Your path to continued learning!

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The Schalmont Central School District is proud to present its Fall 2018 Continuing Education Program. This program offers a diverse selection of courses that meet the many varied interests and needs of our community.

Most classes are offered at a minimal fee, and several are discounted for senior citizen residents.

Registration is open to all residents of Schalmont Central School District who are 18 years of age or older (except where noted). Senior citizens, age 60 or older, may take some of our courses at the reduced rate. However, senior citizens are responsible for materials fees. Class fees allow the program to be self-sustaining. Adult Education classes are not included in the school budget.

All classes are filled on a “first come, first served” basis, so early registration is suggested. You can register online by credit card or through the mail/in person by check using the form below.

We retain our adult education instructors to teach a course in their area of expertise. The instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, we are not responsible for any advice or consultation given beyond the classroom setting and course curriculum material.

To register by mail:
- Provide ALL requested information (It is very important to include a phone number and your complete mailing address so that if a class is canceled or we need to mail information to you, we are able to do so promptly.)
- Make checks payable to “SCHALMONT CENTRAL SCHOOL DISTRICT”
- Write the name of the course(s) for which you are registering on your check.
- Mail check and registration form to:
  Donna Notar
  Schalmont Adult Education Office
  4 Sabre Drive
  Schenectady, NY 12306

In-Person Registration (District Office):
You can drop off registration forms and payment at the District Office, 4 Sabre Drive, Schenectady between the hours of 8 a.m. and 4 p.m.

Classes Begin: Monday, October 22, 2018
**CREATIVE ARTS**

**Paint with Peggy**

Have you ever wanted to try oil painting? Are you afraid you can’t paint because you can’t draw?

Welcome to “Paint with Peggy!” In each class you will create an oil painting. Peggy is a certified Alexander Art instructor and Wilson Bickford Painting Partner. Each evening students create a complete oil painting.

These classes do not require drawing skills and they are NOT paint by number. At the beginning of each class every student is provided with a blank canvas, brushes, palette of paints, etc. Through classroom instruction each person creates their own unique oil painting. Any level of painter will enjoy the class. The following Wilson Bickford paintings are taught by Peggy.

To view photographs of paintings visit www.paintwithpeggy.com.

**Watching the Sunset**

**Instructor:** Peggy Porter, ACI, WBPP

Sunsets are fun to paint! Join Peggy to paint a couple and their dog sitting on a shore watching the sun set across the lake. You can make the colors pastel or bold-depending on what you like.

**Date/Time:** Thursday, November 1, 2018 6–9:30 p.m.

**Location:** Schalmont Middle School Room 117

**Fee:** $53 resident, $63 non-resident, $53 senior resident

**Winter Lake**

**Instructor:** Peggy Porter, ACI, WBPP

Tall, rugged mountains provide the backdrop for this beautiful winter landscape. Contrasting against the snow-covered mountains are dark fir trees along the shore of the lake. Peggy will guide you step by step as you use both a palette knife and brushes to create this striking painting. Another wonderful gift!

**Date/Time:** Thursday, December 13, 6–9:30 p.m.

**Location:** Schalmont Middle School Room 117

**Fee:** $53 resident, $63 non-resident, $53 senior resident

**Christmas Candle with Holly**

**Instructor:** Peggy Porter, ACI, WBPP

This painting will make a wonderful holiday decoration or gift. Using acrylic and oil paints students will learn many techniques, including under-painting and glazing to create a Christmas candle set in pine boughs and holly.

**Date/Time:** Thursday, November 29, 2018, 6–9:30 p.m.

**FINANCIAL PLANNING**

**Basic Estate Planning for the Elderly**

**Instructor:** Kevin Litz, Esq.

Learn the basics for drafting Wills, Living Wills, Health Care Proxies, Powers of Attorney, Trusts, and effective Estate Planning Techniques to preserve assets for family members in the event of impending Nursing Home Care. The Program will focus on a description of the various Estate Planning documents and guidelines for planning for Medicaid in the future.

**Date/Time:** Wednesday, November 7, 6-8 p.m.

**Location:** High School Room 55

**Fee:** $12 resident $17 non resident $7 senior resident

**Healthcare After Retirement**

**Instructor:** Michael G. Stanton

Do you know what to expect when it comes to Medicare? Did you know Medicare is mandatory for those collecting Social Security and it will likely be your greatest expense in retirement? If you or someone you know is turning 65, ready to retire, or losing your employer plan, this course will help you discover an understanding of Medicare. From Part A to IRMAA, learn the fundamentals of how each section of Medicare works in this hands-on class aimed at making complex
information easy to understand.

Maximizing Your Social Security Benefit
Instructor: Frank Finch
A few key decisions can make a big difference in the amount of your social security benefit. Attend our hands-on workshop to learn strategies to get the most money from Social Security. Learn how to plan for taxes, health care and other costs during retirement, as well as how to wisely grow and protect your retirement income. This session will cover key Social Security benefit choices, such as individual and spousal options, as we explore simple steps to maximize your benefit. Join us before you make financial decisions that may not be able to be reversed.

Date/Time: Wednesday, October 24, 7-8:30 p.m.
Location: High School Rm 55
Fee: $12 resident, $17 non-resident, $7 senior resident

Tax Efficient Planning Procedures
Instructor: Steve Vadney
Taxes come in many forms and while investors generally do not mind paying their fair share, no one wants to pay more than they should. Income tax, sales tax, property tax, school taxes are unavoidable in our daily lives and, even if you don’t own property, some of these taxes are built into rents and leases. There are taxes that can and should be planned. Investors know their gains aren’t always theirs and often times are subject to 20 percent or more in taxation. Trusts and corporations are taxed at potentially even higher rates. Knowing that true wealth is generational, our class attempts to point out key areas that clients and investors can focus on to keep family wealth in their family. Tax-efficient investing begins with an understanding of income tax, capital gains (both long term and short term), dividend taxation and certainly estate taxation.

Date/Time: Tuesday, October 30, 6:30-8 p.m.
Location: High School Room 57
Fee: $12 resident $17 non-resident $7 senior resident

The New Reverse Mortgage
Instructor: Burton Farbstein, NYS Licensed Mortgage Loan Originator
Let’s take a look at the new reverse mortgage for 2018. Is it right for you? This class is for seniors age 62 and over and interested family members. This course will guide you through the relevant facts, dispel old myths, review current rules and opportunities and more importantly, see if a Reverse Mortgage is right for you and your personal situation. We will go through qualifications, type of mortgages available, different ways you can receive your tax-free cash, impact on inheritance and your heirs, as well as different ways a reverse mortgage can positively impact your life in matters of retirement planning, health-related services and improving your overall lifestyle.

Date/Time: Thursday, November 15, 2018 7:00-8:30
Location: High School Rm 55
Fee: $12 residents, $17 non-residents, $7 senior residents

Have you been to Schalmont’s website? Visit www.schalmont.org to access information about district and school activities, programs and announcements.
Understanding Stocks, Bonds and Mutual Funds
Instructor: Steve Vadney
Since its inception, Halliday’s flagship course has been attended by thousands. Learn the basics from our investment professionals on the staples of the modern portfolio: stocks, bonds, and mutual funds. This course outlines the differences between these various types of investments, so you can best determine the right ventures for you. Learn about how proper asset allocation can lower your overall risk and increase your return. Track and monitor your investments with confidence as you plan for your financial future.
Date/Time: Monday, October 22, 6:30-8 p.m.
Location: High School Room 55
Fee: $12 resident $17 non-resident $7 senior resident

HEALTH & FITNESS

ABC Women’s Self-Defense
The Area’s Premier Women’s Self-Defense and Empowerment Program!
Instructor: John Borter
Are you headed off to college? Do you live alone or travel? Do you just want to learn how to keep yourself and your family safe? Then you NEED to attend an ABC Women’s Self-Defense class!
ABC Women’s Self-Defense is a fun, exciting, and critically acclaimed women’s personal safety and empowerment program for all women. ABC teaches effective strategies to recognize, avoid, and respond to unwanted encounters or physical violence perpetrated by strangers and/or people you know.
ABC works to prevent violence and abuse by giving people the essential tools they need to protect themselves and their loved ones, promote healthy relationships, and facilitate respect in their communities and society. ABC classes are designed to teach self-protection strategies that are effective regardless of size, age, or fitness level.
Classes are taught by trained, qualified instructors, in a positive and supportive environment.
ABC Women’s Self-Defense is the culmination of more than 30 years of training, research, and development and is the premier women’s self-defense and empowerment program in the Capital District. We have taught thousands of women the skills and attitudes they need to stay safe!
Open to students, moms, family, friends, and professionals of all types (Ages 14 and up)
Date/time: Tuesday, Nov. 13, 6:30-9:30 p.m.
Location: Middle School Gym
Fee: $37 resident, $47 non-resident, $37 senior resident, $27 Schalmont student

Ballroom Dance Class I
Beginner’s Ballroom Dance
Instructor: Andrew Brown
Are you ready to have some fun? Join us with the ever-growing social Ballroom Dancing. Learn to dance or enhance your dance in Waltz, Foxtrot and Tango. Learn in a relaxed and comfortable atmosphere. Singles and Couples are welcome.
Dates/time: Mondays, October 22-December 17, 7-8 p.m.
Location: Jefferson School Playroom
Fee: Residents $48 ($80 if registering for both classes) Non residents $58 Seniors $38
Fee is per person.

Ballroom Dance Class II
Beginner’s Latin Dance
Instructor: Andrew Brown
This is the perfect class for beginner dancers or dancers looking to enhance their dancing. Join us and learn basic dance steps and movement in Rumba, Cha Cha and Swing. Learn to dance in a relaxed and comfortable atmosphere. Singles and Couples are welcome.
Dates/time: Mondays, October 22-December 17, 8-9 p.m.
Location: Jefferson School Playroom
Fee: Residents $48 Non residents $58 Seniors $38
Fee is per person.

BarreFlow
Instructor: Jodi Druzba
Have you ever wanted to raise the BARRE on your personal fitness routine? While every class follows a similar flowing format, the exercises and choreography are continually changing to keep you...
from reaching a workout plateau. By combining aspects of yoga, pilates, barre fitness and classic strength training, BarreFlow incorporates strength, endurance and flexibility into one invigorating workout. The focus on posture and form and the smooth transitions between exercises will help even the busiest minded students become more present as concentration is necessary to get the most out of this class. BarreFlow will help you achieve a balanced body and a quiet mind in only 45 minutes. Modifications and/or advancements are given for most exercises to accommodate all fitness levels. Class is limited to 14 participants.

**Date/time:** Monday/Wednesday, October 22-December 19, 5:15-6:15 p.m.

**Location:** Average Joe’s Fitness, 90 W Campbell Rd Rotterdam (across from Rotterdam Mall)

**Fee:** $80 resident, $90 non-resident, $70 senior resident

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**Begin to Spin**

**Instructor:** Average Joe’s Certified Instructor

This class is for individuals who have always wanted to try Spinning but were intimidated to attend a class full of “experts” as well as any individual that is looking for something new to spark their workouts. Spinning is a high calorie burn cardio class with endless options to challenge yourself once you learn the ride. This class will start with proper bike fit, terminology of Spinning and how it is related to the workout. You will progress at your own pace to leave this 8 week session successfully completing a ride to enter into a new world on the “open road.”

**Space is limited to 12 participants!**

**Date/time:** Thursdays, October 25-December 20, 6:15-7:15 p.m.

**Location:** Average Joe’s Fitness, 90 W Campbell Rd Rotterdam (across from Rotterdam Mall)

**Fee:** $75 resident, $85 non-resident, $65 senior resident

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**Chi-Gong**

**Instructor:** Oded Ben-Ami

We take medications, have surgeries, make various adjustments and still we don’t feel the way we’d like to. We can take our physicians’ pessimistic view that this is what getting old looks like or, we can question it. After all, there are many elderly individuals who are neither ill or in pain. Chi-Gong (pronounced Chee Gong) is a tool for those who believe that their state of illness and suffering can be reversed. A 5,000 year old practice from China, Chi-Gong is a very simple yet unique synergy between movement, meditation, visualization, energy work, breath work and sometimes vocalization. It is a system of holistic self-healing that works synergistically on body, mind and spirit. Some benefits from Chi-Gong; relief from aches and pains that do not respond to any other treatment; help with the healing of a variety of health conditions; allows individuals with depression, those who suffer loss, anxiety, panic attacks etc. to gently and quietly find grounding, inner peace and renewed purpose; stabilize emotional roller-coasters; bring about relief, calm and a sense of wellbeing.

**Date/time:** Tuesdays, October 30-December 4, 7-8 p.m.

**Location:** High School Room 54

**Fee:** $60 resident, $70 non-resident $55 senior resident

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**Coed Volleyball**

**Coordinator:** Krista Grady

Bump, set, and spike your way into our coed volleyball program. This group offers a fun way for advanced beginners/intermediate players to improve on their volleyball skills. Each night begins with drills with the goal of improving your caliber of play. Previous volleyball experience not required.

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**Like us on Facebook:**


**Follow us on Twitter:**

[https://twitter.com/SchalmontCSD](https://twitter.com/SchalmontCSD)
necessary. Maximum participants 26.

**Dates/Times:** Mondays, October 22-December 17, 7:30-9 p.m.

**Location:** Middle School Gym

**Fee:** $27 resident $37 non-resident senior resident $27

### First Aid/CPR/AED

**Instructor:** American Red Cross Certified Instructor

The purpose of the American Red Cross First Aid/CPR/AED program is to help participants recognize and respond appropriately to cardiac, breathing and first aid emergencies. The courses in this program teach skills that participants need to know to give immediate care to a suddenly injured or ill person until more advanced medical personnel arrive and take over. This program offers a choice of first aid, CPR and AED courses to meet the various training needs of a diverse audience.

**Date:** Thursdays, November 8 & 15, 6-8:45 p.m.

**Location:** High School Library

**Fee:** $85 resident, $95 non-resident, $80 senior resident

### Injury Prevention for Walkers & Runners

**Instructor:** Amanda Boccio DC, ATC

Whether you walk recreationally, are starting your first 5k program, or looking to be a more competitive runner, everyone can benefit from learning strategies to prevent injury. This course will cover risk factors of common repetitive motion related injuries, the importance of proper warm-up and cool down, as well as the use of different recovery tools. Come learn basic stretches and exercises that can help prevent and manage shin splints, plantar fasciitis, knee and hip pain. This class is for runners, joggers, and walkers of all experience and fitness levels. Participants should wear comfortable clothing and bring a yoga mat or blanket.

**Space is limited to 15 participants!**

**Date/Time:** Wednesday, October 24, 6:30-8:30 p.m.

**Location:** High School Room 56

**Fee:** $12 resident, $17 non-resident, $7 senior resident

### Intro to Meditation

**Instructor:** Suzanne Amsler

**Passive Meditation:** You will learn this simple technique to help you enter your own personal meditative state. We will practice heart and healing meditations, learn different relaxation techniques and learn a Hawaiian Ha breath. Meditation can help lower blood pressure, release stress and promote harmony and inner peace.

**Dynamic Meditation:** This meditation can be very effective life changing tool. You will learn a simple method to use imagery to impress the subconscious mind to release an unwanted condition and replace with a new empowering one.

Suzanne Amsler has been involved with many different forms of Meditation for over 30 years.

**Date/Time:** Thursdays, November 1 and November 8, 6:30-8:30 p.m.

**Location:** HS Room 54

**Fee:** $22 resident $27 non-resident $17 senior resident

### Intro to REIKI

**Instructor:** Suzanne Amsler, Reiki Master Teacher

Pronounced “Ray-Key” Reiki is a Japanese word meaning universal life energy, a natural approach to wellness. Reiki is a non-intrusive method of hands on healing to improve the health and quality of life for yourself and others. It activates the release of blocked energy, which restores and balances the body and mind. Now used widely in many hospitals. The evening will provide information and background on Reiki, and the opportunity to experience the Reiki energy.

Suzanne Amsler is a Reiki Master Teacher and has been involved with Reiki for over 25 years and teaching 18 years.

**Date/Times:** Wednesday, October 24, 6:30-8:30 p.m.

**Location:** HS Room 54

**Fee:** $12 resident $17 non-resident $7 senior resident
Come and join the community for some fall ball!

Play a pickup game with others who want to do the same. On any of the scheduled evenings, teams will be created depending upon the number of individuals who show.

**Dates/Times:** Thursdays, October 25-December 20, 7:30-9 p.m.
**Location:** High School Gym 2
**Fee:** One-time registration fee regardless of the number of sessions attended: $27 resident $37 non-resident senior resident $27

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**Men’s Basketball**
**Coordinator:** Steve Frank

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**Men’s Over 30 Basketball**
**Coordinator:** Glenn Gallucci.

If you’re looking to have fun and get in shape, join us for a 4 on 4 pickup game. On any of the scheduled evenings, teams will be created depending upon the number of individuals who attend.

**Maximum participants:** 16.
**Date/time:** Wednesdays, October 24-December 19, 7-9 p.m.
**Location:** Jefferson Elementary Gym
**Fee:** One-time registration fee regardless of the number of sessions attended: $27 resident $37 non-resident senior resident $27

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**Modern Dance**
**Instructor:** Beth Jacobs

Modern Dance is a broad catchall phrase that usually describes the mixing of various idioms together: ballet, jazz and classical modern dance. The instructor has trained in NYC and performed with professional dance companies across the country. Wear stretchy clothing have hair pulled back out of face if it is long.

**Date/time:** Mondays, October 22-December 17, 7-8 p.m.
**Location:** Middle School Cafe
**Fee:** Resident $85, Non-resident $95, Senior Resident $75

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**Spinning®**
**Instructor:** Average Joe’s Certified Instructor

If you enjoy bike riding or racing, or just want to try something new. If you want to get stronger, faster, and leaner, Average Joe’s Fitness can help. Average Joe’s offers Mad Dogg Certified Spinning® Classes to the Rotterdam and Schenectady, New York area. This class is great for both people who are new to biking and those who have been doing it for years.

Spinning® Classes give you two great ways to stay motivated. Enthusiastic and knowledgeable instructors are there to help you reach your goals, and the energizing music will help you get that extra “push” that you need to power through to the very end. All classes are one hour. Space is limited to reserve bikes, maximum of 12 available for this program session so signup today.

**Date/time:** Mondays, October 22-December 10, 6:30-7:30 p.m.
**Location:** Average Joe’s Fitness, 90 W Campbell Rd Rotterdam (across from Rotterdam Mall)
**Fee:** $ 75 resident, $ 85 non-resident, $ 65 senior resident

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**Smoking? Use Self-Hypnosis to Let Go of the Cravings.**
**Instructor:** George Guarino

How many years of your life have you used cigarettes to manage your feelings? Stressed – smoke, Bored – smoke, Need a break – smoke. Now you know that as you find yourself feeling that you no longer want to smoke you find it hard in the past to quit. And that’s a shame because when you use the power of your own mind to let go of the cravings and address your feelings instead of doing the old behavior, you realize how good you can feel now about yourself. George Guarino has been helping folks just like you to become non-smokers for the past decade and it works. Hypnosis works well to take back your life and get ready to become a non-smoker again.

A $12 material fee will be collected the night of class.
**Date/time:** Thursday, November 1, 6:30-8:30 p.m.
**Location:** HS Room 57
**Fee:** $17 resident, $22 non-resident, $12 senior resident
STRONG by Zumba
Instructor: Average Joe’s Fitness Instructor
Stop counting the reps. Start training to the beat. STRONG by Zumba combines body weight, muscle conditioning, cardio and plyometric training moves synced to original music that has been specifically designed to match every single move. Every squat, every lunge, every burpee is driven by the music, helping you make it to that last rep and maybe even five more! In this one-hour class you will burn calories while toning arms, legs, abs and glutes. Plyometric or explosive moves like high knees, burpees, and jumping jacks are interchanged with isometric moves like lunges, squats, and kickboxing. STRONG by Zumba instructors change up the music and moves frequently to make sure you’re always challenged to the max.
Date/time: Saturday’s, October 27-December 15, 8-9 a.m.
Location: Average Joe’s Fitness
Fee: $65 resident, $75 non-resident, $55 senior resident

Vinyasa Flow
Instructor: Michele Armstrong
This is a dynamic sequence of yoga poses linking breath to movement. Participants will be lead through a flow of poses to help increase flexibility, mobility and strength of body and mind. Modifications to each pose will be offered to allow participants at various levels of fitness to participate to their own abilities. Participants should bring water, hand towel, yoga mat and yoga blocks.
Date/Time: Wednesdays, October 24-December 5, 6-7 p.m.
Location: Middle School Cafe
Fee: $33 residents $43 non-residents $30 senior residents

Women’s Pickup Basketball
Instructor: Danielle Gaudio
It’s lady’s night on the court! Come have some fun and laughs while getting a workout in with the girls. Games of pick-up basketball will be created each night. Number of games, teams, and players on each team will be determined each night. This is a great chance to “leave it all on the court!”
Date/Time: Tuesdays, October 30-December 18, 6:30-8 p.m.
Location: Middle School Gym
Fee: $27 resident, $37 non-resident, $27 senior resident

WOW (Women on Weights) Plus
Instructor: Barb Howansky, AFAA Certified, AFAA Personal Trainer
WOW- Women on Weights class is a weight training class designed to encourage women to lift weights as well as work with resistance equipment and weight machines. The goal of Women on Weights is to improve posture, strength and decrease body mass. The objectives for this course include: Promoting bone and muscle development, promoting balance and posture, learn proper technique for exercise equipment and improve strength endurance as well as overall quality of life. This class will not only introduce and use machine equipment but also will include fitness equipment beyond the machine to incorporate as “functional fitness” ie: bosu, free weights, medicine balls and stability balls as well as the individuals own body weight! Fitness activities that will
address all planes of the body. Please check with your physician first before participating in any fitness program. Please bring an exercise mat, 1 & 2 pound weights or 3-5 pound weights and stability ball.

Space is limited to 12 participants!

**Date/Time:** Monday/Wednesday October 22-December 19, 5:30-6:30 p.m.
**Location:** Middle School Weight Room
**Fee:** $95 resident, $105 non-resident, $85 senior resident

**Zumba®**

**Instructor:** Yvonne Alex
Zumba® exercise classes blend upbeat world rhythms with easy-to-follow choreography, for a total-body workout! Classes are offered in 151 countries around the world and over 14 million people are currently enrolled in a weekly Zumba® Fitness class! Exercise CAN be fun – come see what I mean! Join the party, every Tuesday evening with your Licensed Zumba® Fitness Instructor.

**Date/Time:** Tuesdays, October 30-December 18, 6-6:45 p.m.
**Location:** Jefferson Playroom
**Fee:** $42 residents, $52 non-residents, $38 resident seniors

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**SCHALMONT Adult Education Program**

**Date/Time:** Mondays November 5-December 3, (no class November 12) 6:30-8:30 p.m.
**Location:** High School Room 54
**Fee:** $12 residents $17 non-residents senior resident $12

**Cake Decorating**

**Instructor:** Julie Paul
Have you ever wanted to learn how to decorate buttercream cakes like a professional?

In this class you will learn how to fill, stack and frost a cake. Students will also learn basic cake decorating including borders, writing, drop flowers, roses and other frosting techniques. You will even take home your beautiful cakes!

There will be a $20 materials fee to cover the cost of perishables, payable to the instructor at the time of the class.

Students will need to bring a box or container (at least 8-inch in size) to transport their cakes home with them.

For questions please contact instructor (Julie Paul) directly by email: JulieAnn8221@gmail.com.

**Maximum of 12 students!**

**Date/time:** Wednesday, October 24, 6-8:30 p.m.
**Location:** Middle School Room 115
**Fee:** $12 resident $17 non-resident, $12 senior resident

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**LIFE SKILLS**

**New York State Safe Boating Course**

**Instructor:** John Hochmuth
This course meets the New York State and the United States Coast Guard requirements for Personal Watercraft (Jetski) Operation and Youth and Adult Boating Certification. Upon successful completion, you will have met the requirements and can operate a PWC (Jetski) or as a youth boater operate a vessel independently. (To operate a PWC independently, a person must be at least 14 years old and have their boating certificate on board with them when operating.)

Upon completion of the course, you will receive a boating certificate which is good for life.

The course is designed as a comprehensive boating course, teaching the fundamentals of safe boating operation, and includes the following topics:

- Accidents & Emergencies; Boat Operation; Boating Related Activities; Boats & Motors; Equipment; Fueling & Ventilation; Marine Environment; Numbering & Registration; Personal Watercraft (PWC); and Rules of the Road.

The course is for adults and children 10 years of age and older. This class is limited to 25 participants.

**REGISTER ONLINE:** Schalmont Central School District is working in conjunction with a local company, ZippyReg, to offer online registration for Adult Education classes. visit schalmont.org/adulteducation for information on how to sign up and pay with a credit card. Mail-in registration by check is still available by using the form on page 2.
Cookie Decorating
Instructor: Julie Paul
Learn to decorate gorgeous royal icing cookies like a professional!
In this class you will learn how to work with royal icing and decorate beautifully detailed cookie cutouts. You even get to take your cookies home with you!
There will be a $10 materials fee to cover the cost of perishables, payable to the instructor at the time of the class.
Students will need to bring a box or container to transport their cookies home (large enough to lay cookies out to dry). For questions please contact instructor (Julie Paul) directly by email: JulieAnn8221@gmail.com.
Maximum of 12 students!
Date/time: Monday, November 19, 6-8:30 p.m.
Location: Middle School Room 115
Fee: $12 resident $17 non-resident, $12 senior resident

Defensive Driving
Instructor: Easy Method Driving School Instructor
This is a Department of Motor Vehicles approved six-hour program that allows you to save 10% off of your collision and liability insurance and up to 4 points off your driver record! (Be sure and check with your insurance company about any premium reduction.) Films, lecture, and often-humorous class discussions will highlight the course.
Dates: Mondays, November 26 and December 3, 6-9 p.m.
Location: High School Rm 55
Fee: $43 resident $48 nonresident $43

Dog Obedience: Star Puppy Puppies up to 6 months
Instructor: Dianne Delpozzo
This course will cover all of the basics for raising a puppy. There will be handouts each week and at the last class there will be an AKC Star Puppy evaluation. With this evaluation you will be able to get a certificate from AKC and a star puppy medal. More importantly you will have all the fundamentals for raising a confident, stable, happy puppy through communication, relationship, and leadership. Dogs are welcome first night of class.
Maximum 8 puppies.
Dates/Times: Tuesdays, October 23-November 27, 6-6:50 p.m.
Location: Art Wing Lobby
Fee: $60 residents, $70 non-residents senior resident $60

Forgiveness Using the Hawaiian Process of Ho'oponopono
Instructor: Suzanne Amsler, Reiki Master Teacher
Ho'oponopono is a simple process of letting go of any heightened emotions within you and allow for healing of thoughts, feelings, words and action. Essentially, it means to make right with the people with whom you have relationships. It's about “restoring your joy and happiness!” We are all connected and that means you are always impacting everyone around you just by your thinking, feeling, speaking, and you're every action.
For over 20 years Suzanne has been using the Hawaiian Ho`oponopono process with amazing results. It is a very effective life-changing tool. During this class you will have the opportunity to clear at least one relationship or event.
Date/Times: Monday, October 29, 6:30-8:30 p.m.
Location: High School Room 57
Fee: $12 resident $17 non-resident $7 senior resident

Canine Good Citizen Course Dogs Over 6 months
Instructor: Dianne Delpozzo
The CGC Program teaches good manners to dogs and responsible dog ownership to their owners. The 10-step Canine Good Citizen test is a non-competitive test for all dogs, including purebreds and mixed breeds. The CGC award is a prerequisite for many therapy dog groups. Some homeowner’s insurance companies are encouraging CGC testing, and an increasing number of apartments and condos require that resident dogs pass the CGC test. At the last day of class we will test the dogs and you can send in the paperwork to AKC for certification. Dogs are welcome first night of class.
Maximum 8 dogs.
Getting Paid to Talk, Making Money with Your Voice
An introduction to professional voiceovers
Instructor: Voice Coach Instructor
Have you ever been told that you have a great voice?
This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer!
This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally.
Space is limited, and registration closes one week prior to class, so register early.
For more info please visit www.voicecoaches.com/gptt.
Date/Time: Wednesday, December 5, 6:30-9 p.m.
Location: Voice Coaches, 26 Vly road, Albany, NY 12205.
Fee: $17 residents $22 non-residents $12 senior residents

Herbal Tea Workshop
Instructor: Mary McChesney
When it's cold outside, a piping hot cup of savory, healthful, herbal tea is just what the Dr. ordered!
In this workshop, I will share some of my favorite teas to try and give you the recipes. We will discuss ways to make pleasure & healing teas. This class will cover the growing, harvesting and storage of easily grown herbs. Along with discussion of individual tea herbs for relieving indigestion, migraines, hormonal issues, insomnia just to name a few. I will show you how to blend beverage and healing teas.
Tea drinking is an ancient practice. The simple act of combining plant & water delivers nourishment, relaxation, and medicinal benefits.
Participants will make their own custom-blended tea to take home. All ingredients will be provided by the instructor. Handouts and recipes included.
Maximum 12 participants.
Date/time: Thursday, November 15, 6:30-8:30 p.m.
Location: Middle School Room 117
Fee: $27 residents $32 non-residents $25 senior residents

Introduction to Numerology
Instructor: Suzanne Amsler, Reiki Master Teacher
Numerology is a system of gaining knowledge, information and wisdom about you, by using numbers as symbols. Numerology is a profound and reliable way to examine your inner nature and look at the various psychological, physical and spiritual processes that make up your experience in the world. It can give you a very good idea of what makes you tick, and provide an excellent way to navigating daily life. Most of all it can help you learn how to emphasize your strengths and overcome your weaknesses. In fact, almost anything you need to know can be found within your name and birth date.
Date/Times: Thursday, October 25, 6:30-8:30 p.m.
Location: High School Room 55
Fee: $12 resident $17 non-resident $7 senior resident

Mastering Memory
Instructor: Josh Mandel
This course teaches a system that enables you to memorize anything, anytime, a system that works even for those who think they have a bad memory. (It’s not bad, it’s just untrained.) We teach the classical link and peg techniques that make it easy to memorize names, dates, phone numbers, birthdays, anniversaries, lists, foreign languages, math formulas...there are countless applications in school, business, and life. We cover mnemonics and imagery, and first learn the link method and use it for multiple applications, including as a way to remember names and faces. We add the peg method to memorize lists of any kind, long or short, in or out of order. These techniques are fun and New!
enormously empowering. Bring pen/pencil and paper, and be ready to flex a mental muscle you never knew you had.

**Date/time:** Tuesdays, November 6 & 13, 7-8:30 p.m.
**Location:** High School Room 55
**Fee:** $27 resident $37 non-resident $22 senior resident

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**Peasful Dining out With Children**

**Instructor:** Jean Kwiatkowski, Author

A Collection of Kid Tested Ideas for Keeping Peace While Waiting For Your Restaurant Food. This class is appropriate for caregivers: parents, grandparents, babysitters, etc. This book is appropriate for use with elementary aged students, but can be adapted for use with both younger and older children. There is even a page devoted to babies.

**Fee includes a copy of the book.**

**Date/time:** Thursday, November 15, 7-8 p.m.
**Location:** Jefferson Library
**Fee:** $15 residents $20 non-residents $12 senior residents

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**Sign Language**

**Level 2**

**Instructor:** Pam Lane

This class will be a continuation of level 1. We will continue building on vocabulary, add in sentence structure and utilize more sign/expression and turn our voices off.

**Date/Time:** Tuesdays, October 30-December 4, 6-7:30 p.m.
**Location:** High School Rm 56
**Fee:** $27 residents $37 non residents $22 senior residents

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**Choosing the Right College**

**Instructor:** Erin Wheeler

Erin Wheeler of the College Advisor of New York will outline the steps you need to find the best college fit for your child. Some of the topics covered are; the top five factors colleges look for in applicants, the financial aid process and strategies to reduce college costs; understanding why “fit” is critical; SAT/ACT strategy; how to make the most of college visits and writing the essay. The information you will take home from this presentation will help you in your child’s college search.

To schedule an appointment with Erin please call 518-512-3021 or e-mail Erin@collegeadvisorony.com

**Date/Time:** Thursday, November 8, 6:15-7:45 p.m.
**Location:** HS Room 57
**Fee:** Free to Schalmont Residents

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**SABRE PARENT**

Schalmont Central School District has always worked with parents and community members to support the education of all our students.

All Sabre Parent programs are provided free to Schalmont parents and community members.

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**New!**

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**The College Conundrum: Will My Children Get in? And How Do I Afford It?**

**Instructor:** Greg Eckl

Calling all Moms and Dads! Join us for an interactive course to learn about the college application and financial aid process as well as uncommon approaches to afford the rising cost of a college education. Selecting the right college is a decision that has implications for
both the type of education your student receives and the financial impact on parents and students that can last a lifetime. Linda King, PMHC, CAS, MS is the Founder and CEO of The King Advantage, specializing in college admissions, the application process, strategies to help your student find a best fit college, expectations of college admissions, financial aid topics and much more. Linda is also a graduate of the 2004 Harvard Institute.

Greg Eckl, MBA is a financial advisor with Park Avenue Securities who collaborates with family’s facing the daunting challenge of affording college and is motivated to help families’ financial confidence as they navigate the college search process.

Date/time: Tuesday, October 23, 6-7:30 p.m.
Location: High School Room 56
Fee: No fee for Schalmont residents

Google - G Suite
Instructor: Bronson Knaggs
Bring your student’s password and learn about the Google products they are using daily. This will allow you to play with the product while you learn. (You will not be able to access your personal G-mail or Drive on the school network). These productivity tools (Calendar, Docs, Drive, Slides, etc...) are useful for everything from business to planning to the latest event with friends.

Date/time: Tuesday, October 23, 7-8:30 p.m.
Location: High School Room 57
Fee: Free to Schalmont Residents

NetSmartz Workshop for Internet Safety
Instructor: Dave DeCelle
NetSmartz Workshop helps parents and educators to teach safety strategies to help keep children and teens to be good digital citizens and to be safer online. Read articles, download tip sheets, videos and lessons and connect to age appropriate web sites for children and teens at www.netsmartz.org.

Parents and educators learn about risks that children may face while online like: privacy issues, exposure to inappropriate content, inappropriate requests, cyberbullying, strategies to help keep them safer on the Internet, reporting options and additional resources. This class will teach what to look for and what to talk to your child about.

Date/time: Monday, November 19, 6-7 p.m.
Location: High School Room 56
Fee: Free to Schalmont residents

SABRE STUDENTS

American Red Cross Babysitting Training
Instructor: American Red Cross Certified Instructor
This course will provide youth who are planning to babysit with the knowledge and skills necessary to safely and responsibly give care for children and infants. This training will help participants to develop leadership skills; learn how to develop a babysitting business, keep themselves and others safe and help children behave; and learn about basic child care and basic first aid. Recommended age 11–15 years.

Date: Saturday, November 10, 9 a.m.-4:30 p.m.
Location: High School Library
Fee: $85 resident $95 non-resident

Register online!

Schalmont Central School District is working in conjunction with a local company, ZippyReg, to offer online registration for Adult Education classes. visit schalmont.org/adulteducation for information on how to sign up and pay with a credit card. Mail-in registration by check is still available by using the form on page 2.
Tae Kwon Do 2 You
Youth Program, Ages 6-12
Instructor: Derek Monaghan
Do your children have a lot of energy they need to burn off? Are they having trouble focusing in school? Could their listening skills improve? How about respect for themselves and others? Our youth program is for girls and boys ages 6-12. Along with the physical benefits of strength flexibility and improved cardiovascular capacity, our youth program teaches life skills, modifies behavior and reinforces character development. As well as teaching and instilling Tae Kwon Do core values of: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Our class sizes are designed to be small; allowing for a more focused and fun learning environment. Our classes fill up quickly, so don’t delay!
Participants will receive a tee shirt.
Date/time: Monday/Wednesday, November 5-December 5, 2018 (no class Nov 12 or Nov 21) 5:00-5:50
Location: Jefferson Gym
Fee: $77 resident, $87 non-resident

Tae Kwon Do 2 You Tier 2
Youth Program, Ages 6-12
Instructor: Derek Monaghan
Do your children have a lot of energy they need to burn off? Are they having trouble focusing in school? Could their listening skills improve? How about respect for themselves and others? Our youth program is for girls and boys ages 6-12. Along with the physical benefits of strength flexibility and improved cardiovascular capacity, our youth program teaches life skills, modifies behavior and reinforces character development. As well as teaching and instilling Tae Kwon Do core values of: Courtesy, Integrity, Perseverance, Self-Control and Indomitable Spirit. Our class sizes are designed to be small; allowing for a more focused and fun learning environment. Our classes fill up quickly, so don’t delay!
Participants will receive uniform, belts and certificates!
Must have completed Tier 1 to attend.
Date/time: Mon/Wed November 5-December 5, (no class Nov 12 or 21) 6-7 p.m.
Location: Jefferson Gym
Fee: $110 resident, $120 non-resident

Zumba for Kids
Instructor: Annie Grzywaczewski
This class is perfect for younger Zumba fans ages 7-11 years old who want to be active and jam out to their favorite music. Zumba Kids features kid-friendly routines based on original Zumba choreography. We break down the steps, add games, activities and cultural exploration elements into the class structure. This class will help develop a healthy lifestyle and incorporate fitness as a natural part of children’s lives by making fitness fun! Classes incorporate key childhood development elements like leadership, respect, team work, confidence, self-esteem, memory, creativity, coordination and cultural awareness.
Date/time: Tuesdays, October 30-November 20, 5:30-6:15 p.m.
Location: Jefferson Gym
Fee: $22 resident $27 non-resident

Don’t be late!
For security, entrances to school buildings are locked. Doors will be unlocked 15 minutes prior to the start of all Adult Education classes and locked 15 minutes after the scheduled start time. Thank you in advance for your cooperation and arriving to class on time.
Where And When Classes Are Held
Classes begin the week of October 22, 2018. Any exceptions are noted within the course description for the course(s) in which you are interested. Classes are mainly held at Schalmont High School, 1 Sabre Drive, Schenectady, NY 12306; Schalmont Middle School, 2 Sabre Drive, Schenectady, NY 12306; and Jefferson Elementary, 100 Princetown Road, Schenectady, NY 12306. Exceptions are noted in the course description, so please check your course.

Need Directions? Log on to www.schalmont.org

Inclement Weather Policy
If traveling conditions are hazardous, we will postpone classes. Whenever the Schalmont Central Schools are closed during the day, due to inclement weather, or school holidays, classes will NOT meet that evening. In the event of inclement weather later in the day, check with the local television stations or the Schalmont Central School District web site: www.schalmont.org

Schalmont Central School District is not responsible for any injuries incurred during activities through the Adult Education Program. Any ensuing expenses will be borne by the participant.

Schalmont Central School District offers employment and educational opportunities without regard to age, sex, race, color, national origin, or disability. This policy is in compliance with Title VI of the Civil Rights Act, Title IX of the Education Amendment, Section 504 of the Rehabilitation Act, and the Age Discrimination Act.