

COMMUNITY AND PROFESSIONAL EDUCATION

A Catalog of Professional Development and Personal Growth Classes

Explore a New Hobby!



Contemporary Guitar Skills instructor Gary Cellucci is celebrating 20 years teaching beginner, intermediate and advanced guitar classes at the college.

REGISTRATION BEGINS AUG. 22

FALL 2017

www.hvcc.edu/communityed



Be bold. Be a Viking.

Gary Cellucci

Gary is celebrating his 20th year teaching guitar at Hudson Valley! He's helped hundreds discover or re-discover their love of music.

"I've been inspired by some great teachers and I wanted to help other guitar players learn the instrument. The ultimate payback for teaching is when guitarists at the beginner level first realize they are making music. The expressions and sense of accomplishment on their faces is priceless."

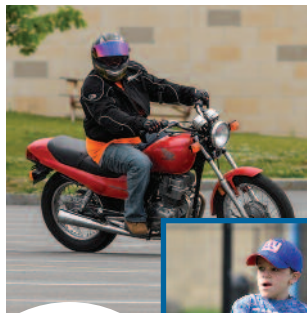
A student of Alex Skolnick (Testament, Alex Skolnick Trio, Trans Siberian Orchestra), Gary completed the Berklee College of Music Guitar Master certificate program. He's currently a guitarist for BedRock ("The Ultimate 80s/90s Hair Band Experience") and Shotgun Wedding.



CLASSES FOR FOLKS FROM 3 TO 103

We have classes, workshops and camps for all ages.

Join the fun!



REGISTER
TODAY!



Our next great class... *Could be your bright idea!*

The Office of Community and Professional Education is always looking for new courses, workshops and classes to present. Maybe you have an idea, expertise or passion that you think would be popular with our more than 5,000 students.



Contact us at 629-7339 to discuss how your idea could become our next class.





Whether it's finding a new hobby, a new fitness routine or a pathway to a new career, now is the time to start reaching your goals! Dive inside to discover a course or workshop that can enrich your life personally or professionally.

Our dedicated staff is ready to help you with the registration process or you can access the online registration 24 hours a day at www.hvcc.edu/communityed/register.

REGISTRATION BEGINS AUGUST 22

THE OFFICE OF COMMUNITY and PROFESSIONAL EDUCATION

Hudson Valley Community College

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Hudson Valley Community College does not discriminate on the basis of age, gender, race or ethnicity, national origin, religion, disabling condition, marital status or sexual orientation. If you have a disability and require any reasonable accommodations, or an interpreter, please contact the Center for Access and Assistive Technology at (518) 629-7154 or TDD (518) 629-7596.



The State University
of New York

A State University of New York college
Sponsored by Rensselaer County



Tobacco-free college



Be bold. Be a Viking.

**For information, call us
at (518) 629-7339**

Fax: (518) 629-8103

email: communityed@hvcc.edu // Web: www.hvcc.edu/communityed

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

Guenther Enrollment
Services Center,
Room 252

Basic Watercolor

Join us to discover different ways of using transparent watercolor paint, from free experimentation to a more controlled approach. You will learn about color theory, sketching and composition while observing flowers, still life and landscape. Everyone is welcome; 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., 10/26 - 11/16, 1 - 4 p.m.

Carol Bollinger Green, Instructor

Basic Drawing

Throughout this basic drawing course, we will focus on introductory skills associated with pencil drawing. These skills will include line, shape, form, composition, shading, textural effects, and drawing from observation. Students will learn how to work with various grades and types of pencils in order to create light, shade, and contrast in their drawings. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50837 \$90

5 Sessions, DCC B05

Tues., 10/17 - 11/14, 10 a.m. - 1 p.m.

Colleen Connolly, Instructor



Intermediate Acrylics - Exploring Technique and Painting Styles

This course is a continuation of the spring intermediate class. Anyone with prior acrylic painting experience can take this course. Students will further explore the use of acrylics, acrylic additives, brush technique, palette knife technique, and developing one's personal style. Students will be exposed to various painting styles – realism, impressionism and abstract – which will impact and further influence their ideas. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50838 \$125

8 Sessions, DCC B06

Thurs., 9/14 - 11/2, 10 a.m. - 12:30 p.m.

Colleen Connolly, Instructor

Intermediate Pastel

This course is a continuation of the beginning pastel course offered in the spring. Students should have a basic understanding of pastel. We will continue to work with soft pastel, pastel pencil, subject matter and technique. There will be instruction to pan pastel for those students who own and work with them. Anyone who is interested in trying them may contact the instructor for purchase information. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50836 \$125

8 Sessions, DCC B06

Wed., 9/13 - 11/1, 10 a.m. - 12:30 p.m.

Colleen Connolly, Instructor

CARDS & STAMPING

Cards, Cards, Cards

Each week you will be using a different item to embellish your cards, and the leftovers will go home with you. Each course includes \$10 materials fee. Please bring sharp scissors and your choice of adhesive. Register for six classes and save \$13 in materials fees.

Christmas Cards

50917 \$18

Mon., 9/25, 6 - 7:30 p.m.

Birthday Cards

50920 \$18

Mon., 10/2, 6 - 7:30 p.m.

Christmas Cards

50918 \$18

Mon., 10/16, 6 - 7:30 p.m.

Heat Embossing Techniques

50922 \$18

Mon., 10/23, 6 - 7:30 p.m.

Miscellaneous Cards

50921 \$18

Mon., 11/6, 6 - 7:30 p.m.

Christmas Cards

50919 \$18

Mon., 11/13, 6 - 7:30 p.m.

50349 \$95

Register for all 6 and save \$13 on materials fees.

All classes held in DCC B06.

Registration deadline for these courses is one week prior to the start date of the class. Fees for materials are non-refundable less than five business days prior to the start of the course. Classes are taught by Sharyn Bouck, independent Stampin' Up! Demonstrator.

Contact Sharyn with any questions at sharynbouck@hotmail.com or (518) 522-2344.

Course descriptions are subject to change without notice.

Additional off-campus art classes can be found on page 10.

CROCHET/KNITTING AND SEWING**Crochet for Beginners**

You will learn the basic crochet stitches - single, double, half double - as we create a sampler scarf using various popular pattern designs. While learning to follow the directions of a pattern, you will do the popcorn stitch, cluster and others. Crochet uses one hook so is easier to do for some of us (even if you are left handed!) After completing this class you will be able to make blankets, hats, purses and more. Hook and yarn will be provided at the first class. Class fee includes \$7 materials fee.

50222 \$65

6 Sessions, DCC B05

Thurs., 10/12 - 11/16, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Learn to Knit and Purl

With only two stitches you can create endless designs. This class will make a sampler neck scarf and ribbed hat using the garter stitch (knit every row), the stockinette stitch (knit a row, purl a row) and ribbing. Learn to cast stitches onto the needles and bind off the end row of stitches. You will find this relaxing, creative class fun whether you knit for yourself or for someone else. Knitting needles and yarn will be provided at the first class. Class fee includes \$7 materials fee.

50162 \$65

6 Sessions, DCC B05

Tues., 10/10 - 11/14, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Sewing 101

In this class, you will learn the basics of sewing, including the differences between threads and fabrics and more. The instructor will also teach you anything you want to know about your sewing machine. Even if you have sewn before, you will still learn something from this class. You will also make a super-simple tote bag in the class. You must bring your own machine. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50678 \$49

4 Sessions, DCC B05

Mon., 9/18 - 10/16, 6 - 8 p.m.

No class 10/9

Fatima Bey, Instructor

Learn to Do Your Own Alterations

Are you tired of things not fitting you? Alterations can be so costly. Why not do it yourself? In this class you will learn different methods of altering clothing or household items. This class is for all levels and you will be working at your own pace. No sewing knowledge is required. You must bring your own machine. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50566 \$59

5 Sessions, DCC B05

Mon., 10/23 - 11/20, 6 - 8 p.m.

Fatima Bey, Instructor



FATIMA BEY has been sewing and crafting since she was 9 years old. She was the alterations manager at David's Bridal and was in the bridal industry for 10 years. She currently teaches sewing to students of all ages and skill levels. She loves her job and it shows when she's teaching. Fatima focuses heavily on making sure that you actually learn and understand, and does it with patience and humor. You will not be bored!

Introduction to Interior Design**ONLINE**

Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms.

Interior design takes training as well as talent, and this online course will give you the know-how to design a room from floor to ceiling. You'll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you'll explore a range of careers in interior design and get insider tips for entering this exciting field.

Because interior design is constantly evolving, you'll also learn about some of the latest trends affecting the industry. You'll investigate "green" sustainable design, and you'll find out how to modify your designs for people with special needs.

As you master design skills step-by-step, you'll complete your first project: a fully developed room design complete with spatial layout, lighting and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others.

This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50864 \$99

Online Course Dates: 10/18 - 12/08/17

Pinterest: Fantastic Fall Fun

We will create fabulous fall crafts including: fall-themed string art, festive garlands, mason jars dressed for the season, and more. It is important that you attend both sessions because we will start projects on the first Saturday and finish them on the second Saturday. For ages 12 and up. Course fee includes \$20 materials fee.

50865 \$45

2 Sessions, DCC B06

Sat., 10/14 - 10/21, 12 - 3 p.m.

Alexandra Omecinsky, Instructor

If you are interested in teaching an art course, please email your resume to communityed@hvcc.edu.

BASKET WEAVING WORKSHOPS

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 see the materials list for this class posted at www.hvcc.edu/community/courseinfo.



Fraidy Cat

Don't be afraid to learn how to weave a cathead basket, master this new technique with a basket that has little "kitten ears" on the base. This basket starts as a 9" square and ends up round. Woven with dyed stakes and mostly natural weavers. It has two handmade pottery handles and a sturdy rim. Finished basket is 9" tall and 12" across. Course fee includes \$32 materials fee.

50810 \$65

2 Sessions, DCC B05

Wed. 9/27 - 10/4, 6 - 9 p.m.

Pass the Tissues, Please

Learn to weave this tissue-topper basket, started on a rectangular wooden base. Woven with a variety of natural reed for a textured look. Finished basket is 10" long by 6" wide and 6" tall. Please bring your favorite box of tissues to use for a mold so we get the sizing correct. Course fee includes \$25 materials fee.

50811 \$45

1 Session, DCC B05

Sat., 10/14, 10 - 2:30 p.m.

with a ½ hour break for lunch

Odd and Arrows

Using dyed reed for the stakes, we'll create an unusual base, using cane for an arrow overlay, and weave the body of the basket in natural reed in a twill pattern. Base is 8" square and basket is 3" tall. Course fee includes \$28 materials fee.

50812 \$61

2 Sessions, DCC B05

Wed., 10/25 - 11/1, 6 - 9 p.m.



Peanut Basket

Weave a peanut-shaped basket on a peanut-shaped wooden base with a handle/divider in the middle. Designed to use one side for your peanuts and the other side for the shells, or for wherever your imagination takes you. This basket is 11" long, 7" wide and 5" tall without handle. Course fee includes \$29 materials fee.

50813 \$49

1 Session, DCC B05

Sat., 11/18, 10 - 2:30 p.m. with a 1/2 hour break for lunch



Sasha's Christmas Basket

Learn to weave this large rectangular basket designed by Dianne Stanton. It will be woven using dyed and natural materials of varying sizes and finished off with hand-carved bushel basket handles. Basket measures 20" long by 13" wide and 9" tall. Course fee includes \$35 materials fee.

50814 \$68

2 Sessions, DCC B05

Wed., 11/29 - 12/6, 6 - 9 p.m.



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 will inform you of the potential benefits of effective financial management and show you techniques that will assist you in meeting your goals.

Topics include: the seven roadblocks 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, and 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

3 Sessions, DCC 138

Tues., 10/10 - 10/24, 6:30 - 9 p.m.

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

Stephen F. Miner, CLU, ChFC, Instructor

What You Need to Know to Sell Your Parent's Home

Selling your parent's home can be time consuming, emotionally draining, and fraught with legalities. This informational program will provide you with the basics such as where to start, what resources are available to assist you during the process, what must occur legally for you to sell the home, and all of the other intricacies involved in getting the home sold, from start to finish. Upon completion of the program you will be more comfortable, armed with the knowledge of what needs to occur.

50906 \$10

1 Session, ADM 104

Tues., 9/19, 6:30 - 8 p.m.

Jaymie Denny, 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 who want 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 that attempts to emulate the actual New York State mandatory exam. Course fee includes a \$5 materials fee.

50553 \$36

1 Session, ADM 101

Mon., 10/30, 5:30 - 9:30 p.m.

Victor Bujanow, CIC, 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, ADM 106

Mon., 10/2, 6 - 8 p.m.

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

Course descriptions are subject to change without notice.

Stocks, Bonds, and Investing: Oh, My!

ONLINE

Are you looking for a solid class in the basics of stocks, bonds, finance and investing? Haven't the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Wish you had some guidance to put your finances into perspective? And do you wish you could do it all without having to pay a broker or financial advisor? Well, look no further. The class you need is right here!

This class takes you through the fundamentals of investing and not only teaches you about the stock markets, 401k plans and retirement, but will address personal financial issues that are often ignored. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50866 \$99

Online Course Dates: 10/18 - 12/08

Start Your Own Small Business

ONLINE

Learn how to take your dream of starting a business and put it into action. In this class, you'll learn everything you need to know about starting a business. You'll begin by discovering the tricks to picking the right opportunity for you. Next, you'll learn how to develop proven marketing techniques to easily build sales. Since every business needs money, we'll discuss traditional and non-traditional financing options. Finally, you'll learn easy-to-implement employee-management procedures and how to write business policies that help you build your business.

As a business owner, you need to manage limited resources. One resource that often gets overlooked is your time. In the final lesson, you'll learn time-management techniques especially for entrepreneurs. While taking this course, you'll discover the secrets that separate the successful entrepreneurs from the struggling ones. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50867 \$99

Online Course Dates: 10/18 - 12/08

Medicare 101

Medicare can be very confusing. There are many options and factors to consider. It is important to understand how Medicare works and what you need to know to make the most informed decisions possible. Medicare Parts A and B will be explained, including what is and is not covered. This session will also cover what a person's fiscal responsibility is and the ways to mitigate the potential copays of Medicare. Learn how Medigap plans work 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, DCC B05
Fri., 11/10 - 11/17, 10 - 11:30 a.m.

50175 \$10
2 Sessions, DCC 136
Mon., 11/13 - 11/20, 6 - 7:30 p.m.
Janet Kiffney, Instructor

The Design, Color, Texture and Flowers of Fall

When do you ever have the opportunity to spend a morning with a versatile floral artist, who can design a classical look but make it follow a modern trend? Take advantage of Michele's 28 years of experience and let her show you how to put creativity and energy into designs and events. If you have been with us before you know she 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. Come join us. You may be one of the lucky students who carries one of her creations home! Course fee includes a \$14 materials fee per person.

50339 \$24
1 Session, WIL 113
Wed., 10/25, 9:30 a.m. - Noon
Michele Peters, Instructor



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

Come whet your musical appetite while hearing the history and sounds of various foot-tapping traditional and folk styles. Listen to music from Scotland, Ireland, Canada, New England and Appalachia. George Wilson will also "visit" the music of some personalities from the past, like Uncle Dave Macon and Huddie Ledbetter. Combine this with a discussion of how these sounds developed and George's off-the-cuff commentary and you have one rousing presentation. George Wilson, our local, talented, multi-instrumentalist and singer is an accomplished fiddler, folk music educator and performer. Join us for a fun-filled morning!

50091 \$13
1 Session, WIL 113
Wed., 10/4, 9:30 - 11:30 a.m.
George Wilson, Instructor

Understanding Your Ancestry DNA Test

If you have done a DNA test through Ancestry.com or are even thinking of doing one, you probably have many questions. Join professional genealogist Lisa Dougherty for an informative session that will guide you through the fundamentals of DNA tests. Topics covered will include DNA basics, interpreting ethnicity estimates, dealing with all those cousin matches, and incorporating the results into your genealogy research. Learn how to make the most of your test by utilizing it as another tool to discover your family history!

50822 \$13
1 Session, WIL 113
Tues., 10/17, 9:30 - 11:30 a.m.

50823 \$13
1 Session, WIL 113
Tues., 11/14, 9:30 - 11:30 a.m.
Lisa Dougherty, Instructor

Frankly, My Dear: The REEL Story Behind Gone With the Wind

"Gone With The Wind" has been called "the most magnificent motion picture of all time," and millions of fans agree. But what most fans don't know is that endless trouble and months of behind-the-scenes turmoil almost doomed "Gone With the Wind" to failure. Explore the intriguing history of this iconic 1939 film, including the writing and publishing of Margaret Mitchell's novel, the Hollywood frenzy of transforming the book into film, the Atlanta premiere, the Academy Awards and more. This is one course that no movie fan should miss.

50819 \$49
2 Sessions, WIL 113
Thurs., 10/19 - 10/26, 9:30 - 11:30 a.m.
Pauline Bartel, Instructor

The Fight for Women's Suffrage in New York State

November 6 marks the centennial of the Constitutional amendment granting women the right to vote in New York State. This historic vote occurred three years before the Nineteenth Amendment to the United States Constitution and helped pave the way to its success.

Albany was the epicenter of the suffrage battle in New York State. Suffragists and anti-suffragists lobbied the legislature in support of their positions every year from 1854 to 1917. This program will explore this historic struggle through images from both suffrage and anti-suffrage sources.

50886 \$10
1 Session, WIL 113
Thurs., 11/2, 10 - 11:30 a.m.
Stuart Lehman, Instructor

America's Constitution

This is a historical review of the United States Constitution that will cover how and why it was created, the principles and political realities motivating it, and the concerns and objectives of the players who wrote it. We will highlight how the founders viewed the crucial issue of power, its necessity and dangers, along with how the document has evolved over 228 years.

50888 \$29
3 Sessions, DCC B06
Mon., 10/16 - 10/30, 10 a.m. - 12:30 p.m.
Henry Bankhead, Instructor

Politics Stops at the Water's Edge? Dissent in the History of American Foreign Policy

It has long been said that political debate should end when the subject is our foreign policy. That, however, has never been the case. The class will examine opposition to foreign policy decisions from the War of 1812 to the Vietnam conflict and will include a look at the Mexican War, the acquisition of colonies after the Spanish American War, the issue of joining the League of Nations, and isolationist views prior to World War II. Ken Kiser is a former instructor from Highland Community College in Freeport, Ill.

50824 \$10

1 Session, WIL 113

Tues., 11/7, 9:30 - 11:30 a.m.

Ken Kiser, Instructor

An Introduction to Music Reading

If you've always wanted to learn to read music, this is the perfect opportunity for you! If you are in a group where everyone has a songbook, the words are written underneath the treble clef staff. If you want to know the melody you need to know how to read the notes on the staff. Instructor Janine Budesheim will teach you an easy way to be able to do that. She has been an elementary music teacher and director of the Averill Park Community Orchestra for many years. Please bring pencils with you.

50825 \$10

2 Sessions, WIL 113

Thurs., 10/5 - 10/12, 9:30 - 11:30 a.m.

Janine Budesheim, Instructor

Antiques and More

Come and spend an engaging morning that will touch on history, geography, the arts and society. Owners Andrew Geller and David Orstein of New Scotland Antiques will appraise a treasure that you bring to class. Bring in two items that you are curious about, set them on the table and when class begins, Andy and David will discuss each and every object! They'll cover the history of the items, their popularity and what they're worth in today's market. To be fair to everyone, please remember to limit your items to two.

50372 \$10

1 Session, WIL 113

Tues., 10/24, 9:30 - 11:30 a.m.

Andrew Geller and David Orstein, Instructors



Learning the "Ins and Outs" of your Digital Camera

This two-session offering 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 to these classes designed to inform in a relaxed, comfortable format. Remember to have your camera's battery fully charged and have an empty memory card.

50340 \$10

2 Sessions, WIL 113

Tues., 11/7 - 11/14, 1 - 4 p.m.

Kevin Sarsfield, Instructor

The Tragedy of Alexander Hamilton

Alexander Hamilton led the Federalist Party for over a decade, and served as Secretary of the Treasury, inventing fiscal policy that laid the foundation for a prosperous modern commercial nation. Yet shame over his humble origins dogged him and made him hypersensitive to criticism.

Jack Casey, an author, attorney and former political leader, who just completed his historical novel, "Hamilton's Last Clash," will explore this uniquely American tragedy. While showing why Hamilton is the most influential of the Founding Fathers upon our way of life, Jack will share his views on the darker side of American adversarial politics, and will also acquaint attendees with Revolutionary-era songs he will play and sing.

50671 \$20

1 Session, WIL 113

Mon., 10/23, 1 - 3 p.m.

Jack Casey, Instructor

The Erie Canal - America's First Great Public Work

Jack Casey will discuss his historical novel, "A Land Beyond the River," which portrays New York State's rise to national preeminence as "The Empire State." Hudson Valley heiress Eleanora Van Rensselaer falls in love with a "real man" from the west, ship captain Daniel Hedges, a smuggler on Lake Erie. Soon the War of 1812 erupts and ends their affair. Only after each suffers great loss can they reconnect and join forces to assist DeWitt Clinton in realizing his vision, a 363-mile canal across New York State. Yet even as they collaborate, canal opponent Martin Van Buren employs a dark secret to blackmail Eleanora, and she must choose between her vast wealth and the man she loves. "A Land Beyond the River" was published in paperback by Bantam Books (1988), and in hardcover by Jack's imprint, Diamond Rock Publishing, Inc. (2005). He will enhance his discussion with a few canal songs.

50821 \$20

1 Session, WIL 113

Mon., 10/23, 9:30 - 11:30 a.m.

Jack Casey, Instructor

One Day Only: Homemade Pasta

Have you always wanted to learn how to make homemade pasta? This fun, hands-on class with The Chic Chef will teach you some simple ways to make homemade egg pasta to impress friends and family at special gatherings. Tastings for this menu may include: roasted shrimp ravioli; butternut squash ravioli with sage brown butter sauce; simple roasted Roma tomato sauce; and fettuccini with white truffle butter sauce and mushrooms. Course fee includes \$10 materials fee.

50895 \$39

1 Session, DCC 135

Mon., 9/18, 10 a.m. - 1 p.m.

Mirissa Casey, The Chic Chef, Instructor



Mahican, Mohican, Mohegan?

Nobody's quite sure how to spell their name in English, but this Native American tribe was once a force to be reckoned with in the Hudson Valley. Their nation stretched from Dutchess County northward to Lake Champlain. The Mohawks, famed as the fiercest of warriors, feared them. Who were these First Americans? Where did they go? And why? Steve Trimm, amateur historian and tour guide at Grant Cottage State Historic Site, will answer these questions.

50843 \$13

1 Session, WIL 113

Wed., 9/13, 9:30 - 11:30 a.m.

Steve Trimm, Instructor

The Elegant Art of Burlesque: A Personal Memoir

Spend a morning going back in time to when burlesque was the elegant art of the tease. There were comics, singers, big bands and, of course, the dancers. Your tour guide is April March, the First Lady of Burlesque, who at 82 still performs to sold out crowds across the country. April started performing at the age of 16 and after a lifetime of dedication to burlesque is one of its legendary performers. Her story is simply amazing.

She has a million stories that she and her collaborator, Susan Baird, will share with you at this session. Staying true to her dreams, she will draw you into a life that was glamorous, fun and dangerous; she will also be available to answer your questions and discuss her book, "Reflections of My Life: April March, the First Lady of Burlesque." This will be a session you will remember and talk about for some time.

50868 \$13

1 Session, WIL 113

Mon., 10/16, 9:30 - 11:30 a.m.

April March & Susan Baird, Instructors

America's Earliest Furniture

Beginning with the first American furniture made in Massachusetts circa 1670, this presentation will explain the reasons why furniture from this era is practically nonexistent in New York and will provide a comparison of the two dominant New World cultures - the Dutch and the English. Because this early period produced so little in trying to make a home comfortable, it is often linked to the William and Mary Period which began in 1688. Both the first furniture (Jacobean) and the William and Mary comprise the extent of Pilgrim Century material.

Room settings will be illustrated from some of the earliest homes in America and then be followed by the furniture pieces discussed in detail.

50851 \$18

1 Session, WIL 113

Thurs., 9/28, 10 a.m. - Noon

Marilyn Sassi, Instructor

NOTORIOUS! Shady Ladies of 19th Century America

Some people would rather be infamous than famous - and 19th century American women were no different! Scandal and gossip can be so delicious, and these ladies tasted their fair share of both. Phyllis Chapman, as Victoria Woodhull, who was infamous herself, will appear in costume to delight not only with her own escapades, but also those of naughty ladies such as Calamity Jane, Belle Starr, Lizzie Borden, Lydia Pinkham, Carrie A. Nation and others. They were women who found innovative (and sometimes inappropriate!) means of making their way in the world. Tasty tidbits include the answers to questions such as "Who was the inspiration for the all-American Gibson Girl? Did the Fox sisters really communicate with the dead, or were they clever tricksters? Why was Calamity Jane a calamity?" If you like gun-swinging, axe-whacking, free-loving women, this is a must-see for you!

50849 \$20

1 Session, WIL 113

Wed., 9/27, 9:30 - 11:30 a.m.

50850

1 Session, WIL 113 \$20

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

Phyllis Chapman, Instructor

If Dolls Could Talk: Their History Revealed

This lecture will use slides to illustrate a full history of dolls, from ancient times through the 1930's. Paintings of children with their dolls, an excellent source in dating them, will be used to feature dolls from Elizabethan and 18th century England (along with the dolls themselves). We then will focus on the many 19th century dolls made in Germany as it became the leader in the doll and toy industry. The finest French dolls will be represented, including exquisite automaton with their movement accompanied by built-in music boxes. America's ingenuity will be represented by the first talking doll by Edison and the unforgettable characters created in the early 20th century, the Campbell Soup Kids, Buster Brown and his dog Tige, Little Orphan Annie, and Shirley Temple. Not to be forgotten are the homemade dolls, from the simple, with yarn hair and shoe button eyes, to the elaborate, with hand-painted faces and hair. Many of these dolls are considered prime examples of American folk art and are highly valued in today's market. Class participants are invited to bring in their dolls to be viewed by the class and discussed for identification purposes.

50853 \$18

1 Session, WIL 113

Thurs., 9/14, 10 a.m. - Noon

Marilyn Sassi, Instructor

"To Life" Parts I and II

American musicals have always featured songs of optimism, hope, celebration, following your dreams and making every day the best day of your life. "To Life" is a ten-part DVD series featuring songs from Broadway musicals that illustrate the importance of making every day the best day of your life! Parts I and II features songs from Broadway musicals by Rodgers and Hammerstein, Jerry Herman, Stephen Sondheim, Lerner and Loewe, Charles Strouse and Jule Styne, with Liza Minnelli, Barbra Streisand, Judy Garland, Elaine Stritch, Julie Andrews, Patti Lupone, Angela Lansbury and Carol Channing.

50847 \$13

1 Session, WIL 113

Wed., 10/18, 9:30 - 11:30 a.m.

Richard Feldman, Instructor

Course descriptions are subject to change without notice.

Half Moon Button Club Presents History, Collecting Tips

Lea Mastrianni of The Half Moon Button Club will present the history of button collecting, as well as information on various collectible button types and their compositions. Did you know that buttons can be made of glass, fabric, pearl, Bakelite, plastic, or wood? Lea will explain the world of button collecting, as well as share her vast knowledge of buttons and their historical significance. You are welcome to bring any buttons to be identified and receive information on composition. The Half Moon Button Club was founded in 1943. The club's mission is to promote interest in the collection of buttons, with a special interest in antique and vintage buttons from around the world. For more information on button collecting, please visit the website of the National Button Society at www.nationalbuttonociety.org.

50669 \$10

1 Session, WIL 113

Thurs., 10/26, 1 - 3 p.m.

Lea Mastrianni, Instructor

Small Town Veterans in Two Big Wars

This class focuses on two wars which deeply affected our country, the Civil War and World War I, from the point of view of one rural town in Rensselaer County, Schaghticoke. Town historian Chris Kelly will discuss the recruiting, training, and service of men from the town during both wars, as well as what their lives were like after their war service. About 265 men connected with Schaghticoke served in the Civil War and 150 men (and one woman) in the Great War. Chris has written biographies of all of them, and will choose some of her favorites for the talk, illustrated with photos of some of the men, the sites of the battles in which they fought, and their tombstones. Chris is the author of "Schaghticoke and the Great War."

50839 \$10

1 Session, WIL 113

Fri., 10/20, 9:30 - 11 a.m.

Chris Kelly, Instructor

The Wild Women of Rensselaer County!

Join Rensselaer County and Troy City Historian Kathy Sheehan for this illustrated lecture on the "wild women" of Rensselaer County. Suffrage, anti-suffrage, education, labor and temperance are but a few of the historic subjects associated with famous women like Emma Willard and not so famous women like Julia Blanche Stover Clum and Evanetta Hare. These "wild women" made an impact on our county, state and nation, and their legacy is still in evidence today.

50840 \$15

1 Session, WIL 113

Wed., 11/1, 9:30 - 11:30 a.m.

Kathryn Sheehan, Instructor

Eating Healthy for Your Active Lifestyle

Simple changes and small steps can bring some quick, satisfying results to an active lifestyle. Learn about a simple, fun delicious way to do food as well as eat-on-the-run options, pre-workout ideas and much more. Come ready to taste, prepare and share. Course fee includes \$40 materials fee.

50908 \$50

1 Session, DCC 135

Mon., 9/25, 11a.m. - 1:30 p.m.

Anita DeCelle, Instructor

Jean Chenette, Coordinator

Irish and American Folk Music

Those Wonderful Old Melodies from Ireland

Ireland and America have produced an abundance of songs about people, struggles, happiness and sadness. Don Kelly and his acoustic guitar will take you down the path of wonderful old melodies from Ireland and from 1960-70's America. There will be opportunities for singing along (lyrics provided). Songs may trigger some happy memories and we will enjoy learning the background to some of the classic folk songs.

50841 \$10

1 Session, WIL 113

Wed., 9/20, 9:30 - 11:30 a.m.

Don Kelly, Instructor

All the Women in the Schuyler Mansion

The Schuyler Mansion was home to Philip J. Schuyler, the renowned Revolutionary War general, U.S. Senator, and entrepreneur. He and his wife, Catharine Van Rensselaer, raised eight children. The wedding of daughter Elizabeth Schuyler to Alexander Hamilton took place in the house in 1780. Join us for a PowerPoint presentation on the lives of all of the Schuyler women – Philip Schuyler's wife Catharine, her daughters Angelica, Elizabeth, Margaret (Peggy), Cornelia and Catharine, and the enslaved women who worked at the home - and discuss the impact they had in shaping the family's place in history. Finally, the "dirtier" side of history will be discussed. You will have fun learning about the toilets and toiletries and the realities of hygiene in the 18th century.

50907 \$14

1 Session, WIL 113

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

Michelle Mavigliano, Instructor

Exploring Troy's History

In this session discover the history of Troy's Oakwood Cemetery and bell manufacturing in Troy and West Troy. In the first part of his lecture, Michael Barrett will discuss Oakwood Cemetery. While it did not officially open until 1850, a number of cemetery consolidations and reburials push the historical record of deaths back to the very earliest years of the city. He will share stories of founding families, the prominent educators, industrialists and business people, military heroes and other colorful characters who helped make Troy the great city that it is.

Did you know from 1808 - 1952 over 100,000 bells were manufactured in Troy and West Troy? Listen as Michael shares information on this enduring industrial legacy that created many of our most famous American-made bells and chimes.

50912 \$20

1 Session, WIL 113

Fri., 11/3, 9:30 - 11:30 a.m.

Michael Barrett, Instructor

TRIPS & TOURS

Please note: several of these trips and tours includes 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 [www.hvcc.edu/courseinfo](http://www.hvcc.edu/community/courseinfo). 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 place.

Culinary Adventure: Central Troy Historic District Food Tour

This leisurely three-hour, 1.5-mile walk includes plenty of refreshing stops (five different food/beverage tastings), so it's suited for most ages and fitness levels. Experience the vibrant culinary scene that surrounds Troy's amazing farmer's market. This tour ends in time for you to shop the market and meet the local farmers and vendors. Put on your walking shoes for an entertaining and delicious way to learn about Troy and the role food is playing in bringing the city back to life. We will sprinkle in history, architecture and culture to round out your perfect Saturday in the Collar City. Food tours help tell the story of the city in a delicious way: they're about tasting local foods and getting exposure to the entrepreneurs who are bringing creativity to their city. Wear comfortable walking shoes, come hungry - by the end you will have eaten a complete brunch/lunch. Course fee includes \$44 materials fee.

50816 \$55

1 Session, 275 River Street, Troy
Sat., 9/23, 9:45 a.m. - 1 p.m.

50817 \$55

1 Session, 275 River Street, Troy
Sat., 10/14, 9:45 a.m. - 1 p.m.

Amy Koren-Roth of Taste of Troy Food Tours,
Instructor

Painting the Sun

Join instructor Noreen Powell for a lesson in oil on canvas where you will paint the sun setting on an ocean pier. The class will be held in the Living Room Art Gallery located in historic St. Agnes Cemetery. You will receive one-on-one instruction in linear perspective, light and shadow in this fun and relaxing class. All materials including paints, brushes and canvas are provided with three hours of professional instruction. Coffee, beverages and delicious snacks are also included. Course fee includes \$45 materials fee.

50869 \$55

1 Session, St. Agnes Cemetery
Sat., 11/11, 10 a.m. - 1 p.m.

Noreen Powell, Instructor
Kelly Grimaldi, Coordinator



Tour and Lunch at The Skene Manor

Enjoy a visit to The Skene Manor, Whitehall's castle on the mountain. It is one of the few remaining castles in northeast New York. The castle was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows turn-of-the-century 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. We will then enjoy a lunch of homemade soup, sandwiches, beverages and dessert, which will be served in the tea room. You will be contacted prior to the trip for your sandwich order. All who visit rave about the lunch and the dedication of the volunteer staff who run the manor. Now, experience it for yourself! Course fee includes a \$20 materials fee.

50076 \$30

1 session, The Skene Manor
Thurs., 10/19, 11:15 a.m.-1:30 p.m.
Jean Chenette, Coordinator

Autumn Reflection Scene

Join us in The Living Room Art Gallery located in Historic St. Agnes Cemetery for step-by-step instruction on how to create a beautiful autumn landscape similar to the one pictured below. All materials, including paints, brushes and canvas are provided. This relaxing lesson in art is appropriate for beginner and intermediate painters. Learn to paint in a stress-free environment! Class size will be kept small to allow for a lot of one-on-one attention. Delicious baked goods from the famed Schuyler Bakery, coffee and tea are included. Course fee includes \$45 material fee.

50815 \$55

1 Session, St. Agnes Cemetery
Sat., 9/30, 10 a.m. - 1 p.m.

Kelly Grimaldi, Coordinator
Karen Woodin, Instructor





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 in time 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 \$8 materials fee.

50338 \$18
 1 Session, Meet at the lighthouse,
 Saugerties, NY
 Thurs., 10/12, 11 a.m. - 1:30 p.m.
 Cynthia Serbent, Coordinator

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

Murder at Cherry Hill: A Dramatic Tour Re-enacts a Fateful Evening

A rifle shot, a scream, and the Cherry Hill household erupts into chaos! On May 7, 1827 a notorious murder occurred at Cherry Hill mansion that resulted in two sensational trials and Albany's last public hanging. Join us at Historic Cherry Hill to investigate the scene of the crime and relive the differing perspectives of those who witnessed that fateful night. Attendees will receive our popular "Murder at Cherry Hill" book and enjoy light refreshments at the end of the program. Historic Cherry Hill is a historic house museum in Albany, and the five-generation home of the Van Rensselaer family from 1787-1963. It is located in Albany's South End, on South Pearl Street between First and McCarty Avenues. Please dress for the weather (rain or shine) and wear comfortable shoes. Inside, the tour will take participants up and down two flights of stairs; outside, participants will walk over some uneven ground. Course fee includes \$18 materials fee.

50651 \$28
 1 Session, Cherry Hill
 Fri., 10/27, 4 - 6 p.m.
 Paula Johannesen, Coordinator

50750 \$28
 1 Session, Cherry Hill
 Sat., 10/28, 4 - 6 p.m.
 Marie D'Entrone, Coordinator

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 the 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 to a colonial lunch cooked with authentic recipes, a delicious side to the history of the mansion! Course fee includes \$25 materials fee.

50071 \$35
 1 Session, Knickerbocker Family Mansion
 Wed., 9/20, 10:30 a.m. - 1:30 p.m.
 Paula Johannesen, Coordinator

Tour & Book at the Batcheller Mansion

We will be treated to a first person tour of the Batcheller Mansion by Mr. George S. Batcheller (portrayed by local author and Victorian historian Hollis Palmer). The Batcheller Mansion is an icon of Saratoga. Built in 1873-74, the house had to be finished in time to host a reception for President Grant. Anyone who has ever been by the house considers the outside to be imposing and those who have been fortunate enough to be inside have experienced the house's true magnificence and warmth. The entire experience takes about 90 minutes and allows guests to appreciate what it was like to live in the Victorian house the New York Times called "Saratoga's Crowning Glory." The tour includes going up and down stairs. Course fee includes \$20 materials fee.

50820 \$30
 1 Session, the Batcheller Mansion in Saratoga
 Tues, 10/10, 1 - 3 p.m.
 Marie D'Entrone, 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 a 1911 fire. Search for the missing murals above the Assembly Chamber and hear about 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.

Be prepared to show photo ID.
50051 \$10
 1 Session, Plaza Visitor Center on the
 North Concourse
 Mon., 10/30, 3:30 - 5 p.m.
 Marie D'Entrone, Coordinator

Fall in Fields and Forests – Exploring Nearby Nature Preserves

Nature puts on a glorious display in the fall. 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 class 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., 9/15, 10 a.m. - Noon, WIL 113
Fri., 9/22-10/13, 10 a.m. - Noon in the fields
Betty and John Nickles, Instructors

Historical Hike: Discovering Past Land Use

Journey back in time on a two-mile hike to read the history written in the landscape. By looking for clues that explain changes in forest composition, we'll discover how people used the land over the last 300 years and evidence of past climatic changes. We'll find evidence of old farms, roads, pastures, and logging, and how these activities have changed the forest we see today. The forest holds many clues, and this class will have you acting as a detective to unearth the history of the land. Wear sturdy walking shoes and dress for the outdoors. Course fee requires \$8 materials fee.

50826 \$18
1 Session, Dyken Pond
Tues., 9/26, 1 - 3 p.m.
Lisa Hoyt, Instructor, Director, Dyken Pond
Environmental Education Center
Paula Johannesen, Coordinator

PLEASE NOTE:
Fees for materials
are non-refundable
less than five business
days prior to the start
of the course.

Trip to Cooperstown

We will meet in Cooperstown to visit the Fenimore Museum and the Farmers' Museum. Both museums will be open that day from 10 a.m. until 5 p.m. for self-guided tours. In addition, we will be given a guided tour of the Iroquois Storage Facility, which is not normally open to the public. The Fenimore Museum has an excellent collection of American folk art paintings, sculpture and objects in their ongoing exhibits and an outstanding collection of American Indian objects and art. Other galleries will feature paintings by Frank Farmer and Tracy Helgeson, and exhibits "Hamilton's Final Act" and "The Art of Figure Skating Through the Ages: The Dick Button Collection."

Just across the street is the Farmers' Museum, a complete assemblage of a 19th century village and collections of utilitarian objects used in 19th century towns and farms. Our tour of the Iroquois Storage Facility begins at 10 a.m. after meeting up at 9:45; all participants will be given maps with the directions to it (only a short distance away from the museums). Only 20 can go through the storage facility at one time so if we have more sign up, an additional tour will be held at 11 a.m. Those waiting for the second tour can begin touring the Fenimore Museum as there is so much to see. Lunch is on your own with nice cafes in both museum locations and many fine restaurants to pick from within the village of Cooperstown. The fee includes all day admissions to both museums and the storage facility tour as well. Course fee requires \$24 materials fee.
50852 \$39
1 Session, Wed., 9/6, 9:45 a.m. meet
in the parking lot to the right of the
Fenimore Museum
Marilyn Sassi, Instructor

Tour of the Times Union

Come along for a wonderful opportunity to tour the Times Union, our local newspaper. We will hear about careers at the Times Union, the newsroom and the production facility (press room and plate-making).
50848 \$10
1 Session, Times Union Building
Tues., 9/12, 10 - 11:30 a.m.
Jean Chenette, Coordinator



Ten Broeck Mansion Tour with a 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 and distinguished himself at the Second Battle of Saratoga in 1777. Architectural details from this period include a delicate roof balustrade on the outside and a superb spiral staircase within. 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. Also of note are the house's intact wine cellar (which was only discovered in the 1970s) and its attractive gardens. 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. Vegetarian meal options are available upon request. Course fee includes \$30 materials fee.
50845 \$40
1 Session, Ten Broeck Mansion in Albany, NY
Tues., 9/26, 11:30 a.m. - 1:30 p.m.
Jean Chenette, Coordinator

The Development of the Rensselaer Technology Park from Two Perspectives

In the late 1970's the economy of upstate New York was in poor condition. Manufacturing jobs were moving overseas or to the "sun belt." We were labeled the "rust belt" and told that our best days were in the past. Then a man with a remarkable vision, RPI President George Low, stepped forward with the message that we had a bright future as a center for high technology. At the core of his vision was a proposal to develop the Rensselaer Technology Park in North Greenbush. The presenters, including the developer and those who were part of local government, will discuss how Low's vision became a reality. They will also share insights into some of the behind-the-scene details that went into various projects in the Tech Park.

50846 \$10

1 Session, Rensselaer Tech Park
Thurs., 10/26, 1 - 3 p.m.

Jean Chenette, Coordinator
Presenters: Michael Wacholder,
William Dedrick and James Flanigan

Hiking for the Inexperienced and Newly Retired - Two-hour orientation and three two-hour hikes

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 and directions will be given at the orientation and the hikes will be about two hours in length.

50082 \$10

4 Sessions, DCC B05
Thur., 10/5, Orientation 10 a.m. - noon
Hikes on Thurs., 10/12 - 10/26
10 a.m. - noon or after,

meeting at hiking locations
Taconic Hiking Club volunteer instructors
Macia Hopple and Joanna Ezinga

Cruise on the Hudson and Champlain Canal with Mohawk Maiden Cruises

Climb aboard the M/V Caldwell Belle, the only authentic chain-driven stern-wheel paddle boat on the Champlain Canal, for a tour filled with the rich history of the canal and Hudson River accompanied with historic narration and beautiful scenery throughout.

Our tour will sail 10 miles down the Hudson River through Lock C5, one of the deepest on the Champlain Canal, to the Saratoga National Historical Park in Stillwater (the site of the Turning Point of the American Revolution). From the boat you can view the war cannons on Bemis Heights. We will also cruise past the waterfalls in Northumberland and view the cascades at Ft. Miller.

Experience an afternoon of nature watching, education and plain relaxation! Be sure to bring your binoculars and a thirst for nature and history. Wear sneakers or appropriate footwear for walking safely on the boat. Caldwell Belle has an enclosed climate controlled bottom deck with tables, chairs and a small snack bar for those who wish to enjoy the sights away from the elements. Following our cruise, we will have a 1 hour tour of the Hudson Crossing Park.

Mohawk Maiden Cruise's port is located next to Lock C5 on the Champlain Canal near the Village of Schuylerville in the town of Saratoga. Course fee includes \$23 materials fee.

50719 \$33

1 Session, meeting at The Mohawk Maiden Cruises dock

Boarding Begins at 12:40 p.m.

Tues., 10/10, 1 - 4:30 p.m.

Lea Darling, Coordinator



Walking Tour of Troy's Historic Washington Park and Surrounding Homes, with Tea

Enjoy taking a step back in time to see and experience the genteel living of the nouveau rich of Troy's Washington Park. You will be able to see firsthand, the loving care taken to rehabilitate and update many of these one-of-a-kind homes of the emerging upper middle class of the 19th century and visit their own private park. A tea reception will be held in our last home visit on the tour.

There will be lots of walking on mostly uneven surfaces: sidewalks, grass, roads, and some home interiors with multiple flights of stairs, climbing up and down. Wear comfortable walking shoes as you will be on your feet for all of the tour. Meet in Washington Park across from the front of 195 2nd Street. Parking is along the bordering streets of Washington Park - Washington Place, Second Street, Third Street and Washington Street. Course fee includes \$15 materials fee.

50322 \$25

1 Session, Meet in Washington Park across from the front of 195 2nd Street
Tues., 9/26, 10 a.m. - 12:30 p.m.

Lea Darling, Coordinator



DO YOU ENJOY TEA?

See The World of Tea
at Whistling Kettle
on page 34.

Historic Grant's Cottage Tour

Guide Steven Trimm will provide a tour of the historic cottage and share little-known stories about U.S. Grant. Grant Cottage is full of marvelous, unexpected and sometimes improbable - but true tales. Steve will share all of them with you. Following his program, we will depart for a tour of the college and we'll have the chance to marvel at the fall season views of the Berkshires, Catskills and Green Mountains from Promenade Point. We may even have a secret family member of Grant's with us to share more stories of the illustrious President U.S. Grant. This may be up to a 2.5-hour program and requires standing during the cottage segment of the tour. Please wear comfortable shoes and dress warmly. We will meet at the Grant Cottage Visitor's Center to begin our tour. Course fee includes \$5 materials fee.

50326 \$15

1 Session, meeting at the Grant Cottage Visitor's Center

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

Lea Darling, Coordinator

A Morning With Two Local Town Historians

Sharon Zankel, the Town of Brunswick historian, will present "Pictorial Tour of Three Brunswick Historic Sites." Using photographs and historic information compiled over many years, she will explain why three of her town's historic sites - the Forest Park Cemetery, a 19th-century schoolhouse, and an 18th-century farmstead - are significant historic resources and she will describe how they serve the community today.

Next, Bobbie Reno, the East Greenbush town historian, will relate her fascinating research about a local artist: "Edmonia Lewis, An Artist of Determination and Courage." Bobbie's presentation will feature Edmonia Lewis, a sculptor of African American and Native American descent who was born in 1844 in Greenbush. She overcame race and gender discrimination to become an internationally acclaimed artist only to be "forgotten" for over 100 years since her death in 1907.

50913 \$10

1 Session, WIL 113

Monday, 10/2, 9:30 - 11:30 a.m.

Sharon Zankel and Bobbie Reno, Instructors



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

Travel with the Round Lake village historian and past mayor Bill Ryan, along with two deputy historians, Mike Roets and Scott Rigney, as they describe the founding of Round Lake and take us on a walk through this magical little village. Begun in September 1868, the Round Lake Camp Meeting Association of the Troy Conference of the Methodist Episcopal Church was born as a camp meeting town. These first camp meetings drew 2,000 to 8,000 people for each of the 10 days. Find out where the village's famous organ came from, why the streets are arranged in a hub and spoke pattern, what the term "camp houses" means, what Victorian architecture looks like, and why someone would build an octagonal house. We will also be entertained with a short organ program before class 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 1.5 hours. Some folks may want to bring a small folding chair. This class will begin at the auditorium, 2 Wesley Avenue, in Round Lake. Parking will be at the Round Lake Methodist Church, 34 George Ave. Please give yourself enough time to walk five minutes to the auditorium. Course fee includes \$10 materials fee.

50079 \$20

1 Session, 2 Wesley Avenue in Round Lake

Tues., 9/12, 10 a.m.-noon

Lea Darling, Coordinator

Self-Care through Yoga and Meditation

The American Meditation Institute's easy-gentle yoga and breathing class is taught the same way it was thousands of years ago: as preliminary practices to prepare both the body and mind for daily meditation. You'll learn the simple, therapeutic pleasures of focusing and stilling the mind, expanding your breathing capacity, relieving stiffness and stress, detoxifying the lymph system, stretching muscles and invigorating internal organs. Most students feel less stress and inflexibility after the very first class. You'll move with more ease, gain physical confidence and enhance the flexibility and health of your body. When your body is stiff or in pain, the mind is often distracted and cannot help you experience the positive effects of meditation. Course fee includes \$30 materials fee.

50653 \$40

3 Sessions, American Meditation Institute

Thurs., 9/14 - 9/28, 1 - 2:30 p.m.

Historic Huguenot Street

Join Leslie C. Johnson, secretary of Le Federation Franco-Americaine du New York and a faculty member at Hudson Valley Community College, to travel back in time and experience the story of the French Huguenots.

The history of the Huguenots began in 1517 in Wittenberg, Germany, when Martin Luther launched the Protestant Reformation. The Reformation spread throughout Europe as thinkers such as Luther and John Calvin, a Frenchman, influenced people to break their ties to the Roman Catholic Church and embrace new manners of Christian worship that focused on the central importance of Biblical texts and a personal relationship with God. Calvin was especially important in France where his followers, drawn primarily from the middle class and skilled artisans, came to be called Huguenots.

This day trip includes free time to explore the museum and gift shop as well as walking the short distance to the streets of artistic New Paltz. Round-trip bus transportation from HVCC is included with this trip. The bus will return to HVCC at approximately 6 p.m. Course fee includes \$50 materials fee.

50870 \$65

1 Session, Huguenot Street in New Paltz

Sat., 10/14, 8:30 a.m. Departure

Leslie Johnson, Coordinator

Another Morning at the MiSci Museum

The Museum of Innovation and Science (miSci) in Schenectady celebrates science, invention, and imagination and is home to the Suite-Bueche Planetarium. During our morning, we will spend 45 minutes in the planetarium viewing the digital show "Saturn: Ring World," which features an up-close view of Saturn and a look inside the Cassini-Huygens spacecraft, which began orbiting Saturn on July 1, 2004. We will also take part in one of their most popular classes, Optical Illusions and Brain Games.

The class will illustrate how artists and scientists have created techniques to fool the mind and take advantage of the way the eyes and brain process images. Later, you will be free to explore the museum on your own. Course fee includes \$10 materials fee.

50910 \$20

1 Session, miSci in Schenectady
Mon., 9/18, 10 a.m. - 12:30 p.m., meeting
at The Museum of Innovation and Science
Marie D'Entrone, Coordinator

Wildlife Trail Cameras

Have you ever wondered what wildlife may be passing through your property or which animals visit public lands? View photographs of wildlife caught on motion-detection cameras mounted at the Dyken Pond Environmental Education Center and learn how these cameras are being used to gain insight into wildlife conservation. Natural history of each mammal will be covered and if you are interested in purchasing your own camera, we'll cover basic camera functions and tips for getting the best photographs. Students must withdraw by 9/12 for a full refund.

50842 \$18

1 Session, WIL 113
Tues., 9/19, 9:30 - 11 a.m.
Lisa Hoyt, Instructor



A Visit to Via Aquarium in Schenectady

Experience the wonders of the ocean in your backyard! The Via Aquarium is the Capital Region's only full-scale aquarium. Explore over 25,000 square feet of oceanic treasure as you embark on an exciting self-guided tour and visit over 2,000 creatures of the sea. Our interactive, self-guided tour will take you through lakes, rivers, streams, kelp forests and coral reefs! Course fee includes \$12 materials fee.

50844 \$22

1 Session, Thurs, 9/7, 1 - 3 p.m.
meet at the Aquarium entrance
Jean Chenette, Coordinator

DON'T WAIT TOO LONG!

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.

REGISTER TODAY!

Day Trip to Fort Ticonderoga and Narrated Boat Tour on Lake Champlain

Join Leslie C. Johnson, secretary of Le Federation Franco-Americaine du New York and a faculty member at Hudson Valley Community College, to experience living history at Fort Ticonderoga.

This large 18th-century fort was built by the French at a narrows near the south end of Lake Champlain in northern New York. The site controlled a river portage between Lake Champlain and Lake George, and was a key battleground in conflicts over trade routes between the British and the French.

Later, we will step aboard a 60-foot, 49-passenger tour boat to travel around the Ticonderoga Peninsula. In 90 minutes, you will enjoy centuries of stories that floated across this ancient lake.

This day trip includes free time to explore the various museums on the fort grounds and experience the daily routines of 18th century military life, along with a stop at the King's Garden to explore one of the oldest cultivated landscapes in America. Round-trip bus transportation from HVCC and boxed lunch is included with this trip. The bus will return to HVCC at approximately 6 p.m. Course fee includes \$74 materials fee.

50659 \$89

1 Session, Fort Ticonderoga
Tues., 9/19, 8:30 a.m. departure

50904 \$89

1 Session, Fort Ticonderoga
Sat., 10/7, 8:30 a.m. departure
Leslie Johnson, Coordinator

PLEASE NOTE: Fees for materials are non-refundable less than five business days prior to the start of the course.

Certificate Programs

PET EDUCATIONAL TRAINING SERVICES

Know you want to work with animals but aren't sure which pet program to choose? Please contact the course instructor Mary Lynn Gagnon (m.gagnon@hvcc.edu).

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

Pet Education Certificate Program

The Pet Education Certificate course offers a variety of 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. Topics include pet health and illness, communication, basic hygiene care for pets and even writing a resume and preparing for an interview. 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 an approved animal care facility within six months of the end of the course.

50102 \$400

Online Course, 9/21 - 11/16

50393 \$400

Online Course, 10/19 - 12/14

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

This course is an introductory course to prepare you for a career in the grooming business. This course is also beneficial to pet owners who wish to advance their knowledge in pet hygiene. 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 an approved animal care facility within six months of the end of this course.

50362 \$400

Online Course, 11/9 - 12/14



Pet CPR and First Aid

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.

50105 \$86

Online Course, 10/4 - 10/25

50363 \$86

Online Course, 11/1 - 11/22

Starting a Pet Business

In order to stand out in the pet industry today you need to think outside the box and do your research. This course will save you time and money by giving you the tools to do it right the first time. You will be guided to free resources to start your business. Course includes a 30-minute personal phone consultation with Pet Estates Inc. owners Don or Mary Lynn Gagnon.

50364 \$86

Online course dates: 10/16 - 10/30

50578 \$86

Online course dates: 12/1 - 12/15

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

Professionals (police, fireman, pet sitters, nurse, etc.) will get 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, how to diffuse a potentially dangerous situation involving dogs and more.

50579 \$205

Online Course, 11/3 - 11/24

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. Additional information for the Paralegal Certificate Course can be obtained at www.legalstudies.com.

50103 \$1289

Online Course, 8/21 - 10/6 & 10/16 - 12/1

50104 \$1289

Online Course, 10/16 - 12/1 & 1/8 - 2/23

Jump Start Your Career or Find a New One!

<http://careertraining.ed2go.com/hvcc>

ONLINE

ONLINE CAREER TRAINING PROGRAMS

Certified Medical Administrative Assistant with Medical Billing and Coding

\$3,195

CRN: 50099, 500 Hours

CPC Medical Administrative Assistant with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

Upon completion of this program, you will be prepared to sit for the Certified Professional Coder (CPC) exam, offered by the American Academy of Professional Coders (AAPC) and the Certified Medical Administrative Assistant (CMAA) exam offered by National Healthcareer Association (NHA). Vouchers for both exams are included with this program.

Medical Transcription and Medical Terminology

\$1,995

CRN: 50101, 300 Hours

This program will give you the knowledge and skills to start a new career as a medical transcriptionist. To work in this field, you need to understand and correctly spell medical terms. This program includes complete medical terminology training to set you up for success.

Your transcription equipment and materials are included.

Veterinary Assistant

\$1,995

CRN: 50100, 225 Hours

This program will prepare you to become a productive member of a veterinary team. You'll learn about every aspect of veterinary assisting, including anatomy and physiology, animal restraint, laboratory sample collection, assisting in surgery and dentistry, prescription preparation, and taking radiographs.

*All course prices are subject to change without notice.

Over 100 other great career training programs available online!

<http://careertraining.ed2go.com/hvcc>

Program Features:

- One-On-One Instructor Assistance
- 24-Hour Access
- All Materials and Books are Included!
- Certificate Upon Successful Completion
- Courses Start Anytime
- 3-6 Months of Instruction

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online career training program.

Complete any of these programs entirely from your home or office and at any time of the day or night.

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings call us or visit our website.

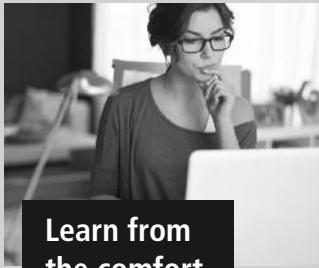
(518) 629-7339

<http://careertraining.ed2go.com/hvcc>

HUDSON VALLEY COMMUNITY COLLEGE

HUDSON VALLEY COMMUNITY COLLEGE

ONLINE



**Learn from
the comfort
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24-Hour Access Discussion Areas Six Week Format

Our **instructor-led** online courses are informative, fun, convenient and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start as low as: **\$99**

Enroll Now!

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INSTRUCTOR-LED ONLINE COURSES

A to Z Grant Writing

Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Accounting Fundamentals

Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Conversational Japanese

Whether you want to learn for business travel or just for fun, you'll find this course makes it easy and enjoyable for beginners.

Creating WordPress Websites

Discover how to easily create blogs and websites with WordPress, the world's most popular Web publisher.

Discover Sign Language

Discover the fun of learning sign language and using your hands to communicate with Deaf people.

GMAT Preparation

Taking this course will provide you with test taking techniques and methods for improving your score on the GMAT exam.

Grammar Refresher

Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Homeschool with Success

In this course you will delve into the history of homeschooling and examine its status today in all 50 states.

Human Anatomy and Physiology

Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Intermediate Microsoft Excel

Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines and other advanced Excel features.

Introduction to Google Analytics

Learn how to track and generate traffic to your website, create reports and analyze data with Google's free, state-of-the-art Web analytics tools.

Introduction to Lightroom 5

Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

Introduction to Microsoft Access

Take control over your data! Whether you're a novice or an experienced database user, this course will show you how to harness the full power of Microsoft Access.

Introduction to Microsoft Excel

Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Mastering Public Speaking

In this fun and hands-on course, you will find out how to talk confidently and persuasively to both large audiences and small groups.

Nonprofit Fundraising Essentials

Take your first step toward a rewarding career in fundraising for nonprofit organizations!

Writing Essentials

Master the essentials of writing so you can excel at business communications, express yourself clearly online and take your creative literary talents to a new level.

...and many more!

Over 250 Online Courses Available!





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.

50180 \$15

1 Session, ADM 101

Mon., 10/2, 6:30 - 9 p.m.

Creative Voice Development, Instructor

English as a Second Language

This course is designed for students who want to improve their basic English language skills by participation in a variety of communication activities. Emphasis will be placed on vocabulary development, conversation, understanding basic elements of English grammar, understanding American idioms and customs, improving reading and writing, and exploring interesting topics as a basis for discussion. Students should increase their overall language proficiency through conversation, group activities and the use of language learning websites and software. There is no required textbook. Materials will be provided by the instructor and will include access to websites and software for developing language skills.

50238 \$395

14 Sessions, BTC 305

Wed., 10/18 - 2/7, 6 - 9 p.m.

No class 11/22, 12/27 & 1/3

Susan Gallagher, Instructor

Grammar Refresher

Whatever your goals, a grasp of English grammar will help you refine your communication skills. You'll explore the basics of English grammar, like sentence structure and punctuation, and more advanced concepts, like logic and clarity. Along the way, a patient hands-on instructor will always support you. Have some fun with grammar lessons that include a touch of humor, straightforward, accessible examples, and lots of interactive exercises. Reacquaint yourself with old rules, meet some new ones, and discover your own grammatical strengths. This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at

www.ed2go.com/hvcc

50756 \$99

Online Course Dates: 10/18 - 12/8

ONLINE

Learn a New Language!

It is never too late to learn a new language. Whether you are planning a trip or just looking to obtain a new skill, take one of our online language courses. These courses are taught online through Ed2go. You will receive your online Ed2go username and password within one week of registration. More detailed information about these courses can be found at www.ed2go.com/hvcc.

Online course dates: 10/18 - 12/8

Each course: \$99

50727 Instant Italian

50728 Speed Spanish

50729 Beginning Conversational French

50871 Conversational Japanese

50872 Discover Sign Language

ONLINE

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 2 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. For more information and to register, call Literacy Volunteers of Rensselaer County at 274-8526 or visit us online at www.lvorc.org.

FALL 2017 SESSIONS

Faith Lutheran Church

50 Leversee Road

Troy, NY 12182

Mondays, 6 - 9 p.m.

Sept. 11, 18, 25

Oct. 2, 16, 23, 30

Dec. 11

Rensselaer Public Library

676 East Street

Rensselaer, NY 12144

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

Nov. 2, 6, 9, 13, 16, 20, 27

Jan. 8

WINTER 2018 SESSIONS

HVCC Viking Child Care Center - DCC Room B05

Williams Road, Troy 12180

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

Jan. 6 (morning), 13, 20 & 27,

Feb. 3 (snow make up date, if needed)

March 10 (morning)

SPRING 2018 SESSIONS

Church of St. Mary

163 Columbia Turnpike

Rensselaer, NY 12144

Wednesdays, 6 - 9 p.m.

March 7, 14, 21, 28, April 11, 18, 25,

May 2 (snow make up date, if needed)

June 6

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 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 folders, save files, and find them again! A step-by-step textbook is included. Course fee includes a \$7 computer fee and \$26 materials fee for the required textbook. This is a hands-on class, and you will need your Hudson Valley username and password.

50128 \$129

6 Sessions, WIL 111

Mon., Wed., Fri., 11/6 - 11/17, 9 a.m. - 11 a.m.

Judith Gustafson, Instructor

Getting Started with Google Drive

In our connected world, storing documents and files "in the cloud" has many advantages. Among these are real-time collaboration and the ability to access your files wherever you are and on whatever connected device you have.

This workshop will provide an introduction to the free storage options offered through Google Drive, tips on how to organize your files in the cloud, and an introduction to Google's cloud-based word processor, Google Docs. Course fee includes \$3 computer fee. This is a hands-on class, and you will need your Hudson Valley username and password.

50877 \$39

2 Sessions, BTC 204

Mon., 10/16 - 10/23, 6:30 - 8:30 p.m.

David Hansen, Instructor

Help! My Photos are Trapped in my Phone!

Phones have now become the primary device for photographing important life events, but what happens to all of those photos once they are captured by our phone? What options exist for printing these photos to share with others? And, how can we transfer photos to free up space on our devices?

You will learn how to work with photos that are "trapped" inside your phone and discover how to create online albums and collages, as well as options for online and offline backup storage and various online tools for photo editing. Course fee includes \$3 computer fee. This is a hands-on class, and you will need your Hudson Valley username and password.

50876 \$39

2 Sessions, BTC 204

Mon., 11/6 - 11/13, 6:30 - 8:30 p.m.

David Hansen, Instructor

Introduction to Excel

Interested in learning Excel or just brushing up your skills? Regardless of your profession, this class offers valuable skills that you shouldn't miss out on. You'll learn how to navigate Microsoft Excel and enter, edit and format data. We will cover conversion to PDFs, controlling data input, choosing the right layout for your needs and protecting your work. We also will use built-in functions such as sum, average, min and max, and apply conditional formatting to highlight data in your worksheet that meets specific conditions and rules. Basic computer knowledge is required to take this class. This is a hands-on class, and you will need your HVCC username and password. Course fee includes a \$5 computer fee.

50552 \$69

4 Sessions, BTC 204

Sat., 10/21 - 11/11, 9 - 11 a.m.

Mizanur Rahman, 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 <http://my.hvcc.edu> and use the MyHudsonValley Portal to change your password to something that will be easier to remember. You will find more detailed information regarding computer access at www.hvcc.edu/login-help.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.



Online Computer Courses

Learn a new computer software program completely online from your home or office and at any time day or night. These instructor-led courses are informative, fun, convenient and highly interactive. These courses are taught online through Ed2go. You will receive your online Ed2go username and password within one week of registration. More detailed information about these courses can be found at www.ed2go.com/hvcc.

Online course dates: 10/18 - 12/08/17 \$99

50730 Intro to Photoshop CC

50873 Intro to QuickBooks Online

50731 Intro to Microsoft Access 2013

50875

Intro to Microsoft Word 2013

50874

Creating WordPress Websites

A Taste of Italy

After her trip to Italy in April, The Chic Chef has been inspired to bring back some chic Italian flavors to warm the soul on those chilly nights. These hands-on interactive classes will allow you to taste your creations! Possible menu items may include: crostini trio of broccoli rabe, cannellini bean and ricotta; roasted heirloom tomatoes with basil and burrata; pecorino flan with tomato sauce; garlicky shrimp with bread crumbs; zucchini flowers; chicken saltimbocca; and stuffed white fish and traditional panna cotta. Course fee includes \$20 materials fee.

50894 \$69

2 Sessions, DCC 135

Wed., 10/11 - 10/18, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

One Day Only: Homemade Pasta

Have you always wanted to learn how to make homemade pasta? This fun, hands-on class with The Chic Chef will teach you some simple ways to make homemade egg pasta to impress friends and family at special gatherings. Tastings for this menu may include: roasted shrimp ravioli; butternut squash ravioli with sage brown butter sauce; simple roasted Roma tomato sauce; and fettuccini with white truffle butter sauce and mushrooms. Course fee includes \$10 materials fee.

50895 \$39

1 Session, DCC 135

Mon., 9/18, 10 a.m. - 1 p.m.

Mirissa Casey, The Chic Chef, Instructor

The Art of Risotto

Join The Chic Chef as she teaches you the easy steps to create a perfect risotto. In this fun, hands-on class you will prepare and taste three different varieties of risotto. Possible menu may include: risotto with mushrooms, peas and sausage; asparagus risotto; and a scrumptious seafood risotto. Make sure you wear your stretchy pants! Course fee includes \$10 materials fee.

50896 \$34

1 Session, DCC 135

Wed., 10/4, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor



The college has created a dedicated new space (Day Care Center, room 135) for our cooking classes! Learn from local chefs, cooks and bakers, and discover healthy food ideas for your busy lifestyle!

Soups!

Warm your body and tantalize your taste buds with these refreshing takes on soups! Learn the basics of soup making and then experiment to create your own variations. This souped-up menu may include: coconut Thai lemongrass soup; carrot ginger soup; Mexican tortilla soup; and classic clam chowder! Course fee includes \$10 materials fee.

50899 \$34

1 Session, DCC 135

Wed., 11/1, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

Keep It Simple Cooking

This two-session class is inspired by the cookbook, "Simplesime," acquired from a friend's journey to Paris this year. It includes hundreds of recipes that are only four steps and six ingredients or less! Possible menu items may include: french onion soup; coconut curry noodle bowl with shrimp; eggplant gratin; veal ragout with asparagus; mini sweet peppers stuffed with ricotta and olives; tarragon chicken; chocolate cake; and pear tart. Course fee includes \$20 materials fee.

50897 \$69

2 Sessions, DCC 135

Wed., 9/20 - 9/27, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

Thanksgiving 101

Whether you are cooking for two or 22, join The Chic Chef as she shares her favorite recipes and healthy tips for this traditional holiday time.

Part I: butternut squash, apple and ginger soup; root vegetable gratin; and roasted pork tenderloin with a savory caramel sauce

Part II: bread stuffing with maple sausage, bacon and apple; sweet potato puree; pear cranberry chutney; and sage-rubbed roasted turkey with gluten-free gravy. Course fee includes \$20 materials fee.

50892 \$69

2 Sessions, DCC 135

Wed., 11/8 - 11/15, 6 - 8:30 p.m.

Mirissa Casey, The Chic Chef, Instructor

Thanksgiving Desserts Made Easy

Thanksgiving should be about spending time with family and friends ... not hours in the kitchen! This one-day course will teach you how to make no-bake cranberry cheesecake and pumpkin rolls with cream cheese filling - desserts that are sure to be a hit at Thanksgiving. Course fee includes \$28 materials fee.

50926 \$35

1 Session, DCC 135

Sat., 11/18, 9:30 a.m. - 12:30 p.m.

Sarah Diamond, Instructor

**Kids cooking classes
can be found
on page 32.**

DISCLAIMER: The kitchen and recipes used in our cooking classes may contain ingredients or other substances which could cause allergic reactions in some individuals. The college cannot be and is not responsible for any allergic reaction(s) that may incur as a result of participating in any of our cooking classes. Hudson Valley Community College does not assume any liability or responsibility for any allergic and/or adverse reactions to food touched or consumed or substances or items one may come into contact with while participating in culinary classes.

Beginner Cookie Decorating Class

Learn the use of royal icing to decorate cookies. If you've never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. We will briefly talk about the basics of baking cookies and offer tips and tricks of the trade but then we'll move right into the world of decorating - Halloween theme in October and Christmas theme for December. We will learn, hands-on, the various decorating techniques used with two different types of royal icing: piping consistency and flood consistency. There are five to six cookie designs planned and we will keep things rolling to get them all completed by the end of class. You will be taking them home with you along with an icing recipe, a decorating tool, cooking cutter, and of course a buttercup cookie. You will leave with loads of inspiration to further enjoy the art of cookie decorating! Open to ages 12 and up. Students must withdraw one week prior to the start of the course for a full refund.

50855 \$65

1 Session, DCC 135

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

50856 \$65

1 Session, DCC 135

Mon., 12/11, 6 - 8:30 p.m.

Cindy Burek of Buttercup Cookie, Instructor

Crazy for Cupcakes

Learn how easy it is to decorate cupcakes for all occasions. During this course you will learn basic decorating techniques and how to make four different frostings. You will leave with one dozen decorated cupcakes. Each class will have a theme to correspond with an upcoming holiday: Halloween in October and Christmas in December. Course is open to anyone 8 years old to adult. Course fee includes a \$14 materials fee.

50827 \$25

1 Session, DCC 135

Sat., 10/21, 9 - 11 a.m.

50828 \$25

1 Session, DCC 135

Mon., 10/23, 6 - 8 p.m.

50829 \$25

1 Session, DCC 135

Sat., 12/9, 9 - 11 a.m.

50834 \$25

1 Session, DCC 135

Wed., 12/13, 6 - 8 p.m.

Kathleen Brennan-Claydon, Instructor



Buttercream Flowers

Learn how to make roses, carnations, daisies and sunflowers. You will also learn how to make leaves to go with your creations. Course fee includes \$14 materials fee.

50835 \$25

1 Session, DCC 135

Sat., 11/4, 9 - 11 a.m.

Kathleen Brennan-Claydon, Instructor

Learn to Bake Sweets with Your Lil' Sweetie

You will work with your child (ages 5 - 10) to create delicious cider donuts and apple bread. This is a chance to spend quality time with your lil' sweetie and learn recipes you'll both want to create over and over again. Course fee includes \$25 materials fee and is for one parent and one child. Both must be registered.

50890 \$39

50891- child's registration

1 Session, DCC 135

Mon., 10/16, 5:30 - 7:30 p.m.

Sarah Diamond, Instructor

Tour the World with Food

Each week, we will explore a different cuisine! In week one, we take on Italian foods and learn to make delicious sauce and meatballs from scratch. Week two takes us to Mexico, where we will be making enchiladas and stuffed Poblano peppers. The Middle East is our next destination. We will learn to make spinach pies and tzatziki. We finish up week four back in America, learning to make perfect chicken and dumplings and roasted vegetables. Course fee includes \$75 materials fee.

50893 \$125

4 Sessions, DCC 135

Mon., 11/6 - 11/27, 6:30 - 9 p.m.

Sarah Diamond, Instructor

Southern Soul Food

Learn how to make traditional and authentic Southern cuisine with instructor Nevillene White, owner of Soul Kitchen in Albany. This four-session class will teach students how to make golden fried chicken, candied yams and savory collard greens seasoned with smoked turkey wings. Each week, we will learn a different recipe and for the last course we will recreate the entire meal and dine together. Students will also learn the history of soul food and its importance and relevance to American culture. This class will excite your senses and intellect. Get ready to experience the love of soul food! Course fee includes \$25 materials fee.

50861 \$115

4 Sessions, DCC 135

Tues., 10/3 - 10/24, 6:30 - 8:30 p.m.

Nevillene White, Instructor

WHAT TO EXPECT

Most cooking classes are hands-on and interactive and all are led by qualified instructors. Please wear comfortable clothes/shoes with hair pulled back. Unless indicated, you will have an opportunity to taste the dishes prepared in class.

Master Food Preserver

Become a master food preserver! This three-day training program includes the scientific basis of home food preservation. You will get hands-on experience in boiling water and pressure canning, making jams and jellies, pickling and fermentation. There will be demonstrations in freezing and drying and discussion of other methods of preservation. This course is the first step toward becoming a Cornell Cooperative Extension Master Food Preserver. All class materials will be provided. Lunch each day is also included. Space is limited!

50801 \$375

(no refund after 9/1)

3 Sessions, DCC 135

Tues., - Thurs., 9/12 - 9/14

8:30 a.m. - 4:30 p.m.

Katherine Humphrey, Judy Price
and Diane Whitten, Instructors

Weekday Meal Planning

Struggling to get dinner on the table every night? Learn how to plan your weekly meals, grocery shop efficiently and learn some basic cooking techniques to get it done. Course fee includes \$23 materials fee. Please bring a 3 ring binder with you.

50903 \$45

3 Sessions, DCC 135

Thurs., 10/12 - 10/26, 7 - 8:30 p.m.

Melanie Teliska, Instructor

WOULD YOU LIKE TO TEACH A COOKING CLASS?

We would like to
hear from you.



Please contact us at
communityed@hvcc.edu
with your ideas.

Back to School Fun Foods

Are you looking for foods your kids will love to eat? This course will use products you may already have in the house to create a fun family meal or after school snack. Examples include: Cheez-It encrusted chicken: pulled chicken with three sauces; and peanut butter and jelly – three ways. Course fee includes \$8 materials fee.

50882 \$21

1 Session, DCC 135

Mon., 9/18, 6:30 - 8:30 p.m.

Melanie Teliska, Instructor

FAT BURNING FOODS

Fat-Burning Salad Dressings

Everyone knows it's the dressing that makes the salad. But not everyone realizes it's the dressing that can either help you burn more fat or store more fat. In this workshop, we will learn the secret to making delicious fat-burning recipes that are simple and quick. It's the type of fat you use that can really maximize your metabolism! Once you know how to put the ingredients together, you will have an opportunity to experiment with your own creative inventions. After taking this class, you may never see leftover vegetables in the fridge again! Course fee includes a \$5 materials fee.

50830 \$25

1 Session, DCC 135

Fri., 11/3, 6 - 8 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

Fat-Burning Sweets

You can have your sweets and lose fat at the same time! In this practical workshop, we will make chocolate brittle, a fat loss pudding and coconut cream custard along with some other goodies that will knock your socks off...and maybe even a couple pounds! Course fee includes a \$5 materials fee.

50831 \$25

1 Session, DCC 135

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

Hollan Bonjukian of Tru Fitness, Instructor

Eating Healthy for Your Active Lifestyle

Simple changes and small steps can bring some quick, satisfying results to an active lifestyle. Learn about a simple, fun delicious way to do food, as well as eat-at-on-the-run options, pre-workout ideas and much more will be discussed. Come ready to taste, prepare and share. Students must withdraw by 9/18 for a full refund.

50908 \$50

1 Session, DCC 135

Mon., 9/25, 11a.m. - 1:30 p.m.

Anita DeCelle, Instructor

Jean Chenette, Coordinator



Fat Loss Fritters

Sound like an oxymoron: fat loss fritters? We will discover how to choose the right balance of ingredients with simple preparation that even your kids may enjoy. Although these scrumptious whole food delights may have your kids begging for more, they will nourish your metabolism in a way that will ward off cravings for sugar and processed food. Get excited to offer your family a whole new way to hide more veggies in their food! Course fee includes a \$5 materials fee.

50832 \$25

1 Session, DCC 135

Fri., 11/17, 6 - 8 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

**Sign up for all three Fat Loss classes
(CRN 50833) for \$65 and save \$10.**

HUDSON VALLEY COMMUNITY COLLEGE

Driver Training Courses



Driver Education

This course is intended to educate students (age 16 or older) on appropriate driving skills and habits. This course includes 24 hours of classroom instruction and 24 hours of behind the wheel training and observation. Students must complete all scheduled classes in order to be eligible for the Motor Vehicle Certificate MV-285. If you know you have to miss a class for any reason, please wait and take this course at another time. One make-up session for an excused classroom absence with college approval is allowed for an additional \$25 fee, and is scheduled for a date to be determined.

The MV-285 Student Certificate of Completion allows:

1. NYS Junior Permit holder to schedule a road test
2. Young drivers a possible reduction in automobile insurance cost (participation is dependent upon insurance provider participation)
3. A 17 year old to receive a senior license (MV-285 form must be submitted to local DMV to attain this benefit)

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 you are 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.

The course fee for Driver Education is \$425.

50144

Mon., 9/11, 6 - 7 p.m. Orientation, BTC Auditorium
Wed., 9/13 - 1/10, 6:30 - 8 p.m., Classroom, BTC 219

Drive Times Available

50145 Mon., 4 - 5:30 p.m.
50146 Tues., 4 - 5:30 p.m.
50147 Sun., 7:30 - 9 a.m.
50148 Sun., 9 - 10:30 a.m.
50150 Sun., 10:30 - Noon

50153

At TEC-SMART in Malta

Thurs., 9/14, 6 - 7 p.m. Orientation, TEC-SMART 125
Sun., 9/17 - 1/14, 10:30 a.m. - Noon, Classroom, TEC-SMART 125

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.

TWO
LOCATIONS:
TROY AND
MALTA



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. Late arrivals will not be permitted to stay and all fees will be forfeited. The courses are taught by certified instructors from Bell's Driving School. Please note you must attend both sessions.

50159

\$40

2 Sessions, ADM 104

Tue., 11/7 & Thurs., 11/9, 6:30 - 9 p.m.

FOR MORE INFORMATION:

**Office of Community
and Professional Education**
Guenther Enrollment Services Center,
Room 252

80 Vandenburg Avenue // Troy, NY 12180

(518) 629-7339
communityed@hvcc.edu

Learn to RIDE!



MOTORCYCLE SAFETY CLASSES

Hudson Valley Community College is proud to partner with the Capital Area Motorcycling School, Inc. (CAMS) to offer a wide array of motorcycle courses. Whether you are a beginner or advanced rider, we have a course for you!

Basic Rider Course for License Waiver

\$275

- The fast track for receiving your motorcycle license!
- 18-hour course - three-hour online course plus 15 hours of classroom and riding exercises
- Motorcycle/scooter and helmet provided
- Prerequisites: must be able to ride a bicycle and possess a valid NYS driver's license.
- Offered 7 days per week through Aug. 25 and weekends through Oct. 31

Basic Rider Course 2 for License Waiver

\$225

- Eight-hour course: three-hour online course plus five hours of riding exercises
- Designed for riders with some street riding skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver's license AND a valid NYS motorcycle permit that you have had for about one year.

OTHER MOTORCYCLE COURSES OFFERED

Basic Rider Course 2

\$155

- Five-hour course
- For the rider who wants to improve their skills
- Taken on your own street-legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver's license AND a valid NYS motorcycle license

Other Motorcycle Courses Offered Seasonally

- Introductory Motorcycle Experience
- Basic Rider Course Practice
- Ultimate Bike Bonding Rider Course

"The instructors were fantastic! Having no experience riding a motorcycle, at the end of the class I was very well prepared and confident!"

"Could not have had better instructors. They taught us everything from start to finish."



Which course is for you?

For help with choosing the right course for you, please email camstraining@nycap.rr.com or call Barbara at (518) 813-1717.

Visit www.hvcc.edu/rider for current schedule, full course descriptions and other important information.

For registration or course availability questions contact:

Hudson Valley Community College

Office of Community & Professional Education - (518) 629-7339 or communityed@hvcc.edu

Register Today!

Hi-Lo 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 \$70

12 Sessions, MCD 192

Mon., 9/11 - 12/4, 7 - 8 p.m.

No class 10/9

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 \$70

12 Sessions, MCD 192

Mon., 9/11 - 12/4, 5:45 - 6:45 p.m.

No class 10/9

Chrissy Sarratori of Abs In, Inc., Instructor

50062 \$70

12 Sessions, MCD 192

Wed., 9/13 - 12/6, 5:45 - 6:45 p.m.

No class 11/22

Chrissy Sarratori of Abs In, Inc., Instructor
50063 \$70

12 Sessions, MCD 192

Thurs., 9/14 - 12/7, 4:45 - 5:45 p.m.

No class 11/23

Lori Hallenbeck of Abs In, Inc., Instructor

Cardio and Core with Stability Ball

Bring your stability ball and a mat to class and we'll supply the fun workout! A certified instructor will provide calorie burning cardio and a body-sculpting workout.

50887 \$70

12 Sessions, MCD 192

Wed., 9/13 - 12/6, 7 - 8 p.m.

No class 11/22

Chrissy Sarratori of Abs Inc., 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 support to achieve noticeable changes using the proven techniques of interval training. Course fee includes \$25 materials fee.

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 adrenaline 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 percent effort
- \$225 course fee

50068 \$225

36 Sessions, MCD 192

Mon., Wed. & Fri., 9/11 - 12/8, 6 - 7 a.m.

No class 10/9, 11/22, 11/24

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, AMZ 306

Tues., 9/12 - 11/14, 5:30 - 6:15 p.m.

Blythe Hurlburt, 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!

50069 \$75

12 Sessions, MCD 192

Sun., 9/10 - 12/10, 6:45 - 7:30 a.m.

No class 11/12 & 11/26

Hollan Bonjukian of Tru Fitness, Instructor

Cardio, Kick and Core

Come train with us and learn basic kickboxing moves while engaging your core! This hour-long cross-training workout begins with a warm up followed by cardio kickboxing combinations, cool down and body strengthening. It is set to energizing music from popular artists. Modifications are offered for all fitness levels and abilities. You will need a pair of 3- to 5-lb. weights, a Pilates/yoga style mat, water, towel and sneakers. Get ready to sweat and have fun!

50916 \$35

6 Sessions, MCD 192

Tues., 10/24 - 11/28, 6:45 - 7:45 p.m.

Caroline Wunsch of Total Body Trifecta, Instructor

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



Ballet Barre

Ballet Barre is a series of movements that strengthen the entire body. It combines the core conditioning associated with Pilates, flexibility improvements that occur with yoga, plus stability and strength exercises associated with ballet and fitness. This workout incorporates floor work, barre work and standing body weight exercises with the use of light weights, resistance bands and the barre. No previous experience is needed, just bring two 5-lb. hand weights, a yoga mat, a towel and wear comfortable fitness clothes. This workout is traditionally done barefoot but split sole sneakers or ballet shoes can be worn. Come and try this fun and popular workout!

50685 \$64

11 Sessions, AMZ 306

Mon., 9/11 - 12/4, 7 - 7:45 p.m.

No class 9/25 & 10/9

Ellen Ehrlich of Total Body Trifecta, Instructor

50925 \$35

6 Sessions, AMZ 306

Thurs., 11/2 - 12/14, 7 - 7:45 p.m.

No class 11/23

Emma Farison of Total Body Trifecta, Instructor

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

With the 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 and resilience. Please bring comfortable clothes, sneakers, a towel and a water bottle.

50506 \$75

12 Sessions, AMZ 306

Mon., 9/11 - 12/4, 10 - 11 a.m.

No class 10/9

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, 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. Please bring a foam fitness roller with you. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.

50070 \$75

12 Sessions, MCD 192

Sun., 9/10 - 12/10, 7:45 - 8:45 a.m.

No class 11/12 & 11/26

Hollan Bonjukian of Tru Fitness, Instructor

Barbarian Sandbag Blast

Break out of your fitness plateau and take it to the next level with the Barbarian Sandbag workout. Beginners and pros will achieve amazing feats with simple non-stop, multi-muscle moves that ramp up your cardio, build strength and blast your body into a fat burning machine that may 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., 9/10 - 12/10, 9 - 9:45 a.m.

No class 11/12 & 11/26

Hollan Bonjukian of Tru Fitness, 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 you will 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 \$64

11 Sessions, AMZ 306

Mon., 9/11 - 11/27, 5:15 - 6 p.m.

No class 10/9

Sarah Hoffman of Total Body Trifecta, Instructor

50108 \$64

11 Sessions, AMZ 306

Wed., 9/13 - 12/6, 5:15 - 6 p.m.

No class 9/27 & 11/22

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 class 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 \$64

11 Sessions, AMZ 306

Mon., 9/11 - 12/4, 6:05 - 6:50 p.m.

No class 9/25 & 10/9

Ellen Ehrlich of Total Body Trifecta, Instructor

50110 \$64

11 Sessions, AMZ 306

Wed., 9/13 - 12/6, 6:05 - 6:50 p.m.

No class 9/27 & 11/22

Ellen Ehrlich of Total Body Trifecta, Instructor

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

Nia

Nia is a cardiovascular wellness class that blends the power of kicks, punches and strikes with the fun of dance and the calming influence of yoga. Nia invigorates your body/mind/spirit 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/spirit. No previous dance experience is needed. This class will be barefoot or you may bring ballet shoes to wear. Wear comfortable clothes and bring a mat and water to class.

50098 \$89

14 Sessions, MCD 192

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

Richele Corbo, Instructor

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 three 5-lb. hand weights, a mat, towel and water. Get ready to have fun and sweat!

50106 \$64

11 Sessions, AMZ 306

Wed., 9/13 - 11/29, 7 - 8 p.m.

No class 11/22

Christine Sultan of Total Body Trifecta, Instructor

Kick I.T.

Back by popular demand! The Kick is for kickboxing. The I.T. is for interval training. This class is open to all participants who want to mix cardio combinations of punches and kicks with muscular endurance in alternating bouts that are fun and varied. Bring a set of 3-5 lb. hand-weights, a towel and a mat. Fitness attire and supportive sneakers are recommended.

50915 \$35

6 Sessions, MCD 192

Tues., 9/12 - 10/17, 6:45 - 7:45 p.m.

Christine Sultan of Total Body Trifecta, Instructor

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 lifelong practice of yoga. Please bring a mat designed for yoga and wear loose, comfortable clothes.

50168 \$80

12 Sessions, AMZ 306

Mon., 9/11 - 12/4, 3:30 - 4:30 p.m.

No class 10/9

50169 \$80

12 Sessions, AMZ 306

Wed., 9/13 - 12/6, 4 - 5 p.m.

No class 11/22

50453 \$80

12 Sessions, AMZ 306

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

No class 11/23

Jeanne Wein, Instructor

Belly Dance is for Everybody

Explore the rich tapestries of the world through belly dancing, a centuries-old dance that teaches women how to move their muscles in a more holistic way to the sound of music, and helps them achieve a softly sculpted physique.

This fun alternative to other exercise programs leaves you feeling creative, confident, healthy and stress-free. The instructor will guide you through the fundamental dance moves, and incorporate the use of silky veils, finger cymbals, and hip scarves adorned with swishing beads, sequins and jingling coins.

You are never too old or too young to learn to belly dance. This course welcomes all students, beginner to advanced. The hippest way to stay fit!

50113 \$65

8 Sessions, AMZ 306

Tues., 9/12 - 10/31, 6:30 - 7:30 p.m.

Tammy Stanzione of Ayperi-Alizarin Bellydance, Instructor



Tabata: Burn Fat and Get Fit

You will see the difference this training can make in how you look and feel! This class focuses on your Core, Arms and Buttocks! So be prepared to look your best!

Tabata is a High Intensity Interval Training where you perform an exercise for 20 seconds and then rest for 10 and repeat for a total of 8 cycles. Tabata gives you a total body, heart pumping, aerobic and strength-conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided.

Tabata is a great class for those of us who want to loose weight, shape and tone your entire body for the summer as well as for athletes (e.g. runners and cyclists) to build their cardiovascular capacity and increase athletic performance. Join us for this fun, new, and exciting workout! It is a great way to start your weekend! Bring a light set of hand weights (3 - 5 lb), a mat, and a water bottle.

50060 \$60

6 Sessions, MCD 192

Sat., 9/30 - 11/4, 8:30 - 9:30 a.m.

Liz Gross of Fitness Professionals On Demand, Instructor

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

Kettlebells

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. 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., 9/28 - 12/7, 6 - 7 p.m.

No class 11/23

Lisa Morin of Fitness Professionals
On Demand, Instructor

Body Conditioning and Toning

Join us for beginner- to moderate-level conditioning class with Instructor Deb Nuttal. It is never too late to start an exercise program, and Deb will help you get on track to fitness. This is a fun class set to great music! You will strengthen your body, increase endurance, enhance your breathing and de-stress.

Body conditioning is aimed at those just getting back into exercise or new to exercise. You will exercise all muscle groups at a healthy pace and with appropriate tools. We will work to increase your flexibility by improving your range of motion and follow that with a full body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed and refocused. Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercises. What you need: an exercise mat, light weights, towel and water bottle.

50485 \$85

10 Sessions, MCD 192

Mon., 9/25 - 12/4, 4:45 - 5:30 p.m.

No class 10/9

Deb Nuttal of Fitness Professionals
On Demand, Instructor



Got Back Pain?

Learn the Facts Behind Treatments That Work Without Pills or Surgery

Are you aware there are many tests performed to diagnose back pain and many of them are inaccurate or just plain wrong? Did you know that analgesics are the #1 recommendation from the medical profession and the data shows this is useless? Are you aware that there are many things you can do to resolve your back pain and get your life back? Learn the facts from Eileen Kopsaftis, a physical therapist who has trained for over twenty years in multiple techniques that effectively resolve back pain. You will be surprised to discover one of the most common causes of back pain that is never tested in a doctor's office. Being an informed healthcare consumer means making better choices with improved outcomes. Course fee includes \$5 materials fee.

50859 \$34

1 Session, ADM 102

Thurs., 9/14, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,
Instructor

Nourish Your Body for Lifelong Wellbeing

Discover 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 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 can even eliminate the need for many medications with the right nourishment! You will receive nine hours of detailed information, a written manual with references, and three delicious four-course meals. This class is also recommended by multiple medical specialties. You will be well-fed, informed, and empowered for lifelong wellbeing! Course fee includes \$35 materials fee.

50510 \$135

3 Sessions, ADM 103

Wed., 10/11 - 10/25, 6 - 9 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,
Instructor



TAKE A CLASS WITH A FRIEND!

It's a fun way to spend time together and learn something new.

Course descriptions are subject to change without notice.

MELT Away Your Back, Hip, Neck, or Shoulder Pain without Drugs

If you have pain it is most likely that your connective tissue is in need of repair. Are you uncomfortable laying on your back or finding a comfortable position in which to sleep? You may have imbalances in your masses (parts touching the floor) and spaces (parts off the floor). The MELT Method™ rebalances you to allow pain-free positioning. Diet and exercise are very important but they do not address injured fascial tissue!

The MELT Method™ is a unique hands-off bodywork approach that directly impacts your neurofascial system and simulates the results of manual therapy, bringing your body back to a more ideal state of balance. You will use a specialized MELT soft foam roller to perform specific techniques that create global, lasting changes in your body. You will see and feel a difference immediately! Taught by an experienced MELT instructor who has seen her patients benefit in profound ways. This three-class series will teach you how to decompress your neck and back, rehydrate and lengthen your fascial lines, and restore postural balance and symmetry. There are even techniques to address cellulite! You will feel a difference the very first time you MELT! Participants must have the physical ability to get on and off the floor. Please wear comfortable clothing, bring an exercise/yoga mat and a water bottle. Course fee includes \$70 materials fee.

50507 \$135

3 Sessions, AMZ 306

Thurs., 10/12 - 10/26, 7 - 8 p.m.

*Choose 50512 if you have MELT soft
Soft Foam Roller \$65

Eileen of Have Lifelong Wellbeing, Instructor

Move Without Pain

This is NOT an exercise class. It is an education in movement taught by a certified and licensed physical therapist that will teach you to build a firm foundation for a strong future of pain-free mobility. You'll learn how to restore functional mobility and stability in all three planes of motion using simple movements that "turn off" your pain. Chain reaction is what happens in your body every time you move and it is based on something called applied functional science. If you have knee pain it is most likely being stressed due to your hip or ankle not functioning correctly. Your back pain could be happening because of your hip. Your shoulder or neck may be

experiencing pain because of your back. Learn to address the true cause of your pain; don't just chase the symptoms. You will receive a written manual with pictures for independent success at home and a lifetime of pain-free living. Wear comfortable, loose clothing for ease of movement. All movements are done on your feet; no need to get on and off the floor. Course fee includes \$10 materials fee.

50914

\$85

3 Sessions, AMZ 306

Thurs., 9/21 - 10/5, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing,
Instructor

Wing Chun Kung Fu: A Practical System of Self-Defense

Learn the style that Bruce Lee started with! Wing Chun Kung Fu is a close-range combat system that favors speed and sensitivity over strength. Instructor Steve Grogan has been training in this system since 1995, and now he wants to share its beauty and simplicity with you!

This course has been split into three two-hour sessions, with Steve walking you through features of Wing Chun that progress from beginner level to the start of intermediate material. In session one, you'll learn about the principles that make the system work, like "center-line theory" and "economy of motion." For session two, Steve will walk through the first form and show you real-world, street-combat applications for each technique. In our final session, you will be introduced to Chi Sao (Wing Chun's version of sparring) and some advanced techniques.

By the end of this course, you will have a well-rounded understanding of how Wing Chun is structured, and you will be able to understand why it is called "a practical system of self-defense."

50878

\$35

3 Sessions, MCD 192

Thurs., 10/5 - 10/19, 7:15 - 9:15 p.m.

Steven Grogan, Instructor

Metabolic Makeover

If body fat has been a continual battle, you are probably part of the 80 percent who have metabolic inefficiency. It's not about having a slow metabolism (that's a myth and you will learn why). Instead of a "FAST" metabolism, this program will equip you to join the ranks of the 20 percent who have a "FAT" metabolism - one that is fine tuned to burn your own body's fat!

You will gain:

- a noticeably leaner body
- clarity on how the metabolism actually works
- a Paleo-friendly meal plan
- the discovery of the "Fabulous Five Fats" that every efficient metabolism needs and how to use them
- empowerment to identify S.M.A.R.T carbs (specific metabolic and restorative treats)
- practical tools and support to quit sugar forever
- progressive weekly plan with homework that works
- an online support group
- your own copy of the class Metabolic Makeover Cookbook that we will make together

You will invest:

- \$225 (Includes \$25 materials fee)
- one hour a week plus homework time

50736

\$225

4 Sessions, DCC 135

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

Hollan Bonjukian of Tru Fitness, Instructor



HOLLAN BONJUKIAN

I'm not an extraordinary athlete, an unusually strong person or a fitness model. I am a 40-year-old woman with a passion for moving, teaching, and sharing truths with others in order to bring out their inner capabilities. I am also a triathlete, a coach, a certified nutritional consultant, and a running injury prevention specialist. I have found that truth is the foundation of lasting fitness, and it's generally not found in black and white extremes. I help my clients separate fitness facts from fiction and learn techniques to overcome the barriers in their bodies, athletics, nutrition and thinking. I believe that success lies not in what we achieve, but in what we overcome, and some things can only be overcome together.

HUDSON VALLEY COMMUNITY COLLEGE

High School Equivalency Course

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.

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 eighth 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.

Full payment and a valid Certificate of Residence are required prior to the start of the first class. Limited scholarships are available.

Day Session

50232 \$205

53 Sessions, BTC 322

Mon. - Thurs., 9/11 - 12/14,
9:30 a.m. - 3 p.m.

No class 10/9, 11/22, 11/23

Erin Coy, Instructor

TABE Pre-Tests

50381 Sat., 8/26, 9:30 a.m. - 12:30 p.m.

50383 Tues., 8/29, 9:30 a.m. - 12:30 p.m.

50384 Wed., 8/30, 6 - 9 p.m.

50617 Wed., 9/6, 6 - 9 p.m.

Evening Session (6-9pm)

50233 \$80

26 Sessions, BTC 322

Mon. & Wed., 9/11 - 12/13

No class 10/9 & 11/22

Joal Bova, Instructor

If you have any questions or would like to register please contact:

Office of Community and Professional Education

at (518) 629-7339 or communityed@hvcc.edu.



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.

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 information on where to obtain a Certificate of Residence, please visit www.hvcc.edu/cashier/cor.

FREQUENTLY ASKED QUESTIONS

Q: Where can I go to take the TASC exam?

A: The Capital District Educational Opportunity Center (EOC) in Troy is one of many locations in New York State where you can take the exam. Additional testing locations can be found at: www.acces.nysed.gov/hse/hse-testing-maps

Q: Are there any requirements to take the exam?

A: You must be at least 16 years old and meet certain guidelines. For more information on eligibility, please visit: www.acces.nysed.gov/what-hsetasc-test

Q: Is there a cost for the exam?

A: The test is free for a New York State resident.

Pinterest: Fantastic Fall Fun

We will create fabulous fall crafts including: fall-themed string art, festive garlands, mason jars dressed for the season, and more. It is important that you attend both sessions because we will start projects on the first Saturday and finish them on the second Saturday. For ages 12 and up. Course fee includes \$20 materials fee. *

50865 \$45

2 Sessions, DCC B06

Sat., 10/14 - 10/21, 12 - 3 p.m.

Alexandra Omecinsky, Instructor

Basics of Hand Sewing For ages 8 - 14

In this fun, hands-on course, you will learn the basics of hand sewing. You'll start with threading and knotting a needle, then learn basic hand stitches which will help you complete an awesome project you will get to take home. Course fee includes \$15 materials fee. *

50929 \$34

2 Sessions, DCC B05

Sat., 11/4 - 11/11, 10 a.m. - 12:30 p.m.

Tracy Henry, Instructor

Tay Fisher's Basketball Clinic

Improve your basketball skills and have fun with former Siena College standout and sharp shooter Tay Fisher. The clinic is open to boys and girls, ages 9 - 15. Because Tay is "trotting the globe" playing basketball around the world, this clinic will be for one day only! Skills covered in these clinics include: improving dribbling skills, dribbling 2 basketballs, catch and shoot techniques, shooting off the dribble, step back dribble, mid- and long-range jump shots, free throws and many more. Please bring a bagged lunch, snacks and drinks. * Δ

50928 \$150

1 Session, McDonough Sports Complex

Sun., 9/17, 9 am - 4 p.m.

Tay Fisher's Fundamental Basketball Camp, Instructor



Beginner Cooking Class for Kids

Your kids will learn basic cooking skills and how to navigate around the kitchen in this introduction to the world of food preparation. They'll discover some basic knife skills, pots and pans basics, how to stock a pantry and important sanitation tips.

We will learn to cook a few favorite "kid-friendly" dishes – loaded nachos, homemade mac and cheese and a fresh veggie platter with homemade ranch dressing. This class is open to children 8 to 12 years old. Course fee includes \$8 materials fee. *

50883 \$24

1 Session, DCC 135

Sat., 9/23, 9 a.m. - Noon

Melanie Teliska, Instructor

Learn to Bake Sweets with Your Lil' Sweetie

You will work with your child (ages 5 - 10) to create delicious cider donuts and apple bread. This is a chance to spend quality time with your lil' sweetie and learn recipes you'll both want to create over and over again. Course fee includes \$25 materials fee and is for one parent and one child. Both must be registered.

50890 \$39

50891 - child's registration

1 Session, DCC 135

Mon., 10/16, 5:30 - 7:30 p.m.

Sarah Diamond, Instructor

* = Some Kids on Campus programs require additional forms to be submitted for your child. Please refer to the symbol listed in the course description.

Forms are available at
<http://www.hvcc.edu/communityed/forms.html>

Form Key

* Medical History and Consent Form
Δ Concussion Acknowledgement Form

COLLEGE PREPARATION

S.A.T. 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, 2017 Edition," and is required for the first class session.

50386 \$150

9 Sessions, ADM 104

Wed., 9/27 - 11/29, 7 - 9 p.m.

No class 11/22

Shayne Bishop and Jill Casey, Instructors

College Application and Scholarship Success

High school students: get your college application process moving now so you can enjoy senior year! The right steps and pacing make all the difference. In this one-session workshop we will work on detailed steps that students can take to immediately jump-start their college application process and become stronger candidates for acceptances and merit aid consideration. The course is ideal for families with students in grades 10, 11 and 12, and students are encouraged to attend with a parent/guardian. All attendees must register and pay for the course.

50712 \$19

1 Sessions, ADM 104

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

Kelly Linehan, Instructor

Looking for Drivers Education?
See page 24.

Did you know we registered over 900 kids in our Kids on Campus program this summer?

Interested in submitting a class idea for summer camp? Proposals are accepted starting in November. Email communityed@hvcc.edu for more information. If we need to hire counselors and coaches those positions are posted in February. Please check our Human Resources page at <http://www.hvcc.edu/hr/employ.html>

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 \$119

12 Sessions, WIL 113

Mon., 9/11- 12/4, 6 - 8 p.m.

No class 10/9

Gary Cellucci, Instructor

Contemporary Guitar Skills III

This class is for advanced students who have completed Contemporary Guitar Skills II and for those with four or more years of playing experience. Topics include; scales, arpeggios, modes, alternate tunings, scale applications, virtuoso techniques, phrasing, improvising and more.

50879 \$119

12 Sessions, WIL 113

Tues., 9/12 - 11/28, 6 - 8 p.m.

Gary Cellucci, Instructor

Rhythmic Analysis and Intro to Drum Set

This course will focus on the theory, history, and application of rhythmic patterns in western music. Students will learn to identify and perform snare drum rudiments on practice pads using proper snare drum technique. We will also talk about the history and application of these rhythms in genres ranging from rock to jazz to classical. Students will also listen to and analyze contemporary forms of music to further understand the way these rhythmic patterns structure and enhance modern compositions. Please see materials list for this class listed at

www.hvcc.edu/communityed/courseinfo.

50858 \$89

12 Sessions, DCC 138

Wed., 9/13 - 12/6, 6 - 7:30 p.m.

No class 11/22

Danny Sher, Instructor

Songwriting, Recording and Getting Heard

How does a band, solo artist, songwriter or producer get their work heard these days? What are the secrets of getting airplay, writing a great song, making a compelling sounding recording and getting high-visibility gigs? Instructor Sandy McKnight has a 40-year career as a musician, producer and songwriter, and will share his insights in this six-week course. Participants are encouraged to bring in songwriting works-in-progress for review and feedback. Recently back from Midem, an international music conference in Cannes, Sandy has up-to-the-minute information on the rapidly changing landscape of the music business, and he will discuss any topics of interest to you in this class.

50880 \$150

6 Sessions, DCC B06

Tues., 10/17 - 11/21, 6 - 9 p.m.

Sandy McKnight, Instructor

Understanding the Vietnam War: Hard Lessons from an American Reckoning

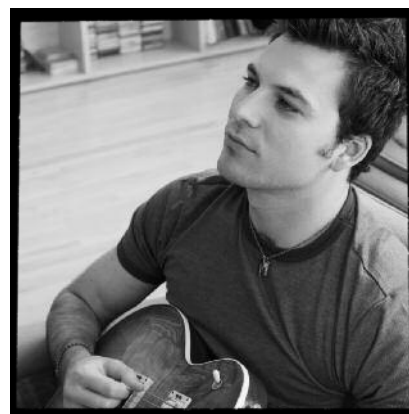
The war in Vietnam was more than the defining experience of a generation. It forever altered the way Americans see themselves. Not since the Civil War has our nation been so compelled to look inward, reflecting upon its identity and role in the world. Yet there remains a cultural tendency to hold the war at arm's length, as evidenced by how little Americans know of its true causes, major figures, military strategies, and most importantly, its lessons. This four-session course will examine how America slid into one of the most traumatic periods in its history, one that produced heroes and tragedy we still must come to understand.

50854 \$39

4 Sessions, ADM 101

Wed., 10/4 - 10/25, 6 - 8 p.m.

Michael Rivest, Instructor



Witches, Ghosts and Hauntings

Author Pauline Bartel is your guide for an excursion into the mysterious world of the supernatural. Learn the myths and realities of witches, ghosts and hauntings from the earliest days to the present time. Then take a side trip into Pauline's personal world where she reveals her own experiences with spells and spirits. Come along only if you're unafraid.

50818 \$49

3 Sessions, DCC B06

Wed., 10/18 - 11/1, 6:30 - 8:30 p.m.

Pauline Bartel, Instructor

Star-Crossed Majesty: Marie Antoinette, Queen of France

The youngest daughter of the celebrated Empress Maria Theresa of Austria-Hungary, Marie Antoinette was a child of fate. She was born on Nov. 2, 1755, the Feast of All Souls. That same day, a colossal earthquake struck Lisbon, the home of her godparents the King and Queen of Portugal, and left 30,000 fatalities. This ill omen was seen by some as a portent foreshadowing the later calamitous events of her short life, which ended at 38 under the blade of the guillotine. One of the most unjustly maligned royals in history, she never uttered the infamous retort "Let them eat cake" when told the people of France were starving. In this course, we will follow the thread of destiny from her sunny, idyllic childhood in Vienna to her tragic end on a scaffold in Paris.

50857 \$29

3 Sessions, ADM 102

Thurs., 10/19 - 11/2, 7 - 9 p.m.

Daniel O'Callaghan, Instructor

30-Hour Teaching Techniques and Methodology Course for Driving Instructors

This course is necessary for those driver instructors who intend to teach the New York State Five-Hour Pre-Licensing Program. Upon successful completion of this course and one year experience as an in-car instructor, a driving school instructor's certificate endorsed for classroom instruction will be issued.

Topics to be discussed include principles of learning, communication in the instructional process, media equipment and its use in the classroom, uses and techniques of questioning, and instructional organization and management. All participants will be required to attend a five-hour pre-licensing program. A college certificate of completion will be awarded to all individuals who successfully complete this course. 3.0 CEUs

50802 \$265

6 Sessions, DCC 137

Mon., 9/11 - 10/23, 3:30 - 9 p.m.

No class 10/9

John Ferrucci, Instructor

The World of Tea

Discover the amazing flavors and powerful health benefits of tea. We will sample different styles and varieties, including herbal teas, and discuss the latest research on this ancient beverage. A food menu is optionally available and can be purchased separately on-site during class. Course fee includes \$5 materials fee.

50884 \$14

1 Session, Whistling Kettle in Troy

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

Kevin Borowsky, Instructor

Affirmative Action and the Constitution

This course will provide an overview of Affirmative Action law in the broader legal context of race and discrimination. We will examine the current rules on Affirmative Action in higher education admissions and employment opportunities. The discussion will include the key Constitutional provisions, Supreme Court rules and federal statutes. We will wrestle with such issues as: Is US law "colorblind"? Should it be?

50905 \$13

1 Session, WIL 113

Fri., 10/13, 1 - 3 p.m.

Stephan Haimowitz, Instructor



Learn to Play Mah Jongg

Whether you are a complete beginner or just need a refresher, join us. This class includes basic instruction and the opportunity to play with people of varying skill levels. Please bring a 2017 National Mah Jongg League, Inc. Official Standard Hands and Rules card. If you have a Mah Jongg set, please bring it with you. Cards can be purchased at www.nationalmahjonggleague.org.

50572 \$39

4 Sessions, DCC B06

Mon., 11/6 - 11/27, 10 a.m. - Noon

Nancy Siegel, Instructor

Become an Even Better Parent

Parenting is the most important and challenging job in the world, yet few parents receive any training. This interactive course will provide information and hone skills to make you an even better parent than you already are. Topics will include: building emotional bonds; communicating effectively; developing realistic expectations; establishing cooperation; preventing and responding to behavior issues; handling strong emotions in parents and children; caring for yourself; decreasing the likelihood of substance abuse; and enjoying the parenting process more.

50881 \$49

6 Sessions, DCC B06

Tues., 9/19 - 10/24, 11 a.m. - 12:30 p.m.,

Tracy Dunn, Instructor

Mastering Your Digital SLR Camera

ONLINE

Get control of your digital SLR camera! In this course, you'll break through the technology barrier and learn how to use your DSLR to take beautiful photos.

You'll start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, we'll explore exposure controls. You'll learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You'll find out how to use these features to get the right exposure for every shot.

Then we'll turn our attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you'll be able to take your photography to the next level. Finally, the course explores high dynamic range photos and how to master those difficult and tricky exposure situations.

By the end of this course, you'll truly be a DSLR master, and most of all, you'll be able to use your camera to take the photos you've always dreamed of. This course is taught online through Ed2go. You will receive your online ed2go username and password within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc

Online course dates: 10/18 - 12/8/17
50927 \$99

Start an Edible Garden

ONLINE

Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you'll learn how to give your garden a healthy start and keep it growing strong all season. This course is taught online through Ed2go. You will receive your online ed2go username and password within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc

Online course dates: 10/18 - 12/8/17
50930 \$99

Insurance Personal Lines Agents/Brokers Licensing Course

This course is certified by the New York State Department of Financial Services and is designed for those who wish to become a licensed Personal Lines Agent or Broker. Upon successful completion of this course and the state exam you may apply for a Personal Lines license to act as an insurance agent or broker in the State of New York.

Topics include: introduction to personal property and casualty insurance; NYS and federal insurance laws and regulations, insurance basics and general insurance; policy structure and common policy provisions; dwelling, National Flood Insurance Program, personal watercraft, personal umbrella; NY Property Insurance Underwriting Association; homeowners, auto, excess lines; Terrorism Risk Insurance Act; and other personal lines policies and forms. The course will include glossary review and a practice test to prepare for the state exam. Students must attend all class sessions. Full class schedule available by contacting (518) 629-7339. Course fee includes \$50 materials fee. The first class is scheduled for 11/2.

50804 \$394
9 Sessions, DCC 138
Victor Bujanow, CIC, Instructor

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 New York State 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. You'll 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 \$29
1 Session, HGB 205
Wed., 11/8, 6 - 8 p.m.
Diane Teutschman, Instructor



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 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 \$29
1 Session, HGB 205
Wed., 11/15, 6 - 8 p.m.
Diane Teutschman, Instructor

HeartCode BLS

This course is designed for health care professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. In order to receive course completion card there are two required steps.

STEP 1 - Completion of online Course (HeartCode BLS)

Go to www.onlineaha.org, select HeartCode BLS, and add it to your cart. Cost is \$28.50 and is paid online to the American Heart Association. This self-paced course is accessible anytime from any computer with internet access. Students can access all material included in the HeartCode BLS course for 24 months. This course may be used for initial or renewal completion.

STEP 2 - Register for a hands-on skills session

Once you complete the online course you will be able to print a certificate of completion. After you complete the online course, contact Community and Professional Education to register and pay for a skills session (must take place no more than 60 days following successful completion the online course).

Skills sessions are held at 400 Jordan Road. Students must present American Heart Association HeartCode certificate of completion to be admitted. NO EXCEPTIONS. Beware of copycat websites. Students who arrive without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Come prepared! Please review the online course materials before attending. Underprepared students who do not complete the skills session in the one hour of allotted time will need to re-register and pay.

50203 \$30
1 Session, 400 Jordan Road, Room 224
Rensselaer Technology Park
Tues., 9/12, 5 - 6:30 p.m.

50204 \$30
1 Session, 400 Jordan Road, Room 224
Rensselaer Technology Park
Sat., 9/30, 9:30 - 11 a.m.

Infection Control

Hudson Valley Community College is certified by the New York State 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 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 professional nurses, podiatrists, optometrists, licensed practical nurses, dental hygienists, physicians and physician assistants.

50889

\$35

1 Session, BRN 207

Mon., 10/16, 6 - 9 p.m.

Barbara Boden, Instructor

DENTAL COURSES

Alternative Dental Assisting Program (ADAP)



This module-based online program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the New York State Education Department. This course will provide adequate preparation to take the New York Professional Dental Assisting, Radiation Health and Safety, and Infection Control exams. You may also choose to sit for the Certified Dental Assistant examination administered by the Dental Assisting National Board. 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

\$1050

Online Class, 8/28 - 12/8/17

Judy DiLorenzo, Ann Gallerie and
Gabriele Hamm, Instructors

ONLINE

Do you have a great idea for a course?



Contact our office at 629-7339



Be bold. Be a Viking.

www.hvcc.edu/communityed/apply

EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT INSTITUTE - FALL 2017

A series of two-hour workshops for early childhood teachers, family child care providers, foster families, and parents. All workshops will earn .2 CEUs per two-hour workshop and will meet the childcare training requirements for the New York State Office of Children and Family Services along with the New York State Early Learning Guidelines.

Coping with Grief: A workshop to help K-12 children deal with grief after a loss

This workshop will contain information on the stages of grief. It will discuss how to help children cope with their grief after the loss of a grandparent, parent, or other loved one. The goal is to help teachers, counselors, staff, and parents aid children in dealing with their feelings after the death of someone close to them. Death is a complicated topic for even adults to understand and children internalize grief differently. Current research on the topic will be explained and discussed.

50805 \$19

1 Session, HGB 205

Wed., 9/13, 6 - 8 p.m.

Presented by Carla Gleason, M.S. Ed.

Teacher Prep. Department Faculty, HVCC

This workshop meets the OCFS Areas 1 and ELG Domain II.

The Mindful Classroom

Mindfulness is a mental state achieved by focusing one's awareness on the present moment, while calmly acknowledging and accepting one's feelings, thoughts, and bodily sensations. This workshop will discuss mindfulness and how it can be used in most any classroom setting. Attention will be given to the creation of community building activities which allow students a chance to express themselves in a safe, non-judgmental environment.

50803 \$19

1 Session, HGB 205

Wed., 9/27, 6 - 8 p.m.

Presented by Olaiya Curtis-Morris, M.S.

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

Exploring Nature in the Early Childhood Classroom

There is a growing body of research on the benefits of outdoor play, beyond physical development. Research shows that children are more imaginative, creative, and cooperative when they have daily opportunities for outdoor play. Join us for a fun-filled evening discovering the effect of nature on a child's development, how to incorporate nature into

your classroom, and what the benefits of nature are for both the child and the teacher. We will have the opportunity to use the natural environment to create an interactive lesson which you can adapt to your own classroom.

50806 \$19

1 Session, HGB 205

Mon., 10/2, 6 - 8 p.m.

Presented by Laura Brewer, M.S. Counseling,

B.S. Education K-6th

Full time faculty, HVCC

This workshop meets the OCFS Areas 1 & 3 and ELG Domain II, III, IV, V.

Conferencing with Families

The workshop will give early childhood educators the opportunity to identify effective conferencing techniques, which includes asking for information, listening to family members, pre-conference questionnaires and how to create collaborative action plans with parents during conferences. Participants are encouraged to share strategies, tips or forms that have supported successful family conferences in the past.

50807 \$19

1 Session, HGB 205

Wed., 10/18, 6 - 8 p.m.

Presented by Ann Plourde, M.S. Education,

B.S. Education

Faculty, Teacher Prep. Department, HVCC

This workshop meets the OCFS Areas 1, 3 & 4 and ELG Domain II.

Science for Young Minds

Would you like innovative ideas for strengthening your center's science emphasis at the preschool level? Do you want to expand your comfort level with science topics so you can better interest and engage young children? This make-and-take session will leave you with a newfound confidence in how to incorporate science as a routine part of your day and will help to light a spark and love of science within all your children.

50808 \$19

1 Session, HGB 205

Tues., 11/7, 6 - 8 p.m.

Presented by Christine Saxe, M.S.,

Faculty Teacher Prep. Department, HVCC

This workshop meets the OCFS Areas 1 & 3 and ELG Domain II, III, IV, V.

Understanding and Supporting Children in Foster Care

Children in foster care come from various backgrounds and experiences. Often times the circumstances that they have encountered affect their educational performance. In this two-hour session we will discuss the basics of the foster care system, general characteristics of children in foster care, challenges that teachers may face when working with children in foster care, and strategies to help children in foster care be successful in the classroom.

50809 \$19

1 Session, HGB 205

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

Presented by Sarah VanAlstyne, M.S. Literacy,

B-Gr.6, B.S. Childhood Ed/Special Ed

Faculty, Teacher Prep. Department, HVCC

This workshop meets the OCFS Areas 1, 3 & 4 and ELG Domain II.

A Positive Approach to Discipline... Beyond the Time-Out Chair

Based on the work of Linda Albert (1996) 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. This is a repeat of the workshop offered last fall.

50492 \$19

1 Session, HGB 101

Mon., 12/4, 6 - 8 p.m.

Presented by Antoinette Howard, M.S.,

Assistant Professor, Teacher Prep. Department, HVCC

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

Registration Form

Community & Professional Education



PLEASE - ONLY ONE STUDENT PER FORM. Thank You!

Name: _____
First Middle Last

Have you previously attended Hudson Valley Community College? If yes, please list any other names your academic record may be listed under. _____

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

Address: _____

City, State, Zip _____

Email address: _____

May we contact you via email? ☐ 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 website

☐ Community location (store, library, etc.)

☐ Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education

80 Vandenburg Avenue, Troy, New York 12180

NEED ANOTHER FORM? Visit our Website at www.hvcc.edu/communityed/comedreg.pdf.

Registration Information

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

Regular Office Hours: Mon. - Fri., 8 a.m. - 5 p.m.

Extended Hours: Sat., 8/26, 9 a.m. - Noon

Mon. - Thurs., 8/28 - 8/31 and 9/5 - 9/7, 8 a.m. - 6 p.m.

College closed Mon., 9/4

How to Register



ONLINE

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

Go to 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.

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.

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:

- If the course fee includes a materials fee, the materials fee will not be refunded if refund request is submitted less than five business days prior to the first class.
- 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 place.
- 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.
- 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, emailed to your HVCC email account and should be displayed accordingly in your vehicle. All drivers are urged to obey traffic laws, and regulations for parking at the college.

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JANUARY CLASSES

Registration begins Wed., November 1

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, AMZ 306
Mon., 1/8 - 1/29, 3:30 - 4:30 p.m.

60443 \$20

4 Sessions, AMZ 306
Wed., 1/10 - 1/31, 4 - 5 p.m.

60486 \$20

4 Sessions, AMZ 306
Thurs., 1/11 - 2/1, 5:45 - 6:45 p.m.
Jeanne Wein, Instructor

Zumba

60444 \$24

4 Sessions, MCD 192
Mon., 1/8 - 1/29, 5:45 - 6:45 p.m.

60445 \$24

4 Sessions, MCD 192
Wed., 1/10 - 1/31, 5:45 - 6:45 p.m.
Chrissy Sarratori of Abs In., Inc., Instructor

Moderate Hi-Lo Impact Aerobics

60446 \$24

4 Sessions, MCD 192
Mon., 1/8 - 1/29, 7 - 8 p.m.
Chrissy Sarratori of Abs In., Inc., Instructor

Cardio, Kick and Core

60909 \$24

4 Sessions, MCD 192
Tues., 1/9 - 1/30, 6:45 - 7:45 p.m.
Caroline Wunsch of Total Body Trifecta, Instructor

Cardio Kickboxing

60447 \$24

4 Sessions, AMZ 306
Wed., 1/10 - 1/31, 7 - 8 p.m.
Christine Sultan of Total Body Trifecta, Instructor

Ballet Barre

60605 \$24

4 Sessions, AMZ 306
Mon., 1/5 - 1/29, 7 - 7:45 p.m.
Ellen Ehrlich of Total Body Trifecta, Instructor

60908 \$24

4 Sessions, AMZ 306
Thurs., 1/11 - 2/1, 7 - 7:45 p.m.
Emma Farison of Total Body Trifecta, Instructor

Pilates Mat - Beginning

60739 \$24

4 Sessions, AMZ 306
Mon., 1/8 - 1/29, 5:15 - 6 p.m.
Sarah Hoffman of Total Body Trifecta, Instructor

60448 \$24

4 Sessions, AM 306
Wed., 1/10 - 1/31, 5:15 - 6 p.m.
Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

60740 \$24

4 Sessions, AMZ 306
Mon., 1/8 - 1/29, 6:05 - 6:50 p.m.
Ellen Ehrlich of Total Body Trifecta, Instructor

60449 \$24

4 Sessions, AMZ 306
Wed., 1/10 - 1/31, 6:05 - 6:50 p.m.
Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates for Runners

60453 \$20

4 Sessions, MCD 192
Sun., 1/7 - 1/28, 7:45 - 8:45 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Metabolic Blast Bootcamp

60451 \$65

12 Sessions, MCD 192
Mon., Wed., & Fri., 1/8 - 2/2, 6 - 7 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Core Camp

60452 \$20

4 Sessions, MCD 192
Sun., 1/7 - 1/28, 6:45 - 7:30 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Cardio with Stability Ball

60910 \$24

4 Sessions, MCD 192
Wed., 1/10 - 1/31, 7 - 8 p.m.
Chrissy Sarratori of Abs In, Inc., Instructor

Belly Dance is for Every-body

60602 \$33

4 Sessions, AMZ 306
Tues., 1/9 - 1/30, 6:30 - 7:30 p.m.
Tammy Stanzione of Ayperi Bellydance, Instructor

Barbarian Sandbag

60603 \$47

4 Sessions, MCD 192
Sun., 1/7 - 1/28, 9 - 9:45 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Butts and Guts

60604 \$30

4 Sessions, AMZ 306
Tues., 1/9 - 1/30, 5:30 - 6:15 p.m.
Blythe Thompson-Hurlburt, Instructor

WANT TO LEARN MORE ABOUT THESE CLASSES?

Look these classes up in the course index on page 40 to view course descriptions. Please note that January fitness classes scheduled on Mondays will meet on Martin Luther King Day, Monday, January 15.



Be bold. Be a Viking.



80 Vandenberg Avenue
Troy, New York 12180-6096

"I like the workout
and mind-body-soul
connection."

*Nia with
Richele Corbo*

"Colleen was always willing to work
individually with us on our work."

*Beginning Pastels
with Colleen Connolly*

"Hollan is a terrific teacher! She is so knowledgeable and
so encouraging. I love this class and plan to continue –
it's helped my balance and joint pain."

Barbarian Sandbag Blast with Hollan Bonjukian

"The instructors were great! They are so informative
and obviously love what they do. I was taught a lot
of techniques to ride safely and effectively."

*Basic Rider Course,
with Bill House and Brad Swartz*

"The class was very enjoyable and
Gary was very friendly. He made
me feel comfortable and was very
helpful in teaching us to learn how
to read music."

Guitar I with Gary Cellucci

"Jeanne is a fabulous teacher,
so encouraging and so clear
in her explanations. Please
please keep her coming back –
we all love her!"

Yoga I with Jeanne Wein

"Wonderful class, full of
encouragement from
everyone. Carol is fabulous."

*Basic Watercolor
with Carol Bollinger Green*

"Marilyn always brings her subject
matter to life – her enthusiasm,
knowledge of the subject matter,
her ability to share – just perfect as-is!"

*Trilogy of Childhood
with Marilyn Sassi*

"Jack is a fascinating lecturer and really
brings history alive! I am in awe of his
encyclopedic knowledge and humor."

Cradle of America with Jack Casey

"I enjoyed it so much in the fall
semester, I enrolled again this
spring. Very relaxing, and
enjoyable, and the instructor
was very knowledgeable,
talented, and interesting."

*Intro to Folk Music
with George Wilson*