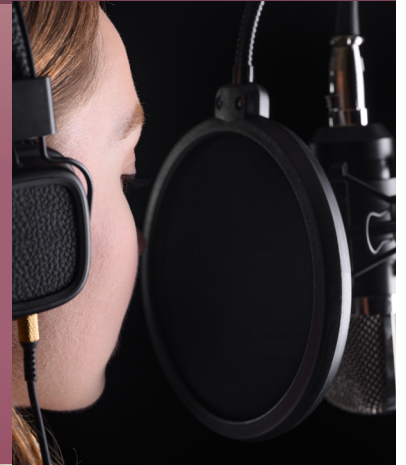




South Colonie ADULT

Program of Continuing Education

FALL SEMESTER
2023



South ADULT FALL SEMESTER 2023 Colonie Program of Continuing Education

HOW TO REGISTER FOR CLASSES

Registration for all classes is now done online.

If you register for a course that is subsequently cancelled due to insufficient enrollment, you will be notified and receive a refund electronically. NO OTHER REFUNDS WILL BE GIVEN.

For additional information call 518-869-3576, ext. 0443, Monday – Friday from 8:00 a.m. – 3:30 p.m. ALL classes are filled on a “first-come, first-served basis.”

You do not have to be a resident of the South Colonie School District to participate in a class in the Continuing Education Program.

No notification will be sent to registrants unless the course is cancelled. Classes must have sufficient registrants no less than one week prior to class to avoid cancellation.

FALL CALENDAR*

OCTOBER 2023

M	T	W	T
2	3	4	5
X	10	11	12
16	17	18	19
23	24	25	26

NOVEMBER 2023

M	T	W	T
30	31	1	2
6	7	8	9
13	14	15	16
20	21	X	X
27	28	29	30

DECEMBER 2023

M	T	W	T
4	5	6	7
11	12	13	14
18	19	20	21

X - School Holiday - No Classes

*NOTE: There may be additional excluded dates in certain buildings. Your instructor will inform you if that is the case. Also, some may extend beyond the dates shown above, others may begin earlier. Whenever schools are closed during the day due to inclement weather, classes will not meet that evening. In the event of inclement weather later in the day, check local radio, television stations and www.southcolonieschools.org for closing information.

DRUG FREE ZONE

Remember: New York State public schools are all **DRUG FREE ZONES** and that includes tobacco products. Smoking and vaping are **NOT** allowed **ANYWHERE** on school property.

ELIGIBILITY

Registration is open to all adults, both residents and nonresidents of South Colonie. Registrants must be 21 years of age or older, unless otherwise stated in the class description. **NO ONE UNDER THE AGE OF 21 MAY ACCOMPANY REGISTRANTS TO CLASS OR INTO THE SCHOOL BUILDING.**

ENROLLMENT

Because Continuing Education is a self-sustaining program it is necessary to have a minimum number of paid participants enrolled in a course before it can be held. All courses are filled on a “first come, first served” basis.

PARKING

All vehicles must be in designated parking areas only, **NOT IN CIRCLES. VIOLATORS MAY BE TICKETED OR TOWED.**

INSTRUCTORS AND CLASSES

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

COLONIE SENIOR COURTESY CARD

Residents of Colonie, age 60 or older, with a Colonie Senior Courtesy Card will be entitled to reduced or free registration for most courses. Courtesy Cards may be obtained at the South Colonie District Office, Colonie Town Hall or Colonie Senior Resources (12 Metro Park Road, Suite 103) with appropriate proof of age and residency during regular business hours. Additional fees for books and materials are not waived for senior citizens.

AVAILABLE AT CAPITAL REGION BOCES: HIGH SCHOOL EQUIVALENCY TEST AND ENGLISH AS A NEW LANGUAGE (ENL) HIGH SCHOOL EQUIVALENCY (HSE) DIPLOMA PROGRAM

New York currently offers a test leading to a NYS High School Equivalency Diploma. The Test Assessing Secondary Completion (TASC) replaced the GED as the only free, state subsidized assessment leading to a New York State High School Equivalency (HSE) Diploma.

ENGLISH AS A NEW LANGUAGE (ENL)

Classes are provided to help students improve English speaking, listening, reading and writing skills. The classes are free to students age 21 or older.

TASC, ENL AND HOME STUDY OPTIONS GRASP (Giving Ready Adults a Study Program):

GRASP is a home study program for the more advanced student who cannot attend a traditional class. Individualized packets of instruction are delivered to the student's home. GRASP is a free program for students age 21 and older.

To earn your High School Equivalency Diploma or learn English, call Capital Region BOCES at (518) 862-4760 OR (518) 694-4568. You may also view information on the **Capital Region BOCES** website at: www.capregboces.org. Click on the Adult Education tab.

Continuing Education is pleased to offer these **Special One-Night Classes**

LOOKING FABULOUS AT ANY AGE!

Instructor: Jill Boyd

- **Tuesday, October 3** \$23
- **6:00-8:00 PM**
- **Room 112 – Colonie Central High School**

In this class you will learn how to dress in the most flattering colors and styles for your body type and preferences, five ways to look younger and build a wardrobe with a plan so that almost everything coordinates according to your lifestyle and needs.

Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication and elegance with which she dresses her clients. As an aesthetician, she has taught classes on skin care and makeup. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life. **Colonie Senior Courtesy Card Fee – \$18.**

PREPLANNING CEMETERY SERVICES

Instructor: Matthew Yager & Trish Wielt

- **Wednesday, October 4** \$18
- **6:00-7:00 PM**
- **Room 112 – Colonie Central High School**

This class offers an introduction to preplanning for your family's cemetery needs. It is a step by step educational program including history, rules, regulations, current laws, and burial options for you and your family. Presented by Memory Gardens. **Free with Colonie Senior Courtesy Card.**

RUBBER STAMPING–FALL CARDS

Instructor: Ann Burns

- **Wednesday, October 4** \$23
- **6:30-9:00 PM**
- **Room 134 – Colonie Central High School**

There is no better way to get into the new season than to stamp Fall cards. We will make some amazing cards using autumn colors, images and incorporate fun techniques and folds. No prior stamping experience needed. Please bring a pair of scissors and adhesive of your choice. Envelopes included. *Check out samples of the instructor's work at: annburns.stampinup.net.* **Colonie Senior Courtesy Card Fee – \$18.**

SKINCARE, MAKEUP & HAIR COLORS

Instructor: Jill Boyd

- **Tuesday, October 10** \$23
- **6:00-8:00 PM**
- **Room 112 – Colonie Central High School**

In this class you will learn how to care for your skin type – what you need to know to keep your skin vibrant and healthy; what makeup products and colors are best for you; and hair color choices or deciding to go grey.

Jill Valerie Boyd, owner and chief stylist at Ageless Iconic Style, is renowned for the creativity, originality, sophistication and elegance with which she dresses her clients. As an aesthetician, she has taught classes on skin care and makeup. Jill's core skill is helping both men and women to look and feel absolutely radiant in all stages of life. **Colonie Senior Courtesy Card Fee – \$18.**

VEGAN THANKSGIVING MAINS

Instructor: Olivia Townsend

- **Monday, October 16** \$23
- **6:00-8:30 PM**
- **Room 141 – Sand Creek Middle School**

In this vegan cooking course we will create and eat a delectable stuffing and a rich butternut-sweet potato bisque in the 2.5-hour evening. The recipes are simple, but effective, perfect for the home cook. I will provide printed receipts and the knowledge of why and how these recipes work to understand vegan food on a fundamental level. Class size is limited to 12 participants. **A materials fee of \$25.00 is due to the instructor on the first night of class. Colonie Senior Courtesy Card Fee – \$18.**

SO, YOU'RE READY TO DOWNSIZE!

Instructor: Neil Bindelglass

- **Tuesday, October 17** \$23
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

According to AARP, an American will turn 50 every eight seconds. That is more than 10,000 people every day. During this time, many people begin to think about downsizing, either by choice or because of health-related issues and it can all be very overwhelming. This class will give an overview about how to break this mammoth task down into manageable pieces. Topics will include: Sorting your possessions, how to downsize, space planning for a new residence, questions to ask before you hire a mover, home staging, when a Senior Move Manager is right for you, and questions to ask a Senior Move Manager before you hire them. **Colonie Senior Courtesy Card Fee – \$18.**

RUBBER STAMPING–STAMP A STACK OF HOLIDAY CARDS

Instructor: Ann Burns

- **Wednesday, October 18** \$23
- **6:30-9:00 PM**
- **Room 134 – Colonie Central High School**

Get into the holiday spirit with beautiful handmade cards. Your friends will be amazed when they receive their cards made by you! You will go home with six simple, elegant cards (3 designs, 2 each). Envelopes included. No stamping experience necessary. Please bring double sided adhesive and a small pair of scissors.

Check out samples of the instructor's work at: annburns.stampinup.net. **Colonie Senior Courtesy Card Fee – \$18.**

HOW TO GET RID OF YOUR STUFF: SELLING AND DONATING ITEMS

Instructor: Neil Bindelglass

- **Tuesday, October 24** \$23
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

This course is the perfect accompaniment to "So, You're Ready to Downsize." Millions of Americans are downsizing and moving to smaller homes. And many older Americans have been in their homes for decades. This course will discuss how you can dispose of all of the items that you don't want or won't be taking with you when you move. Topics will include Craig's List, Ebay, estate sales, giving things away and donating goods (and the tax benefits). **Colonie Senior Courtesy Card Fee – \$18.**

HEALTHCARE AFTER RETIREMENT–PART 1

Instructor: Michael Stanton

- **Monday, October 30** \$18
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

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. **Free with Colonie Senior Courtesy Card.**

HEALTHCARE AFTER RETIREMENT–PART 2

Instructor: Michael Stanton

- **Monday, November 6** \$18
- **6:30-8:00 PM**
- **Room 112 – Colonie Central High School**

An educational course designed to help you understand the differences between Advantage, Supplemental and Prescription drug plans. This is the second course in the Healthcare series offered by Michael Stanton. **Free with Colonie Senior Courtesy Card.**

BIRDING YOUR BACKYARD

Instructor: Scott Stoner

- **Thursday, November 2** \$23
- **6:30-8:30 PM**
- **Room 107 – Sand Creek Middle School**

Birds add color and beauty to our yards and watching birds is a hobby that can easily be enjoyed from home! In this two-hour workshop, we will cover how best to attract birds to our backyards, discuss types of feed and feeders, and how water, shelter and plantings are all very important factors. Through our own photos we will discuss how to identify common and unusual birds that visit our yards as well as squirrels, hawks, and birds hitting windows. Bring your questions! **Colonie Senior Courtesy Card Fee – \$18.**

Beginning October 2

*Unless otherwise noted

RUBBER STAMPING-HOLIDAY CANDLE AND GIFT BOX

Instructor: Ann Burns

- **Wednesday, November 8** \$23
- **6:30-9:00 PM**
- **Room 134 – Colonie Central High School**

The holidays will be here and it is time to think about gift giving. In this class we will create a beautiful stamped candle and a gift box with all occasion cards. No stamping experience necessary. Please bring double sided adhesive and a small pair of scissors. **A \$10 materials fee will be collected prior to the start of class.**

Check out samples of the instructor's work at:

annburns.stampinup.net. Colonie Senior Courtesy Card Fee – \$18.

GETTING PAID TO TALK

Instructor: Voice Coaches

- **Wednesday, November 8** \$23
- **6:30-9:00 PM**
- **White Lake Music & Post Recording Studios, 26 Vly Road, Albany 12205**

Have you ever been told 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, and how to be successful and earn great income in this exciting field. Students will have an opportunity to ask questions and hear examples of demos recorded by professional voice actors. Students will have a chance to record a commercial script under the direction of our Voicecoach.com producers. **Colonie Senior Courtesy Card Fee – \$18.**

CREATING A VEGAN HOLIDAY ROAST

Instructor: Olivia Townsend

- **Monday, November 13** \$23
- **6:00-8:30 PM**
- **Room 141 – Sand Creek Middle School**

Delicious, moist and tender roast is essential to a traditional family or holiday meal. In this vegan cooking course, we will create and eat a wonderful holiday roast and rich gravy for a perfect Thanksgiving or Christmas feast in the 2.5-hour evening. The recipes are simple, but effective, perfect for the home cook. I will provide printed receipts and the knowledge of why and how these recipes work to understand vegan food on a fundamental level. Class size is limited to 12 participants. **A materials fee of \$25.00 is due to the instructor on the first night of class. Colonie Senior Courtesy Card Fee – \$18.**

YOGA

Instructor: Lisette Roldan-Hart

- **8 Weeks** \$55
- **6:30-7:30 PM**
- **Cafeteria – Forest Park Elementary School**

Yoga for all is a multi-level class designed for the beginner as well as the experienced student. The instructor guides the class through a series of Vinyasa flow poses. Movement is coordinated with breath to flow from one pose to the next. Benefits include improved strength, flexibility, reduced stress, better posture, community and much more. Participants should wear flexible pants or shorts, close fit t-shirt or tank. Water bottle and mat required. **Colonie Senior Courtesy Card Fee – \$50.**

***WATERCOLOR WORKSHOP**

Instructor: Kevin Kuhne

- **7 Weeks** \$55
- **October 23–December 4**
- **6:30-8:30 PM**
- **Room 245 – Sand Creek Middle School**

***Start Date: October 23**

This seven-week course is for the student who has some familiarity and experience with basic watercolor supplies and techniques. We will study the watercolor work, style and technique of an accomplished watercolorist (yet to be decided on) of the past or present. We will copy one of their works and then do a watercolor of your own design in their style. Finally, if time permits, you will work on a watercolor of your own with individual guidance and instruction.

Materials: For the first class, along with your usual watercolor supplies, please bring Arches or Fabriano 140 lb. cold press watercolor paper, professional grade. The paper can be a cut-up, full-sheet, pad or a block. **Colonie Senior Courtesy Card Fee – 50.**

BEGINNER–INTERMEDIATE GUITAR/UKULELE

Instructor: Don Warren

- **4 Weeks** \$40
- **7:00-8:00 PM**
- **Room 114 – Colonie Central High School**

Bring your guitar, bass or ukulele and prepare to enjoy a rewarding and fun experience. No guitar? No problem. Contact Don @ donwlessons@gmail.com. No prior experience? No worries.

Beginners: you will learn how to play basic cords, techniques, rhythms/strumming and timing. By the end of the course, you will contribute to the group as you play through a recognizable song.

Novice-Intermediate: By the end of the course, you will be able to contribute to the final song in a variety of creative ways, to take your playing up a level and apply new-found techniques to add to your abilities as a guitarist. What to bring? An acoustic guitar, guitar pick (if you like) and clip-on headstock tuner (preferred) and pen. **Colonie Senior Courtesy Card Fee – \$35.**

HIGH FITNESS

Instructor: Connie DiNovo

- **8 Weeks** \$55
- **6:30-7:30 PM**
- **Gym – Forest Park Elementary School**

High Fitness is a full body workout that combines aerobic and anaerobic training and has shown to improve overall endurance, stamina, strength, and cardiovascular health without the use of additional equipment. The High Fitness method of choreography ensures that participants can enjoy effective exercise to music of all genres while reaping the benefits to both mind and body! All you need is comfortable clothes and shoes, plenty of water and be prepared to have lots of fun! **Colonie Senior Courtesy Card Fee – \$50.**

ZUMBA TONING/ZUMBA FITNESS

Instructor: Lynne Ross

- **8 Weeks** \$55
- **6:30-7:30 PM**
- **Cafeteria – Shaker Road Elementary School**

This class combines Zumba and Zumba Toning (Zumba with light weights). Zumba is a Latin-inspired, dance fitness class that incorporates Latin, International music and dance movements into a fun and effective workout. The format combines fast and slow rhythms that tone and sculpt the body in an aerobic/fitness fashion. The addition of Zumba segments with light weight dumbbells will emphasize muscle work and overall toning. The cardio-based dance movements are easy to follow steps and no prior dance experience is required. Workout clothes, sneakers, light dumbbells (1-2 pounds) and water are required. Class will not meet on November 13. **Colonie Senior Courtesy Card Fee – \$50.**

COED VOLLEYBALL–INTERMEDIATE

Instructor: Paul DeFrancisco

- **10 Weeks** \$65
- **8:30-10:30 PM**
- **New Gym – Sand Creek Middle School**

Competitive pickup games for veteran players. Participants are expected to have a mastery of basic volleyball skills and hands-on knowledge of offensive and defensive strategies using designated hitters, setters, blockers, etc. Play will be conducted in accordance with USA Volleyball rules and regulations. This class is NOT for beginners. **Colonie Senior Courtesy Card Fee-not applicable to this course.**

QUILTING–INTERMEDIATE

Instructor: Donna Hyer

- **10 Weeks** \$55
- **6:00-8:30 PM**
- **Library Lounge – Colonie Central High School**

If you have a basic knowledge of quilting or would like to brush up on your skills and learn some new techniques, this class is for you. We'll be making a quilt or a table runner (or two) and having fun along the way. **Colonie Senior Courtesy Card Fee – \$50.**

TUESDAY

Beginning October 3

*Unless otherwise noted

FINDING CALM & CONNECTION THROUGH YOGA, GUIDED JOURNALING & COMMUNICATION CIRCLE

Instructor: Kimberly Favro

■ 8 Weeks \$55

■ 6:30-7:40 PM

■ Cafeteria – Shaker Road Elementary School

This is an 8-week yoga workshop series. Each session will begin with a forty-minute, beginner friendly, hatha yoga practice. The class will include pranayama (breathing exercises), meditation, and restorative postures to help us settle into our evening routine. A special focus in our physical practice will be devoted to the chakras (energy centers in the body). The second part of the workshop (thirty minutes) will encompass reflective journaling and community circle sharing (if desired). Participants will work with suggested prompts to enhance self-exploration and to allow for creative and mindful time to write thoughts and responses. The goal is to improve motivation and healing when feeling stuck, overwhelmed or in need of a little inspiration. Please bring a yoga mat and journal.

Kim is a 500-hour Certified Yoga teacher, a 200-hour Registered Yoga Teacher by the Yoga Alliance and a Restorative Justice Trainer and Facilitator. She has been teaching yoga since 2018 and facilitating restorative/ community circles since 2012. **Colonie Senior Courtesy Card Fee – \$50.**

ZUMBA

Instructor: Carolyn Schirnglone

■ 7 Weeks \$55

■ 6:30-7:30 PM

■ Cafeteria – Veeder Elementary School

A Latin-inspired dance fitness class that incorporates Latin and international music. The class combines fast and slow rhythms that tone and sculpt the body. You will get a great workout while having a blast. Choreography incorporates hip-hop, soca, salsa, merengue and mambo. Squats and lunges can also be included. Moving in sync to music will make you work hard and help you build endurance, tone muscles, and build definition. Bring water and a towel. **Colonie Senior**

Courtesy Card Fee – \$50.

QUILTING-BEGINNER

Instructor: Donna Hyer

■ 10 Weeks \$55

■ 6:00-8:30 PM

■ Library Lounge – Colonie Central High School

Learn the basics and/or learn the proper way to put a quilt together. Have fun and make a lap quilt in the 10-week session. **Colonie Senior Courtesy Card Fee – \$50.**

*INTRO TO TRANSPARENT WATERCOLOR

Instructor: Kevin Kuhne

■ 7 Weeks \$55

■ October 24-December 5

■ 6:30-8:30 PM

■ Room 245 – Sand Creek Middle School

***Start Date: October 24**

This seven-week course is for the complete novice or anyone else interested in reviewing and practicing basic watercolor techniques.

Materials: Do not buy any special supplies until after the first class. However, please bring whatever watercolor supplies you already have. DO bring a water container, facial tissue and paper towels or a cloth to the first class. **Colonie Senior Courtesy Card Fee – \$50.**

JACKI SORENSON'S AEROBIC DANCING: GET IT ALL TOGETHER APPROACH

Instructor: Dawn Peplowski

■ 10-Week Session

■ 7:00-8:00PM

■ Tuesday AND Thursday \$87

■ Tuesday OR Thursday \$52

■ Gym – Saddlewood Elementary

This class includes core work, Vertiform weight training, cardio, stretching, and fun — all in one hour. Warm up with stretching, use core work to firm and strengthen your abdominals and torso and Vertiform to firm and strengthen your legs, glutes, chest and arms using body resistance, or with the option of hand and ankle weights. Cardio will strengthen your aerobic system and burn fat. Cool down with stretching. You'll sway, stretch, crunch, squat, cha-cha, waltz, samba and swing yourself into total body fitness while enjoying a variety of motivating music. Please bring a mat for abdominal workout. **Colonie Senior Courtesy Card Fee – \$82/\$47.**

WEDNESDAY

Beginning October 4

*Unless otherwise noted

BALLROOM DANCING I FOR COUPLES

Instructor: Janet Murphy

■ 10 Weeks \$70 per couple

■ 7:15-8:00 PM

■ Cafeteria – Roessleville Elementary School

Learn the basic steps of the Fox Trot, Cha Cha, Rhumba and Waltz. A course for couples getting married or just for fun! **Colonie Senior Courtesy Card Fee – \$65 per couple.**

BALLROOM DANCING II FOR COUPLES

Instructor: Janet Murphy

■ 10 Weeks \$70 per couple

■ 6:30-7:15 PM

■ Cafeteria – Roessleville Elementary School

Now that you know the basic steps of the Fox Trot, Cha Cha, Rhumba and Waltz. It's time to kick it up a notch! **Colonie Senior Courtesy Card – \$65 per couple.**

COED VOLLEYBALL – BEGINNER

Instructor: Tammy Thayer

■ 10 Weeks \$65

■ 6:30-8:30 PM

■ Gym – Forest Park Elementary School

Learn basic skills and knowledge of the game in a relaxed noncompetitive, non-aggressive, fun filled atmosphere. **Colonie Senior Courtesy Card Fee – \$60.**

OIL PAINTING

Instructor: Theresa Somaio

■ 10 Weeks \$60

■ 6:30-8:30 PM

■ Room 132 – Colonie Central High School

Explore still life, landscape and portrait painting in oils. Bring your own painting projects to work on or work with the instructor's set ups and photos. All levels of experience are welcome to attend this painting workshop. Materials list will be handed out on the first night of class, but bring a small canvas and whatever materials you have. The instructor has been teaching art to adults and children for over twenty years.

Colonie Senior Courtesy Card Fee – \$55.

QUILTING – ADVANCED

Instructor: Donna Hyer

■ 10 Weeks \$55

■ 6:00-8:30 PM

■ Library Lounge – Colonie Central High School

Work on your own projects with the help and expertise of other knowledgeable quilters. Special group projects and demonstrations during the session. **Colonie Senior Courtesy Card Fee – \$50.**

THURSDAY

Beginning October 5

*Unless otherwise noted

PICKLEBALL FRAME OF MIND

Instructor: Sue Comito

■ 6 Weeks \$50

■ 8:30-10:30 PM

■ Gym – Veeder Elementary School

Interested in becoming a part of the fastest growing sport in America? Join Susan Comito, a retired Physical Education Teacher at South Colonie CSD and a L2 Certified Pickleball instructor by PCI (Pickleball Coaching International) on Thursday evenings to see what it's all about. After you have completed this 6-week session you will be acclimated to the rules, proper mechanics and strategies of game play. Please bring water and your own paddle. Class is limited to 12 participants. **Colonie Senior Courtesy Card Fee – \$45.**

ZUMBA

Instructor: Christa Grant

■ 8 Weeks \$55

■ 6:30-7:30 PM

■ Cafeteria – Shaker Road Elementary School

Feel the beats and join the fun! Zumba Fitness is a high energy, high calorie burning dance workout that combines a variety of international and latin-inspired rhythms. You will have a great aerobic and exhilarating workout while dancing to merengue, hip hop, salsa, bollywood and other dance genres. Be ready to get sweaty with easy to follow routines and move your body with the music that gets your heart pumping! Bring water and a towel. Sneakers required. No dance background necessary. **Colonie Senior Courtesy Card Fee – \$50.**

COED VOLLEYBALL – INTERMEDIATE/ADVANCED

Instructor: Laura Couch

■ 10 Weeks \$65

■ 6:30-8:30 PM

■ Gym – Forest Park Elementary School

This is for the intermediate to advanced level player who would like to improve their skills in a competitive friendly atmosphere. Class is NOT for beginners.

Colonie Senior Courtesy Card Fee – not applicable for this course.

CROCHET – BEGINNER TO INTERMEDIATE

Instructor: Shirley Trzaskos

■ 10 Weeks \$50

■ 6:30-8:30 PM

■ Library Lounge – Colonie Central High School

This class is for a novice in need of the basics, or someone beyond the basics who needs assistance now and then. Beginners should bring worsted weight bright color yarn and a crochet hook no smaller than H and no larger than K. Intermediates should bring your own project or choose from a variety of my patterns. **Colonie Senior Courtesy Card Fee – \$45.**

JACKI SORENSON'S AEROBIC DANCING: GET IT ALL TOGETHER APPROACH

Instructor: Dawn Peplowski

■ 10-Week Session

■ 7:00-8:00 PM

■ Tuesday AND Thursday \$87

■ Tuesday OR Thursday \$52

■ Gym – Saddlewood Elementary

This class includes core work, Vertiform weight training, cardio, stretching, and fun — all in one hour. Warm up with stretching, use core work to firm and strengthen your abdominals and torso and Vertiform to firm and strengthen your legs, glutes, chest and arms using body resistance, or with the option of hand and ankle weights. Cardio will strengthen your aerobic system and burn fat. Cool down with stretching. You'll sway, stretch, crunch, squat, cha-cha, waltz, samba and swing yourself into total body fitness while enjoying a variety of motivating music. Please bring a mat for abdominal workout. **Colonie Senior Courtesy Card Fee – \$82/\$47.**