by up to 13 characters of your last name (all lower case no spaces or other special characters). The password is randomly generated. Please go to [www.hvcc.edu/login-help.html](http://www.hvcc.edu/login-help.html) and use the "Change Your Password" link too change your password to something that will be easier to remember. You will find more detailed information regarding computer access at [www.hvcc.edu/access.html](http://www.hvcc.edu/access.html).

Bring both your username and password to your course, as you will need it to access the computer during class. Course instructors do not have the ability to reset or view student passwords. It is the student's responsibility to ensure they have this information when they begin a class.



# Health & Wellness

## MELT Away Pain 1

If you have pain, it is likely that your connective tissue is in need of repair. Did you know that you have a neuro-fascial system that requires efficient communication between your nervous system and your connective tissue? If your system is inefficient, you will have pain. Do you have trouble trying to touch your toes? You may have a dehydrated back fascial line. The MELT method rehydrates and lengthens your fascial system! This unique hands-off bodywork approach directly addresses your neurofascial system and brings your body back to a more ideal state of balance. It does this using specialized small, no-toxic balls specifically designed to create global, lasting changes in your body. You will learn how to decompress the joints in your feet and hands and decompress your knees, low back and neck. The first time you MELT, you will see and feel a difference. Over time, you can transform how your body looks and feels. This is taught in a two-class format to ensure you are successful and experience maximum benefit. Learn this powerful self-treatment method from a certified MELT instructor who has seen much success in her patients' ability to independently regain pain-free posture and movement. The MELT method has appeared on shows hosted by Dr. Oz and Rachel Ray. Course fee includes \$50 materials fee.

50361\* \$115

50511 (choose if you have MELT kit) \$65

2 Sessions, CTR 204

Thurs., 9/17 - 9/24, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

## MELT Away Pain 2

The MELT Method™ is a unique hands-off bodywork approach that directly addresses your neurofascial system and simulates the results of manual therapy bringing your body back to a more ideal state of balance. It does this using a specialized soft foam roller to perform the four R's of MELT: reconnect, release, rehydrate, and reassess. These specific techniques create global, lasting changes in your body and you will see and feel a difference immediately. The course is taught by a certified MELT instructor who has seen her patient's benefit in profound ways. The MELT method will empower you to independently address pain, regain a more ideal posture, and restore pain-free movement for a lifetime of wellbeing. This three-class series will teach you how to decompress your neck and back, rehydrate your fascial lines, and restore postural balance and symmetry. You will feel a difference the very first time you MELT! Course fee includes \$70 materials fee.

50507\* \$135

50512 (choose if you have MELT kit) \$65

2 Sessions, CTR 204

Thurs., 10/1 - 10/15, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

## Nourish Your Body for LifeLong WellBeing - Three Class Series

Learn how to improve your health in ways you never imagined while enjoying a delicious four-course meal at each class (recipes provided). Are you aware that what you eat can promote chronic Inflammatory conditions like arthritis/joint pain, heart disease, cancer, diabetes, autoimmune disorders, and even back pain? You may be surprised to learn that there are foods that actually fight these issues instead of promoting them. You just need to know which ones. This class will help you discover the relationship between disease and food, and we will discuss science-based facts about nutrition (not fads), food basics, what promotes disease/what fights disease, what really creates body fat and much more. You will take practical steps - learning how to shop, prepare, order and enjoy foods that nourish your body and bring you to an ideal weight while greatly reducing your risk of (or may reverse, if present) degenerative disease. You will receive nine hours of detailed information, and a written manual is provided with references. Class participants decrease their degenerative disease risk score by ~50% in just three weeks! This class is recommended by multiple medical specialties. You will be empowered for lifelong wellbeing. Course fee includes \$35 materials fee.

50510\* \$135

3 Sessions, DCC B06

Wed., 10/28 - 11/11, 6 - 9 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

## Chain Reaction for Back, Hip, Knee Pain

Chain Reaction is what happens every time you move and it is based on something called applied functional science. If you have knee pain it may be due to your hip or ankle not functioning correctly. Your knee is a simple hinge joint and only bends one way. Your hip and ankle need to be firing correctly in all three planes of motion to keep from stressing your knee. Your back pain could be happening because of your hip. This class will teach you how to restore functional stability in all three planes of motion using simple exercises that "turn off" your pain. Course fee includes \$10 materials fee.

50508\* \$65

2 Sessions, CTR 204

Thurs., 10/29 - 11/5, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

**\*Please note** the materials fee for these classes is non-refundable less than five days prior to the start of the course.

# Health & Wellness

## Nourish Your Body for Health:

### How to Get Started!

Learn how to improve your health by changing how you nourish your body. Enjoy two delicious meals and discover how to begin your journey to better health. You will learn about the relationship between disease and food, science-based facts about nutrition (not fads), food basics, what promotes disease/what fights disease, what really creates body fat, and much more. You will take practical steps, learning which foods nourish the body and work to bring yourself to an ideal weight while greatly reducing your risk of (or may reverse if present) degenerative disease. This single class is a condensed version of the nine-hour Have LifeLong WellBeing: Nourish Your Body Class Series (taught in a three-week format). The goal is to introduce you to the concepts of how food really works in your body and enable you to get started simply and easily. The series is recommended by medical doctors and professionals in multiple specialties. You will be empowered for lifelong well-being! Course fee includes \$15 materials fee. The materials fee is non-refundable less than five days prior to the start of the course.

50509 \$75

1 Session, WIL 113

Sat., 11/7, 9 a.m. - 1:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,  
Instructor

## Recapture Your Health with Delicious Plant Foods

This three-hour class on whole food, plant-based diets (WFPB) will show you how to give yourself the best chance to live a long, healthy and happy life. Many people have successfully lost weight multiple times only to gain it all back and more. Any diet program or fad diet (no matter how loony) works in the short terms, but it's estimated that 95 percent of all people who attempt to lose weight fail to keep the weight off in the long-term. (5 years or longer). By transitioning to a WFPB lifestyle, you will lose weight if you need to, and you will lose weight as you regain your health. If you focus on eating the healthiest diet, you weight will take care of itself. You have a greater chance to maintain weight loss if you feel great once the weight comes off. Join us to learn about a WFPB diet to start reaping the benefits of a truly healthy body.

50614 \$35

1 Session, MCD 202

Wed., 10/21, 6:15 - 9:15 p.m.

Dominic Marro of Plantastic Life, LLC., Instructor

## Living Healthy with Diabetes

Have you been diagnosed with diabetes? Would you like to take control of your health and discover fresh and practical ways to live better with diabetes? Living Healthy with Diabetes is an evidence-based, self-management program developed by Stanford University, whose participants have shown significant improvement in symptoms of hypoglycemia, experienced fewer hospitalizations, reductions in fatigue, improvement in physical activity and greater readiness to take care of their own health.

This is a six-week workshop and each week builds upon the skills learned the week before. These include: making an action plan, learning how to combat negative thoughts, making an informed treatment decision and developing strategies to live a fuller life. Each workshop is led by two peer leaders who are trained to guide you through techniques to manage symptoms, communicate with health care providers, improve diet and physical activity and cope with difficult emotions. This class is intended for those diagnosed with diabetes or a caregiver of someone with diabetes.

There is no charge for the workshop. In addition, each participant will receive a free copy of the book, Living a Healthy Life with Chronic Conditions and a relaxation CD, Time for Healing (\$30 value for both) which they can use to reinforce these new techniques at home.

50570 \$10

6 Sessions, WIL 100

Tues., 9/15 - 10/13, 9:30 a.m. - Noon

50571 \$10

6 Sessions, DCC B06

Wed., 9/16 - 10/14, 6 - 8:30 p.m.

Living Healthy NY, Instructors

## Cooking for One or Two

Tired of eating out...but hate to cook when it is only you? This is the class for you! Discover the right ingredients to keep on hand to make a quick healthy meal for one or two light eaters! Come hungry, you will taste your way through a week long menu. Class will be held at "The Eatery" at Carol's Place on Pawling Avenue in Troy. Course fee includes a \$25 materials fee which is non-refundable for withdrawals on day of the class.

50610 \$55

1 Session, "The Eatery" at Carol's Place

Wed., 9/23, 6:30 - 8:30 p.m.

50611 \$55

1 Session, "The Eatery" at Carol's Place

Tues., 10/20, 6:30 - 8:30 p.m.



## What's for Dinner in 30 Minutes or Less?

What's in your pantry determines how quickly you can feed a few or a whole crowd! Don't miss this two-hour class on how to create quick and easy meals! Come hungry as you will be trying several selections! Class will be held at "The Eatery" at Carol's Place on Pawling Avenue in Troy. Course fee includes a \$25 materials fee which is non-refundable for withdrawals on day of the class.

50612 \$55

1 Session, "The Eatery" at Carol's Place  
Tues., 10/6, 6:30 - 8:30 p.m.

50613 \$55

1 Session, "The Eatery" at Carol's Place  
Wed., 11/11, 6:30 - 8:30 p.m.

## Building a Better Baked Good

Sick of "healthy" treats that are all processed junk and no flavor? In this class, wellness consultant Theresa "Sam" Houghton shows how to make muffins, cookies, cakes and other baked delights healthier without sacrificing the tastes you love. This class covers ingredient substitutions, and muffin samples will be provided. A handout booklet will also be provided to students. Course fee includes a \$10 materials fee.

50575 \$50

1 Session, ADM 104  
Thurs., 11/5, 6 - 8 p.m.  
Theresa "Sam" Houghton of The Quantum Vegan,  
Instructor

## High School Equivalency (formerly GED Prep)

### High School Equivalency

This course prepares students to take the Test Assessing Secondary Completion™, or TASC™, The TASC is a national high school equivalency assessment to help individuals address their need for advancement, resulting in a high school equivalency diploma. The TASC has replaced the GED® exam.

Our instructors provide individualized and group instruction in the following areas: math, science, social studies, reading and writing. Using a Predictor Test, we will work with you to assess your test readiness. Students who register for this class must also register for one of the TABE pre-test dates. Please note: in order to enroll in this class you must achieve an 8th grade level on the reading and math assessments. This course requires significant work outside of classroom instruction. Many students will find they need to take this class for more than one semester before they are ready to sit for the exam. A Certificate of Residence is required for this course.

#### Day Session

50232 \$205

53 Sessions, BTC 322

Mon. - Thurs., 9/14 - 12/17, 9:30 a.m. - 3 p.m.

No class 10/12, 11/25, 11/26

Instructor TBA

#### Evening Session

50233 \$80

26 Sessions, BTC 322

Mon., & Wed., 9/14 - 12/16, 6 - 9 p.m.

No class 10/12, 11/25

Joal Bova, Instructor

#### TABE Pre-Tests

50381 Mon., 8/17, 6 p.m.

50382 Wed., 8/26, 6 p.m.

50383 Sat., 8/29, 9 a.m.

### Certificate of Residence Information

Some credit-free courses require a Certificate of Residence. If one is required it will be noted.

#### Why do you need it?

A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs.

Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

Please note that students who register online will be required to pay the non-resident tuition charges if they do not have a valid Certificate of Residence on file.

Once the Certificate of Residence has been posted to the student's account, a refund of the non-resident tuition charges will be issued.

#### Where do you get it?

You obtain a Certificate of Residence from the county of your permanent address by providing proof of residency. You must be a New York State resident for one year and provide proof of residency for the past six months.

#### When do you give it to Hudson Valley Community College when taking a credit-free course?

If you register by phone or fax we ask that you send your Certificate of Residence to our office within five business days. Students who register by mail or in person should submit their certificate at the time of registration.

For additional information, please visit:  
[www.hvcc.edu/cashier/cor.html](http://www.hvcc.edu/cashier/cor.html)

# Kids On Campus

## Mice on Ice

Ages 3-5

In this 30-minute session of fun and games, pre-schoolers will learn the basics of ice skating. The child-to-teacher ratio will be 4:1. All skaters should wear snow pants and dress warmly. Helmets are required. Students are encouraged to bring their own skates, however skates may be rented from the skate shop for an additional charge.

50166 \$55

6 Sessions, MCD Ice Rink

Tues., 11/3 - 12/8, 10 - 10:30 a.m.

50167 \$55

6 Sessions, MCD Ice Rink

Tues., 11/3 - 12/8, 10:30 - 11 a.m.

Maria Dollard, Instructor

## PROGRAMS FOR TEENS

### SAT Preparation Course

This course is designed to prepare you for the Scholastic Aptitude Test (math, verbal and writing sections). The schedule of topics will be determined during the first session. The course will teach strategies for problem solving, vocabulary development, reading comprehension, sentence completion, grammar and essay writing skills.

The classes will use actual SAT questions to familiarize you with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is "McGraw Hill's SAT, 2015 Edition," and is required for the first class session.

50386 \$150

9 Sessions, ADM 105

Wed., 9/30 - 12/2, 6 - 8 p.m.

No class 11/25

Shayne Bishop and Jill Casey, Instructors



## Driver Education

This non-credit course will include 24 hours of classroom instruction and 24 hours of on-the-road instruction. You must have a valid New York State learners permit or license prior to taking the program. Students must be 16 years of age before the course begins.

Upon successful completion of the program, students will be issued a MV-285 Student Certificate of Completion (formerly called a blue card). This will allow the holder, at age 17, to drive after 9 p.m. and also will allow for an insurance reduction where applicable. This course is taught by certified instructors from Bell's Driving School.

When registering via mail or fax, please indicate a first and second choice for driving times using the course codes adjacent to the selected driving time.

If registering online or on the phone, you will be asked to select your drive time when you select your class time. Driving times are available first-come, first-served.

50137 \$419

48 Sessions

Wed., 9/16, 5 - 6 p.m. Orientation, BTC Auditorium

Wed., 9/23 - 1/13/16, 5 - 6:30 p.m., BTC 1044

Drive Times Available

50138 Mon., 4 - 5:30 p.m.

50139 Tues., 4 - 5:30 p.m.

50140 Thurs., 4 - 5:30 p.m.

50141 Fri., 4 - 5:30 p.m.

50142 Sat., 7:30 - 9 a.m.

50143 Sat., 9 - 10:30 a.m.

50144 \$419

48 Sessions, BTC 1044

Wed., 9/16, 5 - 6 p.m. Orientation, BTC Auditorium

Wed., 9/23 - 1/13/16, 6:30 - 8 p.m.,

BTC 1044 Classroom

Drive Times Available

50145 Sat., 10:30 a.m. - Noon

50146 Sat., Noon - 1:30 p.m.

50147 Sun., 7:30 - 9 a.m.

50148 Sun., 9 - 10:30 a.m.

50150 Sun., 10:30 a.m. - Noon

50151 Sun., Noon - 1:30 p.m.

50153 \$419

At TEC-SMART in Malta

48 Sessions, TECSMT 125

Wed., 9/16, 4:30 - 5:30 p.m., Orientation

Sun., 9/20 - 1/17/16, 10:30 - Noon, Classroom

Drive Times Available

50155 Sun., 7:30 - 9 a.m.

50156 Sun., 9 - 10:30 a.m.

50157 Sun., Noon - 1:30 p.m.

50158 Sun., 1:30 - 3 p.m.

# ■ Programs for Professionals

## Infection Control

Hudson Valley Community College is certified by the NYS Education Department to provide training in infection control and barrier precautions. Infection control is an essential component of any health care delivery. Infection control measures can be as simple as hand washing and as sophisticated as high-level disinfection of surgical instruments. Implementing these measures can prevent transmission of disease in health care settings and the community. Infection control is a key concept in achieving the New York State Department of Health's mission to protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery. The groups who are required to receive this training include: dentists, registered nurses, podiatrists, optometrists, licensed practical nurses, dental hygienists, physicians and physician assistants.

50190 \$31

1 Session, JRD 224 at 400 Jordan Rd. in the Rensselaer Technology Park  
Thurs., 10/29, 6 - 9 p.m.  
Deborah Kufs, Instructor

## EMT Refresher

The EMT refresher course is designed to cover the updates to the EMT curriculum as well as the most recent EMS Education Standards and the American Heart Association 2010 Guidelines. The student will be required to show proof of completion of the ICS-100 and FEMA-IS-700, and IS-5 courses to be eligible to sit for the NYS certifying exam. This course runs in conjunction with an original EMT course, and students are allowed to take additional sessions as needed. The course begins on Sept. 8. For a complete schedule, call the Community and Professional Education office at (518) 629-7339. Course fee includes \$65 lab fee.

50164 \$275

*In order to participate in the EMT course, you must produce a copy of your current certification card or a letter from the NYS Bureau of EMS permitting entry at the first class meeting.*



## Basic Life Support for Healthcare Providers

### Part 1 - Course

This course is to be paid for and completed online by the student at [www.onlineaha.org/](http://www.onlineaha.org/). You will learn single-rescuer and team basic life support for adults, children and infants through five interactive exercises, scenarios and a written test. Navigation controls allow you to move easily through content as you learn how to recognize life-threatening emergencies, provide high-quality chest compressions, deliver appropriate ventilation and provide early use of an AED. The course also teaches relief of choking.

This self-paced course is accessible anytime from any computer with internet access. Students can access the "BLS for Healthcare Providers Student Manual," BLS Pocket Reference Card and more, for 24 months. This course may be used for initial or renewal BLS for Healthcare Providers Course completion.

### Parts 2 & 3 - Skills Sessions

Once you complete the online course you will be able to print a certificate of completion. After you complete Part 1, contact the Office of Community and Professional Education at (518) 629-7339 to enroll in a skills session that will take place no more than 60 days following successful completion of the Part 1 course.

### ***\*Be sure you are completing the BLS for Healthcare Providers Online Part 1!***

The skills session is the hands-on portion of an American Heart Association eLearning course and includes Parts 2 & 3 - skills practice and testing. It is conducted in-person after a student completes Part 1 online. Skills sessions are not included with the purchase of an online (Part 1) course key. For admission into a skills session, students must present their Part 1 Certificate of Completion at the skills session. Students who arrive at the skills session without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Students must come prepared to the skills session. Please review the online course materials before attending.

Under-prepared students who do not complete the skills session in the allotted time will need to re-register and pay for another skills session.

50203 \$30  
1 Session, 400 Jordan Road, Room 224 in the Rensselaer Technology Park  
Sat., 10/17, 11 a.m. - 12:30 p.m.

50204 \$30  
1 Session, 400 Jordan Road, Room 224 in the Rensselaer Technology Park  
Thurs., 9/17, 5 - 6:30 p.m.

# ■ Programs for Professionals

## Identification and Reporting of Child Abuse and Maltreatment

In just two hours, you can fulfill your New York State license requirements. Hudson Valley Community College is certified by the NYS Education Department to provide child abuse recognition and reporting training for professionals: physicians, chiropractors, dentists, registered nurses, podiatrists, optometrists, psychologists, dental hygienists, classroom teachers, school service personnel, administrators and supervisors. Gain critical information about child abuse/maltreatment identification and reporting, behavioral indicators, as well as social service law and other mandates. All necessary forms which are evidence of completion are provided at the end of the class.

50192 \$25

1 Session, HGB 101

Tues., 9/22, 6 - 8 p.m.

Dawn Kolakoski, Instructor

## Alternative Dental Assisting Program

This self-paced online program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the NYS Education Department. This course will provide adequate preparation to take the Certified Dental Assistant (CDA) examination administered by the Dental Assisting National Board (DANB). Topic information will be presented in an online distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. Please note the cost for books, licensing exam and licensing application fees are not included. For more information, call our office at (518) 629-7339.

50001 \$950

Online Class, 8/31 - 12/21

Ann Gallerie and Gabriele Hamm, Instructors

## Setting the Stage for Safer Schools: A Two-Hour Prevent Violence Training for Persons Seeking Certification in New York State

This training responds to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE).

All participants will receive an approved NYS Education Department certificate upon completion of this training. It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff.

The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and the troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior, and classroom management techniques when responding to potentially violent situations or behavior.

50193 \$25

1 Session, HGB 200

Thurs., 11/5, 6 - 8 p.m.

Diane Teutschman, Instructor

## *A series of two-hour workshops for Early Childhood Teachers, Family Child Care Providers, Foster Families and Parents!*

All workshops are presented by faculty from The Teacher Preparation Department. Courses will earn .2 CEUs per two-hour workshop and will meet the child care training requirements for the New York State Office of Children and Family Services (OCFS) along with the New York State Early Learning Guidelines (ELG).

## A Positive Approach to Discipline... Beyond the Time Out Chair!

Based on the work of Linda Albert, participants will gain skills and knowledge in providing interventions for common discipline problem areas: attention-seeking behavior, power-seeking behavior, revenge-seeking behavior and avoidance of failure behaviors. Techniques to identify each type of behavior and a comprehensive collection of intervention strategies

will be shared. Dozens of strategies to build a positive classroom environment/climate and strategies to improve communication with parents will be presented.

50492 \$15

1 Session, HGB 108

Mon., 9/21, 6:00 - 8:00 p.m.

Antoinette Howard, M.S., Instructor

This workshop meets the OCFS Areas 1 & 3 and ELG Domain II



### Music, Movement and Props for Children

Come to this workshop ready to sing and dance! We'll learn about teaching songs to children, creative movement ideas, use of instruments, musical interest centers, and parachute and other props. A great opportunity to learn some new songs, games, and movement activities for your preschool classroom.

50493 \$15

1 Session, HGB 108

Wed., 9/30, 6 - 8 p.m.

Dr. Dawn Kolakoski, Instructor

This workshop meets the OCFS Areas 1 & 3 and ELG Domains III and IV

### Feeding: Beyond Just Being a Picky Eater

Eating is a challenge to many parents, daycare staff, and preschool teachers. From bottle-feeding to a bowl of mac and cheese – feeding can be very stressful for children and adults each day. For infants, we will talk about bottles and nipples, babies that spit up all day, reflux, and tube feedings. For the toddler and preschool age we will also talk about sensory aversion with textures and tastes. We will talk about building tolerance and enjoyment with food, learn how to set goals and build self-feeding skills. The two-hour course will build a foundation for working with children who struggle to eat.

50494 \$15

1 Session, HGB 101

Tues., 10/6, 6 - 8 p.m.

Paula Buchanan, MS, CCC-SLP, Instructor

This workshop meets the OCFS Area 2 and ELG Domain I

### Fizzle, Fizzle, Pop, Pop: Science for Preschool

This workshop will introduce participants the science process skills for preschool and how to use the inquiry approach. An extensive hands-on science lab is included with many ideas for science activities for center time. Dress for mess!

50495 \$15

1 Session, HGB 108

Wed., 10/21, 6:00 - 8:00 p.m.

Dr. Dawn Kolakoski, Instructor

This workshop meets the OCFS Areas 1 & 3 and ELG Domain IV

### Autistic Spectrum Disorder: Putting the Puzzle Together

ASD is a diagnosis that touches the lives of many families and teachers at almost every age range.

This session will explore the process of diagnosis and services that may be recommended for children with ASD. We will talk about the impact of ASD on language, play and social relationships. We will answer the questions of who can diagnose ASD and at what age can it be diagnosed. Strategies for working with toddlers and preschoolers will be shared. We will talk about the impact of ASD on life skills such as eating, potty training and sleep concerns. This is a class of both lecture and a dynamic dialogue about the challenges at home and in the child care settings.

50496 \$15

1 Session, HGB 101

Tues., 10/27, 6 - 8 p.m.

Paula Buchanan, MS, CCC-SLP, Instructor

This workshop meets the OCFS Area 1 and ELG Domain I

### Fostering Children's Creativity through Art

This workshop will introduce participants to the creative process and explore open ended, creative art projects for young children. An extensive hands-on art lab is included to give teachers and parents ideas for creative activities for home or school. (This is a repeat of the workshop presented last spring). Dress for mess!

50497 \$15

1 Session, HGB 108

Wed., 11/4, 6 - 8 p.m.

Dr. Dawn Kolakoski, Instructor

This workshop meets the OCFS Areas 1 & 3 and ELG Domain IV

## ■ Programs for Professionals

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### The Sensory Child: Part II

Last semester we built a foundation for understanding the seven body senses and how they are integrated. This time our class will focus on the more complicated senses. Participants will learn about the proprioceptive and vestibular senses and how they regulate the body. Activities will be presented for experimentation in the class and to be utilized in child care settings. Although this class will build on last semester's presentation, new participants are welcome.

50498 \$15

1 Session, HGB 101

Tues., 11/10, 6 - 8 p.m.

Paula Buchanan, MS, CCC-SLP, Instructor

This workshop meets the OCFS Areas 1 and 2 and ELG Domain I & II

### Babies, Books, Babble, and You!

From birth, babies need to hear, play and practice with language. Reading to your baby is part of laying the foundation for language development. The purpose of this workshop is to provide parents and educators the strategies and knowledge for "rich" early literacy experiences which includes selecting quality children's literature, using homemade books, developmentally appropriate reading strategies and creating fun interactive language activities using everyday items.

50499 \$15

1 Session, HGB 108

Wed., 11/18, 6:00 - 8:00 p.m.

Ann Plourde, M.S., Instructor

This workshop meets the OCFS Areas 1 & 3 and ELG Domain V

## ■ Recreation & Hobbies

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### FITNESS

#### Yoga I: Foundations of Practice

This course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing exercise to bring balance and well-being to the body, mind and spirit. With the development of physical flexibility and calmness of mind, we also lay the foundations for a rewarding life-long practice of yoga. Please bring a mat designed for yoga and wear loose, comfortable clothes.

50168 \$80

12 Sessions, MCD 192

Mon., 9/14 - 12/7, 3:30 - 4:30 p.m.

No class 10/12

50169 \$80

12 Sessions, MCD 192

Wed., 9/16 - 12/9, 4 - 5 p.m.

No class 11/25

50453 \$80

12 Sessions, CTR 204

Thurs., 9/17 - 12/10, 5:45 - 6:45 p.m.

No class 11/26

Jeanne Wein, Instructor



#### Tabata: 20-Second Fitness

Tabata is high intensity interval training (HIIT), which has exploded onto the mainstream fitness scene. It is now a prominent part of many successful fat loss and fitness training programs. Runners and cyclists often take Tabata in the winter months to build their cardiovascular capacity and increase athletic performance. Many others take Tabata to lose weight and reshape their body fast. You can accomplish more in 45-minutes of Tabata than you would in a traditional 60-minute group fitness class. Tabata incorporates cardiovascular and strength training exercise into a fast-paced and challenging workout. Work at your maximum capacity for 20 seconds and recover for 10. Repeat the exercise eight times and move to the next circuit. This is a great class! This will boost not only your metabolism and build your cardiovascular endurance, but you will tighten and tone your entire body! Please bring an exercise mat, a towel and a water bottle.

50060 \$85

10 Sessions, MCD 192

Sat., 9/19 - 11/21, 8 - 8:45 a.m.

Lisa Morin of Fitness Professionals On Demand, Instructor

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**NOTE:** McDonough 192, where many of our fitness classes are held, is not air conditioned.

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## Belly Dance is for Every-body

Middle Eastern belly dance is dedicated to women celebrating the joy and beauty of a centuries old dance form. Ayperi is a passionate and caring professional Middle Eastern belly dance instructor. She is a performing artist and choreographer, who seeks to inspire and impassion others through this expressive dance. Ayperi has the keen ability to recognize and meet the unique needs of each individual student and welcomes women of all ages, sizes and abilities to unleash their inner creativity in this safe, fun and supportive environment.

You are never too old or young to start belly dancing! Middle Eastern belly dancing is primarily taught as a low-impact fitness activity and is an exciting alternative to other exercise or dance programs. This course covers the basic fundamental moves of belly dance and incorporates the use of veils and finger cymbals. The instructor will advise students in locating these props in addition to coin hip scarves for use in their own belly dancing. Recommended class attire is tank tops or t-shirts with yoga, sweat or exercise pants. No shoes are required.

50113 \$65

8 Sessions, CTR 204

Tues., 9/15 - 11/3, 7:30 - 8:30 p.m.

Tammy Stanzone of Ayperi Bellydance, Instructor

## Moderate Hi-Lo Impact Aerobics

This is a combination Hi-Lo impact class designed with both men and women in mind. Each class adheres to the exercise guidelines set forth by the American College of Sports Medicine. The one-hour class includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to contemporary music by the original artists. Energize and have fun. This class is designed for all levels - everyone will be successful!

50067 \$65

12 Sessions, MCD 192

Mon., 9/14 - 12/7, 7 - 8 p.m.

No class 10/12

Chrissy Sarratori of Abs In, Inc., Instructor

## Zumba

Zumba is the hottest class to hit the fitness world! This hour-long dance-based fitness class is set to international rhythms. No experience in dance or aerobic classes is required and Zumba is open to all fitness levels. This class will help you sculpt a tight mid-section without getting on the floor. Wear sneakers and light clothes. Bring a water bottle!

50061 \$65

12 Sessions, MCD 192

Mon., 9/14 - 12/7, 5:45 - 6:45 p.m.

No class 10/12

Chrissy Sarratori of Abs In, Inc., Instructor

50062 \$65

12 Sessions, MCD 192

Wed., 9/16 - 12/9, 5:45 - 6:45 p.m.

No class 11/25

Chrissy Sarratori of Abs In, Inc., Instructor

50063 \$65

12 Sessions, MCD 192

Thurs., 9/17 - 12/10, 4:45 - 5:45 p.m.

No class 11/26

Lori Hallenbeck of Abs In, Inc., Instructor

## Bokwa

Looking for a different workout while listening to today's popular music? Bokwa is a new and completely different approach to group exercise that is rapidly spreading across the globe. Bokwa instructors teach participants to draw letters and number patterns with their feet. Everyone can do it! Even if you have two left feet, you can dance alongside world champion ballroom dancers and all have a terrific experience in the same class! All you need is a bottle of water! Please wear comfortable clothing and sneakers.

50395 \$65

12 Sessions, MCD 192

Tues., 9/15 - 12/1, 4:15 - 5:15 p.m.

Brian Jines of Abs In, Inc., Instructor

50502 \$65

12 Sessions, MCD 192

Wed., 9/16 - 12/9, 7 - 8 p.m.

No class 11/25

Chrissy Sarratori of Abs In, Inc., Instructor



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**NOTE:** Course descriptions are subject to change without notice.

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# ■ Recreation & Hobbies

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## Cardio Kickboxing

Cardio Kickboxing is an hour-long, total body workout designed to improve your cardiovascular endurance with a core of continuous kickboxing combos to work your upper and lower body and your heart. The class begins with a warm up, followed by basic kickboxing moves that become more intense as the class progresses. Modifications will be offered to accommodate all ages and fitness levels. The class ends with a cool down, core strengthening and stretching. Please bring 3-5 lb. hand weights, a mat, towel and water. Get ready to have fun and sweat!

50106 \$120

22 Sessions, CTR 204

Mon. & Wed., 9/21 - 12/9, 7 - 8 p.m.

No class 10/12 & 11/25

Christine Sultan of Total Body Trifecta, Instructor

## Nia

Nia is a cardiovascular wellness class like no other! Blending the power of kicks, punches and strikes with the fun of dance and the calming influence of yoga, Nia invigorates you while providing a workout that burns calories, tones muscle and makes you feel great all over! Challenge and indulge yourself in a Nia workout and empower your body, mind and spirit. No previous dance experience needed. Dress in comfortable workout clothes. Bring a mat and water to class.

50098 \$75

12 Sessions, MCD 192

Tues., 9/22 - 12/8, 5:30 - 6:30 p.m.

Richele Corbo, Instructor

## Pilates Mat - Beginner

Pilates is a precise method of exercise which focuses on movements designed to lengthen and strengthen the body. This class will focus on the "core" and practice the controlled movements designed to stretch and strengthen muscles without adding bulk. Just bring a mat (yoga style "sticky" mat works best) and experience what Pilates can do for your body and mind. This class is designed for the beginner Pilates student with little or no experience.

50107 \$60

11 Sessions, CTR 204

Mon., 9/21 - 12/7, 5:15 - 6 p.m.

No class 10/12

Sarah Hoffman of Total Body Trifecta, Instructor

50108 \$60

11 Sessions, CTR 204

Wed., 9/23 - 12/9, 5:15 - 6 p.m.

No class 11/25

Ellen Ehrlich of Total Body Trifecta, Instructor

## Pilates Mat - Intermediate

This course is a continuation of the Pilates method. It will incorporate the basic and intermediate level exercises into a more intense style of class. This level is appropriate for students who have had at least two semesters (one year) of experience practicing Pilates. Just bring a sticky mat and a 14-inch Pilates Magic Circle (ring).

50109 \$60

11 Sessions, CTR 204

Mon., 9/21 - 12/7, 6:05 - 6:50 p.m.

No class 10/12

Ellen Ehrlich of Total Body Trifecta, Instructor

50110 \$60

11 Sessions, CTR 204

Wed., 9/23 - 12/9, 6:05 - 6:50 p.m.

No class 11/25

Ellen Ehrlich of Total Body Trifecta, Instructor

## Sole Synthesis

Sole Synthesis is a fusion of strength, flexibility, core and cardiovascular work. It is a standing flow workout done barefoot without extra equipment to upbeat music. This full body workout combines movements inspired by fitness, ballet and yoga. The low impact moves will work you from head to toe. No previous experience is needed to participate in Sole Synthesis. Just bring a water bottle, your bare feet (sole) and dress in comfortable fitness clothing.

50111 \$60

8 Sessions, MCD 192

Tues., 9/15 - 11/3, 6:45 - 7:45 p.m.

Mary Anne Fantauzzi of Total Body Trifecta, Instructor

## PIYO Fusion

PIYO Fusion will help you develop a strong core and increase your flexibility! The muscles deep within our abs and back are our foundation and strengthening them will help to reduce the risk of injury while performing your everyday tasks. This class blends basic Yoga poses for strength and balance with traditional Pilates exercise to build and maintain your core. At the end of this class you will walk a bit taller, move with more grace, feel increased energy, and notice a transformation in your abdominal region. What you need: An exercise mat, a towel and a water bottle.

50058 \$85

10 Sessions, MCD 192

Sat., 9/19 - 11/21, 9 - 9:50 a.m.

Connie Fagan of Fitness Professionals On Demand, Instructor





## Metabolic Blast Bootcamp

Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn through the rest of the day... resulting in a whole day's worth of success!

This inspiring fitness journey will empower you with an atmosphere of camaraderie and ample support to achieve noticeable changes using the proven techniques of interval training, battling ropes, resistance bands, medicine balls, cardiovascular burts and GREAT encouragement!

### What you receive:

- 36 classes of high-intensity interval training
- Expert coaching from a nationally-certified personal trainer
- Nutritional support
- Weekly food journal
- Fitness assessment
- 24-7 online support and individual attention
- Injury prevention techniques
- Supercharged motivation
- Accountability
- Powerful encouragement
- An adrenalin kick to start your day that will fire up your metabolism
- A Metabolic Class Achievement T-Shirt

### What you give:

- Three hours of your time a week
- 100% effort
- \$219 course fee

50068

\$219

36 Sessions, MCD 192

Mon., Wed. & Fri., 9/21 - 12/21, 6 - 7 a.m.

No class 10/12, 11/25 & 11/27

Hollan Bonjukian of Tru Fitness, Instructor

## Core Camp

Lose that weight around the midsection with this fast track fitness class strategically designed to deliver results! Think Bootcamp meets Pilates. You will be inspired through high-intensity intervals of metabolically-altering cardio drills that are geared to fire up your metabolism. You will learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing.

This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year!

For more information, contact Hollan Bonjukian at (518) 496-0337 or [Trufitnessanswers@gmail.com](mailto:Trufitnessanswers@gmail.com)  
50069 \$75

12 Sessions, MCD 192

Sun., 9/20 - 12/13, 6:30 - 7:30 a.m.

No class 11/29

Hollan Bonjukian of Tru Fitness, Instructor

## Pilates for Runners

Want to run effortlessly? Want to bulletproof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered yes to any of these questions, then this class is for you!

If you just want to become a better runner, ward off winter weight gain and experience your fittest winter ever, join us for Pilates for Runners. This training will help you overcome common problems to runners including: plantar fasciitis, runner's knee and shin splints.

Although there will be NO running in class, this program is no walk in the park. You will learn the 'golden' exercises that will unlock your inner runner, by targeting the common weak spots; gluteus medius, lower back, abdominals and spine, while lengthening the hamstrings, tightening the quads and conditioning the feet. If you are not a runner, you'll be runner ready when you are through! If you are a runner, this class will be transformational for you. For more information, contact Hollan Bonjukian at (518) 496-0337 or [trufitnessanswers@gmail.com](mailto:trufitnessanswers@gmail.com).  
50070 \$75

12 Sessions, MCD 192

Sun., 9/20 - 12/13, 7:45 - 8:45 a.m.

No class 11/29

Hollan Bonjukian of Tru Fitness, Instructor

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**NOTE:** McDonough 192, where many of our fitness classes are held, is not air conditioned.

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# ■ Recreation & Hobbies

## Barbarian Sandbag Blast

Break out of your fitness plateau and take it to the next level with the Barbarian Sand-bag workout. Beginners and pros alike will achieve amazing feats with simple non-stop multi-muscle moves that ramp up our cardio, build strength and blast your body into a fat burning machine that is likely to experience an increase in metabolic activity 18-24 hours after a single session.

Using an individualized sandbag "weight" to swing, push, pull and balance, you'll discover the missing secret of most strength training programs, "variable angular resistance" which comes from the flexible structure of the weight unlike the fixed grip of dumbbells. A special Barbarian sandbag will be provided for each student with an appropriate weight for the semester.

50505 \$75

12 Sessions, MCD 192

Sun., 9/20 - 12/13, 9 - 9:45 a.m.

No class 11/29

Hollan Bonjukian of Tru Fitness, Instructor

## Senior S.T.R.O.N.G.

With inspiration and guidance from a certified personal trainer, you will partake in a fun, encouraging and effective fitness class. Resistance bands, chairs, weights, nutritional guidance and an attitude of joy will help you achieve greater: strength, tone, resilience, optimal energy, nourishment and growth. Please bring comfortable clothes, sneakers, a towel and a water bottle.

50506 \$75

12 Sessions, MCD 192

Mon., 9/21 - 12/14, 12:15 - 1:15 p.m.

No class 10/12

Hollan Bonjukian of Tru Fitness, Instructor

## Butts and Guts

Butts and Guts...need it say more? This 45-minute class is all about tightening and toning those troublesome tushies and tummies. The class will focus intensely on ab and glute work that also breaks a sweat and will give you results in inches lost, sculpted spots, and just plain confidence in how you fit in your clothes and carry yourself. Say goodbye to boring crunches and traditional butt lifts. This is a program that changes the way you see your core and backside forever!

50387 \$85

10 Sessions, CTR 204

Tues., 9/15 - 11/17, 5:30 - 6:15 p.m.

Blythe Thompson-Hurlburt of Fitness Core You, Instructor

## Kettlebell Fitness

Ready to kick all your fitness goals into high gear? Kettlebells are a Russian strength and conditioning tool that are rapidly taking over the health and fitness world. Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells. Gain functional strength and muscle definition! Kettlebell is the most time-efficient workout in existence!

The single biggest benefit of kettlebell training is how quickly you can get an effective workout. You can quite easily train every single muscle in your body in short periods of time, while simultaneously improving your strength, endurance and flexibility. Get your metabolism fired up and feel invincible! What you need: an exercise mat, a towel, water bottle and a 5 lb. kettlebell for beginners.

50059 \$85

10 Sessions, MCD 192

Thurs., 9/17 - 11/19, 6 - 7 p.m.

Lisa Morin of Fitness Professionals On Demand, Instructor

## Basic Self Defense

**Ages 12 - Adult**

Knowing some self defense techniques has become an essential part of modern life in today's society. We must always remember to be aware of our surroundings and know how to prevent a violent situation from happening before it's too late. And if needed, we need to understand how to physically protect ourselves from becoming victimized by an attacker.

Basic Self Defense will teach you the skills needed in order to quickly react and protect yourself effectively. Learn how to improve balance, speed and reaction time. Become more aware of your surroundings and potential dangerous situations. Remember, don't allow yourself to be a victim of violence. Fight back!

Instructor Terrance Canavan has been studying martial arts for over 16 years. He is a fourth degree black belt and has over 15 years teaching experience. Through self defense programs, he has dedicated his free time to teaching adults and children how to protect themselves from attackers.

50096 \$77

8 Sessions, MCD 192

Thurs., 9/10 - 10/29, 7:15 - 8:15 p.m.

Terrance Canavan, Instructor





## Elemental Fitness

Have you ever wanted to try all the fitness trends and discover the latest most effective targeted workouts... but felt intimidated? Well you no longer need to be in the dark. Elemental Fitness will provide a 10-week course that explores a different style of group fitness each week. Styles include HIIT, Butts and Guts, Tabata, Circuit Training, Boot camp, Yoga Fusion and much more! You definitely won't be bored as you explore and learn what style best suits your fitness needs. All fitness levels welcome.

50500 \$85

10 Sessions, CTR 204

Tues., 9/15 - 11/17, 6:30 - 7:15 p.m.

Blythe Thompson-Hurlburt of Fitness Core You, Instructor

## Couch to 5K

Do you want to take the 5K off your bucket list? The best way is a simple-to-follow, group-based program that is fun and engaging! Can't imagine yourself running EVER? You can and will after you complete this course geared to make you successful and motivated.

50501 \$85

10 Sessions, ADM 101

Sat., 9/19 - 11/21, 8 - 8:45 a.m.

Blythe Thompson-Hurlburt of Fitness Core You, Instructor

## Jazz Dance

Jazz Dance takes inspiration from a wide variety of music including jazz, swing, blues, funk, pop, Broadway and soul. We start with a warm up, which includes stretching, isolations and floor exercise, then develop technique, flexibility, strength and coordination. Floor combinations which strengthen rhythm and performance skills, round out your Jazz Dance session.

50503 \$55

10 Sessions, MCD 192

Thurs., 9/17 - 11/19, 3:30 - 4:30 p.m.

Robin Crist, Instructor

**NEW!**

## Body Conditioning and Toning for Beginners - ALCC (Arms, Legs, Core and Cardio)

Ease back into fitness – or start a new health habit! ALCC is a fun 45-minute workout set to a catchy playlist. This class will increase your flexibility by improving your joint range of motion followed by a full body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. As the fall months roll in, you will look and feel fantastic! Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercise. What you need: an exercise mat, exercise bands, towel and water bottle.

50485 \$85

10 Sessions, MCD 192

Mon., 9/14 - 11/23, 4:45 - 5:30 p.m.

No class 10/12

Deb Nuttal of Fitness Professionals on Demand, Instructor

## Social Dance Basics

Social Dance Basics is a course designed to teach beginners the fundamentals of popular social dances such as the foxtrot, waltz, rumba, cha cha, and swing (and possibly the tango). The course is taught in a fun and innovative manner that allows the students to be creative and come up with their own amalgamations of figures. At the conclusion of the course, students will feel comfortable dancing at weddings, social occasions or at local ballroom dance venues. Please bring a note pad and pencil for taking notes.

50504 \$25

4 Sessions, MCD 192

Thurs., 11/12 - 12/10, 7:15 - 8:15 p.m.

No class 11/26

Erick and Ann Singleman, Instructors

**NEW!**

## Lifetime Fitness and Wellness

Participants in this course will receive personalized workout routines and weekly nutrition counseling. Students will receive ongoing physical assessment and hands-on-training. They will experience the power of change, based on a model that focuses on education, motivation and participation. This course is open to all individuals regardless of current fitness level. Are you ready for a change?

50556 \$250

16 Sessions, MCD 195

Mon. & Wed., 9/21 - 11/16, 6:15 - 7:45 p.m.

No class 10/12

Christina Charette-Bieg, Instructor

**NOTE:** McDonough 192, where many of our fitness classes are held, is not air conditioned.

# ■ Recreation & Hobbies

## HOBBIES

### Contemporary Guitar Skills I

This course is designed for beginners and those who have been playing guitar for one year or less. You will be guided through the basics of guitar including how to tune, play chords and solo. Also covered are major, minor and pentatonic scales, basic soloing skills, theory, technique and ensemble skills. Many musical examples will be illustrated from popular songs, including songs that are of special interest to students. You must provide your own acoustic or electric guitar (a small amplifier should be used with electric guitars). Additional materials will be discussed at the first class; anticipated cost is \$20.

50115 \$115

12 Sessions, WIL 113

Tues., 9/22 - 12/8, 6 - 8 p.m.

Gary Cellucci, Instructor

### Contemporary Guitar Skills II

This class is a continuation of "Contemporary Guitar Skills I" or for the intermediate guitar player with one to four years playing experience. Topics will include major and minor pentatonic scales, soloing techniques, modes, phrasing, theory, playing with other musicians, chord progressions, warm-up exercises and developing good practice habits.

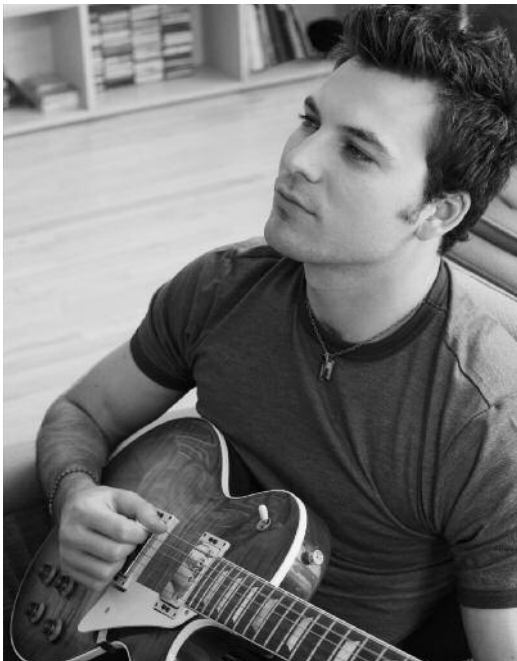
50116 \$115

12 Sessions, WIL 113

Mon., 9/21 - 12/14, 6 - 8 p.m.

No Class 10/12

Gary Cellucci, Instructor



### Introduction to Songwriting

Today's songwriter and musician needs to not only develop their craft, but also stay attuned to the rapidly changing marketplace of the new music business. No longer does a songwriter simply "get songs heard by a publisher." Today's musician/songwriter needs information as much as talent. This course offers the beginner an opportunity to develop their craft to the point where it can be marketed, but also offers the more experienced songwriter a chance to refine their work and identify appropriate markets. Instructor Sandy McKnight is a veteran songwriter and producer who is active in the business, and keeps abreast of the latest trends in the new music paradigm. He offers constructive feedback, proactive advice and access to music business pros.

50484 \$125

6 Sessions, WIL 161

Mon., 9/21 - 11/2, 6 - 9 p.m.

Sandy McKnight, Instructor

### Instant Piano for Hopelessly Busy People

You don't 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 the home-study CD. This is the system the pros use - chords, not tedious note reading. Prior note reading experience on the treble clef is helpful, as this is not an absolute beginner's course. For the brave ones without experience who want to try anyway, you can send way for the complementary pamphlet entitled "How to Read Music Notation in Just 20 Minutes" and study it before attending the class (send a SASE to Florence Shaw, 1667 Central Ave., Albany, NY 12205). In just three hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Florence Shawn holds a BA and MS in teaching. She is a certified workshop graduate and has been a student of Robert Laughlin, the inventor of the one day chord piano workshop. This course has been taken successfully by over 150,000 students! The course fee includes a \$30 materials fee.

50247 \$49

1 Session, DCC B06

Tues., 10/20, 6 - 9 p.m.

Florence Shaw, Instructor

## ■ Special Interest

### Improving Leadership Skills

Leadership skills are critical in today's world. Communities, clubs and businesses all need strong leaders to succeed in our complex and dynamic environments. This course will be an interactive discussion of the four foundations of strong leadership and the essential tasks leaders must master to succeed as a leader. In addition, we will explore power as it relates to leadership.

50546 \$39

4 Sessions, WIL 161

Wed., 10/7 - 10/28, 5:30 - 7:30 p.m.

Richard Edwards, Instructor

### Creating with Word, Image and Playfulness

Creativity belongs to everyone, but sometimes it does not feel that way. Would you like to spend some time enjoying the exploration of your creative side using stress-free writing, doodling, and collaging games, exercises and activities? The goal of this class is not necessarily to "produce" a finished product, but to emerge with a sense of curiosity and pleasure that helps you sculpt your own creative life practices. Whether you are new to the idea of creativity or would just love an injection of fun and new ideas, this class will be sure to energize and inspire.

50593 \$43

5 Sessions, DCC 136

Tues., 9/15 - 10/13, 7 - 8:45 p.m.

Kat Fitzgerald, Instructor

### Three Queens and a Pawn

On July 6, 1553 the great hope of the Tudor Dynasty of England, the sickly boy King Edward VI died, the last male of this line leaving no direct heirs of his own. Over the next 34 years the struggle for England's crown would be enjoined between four of Edwards's female relatives, his half-sisters Mary and Elizabeth Tudor, and his cousins Lady Jane Grey and Mary Stuart. Although all four of these women were blood relatives linked by a common ancestor, King Henry VII there was precious little love or family feeling between them. Ultimately two of them would order the deaths of the other two. The characters and interplay of these strong, extraordinary royal personages will be explored against the backdrop of one of the most turbulent, fascinating periods of English history to see who will ultimately triumph. Please note this course will not deal with every facet of the queens' individual reigns, but rather those that have a direct bearing on the royal relationships and the quest for the throne.

50576 \$40

4 Sessions, ADM 105

Thurs., 10/22 - 11/12, 7 - 9 p.m.

Daniel O'Callaghan, Instructor

### The Basics of Selling on eBay



You can be successful on eBay! Learn how to register, create listings, utilize eBay's vast resources, research items, open and use a PayPal account, complete transactions, and most importantly, make money! While there is no computer use in this class, to be successful on eBay, you should have basic computer and Internet skills. Bring something to take notes with.

50119 \$30

2 Sessions, ADM 101

Sat., 10/17 & 10/24, 9 a.m. - Noon

Amy Grazda, Instructor

### Blogging for Money and Fun

Create a blog to enhance your career, build marketing talent, raise funds or become a journalist. Find the free tools to develop beautifully written content. Discover how to give life to your blog with companion videos and online talk radio programs. Become a marketing expert who promotes you and your blog.

50392 \$19

1 Session, ADM 101

Sat., 11/7, 9 a.m. - Noon

David Ewen, Instructor

### Income at Home with Online Tools

Learn how to accept advertising and affiliate marketing to create an online income stream of revenue. Increase your online presence with social media. Discover how Search Engine Optimization and Social Media Optimization are used. Know how to reach more consumers to increase your earning potential. You will learn how money and income flow on the internet.

50551 \$19

1 Session, ADM 101

Sat., 12/12, 9 a.m. - Noon

David Ewen, Instructor

### Project Management

Learn to deliver projects on time, under budget and exceeding customer expectations. This intensive, eight-week program covers the 10 project management knowledge areas contained in the Global Standard for Project Management. The program will provide students with basic project management concepts and how to apply them to a typical project. This program will benefit the seasoned project manager and those who have recently been put "in charge" of a project. The Project Management certification and exam fees are no included in this class.

50547 \$125

8 Sessions, DCC 138

Tues., 9/22 - 11/10, 7 - 9 p.m.

Donald Nealson, Instructor



## Special Interest



### Learn to Play Mah Jongg

Have you heard the click-clack of tiles and wondered about the unusual characters painted on them? Learn to play the fascinating game of Mah Jongg in four weeks. We will play by the National Mah Jongg League rules, using the Official Standard Hands and Rules card, which will be provided at the first class. Decipher the fun and pleasure of bams, dots and cracks, winds and dragons; jokers and flowers by learning Mah Jongg. Course fee includes an \$8 materials fee.

50572 \$47

4 Sessions, WIL 113

Tues., 11/3 - 11/24, 12:30 - 2:30 p.m.

Nancy Siegel, Instructor

### Notary Public Review Workshop - Prepare for the NYS Exam

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public Office. Confusing laws, concepts and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public office 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 website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80-question practice exam, which attempts to emulate the actual New York mandatory exam.

50553 \$29

1 Session, DCC 136

Tues., 10/6, 9 a.m. - Noon

50554 \$29

1 Session, WIL 112

Tues., 11/17, 6 - 9 p.m.

Victor Bujanow, CIC, Instructor

### Discover the Actor Inside

This technique course will focus on building a solid foundation in the art of acting. You will concentrate on monologues, character work and scene study. The instructor uses a mixture of creative exercises, theatre games and improvisation to build confidence and access emotions. You will learn how to work organically and honestly by mastering your technique in a supportive, creative and fun environment. Using diverse material from classic and contemporary playwrights, students will track a character's journey through a scene and learn how action and behavior shape characterization. You will explore script analysis on a deeper level with a sharper understanding of subtext, metaphor and plot. Audition and cold reading skills will also be offered. Rehearsal with a scene partner outside of class is required. The class will culminate in an open workshop production.

50569 \$115

8 Sessions, ADM 107

Tues., 9/22 - 11/10, 6 - 9 p.m.

Lora Lee Ecobelli, Instructor

### Completely Confident Hypnosis Seminar

Everyone has to perform in some way, sometimes publicly, for their job or profession. Have you worried about being judged by others and that you are not good enough? Do you feel paralyzed with fear when interacting or speaking in front of others? If you lack confidence, then you will find it very difficult to be successful. This seminar will allow you to trust yourself, and believe that your presence is important. You will see things as they really are and not magnify the negatives. The bottom line is that you will finally have the confidence you need and deserve.

50545 \$50

1 Session, WIL 161

Wed., 11/4, 6 - 8 p.m.

Deborah Nettles of the Albany Hypnosis Center, Instructor

**NEW!**

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**NOTE:** Course descriptions are subject to change without notice.

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## Driver Training

### Defensive Driving

This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction. The course is certified with the Department of Motor Vehicles and the National Safety Council.

The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. The courses are taught by certified instructors from Bell's Driving School.

50159 \$40  
1 Session, DCC 136  
Sat., 11/14, 8:30 a.m. - 3 p.m.

### 5-Hour Pre-licensing Course

This mandatory course is required by New York State Department of Motor Vehicles for any individual seeking to take a New York State Road Test. The course covers the state required curriculum and is taught by certified instructors from Bell's Driving School. Students must possess a NYS Learners Permit in order to take the course.

50161 \$45  
1 Session, ADM 102  
Sat., 10/17, 9 a.m. - 2 p.m.  
Bell's Driving School



## Motorcycle Courses

Please visit [www.hvcc.edu/rider](http://www.hvcc.edu/rider) for additional information and links to course schedules. On-bike training is offered April - October.

### WHICH COURSE IS FOR YOU?

For help with choosing the right course for you, please email [info@camstraining.net](mailto:info@camstraining.net) or call site administrator Barbara (518-813-1717), with a brief description of your needs or experience and we will help match you to the course that best fits your situation.

#### MSF - Basic Rider Course \$275

- For motorcycle or scooter (motorcycle or scooter provided)
- Reserve a scooter at time of registration so we have one available (scooter registrations cannot be accepted online)
- Designed for beginner and re-entry riders
- Learn or review basic riding skills
- Smartest way to get your motorcycle license
- Must have strong sense of balance
- Must be able to ride a bicycle
- 16 ½ hour course



- Successful completion of BRC qualifies for New York State Motorcycle Road Test Waiver.
- Prerequisite: MUST have recent bicycle riding experience and a valid New York State driver's license. Out of state and military please e-mail [info@camstraining.net](mailto:info@camstraining.net) for information. New York State Jr. or graduated license holders e-mail [info@camstraining.net](mailto:info@camstraining.net) for information.

# Motorcycle Courses

## MSF- Basic Rider Course 2 for License Waiver (BRC-LW) \$225

BRC-LW eight-hour course; three-hour online (eCourse) and approximately five hours of practice riding exercises on your own motorcycle or scooter. The online course must be completed within 30 days attending the riding exercises.

The course is designed to further develop your riding skills on your own street-legal motorcycle or scooter in our secure riding setting. The riding exercises conclude with a Skills Evaluation.

The BRC2-LW is for individuals that have street riding skills and experience (braking, cornering, swerving) and have held a valid New York State Motorcycle Permit for at least one calendar year. This course is NOT for beginners.

To earn a NYSMSP BRC2-LW Road Test Waiver Completion Card, which qualifies you for waiver of the NYS DMV a Motorcycle License Road Test, you must successfully complete the MSF BRC2-LW eCourse (online) and pass the Skills Evaluation on the range.

## MSF- Basic Rider Course 2 (BRC2) \$150

BRC2 is for the rider with a motorcycle license who wants to improve their skills on their own motorcycle or scooter.

### Requirements:

- Complete online course and bring proof of completion to the riding component of the course. (BRC2-LW only)
- No student will be allowed to proceed if they are unable to demonstrate basic riding skills in a parking lot. (no refund)
- Bring your own street-legal, insured and registered motorcycle or scooter. Bring proof of same. You will not be allowed to proceed if you do not meet this requirement. (no refund)
- Bring original and copy of your valid NYS driver's license and permit. Cannot proceed without these. (no refund)
- Out of state permit or licensed riders, please contact Barbara with questions at (518) 813-1717
- Proper riding gear: DOT-approved helmet with shield or eye protection, jeans, sturdy long sleeve jacket, full-fingered gloves, over-the-ankle boots with no more than a 1" heel.



**Please note:** Motorcycle courses are physically demanding and require you to be mentally alert and able to multitask. Proper riding gear is required for all courses.

All motorcycle courses have a separate cancellation and refund policy. This is available at [www.hvcc.edu/rider](http://www.hvcc.edu/rider). You are required to sign off on the Motorcycle Cancellation and Refund Policy Acknowledgement prior to completing the registration process.

If a student is unable to gain the appropriate skills at the group learning level or poses a safety risk to themselves or others, they will be counseled out at the coaches' decision and no refund will be granted.

**Please call (518) 629-7339 to inquire about course schedules or to register.**

**For specific questions about classes or policies related to motorcycle courses, e-mail [info@CAMSTraining.net](mailto:info@CAMSTraining.net)**





# Registration Form Community & Professional Education

**Be bold. Be a Viking.**

Name: \_\_\_\_\_  
First Middle Last

SS# \_\_\_\_\_ D.O.B. \_\_\_\_\_ Sex Code \_\_\_\_\_ M=Male/F=Female

Address: \_\_\_\_\_

City, State, Zip \_\_\_\_\_

E-mail address: \_\_\_\_\_

May we contact you via e-mail?  Yes  No

Telephone (Home): \_\_\_\_\_ (Work): \_\_\_\_\_ (Cell): \_\_\_\_\_

### PAYMENT INFORMATION

Check  Voucher/PO (attached)  Tuition Waiver  MasterCard  VISA  Discover

Card #: \_\_\_\_\_ Exp. Date: \_\_\_\_\_

3# security code: \_\_\_\_\_ Cardholder's name: \_\_\_\_\_

### COURSE INFORMATION

\_\_\_\_\_ CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

\_\_\_\_\_ CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

\_\_\_\_\_ CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

\_\_\_\_\_ CRN # \_\_\_\_\_ Course Name \_\_\_\_\_ Fee \_\_\_\_\_

TOTAL: \$ \_\_\_\_\_

### HOW DID YOU RECEIVE OUR BROCHURE?

- From Community & Professional Education  Mail  
 From a friend  The college Web site  
 Community location (store, library, etc.) \_\_\_\_\_  
 Other: \_\_\_\_\_

### MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education  
80 Vandenberg Avenue, Troy, New York 12180

# Registration Information

The Office of Community and Professional Education is located in the Guenther Enrollment Services Center on the second floor in room 252.



**Be bold. Be a Viking.**

## Office Hours

Monday-Friday, 8 a.m. - 5 p.m.  
Extended Hours: Saturday, 8/29, 9 a.m. - Noon  
Monday-Thursday, 8/31 - 9/3 and 9/8 - 9/10, 8 a.m. - 6 p.m.  
College closed Monday, 9/8

## How to Register



### ONLINE

Our online registration system is available 24 hours a day, 7 days a week.

Go to <https://www.hvcc.edu/communityed/register>

**NOTE:** You can register online until midnight the day (1 day) before a course begins. Please register by phone, fax or in-person if you are registering on the day the course is scheduled to begin. Online registration is not available for students using purchase orders, tuition waivers or learning certificates.



### BY PHONE

Please call (518) 629-7339 for easy enrollment with your credit card.



### BY FAX

Complete the registration form and fax to (518) 629-8103. Be sure to include credit card information.



### BY MAIL

Print and complete the registration form. Be sure to include credit card information or include a check or money order and mail to:

**HVCC**  
**Community and Professional Education**  
80 Vandenburg Avenue  
Troy, NY 12180



### IN-PERSON

Come to the Office of Community and Professional Education, located in the Guenther Enrollment Services Center, Room 252.

## General Information

The information listed below pertains to all Community and Professional Education unless otherwise noted. Complete cancellation and refund policy information is available at [www.hvcc.edu/communityed/cancel](http://www.hvcc.edu/communityed/cancel).

### REFUNDS/CANCELLATIONS

Courses nine weeks or longer	
Prior to first class	100% refund
During first week of classes	75% refund
During second week of classes	50% refund
During third week of classes	25% refund
After third week of classes	No refund

Courses eight weeks or shorter	
Prior to first class	100% refund
During first week of classes	25% refund
After first week of classes	No refund

### Please Note:

- Requests for refunds must be submitted in writing. All refunds will take place in the form of a check and typically take 14 - 21 days to be processed.
- Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your stead.
- All motorcycle courses, creative retirement trips, floral classes and certificate courses have a separate cancellation and refund policy. These are available at [www.hvcc.edu/communityed/cancel](http://www.hvcc.edu/communityed/cancel).
- Courses may be cancelled due to insufficient enrollment. Early enrollment helps reduce this possibility. In the case that a course is cancelled, every effort will be made to notify students and refunds will be issued.

### CONTINUING EDUCATION UNITS (CEUS)

Hudson Valley Community College awards Continuing Education Units (CEUs) to those who complete designated courses, workshops and seminars. The Continuing Education Unit (CEU) is a uniform measurement of individual participation in non-credit programs. One Continuing Education Unit represents 10 contact hours (for example, for a designated course 30 contact hours = 3 CEUs). In order to receive CEUs, students must successfully complete courses according to the instructor's standards. Typically, this involves 75 percent attendance; however, there may be additional requirements. Please be sure to check with your instructor at the beginning of the course. Records kept for those students who accumulate CEUs will be available upon written request from the Registrar's Office.

### PARKING

Parking permits are issued to all students who register for credit-free courses at the time of registration. A parking permit will be mailed to you with your registration confirmation or if you register online, e-mailed to your HVCC e-mail account and should be displayed accordingly in your vehicle. All drivers are urged to obey traffic laws, and regulations for parking at the college.

### ESCORT SERVICE

In the interest of personal safety of students, faculty and staff, the college's Public Safety Office provides an escort service during late evening hours. Anyone desiring an escort on college property should call (518) 629-7210 or stop by the Public Safety Office.

# JANUARY CLASSES

Registration begins Wed., November 4

These short classes are a great opportunity to keep active after the holiday season or to try something new. Been thinking about trying one of our fitness classes, but were afraid to commit to a whole semester? **Here's your chance!**

## Yoga I

60442 \$20  
4 Sessions, MCD 192  
Mon., 1/4 - 1/25, 3:30 - 4:30 p.m.

60443 \$20  
4 Sessions, MCD 192  
Wed., 1/6 - 1/27, 4 - 5 p.m.

60486 \$20  
4 Sessions, CTR 204  
Thurs., 1/7 - 1/28, 5:45 - 6:45 p.m.  
Jeanne Wein, Instructor

## Zumba

60444 \$20  
4 Sessions, MCD 192  
Mon., 1/4 - 1/25, 5:45 - 6:45 p.m.

60445 \$20  
4 Sessions, MCD 192  
Wed., 1/6 - 1/27, 5:45 - 6:45 p.m.  
Chrissy Sarratori of Abs In., Inc., Instructor

## Moderate Hi-Lo Impact Aerobics

60446 \$20  
4 Sessions, MCD 192  
Mon., 1/4 - 1/25, 7 - 8 p.m.  
Chrissy Sarratori of Abs In., Inc., Instructor

## Ballet Workout

This class is two ballet workouts for the price of one! Sole Synthesis is a barefooted standing fusion of fitness, ballet and yoga combinations based on a genre-specific squat or lunge. Its fun, motivating music is a blend of Bollywood, Third World beats and Safari vibes. Core de Ballet is a ballet-inspired workout for the non-dancer who wants to work his or her muscles eccentrically to develop strength, balance and fluidity. The music is a compilation of the ballet world's most famous scores. Participants will execute core strengthening, floor barre, standing center exercises and a stretch. Wear comfortable fitness attire, ballet slippers or split sole sneakers are optional. Bring water and a sticky yoga mat. No experience necessary.

60605 \$25  
4 Sessions, MCD 192  
Tues., 1/5 - 1/26, 5:30 - 6:30 p.m.  
Mary Anne Fantauzzi of Total Body Trifecta, Instructor

## Cardio Kickboxing

60447 \$25  
4 Sessions, CTR 204  
Wed., 1/6 - 1/27, 7 - 8 p.m.  
Christine Sultan of Total Body Trifecta, Instructor

## Pilates Mat - Beginning

60448 \$20  
4 Sessions, CTR 204  
Wed., 1/6 - 1/27, 5:15 - 6:00 p.m.  
Ellen Ehrlich of Total Body Trifecta, Instructor

## Pilates Mat - Intermediate

60449 \$20  
4 Sessions, CTR 204  
Wed., 1/6 - 1/27, 6:05 - 6:50 p.m.  
Ellen Ehrlich of Total Body Trifecta, Instructor

## Pilates for Runners

60453 \$20  
4 Sessions, MCD 192  
Sun., 1/3 - 1/24, 7:45 - 8:45 a.m.  
Hollan Bonjukian of Tru Fitness, Instructor

## Metabolic Blast Bootcamp

60451 \$65  
12 Sessions, MCD 192  
Mon., Wed., & Fri., 1/4 - 1/29, 6 - 7 a.m.  
Hollan Bonjukian of Tru Fitness, Instructor

## Core Camp

60452 \$20  
4 Sessions, MCD 192  
Sun., 1/3 - 1/24, 6:30 - 7:30 a.m.  
Hollan Bonjukian of Tru Fitness, Instructor

## Bokwa

60454 \$20  
4 Sessions, MCD 192  
Wed., 1/6 - 1/27, 7 - 8 p.m.  
Chrissy Sarratori of Abs In., Inc., Instructor

## Belly Dance is for Every-body

60602 \$33  
4 Sessions, MCD 192  
Tues., 1/5 - 1/26, 6:45 - 7:45 p.m.  
Tammy Stanzione of Ayperri Bellydance, Instructor

## Barbarian Sandbag

60603 \$47  
4 Sessions, MCD 192  
Sun., 1/3 - 1/24, 9 - 9:45 a.m.  
Hollan Bonjukian of Tru Fitness, Instructor

## Butts and Guts

60604 \$30  
4 Sessions, CTR 204  
Tues., 1/5 - 1/26, 5:30 - 6:30 p.m.  
Blythe Thompson-Hurlburt of Fitness Core You, Instructor

## Resistance Bands

Want to learn how to tone and tighten troublesome areas? This workout encompasses all the typical problem areas we struggle with. We will focus on the tush, upper body, lower body and core! Please bring a mat, water bottle, resistance bands and wear clothing that allows you to move freely.

60606 \$25  
4 Sessions, MCD 192  
Thurs., 1/7 - 1/28, 6 - 7 p.m.  
Jennifer Merrit of Fitness Professionals on Demand, Instructor



## Want to learn more about these classes?

If you don't see a course description, look these classes up in the Course Index to find it in the brochure. Please note that January fitness classes scheduled on Mondays will meet on Martin Luther King Day, Monday, January 18.



80 Vandenburg Avenue  
Troy, New York 12180-6096



- Registration begins August 24
- Go to [www.hvcc.edu/communityed/register](http://www.hvcc.edu/communityed/register)
- New students can create an account and returning students can sign-in using their user name and password.
- Print copies of your registration; search upcoming courses; save a plan and so much more!

***REGISTER ONLINE!***

***SEE PAGE 48 FOR MORE DETAILS***



**Be bold. Be a Viking.**

