



# Wappingers Central School District

## Adult & Continuing Education

### Fall 2019

### *Especially for Students*

#### **DRAMAWORX**

*Amanda Spinella & Kerry Gibbons*

DramaWorx is an after-school theater program designed to get your child thinking like an artist. Over the course of 10 sessions, your student will collaborate with their peers, design a performance based on their interests, rehearse, and finally, perform for their friends and family. Students will work to develop confidence, creativity, and teamwork, among many other important life skills, through theater games and exercises.

**Tuesdays • 10/1-12/10 • 3:30-5:30 pm • 10 sessions • \$250 • Brinckerhoff ES Room 16**

#### **ANIMAL PAINTINGS**

*David Lumia*

For students in 2<sup>nd</sup> 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! No class 10/9.

**Wednesdays • 9/25-10/23 • 3:30-5:00 pm • 4 sessions • \$80 • Fishkill Plains ES Room 17**

#### **PAPER SCULPTURES**

*David Lumia*

Students in 3<sup>rd</sup> 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 10/14.

**Mondays • 10/7-11/4 • 3:30-5:00 pm • 4 sessions • \$80 • Fishkill Plains ES Room 17**

#### **GAMES & FITNESS**

*Brad Bengel*

For students in grades 1-2 & 3-4, this program focuses on games, health and fitness. Students will participate in some of the more interesting and popular games and activities currently used in Physical Education programs today. These include: Ga Ga Ball, Battleship, Cracker Barrel, Speed Stacking Cups, Capture the Flag, and more! No class 11/11, 11/20 & 11/27.

**Grades 1-2 • Mondays • 10/21-12/16 • 3:25-4:30 pm • 8 sessions • \$120 • Fishkill Plains ES Gym**

**Grades 3-4 • Wednesdays • 10/16-12/18 • 3:25-4:30 pm • 8 sessions • \$120 • Fishkill Plains ES Gym**

#### **MAD SCIENCE – NASA: ACADEMY OF FUTURE SPACE EXPLORERS**

*Mad Science of the Hudson Valley*

This popular after school enrichment program will be offered again at Gayhead Elementary, Myers Corners Elementary and Brinckerhoff Elementary. Students will engage in exciting hands-on activities, watch spectacular demonstrations, participate in inquiry-based discussions and take home things that they have made themselves, like model rockets, periscopes, Mad Science putty & more!

**Kinry Rd ES • Mondays • 10/7-11/25 • 3:30-4:30 pm • 6 sessions • \$115**

**Brinckerhoff ES • Tuesdays • 10/1-11/12 • 3:30-4:30 pm • 6 sessions • \$115**

**Myers Corners ES • Wednesdays • 10/2-11/13 • 3:30-4:30 pm • 6 sessions • \$115**

**Gayhead ES • Thursdays • 10/3-11/14 • 3:30-4:30 pm • 6 sessions • \$115**

#### **SNAPOLOGY**

*Snapology of the Mid-Hudson Valley*

This after school program will engage students in various themed activities designed to promote independent & imaginative building with LEGO® bricks. The program will be offered at Myers Corners Elementary, Gayhead Elementary and Fishkill Plains Elementary.

**Fishkill Plains ES • Mondays • 10/7-11/25 • 3:15-4:15 pm • 6 sessions • \$95**

**Myers Corners ES • Tuesdays • 9/24-11/12 • 3:20-4:20 pm • 6 sessions • \$95**

**Gayhead ES • Wednesdays • 10/16-12/4 • 3:30-4:30 pm • 6 sessions • \$95**

## 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 • 10/3-10/24 • 3:30-5:00 pm • 4 sessions • \$80 • Fishkill Plains ES Room 17**

## M.C. ESCHER TESSELLATIONS

David Lumia

Students in 5<sup>th</sup> 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 • 11/12-12/3 • 3:30-5:00 pm • 4 sessions • \$80 • Fishkill Plains ES Room 17**

## 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!

**Mondays • 11/18-12/9 • 3:30-5:00 pm • 4 sessions • \$80 • Fishkill Plains ES Room 17**

## GIRLS ON THE RUN

Girls on the Run Hudson Valley

Girls on the Run is a transformational learning program for girls in grades 3-5. Girls build confidence through dynamic, conversation-based lessons and fun running games. The program culminates with a celebratory 5K run. NO RUNNING EXPERIENCE IS NECESSARY.

Scholarships available. For more information, and to register, go to [www.girlsontherunhv.org](http://www.girlsontherunhv.org).

**Gayhead ES • Wednesdays & Fridays • 9/18-11/22 • 3:15-5:00 pm • 10 weeks • \$175**

## 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, 10/21. For more information, contact Alison Stuart @ 845-392-3362. Classes will run at Gayhead Elementary School on Mondays beginning 10/21 and ending in early May with a recital. Registration will be done at Gayhead Elementary school on Monday, October 7<sup>th</sup> from 6-8 p.m.

**Registration • Mon • 10/7 • 6-8 pm • Gayhead ES Lobby**

## 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. Daytime classes begin September 5<sup>th</sup>. Evening classes begin September 9<sup>th</sup>.

### BEGINNING

Roy C. Ketcham HS – Room 115

Mondays & Wednesdays • 6:30 pm-9:30 pm

### HIGH INTERMEDIATE

Grinnell Library

Mondays, Tuesdays & Wednesdays • 9:30 am-12:30 pm

### LOW INTERMEDIATE

Grinnell Library

Mondays, Tuesdays & Wednesdays • 9:30 am-12:30 pm

### GRAMMAR/WRITING

Grinnell Library

Thursdays • 9:30 am-12:30 pm

### INTERMEDIATE

Roy C. Ketcham HS – Room 111

Mondays & Wednesdays • 6:30 pm-9:30 pm

## High School Equivalency Preparation

Prepare for your HSE (High School Equivalency) exam. Free 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. Classes begin September 5<sup>th</sup>.

### GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls

Mon, Tues, Wed & Thurs • 12:30 pm -3:30 pm

### GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls

Fridays • 9:30 am-12:30 pm

## S.A.T. Review

### WAPPINGERS S.A.T. REVIEW CLASSES

These classes are for review purposes only. They are not intensive SAT preparation classes. There will be a total of 6 math review classes & 6 reading review classes (12 classes total) for each session. Cost is \$90 for the 6 weeks (12 meetings) and includes a copy of *The Official SAT Study Guide*.

Classes begin the week of October 14<sup>th</sup> and run for 6 weeks. They are designed to be completed in time to take the December 7<sup>th</sup> SAT. Enrollment deadline is Thursday, October 10<sup>th</sup>. First come, first served. There is a minimum (12) and maximum (24) enrollment. If the minimum is not met, class will be canceled. Register early to avoid class cancellations.

#### John Jay High School Classes

Tuesdays & Thursdays • 2:45-4:45 pm, room 222 • \$95

Mondays & Wednesdays • 5:30-7:30 pm, room TBD • \$95 (*open to students at both RCK & JJ*)

#### Roy C. Ketcham High School Classes

Wednesdays & Thursdays • 2:45-4:45 pm, room 104 • \$95

### LENTZ & LENTZ SAT REVIEW

Lentz & Lentz SAT Prep is offering an eight session, 24-hour professional SAT prep program at Roy C. Ketcham HS. This comprehensive, three-hour-per-session, individualized program is geared to assist bright, average and underachieving students. Class is split equally between English and math, covering all facets of the exam. **To register, call 845-638-2826 or go to [www.LentzSATPrep.com](http://www.LentzSATPrep.com).** Class size is limited so register early to avoid being closed out.

**Saturdays • September 21, 28, October 12, 19 • 9:30 am-12:30 pm**

**Wednesdays • September 18, 25, October 2, 30 • 6:30 pm-9:30 pm**

**Program Cost: \$399**

## College Planning

### 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 timeline 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! Two dates to choose from.

**Thursday • 9/26 • 6:30-8 pm • 1 session • FREE • Ketcham HS Room TBD**

**Thursday • 10/24 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128**

## Recreation

### **BASIC ANTIQUE CLOCK REPAIR**

*William Clarke*

Perfect for collectors or hobbyists; theory & instruction, information on books & hands-on experience. No class 10/3. Limit 15.

**Thursdays • 9/26-12/12 • 7-9 pm • 10 sessions • \$60 • Ketcham HS Room 229**

### **HOROLOGICAL RESTORATION**

*Mike Graham & Jim Holmgren*

Pre-requisite: Basic Antique Clock Repair course. Cost is \$35.10 for seniors 62 and older. No class 10/3. Limit 22.

**Thursdays • 9/26-12/12 • 7-9 pm • 10 sessions • \$39 • Ketcham HS Room 223**

### **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 11/5. Limit 20.

**Tuesdays • 10/1-12/17 • 7-8:30 pm • 11 sessions • \$25 • Myers Corners ES Gym**

### **TAE KWON DO (Korean Karate)**

*Lorraine LeClair & Jeanette LeClair*

For ages 9 through adult – come learn the discipline of the body & mind as taught in the Art of Tae Kwon Do. 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 • 9/9-12/2 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym**

**Fridays • 9/13-11/15 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym**

## Health & Fitness

### **YOGA FOR ALL**

*Sandee Parker*

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. It frees you from the stress of daily life, and the physical movement of yoga keeps your body flexible and strong. This class will focus on the seven main energy centers of the body, or chakras. By balancing the chakras, we bring the body into its' complete potential. Bring a mat and water. No class 10/14 & 11/11.

**Mondays • 10/7-12/9 • 6-7 pm • 8 sessions • \$80 • Van Wyck JHS Room 114**

### **MEDITATION FOR BEGINNERS**

*Tina Grover*

Do you suffer from stress or anxiety? Do you feel like you can never relax your body or mind? Meditation is an ancient practice that is known to improve your mental, physical and spiritual well-being. Most people feel they don't know how to sit still and relax their mind and body in order to meditate, but it's easier than you think. In this course, we start with learning how to breathe to relax, and when we're finished, you will know different types of meditation, and how easy meditation can fit into your daily life. Try the first class for FREE on 9/26!

**Thursdays • 10/10-11/21 • 6:30-8 pm • 6 sessions • \$70 • John Jay HS Room 101**

### **BALANCE, STRENGTH & FALL PREVENTION**

*Demetra Tsantes*

This fitness program is designed for older adults to increase core strength, and challenge coordination & balance. This progressive class focuses on resistance training and includes exercises designed with multiple ability levels in mind. Class goals involve taking a look at fall prevention techniques and ways you can improve confidence and further develop the skills involved to remain balanced and flexible.

Come try a FREE DEMO class on September 25<sup>th</sup> at Ketcham HS at 5:30 pm in room 101.

**Wednesdays • 10/2-12/4 • 5:30-6:30 pm • 8 sessions • \$60 • Ketcham HS Room 101**

## **PLANT-BASED NUTRITION: LET YOUR FOOD DO ALL THE WORK**

*Dr. Padma Garvey*

With mounting evidence, the American Medical Association came out in May 2017 with a recommendation that all hospitals must provide patients with the diet proven to be the healthiest...a plant-based diet. There is no reason not to be eating the healthiest diet all the time. Learn about the scientific studies that have shown how effective a plant-based diet is in reversing heart disease and diabetes, and in decreasing your risk of certain common cancers. In addition, this course will show you how to see through false advertising and marketing ploys that confuse people about what to eat. You will also learn how to plan and cook meals and make a plant-based lifestyle a way of life.

**Thursdays • 11/7-11/21 • 6:30-8 pm • 3 sessions • \$60 • Ketcham HS Room 107**

## *Dance*

### **LINE DANCING**

*Aisha Phillips & Colleen Axlerod*

Come out and have a seriously, ridiculous fun time learning modern and contemporary country line dancing! Beginners and non-dancers are welcome to join our Tuesday night dance party! You'll be kickin' up the dust and boot-scootin' in no time!

**Tuesdays • 10/1-10/29 • 7-8:30 pm • 5 sessions • \$70 • Van Wyck JHS Cafeteria**

### **BELLY DANCING**

*Alarah*

Come learn the exciting art of belly dance! Belly dance is a great, low impact form of dance that will tone your muscles, improve your overall posture and self-esteem. In this class you will learn basic moves, rhythms and light choreography. Come shimmy with us!

**Thursdays • 10/10-11/21 • 7-8:15 pm • 6 sessions • \$110 • Wappingers JHS Room Large Cafeteria**

### **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 10/17, 10/31 & 11/28.

**Thursdays • 9/19-1/2 • 7:30-9 pm • 12 sessions • \$72 • Myers Corners ES Cafeteria 1**

## *Personal Finance & Business*

### **NOTARY PREP 3-HOUR REVIEW WORKSHOP**

*Victor Bujanow, CIC*

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 officer 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 to become fully aware of the authority, duties and responsibilities involved in this office. Instructor Victor Bujanow, CIC, has been a practicing Notary Public and Notary Signing Agent for over 25 years. \$10 materials fee due to instructor at class.

**Thursday • 10/17 • 6:30-9:30 pm • 1 session • \$35 • Ketcham HS Room 107**

### **WILLS, TRUSTS & ESTATES**

*Shari Hubner & Anthony Eminowicz, 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.

**Wednesdays • 11/6-11/20 • 4:15-5:30 pm • 3 sessions • FREE • Ketcham HS Room 110**

## **PASSPORT TO RETIREMENT**

*James P. Agrawal, Certified Financial Planner*

This course will help you develop & organize a detailed financial plan. Learn how to 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 • 10/1-10/15 • 6:30-9 pm • 3 sessions • \$49 • Ketcham HS Room 107**

## **MEDICARE 101**

*James Farnham, Licensed Agent*

Will you turn 65 over the next year? Or will you 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.

**Wednesday • 10/30 • 6-8 pm • 1 session • FREE • Ketcham HS Room 107**

## **SECRETS WALL STREET DOES NOT WANT YOU TO KNOW WHEN INVESTING YOUR MONEY**

*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.

**Wednesday • 11/6 • 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.

**Wednesday • 11/6 • 6-8 pm • 1 session • \$50 • John Jay HS**

## **GETTING GREAT REAL ESTATE DEALS WHEN BUYING OR SELLING 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.

**Wednesday • 11/6 • 8-10 pm • 1 session • \$50 • John Jay HS**

## **ENTREPRENEURSHIP: STARTING YOUR OWN 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.

**Wednesday • 11/6 • 8-10 pm • 1 session • \$50 • John Jay HS**

## *Special Interest*

## **INTRODUCTION TO PEARL AND BEAD KNOTTING**

*Rafael Delgado*

Come learn the art of stringing and knotting pearls and beads from an expert! Rafael Delgado has worked for such houses as Chanel, Bergdorf Goodman, Saks 5<sup>th</sup> Avenue, Bloomingdales and Kai Yin Lo. List of supplies needed to be purchased will be provided upon confirmation of class running.

**Wednesdays • 10/16-11/20 • 7-8:30 pm • 6 sessions • \$60 • 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 • \$59 • Date to TBD with Voices for All**

**Classroom Session • Wednesday • 12/4 • 6-8 pm • 1 session • \$59 • Ketcham HS**

**TO REGISTER: go to [wappingersschools.org](http://wappingersschools.org)  
And click on the link for CONTINUING EDUCATION**

### Wappingers Continuing Education Classroom Locations

**Brinckerhoff Elementary School • 16 Wedgewood Road • Fishkill**

**Fishkill Plains Elementary School • 17 Lake Walton Road • Wappingers Falls**

**Gayhead Elementary School • 15 Entry Road • Hopewell Junction**

**Grinnell Library • 2642 E. Main Street • Wappingers Falls**

**John Jay High School • 2012 Route 52 • Hopewell Junction**

**Ketcham High School • 99 Myers Corners Road • Wappingers Falls**

**Myers Corners Elementary School • 156 Myers Corners Road • Wappingers Falls**

**Van Wyck JHS • 10 Hillside Lake Road • Wappingers Falls**

### Continuing Education Office Hours

- The Wappingers Continuing Ed office is open Sept. 1 – June 30, from 9:00 am – 12:30 pm
- Telephone: 298-5000, ext. 40137 or 40130

### Registration Information

- All registration is now done online through FamilyID. Go to [www.wappingersschools.org](http://www.wappingersschools.org) and click on the Continuing Education icon in the middle of the page.

### General Information

- **Classes will not be held on the following days: Sept. 30, Oct. 9 & 14, Nov. 11 & 27-29.**
- Early registration is encouraged to ensure placement & to avoid possible cancellations due to insufficient enrollment.
- If there is low enrollment, a class may be canceled. If it is canceled, you will be contacted by phone or email & your registration fee will be returned. Please be advised that cancellations are not decided until a few days before the start of class.
- Email acknowledgements of registration will only be sent for free classes, driving safety classes and after school classes for students. These will be sent a day or two prior to start of class.
- SENIOR CITIZENS: Senior citizens 62 & older can take 10% off all course registration fees. This discount does not apply to books or supplies.
- WEATHER CANCELLATIONS: If school is cancelled for Wappingers Central School District or after school/evening activities are cancelled, then all Continuing Ed classes are cancelled as well. Canceled classes will be made up.
- BOOKS & SUPPLIES: Prices may increase. Senior discount does not apply.
- PARKING: Do not park in front of the main entrance or along the sidewalk at the front of the school. These are fire zones.
- SMOKING POLICY: There is no smoking allowed anywhere on school grounds or in school buildings.