

WAPPINGERS CONTINUING EDUCATION

Fall 2017 Class Schedule

Especially for Students

ANIMAL PAINTINGS

David Lumia

For students in 2nd grade, this class will focus on animal paintings. Students will create step-by-step paintings of animals. Topics covered will include line, composition, and basic color mixing. Limit 10 students so register early!

Wednesdays • 9/20-10/11 • 3:30-5:00 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

PAPER SCULPTURES

David Lumia

Students in 3rd grade will learn how to make paper come to life by simply folding, cutting and curling a single piece of paper! Students will create their own horses, fish and other creatures using a variety of techniques learned throughout this four-week course. Limit 10 students so register early! No class 10/9.

Mondays • 10/2-10/30 • 3:30-5:00 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

M.C. ESCHER TESSELLATIONS

David Lumia

Students in 5th grade will learn about the artist M.C. Escher. They will focus on his mathematical tessellations to inspire their work while using a variety of techniques. Topics covered will include line, pattern, shapes, value, and color. Cost includes all necessary supplies. Limit 10 students so register early!

Tuesdays • 11/14-12/5 • 3:30-5:00 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

POP UP ART

David Lumia

For students in grade 4, this class will focus on 3-dimensional landscape sculptures. Students will create their own pop up landscape as they learn about composition, perspective, space, shapes, and form. Limit 10 students so register early!

Thursdays • 10/5-10/26 • 3:30-5:00 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

SPORT SKILLS & FITNESS

Brad Bengel

For students in grades 1-2 & 3-4, this class will focus on sport skill development and fitness. Students will learn the basic skills needed to be successful in this area's more popular sports. Sports covered in this class will include soccer, tennis, basketball, baseball/softball and lacrosse. Students will be highly active during this class which will improve their health & fitness levels. Limit 30 students per class. No class 10/9 & 10/25.

Grades 1-2 • Mondays • 9/25-11/20 • 3:25-4:30 pm • 6 sessions • \$120 • Fishkill Plains ES Gym

Grades 3-4 • Wednesdays • 9/27-11/29 • 3:25-4:30 pm • 6 sessions • \$120 • Fishkill Plains ES Gym

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, 10/16. For more information, contact Alison Stuart @ 845-392-3362. Classes will run at Gayhead Elementary School on Mondays from 6-8 beginning 10/16 and ending in early May with a recital.

Registration • Mon • 10/2 • 6-8 pm • Gayhead ES Lobby

PERSPECTIVE DRAWINGS

David Lumia

For students in grade 6, this art class will focus on one point and two point perspective. Students will learn how to create the illusion of space using these drawing techniques. Topics covered include line, value, forms, composition, and perspective. Limit 10 students so register early!

Thursdays • 11/30-12/21 • 3:30-5:00 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

MAD SCIENCE – SCIENCE MYSTERIES & FANTASTIC FORCES

Mad Science of the Hudson Valley

This after school enrichment program will be offered at Fishkill Elementary, Kinry Road Elementary, and Gayhead Elementary. Cost is \$127 for an 8-week session and classes begin the week of October 2nd. For more information, contact the Continuing Education office at 298-5000, ext. 40137.

Driver Safety

5-HOUR PRE-LICENSING CLASS

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 only.)** After school and Saturday dates to choose from! **CALL 298-5000, ext. 40137 to register.**

KETCHAM HIGH SCHOOL

3:00-8:00 pm, room 213

September 12

October 17

November 14

JOHN JAY HIGH SCHOOL

9:00 am-2:00 pm, room 101

October 7

December 9

6-HOUR DEFENSIVE DRIVER CLASS

The benefits of taking a Defensive Driver/Accident Prevention course include refreshing your driving knowledge, a reduction of up to 4 points from your NYS DMV driving record and a 10% reduction of the base rate of your auto & motorcycle insurance premiums each year for three years. In addition, this bus enhanced course addresses the special needs & safety concerns surrounding the safe operations of sharing our roads with buses. **Cost is \$40 (cash only.) CALL 298-5000, ext. 40137 to register.**

JOHN JAY HIGH SCHOOL

8:30-2:30 pm, room 101

September 23

November 18

S.A.T. Review

These classes are for review purposes only. They are not intensive SAT preparation classes. There will be a total of 8 math review classes & 8 verbal review classes (16 classes total) for each session. Cost is \$110 for the 8 weeks (16 meetings) and includes a copy of *The Official SAT Study Guide*.

Classes begin the week of October 2nd and run for 8 weeks. They are designed to be completed in time to take the December 2nd SAT. Enrollment deadline is Thursday, September 28th. First come, first served. There is a minimum (12) and maximum (24) enrollment. Register early to avoid class cancellations.

JOHN JAY HIGH SCHOOL

Wednesdays & Thursdays • 2:30-4:30 pm, room 222 • \$110

Tuesdays & Wednesdays • 5:30-7:30 pm, room 101 • \$110

KETCHAM HIGH SCHOOL, room 107

Mondays & Wednesdays • 2:30-4:30 pm, room 109 • \$110

Tuesdays & Thursdays • 5:30-7:30 pm, room 107 • \$110

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 start September 6th.

GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls
Mon, Tues & Wed • 12:30 pm -2:30 pm
Fridays • 9:30 am-12:30 pm

KETCHAM HIGH SCHOOL – room 111

99 Myers Corners Road, Wappingers Falls
Tuesdays & Wednesdays • 5:00-8:00 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 start September 6th.

BEGINNING

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

ADVANCED

Grinnell Library
Mondays & Wednesdays • 9:30 am-12:30 pm

LOW INTERMEDIATE

Grinnell Library
Mondays & Wednesdays • 9:30 am-12:30 pm

PRONUNCIATION

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

INTERMEDIATE

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

GRAMMAR/WRITING

Grinnell Library
Thursdays • 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. Come & learn more about this traditional American dance! Cost is \$72 per person. 10% discount available for seniors & families. No class 11/23 & 12/28.

Thursdays • 9/28-1/11 • 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.

Thursdays • 9/28-12/7 • 7-9 pm • 10 sessions • \$60 • Van Wyck JHS Tech 3

HOROLOGICAL RESTORATION

Mike Graham & Jim Holmgren

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

Thursdays • 9/28-12/7 • 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 11/22. Limit 20.

Wednesdays • 9/20-12/20 • 7-8:30 pm • 13 sessions • \$25 • Kinry Road 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.

Mondays • 9/18-11/27 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fridays • 9/22-12/15 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Personal Finance & Business

WILLS, TRUSTS, ESTATES & LONG TERM CARE PLANNING

Shari Hubner, Esq.

This course will offer an in-depth discussion of wills, the probate process, trusts, and the pros and cons of their use, as well as long term care planning issues. The course will be divided into three sessions. Session I will include long term care planning, asset protection & Medicaid eligibility rules. Session II will cover trusts, probate avoidance and asset protection; and Session III will include wills, powers of attorney and health care directives. There will also be some overlap among the sessions, and the interplay of issues across all three sessions will be highlighted. Come for one session or all three.

Wednesdays • 11/1-11/15 • 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.

Tuesdays • 10/3-10/17 • 6:30-9 pm • 3 sessions • \$49 • Ketcham HS Room 107

THE SECRETS OF CREDIT – HOW TO GET A GOOD SCORE & KEEP IT THAT WAY!

Jenny Fox, TEG Credit Union

Have you ever wondered how your credit score is determined, or what you can do to improve it? This informational class will explain why everyone needs to build good credit, the significance of the credit report and score, and how to build & maintain a great credit score.

Wednesday • 11/1 • 6:30-8:30 pm • 1 session • FREE • Ketcham HS Room 109

SOCIAL SECURITY & MEDICARE: WHAT YOU NEED TO KNOW

Jenny Fox, TEG Credit Union

Turning 65 soon? This class will provide valuable information to help people nearing retirement age to learn about Social Security and Medicare. Our discussion will help you become more well-informed about how to navigate the decisions surrounding each program, including understanding your options, how to get started and more.

Thursday • 11/16 • 6:30-8:30 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.

Monday • 10/30 • 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.

Tuesday • 10/3 • 6-8 pm • 1 session • \$50 • John Jay HS

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.

Tuesday • 10/3 • 6-8 pm • 1 session • \$50 • John Jay HS

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.

Tuesday • 10/3 • 8-10 pm • 1 session • \$50 • John Jay HS

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.

Tuesday • 10/3 • 8-10 pm • 1 session • \$50 • John Jay HS

THE ABCs OF MORTGAGE PROTECTION & FINAL EXPENSE COVERAGE

James Farnham, Licensed Agent

Explore the differences between mortgage protection versus payment protection and compare four different ways to meet those needs. Learn how to safeguard you & your family's' lifestyle against chronic, critical and terminal medical conditions, as well as how to continue to make mortgage payments if you become sick or disabled, and uncover how to pay off your mortgage early. This class will also address how final expense coverage works, what kinds of protection are available and how to tailor this protection to meet your particular needs. This class is a straight-forward, no-nonsense approach on how to address these concerns. Attendees will also receive a complimentary planning guide! 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.

Tuesday • 9/19 • 6-8 pm • 1 session • \$20 • Ketcham HS Room 109

Health & Fitness

YIN YOGA

Sandee Parker, registered yoga instructor

Yin Yoga allows you to stay in yoga positions for a longer period of time. This allows time for your body to access deep layers of fascia tissue. Yin Yoga is great for athletes as well as for those looking for a more passive practice of yoga.

Mondays • 10/2-12/4 • 5-6 pm • 8 sessions • \$80 • Van Wyck JHS Room 114

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. No class 10/9 & 11/20.

Mondays • 10/2-12/4 • 6-7 pm • 8 sessions • \$80 • Van Wyck JHS Room 114

Language

BEGINNING SPANISH

Catherine Perri

¡Hola! Have you ever wanted to learn Spanish? This introductory class will cover the basic skills in conversational Spanish to get you on your way. You'll learn common vocabulary words associated with an array of topics and be able to engage in simple conversation while incorporating reading, writing, and listening skills. ¡Hast luego! No class 10/9.

Mondays • 10/2-11/27 • 6:30-8 pm • 8 sessions • \$110 • Fishkill ES Room TBD

Special Interest

MINIMALISM

Anthony Foppiano

Minimalism is a lifestyle that is taking the world by storm. It is a lifestyle free of clutter, free of distraction, free of unnecessary and unfulfilling obligations. It is a lifestyle of focus, intention, and as a result, joy. This seminar will discuss the mindset and the method for incorporating minimalism in your life.

Thursday • 10/12 • 6:30-8:30 pm • 1 session • \$20 • Ketcham HS Room 110

HOME UPHOLSTERY

Willie Masker

Various techniques will be taught to 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 10/9.

Mondays • 9/25-12/4 • 6-9 pm • 10 sessions • \$125 • Ketcham HS Room 229

INTRODUCTION TO VOICE OVERS

Voices for All

"Wow, you have a great voice!" Have you heard that more times than you can count? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters & think, "I could do that!" If so, then you could have what it takes to begin working as a professional Voiceover Artist. Explore the voiceover industry with your instructor, a professional, working voice actor from the voice acting training company, Voices for All, in a one-on-one, personalized, video chat affordable for just about anyone to get involved. In this one-time, 90 minute, introductory class, you'll also learn about the different types of voiceovers and the tools you'll need to find success. And then...we're rolling! Your instructor will record you as you read a real script, then offer you some coaching so you can improve your delivery. Your instructor will take notes on your performance so you can receive a professional voiceover evaluation later. After the class, you will have 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. You owe it to yourself to finally explore the possibilities of this fun & rewarding job! Register through Wappingers Continuing and you can then set up your personal video conference with Voices for All.

Video Conference • 1 session • \$49 • Date to TBD with Voices for All

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 they 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.

Tuesday • 9/26 • 2:15-3:30 pm • 1 session • FREE • John Jay HS Room 101

Thursday • 10/12 • 2:15-3:30 pm • 1 session • FREE • Ketcham HS Room 109

COLLEGE PLANNING 101: ADMISSIONS & FINANCIAL AID: WHAT IT TAKES TO GET INTO COLLEGE TODAY

Stephanie Mauro, CCPS

In this seminar, you will learn what it takes to get into college today including the financial aid system and how it works; how to maximize a student's potential to receive scholarships, grants, & forms of merit-aid; the importance of the SAT & ACT tests and how colleges value them; and what the more selective colleges really want to see on a student's application. You'll be shown a time-line for success for where you should start in the college planning process and how it's possible to attend a private college for a public college price. Don't miss this informative seminar!

Tuesday • 9/26 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

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!

Thursday • 10/12 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

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Shari Hubner, Esq.

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REGISTRATION FORM ON LAST PAGE

Registration Form

Please complete registration form & mail with payment to:
Wappingers Continuing Education
P.O. Box 396, Hopewell Junction NY 12533

Wappingers Continuing Education

P.O. Box 396, Hopewell Junction, NY 12533

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.