



SPRING 2024

# Continuing Education Program



## WELCOME TO NORTH COLONIE CENTRAL SCHOOL DISTRICT'S CONTINUING EDUCATION PROGRAM

The North Colonie Central School District is proud to present the Spring 2024 Continuing Education Program. This program offers a diverse selection of courses that meet the interests and needs of our community. Registration is open to all who are 21 years of age or older. Town of Colonie residents will have priority when space is limited. Town of Colonie senior citizens, age 60 or older, may take some of our courses at a published reduced rate. However, senior citizens are responsible for material fees. A Town of Colonie "Senior Citizen Courtesy Card" is required and may be obtained from the Senior Citizen Center. If you are a senior citizen registering online, you will be able to upload a copy. If you attend an in-person registration date, please bring your card. All classes are filled on a "first come, first served" basis with preference given to district residents. Non-residents will be accepted if space is available. We retain our adult education instructors to teach a course in their area of expertise. In our opinion, all instructors are highly qualified and competent in their field. 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.

## WHERE AND WHEN ARE CLASSES HELD?

Most continuing education courses meet once a week between the hours of 6:00-9:00 p.m. over a ten week period. Classes may begin the week of February 26th with some exceptions. Most classes are held at Shaker High School 445 Watervliet-Shaker Road Latham, NY 12110. Exceptions are noted in the course description, so please check your course. NEED DIRECTIONS? Log on to <https://www.northcolonie.org/continuing-education/>.

## INCLEMENT WEATHER POLICY

If traveling conditions are hazardous, we will postpone classes. When North Colonie Central Schools are closed or after school activities are cancelled due to inclement weather, classes will NOT meet that evening. In the event of inclement weather later in the day, please check with the local television stations or the North Colonie Central School District's website: <https://www.northcolonie.org/continuing-education/>.

**ENJOY A DAY TRIP!**

**NEW YORK CITY GETAWAY**

Enjoy a day in exciting New York City! You'll have ample time to catch a matinee, shop, visit world class museums, or maybe explore Chinatown, the Botanical gardens or even the Zoo. NYC has something for everyone to enjoy. We provide transportation ONLY, through Brown Bus Company, on a charter coach.

Fee: \$47

Date: Saturday, May 11, 2024

Depart from Sand Creek Middle School at 8:00 a.m. - Arrive at Bryant Park-6th Ave. between W. 40th & 42nd

Depart from NYC at 7:00 p.m.

Bryant Park-6th Ave. between W. 40th & 42nd and return to Sand Creek Middle School.

**ARTS & CRAFTS**

**SEWING MACHINE KNOW HOW**

Instructor: Melinda Frazer-Landon  
Learn how your machine works, basic maintenance, choosing needle sizes, and other handy hints for using your machine. Questions are welcome. Bring your sewing machine, manual, needles, thread and a basic sewing kit (dressmaker scissors/snip scissors, pins, pin cushion, sewing gauge, measuring tape and seam ripper)

Fee: \$40

Room: LaFollette Dining Room

Length: 1 Class

Time: 6:30-8:30 p.m.

Day/Date: Monday, March 4th

Class Limit: 10

**SEWING CIRCLE/DOMESTICS**

Instructor: Melinda Frazer-Landon  
Trying to carve time out to sew, or want to learn to do basic mending or altering? Here's your opportunity to complete your unfinished projects, do repairs, hemming or if you want to learn to make simple items like placemats or curtains. This class will offer you time and guidance. So bring

your machine, basic sewing kit and project and join the fun.

Fee: \$55

Room: LaFollette Dining Room

Length: 3 Classes

Time: 6:30-8:30 p.m.

Day/Dates: Monday, March 11th, 18th, and 25th

Class Limit: 8

**KNITTING: BEGINNER TO ADVANCED BEGINNER**

Instructor: Barbara DeFrancesco

Learn how to knit and purl a variety of different stitch patterns while creating a scarf. The sampler scarf pattern will be made available as well as yarn and needles. A \$15.00 materials fee will be due at the first class for first-time students. Returning students should bring materials to start work on a new or existing project.

Fee: \$61

Senior Fee: \$30

Room: C-103

Length: 6 Classes

Time: 6:30-8:30 p.m.

Day/Dates: Thursday, March 7th - April 18th

No Class: April 4th

Class Limit: Minimum of 6 first time students

**KNITTING: ADVANCED BEGINNER TO INTERMEDIATE**

Instructor: Anne Sadlemire

Our topics will be yarn substitution and socks. Bring a pattern and the yarn you would like to substitute. If you would like to try knitting a sock, I will have sock patterns for beginners in the first class. You can also work on a project of your choice. Prerequisites: Cast on, Knit, Purl, and Bind off.

Fee: \$55

Senior Fee: \$30

Room: C-103

Length: 10 Classes

Time: 6:30-8:30 p.m.

Day/Dates: Tuesday, February 27th - May 7th

Class Limit: Minimum of 5 students

No Class: April 2nd

**FUN WITH RESIN-JEWELRY MAKING AND MORE**

Instructor: Diana Cartwright, Express by DMC

Join me in an 8 week session of art therapy. Each week we will be creating different pieces using resin and other materials. At the end of each class, take home a beautiful, colorful and fun creation handcrafted by you.

There will be a new project every week from jewelry to bookmarks to keep for yourself or give to someone special. All materials will be provided in the class each week as part of the program session fee.

Fee: \$130

Room: C-201

Length: 8 Classes

Time: 7:00-9:00 p.m.

Day/Dates: Monday, February 26th - April 22nd

No Class: April 1st

Class Limit: Minimum of 5 students

Maximum of 15 students

**OH, OH, ORIGAMI**

Instructor: Patricia Davis

Acquaint yourself with Origami, the ancient art of folding paper to create something new. You will learn basic techniques such as: mountain and valley, forward and backward, and stepped fold. We will create a candy dish, a ball, and a bird (time permitting). Such a nice way to de-stress and stay in the moment. Experience a Zen moment!

Experience a Zen moment!

Fee: \$20

Room: C-201

Length: 1 Class

Day/Date: Tuesday, April 16th

Time: 7:00-8:00 p.m.

Class Limit: 12

**BUSINESS & FINANCE**

**MAXIMIZE YOUR SOCIAL SECURITY BENEFIT**

Instructor: Frank Finch, Life Stages Financial Group

A few key decisions can make a big difference in the amount of your Social Security check, especially if you are married. Attend our hands-on workshop and learn strategies

to get the most money from Social Security and other retirement sources. Learn how to consider taxes, Medicare, and other costs during retirement, as well as how to wisely grow and protect your retirement income. Join us before you make financial decisions that may not be able to be reversed.

Fee: \$25                      Senior Fee: \$20  
Room: A-205  
Length: 1 Class  
Time: 6:00-7:20 p.m.  
Day/Date: Wednesday, March 13th

## FINANCIAL PLANNING BASICS

Instructor: Jeff Jones, Haliday Financial Group  
In this presentation, we'll take a look at some general financial planning concerns. While there's no such thing as a "one-size-fits-all" financial plan, this overview should assist you in thinking about your own needs.

Fee: \$25                      Senior Fee: \$20  
Room: A-205  
Length: 1 Class  
Time: 6:30-8:00 p.m.  
Day/Date: Monday, February 26th

## HEALTHCARE AFTER RETIREMENT PART ONE

Instructor: Michael Stanton, Haliday Financial Group  
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? 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.

Fee: \$25                      Senior Fee: \$20  
Room: A-205  
Length: 1 Class  
Time: 6:30-8:00 p.m.  
Day/Date: Monday, March 18th

## HEALTHCARE AFTER RETIREMENT PART TWO

Instructor: Mike Stanton, Haliday Financial Group  
An educational course designed to help you understand the differences between advantage, supplemental and prescription drug plans.

Fee: \$25                      Senior Fee: \$20  
Room: A-205  
Length: 1 Class  
Time: 6:30-8:00 p.m.  
Day/Date: Monday, March 25th

## TAKING THE MYSTERY OUT OF PERSONAL ESTATE PLANNING

Instructor: Richard A. Fuerst, Esq.  
Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? We promise to explain the ins and outs of these important estate planning strategies in simple, non-legal terms. You'll also learn why thoughtful planning will benefit you and your family as we discuss the latest legal and government changes, nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation.

Fee: \$25  
Room: B-203  
Length: 1 Class  
Time: 6:30-8:30 p.m.  
Day/Date: Wednesday, April 17th

## NAVIGATING THE WORLD OF RETIREMENT STRATEGIES

Instructor: Frank Finch, Life Stages Financial Group  
This class is designed to improve your confidence in a bright financial future by helping you to understand strategies that can benefit you and others that may hurt you. These financial strategies include: fighting risk with low-cost, customized investment portfolios for growth & income; wisely managing your 401(k) s/IRAs with strategic systematic withdrawals; meeting needs and important goals with income annuities; maximizing social security income; protecting you and your family with cash-value life insurance and long term care insurance policies.

Fee: \$25                      Senior Fee: \$20  
Room: A-205  
Length: 1 Class  
Time: 7:30-8:50 p.m.  
Day/Date: Wednesday, March 13th

## UNDERSTANDING STOCKS, BONDS & MUTUAL FUNDS

Instructor Nicholas Stark, Haliday Financial Group  
This flagship course has been heard by thousands of people since the launch in 2005. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. This informational class will help you understand the differences and similarities of various types of investments and explain "financial lingo". It will also show you how proper asset allocation will lower your overall risk and help you understand the benefits of using mutual funds to build a balanced portfolio to plan for a successful retirement. There will be no attempt to promote any specific investments.

Fee: \$25                      Senior Fee: \$20  
Room: A-205  
Length: 1 Class  
Time: 6:30-8:00 p.m.  
Day/Date: Tuesday, March 12th

## GENERAL INTEREST

### PLANNING A TRIP TO DISNEY IN TEN EASY STEPS

Instructor: Colleen Parisi  
Learn how to plan your trip to Disney in 10 easy steps with a Disney travel agent and an in park planner. Learn how to use the ever changing tools and apps that Disney provides plus extra tips and tricks. I go to Disney multiple times a year to test the apps, touring plans, and new restaurants and attractions, so I can better assist you. Take the stress out and put the fun into your Disney planning vacation!

Fee: \$25  
Room: A-205  
Length: 1 Class  
Time: 6:30-8:00 p.m.  
Day/Date: Thursday, March 21st  
Class Limit: Maximum of 15 students

## BOAT AMERICA: WATERCRAFT CERTIFICATION

Instructor: Thomas Venezio, Past Deputy National Commodore Boat America is an eight-hour, NASBLA approved boating safety course. It is approved by New York State to meet the boating and the Personal Watercraft licensing requirement. Many insurance companies will offer discounts on boat insurance to individuals who successfully complete this course. Topics include: Introduction to Boating, Boating Laws, Safe Boat Handling, Boating Problems, and more. This course is offered by the U.S. Coast Guard Auxiliary. Students must attend all 4 classes.

Fee: \$30                      Senior Fee: \$20  
Room: B-209  
Length: 4 Classes  
Time: 7:00-9:00 p.m.  
Day/Dates: Tuesday, March 5th,  
12th, 19th, and 26th

## DEFENSIVE DRIVING AND INSURANCE REDUCTION PROGRAM COURSE

Instructor: NENY Safety and Health Council  
This course is a six-hour accident prevention program taught within the classroom. Any principal operator of a vehicle completing the course is eligible to receive a 10% reduction in their liability insurance for a three-year period. A maximum of four points will also be reduced for those who are currently carrying points on their license. NENY Safety and Health Council is a member of the National Safety Council. NENY will supply the instructor, student workbooks, and certificates.

Fee: \$45 (includes training and certificate of completion)  
Room: A-140  
Length: 1 Class  
Time: 9:00 a.m.-3:00 p.m.  
(30 min. lunch)  
Day/Date: Saturday, March 23rd

Register Online Today!

<https://www.northcolonie.org/continuing-education/>

## BIRDING IN SPRING: AN INTRODUCTION

Instructors: Scott and Denise Stoner-Naturelogues  
May is a great time to look for birds in the Capital Region. Migrant species are arriving and beginning to nest, and others are passing through on their way to far northern breeding grounds. But how do we identify these birds, and where do we find them? In this one-night introductory workshop, we will discuss identification techniques, binoculars, field guides, apps, and places to go "birding" in our region. Come and get a head start on this fun and popular hobby.

Fee: \$30                      Senior Fee: \$25  
Room: A-205  
Length: 1 Class  
Time: 6:30-8:30 p.m.  
Day/Date: Tuesday, May 14th

## PICTURING NATURE: A PRACTICAL GUIDE TO NATURE PHOTOGRAPHY

Instructors: Scott and Denise Stoner-Naturelogues  
There is great beauty in nature and it can be captured with any type of camera, from cell phone to the latest DSLR or mirrorless camera. Suitable for all levels of photographers with a variety of equipment, this workshop covers basic elements including light, composition, focus, how they apply to close-ups, landscapes, and wildlife photography. We will also discuss tools and techniques in the field and basic editing.

Fee: \$30                      Senior Fee: \$25  
Room: B-204  
Length: 1 Class  
Time: 6:30-8:30 p.m.  
Day/Date: Tuesday, March 12th  
Class Limit: Minimum of 5 students  
Maximum of 14 students

## INTERVIEW SKILLS

Instructor: Eileen Franko, Eileen Franko Consulting Services.  
This class is designed for people who are interviewing for the first time as well as those who are already in the workforce and interviewing for other opportunities. This class will help you develop and/or improve your interview skills. Learn how to put your best self forward and demonstrate your skills and abilities to an interview person or panel. This will help you to develop the confidence you need to help land that job! All materials will be provided in class.

Fee: \$55  
Room: B-203  
Length: 2 Classes  
Time: 7:00-9:00 p.m.  
Day/Dates: Thursday, April 11th and  
18th  
Class Limit: Minimum of 5 students  
Maximum of 20 students

## MANDARIN CHINESE

Instructor: Maria Chou  
Knowing this language can give you more opportunities in today's world. In this fun, easy to understand class, you will quickly learn conversation. We will cover basic sounds, words and phrases using tools and visual aids with focus on conversation. Watching and listening to a real teacher will help you to learn what you can't just by listening to a tape or CD. Students will need to purchase a workbook. Details will be given out at the first class.

Fee: \$55                      Senior Fee: \$30  
Room: B-204  
Length: 8 Classes  
Time: 6:30-8:00 p.m.  
Day/Dates: Thursday, March 14th -  
May 9th  
No Class: April 4th

## DANCE

### BALLROOM/LATIN DANCE

Instructor: Rita Russell

Learn the basics of popular ballroom dances! Taught in two, independent 7-week sessions, these classes are for beginners or those who want a refresher. Students will become familiar with the basic steps and the principles of lead and follow, frame, and the character and music for each dance. Singles or couples are welcome. Partner sharing is encouraged though not required.

Fee: \$60 Senior Fee: \$55

Place: Latham Ridge Elementary School Cafeteria

Length: 7 Classes

Day/Dates: Monday, April 8th - May 20th

Session I : Foxtrot, Rumba, & Swing Mondays: 7:00-7:45 p.m.

Session II : Waltz, ChaCha, & Tango Mondays: 8:00-8:45 p.m.

Class Limit: Minimum of 10 Students

## SWIMMING & EXERCISE

### CARDIO SPLASH

Instructor: Marcia Partlow

This water aerobics class will be a fresh alternative to land aerobics with minimal impact to the joints. This high energy workout offers cardio and muscular gains. The ability to swim is not required. Water weights are recommended. Experience how much fun it can be to get fit!

Fee: \$55 Senior Fee: \$45

Room: SHS Pool

Length: 10 Classes

Time: 7:00-8:00 p.m.

Day/Dates: Tuesday, February 27th - May 7th

No Class: April 2nd

### AQUA ZUMBA®

Instructor: Penny Hatch

This class is perfect for those registrants looking to make a splash by adding low-impact and high-energy aquatic exercise to the fitness routine. Aqua Zumba® blends the Zumba® philosophy with water resistance for

## IMPORTANT INFORMATION REGARDING AQUATICS

Water temperature will be maintained between 79–81°F.

EZ access steps will be available.

All swimmers must shower before entering the pool.

No band aids or bobby pins please.

one pool party you shouldn't miss! There is less impact on your joints during an Aqua Zumba® class so you really can let loose. Water creates natural resistance, which means every step is more challenging, and helps tone your muscles.

Fee: \$65

Room: SHS Pool

Length: 10 Classes

Time: 7:00-7:45 p.m.

Day/Dates: Thursday, February 29th - May 9th

No Class: April 4th

Class Limit: Minimum of 8 students

fitness levels. It's a total body workout incorporating Latin and international dance rhythms of meringue, salsa, belly dance, flamenco, tango and much more.

Fee: \$52

Place: Southgate Elementary Cafeteria

Length: 10 Classes

Time: 7:00-8:00 p.m.

Day/Dates: Wednesday, February 28 - May 8th

No Class: April 3rd

### EARLY BIRD SWIM

Start your day with an early morning swim! This course is open to students who know how to swim and would like to practice or exercise. There will be a water safety instructor on duty, but the course does not include swimming instruction. Water temperature will be approximately 79-81°F.

Fee: \$105 Senior Fee: \$85

Room: SHS Pool

Length: 20 Classes

Time: 6:00-7:00 a.m.

Day/Dates: Tuesday and Thursday, February 27th - May 9th

No Class: April 2nd and 4th

## PHYSICAL FITNESS & RECREATION

### ZUMBA

Instructor: Sarah McDonald

Ditch the workout, join the party! Zumba has been taking the fitness industry by storm all over the world as the hottest way to get into shape. The good news is you don't need any dance experience and the class is suitable for adults of all ages and

Instructor: Eileen Franko, Owner of "Just Fitness Classes"

An aerobic exercise class that can be high or low impact designed for any level of exercise. It includes a warm-up, cardio conditioning using non-contact arm and leg movements resulting in a fun high-energy class, while burning fat, building muscle and strengthening the cardiovascular system. Modifications for all moves makes it easy to follow and do. All equipment (mats and weights) are provided. Just come and share in the fun!

Fee: \$50

Location: Shaker Road Loudonville Fire Department (550 Albany Shaker Road)

Length: 10 Classes

Time: 5:30-6:30 p.m.

No Class: March 11th and April 1st

Day/Dates: Monday, February 26th - May 13th

Class Limit: Maximum of 20 students

### TOTAL BODY TONING

Instructor: Eileen Franko, Owner of "Just Fitness Classes"

A class that works all your muscle groups. The class is designed with

the overall body in mind, helping to tone your body, reduce bone density loss and increase your strength. Exercise for all major muscle groups and balance included. All equipment provided (mats, weights, bands etc.) Excellent class for anyone getting back into exercise.

Fee: \$50

Location: Shaker Road Loudonville Fire Department, 550 Albany Shaker Road

Length: 10 Classes

Time: 6:30-7:30 p.m.

Day/Dates: Monday, February 26th - May 13th

No Class: March 11th and April 1st

Class Limit: Maximum of 20 students

### TOTAL BODY EXERCISE

Instructor: Judy Mnich

This workout touches on all body parts. Start out with standing exercises, some cardio, then move to a floor workout. Participants should wear comfortable clothing and supportive sneakers. A mat and water bottle are a must.

Fee: \$40 Senior Fee: \$30

Location: Boght Hills Gym

Length: 8 Classes

Time: 6:15-7:15 p.m.

Day/Dates: Tuesday, March 12th - May 7th

No Class: April 2nd

Class Limit: Minimum of 12 students

### HIIT

Instructor: Jill Konopka

Have fun, get fit with HIIT by Jill. Jill embodies the motto movement and motion are medicine. She is passionate about fitness and leading an active and healthy lifestyle. Jill is an International Sports Sciences Association (ISSA) Certified Personal Trainer (C.P.T.) This exercise class incorporates several rounds that alternate between 45 and 60 second HIITS of high intensity movements to raise your maximum heart rate, followed by lower intensity movements too. Don't worry, modifications are always offered as we meet our bodies where they're at in the new year.

Fee: \$105

Room: Forts Ferry Elementary Gym

Length: 10 Classes

Time: 7:00-8:00 p.m.

Day/Dates: Tuesday, March 12th - May 21st

### 20-20-20

Instructor: Eileen Franko, Owner of "Just Fitness Classes"

A class with everything you want; 20 minutes of cardio, 20 minutes of toning, and 20 minutes of butts and guts!!!! The total body workout for cardiovascular benefits, strengthening and toning of muscles. Modifications provided for all cardio moves and exercises to make you successful. The cardio part is old fashioned aerobic moves that you always enjoyed. All equipment provided (mats, weights, bands etc.).

Fee: \$50

Location: Shaker Road Loudonville Fire Department

(550 Albany Shaker Road)

Length: 10 Classes

Time: 5:30-6:30 p.m.

Day/Dates: Wednesday, February 28th - May 15th

No Class: March 6th and April 3rd

Class Limit: Maximum of 20 students

### YOGA

Instructor: Amanda Jeffes

Relax and decompress with Amanda as she guides you through exercises meant to calm the mind and bring balance to the body.

This is an all-level class with an emphasis on fundamentals and proper alignment. You will engage your body, mind, and spirit through movement, breath-work, and guided meditation. The deep sense of well-being you cultivate in this class will stay with you long after you leave the mat. Wear comfy clothes that won't restrict your movement and be prepared to breathe, relax, and sweat a little. Please bring a mat and water.

Fee: \$105

Room: Boght Hills Elementary Gym

Length: 10 Classes

Time: 7:00-8:00 p.m.

Day/Dates: Wednesday, March 13th - May 22nd

## SPRING 2024 CONTINUING EDUCATION PROGRAM

### Important Reminders

For the most up-to-date information, please visit <https://www.northcolonie.org/continuing-education/>

### Registration

You can register online as well as in-person. In-person registration will be held on the following dates:

Monday, February 12th 6:00 - 7:00 p.m.

Tuesday, February 13th 6:00 - 7:00 p.m.

### Location

Shaker High School  
445 Watervliet-Shaker Road  
Latham, NY 12110

### Contact

Mr. Matthew Stein  
91 Fiddlers Lane  
Latham, NY 12110

Phone: (518) 785-8591

Email: [Continuinged@nccsk12.org](mailto:Continuinged@nccsk12.org)

JOIN US!!

LEARN SOMETHING  
NEW WHILE HAVING  
FUN!

## BOARD OF EDUCATION

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91 Fiddlers Lane, Latham, NY 12110

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SPRING 2024

NORTH COLONIE CONTINUING EDUCATION



North Colonie Central  
School District  
Kindergarten Registration  
2024-2025  
Open Enrollment  
1/8/24 through 2/29/24  
Register today!  
(Must be 5 years old by  
December 1, 2024)



### SPRING 2024 CONTINUING EDUCATION PROGRAM - REGISTRATION INFORMATION

#### ONLINE REGISTRATION

New! Online Registration & Payment Available  
Visit: <https://www.northcolonie.org/continuing-education/>

#### IN-PERSON REGISTRATION

Dates (see website for snow dates if necessary):  
Monday, February 12th 6:00-7:00 p.m.  
Tuesday, February 13th 6:00-7:00 p.m.  
Location: Shaker High School  
445 Watervliet-Shaker Road Latham, NY 12110

#### ADDITIONAL INFORMATION

Questions? Email us at [continuinged@nccsk12.org](mailto:continuinged@nccsk12.org)  
Updates & More: For course updates, additions, and changes go to <https://www.northcolonie.org/continuing-education/> for more information.