

Community and Professional Education

A CATALOG OF PROFESSIONAL DEVELOPMENT AND PERSONAL GROWTH CLASSES



FALL 2013

Digital brochure last updated on September 27

REGISTRATION BEGINS

AUGUST 20

www.hvcc.edu/communityed



Be bold. Be a Viking.





Our instructors love to teach...

"I truly love to teach and share with people the ideas and concepts related to financial planning and estate planning. I have been doing this type of adult education for 20+ years."

Stephen Miner, *The Complete Financial Management Workshop*

"The thing that keeps me working – with more than 30 years of experience in teaching – is watching the power of transformation at work in the people who take yoga. It's pure delight!"

Jeanne Wein, *Yoga I: Foundations of Practice*

"I have been able to renew my love of teaching by becoming a teacher in the HVCC Community Education program."

Colleen Connolly, *art and painting courses*

"I meet many great people in the classes and learn something from each group."

Sandra Johnson, *Learn to Play Mah Jongg*
& *Learn to Tat*

"I am very passionate about fitness and helping everyone live a healthful lifestyle. In addition to teaching classes, I train Pilates instructors and serve on the National Advisory Board for Exercise Safety Association as the Pilates, aqua and pedagogical expert."

Ellen Ehrlich, *Pilates - Beginner and Intermediate*

"I enjoy the opportunity to engage students interested in architecture or interior design as a profession and provide insights into the day-to-day aspects of the design and construction industry."

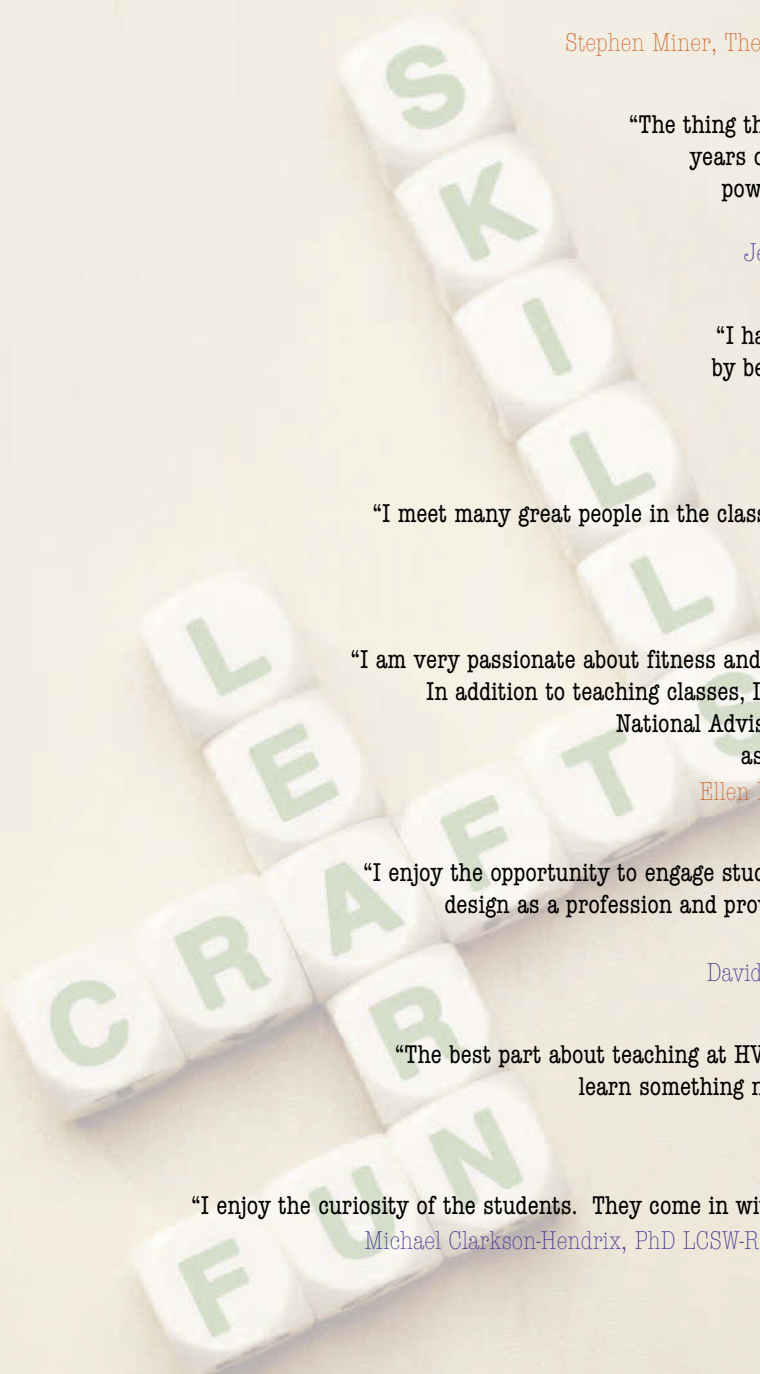
David LaComb, *Auto-CAD, Revit software courses*

"The best part about teaching at HVCC? Seeing students' delight and desire to learn something new. I've taught a lot of really nice people."

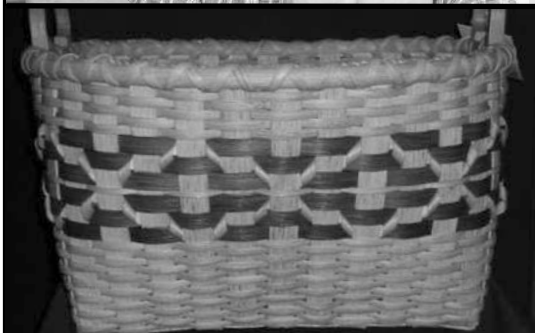
Joyce Flowers, *basketweaving workshops*

"I enjoy the curiosity of the students. They come in with a passion to learn. They are inspiring!"

Michael Clarkson-Hendrix, PhD LCSW-R, *You Can Read Tarot Cards* & *Reiki classes*



FALL 2013



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Hudson Valley Community College does not discriminate on the basis of age, gender, race or color, national origin, religion, disabling condition, marital status, or sexual orientation.

Contact us

**THE OFFICE OF COMMUNITY
and PROFESSIONAL EDUCATION**

Guenther Enrollment
Services Center,
Room 252

Phone: (518) 629-7339
Fax: (518) 629-8103



Be bold. Be a Viking.

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

E-mail: communityed@hvcc.edu
Web: www.hvcc.edu/communityed

Hudson Valley Community College, sponsored by Rensselaer County, is part of the State University of New York system.

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

REGISTER TODAY!

Arts & Crafts

Zentangle® 101: The Basics

The Zentangle® method is a fun and relaxing way of creating beautiful images from repetitive patterns. Created by Rick Roberts and Maria Thomas, Zentangle was designed with the non-artist in mind. Zentangle has been shown to relieve stress and anxiety by boosting focus and creativity. It provides artistic satisfaction and an overall sense of personal well-being. Each participant will learn approximately 3 - 4 'tangles' per session. The Zentangle method is enjoyed the world over, across a wide range of skills, interests and ages. This course is taught by Certified Zentangle Teacher Cindy Bishop. For more information, please visit: www.zentangle.com. Course fee includes \$13 materials fee.

50207 \$43

4 Sessions, DCC 135

Thurs., 9/18 - 10/10, 6 - 8 p.m.

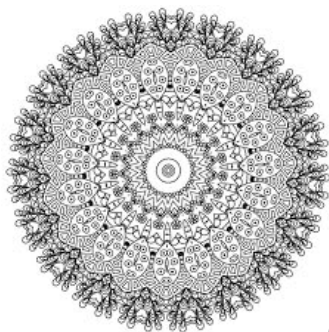
9/18 class is full. Call us to be added to the waitlist!

50208 \$43

4 Sessions, DCC 135

Tues., 11/12 - 12/3, 6 - 8 p.m.

Cindy Bishop, Instructor



NEW!

Zentangle® Zendala

Working in the traditional black on white style of Zentangle, we will create our own strings for this wonderful artform, in the circular style of a mandala, hence the term 'Zendala'.

- Students will experiment with compasses and straight edges
- Drawing Zentangle strings freehand
- Lots of new tangles to enhance the Zendala

Prerequisite: Zentangle 101, offered by a certified Zentangle teacher. Please bring your Zentangle kit. Additional materials will be handed out during class.

50209 \$15

*50210 \$28

1 Session, DCC 135

Tues., 10/29, 6 - 8:30 p.m.

*This course includes at \$13 materials fee for a Zentangle kit. If you no longer have your Zentangle kit, choose this course number and the instructor will provide one for you.



Basic Watercolor

Explore the fun of pure color on wet paper. Discover your own approach to painting with transparent watercolors. Learn ways of using the materials, practice different techniques and apply color theory while observing still life and landscape. Everyone's welcome; no experience is necessary. Please bring any materials you may already have or purchase the following supplies: a pan set of transparent watercolor paints OR individual tubes (such as cadmium red, alizarin crimson, cadmium yellow, lemon yellow, pthalo blue, ultramarine blue, any brown, black) and a palette (white, usually plastic, with small wells for holding paint and larger areas for mixing). Also a pointed, round watercolor brush (#8 or mid-sized), a 9" x 12" pad of 140# cold-pressed watercolor paper, sketching paper (small pad), a pencil, two pieces of cardboard (slightly larger than paper), masking tape, paper towels and two water containers.

50198 \$59

6 Sessions, DCC B05

Tues., 9/10 - 10/15, 2 - 4 p.m.

Carol Bollinger-Green, Instructor

Introduction to the Digital Camera

This three-session class is for the digital photography beginner and is designed to assist you in making effective and creative use of your digital camera. You will gain a basic understanding of digital photography terminology in order to better use the manual that came with your camera. We also will discuss the elements of good composition. Basic camera controls and presets will be explained and you will learn how to get images from your camera to your computer. Bring your camera, all cables, manual and charged batteries, memory cards (and card reader, if you have one) to class. As there may be very little time for one-on-one work, participants will be encouraged to engage in small group work to learn from each other as we progress. Course fee includes \$5 computer fee. Please see p. 28 for information about on-campus computer access.

50217 \$49

3 Sessions, BTC 204

Tues., 10/1 - 10/15, 6 - 9 p.m.

Mark Lunt, Instructor

Shamballa Bracelet

NEW!

This is a fun and blingy bracelet made up of macramé square knots, embellished with seven crystal pavé beads. We will work with a variety of colors - gold, silver, and rich greens and reds, which will be great for the holidays and still look fabulous all year round. Go home with a great holiday gift for someone or perhaps a gift for yourself! Course fee includes \$32 materials fee.

50201 \$52

1 Session, DCC 135

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

Joanne Farash, of Silverlining, Instructor

Basic Jewelry for Beginners

This class will cover the basics of all aspects of making jewelry, including tools. In just one session, we will complete a jewelry project consisting of a bracelet with matching earrings. Introduce yourself to this fun and creative art form and walk away with some new jewelry! Course fee includes \$15 materials fee.

50199 \$35

1 Session, DCC 135

Wed., 10/9, 6 - 8 p.m.

50200 \$35

1 Session, DCC 135

Mon., 10/21, 6 - 8 p.m.

Joanne Farash, of Silverlining, Instructor

Knitting for Beginners

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

50162 \$46

4 Sessions, DCC 135

Tues., 9/17 - 10/8, 6:30 - 8:30 p.m.

50163 \$46

4 Sessions, DCC 135

Mon., 11/11 - 12/2, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor



Crochet for Beginners Class

NEW!

Learn the basic crochet stitches – chain, single, double – while creating a scarf.

With only one needle, you can create a variety of patterns and designs with only these stitches. After this introductory class, you will have the ability to design your own scarves, hats, blankets and more! Crochet is an easy, relaxing craft that can be done quickly, anywhere, anytime. Supplies will be provided at the first class. Course fee includes \$6 materials fee.

50222 \$46

4 Sessions, DCC B05

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

Aleta Schweigert, Instructor

Class is full. Call us to be added to the waitlist!

Mosaic Workshop

This hands-on class will give you an introduction to creating beautiful mosaics. Students will start small and work on 6" x 6" panels to get the feel of the process and then continue on to a larger panel (12" x 18") that will be a beautiful work of art for them to display. Students will work mostly with glass mosaics including stained glass pieces with some ceramic. Course fee includes \$20 materials fee.

50187 \$65

4 Sessions, DCC B05

Sat., 10/5 - 10/26, 9 - 11 a.m.

50188 \$65

4 Sessions, WIL 113

Sat., 11/2 - 11/23, 9 - 11 a.m.

Tamara DeMartino, Instructor

Creative Glass and Ceramic Painting

NEW!

Enjoy a day of learning how to paint with acrylics on glass and ceramics. We will create a set of pieces - your choice! You may choose from wine glasses, everyday glasses, glass plates, plain mugs, etc. You will learn brush technique and composition, and will be given many ideas for producing a beautiful, unique serving set of your choice. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo.

50219 \$27

1 Session, DCC B05

Sat., 11/9, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Colleen Connolly, Instructor

NOTE: Course descriptions are subject to change without notice.

BASKET WEAVING WORKSHOPS**Jewels Basket**

Join us to weave a large rectangular basket of natural and space dyed reed with two sturdy bushel basket-style handles. Finish off the weaving with ash Indian curls over the space dyed reed for a very functional and attractive basket. Basket measures approximately 12" long by 8" wide and 9" tall. Course fee includes \$31 materials fee.

50223 \$61

2 Sessions, DCC B05

Wed., 9/25 & 10/2, 6 - 9 p.m.

Small Salad Bowl

Weave a basket over a heavy acrylic serving bowl, starting with a round wooden base. Using dyed and natural reed of varying sizes, weave over the bowl, using it as a "mold" which you keep to use with the basket when finished. This makes a lovely addition to your serving table! Basket is 4" tall and 7" across. Course fee includes \$27 materials fee.

50224 \$57

1 Session, DCC B05

Sat., 11/2, 10 a.m. - 2:30 p.m.
(1/2 hr break for lunch)

**Kinderhook Bowl**

Students will start by mounting a wooden base to a round plastic bowl which will be a class mold. The bowl is woven with dyed and natural reed in plain weave, triple twining and Japanese weave using two weavers which are stacked. The basket is finished off with a sturdy 1/2" half round reed rim. This finished basket is 7" high and 12" across. Course fee includes \$29 materials fee.

50225 \$59

2 Sessions, DCC B05

Wed., 11/13 & 11/20, 6 - 9 p.m.

Utensil Basket

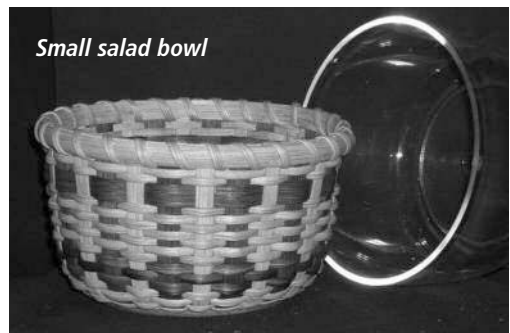
This 4 1/2" square to round basket is 7" high with a wire swing handle with adorned with a wooden bead. It is woven of natural and colored reed to suit your décor. This basket makes a festive addition to your table! Course fee includes a \$25 materials fee.

50226 \$57

1 Session, DCC B05

Sat., 12/7, 10 a.m. - 2:30 p.m.
(1/2 hr break for lunch)

All basket weaving workshops are taught by Joyce Flower.



Paper Filigree Snowflakes

Quilling, or paper filigree, is the art of creating designs with narrow strips of paper. It is believed to have originated during the Renaissance, when French and Italian nuns used quilling to decorate religious items to simulate the iron filigree work of the time. The name quilling comes from the belief that bird quills were used to roll the paper coils. The shaped coils can be arranged to form designs, flowers, leaves, and almost anything imaginable! You can then use the shapes to create cards and gifts tags or adorn picture frames, boxes, scrapbook pages and more. This class will focus on creating beautiful snowflakes to make decorations, cards and gift tags for the upcoming holidays. Add a homemade touch to your holidays and use your snowflakes to decorate the house, tree or gifts! Please bring scissors, tweezers and a ruler with you to class. Course fee includes \$7 materials fee.

50211

\$19

1 Session, DCC 135

Thurs., 12/5, 6 - 8 p.m.

Laurie Hepler, Instructor

Creative Collage

Collage is a form of art that melds color, texture and image to produce a mixed media piece of art. Students will collect and share a variety of materials with other students providing inspiration for their work. The collage will be done on a canvas background and can also incorporate acrylic paint. The theme may be realistic or the materials may suggest the work's tone. No experience is necessary though it may be helpful to research collage online or through your library to explore the possibilities. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo.

50149

\$79

8 Sessions, DCC B05

Mon., 9/23 - 11/18, 1 - 3 p.m.

No class 10/14

Colleen Connolly, Instructor

Painting Still-Life in the Impressionist Style

Impressionism is one of the most beloved styles of painting. Artists such as Monet, Renoir and Degas featured light and the ever-changing effects it can create in their works often set in the traditional salons of Paris. In just a day, you will learn how to paint a simple still-life featuring the color and textures of flowers, using the quick, loose style of these amazing artists. This is a beginning painting class, though a basic knowledge of drawing and painting is helpful. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo.

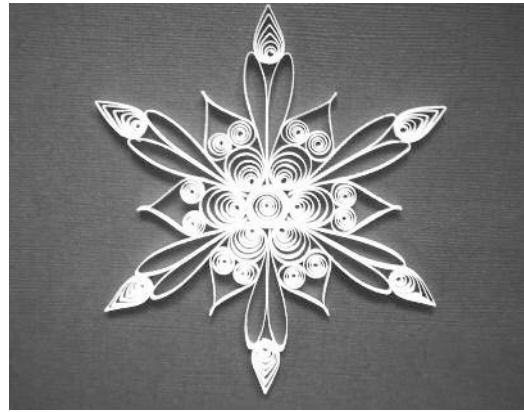
50154

\$27

1 Session, DCC B05

Sat., 9/28, 10 a.m. - 4 p.m. (1/2 hour break for lunch)

Colleen Connolly, Instructor



Drawing with Soft Pastel

Pastel is an art medium that has been used for years. Degas was a master of this material. Soft pastel is a chalk form of this medium and can be blended in a similar manner to paint. We will be learning how to work with soft pastel to create a piece based on the subject matter of your choice (i.e. landscape or still life.) Please bring an image to class. This is a beginning drawing course but some drawing experience is helpful. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo.

50165

\$79

8 Sessions, DCC 135

Wed., 10/16 - 12/11, 6 - 8 p.m.

No class 11/27

Colleen Connolly, Instructor

Dynamic Styrofoam Wall Art

Create exciting wall art using Styrofoam! Large sheets of Styrofoam can be carved and painted with acrylics. The sheets may be cut into individual shapes and formed into relief art covered in scrapbook paper and/or fabric. The results are amazing! You can construct large pieces or series pieces – all are lightweight and easy to hang. We will utilize the listed mediums and create three unique pieces during the eight-week class. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo.

50220

\$79

8 Sessions, WIL 113

Thurs., 10/3 - 11/21, 6 - 8 p.m.

Colleen Connolly, Instructor

CLASS CANCELLED

NEW!

Arts & Crafts

Floral Design Certificate Program

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

Core - two required

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

Electives - two required

Designing Dish Gardens	ZARC 042
Silk and Dried Floral Design	ZARC 043
Getting Your Floral Business Started	ZARC 038
Holiday Boxwood Tree Design	ZARC 032
Funeral Arranging and Grieving	ZARC 041
Wedding Design	ZARC 045

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

Introduction to Floral Design

In this course you will learn the proper use of tools, as well as the preparation and care of fresh flowers. Learn the principles of design and create your own arrangements including vase arrangements and centerpieces. There will be a field trip to a local flower wholesaler. All floral products will be supplied for this class. Please bring a sharp folding knife that fits comfortably in your hand, wire cutters, as well as paper and pen for notes. Course fee includes a \$275 materials fee.

50194 \$425

6 Sessions, DCC B05

1 Session, Off campus TBA

Tues., 9/17 - 10/22, 6:30 - 9 p.m.

One Saturday TBA, 9 - 11 a.m.

Getting Your Floral Business Started

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

50195 \$80

1 Session, DCC 137

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

Funeral Arranging and Grieving

This course is open to those who are receiving their certificate in floral design. You will learn funeral design basics such as baskets, sprays, casket designs and set forms. You will also learn how to work with the grieving public and funeral directors. Please bring a sharp folding knife and wirecutters to class. Course fee includes a \$175 materials fee. Prerequisite:

Introduction to Floral Design or program completion.

50196

\$225

2 Sessions, DCC B05

Tues., 11/12 & 11/19, 6:30 - 9 p.m.

Holiday Boxwood Tree Design

This fun and unique class shows how to construct and decorate a boxwood tree for the holidays. The boxwood tree is quickly becoming a holiday tradition! This class is open to those who are taking the Floral Design Certificate Course AND those who wish to come and learn how to make their own tree!

Please bring a sharp folding knife and wirecutters to class. Course fee includes a \$50 materials fee.

50197

\$80

1 Session, DCC B05

Tues., 12/17, 6:30 - 9 p.m.

Please note: We must have at least six students registered to run a floral class.



Thinking about signing up? Be sure to register early and don't get closed out or run the risk of a class being cancelled!

PAPERCRAFTING AND RUBBERSTAMPING

Crafting Classes with Sharyn Bouck - Independent Stampin' Up® Demonstrator

Create a Banner

One of the hottest home decorating trends this year are banners. Come see how easy it is to create your own! Leave class with a treasure you will be proud to display in your home.

Halloween "Spooky" Banner

Course fee includes \$15 materials fee. Students must be registered by 10/7 and cancellations after this date will not have the materials fee refunded.

50212 \$25

1 Session, BTC Meeting Room 1

Tues., 10/15, 6 - 8 p.m.

Winter/Holiday Banner

Course fee includes \$15 materials fee. Students must be registered by 11/25 and cancellations after this date will not have the materials fee refunded.

50213 \$25

1 Session, WIL 113

Thurs., 12/5, 6 - 8 p.m.

Hand Stamped Cards

Back by popular demand! At each three-night session, you will make 18 different cards – two each of nine different designs. Join us for all three classes and you'll have a stock of many beautiful cards to send and share for every occasion! You will be learning new techniques and revisiting some "oldies but goodies" using a variety of papercrafting tools. These classes are designed with both the newcomer and the experienced cardmaker in mind. Course fees include \$25 materials fee.

All Occasion Cards

50214 \$47

3 Sessions, DCC 135

Mon., 9/9 - 9/23, 6 - 7:30 p.m.

50215 \$47

3 Sessions, CTR 204

Tues., 10/8 - 10/29, 6 - 7:30 p.m.

No class 10/15

Holiday Cards

50216 \$47

3 Sessions, DCC B05

Thurs., 11/7 - 11/21, 6 - 7:30 p.m.

Business/Financial Planning

20 Ways to Earn Residual Income!

Uncover over twenty different ways to earn ongoing, residual income. Pinpoint specific methods from stocks, bonds, mutual funds, insurance, taxes, retirement income, refinance strategies, utilities, e-publishing, internet, beach money, home-based businesses and more! This course is for you if you want to make some or all of your income more residual! Instructor: Jim Farnham, MBA, MS, has over 20 years' experience in insurance and financial services.

50241 \$20

1 Session, ADM 102

Sun., 10/13, 8 - 11 a.m.

James W. Farnham, M.B.A., M.S., Instructor

Get It Done! Financial Wellness, Getting out of Debt and Preparing for Your Family's Future

This is a nuts and bolts course covering three specific areas: improving your current financial situation; debt management; and financial preparation for the future. No fluff here, just concrete, hard-hitting strategies and things you can put into practice now to improve your life and ensure your family's financial future.

50242 \$20

1 Session, ADM 102

Sun., 10/13, Noon - 2 p.m.

James W. Farnham, M.B.A., M.S., Instructor



Long Term Care: How to Plan and Pay for It

In this program, you'll define exactly what long-term care is, what the different kinds of long-term care are and where each of those types of care are provided. If you're 40 or older, you need to attend this class! Uncover who is likely to need long-term care, discover who is most at risk and detail the special needs and triggers for benefits. Explore how long-term care gets paid for and how to protect your assets. Learn why planning for this type of care is critical, and explore both traditional and non-traditional avenues for treatment.

50243 \$20

1 Session, ADM 102

Sun., 10/13, 2:30 - 4 p.m.

James W. Farnham, M.B.A., M.S., Instructor

■ Business/Financial Planning

Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course is dedicated to informing you of the potential benefits of effective financial management and to show you techniques that will assist you in meeting your goals. Topics include: the seven 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, 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. Your spouse, partner or significant other is encouraged to attend. Course fee includes \$26 materials fee for the workbook.

50202 \$65

3 Sessions, DCC B06

Tues., 10/15 - 10/29, 6:30 - 9 p.m.

Stephen F. Miner, CLU, ChFC, Instructor

Getting the Most from Social Security

Are you aware that a few key decisions can make a big difference in the amount of your Social Security retirement benefits? This one-night workshop will offer you information on the FAQ's about Social Security retirement benefits. Learn strategies and simple steps you can take to maximize your benefit. Make the decision to attend this workshop the first of many you can make to that will be key to making your benefits work for you. Course fee includes \$10 materials fee.

50244 \$20

1 Session, DCC 136

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

Glenn Clermont of Halliday Financial Group,
Instructor



Starting a Home-Based Business

So you're thinking about starting a home-based business. What steps should you take first to save yourself needless expense? How can you get customers without expensive advertising? What, if any, technology and software do you need? What about NYS licensing and taxes? What free resources are available to help you? TechKnow Prof, a home-based business owner, will address these questions – and more – to help you get started! Course fee includes a \$3 materials fee.

50173 \$22

1 Session, ADM 101

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

TechKNOW Prof, Instructor

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 co-pays of Medicare. Learn what a Medigap plan is and how it works, and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

50174 \$10

1 Session, DCC B06

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

Janet Kiffney, Instructor

Center for Creative Retirement



EXPLORE THE PAST

General Grant Remembers

General Grant will arrive in Troy on June 16, 1885. He will be en route from New York City to Mount McGregor. Robbed of all his savings by a Wall Street embezzler and dying of cancer, he hopes the clean, fresh air of Mount McGregor will prolong his life just long enough for him to finish writing his memoirs. If he can complete his book, Mark Twain has agreed to publish it. Sales of Grant's memoirs would be the only way to save the Grant family from poverty. The general is stopping in Troy to meet and thank Charles Wood, a local businessman who, when the Grants were robbed, loaned them the money they needed to weather the crisis. The general will talk about Mr. Wood and his generosity and, knowing his remaining days are few, look back over his life and share the lessons he has learned.

50053 \$13

1 Session, WIL 113

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

Steve Trimm of Friends of Grant Cottage, Instructor

Class is full. Call us to be added to the waitlist!

West Troy Pottery

You are invited to a very special presentation about West Troy (now Watervliet) Pottery with Tim Myers of Myers Collectables. This is a unique opportunity to see at least 30 pieces of West Troy stoneware and learn about the methods of producing pottery, the potter's tools and techniques, the differences between redware and stoneware and the various types of stoneware products. There will be a brief history of each piece of West Troy Pottery with a map showing the location where it was produced. Learn about the pottery's connection to the Erie Canal and see photos of some of the most outstanding pieces of West Troy Pottery that have sold over the last several years.

50095 \$14

1 Session, WIL 113

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

Timothy Myers, Instructor

Class is full. Call us to be added to the waitlist!

The Mountain Dulcimer - Then and Now

Whether you attended the mountain dulcimer class in the spring or are completely new to this fascinating instrument, you'll enjoy hearing the music of the southern Appalachian Mountains. You'll see and hear a variety of dulcimers and hear their different voices. If you happen to own one of these charming instruments, bring it along for "show and tell." You'll also have a chance to sing along, and even better yet, to try your hand at playing a mountain or fretted dulcimer yourself. Come and see where the music and the class take us and be enchanted by the uniqueness of America's very own folk instrument.

50054 \$13

1 Session, WIL 113

Tues., 10/29, 9:30 - 11:30 a.m.

Carol Lynn and Gene Langley of Quiet Creek Music, Instructors

Greek Revival in America

The Greek Revival style of architecture in America became popular circa 1830 and quite literally, swept across the country like wildfire. One of its leading critics of the day called it, "the Greek temple disease" and it became so pervasive that even the patriotic favorite, "America" refers to "our woods and templed hills." Beginning with public buildings, the form was first adopted by wealthy plantation owners in the South who saw it used in the rebuilding of Washington, DC after the War of 1812.

Greek Revival homes were constructed in many different designs and sizes ranging from large, lavish mansions to tiny farm houses. The examples used to illustrate them will be from both the Capital District area and Western New York (opened up for settlement by the Erie Canal). Interior design and furniture from this genre will also be featured and will emphasize the vast differences between sophisticated estates and modest country homes.

50055 \$14

1 Session, WIL 113

Fri., 10/4, 10 a.m. - Noon

Marilyn Sassi, Instructor

Center for Creative Retirement



300 Years of Fashion in America

This slide lecture will examine both women's and gentlemen's fashions from the 17th century through 1900. During the early years there was a huge difference in the way the classes dressed. The very wealthy from the South, New York and New England had their measurements on file with dressmakers and tailors from their native countries. Made to order, à la mode clothing made of lavish fabrics was shipped to them and kept affluent Americans in step with their peers from abroad.

The majority of Americans living in the early years of settlement had to depend on inferior imported textiles or their own spinning and weaving to produce fabric for clothing. Whenever possible, they attended auctions of household goods and used clothing no matter what kind of condition it was in. Indentured servants and slaves wore the least expensive, coarse linens and wool, often receiving used, cast offs from the household they were working for.

Illustrations will include both men's and women's clothing from the different classes and time periods. Variations between the early Dutch in New York and the first families living in Plymouth, MA will be discussed and compared, including how they first obtained their clothing and tried to adapt it to their new living conditions in America.

50056 \$14

1 Session, WIL 113

Fri., 9/27, 10 a.m. - Noon

Marilyn Sassi, Instructor

Class is full. Call us to be added to the waitlist!

The Iroquois Nation

The class will look at the Iroquois nation starting with the prehistoric period between 9,000 and 10,000 B.C. where the most popular theory speculates that the first Native Americans made their way to the North American continent from Asia via a land bridge. From archaeology findings, slides will illustrate how these early people depended entirely upon the land to survive. Their homes, material culture and everyday life will be examined before the strong influence of the Europeans took hold. To unite and protect themselves, the five original groups living between Canajoharie and Rochester, formed a confederacy that went relatively undisturbed until the arrival of Dutch and English fur traders in the Mohawk and Hudson Valleys. We'll explore how contact between the Iroquois and Europeans ultimately destroyed the Native American's culture and nation.

50057 \$14

1 Session, WIL 113

Fri., 9/20, 10 a.m. - Noon

Marilyn Sassi, Instructor

Class is full. Call us to be added to the waitlist!

Genealogy and Ancestry for Beginners - Using Family Search

Genealogy, or the study of family history, has been described as the "fastest-growing hobby in America." With the popularity of television shows like "Who Do You Think You Are?", the ease of sharing information via the Internet and the reconnection of distant relatives using social media, it's no wonder more Americans are interested in discovering their roots. Professional genealogist Lisa Dougherty will help you get started in the pursuit of your own family history by offering guidelines for gathering information, conducting effective family interviews, and organizing your research.

The genealogy Web site of the Church of Jesus Christ of Latter Day Saints, Family Search (www.familysearch.org), is a leading Internet destination for family historians. This FREE resource provides much more than simple record searching. Find out how you can access educational tools, browse their collection, organize and share your family tree, and find unique documents, all without leaving your home! Lisa will present an overview of this not-to-be-missed genealogy experience.

50072 \$10

1 Session, WIL 113

Tues., 9/17, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor

Search for Your Irish Ancestors

Anyone who has an Irish ancestor in their family tree is usually eager to find out just where in Ireland they came from. This can be a very difficult task for researchers, given the limited information typically available in historic documents about Irish ancestors, especially those of the famine era (1840s-1860s). In this presentation, genealogist-in-residence at the Irish American Heritage Museum, Lisa Dougherty, will focus on sources to help identify a place of origin for your Irish ancestor, and hopefully help further your research in Ireland.

If you have finally found where your Irish ancestors come from, where do you go from there? Did you know that some church parish records can be accessed from a home computer? That it is possible to pinpoint the exact location of your family's home in the mid-1800s? Or that there is a Web site specifically dedicated to connecting scattered Irish families from all over the world? This presentation will give you an idea of the basics to help you find your family in the Emerald Isle!

50073

\$10

1 Session, WIL 113

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

Lisa Dougherty, Instructor

Presenting "Clara Barton"

"Clara Barton" begins her adventurous tales with her childhood in Massachusetts, her early drive and success as an educator, and her experiences as one of the first women to hold a salaried US government position in the Patent Office in Washington, DC. When the Civil War began, Clara responded vigorously as news of the disorganization and lack of preparedness for attending soldiers' needs became shockingly apparent. Her presentation includes excerpts from her field diaries, period photographs and visuals, and actual and reproduction medical artifacts used in the care of the wounded. The program includes her efforts after the Civil War to locate men missing in action, as well as her subsequent trip to Europe, where she became acquainted with the international Red Cross - a group to which she worked tirelessly for years to establish in the United States. Phyllis Chapman will present Clara and bring her story and persona to life in this not-to-be-missed class.

50085

\$15

1 Session, WIL 113

Wed., 9/25, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor



Women of the Revolution: Backstage Heroines

The American Revolution was a war – a civil war in many ways – in which the other half of the American populace participated in many forms; willingly and unwillingly. Conventional history has been remiss in not adequately noting the support and exploits of women as battles raged in their towns, and foreign invaders threatened their homes and way of life. The ride of Paul Revere is well known – and embellished – but what about that of young Sybil Ludington? Who was the woman whose writings gave voice to the revolutionary spirit, and whose concerns about the new Constitution later took form as the Bill of Rights? Known and unknown, patriot and Tory, women were key players in the Revolution. A few even fought alongside the men - or even as men! Phyllis Chapman, in Revolutionary costume, brings these characters to life through demonstrations, visuals and contemporary readings.

50086

\$15

1 Session, WIL 113

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

Phyllis Chapman, Instructor

The Erie Canal In Postcards

Some called the Erie Canal "Clinton's Ditch" and others realized it was the Eighth Wonder of the World. Take a ride on New York State's engineering marvel as we travel via beautiful postcards from Rome, New York to the Capital District. A short history of the waterway will give way to a presentation that highlights the canal through its people, boats and tow-path... all seen through early 20th Century postcards. Join author and historian Gino DiCarlo as we make that trip that made New York the industrial cultural giant that she is.

50246

\$10

1 Session, WIL 113

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

Gino DiCarlo, Instructor

Center for Creative Retirement



Maps, Maps, Maps: A Rare Collection of Historic Colonial Map Images

It was a love of history that inspired Randy Patten to start collecting rare, colonial-era maps. Now, three decades later, he's sharing his treasures. One of Randy's exhibits had more than 70 pieces hanging in the two historic buildings, including maps from the 1750s and 1760s depicting the early American colonies and drawings from the Revolutionary War, French and Indian War and Fort Ticonderoga.

Many of the maps from his collection came from the Library of Congress, the British Library and the New York State Museum. He obtained high-resolution copies of the maps and made sure they were reproduced with the original coloring and details. If you love history don't miss this presentation.

50092 \$10

1 Session, WIL 113

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

Randy Patten, Instructor

History of Baseball in the Capital Region

Let's spend a morning talking about baseball in the Capital District! Author and retired teacher, Frank Keetz, will share many great stories of baseball in Albany and Schenectady. Keetz began collecting baseball memorabilia as a child, and as an adult his passion for baseball drove him to become a local authority on Schenectady baseball. In his spare time, he spent hours at the public library searching newspapers on microfilm to answer baseball questions for friends and acquaintances. He compiled his extensive research into several books and monographs. Join us if you, too, love the game!

50093 \$13

1 Session, WIL 113

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

Frank Keetz, Instructor

LEARN SOMETHING NEW!

Examining the Biblical Story and other Flood Myths - Is Noah's Tale All Wet?

Dr. Frank H. Wind, a geologist and professional storyteller, will examine the history and origin of the belief that the Earth was inundated by a flood of Biblical proportions a few thousand years ago. The Old Testament narrative will be compared and contrasted with the hundreds of flood myths told and retold around the world. Frank will discuss geological and biological evidence used by members within the two camps of flood-believers and non-believers. In this fact-filled, entertaining discussion, we will also discuss the thoughts of some of the greatest philosophical minds, many of whom were trying to reconcile their religious upbringing with what they saw in the natural world around them.

50045 \$10

1 Session, WIL 113

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

Frank Wind, Instructor

Digital Photography

This two-session offering will help you effectively use that 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 and comfortable format. Remember to have the camera's battery fully charged and have an empty memory card.

50075 \$10

2 Sessions, WIL 113

Thurs., 11/7 & 11/14, 9 a.m. - Noon

Kevin Sarsfield, Instructor

Class is full. Call us to be added to the waitlist!

Over the Rainbow with Harold Arlen

Harold Arlen wrote the scores for 26 full-length Hollywood films, five Broadway musicals, numerous Broadway revues and over 550 songs including "Over the Rainbow," which was cut twice from the film "The Wizard of Oz" before being restored at the last minute. See video clips of Arlen's songs by Judy Garland, Barbra Streisand, Lena Horne, Duke Ellington, Leslie Uggams, Cab Calloway, Bing Crosby, Tony Bennett, Fred Astaire, Dinah Shore and others. "Forget your troubles; c'mon get happy" and share in the joy of Arlen's musical legacy.

50047 \$10

1 Session, WIL 113

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

Richard Feldman, Instructor

Be a Digital Photography S.N.O.B.

Explore why, when, and where to SAVE, NAME, ORGANIZE and BACKUP your precious digital photos. How do you save, name, organize, and backup your photos? We will look at various programs and strategies on how the instructor handles his photos, along with input and suggestions from the class.

50043 \$10

1 Session, WIL 113

Tues., 10/22, 1 - 3 p.m.

Bud Hovey, Instructor



Greek and Roman Mythology II

Did you join us for the Greek and Roman Mythology course offered in the spring? If so, you will delight in this follow-up session. We will continue learning about the epic adventures of two heroes of the Trojan War, Odysseus of Greece and Aeneas of Troy, the tragic doomed house of Thebes with Oedipus and Antigone, plus lesser-known myths.

50081 \$23

1 Session, WIL 113

Tues., 10/8, 1:30 - 4 p.m.

Dan O'Callaghan, Instructor

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 co-pays of Medicare. Learn what a Medigap plan is and how it works and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

50175 \$10

1 Session, WIL 113

Wed. 9/18, 10 a.m. - Noon

50176 \$10

1 Session, WIL 113

Wed. 11/6, 10 a.m. - Noon

Janet Kiffney, Instructor

Experience the Incredible Cheeses

Honest Weight Food Co-op is renowned for its selection of cheeses and unique specialty foods. But the best part is the people who work there – their knowledge, their interesting combinations, their presentation and their wonderful preparation tips! This is an invite you can't pass up! Come sample the offerings at this perennial favorite. Course fee includes a \$9 materials fee.

50084 \$19

1 Session, WIL 113

Mon., 10/28, Noon - 2 p.m.

Tom MacGregor & Drue Spallholz, Instructors

Class is full. Call us to be added to the waitlist!

First Ladies of the United States

Come join us and become part of history. In this course you will choose a First Lady, research her and give a class presentation about her. Don't worry! If you need one of us to read it for you we will even do that. It could be three minutes or 20 minutes long. If you want to have a little more fun... you could serve one her favorite snacks or wear something that reminds you of her or share pictures of her family. The sky is the limit! What a great way to learn about some of the most fascinating women in history and have fun at the same time.

50074 \$10

3 sessions, WIL 113

Tues., 10/1 - 10/15, 9:30 - 11:30 a.m.

Jean Chenette & Cynthia Serbent, Coordinators



NOTE: Course descriptions are subject to change without notice.

Center for Creative Retirement

Beginning Bridge

You will play bridge at your very first class. You do not need a partner to join. Just bring a good attitude and a desire to learn bridge. The game of bridge is mentally challenging, provides ongoing learning, social interaction and it's fun! It is an inexpensive hobby that also offers travel opportunities. It is a game that evolves, so one could never get tired of it. Come join the fun, and see what the game of bridge is all about.

50048 \$15

5 Sessions, WIL 113

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

Marilyn Hart, Instructor

CLASS CANCELLED

Intermediate Bridge

This class is open to all players who have a basic understanding of the game and wish to continue to build their bridge skills. It will begin with opening and responding to a suit contract. It will also provide instruction when opening in 1 notrump and the conventions associated with that contract (Stayman and Transfers). Weak bids will end the class. All players will receive pre-dealt hands that will reinforce the concepts taught. You will be able to learn and play while enjoying the game in a relaxed atmosphere.

50049 \$15

5 Sessions, WIL 113

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

Marilyn Hart, Instructor

TRIPS AND TOURS

Please note: several of these trips and tours include a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course.

Discover Troy - Washington Park and its Victorian Homes

Have you ever walked through the Washington Park area and marveled at the many beautiful renovated homes and their exclusive park? Well, now you can enter some of these unique homes built in the 1840s by some of Troy's prominent citizens. We will visit four or five homes and you will see restoration as well as new construction behind old walls. Begun as a residential square by old Troy families, rising Irish families and later other immigrants, Washington Park reflects the social and economic history of the city. Your tour will also include their private ornamental park enjoyed as a quiet, scenic front yard of the neighborhood. We will end our afternoon with a small reception in one of the mansions. So put on your walking shoes, and join us for a stroll into an era of long ago. Please note: There is a great deal of walking during this tour on a variety of surfaces, some uneven and including multiple flights of stairs. Course fee includes a \$10 materials fee.

50046 \$20

1 Session, 195 Second St. in Troy, NY

Tues., 9/24, 10 a.m. - 1 p.m.

Lea Darling, Coordinator

Class is full. Call us to be added to the waitlist!



Civil War Tour of the State Capitol

How can a building built after the Civil War be a Civil War site? Find out during "1863, Loyal till Death, A Civil War Tour of the New York State Capitol and the NYS Battle Flag Collection." The program will highlight some surprising Capitol connections to the Civil War and explore the latest exhibit of Civil War battle flags in the State Capitol.

We will look for the Civil War heroes and heroines carved in stone on the "Million Dollar Staircase" and hear the wartime stories of some of the people who worked in the Capitol. We will hear about the melancholy day in 1885 when General Grant lay in state in the Capitol lobby, and investigate the long-vanished former Capitol building where Lincoln visited. Join us to learn how the Civil War still echoes in the halls of the Capitol 150 years later!

50050 \$10

1 Session, State St. Lobby of NYS Capitol
in Albany, NY

Thurs., 10/3, 2 - 3:30 p.m.

Stuart Lehman, Instructor

Fall in Fields and Forests

Fall is a busy time for plants and animals – a time when each species must prepare for survival through the winter months ahead. Some animals store food, some seek shelter, others eat in preparation for hibernation and some will migrate. Butterflies and other insects also have methods to cope with cold weather. Plants use different techniques – some concentrate on individual survival and store the food needed for spring growth, others concentrate on survival of the species and have developed various unique methods of seed dispersal. During our orientation program, we'll feature photos and hands-on materials, and will examine some of the events that are occurring in the natural world during this time of preparation. 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., 9/13, 10 a.m. - Noon, WIL 113 at HVCC
for Orientation

Fri., 9/20 - 10/11, 10 a.m. - Noon

Selected Nature Preserves

Betty and John Nickles, Instructors

Ghosts in the Yaddo Gardens

Join us for a one-hour docent-led walking tour through the Yaddo Gardens in Saratoga Springs. Yaddo is a working artists' community where creative artists pursue individual and collaborative projects in a supportive environment. Spencer Trask designed the Yaddo Gardens in 1899 as a gift to his wife, Katrina. Some who tour the gardens say they feel an aura, a presence, or a spirit that inhabits the space. See what keeps the mystique surrounding the 400-acre estate at Yaddo alive. Course fee includes a \$10 materials fee.

50087 \$20

1 Session, Yaddo in Saratoga Springs, NY

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

Jean Chenette, Coordinator

Class is full. Call us to be added to the waitlist!

Trolleys Of The Capital District - Part Two

New York's Capital District had the distinct advantage of water power, manufacturing and an electric infrastructure created by Steinmetz and Edison. All these factors created a top-notch trolley system that connected the Adirondacks with the Hudson Valley and beyond. Join us as we look further into Albany, Schenectady and Troy's state-of-the-art transportation system between 1900 and 1945. Gino DiCarlo, local historian and author of "Trolleys Of The Capital District" provides photos and plenty of history from the Capital District's vast trolley system.

50245 \$10

1 Session, WIL 113

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

Gino DiCarlo, Instructor



Tour and Lunch at The Skene Manor

Enjoy a visit to The Skene Manor, Whitehall's Castle on the Mountain, which 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. Then, a lunch of homemade soup, sandwiches, beverages and dessert will be served in the tea room. You will be contacted prior to the trip for your sandwich order. 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., 10/17, 11:15 a.m. - 1:30 p.m.

Coordinator TBD

Class is full. Call us to be added to the waitlist!

New York City Bus Trip

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

50094 \$40

1 Session, Leaving from parking lot behind

Crossgates Commons

Wed., 10/9, 7 a.m. departure

Joyce Feiring, Coordinator

Class is full. Call us to be added to the waitlist!

Center for Creative Retirement



Dutch Apple Cruise on the Hudson

All aboard the Dutch Apple for a 2 ½ hour lock cruise and fried chicken lunch with all the trimmings! Take in all the sights of the scenic and historic Hudson River. The Dutch Apple sails rain or shine but offers the best of both worlds with sunshine and breezes on the exterior decks or the protection of fully enclosed and climate-controlled decks. The Dutch Apple features ample free parking, U.S. Coast Guard inspected vessels, comfortable seating, clean restrooms and a full cash bar. They recommend wearing comfortable low heeled or soft soled shoes for your safety and bringing your binoculars to best see the birds and wildlife that live along the river's edge. Join us for a fun and relaxing afternoon cruising the Hudson! Course fee includes a \$40 materials fee.

50040 \$50

1 Session, Dutch Apple Cruises in Albany, NY

Wed., 10/16, 12:30 p.m. boarding;

1 - 3:30 cruise and lunch

Joyce Feiring, Coordinator

Class is full. Call us to be added to the waitlist!

Knickerbocker Family Mansion - Ghosts, Tour and Lunch

The Knickerbocker Mansion, which dates from about 1770, is currently under the care of the Knickerbocker Historical Society. This not-for-profit organization is restoring the Knickerbocker Family mansion which was rescued from certain demolition. The society will be our hosts for the day as they tell us about the history of the property and arrange for a couple of historic ghost speakers. Our visit concludes with a chance to tour the mansion and sit down to a colonial lunch cooked with authentic recipes. Not to be missed! Course fee includes a \$25 materials fee.

50071 \$35

1 Session, Knickerbocker Family Mansion

Sat., 9/14, 10:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator

Visit the Edison Tech Center

Come visit the Edison Tech Center where engineering comes alive! Learn how the Edison Tech Center is designing the future, and hear about the Electric Hauler, an electric vehicle designed and raced in the Power Racing Series National competition. While at the center, we can examine the inner workings of commonplace objects to learn how vital engineering is in everyday life. Bring your inventiveness and creativity, and your questions, too. Course fee includes a \$5 materials fee.

50077 \$15

1 Session, Edison Tech Center in Schenectady, NY

Mon., 9/30, 10 a.m. - Noon

50078 \$15

1 Session, Edison Tech Center in Schenectady, NY

Mon., 9/30, 1 - 3 p.m.

Lea Darling, Coordinator

Round Lake Stroll

Join Bill Ryan, the Round Lake village historian and former mayor, as he describes the founding of Round Lake and then takes you on a walk through this magical little Victorian village. In 1868, the Round Lake Camp Meeting Association of the Troy Conference of the Methodist Episcopal Church was founded. The first camp meetings drew 2,000 to 8,000 people for each of the 10 days and by 1869, huge crowds of up to 20,000 would attend Sunday services. Learn where the village's famous organ came from, why the streets are arranged in a hub and spoke pattern and more. See fine examples of Victorian architecture including an octagonal house. You will be walking on a variety of surfaces for up to a mile so please wear appropriate footwear and be prepared to stand for up to 1 ½ hours.

50079 \$10

1 Session, Round Lake Town Hall in Round Lake, NY

Mon., 9/16, 10 a.m. - Noon

50080 \$10

1 Session, Round Lake Town Hall in Round Lake, NY

Mon., 9/16, 2 - 4 p.m.

Lea Darling, Coordinator

Both classes are full. Call us to be added to the waitlist!

DO YOU HAVE A GREAT IDEA FOR A COURSE?

Contact our office at 629-7339 or
www.hvcc.edu/communityed/apply.html

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

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

50051 \$10

1 Session, State St. Lobby of NYS Capitol in Albany, NY

Mon., 10/21, 3:30 - 5 p.m.

Jean Chenette, Coordinator

50052 \$10

1 Session, State St. Lobby of NYS Capitol in Albany, NY

Tues., 10/22, 3:30 - 5 p.m.

Jean Chenette, Coordinator

Trolley Tour of Albany with Assemblyman Jack McEneny

See Albany as you may never have before, and join John J. McEneny, a former legislator (104th New York State Assembly District) and author. Jack narrated and wrote WMHT's tricentennial documentary on Albany and authored "Albany: Capital City on the Hudson." Albany is the fourth oldest city in the United States and the second oldest state capital in the United States. We invite you to sit back and relax as you travel through Albany and trace over 300 years of its colorful history - from Dutch farming and fur trading post to the culturally diverse and dynamic capital of one of the nation's most powerful states.

Learn things about Albany you may not have known, as the trolley weaves it way through stories and streets of yesterday and today. If you have a copy of "Albany: Capital City on the Hudson," feel free to bring it along for Assemblyman McEneny to sign. Course fee includes \$30 materials fee.

50089 \$40

1 Session, Pick-up at Hy Rosenblum

Administration Center parking lot, HVCC

Thurs., 9/26, 10 a.m. - Noon

Jean Chenette, Coordinator

Class is full. Call us to be added to the waitlist!



NEW INSTRUCTORS!

Hiking in the Fall

This introductory guided hiking class is ideal for those who are new to hiking. Always wanted to enjoy the out of doors 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 is crisp 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 at the orientation. Local hike locations will be announced at the orientation and each hike will be about two hours in length.

50082 \$10

4 Sessions

Wed., 10/2, 1 - 3 p.m., WIL 113 at HVCC for Orientation

Wed., 10/9 - 10/23, 10 a.m. - Noon, Hiking Locations
Bill Brodnitzki and Marcia Hoppie, Instructors

Learn to Play Mah Jongg

Have you heard the click-clack of tiles and seen the unusual characters of the Mah Jongg tiles? Learn to play the game of the four winds. You can learn any or all versions of this fascinating game, including Hong Kong, Chinese Official Tournament, Japanese, Wright-Patterson Air Force Base, American, or the National (US) Mah Jongg League rules. After we spend the first class learning the tiles, the form and the method of play for all versions using the Hong Kong scoring rules, the next classes will be on more of the specific types of scoring rules, as determined by the class interest. Decipher the fun and pleasure of Bams, Dot and Cracks by learning Mah Jongg! All supplies will be provided by the instructor.

50206 \$39

4 Sessions, WIL 113

Fri., 9/27 - 10/18, 1 - 3 p.m.

Sandra Johnson, Instructor

Center for Creative Retirement

Beardslee Castle Murder Mystery

Join us for a very entertaining bus trip to Beardslee Castle in Little Falls, NY. This replica of an Irish Castle was built in 1860 and now boasts fine cuisine and is host to a variety of special events. Our group's motor coach will depart from the Hy Roseblum Center parking lot (located on the corner of Morrison and Vandenburg Aves. at the top of the hill) at 5 p.m. for arrival at the castle for 6:30 p.m. There, we will be treated to a fabulous full dinner with coffee and tea served during a rousing murder mystery play by the ACME Mystery Co. performance group. Other beverages are available for purchase. After dessert and the big reveal, we'll depart and should arrive back in Troy by 11:30 p.m. Don't miss this fabulous evening of great food and great entertainment in a beautiful castle! Course fee includes \$110 materials fee. You must register for this trip by 9/6/13 and any cancellations after this date will not be refunded the materials fee.

50239 \$120

1 Session, Beardslee Castle in Little Falls, NY

Fri., 10/4, 5 p.m. departure

Jean Chenette, Coordinator

Pick-up at Hy Rosenblum Administration Center parking lot, HVCC

Class is full. Call us to be added to the waitlist!

Lessons at the Graves:

Oakwood Cemetery

Led by the highly entertaining Michael Barrett, we will do a combination walking/driving tour to learn about the families that choose Oakwood as their gorgeous resting place. The cemetery is a blaze of color this time of year! Visit the graves of the movers and shakers of Troy and surrounding areas. Michael will help you discover the history and beauty of this 1840's rural cemetery, as you walk among the monuments for Civil War generals, lawmakers, educators and the founding fathers of Troy. We will see the final resting place of Uncle Sam and tour the Gardner Earl Chapel and Crematorium. Join us for a morning at Oakwood, a place for all seasons - a place to reflect and a place to learn. Course fee includes \$15 materials fee.

50235 \$25

1 Session, Oakwood Cemetery in Troy, NY

Mon., 10/28, 10 a.m. - Noon

Michael Barrett, Instructor

Jean Chenette, Coordinator

GET CREATIVE!

Transform Your Stories into a Hardcover Book

Working through local libraries and senior residences, Dee and Frank Wind have interviewed seniors throughout the Capital District, capturing their life stories in their own words and transforming these vital narratives into illustrated Shutterfly® books. These books are absolutely incredible and must be seen to be appreciated. Come and find out how to transform memories into books that will be treasured by generations. We will briefly discuss the various online photo-book publishing programs available and then create a book in class to demonstrate the Shutterfly® procedure. If you have written a short story, copy it to a thumb-drive in MS Word format, along with any image files and photos (in .jpg format) you'd like to include in your masterpiece. We'll pick one student's book to work on in class and then the fun will begin.

50044 \$10

1 Session, WIL 113

Mon., 11/4, 12:30 - 2:30 p.m.

Dee & Frank Wind, Instructors



In Blooming Color: The Design, Color, Texture and Style of Fall

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 true passion for what she does. She always brings new ideas and demonstrates what is "hot" in the flower world. Come join us to admire and learn. Also, you may be one of the lucky students who brings one of her creations home! Course fee includes a \$10 materials fee.

50088 \$20

1 Session, WIL 113

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

Michele Peters, Instructor

Peace, Power & Paint: Learning The Art of Radical Forgiveness Through Verbal and Artistic Expression

This is a two-part workshop at the historic St. Agnes Cemetery. Choose one or choose to spend the day!

Morning Session, Lecture and Lunch:

10 a.m. - 1 p.m. with Margie Wood, MS

Margie Wood, founder of Unlimited Options, says "Choosing the power of peace is the first commitment to releasing the past!" Learning how to forgive can be a very difficult thing to do. Margie will teach you how to improve your quality of life by engaging in the fullness of forgiveness. Topics include: 10 reasons to forgive, knowing who and what to forgive, how to stop resentment, how brooding and blaming hurt your health, and four steps to "radical forgiveness." After the talk, enjoy a picnic lunch from noon - 1 p.m. in a lovely Victorian cemetery.

Afternoon Session, Lunch and Art Workshop or Tour: Noon - 4:30 p.m. with Noreen Powell, artist

Enjoy a picnic lunch from noon - 1 p.m. in a lovely Victorian cemetery. Then, borrowing from lessons discussed in the morning session, participants will learn how to express forgiveness and joy through the process of creating art in an outdoor setting. No artistic skill is needed - just an open mind and a love for the open sky. It's no problem if you don't attend the morning session, the rest will come naturally and peacefully under the guidance of accomplished painter and instructor, Noreen Powell. Alternatively, you could choose to join the cemetery's historian on an art appreciation tour of the oldest sections of beautiful St. Agnes Cemetery. Tour takes approximately 90 minutes.

Morning Session Only

Includes \$30 materials fee.

50227 \$40

Sat., 9/7, 10 a.m. - 1 p.m.

Afternoon Session Only

Includes \$30 materials fee.

50228 \$40

Sat., 9/7, Noon - 4:30 p.m.

Full Day

Includes \$60 materials fee.

50042 \$70

Sat., 9/7, 10 a.m. - 4:30 p.m.

1 Session, St. Agnes Cemetery in Menands, NY

Margie Wood and Noreen Powell, Instructors

Kelli Grimaldi, Coordinator



Italian Cooking Class

Adele Bucci came to the United States 15 years ago. She offers Italian cooking classes via her business, La Cucina di Adele, in both Italy and the US for beginners and people who want to improve or perfect their level of cooking. In this small, relaxed class, you will make your own pasta and help prepare an Italian feast while having a great time. Be prepared to take a journey of the senses. It's the sights, smells and textures that lead to the ultimate destination: luscious tastes. Come join Adele as she shares the experience of creating wonderful authentic Italian food. Our lunch menu will include: homemade orecchiette with broccoli pesto, Pollo al mattone (chicken under a brick) with melanzane in agrodolce (sweet and sour eggplants) and roasted potatoes and Ricotta cheesecake for dessert. Course fee includes \$50 materials fee.

50090 \$60

1 Session, La Cucina di Adele in Albany, NY

Mon., 9/23, 10 a.m. - 1 p.m.

Adele Bucci, Instructor

Class is full. Call us to be added to the waitlist!

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

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

50091 \$10

1 Session, WIL 113

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

George Wilson, Instructor

Certificate Programs

Paralegal Certificate Course

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

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

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

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

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

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



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

50103 \$1189
Online course, 8/26 - 10/11 & 10/21 - 12/6

50104 \$1189
Online course, 10/21 - 12/6 & 1/13 - 2/28/14
Center for Legal Studies, Instructors

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

ed2go ONLINE CAREER TRAINING PROGRAMS

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

Administrative Medical Specialist with Medical Billing and Coding

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

50099

\$1995

Online course, 300 hours

Medical Transcription + Medical Terminology

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

50101

\$1995

Online course, 300 hours

Veterinary Assistant

Prepare for a new career working with animals with the help of the Veterinary Assistant online training program. You'll learn about animal care and how to recognize signs of illness and disease. This online program also covers interpersonal communication, interaction with clients and their animals, and how to assist the veterinarian during examinations. Administrative duties such as fee collection, banking and accounts payable are also emphasized, and the program contains basic information about pet insurance.

50100

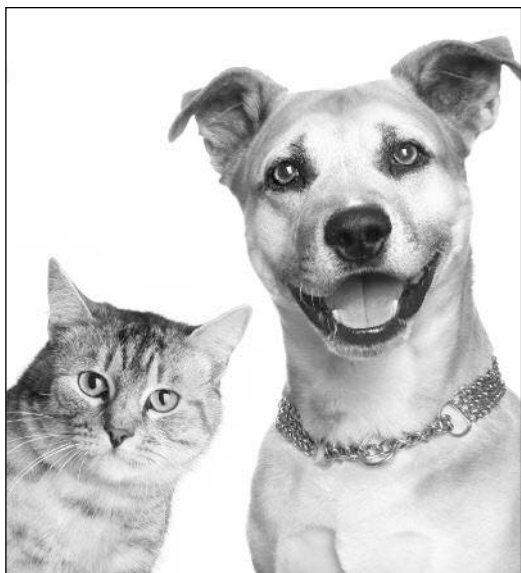
\$1995

Online course, 170 hours



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

Certificate Programs



Pet Education Certificate

The Pet Education Certificate course is designed for students who wish to pursue or advance their career in the field, including but not limited to pet-sitting, kennel work and other animal-related fields, with special emphasis on starting a pet business.

There are many unforeseen obstacles that arise in the field of animal care. This course will focus on many of the most commonly encountered issues – some that may have catastrophic consequences for pets if their caretakers are not trained. It will help aspiring entrepreneurs avoid pitfalls in the beginning stages of business planning. The course content includes: business planning and marketing; pet health and CPR; behavior management; and safety. Grooming and care will be covered through course lecture, guest speakers and hands-on internship experiences. Those who successfully complete this unique program will have specialized education and experience giving them an advantage in the field.

In order to successfully complete this program, students may not have more than three unexcused absences from class and complete at least 54 hours of internships at approved animal care facilities within six months of the final class meeting.

The course instructor, Mary Lynn Gagnon, is the owner of Pet Estates Inc. and Merry Lynn Kennels and has been a successful pet business owner and leader in the pet business field locally and regionally for more than 20 years.

50102 \$795

12 Sessions, WIL 112

Sat., 9/21 - 12/14, 9 a.m. - 12:30 p.m.

No class 11/30

Mary Lynn Gagnon of Pet Estates Inc., Instructor

CLASS CANCELLED

PTIA Personal Trainer Certification

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

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

Day 1: Classroom training & Hands-on in the gym

Day 2: Hands-on in the gym

Some of what you'll learn includes:

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

PTIA-certified personal trainers are better prepared for the real world by being exposed to hands-on training by experienced trainers and instructors... not just a textbook and an online exam. You'll learn everything you need to know before you hit the gym floor.

Please note: Students must complete a 10-hour internship at a local gym/health club and pass an online exam before final certification. In addition, CPR/AED certification needs to be obtained before final PTIA certification. If you already hold CPR/AED certification, bring your card to class. Course fee includes a \$65 materials fee for the required textbook.

50184

\$510

2 Sessions, MCD 202

Sat. & Sun., 11/2 & 11/3, 9 a.m. - 5 p.m.

Nadia Ellis of Personal Training Institute of America

(www.PersonalTrainingInstituteOfAmerica.com),

Instructor

Communication

Mandarin Chinese I

This course is an introduction to the Mandarin Chinese language and Chinese culture. It is designed for people planning business or pleasure trips or individuals interested in Chinese language and culture. You will learn basic conversational skills and Chinese culture through learning Pinyin (Mandarin pronunciation), in addition to folk songs and Chinese calligraphy. No previous experience with Mandarin Chinese is required. The course fee includes a \$7 materials fee.

50229 \$72

9 Sessions, WIL 101

Tues., 10/15 - 12/10, 6:30 - 8 p.m.

Jung Tzu Lin, Instructor

Writing Fiction For Kids

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

50177 \$55

3 Sessions, DCC 137

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

Pauline Bartel, Instructor



No Excuses! Writing and Selling Your Book

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

50178 \$55

3 Sessions, DCC B06

Wed., 10/9 - 10/23, 7 - 9 p.m.

Pauline Bartel, Instructor

Break into Print with Nonfiction Articles

Have you dreamed of writing for *The Atlantic Monthly*, *Woman's Day* or other national periodicals? Have you wondered how writers get their work accepted by these prestigious publications? Wonder no longer. Learn the step-by-step process of researching, writing and selling nonfiction in today's red-hot magazine market. Discover how you can explode one idea into dozens of articles (and collect multiple paychecks), guarantee that editors call you when they need a feature and experience the thrill of seeing your magazine article in print. Course fee includes \$15 materials fee.

50179 \$65

4 Sessions, DCC 137

Wed., 11/13 - 12/11, 7 - 9 p.m.

No class 11/27

Pauline Bartel, Instructor

Getting Paid to Talk: Voice-Overs as a Profession

Have you ever been told you have a great voice? This exciting class will explore numerous aspects of voice-over work for television, film, radio, books on tape, documentaries and the internet. We will cover all the basics, including how to prepare the all-important demo and how to be successful and earn great income in this exciting field. You will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. You will even have a chance to record a commercial script under the direction of our producer! This class is informative, lots of fun, and a great first step for anyone interested in voice-acting professionally.

50180 \$15

1 Session, DCC 136

Mon., 11/4, 6:30 - 9 p.m.

John Gallogly of Creative Voice Development, Instructor

Movie Making and Film Production

Get your movie idea onto the screen. Take advantage of the free tools to manage your film project, as well as market and publicize it, regardless of whether your film is for TV, theater or online. Learn about the technology used in video, sound and lighting. You can even increase the chances of your project's success with tips on fundraising, budgeting, casting and studio selection.

50231 \$20

1 Session, DCC 136

Mon., 11/18, 6 - 9 p.m.

David Ewen, M.Ed, Instructor

■ Communication

Music Recording, Publishing, Marketing and Publicity

Discover the free tools to make your music heard on CD and online on Amazon, iTunes, Google, Facebook, MySpace, Spotify, eMusic, iHeartRadio and many more. This class will help you create your album cover, record sound with quality and reach your audience with marketing and publicity.

50230 \$20

1 Session, DCC B06

Wed., 11/13, 6 - 9 p.m.

David Ewen, M.Ed., Instructor

Introduction to Short Fiction: Finding Your Narrative Voice

This is a comprehensive workshop with light required reading. We will look at the work of several prolific authors. Class discussion and exercises will focus on elements of narrative including structure, voice, conflict and character in order to help participants achieve the type of story they would like to write and encourage them to read far and wide.

Additionally, participants will share their work (both old and new) in a comfortable workshop format.

Students can expect to either purchase or borrow several texts for use in the class. (All texts are readily available used or from local libraries.)

50181 \$90

8 Sessions, DCC 138

Tues., 10/1 - 11/19, 6:30 - 9 p.m.

Richard Hartshorn, Instructor

CLASS CANCELLED

The Basics of Screenwriting I

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

50191 \$60

6 Sessions, BTC 217

Wed., 10/2 - 11/6, 6:30 - 8:30 p.m.

Barbara Guyette, Instructor



Get Paid to Be Seen: Acting Opportunities in the Filming Industry

Are you a born star? Do you have what it takes to be on the silver screen, television or Broadway? In this course, you will learn how to get started and what obstacles to expect as you explore acting. Find out where to look for opportunities, start having fun and being seen on the big screen sooner than you would have ever thought! This course will also introduce you to the various professional networks where you can meet production members and stars. Join us to learn how to break into the business and start earning income! For the second session, you will need your HVCC computer login information. Please see the information on p. 28 about computer accounts. Course fee includes \$3 computer fee.

50183 \$33

2 Sessions, BTC 309

Mon., 10/21 & 10/28, 6 - 9 p.m.

Tylan Nino (SAG/AFTRA Actor), Instructor

NOTE: Course descriptions are subject to change without notice.

Acting Skills for Real Life

This intensive, two-day workshop will introduce you to basic acting skills and how they can help you in everyday situations, as well as performance and public speaking. Course content will include: introduction to acting theory; warmups; character analysis; improvisations; staging techniques and more! Join us for this condensed class that will give you a real foundation in acting, and learn more about how your skills can be used in a variety of scenarios!

50182 \$90

2 Sessions, CTR 150

Sun., 9/29 & 10/6, 9:30 a.m. - 4:15 p.m.

with a 45 min. break for lunch

Nadia Creamer, Instructor

CLASS CANCELLED

English as a Second Language - Beginners

This course is specifically designed for beginning level English language students. No prior knowledge of English is required. This course covers the skills of listening, speaking, reading and writing. Emphasis will be placed on reading strategies, simple vocabulary development, understanding American idioms, basic English syntax and simple conversation.

Forms of academic and business writing are also discussed. The required textbook, "What a World 1, 2nd Edition" by Milada Broukal, is available for purchase at the college bookstore (518) 629-7157.

50238 \$150

10 Sessions, AMZ 202

Thurs., 9/19 - 11/21, 4 - 6 p.m.

Noah Kucij, Instructor

Computers

Introduction to AutoCAD 2013

This course offers an introduction to the latest version of AutoCAD, the industry standard for interior design and architecture. Hands-on experience with practical examples will show exactly what you need to know to get up-and-running with AutoCAD drawings. Lessons will progress from basic drawing commands and strategies to organizing and managing a design project. No CAD experience is required! The textbook required for this course will be available for purchase at the college's bookstore. This is a hands-on class and you will need your HVCC username and password.

Prerequisite: The ability to draft plans and familiarity with the Windows operating system. Course fee includes a \$17 computer fee. This class applies as an elective for anyone trying to complete their Interior Decorating Certificate.

50122 \$240

10 Sessions, LNG 111

Tues., 10/1 - 12/3, 6 - 9 p.m.

David LaComb, Instructor

Personal Computer Maintenance

Have you ever had problems with your home PC and wished you could fix it yourself? Well, you can after you finish this class. Has your PC been slow and you don't know what to do? Why pay hundreds of dollars to have your computer fixed when you can do it yourself? We will introduce you to software and hardware maintenance to keep your PC running its best.

Topics covered in this class are backing up data, troubleshooting applications, printers and Internet connections. We will also show you how to install and run anti-virus and anti-spyware software and go over common PC problems. Have you ever seen the inside of a PC? We'll show you how to easily swap out a bad power supply, upgrade your memory and your hard drive. Come join us and bring out the computer geek in you. This is a hands-on class and you will need your HVCC username and password.

Prerequisite: This is not a beginning computer class. Students must possess basic computing skills and be familiar with computer functionality and operation and/or have completed a basic computer class.

50123 \$109

1 Session, TECSMT 201 at TEC-SMART in Malta, NY
Sat., 10/5, 9 a.m. - 5 p.m. with a half hour break for lunch

CLASS CANCELLED

50124 \$109

4 Sessions, DCC 134

Tues. & Thurs., 10/29 - 11/7, 6 - 8 p.m.

Carlene Sheehan and Umran Yaqoob, Instructors



Computers

Microsoft Office 2010 Basics for the Administrative Professional

For the recent graduate or someone who wants to get back into the workforce and needs a refresher on the word processing and productivity suite, Microsoft Office, this class will help you get the skills you need to land that job. The course covers MS Office 2010. You will learn how to create a word processing document and merge it with a mailing list to send out letters, create a spreadsheet to keep track of finances and create a database in Access to keep the names and addresses for your mailing list. While this class does not cover Outlook, you will receive tips on how to keep your e-mails professional looking and effective. This is a hands-on class and you will need your HVCC username and password.

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

50125 \$85

5 Sessions, BTC 204

Thurs., 9/26 - 10/24, 6 - 8 p.m.

Carlene Sheehan, Instructor

Introduction to Microsoft Excel

Whether you're a teacher, financial planner or just in charge of the finances at home, this is a class you shouldn't miss. You'll learn how to use Microsoft Excel to manipulate numbers, manage your budget at home or figure out how much you can afford on a loan and how much you need to sock away for your retirement. Excel is a do everything spreadsheet program that will help you organize your life. Basic computer knowledge is required to take this class. Course fee includes \$3 computer fee. This is a hands-on class and you will need your HVCC username and password.

50126 \$50

3 Sessions, BTC 204

Tues., 11/12 - 11/26, 6 - 8 p.m.

Carlene Sheehan, Instructor

Staying Safe on the Internet

This hands-on class will teach students how to safely use the internet, how to configure a secure computer and what steps to take should a virus infect their PC. In addition, students will leave class with tips and guidelines to enhance their online experience and computer use. Course fee includes \$3 computer fee. This is a hands-on class and you will need your HVCC username and password.

50127 \$20

1 Session, BTC 204

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

Mandor Donaldson, Instructor

TechKNOW Prof Courses

TechKNOW Prof has a wealth of technology knowledge to share. Whether you're brand new to using computers or you just want to learn some new skills for use at home or business... TechKNOW Prof can help! Join us this fall for one (or all!) of TechKNOW Prof's short and informative computer courses.

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? This hands-on course will walk you through the basics so you can take charge of your computer. Learn how to turn the computer on and off, use a mouse and computer keyboard, work with the Windows 7 desktop, menus and windows, and open and close programs. Learn how to "surf the Web" with Google and Yahoo to find information and evaluate the results, how to use email, and how to keep your computer safe from Internet malware

and to keep you safe from identity theft and Internet fraud. Learn how to create and save files to folders (and find them again!), and do basic word processing with Microsoft Word. Learn how to shop for computers and what to say to the techies when you need help. Step-by-step textbook included. Course fee includes \$7 computer fee and \$26 materials fee for the required textbook. This is a hands-on class and you will need your HVCC username and password.

50128 \$127

6 Sessions, WIL 111

Mon., Wed. & Fri, 9/16 - 9/27, 9 - 11 a.m.

TechKNOW Prof, Instructor

Class is full. Call us to be added to the waitlist!



How to Buy Computers, Printers and Accessories

Are you planning to buy a new computer or printer? New models come on the market every few months and your choices can feel overwhelming. Or maybe you're shopping for an external backup drive, a new mouse, a wi-fi router, or other peripheral. How do you decide among the dozens of choices available? Whatever you're shopping for, learn how to identify which features and products are right for you. Learn where to find reliable product reviews. Learn how to talk to sales staff and which questions to ask. Course fee includes a \$3 materials fee.

50130 \$22

1 Session, ADM 101

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

TechKNOW Prof, Instructor

CLASS CANCELLED

Take Command of Your Email

Are you starting to feel overwhelmed by your Inbox? Wish you knew how to make group addresses for your club or family? Want to collect all the messages from your hobby newsgroup automatically into their own folder? Do you want to know where deleted messages go? (Hint: they aren't really deleted). Do you want to get rid of that spam? Then you're ready to learn how to take command of your email. This hands-on class will cover basics for Hotmail/Outlook, Gmail and Yahoo. You will need your HVCC username and password. Course fee includes a \$3 materials fee and a \$3 computer fee.

Prerequisite: Basic email skills.

50131 \$25

1 Session, BTC 323

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

TechKNOW Prof, Instructor

PowerPoint Photo Shows for Social Events

Microsoft PowerPoint has a lot of bells and whistles but you need to learn only a few to make self-running photo shows - with sound - quickly for birthday and anniversary parties, class reunions and memorial tributes. This class will walk you through the process step-by-step. Course fee includes \$3 computer fee and \$3 materials fee. This is a hands-on class and you will need your HVCC username and password. Optional: bring your own computer headset and/or a flash drive with some photo files. Prerequisite: Basic computer skills. No PowerPoint skills necessary.

50132 \$25

1 Session, BTC 323

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

TechKNOW Prof, Instructor

Home-Based and Small Business Computer Classes with the TechKnow Prof

Web Options for Small Businesses on a Shoestring Budget

Explore free or inexpensive online tools you can use yourself to create a Web presence for your business, including Google Sites, GoDaddy.com, e-commerce "stores in a box," and social networking sites. Examine the pros and cons of each tool and choose the ones that are right for your business and your customers. Course fee includes \$3 materials fee.

50133 \$22

1 Session, ADM 101

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

TechKNOW Prof, Instructor

Build a Free Web Site with Weebly

If you want a Web site but aren't sure where to begin, begin with Weebly.com. Weebly offers a free, easy-to-use drag-and-drop site-building tool for non-techies. Weebly supplies the page designs and hundreds of free quality photos; you supply the content. In this hands-on class, you will learn how to use Weebly to build your free Web pages. Course fee includes \$3 computer fee and \$3 materials fee. This is a hands-on class and you will need your HVCC username and password. Prerequisite: Basic computer skills.

50134 \$25

1 Session, BTC 1053

Wed., 11/13, 6 - 8 p.m.

TechKNOW Prof, Instructor

Computers

More Home-Based and Small Business Computer Classes with the TechKnow Prof

Making Mailing Labels with Excel and Word

Need labels for large mailings such as business promotions, holiday cards and invitations? In this hands-on course, learn how to set up an address book in Microsoft Excel and then create and print pages of labels using the mail merge function of Microsoft Word. Bonus: learn to use mail merge for form letters, too! Course fee includes \$3 computer fee and \$3 materials fee. This is a hands-on class and you will need your HVCC username and password.

Prerequisite: Basic computer skills.

50135

\$25

1 Session, BTC 323

Thurs., 11/14, 6 - 8 p.m.

TechKNOW Prof, Instructor

Put the POW! in PowerPoint

Great PowerPoint presentations are the result of good design, not a bunch of technical bells and whistles. In this in-depth lecture, you will learn strategies for actively engaging your audience and telling your story effectively by applying a few simple guidelines for slide design. You will also learn why flying bullets, special effects, and flashy animations are the enemies of effective communication. If you know how to work with images and text, you have all the technical skills you need. Bring your PowerPoint files on a flash drive for class feedback. Format: lecture and critique. Course fee includes \$3 materials fee. Prerequisite: Basic PowerPoint skills.

50136

\$22

1 Session, BTC 217

Wed., 11/20, 6 - 8 p.m.

TechKNOW Prof, Instructor

COMPUTER ACCOUNTS

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

Returning students will need to sync your password as part of our new authentication process. Please go to www.hvcc.edu/students.html and select Active Directory Password Sync.

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. We can reset your password and send both your username and new password to you in the mail. Please make this request at least a week before your course begins. If you do not have your username and password on the day your class begins, you can bring a photo ID to the Office of Community and Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and we can reset your password. Students also may 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 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/access. 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.

The college will be implementing a new printing policy starting in the fall semester. Students will be allotted a specific number of pages and will need to pay for pages printed beyond that. If you register for a class requiring on-campus computer use, you will be mailed a copy of the new policy for reference.

GED Preparation

GED Preparation Course

This course covers the same subjects included on the GED examination. You will review reading, writing, grammar, essay writing, science, social studies and mathematics. This course is designed for those who need to study the fundamentals of mathematics, reading and writing in preparation for the GED examination. Course fee includes the required textbook. A Certificate of Residence is required.

Day Session

50232 \$205

53 Sessions, BTC 322

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

No class 10/14, 11/27, 11/28

Elaine Collins, Instructor

Class is full. Call us to be added to the waitlist!

Evening Sessions

50233 \$80

26 Sessions, BTC 322

Mon. & Wed., 9/9 - 12/11, 6 - 9 p.m.

No class 10/14, 11/27

Anne Cronin, Instructor

50234 \$80

26 Sessions, BTC 322

Tues. & Thurs., 9/10 - 12/12, 6 - 9 p.m.

No class 10/31, 11/28

Joal Bova, Instructor



ATTENTION, STUDENTS!

IMPORTANT ANNOUNCEMENT

A new GED® test series will begin on January 1, 2014. After this date, scores from tests previously taken will be invalid and will not be combined with new test scores. If you have taken the GED® test from January 1, 2002 to the present and want those scores to count, you must re-take and fully pass the test before 2014.

Certificate of Residence Information

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

Why do you need it?

A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs. Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

Please note that students who register online will be required to pay the non-resident tuition charges if they do not have a valid Certificate of Residence on file. Once the Certificate of Residence has been posted to the student's account, a refund of the non-resident tuition charges will be issued.

Where do you get it?

You obtain a Certificate of Residence from the county of your permanent address by providing proof of residency (typically at your city or town hall). You must be a New York State resident for one year and provide proof of residency for the past six months.

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

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

Kids on Campus



Mice on Ice

Ages 3-5

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

50166 \$55

6 Sessions, MCD Ice Rink

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

50167 \$55

6 Sessions, MCD Ice Rink

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

Maria Dollard and Kristen Weyl, Instructors

Kids Karate

Ages 5-11

Parents, would you like to get your children involved in the martial arts? Would you like them to get some exercise and have fun doing it? Then sign them up for Mr. C's Kids Karate! Kids Karate is great exercise and a fun learning experience for your child. It promotes positive thinking, self-respect and respect for others. Students will learn the basic fundamentals of karate that will build their self-confidence for a future in martial arts, and in life! Most importantly, Kids Karate emphasizes on teaching your children about stranger awareness.

50097

\$50

5 Sessions, MCD 192

Sat., 10/19 - 11/16, 10:15 - 11:15 a.m.

Terrance Canavan, Instructor



Literacy Volunteers of Rensselaer County Tutor Training Workshops

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

Fall 2013 Sessions

7 Sessions, Faith Lutheran Church

at 50 Leverage Road, Troy

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

No sessions 10/14 or 10/28

7 Sessions, East Greenbush Community Library,

10 Community Way, East Greenbush

Mon. & Thurs., 11/4 - 11/25 & 12/16, 12:30 - 3:30 p.m.

No session 11/11

Winter 2014 Sessions

5 Sessions, HVCC Viking Day Care Center,
Room B05

Sat., 1/4 - 1/25 and 3/1, 9:30 a.m. - 4 p.m.

(1/4 & 1/25 sessions are AM only)

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

There is a \$35 materials fee for participating and scholarships are available for eligible participants.

**PLEASE CONTACT US AND COME TO A ONE HOUR VOLUNTEER ORIENTATION
PRIOR TO ENROLLING IN A TUTOR TRAINING WORKSHOP SERIES.**

PROGRAMS FOR TEENS

Driver Education

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

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

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

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

50137	\$415	<i>Drive Times Available</i>
48 Sessions, DCC 138		50138 Sat., 10:30 a.m. - Noon.
Wed., 9/18, 4:30 - 5:30 p.m. Orientation, BRN 001		50139 Sat., Noon - 1:30 p.m.
Wed., 9/25 - 1/15, 4:30 - 6 p.m. Classroom, DCC 138		50140 Mon., 4 - 5:30 p.m.
Class is full. Call us to be added to the waitlist!		50141 Tues., 4 - 5:30 p.m.
		50142 Thurs., 4 - 5:30 p.m.
		50143 Fri., 4 - 5:30 p.m.

50144	\$415	<i>Drive Times Available</i>
48 Sessions, DCC 138		50145 Sat., 7:30 - 9 a.m.
Wed., 9/18, 4:30 - 5:30 p.m. Orientation, BRN 001		50146 Sat., 7:30 - 9 a.m.
Wed., 9/25 - 1/15, 6 - 7:30 p.m. Classroom, DCC 138		50147 Sat., 9 - 10:30 a.m.
		50148 Sat., 9 - 10:30 a.m.
		50150 Sat., 10:30 a.m. - Noon
		50151 Sat., Noon - 1:30 p.m.

50153	\$415	<i>Drive Times Available</i>
48 Sessions, TECSMT 125		50155 Sat., 7:30 - 9 a.m.
Thurs., 9/26, 4:30 - 5:30 p.m. Orientation, BRN 001		50156 Sat., 9 - 10:30 a.m.
Thurs., 10/3 - 1/16, 4:30 - 6 p.m. Classroom, TECSMT 125		50157 Sat., 10:30 a.m. - Noon
		50158 Sat., Noon - 1:30 p.m.



Personal Growth & Enrichment

Yoga I: Foundations of Practice

This 12-week course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing exercise to bring balance and well-being to the body, mind and spirit. With the development of physical flexibility and calmness of mind, we also lay the foundations for a rewarding life-long practice of yoga.

50168 \$80

12 Sessions, MCD 192

Mon., 9/16 - 12/9, 3:30 - 4:30 p.m.

No class 10/14

50169 \$80

12 Sessions, MCD 192

Wed., 9/18 - 12/11, 4 - 5 p.m.

No class 11/27

Jeanne Wein, Instructor

Both classes are full. Call us to be added to the waitlist!

Body-Mind Centering® an Introduction

This is a practical, hands-on studio course in which the student is guided through experiences that use movement, meditation and partner work to develop awareness of posture, anatomy and physiology from an experiential perspective. It is one thing to understand that a muscle or joint is tight and yet another to understand why, and have techniques to change the pattern. Body-Mind Centering® was founded and developed by Bonnie Bainbridge Cohen and continues to be used by movement artists, physical therapists and clinicians of all kinds worldwide to introduce ways to safely and gently teach the body-mind to unwind patterns that are not productive or efficient. Participants will leave class feeling relaxed and have more insight into the workings of their own body and brain. Students should dress in comfortable clothing and bring a yoga mat with them to class.

50170 \$45

6 Sessions, MCD 192

Sat., 9/21 - 10/26, 11:30 a.m. - 1 p.m.

CLASS CANCELLED

50171 \$45

6 Sessions, MCD 192

Sat., 11/2 - 12/14, 11:30 a.m. - 1 p.m.

No class 11/30

Toni Smith MFA, BMCP, IDME, Instructor

Using Biofeedback to Accomplish Your Goals

Many people try to make changes in their lives and find they flounder again and again. When people find themselves failing after multiple attempts, they often give up entirely. Sometimes people try to force change, which often dooms them to failure because our bodies will rebel from deprivation. People struggle with change because they don't understand how their nervous system works, and they often work against how they are "hardwired," which adds to their difficulties. Biofeedback is the art and science of teaching people how to focus their intention to positively influence the mind and body. This class will teach cutting edge mind-body techniques used by athletes and top professionals that enable us to elegantly stay focused on any goal we are striving to achieve. We will discuss how to use our minds to accomplish health goals such as lowering blood pressure, maintaining weight loss programs, and we will discuss how to apply biofeedback skills to facilitate professional successes.

Change can be fun! When we know how to skillfully reduce mental static and gain the clarity required for permanent change, there's almost nothing we can't accomplish!

50172 \$15

1 Session, DCC 137

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

Bethany Gonyea, MS of Quantum Health Solutions,
Instructor



Programs for Professionals



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.

50190 \$31

1 Session, JRD 215 at 400 Jordan Rd. in the Rensselaer Technology Park

Tues., 10/29, 6 - 9 p.m.

Deborah Kufs, Instructor

Identification and Reporting of Child Abuse and Maltreatment

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

50192 \$25

1 Session, ADM 104

Tues., 9/24, 5 - 7 p.m.

Nancy Cupolo, Instructor

CLASS CANCELLED

Basic Life Support for Healthcare Providers

Part 1 - Course

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

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

Parts 2 & 3 - Skills Sessions

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

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

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

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

50203 \$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park

Mon., 9/23, 5 - 6:30 p.m.

50204 \$30

1 Session, 400 Jordan Road, Room 215 in the Rensselaer Technology Park

Sat., 10/5, 9 - 10:30 a.m.

■ Programs for Professionals

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

This training responds to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE). All participants will receive an approved NYS Education Department certificate upon completion of this training.

It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff.

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

50193 \$25

1 Session, HGB 206

Thurs., 11/14, 6 - 8 p.m.

Diane Teutschman, Instructor

EMT Refresher

The EMT refresher course is designed to upgrade the EMT to the U.S. DOT 1994 EMT-Basic. The course covers the didactic and skill objectives of EMT-B as you attend sessions in the EMT-B original course. There is also an orientation meeting to discuss an option of challenging the didactic portion of the program based upon readings in the course textbook and passing modular exams. Course begins on Sept. 3. For a complete schedule, call Community and Professional Education office at (518) 629-7339. Course fee includes \$65 lab fee.

50164 \$275

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



Alternative Dental Assisting Program

This self-paced program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the NYS Education Department. This course will provide adequate preparation to take the Certified Dental Assistant (CDA) examination administered by the Dental Assisting National Board (DANB). Topic information will be presented in an online distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. For more information, call our office at (518) 629-7339.

50001 \$950

Online Class, 9/3 - 12/20

Ann Gallerie and Gabrielle Hamm, Instructors

30-Hour Teaching Techniques and Methodology Course

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 actual in-car instructor, a driver schools instructor's certificate endorsed for the 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.

50041 \$250

6 Sessions, AMZ 215

Mon., 9/16 - 10/28, 4 - 10 p.m.

No class 10/14

Dennis Lindhurst, Instructor

CLASS CANCELLED

Teaching Physical Science in the Elementary Classroom

NEW!

The focus of the workshop will be physical science units of chemistry, specifically the structure of matter and chemical reactions for kindergarten through 4th grade. Topics will include how to teach science through literature, great hands-on experiments, chemistry topics for kindergarten through 4th grade, sample course outlines, resources and working within a budget. The experiments will be demonstrated for and tried by all course participants for easy implementation in your classroom. When you try it, you can see the value and fun! The methods learned will be applicable to other physical science standards in the common core. Erin Rennells, chemist and former president of Molecular Matters, will present this workshop on writing and delivering physical science lessons in the elementary classroom. There are no prerequisites to participate in this program. Course fee includes a \$30 materials fee.

50240

\$55

1 Session, DCC B05

Saturday, 9/21, 9am - Noon

Erin Rennells, Instructor

CLASS CANCELLED



Local Infiltration Anesthesia and Nitrous Oxide Analgesia

This NYS Board of Regents established requirements for licensed dental hygienist to obtain a restricted certificate to administer and monitor local infiltration anesthesia and nitrous oxide analgesia in the practice of dental hygiene under the personal supervision of a licensed dentist. Upon the successful completion of this course, the dental hygienist will be able to apply for certification through the New York State Education Department. Thirty-five CEUs will be awarded for this course.

Prerequisites: In order to attend this course, participants are required to show proof of current CPR/BLS certification for health care professionals. Online CPR/BLS courses are acceptable if a hands-on skill portion is part of the certification. Proof of current dental hygiene licensure and registration is required at the initial class meeting.

Textbook are required. Students will be provided this information with their registration confirmation.

Registrations must be received by February 15, 2014.

60013

\$925

Web-enhanced course

4 Sessions, FTZ 151

Sat., 3/2 & 3/9, 8:30 a.m. - 4:30 p.m.

Sun., 3/3 & 3/10, 8:30 a.m. - 12:30 p.m.

Marianne Belles, RDH, MS, Course Coordinator

DO YOU HAVE A GREAT IDEA FOR A COURSE?



Contact our office at 629-7339 or www.hvcc.edu/communityed/apply.html

Recreation and Hobbies

FITNESS

Belly Dance is for Every-body

Middle Eastern belly dance is dedicated to women celebrating the joy and beauty of a centuries old dance form. Ayperi is a passionate and caring professional Middle Eastern belly dance instructor. She is a performing artist and choreographer, who seeks to inspire and impassion others through this expressive dance. Ayperi has the keen ability to recognize and meet the unique needs of each individual student and welcomes women of all ages, sizes and abilities to unleash their inner creativity in this safe, fun and supportive environment. You are never too old or young to start belly dancing! Middle Eastern belly dancing is primarily taught as a low-impact fitness activity and is an exciting alternative to other exercise or dance programs. This course covers the basic fundamental moves of belly dance and incorporates the use of veils and finger cymbals. The instructor will advise students in locating these props in addition to coin hip scarves for use in their own belly dancing. Recommended class attire is tank tops or t-shirts with yoga, sweat or exercise pants. No shoes are required.

50113 \$50

6 Sessions, MCD 192

Mon., 9/30 - 11/11, 4:35 - 5:35 p.m.

No class 10/14

CLASS CANCELLED

50114 \$50

6 Sessions, MCD 192

Tues., 10/1 - 11/5, 7:40 - 8:40 p.m.

Tammy Stanzone of Ayperi Belly Dance, Instructor



Tabata

How can 20 seconds work for you? How can 8 - 12 minutes a day get me into the best shape of my life and give me the body I want? 20-second fitness is all about intervals!

The science behind 20-second fitness is based on the work of Dr. Izumi Tabata and his work with Olympic speed skaters. He learned that the 20/10 system (20 seconds on/10 seconds off) not only built endurance and muscle strength, but also produced better results when compared to athletes training with traditional workouts.

Tabata interval training is the single most effective type of high-intensity training and surprisingly the shortest in duration! This versatile program will help you lose weight and can help improve performance in sports! Lose fat, get fit, and get a great workout!

50060 \$85

10 Sessions, MCD 192

Sat., 10/5 - 12/14, 9 - 9:50 a.m.

No class 11/30

Blythe Hurlburt of Fitness Professionals On Demand, Instructors

Moderate Hi-Lo Impact Aerobics

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

50067 \$65

12 Sessions, MCD 192

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

No class 10/14

Chrissy Sarratori of Abs In, Inc., Instructor

NOTE: Course descriptions are subject to change without notice.



Zumba

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

50061 \$65

12 Sessions, MCD 192

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

No class 10/14

Chrissy Sarratori of Abs In, Inc., Instructor

Class is full. Call us to be added to the waitlist!

50062 \$65

12 Sessions, MCD 192

Tue., 9/17 - 12/3, 4:15 - 5:15 p.m.

Chris LaPlante of Abs In, Inc., Instructor

50063 \$65

12 Sessions, MCD 192

Wed., 9/18 - 12/11, 5:45 - 6:45 p.m.

No class 11/27

Chrissy Sarratori of Abs In, Inc., Instructor

50064 \$65

12 Sessions, MCD 192

Thurs., 9/19 - 12/12, 4:45 - 5:45 p.m.

No class 11/28

Chris LaPlante of Abs In, Inc., Instructor

Zumba Toning

When it comes to body sculpting, Zumba Toning raises the bar (or rather, the toning stick)! It combines targeted body-sculpting exercises and high-energy cardio work with Latin-infused Zumba moves to create a calorie-torching, strength-training dance fitness-party. Students learn how to use lightweight, maraca-like toning sticks to enhance rhythm and tone all their target zones, including arms, abs and thighs. Zumba Toning is the perfect way for enthusiasts to sculpt their bodies naturally while having a total blast! Take your Zumba workout to a new level and join us for Zumba Toning. Each student will receive their own pair of toning sticks. Wear sneakers and light clothes and don't forget your water bottle.

50065 \$65

*50066 \$85

12 Sessions, MCD 192

Wed., 9/18 - 12/11, 7 - 8 p.m.

No class 11/27

Chrissy Sarratori of Abs In, Inc., Instructor

**This course includes a \$20 materials fee for toning sticks. If you don't already have a pair of toning sticks, choose this course and the instructor will provide a pair for you at the first class meeting.*

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 a mat, towel and water. Get ready to have fun and sweat!

50106 \$110

24 Sessions, CTR 204

Mon. & Wed., 9/16 - 12/11, 7 - 8 p.m.

No class 10/14 & 11/27

Pauline Morris of Total Body Trifecta, Instructor



Recreation and Hobbies

Nia

Nia is a cardiovascular wellness class like no other! Blending the power of kicks, punches and strikes with the fun of dance and the calming influence of yoga, Nia invigorates 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 needed. Dress in comfortable workout clothes. Bring a mat and water to class.

50098 \$75

12 Sessions, MCD 192

Tues., 9/17 - 12/3, 5:30 - 6:30 p.m.

Richele Corbo, Instructor

Pilates Mat - Beginning

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

50107 \$55

12 Sessions, CTR 204

Mon., 9/16 - 12/9, 5:15 - 6 p.m.

No class 10/14

Sarah Hoffman of Total Body Trifecta, Instructor

50108 \$55

12 Sessions, CTR 204

Wed., 9/18 - 12/11, 5:15 - 6 p.m.

No class 11/27

Ellen Ehrlich of Total Body Trifecta, Instructor

Class is full. Call us to be added to the waitlist!

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 \$55

12 Sessions, CTR 204

Mon., 9/16 - 12/9, 6:05 - 6:50 p.m.

No class 10/14

50110 \$55

12 Sessions, CTR 204

Wed., 9/18 - 12/11, 6:05 - 6:50 p.m.

No class 11/27

Ellen Ehrlich of Total Body Trifecta, Instructor

Sole Synthesis

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

50111 \$55

12 Sessions, MCD 192

Tues., 9/17 - 12/3, 6:45 - 7:30 p.m.

Sarah Hoffman of Total Body Trifecta, Instructor

PIYO Fusion

What do elite athletes, ballerinas and top models have in common? A strong core and flexibility! This mind-body fusion class is for people who want to increase their core strength (abdominals, back, hips and thighs), increase their flexibility and help maintain that long lean look that we all love! This class blends essential Yoga poses for strength and balance and Pilates to build and maintain your core all the while focusing on spinal alignment. At the end of this class you will feel rejuvenated. Expect to listen to quiet motivational music as a nationally certified personal trainer and fitness instructor leads you through a series of mat exercises while emphasizing correct form and crucial breathing technique. You will feel and see results - not only in class, but in your day-to-day activities. You will likely walk a bit taller, move with greater grace, feel increased energy, and notice a transformation in your abdominal region. What you need: an exercise mat, a towel and a water bottle.

50058 \$85

10 Sessions, MCD 192

Thurs., 10/3 - 12/12, 6 - 7 p.m.

No class 11/28

Blythe Hurlburt of Fitness Professionals On Demand, Instructor

DO YOU HAVE A GREAT IDEA FOR A COURSE?

Contact our office at 629-7339 or www.hvcc.edu/communityed/apply.html

Metabolic Blast Bootcamp

You can change your metabolism – increasing your lean muscle, lowering your resting heart rate and decreasing your overall fat will make it happen. That is what this program is designed to do. Intense bursts of cardio exercises such as sprints, lunges and squats along with strength training sets of dips, pushups and planks are what you will encounter in an atmosphere of camaraderie and great encouragement.

What you receive:

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

What you give:

- Three hours of your time a week
- 100% effort
- \$200 course fee

50068

\$200

36 Sessions, MCD 192

Mon., Wed. & Fri., 9/16 - 12/13, 6 - 7 a.m.

No class 10/14, 11/27 & 11/29

Hollan Bonjukian of Tru Fitness, Instructor



Core Camp

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

This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year! For more information, contact Hollan Bonjukian at (518) 496-0337 or Trufitnessanswers@gmail.com 50069 \$75

12 Sessions, MCD 192

Sun., 9/22 - 12/15, 6:30 - 7:30 a.m.

No class 12/1

Hollan Bonjukian of Tru Fitness, Instructor

Pilates for Runners

Want to run effortlessly? Want to bulletproof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered yes to any of these questions, then this class is for you! If you just want to become a better runner, ward off winter weight gain and experience your fittest winter ever, join us for Pilates for Runners. This training will help you overcome common problems to runners including: Plantar fasciitis, runner's knee and shin splints.

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

12 Sessions, MCD 192

Sun., 9/22 - 12/15, 7:45 - 8:45 a.m.

No class 12/1

Hollan Bonjukian of Tru Fitness, Instructor

Recreation and Hobbies

Kettlebell Fitness

Need a challenging workout? Try kettlebells for a dynamic workout that works all major muscles, burns body fat and builds power! This class is great for beginners to pros, as you will exercise against your own baseline, at your own pace and see gains over the 10-week period. Regular training with kettlebells will bring you the body you always wanted. Your instructor is an experienced trainer who works well with people at different levels of fitness ensuring they learn the proper technique and are appropriately challenged. Students are able to transform their physiques, lose weight and break through training plateaus in record time. It is required that students purchase a kettlebell prior to the first class. Often, women typically start with 10- or 15-pound (6.8-kg) kettlebell and men start with a 20-pound kettlebell (9 kg), but be sure to choose one that still challenges you but isn't too heavy.

50059 \$85

10 Sessions, MCD 192

Sat., 10/5 - 12/14, 8 - 8:50 a.m.

No class 11/30

Blythe Hurlburt of Fitness Professionals On Demand,
Instructors

Introduction to Self Defense

Learning self defense has become an essential part of life in today's society. A violent attack is never a planned thing for the victim. It can leave them scarred physically and emotionally for life. We must always remember to be aware of our surroundings and know how to prevent a violent situation from happening as well as physically protecting ourselves from becoming victimized if ever needed. It's time to take control and fight back!

This class will teach you the basic skills needed to protect yourself and the ones you love. Learn how to improve your balance and reaction time, and become aware of your surroundings and potential dangerous situations. Remember, don't allow yourself to become a victim of violence. Fight back! This class is designed specifically for teens and adults.

Instructor Terrance Canavan has been studying martial arts for over 15 years. He is a fourth degree black belt and has over 14 years teaching experience. Through self defense programs, he has dedicated his free time to teaching adults and children how to protect themselves from attackers.

50096 \$77

8 Sessions, MCD 192

Thurs., 10/3 - 12/5, 7:15 - 8:15 p.m.

No class 10/31

Terrance Canavan, Instructor

HOBBIES

Instant Piano for Hopelessly Busy People

You do not need years of weekly lessons to learn piano. You can learn enough in this one workshop to play almost any song on the piano with two hands. Students may then go on to perfect their technique at home using the home-study CD designed by the instructor. This is the system the pros use - chords, not tedious note reading. In just three hours, you can learn enough secrets of the trade to give you years of musical enjoyment.

Florence Shaw holds a BA and MS in teaching. She is a certified workshop graduate and has been a student of Robert Laughlin, the inventor of the one day chord piano workshop. This course has been taken successfully by over 150,000 students! The course fee includes a \$30 materials fee.

50247 \$49

1 Session, WIL 161

Wed., 10/23, 6 - 9 p.m.

Florence Shaw, Instructor

Fly-Tying: Learn-2-Tie

In this course, presented by Homewaters Trout Unlimited, you will learn basic entomology, the identification of aquatic and terrestrial insects and their life cycles. Students will apply that knowledge along with basic and advanced fly-tying techniques to create lifelike insect patterns for fly-fishing. Interactive "how-to videos" and guest speakers will intersperse all lecture sessions. All course materials are provided along with free use of fly-tying tools and vises. Students should come prepared with their own eye protection and/or eyeglass magnification. This course is open to individuals age 14 and up.

50112 \$125

10 Sessions, WIL 112

Tues., 10/1 - 12/3, 6 - 8:30 p.m.

Frank Cuttone, Instructor

CLASS CANCELLED





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 \$90

10 Sessions, WIL 113

Mon., 9/30 - 12/9, 6 - 8 p.m.

No class 10/14

Gary Cellucci, Instructor

Class is full. Call us to be added to the waitlist!

Contemporary Guitar Skills II

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

50116 \$110

12 Sessions, CTR 204

Tues., 9/24 - 12/10, 6 - 8 p.m.

Gary Cellucci, Instructor

CLASS CANCELLED

Learn to Play Mah Jongg

Have you heard the click-clack of tiles and seen the unusual characters of the Mah Jongg tiles? Learn to play the game of the four winds. You can learn any or all versions of this fascinating game, including Hong Kong, Chinese Official Tournament, Japanese, Wright-Patterson Air Force Base, American, or the National (US) Mah Jongg League rules. After we spend the first class learning the tiles, the form and the method of play for all versions using the Hong Kong scoring rules, the next classes will be on more of the specific types of scoring rules, as determined by the class interest. Decipher the fun and pleasure of Bams, Dot and Cracks by learning Mah Jongg! All supplies will be provided by the instructor.

50205 \$39

4 Sessions, DCC B05

Mon., 10/28 - 11/18, 6 - 8 p.m.

Sandra Johnson, Instructor

Day session also available! See p. 17 for details.

Novice and Intermediate

Outdoor Skills

Age 14+

This course is designed to instruct both youth and adults wanting to spend more time outdoors safely enjoying everything from short hikes to extended outings, but may be intimidated by their lack of knowledge. Course participants will learn basic outdoor skills like: navigation, safety tips, first aid and preparedness. Explore both the flora and fauna of the northeast. We will have several guest speakers along with lectures and selected topics for discussion. Two three-mile hikes on Saturdays are included in the course to apply newly acquired skills. Course fee includes \$15 materials fee for the provided textbook.

50185 \$165

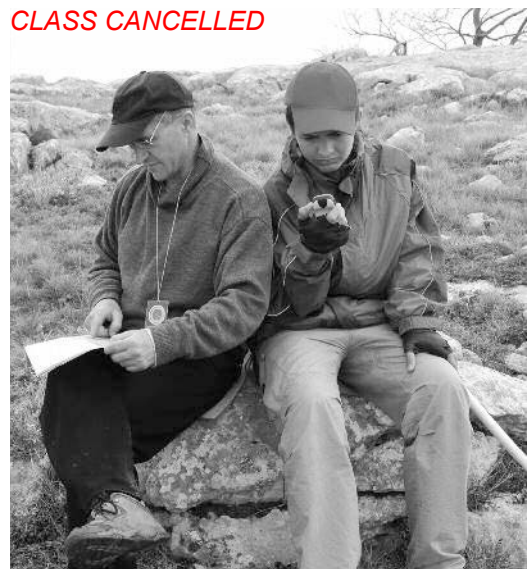
10 Sessions, WIL 160

2 Saturday Hikes TBD

Wed., 9/18 - 11/20, 6 - 8:30 p.m.

Frank Cuttone, Instructor

CLASS CANCELLED



■ Special Interest

You Can Read Tarot Cards

Tarot reading does not have to be complicated or intimidating. In this fun, activity-based class, participants will learn 10 easy strategies to read a Tarot card without having to rely on a book. Learning these simple strategies will enhance your intuition while reading the cards and expand your awareness of what the cards mean. Bring your favorite Tarot deck to class!

50117 \$15

1 Session, CTR 150

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

Michael Clarkson-Hendrix, PhD, LCSW, Instructor

CLASS CANCELLED



The Basics of Selling on eBay

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

50119 \$30

2 Sessions, ADM 103

Sat., 10/19 & 10/26, 9 a.m. - Noon

Amy Grazda, Instructor

Basics of Buying on eBay

Buying on eBay is simple, whether it's DVDs or designer clothes. Whatever you're looking for, you'll find it on eBay! In this class, you will learn the five basic steps to completing a successful purchase on eBay:

- 1) The registration process
- 2) Find what you're looking for
- 3) Review the item and seller
- 4) Placing a bid or buying instantly
- 5) Paying for your item and leaving feedback

Join Amy for this short, informative class before you buy your first (or next!) item on eBay! While there is no computer use in this class, to be successful on eBay, students should have basic computer and Internet skills. Bring pen and paper to take notes with.

50118 \$15

1 Session, ADM 103

Sat., 10/19, 1 - 3 p. m.

Amy Grazda, Instructor

Creating eBay Stores

Thinking about setting up a store-front for your business on eBay? This class will teach you what you need to get started and set you up for success with your eBay store. This class will cover:

- The benefits of opening an eBay Store
- How to build your eBay Store
- Optimizing your eBay Store for search
- How to market your eBay Store effectively
- How to understand your business using eBay Stores traffic reporting

To sign up for this course, students must be a registered eBay seller who has sold at least one item. Bring something to take notes with.

50120 \$15

1 Session, ADM 103

Sat., 11/23, 9 a.m. - Noon

Amy Grazda, Instructor



Pet CPR and First Aid

This course is for students who wish to work in the pet industry or wish to acquire knowledge on how to respond in an emergency situation for pets. The course will provide hands on experience in pet CPR using our dog mannequin as well as basic first aid. In this class, you will learn what you can do in the first 15-25 seconds on the scene to make a big difference for a pet. Learning to respond quickly and properly in the first few minutes in a pet emergency is critical and can save a pet's life. Just a sample of some of the material covered in this class includes:

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

Many more scenarios and skills will be covered throughout the course. Whether you are a pet owner or just a pet lover, this class will provide critical knowledge that could help save a pet's life. Course fee includes a \$16 materials fee for the textbook.

50105 \$86

1 Session, WIL 112

Sun., 10/20, 9 a.m. - 3:30 p.m.

Mary Lynn Gagnon, Instructor

Three Queens and a Pawn

On July 6, 1553 the great hope of the Tudor Dynasty of England, the sickly boy King Edward VI died. He was the last male heir of his line leaving no immediate successors. Over the next 34 years the struggle for the prize of the crown of England would be fought between four of Edward's female relatives, his half-sisters Mary and Elizabeth Tudor, and his cousins, Lady Jane Grey and Mary Stuart. Although these women were blood relatives linked by a common ancestor, King Henry VII, there was precious little love or family feeling between them. Ultimately two would order the deaths of the other two! The characters and interplay between these strong, extraordinary royal personages will be explored against the backdrop of one of the most turbulent, fascinating periods of English history.

50186 \$40

4 Sessions, DCC 136

Tues., 10/15 - 11/5, 7 - 9 p.m.

Daniel O'Callaghan, Instructor



A Gentle Survey of Western Philosophy for the Non-Philosopher

NEW!

Have you ever considered the question "What is Philosophy?" Philosophy is not an abstract subject without practical uses – if nothing else it helps us to understand the world better, it assists us in thinking more clearly and it helps us found our decisions and beliefs on more solid, but still shifting terrain. In this five-session class, we will take a look at some of the most common themes in the history of philosophy: Why are we here? How do we live a good life? How is philosophy different from science? What is our foundation for human rights/animal rights? What do we know? Along our leisurely stroll we will encounter such notable philosophers as the Pre-Socratics, Socrates, Plato, Diogenes, Aristotle, Rene Descartes, Nietzsche, Jean-Paul Sartre, philosopher/historian, Michel Foucault, and others.

Common themes may emerge around certain issues: ethics, existence, knowledge, religion. At another level, we will learn to assess what constitutes a good argument from a bad one by looking for flaws in reasoning and argument structures. Every attempt will be made to provide students with freely available brief readings. Students will also be provided with a list of suggested readings which they might wish to study after the class is over. Class time will be evenly divided between lecture and discussion. This class is intended for people with no background in philosophy.

50218 \$70

5 Sessions, DCC 137

Mon., 10/28 - 11/25, 6 - 9 p.m.

Mark Lunt, Instructor

Special Interest

Beginning Internet Genealogy and Database Searching

NEW!

Ancestry.com and Familysearch.org are two giants of Internet genealogy. They are destinations offering vast resources for researching your family's history, but how do you sift through all that information and find what you are looking for? Lisa Dougherty, a genealogist with nearly 20 years of experience in online research, will explain the content of these Web sites, their similarities and differences, and how to search them effectively to get to the "roots" of your family's story.

50189

\$13

1 Session, DCC 137

Mon., 10/21, 6 - 8 p.m.

Lisa Dougherty, Instructor

Class is full. Call us to be added to the waitlist!

So You Want to Work With Animals?

This course will present an overview and brief introduction to some of the many professional and volunteer positions available involving animals. In this highly technical world many opportunities involving animal work go unnoticed. There is nothing quite so rewarding as working with and near animals. This program will introduce participants to opportunities involving animal work that are virtually unknown – some involve hands-on work with animals while others involve a diverse array of work in animal-related fields. Information will be presented in both written and video format that will both entertain and educate class participants. Course participants will be provided with realistic information including where to go, who to see and what to expect when seeking an animal-related position, in either a professional or volunteer capacity.

50221

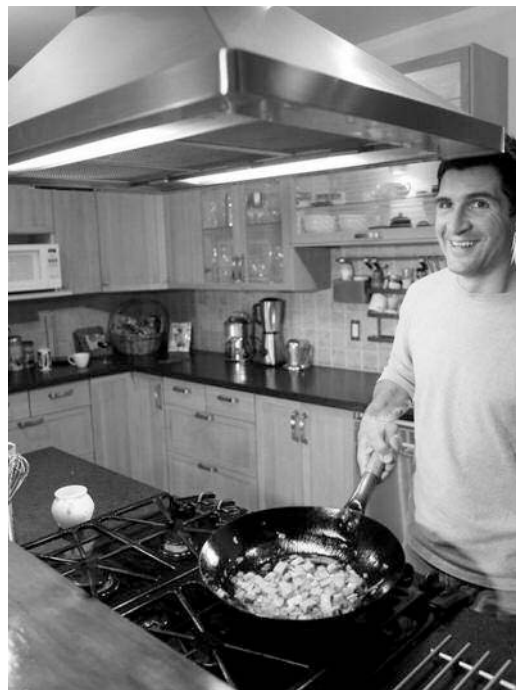
\$90

5 Sessions, WIL 161

Wed., 9/18 - 10/16, 7 - 8:30 p.m.

Catherine Crawmer, Instructor

CLASS CANCELLED



Cooking for One (or Two!)

NEW!

Perfect for the empty nesters, single person(s), or the healthy eater of the house, this class is a fun and interactive way to plan ahead and/or fly by the seat of your pants and use what you've got in the pantry or fridge! Not sure what to do with those leftovers? This class can help. We will use our imaginations as we share ideas, try new things and have lots of fun! Course fee includes \$15 materials fee.

50248

\$45

1 Session, MCD 202

Tues., 9/24, 6 - 8:30 p.m.

Food for Folks on the GO!

NEW!

Too busy to eat? I don't think so! Not eating is not good and the fast food alternative isn't a good option, either. We all know it, but still don't take the time to eat something good for us. This class will offer tools for planning and techniques to use when you are on the go! Instructor, Anita DeCelle has options to satisfy the hunger monster in you! Steal her ideas or create your own! Course fee includes \$15 materials fee.

50249

\$45

1 Session, MCD 202

Tues., 10/29, 6 - 8:30 p.m.

Cooking classes presented by Anita DeCelle of Carol's Place.

DRIVER TRAINING

Defensive Driving

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

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

50159 \$40
1 Session, ADM 101
Sat., 9/21, 8:30 a.m. - 3 p.m.

50160 \$40
1 Session, BTC 324
Tues. & Thurs., 11/5 & 11/7, 6:30 - 9:30 p.m.
Bell's Driving School, Instructors

5-Hour Pre-licensing Course

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

50161 \$45
1 Session, ADM 101
Sat., 10/19, 9 a.m. - 2 p.m.
Bells Driving School

FALL MOTORCYCLE COURSES

Please visit www.hvcc.edu/rider for additional information and links to course schedules. On-bike training is offered through October 20.

For fall, Basic Rider Course schedules run:

- Thurs., 6 - 9 p.m., Sat., 7:30 a.m. - 4:30 p.m. and Sun., 7:30 a.m. - 1 p.m.
- Fri., 6 - 9 p.m., Sat., 7:30 a.m. - 4:30 p.m. and Sun., 7:30 a.m. - 1 p.m.
- Sat., 9 a.m. - 6 p.m. and Sun., 9 a.m. - 6:30 p.m.
- Sat., 7:30 a.m. - 4:30 p.m. and Sun., 7:30 a.m. - 5 p.m.

WHICH COURSE IS FOR YOU?

For help with choosing the right course for you, please e-mail Rider@hvcc.edu with a brief description of your needs or experience and we will help match you to the course that best fits your situation.

MSF - Basic Rider Course \$275

- For Motorcycle or scooter (motorcycle or scooter provided)
- Reserve a scooter at time of registration so we have one available (scooter registrations cannot be accepted online)
- Designed for beginner and re-entry riders
- Learn or review basic riding skills
- Smartest way to get your motorcycle license
- MUST have STRONG sense of balance
- MUST be able to ride a bicycle
- 16 ½ hour course
- Successful completion of BRC qualifies for New York State Motorcycle Road Test Waiver.
- Prerequisite: MUST have recent bicycle riding experience, valid New York State driver's license and motorcycle permit. Out of state and military please email info@camstraining.net for information. New York State Jr. or graduated license holders email info@camstraining.net for information.

MSF - Bike Bonding RiderCourses

Bike Bonding refers to the connection and interaction of the rider and motorcycle. Good bike bonding helps riders automate their physical skills so they can devote more attention to road and traffic conditions (searching and evaluating).

MSF - Basic Bike Bonding

RiderCourse (BBBRC) \$150

- For licensed or permitted riders on our training bikes (This is not a licensing course.)
- Next logical step after the BRC. Gain more low speed control and confidence on our training bikes.
- Focuses on motorcycle manipulation skills to maximize low-speed operation and control
- Learn to "Put the bike where you want it" at low speed
- Half day riding course, no classroom
- Instruction includes: bike bonding awareness; basic control skills; speed control and turns from a stop; tight turns; accelerating; braking and turning; engine braking; curves and swerves; low-speed decreasing radius curves; control in tighter spaces; lollipops and sharing the road
- Prerequisite: must have motorcycle License, sufficient riding skills and experience to operate a motorcycle with basic proficiency

50031
1 Session, B-Lot
Sat., 9/14, 1 - 6:30 p.m.

For registration or scheduling questions, please call (518) 629-7339.

For specific questions about classes or policies related to motorcycle courses, e-mail info@CAMSTraining.net



Registration Form Community & Professional Education

Be bold. Be a Viking.

Name: _____
First Middle Last

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

Address: _____

City, State, Zip _____

E-mail address: _____

May we contact you via e-mail? Yes No

Telephone (Home): _____ (Work): _____ (Cell): _____

PAYMENT INFORMATION

Check Voucher/PO (attached) Tuition Waiver MasterCard VISA

Card #: _____ Exp. Date: _____

3# security code: _____ Cardholder's name: _____

COURSE INFORMATION

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

_____ CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

From Community & Professional Education Mail

From a friend The college Web site

Community location (store, library, etc.) _____

Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

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

NEED ANOTHER FORM? Visit our Web site 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.



Office Hours

Until August 9: Monday-Friday, 8 a.m. - 4 p.m.
Beginning August 12: Monday-Friday, 8 a.m. - 5 p.m.
Extended Hours: Saturday, August 24, 9 a.m. - Noon,
Monday, August 26 - Thursday, August 29, 8 a.m. - 6 p.m.,
Tuesday, September 3 - Thursday, September 5, 8 a.m. - 6 p.m.
The college is closed 9/2.

How to Register



ONLINE

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

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

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



BY PHONE

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



BY FAX

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



BY MAIL

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

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



IN-PERSON

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

General Information

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

REFUNDS/CANCELLATIONS

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

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

Please Note:

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

CONTINUING EDUCATION UNITS (CEUS)

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

PARKING

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

ESCORT SERVICE

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

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January Classes

REGISTRATION BEGINS
WED., NOV. 5

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

This January program will be a brief introduction to yoga's basic principles for beginners and a review for those familiar with yoga. Here is an opportunity to move at your own pace and to enter the new year with grace and strength. Please bring a mat designed for yoga and wear loose, comfortable clothes.

60009 \$20

4 Sessions, MCD 192
Mon., 1/6 - 1/27, 3:30 - 4:30 p.m.

60010 \$20

4 Sessions, MCD 192
Wed., 1/8 - 1/29, 4 - 5 p.m.
Jeanne Wein, Instructor

Zumba

60001 \$20

4 Sessions, MCD 192
Mon., 1/6 - 1/27, 5:45 - 6:45 p.m.

60002 \$20

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

60003 \$20

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

Moderate Hi-Lo Impact Aerobics

60004 \$20

4 Sessions, MCD 192
Mon., 1/6 - 1/27, 7 - 8 p.m.
Chrissy Sarratori of Abs In, Inc., Instructor

Sole Synthesis

60005 \$20

4 Sessions, MCD 192
Tues., 1/7 - 1/28, 5:45 - 6:30 p.m.
Sarah Hoffman of Total Body Trifecta, Instructor

Cardio Kickboxing

60008 \$20

4 Sessions, CTR 204
Wed., 1/8 - 1/29, 7 - 8 p.m.
Total Body Trifecta, Instructor

Want to learn more about these classes?

If you don't see a description, look these classes up in the Course Index to find it in the brochure.

Please note that January fitness classes scheduled on Mondays will meet on Martin Luther King Day, Monday, Jan. 20.

Pilates Mat - Beginning

60006 \$20

4 Sessions, CTR 204
Wed., 1/8 - 1/29, 5:15 - 6 p.m.
Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

60007 \$20

4 Sessions, CTR 204
Wed., 1/8 - 1/29, 6:05 - 6:50 p.m.
Ellen Ehrlich of Total Body Trifecta, Instructor

Core Camp

Jump start your new year with a new six pack! Lose that holiday weight around your midsection with this fast-track fitness class designed to deliver results.

60011 \$20

4 Sessions, MCD 192
Sun., 1/5 - 1/26, 6:30 - 7:30 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Defensive Driving

60012 \$40

1 Session, BTC 305
Sat., 1/11, 8:30 a.m. - 3 p.m.
Bell's Driving School, Instructors





80 Vandenberg Avenue
Troy, New York 12180-6096

CLASSES BEGIN SOON! *Register Today!*



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To register call (518) 629-7339 or go to
www.hvcc.edu/communityed/register.