

ARTS AND CRAFTS

315 BASICS OF SEWING **Fee: \$110**
Wednesday - 8 Weeks **Seniors: \$30**
7:00 -9:00 p.m. **October 8 – November 19**

Learn how to sew & cut a pattern to your measured size. A garment will be completed by the end of the course. Instructor will discuss materials needed at the first class. Students need to bring their own sewing machines to class.

Instructor: Marina Wasserberg is owner of Brewster Sewing located in Carmel.

303 BASKETWEAVING **Fee: \$90**
Wednesday - 6 Weeks **Seniors: \$25**
7:00-9:00 p.m. **October 8 – November 12**

Students in this 6 week Basket weaving class will complete 2 baskets and maybe a small 3rd depending on time. Basic tools will be discussed at the first class & may be purchased from the teacher. A material fee of \$70 is to be paid to the teacher at the first class. Maximum number of students will be 12. Please bring an old towel and a pencil to the first class.

Instructor: Judy Flanders started making baskets about 25 years ago.

200 CALLIGRAPHY (BEGINNERS) **Fee: \$85**
Tuesday - 6 Weeks **Seniors: \$25**
7:00- 8:30 p.m. **October 7 – November 18**

Learn the art of Italic calligraphy. The calligraphy pen will be used to study the basic italic letters, both upper & lower case. Ideal for addressing cards, invitations--add a beautiful touch. Materials needed: calligraphy pen (not marker), T-square ruler, sharp pencil & gummy eraser, pad of tracing paper.

Instructor: Corinne Badalucco is a free-lance calligrapher who has been working professionally for many years.

314 CREATIVE SCRAPBOOKING & BORDERS **Fee: \$75**
Wednesday – 3 Weeks **Seniors: \$25**
7:00-9:00 p.m. **October 8, 15, 22**

This is a class for those preparing a special album or just organizing those family photos stuck somewhere in a shoebox. Photo albums and exciting materials are used to create personal and thematic pages to display photographs and personal memorabilia. The instructor will introduce various materials and techniques using prepared and colored papers, stickers, die-cuts, borders, journalizing and more. Enhance celebrations and everyday events with simple, delightful border ideas using the speed tools, paper strips, various shapes, stickers and sticker letters to let those precious photos stand out. You may bring your own 12" x 12" album (scrapbook). Bring an assortment of photos incorporating one theme to the first class. Materials fee payable to the instructor the first night of class: \$5.

Instructor: Vicki Ong has been teaching and helping others with the preservation of precious memories in the tradition of the photo historian/storyteller for over ten years.

110 One of a Kind Holiday Ornaments **Fee: \$90**
Monday – 6 Weeks **Seniors: \$25**
7:00 – 9:00 p.m. **October 20 – November 24**

Explore a wide range of fiber arts techniques while creating several one of a kind Christmas ornaments for your holiday decorations. Topics covered will include cross stitch, silk ribbon embroidery, felting and beading. Students will complete a minimum of 4 ornaments. Instructor will provide materials packets for each project. Materials fee is \$60.00. No experience necessary.

Instructor: Karyn Bovino is a fiber artist who works in many different textile mediums: weaving, knitting, quilting, embroidery, felting and beading.

310 OIL, ACRYLIC & WATERCOLOR PAINTING **Fee: \$100**
Wednesday - 6 Weeks **Seniors: \$30**
7:00-9:00 p.m. October 15 – November 19

This course will include oil, acrylic & watercolors that will help the student develop proper techniques. Each student will receive individual instruction. The list of materials will be available at the 1st session & students will furnish their own supplies. For beginners or advanced students.

Instructor: Diane Stein teaches art education in the New Milford School system

313 Wire Jewelry Bracelet & Earring Workshop **Fee: \$60**
Wednesday/Thursday – 2 Sessions **Seniors: \$20**
6:30 – 8:30 November 12 & 13

Learn techniques for making sterling silver wire jewelry. Students are required to purchase tools in advance at the cost of \$40; there is also a **material fee of \$35** to be paid the first night of class. Instructor will provide kits to work from. Students will complete a sterling silver and bead bracelet and earring set.

Instructor: Lisa Dawson is a Jewelry Artist who works primarily in sterling silver. She has been creating beaded and wire jewelry for the past thirty-one years, fabricating and soldering wearable art for the past eight years.

BUSINESS AND FINANCE

211 BUSINESS WRITING **Fee: \$75**
Tuesday – 5 weeks **Seniors: \$20**
7:30 – 8:30 p.m. October 7 – November 4

A look at the basics of business writing, as well as specialized writing required in the business world. A course that can help you understand more fully what the business world is looking for when you are required to compile, write and prepare documents.

Instructor: Robin Lavery has over 20 years of business experience in the corporate world, as a marketing professional and former marketing executive. She is a graduate from St. John's University with a degree in Business Administration/Marketing

323 ENTREPRENEURSHIP - STARTING YOUR OWN BUSINESS **Fee: \$45**
Wednesday - 1 Session **Seniors: \$10**
8:00-10:00 p.m. November 5

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based second income business which can then become full time. With little money down you will learn how to decide on a business or product to sell with minimal problems. Taking the course will save you time, money, and psychological wear and tear. You will learn what to watch out for with franchising. Optional \$20 material fee.

Instructor: Bev Nathan started a part-time home based business with a partner over 20 years ago and now has a successful full time business.

308 INVESTING BASICS
Wednesday - 4 Weeks
7:00 - 9:00 p.m.

October 29 – November 19

Fee: \$80
Seniors: \$20

For all ages, this detailed course will explore the many common investments available today: from CD's, Tax free bonds and Mutual funds to annuities in easy to understand language. This class will help determine which are best for both long and short term goals. Additional topics include: retirement planning, income protection, risk and much more. Course fee includes all materials.

Instructor: Edward Zapson is an Accredited Asset Management Specialist with over 15 years teaching experience in both public and private settings.

307 LONG-TERM CARE (LTC) FACTS AND FICTION
Wednesday – 1 Session
October 22
7:00 – 9:00 p.m.

Fee: \$45
Seniors: \$10

This workshop looks at the major misconception regarding long-term care and how to fund long-term care costs. It focuses on what LTC insurance can do to protect you and your family, as well as the key points in selecting a policy. We will also take a look at the NYS partnership plan and how to determine what is best for your specific needs,

Instructor: Edward Zapson

325 PROTECTING & INVESTING YOUR WEALTH WISELY
Wednesday - 1 Session
6:00 -8:00 p.m.

November 5

Fee: \$45
Seniors: \$10

Just come upon some money or have \$\$\$ to invest. This lively, fact packed seminar is a must for those who want to learn from a consumer advocate. Since he is not a salesman, he will be blunt & to the point teaching exclusive secrets that you are not supposed to know. You will be taught how not to get ripped off when buying or leasing cars, investing with or without financial planners, insurance agents and franchises. You will also learn basics of mutual funds & investing on your own. You will learn methods of how to save your hard-earned money and how to stretch your income. Materials fee of \$20

Instructor: Richard Nathan is a consumer advocate & has been teaching this course for the past 10 years.

305 RETIREMENT REALITY CHECK: IT'S CLOSER THAN YOU THINK
Wednesday – 1 Session
7:00 – 9:00 p.m.

October 8

Fee: \$45
Seniors: \$10

A seminar to everyone who is less than 10 years from retirement. Making the most of retirement means making sure you're ready. Ready financially. Ready to live without a steady paycheck? Ready to pay for a long retirement. And ready to manage money differently from how you did before. To help make sure you are taking the right steps toward retirement, we will discuss: long term budgeting, factoring in inflation, paying for health care, creating an income stream, and much more. Because when retirement finally arrives, it pays to be ready. Class fee covers all materials.

Instructor: Edward Zapson

324 MANAGING YOUR PERSONAL FINANCES
Wednesday – 1 Session
6:00 – 8:00 p.m. November 5

Fee: \$ 45
Seniors: \$10

Understanding your personal finances has become much more complicated. There are so many choices out there – yet all have their own set of financial implications. You need to know the options of savings money-long term and short term savings instruments: how to maximize return while considering risks. If you decide to purchase an asset or make an investment, should you take money from savings or borrow the money? Explore prioritizing financial demands and how to establish, manage, and repair your credit. We'll discuss incurring debt-choices to make, what to consider when borrowing money: credit and debit cards: purchasing vs. leasing, renting vs. owning and how to improve your personal record keeping, Optional \$20 material fee.

Instructor: Beverly Nathan is a consumer advocate who has been teaching adult education for 10 years.

326 SAVE \$\$\$: HOW TO BUY & SELL REAL ESTATE WISELY
Wednesday - 1 Session
8:00 -10:00 p.m. November 5

Fee: \$45
Seniors: \$10

You will learn step by step various techniques to save money & how not to get ripped off. You will be taught how to buy & sell your home, foreclosure property, raw land, condominium, co-op, multi-family, vacation home, timeshare, or retirement home with or without a broker for the best possible price. Also, you will be taught how to buy investment properties for no money down. You will be shown you various ways to protect you most valuable asset, your real estate. Material fee-\$20 at class.

Instructor: Rick Nathan is not a real estate agent, but consumer advocates & has nothing to sell.

302 TEN STEPS TO FINANCIAL FREEDOM
Wednesday – 1 Session
7:00 – 9:00 October 15

Fee: \$45
Seniors: \$10

Young families: Learn how to become the CEO of your finances with ten easy steps. Topics: Track your net worth and cash flow. Examine your credit and insurance coverage. Setting clear financial goals, suitable to your risk tolerance. Understanding tax-advantage retirement plans. Knowing what legal documents you should have in place.

Instructor: Edward Zapson

306 UNDERSTANDING VOLATILE MARKETS
Wednesday – 1 Session
7:00 – 9:00 December 3

Fee: \$45
Seniors: \$10

This course will discuss the basic issues affecting the real estate and financial services industries as well as the importance of having an investment strategy and sticking to that strategy. At this time, we plan to discuss the "Subprime Situation" though as developments occur the course may be modified to reflect current issues.

Instructor: Edward Zapson

COMPUTERS

- 301 INTRO MICROSOFT EXCEL XP** **Fee: \$100**
Wednesday - 5 Weeks **Seniors: \$100**
6:30 – 8:30 p.m. **September 24 – November 5**
(No Class on Oct 15)

Learn to use Excel XP for Windows quickly and effectively in 5 sessions. In this introductory spreadsheet course, you will learn how to use Excel's toolbars and pull down menus using the mouse to open, format text and numbers, edit, save and print workbooks; enter data, create formulas, use basic Excel functions and generate graphs from your workbooks. \$25 materials fee to be paid to instructor at first class (textbook & disk). Students must type at least 30 words/minute, have some knowledge of Windows and must know how to maneuver the mouse by pointing and clicking. (Prerequisite: INTRO to Windows & Typing or equivalent)

Instructor: Jodie Bueti

- 118 INTRO MICROSOFT POWERPOINT XP** **Fee: \$100**
Monday - 6 Weeks **Seniors: \$100**
7:00 – 9:00 p.m. **September 22 – November 3**

Learn how to create professional, dazzling presentations using PowerPoint! In this course, you'll build title slides, bullet charts, tables, graphs & organizational charts. Then you'll enhance your presentations with design templates, ClipArt, WordArt, drawing tools, animation, build effects & transitions. See how your presentations can be shown as an on-screen computer slide show, or printed on paper or overhead transparencies. (Prerequisite: INTRO to Window & Typing or equivalent)

Instructor: Karen Spallina is a CCSD computer & math teacher.

- 300 INTRO MICROSOFT WORD XP** **Fee: \$ \$80**
Wednesday - 4 Weeks **Seniors: \$80**
6:30 – 8:30 p.m. **November 12 – December 10**

Learn to use Word XP for Windows quickly and effectively in 5 sessions. In this introductory word processing course, you will learn how to use Word's toolbars and pulldown menus using the mouse to create various types of documents. Learn to open, format, edit, spell check, save and print single and multiple page documents. \$25.00 materials fee to be paid to instructor at first class (textbook & disk). Students must type at least 30 words/minute, have some knowledge of Windows and must know how to maneuver the mouse by pointing and clicking. (Prerequisite: INTRO to Windows & Typing or equivalent)

Instructor: Jodie Bueti

- 205 INTRO TO PERSONAL COMPUTERS & WINDOWS** **Fee: \$100**
Tuesday - 6 Weeks **Seniors: \$100**
7:00 – 9:00 p.m. **September 23 - November 4**

This course is intended as an introduction to the personal computer using a Windows environment. It is designed for students who have little or no experience using a personal computer. New PC users will become familiar with computer concepts, hardware & software. Learn standard operating procedures of Windows. In addition, students will be introduced to word processing, spreadsheets and internet usage also, introduction to the internet including research e-mail and shopping. Hands-on exercises will be used to reinforce topics.

Instructor: Karen Spallina is a CCSD computer & math teacher.

212 INTRODUCTION TO QUICKBOOKS PRO**Tuesday – 8 Sessions
6:30 – 8:30****October 7 – December 2****Fee: \$120
Seniors: \$120**

Learn about the types of information you need to track in your business. See how to enter the information and track it in QuickBooks. You will have an opportunity for hands on practice. Work books will be available at a small fee. You will receive a FREE copy of QuickBooks Simple Start software

Instructor: Jim Eppinger

DOG TRAINING

204 DOG OBEDIENCE BASIC**Tuesday - 8 Weeks
7:45 – 8:45 p.m.****September 23 – November 25****Fee: \$110
Seniors: \$110****403 Thursday – 8 Weeks
6:30 – 7:30 p.m.****September 25 – December 4**

This course is geared towards dogs 6 months of age or older. Course covers the basic obedience commands i.e. Ready, Sit, Down, Stay, Come, Heel, Wait and other useful commands such as Leave It, Drop It etc. The first lesson is a lecture on understanding canine behavior and there are **NO DOGS at the first lesson**. Time will be allotted at the end of every class to cover basic dog related issues, such as chewing, digging, barking, well care, etc. Limit 8 dogs.

Instructor: Peggy Hutcoe is a certified obedience instructor and behavior consultant. She relies heavily in her practice on the use of positive reinforcement and the understanding of canine behavior. She is very active in the rescue and placement of dogs.

107 DOG OBEDIENCE CANINE COMMUNICATION**Monday
6:30 – 9:30 p.m.****September 29****Fee: \$45
Seniors: \$45**

Learn how your dog communicates what he/she is trying to tell you. Learn how your body language, posture, etc are always something to your dog, whether you realize it or not. Learn about how your dogs ears, head, stance, tail all tell you something and WHAT!!!

Instructor: Peggy Hutcoe

404 DOG OBEDIENCE INTERMEDIATE**Thursday – 8 Weeks
7:45 – 8:45 p.m.****September 25 – December 4****Fee: \$110
Seniors: \$110**

This class is geared to dogs 6 months of age and older that have successfully completed a basic obedience class. Dogs should be able to perform all the basic commands, such as "Sit", "Down", "Stay". Course includes much focused work on the heel command; along with teaching the dog to work reliability with AKC approved hand signals and leash cues. Dogs will continue to learn to work under more intense distractions and at a distance from their owner. Soft treats, provided by the owner, will be used for intermittent positive reinforcement. Registrants who have completed a basic obedience course with any instructor other than Peggy call her directly at 845-225-6628 to determine if their dog is ready for this more advanced class. Limit: 8 dogs.

Instructor: Peggy Hutcoe is a certified canine obedience instructor and behavior consultant.

108 Potty Training **Fee: \$45**
Monday **Seniors: \$45**
6:30 – 9:30 p.m. **October 6**

This seminar covers how to successfully housebreak your dog. Whether it is a young puppy or older dog, including dogs rescued from shelters. Where they have out of necessity lost any potty training they might have had. This course not only covers the "how to's" but also touches on the areas of normal canine behavior that one must understand in order to houstrain a dog using the gentlest of methods but in the most timely and effective way. Humans only.

Instructor: Peggy Hutcoe

203 PUPPY PRESCHOOL **Fee: \$90**
Tuesday – 6 Weeks **Seniors: \$90**
6:30 – 7:30 p.m. **September 23 – November 4**

This 6 week course is geared towards puppies younger than 6 months of age. Course covers an introduction to normal canine behavior/puppy behaviors, the basic obedience commands, including but not limited to Sit, Down, Stay etc and is designed to teach puppies how to learn, that learning is fun, etc. Time will be allowed at the end of each class for questions. **No Dogs at the first class.** Limit 10 puppies

Instructor: Peggy Hutcoe is a certified obedience instructor and behavior consultant.

DRIVING

DEFENSIVE DRIVING **Fee: \$45**
6:30 -9:30 p.m. - 2 Sessions **Seniors: \$45**
101 Session #1-Mon & Tues- October 6 & 7
102 Session #2-Mon & Tues- November 3 & 4
103 Session #3-Mon & Tues- December 1 & 2

This 6 hour program is approved by the Department of Motor Vehicles to reduce automobile liability, no fault, & collision insurance premiums of the principal operator a minimum of 10% for a period of 3 years. In addition, 4 violation points can be deducted from a driver's record. The course focuses on driving attitudes & behaviors & may be taken by licensed drivers or those with learner's permits. Any questions call (845) 471-5445

Instructor: Mid Hudson Safety Associates Inc. Staff in Poughkeepsie, NY.

406 PRE-LICENSING COURSE **Fee: \$40**
Thursday **Seniors \$40**
3:30-8:30 p.m. **Every Thursday**

DRIVER SAFETY TRAINING--The 5 hour driver safety course will meet EVERY THURSDAY from 3:30-8:30. A valid learner's permit is required. Students attending high school may attend. Classes meet year-round including the summer excluding holidays. **NO PRE-REGISTRATION FOR THIS COURSE.** All students must pass test at the end of the class. Students must bring a pen. Be there at 3:00 to register.

Instructors: Gary Petagine & Ed Stolz

FITNESS

270 CARDIO KICKBOXING **Fee: \$120**
Tues & Thurs –8:00 – 9:00 p.m. **Seniors: \$30**
20 Sessions **September 23 – December 16**

Come and enjoy a great workout while having a great time! Kickboxing is one of the most effective fat burning workouts you can perform plus it offers muscle toning, cardiovascular, and psychological benefits. The course is intended for beginners, however all skills will be challenged.

Instructor: Valerie Florville is a former martial arts student, high school Biology teacher, nutrition expert, and fitness fanatic!

106 PILATES MAT **Fee: \$120**
Mon & Wed – 20 Sessions **Seniors: \$30**
7:30 – 8:30 **September 23 – December 8**

Learn a series of mat exercise that teach balance, control, and will drastically strengthen and tone your core (abdomen). You'll build flexibility, coordination, strength and overall fitness. If you're looking for a challenging, effective routine, this class is for you.

Instructor: Valerie Florville

109 OPEN GYM **Fee: \$5**
Monday
8:00-10:00 p.m. **September 22 – December 8**

Continuing Education Physical fitness! The gym will be opened every Monday, but except when used for HS activities. Basketball games and volleyball games can be available. You must pay as you go at \$5 per session. **HIGH SCHOOL STUDENTS ARE NOT ALLOWED.**

216 Boot Camp **Fee: \$110**
Tuesday–Thursday **Seniors: \$30**
7:00 – 8:00 p.m. 8 weeks **September 23– December 2**

Boot Camp is an hour long, high intensity, fun group exercise class. Although the term "Boot Camp" sounds intimidating it should not be. My Boot camps are designed so that everyone has fun. Also, each class moves to some of the top music hits around. Boot camp is designed to strengthen the body in "multi-planar" (multi directional) movements while burning the maximum amount of calories. This type of training is also known as functional training and is designed to help you to live your life stronger. Boot Camp is designed to push You as hard as you can go. You will surprise yourself. Those who take this class will increase their total body strength, increase mobility and flexibility, and burn a lot of calories. The class includes a warm-up, core and total body conditioning, and a relaxing cool down. Each participant will need an exercise mat, a light pair of dumb bells (5-10lbs.), a towel, and water.

Instructor: Neil Denaut is certified through three nationally accredited fitness organizations and have years of experience teaching these types of classes.

GARDENING AND LANDSCAPING

207 LANDSCAPING (BASIC)
Tuesday - 6 Weeks
7:00 - 9:00 p.m.

September 23 – November 4

Fee: \$100
Seniors: \$25

Homeowners learn techniques, design, individual plant & shrub selection, installation, care, water gardens, creative use of stone & other natural resources. Landscaping for all kinds of budgets. What, when and where to buy. Landscape with minimal labor, for both new and existing.

Instructor: Robert Wolgast is a landscaping & construction trades instructor at BOCES.

309 LANDSCAPING (ADVANCED)
Wednesday - 6 Weeks
7:00 - 9:00 p.m.

October 8 – November 12

Fee: \$100
Seniors: \$25

You will learn how to improve soil & garden beds. We will also cover pruning, light, drainage, plant propagation, create new landscapes, walks, retaining walls, grading and more. Bring new life to existing landscapes.

Instructor: Robert Wolgast

411 Water Garden
Thursday – 6 weeks
7:00 – 9:00 p.m.

October 2 – November 20

Fee: \$100
Seniors: \$25

How to design by hand or machine. Design dos and don'ts. Where to get best buys, water falls, streams, ponds and more.

Instructor: Robert Wolgast

HEALTH, MIND AND BODY

402 CHI LEL TM QIGONG
Thursday - 8 Weeks
6:00 - 7:00 p.m.

September 27 – November 15

Fee: \$80
Seniors: \$20

Cultivating chi helps to improve physical strength, mental clarity and emotional serenity. These special exercises (Qigong) from the Zhineng Clinic & Training Center in China promote healing and fitness. Experience the exercise practiced daily by millions of Chinese for health, vitality and longevity.

Instructor: Sifu Carol Martoccia continues studies with aster Phil Sant at American Center for Chinese Studies in Brewster

104 INTRODUCTION TO REIKI
Monday – 1 Session
7:00 – 8:30 p.m.

October 6

Fee: \$45
Seniors: \$10

Reiki is an ancient energy healing art which enables the body to activate its own healing ability. Reiki is simple to learn, can be used on oneself and leaves one with a sense of well-being and relaxation. This course is intended as an overview and prerequisite to level 1 Reiki training.

Instructor: Marcy Kniffin

409 TAI CHI & CHI KUNG FOR HEALTH
Thursday - 8 Weeks
7:15 - 8:15 p.m.

September 25 – November 13

Fee: \$80
Seniors: \$20

In this 8 week course, the key element is relaxation. Tai Chi is the slow, dance like & rhythmic movements practiced by millions of Chinese. Known for promoting good health & a peaceful mind. Tai Chi develops vitality & awareness. Tai Chi is the most well known of the "internal arts" & is not based on physical strength, but actually teaches you to utilize as little strength as possible. Chi Kung exercises incorporate breathing techniques that have the potential to heal the body of tension or weakness. A student versed in Chi Kung, which means vital energy, essence or life force, can learn to quickly vitalize his or her entire body. Chi Kung is suited for persons of any age. Tai Chi/Chi Kung works wonderfully for those who cannot work at strenuous exercise. Wear comfortable clothing & socks. Class limit: 20

Instructor: Loretta Candela & Pam Fucito

317 YOGA
Wednesday - 10 sessions
7:00 – 9:00 p.m.

September 24 – December 10

Fee: \$120
Seniors: \$30

Improve your body, become more flexible, relaxed and much happier through yoga! This class will be geared to both the beginner and those students who want to continue to enrich their practice. This is not a Power Yoga class but does encourage a non-competitive, deeply meaningful practice. You will be taught postures (asanas), breathing techniques, and meditation. Our more experienced students will continue to hold the postures longer and learn some new ones. Please bring a sticky yoga mat, wear loose clothing, and a blanket to cover yourself during relaxation. A small dense pillow is also advised but not required. (Class limit 25)

Instructor: Barbara McKechnie is an experienced Certified Yoga Alliance Instructor and Member of Yoga Alliance. She is a LPN and has been practicing yoga for about 30 years.

HISTORY

120 THE AMERICAN REVOLUTION: A LIVING HISTORY
Mondays – 2 Sessions
7:00 – 9:00 p.m.

October 20 & 27

Fee: \$55
Seniors: \$15

An overview of the war for American Independence, with the emphasis on life in George Washington's Continental Army. This energetic and fun-packed seminar will have you experience "hands-on" activities. You will learn by doing! The seminar will include: 18th century camp life, drilling and firing a musket, medical procedures, uniforms of the Revolution, etc. Please dress casual-outside activities if weather permits.

Instructors: Rob Buccheri and Gary Petagine are both members of the 5th NY Continental Line.

LANGUAGES

201 AMERICAN SIGN LANGUAGE I **Fee: \$110**
Tuesday - 8 Weeks **Seniors: \$30**
7:00 - 8:30 p.m. **September 23 – November 25**

Come and enjoy this lively interactive Basic American Sign Language course. This class is designed to help interested individuals learn and practice introductory-level vocabulary and basic finger spelling. Whether for personal knowledge and or enjoyment, you will be happy to be learning this unique visual language. This course will be fun-filled with hands-on activities to help you practice what you are learning. Active class participation is welcomed & encouraged. Cost of required text is to be paid to instructor.

Instructor: Nadine Chapis has completed an intensive ASL program and has been working in this field for ten years.

202 GERMAN (BEGINNERS) **Fee: \$110**
Tuesday - 7 Weeks **Seniors: \$30**
6:00 – 8:00 **October 7 – November 25**

This course is aimed at the practical use of German in everyday situations and to accommodate people planning to travel to German speaking countries. Topics will include standard phrases, reading a menu and getting directions.

Instructor: Hannelore Soderstrom teaches German at Westchester Community College.

328 ITALIAN I **Fee: \$110**
Wednesday – 7 Sessions **Seniors: \$30**
6:00 – 8:00 p.m. **October 8 – November 19**

This course is designed for those adults without any prior knowledge of the Italian language. It will cover a basic vocabulary & common phrases used in simple conversation. Useful for travel.

Instructor: Lucia Parrino teaches Italian at St. James.

210 SPANISH (BEGINNERS) **Fee: \$110**
Tuesday - 8 Weeks **Seniors: \$30**
6:00 – 7:30 **September 23 – November 25**

This class is primarily aimed at the student with little or no working knowledge of the Spanish language. Class time will be devoted to basic conversational exchanges between students & the instructor. The instructor will provide all class materials. We hope to familiarize students with basic language concepts

Instructor: Paul Lobbe is a Spanish teacher at Carmel High School

217 SPANISH CONVERSATION **Fee: \$110**
Tuesday – 8 Weeks **Seniors: \$30**
7:30 – 9:00 p.m. **September 23 – November 25**

This class will focus on conversational aspects of the Spanish language, with some attention to grammar, pronunciation, and vocabulary acquisition that is suited to common scenarios. This class is designed for those who have completed beginners Spanish.

Instructor: Paul Lobbe is a Spanish teacher at Carmel High School.

ADULT English for Speakers of Other Languages (ESOL):

A free, state approved course is held at BOCES for adults who wish to learn how to read, write & speak English. Call 914 248-2416 for information.

MUSIC

311 GUITAR 1 **Fee: \$90**
Wednesday – 8 Weeks **Seniors: \$90**
7:00 – 8:00 p.m. **September 24 – November 19**

A class designed to teach students with little or no guitar experience, the fundamentals of playing. The class will learn basic chords and theory, strumming patterns, tuning, and a wide variety of songs. You must supply your own acoustic guitar. Limit 10 Students. Class is for adults only.

Instructor: Mike Coffey is a graduate of SUNY Purchase with a BA in Music Composition. He also teaches private music lessons.

312 GUITAR II **Fee: \$90**
Wednesday – 8 Weeks **Seniors: \$90**
8:00 – 9:00 p.m. **September 24 – November 19**

Guitar 2 is for students who are comfortable with chords, strumming and scales. This class will go over more advanced techniques and songs.. You must supply your own acoustic guitar. Limit 10 Students. Class is for adults only

Instructor: Mike Coffey

PHOTOGRAPHY

316 DIGITAL PHOTOGRAPHY **Fee: \$100**
Wednesday – 7 Weeks **Seniors: \$30**
7:00 – 9:00 p.m. **October 8 – November 19**

This course is designed for those adults whom have a digital camera and want to learn techniques to improve their skills in taking pictures. The students will learn to take advantage of the camera features. Also the students will learn composition, portrait and basic photo editing. Materials needed: A digital camera, access to a computer is desirable.

Instructor: Enrique Araya was born in Chile. He now lives in Carmel and does commercial photography, family portraits and pet photography.