WAPPINGERS CONTINUING EDUCATION Winter/Spring 2018 Class Schedule

Especially for Students

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®. The program will be offered at Brinckerhoff Elementary in late January, Gayhead Elementary in late February, & Myers Corners Elementary in April. Cost is \$88 for a 6-week session. For more information, contact the Continuing Education office at 298-5000, ext. 40137.

GAMES & FITNESS

Brad Bengel

A new and exciting program for students in grades 1-4 is coming to Fishkill Plains! This program will focus on games, health, and fitness. Students will participate in some of the more interesting games and activities currently used in physical education. These activities include: Ga Ga Ball, Battleship, Cracker Barrel, Speed Stacking Cups, Capture the Flag and more. All of these activities are designed to incorporate skill development and improve each student's level of health and fitness. Maximum enrollment is 25 per class. No classes on 3/26, 3/28 & 4/2.

Grades 1-2 • Mondays • 3/5-5/7 • 3:25-4:30 pm • 8 sessions • \$120 • Fishkill Plains ES Gym Grades 3-4 • Wednesdays • 3/7-5/2 • 3:25-4:30 pm • 8 sessions • \$120 • Fishkill Plains ES Gym

MAD SCIENCE – SCIENCE MYSTERIES & FANTASTIC FORCES

Mad Science of the Hudson Valley

This after school enrichment program will be offered at Fishkill Elementary, Brinckerhoff Elementary, Myers Corners Elementary, and Gayhead Elementary. Cost is \$106 for a 6-week session and classes begin in late January/early February. For more information, contact the Continuing Education office at 298-5000, ext. 40137.

Recreation

BASIC ANTIQUE CLOCK REPAIR

William Clarke

This class is perfect for collectors or hobbyists; theory & instruction, information on books & hands-on experience. Limit 15. Thursdays • 1/18-3/22 • 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 • 1/18-3/22 • 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 3/28. Limit 20. Wednesdays • 1/10-4/25 • 7-8:30 pm • 15 sessions • \$25 • Kinry Road 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 • 3/12-6/4 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fridays • 4/6-6/15 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

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 January 2nd.

BEGINNING

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

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

INTERMEDIATE

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

ADVANCED

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

PRONUNCIATION

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

GRAMMAR/WRITING Grinnell Library

Thursdays • 9:30 am-12:30 pm

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 January 2nd.

GRINNELL LIBRARY

2642 E. Main St, Wappingers Falls Mon, Tues & Wed • 12:30 pm -3:30 pm Fridays • 9:30 am-12:30 pm KETCHAM HIGH SCHOOL – room 111 99 Myers Corners Road, Wappingers Falls Tuesdays • 5:00-8:00 pm

S.A.T. Review

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 verbal 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 March 12th and run for 6 weeks. They are designed to be completed in time to take the May 5th SAT. Enrollment deadline is Wednesday, March 7th. 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

Tuesdays & Thursdays • 2:30-4:30 pm, room 222 • \$90 Mondays & Wednesdays • 5:30-7:30 pm, room 101 • \$90

KETCHAM HIGH SCHOOL

Wednesdays & Thursdays • 2:30-4:30, pm, room 109 • \$90 Tuesdays & Thursdays • 5:30-7:30 pm, room 107 • \$90

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. Free Fun Night February 1st. No class 3/8, 3/29, 4/5 & 5/10. **Thursdays • 2/8-5/24 • 7:30-9 pm • 12 sessions • \$72 • Myers Corners ES Cafeteria 1**

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 215 January 10 February 6 March 7 (room 213) April 10 May 1 June 6 JOHN JAY HIGH SCHOOL 9:00 am-2:00 pm, room 101 March 3 May 5

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 off 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 February 24 March 24 April 28 June 2

Health & Fitness

FREE EXERCISE CLASSES! Have you always wanted to know what Pilates, Yoga or Zumba were like but didn't want to make the financial commitment to sign up for a class? Come to these free sessions and see what all the fuss is about!

FREE PILATES CLASS!

Sandee Parker

Pilates is a series of exercises using full use of your core and specific breathing. It was developed during WWII as a method of keeping soldiers strong during the war. After the war, many ballet dancers were trained in Pilates to correct or prevent injuries. Wednesday • 1/10 • 6-7 pm • 1 session • Free • Van Wyck JHS Room 114

FREE YIN YOGA CLASS!

Sandee Parker

Yin Yoga is sometimes considered a more restorative yoga as it allows you to stay in postures longer. The purpose of Yin Yoga is to allow the muscles to relax so that the deep layers of the fascia tissue can be reached. It is designed for the lower back and hip area. Come see what Yin Yoga is all about!

Thursday • 1/18 • 6-7 pm • 1 session • Free • Van Wyck JHS Room 114

FREE ZUMBA CLASS!

Sandee Parker

Come join us for a Zumba® fitness party! Zumba® is a fun, joyful Latin-inspired fitness workout class that combines all the rhythms in Latin music. All levels welcome. Wear comfortable clothes, supportive sneakers & bring water. Thursday • 3/8 • 6-7 pm • 1 session • Free • Van Wyck JHS Room 114

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. 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 2/19.

Winter Session: Mondays • 1/22-3/19 • 6-7 pm • 8 sessions • \$80 • Van Wyck JHS Room 114 Spring Session: Mondays • 4/9-5/21 • 6-7 pm • 7 sessions • \$70 • Van Wyck JHS Room 114

Computers, Smartphones & Technology

iPHONE ESSENTIALS: SAY HELLO!

Donald Gambino

Are you merely using your iPhone as a phone? Integrate this amazing tool into your daily planning and communications! Understand the basic operations and enhanced features of the iPhone, including visual voicemail, conference calling, the calendar, mail, address book, iMessage text messaging, FaceTime for video calling, Safari to reach the Web, iTunes for video, music and media, as well as other apps. NOTE: please email your top 3 questions regarding the iPhone at least 1 day before class to: <u>Donald_teacher@mac.com</u>. No class 3/29.

Thursdays • 3/22 & 4/5 • 4:30-6:30 pm • 2 sessions • \$75 • John Jay HS Room 101

SETTINGS FOR IPHONE, IPAD, IPOD TOUCH: DON'T BE AFRAID!

Donald Gambino

Confused about your iDevice's Settings? Wonder what's the difference between Notifications, Control Center, Do Not Disturb, Hotspots, iCloud & various Apps' settings? Not sure which switch should be on or off...and why? Concerned about battery life, privacy, ad tracking, GPS and more? Explore and learn about all the Settings and customize them to serve your digital lifestyle. **Thursdays • 3/22 & 4/5 • 7-9 pm • 2 sessions • \$75 • John Jay HS Room 101**

PHOTOSHOP I

Fredy Fleck

Photoshop is the leading image editing software. This course will include a methodical overview of all the important toolsets of Photoshop, along with step-by-step instructions for correcting and preparing images for printing, emailing and archiving. Bring your own images to class to learn how to create unique and expressive photos through the limitless power of this program. Prerequisite: general knowledge of Microsoft Windows. No class 3/30.

Fridays • 3/16-4/13 • 6:30-8:30 pm • 4 sessions • \$160 • John Jay HS Room 134

WEB DESIGN WITH WORDPRESS

Fredy Fleck

WordPress is a free, online open source website tool used to create a website or blog. Students will learn to create and customize their website, adding & managing content like new pages, text, pictures, picture galleries, videos, social media integration & more. Prerequisite: general knowledge of Microsoft Windows & web browsers (Mozilla Firefox and/or Chrome) is required. Fridays • 4/20-5/11 • 6:30-8:30 pm • 4 sessions • \$160 • John Jay HS Room 134

GOODBYE DIGITAL CAMERAS...HELLO iPHONE!

Donald Gambino

Why hassle with extra camera equipment when your iPhone takes great pictures? Learn the best techniques for photo taking with the iPhone including special effects, enhancing and post-processing to make photos look even better. Then organize and share your photos via special Apps, Facebook, email, Apple's Photo Stream and other means. NOTE: please email your top 3 questions regarding the iPhone at least 1 day before class to: <u>Donald teacher@mac.com</u>.

Thursday • 4/26 • 4:30-6:30 pm • 1 session • \$45 • John Jay HS Room 101

SIRI: LEARN IT & LOVE IT: GET RESULTS, NOT FRUSTRATED!

Donald Gambino

Siri is a breakthrough in Artificial Intelligence, providing information and answering questions for Apple's iDevices. Learn the optimal settings and other usage tips to command Siri to search the Web, the weather, sports scores, your iDevice's contacts, calendars, messages, calls, reminders, music, apps including Maps for directions, reviews, and more information. "If you're not using Siri, you're not using your iPhone!" This class is for users of iPhone 4S or later, iPad2, iPad mini or later, or Apple Watch. NOTE: please bring your charged devices to class.

Thursday • 4/26 • 7-9 pm • 1 session • \$45 • John Jay HS Room 101

iPAD/iPHONE TIPS AND TRICKS

Alan Weaver

Regardless of your model, discover helpful and time-saving tips, apps, and customization you may not know about including settings, using Siri productively, photography, and communications. This class is not designed for those with Android devices. Prerequisite: bring your fully charged device and IDs/passwords for all accounts including email and iTunes. Instructor cannot assist you if you do not have them.

Tuesday • 5/22 • 6:30-9 pm • 1 session • \$45 • John Jay HS Room 101

EXCEL BOOTCAMP

Alan Weaver

Students will learn the basics with creating formulas, if statements, v-lookups, multi-page documents, sorting, shortcuts, printing the document, and quickly navigating around large documents. In addition, they will discover how to create charts & graphs. Skills learned in this class are applicable to any version of Excel, PC or Mac-based.

Tuesdays • 5/29 & 6/5 • 6:30-9:30 pm • 2 sessions • \$84 • John Jay HS Computer Lab

Personal Fínance & Busíness

WILLS, TRUSTS, ESTATES & LONG TERM CARE PLANNING - CANCELED

Shari Hubner. Esa.

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 eligibilty 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.

TBD • TBD • 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 • 5/1-5/15 • 6:30-9 pm • 3 sessions • \$49 • Ketcham HS Room 107

LEARN MORE ABOUT YOUR CREDIT SCORE

Keith Kurman, TEG Credit Union Whether you have excellent credit or more colorful credit, we will help you understand your credit report and explain how to improve your credit score and earn a better rate. Wednesday • 1/24 • 6:30-8:30 pm • 1 session • FREE • Ketcham HS Room 109

ROAD MAP TO AUTO BUYING

Keith Kurman, TEG Credit Union Thinking of buying a car? This free session will cover all aspects of car buying, from how to negotiate a deal to determining your trade-in value, and everything in between!

Wednesday • 2/7 • 6:30-8:30 pm • 1 session • FREE • Ketcham HS Room 109

SOCIAL SECURITY & MEDICARE: WHAT YOU NEED TO KNOW

Jean Riordan & Sarah Cuozzo, TEG Credit Union

In the first half of this class, learn how to prepare for your retirement and discover how to get the most out of your social security benefits. You'll learn how to navigate the decisions surrounding the program, including understanding your options and maximizing your benefits. In the second half of this class, we will discuss how your Medicare decisions can have a big impact on your finances. We will explain what the parts of Medicare are and what each part covers; which Medicare plans may best meet your needs; and learn about the eligibility and enrollment process.

Thursday • 5/3 • 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 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 • 4/18 • 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.

Wednesday • 4/25 • 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 • 4/25 • 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.

Wednesday • 4/25 • 8-10 pm • 1 session • \$50 • John Jay HS

ENTREPRENEURSHIP: 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. Wednesday • 4/25 • 8-10 pm • 1 session • \$50 • John Jay HS

Special Interest

eBAY ROADSHOW

Alan Weaver

In this **demonstration** class (there is no hands-on) learn about the buying and selling process with eBay. In addition, we will discuss with students how to determine possible value and marketability of items. Students will obtain many tips and strategies on buying/selling and alternate methods of selling. They will learn about different auction types, fees, how to write effective descriptions, shipping, PayPal, uploading of images, etc. Instructor will discuss eBay apps that can be used on your cell phone or table. A detailed hand-out will be provided.

Tuesday • 5/15 • 6:30-9 pm • 1 session • \$45 • John Jay High School Room 101

FLORAL DESIGN

Joann Nichols, Osborne's Flower Shoppe

Join us and bring home a new fresh arrangement each week! We will put together a spring arrangement in a one-sided theme, a nice long & low centerpiece to adorn your holiday table, a traditional basket arrangement, and lastly, a beautiful spring vase. Cost of class flowers each week is \$25.00, which includes all materials.

Wednesdays • 3/21-4/18 • 6:00-8 pm • 4 sessions • \$30 • Osborne's Flower Shoppe, 30 Vassar Road, Poughkeepsie

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 <u>http://www.voicesforall.com/ooo</u> 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

Classroom Session • Thursday • 3/15 • 6-8 pm • 1 session • \$49 • Ketcham HS Room 113

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 3/26 & 4/2. Mondays • 2/26-5/14 • 6-9 pm • 10 sessions • \$125 • Ketcham HS Room 229

College Planning

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 the about the differences in the ACT & SAT tests and gain an understanding as to which test would best suit them.

Tuesday • 2/13 • 2:15-3:30 pm • 1 session • FREE • John Jay HS Room 101

Thursday • 3/15 • 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 • 2/13 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

HOW TO PAY FOR COLLEGE WITHOUT GOING BROKE

Stephanie Mauro, CCPS

Learn about what financial aid really means to a family and about how the different financial aid forms affect the cost of college. This class is for anyone, parent or student, who wants to learn how the financial aid system really works and how to best be prepared for that first college bill!

Thursday • 3/15 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

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

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.