

WAPPINGERS CONTINUING EDUCATION

Fall 2016 Class Schedule

Especially for Students

RADIO-CONTROLLED CARS AND TRUCKS

Doug Rose

This class is an introduction to the exciting hobby of radio-controlled (RC) models. Learn a few mechanical skills, the basics of electrical components including motors, electronic radio-controlled systems and gearing, and the use of hand tools. Each student will be able to completely disassemble and rebuild a radio-controlled car or truck. Complete radio-controlled car and truck kits, which can be assembled in class, will be available for purchase separately. No class 9/28 & 10/12

Wed • 9/21-11/2 • 6:30-8 pm • 5 sessions • \$85 • Brinckerhoff ES Cafeteria

MODEL ROCKETRY

Doug Rose

Welcome to the exciting hobby of model rocketry! Participants will learn flight-characteristics, the workings of a model-rocket engine and propulsion systems. All participants will build & paint a model rocket from scratch. The session will end with a grand rocket-launching. All rocket kits, supplies and materials are included in the price. Saturday, 11/19 will be the launch date. A designated site & time will be determined based up on the weather. Rain date will be 12/3.

Wed • 11/9-11/16 • 7-8 pm • 2 sessions • \$70 • Brinckerhoff ES Cafeteria

BATON TWIRLING

East Fishkill Twirlers

Baton Twirling is a fun sport that will help with coordination, sportsmanship, athleticism & creativity. Members of the East Fishkill Twirlers will have the opportunity to march in local parades & compete at local competitions. Open to students grades PreK-12. Classes start Monday, 10/24. For more information, contact Alison Stuart @ 845-392-3362. Classes will run at Gayhead Elementary School on Mondays from 6-8 beginning 10/24 and ending in early May with a recital.

Registration • Mon • 10/17 • 6-8 pm • Gayhead ES Lobby

Driver Safety

5-HOUR PRE-LICENSING COURSE

This course is mandated by New York State Department of Motor Vehicles for all NYS permit holders. You must have gotten a NYS learner's permit prior to attending this class. Bring permit, pencil & payment to class. Please also bring a snack & water. **Cost is \$40.** (Cash or check made payable to WCSD.) **CALL 298-5000, ext. 40137 to register.**

KETCHAM HIGH SCHOOL

3:00-8:00 pm, room 213

September 19

November 17

December 6

High School Equivalency Preparation

Prepare for your HSE (High School Equivalency) exam. No fee for students 21 & over. Students under 21 pay a \$20 registration fee. Students 18 & under must bring their high school sign-out sheet. This is an on-going program and new students are accepted at any time. There is no need to pre-register. You may attend morning classes, evening classes or both. Classes begin September 6th.

GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls

Mon, Tues & Wed • 12:30 pm -2:30 pm

Fri • 9:30 am-12:30 pm

KETCHAM HIGH SCHOOL – room 111

99 Myers Corners Road, Wappingers Falls

Tues & Wed • 5:00-8:00 pm

Cooking at Sprout Creek Farm

MASTERING THE ART OF SOUP

Mark Fredette, Chef

Soups are easier than you think, and you can learn how to make any soup you want with full confidence that it will be delicious any time. Chef Mark Fredette will guide you in this exploration giving you the tips & tricks that he has learned and discovered through 25 years of making soups in fine dining restaurant kitchens. Pureed soups, rustic soups, even cold soups – you will walk away from this course with the foundation needed to create your own or to approach a recipe and “NAIL IT!” every time. Ages 21 & older please. \$5 materials fee due to the instructor at the class. Sprout Creek Farm is located at 34 Lauer Road (between Noxon Road & Route 55) in Lagrangeville.

Tues • 10/18 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

BREAD MAKING

Mark Fredette, Chef

With 4 ingredients and know-how from Chef Mark Fredette, you too can make amazing bread! No need to stop at the store for a loaf or wish you had some tasty dinner rolls. Chef Mark will teach you all the basics of bread making so that you can bake all kinds of delicious breads. We’ve all heard it – “there’s not enough time to bake bread” but there is, once you learn what professionals already know. Ages 21 & older please. \$5 materials fee due to the instructor at the class. Sprout Creek Farm is located at 34 Lauer Road (between Noxon Road & Route 55) in Lagrangeville.

Tues • 10/25 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

NOT YOUR MOTHER’S CASSEROLE

Mark Fredette, Chef

The perfect autumn comfort food is a one-dish meal – the casserole. Let Chef Mark Fredette show you delicious flavor combinations you may have not tried before. Some will have international flair, while others will offer home-grown goodness with a twist. Child-friendly, perfect for working parents, and fabulous for leftovers! Ages 21 & older please. \$5 materials fee due to the instructor at the class. Sprout Creek Farm is located at 34 Lauer Road (between Noxon Road & Route 55) in Lagrangeville.

Tues • 11/1 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

◆ *Chef Mark Fredette is a 25-year veteran of the culinary industry and a graduate of the Culinary Institute of America. He has worked for some of the best restaurants in Boston and the Hudson Valley. Mark is trained in Authentic Italian, French and American regional cuisine, has a passion for all things food, and enjoys sharing the knowledge he has with others.*

S.A.T. Review Classes

These classes are for review purposes only. They are not intensive SAT preparation classes. You can either sign up for Monday/Wednesday classes or Tuesday/Thursday classes. There will be a total of 6 math review classes & 6 verbal review classes (12 classes total) for both Monday/Wednesday & Tuesday/Thursday. Cost is \$90 for the 6 weeks (12 meetings) and includes a copy of *The Official SAT Study Guide*.

Classes begin the week of September 19th and run for 6 weeks. They are designed to be completed in time to take the November 5th SAT. Enrollment deadline is Thursday, September 15th. First come, first served. There is a minimum (12) and maximum (24) enrollment. Register early to avoid class cancellations.

JOHN JAY HIGH SCHOOL

Tues & Wed • 5:30-7:30 pm, room 103

Wed & Thurs • 2:15-4:15 pm, room 222

KETCHAM HIGH SCHOOL, room 107

Tues & Thurs • 5:30-7:30 pm

English as a Second Language

Classes are free, but there is a \$35 book fee. No pre-registration is required. Classes are on-going & students are welcome at any time. No child care available. Classes begin on September 6th.

BEGINNING

Roy C. Ketcham HS – Room 115
Mon & Thurs • 6:30-9:30 pm

ADVANCED

Grinnell Library
Mon & Wed • 9:30 am-12:30 pm

LOW INTERMEDIATE

Grinnell Library
Mon & Wed • 9:30 am-12:30 pm

PRONUNCIATION

Grinnell Library
Tues • 9:30 am-12:30 pm (open to all levels)

INTERMEDIATE

Roy C. Ketcham HS – Room 111
Mon & Thurs • 6:30-9:30 pm

GRAMMAR/WRITING

Grinnell Library
Thurs • 9:30 am-12:30 pm

Music/Dance

MODERN SQUARE DANCING

Ron McMurdy, Boots n' Bows Square Dance Club

This class is for singles, couples & families. No experience is necessary. FREE introductory lesson Thursday, September 15th. Come and learn more about this traditional American dance! Cost is \$72 per person. 10% discount available for seniors & families.

Thurs • 9/22-12/15 • 7:30-9:30 pm • 12 sessions • \$72 • Myers Corners ES Cafeteria 1

Recreation

BASIC ANTIQUE CLOCK REPAIR

William Clarke

This class is perfect for collectors or hobbyists; theory & instruction, plus information on books; hands-on experience. Limit 15.

Thurs • 9/22-12/1 • 7-9 pm • 10 sessions • \$60 • Van Wyck JHS Tech 3

HOROLOGICAL RESTORATION

Aubrey Kinney & Joseph Woleader

Pre-requisite: Basic Antique Clock Repair course. Cost is \$35.10 for seniors 62 and older. Limit 22.

Thurs • 9/22-12/1 • 7-9:30 pm • 10 sessions • \$39 • Van Wyck JHS Tech 4

COED VOLLEYBALL FOR AGES 21 & UP

Larry Kunz, Moderator

Come play volleyball with relaxed rules for adults and seniors. You must pre-register for this class. No class 11/8. Limit 20.

Tues • 9/20-12/13 • 7-8:30 pm • 12 sessions • \$25 • Brinckerhoff ES Gym

TAE KWON DO (Korean Karate)

Lorraine LeClair & Jeanette LeClair

Learn the discipline of the body & mind as taught in the Art of Tae Kwon Do; for ages 9 thru adult. Students under 12, submit proof of age. Age 8 admitted with enrolling & attending adult. Discounts available: first family member full price, all other members of the same family half price; or same person second night half price; senior discount 10%. Choose only one discount. A great sport for all ages & genders! No experience necessary. Program continues.

Mon • 9/19-12/12 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fri • 9/23-12/9 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Personal Finance & Business

WILLS, TRUSTS & ESTATES

Shari Hubner, Esq.

This course will offer an in-depth discussion of wills, the probate process, trusts, and the advantages/disadvantages of their use, as well as estate tax issues. The course will be divided into three sessions with wills, powers of attorney & health care proxies/living wills in Session I; trusts, probate avoidance & asset protection in Session II; and asset protection & Medicaid eligibility rules in Session III. There will also be some overlap among the sessions. Come for one session or all three.

Wed • 9/21-10/5 • 4:15-5:30 pm • 3 sessions • FREE • Ketcham HS Room 110

PASSPORT TO RETIREMENT

James P. Agrawal, Certified Financial Planner

Develop & organize a detailed financial plan! Define & create your retirement, assess the costs of retirement, evaluate sources of income, invest for the future, protect your health & wealth, receive funds from your retirement plans & manage your estate distribution. \$25 book fee payable to instructor first night of class. Spouse/guest may attend free of charge.

Tues • 10/11-10/25 • 7-9:30 pm • 3 sessions • \$49 • Ketcham HS Library

WRITING FOR SMALL BUSINESS OWNERS & NON-PROFIT GROUPS

Curtis Schmidt, Editor & General Manager of Northern & Southern Dutchess News

Writing projects an image. What type of image do you project? Join veteran writer and editor Curtis Schmidt for a series of informative classes designed to help you become a better writer and communicator – within your own style. Learn basic tips of sentence and paragraph structure, and the advantages of clear, concise writing. This class will also cover writing press releases and pitches to the media, communicating with your clients through monthly newsletters and blogs, plus “Writing to Inform” and “Writing to Sell and Promote.” You have the opportunity to impress and prosper. You also have the opportunity to embarrass yourself and fail. Let’s work together & succeed!

Wed • 10/19-11/9 • 6-7 pm • 4 sessions • \$90 • Ketcham HS Room 107

LEARN MORE ABOUT YOUR CREDIT SCORE

Jenny Fox, TEG Credit Union

In this class you will learn what a credit score is, how lenders use this information, how your score impacts you, and what you can do to improve it. Whether you have excellent credit or more “colorful” credit, this class will help you gain a better understanding of your credit report.

Wed • 10/26 • 6-7:30 pm • 1 session • FREE • Ketcham HS Room 109

MEDICARE 101

James Farnham, Licensed Agent

Are you currently enrolled in Medicare? Or will you soon be eligible for Medicare? Will you be turning 65 over the next year? This class will give you a better overall understanding of Medicare and how it works. Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D; explore and evaluate Original Medicare, Prescription Drug Plans, Medicare Supplemental Insurance and Medicare Advantage Plans, and receive the most up-to-date information in order to simplify the choices you need to make. This program will help you become more well-informed and confident about what Medicare means for you.

Mon • 11/21 • 6-8 pm • 1 session • FREE • Ketcham HS Room 109

INVESTING SECRETS WALL STREET DOES NOT WANT YOU TO KNOW

Rick Nathan, Consumer Advocate

Learn how not to be ripped off when buying or leasing cars, buying insurance, investigating long-term care insurance, investing with or without financial planners, & investing in mutual funds on your own. After taking this course you will have the confidence to invest on your own or be able to interview financial planners to find the right one for you. Optional materials fee of \$20 payable to instructor.

Mon • 11/7 • 6-8 pm • 1 session • \$50 • John Jay HS Room 103

HOW TO DRASTICALLY CUT COSTS IN DIFFICULT FINANCIAL TIMES

Bev Nathan, Consumer Advocate

Topics to be discussed are ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, saving money when getting a car, home & life insurance, and methods to reduce your school & county taxes on your home. Optional materials fee of \$20 payable to instructor.

Mon • 11/7 • 6-8 pm • 1 session • \$50 • John Jay HS Room 101

GREAT REAL ESTATE DEALS IN DIFFICULT TIMES

Rick Nathan, Consumer Advocate

Rick Nathan is strictly a consumer advocate & not a real estate agent. He will teach you the pros & cons of foreclosures, renting w/option to buy, owner financing & buying for no money down. You will also learn how to wisely buy or sell investment properties, primary homes, multi-families & vacation homes. Optional materials fee of \$20 payable to instructor.

Mon • 11/7 • 8-10 pm • 1 session • \$50 • John Jay HS Room 103

STARTING A BUSINESS WITH LITTLE MONEY DOWN

Bev Nathan, Consumer Advocate

Learn behind-the-scenes practical information on how to start a successful, home-based, second-income business which can then become full-time. Learn how to avoid making major financial mistakes. Optional materials fee of \$20 payable to instructor.

Mon • 11/7 • 8-10 pm • 1 session • \$50 • John Jay HS Room 101

20 WAYS TO EARN RESIDUAL INCOME

James Farnham, Licensed Agent

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

Tues • 12/6 • 6-9 pm • 1 session • \$29 • Ketcham HS Room 109

Health & Fitness

YOGA FOR ALL

Sandee Parker, registered yoga instructor

Yoga is for everyone, both young and old. One reason is because yoga is a stress attacker. With physical movement and breath exercises combined, one learns to balance emotions and strengthen the body. Yoga is the essence of a body-mind experience. Yoga frees you from the stress of daily life and the physical movement of yoga keeps your body flexible and in balance. Families are welcome. Bring a mat and water.

Mon • 10/17-12/5 • 6:30-7:30 pm • 8 sessions • \$80 • Van Wyck JHS Room 114

QIGONG

Sandee Parker

Qigong is an ancient form of body & mind practice that includes postures, breathing, self-massage and meditation to balance the body and calm the nervous system. No class 10/12 & 11/23.

Wed • 10/5-12/7 • 6-7 pm • 8 sessions • \$80 • Van Wyck JHS Room 114

TEAS THAT HEAL

Sandee Parker

This class is a taste-testing and discussion of teas. Learn about natural home remedy teas for the digestive and immune system, how to heal a sore throat, sugar balance and more! Organic herbs will also be available for purchase.

Fri • 10/7 • 6:30-7:30 pm • 1 session • \$30 • Van Wyck JHS Room 121

FERMENTED FOODS

Sandee Parker

Learn to put good bacteria into your digestive system. Research indicates good flora protects against diseases, aids in mood swings, and delivers energy to the body. Learn how to make fermented vegetables that you can make in class and bring home! \$30 materials fee payable to instructor at class. Please bring a cutting board, large bowl and a knife.

Fri • 12/2 • 6:30-7:30 pm • 1 session • \$15 • Van Wyck JHS Room 121

DIETING DISCUSSION GROUP

Sandee Parker

Come and share what works for you and what doesn't. We'll talk about the latest fad diets, why it is so hard to lose weight, and your favorite supplements. This class will cover questions, stress, and sugar addiction, among other things and help you begin a personalized diet plan with healthy & slimming alternatives.

Fri • 10/14-10/28 • 6:30-8 pm • 3 sessions • \$15 • Van Wyck JHS Room 121

THE POWER OF TOUCH

Sandee Parker

Children in today's world can be very stressed. They are constantly processing information through their senses. This class will teach you how to distress your child using essential oils and the power of touch. You will learn how to stretch the limbs, as well as a variety of touch methods to reduce anxiety and calm the mind. These techniques can be used at bedtime or any time of the day. Cost includes 1 parent and 1 child.

Thurs • 11/10 • 6:30-7:30 pm • 1 session • \$30 • Van Wyck JHS Room 121

Special Interest

HOME UPHOLSTERY

Willie Masker

Various techniques will be taught to the students by upholstering their own chair or stool. Spring tying, tacking, cotton molding, machine & hand sewing, and different tufting will be covered. Tools and supplies will be talked about the first night. Students are asked to bring a picture of their project to the first class. No class 10/3 & 10/10.

Mon • 9/19-12/12 • 6-9 pm • 10 sessions • \$125 • Ketcham HS Room 229

INTRODUCTION TO VOICEOVERS: ONE-ON ONE-LIVE VIDEO CONFERENCING

Voices for All

This fun and empowering 90-minute, one-on-one introductory workshop covers the different types of voiceovers and what tools are needed to find success. You'll be coached as you read a script, and be recorded so you can receive a professional voice evaluation later. You'll get the knowledge necessary to help you decide if this is something you'd like to pursue. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works. 18 and over please. Classes are taught by a professional voice actor from the Voice Acting Training Company, Voices for All. Call Continuing Ed to set up an appointment, 298-5000, ext. 40137.

90 minutes • 1 session • \$49 • Call Continuing Ed for appointment information

SILK FLOWER ARRANGEMENT

Sandee Parker

Come make a beautiful silk floral arrangement for a special place in your home! \$40 materials fee payable to the instructor at class.

Fri • 11/4 • 6:30-7:30 pm • 1 session • \$15 • Van Wyck JHS Room 121

Free Classes

CREATING YOUR PATH TO COLLEGE

Stephanie Mauro, CCPS

This class was created to help college-bound students in the college planning process. There are so many items that need to be done and dates that you need to be aware of. This class will give students the time line for high school years that will get them ready to apply for colleges. Students will also learn how to keep track of important events and successes in high school and create a resume they can continue to work with as they progress through school. In addition, they will learn about the differences in the ACT & SAT tests and gain an understanding as to which test would best suit them.

Tues • 9/27 • 2:15-3:30 pm • 1 session • FREE • John Jay HS Room 101

Tues • 10/11 • 2:15-3:30 pm • 1 session • FREE • Ketcham HS Room 109

THE NEW FAFSA FILING RULES – WHAT DOES PRIOR PRIOR MEAN & HOW IT AFFECTS YOU

Stephanie Mauro, CCPS

The government has changed the timing of the FAFSA filing and is asking for taxes from prior prior year. This seminar will go over what the new timeline is & when to file; what prior prior means; what documents are needed to file; why you should file; what the Expected Family Contribution (EFC) is and how it affects the cost of college; assets that increase the EFC and much, much more. You can't afford to miss this free seminar! Two chances to attend!

Tues • 9/27 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

Tues • 10/11 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

LEARN MORE ABOUT YOUR CREDIT SCORE

Jenny Fox, TEG Credit Union

In this class you will learn what a credit score is, how lenders use this information, how your score impacts you, and what you can do to improve it. Whether you have excellent credit or more "colorful" credit, this class will help you gain a better understanding of your credit report.

Wed • 10/26 • 6-7:30 pm • 1 session • FREE • Ketcham HS Room 109

MEDICARE 101

James Farnham, Licensed Agent

Will you turn 65 over the next year? Or will you soon be eligible for Medicare? This class will give you a better overall understanding of Medicare and how it works. Learn about how and when to enroll and the insurance options available to you. Review and compare Medicare Parts A, B, C & D; explore & evaluate Original Medicare, Prescription Drug Plans, Medicare Supplemental Insurance & Medicare Advantage Plans, and receive the most up-to-date information in order to simplify the choices you need to make. This program will help you become more well-informed and confident about what Medicare means for you.

Mon • 11/21 • 6-8 pm • 1 session • FREE • Ketcham HS Room 109

WILLS, TRUSTS & ESTATES

Shari Hubner, Esq.

This course will offer an in-depth discussion of wills, the probate process, trusts, and the advantages/disadvantages of their use, as well as estate tax issues. The course will be divided into three sessions with wills, powers of attorney & health care proxies/living wills in Session I; trusts, probate avoidance & asset protection in Session II; and asset protection & Medicaid eligibility rules in Session III. There will also be some overlap among the sessions. Come for one session or all three.

Wed • 9/21-10/5 • 4:15-5:30 pm • 3 sessions • FREE • Ketcham HS Room 110

1'12

Registration Form

*Please complete registration form & mail with payment to:
Wappingers Continuing Education, Ketcham H.S. Annex
99 Myers Corners Rd, Wappingers Falls, NY 12590*

Wappingers Continuing Education
Ketcham H.S. Annex, 99 Myers Corners Road, Wappingers Falls NY 12590

NAME: _____ AGE: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

LIST COURSES: _____

TOTAL REGISTRATION FEE(S) ENCLOSED: _____

**Make checks payable to Wappingers Central School District.
No acknowledgement of registration will be made.
Refunds are granted only in cases where there is insufficient registration and a class is unable to meet.**

Questions?

Contact the Wappingers Continuing Education office at 298-5000, ext. 40137 or 40130. If you have a class you would like to offer through Wappingers Continuing Education, please give us a call! Office hours are 9:00 am-12:30 pm.