



# SUNY ADIRONDACK

## Continuing Education

FALL 2016 CATALOG

THE POSSIBILITIES ARE ENDLESS

### HOBBIES & FITNESS

KEEP YOUR MIND AND BODY ACTIVE

**LEARN TO PLAY THE MANDOLIN!**

*also* REJUVENATE WITH RESTORATIVE YOGA

SEE THE WORLD!

## SPAIN GUATEMALA & ECUADOR

EXPLORE CULTURE, MEDICINE & ADVENTURE

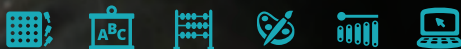
### PLUS NEW

COURSES IN ART, MUSIC,  
CREATIVE WRITING,  
FINANCIAL PLANNING,  
COMMUNICATION  
*and much more!*

**OVER 15**  
PROFESSIONAL  
DEVELOPMENT  
& CAREER  
TRAINING  
COURSES

## HOME & GARDEN

APPLE ORCHARDS, TEA 101,  
FARM BREWERY TOUR  
*and many new courses  
for sustainable living*



EARLY CHILDHOOD EDUCATION

EXPAND YOUR PROFESSIONAL RESOURCES  
WITH PYRAMID MODEL TRAINING

## COVER STORIES

- 5 COURSES FOR ENTREPRENEURS**  
For more than 20 years, our M.A.P. course has been giving people tools and information to be successful small business owners.
- 7 PYRAMID MODEL**  
Learn to implement the Pyramid Model in your classroom or daycare with comprehensive training and resources.
- 12 PERSONAL ENRICHMENT**  
Get your motorcycle license, plan for retirement, learn to play the mandolin and practice Yoga. The possibilities are endless.
- 13 INTERNATIONAL EDUCATION**  
Travel alongside SUNY Adirondack professors and students for diverse experiences in Spain, Guatemala and Ecuador.
- 22 HOME AND GARDEN**  
Learn the ins and outs of apple orchards, making tea, forest gardening, and sustainable living practices.



THE FUTURE IS HERE.

FOLLOW US ONLINE!  
#HumansofSUNYADK  
#SUNYADK



**INSTANT  
ADMISSION WEEK**  
AUGUST 22-26 | 9AM to 5PM  
at the QUEENSBURY CAMPUS

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*Application deadline: AUGUST 26\**  
**SUNYACC.EDU**

FOR MORE INFORMATION, CALL: 518.743.2264

\*Please bring a copy of your official high school transcript or GED/TASC.





**H**ave you seen us lately? SUNY Adirondack Continuing Education has been on the move in our community offering classes and workshops from Hartford to Wilton. Join us this fall, on campus or around the region, and see what all the buzz is about!

- Pyramid Model for Early Childhood Educators
- Dispute Resolution in the Workplace
- Creating Stained Glass
- Paint 'n Sips
- Cable Knitting
- Adirondack Folk School courses
- Medicare Basics
- Long-Term Care Planning
- 20 Ways to Earn Residual Income
- Writing Fiction
- Apple Orchard Maintenance
- Natural Dyes for Wool & Cloth
- Bringing Your Chicken to the Table
- Forest Gardening
- Tea 101
- Farm Brewery Tour
- So You Want to Play the Mandolin?
- Restorative Yoga
- New Skete Monasteries Tour
- Inside the Hyde Tour  
...and so much more!

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Please note that all course information in this brochure is subject to change. The most up to date course information can be found on our website at [sunyacc.edu/academics/continuinged](http://sunyacc.edu/academics/continuinged).

## ONLINE COURSE INFORMATION\*

Online and hybrid classes (face-to-face classes with an online component) offered through the Office of Continuing Education use the Angel course management system.

To be successful with these courses, students should have basic computer skills and a familiarity with using the internet. Some courses require regular logins and others are self-paced. Either type allows students more flexibility to complete the course materials at times and places where it is convenient for them. The course description will indicate which type of online course it is.

When registering for a course with an online component, you will need to supply your email address and date of birth upon registration. These are key to ensuring you receive your login credentials to access your course.

**For more information about the Angel online learning system, go to:** [sunyacc.edu/academics/onlinelearning](http://sunyacc.edu/academics/onlinelearning)

Be sure to check out the video tutorial about accessing Angel.

*\*Please note that the online ed2go courses use a different online learning platform.*

**You will need the correct equipment & software including:**

**A COMPUTER**  
newer than 4 years old recommended

**INTERNET ACCESS**  
Broadband strongly recommended

**MACINTOSH USERS** Firefox 2 or higher

**WINDOWS USERS** Internet Explorer 8 and higher, or Firefox 3 and higher

## ONLINE COURSE OPTIONS

Classes are offered in a variety of formats to accommodate students who prefer a flexible learning schedule. Look for these icons throughout the brochure to indicate the format of the class.



### WEB ENHANCED

Hybrid classes (face-to-face classes with an online component) offered through the Office of Continuing Education use the Angel course management system.



### FULLY ONLINE

These classes are taught online using the Angel course management system and are either self-paced, offering the student flexibility to move through the course material at their convenience, or instructor-led, with a course schedule and regular instructor feedback. The course description will specify whether a course is self-paced or instructor-led.



## ED2GO ONLINE COURSES

The Office of Continuing Education provides a wealth of online workforce development and personal enrichment courses via [ed2go.com/Adirondack](http://ed2go.com/Adirondack). Students may take individual courses or enroll in a career training certificate program.

**Individual courses are instructor-led** with monthly start dates in a convenient six-week format. In an interactive learning environment, students are awarded completion of the course upon earning a passing score.

**Non-credit online certificate programs** will help you prepare for industry certification, start a new career or develop new skills. These programs allow a student to start any time and generally complete within six months.

With in-depth study, personal instructor assistance and all learning materials provided, students earn a certificate of completion upon earning a passing score.

**Topic areas include, but are not limited to:**

- Accounting
- Business and Finance
- Project Management
- College Readiness
- Computer Applications
- Design & Composition
- Healthcare & Medical
- Law & Legal
- Personal Development
- Teaching & Education/ Language & Arts
- Technology
- Writing & Publishing

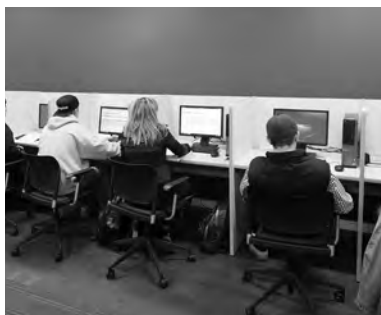
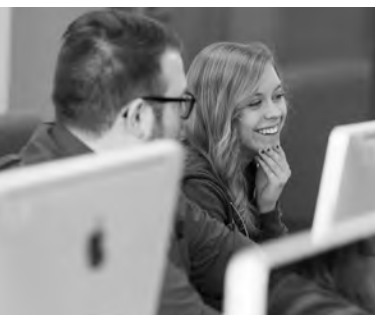
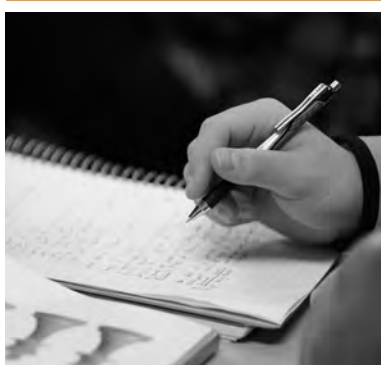


**BUSINESS  
&  
CAREER  
TRAINING**

Build your resume,  
build your future.

MAKE US PART OF  
YOUR STRATEGIC PLAN

#sunyadk  
#bestkeptsecret



## COMPUTER COURSE INTRO TO GRAPHIC DESIGN WITH PHOTOSHOP

September 12 to December 19

Online course at your own pace 

Photoshop is powerful image-editing software that allows users to use their creativity to alter photos. Learn the fundamentals needed to create high-quality digital images. These skills can be used to scan and clean up old photos and enhance digital photos. This class will introduce new Photoshop users to the program, how it works and what it can do, as well as give students a solid foundation in the theory and terminology of digital design.

The course is composed of PowerPoint presentations, video lectures, key skills handouts, quizzes to test knowledge and discussion boards where questions about Photoshop and design can be addressed and discussed with fellow students and the instructor. Although these are self-paced lessons, the instructor is still available via discussion board and email to answer questions. Photoshop CS4, CS5, CS6 and CC can be used with this course. A free, 30-day trial of Photoshop is available online. **Please read the information about online courses on page 2 before enrolling in this course.**

**Work at your own pace — you can register for this class any time during the semester and have until December 19 to complete it.**

## COMPUTER TRAINING COURSES

The Office of Continuing Education offers computer training for companies and individuals. Courses may be offered in a traditional classroom environment, as one-on-one training, or as group training customized to serve our local businesses.



### TRADITIONAL CLASSROOM ENVIRONMENT

Schedule-on-demand courses are available based on community interest, throughout the year. Once we have received sufficient interest to run a particular course, it will be offered based on the demand.



### ONE-ON-ONE TRAINING

Customized one-on-one training is available for those individuals and professionals needing immediate, focused training. One or two people may be trained; instruction is typically 2-3 hours, at \$100/hour.



### SMALL & LARGE GROUP TRAINING

Customized group training is available for employers or agencies seeking staff development. Employers can specify the instruction needed.

Small group training involves 3-5 staff members; length of instruction is variable, at \$150/hour. Large group training is six staff or more; rates are based on group size and length of instruction. Customized manuals are also available as a training aid.

**Instructor:**  
Kristen Girard

**Price:** \$85

**CRN:** 10024

This class will be taught online using the Angel course management system and is divided into 10 self-paced lesson modules.

Each lesson builds on the previous module, helping students to acquire new skills and information as they progress at their own pace.

If you do not have Photoshop currently installed, a free 30-day trial is available online.

**Available topics include but are not limited to:**

#### General Instruction

- Introduction to PCs
- Computers Don't Byte

#### Adobe Software

- Acrobat
- Photoshop

#### Prezi

#### Microsoft Office Suite

- Access
- Excel
- PowerPoint
- Project
- Publisher
- Word

## SMALL BUSINESS SUCCESS MICROENTERPRISE ASSISTANCE SMALL BUSINESS PROGRAM (MAP)

**October 4 to December 13** 📧 *Web-Enhanced*  
**Tuesday | 6 to 8pm**

Whether you are looking to open a new small business or to expand your existing small business, this comprehensive and informative course is for you. Take advantage of the resources offered in this comprehensive, 10-session course. Each session covers a different aspect of business planning.

However, woven together, these classes tell a story that will help you understand why planning is important and, most importantly, how to prepare a winning start-up or expansion business plan that delivers successful results. Building a successful business plan will require you to ask detailed questions and take copious notes during each session of this course.

If you apply through your county's Local Development Corp. (LDC) and successfully complete the program, you may be eligible to apply for a small business loan through your county. Contact Jennifer Switzer from Warren County or Deanna Derway from Washington County for more information or an application.

***This course is sponsored by Warren and Washington County Local Development Corporations and SUNY Adirondack Continuing Education.***

**Price:** \$150

**CRN:** 10013

**Warren County contact:**  
Jennifer Switzer  
518.798.7542  
switzerj@  
edcwc.org



**Washington County contact:**  
Deanna Derway  
518.746.2290  
dderway2@  
co.washington.ny.us



### PLEASE NOTE:

If your course tuition will be paid by an employer, the Department of Labor/Career Center, by another agency or organization, and/or through your Veteran's benefits, please provide documentation (e.g., a letter, email, etc.) when registering for your course(s).

## GETTING AND KEEPING NEW CUSTOMERS FOR YOUR HOME-BASED BUSINESS **NEW!**

**September 24**  
**Saturday | 2 to 4pm**

This course will cover in-person and online methods to engage, continuously interact with and ultimately do business with new customers. Review a variety of methods for how to meet new people, how to connect with them in a targeted fashion and how to uncover the best method to combine high-tech and high-touch marketing. Receive a list of 70 ways to market your business and build your customer base. This includes Jim's top social media site picks for small business owners. Jim Farnham, MBA, MS, has over 20 years of experience as an entrepreneur and home-based business owner.

**Instructor:**  
Jim Farnham,  
MBA, MS

**Price:** \$15

**CRN:** 10092

An author of two e-books, and sales and marketing thought leader, Jim helps home-based business owners expand their customer base, increase visibility and grow profits.

## PROFESSIONAL DEVELOPMENT

### ONLINE NOTARY PUBLIC LICENSE EXAM PREPARATION COURSE

**September 8 to December 22**

*Online course at your own pace* 

This online, self-paced, notary course is offered through Angel and is designed to teach you the essential information you need to take and pass the New York State Notary Exam. In addition, this course will thoroughly prepare you to understand your duties and functions as a Notary Public Officer. You will gain insight into what a Notary Public's key responsibilities and limitations are, as well as some best practices of a Notary Public Officer. Topics will include:

- Notary Concepts
- Sample Forms
- Definition Review
- Notary Law Subsection Review

**Instructor:**  
Kelli Hatin

**Price:** \$59

**CRN:** 10008

**PLEASE NOTE:**

The Notary Public exam will not be given during this workshop. Information on the exam schedule will be available in the class.

*Please read the information about online courses on p. 2 before enrolling in this course.*

### NOTARY PUBLIC LICENSE EXAM PREPARATION- FACE-TO-FACE

*Day and Evening sessions available!*

**September 21 | Wednesday | 6 to 9pm**

**or**

**November 4 | Friday | 9:30am to 12:30pm**

This workshop prepares you for the New York State Notary Public exam and will provide a comprehensive view of the Notary Public Office. Examples will be provided to illuminate situations that a Notary is likely to encounter. Topics include: avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations and when to defer to an attorney. All materials will be provided and information about how to link to NYS Department of State licensing information, booklets and forms will be distributed.

**Instructor:**  
Victor Bujanow, CIC

**Price:** \$49

**SEPTEMBER 21**

**CRN:** 10006

**NOVEMBER 4**

**CRN:** 10007

**PLEASE NOTE:**

The Notary Public exam will not be given during this workshop, however, an 80-question practice exam will be given.

### INSURANCE FOR AGENTS & BROKERS - PROPERTY & CASUALTY

**October 24 to November 10**

*Monday to Friday | 8am to 4pm*

*Attendance is mandatory for all course sessions in order to earn the hours required.*

This course will consist of an intensive study of various insurance topics to qualify prospective agents and brokers to take NYS insurance examinations. Topics include personal and commercial lines of business, accident and health, insurance regulations and duties of agents and brokers.

**Please note:** This 96-hour pre-licensing course fulfills the requirements to sit for the NYS Property & Casualty Agents or Brokers insurance licensing examination. Course materials will reflect statewide content changes planned for September 2016.

**Instructor:**  
Richelene Morey,  
CPCU, ACSR

**Price:** \$870

**CRN:** 10018

*Course price includes a \$75 materials fee.*

*You will have a half hour lunch on your own each day.*

**9.6 CEUs**



## PYRAMID MODEL TRAINING **NEW!**

*For childcare providers and early childhood educators*

The Pyramid Model — also referred to as the Center on the Social and Emotional Foundations for Early Learning (CSEFEL) — is a conceptual framework for evidence-based practices for promoting young children’s social and emotional competence and for preventing and addressing challenging behavior. This opportunity for professional development includes extensive resources to help New York’s child care programs and providers implement the model.

The infant & toddler modules are designed for supervisors, trainers, teachers, home visitors and caregivers who work with children birth to 3 years of age. The preschool and early childhood modules are appropriate for supervisors, trainers, administrators, teachers and caregivers who work with children from 2 ½ to 5 years of age.

NYS OCFS topic areas addressed in these modules include Principles of Childhood Development and Child Care Program Development. NYSED Core Body of Knowledge content addressed includes Child Growth and Development and Environment and Curriculum.

Each module includes three, 3-hour sessions. Participants must attend all three sessions of a module to earn the 9 hours of professional development and to receive a certificate of completion for that module from the NY Master Cadre trainer and New York Works for Children.

### **Infant & Toddler | Tuesdays | 5 to 8pm**

#### **Module 1: Building a Foundation for Success**

September 20, 27 & October 4

CRN: 10085

#### **Module 2: Responsive Routines, Environments**

*& Targeted Strategies*

October 11, 18 & 25

CRN: 10086

#### **Module 3: Individualized Intervention**

*with Infants and Toddlers*

November 1, 8 & 15

CRN: 10087

### **Preschool & Early Child | Thursdays | 5 to 8pm**

#### **Module 1: Promoting Children’s Success — Building Relationships and Creating Supportive Environments**

September 22, 29 & October 6

CRN: 10088

#### **Module 2: Social-Emotional Teaching Strategies**

November 3, 10 & 17

CRN: 10089

**Instructor:**  
Tami Callister,  
MSEd., LSLP, SAS, SDA

**Price:** \$90/3-week  
module

**0.9 CEUs/module**



#### **Recommended Toolkit Price: \$93**

The resource toolkit is optional and available for purchase throughout the semester. An easily transportable case contains color copies of tip sheets, handouts, scripted stories and other items prepared in labeled folders, plus a USB drive of all those forms and handouts organized into easily accessible, electronic folders. Please contact the Continuing Education Office at [conted@sunyacc.edu](mailto:conted@sunyacc.edu) or **743.2238** to purchase a toolkit and schedule a time to pick it up.

## SHRM HUMAN RESOURCE CERTIFICATION COURSE FOR HR PRACTITIONERS

**September 21 to December 7** *No class November 23*

**Wednesday | 6 to 9:15pm**

*Class will also be held on Monday, December 5, from 6 to 9:15pm*

Utilizing the Society for Human Resource Management (SHRM) Learning System, this course will provide Human Resource (HR) practitioners and professionals managing HR functions with the body of knowledge needed to navigate this complex field which encompasses a range of roles in all businesses. Behavioral competencies addressed include:

- Critical Evaluation
- Ethical Practice
- Consultation
- Business Acumen
- Global & Cultural Effectiveness
- Leadership & Navigation
- Relationship Management
- Communication

This course is also appropriate and valuable for individuals who are not seeking SHRM certification, but require knowledge of HR regulations, requirements and issues which influence a variety of HR-related roles in all businesses. Small business owners, office managers, administrators, comptrollers, risk management and/or other professionals who have responsibility for HR processes will benefit greatly from this coursework. Course materials provide a comprehensive reference for on-going support with managing HR functions and can support PHR and SPHR self-study.

***This course is offered in partnership with the College of Saint Rose.***

**Instructor:**

Gretchen Steffan,  
SPHR, SHRM-SCP

**Price:** \$1295

**CRN:** 10017

**3.9 CEUs**

This course, led by a SHRM-affiliated instructor, prepares individuals for the SHRM Certified Professional (SHRM-CP) and SHRM Senior Certified Professional (SHRM-SCP) exams. Certified HR professionals typically experience advanced career growth and improved marketability. Information regarding requirements for SHRM certification should be reviewed at: <https://www.shrm.org/certification/apply/eligibilitycriteria/pages/default.aspx>

## DISPUTE RESOLUTION IN THE WORKPLACE **NEW!**

**October 20 to November 3**

**Thursday | 8 to 10:30am**

This three-session course will introduce the essential skills used by mediators to bring people in opposition to mutual understanding and resolution. The process of mediation in contrast with other dispute-resolution processes, values and conflict styles will be explored. Participants will gain valuable skill sets that are highly effective in helping people communicate well and work through challenging situations. Skills relating to listening, empathizing, reframing and problem-solving are relevant for anyone wishing to effectively assist others to maintain relationships while working through conflict — both professionally and personally. Participants will walk away with practical skills they can put to immediate use.

Mediation Matters is a Community Dispute Resolution Center providing mediation, training, facilitation, and conflict resolution services serving Warren, Washington, Saratoga, Schenectady, Albany, and Rensselaer Counties, and has been funded in part by the New York State Office of Court Administration since 1981. This multi-faceted organization of professionals is dedicated to encouraging a culture of peace by empowering people to manage and resolve conflict in a constructive way, providing effective skills and processes, and increasing the capability for non-adversarial and self-determined problem solving within the community.

**Instructor:**

Sarah Rudgers Tysz, Esq.,  
Meditation Matters

**Price:** \$160

**CRN:** 10084

**What is meditation?**

Mediation is a voluntary and confidential way to have a conversation about a dispute with a trained and impartial mediator. The mediator helps each party discuss their interests and explore mutually acceptable solutions while individuals make all decisions about the outcome.

## BASIC OPERATIONS FOR WASTEWATER TREATMENT PLANTS

**September 6 to November 10**

*Tuesdays & Thursdays | 6 to 9pm*

Participants in this 20-session course will experience a broad introduction and overview of wastewater treatment operations, excluding activated sludge (a separate course typically offered in the spring). Successful completion of a training course is required as part of the qualification process to take the New York State certification examinations. This is not intended to be an exam review course, and completing it cannot ensure successful completion of the certification exams.

This course's outline will follow the New York State DEC's "Curricula Guide for WWTP Operator Certification Training – Basic Operations Course," and is also approved for credit toward recertification of a wastewater operator license.

**Instructor:**  
Lawrence Glasheen,  
NYS 4A WWTP

**Price:** \$935

**CRN:** 10009

**6 CEUs**

*Course price includes \$135 materials fee for the required textbooks.*

## SERVSAFE FOOD SAFETY CERTIFICATION WORKSHOP

New York State legislation (S02328) mandates that all food service establishments which handle, cook, store, serve, deliver, remove and dispose of food are required to have one ServSafe certified individual on staff. This comprehensive workshop is offered to the area's hospitality and food service industries in compliance with this law. Individuals who successfully complete the 10-hour program will earn their ServSafe certification, which is valid for 5 years.

**October 24 | Monday | 8am to 6pm**

*Bring a bag lunch for a working lunch*

**or**

**November 5 | Saturday | 8am to 6pm**

*Bring a bag lunch for a working lunch*

**Instructor:**  
Frank Burns

**Price:** \$207

**1 CEU**

*Course price includes a \$78 book and testing fee.*

**OCTOBER 24**

**CRN:** 10010

**NOVEMBER 5**

**CRN:** 10011

## BARTENDING & MIXOLOGY CERTIFICATION PROGRAM

**October 12 to November 9**

*Wednesdays | 6 to 9pm*

*Queensbury Campus & Local Restaurants*

This course will introduce and prepare the student to become a bartender in the Hospitality Industry. The course will concentrate on the student with limited experience with mixology and provide the basic training associated with bartending. Some sessions are hands-on and will take place at area restaurants. At the completion of the course, students will be familiar with:

- Industry standards
- Common terminology
- Types of alcohol
- How to mix drinks
- Wine and beer varieties
- Customer service & attitude
- Selling techniques & showmanship
- Health & hygiene regulations/sanitation

Students who successfully complete this course will be TIPS (Training for Intervention Procedures) certified and will receive a certificate from the New York State Liquor Authority that can be used as part of their Reasonable Effort Defense in the event they are convicted of serving someone under the age of 21.

**Instructor:**  
Frank Burns

**Price:** \$225

**CRN:** 10012

**PREREQUISITE:**

All students must be at least 21 years old to participate in this class and valid ID will be required on the first evening of the class.

*Course price includes a \$30 fee for the required textbook.*

## PET EDUCATION CERTIFICATE

October 17 to December 12

Fully Online Course 

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

The course content includes: pet health and illness, communication, behavior management, safety, basic hygiene care for pets and even writing a resume and preparing for an interview. Internships offer opportunities for students to network for experience and employment. The instructor will assist you in securing the necessary internships to complete the certificate.

***In order to successfully complete this program, students must complete a pet First Aid/CPR class and must complete at least 54 hours of internships at approved animal care facilities within six months of the course completion.***

**Instructor:**

Mary Lynn Gagnon

**Price:** \$400

**CRN:** 10014

Those who successfully complete this unique program will have specialized education and experience that gives them an advantage in the field. This course will further your knowledge and skills through engaging and informative course materials and hands-on internship experiences.

*Students will need to purchase three textbooks separately. Cost is estimated to be \$65 for all three.*

**7.2 CEUs**

### FREE INFORMATION SESSION!

Wednesday, September 21 | 5:30 to 7:30pm  
RHEC 128

Join us for a free informational session and learn about SUNY Adirondack's pet-focused courses: *Pet Education Certification Program, Pet Safety for the Professionals and Pet First Aid & CPR*. Meet the instructor and enjoy an introduction to the process and potential outcomes of the programs. Brief demonstrations with Casper the CPR dog and canine behavior training will be offered so you can see the skills you'll learn in action!

## PET SAFETY FOR THE PROFESSIONAL

November 7 to 21

Fully Online Course 

Entering a property with an unknown animal can be dangerous for professionals. This course will provide the training and tools needed to help keep professionals of all kinds (emergency responders, home health aides, real estate agents, etc.) safe when entering a home or business with pets. Topics covered will include:

- Canine aggression and reading body language
- Assessing dogs and cats
- How to defuse dangerous or potentially dangerous situations involving dogs

This course will help professionals recognize aggression in animals and remain safe when entering their territory.

**Instructor:**

Mary Lynn Gagnon

**Price:** \$205

**CRN:** 10016

This course will train students to recognize a pet's body language by evaluating tail position, eye behavior, ear posture, mouth behavior and vocal communication and discuss how to communicate with the pet accordingly. This course is a must for individuals whose careers require them to work in the home environment.

**1.5 CEUs**

## A BRIGHT FUTURE STARTS HERE.

SUNY Adirondack can help you pay for expenses to pursue a career in healthcare, the fastest growing field in the country. Local employers already are looking for qualified staff with the training and technical expertise to fill vacant and new positions.

### HOW WE CAN HELP

- Opportunities for stable employment and career advancement for low-income residents of Saratoga, Warren, Washington and nearby counties are available
- Connect with healthcare occupations in high demand
- Certification and degree-based options
- Personalized goal and career assessment
- Personalized support services
- Guidance and support for the transition to college
- Tutoring
- Academic, workplace and life skills coaching
- Financial support for textbooks and other classroom supplies
- Uniforms/scrubs for clinical rotations
- Job placement assistance and retention services
- Support as you advance in your training and career

### PROGRAMS

#### NON-CREDIT: ALLIED HEALTHCARE TRAINING:

- Certified Nurse Aide
- Home Health Aide
- Personal Care Aide

#### CREDIT/DEGREE-SEEKING:

- Pre-nursing - Nursing
- Criminal Justice: Substance Abuse Services

#### OTHER CONTINUING EDUCATION/ NON-CREDIT CLASSES INCLUDE:

- Additional Healthcare-related training non-credit courses and programs may be available.

### POSSIBLE CAREERS

- Registered Nurse
- Certified Nurse Aide
- Home Health Aide
- Personal Care Aide
- Substance Abuse Counselor
- Licensed Practical Nurse
- Phlebotomist
- EKG Technician

### ELIGIBILITY REQUIREMENTS

- Receive TANF or other financial assistance or live at or below 200 percent of the federal poverty level (see table).
- Be a U.S. citizen or legally eligible to work in the U.S.
- Be age 18 or older (for non-credit allied health-care training).

***The grant is part of a national study and applicants will be selected by lottery. Not all eligible applicants will be selected to participate in the program.***

Household Size	Income
1	\$23,760
2	\$32,040
3	\$40,320
4	\$48,600
5	\$56,880
6	\$65,160
7	\$73,460
8	\$81,780

*Income guidelines are subject to change.*

### HAVE QUESTIONS?

**For more information contact:** Lauren Wickizer, LMSW, Assistant Director of Healthcare Initiatives  
Washington Hall, Room 135 | 640 Bay Rd, Queensbury, NY 12804  
Tel: 518.681.5627 | Email: wickizerl@sunyacc.edu

*This document was supported by Grant90FX0054 from the Administration for Children and Families, U.S. Department of Health and Human Services (HHS) through Schenectady County Community College. Its contents are solely the responsibility of the authors and do not necessarily represent the official views of HHS. The Health Profession Opportunity Program (HPOG) is a study funded by the federal government which is being conducted to determine how these training opportunities help people improve their skills and find better jobs. During the study, all new eligible applicants will be selected by lottery to participate in these training opportunities. Not all eligible applicants will be selected to participate in these opportunities.*

## PET FIRST AID & CPR

November 2 to 23

Fully Online Course 

This course is for students who wish to work in the pet industry or pet lovers/owners who wish to acquire knowledge on how to respond in an emergency situation for pets. In this instructor-led, online class, you will learn what you can do in the first 15–25 seconds on the scene to make a big difference for a pet in crisis. Learning to respond quickly and properly is critical and can save a pet's life. Some of the material covered in this class includes:

- Equipment and supplies for putting together your own Pet First Aid Kit
- Understanding basic pet owner responsibilities
- Rescue breathing
- Restraint, muzzle, elevation, direct pressure points
- Administering medicine & treating wounds
- Bleeding, immobilization, shock management & transporting wounded animals
- Assessing vital signs

**Instructor:**

Mary Lynn Gagnon

**Price:** \$86

**CRN:** 10015

Whether you are a pet owner or 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 (cats, dogs or both) depending on their interest & needs. Cost is estimated to be \$20 per book.*

**0.6 CEUs**

## COMMUNITY ENROLLMENT

### SUNY ADIRONDACK SYMPHONIC BAND

September 14 to December 14

Wednesday | 4:30 to 6:30pm

Comprised of an intergenerational mix of community members and SUNY Adirondack music majors and non-music majors, the Symphonic Band welcomes music lovers who have a background in playing a woodwind, brass or percussion instrument. Public concert(s) will be included in the program. There are no auditions, but a positive attitude is required.

**Instructor:**

Diane Bargiel

**Price:** Free

**CRN:** 10072

*The first rehearsal is a sight-reading session, so bring your instrument.*

Community members are welcome to participate in other SUNY Adirondack ensembles. Please contact the Music Department Director, Diane Bargiel, at [bargield@sunyacc.edu](mailto:bargield@sunyacc.edu) for more information about playing in any of the ensembles.

- Brass Ensemble
- Percussion Ensemble
- Woodwind Ensemble
- Vocal Ensemble (audition required)
- Jazz Ensemble
- Piano Ensemble
- Guitar Ensemble
- Rock Music Ensemble

## SUNY ADIRONDACK CHORALE

September 12 to December 12

Monday | 7 to 9pm

The chorale is intended for individuals who enjoy group singing and involves weekly group rehearsals. No previous experience is necessary, and no audition is required. Public concert(s) will be included in the program.

**Instructor:**

Miriam Enman

**Price:** Free

**CRN:** 10071



# INTERNATIONAL EDUCATION



SUNY Adirondack offers international education courses that include trips to many countries throughout the world. These three-or four-credit INT 204 courses begin in either the fall or spring semesters with travel occurring over winter, summer or spring breaks. The one-week or two-week travel experience portion of the course allows students to safely engage in the cultures of other nations. Community members may participate in international education offerings on a space-available basis through the Office of Continuing Education.



## SPAIN - MADRID AND TOLEDO

January 6 to 15, 2017

See the art of Spain with new appreciation! Spanish Bellas Artes will be offered during the Fall 2016 semester and the class will explore Spanish art and culture in January with visits to major museums in Madrid such as: the Prado; Thyssen-Bornemisza Museum; the National Museum "Centro de Arte Reina Sofia"; Real Academia de Bellas Artes de San Fernando; and El Escorial. In Toledo the class will visit: Cathedral of Toledo; Bridge of San Martin; the new gate of Bisagra; Castillo De San Servando; San Roman Church; Museo del Greco; and Plaza de Zoco Dover. Additional cultural events and performances will also be attended. There will be sketching, art historical and cultural components to the class.

**For more information, contact the professors:**

Professor John Hampshire at [hampshirej@sunyacc.edu](mailto:hampshirej@sunyacc.edu)  
Professor Rebecca Pelchar at [pelcharr@sunyacc.edu](mailto:pelcharr@sunyacc.edu)



## CHOCOLA, GUATEMALA

March 2017

A Guatemala medical mission will be offered during the Spring 2017 semester. The class will involve service learning in a medical/nursing capacity in a third world country with experiences serving in a variety of capacities including:

- Pharmacy
- Operating room
- Post-Op recovery room
- Health clinic for routine health care
- Hospital experiences

**For more information, contact the professor:**

Professor Dianne Schoder at [schoder@sunyacc.edu](mailto:schoder@sunyacc.edu)

**Price:** Travel fees plus Tuition and Health Insurance fees. Travel fees are TBD.

**Tuition:** \$300

**Health Insurance Fee:** \$43.30

**PLEASE NOTE:** Spain, Guatemala and Ecuador are separate trips.

PERSONAL ENRICHMENT





## ECUADOR

May 2017

This Spring 2017 semester, learn about the nation of Ecuador, then see it for yourself from the mountains to the Amazon. This multidisciplinary program will cover a broad range of academic subjects including anthropology and archaeology (learning about the indigenous peoples of the Andes and the Amazon), Andean and Amazonian art, biodiversity, political science and economics, various aspects of indigenous industry including textile weaving and leather shops, the exportation and marketing of these products as well as ecotourism and sustainability in the region.

The class will visit indigenous markets and stay in jungle lodges and haciendas. The course offers opportunities to students interested in geography, agriculture, tropical and neo-tropical eco-zones, volcanoes, jungle wildlife, botany, marine biology, natural resource conservation and environmental science, from the Andes to the Amazon.

Activities include day and night jungle hikes, horseback riding, jungle zipline, birdwatching and night boat/canoe safaris. The program has been designed to provide significant interaction and contact with the indigenous Andean people to facilitate an effective cultural immersion experience for the participants. Destinations will include a wide range of geographical locations, including volcanoes, high altitude mountains, jungles and rainforests (ie. Cuyabeno Reserve), colonial haciendas, indigenous villages and Spanish Colonial Quito, a UNESCO World Heritage Site.

**For more information, contact the professors:**

Professor Valerie Haskins at [haskinsv@sunyacc.edu](mailto:haskinsv@sunyacc.edu)

Professor Elizabeth Braxton at [braxtone@sunyacc.edu](mailto:braxtone@sunyacc.edu)

**Price:** Travel fees plus Tuition and Health Insurance fees. Travel fees are TBD.

**Tuition:** \$300

**Health Insurance Fee:** \$43.30

The trip concludes with a full day excursion to the Pululahua Crater in the cloud forest with a hike to waterfalls and natural pools and a visit to the Equator Museum in Intinannas as we return to Quito.



**THE WORLD IS A BOOK <sup>AND</sup> THOSE WHO DO NOT TRAVEL READ ONLY A PAGE.**

Saint Augustine





**ARTS & CRAFTS**

Drawing, silversmithing, calligraphy, knitting, basketweaving and more.

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#bestkeptsecret



## ARTS & CRAFTS

All materials costs for courses are included in price unless otherwise specified.

### CREATING STAINED GLASS **NEW!**

**September 26 to October 17**

*Monday | 6:30 to 8:30pm*

Learn the art of creating stained glass objects. Experience cutting glass to fit a pattern, grinding, foiling and soldering the pieces. Students will have the opportunity to create two unique stained glass pieces. All levels are welcome.

**Instructor:**

Claire Griffith

**Price:** \$65

**CRN:** 10049

*Course price includes a \$20 materials fee.*

### HOLIDAY WORKSHOP **NEW!**

**November 26**

*Saturday | 9am to 3:30pm*

*Fort Edward Art Center & Archive Building*

Spend a fun, creative day making two unique projects using balsam greens. You will create your own balsam wreath for your holiday home décor or for a thoughtful gift. Utilizing balsam greens from the Adirondacks, you'll trim with a bow and decorate with pine cones. You will also create a balsam centerpiece for your holiday table or fireplace mantel using fresh balsam greens. Learn how to make bows for decorations and other decorating techniques. Make it a memorable day for those family and out of town guests who would like to join in on the fun and make their own holiday pieces.

**Instructor:**

R. Paul McCarty

**Price:** \$30

**CRN:** 10080

*You will have a half hour lunch on your own.*

**PLEASE NOTE:**

College is closed November 23 – 25.

*A \$35 material fee is payable to the instructor in class.*

### MAKE A BALSAM CENTERPIECE

**December 10**

*Saturday | 9am to 12pm*

*Fort Edward Art Center & Archive Building*

Create a balsam centerpiece for your holiday table or fireplace mantel using fresh balsam greens. You will also learn how to make bows for decorations and other decorating techniques.

***If you would also like to make a wreath, sign up for the Holiday Workshop in November too!***

**Instructor:**

R. Paul McCarty

**Price:** \$17

**CRN:** 10079

*A \$20 material fee is payable to the instructor in class.*

### SILVERSMITHING: DESIGN & FABRICATION

**October 13 to November 10**

*Thursday | 6 to 9pm*

Would you like to learn the basic skills necessary to design and fabricate original, functional jewelry or sculpture in metal? This class will provide you with the skills and techniques including piercing, laminating and soldering, texture and embossing, bezel making and stone setting. Students will have the opportunity to create either earrings, a ring, pendant, bracelet or a sculptural piece. All level students are welcome, and all the necessary tools will be provided.

**Instructor:**

Matthew Balint

**Price:** \$99

**CRN:** 10053

*Course price includes a \$35 materials fee.*

## FALL LEAF PAINT 'N CIDER SIP NEW!

October 6

Thursday | 7 to 9pm

Wilton Center

Artist-educator Tina Rodriguez will lead you through this painting step by step! ARTvoice Divine Art Studio is traveling from Amsterdam, NY to help us find our creative spark and have fun! Course price includes:

- 16" x 20" canvas
- Apple cider
- 2-hour guided instruction with artist-teacher-Tina Rodriguez
- Guided resources
- A hummus and pesto spread from local company *3 Chicks and a P*
- Set up and clean up
- Paint, supplies and a smock

**Instructor:**

Tina Rodriguez,  
ART Voice Divine Art  
Studio, Inc.

**Price:** \$39

**CRN:** 10051

*Course price includes  
a \$4 materials fee.*

## PUMPKIN PAINT PARTY NEW!

October 27

Thursday | 6:30 to 8:30pm

Come out and paint a gorgeous pumpkin to enhance your fall decor! ARTvoice Divine Art Studio is traveling from Amsterdam, NY to help us find our creative spark and have fun. Course price includes:

- 1 small-medium size pumpkin
- Paper to practice on
- Paint, supplies and a smock
- 2 hour guided instruction with artist-teacher-Tina Rodriguez
- 3 fall designs to choose from with guided resources
- A hummus and pesto spread from local company *3 Chicks and a P*
- Apple cider

**Instructor:**

Tina Rodriguez,  
ART Voice Divine Art  
Studio, Inc.

**Price:** \$39

**CRN:** 10052

*Course price includes  
a \$4 materials fee.*



## WILLIAMSBURG BASKET

**September 24**

*Saturday | 10am to 4:30pm*

Learn to weave this popular classic basket with a reed-wrapped handle. The unique shape starts square at the base and becomes much larger and round at the top. We will use natural and dyed reed for this versatile basket that is 14" tall and 7" wide at the base. The reed wrapped handle completes the design. Please bring scissors, pencil, tape measure, and spring-type clothespins and lunch to class.

**Instructor:**  
Joyce Flower

**Price:** \$59

**CRN:** 10050

*Course price includes a \$29 materials fee. You must register for this class by September 14. Any withdrawals after the September 14 deadline will not receive a refund for materials.*

## BEGINNING KNITTING

**September 28 to October 5**

*Wednesday | 6:30 to 8:30pm*

Learn the basics of knitting and have fun doing it. Students will learn how to begin a knitting project, how to form the two basic knitting stitches, and how to end a project. There will also be discussion about the many different things one can knit, as well as various types of yarn and materials. A student will leave the class with enough knowledge to be able to begin and complete a simple project. Students should bring a skein of light colored wool or wool blend worsted-weight yarn and a short pair of size 8 knitting needles, pair of scissors and size H crochet hook and tapestry needle.

**Instructor:**  
Jill Ramos

**Price:** \$19

**CRN:** 10042

## KNITTING BEYOND THE BASICS

**October 12 to 26**

*Wednesday | 6:30 to 8:30pm*

Students will learn a variety of new techniques such as increasing, decreasing and knitting in the round. Stitch patterns and an introduction to color work will also be discussed and explored.

Students should bring two skeins of light colored wool or wool blend worsted weight yarn in two different colors, a short pair of size 8 knitting needles, one 16" size 8 circular knitting needle, one set of 4 or 5 size 8 double pointed needles, size H crochet hook, a set of stitch markers, a pair of scissors, and a tapestry needle.

**Instructor:**  
Jill Ramos

**Price:** \$29

**CRN:** 10043

## CABLE KNITTING **NEW!**

**November 2 to 16**

*Wednesday | 6:30 to 8:30pm*

Explore the twists and turns of cable knitting. A sampling of various type of cables will be introduced. Students will also work on a pair of cabled mittens and matching hat. Prerequisite: Students should know how to knit and purl and work increases and decreases. They should also be comfortable working on circular and double pointed needles.

Students should bring at least 300 yards of bulky weight yarn, one 16" size 10 circular needles, a set of 4 or 5 size 10 double pointed needles, cable needle, set of stitch markers, size K crochet hook, pair of scissors, and tapestry needle.

**Instructor:**  
Jill Ramos

**Price:** \$29

**CRN:** 10044

# ADIRONDACK FOLK SCHOOL



## GOURD ART: JACK O' LANTERN CANDY BOWL

September 17

Saturday | 9 am to 4 pm

Adirondack Folk School in Lake Luzerne, NY

Traditional gourd making with a seasonal spin! Gourds have been used for centuries by native people and settlers in our region. You'll start by cleaning, cutting and painting a large gourd to create your own big-mouth candy bowl with a grinning face and leaf cap. Fill with wrapped candy, nuts in the shell, apples or even a flameless candle! Pretty enough to leave out all season. No previous experience required; you'll be amazed by your results. All materials supplied.

**Instructor:**  
Carol Maher

**Price:** \$105

**CRN:** 10102

Course price includes a \$20 materials fee.

## SCROLL SAW CHRISTMAS ORNAMENTS

October 29

Saturday | 9 am to 4 pm

Adirondack Folk School in Lake Luzerne, NY

There's nothing like the beauty of the winter season in the Adirondacks! Make a holiday ornament for yourself or your loved ones. Over the course of this day students will progress from making a simple wooden Christmas ornament to one requiring the skills you will have achieved during the day. The course will include instruction on the safe use of the power scroll saw, pattern transfer, the cutting of multiple ornaments using the stacking process and the process of making interior cuts in a piece of wood using a scroll saw.

**Instructor:**  
Walt Ulrich

**Price:** \$100

**CRN:** 10103

Appropriate for beginning woodworkers and those with some experience.

Course price includes a \$15 materials fee.

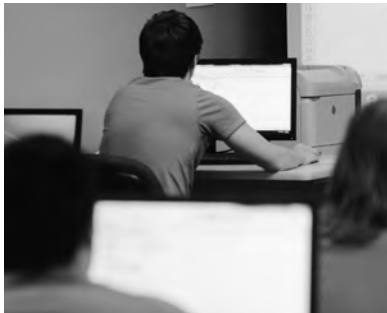




**FINANCIAL  
PLANNING &  
COMMUNICATION**

Learn Spanish, write a book  
or plan your retirement.

**WRITE YOUR FUTURE**  
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## FINANCIAL

### DESIGNING YOUR PATH TO AN ACTIVE RETIREMENT **NEW!**

**November 2**

*Wednesday | 6 to 8pm*

As people live longer in retirement than ever before, the image of a “retiree” has changed dramatically to a picture of a more active, energetic person who truly experiences life. This class will help participants to design a clearer path to an exciting financially independent stage. Frank Finch, Principal of Life Stages Financial Group and adviser with Halliday Financial, developed this hands-on workshop with three broad paths to an active retirement in mind. Worksheets and exercises will guide participants toward bright futures that go beyond money, numbers and financial planning.

**Instructor:**

Frank Finch, Life Stages  
Financial Group

**Price:** \$15

**CRN:** 10098

As we define these three distinct paths, we'll consider necessary costs of living and ways to create and fund your unique path to the active retirement you desire.

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### MEDICARE BASICS WORKSHOP **NEW!**

**November 3**

*Thursday | 6 to 8pm*

With so much media coverage and product literature bombarding your mailbox, knowledge is imperative in choosing your Medicare Health Plan. At this workshop, you will learn all about Medicare basics and all its parts, premiums and deductibles. You will learn how to evaluate and make an educated decision in choosing your Medicare plan every year with confidence. You will be able to identify the differences between a Medicare Advantage Plan, a Medicare Supplement Plan and Part D Prescription Coverage. Finally, do you know about, or do you qualify for, state prescription assistance or other available assistance programs? Join us to learn more!

**Instructor:**

Maureen Hallaran,  
NSSA, Mosaic Wealth  
Strategies Group, Ltd.

**Price:** \$15

**CRN:** 10040

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### LONG-TERM CARE PLANNING AND ASSET PROTECTION **NEW!**

**October 26**

*Wednesday | 6 to 8pm*

You've worked hard and along the way accumulated money and assets. How important is it for you to remain free to choose where you live, what you eat and with whom you're surrounded? How important is it to keep your stuff and your money and to choose where it all goes upon your death? This new class will explore senior living choices and long-term care planning to fit your mindset, your values, and your budget. Frank Finch, Principal of Life Stages Financial Group and adviser with Halliday Financial, developed this course to help empower people to maintain their independence, as well as their money and dignity throughout their lives.

**Instructor:**

Frank Finch, Life Stages  
Financial Group  
& Brian Borie, Estate  
Planning Attorney

**Price:** \$15

**CRN:** 10097

## MAXIMIZING YOUR SOCIAL SECURITY BENEFIT

September 28

Wednesday | 6 to 8pm

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

**Instructor:**  
Frank Finch,  
Life Stages  
Financial Group

**Price:** \$15

**CRN:** 10031

## RETIREMENT PLANNING TODAY

October 5 to 12

Wednesday | 6:30 to 9:30pm

Join us to learn about the important considerations you need to make before deciding to retire. Avoid common pitfalls and have all your information ready to go to get the most out of your retirement. Couples may share a workbook. This course will cover:

- Life Planning for Retirement
- Retirement Needs & Expenses
- Retirement Income Sources
- Investments
- Retirement Plan Distributions
- Retirement Roadblocks & Mistakes
- Risk Management & Asset Protection

**Instructor:**  
Steve Hipsley, CFP

### INDIVIDUALS

**Price:** \$40

**CRN:** 10055

### COUPLES

**Price:** \$75

**CRN:** 10054

*A \$15 materials fee is payable to the instructor at first class for the required workbook.*

## 20 WAYS TO EARN RESIDUAL INCOME **NEW!**

September 24

Saturday | 10am to 1pm

Uncover over 20 specific ways to earn dependable, ongoing reliable income from stocks, bonds, mutual funds, variable annuities and insurance; taxes, retirement income and social security; your mortgage; on-demand publishing, residuals from showing appreciation, electricity and natural gas; network marketing; how to evaluate the merits of a home-based business; beach money and so much more! Jim Farnham, MBA, MS, has traveled the US and Canada as a professional speaker and author, and he has over 20 years of experience in insurance and financial services.

**Instructor:**  
James Farnham,  
MBA, MS

**Price:** \$19

**CRN:** 10091



# COMMUNICATION

## BREAK INTO PRINT WITH NONFICTION ARTICLES

**October 1**

*Saturday | 1 to 5pm*

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

**Instructor:**

Pauline Bartel,  
Bartel Communications

**Price:** \$49

**CRN:** 10026

*Course price includes  
a \$15 materials fee.*

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## GETTING PAID TO TALK

**October 13**

*Thursday | 6:30 to 9pm*

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. Today, the range of voices hired has grown dramatically from the days of announcers. 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.

**Instructor:**

Voice Coaches

**Price:** \$19

**CRN:** 10045

*This class is lots of  
fun, realistic and a  
great first step for  
anyone interested in  
the voice-over field.*

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## LEGACY LETTER WRITING **NEW!**

**October 6**

*Thursday | 6 to 8pm*

This workshop presents information necessary to educate and motivate participants to write an ethical will or legacy letter. The material is presented in a practical and interactive way to help participants create these heirloom documents.

**Instructor:**

Marnie Elmer

**Price:** \$25

**CRN:** 10039

*Course price includes  
a \$10 materials fee.*

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## LITERACY VOLUNTEER TUTOR TRAINING

**October 4 to November 8**

*Tuesday | 5:30 to 8:30pm*

Did you know that one out of five adults in our region cannot read a map, fill out a job application or follow directions on a medicine bottle? The need for literacy tutors in the region is great. In this course, individuals will receive complete training by Literacy New York staff in order to begin tutoring an adult student in basic literacy, the English language, or both. Why not give back by teaching reading and English to adults in the community who need help?

**Instructor:**

Literacy NY,  
Capital Region

**Price:** \$45

**CRN:** 10056

*Course price includes  
a \$35 materials fee.*

## SPANISH-BASIC CONVERSATION FOR LEISURE OR TRAVEL

**October 11 to November 15**  
**Tuesday | 6:30 to 8:30pm**

¡Saludos! Are you planning a trip to one of the many Spanish speaking countries in the world? Maybe you've always been interested in learning Spanish? Perhaps you wished you had continued after high school? Come and join us to 'start a conversation together'! This course of basic, beginning Spanish conversation will provide you with the confidence you need to travel abroad! You will learn greetings, niceties, asking for directions, ordering in a restaurant, shopping terms and more! Your input will help pace the class and focus our lessons.

**Instructor:**  
 Peter Schmidt

**Price:** \$65

**CRN:** 10046

Put it off no longer!  
 Begin speaking Spanish today! No prior experience necessary.

## WRITING FICTION **NEW!**

**October 19 to November 16**  
**Wednesday | 6 to 8pm**

Do you have a story inside you clawing to get out? Maybe you've always loved reading and wanted to try creating your own stories? Or perhaps you're a seasoned writer seeking feedback? This workshop will give you the skills, inspiration and criticism needed to improve your storytelling. Whether you've never typed a word in your life or you're Stephen King, this class can help. *Writing Fiction* is open to adults of all ages and abilities and will make all students better writers and readers.

**Instructor:**  
 Joe Portes

**Price:** \$45

**CRN:** 10041

## WRITING FROM YOUR HEART: THE ART OF PERSONAL ESSAYS

**September 21 to October 5**  
**Wednesday | 6:30 to 8:30pm**  
**Wilton Center**

Transform the ordinary events of your life into extraordinary personal essays. Explore the step-by-step process of using writing games to unlock your experiences; choosing the most-effective essay style; shaping your experiences into a first draft; and allowing reader reaction to refine your draft into a polished essay.

**Instructor:**  
 Pauline Bartel,  
 Bartel Communications

**Price:** \$59

**CRN:** 10025

Course price includes a \$15 material fee.



# HOME & GARDEN

Workshops & Classes  
to inspire sustainable  
living through cooking,  
gardening & more!

WE MAKE OUR OWN HONEY  
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## FALL APPLE ORCHARD MAINTENANCE **NEW!**

**November 12**

*Saturday | 10am to 1pm*

*Saratoga Apple in Schuylerville, NY*

Learn how to put your apple orchard to bed. The first half of this course will take place out in the orchard where we will discuss fall apple orchard maintenance including mulch and rodent risk. The second half of the course will take you inside our facility where you'll taste up to 15 different varieties of apples learning about their characteristics, storage and utilization. Please dress for the outside.

**Instructor:**  
Nate Darrow,  
Saratoga Apple

**Price:** \$49

**CRN:** 10027

## BRINGING YOUR CHICKEN TO THE TABLE **NEW!**

**September 30**

*Friday | 1 to 4pm*

*Common Sense Agriculture in Cambridge, NY*

Raising chickens for meat is a great way to connect with your food, but what do you do when it is time to harvest the chicken and bring it to the table? This demonstration workshop will teach you how to humanely butcher your chickens. The techniques that will be taught during this workshop will emphasize a process that can be done at home and will ensure that your hard work raising the chickens will be reflected at the dinner table.

**Instructor:**  
Jonah (Othneil)  
Powell, Common  
Sense Agriculture

**Price:** \$19

**CRN:** 10077

## SIMPLE FERMENTED FOODS

**October 18**

*Tuesday | 6:30 to 8:30pm*

Come learn about lacto-fermentation with Chef Mike West. This class will cover how to use farmer's market bounty to make biologically active foods. Starting with simple salt and brine-based vegetable fermentation like sauerkraut to more complex ferments and highly flavored ferments like kimchi, these principles can be widely applied at home. The class will involve an explanation of the biology/chemistry that produces fermentation and will include a demonstration of how to make sauerkraut. Students will leave with recipes to try at home.

**Instructor:**  
Mike West

**Price:** \$19

**CRN:** 10061

*Course price includes  
a \$6 materials fee.*

## NATURAL DYES FOR WOOL & CLOTH **NEW!**

**October 1**

*Saturday | 10am to 2pm*

*Our Simple Life Farm in Warrensburg, NY*

This hands-on class will teach you how to dye wool and fabric using nature's color and natural mordants. Using plants from Flo's own garden and fields right there on the farm, she will show you how easy it is to learn the old method of unlocking nature's secrets.

**Instructor:**  
Florence Olden,  
Our Simple Life  
Farm

**Price:** \$59

**CRN:** 10075

All materials are  
provided.

Bring a bag lunch;  
coffee and tea will  
be provided.



## DEHYDRATE YOUR OWN FOODS **NEW!**

**October 15**

*Saturday | 10am to 2pm*

*Our Simple Life Farm in Warrensburg, NY*

Learn the proper way to dehydrate your vegetables and fruit and to make beef jerky right here at the farm. This hands-on class will show you how to use an electric dehydrator or your own oven, the benefits and convenience of dry food and how to can your dried foods so they will last for years. Literature will be given out so you can continue this at home.

**Instructor:**

Florence Olden,  
Our Simple Life  
Farm

**Price:** \$59

**CRN:** 10076

Bring a bag lunch;  
coffee and tea will  
be provided.

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## BIOSHELTERS

**December 6**

*Tuesday | 6:30 to 8:30pm*

Bioshelters are the next step beyond greenhouses and electrical solar collectors. These rooms, attached to your house, can provide you with vegetables, fruit, herbs, fish, (even Escargot), comfortable heat in the winter, a cooling effect in summer and a quiet refuge anytime of the year. They are the best place to put a shower. A bioshelter can not only provide you with basic food, it can give you exotic foods like mangoes, bananas, papayas and more.

These systems can be attached to your home or free standing. They need no auxiliary energy inputs. Homes can be designed with a bioshelter as the core system, and in many cases, as add-ons to existing apartments and on rooftops of city buildings. Come and explore this with us.

**Instructor:**

Christopher-Robin  
Healy  
& Montana Tracy

**Price:** \$15

**CRN:** 10058

## HOME WORM COMPOSTING SYSTEMS **NEW!**

**October 4**

*Tuesday | 6:30 to 8:30pm*

The worms crawl in, the worms crawl out, the worms make compost without a doubt! Worms make the best compost/fertilizer there is. Places like Radcliffe College are producing tons of worm compost every month and saving landfill space at the same time. Come on over and learn to make your own home vermicomposting unit. Worm bins are easy to build, take up little space (some folks make foot stools out of them), and if done properly, do not smell and create fertilizer for all your plants while cutting down your trash load.

**Instructor:**

Christopher-Robin  
Healy  
& Montana Tracy

**Price:** \$15

**CRN:** 10059

## FOREST GARDENING **NEW!**

**November 1**

*Tuesday | 6:30 to 8:30pm*

Long, long ago, home garden systems were a little different than in present agribiz times. Somewhere along the great time-line things got torn apart. Flowers, culinary herbs, medicinal plants, vegetables, berry vines and cane fruits and fruit and nut trees were separated. This gave rise to what is known as monocrop agriculture. Gardening and farming innovators are successfully implementing alley cropping, polycrops and forest gardening. As this area was originally a forest, forest gardening will fit right in here. Come see what this fascinating subject is all about.

**Instructor:**

Christopher-Robin  
Healy  
& Montana Tracy

**Price:** \$15

**CRN:** 10060

Beginners  
and professionals  
are both welcome.

## TEA 101: UNDERSTANDING CAMELLIA SINENSIS **NEW!**

**October 17**

*Monday | 6 to 8pm*

*Wilton Center*

Did you know that tea is the second-most consumed beverage in the world, second only to water? Join us for this beginner's class, where we'll be learning about certified organic loose-leaf tea. Topics include a brief history of tea, origins, harvesting and customs. All tea comes from one plant, camellia sinensis. We will discuss different varieties of tea produced: White, Green, Yellow, Oolong, Black, and Pu-erh. Tisanes, which are a non-tea plant-herbs, spices, fruits and naturally caffeine-free beverages will also be discussed. The course will also include how to properly store and prepare tea. Each student will receive a 3-piece cupping set.

**Instructor:**

Eva Lamiano,  
Ada's Artisan Teas

**Price:** \$25

**CRN:** 10067

*Course price includes a  
\$10 materials fee.*

## HARD CIDER MAKING

October 8

Saturday | 10am to 12pm

Saratoga Zymurgist in Saratoga Springs, NY

Hard cider enjoyment has received a resurgence in popularity today. Learn how to make your own at home. This hands-on class will take place at Saratoga Zymurgist and include instruction in the proper techniques and procedures for making hard cider. We will do a cider pressing of apples, then make a batch of hard cider.

**Students must be at least 21 years of age to enroll in this class. Please bring your government-issued photo ID with you to the first class.**

**Instructor:**  
Reed Antis

**Price:** \$25

**CRN:** 10074

*Course price includes a \$10 materials fee.*

## FARM BREWERY TOUR

November 11 *Veterans Day*

Friday | 11am to 4:30pm

Enjoy a carefree day while tasting and touring at some of the area's local breweries and winery. Your tour guide will even throw in a little history about the area along the way. We will visit the following two breweries and one winery.

### R.S. Taylor and Sons Brewery

A beautiful new brewery with outstanding beer and locally sourced food. Lunch is offered at an additional expense.

### Victory View Vineyard

Great family run vineyard, excellent variety of wine and overlooks the old Saratoga Battlefield.

### Argyle Brewing Company

Always a great stop and the beer is fantastic. Great people who love the craft of brewing with the best locally sourced ingredients.

**Instructor:**  
Hoppy Trails  
Brew Bus

**Price:** \$60

**CRN:** 10081

Tours, transportation and tasting are included in price. The brew bus will leave from and return to SUNY Adirondack. Let us do the driving so you can sit back, relax and take in the scenery and, of course, enjoy sampling with no worries!





**HOBBIES &  
FITNESS**

Keeping body and mind active.

COMMUNITY.  
IT'S WHAT WE DO.  
#sunyadk #bestkeptsecret





## HOBBIES

### WHO IS UP YOUR FAMILY TREE? A GENEALOGY COURSE

October 13 to November 17  
Thursday | 6 to 8pm

Are you interested in researching your family history? Whether this is your first attempt or you have already started on your own, you will be introduced to *Ancestry.com* and *FamilySearch.com* and learn how to access census and other records necessary to research, record and keep track of your family history.

**Instructor:**  
Ella Harppinger

**Price:** \$65

**CRN:** 10057

### SO YOU WANT TO PLAY THE MANDOLIN *NEW!*

October 19 to November 9  
Wednesday | 6:30 to 8:30pm

This class is designed for the beginner—those folks who are interested in playing the mandolin but don't know where to start. We will cover the basics of holding, tuning, and playing your first notes and chords on the mandolin, left-and right-hand technique and you will also learn to play a few tunes. The goal is to get you started and provide you with the skills needed to play the instrument going forward. The class will take things slowly, with a focus on producing clear tone, developing muscle memory in your fingers and, most importantly, having fun. Handouts in standard notation and tablature will be provided.

**Instructor:**  
Alan Epstein

**Price:** \$59

**CRN:** 10030

The only prerequisite is that you have a mandolin, an extra set of mandolin strings, an electronic tuner, or a tuning app downloaded on your smartphone, and a desire to play mandolin.

PERSONAL ENRICHMENT



*Before starting any exercise program, consult your physician.*

## FITNESS

### CARDIO AND STRENGTH CIRCUIT

**September 13 to December 8** *No class on November 22 & 24*  
 Tuesday & Thursday | 4:30 to 5:30pm

and/or

**January 5 to 31, 2017**

Tuesday & Thursday | 4:30 to 5:30pm

Are you looking for a total body workout that changes every week and targets all the muscle groups? Every week you will be challenged differently including elements of: Step, Zumba, Cardio, and Aerobics, tailored to your needs for a low, medium, or high-impact workout. Stability balls and bands will also be used to enhance your workout.

Men and women of all age groups and all fitness levels are welcome, and you do not need prior experience. If you would like to see results, then this class is for you!

**Instructor:**  
Leesa Stiller

**FALL SESSION**  
**Price:** \$119  
**CRN:** 10062

**JANUARY SESSION**  
**Price:** \$39  
**CRN:** 20001

Be sure to wear good sneakers and comfortable clothes.

### YOGA FOR EVERYONE

**September 13 to December 6** *No class on November 22*  
 Tuesday | 7:30 to 8:45pm

Whether you are a seasoned practitioner or new to practice, flexible or not, yoga is for you! Join us as we offer an all-levels class designed with many options to meet all levels of experience. Yoga will help you become more flexible, strong, balanced, relaxed and peaceful both on and off the mat.

**Instructor:**  
Tobey Gifford

**Price:** \$95  
**CRN:** 10063

### RESTORATIVE YOGA AND DEEP RELAXATION **NEW!**

**September 13 to December 6** *No class on November 22*  
 Tuesday | 6 to 7:15pm

A rejuvenating and fully supported practice using props and blankets to modify and enhance traditional yoga postures. The postures gently stretch and open the body and relieve chronic tension as well as stress leading to deep relaxation and healing. Restorative breathing and meditation practices will be included. All levels are welcome. Students should bring a yoga mat, blanket and strap to class.

**Instructor:**  
Tobey Gifford

**Price:** \$95  
**CRN:** 10064



## HAVE A GREAT IDEA FOR A CLASS? LET US KNOW.

Go to: [sunyacc.edu/academics/continuing/newcoursedevelopment](http://sunyacc.edu/academics/continuing/newcoursedevelopment) to fill out a course proposal form.

## BARRE CLASS

**September 21 to December 7** *No classes on Oct. 5 & Nov. 23*  
**Wednesday | 5 to 6pm**

What is Balancé Barre? A trendy, new and effective group fitness class like no other! Barre-based classes use a combination of postures inspired by ballet and other disciplines like Yoga and Pilates. The ballet barre or chairs are used as props to balance while doing exercises that focus on isometric strength training. Isometric training is holding your body still while you contract a specific set of muscles combined with high reps of small range-of-motion movements. You will feel the burn! The major benefits of barre are improved posture, muscle definition, weight loss, increased flexibility and reduced stress. You will notice improved balance and stability as well. Everyone will leave class feeling challenged and invigorated!

You'll start with a warm up and sequence of upper-body exercises, which include free weights, push-ups, planks and other moves to target the biceps, triceps, chest and back muscles. Next, you'll use the ballet barre (or chair) and your own body weight for resistance to focus on the legs, thighs and seat muscles. Your core will be engaged the entire class and then targeted at the end with a series of mat-based abdominal exercises.

For the cool down, you'll go through a series of stretches to increase flexibility and allow your muscles to recover. Plié relevé and tendu your way to better health! Look and feel your best with Balancé Barre!

### Instructor:

Leigh-Anne Scarincio,  
 Fitness Professionals  
 on Demand

**Price:** \$80

**CRN:** 10066

Bring a light set of hand weights, a mat and a water bottle. Class is typically done barefoot, but you may wish to bring socks with sticky tread on the bottom for traction. This class is perfect for all fitness levels from beginners to those who already exercise regularly.

Are you a member of Blue Shield of NENY? This class might be free for you—call our office for details.

## KETTLEBELL FITNESS

**September 17 to December 10**  
*No classes October 1, 8, November 26*  
**Saturday | 10:30 to 11:30am**

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. Kettlebells are time efficient — you train multiple fitness components in the same session including cardio, strength, balance, stability, power and endurance. Gain the functional strength and muscle definition you desire! Bring a water bottle, supportive sneakers, a set of heavier hand weights and a mat. It is required that students purchase a kettlebell prior to the first class. Often, women typically start with 10-15 pound (6.8kg) kettlebell and men start with a 20 pound kettlebell (9kg). Whatever you choose, be sure to choose one that still challenges you but isn't too heavy.

Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells.

### Instructor:

Leigh-Anne Scarincio,  
 Fitness Professionals  
 on Demand

**Price:** \$80

**CRN:** 10065

Are you a member of Blue Shield of NENY? This class might be free for you—call our office for details.

## PLEASE NOTE:

The classroom where many of our fitness classes are held is not air-conditioned.



**NEVER  
STOP  
LEARNING**

Classes for well-seasoned students

Lectures, lunches  
and walking tours.

THE POSSIBILITIES  
ARE ENDLESS

#sunyadk #bestkeptsecret



# NEVER STOP LEARNING

## LECTURE AND LUNCH SERIES

FORMERLY KNOWN AS THE SENIOR LECTURE SERIES

### September 20 to October 11

SUNY Adirondack Continuing Education is pleased to present the *Lecture and Lunch Series*, formerly known as the *Senior Lecture Series*. The lectures will be presented by a combination of SUNY Adirondack distinguished faculty members and local experts.

**9:30 to 10am | Refreshments and check-in**

**12:45 to 1:30pm | Lunch**

### TUESDAY, SEPTEMBER 20

**10am Canine Sense of Smell**

Thomas Mowatt, Assistant Professor of Biology, SUNY Adirondack

**11:30am Health, History and Wellness with the Waters of Saratoga**

Trent Millet, President, Mohawk-Hudson Dowers

**1:45pm The National Debt: Is America Going Bankrupt?**

A. Nicholas Buttino, Professor Emeritus of Business, SUNY Adirondack

### TUESDAY, SEPTEMBER 27

**10am The Heroin Epidemic**

Kathleen Hogan, Warren County District Attorney

**11:30am The Extreme Female Brain and Aspects of Disordered Eating**

Jen Bremser, Assistant Professor of Psychology, SUNY Plattsburgh at Queensbury

**1:45pm The World of Music**

Jonathan Newell, Executive Director, Hudson River Music Hall

### TUESDAY, OCTOBER 4

**10am How Lincoln Won the Presidency in 1860**

Colin McCoy, Ph.D., Adjunct Professor of Social Sciences, SUNY Adirondack

**11:30am Rod Serling and His Journey into Another Dimension - The Maritime Zone**

Joseph W. Zarzynski, Maritime Archaeologist

**1:45pm Meet the Raptors of the Adirondacks**

Nancy Kimball, Author and Licensed Wildlife Rehabilitator

### TUESDAY, OCTOBER 11

**10am History of American Political Parties**

Norman Enhorning, Ph.D., Professor Emeritus of History, SUNY Adirondack

**11:30am Guatemala and Belize: Maya Culture and Community Interaction**

Valerie Haskins, Professor of Anthropology and Archaeology, SUNY Adirondack

**1:45pm Curating the Hyde Collection**

Jonathan Canning, Curator, Hyde Collection

**Price:** \$129

**CRN:** 10023

Each hour-long lecture is followed by a 15-minute question and answer period.

Lunch and morning refreshments are included each day, giving attendees an opportunity to get to know each other and discuss the lectures and the subject matter presented.

*Lunch will be served in the Student Housing Building. It is a short walk across campus from where the lectures are held. Questions? Call us at 518.743.2238.*

PERSONAL ENRICHMENT



## LIFE STORIES: SHARING MEMORIES

**September 26 to October 24**

*Monday | 2:30 to 4:30pm*

*The Glen at Hiland Meadows in Queensbury, NY*

Do you need help getting started on your life stories? Are you ready to write but not sure what to include? Do you want to join other people who have interesting tales to share? This 5-week class will be an informal workshop designed to help you discover your stories and inspire you to continue writing. New and returning students are welcome.

**Instructor:**

Elizabeth Cassidy

**Price:** \$55

**CRN:** 10028

## MAKING BEAUTIFUL MUSIC WITH HAND CHIMES **NEW!**

**October 6 to November 10**

*Thursday | 10:30am to 12:00pm*

*The Glen at Hiland Meadows in Queensbury, NY*

You will learn correct ringing techniques and will be playing real music before the end of the first session. Each session ringers will be introduced to new musical terms and some singing and ringing will be done together. The ability to read music is helpful, but not necessary. Participants will take part (as a group) in a short recital at the last class. Hand chimes will be provided.

**Instructor:**

Deborah Craig

**Price:** \$39

**CRN:** 10029

## MUSIC IN HISTORY **NEW!**

**September 30 to October 21**

*Friday | 9am to 12pm*

*The Glen at Hiland Meadows in Queensbury, NY*

We will listen to music from four different time periods and discuss how the music relates to those historical eras. We will cover eras from the American & French Revolution, American Civil War, World War I and World War II.

**Instructor:**

Dr. Norman  
Enhorning

**Price:** \$15

**CRN:** 10022

## MUSIC FROM THE GREAT AMERICAN SONG BOOK **NEW!**

**October 18 to November 1**

*Tuesday | 1 to 3pm*

The Great American Songbook is an important part of our American musical heritage. People of all ages enjoy the music of this era, with its popular performers showcasing singable melodies and rich harmonies. Join us for an interactive workshop on the composers, lyricists, singers, and songs of the '20s, '30s, and '40s.

**Instructor:**

Miriam Enman

**Price:** \$40

**CRN:** 10048

**Note: This description has been updated!**

## A STROLL AND SIP WALKING TOUR: SPRINGS OF SARATOGA **NEW!**

**October 7**

*Friday | 1 to 3pm*

*Saratoga Spa State Park in Saratoga Springs, NY*

Join Trent for a tour of the beautiful springs of Saratoga Spa State Park. Enjoy the wonders of the “Geyser” and Polaris spouters. Experience the skin-softening properties of Karista spring. Learn how and why the waters were used medically and health wise. This is a classic “stroll and sip” among the waters that make up 75% of our body.

**Instructor:**  
Aime (Trent) Millet

**Price:** \$15

**CRN:** 10090

## THE SECRET ESCAPE WORLD OF THE UNDERGROUND RAILROAD **NEW!**

**October 19**

*Wednesday | 1 to 3pm*

Some 500 years ago, ships captained by Europeans began transporting millions of enslaved Africans across the Atlantic Ocean to the Americas. This massive population movement helped create the African Diaspora in the New World.

Many did not survive the horrible oceanic journey known as the “Middle Passage.” But those that did used intelligence, cunning, brute strength, courage, strong will and an unending belief in their maker to escape such tyranny and find freedom.

There were many means of silent communication, among which were the fascinating Talking Quilts which will be shown and discussed. Also used were disguises, which will be worn by the speaker (complete with corsets!). Learn some of the incredible ingenious methods used to escape.

The “Official National Park Handbook” (\$5) and the “Official Map and Guide of the Underground Railroad” by the National Park Service, U.S. Department of the Interior (\$2), will be available.

**Instructor:**  
Doris Herwig,  
Hayfield Tours

**Price:** \$15

**CRN:** 10047

It is fairly well documented the “who,” “when” and “why” of slavery, but the fascination still remains: “where” did they escape to and “how” did they do it?



## UNION CEMETERY TOUR

**September 28**

*Wednesday | 1 to 3pm*

*Union Cemetery in Fort Edward, NY*

Take a tour of Union Cemetery on a fall afternoon. Historian Paul McCarty will point out some interesting graves of local celebrities who have left their marks in life and in death. Last year was the 150th anniversary of the conclusion of the Civil War in 1865. The Civil War monuments and graves will be highlighted for this tour.

**Instructor:**  
R. Paul McCarty  
of the Old Fort  
House Museum

**Price:** \$15

**CRN:** 10078

Refreshments will  
be served at the  
conclusion of the tour.

## TOUR AND LUNCH AT THE SKENE MANOR

**November 4**

*Friday | 11:15am to 1:30pm*

*The Skene Manor in Whitehall, NY*

Enjoy a visit to The Skene Manor, Whitehall's Castle on the Mountain, which is one of the few remaining castles in north-east 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. Your day will include a lunch of homemade soup, sandwiches, beverages and dessert that will be served in the tea room. You will be contacted prior to the trip for your sandwich order. You will also have the opportunity to tour the Skene Manor, where you will experience the grandeur that exemplified turn-of-the-century wealth. All who visit rave about the lunch and the dedication of the volunteer staff who run the manor. Now, experience it for yourself!

**Instructors:**  
Skene Manor staff

**Price:** \$29

**CRN:** 10073

*Course price includes  
a \$20 materials fee.*

Lunch will start  
at 11:30.

## NEW SKETE MONASTERIES TOUR **NEW!**

**October 14**

*Friday | 1:30 to 3:30pm*

*New Skete Monasteries in Cambridge, NY*

The breathtaking churches, the extensive gardens, waterfall feature and the peace and solitude of New Skete welcome you to learn about its history, art and culture. Your guided tour includes a tour of the churches, with one of the brothers giving a lecture on their history and the icons depicted on the walls, a question-and-answer session, a visit to the Meditation Garden and a slice of cheesecake. You may even catch a glimpse of the famed New Skete German Shepherd dog. Your tour will end with a visit to the monks' gift shop and a stop at the nuns' monastery to purchase cheesecake for home.

**Instructor:**  
Brother Gregory

**Price:** \$15

**CRN:** 10083

*Course price includes  
a \$6 materials fee.*

## INSIDE THE HYDE TOUR **NEW!**

**November 18**

*Friday | 1 to 3pm*

*The Hyde Collection in Glens Falls, NY*

Tour the Artists of the Mohawk-Hudson Regional Exhibition with Museum Educator Jenny Hutchinson and talk about the works of art over provided coffee, tea and pastries.

**Instructor:**  
Jenny Hutchinson,  
Hyde Museum  
Educator

**Price:** \$15

**CRN:** 10082

*Course price includes  
a \$6 materials fee.*



## SPECIAL INTEREST

### SPIRITUALITY FOR THE 21ST CENTURY: REINCARNATION AND PAST LIVES

September 22 to October 6

Thursday | 6:30 to 8:30pm

Not a religion course, this course explores the research of psychiatrists, psychologists, medical doctors and scientists into the realm of spirituality. We look at near-death experiences, past lives, regression hypnosis, reincarnation, quantum physics and consciousness, children's past lives, soulmates, etc. We explore questions like: Have you ever experienced "déjà vu" - that feeling that you "know" someone you have just met for the first time? Do you have unexplained pains, anxieties or phobias that do not respond to conventional treatments? Could you have lived before and could your past life (or lives) be influencing your present life? Does "consciousness" pervade the universe? Are we truly all interconnected? Is there any reason to believe in "divinity?" Learn how children ages 2-6 provide some of the most compelling evidence for reincarnation.

Learn how psychiatrists and psychologists can often cure unexplained fears and phobias via past-life regression therapy. Learn how past-life regression hypnosis often reveals that soulmates enjoyed a relationship in one or more of their past lives. Experience stories that may change your life.

**Instructor:**  
Louis Mondor

**Price:** \$35

**CRN:** 10037

This multimedia presentation will include newly revised materials, videos and handouts with time for lots of lively discussion!

### SPIRITUALITY FOR THE 21ST CENTURY: LIFE BETWEEN LIFE

October 20 to November 3

Thursday | 6:30 to 8:30pm

Not a religion course, this course continues to explore the research of psychiatrists, psychologists and medical doctors into the realm of spirituality with a special focus on the after-life. We look at questions like: What does it feel like to die? What do we see and feel right after death? What is the spirit world really like? Will we see our loved ones there? Will we see our animal friends, our pets? Are we judged? By whom? Is there a hell? What do we do as souls in the "interlife?" Will we learn the purpose of life? Will we "see" our Creator? Do we plan our next lives — the time, the place and the reason for our return? Do we choose our parents? Our life situation? Our bodies? What does it feel like to be "reborn?"

All of these questions and others will be explored in this intensive presentation based on actual case histories of past-life regression subjects who have recalled their "life between life."

**Instructor:**  
Louis Mondor

**Price:** \$35

**CRN:** 10038

This multimedia presentation will include videos and handouts and a lively discussion!

**SAMPLING STRESS MANAGEMENT NEW!****October 12***Wednesday | 5 to 6:30pm*

This 90-minute workshop is intended to provide an overview of stress management concepts and an opportunity to try some stress reduction and/or relaxation techniques with guidance. Some examples of concepts and techniques to be addressed include our perceptions of stress, mindful breathing, muscle relaxation and use of imagery and sounds.

**Instructor:**  
Erin Krivitski, PsyD**Price:** \$12**CRN:** 10068**MYSTICAL JOURNEY TO JOY NEW!****November 10 & 17***Thursday | 6 to 8pm*

Learn more about our energy anatomy utilizing the framework of the seven Chakras, and how it reflects in your everyday living. Gain insight to common pitfalls that deplete our energy and our ability to live joyfully, peacefully and in harmony within ourselves.

**Instructor:**  
Holly Marek,  
Certified Medium**Price:** \$19**CRN:** 10069**DRIVING****5 HOUR PRE-LICENSING COURSE***Monday | 5 to 10pm*October 3 CRN 10019November 7 CRN 10020December 5 CRN 10021

This five-hour pre-licensing course is required by New York State Department of Motor Vehicles for all applicants who want to take a road test for a driver's license. A MV-278 completion certificate needed for road test appointments will be issued at the conclusion of this class. Students should arrive 10 minutes before class starts. Class starts promptly at scheduled time.

**Instructor:**  
Bell's Driving School**Price:** \$45**A New York State Learner's Permit is required and must be brought to class.****Pre-registration is required through Continuing Education.****MOTORCYCLE: BASIC RIDERCOURSE (BRC FOR LICENSE)**

This is a 15-hour course for entry-level riders and returning riders whose skills are a bit rusty. Learn the basics of motorcycle operation with patient, professional RiderCoaches. Motorcycles supplied. This class has both classroom and riding components. Successful completion of this class earns the student a NYS Motorcycle Road test waiver (no DMV riding test). For waiver, students must have a NYS Driver's License and a NYS Motorcycle Learner's Permit.

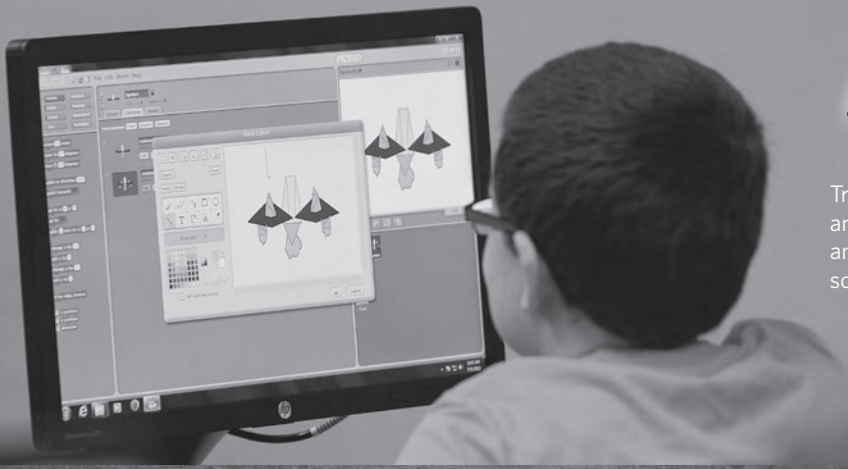
**Instructor:**  
Adirondacks and Beyond  
Motorcycle  
Safety, LLC**Price:** \$275

All registrations for motorcycle classes are done online. Log on to [adkmc.com](http://adkmc.com), or call Margie at **518.668.5589** for more information.



**YOUTH  
ENRICHMENT**  
ONLINE COURSES &  
HANDS-ON LEARNING  
ALL YEAR LONG!

A cartoon robot character with a large circular head, a single eye, and various tools (a wrench, a pencil, and a screwdriver) attached to its body. It is positioned in the center of the orange text block.



Try an online class and see how fun and interesting the sciences can be!

## ONLINE CLASSES

You can register for these 6-week classes any time during the semester. Students have until December 15 to complete, but you must sign up before October 31. Please read the information about online courses on p. 2 before enrolling in the following courses.

### CRYPTOZOLOGY September 26 to December 9

*Online course at your own pace* 🖱️

You will investigate extreme and mysterious creatures of rumor and legend such as Bigfoot and the Loch Ness Monster. Learn how to use science to verify the existence of these creatures, determine whether evidence is authentic and put your knowledge to use about cases that are still open as we embark on a cryptozoology quest.

The first week will start with a section showing you how to use the online Angel system, how to check your messages, how to respond back to us and what is expected from you each lesson. Then, we'll get to the good stuff — learning about cryptozoology!

**Instructor:**  
Joseph Biss III

**Price:** \$42

**Students currently  
in grades 3-5**  
CRN: 10094

**Students currently  
in grades 6-9**  
CRN: 10093

### FORENSICS: PROVE IT September 26 to December 9

*Online course at your own pace* 🖱️

Would you like to learn about all the science of Forensic Science and how crimes are solved? Join Mr. Biss to do just that. You will study everything from bones to tool marks and fingerprints to DNA to trace evidence. This online class will be full of photos, videos and history explaining the past and present Forensic Science. You will learn in detail about the different forensic techniques and will also have some laboratory experiments you can try at home.

This class will be taught online using the Angel course management system and internet research techniques over six units to teach you all about forensic science. The first week will start with a section showing you how to use the online Angel system, how to check your messages, how to respond back to us and what is expected from you each lesson. Then, we'll get to the good stuff — learning about forensics!

**Instructor:**  
Joseph Biss III

**Price:** \$42

**Students currently  
in grades 3-5**  
CRN: 10096

**Students currently  
in grades 6-9**  
CRN: 10095

# COURSE REGISTRATION

Registration for a course may be done by filling out a registration form and submitting it to the Office of Continuing Education, in the following ways:



**IN PERSON:** Washington Hall | 8am to 4pm | Monday through Friday



**MAIL:** Office of Continuing Education  
SUNY Adirondack  
640 Bay Road, Queensbury, NY 12804



**PHONE:** 518.743.2238  
8am to 4pm | Monday through Friday



**FAX:** 518.743.2318



**EMAIL:** [conted@sunyacc.edu](mailto:conted@sunyacc.edu)

**COURSE PAYMENT** Payment is due upon registration, as follows:

**BY CHECK:** Made payable to SUNY Adirondack. Students may pay in person at the Continuing Education Office, Washington Hall, Monday through Friday, between the hours of 8am and 4pm. Students may also mail the payment stub, located at the bottom of the Student Schedule and Bill, with check to the Office of Continuing Education.

**BY CASH OR CREDIT CARD:** **Cash payment** must be made at the Business Office in Warren Hall, with a copy of the Student Schedule and Bill. **Credit card payment** must be made at the Business Office in Warren Hall, with a copy of the Student Schedule and Bill or at: [sunyacc.edu/payment-plans/continuinged](http://sunyacc.edu/payment-plans/continuinged), using e-cashier. A \$1 nonrefundable NELNET Enrollment Fee will be assessed for each e-cashier payment. Full payments are deducted immediately from the account provided on the NELNET agreement.

## COURSE DROP/REFUND POLICY

100% tuition and fees will be refunded if drop notification (written, phone or in-person) has been received by the Office of Continuing Education during normal business hours (8am-4pm, M-F) more than two full business days (48 hrs.) before the start of class. No refunds will be processed once the 48-hour deadline has passed. Non-payment may result in balance being turned over to a collection agency. All collection fees, including reasonable attorney fees, will be the responsibility of the student.

## COURSE ACCOMMODATIONS

SUNY Adirondack encourages persons with disabilities to participate in official college programs, events and activities. Reasonable accommodations can be requested by contacting SUNY Adirondack Accessibility Services at 518-743-2282 or [access@sunyacc.edu](mailto:access@sunyacc.edu).

## COURSE LOCATIONS

Unless otherwise indicated, all courses are taught on SUNY Adirondack's Queensbury campus, 640 Bay Road, Queensbury. A campus map is included with the course schedule/confirmation.

## COURSE PREREQUISITES

Please review course brochure or our website [www.sunyacc.edu/ContinuingEd](http://www.sunyacc.edu/ContinuingEd) to be sure you have met the stated prerequisites for all courses you wish to take. If you have any questions about the nature of a specific prerequisite, please contact us.

## COURSE CANCELLATIONS

When it is necessary to cancel a class, we try to provide a minimum of two days' notice before the scheduled start of the class. Full tuition and fees will be refunded for any classes cancelled by SUNY Adirondack Continuing Education.

## THIRD PARTY/EMPLOYER PAID TUITION

Please mail or fax a letter to the Office of Continuing Education on company letterhead authorizing SUNY Adirondack to bill the company. This letter must be included with the registration material.

## CONTINUING EDUCATION UNITS: CEUs

The Office of Continuing Education at SUNY Adirondack offers CEUs to those who have completed designated courses. The CEU is a uniform measurement of individual participation in non-credit programs. One CEU represents 10 contact hours. In order to receive CEUs, students must successfully complete course requirements according to the instructor's standards. Students must request formal recognition of CEUs from the Office of Continuing Education using the CEU Request Form and pay a \$15 processing fee per course.

## COURSE ATTENDANCE

Attendance is taken at the start of all Continuing Education courses. You are still responsible for paying for a course if you do not attend and have not withdrawn by contacting the Office of Continuing Education within the refund period.

# REGISTRATION FORM

## SUNY ADIRONDACK CONTINUING EDUCATION

Washington Hall | 640 Bay Road | Queensbury, NY 12804

Phone: 518.743.2238 | Fax: 518.743.2318

Email: [conted@sunyacc.edu](mailto:conted@sunyacc.edu) | Web: [sunyacc.edu/ContinuingEd](http://sunyacc.edu/ContinuingEd)

### NON-CREDIT COURSE REGISTRATION FORM *Please Print clearly*

Additional copies of this form can be found at [sunyacc.edu/academics/continuinged/forms](http://sunyacc.edu/academics/continuinged/forms)

Full Legal Name:

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Date of Birth:

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Home/Cell Phone:

Work Phone:

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Student ID or SS#:

---

Mailing Address:

---

Email Address:

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**Have you been convicted of a felony?**

Yes     No

*if yes, additional paperwork must be completed through the Office of Continuing Education before registration is accepted.*

**Please register me for the following courses listed on this form. I understand that I will be automatically billed for the course(s) once my registration has occurred, regardless of chosen payment method.**

CRN	Course Title	Price

*Payment is due at the time of registration.*

# BUSINESS STRATEGIES TO SUIT YOU

FROM TEAMBUILDING ON OUR CHALLENGE COURSE TO COMPUTER TRAINING IN OUR LABS OR AT YOUR SITE, THE POSSIBILITIES FOR **CUSTOMIZED TRAINING** ARE ENDLESS.



**SUNY Adirondack's Continuing Education programs can help you grow your business and provide your staff with the skills to succeed in today's global marketplace.**

- Leadership Development
- New Media & Communications
- Small Business Management
- Team-Building & Hiring
- Industrial Technology/PLC's
- Project Management
- Workplace Safety
- Software Essentials—Intro to Advanced

**We offer customize training scenarios and tools to meet your needs and deliver results.**

- State-of-the-art classroom and meeting facilities
- Queensbury and Wilton, NY, locations
- On-site training
- Adventure Sports Challenge Course
- Mobile learning lab for software and industrial technology training
- PC, Mac and iPad labs
- Expert Instructors

## LEADERSHIP & TEAM-BUILDING



- Adventure Sports Complex on campus, or Portable Elements for training at your facility
- Large & Small Groups Welcome
- Challenge by Choice Design
- Active learning for all ages; Fun & Safety Ensured
- R.A.I.S.E. Bullying Prevention Program
- Custom Programming & Flexible Scheduling



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