

COMMUNITY AND PROFESSIONAL EDUCATION

A Catalog of Professional Development and Personal Growth Classes

Meet Our Instructors!

Hollan Bonjukian,
Fitness

John Colandrea,
Motorcycle
Training

Joyce Flower,
Basketweaving

REGISTRATION
BEGINS JANUARY 12

SPRING 2018

www.hvcc.edu/communityed



Be bold. Be a Viking.

INSTRUCTOR SPOTLIGHT



John Colandrea, Capital Area Motorcycling School (CAMS)

Since 1997, CAMS has been the premier motorcycling school in the Capital Area. CAMS offers a wide variety of courses and John and the other RiderCoaches are eager to share their love of the sport with you and help you fulfill your dreams! John's father, who taught him to ride, instilled two life lessons in him: "Live life! This is not a dress rehearsal!" and "Work hard and play harder." He encourages you to bring that same energy and excitement to the CAMS class that's right for you.



Hollan Bonjukian, TrU Fitness and Nutrition

Hollan is the owner of TrU Fitness and Nutrition, the Capital District's holistic fitness business. She is a nationally certified personal trainer and nutritional consultant, and holds a B.A. in Art Therapy, with extensive studies and certifications in metabolism and hormonal health, running injury prevention, mad dog SPIN, pilates, eating disorders, addictive and mal-productive behaviors, and senior populations.

With almost two decades of teaching experience, she delivers programs illuminated with inspiration. According to Hollan, "I don't just teach; I invest, build up, encourage and empower."

Hollan is also a trail runner, biker, drummer, painter, and triathlete. She considers herself a "whole person in love with life and the opportunity to overcome opposition as a path to TrU Fitness of soul and body."

To learn more about TrU Fitness and Nutrition, visit here:
<http://trufitnessandnutrition.com>



Joyce Flower

Joyce started basket weaving 27 years ago when her children were young. She started teaching 21 years ago when her youngest child entered school. Since then she has taught both adults and children at various adult education programs, studios and enrichment programs in the Hudson Valley. Joyce has also taught at the Northeast Basketmakers Gathering and the North Carolina Basketmakers Association Annual Convention. Joyce enjoys learning new and varied styles of basket weaving and continues to take classes to further her knowledge of her craft.



See other instructor bios on page 42 and 43.



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

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

REGISTRATION BEGINS JAN. 12

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



Be bold. Be a Viking.

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

Fax: (518) 629-8103

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

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

Arts & Crafts	pg. 2 - 5
Business & Financial Planning	pg. 6 - 7
Center for Creative Retirement	pg. 8 - 18
Certificate Programs	pg. 19 - 21
Communication	pg. 22
Computers	pg. 23
Computer Account Information	pg. 23
Cooking	pg. 24 - 25
Driver Training	pg. 26
Motorcycle Courses	pg. 27
Health & Fitness	pg. 28 - 32
High School Equivalency	pg. 33
Certificate of Residence Information	pg. 33
Kids On Campus	pg. 34
Leisure & Special Interest	pg. 35 - 36
Programs for Professionals	pg. 37 - 38
Registration Form	pg. 39
Registration Information	pg. 40
Instructor Bios	pg. 41 - 43
Course Index	pg. 44

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



The State University
of New York

A State University of New York college
Sponsored by Rensselaer County



Tobacco-free college

DRAWING AND PAINTING

Basic Watercolor

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

60063 \$65

4 Sessions, DCC B05

Thurs., 5/3 - 5/24, 1 - 4 p.m.

Carol Bollinger Green, Instructor

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



Color Mixing

This two-session class will explore the basics of color, color mixing, underpainting and small study applications of these principles. Students should have some painting experience. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo/60973

\$39

2 Sessions, DCC B06

Wed., 5/9 and 5/16, 10 a.m. - 1 p.m.

Colleen Connolly, Instructor

Beginning Drawing - Continued

Beginning Drawing will be a continuation of basic skills learned in the Fall semester class. We will focus on more observational drawing, and on composing finished drawings based on these learned skills. Basic drawing skills are necessary. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo/60974

\$130

8 Sessions, DCC B06

Tues., 5/8 - 6/26, 10 a.m. - 12:30 p.m.

Colleen Connolly, Instructor

Beginning Abstract Painting in Acrylics

This course will explore the evolution of how abstract painting began. We will explore Picasso's evolution, abstract techniques, color, and a variety of other fun and exciting techniques. Students should have some experience painting with acrylics. Please see the materials list for this class posted at www.hvcc.edu/communityed/courseinfo/60972

\$130

8 Sessions, DCC B06

Thurs., 5/10 - 6/28, 10 a.m. - 12:30 p.m.

Colleen Connolly, Instructor



DON'T WAIT TOO LONG!

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

REGISTER TODAY!

**Additional off-campus
art classes can be found
on page 15.**

CROCHET/KNITTING AND SEWING**Sewing 101**

In this class, you will learn the basics of sewing, including the differences between threads and fabrics, and more. The instructor will also teach you anything you want to know about your sewing machine. Even if you have sewn before, you will still learn something from this class. You will also make a super-simple tote bag in the class. You must bring your own machine. Please see the materials list for this class posted at www.hvcc.edu/community/courseinfo/60809 \$55

4 Sessions, DCC B05
Mon., 2/26 - 3/19, 6 - 8 p.m.
Fatima Bey, Instructor

Learn to Do Your Own Alterations

Are you tired of things not fitting you? Alterations can be so costly. Why not do it yourself? In this class you will learn different methods of altering clothing or household items. This class is for all levels and you will be working at your own pace. No sewing knowledge is required. You must bring your own machine. Please see the materials list for this class posted at www.hvcc.edu/community/courseinfo/60513 \$65

5 Sessions, DCC B05
Mon., 4/9 - 5/7, 6 - 8 p.m.
Fatima Bey, Instructor

Crochet for Beginners

In this class, you will learn the basic crochet stitches, including single, double and half double, by creating a sampler scarf using various popular pattern designs. You will also learn the popcorn stitch, cluster stitch and others while learning to follow the directions of a pattern. Crochet uses one hook so is easier to do for some of us (even if you are left handed!) After completing this class you will be able to make blankets, hats, purses, etc. Hook and yarn will be provided at the first class. Class fee includes a \$7 materials fee. 60783 \$70

6 Sessions, DCC B05
Thurs., 2/15 - 3/22, 6:30 - 8:30 p.m.
Aleta Schweigert, Instructor

Knitting for Beginners - Level Two

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

60785 \$75
6 Sessions, DCC B05
Thurs., 4/5 - 5/10, 6:30 - 8:30 p.m.
Aleta Schweigert, Instructor



Course descriptions are subject to change without notice.

For instructor bios, please go to pages 41-43.

CARDS/STAMPING

Cards, Cards, Cards

Each week you will be using a different item to embellish your cards, and the leftovers will go home with you. Please bring sharp scissors and double-sided adhesive to each class.

Card Making Basics - Learn how to cut and score your own cards and the secrets of layering so that you get a perfect card each time. Course fee includes \$35 materials fee.
 60800 \$43
 Mon., 3/5, 6 - 7:30 p.m.

Fancy Fold Cards - Tired of the casual card folded in half? This class is for you! Course fee includes a \$10 materials fee.
 60982 \$18
 Mon., 3/12, 6 - 7:30 p.m.

Spring Banner - Welcome spring with a hand-created banner that will look so good that others will ask where you bought it! Course fee includes a \$10 materials fee.
 60983 \$18
 Mon., 3/19, 6 - 7:30 p.m.

Soft Sayings Card Kit - Create a stack of all-occasion cards - 20 cards in three different sizes, including two each of 10 different designs. Don't worry if you haven't completed them in class - you will go home with everything you need to finish them, including the stamps and ink. Course fee includes a \$35 materials fee.
 60985 \$43
 Mon., 4/16, 6 - 7:30 p.m.



Birthday Cards Galore - Create your own birthday cards to impress those you care about. Course fee includes a \$10 materials fee.
 60984 \$18
 Mon., 4/23, 6 - 7:30 p.m.

Color Me Pretty - Learn different techniques using Blendies - alcohol-based markers - to add color to your world. At the end of class you will be taking them home with you, so you can continue to play at home. Course fee includes a \$35 materials fee.
 60986 \$43
 Mon., 4/30, 6 - 7:30 p.m.

Questions? Contact Sharyn Bouck - Independent Stampin' Up! Demonstrator.
 sharynbouck@hotmail.com

All classes held in DCC 138.

Registration deadline for these courses is two weeks prior to the start date of the class.

INTERIOR DESIGN



Introduction to Interior Design

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

Interior design takes training as well as talent, and this online course will give you the know-how to design a room from floor to ceiling. You'll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you'll explore a range of careers in interior design and get insider tips for entering this exciting field. Because interior design is constantly evolving, you'll also learn about some of the latest trends affecting the industry. You'll investigate "green" sustainable design, and you'll find out how to modify your designs for people with special needs. As you master design skills step-by-step, you'll complete your first project: a fully developed room design complete with spatial layout, lighting and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc
 60975 \$115
 Online Course Dates: 3/14 - 5/4



TAKE A CLASS WITH A FRIEND!

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

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

BASKET WEAVING WORKSHOPS



Kracker Keeper

Kracker Keeper

Starting on a wooden racetrack oval base, we will insert dyed reed stakes and weave the sides with flat oval reed in a twill pattern. This basket measures 10" long by 4" wide and is 3 1/2" tall. Course fee includes a \$22 materials fee.

60966 \$49

1 Session, DCC B05

Sat., 2/24, 10 a.m. - 2:30 p.m.

with a 1/2 hour break for lunch

Two Handled Tote

Learn to weave this large, useful tote basket with two wooden mountain swing handles. The basket measures 18" long by 5" wide and is 15" tall. Woven with varying sizes of natural and dyed reed for a textured look. Course fee includes a \$37 materials fee.

60967 \$75

2 Sessions, DCC B05

Wed., 3/7 and 3/14, 6 - 9 p.m.

Two Handled Tote



Black Jack

Learn to do shaping while weaving this oval basket starting on a wooden racetrack oval base. Woven with varying sizes of natural reed and dyed black reed and accented with black leather handles for the finished look. Basket measures 11" long by 8" wide and 8" tall. Course fee includes a \$31 materials fee.

60968 \$69

2 Sessions, DCC B05

Wed., 4/4 and 4/11, 6 - 9 p.m.



Black Jack



You Put a Hex On Me

You Put a Hex On Me Basket

Starting on a wooden hexagon base, we will insert natural and dyed reed for spokes and weave the basket in the same colors for a color block effect. You will learn to pay careful attention to shaping to keep your basket in a hexagon shape and we will finish the basket off with a braided lashing. This basket would be a great size for a wastebasket. Measures 11" tall by 10" wide. Course fee includes a \$28 materials fee.

60969 \$67

2 Sessions, DCC B05

Wed., 4/18 and 4/25, 6 - 9 p.m.

Rylie's Tea Tray

Learn to weave this great serving tray, woven on a large wooden base with dyed and natural reed of varying sizes for a very striking look. Finished off with handmade pottery handles, it will be a welcome addition to your home. Basket measures 17" long by 13" wide and 5" tall. Course fee includes a \$39 materials fee.

60970 \$79

2 Sessions, DCC B05

Wed., 5/9 and 5/16, 6 - 9 p.m.



Rylie's Tea Tray

Course descriptions are subject to change without notice.

All basket weaving workshops are taught by Joyce Flower. Students should bring a measuring tape, a pencil, spring-type clothespins and scissors to class. Please see the materials list for this class posted at www.hvcc.edu/community/courseinfo/

Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course will inform you of the potential benefits of effective financial management and show you techniques that will assist you in meeting your goals.

Topics include: the seven roadblocks to financial success; the six keys to financial success; risk management; cash management - create liquidity, pay down debt, increase savings; investment planning - what the pros do, strategies for successful investing, stocks, bonds, annuities, and mutual funds; tax management and tax planning; retirement planning - calculating the cost of retirement, sources of retirement income, IRA(s), 401-K's, 403-b(s), 457 plans; estate planning - probate, estate taxes, intestacy, wills and trusts. The course concludes with how to prepare your own plan. Call Steve Miner at 272-6747 for more details. Course fee includes \$26 materials fee for the workbook.

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

60077 \$65

3 Sessions, DCC B05

Tues., 3/6 - 3/20, 6:30 - 9 p.m.

*60423 - Please use this course number to register a partner.

Stephen F. Miner, Instructor



Maximizing Your Social Security Benefit

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

60016 \$20

1 Session, ADM 107

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

Frank Finch, Instructor

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

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

60911 \$12

1 Session, ADM 102

Thurs., 3/22, 6:30 - 8 p.m.

Jaymie Denny, Instructor

Notary Public Review Workshop - Prepare for the NYS Exam

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the notary public office.

Confusing laws, concepts and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a notary public office is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney and minimizing legal liability.

This workshop is a must for notary public candidates who want to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided, including website information, booklets and forms. Also featured is an 80-question practice exam that attempts to emulate the actual New York State mandatory exam. Course fee includes an \$8 materials fee.

60615 \$45

1 Session, DCC B06

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

Victor Bujanow, Instructor

Stocks, Bonds, and Investing: Oh, My!



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

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

60976 \$115

Online Course Dates: 3/14 - 5/4



Start Your Own Small Business



Learn how to take your dream of starting a business and put it into action. In this class, you'll learn everything you need to know about starting a business. You'll begin by discovering the tricks to picking the right opportunity for you. Next, you'll learn how to develop proven marketing techniques to easily build sales. Since every business needs money, we'll discuss traditional and non-traditional financing options. Finally, you'll learn easy-to-implement employee-management procedures and how to write business policies that help you build your business. As a business owner, you need to manage limited resources. One resource that often gets overlooked is your time. In the final lesson, you'll learn time-management techniques especially for entrepreneurs. While taking this course, you'll discover the secrets that separate the successful entrepreneurs from the struggling ones. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc

60977 \$115
 Online Course Dates: 3/14 - 5/4

Save Money with Extreme Couponing!

Learn how to save money every day with extreme couponing. Coupons are not just for groceries. The savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach you:

- where to find all different types of coupons, even for high-ticket items
- how to find the best coupon apps and websites
- how to match coupons with sales for maximum savings
- how to find other people to trade coupons and merchandise with

Feel free to bring your coupons to class for a trading session. This workshop is taught by someone who has used many couponing secrets to save thousands. Course fee includes \$10 materials fee.

60978 \$29
 1 Session, ADM 102
 Tues., 5/8, 4 - 5 p.m.
 Leeanne Krusemark, Instructor

How to Earn Extra Money with a Mystery Shopping Business

Have you ever wanted to become a secret mystery shopper? Have you seen ads telling you how to become a shopper, but only if you send them a lot of money? You do not have to pay to begin your new career in this exciting field. You will learn how to start your business endeavor. (participants must also attend Explore 250 Legitimate Home-Based Business Ideas) and you will learn how to:

- sign up with many legitimate mystery shopping companies without fees
- avoid the pitfalls and scams
- create a required mystery shopping resume and profile
- take care of legalities and taxes regarding this income
- become a merchandiser too for extra money

With a few simple steps, you can start mystery shopping today! Course fee includes \$10 materials fee. Students will receive a list of 25 legitimate companies you can apply to.

60060 \$29
 1 Session, ADM 102
 Tues., 5/8, 5 - 6 p.m.
 Leeanne Krusemark, Instructor

Make Money with a Virtual Assistant/Word Processing Business

If you can type, then you can make money at home using your computer. Having already learned all about home-based business success (participants must attend "Explore 250 Legitimate Home-Based Business Ideas"), you will then discover:

- how and where to find clients
- 50 ways to advertise/market your services
- effective home office equipment choices
- 100 ways to make money with a computer
- FREE national networking information

There really is a need for your services, so learn to be your own boss, set your own hours, and make more money. Course fee includes \$10 materials fee.

60980 \$29
 1 Session, ADM 102
 Tues., 5/8, 8 - 9 p.m.
 Leeanne Krusemark, Instructor



Explore 250 Legitimate Home-Based Business Ideas

Tired of working for someone else? Do you need to make more money? Turn your talents and hobbies into profits by starting a home business. Taught by a former chamber of commerce president and award-winning business owner, this is probably the most comprehensive business startup workshop you will ever find. You will discover:

- more than 250 legitimate home business ideas
- mandatory legal documentation
- many ways to market your product/service
- how to take tax deductions (this workshop included!)

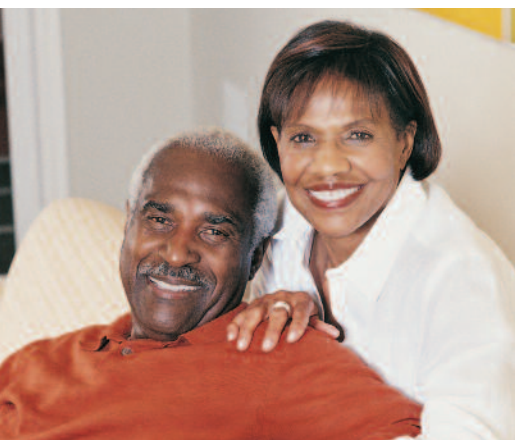
If you really want to succeed in a home business, this step-by-step session is a must! Course fee includes \$20 materials fee.

60979 \$55
 1 Session, ADM 102
 Tues., 5/8, 6 - 8 p.m.
 Leeanne Krusemark, Instructor

DON'T WAIT TOO LONG!

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

REGISTER TODAY!



Medicare 101

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

60185 \$12

2 Sessions, DCC B06

Thurs., 4/26 and 5/3, 6 - 7:30 p.m.

60186 \$12

2 Sessions, DCC B06

Mon., 4/30 and 5/7, 10 - 11:30 a.m.

Janet Kiffney, Instructor

Frogs, Toads and Salamanders, Oh My!

Many amphibian populations are declining around the world. Take a look at why these creatures play a vital role in local habitats, how they are being used in today's medicine and how we can protect their vanishing breeding grounds. In addition, information will be given on how you can easily become a citizen scientist and help contribute meaningful data to help scientists understand the scope, scale and cause of these declines. Students must withdraw by 3/15 for a full refund.

60957 \$20

1 Session, WIL 113

Thurs., 3/22, 9:30 - 11:30 a.m.

Lisa Hoyt, Instructor

Architecture Worth Saving in Rensselaer County: 50 Years Later

In 1965, Bernd Foerster, a professor of architecture at Rensselaer Polytechnic Institute, published a book to document urban and rural architecture built before 1929. Foerster felt these buildings were threatened by the urban renewal movement in Troy and the expansion of the interstate highway system. His photographs covered a wide range of urban and rural houses, churches and businesses. Instructor Kathryn Sheehan has re-photographed all the sites from Foerster's original publication to see if the buildings are still there and if so, what condition they are in. She is also authoring a new publication that will have a chapter including buildings that were not in the first publication. To accomplish this she is working closely with the county's 14 town historians and other local architects and historians. Kathryn has also expanded the time frame of the new publication to include buildings constructed before 1965.

60952 \$15

1 Session, WIL 113

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

Kathryn Sheehan, Instructor

And Here's Richard With 'To Life!' Parts III and IV

Part III includes musical theatre selections celebrating life, featuring the music of Jule Styne, Frank Loesser, Stephen Sondheim, Jerry Herman and Rodgers and Hammerstein, with Lena Horne, Nathan Lane, Robert Morse, Judy Garland, Barbra Streisand, Bea Arthur, Angela Lansbury and Bernadette Peters. The show includes scenes from "How to Succeed in Business Without Really Trying," "Guys and Dolls," "Where's Charley?" "Mame," and "The Sound of Music." Part IV's theme is celebrating the moment and following your dreams. Liza Minnelli, Bernadette Peters, Carol Channing, Martha Raye, Judy Garland and Barbra Streisand sing the songs of Kander and Ebb, Jerry Herman, Stephen Schwartz, Irving Berlin and Richard Rodgers.

60954 \$15

1 Session, WIL 113

Wed., 3/14, 9:30 - 11:30 a.m.

Richard Feldman, Instructor

Course descriptions are subject to change without notice.

Who Killed Hazel Drew?

In July of 1908, the lifeless body of 20-year-old Hazel Drew was found in Teal Pond. After a 17-day investigation, Rensselaer County's Jarvis O'Brien dropped the case. Hazel's murderer was never found. Join Sand Lake Town Historian Bob Moore and historical reenactor Mark Marshall as they review the case and consider new information that has come to light. The connection between the Hazel Drew murder and 1990s cult classic Twin Peaks will also be discussed. If you have time, read "Who Killed Hazel Drew?" by Ron Hughes and come prepared for a lively discussion.

60956 \$12

1 Session, WIL 113

Fri., 3/23, 9:30 - 11:30 a.m.

Bob Moore and Mark Marshall, Instructors

Liberty vs. Authority: The Supreme Court and the Bill of Rights

Appointments to the United States Supreme Court and court decisions have been featured extensively in news reports in recent years. The court, however, is the least understood branch of the federal government. What is its jurisdiction? How does it operate? This class will examine those questions and trace how cases get to the court. Some of its most controversial decisions have involved interpretation of the Bill of Rights. We will review the historical origins of the first ten Amendments to the Constitution and focus on the history of First Amendment cases to see how the Court has dealt with the controversy between liberty and authority. Ken Kiser is a former instructor from Highland Community College in Freeport, Ill.

60767 \$12

1 Session, WIL 113

Tues., 3/13, 9:30 - 11:30 a.m.

Ken Kiser, Instructor

America's Constitution

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

60820 \$35

4 Sessions, DCC B05

Mon., 4/9 - 4/30, 10 a.m. - 12:30 p.m.

Henry Bankhead, Instructor

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

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

60042 \$15

1 Session, WIL 113

Tues., 4/24, 9:30 - 11:30 a.m.

George Wilson, Instructor

Troy's Tiffany Treasures

Troy is said to have more Tiffany stained glass per square mile than any other city in the nation. One of the top restoration experts refers to Troy as "The Mother Lode of Tiffany Glass." While it can be argued that is a slight exaggeration, we are still blessed with astonishing amounts, including some of the most famous windows that Louis Comfort Tiffany ever created. This illustrated lecture will give you a peek at some of the stained glass grandeur that the 19th century industrial fortunes made possible.

60941 \$25

1 Session, WIL 113

Fri., 4/27, 9:30 - 11:30 a.m.

Michael Barrett, Instructor



A Morning with Louisa May Alcott

Come and spend a morning with Louisa May Alcott, author of "Little Women." Step back in time with historical reenactor Denise Wright while she brings the author to life through pictures, words and stories. She will tell you stories of her family, life and writing career.

60950 \$12

1 Session, WIL 113

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

Denise Wright, Instructor

A Look at Crailo and Schuyler Mansion State Historic Sites

Heidi Hill, site manager of Crailo and Schuyler Mansion State Historic Sites, will give two presentations. The first will focus on Crailo, the historic estate of the Van Rensselaer family, now a museum dedicated to the Colonial Dutch in the Hudson River Valley. It will focus on the 17th century Dutch colony that has been owned by the state since 1924.

Catharine Van Rensselaer Schuyler was born and grew up at Crailo and in 1755 married Philip J. Schuyler, who became the Major General of the Northern Department during the Revolutionary War. Together they built the home that is known today as Schuyler Mansion (1761-1765). This important showcase of a house was only part of their holdings. This second lecture will focus on the lavish 18th century lifestyle at the mansion and the illustrious guest that were attracted by the family's hospitality, power and influence.

60962 \$16

1 Session, WIL 113

Fri., 3/16, 9:30 - 11:30 a.m.

Heidi Hill, Instructor

Around the World with a View of Spring

Join us as we kick off our spring semester with the flowers and colors of spring. Our slide-show will travel to the gardens of London and the Cotswolds, Mosaiculture in Montreal, the Skagit Valley and Chihuly in Washington, and end with Jean Chenette's local shade garden.

60995 \$12

1 Session, WIL 113

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

Jean Chenette, Coordinator



GENEALOGY

Irish Genealogy 101

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

60942 \$15

1 Session, WIL 113

Tues., 3/20, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor

Understanding Your Ancestry DNA Test

Whether you have done an ancestry DNA test or are just thinking about it, you are probably wondering just what it all means. This workshop, with professional genealogist Lisa Dougherty, will provide an overview of DNA basics, what you can expect from an ancestry DNA test, why ethnicity estimates are not the most important part of the test and how DNA can help you discover more about yourself and your family history.

60943 \$15

1 Session, WIL 113

Tues., 4/10, 9:30 - 11:30 a.m.

Lisa Dougherty, Instructor



Learning the "Ins and Outs" of Your Digital Camera

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

60187 \$12

2 Sessions, WIL 113

Tues., 5/1 and 5/8, 1- 4 p.m.

Kevin Sarsfield, Instructor

Mahican, Mohican, Mohegan?

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

60944 \$15

1 Session, WIL 113

Mon., 4/23, 9:30 - 11:30 a.m.

Steve Trimm, Instructor

Familiar Songs and their Unfamiliar Stories: Discover the Roots of American Song

Let's learn how some of the best-known American songs came to be written and uncover their roots. This program features songs from the "Great American Songbook" – "Oh, How I Hate to Get Up in the Morning," "I Got Rhythm," "Get Happy," "Brother Can You Spare a Dime," "It Ain't Necessarily So," "God Bless America," "Over the Rainbow," "The Midnight Special," "This Land is Your Land," and "Goodnight Irene." We'll also hear stories about the songwriters who wrote them, including Harold Arlen, Irving Berlin, George and Ira Gershwin, Jay Gorney, Woody Guthrie, Yip Harburg, and Huddie "Lead Belly" Ledbetter. Sing along, if you like, with Sandy Schuman and his 6- and 12-string guitars.

60951 \$25

1 Session, WIL 113

Tues., 4/17, 9:30- 11:30 a.m.

Sandy Schuman, Instructor

"Frankly, My Dear" The REEL Story behind "Gone With the Wind"

"Gone with the Wind" has been called "the most magnificent motion picture of all time." And millions of fans agree. But what most fans don't know is that endless trouble and months of behind-the-scenes turmoil almost doomed "Gone with the Wind" to failure.

Explore the intriguing history of this iconic 1939 film, including the writing and publishing of Margaret Mitchell's novel, the Hollywood frenzy of transforming the book into film, the Atlanta premiere, the Academy Awards and more. This is one course that no "Gone with the Wind" fan should miss.

60946 \$49

1 Session, DCC B05

Sat., 4/28, 9 a.m. - 1 p.m.

Pauline Bartel, Instructor

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

The Flowers of Spring: Their Design, Color and Texture

Spoil yourself by spending a morning with a versatile floral artist, who can design a classical look but make it follow the latest trend. Take advantage of Michele Peter's 30 years of experience and let her show you how you can put creativity and energy into your own designs and events. If you have been with us before you know Michele brings a passion for what she does. Many return because they know she always brings fresh ideas and demonstrates what is "hot" in the flower world. Come join us as we 'ooh' and 'ahh' and... you may be one of the lucky students who carries one of her creations home! Course fee includes a \$14 materials fee per person.

60552 \$25

1 Session, WIL 113

Wed., 4/25, 9:30 a.m. - noon

Michele Peters, Instructor

More than Friendship: The Evolving Relationship of People and Their Pets

For years, dogs and cats have been the most popular pets in America. From America's beginnings in the 17th century, dogs and cats could be found in many households. In addition to providing companionship, they served important roles in helping their owners.

Cats protected food and supplies from rodents, while dogs were used for hunting and guarding properties. However, early Americans also kept other animals in their homes that would be considered very unusual or even illegal today. In addition to the very popular pet squirrel, wild birds ranging from cardinals to mourning doves were kept in cages and exercised by tying strings to their legs when let out. American birds were joined by the exotic parrots from South America and islands that trade goods were imported from.

The history of animals as pets will cover the unusual species found in homes, how they were housed and cared for, and the bonds they had with their owners, which were no different than the ones they share today.

60933 \$19

1 Session, WIL 113

Thurs., 4/26, 10 a.m. - noon

Marilyn Sassi, Instructor

Proctor: A Man, His Theater, Our Heritage

Frederick Freeman Proctor was near the end of his life when he chose Schenectady to build the greatest of his 52 theaters across the country. He spared no expense, and when the doors were opened on Dec. 27, 1926, every seat was filled to watch the featured silent film "Stranded in Paris" and five separate vaudeville acts. Using slides copied from original photographs, the entire history of the theater and the man it is named for will be illustrated and reveal an amazing life and career full of surprises along the way. Slides will also document and compare how the theater has changed over its 90 years of life, from glittering success in the 1920s and 30s to such hard times that by the 1970s, there was a real threat that it would be torn down. Learn about how the theater was saved, rehabilitated, and expanded, and its recent major restoration. Proctor's has overcome every obstacle and now continues to grow its entertainment schedule, with plans to expand even further.

60934 \$19

1 Session, WIL 113

Thurs., 4/19, 10 a.m. - noon

Marilyn Sassi, Instructor

Notorius! Shady Ladies of 19th Century America

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

60928 \$25

1 Session, WIL 113

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

Phyllis Chapman, Instructor

Those Necessary Unmentionables: A History of Ladies' Underwear with a New and Updated Section on Victorian Gowns

This slide lecture covers what was considered the ideal woman's figure as it evolved over a time frame of 1680 - 1900. What was considered the perfect body in 1680 was just the opposite by the end of the 19th century. While fashion certainly played a key role, it was the undergarments that shaped and supported everything. This class will examine ladies' undergarments in detail while explaining how they were the foundation for how garments exaggerated different areas of anatomy from century to century. Breasts, hips and waists were all treated in a variety of ways and depended upon underwear to achieve the right look. Today, a natural look is desired with comfort playing a role in design. It is certainly nothing like the literal torture women went through to appear fashion-forward for their time.

60927 \$19

1 Session, WIL 113

Thurs., 4/12, 10 a.m. - noon

Marilyn Sassi, Instructor

The Tragedy of Alexander Hamilton

Alexander Hamilton led the Federalist Party for over a decade, and served as Secretary of the Treasury, inventing fiscal policy that laid the foundation for a prosperous modern commercial nation. Yet shame over his humble origins dogged him and made him hypersensitive to criticism. Jack Casey, an author, attorney and former political leader, who just completed his historical novel, "Hamilton's Last Clash," will explore this uniquely American tragedy. While showing why Hamilton is the most influential of the founding fathers upon our way of life, Jack will share his views on the darker side of American adversarial politics, and will also acquaint attendees with Revolutionary-era songs he will play and sing.

60832 \$25

1 Session, WIL 113

Mon., 4/16, 1-3 p.m.

Jack Casey, Instructor

Clara Barton: Civil War Nurse and Founder of the American Red Cross

Clara Barton is best known as the celebrated Civil War nurse and founder of the American Red Cross. Less is known about her accomplishments as an educator, or that she was one of the first women to hold a salaried US government position in the Patent Office in Washington, DC. When the Civil War began, she was one of the first to recognize the essential and far-ranging support systems that would be required for soldiers in camp and on the battlefield. After years of advocacy, she persuaded the United States government to sign the Geneva Treaty and form the American Red Cross, which continues to support those in times of disaster and need. Her presentation includes excerpts from her field diaries, period photographs and on-site photos of areas where she lived and worked, along with reproductions of medical artifacts used in the care of the wounded.

60991 \$25

1 Session, WIL 113

Wed., 3/21, 9:30 - 11:30 a.m.

Phyllis Chapman, Instructor



Clara Barton

Course descriptions are subject to change without notice.



The First US Air Force

After a brief summary of the history of ballooning in Europe and the US, the class will focus on the earliest American military uses of hot air and gas balloons, especially during the Civil War. Of course, there are local connections, including an 1833 balloon excursion in Albany, and a Troy man who was instrumental in creating what can be called the first US Air Force.

60936 \$12

1 Session, WIL 113

Thurs., 4/5, 9:30 - 11:30 a.m.

Jim Cochran, Instructor

The Elegant Art of Burlesque: A Personal Memoir

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

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

60932 \$15

1 Session, WIL 113

Fri., 4/6, 9:30 - 11:30 a.m.

April March & Susan Baird, Instructors

The Erie Canal - America's First Great Public Work

Jack Casey will discuss his historical novel *A Land Beyond the River* which portrays New York State's rise to national preeminence (1810-1825) as "The Empire State." Hudson Valley heiress Eleanora Van Rensselaer falls in love with a "real man" from the west, ship captain Daniel Hedges, a smuggler on Lake Erie. Soon the War of 1812 erupts and ends their affair. Only after each suffers great loss can they reconnect and join forces to assist DeWitt Clinton in realizing his vision, a 363-mile canal across New York State. Yet even as they collaborate, canal opponent Martin Van Buren employs a dark secret to blackmail Eleanora, and she must choose between her vast wealth and the man she loves. *A Land Beyond the River* was published by in paperback by Bantam Books (1988), and in hardcover by Jack's imprint, Diamond Rock Publishing, Inc. (2005). He will enhance his discussion with a few canal songs.

60930 \$25

1 Session, WIL 113

Mon., 4/16, 9:30 - 11:30 a.m.

Jack Casey, Instructor

Science Fun for Everyone

You are never too old to learn something new. Whether you are looking for a way to stimulate your cognitive ability, be the coolest grandparent, or both, come and participate in some fun science activities. Float your foil boat, use paper chromatography to discover the colors in candy, race a balloon rocket, and make a bottle lava lamp. These activities are fun, but also a bit messy, so dress appropriately.

60935 \$12

1 Session, WIL 113

Fri., 4/13, 9:30 - 11:30 a.m.

Fran Pilato, Instructor

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

One Pot Meals

Spend more time cooking and less time cleaning! This one day class will feature recipes that can be made in one pot. Some dishes may include Brussel sprouts, sweet potatoes and shrimp or fish with parmesan tomatoes and zucchini. Let Mirissa Casey, the Chic Chef, show you delicious food does not need to be a lot of work! Course fee includes \$6 materials fee.

61024 \$39

1 Session, DCC 135

Mon., 3/19, 10 a.m. - 1p.m.

Mirissa Casey, The Chic Chef, Instructor



DON'T WAIT TOO LONG!

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

REGISTER TODAY!

TRIPS AND TOURS

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

Self Care Through Yoga and Meditation

The American Meditation Institute's easy-gentle yoga and breathing class is taught the same way it was thousands of years ago: as preliminary practices to prepare both the body and mind for daily meditation. Without difficulty or pain, you'll learn the simple, therapeutic pleasures of focusing and stilling the mind, expanding your breathing capacity, relieving stiffness and stress, detoxifying the lymph system, stretching muscles and invigorating internal organs. Most students feel less stress and inflexibility after the very first class. You'll move with more ease, gain physical confidence and enhance the flexibility and health of your body. When your body is stiff or in pain, the mind is often distracted and cannot help you experience the positive effects of meditation.

Course fee includes \$30 materials fee.

60945 \$40

3 Sessions, classes will be taught at the American Meditation Institute Thurs., 3/22 - 4/5, 9:30 - 11:30 a.m.

Jean Chenette, Coordinator
Melanie Gloeckner, Instructor

A Tour of the New York State Capitol Focusing on WWI

As the nation commemorates the centennial of American participation in World War I, we'll examine how New York State and its citizens played a critical role in the United States' efforts during the war, and discusses its significance to understanding history today. Find out about Harlem Hell Fighters and the 369th Infantry Regiment in WWI, which will be one of our topics as we follow Stuart W. Lehman, education coordinator for the New York State Capitol. Our tour program will also include a look at New York and New Yorkers in the WWI exhibit in the New York State Capitol and a behind the scenes gallery tour of the new exhibit at the Vietnam Memorial Gallery. Be prepared to show a photo ID.

60960 \$12

1 Session, meet at the Visitors Center on the Empire State Plaza Wed., 3/28, 2-4 p.m.

Marie D'Entrone, Coordinator

Knickerbocker Family Mansion - Ghosts, Tour and Lunch

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

60018 \$35

1 Session, Knickerbocker Family Mansion Wed., 5/16, 10:30 a.m. - 1:30 p.m.

Jean Chenette, Coordinator
Marie D'Entrone, Instructor

Ukrainian Eggs, Pysanky Eggs

This is a fun new craft to try! Well, it may be new to you but is a long tradition to many others. Create one neat hole in the egg. No more blowing! Then you will learn how to use a traditional wax tool called a kistka to "draw" with wax on your egg. Using layers of wax and brightly-colored dyes, you will create intricate designs on your egg. The final step is so exciting! You melt off the wax and reveal the many beautiful colors hiding below. This may sound difficult but it is not. Even children who scratch squiggly lines on their eggs end up with bright and beautiful results. Course fee includes a \$15 materials fee.

60749 \$25

1 Session, The Albany Art Room Thurs., 3/15, 11 a.m. - 1 p.m.

Karen Schupack, Instructor & Owner of Albany Art Room

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

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

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

60460 \$25

1 Session, meet in Washington Park across from the front of 195 Second Street Mon., 4/30, 10 a.m. - 12:30 p.m.

Lea Darling, Coordinator



Course descriptions are subject to change without notice.

TRIPS AND TOURS

The Restoration of Pat's Dutch Barn in the Rensselaer Technology Park

Pat's Barn is truly a unique and special place; you will feel the authentic charm and elegance of this historic Dutch barn, which was restored in 2009, the instant you walk through the front door. Patricia Roberts took the initiative to preserve this rich piece of history, so the barn was appropriately named after her. Pat's Barn is now used for RPI programs, retreats, conferences and special events. Michael Wacholder, project coordinator, will share insights in to the behind-the-scene details that went into this project.

60961 \$12

1 Session, meet at Pat's Barn
Thurs., 4/26, 1 - 3 p.m.

Presenters: Michael Wacholder,
Keith Van Amburgh
Jean Chenette, Coordinator

Visit Historic Grant's Cottage

Guide Steven Trimm will provide a tour of the historic cottage and share little-known stories about U.S. Grant. Grant Cottage is full of marvelous, unexpected and sometimes improbable but true tales. Steve will share all of them with you. Following his program, we will depart for a tour of the cottage and we'll have the chance to marvel at the views of the Berkshires, Catskills and Green Mountains from Promenade Point. We may even have a secret family member of Grant's with us to share more stories of the illustrious President U.S. Grant. This may be up to a 2.5-hour program and requires standing during the cottage segment of the tour. Please wear comfortable shoes and dress warmly. We will meet at the Grant Cottage Visitor's Center to begin our tour. Course fee includes \$10 materials fee.

60457 \$20

1 Session, meeting at the
Grant Cottage Visitor's Center
Mon., 5/7, 10 a.m. - 12:30 p.m.

Lea Darling, Coordinator

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

The Saugerties Lighthouse

Join us at the Saugerties Lighthouse, an 1869 landmark on the Hudson River that now stands proudly as a living museum and a renowned bed and breakfast. Step back in time over a hundred years to experience the charm and rustic simplicity of life in the middle of the river. Furnished as it may have looked in the early 20th century, the lighthouse contains a small museum, gift shop, parlor, kitchen, keepers' quarters, and two guest bedrooms. The operational light tower offers a panoramic view of the Hudson River Valley and Catskill Mountains.

Because of its location on the river, tours must be scheduled with tide schedules in mind. The lighthouse can be reached via a half-mile nature trail of dirt and rock paths with wooden bridges and boardwalks and sandy trails. It is at the end of Lighthouse Drive in the village of Saugerties. Suitable, comfortable shoes are recommended. Course fee includes an \$8 materials fee.

60470 \$18

1 Session, meet at the lighthouse,
Saugerties, NY
Thur., 5/17, noon - 1:30 p.m.

Paula Johannessen, Coordinator

Tour and Lunch at The Skene Manor

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

60032 \$30

1 Session, The Skene Manor
Tues., 4/24, 11:15 a.m. - 1:30 p.m.

Jean Chenette, Coordinator



Spring Sensations - Exploring Nearby Nature Preserves

As the snow melts and the ground thaws, nature springs to life and puts on a glorious display. The spring palette includes a bounty of wildflowers like trillium, dog toothed violets, and lady slippers. An upward glance reveals the flowering shadblow and cherry. The first class at the college is really important and will include preparation, along with a presentation illustrating what we might see. In the following weeks, we will explore four of our favorite local preserves, taking time to observe, learn about and enjoy the plants, wildlife and natural beauty around us.

60023 \$12

5 Sessions
Fri., 4/20, 10 a.m. - noon, WIL 113
Fri., 4/27 - 5/18, 10 a.m. - noon
at Selected Preserves

Betty and John Nickles, Instructors

Trail Walk and Tour of BASF's Urban Nature Center

Did you know that the City of Rensselaer has a reclaimed nature center? The BASF Environmental Education Classroom and Wildlife Habitat was established in 2011. Our visit will be guided by Wayne St. Clair, who has worked for BASF since 1979, first as superintendent of project engineering, then as coordinator of remediation, and now as site manager. We will take a tour and learn about the workings of the LEED Platinum Green Building, walk the nature trail and participate in hands-on activities. If you have binoculars, please bring them. A snack will be provided.

60937 \$12

1 Session, at BASF Environmental
Education Classroom
Wed., 5/9, 10 a.m. - noon
Jim Cochran and Fran Pilato, Coordinators

Relax and learn to paint in St. Agnes Cemetery's Living Room Art Gallery – a beautiful, stress-free environment.

The Provincial Landscape

Join this artist's retreat with award-winning landscape artist Karen Woodin. Using her collection of photographs of spectacular local vistas, Karen will select a scene rich in color with a perfectly balanced composition and teach beginner to intermediate painters how to capture a landscape in paint. This full-day class will pamper you - fresh coffee, juices and baked goods from the Schuyler Bakery served in the morning session, a gourmet catered lunch paired with wines at noon, and an afternoon session with soothing music while you paint. All materials are included: water-soluble oil paints, brushes and a 16-by-20-inch canvas. This is not your average painting class – it's a retreat! Class size will be limited to allow for one-on-one instruction in a peaceful, beautiful space with lots of natural light. Course fee includes \$95 materials fee.

60919 \$105
 1 Session, The Living Room Art Gallery,
 Historic St. Agnes Cemetery
 Sat., 2/17, 10 a.m. - 3 p.m.,
 lunch served at noon
 Kelly Grimaldi, Coordinator
 Karen Woodin, Instructor

Lilies on a Pond

Claude Monet is famous for his waterlilies. His work is rich in texture and color, with thickly-applied paint that lends depth to one of the prettiest of the water-plant varieties. You can make your own waterlilies dance on canvas using a variety of brush strokes and a palette knife. Whether you wish to learn a new technique or hone your skills, this class is perfect for beginner and intermediate painters. The class will begin with fresh coffee, juices and baked goods from the famous Schuyler Bakery as the instructor goes over the layout for the composition. We will learn how to do the underpainting in fast-drying acrylic and finish in water-soluble oils. All materials are included: paints, brushes, palette knife and canvas. Course fee includes \$45 materials fee.

60921 \$55
 1 Session, The Living Room Art Gallery,
 Historic St. Agnes Cemetery
 Fri., 3/9, 10 a.m. - 1 p.m.
 Kelly Grimaldi, Coordinator
 Noreen Powell, Instructor

Cluster of Tiger Lilies on the Woods' Edge

Tiger lilies grow like weeds in the Northeast, yet they are hardy in nature and vibrant in color. These lovely flowers dress up roadsides with hues of orange, yellow and crimson. This class, perfect for beginner and intermediate painters, will begin with fresh coffee, juices and baked goods from the famous Schuyler Bakery as the instructor goes over the layout for the composition. You will learn how to do the underpainting in fast-drying acrylic and finish in water-soluble oils. All materials are included: paints, brushes and canvas. Consider taking both this lesson and the "Waterlilies" class on March 9 for two days of relaxing instruction. Course fee includes \$45 materials fee.

60922 \$55
 1 Session, The Living Room Art Gallery,
 Historic St. Agnes Cemetery
 Sat., 3/10, 10 a.m. - 1 p.m.,
 Kelly Grimaldi, Coordinator
 Noreen Powell, Instructor

Spring Musings - The Landscape Comes Alive

Join this artist's retreat with award-winning landscape artist Karen Woodin. Borrowing from her collection of photographs, Karen will select a landscape scene rich in color with a perfectly balanced composition and teach beginner to intermediate painters how to mix colors, lay out compositions, and the many other technical aspects of painting on canvas. This full-day class will pamper you - fresh coffee, juices and baked goods from the Schuyler Bakery in the morning session, a gourmet catered lunch paired with wines at noon, and an afternoon session with soothing music while you paint. All materials are included: water-soluble oil paints, brushes and a 16-by-20-inch canvas. This is not your average painting class – it's a retreat! Class size will be limited to allow for one-on-one instruction in a peaceful, beautiful space with a lots of natural light. Course fee includes \$95 materials fee.

60918 \$105
 1 Session, The Living Room Art Gallery,
 Historic St. Agnes Cemetery
 Sat., 3/24, 10 a.m. - 3 p.m.,
 lunch served at noon
 Kelly Grimaldi, Coordinator
 Karen Woodin, Instructor

Sketch Club: Keeping a Nature Journal

Wherever you are, you can use a simple sketchbook to record the natural world around you. It might include sketches or drawings, written descriptions or notes, photographs, poems, objects such as leaves or flowers, or scientific data such as lists or wildlife tallies. Join Carol Coogan as she lends instruction, support, advice and inspiration to your own nature journal practice. Bring a favorite drawing/writing implement and a sketchbook if you have one, or a sketchbook will be available for purchase: a slim paperback "starter" book for \$5, or a 5.5" x 8" hardcovers for \$10. Classes are geared to the interests and level of each participant. Course fee includes \$50 materials fee.

60923 \$60
 5 Sessions, The Living Room Art Gallery,
 Historic St. Agnes Cemetery
 Thurs. 4/5 - 5/3, 10:30 a.m. - 12:30 p.m.
 Kelly Grimaldi, Coordinator
 Carol Coogan, Instructor

Majestic English Garden in Full Bloom

The English Garden has a certain charm. Perennials, flowering shrubs and delightful annuals, arranged in winding rows with rock walls and pathways, entice you to sit for a bit and enjoy both beauty and fragrance. In this class we will work with a wide color palette to capture the essence of an English Garden. The workshop will begin with fresh coffee, juices and delicious baked goods from the famous Schuyler Bakery as the instructor goes over the layout for the composition. You will learn how to do the underpainting in fast-drying acrylic before breaking at noon for a catered lunch with various wines and sparkling water offered as beverages. The afternoon session will be spent on adding water-soluble oils over the underpainting to lend depth, texture and vibrant color to your own version of an English Garden. All materials including paints, brushes and canvas are included. Course fee includes \$95 materials fee.

60920 \$105
 1 Session, The Living Room Art Gallery,
 Historic St. Agnes Cemetery
 Sat., 4/14, 10 a.m. - 3 p.m.,
 lunch served at noon
 Kelly Grimaldi, Coordinator
 Noreen Powell, Instructor

TRIPS AND TOURS

Come See the Wild Flowers along the Corkscrew Rail Trail

The first section of the Corkscrew Rail Trail opened in June 2015. It begins at Knapp Road in Stephentown and heads south under a shady tree canopy towards New Lebanon. The natural surface rail trail follows the route of the Rutland Railroad, which carried freight and passengers until 1952. This section of tracks was nicknamed "The Corkscrew" because of its tight turns between hills. The trail is an easy walking trail. A botanist will guide the walk, talk about the wildflowers found along the trail, and present a brief history of the old Rutland Railroad line.

60948 \$12
 1 Session, meeting at The Corkscrew Rail Trail Sat., 5/19, 1 - 3 p.m.
 Millie Smith, Coordinator

A Visit to the Burden Iron Works Museum with Michael Barrett

Located in the former office of one of the most important firms in the history of iron and steel, the Burden Iron Works Museum covers the industries that made Troy one of the birthplaces of the American Industrial Revolution. Among other things, the area gave the world the detachable collar and cuff, the hook-headed railroad spike, the armor for the USS Monitor, machine-made horseshoes at a rate of 51 million per year, the modern fire hydrant, heating and cooking stoves, and so much more. Course fee includes \$10 materials fee.

60949 \$20
 1 Session, at Burden Iron Works Museum Tues., 3/27, 10 a.m. - noon
 Marie D'Entrone, Coordinator



Ten Broeck Mansion Tour with Tea

The elegant Ten Broeck Mansion was the home of two of Albany's most prominent families. It was originally built in 1798 as a Federal-style country home for merchant and Mayor Abraham Ten Broeck, who had served as a major general of the Albany militia during the Revolutionary War and distinguished himself at the Second Battle of Saratoga in 1777. Architectural details from this period include a delicate roof balustrade on the outside and a superb spiral staircase within. In 1848, the home became the residence of banker and philanthropist Thomas Worth Olcott and underwent modifications that included the addition of Greek Revival porticos to the doorways and marble mantels in the main first-floor rooms.

After parking at the rear of the mansion gardens, stroll the tulip-filled path to enter the mansion and have a tour followed by a lovely tea. Course fee includes a \$15 materials fee.
 60959 \$25
 1 Session, Ten Broeck Mansion Tues., 5/22, 11 a.m. - 1 p.m.
 Jean Chenette, Coordinator

LUNCH & LECTURES SERIES AT WESTFALL STATION CAFÉ

The News with Columnist Fred LeBrun of the Albany Times Union

What is the news and why do we care about it? Come to the Westfall Station Café and hear all about it! News is information on recent affairs. We learn about news from numerous sources, such as print, word-of-mouth, broadcasting, and electronic communication. Join columnist Fred LeBrun and discuss the news – past, present and future. At 75, Fred is "mostly" retired and remains a metro columnist for the *Albany Times Union*, a position he has held for 30 years. Born in Manhattan and raised in the Catskills, Fred has been with the *Times Union* writing and opining about the region for half a century. He lives in Rensselaer County. During the lecture you will enjoy a lunch of assorted sandwiches, Westfall Station salad, fruit salad and potato salad. Your meal will include soda, coffee, tea and dessert. Course fee includes \$20 materials fee.

60955 \$30
 1 Session, meet at Westfall Station Café, Averill Park Mon., 4/9, 11:30 a.m. - 1:30 p.m.
 Jean Chenette, Coordinator

An Irish Lunch and Irish Music, Too

The love songs of Ireland and America connect people. Join Irishman Don Kelly as he and his acoustic guitar cover dozens of melodies of devotion to people and our lands.

While you listen to his music, you will also hear the history of the songs and perhaps join in on a few Irish tunes. Westfall Station will have you feasting on a traditional Irish buffet, including Irish pub salad, corned beef and cabbage, carrots and traditional Irish bread. Dessert, coffee, tea and soda are also included. Join us and get a head start on St. Patrick's Day! Course fee includes \$20 materials fee.

60953 \$35
 1 Session, meet at Westfall Station Café, Averill Park Thurs., 3/15, 11:30 a.m. - 1:30 p.m.
 Jean Chenette, Coordinator

Course descriptions are subject to change without notice.

NYC Bus Trip

The bus will leave the Yankee Trails bus depot in Rensselaer at 6:30 a.m. and the Crossgates Commons parking lot (behind Wal-Mart) at 7 a.m. for New York City. The bus will drop you off and pick you up from the Bryant Park area in Manhattan, leaving New York City at 7 p.m. The outing is for the bus trip only. Arrangements for the day will be left open for you to do whatever you please. A small donation will be collected on the bus for driver gratuity. Course fee includes a \$29 materials fee.

60947 \$40

Thurs., 5/3, 6:30 a.m. Departure
Lea Darling, Coordinator

Sleepy Hollow Bus Trip

Sit back and relax as we take a bus to Sleepy Hollow, a little over two hours south of the Capital Region. We will leave the college at 7:45 a.m. and will first tour Kykuit (pronounced Ki-kut), the home of the Rockefellers. Kykuit has beautiful Italian-inspired gardens, which should be in bloom when we are there. You will have a one hour break for lunch on your own. After the house tour we will go to the Union Church. This lovely church has nine Chagall windows and one Matisse rose window. Approximate time back in the Capital Region is 5:15 p.m. Course fee includes \$63 materials fee.

61017 \$69

1 Session, Meet at HVCC
Thurs., 5/31, 7:45 a.m. Departure
Linda Jones, Coordinator

Birding 101

If you're new to birding or want a refresher, we'll show you how to get started as a birder. We'll cover everything from necessary equipment to where to go birding and the essential things to look for when you do see a bird: shape, size, color, behavior and habitat. We'll then take a short walk to practice our new skills. Course fee includes \$8 materials fee.

60958 \$18

1 Session, at Dyken Pond
Tues., 5/1, 9:30 -11:30 a.m.
Lisa Hoyt, Instructor
Marie D'Entrone, Coordinator



Inspired by 250 years of innovative rural life in New Lebanon, New York, the citizens here are again pioneering a new idea: the nation's first living museum of contemporary rural American life. BEHOLD! shares with visitors the heritage, skills, techniques and know-how of generations past, building a bridge between a rich history and a sustainable future. You may have visited historic museums where costumed docents play characters from yesterday and demonstrate skills of times long since past, but at BEHOLD!, you visit real people and learn how they live, work and play at their farms, barns, artisan studios, workshops, businesses and wooded trails.

Gemstones Demystified

Join bench jeweler and designer, Heather (Van Oort) Naventi as she busts myths about jewelry and gemstones, demonstrates how to distinguish fake from real, and shows you how to detect flaws in diamonds. This interactive session of jeweler's techniques will teach you how to make simple repairs to your own pieces. At her studio, Heather does wholesale repair work for other jewelry stores in addition to retail sales and repairs. She also designs and creates custom jewelry. Course fee includes \$15 materials fee.

60931 \$25

1 Session, The Jewelry Studio
in New Lebanon
Fri., 4/20, 10:30 a.m. - noon
Cynthia Serbent, Coordinator

Designing For Divas With Sarah Conly and Michael Deegan

If you've ever been to an opera or a theatrical play or a musical, you've seen the end product, but how did the physical production come to be? With the aid of models, drawings, photos and renderings, we'll follow the evolution of a show. Get a look at how productions are created, from inception, through the development of the concept, to the creation of set models, to technical drawings and costume sketches, into the 'shops' where the set and costumes

are built, and finally into the theater as a full-fledged production. Course fee includes \$20 materials fee.

60939 \$30

1 Session, Home in New Lebanon
Sat., 4/21, 10:30 a.m. - noon
Jean Chenette, Coordinator

Jazz Workshop: History and Theory with Monte Wasch

Hear musical illustrations at the piano of the many genres that influenced the birth of jazz. European classical marches and polkas; American folk songs and popular music; African American spirituals and work songs; and Mexican and South American music each played a part. Can your favorite tune become a jazz song? Learn how a familiar tune can be jazzed and hear examples of different jazz styles, e.g. Blues, Dixieland, Bebop and Free Jazz. In the process, learn what distinguishes jazz from other musical forms. Monte describes himself as a disciplined, organized person, but he says, "When I'm playing jazz, my mind is in an entirely different place and I love that place." Please note, there may be a cat at this location. Course fee includes \$12 materials fee.

60938 \$22

1 Session, Home in New Lebanon
Mon., 4/30, 10:30 a.m. - noon
Jean Chenette, Coordinator

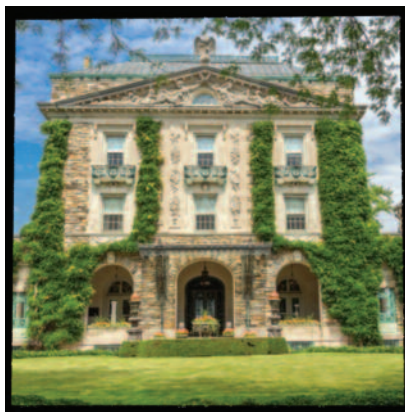
OUT AND ABOUT

Join us as we explore an unusual mix of destinations! Our spring visits include local jaunts to Albany and Schenectady County, visits to Sleepy Hollow, and more! Out and About begins with a brief orientation at the college prior to our first trip. The group will receive directions to all sites and may arrange for carpools.

Thursday, May 17

We will be spending a beautiful day in the village of Schoharie, exploring two very different places. First, the Old Stone Fort which has a great deal of history. We'll also visit other buildings on the grounds including an 18th century home and Dutch barn, an 1830s law office, and a 1890s one-room schoolhouse. In the afternoon, we will switch gears completely and travel down the road to the beautiful Landis Arboretum. We will hear a talk and have a chance to walk the grounds or sit on their beautiful scenic deck.

In the morning, we will meet at Hudson Valley Community College in Williams Hall, Room 113. At that time, people looking to make carpool arrangements will have a chance to do so and you will be provided with directions to our destinations, as well as suggestions on where you could eat lunch.



Thursday, May 31

Sit back and relax as we take a bus to Sleepy Hollow, a little over two hours south of the Capital Region. We will leave the college at 7:45 a.m. and will first tour Kykuit (pronounced Ki-kut), the home of the Rockefellers. Kykuit has beautiful Italian-inspired gardens, which should be in bloom when we are there. You will have a one hour break for lunch on your own. After the house tour we will go to the Union Church. This lovely church has nine Chagall windows and one Matisse rose window. Approximate time back to the Capital Region is 5:15 p.m.

Thursday, June 7

In the morning, we will visit the Watervliet Shaker site, near the Albany International Airport, and take part in an herb workshop, which promises to be very interesting and informative. In addition, we will have a tour of the site given by a woman who has written a book about children who grew up there.

After lunch, we will drive over to Schenectady to meet Marilyn Sassi who is known by many of those who have taken her very informative Creative Retirement classes. She will give us a walking tour of the Stockade. Marilyn will provide a great deal of new information about that area, and we are going to be particularly fortunate to end our walk with a tour of Marilyn's house, right there in the Stockade. She has many beautiful objects and furniture and the house itself is historic. Course fee includes \$98 materials fee.

60994 \$115
3 Sessions, Out and About Sites
Thurs., 5/17, 5/31 and 6/7
Linda Jones, Coordinator



Literacy Volunteers of Rensselaer County

Tutor Training Workshop Sessions

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

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

A one-hour volunteer opportunities information session is helpful to attend prior to enrolling in the tutor training workshop series.

For more information and to register, call Literacy Volunteers of Rensselaer County at (518) 244-4650 or visit us online at www.lvorc.org.

Spring 2018 Sessions

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

Wednesdays, 6 - 9 p.m.

March 7, 14, 21, 28, April 11, 18, 25, May 2 (snow make up date, if needed) and June 6

PET EDUCATIONAL TRAINING SERVICES

ONLINE

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

Pet Education Certificate Program

The Pet Education Certificate course offers a variety of resources to help begin or enhance your career working with animals, including but not limited to: pet-sitting, kennel work, daycare, training, working for a veterinarian and other animal-related fields. Topics include pet health and illness, communication, basic hygiene for pets and even writing a resume and preparing for an interview. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 100 hours of internships at an approved animal care facility within six months of the end of the course. 11.8 CEUs

60246 \$400

Online Course, 2/7 - 4/4

60564 \$400

Online Course, 3/15 - 5/10

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

This course is an introductory course to prepare you for a career in the grooming business. It is also beneficial to pet owners who wish to advance their knowledge in pet hygiene. Prerequisite: Pet Education Certificate course. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet CPR/First Aid class and complete at least 20 hours of internships at an approved animal care facility within six months of the end of this course. 4.7 CEUs

60245 \$400

Online Course, 4/4 - 5/9



Pet CPR and First Aid

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

Approximate cost is \$20. .4 CEUs

60248 \$86

Online Course, 2/20 - 3/13

60409 \$86

Online, Course, 4/3 - 4/24

Starting a Pet Business

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

60247 \$86

Online course dates: 2/9 - 3/2

60566 \$86

Online course dates: 4/5 - 4/26

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

Professionals (police, firemen, pet sitters, nurses, etc.) will get the training and tools needed to help keep them safe when entering a home with pets. Topics covered include: canine aggression and reading body language, how to diffuse a potentially dangerous situation involving dogs, and more. .2 CEUs

60561 \$205

Online Course, 4/20 - 5/11

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

Paralegal Certificate Course

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

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

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

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

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

Successful graduates of this program will be awarded a certificate of completion. To receive the certificate, you must pass six quizzes and successfully complete five legal document writing assignments. 8.4 CEUs

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

60177 \$1289

Online Course, 3/5 - 4/20 and 4/30 - 6/15

60178 \$1289

Online Course, 4/30 - 6/15 and 6/25 - 8/10

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Your Career or
Find a New One!*



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

ONLINE CAREER TRAINING PROGRAMS

Certified Medical Administrative Assistant with Medical Billing and Coding

\$3,195

CRN: 60732, 500 Hours, 50 CEUs

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

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

Medical Transcription and Medical Terminology

\$1,995

CRN: 60180, 300 Hours, 30 CEUs

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

Your transcription equipment and materials are included.

Veterinary Assistant

\$1,995

CRN: 60181, 225 Hours, 22.5 CEUs

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

*All course prices are subject to change without notice.

Over 100 other great career training programs available online!

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

Program Features:

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- 24-hour access
- All materials and books are included!
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- Courses start anytime
- 3-6 months of instruction

Prepare for employment in some of today's hottest careers with a comprehensive, affordable, and self-paced online Career Training Program.

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

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Learn from the comfort of home!

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

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- 24-hour access
- Discussion areas
- Six-week format

Prices start as low as: **\$115**

INSTRUCTOR-LED ONLINE COURSES

A to Z Grant Writing

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

Accounting Fundamentals

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

Conversational Japanese

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

Creating WordPress Websites

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

Discover Sign Language

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

GMAT Preparation

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

Grammar Refresher

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

Homeschool with Success

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

Human Anatomy and Physiology

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

Intermediate Microsoft Excel

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

Introduction to Google Analytics

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

Introduction to Lightroom 5

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

Introduction to Microsoft Access

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

Introduction to Microsoft Excel

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

Mastering Public Speaking

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

Nonprofit Fundraising Essentials

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

Writing Essentials

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

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HUDSON VALLEY COMMUNITY COLLEGE



Learn a New Language!

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

Online course dates: 3/14 - 5/4

Each course: \$115

- 60828 *Instant Italian*
- 60830 *Speed Spanish*
- 60829 *Beginning Conversational French*
- 60726 *Conversational Japanese*
- 60913 *Discover Sign Language*

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

60912 \$115

Online Course Dates: 3/14 - 5/4

Swahili Basics: An Introduction

Swahili is part of the Eastern and Southern Africa Bantu language-group. While it has much in common with other Bantu vernaculars, it is relatively easy to speak in that it is not tonal, does not include "clicks," and generally follows the Euro-language group thought pattern of word-expression order. However, Swahili is a complex language that would be impossible to learn in 12 hours.

Instead, this course will provide you with a 'language pre-learning' introduction in three-hour sessions spread over four consecutive weeks. Short conversation and speaking exercises will be included as much as possible, including culturally-sensitive and polite usage. Please bring a notebook and pen with you to class.

60993 \$65

4 Sessions, ADM 104

Thurs., 3/1 - 3/22, 6:30 - 9:30 p.m.

Matthew Lindroth, Instructor

You Can Be a Freelance Writer!

Freelance writing is a low-investment business you can run from home, allowing you to set your own schedule and earn a good living. Discover the step-by-step process for establishing yourself in this highly desirable field, including identifying markets for your writing, finding and approaching clients, delivering assignments and cultivating repeat business. You'll learn the nuts-and-bolts of the business plus all the tricks of the trade so you can launch your own successful freelance writing business. Course fee includes \$15 materials fee.

60965 \$65

1 Session, DCC B05

Sat., 5/5, 9 a.m. - 1 p.m.

Pauline Bartel, Instructor

German for Everyone

Whether you are traveling to Germany, in contact with a German relative, friend or exchange student, or just want to learn a new language, this course is for you! We will learn basic phrases and explore cultural aspects of Germany and other German-speaking countries in a fun, interactive way. Course fee includes \$10 materials fee.

60981 \$115

10 Sessions, DCC B06

Wed., 3/7 - 5/16, 6:30 - 8:30 p.m.

No class 3/28

Lisa Jiardini, Instructor

Getting Paid to Talk: Voice-Overs as a Profession

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

60191 \$19

1 Session, ADM 102

Thurs., 4/5, 6:30 - 9 p.m.

Creative Voice Development, Instructor

Grammar Refresher

Whatever your goals, a grasp of English grammar will help you refine your communication skills. You'll explore the basics of English grammar, like sentence structure and punctuation, and more advanced concepts, like logic and clarity. Along the way, a patient hands-on instructor will always support you. Have some fun with grammar lessons that include a touch of humor, straightforward, accessible examples, and lots of interactive exercises. Reacquaint yourself with old rules, meet some



Writing for the Professions

Need to write grammatically-correct reports and papers in the appropriate style using profession-specific vocabulary? This class will review the grammar that they should have taught you in school before discussing the various means of organizing and working on your writing according to the guidelines of your profession. Taught by an English and English as a Second Language professor and medical/technical writer with over 20 years of experience, this class will be especially helpful for non-native English speakers. Whatever your profession or writing needs, whether medical, technical, legal, or business-related, this class will help you write those difficult reports and papers.

60996 \$199

8 Sessions, ADM 101

Mon., 2/12 - 4/16, 5:30 - 8:30 p.m.

No class 3/26 and 4/2

Elaine Friedman, Instructor

Getting Started with Google Drive

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

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

61010 \$39
2 Sessions, BTC 216
Mon., 3/12 and 3/19, 6 - 8 p.m.
David Hansen, Instructor

Introduction to Excel

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

.8 CEUs
60472 \$72
4 Sessions, BTC 204
Sat., 4/7 - 4/28, 9 - 11 a.m.
Mizanur Rahman, Instructor



More Computer Courses



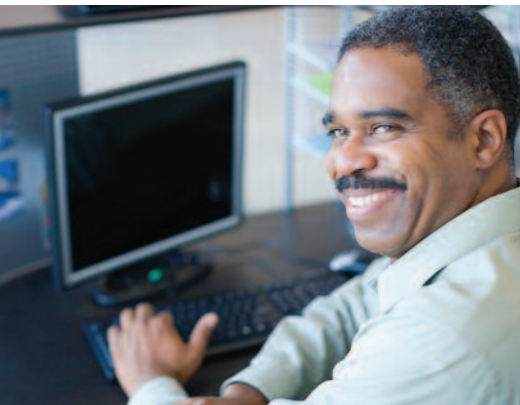
Learn a new computer software program completely online from your home or office and at any time day or night. These instructor-led courses are informative, fun, convenient and highly interactive. These courses are taught online through Ed2go. You will receive your online Ed2go username and password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

Online course dates: 3/14 - 5/4 \$115
60827 Intro to Photoshop CC
60902 Intro to QuickBooks Online
60824 Intro to Microsoft Access 2013
60915 Intro to Microsoft Word 2013
60903 Creating WordPress Websites

Introduction to Internet Security

This class provides an introduction to cybersecurity to a non-technical audience. We will briefly explore how household devices, such as laptops and tablets, connect to the Internet; then we will explain what the "Internet of Things" is, how it is gaining acceptance, and explore some recent high-profile cybersecurity attacks, such as Equifax, Yahoo!, Target, and WannaCry, to learn how they might affect you. Then you'll learn how to recognize threats and what you can do to protect yourself.

61016 \$15
1 Session, ADM 105
Wed., 3/7, 6 - 7:30 p.m.
Paul Centanni, Instructor



COMPUTER ACCOUNTS

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

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

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

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



Cooking Classes



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

Easter Brunch Made Easy

Unsure how to plan a delicious brunch menu? We've got you covered with crowd-pleasing recipes, from cinnamon rolls to a fresh veggie torte. Learn to make brussels sprouts (three ways!) to keep your brunch colorful and delicious. Trust us: your next hosted brunch will be a game-changer. Course fee includes a \$20 materials fee.

61018 \$39

1 Session, DCC 135

Sun., 3/18, 9:30 a.m. - 12:30 p.m.

Sarah Diamond, Instructor

Cooking Basics for Kids

This three-week class will help you teach your child (ages 8 - 14) the basics of cooking. They will learn to make different sauces and pasta. Your child will also learn basic knife skills.

Course fee includes a \$35 materials fee.

60803 \$75

3 Sessions, DCC 135

Sat., 4/7 - 4/21, 9 - 11 a.m.

Sarah Diamond, Instructor

Learn to Make Sweets with Your Lil' Sweetie

You will work with your child (ages 5 - 10) to create delicious no bake desserts. This is a chance to spend quality time with your lil' sweetie and learn recipes you'll both want to create over and over again. Course fee includes \$20 materials fee and is for one parent and one child. Both must be registered.

61020 \$35

61026 - child's registration

1 Session, DCC 135

Mon., 4/16, 5:30 - 7:30 p.m.

Sarah Diamond, Instructor

Making Ends MEAT

Trying to feed a family on a budget or reduce household costs? Let our instructor walk you through the important elements of stretching your hard earned dollars. During this course, you will learn the basics of meal planning, couponing and buying in cycles. Course fee includes \$20 materials fee.

61019 \$35

1 Session, DCC 135

Mon., 2/26, 6 - 8:30 p.m.

Sarah Diamond, Instructor

St. Patty's Day (and day after) Meals

Don't leave your St. Patrick's Day meal planning to the "Luck of the Irish!" Join us in learning how to create classic Irish dishes like soda bread, shepherd's pie and others. Our instructor will also help you to transform all those leftovers into something you can eat again and again. Course fee includes \$25 materials fee.

61021 \$40

1 Session, DCC 135

Mon., 3/5, 6 - 8:30 p.m.

Sarah Diamond, Instructor



WHAT TO EXPECT

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

Cooking Basics for Busy Parents

Putting a nutritious meal on the table every night can be stressful, especially for busy parents. Learn how to prepare some basic meals along with menu planning and how to transform leftovers into multiple meals that will carry you through the week. Course fee includes a \$30 materials fee. All students should bring an apron and small notebook to class.

60802 \$79

3 Sessions, DCC 135

Mon., 5/7 - 5/21, 6 - 8:30 p.m.

Sarah Diamond, Instructor

One Pot Meals

Spend more time cooking and less time cleaning! This one day class will feature recipes that can be made in one pot. Some dishes may include Brussel sprouts, sweet potatoes and shrimp or fish with parmesan tomatoes and zucchini. Let Mirissa Casey, the Chic Chef, show you delicious food does not need to be a lot of work! Course fee includes \$6 materials fee.

61024 \$39

1 Session, DCC 135

Mon., 3/19, 10 a.m. - 1p.m.

Mirissa Casey, The Chic Chef, Instructor

Golden Fried Chicken

If you love the flavor of crispy fried chicken but think you could never make it at home, this class will change your mind. Our instructor will walk you through the steps for preparing your own batter and frying chicken to perfection. We'll show you how to spice things up with our delicious version of golden fried chicken. Plus, we'll share secrets for creating tender, flaky buttermilk biscuits from scratch. Join us and discover how simple and satisfying homemade fried chicken can be. Course fee includes \$10 materials fee.

61025 \$35

1 Session, DCC 135

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

Nevillene White, Instructor

Beginner Cookie Decorating Class

Learn the use of royal icing to decorate cookies. If you've never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. We will briefly talk about the basics of baking cookies and offer tips and tricks of the trade but then we'll move right into the world of decorating – Valentine's Day theme for February, St. Patrick's Day theme on 3/7 and Easter theme for 3/24. We will learn, hands-on, the various decorating techniques used with two different types of royal icing: piping consistency and flood consistency. There are five to six cookie designs planned and we will keep things rolling to get them all completed by the end of class. You will be taking them home with you along with an icing recipe, a decorating tool, cooking cutter, and of course a buttercup cookie. You will leave with loads of inspiration to further enjoy the art of cookie decorating! Open to ages 12 and up. Students must withdraw one week prior to the start of the course for a full refund.

60916 \$65

1 Session, DCC 135

Wed., 2/7, 6 - 8:30 p.m.

60917 \$65

1 Session, DCC 135

Wed., 3/7, 6 - 8:30 p.m.

61022 \$65

1 Session, DCC 135

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

Cindy Burek of Buttercup Cookie, Instructor



Basic Decorating Tips with Cupcakes

This will be a hands-on class where we can experiment with different piping tips. If you have a tip that you would like to learn to use, please bring it with you. We will practice on parchment paper and cupcakes. This course is open to adults only. Course fee includes \$14 materials fee.

61023 \$25

1 Session, DCC 135

Sat., 5/19, 9 - 11 a.m.

Kathleen Brennan-Claydon, Instructor

WOULD YOU LIKE TO TEACH A COOKING CLASS?

We would like to hear from you!

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



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

DRIVER EDUCATION

Driver Education

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

The MV-285 Student Certificate of Completion allows:

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

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

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

The course fee for Driver Education is \$425.

*At Hudson Valley Community College
60109*

*Orientation, Wed., 1/31, 6 - 7 p.m.
BTC Auditorium*

*Classroom, Wed., 2/7 - 6/6, 6:30 - 8 p.m.
BTC 219*

Drive Times Available

*60118 Mon., 4 - 5:30 p.m.
60119 Tues., 4 - 5:30 p.m.
60120 Sun., 7:30 - 9 a.m.
60121 Sun., 9 - 10:30 a.m.
60122 Sun., 10:30 - noon*

*At TEC-SMART in Malta
60110*

*Orientation, Thurs., 2/1, 6 - 7 p.m.
TEC-SMART 125*

*Classroom, Sun., 2/4 - 6/10, 10:30 a.m. - noon
TEC-SMART 125*

Drive Times Available

*60124 Sun., 7:30 - 9 a.m.
60125 Sun., 9 - 10:30 a.m.
60126 Sun., noon - 1:30 p.m.
60127 Sun., 1:30 - 3 p.m.*



Defensive Driving

This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction.

The course is certified with the Department of Motor Vehicles and the National Safety Council. The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. Late arrivals will not be permitted to stay and all fees will be forfeited. The courses are taught by certified instructors from Bell's Driving School.

60252 \$40

1 Session, ADM 101

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



Course descriptions are subject to change without notice.



Learn to RIDE!

OPEN HOUSE
Saturday, March 3
BTC Meeting Room 1, 9 - 11 a.m.
*Meet the coaches, ask questions,
and register for classes.*

MOTORCYCLE SAFETY CLASSES

Registration begins Thursday, March 1.

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

Basic Rider Course for License Waiver \$275

- The fast track for receiving your motorcycle license!
- 18-hour course - three-hour online course plus 15 hours of classroom and riding exercises
- Motorcycle/scooter and helmet provided
- Prerequisites: must be able to ride a bicycle and possess a valid NYS driver's license.
- Offered seven days per week June, July and August. Offered weekends April, May, September and October.

Basic Rider Course 2 for License Waiver \$225

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

Basic Rider Course 2 \$155

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

Other Motorcycle Courses Offered Seasonally

- Introductory Motorcycle Experience \$65
- Basic Rider Course Practice \$155
- Ultimate Bike Bonding Rider Course \$155

WHICH COURSE IS FOR YOU?

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

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

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

2018 course schedule will be posted in early February.

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

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



For registration or course availability questions contact:

Hudson Valley Community College

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



Hi-Lo Aerobics

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

60236 \$70

12 Sessions, MCD 192

Mon., 2/12 - 5/14, 7 - 8 p.m.

No class 3/26 and 4/2

Chrissy Sarratori of Abs In, Inc., Instructor

Core Camp

Lose that weight around the midsection with this fast-track fitness class strategically designed to deliver results! Think Bootcamp meets Pilates. You will be inspired through high-intensity intervals of metabolically-altering cardio drills that are geared to fire up your metabolism. You will learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing. This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year!

60238 \$75

12 Sessions, MCD 192

Sun., 2/11 - 5/13, 6:45 - 7:30 a.m.

No class 3/25 and 4/1

Hollan Bonjukian of Tru Fitness, Instructor

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

Metabolic Blast Bootcamp

Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn through the rest of the day... resulting in a whole day's worth of success! This inspiring fitness journey will empower you with an atmosphere of camaraderie and support to achieve noticeable changes using the proven techniques of interval training. Course fee includes \$25 materials fee.

What you receive:

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

What you give:

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

60242 \$225

36 Sessions, MCD 192

Mon., Wed. and Fri., 2/12 - 5/18, 6 - 7 a.m.

No class 2/28, 3/23 - 4/2

Hollan Bonjukian of Tru Fitness, Instructor

Butts and Guts

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

60224 \$85

10 Sessions, AMZ 306

Tues., 2/20 - 5/8, 5:30 - 6:15 p.m.

No class 3/27 and 4/3

Blythe Hurlburt, Instructor

ZUMBA

Zumba

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

60232 \$70

12 Sessions, MCD 192

Mon., 2/12 - 5/14, 5:45 - 6:45 p.m.

No class 3/26 and 4/2

Chrissy Sarratori of Abs In, Inc., Instructor

60233 \$70

12 Sessions, MCD 192

Wed., 2/14 - 5/16, 5:45 - 6:45 p.m.

No class 2/28 and 3/28

Chrissy Sarratori of Abs In, Inc., Instructor

60234 \$70

12 Sessions, MCD 192

Thurs., 2/15 - 5/10, 4:45 - 5:45 p.m.

No class 3/29

Lori Hallenbeck of Abs In, Inc., Instructor

Zumba Gold

A fun exercise program for beginners and/or active older adults based on the original Zumba. This class offers modifications for people who want to try Zumba but are new to group exercise. This class offers easy-to-follow choreography focusing on balance, range of motion and fun. Wear nonrestrictive clothing and sneakers, and bring a water bottle and your sense of adventure!

60989 \$70

12 Sessions, MCD 192

Wed., 2/14 - 5/16, 4:30 - 5:30 p.m.

No class 2/28 and 3/28

Chrissy Sarratori of Abs In, Inc., Instructor



Ballet Barre

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

60651 \$64

11 Sessions, AMZ 306

Mon., 2/12 - 5/7, 7 - 7:45 p.m.

No class 3/26 and 4/2

Ellen Ehrlich of Total Body Trifecta, Instructor

60808 \$64

11 Sessions, AMZ 306

Tues., 2/13 - 5/8, 6:30 - 7:15 p.m.

No class 3/27 and 4/3

Emma Farison of Total Body Trifecta, Instructor

Barbarian Sandbag Blast

Break out of your fitness plateau and take it to the next level with the Barbarian sandbag workout. Beginners and pros will achieve amazing feats with simple non-stop, multi-muscle moves that ramp up your cardio, build strength and blast your body into a fat burning machine that may experience an increase in metabolic activity 18-24 hours after a single session. Using an individualized sandbag "weight" to swing, push, pull and balance, you'll discover the missing secret of most strength training programs, "variable angular resistance," which comes from the flexible structure of the weight unlike the fixed grip of dumbbells. A special Barbarian sandbag will be provided for each student with an appropriate weight for the semester.

60703 \$75

12 Sessions, MCD 192

Sun., 2/11 - 5/13, 9 - 9:45 a.m.

No class 3/25 and 4/1

Hollan Bonjukian of Tru Fitness, Instructor



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

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

60704 \$75

12 Sessions, AMZ 306

Mon., 2/12 - 5/14, 10 - 11 a.m.

No class 3/26 & 4/2

Hollan Bonjukian of Tru Fitness, Instructor

PILATES

Pilates for Runners

Want to run effortlessly? Want to bulletproof your hips and knees against injury? If you answered "yes" to these questions, then this class is for you! If you just want to become a better runner, join us for Pilates for Runners. This training will help you overcome common problems to runners including: plantar fasciitis, runner's knee and shin splints. Although there will be no running in class, this program is no walk in the park. You will learn the 'golden' exercises that will unlock your inner runner, by targeting the common weak spots; gluteus medius, lower back, abdominals and spine, while lengthening the hamstrings, tightening the quads and conditioning the feet. If you are not a runner, you'll be "runner ready" when you are through! If you are a runner, this class will be transformational for you. Please bring a foam fitness roller with you. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.

60237 \$75

12 Sessions, MCD 192

Sun., 2/11 - 5/13, 7:45 - 8:45 a.m.

No class 3/25 and 4/1

Hollan Bonjukian of Tru Fitness, Instructor

Pilates Mat - Beginner

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

60219 \$64

11 Sessions, AMZ 306

Mon., 2/12 - 5/7, 5:15 - 6 p.m.

No class 3/26 & 4/2

Sarah Hoffman of Total Body Trifecta, Instructor

60220 \$64

11 Sessions, AMZ 306

Wed., 2/14 - 5/16, 5:15 - 6 p.m.

No class 2/28, 3/28 and 4/4

Ellen Ehrlich of Total Body Trifecta, Instructor

Pilates Mat - Intermediate

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

60221 \$64

11 Sessions, AMZ 306

Mon., 2/12 - 5/7, 6:05 - 6:50 p.m.

No class 3/26 & 4/2

Ellen Ehrlich of Total Body Trifecta, Instructor

60222 \$64

11 Sessions, AMZ 306

Wed., 2/14 - 5/16, 6:05 - 6:50 p.m.

No class 2/28, 3/28 & 4/4

Ellen Ehrlich of Total Body Trifecta, Instructor

Course descriptions are subject to change without notice.

Nia

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

60240 \$95

15 Sessions, MCD 192
Tues., 2/6 - 5/29, 5:30 - 6:30 p.m.
No class 3/27 & 4/3
Richele Corbo, Instructor

Cardio Kickboxing

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

60223 \$64

11 Sessions, AMZ 306
Wed., 2/14 - 5/16, 7 - 8 p.m.
No class 2/28, 3/28 and 4/4
Christine Sultan of Total Body Trifecta, Instructor



Kick I.T.

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

60992 \$35

6 Sessions, AMZ 306
Thurs., 2/15 - 3/22, 7 - 8 p.m.
Christine Sultan of Total Body Trifecta, Instructor

Yoga I: Foundations of Practice

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

60227 \$85

12 Sessions, AMZ 306
Mon., 2/12 - 5/14, 3:30 - 4:30 p.m.
No class 3/26 & 4/2

60228 \$85

12 Sessions, AMZ 306
Wed., 2/14 - 5/16, 4 - 5 p.m.
No class 2/28 & 3/28

60492 \$85

12 Sessions, AMZ 306
Thurs., 2/15 - 5/10, 5:45 - 6:45 p.m.
No class 3/29
Jeanne Wein, Instructor

Belly Dance is for Everybody

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

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

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

60270 \$84

10 Sessions, MCD 192
Tues., 2/13 - 5/1, 6:45 - 7:45 p.m.
No class 3/27 & 4/3
Tammy Stanzione, Instructor



TAKE A CLASS WITH A FRIEND!

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

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

Tabata: Burn Fat and Get Fit

You will see the difference this training can make in how you look and feel! This class focuses on your core, arms and buttocks, so be prepared to look your best!

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

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

60239 \$64

8 Sessions, MCD 192

Sat., 2/24 - 4/21, 8:30 - 9:30 a.m.

No class 3/31

Liz Gross of Fitness Professionals

On Demand, Instructor



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

Kettlebells

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

60241 \$64

8 Sessions, MCD 192

Thurs., 3/1 - 4/26, 6 - 6:45 p.m.

No class 3/29

Lisa Morin of Fitness Professionals

on Demand, Instructor

Body Conditioning and Toning

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

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

60484 \$49

6 Sessions, MCD 192

Mon., 2/12 - 3/19, 4:45 - 5:30 p.m.

60971 \$49

6 Sessions, MCD 192

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

Liz Gross of Fitness Professionals on Demand, Instructor



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

The MELT Method™ is a unique approach that directly addresses your neurofascial system, bringing your body back to a more ideal state of balance. You will use specialized small, non-toxic balls designed to create global, lasting changes in your body. You will learn how to decompress the joints in your feet and hands which can change how your knees, low back, and neck feel as well as improve your grip and your gait. You will also learn how to perform a MELT 50-second facelift! Learn this powerful self-treatment method from a qualified MELT instructor who has seen success with her patients regarding many issues (neuropathy, balance impairment, chronic pain, etc.). Please wear comfortable clothing and be prepared to remove your shoes. Also, bring a water bottle. Course fee includes \$30 materials fee.

60514 \$90

*Choose 60658 if you have MELT™ kit - \$60

3 Sessions, ADM 102

Tues., 3/6 - 3/20, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Course descriptions are subject to change without notice.

Chronic Pain Facts

Would you like to know what works for chronic pain and what doesn't and may even cause harm? Learn from an expert who sees people eliminate pain, regain health, and return to doing the things they love to do every day. You will learn:

- Why does pain happen and why doesn't it go away?
- Do pain meds work and are they safe?
- How effective are injections, procedures, surgeries?
- Why doesn't pain management work?
- Why does physical therapy often fail to eliminate pain?
- What works to decrease or eliminate pain?

Course fee includes a \$5 materials fee.

60990 \$35

1 Session, ADM 102

Tues., 5/1, 6 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

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

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

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

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

60817 \$35

3 Sessions, MCD 192

Thurs., 3/8 - 3/22, 7 - 9 p.m.

Steven Grogan, Instructor

Eliminate Pain with Total Motion Release!

The Total Motion Release Technique takes a non-traditional but effective approach to address pain. It allows your body to naturally re-align and heal, which proves to be very successful. Total Motion uses a little known secret of treating pain free motions which causes a re-aligning of both shoulders (or entire right or left side) and alleviates your pain. This is NOT an exercise class and no equipment is necessary. Taught by a licensed physical therapist who has seen powerful results with her patients. Wear comfortable, loose clothing and bring a water bottle. Course fee includes \$15 materials fee.

60822 \$85

3 Sessions, AMZ 306

Thurs., 4/5 - 4/19, 7 - 8 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Nourish Your Body for Life Long Wellbeing!

Discover the relationship between disease and food, science-based facts about nutrition (not fads), food basics, what promotes disease/what fights disease, what really creates body fat, and much more. You will take practical steps, learning how to shop, prepare, and enjoy foods that nourish your body and bring you to an ideal weight while greatly reducing your risk of (or may reverse if present) degenerative disease. You can even eliminate the need for many medications with the right nourishment! You will receive nine hours of detailed information, a written manual with references, and three delicious four-course meals. This class is recommended by multiple medical specialties. Course fee includes \$45 materials fee.

60515 \$135

3 Sessions, ADM 105

Wed., 4/4 - 4/18, 6 - 9 p.m.

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

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



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

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

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

60629 \$135

3 Sessions, AMZ 306

Thurs., 4/26 - 5/10, 7 - 8 p.m.

*Choose 60659 if you have

MELT Soft Foam Roller \$65

Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

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

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

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

Day Session
60269 \$215
53 Sessions, BTC 322
Mon. - Thurs., 2/5 - 5/17, 9:30 a.m. - 3 p.m.
No class 2/28, 3/26 - 3/29, 4/2 and 4/3
Erin Coy, Instructor

Evening Session
60269 \$85
26 Sessions, BTC 322
Mon. and Wed., 2/5 - 5/16, 6 - 9 p.m.
No class 2/28, 3/26, 3/28, 4/2
Joal Bova, Instructor

TABE Pre-Tests
60256 Wed., 1/24, 6 - 9 p.m.
60257 Sat., 1/27, 9:30 a.m. - 12:30 p.m.
60258 Wed., 1/31, 6 - 9 p.m.
60259 Thurs., 2/1, 9:30 a.m. - 12:30 p.m.

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

Office of Community and Professional Education at (518) 629-7339

CERTIFICATE OF RESIDENCE INFORMATION

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

Why do you need it?

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

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

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

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

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



FREQUENTLY ASKED QUESTIONS

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

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

Q: Are there any requirements to take the exam?

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

Q: Is there a cost for the exam?

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

Q: Can I take the test more than once?

A: Yes, you can take the test up to three times in a calendar year.

DON'T WAIT TOO LONG!

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

REGISTER TODAY!



Learn to Make Sweets with Your Lil' Sweetie

You will work with your child (ages 5 - 10) to create delicious no bake desserts. This is a chance to spend quality time with your lil' sweetie and learn recipes you'll both want to create over and over again. Course fee includes \$20 materials fee and is for one parent and one child. Both must be registered.

61020 \$35

61026 - child's registration

1 Session, DCC 135

Mon., 4/16, 5:30 - 7:30 p.m.

Sarah Diamond, Instructor

*Cooking Basics for Kids

This three-week class will help you teach your child (ages 8 - 14) the basics of cooking. They will learn to make different sauces and pasta. Your child will also learn basic knife skills.

Course fee includes a \$35 materials fee.

60803 \$75

3 Sessions, DCC 135

Sat., 4/7 - 4/21, 9 - 11 a.m.

Sarah Diamond, Instructor

Mice on Ice (Ages 3 - 5)

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

60264 \$55

6 Sessions, MCD Ice Rink

Tues., 1/23 - 3/6, 10 - 10:30 a.m.

No class 2/6

60265 \$55

6 Sessions, MCD Ice Rink

Tues., 1/23 - 3/6, 10:30 - 11 a.m.

No class 2/6

Stefanie Oakes-Walsh, Instructor

Playing College Sports: Do You Have What It Takes?

Do you dream of playing college sports? Do you need guidance regarding the NCAA clearinghouse, applying to colleges, and communicating with coaches? If you answered yes, than this seminar is for you. Join Linda King, president of the King Advantage, and athletic advisor and counselor Tony Rivera, for a candid discussion on what it takes to play. Linda has more than 20 years of experience assisting families with competitive college admissions, applications, essays, scholarships, and more. Linda is also a graduate of the Harvard Institute. Tony has more than 10 years of experience in the higher education arena, serving in roles such as admissions director and assistant basketball coach, and is currently director of an EOP program. Tony played four years of college basketball. Don't miss out on this opportunity to hear from experts who can assist you in making the right decision. Course fee is for one parent and one child. Both must be registered.

60988 \$29

1 Session, ADM 101

Thurs., 3/8, 6 - 7:30 p.m.

Linda King, Instructor

61012 - child's registration

S.A.T. Preparation Course

This course is designed to prepare you for the Scholastic Aptitude Test (math, verbal and writing sections). The schedule of topics will be determined during the first session.

The course will teach strategies for problem solving, vocabulary development, reading comprehension, sentence completion, grammar and essay writing skills.

The classes will use actual SAT questions to familiarize you with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is "McGraw Hill's SAT, 2018 Edition," and is required for the first class session.

60262 \$150

9 Sessions, ADM 104

Wed., 2/28 - 5/2, 7 - 9 p.m.

No class 4/4

Shayne Bishop and Jill Casey, Instructors

* = Some Kids on Campus programs require additional forms to be submitted for your child.

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

FEBRUARY BREAK CAMPS

FOR KIDS
8 - 12

*Hogwarts on the Hudson

Want to study courses just like Harry, Ron and Hermione? Come to Hogwarts on the Hudson at Hudson Valley Community College, where you can learn potions, arithmancy, care of magical creatures and more! Costumes are optional and sorting takes place on day one, so be there... or be a muggle. Course fee includes a \$5 materials fee.

60998 \$120

Mon. - Fri., 9 a.m. - noon

2/19 - 2/23

Jeannette Folger-Beebe, Instructor

60999 \$10

Lunch - You provide the lunch, we provide the supervision from noon - 1 p.m.

*Around the World in 80 Plates

Wouldn't it be nice to go on a vacation far away? Well, we can pretend by learning about destinations around the world, their cultures, and, most importantly, their food! We will make and eat different foods from countries worldwide. It may not actually be 80, but there will be plenty! Please be aware of possible allergens that are likely included in the recipes. Course fee includes a \$25 materials fee.

60997 \$100

Mon. - Fri., 1 - 4 p.m.

2/19 - 2/23

Jeannette Folger-Beebe, Instructor

60849 \$20

Extended care is available from 8 - 9 a.m. and 4 - 5 p.m.

**Enroll in ½ day or full day camp!
Extended care available.**

Contemporary Guitar Skills I

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

60214 \$119
 12 Sessions, WIL 113
 Tues., 2/13 - 5/15, 6 - 8 p.m.
 No class 3/27 & 4/3
 Gary Cellucci, Instructor

Contemporary Guitar Skills II

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

60462 \$119
 12 Sessions, WIL 113
 Mon., 2/12 - 5/14, 6 - 8 p.m.
 No class 3/26 & 4/2
 Gary Cellucci, Instructor



Victoria Regina

Her reign was the longest of any British monarch until she was surpassed by her great-great granddaughter, Queen Elizabeth II in 2015. She was Victoria, Queen of the United Kingdom of Great Britain and Ireland and Empress of India, associated with Britain at its zenith, the booming Industrial Revolution, and particularly with empire. Victoria bore nine children, yet hated being pregnant, and thought newborns ugly. The title "Grandmother of Europe" was applied to her, but she also passed along a dangerous genetic defect to some of her descendants. Her marriage with Prince Albert of Saxe-Coburg was for love, and his untimely death in 1861 threw her into a black depression. Still, afterwards, Victoria relied increasingly on a Scottish manservant, John Brown, to the extent that salacious gossip of a romance appeared in print, and the Queen was sarcastically referred to as "Mrs. Brown." Discover the life of this remarkable sovereign and woman who gave her name to the exciting age in which she ruled "the Victorian Era."

60963 \$45
 4 Sessions, ADM 102
 Thurs., 4/12 - 5/3, 7 - 9 p.m.
 Dan O'Callaghan, Instructor

Culture Shock! An Experience

This course invites you to a first-hand experience of crossing over into a strange new culture without traveling out of the country. Activities include working with a partner and playing games to broaden your awareness of yourself and the world. If you are traveling, studying, or moving abroad, or just want to experience new perspectives, this is for you!

60987 \$15
 1 Session, ADM 103
 Tues., 5/8, 6 - 8 p.m.
 Lisa Jiardini, Instructor

Movin' and Groovin'

Calling all adult men and women! Do you need to incorporate exercise into your life and don't know where to begin? Go back to the basics of your youth when you danced like no one was watching. It was exercise in disguise! Our version of Soul Line Dancing is no-partner dancing to tunes from Elvis to Bruno Mars with a generous sprinkling of Motown mixed in. We have no rules in our dancing! We teach easy-to-learn routines, but we encourage individuality and creating your own interpretation. Join us for this fun, no-pressure class, and you'll dance with your heart and feel your soul.

60821 \$59
 6 Sessions, MCD 192
 Thurs., 4/12 - 5/17, 7 - 8:30 p.m.
 Mary Colby, Instructor

Introduction to Permaculture and Nature Connection

Along with industrialization and globalization has come a flood of environmental and cultural consequences. Our relationship to, and use of, the natural world has changed dramatically, and the great challenge of our time is seeking a solution to this issue. Join us to learn about some of the grassroots, community-based, and fast-spreading solutions that have emerged.

We will focus on deepening our personal and group relationships to nature through awareness-building core routines focusing on bird language, tracking, primitive skills, wild and medicinal plants, mentoring and culture repair.

We'll also discover permaculture and practice the creative design system that aims to meet human needs, while also meeting the needs of the rest of the ecosystem.

61011 \$35
 3 Sessions, DCC B05
 Tues., 5/8 - 5/22, 5:30 - 7:30 p.m.
 Kevin Bose, Instructor

Course descriptions are subject to change without notice.

Learn to Play Mah Jongg

Whether you are a complete beginner or just need a refresher, join us. This class includes basic instruction and the opportunity to play with people of varying skill levels. Please bring a 2018 National Mah Jongg League, Inc. Official Standard Hands and Rules card. If you have a Mah Jongg set, please bring it with you. Cards can be purchased at www.nationalmahjonggleague.org.
60964 \$45

4 Sessions, DCC B06
Tues., 5/1 - 5/22, 1 - 3 p.m.
Nancy Siegel, Instructor



Mass Incarceration, Affirmative Action and the Constitution

Analyzing racism in America as a series of legal issues, this course will examine the rules - from the Constitution, Supreme Court cases and federal laws - as well as the realities. We will look at the controversies concerning race and criminal justice with a focus on the causes of what's called mass incarceration. The discussion then shifts to the debates about Affirmative Action in higher education and employment, wrestling with such questions as: Is US law colorblind? Should it be?
60926 \$19

2 Sessions, WIL 113
Fri., 3/16 - 3/23, 1 - 3 p.m.
Stephan Haimowitz, J.D., Instructor

Start an Edible Garden



Grow delicious, nutritious fruit and vegetables in your own backyard! In this course, you'll learn how to give your garden a healthy start and keep it growing strong all season. This course is taught online through Ed2go. You will receive your online ed2go username and password within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.
61009 \$115

Online course dates: 3/15 - 5/15

Life History Calendars

You will leave this course with a basic understanding of Life History Calendars: how they have been used in social science research, and how they may be reformulated for your own self-discovery.

Life history calendars (LHCs) are data collection tools that have been used by social scientists since the late 20th century. They have been used to collect personal event history data to analyze life dynamics and also as a therapeutic assessment tool and guide.

This new introductory course reformats LHC's use and places the power of their effectiveness into your hands, whether you are a manager, trainer, retreat leader, memoirist or just an individual interested in exploring your personal history for self-discovery.

The LHC can provide accurate reporting on how we become the individuals we are, why we behave the way we do, and it may answer some often persistent questions about whether we can change. The applications of LHCs are endless, as they can be developed for the purpose of identifying information specific to a particular question.
61013 \$55

5 Sessions, DCC 138
Wed., 4/11 - 5/9, 6 - 8 p.m.
Patricia Carson, Instructor

Mastering Your Digital SLR Camera



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

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

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

By the end of this course, you'll truly be a DSLR master, and most of all, you'll be able to use your camera to take the photos you've always dreamed of. This course is taught online through Ed2go. You will receive your online username and password within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc
60914 \$115

Online course dates: 3/14 - 5/4



For instructor bios, please go to pages 41-43.

Identification and Reporting of Child Abuse and Maltreatment

In just two hours, you can fulfill your New York State license requirements. Hudson Valley Community College is certified by the New York State Education Department to provide child abuse recognition and reporting training for professionals: physicians, chiropractors, dentists, registered nurses, podiatrists, optometrists, psychologists, dental hygienists, classroom teachers, school service personnel, administrators and supervisors. You'll gain critical information about child abuse/maltreatment identification and reporting, behavioral indicators, as well as social service law and other mandates. All necessary forms, which are evidence of completion, are provided at the end of the class. .2 CEUs

60166 \$29

1 Session, ADM 105

Thurs., 3/22, 6 - 8 p.m.

Kelleena Richards, Instructor

Infection Control

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

dentists, registered professional nurses, podiatrists, optometrists, licensed practical nurses, dental hygienists, physicians and physician assistants. .3 CEUs

60905 \$35

1 Session, BRN 207

Mon., 4/16, 6 - 9 p.m.

Barbara Boden, Instructor

HeartCode BLS

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

Step 1 - Completion of online Course (HeartCode BLS)

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

Step 2 - Register for a hands-on skills session

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

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

60105 \$30

1 Session, 400 Jordan Road, Room 224

Thurs., 2/22, 5 - 6:30 p.m.

Rensselaer Technology Park

60106 \$30

1 Session, 400 Jordan Road, Room 224

Sat., 4/21, 9 - 10:30 p.m.

Rensselaer Technology Park



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

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

All participants will receive an approved NYS Education Department certificate upon completion of this training. It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff. The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior; and classroom management techniques when responding to potentially violent situations or behavior. .2 CEUs

60072 \$29

1 Session, HGB 205

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

Diane Teutschman, Instructor

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

DENTAL COURSES

Alternative Dental Assisting Program (ADAP)



This module-based online program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the New York State Education Department. This course will provide adequate preparation to take the New York Professional Dental Assisting, Radiation Health and Safety, and Infection Control exams. You may also choose to sit for the Certified Dental Assistant examination administered by the Dental Assisting National Board. Topic information will be presented in an online distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. Please note the cost for books, licensing exam and licensing application fees are not included. For more information, call our office at (518) 629-7339. 5.25 CEUs
60357 \$1050

Online class dates: 2/19 - 6/15
Judy DiLorenzo, RDH, MA
Ann Gallerie, RDA, CDA, AS
Gabriele Hamm, RDA, CDA, CDPMA, AS

NYS Certification Course: Local Infiltration Anesthesia and Nitrous Oxide Analgesia (Web Enhanced Course)

The New York State Board of Regents established requirements for licensed dental hygienists to obtain a restricted certificate to administer local infiltration anesthesia and nitrous oxide analgesia in the practice of dental hygiene under the personal supervision of a licensed dentist. Upon the successful completion of this course, the dental hygienist will be able to apply for certification through the New York State Education Department. 3.5 CEUs will be awarded for at the completion of the course. Online coursework is also required.

Prerequisites: In order to attend this course, participants are required to show proof of current CPR/BLS certification for health care professionals and proof of current New York Dental Hygiene Licensure is required prior to the initial class meeting.

Textbooks are required for the course and are not included in the course fee. The list of required books will be mailed out with the registration confirmation. Registrations must be received by Feb. 19, 2018. 35 Contact hours, 3.5 CEUs
60407 \$950
4 Sessions, FTZ 151
Sat., 3/3 and 3/10, 8:30 a.m. - 4:30 p.m.

Sun., 3/4 and 3/11, 8:30 a.m. - 12:30 p.m.
Marianne Belles, Course Coordinator

Local Infiltration Anesthesia Review Course

This course will review and refresh the knowledge and skills required for safe and effective administration of local infiltration anesthesia. Topics reviewed include neuroanatomy, pharmacology of local anesthetics, anatomical landmarks for injection sites, armamentarium and injection technique. The required 10 hours are divided into three hours of web-enhanced review, and seven hours of clinical instruction.

Prerequisites: CPR/BLS Certification for Health Care Professionals, current NYS Dental Hygiene Licensure and Registration and current NYS Dental Hygiene Restricted Certificate Local Infiltration Anesthesia and Nitrous Oxide Analgesia. Required textbook information will be provided with registration confirmation and is not included in the cost of the course. 10 contact hours, 1.0 CEUs
60607 \$350
1 Session, FTZ 151
Sat., 3/3, 8:30 a.m. - 4:30 p.m.
Marianne Belles, Course Coordinator

For instructor bios, please go to pages 41-43.

EARLY CHILDHOOD PROFESSIONAL DEVELOPMENT INSTITUTE - SPRING 2018

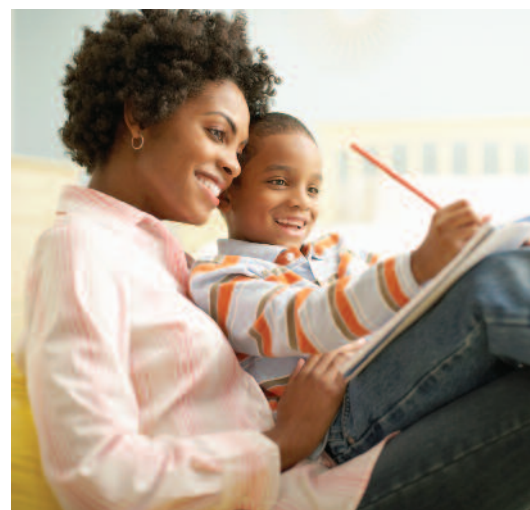
A series of two-hour workshops for early childhood teachers, family child care providers, foster families, and parents!

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

Exploring Nature in the Early Childhood Classroom

There is a growing body of research on the benefits of outdoor play, beyond physical development. Research shows that children are more imaginative, creative and cooperative when they have daily opportunities for outdoor play. Join us for a fun-filled evening discovering the effect of nature on a child's development, how to incorporate nature into your classroom, and what the benefits of nature are for both the child and the teacher. We will have the opportunity to use the natural environment to create an interactive lesson which you can adapt to your own classroom.
61008 \$19

1 Session, HGB 205
Wed., 4/25, 6 - 8 p.m.
Presented by Laura Brewer, M.S. Counseling, B.S. Education K-6th, Full time faculty, HVCC
This workshop meets the OCFs Areas 1 & 3 and ELG Domain II, III, IV, V.



Registration Form

Community and Professional Education



PLEASE - ONLY ONE STUDENT PER FORM. Thank You! // REGISTRATION STARTS 1/12

Name: _____
First Middle Last

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

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

Address: _____

City, State, Zip _____

Email address: _____

May we contact you via email? Yes No

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

PAYMENT INFORMATION

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

Card #: _____ Exp. Date: _____

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

COURSE INFORMATION

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

CRN # _____ Course Name _____ Fee _____

TOTAL: \$ _____

HOW DID YOU RECEIVE OUR BROCHURE?

From Community & Professional Education

Mail

From a friend

The college website

Community location (store, library, etc.)

Other: _____

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

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

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

Registration Information

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

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

Extended Hours: Sat., 1/13, 9 a.m. - noon

Tues. - Thurs., 1/16 - 1/18, 8 a.m. - 6 p.m.

The office be closed on 3/28 from 9:30 a.m. - 1:30 p.m. for Staff Development Day.

How to Register



ONLINE

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

Go to www.hvcc.edu/communityed/register.html

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



BY PHONE

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



BY FAX

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



BY MAIL

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

HVCC

Community and Professional Education

80 Vandenburg Avenue
Troy, NY 12180



IN-PERSON

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

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

REFUNDS/CANCELLATIONS

Courses nine weeks or longer

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

Courses eight weeks or shorter

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

Please Note:

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

CONTINUING EDUCATION UNITS (CEUS)

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

PARKING

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

SUSAN BAIRD is the former commissioner of the Rensselaer County Department for the Aging and the former director of the Saratoga County Office for the Aging. She was also the assistant director of the New York State EPIC Program. Since retiring, Susan has become a well-known local artist and author and collaborated with April March, First Lady of Burlesque, on March's autobiography.

HENRY BANKHEAD has an M.A. in political science and history. He was an adjunct professor at St. Rose for over 20 years teaching various undergraduate courses.

MICHAEL P. BARRETT earned a B.S. at Russell Sage College and went on to receive a Juris Doctor degree from the Western New England University School of Law. He is now the executive director of the Hudson Mohawk Industrial Gateway and the Burden Iron Works Museum in Troy. A member of many historical societies, he has led tours and lectures for more than 135 organizations.

PAULINE BARTEL is a nationally-known author and award-winning writer. Among her best-selling books are "The Complete Gone With the Wind Trivia Book" (2nd edition), "Spellcasters," "Reel Elvis!" and "Amazing Animal Actors." Her byline has appeared in more than 100 periodicals for children, teenagers and adults. She is president of Bartel Communications, an award-winning corporate communications firm that builds company images with words: www.paulinebartel.com.

MARIANNE BELLES, RDH MS is a full-time professor in Hudson Valley's Dental Hygiene Department and has taught local infiltration anesthesia and nitrous oxide analgesia certification courses since 2001. Her experience includes more than 25 years as a practicing dental hygienist and an active member of the American Dental Hygienists' Association.

BELL'S AUTO DRIVING SCHOOL, INC. has been in the business of training drivers in the Capital Region for more than 50 years. They offer courses for new drivers, road test preparation, licensed drivers looking to improve their skills, and more.

FATIMA BEY has been sewing and crafting since she was nine years old. Fatima teaches sewing, quilting, crocheting, knitting and jewelry-making, and has her own line of brand-name fashion accessories.

SHAYNE BISHOP has a Master's degree in math/education from the College of St. Rose. He has been a teacher and tutor in several local school districts.

BARBARA BODEN has been a nurse for over 40 years and believes in the importance of infection control in healthcare. She has taught infection control to nursing assistants, nurses and multiple other healthcare workers in her role as education specialist at a large acute care hospital.

CAROL BOLLINGER GREEN received her B.F.A. in illustration at Syracuse University, and M.A. in painting and drawing from SUNY Albany. Carol teaches painting and drawing at HVCC and the Arts Center of the Capital Region.

HOLLAN BONJUKIAN is the owner of TrU Fitness and Nutrition. She is a nationally certified personal trainer and nutritional consultant and holds a B.A. in Art Therapy, with studies and certifications in metabolism and hormonal health, running injury prevention, mad dog SPIN, Pilates, eating disorders, addictive and mal-productive behaviors, and senior populations. TrU Fitness and nutrition: <http://trufitnessandnutrition.com>

KEVIN BOSE holds a M.A. in culture, ecology and sustainable community and is a graduate of the year-long Regenerative Design and Nature Awareness (RDNA) program, which combines wilderness awareness and permaculture. Kevin is an instructor at Flying Deer Nature Center in New Lebanon, where he mentors children and adults.

SHARYN BOUCK is an independent Stampin' Up! demonstrator and has been teaching her love of paper-crafting since 1996.

JOAL BOVA has been teaching high school equivalency courses at Hudson Valley for nearly nine years. He holds a Master's degree and has worked in special education.

KATHLEEN BRENNAN-CLAYDON has been a cake decorator for 25+ years. It started as a hobby and grew into a passion. Kathleen lives in Poestenkill with her husband Glenn, their two shepherds Nina and Tesla and their pug mix Little Man Da Bull.

LAURA BREWER is a full-time instructor in Hudson Valley's Teacher Preparation Department, which she has been a part of since 1998. She has a Bachelor's degree in elementary education and a M.S. in counseling. Prior to teaching at Hudson Valley, she provided play therapy and counseling for children with emotional and behavioral challenges, incorporating the outdoors in her work.

VICTOR BUJANOW, CIC, is a practicing notary public and notary signing agent. He is a licensed insurance broker with more than 25 years of experience and a former insurance and real estate agency owner. He teaches NY pre-licensing insurance and continuing education courses and is the chief instructor with Empire Safety Council of New York, teaching the NYS DMV-approved six-hour defensive driving course.

CINDY BUREK's decades of design experience range from graphic arts to floral design to cookie decorating. She considers herself an artist who paints on an edible canvas. Cindy has been making custom cookies since 2009 and founded her cookie business in 2011. She first began teaching cookie decorating classes in Rensselaer County in 2014.

CAPITAL AREA MOTORCYCLING SCHOOL has been the New York capital area's premier motorcycle school since 1997.

PATRICIA CARSON has more than 25 years of teaching and program development experience in college settings. Life on a Line (L.L.C.) is her entrepreneurial debut startup that teaches the life history calendar (LHC) for making sense of people: themselves and others. Her teaching style places enlightening, productive discussions and a thoughtful sense of humor at the center of each class meeting.

JACK CASEY is an author, attorney and former political leader who just completed his historical novel "Hamilton's Last Clash." In his classes, Jack shares his views on the darker side of American adversarial politics, and plays and sings Revolutionary-era songs.

JILL CASEY earned a B.A. from Siena College and an M.S. in reading from the University of Albany. Jill has been a teacher at the North Colonie Central School District for 16 years.

MIRISSA CASEY is the owner of The Chic Chef. She has extensive experience in teaching cooking courses and catering around the Capital Region.

GARY CELLUCCI owns and operates GCMusic, which offers performing, songwriting, production, recording and lesson services. Gary created Hudson Valley's Contemporary Guitar Skills courses.

PAUL CENTANNI has worked with enterprise networks for over 20 years. He holds industry-recognized certifications in network infrastructure and cybersecurity. He currently works as a senior-level solutions architect in the Albany area. Paul enjoys sharing his knowledge and experiences in the classroom.

PHYLLIS CHAPMAN, is a historic interpreter who gives costumed, first-person interactive presentations of notable American women. She was the director of education for the Bennington Museum in and curator of fine arts at Skidmore College. She has been active in living history programs for nearly 20 years.

JEAN CHENETTE is a retired elementary school teacher who has developed display gardens in her retirement years and coordinates classes for creative retirement.

JIM COCHRAN is a retired English teacher with 32 years of classroom experience with students of all ages. Since his retirement, he has developed a keen interest in American history, especially the Civil War.

MARY COLBY has decades of dancing experience and has taught at other continuing education programs.

COLLEEN CONNOLLY was an art educator for 37 years with the Stillwater Central School District. Colleen teaches acrylic painting, pastel painting, drawing and collage for the college.

CAROL COOGAN is an artist, illustrator, designer, writer, instructor, and trained SoulCollage® facilitator. She created the "Backyard Naturalist," a newspaper feature she wrote and illustrated for the Times Union for 10 years.

RICHELE CORBO has been dancing since she was a toddler and owns her own studio, Body Bliss, in Averill Park.

ERIN COY earned an M.S. in secondary education from the University at Albany. She has been teaching high school equivalency courses since 2010.

Instructor Bios

CREATIVE VOICE DEVELOPMENT

From Award-winning, individualized Voice Over Training and Demo Development Programs to Introductory Voice Over Workshops and Corporate Communication Training, Voice Coaches is committed to providing an exceptional, realistic, and engaging educational experience.

JAYMIE DENNY is a full-time real estate professional and lifetime New York resident who uses her knowledge of the local area when assisting her clients. She is also certified as a senior real estate specialist and a probate real estate specialist.

SARAH DIAMOND is a graduate of Troy High School and Johnson & Wales University. Sarah worked in the hospitality industry for the last 20 years as general manager, kitchen manager, national training manager, and food and beverage director. Five years ago, she started her own full-service catering company, specializing in home meal deliveries and meals and desserts for those with allergies and dietary restrictions.

JUDY DILORENZO, R.D.H., M.A., earned her dental hygiene degree from the Forsyth School for Dental Hygienists. She received her B.S. at Northeastern University and her M.A. at SUNY Empire State College. She has been the college's Dental Hygiene department chairperson since 2000.

LISA DOUGHERTY has been active in tracing the history of not only her own family, but many others for over 20 years. She specializes in online research and the effective use of websites to investigate family history.

ELLEN EHRLICH is a group fitness instructor who has 3 national certifications in Pilates, plus national certifications in ballet barre, yoga, kickboxing, personal training, soul synthesis and group fitness. She is also a master trainer for the Exercise Safety Association. In addition to teaching at HVCC she teaches at MYGYM for Total Body Trifecta and does personal training for private clients.

EMMA FARISON danced locally and competitively throughout college. She is currently certified in ballet barre through SCW Fitness Education. She is employed as a group fitness instructor for Total Body Trifecta and is a math teacher at Saratoga Springs High School.

RICHARD FELDMAN is a retired teacher from Bethlehem Central High School, where he taught English, creative writing and American musical theatre and directed and choreographed musical productions for 33 years.

JOHN FERRUCCI has been teaching driving courses at Hudson Valley for over a decade. He has worked as both a classroom and a driving instructor for the driver education program.

FRANK FINCH has taught history, economics, and political science at both high school and college levels. He received a bachelor's degree with honors in history and political science from SUNY Binghamton, a master's degree in social studies education from SUNY Plattsburgh.

JOYCE FLOWER started basket weaving 27 years ago. She teaches adults and children at various education programs, studios and enrichment programs. Joyce continues to take classes to further her knowledge of her craft.

JEANNETTE FOLGER-BEEBE is a NYS-certified social studies teacher, substitute teacher and tutor. She likes to share reenactor, traveling around to major battlefields and in New York state teaching people about life in the 1860s.

ELAINE FRIEDMAN has been teaching ESL for more than 20 years. She taught at Florida International University and Broward Community College and now teaches at Hudson Valley and Schenectady County Community College. She has a master's degree in teaching English to speakers of other languages (TESOL).

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

ANN GALLERIE, R.D.A., C.D.A., A.S., is a dental assisting educator at Hudson Valley and the technical assistant for the college's Dental Hygiene Department. She is a Hudson Valley graduate and licensed registered dental assistant (R.D.A.). She also holds her national certification as a certified Dental Assistant (C.D.A.) given by the Dental Assisting National Board (D.A.N.B.).

STEVE GROGAN has been studying Wing Chun Kung Fu for 20 years. Steve spent time learning the Ip Ching lineage. Ip Ching's father, Ip Man, taught Bruce Lee.

LIZ GROSS is an AFAA certified personal trainer and group exercise instructor who enjoys helping people reach their fitness goals and gain confidence in a fun and safe environment. She believes that no matter what your age or fitness level, there is always something you can do to improve your overall wellness.

STEPHAN HAIMOWITZ is a civil rights attorney with experience in the health care, human services and criminal justice systems. His recent work has included program development, including collaborations to divert people with mental illness from jail to treatment, and strategies to increase job opportunities for people with disabilities.

LORI HALLENBECK received her license to teach Zumba® in 2013 and her certification to teach Bokwa® in 2014. She is also licensed to teach Aqua Zumba, Zumba Gold, Zumba Kids and Kids Jr., and STRONG by Zumba. She currently teaches at locations throughout the Capital District.

GABRIELE HAMM, R.D.A., C.D.A., C.D.P.M.A., A.S., is the dental assisting coordinator and an educator at Hudson Valley. She is a graduate of Hudson Valley and of the Dental Assisting certificate program at Westchester School for Paraprofessional Training.

DAVE HANSEN has been leading computer learning initiatives for adults and kids in various venues throughout the area for the past 20 years. Dave currently works as a technology teacher at Algonquin Middle School in Averill Park.

HEIDI HILL is the site manager of Crailo and Schuyler Mansion State Historic Sites.

SARAH HOFFMAN has been a Pilates instructor with Total Body Trifecta for almost 10 years and has been practicing Pilates for even longer. She loves teaching and sharing her passion for Pilates.

LISA HOYT is the director of the Dyken Pond Environmental Education Center.

BLYTHE HURLBURT is an ACE certified personal trainer, AFAA certified group fitness instructor, and certified holistic life coach through the Spencer Institute. She has additional specialties in Parkinson's wellness, eating disorders recovery, and cancer survivor programming. She engages clients in total-body wellness through fitness techniques that include HIIT, kettlebells, Tabata, core conditioning, and indoor cycling.

LISA JIARDINI has taught German for almost 20 years, after studying twice in Germany and living there for three years. She loves creating fun, interactive courses to inspire trust and motivate learning.

JANET KIFFNEY has been a certified volunteer Medicare counselor for ten years. With a background in analysis and information system design, and experience in health care and tax system work, she is right at home with Medicare requirements and choices.

LINDA KING has over two decades of experience in school counseling. She is also a current adjunct instructor at Sage Graduate School.

KEN KISER has previous experience teaching at the community college level in Illinois.

EILEEN KOPSFTIS is a physical therapist who has trained for over 20 years in multiple techniques that effectively resolve back pain.

LEEANNE KRUSEMARK is a journalist, author, and owner of an award-winning public relations business for 20 years. Her in-person publishing and entrepreneurship workshops are offered at more than 200 facilities nationwide.

BRIAN A. LARSON is licensed by New York State as a teacher of driver education; he also holds a CDL and drives buses, trucks, and motorcycles. He teaches driver education, the five-hour pre-licensing course, and defensive driving for Hudson Valley.

MATTHEW LINDROTH has more than 50 years of experience in Swahili. He makes 2-3 humanitarian trips to Uganda each year.

STEVE MINER earned a B.A. in political science and an M.S. in education from Oneonta State College. Steve is self-employed in the financial services business and enjoys working with a diverse client base and assisting them in attaining their financial, investment and estate planning goals.

LISA MORIN strives to promote lifestyles that incorporate sports activity, weight training and cardiovascular work. Her certifications include TRX, Boot Camp/Group Fitness and Spin. Her fitness resume spans everything from college cheerleader to boxer, fitness instructor, and marathon runner.

BETTY and JOHN NICKLES, both retired college teachers, are avid naturalists and enjoy sharing their knowledge of nature with others. Since the fall of 2003, they have led "ambles" through some of the Capital Region's best nature areas to explore the uniqueness of each habitat.

STEFANIE OAKS-WALSH skated for five years for Disney on Ice and other touring shows. She is a group and private skating instructor, doctor of physical therapy, certified Pilates instructor, and a member of the medical staff for U.S. Figure Skating.

DANIEL O'CALLAGHAN, is a native of Long Island with a passion for European history. Dan has successfully created and taught many courses at Hudson Valley, most recently "Three Titled Americans."

MICHELE PETERS, A.I.F.D., C.F.D., is the owner of Ambiance Florals and Events. Michele is a floral artist with design styles that range from romantic and classic to modern and abstract. With more than 30 years of experience, her energy, passion, and creativity reflect in every design, wedding, or event.

NOREEN POWELL started her art career in Buffalo, N.Y. Noreen obtained her master's in education with a concentration in art from SUNY Albany.

MIZANUR RAHMAN has 15 years of professional experience in Microsoft and Oracle technologies and teaches at both the graduate and undergraduate level online and in classroom environments. Mizanur earned PMI certification PMP in January 2014 and holds a Master's degree in Computer Information Systems from Brooklyn College, CUNY.

KELLEENA RICHARDS is an attorney with 15 years of experience in child abuse, neglect and mandated reporting. She is an adjunct instructor at in the college's Department of Criminal Justice, Public Administration and Forensic Science.

CHRISSEY SARRATORI is the president and owner of Abs In, Inc. and is an AFAA certified group fitness instructor. Chrissy and her team are certified/licensed in the latest fitness trends including Bokwa, Zumba, Pi-Yo, Turbokick, Tabata and Pilates.

MARILYN SASSI is currently an adjunct instructor at the college and at Schenectady County Community College. She has also presented series for U Call at Union College. She is the past curator of the Schenectady County Historical Society, The Fulton County Museum and the VanAlstyne Homestead Society.

SANDY SCHUMAN is a storyteller, musician, and educator. He tells stories about songs and songwriters, personal adventures, historical sagas, folk tales, and stories in the Jewish storytelling tradition. His father was a storyteller, and Sandy realized he was too when he led a training program where attendees pointed out that they enjoyed his stories.

ALETA SCHWEIGERT learned to do a variety of handiwork methods at the age of nine from her mother and is now passing along the creativity and experience to her students.

KATHRYN T. SHEEHAN, a Troy native, is the Rensselaer County and Troy city historian. Kathryn has researched and lectured on a number of local history topics and has presented her work on local, national and international news venues. Her new book, "Architecture Worth Saving in Rensselaer County: Revisited 50 Years Later," is due out this year.

NANCY SIEGEL is a retired teacher and has taught Mah Jongg at various places in the Capital Region.

TAMMY STANZIONE is a belly dance entertainer, choreographer and instructor from the Capital Region. She attends master-level conferences to provide her students with the highest quality of instruction.

CHRISTINE SULTAN is a certified group fitness and kickboxing instructor for the Exercise Safety Association. She has developed two different types of kickboxing classes since joining the Total Body Tri-fecta staff.

DIANE TEUTSCHMAN has worked at Hudson Valley since 2004, as an adjunct instructor and academic advisor. She currently teaches in the Teacher Preparation and Fine Arts departments, and supervises student teachers during their practicum for preparing to teach.

STEVE TRIMM is an amateur historian and a tour guide at the Grant Cottage State Historic Site.

JEANNE WEIN became interested in yoga in 1977 and has studied with distinguished teachers. She says she has been drawn deeply into the way lives are transformed by the practices of postures, breathing and meditation.

NEVILLENE WHITE is the owner/chef at Soul Kitchen in Albany. She has been featured on News Channel 13's "Let's Eat Kitchen" more than eight times.

GEORGE WILSON plays at contra-dances, festivals and dance camps on both coasts. Additionally, he has presented hundreds of dance and music programs in "Homespun Community Dancing" in elementary, middle school and high schools.

KAREN WOODIN began her art studies at Russell Sage College and went on to earn two master's degrees in education. Today, Karen is an award-winning artist who regularly teaches professional oil painting workshops and classes.

DENISE WRIGHT has been an English teacher at Rensselaer High School for 31 years. She is the Regent of the Fort Crailo chapter of the National Society of the Daughters of the American Revolution and has performed as Louisa May Alcott for various groups.

Do you have a great idea for a course?



Contact our office
at (518) 629-7339



www.hvcc.edu/communityed/apply.html

Course Index

A Look at Crailo and Schuyler Mansion State Historic Sites	9	Here's Richard With "To Life!" Parts III & IV	8	Pet Education Certificate Program	19
A Morning with Louisa May Alcott	9	High Schl Eqv/TASC Preparation	33	PETS Basics of Grooming School	19
A Tour of the New York State Capitol Focusing on WWI	13	Hi-Lo Aerobics	28	Pilates for Runners	29
A Visit to the Burden Irons Works Museum	16	Hogwarts on the Hudson	34	Pilates Mat - Beginning	29
Alt Dental Asst. Program (ADAP)	38	How to Earn Extra Money with a Mystery Shopping Business	7	Pilates Mat - Intermediate	29
America's Constituion	8	Identification and Reporting Child Abuse and Maltreatment	37	Playing College Sports	34
An Irish Lunch and Irish Music, Too	16	Infection Control	37	Proctor: A Man, His Theater, Our Heritage	11
Architecture Worth Saving in Rensselaer County: 50 Years Later	8	Instant Italian	22	Rylie's Tea Tray	5
Around the World in 80 Plates	34	Intro to Microsoft Access 2013	23	SAT Preparation	34
Around the World with a View of Spring	9	Intro to Microsoft Word 2013	23	Save Money w Extreme Couponing!	7
Ballet Barre	29	Intro to Photoshop CC	23	Science Fun for Everyone	12
Barbarian Sandbag Blast	29	Intro to QuickBooks Online	23	Self Care through Yoga and Meditation	13
Basic Decorating Tips with Cupcakes	25	Introduction to Excel	23	Senior S.T.R.O.N.G.	29
Basic Drawing Continued	2	Introduction to Folk Music Using Fiddle, Banjo, Guitar and Song	9	Setting the Stage for Safer Schools: Two Hour Prevent Violence Training	37
Basic Watercolor	2	Introduction to Interior Design	4	Sewing 101	3
Beginner Cookie Decorating Class	25	Introduction to Internet Security	23	Sketch Club: Keeping a Nature Journal	15
Beginning Abstract Painting in Acrylics	2	Introduction to Permaculture and Nature Connection	35	Sleepy Hollow Bus Trip	17
Beginning Conversational French	22	Irish Genealogy 101	9	Soft Sayings Card Kit	4
Belly Dance is for Everybody	30	Jazz Workshop: History and Theory with Monde Wasch	17	Speed Spanish	22
Birding 101	17	Kettlebells	31	Spring Banner	4
Birthday Cards Galore	4	Kick I.T.	30	Spring Musings - The Landscape Comes Alive	15
Black Jack	5	Knickerbocker Family Mansion - Ghosts, Tour and Lunch	13	Spring Sensations - Exploring Nearby Nature Preserves	14
Body Conditioning and Toning	31	Knitting for Beginners - Level Two	3	St. Patty's Day (and day after) Meals	24
Butts and Guts	28	Kracker Keeper	5	Start an Edible Garden	36
Card Making Basics	4	Learn the "Ins and Outs" of Your Digital Camera	10	Start Your Own Small Business	7
Cardio Kickboxing	30	Learn to Bake Sweets with Your Lil' Sweetie	24	Starting a Pet Business	19
Certified Medical Administrative Assistant with Medical Billing and Coding	20	Learn to Do Your Own Alterations	3	Stocks, Bonds and Investing: Oh My!	6
Chronic Pain Facts	32	Learn to Play Mah Jongg	36	Swahili Basics	22
Clara Barton: Civil War Nurse and Founder of the American Red Cross	11	Liberty vs. Authority: The Supreme Court and the Bill of Rights	8	Tabata: Burn Fat and Get Fit	31
Cluster of Tiger Lilies	15	Life Histroy Calendars	36	TABE Pre-Test	33
Color Me Pretty	4	Lilies on a Pond	15	Ten Broeck Mansion Tour with Tea	16
Color Mixing	2	Local Anesthesia Review	38	The Elegant Art of Burlesque: A Personal Memoir	12
Come See the Wild Flowers Along the Corkscrew Rail Trail	16	Local Anesthesia/Nitrous Oxide	38	The Erie Canal - America's First Great Work	12
Contemporary Guitar Skills I	35	Mahican, Mohican, Mohegan?	10	The First US Air Force	12
Contemporary Guitar Skills II	35	Majestic English Garden in Full Bloom	15	The Flowers of Spring: Design, Color and Texture	10
Conversational Japanese	22	Make Money with a Virtual Assistant/ Word Processing Business	7	The News with Columnist Fred LeBrun of the Albany Times Union	16
Cooking Basics for Busy Parents	25	Making Ends MEAT	24	The Provincial Landscape	15
Cooking Basics for Kids	24	Mass Incarceration, Affirmative Action and the Constitution	36	The Restoration of Pat's Dutch Barn in the Rensselaer Technology Park	14
Core Camp	28	Mastering Your Digital SLR Camera	36	The Saugerties Lighthouse	14
Creating WordPress Websites	23	Maximizing Your Social Security Benefit	6	The Tragedy of Alexander Hamilton	11
Crochet for Beginners	3	Medical Transcription and Medical Terminology	20	Those Necessary Unmentionables: A History of Ladies Underwear	11
Culture Shock! An Experience	35	Medicare 101	8	Tools & Techniques for the Professional - Entering a Client's Home Safely with a Pet in the Household	19
Defensive Driving	26	MELT Away Pain	31	Tour & Lunch at The Skene Manor	14
Designing for Divas with Sarah Conly and Michael Deegan	17	MELT Away Your Back, Hip, Neck or Shoulder Pain Without Drugs	32	Trail Walk and Tour of BASF's Urban Nature Center	14
Discover Sign Language	22	Metabolic Blast Bootcamp	28	Troy's Tiffany Treasures	9
Driver Education	26	Mice on Ice	34	Two Handled Tote	5
Easter Brunch Made Easy	24	More than Friendship: The Evolving Relationship of People and Their Pets	10	Ukrainian Eggs, Pysanky Eggs	13
Eliminate Pain with Total Motion Release!	32	Motorcycle Safety Classes	27	Understanding Your Ancestry DNA Test	9
Explore 250 Legitimate Home-Based Business Ideas	7	Movin' and Groovin'	35	Veterinary Assistant	20
Exploring Nature in the Early Childhood Classroom	38	Nia	30	Victoria Regina	35
Familiar Songs and their Unfamiliar Stories: Discover the Roots of American Song	10	Notary Public Review Workshop	6	Visit Historic Grant's Cottage	14
Fancy Fold Cards	4	Notorious! Shady Ladies of 19th Century America	11	Walking Tour of Troy't Histroic Washington Park, Surrounding Homes and Tea	13
Frankly, My Dear The Reel Story Behind "Gone with the Wind"	10	Nourish Your Body for Life Long Well-Being!	32	What You Need to Know to Sell Parent's Home	6
Frogs, Toads, Salamanders, Oh My!	8	NYC Bus Trip	17	Who Killed Hazel Drew?	8
Gemstones Demystified	17	One Pot Meals	12, 25	Wing Chun Kung Fu	32
German for Everyone	22	Out and About	18	Writing for the Professionals	22
Getting Paid to Talk: Voice-Overs as a Profession	22	Paralegal Certificate Course	19	Yoga I: Foundations of Practice	30
Getting Started with Google Drive	23	Passport to Retirement: Complete Financial Management Workshop	6	You Can Be a Freelance Writer	22
Golden Fried Chicken	25	Pet CPR and First Aid	19	You Put a Hex on Me Basket	5
Grammar Refresher	22			Zumba	28
Heartcode BLS	37			Zumba Gold	28

Feb. School
Break Classes –
See page 34!



KIDSON CAMPUS

Feb. School
Break Classes –
See page 34!

Contact our office at (518) 629-7339 // communityed@hvcc.edu



SUMMER PROGRAMS

- Athletics
- Circus Theatrics
- Theater Workshop
- Summer Academy
- Technology Enrichment

Get your children into smart summer fun at Hudson Valley Community College. Half- and full-day athletic and enrichment programs running throughout the summer.

Check back in mid-February for details on Kids On Campus programming at www.hvcc.edu/kidscamps.

SUMMER CAMP FAIR

Hudson Valley Community College has been sponsoring children's programs for over 25 years. We help connect great kids with great camps.

Join us at the Siek Campus Center
Saturday, March 24
from 10 a.m. - 2 p.m.

**REGISTER FOR OUR KIDS ON CAMPUS
SUMMER PROGRAMS**

FREE ADMISSION & ACTIVITIES

Dozens of local camp programs
Raffles • Face painting • Crafts
Fun for the whole family!



80 Vandenberg Avenue
Troy, New York 12180-6096

"Always love learning a new technique. Love the teacher."
Fraidy Cat Basket with Joyce Flower

"Very concise presentation about steps to take and warnings about what things you need to be aware of to ensure sales will happen."
Selling Parents Home with Jaymie Denny

"I've been riding for three years and learned a lot more on how to corner and basic skills. I'll be sure to use them every time!"
Basic Rider Course

"The teacher is excellent and makes class fun."
Birthday Cards with Sharyn Bouck

"Loved how much strength and flexibility I gained in only four weeks. Plan to continue this class!"
Ballet Barre with Ellen Ehrlich

"I could have listened to George all day long. I loved the fiddle and banjo. Guitar, too! George was very knowledgeable and was willing to share and answer questions. He was wonderful."
Intro to Folk Music with George Wilson

"Kathleen gave great tips and was fun and friendly. I will definitely come back!"
Crazy for Cupcakes with Kathleen Brennan-Claydon

"Fatima was very knowledgeable and made each class fun."
Sewing 101 with Fatima Bey

"I learned how to pass my road test, as well as figure out driving in places I'm not used to, like busy cities and small, difficult roads."
Drivers Ed with John Ferrucci

"Jeanne is a fabulous teacher, so encouraging and so clear in her explanations. We all love her!"
Yoga I with Jeanne Wein

"This course is great for anyone who is doing family research - helped me to understand my DNA results."
DNA with Lisa Dougherty

"Good research! She knows the information."
Got Back Pain with Eileen Kopsaftis