

COMMUNITY AND PROFESSIONAL EDUCATION

A Catalog of Professional Development and Personal Growth Classes

Reach Your Goals!

NEW COURSES!

Introduction to SoulCollage

Beginning Conversational French

HR for Small Businesses

Foraging Walk at
Wyomanock Center

Introduction to
Mindfulness Meditation

Healthy Lifestyle for
Your Child or Grandchild

FALL 2016



Be bold. Be a Viking.

REGISTRATION BEGINS AUG. 23

www.hvcc.edu/communityed

CAMPUS MAP



Key

- | | | | |
|-----------------------------------------------|-------------------------------------|--------------------------------------|---------------------------------|
| 1. BTC - Bumer Telecommunications Center | 10. LCH - Baber Lecture Hall | 19. EGP - Electric Generating Plant | 27. WIL - Williams Hall |
| 2. ADM - Administration Building | 11. DMG - Lang Technical Building | 20. USR - LePan Services Building | 28. CGW - Cogan Hall |
| 3. Teaching Gallery | 12. HSB - Higbee Hall | 21. SCB - Stadium Classroom Building | 29. DCC - Day Care Center |
| 4. GUN - Guenther Enrollment Services Center | 13. CTR - Siek Campus Center | 22. Joseph L. Bruno Stadium | 30. Student Pavilion |
| 5. MRV - Marvin Library Learning Commons | 14. MAU - Maureen Stapleton Theatre | 23. Softball Field | 31. JRD - Jordan Road |
| 6. SC - Science Center | 15. HJD - Hudson Hall | 24. Tennis Courts | 32. AUB175 - 175 Central Avenue |
| 7. BRN - Brahan Hall | 16. MCD - McDonough Sports Complex | 25. Soccer Field | 33. TECSMFT - TEC-SMANT |
| 8. AMZ - Anisus Science Hall | 17. Conroy Ice Rink | 26. Football Field | Emergency Call Box |
| 9. FTZ - Fluglions Health Technologies Center | 18. McDonough Field House | | Handicapped Parking |

*All lettered parking lots are available for student parking unless otherwise denoted on map.



Tobacco-Free College



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

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

REGISTRATION BEGINS AUG. 23

**THE OFFICE OF COMMUNITY
and PROFESSIONAL EDUCATION**
Hudson Valley Community College

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A State University of New York college
Sponsored by Rensselaer County



Tobacco-free college



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

Fax: (518) 629-8103

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

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

Guenther Enrollment
Services Center,
Room 252



Zentangle® 101

The Zentangle® method is a fun and relaxing way to create beautiful images from repetitive patterns. Created by Rick Roberts and Maria Thomas, Zentangle® was designed with the non-artist in mind. It has been shown to relieve stress and anxiety by boosting focus and creativity. It can provide artistic satisfaction and an overall sense of personal well-being. Each participant will learn approximately three to four 'tangles' per session. The Zentangle® method is enjoyed around the world, and across a wide range of skills, interests and ages. No previous experience is needed. Course fee includes \$15 materials fee.

50207 \$64

4 Sessions, DCC B06

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

Cynthia Bishop, Instructor

Zentangle® ZenGems

ZenGems are the biggest craze in the Zentangle® world right now! You will learn how to create beautiful gem stones that come to life with pen and colored pencils! Previous experience with Zentangle® is strongly encouraged for the ZenGems course. Course fee includes \$25 materials fee.

50663 \$74

4 Sessions, DCC B06

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

Cynthia Bishop, Instructor

Basic Acrylic Painting in the Impressionist Style

Join this class to learn the basics of working with acrylics, brush types and techniques, composition, color mixing, as well as the origins and style of the Impressionist painters. Students must have some experience with being able to sketch ideas for their paintings. The materials list for this class is posted at www.hvcc.edu/communityed/courseinfo.

50695 \$125

8 Sessions, DCC B05

Thurs., 9/22 - 11/10, 1:30 - 4 p.m.

Colleen Connolly, Instructor

BASKET WEAVING WORKSHOPS

Dots and Dashes

We will learn to weave this large rectangular storage basket with leather bushel basket handles. This basket, embellished with dyed reed for accents and with skeds on the base for extra durability, is 15" long by 10" wide and 7" tall. Course fee includes \$30 materials fee.

50690 \$66

2 Sessions, DCC B05

Wed., 9/21 - 9/28, 6 - 9 p.m.

Cabin Boy

We will use a pre-assembled wooden base and handle to make this useful divided oval basket using natural and dyed reed. The finished basket is approximately 10" by 9" wide and 4" deep. Course fee includes \$28 materials fee.

50691 \$52

1 Session, DCC B06

Sat., 10/1, 10 a.m. - 2:30 p.m. with a ½ hour break for lunch

Twilled Field Basket

This basket is for experienced weavers, bring your patience! We will learn to weave this variation on the field basket using dyed reed in a twill pattern. The basket measures 11" square and 9" deep and has two wooden bushel basket handles. Course fee includes \$30 materials fee.

50692 \$66

2 Sessions, DCC B05

Wed., 10/12 - 10/19, 6 - 9 p.m.



Twilled Field Basket



Hanging Basket with Indian Curls

Hanging Basket with Indian Curls

This basket measures 4" long by 2 1/2" wide by 6" tall. We will use dyed and natural reed and black ash for Indian curls and then finish it off with a wooden bushel basket handle for hanging on the wall. Course fee includes \$23 materials fee.

50693 \$47

1 Session, DCC B05

Sat., 11/5, 10 a.m. - 2:30 p.m. with a ½ hour break for lunch

Biscuit Basket

We will weave this 8" round basket using natural reed and dyed reed in a lazy twill. You will learn to weave the basket to fit an oak shaker handle. Basket is 5" tall. Course fee includes \$28 materials fee.

50694 \$64

2 Sessions, DCC B05

Wed., 11/9 - 11/16, 6 - 9 p.m.

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

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

Basic Watercolor

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

50198

\$64

4 Sessions, DCC B06

Thurs., 10/20 - 11/10, 12:45 - 4:00 p.m.

Carol Bollinger Green, Instructor



Introduction to Drawing with Pencil, Pen and Colored Pencil

Further expand your basic drawing skills by focusing on a variety of drawing mediums. We will explore shading, rendering from real objects (observational drawing), and creating textural effects in your drawing. Some drawings will be done in one medium and some in a combination of two or three. The materials list for this class is posted at www.hvcc.edu/community/courseinfo.

50696

\$125

8 Sessions, DCC B06

Wed., 9/21 - 11/9, Noon - 2:30 p.m.

Colleen Connolly, Instructor

Glass and Ceramic Painting

Have fun on a Saturday learning to paint on glass and ceramic pieces. Create beautiful designs on plates, wine glasses, bowls – the possibilities are endless! Our focus will be on painting and brush techniques as well as interesting composition and designs. Some experience with drawing and painting is helpful but not required. The materials list for this class is posted at www.hvcc.edu/community/courseinfo.

50219

\$33

1 Session, DCC B05

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

with a 1/2 hour lunch break

Colleen Connolly, Instructor

Crochet for Beginners

Create a sampler scarf using various popular pattern designs. You will learn to do the basic crochet stitches: single, double and half double. While learning to follow the directions of a pattern, you will do the popcorn stitch, cluster and others. Crochet uses one hook so is easier to do for some of us (even if you are left handed!) After completing this class you will be able to make blankets, hats, purses etc. Hook and yarn will be provided at the first class. Class fee includes a \$6 materials fee.

50222

\$55

4 Sessions, WIL 113

Thurs., 10/6 - 10/27, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Knitting for Beginners

Learn to knit and purl and with just these two stitches you can create endless designs. This class will make a sampler neck scarf and ribbed hat using the garter stitch (knit every row), the stockinette stitch (knit a row, purl a row) and ribbing. Learn to cast stitches onto the needles and bind off the end row of stitches. You will find this relaxing, creative class fun whether you will knit for yourself or for someone else. Knitting needles and yarn will be provided at the first class. Class fee includes \$6 materials fee.

50162

\$55

4 Sessions, DCC 138

Tues., 9/20 - 10/11, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Course descriptions are subject to change without notice.

FLORAL DESIGN

Floral Design for Fun

Have some fun and be creative! In this class, you will create and take home a tasteful fall-themed basket filled with seasonal flowers. You will also learn about the proper care and handling of fresh flowers. Please bring a small folding knife that fits comfortably in your hand and a large garbage bag to cover your arrangement when you leave. Course fee includes \$35 materials fee.

50680

\$50

1 Session, DCC B06

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

Fall Holiday Pumpkin

Just in time for Thanksgiving! In this class, you will create a fall-themed centerpiece in a fresh pumpkin, suitable for your dining centerpiece or to give as a gift. Please bring a small folding knife that fits comfortably in your hand as well as a large garbage bag to cover and protect your arrangement when you leave. Course fee includes \$40 materials fee.

50681

\$60

1 Session, DCC B05

Tues., 11/22, 6:30 - 8 p.m.

Boxwood Tree

A holiday favorite! Create your own personal boxwood tree with all the trimmings. The boxwood tree is suitable for gift giving, as a centerpiece for your holiday party table or for anyone looking to downsize their Christmas tree. Please bring a small folding pocket knife that fits comfortably in your hand and a large garbage bag to cover and protect your tree when you leave. Course fee includes \$50 materials fee.

50682

\$80

1 Session, DCC B06

Tues., 12/13, 6:30 - 8:30 p.m.

All floral classes are taught by
Judy Pochobradsky of Celestial Designs



ARTS & CRAFTS



Knitting for Beginners - Level Two

Join us if you already know the basics of casting on and the knit and purl stitches. This class will build on your skills as you learn to follow directions/patterns. We will make a lace pattern and cable stitch hat using a circular needle and double pointed needles. You will need to bring to class one skein of 3.5 or 4 ounce knitting worsted, four-ply yarn. Choose any beautiful color or variegated color yarn you like. As a tip, do not choose black or another dark color because they are very difficult to work on at night. Course fee includes a \$9 materials fee for the needles which will be supplied at the first class.

50486 \$58

4 Sessions, DCC 138

Tues., 10/25 - 11/15, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Sewing for Beginners - Sleepover Kit

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

You will learn basic sewing techniques and create your own pillowcase, tote and toiletry bag. Both hand and machine stitching will be used. Useful information covered in the class will include: how to choose the right fabric, how to use a pattern, how to pin and cut, how to use a blind hem stitch and much more. Materials needed (including three yards of fabric) will be discussed at the first class. Your finished project will inspire you to do more. Students will need to bring their own sewing machines.

50353 \$60

5 Sessions, WIL 113

Sat., 9/17 - 10/15, 9:30 - 11:30 a.m.

50679 \$60

5 Sessions, DCC 138

Wed., 10/19 - 11/16, 6:30 - 8:30 p.m.

Aleta Schweigert, Instructor

Sewing 101

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

50678 \$45

4 Sessions, DCC B06

Mon., 9/12 - 10/3, 6 - 8 p.m.

Fatima Bey, Instructor

Learn How to Do Your Own Alterations

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

50566 \$45

4 Sessions, DCC B06

Mon., 10/17 - 11/14, 6 - 8 p.m.

No class 10/31

Fatima Bey, Instructor

Open Sew

This is an Open Sew classroom just for you; open to anything that has to do with sewing. You can finish projects, get help with a sewing technique, quilting, or get direction on how to start or finish a sewing project. Bring your project, pattern (if applicable), your own sewing machine, and basic sewing supplies. This class is open to all levels and any sewing projects. Available spots in this class are limited. The materials list for this class is posted at www.hvcc.edu/communityed/courseinfo.

50565 \$45

4 Sessions, DCC B06

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

Fatima Bey, Instructor

Introduction to SoulCollage®

SoulCollage® is a flexible and creative process of selecting images and making original cards to develop an ongoing pictorial journey of one's life. In this four-week course, you will be introduced to the SoulCollage® process and receive step-by-step instructions on how to create cards that tell the story of your life. Classes will cover important influences including family, ancestors, pets and friends. The last class will cover how to use a journal to record thoughts and feelings about a created card. Please bring sharp scissors and a glue stick.

50714 \$79

4 Sessions, DCC 138

Thurs., 10/13 - 11/3, 6 - 8 p.m.

Faith Green and Nancy Lyons, Instructors

Print Your Own T-Shirt Workshop

This workshop teaches you how to print your own design on a t-shirt from start to finish. It's perfect for do-it-yourselfers who have ideas for tees, but don't know the best way to make them a reality... or for those who are just curious about the process! By the end of the class, you will have learned what type of artwork works best with the medium, how to expose and set up your screens, and how to pull a perfect print. You'll also receive pointers on how to set up a modest personal studio so you can keep printing at home! Finally, students will have the opportunity to print a design on a white t-shirt. Class size is limited to five participants. This course is held at Troy Cloth & Paper, 291 River Street in Troy. Course fee includes a \$65 materials fee.

50724 \$70

1 Session, Troy Cloth & Paper

Tues., 9/20, 6 - 8 p.m.

50725 \$70

1 Session, Troy Cloth & Paper

Wed., 10/19, 6 - 8 p.m.

Additional off campus art classes can be found on page 16.

Basic Jewelry for Beginners

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

50199 \$35

1 Session, DCC B05

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

Joanne Farash of Silverlining, Instructor

Charm Bracelet

Charm bracelets are a great way to create fun color palettes and add some personality to your style. We will be working with an array of colored crystal and charms. Course fee includes \$20 materials fee.

50697 \$39

1 Session, DCC B05

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

Joann Farash of Silverling, Instructor

Paper Filigree Snowflakes and Designs for the Winter Season

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

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

50211 \$19

1 Session, DCC 138

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

Laurie Hepler, Instructor



RUBBER STAMPING

Hand Stamped Cards

It's time to dazzle everyone with your hand-stamped creations. Even if you say you are not creative, come and try stamping with rubber stamps, a little ink, cardstock and some great embellishments. You will be wowed at what you go home with. Even if you've never stamped before, try this, and you will fall in love with it instantly. Bring double sided adhesive and sharp scissors.

Course fee includes \$10 materials fee.

50349 \$18

1 Session, DCC B06

Tues., 9/27, 6 - 7:30 p.m.

Watercolor Wishes

Make a variety of 20 cards. The all-inclusive card kit includes 20 pre-watercolor designs, envelopes, stamps, ink, shapes and embellishments. Bring your favorite double-sided adhesive to complete them. Worried you won't be able to finish them all? No worries, you get to bring everything home to complete at your leisure. You must register for this class by 10/7. Course fee includes \$37 materials fee.

50580 \$45

1 Session, DCC 138

Tues., 10/18, 6 - 7:30 p.m.

Creative Cards - Fun Folds!

This class is your opportunity to learn how to create cards using different folding techniques. Please bring double sided adhesive and sharp scissors. Course fee includes \$10 materials fee.

50357 \$18

1 Session, DCC B06

Tues., 11/1, 6 - 7:30 p.m.

Holiday Cards

Hand-stamp six Holiday cards (two each of three designs) using Stampin' Up! rubber stamps, inks, designer papers and accessories! You won't want to give these away, that is why we will making two of each – one to keep and one to share with that special someone. Please bring double sided adhesive and sharp scissors. Course fee includes \$10 materials fee.

50581 \$18

1 Session, DCC B06

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



DIY Craft Your Christmas Stamp Camp

Get ready for all things Christmas – cards, décor, tags, treat holders. Make it a DIY Christmas this year with rubber stamps, paper and embellishments. Please bring your own lunch, double-sided adhesive and sharp scissors. Course fee includes \$30 materials fee.

50582 \$54

1 Session, DCC 138

Sat., 11/19, 9 a.m. - 3 p.m. with 1 hour break for lunch

Holiday Wrap It Up

'Tis the season for giving, and when you don't know what else to give it's usually a gift card. Make it special with a holder you have created yourself. You'll leave with a variety of gift card holders that you can recreate for any occasion. Please bring double sided adhesive and sharp scissors. Course fee includes \$10 materials fee.

50583 \$18

1 Session, DCC 138

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

Registration deadline for these courses is one week prior to the start date of the class. Fees for materials are non-refundable less than five business days prior to the start of the course. Materials fees for Watercolor Wishes are non-refundable after 10/7. Classes are taught by Sharyn Bouck – independent Stampin' Up! Demonstrator.

Contact her with any questions at sharynbouck@hotmail.com

EXIT Baby Boomers: The Financial Transition to Retirement

This informational 1.5 hour seminar is for the "baby boomer" generation. Over the next several years baby boomer's will be exiting the workforce and enjoying a long and fruitful retirement. This course will discuss the financial transition that will face this generation. Retirement income that was accumulated over the working years will now be distributed over the course of retirement, which can extend to 30 years in some cases. With inflation, tax laws, and healthcare costs rising, it is important to know your options. Topics range from minimum distributions (RMDs), to Long-Term Care and more. Most are mentally prepared for retirement but are you financially ready as well?

This course is strictly educational and there will be no solicitation of a specific investment. The instructor is a licensed financial advisor with the Halliday Financial Group in Albany. Please feel free to email fguiffre@hallidayfinancial.com to learn more about this course.

50549 \$10

1 Session, DCC 137

Tues., 10/25, 6:30 - 8 p.m.

Frank Guiffre of Halliday Financial Group,
Instructor

Maximizing Your Social Security Benefit

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

50244 \$20

1 Session, ADM 103

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

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



Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course will inform 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. Course fee includes \$26 materials fee for the workbook.

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

50202 \$65

3 Sessions, DCC 137

Tues., 10/4 - 10/18, 6:30 - 9 p.m.

*50321- Please use this course number to register a partner.
Stephen F. Miner, CLU, ChFC, Instructor

All I Really Need to Know About Money and Didn't Learn in School

Unfortunately, personal finance is seldom taught in American schools. This course fills that educational gap and can provide you with what you need to survive and thrive in today's complex financial world. If you're a young person struggling to stay afloat financially or if you're the parent or grandparent of a high school, college student or recent graduate who needs to learn about money, then this course is for you. It will help people make smart money decisions and avoid common financial pitfalls. Topics include: a brief history of money, employment and income, needs and wants, smart spending, banking, saving, expenses, bills and budgets, prepaid cards, credit, credit cards, loans, debt, risk, insurance, gambling, fraud, investing, taxes and money tips for parents and teen. Course fee includes a \$20 materials fee.

50713 \$69

4 Sessions, ADM 107

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

Don Bell and Phyllis Allen, Instructors

Are You an Emotional Investor?

In this course, you will review some typical investor behavior patterns and learn how the field of behavioral finance can provide useful insights into those behaviors. Traditional economic theory tells us that investors are rational decision-makers, carefully weighing all available information to make choices that result in the best possible outcome. The REALITY is that this assumption may not be true. Behavioral finance helps explain why and how investors make decisions and it draws on finance, psychology and sociology to explain common investor mistakes that manifest themselves in three key areas:

- When decisions are based on feelings rather than logic
- When decisions are based on misinformation
- When decisions are based on faulty judgement

We will discuss lessons to help you avoid the pitfalls of emotional investing, as well as the importance of having a trusted financial advisor who can help you avoid many common mistakes.

50698 \$18

1 Session, ADM 101

Tues., 9/20, 6 - 8 p.m.

Conor Bryant of Bryant Asset Protection,
Instructor

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

Notary Public Review Workshop - Prepare for the NYS Exam

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public Office. Confusing laws, concepts and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a notary public office is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney and minimizing legal liability. This workshop is a must for notary public candidates who want to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided, including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80-question practice exam that attempts to emulate the actual New York State mandatory exam. Course fee includes a \$5 materials fee.

50553 \$36

1 Session, DCC 138

Wed., 9/28, 5:30 - 9:30 p.m.

50554 \$36

1 Session, DCC 138

Fri., 11/18, 8:30 a.m. - 12:30 p.m.

Victor Bujanow, CIC, Instructor

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

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

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

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

50397 \$15

1 Session, ADM 107

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

John Gattulli, Instructor

Introduction to Bitcoin and Blockchain Technology

This course will cover the history of Bitcoin, wallet creation/security, markets and exchanges, and future uses of Blockchain technology.

50544 \$55

2 Sessions, ADM 101

Thurs., 10/20 - 10/27, 6 - 8 p.m.

Paul Paterakis, Instructor

Human Resources for Small Business Owners

This course offers small business owners a critical overview of HR subjects, including; statutory compliance milestones, wage and hour requirements, employee files, employee handbooks and company policies, posting requirements, employee relations and discipline, hiring and terminations. This course also offer an interactive discussion of key human resource challenges. Course fee includes \$10 materials fee.

50726 \$139

4 Sessions, DCC B06

Thurs., 10/27 - 11/17, 9 - 11 a.m.

Heidi Gross, Instructor

Looking for Medicare 101?

See page 8.

Do you have a great idea for a course?



**Contact our office
at 629-7339**



Be bold. Be a Viking.

www.hvcc.edu/communityed/apply

Medicare 101

Medicare can be very confusing. There are many options and factors to consider. It is important to understand how Medicare works and what you need to know to make the most informed decisions possible. Medicare Parts A and B will be explained, including what is and is not covered. This session will also cover what a person's fiscal responsibility is and the ways to mitigate the potential copays of Medicare. Learn how Medigap plans work and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

50174 \$10
2 Sessions, WIL 113
Tues., 10/18 - 10/25, 10 - 11:30 a.m.

50175 \$10
2 Sessions, DCC 136
Wed., 11/2 - 11/9, 6 - 7:30 p.m.
Janey Kiffney, Instructor

The First Global Conflict: The French & Indian War(s) 1754-1763

Join Leslie C. Johnson, secretary of Le Federation Franco-Americaine du New York and a faculty member in the college's Department of History, Philosophy and Social Sciences, to discover how the actions of an inexperienced ambitious young George Washington of British America, sparked an international global confrontation when he violated French territory at Great Meadows, Pennsylvania on July 3, 1754. The result of his actions is known in Europe as the Seven Years War and in the US as the French and Indian War(s). New York State was to play a pivotal role in determining the outcome of this global conflict.

The Seven Years War involved every great power of the time except the Ottoman Empire, and affected Europe, the Americas, West Africa, India and the Philippines. Considered the greatest European war since the Thirty Years War of the 17th century, it once again split Europe into two coalitions, led by Great Britain and France. For the first time, aiming to curtail Britain and Prussia's ever-growing might, France formed a grand coalition of its own, which ended with the rise of Britain as a world power and forever altered the European political system until the Age of Revolution and rise of Napoleon Bonaparte.

50658 \$13
1 Session, WIL 113
Mon., 9/19, 10:30 a.m. - Noon
Leslie Johnson, Instructor

The American Presidency

During Election Year 2016, this course offers a comprehensive examination of the U.S. Presidency. Focusing on the constitutional provisions relating to the institution, it will explain the powers, duties and responsibilities and the evolving role of the President in our political system, as well as the limits on his/her powers under the concept of checks and balances. It will study the minimal qualifications of the position along with the unusual selection method under the Electoral College. Finally, it takes an objective look at the current race for the most powerful elected position in the world.

50715 \$20
2 Session, DCC B06
Mon., 9/26 - 10/3, 10 a.m. - 12:30 p.m.
Henry Bankhead, Instructor

American Vintage Furniture

The Victorian period in America is named for the entire time frame Queen Victoria ruled England. During her 60-year reign, architectural styles changed multiple times and furniture designs followed as new ideas and influences from abroad arrived in America. The first style of furniture in the Victorian period was Gothic Revival which followed very closely what was being designed by architects beginning with Alexander Jackson Davis in 1838. By 1850, America had entered an era of great prosperity due to the Industrial Revolution, and Americans wanted to show off their wealth with the lavish Rococo style that reflected their success. The 1860s saw elegant, large pieces of furniture take over, which were copied from and named for the Italian Renaissance of the 1500s. By the 1870s, a less expensive, factory-produced kind of furniture named Eastlake after the English designer, Charles Lock Eastlake, had become fashionable. The class will end with a glimpse of what the turn of the century brings with Art Nouveau and bent wood designs.

50646 \$18
1 Session, WIL 113
Thurs., 9/29, 10 a.m. - Noon
Marilyn Sassi, Instructor

American Folk Art Combo

The first class of this combo will begin in early 18th century America and feature the Patroon and scripture paintings of the Hudson and Mohawk Valleys. These were painted for the wealthy Dutch land owners who wanted portraits of their loved ones and biblical scenes to decorate the walls of their homes. This group of early paintings is considered to be the first school of American art. The slide-lecture will then move into New England and follow the progress of folk art through the 19th century. The difference between folk art and academic art will be explained and we will discuss how many artists were traveled from town to town to find work. The period between 1830 and 1850 is considered to be the golden age of American folk art and it is during this time frame that the middle class was able to have portraits done of their family members before the camera took over.

The second class in the combo will feature three-dimensional objects including: weather vanes, cigar store Indians, tavern signs, ships figure heads and much more. One area of folk art unique to America is the engraved powder horn. The process used to create them will be discussed and examples will be illustrated. Another topic of special interest is the painted dowry chests made by Palatine Germans who settled locally in the 18th century. Their history and types of regional design will be covered with examples from all the local counties. This class will demonstrate how folk art grew out of a craft tradition and, with American ingenuity, turned simple, mundane objects in to true expressions of beauty.

50647 \$22
2 Sessions, WIL 113
Thurs., 9/15 & 9/22, 10 a.m. - Noon
Marilyn Sassi, Instructor



Writing Your Life Story
See page 21.

Introduction to Lightroom - The Photographer's Program

If you have a large number of photos, Lightroom may be the program for you. If you have ever tried to find a photo that you took some time ago, but can't seem to come up with it readily, then maybe you should have been using Lightroom. We will cover this cataloging and non-destructive editing program and why and how to use it by looking at pre-sets and workflows for imported images.

50650 \$10

1 Session, WIL 113
 Mon., 10/3, 1 - 3 p.m.
 Bud Hovey, Instructor

Learning the "Ins and Outs" of Your Digital Camera

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

50340 \$10

2 Sessions, WIL 113
 Tues., 11/8 & 11/15, 1 - 4 p.m.
 Kevin Sarsfield, Instructor

Vietnam. After 50 Years, Is It History?

After half a century, can a once-controversial subject be discussed dispassionately? Steve Trimm would like to find out. Steve and his friends graduated from high school in 1966. By 1969, his buddies were Marines fighting in Vietnam and Steve, a full-time peace activist, had been drafted for the war, refused to go, and been sentenced to four years in prison. Sharing a film he made in 1967, his friends' letters from Vietnam, stories from the home front and war zone and stories about vets and peace activists in the post-war years, Steve will revisit a tragic chapter in the country's history and offer something that seemed in short supply during the war years: understanding, sympathy and respect for everyone touched by the Vietnam conflict.

50652 \$13

1 Session, WIL 113
 Mon., 10/3, 9:30 - 11:30 a.m.
 Steve Trimm, Instructor



Antiques and More

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

50372 \$10

1 Session, WIL 113
 Wed., 10/5, 9:30 - 11:30 a.m.
 Andrew Geller and David Ornstein, Instructors

In The Beginning... Background of the American Musical

Join us to learn how the American musical was invented in 1866 by accident because of a theater burning down the night before an opening. "The Black Crook", the first production that incorporated music, dance and dialogue, was put together haphazardly and yet became the start of the American Musical Theatre we know today. We will see the background of the Ziegfeld era, vaudeville and minstrel shows, all of which contributed to the "Cinderella" musicals and the creation of the American musical art form. Musical legends Eddie Cantor, Fanny Brice, James Cagney as George M. Cohan and Busby Berkely's patterned choreography will be featured.

50655 \$13

1 Session, WIL 113
 Wed., 10/26, 9:30 - 11:30 a.m.
 Richard Feldman, Instructor

Check out Senior STRONG Fitness Class on Page 28.

GENEALOGY

Choosing and Using a Genealogy Software Program

Now that you have collected all this information about your family history, how do you organize and share it all? Are you a user of Family Tree Maker confused about the future of your software? Professional genealogist Lisa Dougherty will examine the types of genealogy software and compares the features of the major brands, and provides demonstrations of both online and offline programs so you can make an educated decision in preserving your family story!

50648 \$13

1 Session, WIL 113
 Tues., 11/8, 9:30 - 11:30 a.m.
 Lisa Dougherty, Instructor

Irish Genealogy for Beginners

If you are just beginning the search for your Irish ancestors, you are probably already encountering many records that give simply "Ireland" as a place of origin. At this workshop you will discover unique records and learn new strategies to help you find a more specific hometown for your ancestors. We also will discuss and examine the National Library of Ireland's database of Catholic Parish records! Instructor and professional genealogist Lisa Dougherty has more than 20 years' experience in finding Irish roots and she will help you move beyond the obvious to the specific.

50649 \$13

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

Advanced Irish Genealogy

Once you know where in Ireland your ancestors came from, where do you go from there? Is it necessary to go all the way to Dublin to do research? Join instructor and professional genealogist Lisa Dougherty for a workshop that will acquaint you with Irish records you can use for research, how to access them, and how to find out more about your ancestor's life in Ireland before they emigrated to the United States. We also will discuss how to use Irish land records to pinpoint your ancestor's exact home!

50517 \$13

1 Session, WIL 113
 Tues., 10/4, 9:30 - 11:30 a.m.
 Lisa Dougherty, Instructor

CENTER FOR CREATIVE RETIREMENT

The Early Operettas

The development of the American musical was influenced by the operettas of Sigmund Romberg, Victor Herbert and Rudolf Friml. Eventually, the foreign backgrounds, contrived plots and extreme vocal demands were replaced by American themes with more realistic plots. The American musical was on its way. We will be viewing musical sequences starring Jeanette McDonald, Nelson Eddy, Mario Lanza and Ann Blyth, among others.

50656 \$13

1 Session, WIL 113

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

Richard Feldman, Instructor

A Morning with Local Novelist

Gloria Waldron Hukle

Historical novelist Gloria Waldron Hukle's newly published book "Souls of the Soil" is a thought provocative wrap to her 'American Book Series,' which are often tagged as the 'Waldron Series Novels.' With settings in Rensselaer, Albany and Saratoga counties, the plot of "Souls of the Soil" is driven by an actual murder in Halmoon, New York in the year 1756. The lives of two sets of fathers and sons, all four sharing the same DNA, criss-cross between centuries. In addition to "Souls of the Soil," Hukle is the author of "Manhattan: Seeds of the Big Apple," "The Diary of a Northern Moon" and "Threads: An American Tapestry." For more information, visit www.authorgloriawaldronhukle.com.

50657 \$10

1 Session, WIL 113

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

Gloria Waldron Hukle, Instructor

First Church: 375 Years and Counting

The Dutch Reformed Church on North Pearl Street is the oldest building in Albany still used as originally intended. It is also Albany's oldest institution: the first church, first school and first bank, for starters. Tom Allison, a familiar face to our class, has been invited to write a new history in observance of its four centuries. A hoard of documents and artifacts discovered walled up in a basement room in 1931 made big news, and The History Room was born. This class will offer you a privileged opportunity to see its walls and artifacts and learn about some of its customs and lore. The weathervane from the old church in the middle of State Street is a story unto itself as is the reason for "The Stranger's Pew."

50717 \$13

1 Session, WIL 113

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

J. Thomas Allison, Instructor



The Design, Color, Texture, and Flowers 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. Michele brings a passion for what she does and many students return because they know she always brings new ideas and demonstrates what is "hot" in the flower world. You may be one of the lucky students who carries one of her creations home! Course fee includes a \$13 materials fee.

50339 \$23

1 Session, WIL 113

Thurs., 10/27, 9:30 a.m. - Noon

Michele Peters of Ambiance Florals and Events, Instructor

Introduction to Nose Work for Dogs

Looking for a new and fun activity to do with your best friend? Nose work is an up-and-coming sport in the dog world. It began on the West Coast and has quickly caught on, all across the nation. Nose work is based on dog detection work, and it originated with the military and police. You can do nose work for fun, or take it up a notch and compete at trials. The benefits to you and your dog are two-fold: greater bonding while working together as a team and an activity that will help to calm Rover down by providing a new mental challenge. Very few tools are necessary to start, you will need: any age dog (puppy to senior), lots of doggie treats, and empty boxes. In class, you will learn how to get your dog started in the search process, what a "red bandana" dog is, and locations to have your dog search. Please...this is not a paws-on-class, DON'T bring your dog but please bring a picture of your dog with you. Demo dogs will be on hand to show you the training steps.

50667 \$10

1 Session, WIL 113

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

Mel Witkowski and Joanne Hughes, Instructors

Improved Health and Well Being through Yoga and Meditation

The American Meditation Institute's easy-gentle yoga and breathing class is taught the same way it was thousands of years ago: as preliminary practices to prepare both the body and mind for daily meditation. Without difficulty or pain, you'll learn the simple, therapeutic pleasures of focusing and stilling the mind, expanding your breathing capacity, relieving stiffness and stress, detoxifying the lymph system, stretching muscles and invigorating internal organs. Most students feel less stress and inflexibility after the very first class. You'll move with more ease, gain physical confidence and enhance the flexibility and health of your body. When your body is stiff or in pain, the mind is often distracted and cannot help you experience the positive effects of meditation. Classes will be taught at the American Meditation Institute, 60 Garner Road, Averill Park, by AMI Faculty Members, Doreen Howe and Mary Helen Holloway. Course fee includes \$20 materials fee.

50653 \$30

3 Sessions, American Meditation Institute in Averill Park

Fri., 11/4 - 11/18, 9:30 - 11 a.m.

Jean Chenette, Coordinator

Don't Stew! Make Stew

Join us to make stew with Questar III High School Culinary Arts students! Questar III Career and Technical Education programs offer high school students the opportunity to learn valuable career skills while earning their Regents diploma. The half-day programs help students develop industry specific skills, practice team work and problem solving and offer opportunities for internships with local businesses. Join us for an opportunity to learn the basics of making homemade stew with high school seniors. The students will lead the hands-on class from start to finish and all participants will leave with a sampling of their freshly prepared stew. We welcome the opportunity for our students to have an authentic audience from the community.

50716 \$10

1 Session, Rensselaer Educational Center Fri., 10/14, 9 a.m. - Noon

Jean Chenette, Coordinator

Course descriptions are subject to change without notice.

Finding Your Way

Would you like to feel more comfortable finding your way on nature trails or long hikes? This class will cover basic skills that anyone should have before venturing out for a walk in a natural area. Awareness of your surroundings, lost proofing and basic map and compass skills will be explored along with what to do just in case you get lost. Participants should be able to hike at least one mile and dress in layers for being in the outdoors. Compasses will be provided or bring your own. Course fee includes \$5 per person.

50668 \$15

1 Session, Dyken Pond

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

Lisa Hoyt, Instructor

The Hudson Mohawk Region: the Silicon Valley of the 19th Century

The Capital District is widely considered to be one of the "birthplaces of the American industrial revolution." Nineteenth century entrepreneurs flocked to this area and consciously used the cutting-edge technology of their day to transform the dominant rural-agrarian lifestyle into an infrastructure devoted to advancement of an American industrial enterprise. Developments in transportation, including the Erie Canal and railroads, were coupled with development of investment banking resources as well as advanced educational opportunity, to lead to our modern urban-industrial way of life. Inventions and developments here produced many of the components of our modern lifestyle, such as practical clothing, effective labor organizations, labor saving devices and mass-produced food. Their clear understanding of the cultural dimension of this technological change gave direction to some highly celebrated engineering innovations.

50738 \$16

1 Session, WIL 113

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

Michael Barrett, Instructor

Native Mammals of the Capital District

Native mammals share many of the same habitats as people. Learn who you may find in your backyard and who lives in the forests of the Rensselaer Plateau. A PowerPoint presentation will feature the natural history of native mammals of the area. Participants will also be able to view an extensive collection of study skins and skulls. Course fee includes \$5 per person.

50718 \$15

1 Session, WIL 113

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

Lisa Hoyt, Instructor

Introduction to Folk Music

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

50091 \$13

1 Session, WIL 113

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

George Wilson, Instructor

A History of Clocks and Clock Making in the 19th Century

Lecturer Paul Borst has 30 years of clock repair experience and is a member of the National Watch and Clock Collectors Association. The lecture starts with a brief history of the development of time keeping, which started around 1200 AD and will include a discussion of a major event in New England that impacted the clock industry of the 19th century worldwide. Many of the famous clockmakers of the time will be discussed along with a review of the clock industry throughout the 19th century. Finally, we will discuss the workings of a simple clockwork mechanism and what makes a clock tick along with some basic clock repair techniques.

50675 \$20

1 Session, WIL 113

Fri., 10/14, 9:30 - 11:30 a.m.

Paul Borst, Instructor

Ireland: A Musical Tribute to its History and the Struggles of its Fine People

Take a two-hour musical trip through the history and challenges of Ireland and its people. Folk songs document the historical events associated with the Irish people's continuous fight for freedom and independence, from the early 1099's through today. Inspired by Tommy Makem, the Wolf Tones, Chieftains, Christie Moore and others, this session presents many of the songs that tell the story of Irish Freedom Fighters, life in Ireland and the Irish people's search for success and prosperity in other worlds through immigration.

50670 \$10

1 Session, WIL 113

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

Don Kelly, Instructor



Lillian Gish: Star of the Silent Screen

Lillian Gish was a child actress in traveling theater and vaudeville at the turn of the twentieth century and her career would lead her to become a major player in the establishment of a new art form and a pioneer in the development of the "movies." Her collaboration with director D.W. Griffith was as experimental and formative as it was controversial. Dedicating her life to her work, she persevered in perfecting the subtlety that film acting requires, as well as expanding her understanding of lighting, direction and editing. Gish explains how "moving pictures" came into existence, and its subsequent influence on American life and art.

50336 \$20

1 Session, WIL 113

Wed., 9/14, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor

Mrs. JJ Brown: Survivor of the Titanic

Margaret Brown, or "Mrs. JJ Brown," as she preferred to be addressed, is erroneously called "Molly" Brown, and is known as a feisty Westerner who survived the Titanic disaster. That event has unfortunately eclipsed many fascinating details of a remarkable life. Born of Irish parents in Hannibal, Missouri, she moved west as a young woman, married for love, and found incredible riches as well. Energetic and involved, she invested her time and money in many worthy causes - juvenile delinquency programs, collecting art for public museums, and the women's' suffrage movement. Her life is an interesting window through which we see how the "upper crust" lived during the Gilded Age.

50676 \$20

1 Session, WIL 113

Wed., 9/28, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor

CENTER FOR CREATIVE RETIREMENT

The Tragedy of Alexander Hamilton

Alexander Hamilton, a bastard orphan immigrant, arrived penniless in New York on the eve of the American Revolution. As George Washington's aide de camp, he ran much of the war effort before accepting his own command at the climactic Battle of Yorktown. Brilliant, ambitious and unyielding in his political convictions, Hamilton led the Federalist Party for over a decade, and served as Secretary of the Treasury, inventing fiscal policy that laid the foundation for a prosperous modern commercial nation. Yet, shame over his humble origins dogged him and made him hypersensitive to criticism. In 1801, Hamilton's 19-year old son Philip died defending his father's honor on a New Jersey dueling ground. Crushed, Hamilton retired from politics, yet two years later, learning of a plot by his own Federalists to elect Aaron Burr governor of New York and then secede from the union, he returned to block Burr's election. The rest is history. Jack Casey, an author, attorney and former political leader, who just completed his historical novel "Hamilton's Last Clash," will explore the motivations of Hamilton, Burr and Eliza Hamilton as this uniquely American tragedy unfolds. Jack will share his views on the darker side of American adversarial politics, and will also acquaint attendees with Revolutionary-era songs he will play and sing.

50671 \$20

1 Session, WIL 113

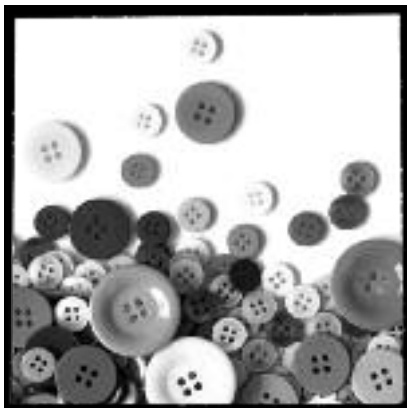
Wed., 11/2, 9:30 - 11:30 a.m.

50672 \$20

1 Session, WIL 113

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

Jack Casey, Instructor



Life and Times of Kate Mullany

This presentation will begin with a PowerPoint presentation on the life and times of Kate Mullany, a young Irish immigrant who formed and led America's first all-female union, the Troy Collar Laundry Union, in 1864. She led the union on a successful strike in 1864 securing a 25 percent wage increase and improved working conditions. Mullany was the first woman to serve as an officer of a national union. She was inducted into the National Women's Hall of Fame in Seneca Falls, in 2000 and Labor's International Hall of Fame in 2016. Her house, at 350 Eighth Street in Troy, New York, was designated a National Historic Landmark in 1998 and dedicated that year by then First Lady Hillary Clinton. The house is being restored to its 1869 configuration by the non-profit American Labor Studies Center. The session will conclude with a showing of the first act of "Don't Iron While the Strike is Hot!," a rousing musical about the 1864 strike that opened in 2014 at Russell Sage College. Ample time will be available for questions and discussions.

Presenter Paul F. Cole is the executive director of the American Labor Studies Center (ALSC). He began his career as a high school social studies teacher and was later appointed assistant to the president of the New York State United Teachers (NYSUT) and the political director of the New York State AFL-CIO.

50673 \$18

1 Session, WIL 113

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

Paul F. Cole, Instructor

Half Moon Button Club

The Half Moon Button Club will present the history of button collecting, as well as information on various collectible button types. Kathy Arbogast, past president of the club, will share her vast knowledge of buttons and their historical significance. Attendees are welcome to bring any buttons to be identified and receive information on composition. For any questions prior to the presentation, you may call Ellen Khachadourian (312-9843) of the Half Moon Button Club.

50669 \$10

1 Session, WIL 113

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

Kathy Arbogast, Instructor



David C. Lithgow: Albany Artist

David Lithgow was the foremost Albany painter and sculptor during the first half of the 20th century. He painted murals for the State Bank of Albany, the St. Andrews Society and the old State Museum in the Education Building. He also sculpted the Spanish American War soldier in Townsend Park. Lecturers Robert Mulligan and Randy Patten will explore the painter's work and life in the Capital Region through research and photos of his original pieces.

50666 \$15

1 Session, WIL 113

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

Robert E. Mulligan & Randy Patton, Instructors

WWI Armies of the Western Front

The Great War of 1914-1917 shaped the history of the world until the fall of Soviet Russia in 1991. In two Friday sessions of two hours each, Robert Mulligan will look at the four armies that fought on the Western Front. He will ask, and answer, some of the questions which news commentators and book reviewers never think about. Which army had the best artillery? How did the introduction of tanks appear to the Germans in the trenches? Why did the British commander feel that the 60,000 casualties of the first day of the Somme were acceptable? What was the best American artillery piece, airplane, machine gun, and tank? Answer, there were none. The first session will look at the American and German armies. The second will look at the victors - France and Britain. There will be handouts, displays and even some period music.

50664 \$15

2 Sessions, WIL 113

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

Robert E. Mulligan, Instructor

**Behind the Scenes
at HVCC see Page 34.**

TRIPS AND TOURS

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

Saugerties Lighthouse Tour

Join us at the Saugerties Lighthouse, an 1869 landmark on the Hudson River that now stands proudly as a living museum and a renowned bed and breakfast. Step back in time to experience the charm and rustic simplicity of life in the middle of the river. The restored, red-brick lighthouse offers overnight bed and breakfast accommodations, public tours and special events. Furnished as it may have looked in the early 20th century, the lighthouse contains a small museum, gift shop, parlor, kitchen, keepers' quarters, and two guest bedrooms. The lighthouse can be reached via a half-mile nature trail of dirt and rock paths with wooden bridges and boardwalks and sandy trails. It is at the end of Lighthouse Drive in the village of Saugerties, New York. Suitable, comfortable shoes are recommended. Course fee includes an \$8 materials fee.

50338 \$18
 1 Session, Saugerties Lighthouse
 Thurs., 10/6, Noon - 1:30 p.m.
 Linda Muller, Coordinator

Gemstones Demystified, Pearls Renewed

Master jeweler and jewelry designer Heather Naventi will bust myths about jewelry and gemstones and demonstrate how to distinguish fake from real. If you bring a piece of broken jewelry, she'll walk you through the simple repairs so you can wear it again. Naventi is an independent bench jeweler. She loves to use rare and unusual colored gemstones including naturally colored diamonds. Heather's shop, Masterpiece Jewelry Studio, has been open since 1999. Course fee includes \$12 materials fee.

50665 \$22
 1 Session, Masterpiece Jewelry Studio
 in New Lebanon
 Wed., 10/19, Noon - 1:30 p.m.
 Jean Chenette, Coordinator

Skene Manor Tour and Lunch

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., 10/13, 11:15 a.m. - 1:30 p.m.
 Marie D'Entrone, Coordinator

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

A rifle shot, a scream, and the household erupts into chaos! On May 7, 1827, a notorious murder occurred at Cherry Hill mansion that resulted in two sensational trials and Albany's last public hanging. Join us at Historic Cherry Hill to investigate the scene of the crime and relive the differing perspectives of those who witnessed that fateful night. Attendees will receive our popular Murder at Cherry Hill book and enjoy refreshments at the end of the program. Historic Cherry Hill is the five-generation home of the Van Rensselaer family from 1787-1963. Please dress for the weather (rain or shine) and wear comfortable shoes. Inside, the tour will take participants up and down two flights of stairs; outside, participants will walk over some uneven ground. (If you have any concerns, please call 434-4791.) Course fee includes \$18 materials fee.

50651 \$28
 1 Session, Cherry Hill
 Fri., 10/28, 4 - 6 p.m.
 Jean Chenette, Coordinator

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

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

50051 \$10
 1 Session, Plaza Visitor Center
 on the North Concourse
 Mon., 10/24, 3:30 - 5 p.m.
 Paula Johannesen, Coordinator

NATURE IN THE FALL

Fall in Fields and Forests - Exploring Nearby Nature Preserves

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

50083 \$10
 5 Sessions, Fri., 9/16, 10 a.m. - Noon, WIL 113
 Fri., 9/23 - 10/14, 10 a.m. - Noon in the Fields
 Betty & John Nickles, Instructors

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

CENTER FOR CREATIVE RETIREMENT

Knickerbocker Family Mansion - Ghosts, Tour and Lunch

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

50071 \$35

1 Session, Knickerbocker Family Mansion

Fri., 9/16, 10:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator

Walking Tour of Washington Park, Historic Homes and Artists' Studios

Enjoy a step back in time to the mid-1800s to see and experience the genteel living of the nouveau rich of Troy's Washington Park. You will see first-hand the loving care taken to rehabilitate and update many of these one-of-a-kind homes of the emerging upper middle class of the 19th century and visit their own private park. Recently, several artists have been setting up studios in this rich cultural area and we will visit one or more. A tea reception will be held in our last home visit on the tour.

There will be lots of walking on mostly uneven surfaces: sidewalks, grass, roads, and some home interiors with multiple flights of stairs, climbing up and down. Be mindful of your capabilities to keep up with the group as we have a tight schedule to adhere to the 2 ½ hour tour. Wear comfortable walking shoes as you will be on your feet for all of the tour. Course fee includes \$10 materials fee.

50322 \$20

1 Session, Washington Park in Troy

Thurs., 9/15, 10 a.m. - 12:30 p.m.

Lea Darling, Coordinator

Course descriptions are subject to change without notice.

Granville in the Slate Valley, a Museum, Quarry and Walking Tour

Running approximately 24 miles along the New York and Vermont borders, the Slate Valley has been a source of slate since 1848 and is the only place in the world where such a wide variety of slate colors can be found. Over the past 160 years, this industry, which relied heavily on immigrant labor, has seen success, downturn, and finally a resurgence that continues to the present.

On this tour, we will explore the history and process of slate quarrying at the Slate Valley Museum. We'll visit a slate company, one of the nearly 30 quarries in operation today to see first-hand how the stone is processed into roofing slate. Finally, we will look at examples of how slate is used during a walking tour of Granville.

Since the tour will take place in an industrial, commercial environment, boots are recommended and open toed shoes are not permitted. Walks into the quarry will be on unpaved, dirt roads used for heavy lifting equipment, so plan for outdoor weather and dress accordingly. In case of rain, the quarry visit will be cancelled. The walking tour will cover a mile or so on some uneven surfaces. Wear appropriate shoes. Bring a bag lunch to eat on the museum's outside covered picnic patio before we head out on our walking tour where we will see some other applications of slate in picturesque Granville. Beverages will be provided at nominal cost. Course fee includes a \$10 materials fee.

50527 \$20

1 Session, Slate Valley Museum in Granville

Wed., 9/14, 10 a.m. - 3 p.m.

Lea Darling, Coordinator

New York City Bus Trip

Our bus will leave at 7 a.m. from Crossgates Commons (behind Walmart) for New York City. The bus will drop you off and pick you up from Bryant Park 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, Meet at Crossgates Commons

Wed., 9/28, 7 a.m. Departure

Joyce Feiring, Coordinator

Foraging Walk at Wyomanock Center

Join noted ecologist David Hunt, who has been foraging for wild edibles as a way of life for decades, at the 75 acre Wyomanock Farm and Preserve where you will have the opportunity to forage and learn to identify varied habitats under his guidance. David's background in botany (Ph.D.) and his concentrations in natural communities and deep ecology will combine with his intuition to interpret the group's field observations.

We will gather fall fruits and root vegetables to make a warm tea to end your time at the Wyomanock Center. Please dress for walking in woods and fields with heavy shoes or boots and a hat. Bring sunscreen and bug repellent. The program will take place at the Wyomanock Center, 68 Wyomanock Road, Stephentown, where everyone can park. We do suggest carpooling, if at all possible. Course fee includes \$12 materials fee.

50654 \$22

1 Session, Wyomanock Center in Stephentown

Thurs., 10/6, 11 a.m. - 1 p.m.

Cathy Sullivan, Coordinator

Visit Historic Grant's Cottage

Ulysses S. Grant, hero of the Civil War and 18th President of the United States, died at Grant Cottage, in Wilton on July 23, 1885. The general was broke and dying of cancer; literally racing death to finish his memoirs (the sales of which he hoped would rescue his family from poverty). When the clock on the mantel was stopped at 8:08 a.m., the hour and minute of Grant's passing, time itself stopped within Grant Cottage. The rooms and their furnishings are as they were the sad morning of Grant's death.

Grant Cottage is full of marvelous, unexpected and sometimes improbable tales. Tour guide Steve Trimm will share all of them with you. Participants will have a small tea and assorted sandwiches before departing for their tour of the cottage. We may even have a secret family member of Grant's with us to share more stories of President U.S. Grant. This is a 2 1/2 hour program with some standing. Please wear comfortable shoes, as you will be walking on paved and uneven surfaces, and dress for the weather. We will meet at the Grant Cottage Visitor's Center to begin our tour. Course fee includes a \$15 materials fee.

50326 \$25

1 Session, Grant's Cottage Visitor's Center

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

Lea Darling, Coordinator



Cruise on the Hudson and Champlain Canal with Mohawk Maiden Cruises

Climb aboard the rustic M/V Caldwell Belle, the only authentic chain-driven stern wheel paddle boat on the Champlain Canal, for a tour filled with the rich history of the Champlain Canal accompanied by historic narration and beautiful fall scenery throughout. Our 2½ hour tour will start south through Lock C5, one of the deepest locks on the Champlain Canal, and cruise on the Hudson River past Schuyler Island before returning through the lock to travel north through a mile-long man-made section of the canal.

Back on the Hudson, we will cruise past the Northumberland waterfalls to Ft. Miller before returning south to the dock. Experience an afternoon of nature watching, education and plain relaxation! Be sure to bring your binoculars and a thirst for nature and history. Mohawk Maiden Cruises is a small family owned and operated company, not a glossy tourist attraction. Wear sneakers or appropriate footwear for walking safely on the boat and climbing stairs.

The Caldwell Belle has a small enclosed cabin on the bottom deck with tables and chairs for those who wish to enjoy the sights away from the elements. Water, soda and snacks are available for purchase for a small fee.

The Mohawk Maiden Cruises dock is located next to Lock C5 on the Champlain Canal near the Village of Schuylerville and in the town of Saratoga. Course fee includes \$23 materials fee.

50719 \$33
1 Session, Mohawk Maiden
Tues., 9/27, 12:45 - 4 p.m.

50720 \$33
Tues., 10/4, 12:45 - 4 p.m.
Lea Darling, Coordinator

Dutch Apple Cruise on the Hudson

All aboard the Dutch Apple for 2 ½ hour lock cruise, complete with sandwiches, salad, coffee, tea and dessert! Take in the scenic and historic Hudson River. Bring your binoculars to best see the birds and wildlife that live along the river's edge. The Dutch Apple sails rain or shine, but offers the best of both worlds with sunshine and breezes on the exterior deck or the protection of a fully enclosed and climate-controlled interior. Join us for a fun and relaxing afternoon cruising the Hudson! Please wear comfortable low heeled or soled shoes for your safety. Course fee includes a \$34 materials fee.

50040 \$44
1 Session, Dutch Apple
Wed., 9/14, 12:30 p.m. boarding,
1 - 3:30 p.m. cruise & lunch
Joyce Fiering, Instructor

Hiking for the Inexperienced and Newly Retired

For those who 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 has a freshness and with a little preparation you can be out there enjoying nature and getting a little exercise. What to wear, where to go and how to be safe will be covered. Hike locations will be announced at the orientation and the hikes will be about two hours in length.

50082 \$10
Orientation: Thurs., 9/29, 1 - 3 p.m., WIL 113
Hikes: Thurs., 10/6 - 10/20, 10 a.m. - Noon,
Various Hiking Locations
Martha Waldman & Marcia Hopple,
Instructors

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

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

You will be walking on even and uneven surfaces for up to a mile. Wear appropriate footwear and be prepared to stand for up to one and a half hours. Some folks may want to bring a small folding chair. Course fee includes \$20 materials fee.

50079 \$30
1 Session, Round Lake
Wed., 10/5, 10 a.m. - Noon

50080 \$30
1 Session, Round Lake
Wed., 10/5, 1:30 - 3:30 p.m.
Lea Darling, Coordinator

Tour of Ventfort Hall in Lenox

Built in 1893 as a summer residence for Sarah Morgan, sister of the famous financier J.P. Morgan, Ventfort Hall was an example of the opulent Gilded Age lifestyle. Sadly, after years of neglect, the mansion was slated for demolition in the 1990s. Painstaking restoration has brought this hidden architectural gem back to life. The first floor, veranda, and most of the second floor are open and will take you back in time! Ventfort Hall is located in picturesque Lenox, Massachusetts, a short stroll from the restaurants, boutiques and galleries in the center of town. Set against the scenic backdrop of the Berkshire Mountains, Ventfort Hall is one of the few cultural attractions in Berkshire County open for tours seven days per week, year round! Current exhibits include: The Treasures of Bellefontaine, a temporary exhibit on loan from the family that built Bellefontaine (now better known as Canyon Ranch) in Lenox in 1898. The collection boasts exquisite Royal Worcester china, gilded Venetian glass, and American and European silver. Course fee includes \$15 materials fee.

50674 \$25
1 Session, Ventfort Hall in Lenox
Tues., 9/27, 10 a.m. - 11:30 a.m.
Cynthia Serbent, Coordinator

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

CENTER FOR CREATIVE RETIREMENT

Day Trip to Fort Ticonderoga and Boat Tour on Lake Champlain

Join Leslie C. Johnson, secretary of Le Federation Franco-Americane du New York and a college faculty member, as we travel back in time to experience living history at Fort Ticonderoga.

Known in its original French as Ft. Carillon, Ticonderoga is a large 18th-century fort built by the French at a narrows near the south end of Lake Champlain in northern New York. It was constructed by Canadian-born French military engineer Michel Chartier de Lotbinière. The site controlled a river portage alongside the mouth of the rapids-infested La Chute River in the 3.5 miles (5.6 km) between Lake Champlain and Lake George, and was strategically placed in conflicts over trade routes between the British-controlled Hudson River Valley and the French-controlled Saint Lawrence River Valley. During the 1758 Battle of Carillon, 4,000 French defenders were able to repel an attack by 16,000 British troops near this fort.

Ticonderoga was explored, ascended, and defended by water. Now it's your chance to be a part of this experience! Step aboard the 60-foot, 49-passenger tour boat to travel around the Ticonderoga Peninsula. In 90 minutes you will enjoy centuries of stories that floated across this ancient lake.

This day trip includes free time to explore the various museums on the fort grounds and experience the daily routines of 18th century military life. You may see La Fleche chickens or Red Devon cattle or stop at the Kings Garden to explore one of the oldest cultivated landscapes in America. Round trip bus is included. The bus will drop off and pick up from Hudson Valley Community College. Course fee includes \$62 materials fee.
50659 \$75
1 Session, Meet at HVCC
Tues., 9/27, 8:30 a.m. - 6 p.m.
Leslie Johnson, Coordinator



V.I.P. Casino-Cinematic Day Outing

This outing begins with a five-hour stay at Foxwoods casino, where you will receive a meal voucher good for the festival buffet. The Tanger Outlets are also yours to explore while at the casino. At the conclusion of your stay at Foxwoods, you will be taken to Olde Mistick Village to the newly renovated Mystic Luxury Cinema to view a first run film in our groups' private screening room. You will be treated to a boxed sandwich and cupcake. Roundtrip bus transportation is included with this trip. The pickup and drop-off location will be at Crossgates Commons. Course fee includes \$57 materials fee.
50721 \$69
1 Session
Wed., 11/2, 6:45 a.m. departure
Joyce Feiring, Coordinator

An Autumn Study with Noreen Powell

Celebrate the glorious colors of fall! Join Noreen in The Living Room Art Gallery for a lesson in light and color using water soluble oils and acrylics on canvas. This is a two-part series to complete a 16 by 20 inch canvas. Course fee includes \$75 materials fee.
50722 \$85
2 Sessions, St. Agnes Cemetery
Sat., 9/10 & 9/17, 10 a.m. - 1 p.m.
Kelly Grimaldi, Coordinator

A History of Cemetery Art with Frank Calidonna

If you have ever walked through a cemetery just for sheer enjoyment of art and nature; if you think graveyards are something for the living to enjoy, then this course is for you. Art, often of museum quality, is found in many cemeteries. We will cover the cultural, social and practical influences that inform what you see in a cemetery. The course is meant to educate but not without a really fun and interesting element! Our instructor, Frank Calidonna, is also an accomplished photographer of cemetery art. His work will be on exhibition in The Living Room Art Gallery where the lectures will be held. This five-part series includes a guided tour of St. Agnes Cemetery with focus on artistic conventions in funerary art over the past 150 years. Course fee includes \$55 materials fee.

50723 \$65
5 Sessions, St. Agnes Cemetery
Tues., 9/20 - 10/18, 10:30 a.m. - Noon
Kelly Grimaldi, Coordinator

Cooking for One or Two - Part II

If you thought Part I was fun and informative, then join us for Part II. Get ideas for one pot cooking and tips for getting small meals on the table fast! These meals will be so great, you will want to share them with a friend! Bring your time-saving ideas to our table and share while we nibble on our creations! Course fee includes a \$40 materials fee.

50610 \$50
1 Session, The Eatery at Carol's Place
Wed., 9/21, 11 a.m. - 1:30 p.m.
Anita DeCelle, Instructor

Course descriptions are subject to change without notice.

DON'T WAIT TOO LONG!

Register today!

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



Be bold. Be a Viking.

Pet Educational Training Services

Know you want to work with animals but aren't sure which pet program to choose?

Please contact the course instructor Mary Lynn Gagnon (m.gagnon@hvcc.edu).

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

Pet Education Certificate Program

The Pet Education Certificate course offers a variety of resources to help begin or enhance your career working with animals, including but not limited to pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields. Topics include pet health and illness, communication, basic hygiene care for pets and even writing a resume and preparing for an interview. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 54 hours of internships at an approved animal care facility within six month of the end of the course.

\$400

50102: Online Course Dates 9/21 - 11/16

50393: Online Course Dates 10/19 - 12/14

FREE INFORMATION NIGHT

Wednesday, 9/13 at 6 p.m. in DCC 137. Mary Lynn Gagnon will be on hand to answer any questions about what pet program is right for you. There will also be a FREE pet CPR demonstration and an introduction to pet body language.

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

This course is an introductory course to prepare you for a career in the grooming business. This course is also beneficial to pet owners who wish to advance their knowledge in pet hygiene. Prerequisite: Pet Education Certificate course. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet CPR/First Aid class and complete at least 20 hours of internships at an approved animal care facilities within six months of the end of this course.

\$400

50362: Online Course Dates 11/9 - 12/14

Pet CPR and First Aid

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

\$86

50105: Online Course Dates 10/4 - 10/25

Skills Session 10/26, 6:30 - 8 p.m., ADM 106

50363: Online Course Dates 11/1 - 11/22

Skills Session 11/28, 6:30 - 8 p.m., ADM 106

Starting a Pet Business

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

\$85

50364: Online Course Dates 10/14 - 10/28

50578: Online Course Dates 12/1 - 12/15

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

Professionals (police, fireman, pet sitters, nurse, etc.) will get the training and tools needed to help keep them safe when entering a home with pets. Topics covered include: canine aggression and reading body language, how to diffuse a potentially dangerous situation involving dogs and more.

\$205

50579: Online Course Dates 11/4 - 11/28



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 para-legalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance



in the exciting field of law. Coursework is equivalent to 45 class hours of study.

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

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

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

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

50103 \$1289
Online course, 8/22 - 10/7 & 10/17 - 12/2

50104 \$1289
Online course, 10/17 - 12/2 & 1/9 - 2/24
Center for Legal Studies, Instructors

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

Literacy Volunteers of Rensselaer County

Tutor Training Workshop Sessions

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

\$35 materials fee with scholarships available for eligible participants.

A one hour volunteer opportunities information session is helpful to attend prior to enrolling in the tutor training workshop series. For more information and to register, call Literacy Volunteers of Rensselaer County at 274-8526 or visit us online at www.lvorc.org.

Fall 2016 Sessions

Faith Lutheran Church
50 Leversee Road
Troy, NY 12182

Mondays, 6 - 9 p.m.

Sept. 12, 19, 26, Oct. 3, 17, 24, 31 and Dec. 5

Rensselaer Public Library
676 East Street
Rensselaer, NY 12144

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

Nov. 3, 7, 10, 14, 17, 21, 28 and Jan. 5

Winter 2017 Sessions

HVCC Viking Child Care Center - DCC Room B05
Williams Road, Troy 12180

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

Jan. 7 (morning), 14, 21 & 28, Feb. 4

(snow make up date, if needed) and March 11 (morning)

Spring 2017 Sessions

St. Mary's Church
163 Columbia Turnpike
Rensselaer, NY 12144

Wednesdays, 6 - 9 p.m.

March 8, 15, 22, 29, April 5, 12, 26, May 3

(snow make up date, if needed) and June 7



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ONLINE

ONLINE CAREER TRAINING PROGRAMS

**CPC Certified Medical
Administrative Assistant with
Medical Billing and Coding**
\$3,195
CRN: 50099, 500 Hours

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

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

**Medical Transcription
and Medical Terminology**
\$1,995
CRN: 50101, 300 Hours

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

Your transcription equipment and materials are included.

Veterinary Assistant
\$1,995
CRN: 50100, 170 Hours

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

*All course prices are subject to change without notice.

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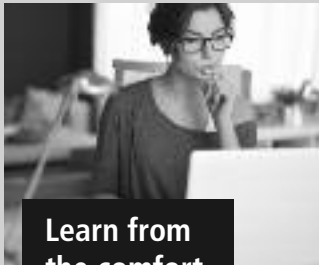
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INSTRUCTOR LED ONLINE COURSES

Introduction to Google Analytics

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

Conversational Japanese

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

Accounting Fundamentals

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

A to Z Grant Writing

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

Grammar Refresher

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

GMAT Preparation

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

Introduction to SQL

Gain a solid working knowledge of the most powerful and widely used database programming language.

Homeschool with Success

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

Spanish for Medical Professionals

Whether you are new to the Spanish language or just want a refresher, this fun and simple course will give you the basic tools you need to bridge the communication gap.

Introduction to Final Cut Pro X

Make the leap from home video enthusiast to professional video editor using Apple's revolutionary Final Cut Pro X editing software.

Introduction to Microsoft Excel

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

Intermediate Microsoft Excel

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

Introduction to CSS3 and HTML5

Learn to create state-of-the-art Web sites using modern CSS3 and HTML5 techniques.

Nonprofit Fundraising Essentials

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

Writing Essentials

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

Mastering Public Speaking

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

Introduction to Microsoft Access

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

...and many more!

Over 250 Online Courses Available!



Getting Paid to Talk: Voice-Overs as a Profession

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

50180 \$15

1 Session, ADM 101

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

Creative Voice Development, Instructor

English as a Second Language

This course is specifically designed for beginning-level English language students and will use simple reading passages as a basis for discussion. Emphasis will be placed on vocabulary development, conversation, understanding American idioms and customs, finding the main idea, improving reading, and understanding basic elements of American English grammar. Students should increase their overall language proficiency through conversation, group activities and time on task with language learning websites and software. There is no required textbook. Materials will be provided by the instructor and will include access to websites and software for developing language skills. This is a hands-on class and you will need your HVCC username and password. Course fee includes a \$3 computer fee.

50238 \$153

10 Sessions, BTC 305

Wed., 9/14 - 11/16, 6 - 8 p.m.

Susan Gallagher, Instructor

Getting Paid to Be Seen: Acting Opportunities in the Film Industry

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

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

50390 \$33

2 Sessions, BTC 216

Tues., 10/18 - 10/25, 6 - 9 p.m.

Tylan Nino, Instructor

Writing Your Life Story

Your personal and family stories are too good, too important, to lose. This course introduces you to the step-by-step process that transforms memories into memoirs. Learn techniques for stimulating memories, conducting personal and family history research and writing the story of your life or your family. One-on-one consulting with the instructor and reader feedback about your work-in-progress help you preserve precious stories for future generations. Course fee includes \$15 materials fee.

50677 \$71

4 Sessions, DCC B06

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

Pauline Bartel, Instructor

Writing and Selling Fiction for Kids

If you're a budding Beatrix Potter or a struggling Dr. Seuss, discover the secrets of writing and selling books for kids of all ages. Learn how to develop a compelling plot, create characters that come alive on the page and write believable dialogue. Then discover how to market your stories to publishers. One-on-one consulting with the instructor and reader feedback about your manuscript help you move confidently along the path to publication. Course fee includes \$15 materials fee.

50335 \$71

4 Sessions, WIL 112

Thurs., 9/29 - 10/20, 6:30 p.m. - 8:30 p.m.

Pauline Bartel, Instructor

Instant Italian

This dynamic course will teach you how to express yourself comfortably in Italian. You'll learn practical, everyday words and phrases that will make your stay in Italy more enjoyable. You'll read, hear, and practice dialogues based on typical situations that you're likely to encounter while staying in Italy. The dialogues and follow-up exercises of each lesson will teach you to communicate in Italian in a wide variety of settings. This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50727 \$99

Online Course Dates: 10/12 - 11/16

Beginning Conversational French

ONLINE

This course will teach you how to communicate easily and comfortably with those who speak French. You'll learn practical, common phrases that will make your trip to the many French-speaking regions of the world more pleasant. You'll learn dialogue specific to various settings, and you'll be surprised how easy it can be to speak another language! This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50729 \$99

Online Course Dates: 10/12 - 11/16

Speed Spanish

ONLINE

Imagine yourself speaking, reading and writing Spanish.

Now you can with Speed Spanish!

This course is designed for anyone who wants to learn Spanish pronto. You'll learn six easy recipes for gluing Spanish words together to form sentences. In no time at all, you'll be able to go into any Spanish speaking situation and converse in Spanish. ¡Qué Bueno! This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50728 \$99

Online Course Dates: 10/12 - 11/16

No Excuses! Writing and Selling Your Book

John Grisham scribbled notes on a legal pad between court sessions. Those notes eventually became his best-selling novel, *A Time to Kill*. Recollections of growing up in depression-era Ireland compelled Frank McCourt to write his best-selling memoir, *Angela's Ashes*. Is a novel or nonfiction book burning inside you? If so, learn the ins and outs of publishing from a pro who has helped dozens of students become authors. Discover how the book publishing industry works, how to pitch your idea to publishers and agents and how to guide your book to publishing success. One-on-one consulting with the instructor and reader feedback about your project eliminate any excuses preventing you from realizing your publishing dreams. Course fee includes \$15 materials fee.

50178 \$71

4 Sessions, WIL 112

Thurs., 10/27 - 11/17, 6:30 p.m. - 8:30 p.m.

Pauline Bartel, Instructor

Build a Website in a Day

You can make a basic website by customizing a WIX template. The site will have a navigation bar with links to pages. You can add video, photos or clip art and determine "style guidelines" that include color, fonts, font sizes and layout. You should plan on completing some homework to make this class useful: getting online and playing with WIX templates, gathering images and ideas for written content and thinking about a name for your site. Search engine optimization (SEO) and internet marketing will be discussed. Basic knowledge of the internet is required. You will need your Hudson Valley user ID and password for this course. Course fee includes \$5 computer fee.

50684 \$67
4 Sessions, WIL 111
Thurs., 9/22 - 10/13, 6 - 8 p.m.
Carey Taylor-Noble, Instructor

Computer Basics for Absolute Beginners

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

50128 \$129
6 Sessions, WIL 111
Mon., Wed. & Fri., 10/31 - 11/11, 9 - 11 a.m.
TechKNOW Prof, Instructor

Quickbooks Training

You will learn how to set up a chart of accounts, add customers and vendors, enter bills, invoices, payments, credits and discounts, and other record keeping activities. Learn how to do reconciliations, set up sales tax, use QuickBooks for payroll, and how to run and use the different reports available. Traditional desktop QuickBooks and QuickBooks online will be covered. Students should have a basic understanding of business, and basic account-

ing principles can be reviewed in this course. Course fee includes a \$5 computer fee. This is a hands-on class and you will need your Hudson Valley username and password.

.8 CEUs
50380 \$69
4 Sessions, BTC 309
Wed., 10/5 - 10/26, 6 - 8 p.m.
Alicia Barr, Instructor

Microsoft Office Basics for the Administrative Professional

Learning and establishing skills in the Microsoft Office suite is a great resume builder. Whether you need to learn the skills from scratch or just a refresher, this class will help you get the skills to land that job. Learn to create a word processing document and merge it with a mailing list that you've created in Excel and Access. We'll also go over making spreadsheets and keeping track of data and simple functions. Although this class doesn't cover Outlook you will receive tips on how to keep your email professional and effective. Basic computer knowledge is required to take this class. Course fee includes \$5 computer fee. This is a hand-on class and you will need your HVCC username and password. 1.0 CEUs

50125 \$85
5 Sessions, BTC 323
Tues., 9/20 - 10/18, 4 - 6 p.m.
Barbara Lamarche, Instructor

Introduction to Photoshop CC

Photoshop is the world's most popular photo-editing program. Artists, photographers, designers, and hobbyists all rely on Adobe Photoshop for image creation and editing. Discover the fastest and most effective ways to use Photoshop from an expert and former columnist for Photoshop User magazine (who has twice been nominated for the Photoshop Hall of Fame). You will need to have Adobe Photoshop CC installed on your computer. This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc. 2.4 CEUs

50730 \$99
Online Course Dates: 10/12 - 11/16

Introduction to Excel

Interested in learning Excel or just brushing up your skills? Regardless of your profession, this class has valuable skills that you shouldn't miss out on. You'll learn how to navigate Microsoft Excel and enter, edit and format data as well as much more! We will cover converting to PDFs, controlling data input, choosing the right layout for your needs and protecting your work. We also will use built in functions such as Sum, Average, Min and Max. and apply conditional formatting to highlight data in your worksheet that meet specific conditions and rules that you specify. Basic computer knowledge is required to take this class.

Course fee includes \$5 computer fee. This is a hands-on class and you will need your HVCC username and password. .8 CEUs
50552 \$89
4 Sessions, BTC 323
Tues., 10/25 - 11/15, 4 - 6 p.m.
Barbara Lamarche, Instructor

Introduction to Microsoft Access 2013

Take control of your data! In this course, you'll learn how to harness the power of Microsoft Access 2013 to organize, store, edit, manage, and report on hundreds of thousands of records.

You'll start with the basics of database concepts and structure, and learn to build and customize tables to store data. With that foundation in place, you'll then learn about relational databases, and see how you can use them to build forms, generate reports, and search for data with queries across thousands of records in hundreds of tables – often with just a few clicks of your mouse! You'll also discover how to use macros to automate repetitive tasks and increase your efficiency. This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc. 2.4 CEUs

50731 \$99
Online Course Dates: 10/12 - 11/16



Computer account information can be found on page 31

DRIVER EDUCATION



This course is intended to education students (age 16 or older) on appropriate driving skills and habits as well as playing a responsible role in the highway transportation/safety system. This course includes 24 hours of classroom instruction and 24 hours of behind the wheel training and observation. Students must complete all schedule classes in order to be eligible for the Motor Vehicle Certificate MV-285. If you know you have to miss a class for any reason, please wait and take this course at another time. One make up session for an excused classroom absence with college approval is allowed for an additional \$25 fee, and is scheduled for Thursday, January 19 from 6 - 7:30 p.m.

The MV-285 Student Certificate of Completion allows:

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

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

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

The course fee for Driver Education is \$425.

50739
 Mon., 9/12, 6 - 7 p.m., Orientation,
 BTC Auditorium
 Wed., 9/14 - 1/18/17, 3 - 4:30 p.m., BTC 219

Drive Times Available

50740 Sat., 7:30 - 9 a.m.
 50741 Sat., 9 - 10:30 a.m.
 50742 Sat., 10:30 a.m. - Noon
 50743 Sat., Noon - 1:30pm

50137
 Mon., 9/12, 6 - 7 p.m., Orientation,
 BTC Auditorium
 Wed., 9/14 - 1/18/17, 5 - 6:30 p.m., BTC 219

Drive Times Available

50138 Mon., 4 - 5:30 p.m.
 50139 Tues., 4 - 5:30 p.m.
 50140 Thurs., 4 - 5:30 p.m.
 50141 Fri., 4 - 5:30 p.m.
 50142 Sat., 7:30 - 9 a.m.
 50143 Sat., 9 - 10:30 .am.

50144
 Mon., 9/12, 6 - 7 p.m., Orientation,
 BTC Auditorium
 Wed., 9/14 - 1/18/17, 6:30 - 8 p.m., BTC 219

Drive Times Available

50145 Sat., 10:30 a.m. - Noon
 50146 Sat., Noon - 1:30 p.m.
 50147 Sun., 7:30 - 9 a.m.
 50148 Sun., 9 - 10:30 a.m.
 50150 Sun., 10:30 a.m. - Noon
 50151 Sun., Noon - 1:30 p.m.

50153
 At TEC-SMART in Malta
 Wed., 9/14, 5 - 6 p.m., Orientation,
 TECSMT 125
 Sun., 9/18 - 1/22, 10:30 a.m. - Noon,
 TECSMT 125

Drive Times Available

50155 Sun., 7:30 - 9 a.m.
 50156 Sun., 9 - 10:30 a.m.
 50157 Sun., Noon - 1:30 p.m.
 50158 Sun., 1:30 - 3 p.m.



Defensive Driving

This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction. The course is certified with the Department of Motor Vehicles and the National Safety Council. The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. Late arrivals will not be permitted to stay and all fees will be forfeited. The courses are taught by certified instructors from Bell's Driving School.

50159 \$40
 2 Sessions, DCC 136
 Tues., 10/18 & Thurs., 10/20
 6:30 - 9:30 p.m.



Learn to RIDE!



Motorcycle Safety Courses

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

Basic Rider Course

\$275

- The fast track for receiving your motorcycle license!
- 18-hour course - 3-hour online course plus 15 hours of classroom and riding exercises.
- Motorcycle/scooter and helmet provided
- Prerequisites: Must be able to ride a bicycle and possess a valid NYS driver's license.
- Offered 7 days per week through August 25 and weekends through October 31

Basic Rider Course 2 for License Waiver

\$225

- 8-hour course - 3-hour online course plus 5 hours riding exercises
- Designed for riders with some street riding skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: Must possess a valid NYS driver's license AND a valid NYS motorcycle permit that you have had for over one year.

Basic Rider Course 2

\$155

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

Other Motorcycle Courses Offered Seasonally

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

Visit www.hvcc.edu/rider for current schedule



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

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

Which Course is for You?

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

Full course descriptions and other important information available at www.hvcc.edu/rider.

For registration or course availability questions contact:

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

Register today!

Healthy Holiday Favorites

Join a Capital Roots' educator for a fun and informative cooking demonstration! The holidays are filled with many of our favorite comfort foods. Come and learn some simple ways to lighten up those holiday favorites using healthy fruits and veggies. This one-hour class will provide tastings and recipes. What a fun way to ring in the New Year! Course fee includes a \$20 materials fee.

50706 \$30

1 Session, Capital Roots on River Street in Troy Wed., 11/16, 6 - 7 p.m.

Katie Doyle, Instructor

Introduction to Mindfulness Meditation: Practices to Improve Concentration and Reduce Stress

This course will introduce students to the basics of mindfulness meditation. Students will explore some of the most common mindfulness meditation practices, and they will be encouraged to apply these practices to their daily lives to improve concentration and reduce stress. Mindfulness meditation has been scientifically proven to enhance health and well-being.

50707 \$75

5 Sessions, CTR 270

Mon., 9/19 - 10/24, 3 - 4:30 p.m.

No class 10/10

Malu Benton & Cylon George, Instructors



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

Healthy Lifestyle for Your Child or Grandchild

Do you need guidance on shopping and preparing healthy food for your children or grandchildren? Do you need tips and a clear direction on how to help them lead a healthy lifestyle overall? A certified health coach will guide you to the important factors that help or hinder your children or grandchildren from leading active, healthy lives. As role models, you will be motivated and inspired to implement not a diet or plan, but an entire healthy lifestyle change.

50708 \$25

1 Session, ADM 101

Mon., 10/17, 5:30 - 7:30 p.m.

Ariffa Bevin, Instructor

Chain Reaction to "Turn Off" the Pain

This is NOT an exercise class. It is an education in movement taught by a certified and licensed physical therapist to help you build a firm foundation for a future of pain free mobility. This class will teach you how to restore functional stability in all three planes of motion using simple movements that "turn off" your pain. Chain Reaction is what happens in your body every time you move and it is based on something called Applied Functional Science. If you have knee pain it is most likely due to your hip or ankle not functioning correctly. Your knee is a simple hinge joint and only bends one way. Your hip and ankle needs to be firing correctly in all three planes of motion to keep from stressing your knee. Your back pain could be happening because of your hip. Your shoulder or neck may be experiencing pain because of your back. You can learn how to be free of pain and remain independent for a lifetime of wellbeing. Course fee includes a \$10 materials fee.

50508 \$65

3 Sessions, AMZ 306

Thurs., 9/8 - 9/22, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Nourish Your Body for Lifelong Wellbeing!

Learn how to improve your health in ways you never imagined while enjoying a delicious four-course meal at each class. Are you aware that what you eat can promote chronic inflammatory pain conditions like arthritis/joint pain, heart disease, cancer, diabetes, autoimmune disorders, and even back pain? You may be surprised to learn that there are foods that actually fight these issues instead of promoting them; you just need to know which ones. Discover the relationship between disease and food, science-based facts about nutrition, what promotes disease/what fights disease, what really creates body fat, and much more. You will take practical steps, learning how to shop, prepare, order and enjoy foods that nourish your body and bring you to an ideal weight while greatly reducing your risk of degenerative disease. This class is also recommended by multiple medical specialties. You will be informed and empowered for lifelong wellbeing! Course fee includes a \$35 materials fee.

50510 \$135

3 Sessions, ADM 106

Wed., 9/14 - 9/28, 6 - 9 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

MELT Away Pain, Improve Your Balance, Your Golf Swing and How You Walk!

The MELT Method™ is a unique approach that directly addresses your neurofascial system, bringing your body back to a more ideal state of balance. You will use specialized small, non-toxic balls designed to create global, lasting changes in your body. You will learn how to decompress the joints in your feet and hands which can change how your knees, low back, and neck feel as well as improve your grip and your gait. Learn this powerful self-treatment method from a qualified MELT instructor who has seen success with her patients regarding many issues (neuropathy, balance impairment, chronic pain, etc.). You will benefit for lifelong wellbeing. The MELT Method™ has appeared on shows hosted by Dr. Oz and Rachel Ray. Course fee includes a \$30 materials fee.

50361 \$90

*Choose 50511 if you have MELT kit \$60

2 Sessions, DCC B05

Thurs., 9/29 - 10/6, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

HEALTH & FITNESS

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

If you have pain it is most likely that your connective tissue is in need of repair. Did you know that you have a neurofascial system that requires efficient communication between your nervous system and your connective tissue? If your system is inefficient you will have pain. Are you uncomfortable laying on your back or finding a comfortable position in which to sleep? The MELT Method™ is a unique hands-off bodywork approach that directly addresses your neurofascial system and simulates the results of manual therapy, bringing your body back to a more ideal state of balance. It does this using a specialized soft foam roller to perform specific techniques that create global, lasting changes in your body. Taught by a qualified MELT instructor who has seen her patient's benefit in profound ways, the MELT Method™ will empower you to independently address pain, regain a more ideal posture, and restore pain-free mobility. This three-class series will teach you how to decompress your neck and back, rehydrate your fascial lines, and restore postural balance and symmetry. Course fee includes a \$70 materials fee.

50507 \$135

*Choose 50512 if you have

MELT Soft Foam Roller \$65

3 Sessions, AMZ 306

Thurs., 10/13 - 10/27, 7 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor



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

Women's Health Facts, Food and Fun!

Join us for facts about what women experience, delicious food with recipes, and fun techniques to combat wrinkles and cellulite without costly creams and potions! We will discuss PMS, breast health, menopause, hot flashes, fibrous cysts, bone health and much more. From conception to death we have different needs, experiences, and challenges influenced by our gender. Being female has led to more and more diagnostic tests and medical procedures over the past few years. From mammograms to pap smears to hormone replacement therapy; women are barraged with advice on how to prevent this and treat that. This class, based on sound scientific evidence, is a resource to show you how to optimize your health and avoid healthcare pitfalls. You will enjoy two really tasty meals while soaking in lots of knowledge. Receive a copy of "Being Female is Not a Medical Diagnosis; Navigating a Woman's Healthcare World," filled with details to help you be an informed healthcare consumer. Experience a MELT treatment for cellulite (and low back pain) AND a MELT 50-second facelift using specially designed soft balls and rollers! Course fee includes a \$25 materials fee.

50734 \$75

2 Sessions, CTR 204

Wed., 11/9 - 11/16, 6 - 8:30 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Hi-Lo Aerobics

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

50067 \$65

12 Sessions, MCD 192

Mon., 9/12 - 12/5, 7 - 8 p.m.

No class 10/10

Chrissy Sarratori of Abs In, Inc., Instructor



Zumba

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

50061 \$65

12 Sessions, MCD 192

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

No class 10/10

Chrissy Sarratori of Abs In, Inc., Instructor

50062 \$65

12 Sessions, MCD 192

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

No class 11/23

Chrissy Sarratori of Abs In, Inc., Instructor

50063 \$65

12 Sessions, MCD 192

Thurs., 9/15 - 12/8, 4:45 - 5:45 p.m.

No class 11/24

Lori Hallenbeck of Abs In, Inc., Instructor

Bokwa

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

50395 \$65

12 Sessions, MCD 192

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

No class 11/23

Chrissy Sarratori of Abs In, Inc. Instructor

Metabolic Blast Bootcamp

Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn through the rest of the day... resulting in a whole day's worth of success! This inspiring fitness journey will empower you with an atmosphere of camaraderie and support to achieve noticeable changes using the proven techniques of interval training!

What you receive:

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

What you give:

- Three hours of your time a week
- 100 percent effort
- \$225 course fee

50068 \$225

36 Sessions, MCD 192

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

No class 10/10, 11/23 & 11/25

Hollan Bonjukian of Tru Fitness, Instructor

Butts and Guts

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

50387 \$85

10 Sessions, AMZ 306

Tues., 9/13 - 11/15, 5:30 - 6:15 p.m.

Blythe Thompson-Hurlburt, Instructor

Core Camp

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

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

For more information, contact Hollan Bonjukian at (518) 496-0337 or Trufitnessanswers@gmail.com.

50069 \$75

12 Sessions, MCD 192

Sun., 9/11 - 12/4, 6:45 - 7:30 a.m.

No class 11/27

Hollan Bonjukian of Tru Fitness, Instructor

Pilates for Runners

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

If you just want to become a better runner, join us for Pilates for Runners. This training will help you overcome common problems to runners including: plantar fasciitis, runner's knee and shin splints.

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

50070 \$75

12 Sessions, MCD 192

Sun., 9/11 - 12/4, 7:45 - 8:45 a.m.

No class 11/27

Hollan Bonjukian of Tru Fitness, Instructor

Barbarian Sandbag Blast

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

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

50505 \$75

12 Sessions, MCD 192

Sun., 9/11 - 12/4, 9 - 9:45 a.m.

No class 11/27

Hollan Bonjukian of Tru Fitness, Instructor

Six Pack Slide

Get FIT with this fast track fitness encounter that will give crazy cardiovascular results with a "core-centric" focus on your six pack! Sliding discs, music and camaraderie will keep you coming back and seeing your individual goals achieved through an exciting circuit style workout that works every gut muscle... in just 45 minutes!

50735 \$75

12 Sessions, AMZ 306

Thurs., 9/15 - 12/8, 4:45 - 5:30 p.m.

No class 11/25

Hollan Bonjukian of Tru Fitness, Instructor



HEALTH & FITNESS

Ten Weeks to a Metabolic Makeover

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

You will gain:

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

You will invest:

- \$200
 - one hour a week plus homework time
- 50736 \$200
10 Sessions, ADM 105
Wed., 9/21 - 11/30, 5:30 - 6:30 p.m.
No class 11/23
Hollan Bonjukian of Tru Fitness, Instructor

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

Wilderness Navigation

Learn how to become the ultimate adventurer by mastering the techniques to navigate through the wilderness using a map and compass. This five-week session will introduce you to local hikes, give you the tools to read and interpret maps, use a compass (the way the pros do), plan a real backpacking adventure and discover how to demystify the wilderness. GPS devices are great, but batteries drain and electronics malfunction.

You will begin in the classroom and carry on with local trails - a perfect mix of academic and experiential education. You will be equipped to practice these wilderness navigation techniques for the rest of your life!

50737 \$125

5 Sessions, ADM 101

Sat., 9/10 - 10/8, 1 - 4 p.m.

Hollan Bonjukian of Tru Fitness, Instructor

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

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

50506 \$75

12 Sessions, AMZ 306

Mon., 9/12 - 12/5, 10 - 11 a.m.

No class 10/10

Hollan Bonjukian of Tru Fitness, Instructor



Pilates Mat - Beginner

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

50107 \$64

11 Sessions, AMZ 306

Mon., 9/12 - 11/28, 5:15 - 6 p.m.

No class 10/10

Sarah Hoffman of Total Body Trifecta,

Instructor

50108 \$64

11 Sessions, AMZ 306

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

No class 11/23

Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

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

50109 \$64

11 Sessions, AMZ 306

Mon., 9/12 - 11/28, 6:05 - 6:50 p.m.

No class 10/10

Ellen Ehrlich of Total Body Trifecta, Instructor

50110 \$64

11 Sessions, AMZ 306

Wed., 9/14 - 11/30, 6:05 - 6:50 p.m.

No class 11/23

Ellen Ehrlich of Total Body Trifecta, Instructor



Ballet Barre

Ballet Barre is a series of movements that strengthen the entire body. It combines the core conditioning associated with Pilates, flexibility improvements that occur with yoga, plus stability and strength exercises associated with ballet and fitness. This workout incorporates floor work, barre work and standing body weight exercises with the use of light weights, resistance bands and the barre. No previous experience is needed, just bring 2-5 lb. hand weights, a yoga mat, a towel and wear comfortable fitness clothes. This workout is traditionally done barefoot but split sole sneakers or ballet shoes can be worn. Come and try this fun and popular workout!

50685 \$64

11 Sessions, AMZ 306

Mon., 9/12 - 11/28, 7 - 7:45 p.m.

No class 10/10

Ellen Ehrlich of Total Body Trifecta, Instructor

Nia

Nia is a cardiovascular wellness class that blends the power of kicks, punches and strikes with the fun of dance and the calming influence of yoga. Nia invigorates your body/mind/spirit while providing a workout that burns calories, tones muscle and makes you feel great all over! Challenge and indulge yourself in a Nia workout and empower your body/mind/spirit. No previous dance experience needed. This class will be barefoot or you may bring ballet shoes to wear. Wear comfortable clothes and bring a mat and water to class.

50098 \$75

12 Sessions, MCD 192

Tues., 9/13 - 11/29, 5:30 - 6:30 p.m.

Richele Corbo, Instructor

Cardio Kickboxing

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

50106 \$64

11 Sessions, AMZ 306

Wed., 9/14 - 11/30, 7 - 8 p.m.

No class 11/23

Christine Sultan of Total Body Trifecta, Instructor

50686 \$64

11 Sessions, MCD 192

Tues., 9/13 - 11/22, 6:45 - 7:45 p.m.

Caroline Wunsch of Total Body Trifecta, Instructor

Yoga I: Foundations of Practice

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

50168 \$80

12 Sessions, MCD 192

Mon., 9/12 - 12/5, 3:30 - 4:30 p.m.

No class 10/10

50169 \$80

12 Sessions, MCD 192

Wed., 9/14 - 12/7, 4 - 5 p.m.

No class 11/23

50453 \$80

12 Sessions, AMZ 306

Thurs., 9/15 - 12/8, 5:45 - 6:45 p.m.

No class 11/24

Jeanne Wein, Instructor

Belly Dance is for Every-body

Explore the rich tapestries of the world through Belly dancing, a centuries old dance that teaches women how to move their muscles in a more holistic way to the sound of music and helps them achieve a softly sculpted physique. This is a fun alternative to other exercise programs that leaves you feeling more creative, confident, healthy, and stress free.

The instructor will guide you through the fundamental dance moves, and incorporate the use of silky veils, finger cymbals, and hip scarves adorned with swishing beads, sequins, and jingling coins.

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

50113 \$65

8 Sessions, AMZ 306

Tues., 9/20 - 11/8, 6:30 - 7:30 p.m.

Tammy Stanzione of Ayperi-Alizarin Bellydance, Instructor



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

HEALTH & FITNESS

Tabata: Burn Fat & Get Fit

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

Join us if you want to lose weight and shape and tone your entire body. It's also great for athletes who want to build cardiovascular capacity and increase athletic performance. Bring a light set of hand weights, a mat, and a water bottle.

50060 \$85

10 Sessions, MCD 192

Sat., 9/24 - 12/3, 8:30 - 9:30 a.m.

No class 11/26

Deb Nuttal of Fitness Professionals
on Demand, Instructor

Kettlebells

Ready to kick all your fitness goals into high gear? Kettlebells are a Russian strength and conditioning tool that are rapidly taking over the health and fitness world. Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells. The single biggest benefit of kettlebell training is how quickly you can get an effective workout. You can quite easily train every single muscle in your body in short periods of time, while simultaneously improving your strength, endurance and flexibility. Get your metabolism fired up and feel invincible! What you need: an exercise mat, a towel, water bottle and a 5 lb. kettlebell for beginners.

50059 \$85

10 Sessions, MCD 192

Thurs., 9/29 - 12/8, 6 - 7 p.m.

No class 11/24

Lisa Morin of Fitness Professionals
on Demand, Instructor

Body Conditioning and Toning

Body conditioning is aimed at those just getting back into exercise or new to exercise. At a healthy pace, you will strengthen your body, increase endurance, enhance your breathing and de-stress. Body conditioning will increase your flexibility by improving your range of motion and provide a full body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed, and refocused.

Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercise. It is never too late to start an exercise program. As the fall months roll in, you will see the difference! What you need: an exercise mat, light weights, towel and water bottle.

50485 \$85

10 Sessions, MCD 192

Mon., 9/26 - 12/5, 4:45 - 5:30 p.m.

No class 10/10

Deb Nuttal of Fitness Professionals
on Demand, Instructor



High School Equivalency (formerly GED Prep)

High School Equivalency

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

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

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

Course descriptions are subject to change without notice.

Day Session

50232 \$205
53 Sessions, BTC 322
Mon.-Thurs., 9/12 - 12/15, 9:30 a.m. - 3 p.m.
No class 10/10, 11/23 & 11/24
Erin Coy, Instructor

Evening Session

50233 \$80
26 Sessions, BTC 322
Mon. & Wed., 9/12 - 12/19, 6 - 9 p.m.
No class 10/10, 10/31 & 11/23
Joal Bova, Instructor

TABE Pre-Tests

50381 Sat., 8/27, 9:30 a.m. - 12:30 p.m.
50383 Tues., 8/30, 9:30 - 12:30 p.m.
50384 Wed., 8/31, 6 - 9 p.m.
50617 Thurs., 9/8, 6 - 9 p.m.



CERTIFICATE OF RESIDENCE INFORMATION

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

Why do you need it?

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

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

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

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

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

COMPUTER ACCOUNTS

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

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

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

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

Girls Night Out for Mothers and Daughters

Parenting a young teen girl can be frustrating, confusing and downright scary at times. It can also be fulfilling, joyous and entertaining, especially if you commit to working through adolescence together. This two-session workshop provides guardians and teen girls with some of the skills necessary to realize their full potential as teens moving into young adulthood. The course will help facilitate more open lines of communication between you and your daughter; increase feelings of self-worth and positive body image and help you find some "Inner Girl Power." Both mother and daughter must register for this course but there is only a charge for the parent. Course fee includes \$5 materials fee.

50710 \$80

*50711 - Use this course number to register your daughter.

2 Sessions, ADM 103

Wed., 10/19 - 10/26, 5:30 - 7:30 p.m.

Teresa D'Arcangelis of Family Footpaths, Instructor

Healthy Lifestyle for Your Child or Grandchild
See page 25.

College Application and Scholarship Success

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

50712 \$19

1 Session, ADM 101

Tues., 10/4, 7 - 9 p.m.

Kelly Linehan, Instructor

S.A.T. Preparation Course

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

The classes will use actual SAT questions to familiarize you with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is "McGraw Hill's SAT, 2016 Edition," (ISBN #978-0-07-184334-7) and is required for the first class session.

50386 \$150

9 Sessions, ADM 101

Wed., 9/21 - 11/16, 6 - 8 p.m.

Shayne Bishop and Jill Casey, Instructors

Looking for Drivers Education?
See page 23.



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., 11/8 - 12/13, 10 - 10:30 a.m.

50167 \$55

6 Sessions, MCD Ice Rink

Tues., 11/8 - 12/13, 10:30 - 11 a.m.

Maria Dollard, Instructor



Did you know we registered over 850 kids in our Kids on Campus program this summer?

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



Social Dance Basics

This course is designed to teach you the fundamentals of popular social dances such as the foxtrot, waltz, rumba, cha cha, and swing (and possibly the tango). The course is taught in a fun and innovative manner that allows the students to be creative. At the end of the course, you will feel comfortable dancing at weddings, social occasions or at local ball-room dance venues. Please bring a note pad and pencil for taking notes.

50504 \$39

6 Sessions, *Danceland in Latham*
Thurs., 9/15 - 10/20, 6 - 7 p.m.
Erick Singleman, Instructor

Contemporary Guitar Skills I

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

50115 \$115

12 Sessions, WIL 113
Tues., 9/20 - 12/6, 6 - 8 p.m.
Gary Cellucci, Instructor

Contemporary Guitar Skills II

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

50116 \$115

12 Sessions, WIL 113
Mon., 9/19 - 12/12, 6 - 8 p.m.
No class 10/10
Gary Cellucci, Instructor

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 perfect their technique at home using the home-study CD. This is the system the pros use - chords, not tedious note reading. Prior note reading experience on the treble clef is helpful, as this is not an absolute beginner's course. For the brave ones without experience who want to try anyway, you can send away for the complementary pamphlet entitled "How to Read Music Notation in Just 20 Minutes" and study it before attending the class (send a SASE to Florence Shaw, 21 Palmers Maple Shade, Saratoga Springs, NY 12866). 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 113
Thurs., 9/15, 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 life-like 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 ages 14 and up.

50462 \$135

10 Sessions, ADM 104
Tues., 10/11 - 12/13, 6 - 8:30 p.m.
Frank Cuttone, Instructor

Introduction to Songwriting

Today's songwriter and musician needs to develop their craft and also stay attuned to the rapidly changing marketplace of the music business. No longer does a songwriter simply "get songs heard by a publisher." Today's musician/songwriter needs information as much as talent. This course offers the beginner an opportunity to develop their craft to the point where it can be marketed, but also offers the more experienced songwriter a chance to refine their work and identify appropriate markets. Instructor Sandy McKnight is a veteran songwriter and producer who is active in the business and keeps abreast of the latest trends in music. He offers constructive feedback, proactive advice and access to music business pros.

50484 \$125

6 Sessions, WIL 161
Tues., 10/4 - 11/8, 6 - 9 p.m.
Sandy McKnight, Instructor

LEISURE & SPECIAL INTEREST

Myths and Legends of Ireland

The literary heritage of pre-Christian and early Christian Ireland was as rich and enthralling as that of ancient Greece. Explore the culture and tradition of the early Celts as presented in the mythological Ulster and Fenian Sagas. Discover Cuchulain, the "Hercules" of Ireland as he does battle with the fiery Queen Maeve in the epic "Cattle Raid of Cooley." There is poignancy in the beloved tale of "The Children of Lir," four young children transformed into white swans by a wicked stepmother, and heartbreak in the fate of the doomed beauty known as "Deirdre of the Sorrows." Learn about "Tir na n-og," the paradise of eternal youth, and how Ossian, the great Irish poet, who was the only person to visit there and return, and the runaway young lovers Diarmuid and Grania. These are just a few of the characters and stories we will explore as we visit a bygone, beguiling era that is uniquely Irish.

50683 \$15

2 Sessions, ADM 101

Thurs., 11/3 - 11/10, 6:30 - 9 p.m.

Daniel O'Callaghan, Instructor



Behind the Scenes at HVCC

This four-week tour will take you behind the scenes at the Capital Region's largest undergraduate higher education institution, Hudson Valley Community College. Each Friday, we'll explore classrooms, labs and offices that make Hudson Valley one of the most diverse and comprehensive community colleges in the nation. Whether you're an alumnus or just a curious community member, you'll enjoy checking out the college's Wellness Center, Cogeneration Plant, Automotive Lab, Digital Media Studio, President's Office, and Teaching Gallery, just to name a few of our stops. The tour will be led by HVCC alumni and college faculty member Beth Kane.

50732 \$25

4 Sessions, Meet in BTC Auditorium

Fri., 9/16 - 9/30 & 10/14, Noon - 2 p.m.

Beth Kane, Coordinator

Learn to Play Mah Jongg

Have you heard the click-clack of tiles and wondered about the unusual characters painted on them? Learn to play the fascinating game of Mah Jongg in four weeks. We will play by the National Mah Jongg League rules, using the Official Standard Hands and Rules card. Decipher the fun and pleasure of bams, dots and cracks, winds and dragons, jokers and flowers by learning Mah Jongg. You must purchase the 2016 Mah Jongg card, available at www.nationalmahjonggleague.org and bring it with you to class.

50572 \$39

4 Sessions, DCC B06

Tues., 10/18 - 11/8, 10 a.m. - Noon

Nancy Siegel, Instructor

Introduction to Animal Communication

This class will help you communicate with your pets and other animals, and also give you an opportunity to practice these techniques. The course will rely heavily on actual practice opportunities, rather than theory or lecture. Students will be required to bring photographs of their pets to class for practice exercises.

50699 \$19

1 Session, ADM 101

Sat., 9/24, 9 a.m. - Noon

David Louis, Instructor

Introduction to the Art of Clowning

Do you like to laugh? Do you have a sense of humor? Do you like people? Do you like to see people smile? Maybe you just retired and are looking for something to do that is fun and worthwhile? This may be your calling!

Back by popular demand, Mischief the Clown, will be teaching Introduction to the Art of Clowning in the Spring of 2017.

Students will learn what a clown is, what a clown does, where a clown performs (such as hospital clowning), basic make-up application techniques, costume and wardrobe selection and introductory clown skills. Mischief has over 35 years of clowning experience and is looking forward to offering this 12-week program in the spring.

Please call our office at 629-7339 for more details.

What's Cookin'?

We are excited to be expanding our cooking classes starting in spring 2017 and are looking for fun, unique and creative cooks/teachers who are willing to share their expertise in the kitchen.

If you have a great idea for a cooking class, we want to hear it!

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

Identification and Reporting of Child Abuse and Maltreatment

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

50192 \$25

1 Session, HGB 200

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

Diane Teutschman, Instructor

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

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

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

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

50193 \$25

1 Session, HGB 200

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

Diane Teutschman, Instructor

SOLO Wilderness EMT

SOLO's EMT module is a 40 hour program that upgrades current street EMTs to the Wilderness EMT level. It focuses on emergency care when separated from definitive care by distance, time, or circumstance. Please call our office at 629-7339 for complete course information. Class will be held at TEC-SMART in Malta.



DENTAL COURSES

ONLINE

Dental Assisting Licensing Review Course (DALRC)

This six week/module online refresher course will provide adequate preparation to challenge the New York Professional Dental Assisting, Radiation Health and Safety, and Infection Control exams as required by New York State Office of the Professions. Licensure application forms and information will be provided. Students must have completed a licensure-qualifying program in dental assisting or an equivalent program as determined by the New York State Education Department website. This course is a review and is not intended to satisfy the required education portion to become a Registered Dental Assistant. Students will also be required to pay a \$69 fee for publisher content on the first day of class. Licensing exams and application fees are not included. (CEU credits 2.1)

50660 \$215

Online Class, 10/3 - 11/11

Ann Gallerie & Gabriele Hamm, Instructors

Alternative Dental Assisting Program (ADAP)

This module-based online program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the New York State Education Department. This course will provide adequate preparation to take the New York Professional Dental Assisting, Radiation Health and Safety, and Infection Control exams. You may also choose to sit for the Certified Dental Assistant examination administered by the Dental Assisting National Board. Topic information will be presented in an on-line distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. Please note the cost for books, licensing exam and licensing application fees are not included. For more information, call our office at (518) 629-7339.

50001 \$1,050

Online Class, 8/29 - 12/9

Judy DiLorenzo, Ann Gallerie & Gabriele Hamm, Instructors



EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT INSTITUTE

A series of two-hour workshops for early childhood teachers, family child care providers, foster families, and parents! **Only \$19 per workshop!**

All workshops will earn .2 CEUs per two-hour workshop and will meet the child care training requirements for the New York State Office of Children and Family Services along with the New York State Early Learning Guidelines.

Developing Math Games Based on Children’s Books

This workshop will focus on integrating math and language concepts through the development of math games based on children’s books. We will review the early childhood math concepts, commercial math materials, and then create our own math games to bring back to the classroom.

50701 \$19

1 Session, HGB 101

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

Presented by Ann Plourde

Teacher Preparation Department Faculty

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



Children’s Books as a Springboard to all Content Areas

This workshop will help you choose the best children’s books and how to use books as a springboard for instruction in all the content areas. We will learn oral interpretation techniques to make your read aloud time exciting! We will learn how one book can inspire learning in many different subject areas and have the opportunity to make materials to enrich students learning from a particular text. This workshop will have all new book experiences!

50704 \$19

1 Session, HGB 101

Wed., 11/2, 6 - 8 p.m.

Presented by Christine Saxe

Teacher Preparation Dept. Faculty and

William K. Sanford Library Children’s

Program, Coordinator

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

Working with Foreign-Born Children and Families

Do you have foreign-born children in your classes? This workshop will help you to work with the children and families to better understand the cultures and customs of different countries to help you develop an anti-bias curriculum.

50702 \$19

1 Session, HGB 101

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

Presented by Jay Deitchman, Ph.D.

Coordinator of International Student Services

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

Conflict Resolution

This workshop will address strategies for teachers and their students, teachers and their colleagues, parents and their children. These tools can be related to any relationship with conflicts - they are foolproof methods that work! The workshop will cover communication styles, I-messages, listening versus hearing, active listening skills, and role playing practice scenarios.

50700 \$19

1 Session, HGB 101

Wed., 10/5, 6 - 8 p.m.

Presented by Diane Teutschman

Teacher Preparation Department Faculty

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

Topic-Based Curriculum

Make your classroom come alive with active learning! This workshop will present all of the steps on how to set up a topic based curriculum including creating the topic, and integrating it in all domains – social, cognitive, physical, and language. We will learn how to integrate the topic into the whole day include circle time, free play, music and movement, stories, art, etc. Theme boxes of birds and bears will be shared as examples.

50705 \$19

1 Session HGB 101

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

Presented by Julie Litwin

Teacher, Noah’s Ark Preschool

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

Working as an Early Childhood Team

This workshop will help you determine your own temperament/communication style and use this information to develop strategies for working with co-teachers, staff, supervisors and parents who may have different temperaments and communication styles. Learning how to understand those you work with is the first step in developing an effective early childhood team!

50703 \$19

1 Session, HGB 101

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

Presented by Susan Bahlatzis

Director of Noah’s Ark Preschool

This workshop meets the OCFS Area 1



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

Based on the work of Linda Albert (1996), you will gain skills and knowledge needed to provide interventions for common discipline problem areas: attention-seeking behavior, power-seeking behavior, revenge-seeking behavior and avoidance of failure behaviors. Techniques to identify each type of behavior and a comprehensive collection of intervention strategies will be shared. Dozens of strategies to build a positive classroom environment/climate and strategies to improve communication with parents will be presented.

50492 \$19

1 Session, HGB 100

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

Presented by Antoinette Howard, M.S.,
Assistant Professor, Teacher Preparation
Department

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



Basic Life Support for Healthcare Providers (Now referred to as HeartCode BLS)

Part 1 - Course

The BLS Part 1 course (now known as HeartCode BLS) is to be paid for and completed online at 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 all material included in the HeartCode BLS (which replaces BLS Part 1) course for 24 months. This course may be used for initial or renewal BLS for Healthcare Providers Course (HeartCode BLS) completion.

Parts 2 and 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 to enroll in a skills session that must take place no more than 60 days following successful completion of Part 1 of the course.

**Be sure you have completed the HeartCode BLS, which was formerly referred to as BLS for Healthcare Providers Online Part 1!*

The skills session is the hands-on portion of the American Heart Association eLearning course and includes Parts 2 and 3 - skills practice and testing.

It is conducted in-person after a student completes Part 1 (Heartcode BLS) 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 one hour of allotted time will need to re-register and pay for another skills session.

50203 \$30
400 Jordan Rd, Room 224
in the Rensselaer Technology Park
Thurs., 9/15, 5 - 6:30 p.m.

50204 \$30
400 Jordan Rd, Room 224
in the Rensselaer Technology Park
Sat., 10/1, 10 - 11:30 a.m.



Registration Form
Community & Professional Education



PLEASE - ONLY ONE STUDENT PER FORM. Thank You!

Be bold. Be a Viking.

Name: _____
First Middle Last

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

Address: _____

City, State, Zip _____

Email address: _____

May we contact you via e-mail? Yes No

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

PAYMENT INFORMATION

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

Card #: _____ Exp. Date: _____

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

COURSE INFORMATION

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

From Community & Professional Education

Mail

From a friend

The college Website

Community location (store, library, etc.)

Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

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

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

Registration Information

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

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

Extended Hours: Sat., 8/27, 9 a.m. - Noon
Mon. - Thurs., 8/29 - 9/1 and 9/6 - 9/8, 8 a.m. - 6 p.m.
College closed Mon., 9/5

How to Register



ONLINE

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

Go to www.hvcc.edu/communityed/register

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



BY PHONE

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



BY FAX

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



BY MAIL

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

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



IN-PERSON

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

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

REFUNDS/CANCELLATIONS

Courses nine weeks or longer

Prior to first class	100% refund
During first week of classes	75% refund
During second week of classes	50% refund
During third week of classes	25% refund
After third week of classes	No refund

Courses eight weeks or shorter

Prior to first class	100% refund
During first week of classes	25% refund
After first week of classes	No refund

Please Note:

- If the course fee includes a materials fee, the materials will not be refunded if refund request is submitted less than five business days prior to the first class.
- Requests for refunds must be submitted in writing. All refunds will take place in the form of a check and typically take 14 - 21 days to be processed.
- Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your 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.

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

Yoga I

60442 \$20

4 Sessions, AMZ 306
Mon, 1/9 - 1/30, 3:30 - 4:30 p.m.

60443 \$20

4 Sessions, AMZ 306
Wed., 1/11 - 2/1, 4 - 5 p.m.

60486 \$20

4 Sessions, AMZ 306
Thurs., 1/12 - 2/2, 5:45 - 6:45 p.m.
Jeanne Wein, Instructor

Zumba

60444 \$20

4 Sessions, MCD 192
Mon., 1/9 - 1/30, 5:45 - 6:45 p.m.

60445 \$20

4 Sessions, MCD 192
Wed., 1/11 - 2/1, 5:45 - 6:45 p.m.
Chrissy Sarratori of Abs In., Inc.,
Instructor

Moderate Hi-Lo Impact Aerobics

60446 \$20

4 Sessions, MCD 192
Mon., 1/9 - 1/30, 7 - 8 p.m.
Chrissy Sarratori of Abs In., Inc.,
Instructor

Cardio Kickboxing

60738 \$25

4 Sessions, MCD 192
Tues., 1/10 - 1/31, 6 - 7 p.m.
Caroline Wunsch of Total Body Trifecta,
Instructor

60447 \$25

4 Sessions, AMZ 306
Wed., 1/11 - 2/1, 7 - 8 p.m.
Christine Sultan of Total Body Trifecta,
Instructor

Ballet Barre

60605 \$25

4 Sessions, AMZ 306
Mon., 1/9 - 1/30, 7 - 7:45 p.m.
Ellen Ehrlich of Total Body Trifecta,
Instructor

Pilates Mat - Beginning

60739 \$25

4 Sessions, AMZ 306
Mon., 1/9 - 1/30, 5:15 - 6 p.m.
Sarah Hoffman of Total Body Trifecta,
Instructor

60448 \$25

4 Sessions, AM 306
Wed., 1/11 - 2/1, 5:15 - 6 p.m.
Ellen Ehrlich of Total Body Trifecta,
Instructor

Pilates Mat - Intermediate

60740 \$25

4 Sessions, AMZ 306
Mon., 1/9 - 1/30, 6:05 - 6:50 p.m.
Ellen Ehrlich of Total Body Trifecta,
Instructor

60449 \$25

4 Sessions, AMZ 306
Wed., 1/11 - 2/1, 6:05 - 6:50 p.m.
Ellen Ehrlich of Total Body Trifecta,
Instructor

Pilates for Runners

60453 \$20

4 Sessions, MCD 192
Sun., 1/8 - 1/29, 7:45 - 8:45 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Metabolic Blast Bootcamp

60451 \$65

12 Sessions, MCD 192
Mon., Wed., & Fri., 1/9 - 2/3, 6-7 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Core Camp

60452 \$20

4 Sessions, MCD 192
Sun., 1/8 - 1/29, 6:45 - 7:30 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Bokwa

60454 \$20

4 Sessions, MCD 192
Wed., 1/11 - 2/1, 7 - 8 p.m.
Chrissy Sarratori of Abs In, Inc., Instructor

Belly Dance is for Every-body

60602 \$33

4 Sessions, AMZ 306
Tues., 1/10 - 1/31, 6:30 - 7:30 p.m.
Tammy Stanzione of Ayperi Bellydance,
Instructor

Barbarian Sandbag

60603 \$47

4 Sessions, MCD 192
Sun., 1/8 - 1/29, 9 - 9:45 a.m.
Hollan Bonjukian of Tru Fitness, Instructor

Butts and Guts

60604 \$30

4 Sessions, AMZ 306
Tues., 1/10 - 1/31, 5:30 - 6:15 p.m.
Blythe Thompson-Hurlburt, Instructor



Be bold. Be a Viking.

WANT TO LEARN MORE ABOUT THESE CLASSES?

Look these classes up in the course index on page 40 to view course descriptions. Please note that January fitness classes scheduled on Mondays will meet on Martin Luther King Day, Monday, January 16.



80 Vandenberg Avenue
Troy, New York 12180-6096



"Lisa was able to answer personal search issues and helped us to navigate roadblocks. She's very well informed in genealogy and I can't wait to take a class with her again!"

***Genealogy Talk and Search,
with Lisa Dougherty***

"Fatima was a great listener and I learned so much! I didn't even know how to turn my sewing machine on before I started, now I'm mending pants and fixing dresses!"

***Alterations and Basic Sewing,
with Fatima Bey***

"I thought that the fly fishing class would be mostly about casting, but we learned a lot about insects, stream reading and different types of knots. I also loved the hands on approach and meeting in the Kinderhook Creek to try out the skills we learned."

***Art and Science of Fly Fishing,
with Frank Cuttone***

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

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

"Jeanne is a great instructor and accommodates everyone's needs and levels. I take her class every semester and always feel so refreshed mentally and physically when I leave."

Yoga, with Jeanne Wein

"I feel a lot more confident driving and I don't think I would've passed my driver's test on the first time without the help of Drivers Ed!"

Driver Education, with Brian Larson

"No matter how we went about creating art I felt successful. I loved learning from both Colleen and my peers."

***Drawing with Charcoal,
with Colleen Connelly***

"So many valuable ideas explained by the instructor, breaking things down into easy steps. I'm more excited and encouraged than ever to start my writing and taking more classes with Pauline."

Writing Your Life Story, with Pauline Bartel