

WAPPINGERS CONTINUING EDUCATION

Winter/Spring 2017 Class Schedule

Especially for Students

ANIMAL PAINTINGS

David Lumia

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

Wednesdays • 1/18-2/8 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

PAPER SCULPTURES

David Lumia

Students in 3rd grade will learn how to make paper come to life by simply folding, cutting and curling a single piece of paper! Students will create their own horses, fish and other creatures using a variety of techniques learned throughout this four-week course. Limit 10 students so register early!

Thursdays • 1/19-2/9 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

M.C. ESCHER TESSELLATIONS

David Lumia

Students in 5th grade will learn about the artist M.C. Escher. They will focus on his mathematical tessellations to inspire their work while using a variety of techniques. Topics covered will include line, pattern, shapes, value, and color. Cost includes all necessary supplies. Limit 10 students so register early! No class 2/17.

Fridays • 2/3-3/3 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

POP UP ART

David Lumia

For students in grade 4, this class will focus on 3-dimensional landscape sculptures. Students will create their own pop up landscape as they learn about composition, perspective, space, shapes, and form. Limit 10 students so register early! No class 2/20.

Mondays • 2/6-3/6 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

SPORT SKILLS & FITNESS

Brad Bengel

For students in grades 1-2 & 3-4, this class will focus on sport skill development and fitness. Students will learn the basic skills needed to be successful in this area's more popular sports. Sports covered in this class will include soccer, tennis, basketball, baseball/softball and lacrosse. Students will be highly active during this class which will improve their health & fitness levels. Limit 30 students per class.

Grades 1-2 • Tuesdays • 2/7-3/14 • 3:50-5:00 pm • 6 sessions • \$60 • Fishkill Plains ES Gym

Grades 3-4 • Wednesdays • 2/8-3/15 • 3:50-5:00 pm • 6 sessions • \$60 • Fishkill Plains ES Gym

CHEERLEADING FOR AGES 3-6

Jennifer Colucci, Cheerleading Coach

Pre-K, Kindergarten & 1st Grade students can join us to learn cheers and chants! We will cover all of the basic cheerleading motions and jumps, as well as a short dance. No previous experience required. This class is great practice for those who have already begun cheering, or for those who are thinking about joining a squad. Please bring water, wear shorts, a t-shirt, socks, sneakers and have hair pulled back into a pony tail...and don't forget your smile!

Tuesdays • 2/21-3/21 • 6:15-7 pm • 5 sessions • \$60 • Gayhead ES Large Cafeteria

ART OF PRINTMAKING

Melissa Braggins

Students in 3rd through 6th grades will explore the exciting process & techniques of printmaking. They will create their own series of unique, handmade prints. Cost includes all supplies. A parent/grandparent is welcome to attend with the student and need only pay a \$10 materials fee. Limit 18 students.

Wednesdays • 3/1-3/15 • 3:30-5 pm • 3 sessions • \$55 • Brinckerhoff ES Room 18

PERSPECTIVE DRAWINGS

David Lumia

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

Thursdays • 3/2-3/23 • 3:50-5:20 pm • 4 sessions • \$60 • Fishkill Plains ES Room 17

MAD SCIENCE – SCIENCE MYSTERIES & FANTASTIC FORCES

Mad Science of the Hudson Valley

This after school enrichment program will be offered for grades 1-3 at Fishkill Elementary, Fishkill Plains Elementary, Kinry Road Elementary, and Gayhead Elementary. Cost is \$119 for an 8-week session and classes begin the week of February 6th. For more information, contact the Continuing Education office at 298-5000, ext. 40137.

Driver Safety

5-HOUR PRE-LICENSING COURSE

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

KETCHAM HIGH SCHOOL

3:00-8:00 pm, room 213

January 10	February 7
March 14	April 18
May 9	June 6

High School Equivalency Preparation

Prepare for your HSE (High School Equivalency) exam. No fee for students 21 & over. Students under 21 pay a \$20 registration fee. Students 18 & under must bring their high school sign-out sheet. This is an on-going program and new students are accepted at any time. There is no need to pre-register. You may attend morning classes, evening classes or both. Classes resume January 3rd.

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 8 math review classes & 8 verbal review classes (16 classes total) for each session. Cost is \$110 for the 8 weeks (16 meetings) and includes a copy of *The Official SAT Study Guide*.

Classes begin the week of March 6th and run for 8 weeks. They are designed to be completed in time to take the May 6th SAT. Enrollment deadline is Thursday, March 2nd. First come, first served. There is a minimum (12) and maximum (24) enrollment. Register early to avoid class cancellations.

JOHN JAY HIGH SCHOOL

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

Wednesdays & Thursdays • 2:15-4:15 pm, room 222 • \$110

KETCHAM HIGH SCHOOL, room 107

Mondays & Wednesdays • 2:15-4:15 pm • \$110

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

Cooking at Sprout Creek Farm

MASTERING THE ART OF SOUP

Mark Fredette, Chef

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

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

BREAD MAKING

Mark Fredette, Chef

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

Tuesday • 1/17 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

CONFIT

Mark Fredette, Chef

Late autumn & early winter is traditionally a time of food preservation. Many of us have heard of confit, but how many of us have tried to make it? Come to the farm and try your hand at one of the most rich & decadent food preservation techniques in western culinary history! Ages 21 & older please. \$5 materials fee due to the instructor at the class. Sprout Creek Farm is located at 34 Lauer Road (between Noxon Road & Route 55) in Lagrangeville.

Tuesday • 1/24 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

PASTA & GNOCCHI

Mark Fredette, Chef

As our nights get colder, no meal is more satisfying than a hearty bowl of homemade pasta. There is also not a more rewarding task in the kitchen than feeling pasta transform in your hands. We will make two kinds of pasta; a traditional rolled and cut pasta and gnocchi. Come to Sprout Creek to learn how to make fresh pasta from flour to finish! Ages 21 & older please. \$5 materials fee due to the instructor at the class. Sprout Creek Farm is located at 34 Lauer Road (between Noxon Road & Route 55) in Lagrangeville.

Thursday • 3/2 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

CHEESE

Mark Fredette, Chef

Cheeses using winter milk are often sought after because they tend to be richer, creamier and sweeter. Winter is also when the cheeses put up during the early summer are at their peak. For the creamery at Sprout Creek Farm, winter is our busiest & most exciting time of the year. In this class we will learn to make a fresh cheese, that you can also make at home, that can be used as an ingredient in multiple transformative dishes. Ages 21 & older please. \$5 materials fee due to the instructor at the class. Sprout Creek Farm is located at 34 Lauer Road (between Noxon Road & Route 55) in Lagrangeville.

Wednesday • 3/1 • 6:30-8:30 pm • 1 session • \$35 • Sprout Creek Farm

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

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 resume January 3rd.

BEGINNING

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

ADVANCED

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

LOW INTERMEDIATE

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

PRONUNCIATION

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

INTERMEDIATE

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

GRAMMAR/WRITING

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

Music/Dance

MODERN SQUARE DANCING

Ron McMurdy, Boots n' Bows Square Dance Club

This class is for singles, couples & families. No experience is necessary. FREE introductory lesson Thursday, January 26th. Come & learn more about this traditional American dance! Cost is \$72 per person. 10% discount available for seniors & families. No class 4/13.

Thursdays • 2/2-4/27 • 7:30-9:30 pm • 12 sessions • \$72 • Myers Corners ES Cafeteria 1

Recreation

BASIC ANTIQUE CLOCK REPAIR

William Clarke

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

Thursdays • 1/19-3/23 • 7-9 pm • 10 sessions • \$60 • Van Wyck JHS Tech 3

HOROLOGICAL RESTORATION

Aubrey Kinney & Joseph Woleader

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

Thursdays • 1/19-3/23 • 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 4/11. Limit 20.

Tuesdays • 1/17-6/13 • 7-8:30 pm • 21 sessions • \$25 • Brinckerhoff ES Gym

TAE KWON DO (Korean Karate)

Lorraine LeClair & Jeanette LeClair

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

Winter

Mondays • 12/19-3/20 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fridays • 1/6-3/17 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Spring

Mondays • 3/27-6/12 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Fridays • 3/24-6/9 • 6:30-8:30 pm • 10 sessions • \$60 • Fishkill Plains ES Gym

Personal Finance & Business

WILLS, TRUSTS & ESTATES

Shari Hubner, Esq.

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

Wednesdays • 4/19-5/3 • 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 • 4/25-5/9 • 6:30-9 pm • 3 sessions • \$49 • Ketcham HS Room 107

ESTIMATING CASH FLOW IN RETIREMENT

Jean Riordan, TEG Credit Union

Much of your retirement planning will depend upon your cash flow once you stop working. If you are going to receive a company pension on top of Social Security, that will materially reduce the amount that you will need to draw from your retirement savings. But what if you aren't? Join us as we explore how much you will need for retirement, what to do if your savings won't be enough, and whether to start Social Security or hold off.

Thursday • 5/4 • 6:30-8 pm • 1 session • FREE • Ketcham HS Room 109

MEDICARE 101

James Farnham, Licensed Agent

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

Wednesday • 4/5 • 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 • 4/19 • 6-8 pm • 1 session • \$50 • John Jay HS Room 103

HOW TO DRASTICALLY CUT COSTS IN DIFFICULT FINANCIAL TIMES

Bev Nathan, Consumer Advocate

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

Wednesday • 4/19 • 6-8 pm • 1 session • \$50 • John Jay HS Room 101

GREAT REAL ESTATE DEALS IN DIFFICULT TIMES

Rick Nathan, Consumer Advocate

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

Wednesday • 4/19 • 8-10 pm • 1 session • \$50 • John Jay HS Room 103

STARTING A BUSINESS WITH LITTLE MONEY DOWN

Bev Nathan, Consumer Advocate

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

Wednesday • 4/19 • 8-10 pm • 1 session • \$50 • John Jay HS Room 101

20 WAYS TO EARN RESIDUAL INCOME

James Farnham, Licensed Agent

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

Thursday • 4/20 • 6-9 pm • 1 session • \$29 • Ketcham HS Room 109

Health & Fitness

FREE PILATES DEMO!

Sandee Parker

Pilates is a great way to get a good workout. All the muscle groups are worked while lying on your back. Joseph Pilates, originator of Pilates, used these exercises to strengthen his soldiers during WWII. This is a FREE CLASS so come have some fun while getting a full body workout. Please bring a thick mat to lie on. Please call Continuing Ed at 298-5000 ext. 40137 to register so we know you're coming!

Thursday • 1/19 • 5-6 pm • 1 session • FREE • Van Wyck JHS Room 114

YOGA FOR ALL

Sandee Parker, registered yoga instructor

Yoga is for everyone, both young and old. One reason is because yoga is a stress attacker. With physical movement and breath exercises combined, one learns to balance emotions and strengthen the body. Yoga is the essence of a body-mind experience. Yoga frees you from the stress of daily life and the physical movement of yoga keeps your body flexible and in balance. Families are welcome. Bring a mat and water. No class 2/20.

Mondays • 1/23-3/20 • 6:30-7:30 pm • 8 sessions • \$80 • Van Wyck JHS Room 114

Special Interest

DIGITAL PHOTOGRAPHY

Christine Bunt

This course will introduce basic concepts & practice of digital photography, including camera function, lenses & other photographic equipment. Students will explore aesthetic principals of photography as they relate to composition, light, & exposure, as well as understanding digital formats for optimal editing and printing. Adobe Photoshop will be utilized for digital manipulations, minor corrections & enhancements of images. Cost includes all supplies except cameras. Please bring your own. No class 4/12.

Wednesdays • 3/15-4/26 • 5:30-7:30 pm • 6 sessions • \$110 • Ketcham HS Room 241

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 4/10.

Mondays • 3/6-5/15 • 6-9 pm • 10 sessions • \$125 • Ketcham HS Room 229

INTRODUCTION TO VOICE OVERS

Voices for All

Fun, empowering introductory class covering the different types of voiceovers and what tools are needed to find success. You'll be coached and receive a professional voiceover evaluation later. You'll have the knowledge necessary to help you decide if this is something you'd like to pursue. This class is taught by a professional voice actor from the voice acting training company, Voices for All. 18 and over please. Check out the video at <http://www.voicesforall.com/ooo> to get a better sense of how the class works.

Thursday • 2/23 • TBD • 1 session • \$59 • Ketcham HS Room 109

Free Classes

CREATING YOUR PATH TO COLLEGE

Stephanie Mauro, CCPS

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

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

Monday • 2/27 • 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!

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

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

Stephanie Mauro, CCPS

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

Monday • 2/27 • 6:30-8 pm • 1 session • FREE • John Jay HS Room 128

ESTIMATING CASH FLOW IN RETIREMENT

Jean Riordan, TEG Credit Union

Much of your retirement planning will depend upon your cash flow once you stop working. If you are going to receive a company pension on top of Social Security, that will materially reduce the amount that you will need to draw from your retirement savings. But what if you aren't? Join us as we explore how much you will need for retirement, what to do if your savings won't be enough, and whether to start Social Security or hold off.

Thursday • 5/4 • 6:30-8 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.

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WILLS, TRUSTS & ESTATES

Shari Hubner, Esq.

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Wednesdays • 4/19-5/3 • 4:15-5:30 pm • 3 sessions • FREE • Ketcham HS Room 110

Registration Form

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

Wappingers Continuing Education

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

NAME: _____ AGE: _____

ADDRESS: _____

PHONE: _____

E-MAIL: _____

LIST COURSES: _____

TOTAL REGISTRATION FEE(S) ENCLOSED: _____

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

Questions?

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