Explore a New Hobby!

Contemporary Guitar Skills
instructor Gary Cellucci is celebrating 20 years teaching beginner, intermediate and advanced guitar classes at the college.
Gary Cellucci

Gary is celebrating his 20th year teaching guitar at Hudson Valley! He’s helped hundreds discover or re-discover their love of music.

“I’ve been inspired by some great teachers and I wanted to help other guitar players learn the instrument. The ultimate payback for teaching is when guitarists at the beginner level first realize they are making music. The expressions and sense of accomplishment on their faces is priceless.”

A student of Alex Skolnick (Testament, Alex Skolnick Trio, Trans Siberian Orchestra), Gary completed the Berklee College of Music Guitar Master certificate program. He’s currently a guitarist for BedRock (“The Ultimate 80s/90s Hair Band Experience”) and Shotgun Wedding.

CLASSES FOR FOLKS FROM 3 TO 103

We have classes, workshops and camps for all ages.

Our next great class... Could be your bright idea!

The Office of Community and Professional Education is always looking for new courses, workshops and classes to present. Maybe you have an idea, expertise or passion that you think would be popular with our more than 5,000 students.

Contact us at 629-7339 to discuss how your idea could become our next class.
Whether it’s finding a new hobby, a new fitness routine or a pathway to a new career, now is the time to start reaching your goals! Dive inside to discover a course or workshop that can enrich your life personally or professionally.

Our dedicated staff is ready to help you with the registration process or you can access the online registration 24 hours a day at www.hvcc.edu/communityed/register.

REGISTRATION BEGINS AUGUST 22

THE OFFICE OF COMMUNITY and PROFESSIONAL EDUCATION
Hudson Valley Community College

For information, call us at (518) 629-7339
Fax: (518) 629-8103
email: communityed@hvcc.edu // Web: www.hvcc.edu/communityed

Registration form and information about: • Professional CEUs • Parking • Refunds/Cancellations are available at the back of this course catalog.
Basic Watercolor
Join us to discover different ways of using transparent watercolor paint, from free experimentation to a more controlled approach. You will learn about color theory, sketching and composition while observing flowers, still life and landscape. Everyone is welcome; no experience is necessary. Please bring whatever materials you may already have or purchase the following supplies: a pan set of transparent watercolor paints, a pointed-round watercolor brush (approximately size 6), a 9" x 12" pad of 140# watercolor paper, pencil, masking tape, two water containers, and two pieces of cardboard (slightly larger than size of paper). 50198 $59
4 Sessions, DCC B05
Thurs., 10/26 - 11/16, 1 - 4 p.m.
Carol Bollinger Green, Instructor

Basic Drawing
Throughout this basic drawing course, we will focus on introductory skills associated with pencil drawing. These skills will include line, shape, form, composition, shading, textural effects, and drawing from observation. Students will learn how to work with various grades and types of pencils in order to create light, shade, and contrast in their drawings. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo. 50837 $90
5 Sessions, DCC B05
Tues., 10/17 - 11/14, 10 a.m. - 1 p.m.
Colleen Connolly, Instructor

Intermediate Acrylics - Exploring Technique and Painting Styles
This course is a continuation of the spring intermediate class. Anyone with prior acrylic painting experience can take this course. Students will further explore the use of acrylics, acrylic additives, brush technique, palette knife technique, and developing one’s personal style. Students will be exposed to various painting styles – realism, impressionism and abstract – which will impact and further influence their ideas. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo. 50838 $125
8 Sessions, DCC B06
Thurs., 9/14 - 11/2, 10 a.m. - 12:30 p.m.
Colleen Connolly, Instructor

Intermediate Pastel
This course is a continuation of the beginning pastel course offered in the spring. Students should have a basic understanding of pastel. We will continue to work with soft pastel, pastel pencil, subject matter and technique. There will be instruction to pan pastel for those students who own and work with them. Anyone who is interested in trying them may contact the instructor for purchase information. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo. 50836 $125
8 Sessions, DCC B06
Wed., 9/13 - 11/1/10 a.m. - 12:30 p.m.
Colleen Connolly, Instructor

CARDs & STAMPing
Cards, Cards, Cards
Each week you will be using a different item to embellish your cards, and the leftovers will go home with you. Each course includes $10 materials fee. Please bring sharp scissors and your choice of adhesive. Register for six classes and save $13 in materials fees.

Christmas Cards
50917 $18
Mon., 9/25, 6 - 7:30 p.m.

Birthday Cards
50920 $18
Mon., 10/2, 6 - 7:30 p.m.

Christmas Cards
50918 $18
Mon., 10/16, 6 - 7:30 p.m.

Heat Embossing Techniques
50922 $18
Mon., 10/23, 6 - 7:30 p.m.

Miscellaneous Cards
50921 $18
Mon., 11/6, 6 - 7:30 p.m.

Christmas Cards
50919 $18
Mon., 11/13, 6 - 7:30 p.m.

50349 $95
Register for all 6 and save $13 on materials fees.

All classes held in DCC B06.

Registration deadline for these courses is one week prior to the start date of the class. Fees for materials are non-refundable less than five business days prior to the start of the course. Classes are taught by Sharyn Bouch, independent Stampin’ Up! Demonstrator.

Contact Sharyn with any questions at sharynbouck@hotmail.com or (518) 522-2344.

Course descriptions are subject to change without notice.

Additional off-campus art classes can be found on page 10.
CROCHET/KNITTING AND SEWING

**Crochet for Beginners**
You will learn the basic crochet stitches - single, double, half double - as we create a sampler scarf using various popular pattern designs. While learning to follow the directions of a pattern, you will do the popcorn stitch, cluster stitch and others. Crochet uses one hook so is easier to do for some of us (even if you are left handed!) After completing this class you will be able to make blankets, hats, purses and more. Hook and yarn will be provided at the first class. Class fee includes $7 materials fee.

50222 $65
6 Sessions, DCC B05
Thurs., 10/12 - 11/16, 6:30 - 8:30 p.m.
Aleta Schweigert, Instructor

**Learn to Knit and Purl**
With only two stitches you can create endless designs. This class will make a sampler neck scarf and ribbed hat using the garter stitch (knit every row), the stockinette stitch (knit a row, purl a row) and ribbing. Learn to cast stitches onto the needles and bind off the end row of stitches. You will find this relaxing, creative class fun whether you knit for yourself or for someone else. Knitting needles and yarn will be provided at the first class. Class fee includes $7 materials fee.

50162 $65
6 Sessions, DCC B05
Tues., 10/10 - 11/14, 6:30 - 8:30 p.m.
Aleta Schweigert, Instructor

**Sewing 101**
In this class, you will learn the basics of sewing, including the differences between threads and fabrics and more. The instructor will also teach you anything you want to know about your sewing machine. Even if you have sewn before, you will still learn something from this class. You will also make a super-simple tote bag in the class. You must bring your own machine. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50678 $49
4 Sessions, DCC B05
Mon., 9/18 - 10/16, 6 - 8 p.m.
No class 10/9
Fatima Bey, Instructor

**Learn to Do Your Own Alterations**
Are you tired of things not fitting you? Alterations can be so costly. Why not do it yourself? In this class you will learn different methods of altering clothing or household items. This class is for all levels and you will be working at your own pace. No sewing knowledge is required. You must bring your own machine. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

50566 $59
5 Sessions, DCC B05
Mon., 10/23 - 11/20, 6 - 8 p.m.
Fatima Bey, Instructor

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**Introduction to Interior Design**
Are you a creative person with an eye for design? If so, this course will show you how to transform plain living spaces into beautiful and functional rooms.

Interior design takes training as well as talent, and this online course will give you the know-how to design a room from floor to ceiling. You’ll delve into color theory, industry trends, spatial arrangements, floor plans, traditional and modern interior design ideas, and other basics. In addition, you’ll explore a range of careers in interior design and get insider tips for entering this exciting field.

Because interior design is constantly evolving, you’ll also learn about some of the latest trends affecting the industry. You’ll investigate “green” sustainable design, and you’ll find out how to modify your designs for people with special needs.

As you master design skills step-by-step, you’ll complete your first project: a fully developed room design complete with spatial layout, lighting and finish selections. Your new knowledge and hands-on practice will give you the confidence you need to start creating beautiful residential interiors for yourself and others.

This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50864 $99
Online Course Dates: 10/18 - 12/08/17

**Pinterest: Fantastic Fall Fun**
We will create fabulous fall crafts including: fall-themed string art, festive garlands, mason jars dressed for the season, and more. It is important that you attend both sessions because we will start projects on the first Saturday and finish them on the second Saturday. For ages 12 and up. Course fee includes $20 materials fee.

50865 $45
2 Sessions, DCC B06
Sat., 10/14 - 10/21, 12 - 3 p.m.
Alexandra Omecinsky, Instructor

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If you are interested in teaching an art course, please email your resume to communityed@hvcc.edu.
BASKET WEAVING WORKSHOPS

All basket weaving workshops are taught by Joyce Flower. Students should bring a measuring tape, a pencil, spring-type clothes pins, scissors and an old towel to class. Please see the materials list for this class posted at www.hvcc.edu/communityed.courseinfo.

Fraidy Cat
Don’t be afraid to learn how to weave a cathead basket, master this new technique with a basket that has little “kitten ears” on the base. This basket starts as a 9” square and ends up round. Woven with dyed stakes and mostly natural weavers. It has two handmade pottery handles and a sturdy rim. Finished basket is 9” tall and 12” across. Course fee includes $32 materials fee.
50810 $65
2 Sessions, DCC B05
Wed., 10/25 - 11/1, 6 - 9 p.m.

Pass the Tissues, Please
Learn to weave this tissue-topper basket, started on a rectangular wooden base. Woven with a variety of natural reed for a textured look. Finished basket is 10” long by 6” wide and 6” tall. Please bring your favorite box of tissues to use for a mold so we get the sizing correct. Course fee includes $25 materials fee.
50811 $45
1 Session, DCC B05
Sat., 11/18, 10 - 2:30 p.m. with a ½ hour break for lunch

Odd and Arrows
Using dyed reed for the stakes, we’ll create an unusual base, using cane for an arrow overlay, and weave the body of the basket in natural reed in a twill pattern. Base is 8” square and basket is 3” tall. Course fee includes $28 materials fee.
50812 $61
2 Sessions, DCC B05
Wed., 10/25 - 11/1, 6 - 9 p.m.

Sasha’s Christmas Basket
Learn to weave this large rectangular basket designed by Dianne Stanton. It will be woven using dyed and natural materials of varying sizes and finished off with hand-carved bushel basket handles. Basket measures 20” long by 13” wide and 9” tall. Course fee includes $35 materials fee.
50814 $68
2 Sessions, DCC B05
Wed., 11/29 - 12/6, 6 - 9 p.m.

Peanut Basket
Weave a peanut-shaped basket on a peanut-shaped wooden base with a handle/divider in the middle. Designed to use one side for your peanuts and the other side for the shells, or for wherever your imagination takes you. This basket is 11” long, 7” wide and 5” tall without handle. Course fee includes $29 materials fee.
50813 $49
1 Session, DCC B05
Sat., 11/18, 10 - 2:30 p.m. with a 1/2 hour break for lunch
Your Passport to Retirement: The Complete Financial Management Workshop

Thinking about retirement or creating an investment plan? Do you need to do some estate planning? This course will inform you of the potential benefits of effective financial management and show you techniques that will assist you in meeting your goals.

Topics include: the seven roadblocks to financial success; the six keys to financial success; risk management; cash management - create liquidity, pay down debt, increase savings; investment planning - what the pros do, strategies for successful investing, stocks, bonds, annuities, and mutual funds; tax management and tax planning; retirement planning - calculating the cost of retirement, sources of retirement income, IRA(s), 401-K’s, 403-b(s), 457 plans; estate planning - probate, estate taxes, intestacy, wills, trusts. The course concludes with how to prepare your own plan. Call Steve Miner at 272-6747 for more details. Course fee includes $26 materials fee for the workbook.

*Your spouse, partner or significant other is encouraged to attend at no charge, but will need to register for the course as well. Please note that you will only receive one workbook per couple.

50202 $65
3 Sessions, DCC 138
Tues., 10/10 - 10/24, 6:30 - 9 p.m.
*50321 - Please use this course number to register a partner.  
Stephen F. Miner, CLU, ChFC, Instructor

What You Need to Know to Sell Your Parent’s Home

Selling your parent’s home can be time consuming, emotionally draining, and fraught with legalities. This informational program will provide you with the basics such as where to start, what resources are available to assist you during the process, what must occur legally for you to sell the home, and all of the other intricacies involved in getting the home sold, from start to finish. Upon completion of the program you will be more comfortable, armed with the knowledge of what needs to occur.

50906 $10
1 Session, ADM 104
Tues., 9/19, 6:30 - 8 p.m.
Jaymie Denny, Instructor

Notary Public Review Workshop - Prepare for the NYS Exam

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the notary public office. Confusing laws, concepts and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a notary public office is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney and minimizing legal liability. This workshop is a must for notary public candidates who want to become fully aware of the authority, duties and responsibilities involved in this office.

All materials will be provided, including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80-question practice exam that attempts to emulate the actual New York State mandatory exam. Course fee includes a $5 materials fee.

50553 $36
1 Session, ADM 101
Mon., 10/30, 5:30 - 9:30 p.m.
Victor Bujanow, CIC, Instructor

Maximizing Your Social Security Benefit

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

Course fee includes $5 materials fee.

50244 $20
1 Session, ADM 106
Mon., 10/2, 6 - 8 p.m.
Frank Finch, Principal of Life Stages Financial Group and adviser with Halliday Financial Group, Instructor

Stocks, Bonds, and Investing: Oh, My!

Are you looking for a solid class in the basics of stocks, bonds, finance and investing? Haven’t the slightest clue how to prepare for retirement, pay for college, or even manage your personal finances? Wish you had some guidance to put your finances into perspective? And do you wish you could do it all without having to pay a broker or financial advisor? Well, look no further. The class you need is right here!

This class takes you through the fundamentals of investing and not only teaches you about the stock markets, 401k plans and retirement, but will address personal financial issues that are often ignored. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50866 $99
Online Course Dates: 10/18 - 12/08

Start Your Own Small Business

Learn how to take your dream of starting a business and put it into action. In this class, you’ll learn everything you need to know about starting a business. You’ll begin by discovering the tricks to picking the right opportunity for you. Next, you’ll learn how to develop proven marketing techniques to easily build sales. Since every business needs money, we’ll discuss traditional and non-traditional financing options. Finally, you’ll learn easy-to-implement employee-management procedures and how to write business policies that help you build your business.

As a business owner, you need to manage limited resources. One resource that often gets overlooked is your time. In the final lesson, you’ll learn time-management techniques especially for entrepreneurs. While taking this course, you’ll discover the secrets that separate the successful entrepreneurs from the struggling ones. This course is taught online through Ed2go. You will receive your username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

50867 $99
Online Course Dates: 10/18 - 12/08


Medicare 101
Medicare can be very confusing. There are many options and factors to consider. It is important to understand how Medicare works and what you need to know to make the most informed decisions possible. Medicare Parts A and B will be explained, including what is and is not covered. This session will also cover what a person’s fiscal responsibility is and the ways to mitigate the potential copays of Medicare. Learn how Medigap plans work and what Medicare Part D (prescription drug insurance) is. In addition, learn about federal and state assistance programs for those who are income qualified.

50174  
2 Sessions, DCC B05  
Fri., 11/10 - 11/17, 10 - 11:30 a.m.  
50175  
2 Sessions, DCC 136  
Mon., 11/13 - 11/20, 6 - 7:30 p.m.
Janet Kiffney, Instructor

The Design, Color, Texture and Flowers of Fall
When do you ever have the opportunity to spend a morning with a versatile floral artist, who can design a classical look but make it follow a modern trend? Take advantage of Michele’s 28 years of experience and let her show you how to put creativity and energy into designs and events. If you have been with us before you know she brings a passion for what she does, and many return because they know she always brings new ideas and demonstrates what is “hot” in the flower world. Come join us. You may be one of the lucky students who carries one of her creations home! Course fee includes a $14 materials fee per person.

50339  
1 Session, WIL 113  
Wed., 10/25, 9:30 a.m. - Noon  
Michele Peters, Instructor

Introduction to Folk Music Using Fiddle, Banjo, Guitar and Song
Come whet your musical appetite while hearing the history and sounds of various foot-tapping traditional and folk styles. Listen to music from Scotland, Ireland, Canada, New England and Appalachia. George Wilson will also “visit” the music of some personalities from the past, like Uncle Dave Macon and Huddie Ledbetter. Combine this with a discussion of how these sounds developed and George’s off-the-cuff commentary and you have one rousing presentation. George Wilson, our local, talented, multi-instrumentalist and singer is an accomplished fiddler, folk music educator and performer. Join us for a fun-filled morning!

50091  
1 Session, WIL 113  
Wed., 10/4, 9:30 - 11:30 a.m.  
George Wilson, Instructor

Understanding Your Ancestry DNA Test
If you have done a DNA test through Ancestry.com or are even thinking of doing one, you probably have many questions. Join professional genealogist Lisa Dougherty for an informative session that will guide you through the fundamentals of DNA tests. Topics covered will include DNA basics, interpreting ethnicity estimates, dealing with all those cousin matches, and incorporating the results into your genealogy research. Learn how to make the most of your test by utilizing it as another tool to discover your family history!

50822  
1 Session, WIL 113  
Tues., 10/17, 9:30 -11:30 a.m.  
Lisa Dougherty, Instructor

Frankly, My Dear: The REEL Story Behind Gone With the Wind
“Gone With The Wind” has been called “the most magnificent motion picture of all time,” and millions of fans agree. But what most fans don’t know is that endless trouble and months of behind-the-scenes turmoil almost doomed “Gone With The Wind” to failure. Explore the intriguing history of this iconic 1939 film, including the writing and publishing of Margaret Mitchell’s novel, the Hollywood frenzy of transforming the book into film, the Atlanta premiere, the Academy Awards and more. This is one course that no movie fan should miss.

50819  
2 Sessions, WIL 113  
Thurs., 10/19 - 10/26, 9:30 - 11:30 a.m.  
Pauline Bartel, Instructor

The Fight for Women’s Suffrage in New York State
November 6 marks the centennial of the Constitutional amendment granting women the right to vote in New York State. This historic vote occurred three years before the Nineteenth Amendment to the United States Constitution and helped pave the way to its success.

Albany was the epicenter of the suffrage battle in New York State. Suffragists and anti-suffragists lobbied the legislature in support of their positions every year from 1854 to 1917. This program will explore this historic struggle through images from both suffrage and anti-suffrage sources.

50886  
1 Session, WIL 113  
Thurs., 11/2, 10 - 11:30 a.m.  
Stuart Lehman, Instructor

America’s Constitution
This is a historical review of the United States Constitution that will cover how and why it was created, the principles and political realities motivating it, and the concerns and objectives of the players who wrote it. We will highlight how the founders viewed the crucial issue of power, its necessity and dangers, along with how the document has evolved over 228 years.

50888  
3 Sessions, DCC B06  
Mon., 10/16 - 10/30, 10 a.m. - 12:30 p.m.  
Henry Bankhead, Instructor
Politics Stops at the Water’s Edge?
Dissent in the History of American Foreign Policy

It has long been said that political debate should end when the subject is our foreign policy. That, however, has never been the case. The class will examine opposition to foreign policy decisions from the War of 1812 to the Vietnam conflict and will include a look at the Mexican War, the acquisition of colonies after the Spanish American War, the issue of joining the League of Nations, and isolationist views prior to World War II. Ken Kiser is a former instructor from Highland Community College in Freeport, Ill.

50824 $10
1 Session, WIL 113
Tues., 11/7, 9:30 - 11:30 a.m.
Ken Kiser, Instructor

An Introduction to Music Reading

If you’ve always wanted to learn to read music, this is the perfect opportunity for you! If you are in a group where everyone has a songbook, the words are written underneath the treble clef staff. If you want to know the melody you need to know how to read the notes on the staff. Instructor Janine Budesheim will teach you an easy way to be able to do that. She has been an elementary music teacher and director of the Averill Park Community Orchestra for many years. Please bring pencils with you.

50825 $10
2 Sessions, WIL 113
Thurs., 10/5 - 10/12, 9:30 - 11:30 a.m.
Janine Budesheim, Instructor

Antiques and More

Come and spend an engaging morning that will touch on history, geography, the arts and society. Owners Andrew Geller and David Orstein of New Scotland Antiques will appraise a treasure that you bring to class. Bring in two items that you are curious about, set them on the table and when class begins, Andy and David will discuss each and every object! They’ll cover the history of the items, their popularity and what they’re worth in today’s market. To be fair to everyone, please remember to limit your items to two.

50372 $10
1 Session, WIL 113
Tues., 10/24, 9:30 - 11:30 a.m.
Andrew Geller and David Orstein, Instructors

Learning the “Ins and Outs” of your Digital Camera

This two-session offering will concentrate on learning how to effectively use your new (or not-so-new) digital camera. You will learn about exposure, white balance, macro-mode, portrait settings, landscapes, bracketing – all complex techniques that can be easily explained and mastered. Gather your favorite photos, organize your questions and bring along your camera and owner’s manual to these classes designed to inform in a relaxed, comfortable format. Remember to have your camera’s battery fully charged and have an empty memory card.

50340 $10
2 Sessions, WIL 113
Tues., 11/7 - 11/14, 1 - 4 p.m.
Kevin Sarsfield, Instructor

The Tragedy of Alexander Hamilton

Alexander Hamilton led the Federalist Party for over a decade, and served as Secretary of the Treasury, inventing fiscal policy that laid the foundation for a prosperous modern commercial nation. Yet shame over his humble origins dogged him and made him hypersensitive to criticism. Jack Casey, an author, attorney and former political leader, who just completed his historical novel, “Hamilton’s Last Clash,” will explore this uniquely American tragedy. While showing why Hamilton is the most influential of the Founding Fathers upon our way of life, Jack will share his views on the darker side of American adversarial politics, and will also acquaint attendees with Revolutionary-era songs he will play and sing.

50671 $20
1 Session, WIL 113
Mon., 10/23, 1 - 3 p.m.
Jack Casey, Instructor

The Erie Canal - America’s First Great Public Work

Jack Casey will discuss his historical novel, “A Land Beyond the River,” which portrays New York State’s rise to national preeminence as “The Empire State.” Hudson Valley heiress Eleanora Van Rensselaer falls in love with a “real man” from the west, ship captain Daniel Hedges, a smuggler on Lake Erie. Soon the War of 1812 erupts and ends their affair. Only after each suffers great loss can they reconnect and join forces to assist DeWitt Clinton in realizing his vision, a 363-mile canal across New York State. Yet even as they collaborate, canal opponent Martin Van Buren employs a dark secret to blackmail Eleanora, and she must choose between her vast wealth and the man she loves. “A Land Beyond the River” was published in paperback by Bantam Books (1988), and in hardcover by Jack’s imprint, Diamond Rock Publishing, Inc. (2005). He will enhance his discussion with a few canal songs.

50821 $20
1 Session, WIL 113
Mon., 10/23, 9:30 - 11:30 a.m.
Jack Casey, Instructor

One Day Only: Homemade Pasta

Have you always wanted to learn how to make homemade pasta? This fun, hands-on class with The Chic Chef will teach you some simple ways to make homemade egg pasta to impress friends and family at special gatherings. Tastings for this menu may include: roasted shrimp ravioli; butternut squash ravioli with sage brown butter sauce; fettuccini with white truffle butter sauce and mushrooms. Course fee includes $10 materials fee.

50895 $39
1 Session, DCC 135
Mon., 9/18, 10 a.m. - 1 p.m.
Mirissa Casey, The Chic Chef, Instructor
Mahican, Mohican, Mohegan?
Nobody’s quite sure how to spell their name in English, but this Native American tribe was once a force to be reckoned with in the Hudson Valley. Their nation stretched from Dutchess County northward to Lake Champlain. The Mohawks, famed as the fiercest of warriors, feared them. Who were these First Americans? Where did they go? And why? Steve Trimm, amateur historian and tour guide at Grant Cottage State Historic Site, will answer these questions.

50843 $13
1 Session, WIL 113
Wed., 9/13, 9:30 - 11:30 a.m.
Steve Trimm, Instructor

The Elegant Art of Burlesque: A Personal Memoir
Spend a morning going back in time to when burlesque was the elegant art of the tease. There were comics, singers, big bands and, of course, the dancers. Your tour guide is April March, the First Lady of Burlesque, who at 82 still performs to sold out crowds across the country. April started performing at the age of 16 and after a lifetime of dedication to burlesque is one of its legendary performers. Her story is simply amazing.

She has a million stories that she and her collaborator, Susan Baird, will share with you at this session. Staying true to her dreams, she will draw you into a life that was glamorous, fun and dangerous; she will also be available to answer your questions and discuss her book, “Reflections of My Life: April March, the First Lady of Burlesque.” This will be a session you will remember and talk about for the best day of your life. “To Life” is a ten-part DVD series featuring songs from Broadway musicals that illustrate the importance of making every day the best day of your life! Parts I and II features songs from Broadway musicals by Rodgers and Hammerstein, Jerry Herman, Stephen Sondheim, Lerner and Loewe, Charles Strouse and Jule Styne, with Liza Minnelli, Barbra Streisand, Judy Garland, Elaine Stritch, Julie Andrews, Patti Lupone, Angela Lansbury and Carol Channing. America’s Earliest Furniture
Beginning with the first American furniture made in Massachusetts circa 1670, this presentation will explain the reasons why furniture from this era is practically nonexistent in New York and will provide a comparison of the two dominant New World cultures - the Dutch and the English. Because this early period produced so little in trying to make a home comfortable, it is often linked to the William and Mary Period which began in 1688. Both the first furniture (Jacobean) and the William and Mary comprise the extent of Pilgrim Century material.

Room settings will be illustrated from some of the earliest homes in America and then be followed by the furniture pieces discussed in detail.

50851 $18
1 Session, WIL 113
Thurs., 9/28, 10 a.m. - Noon
Marilyn Sassi, Instructor

NOTORIOUS!
Shady Ladies of 19th Century America
Some people would rather be infamous than famous - and 19th century American women were no different! Scandal and gossip can be so delicious, and these ladies tasted their fair share of both. Phyllis Chapman, as Victoria Woodhull, who was infamous herself, will appear in costume to delight not only with her own escapades, but also those of naughty ladies such as Calamity Jane, Belle Starr, Lizzie Borden, Lydia Pinkham, Carrie A. Nation and others. They were women who found innovative (and sometimes inappropriate!) means of making their way in the world. Tasty tidbits include the answers to questions such as “Who was the inspiration for the all-American Gibson Girl? Did the Fox sisters really communicate with the dead, or were they clever tricksters? Why was Calamity Jane a calamity?” If you like gun-swinging, axe-whacking, free-loving women, this is a must-see for you!

50850 $20
1 Session, WIL 113
Wed., 10/11, 9:30 - 11:30 a.m.
Phyllis Chapman, Instructor

50847 $13
1 Session, WIL 113
Wed., 10/18, 9:30 - 11:30 a.m.
Richard Feldman, Instructor

If Dolls Could Talk: Their History Revealed
This lecture will use slides to illustrate a full history of dolls, from ancient times through the 1930’s. Paintings of children with their dolls, an excellent source in dating them, will be used to feature dolls from Elizabethan and 18th century England (along with the dolls themselves). We then will focus on the many 19th century dolls made in Germany as it became the leader in the doll and toy industry. The finest French dolls will be represented, including exquisite automats with their movement accompanied by built-in music boxes. America’s ingenuity will be represented by the first talking doll by Edison and the unforgettable characters created in the early 20th century, the Campbell Soup Kids, Buster Brown and his dog Tige, Little Orphan Annie, and Shirley Temple. Not to be forgotten are the homemade dolls, from the simple, with yarn hair and shoe button eyes, to the elaborate, with hand-painted faces and hair. Many of these dolls are considered prime examples of American folk art and are highly valued in today’s market. Class participants are invited to bring in their dolls to be viewed by the class and discussed for identification purposes.

50852 $18
1 Session, WIL 113
Thurs., 9/14, 10 a.m. - Noon
Marilyn Sassi, Instructor

Course descriptions are subject to change without notice.
Half Moon Button Club Presents History, Collecting Tips
Lea Mastrianni of The Half Moon Button Club will present the history of button collecting, as well as information on various collectible button types and their compositions. Did you know that buttons can be made of glass, fabric, pearl, Bakelite, plastic, or wood? Lea will explain the world of button collecting, as well as share her vast knowledge of buttons and their historical significance. You are welcome to bring any buttons to be identified and receive information on composition. The Half Moon Button Club was founded in 1943. The club’s mission is to promote interest in the collection of buttons, with a special interest in antique and vintage buttons from around the world. For more information on button collecting, please visit the website of the National Button Society at www.nationalbuttonsociety.org.
50669 $10
1 Session, WIL 113
Thurs., 10/26, 1 - 3 p.m.
Lea Mastrianni, Instructor

Small Town Veterans in Two Big Wars
This class focuses on two wars which deeply affected our country, the Civil War and World War I, from the point of view of one rural town in Rensselaer County, Schaghticoke. Town historian Chris Kelly will discuss the recruiting, training, and service of men from the town during both wars, as well as what their lives were like after their war service. About 265 men connected with Schaghticoke served in the Civil War and 150 men (and one woman) in the Great War. Chris has written biographies of all of them, and will choose some of her favorites for the talk, illustrated with photos of some of the men, the sites of the battles in which they fought, and their tombstones. Chris is the author of "Schaghticoke and the Great War."
50839 $10
1 Session, WIL 113
Fri., 10/20, 9:30 - 11 a.m.
Chris Kelly, Instructor

The Wild Women of Rensselaer County!
Join Rensselaer County and Troy City Historian Kathy Sheehan for this illustrated lecture on the "wild women" of Rensselaer County. Suffrage, anti-suffrage, education, labor and temperance are but a few of the historic subjects associated with famous women like Emma Willard and not so famous women like Julia Blanche Stover Clum and Evanetta Hare. These "wild women" made an impact on our county, state and nation, and their legacy is still in evidence today.
50840 $15
1 Session, WIL 113
Wed., 11/1, 9:30 - 11:30 a.m.
Kathryn Sheehan, Instructor

Eating Healthy for Your Active Lifestyle
Simple changes and small steps can bring some quick, satisfying results to an active lifestyle. Learn about a simple, fun delicious way to do food as well as eat-on-the-run options, pre-workout ideas and much more. Come ready to taste, prepare and share. Course fee includes $40 materials fee.
50908 $50
1 Session, DCC 135
Mon., 9/25, 11a.m. - 1:30 p.m.
Anita DeCelle, Instructor
Jean Chenette, Coordinator

Irish and American Folk Music
Those Wonderful Old Melodies from Ireland
Ireland and America have produced an abundance of songs about people, struggles, happiness and sadness. Don Kelly and his acoustic guitar will take you down the path of wonderful old melodies from Ireland and from 1960-70's America. There will be opportunities for singing along (lyrics provided). Songs may trigger some happy memories and we will enjoy learning the background to some of the classic folk songs.
50841 $10
1 Session, WIL 113
Wed., 9/20, 9:30 - 11:30 a.m.
Don Kelly, Instructor

All the Women in the Schuyler Mansion
The Schuyler Mansion was home to Philip J. Schuyler, the renowned Revolutionary War general, U.S. Senator, and entrepreneur. He and his wife, Catharine Van Rensselaer, raised eight children. The wedding of daughter Elizabeth Schuyler to Alexander Hamilton took place in the house in 1780. Join us for a PowerPoint presentation on the lives of all of the Schuyler women -- Philip Schuyler’s wife Catharine, her daughters Angelica, Elizabeth, Margaret (Peggy), Cornelia and Catharine, and the enslaved women who worked at the home - and discuss the impact they had in shaping the family’s place in history. Finally, the “dirtier” side of history will be discussed. You will have fun learning about the toilets and toiletries and the realities of hygiene in the 18th century.
50907 $14
1 Session, WIL 113
Fri., 9/22, 9:30 - 11:30 a.m.
Michelle Mavigliano, Instructor

Exploring Troy’s History
In this session discover the history of Troy’s Oakwood Cemetery and bell manufacturing in Troy and West Troy. In the first part of his lecture, Michael Barrett will discuss Oakwood Cemetery. While it did not officially open until 1850, a number of cemetery consolidations and reburials push the historical record of deaths back to the very earliest years of the city. He will share stories of founding families, the prominent educators, industrialists and business people, military heroes and other colorful characters who helped make Troy the great city that it is.
Did you know from 1808 - 1952 over 100,000 bells were manufactured in Troy and West Troy? Listen as Michael shares information on this enduring industrial legacy that created many of our most famous American-made bells and chimes.
50912 $20
1 Session, WIL 113
Fri., 11/3, 9:30 - 11:30 a.m.
Michael Barrett, Instructor
Culinary Adventure: Central Troy Historic District Food Tour
This leisurely three-hour, 1.5-mile walk includes plenty of refreshing stops (five different food/beverage tastings), so it's suited for most ages and fitness levels. Experience the vibrant culinary scene that surrounds Troy’s amazing farmer’s market. This tour ends in time for you to shop the market and meet the local farmers and vendors. Put on your walking shoes for an entertaining and delicious way to learn about Troy and the role food is playing in bringing the city back to life. We will sprinkle in history, architecture and culture to round out your perfect Saturday in the Collar City. Food tours help tell the story of the city in a delicious way: they’re about tasting local foods and getting exposure to the entrepreneurs who are bringing creativity to their city. Wear comfortable walking shoes, come hungry - by the end you will have eaten a complete brunch/lunch. Course fee includes $44 materials fee.

Tour and Lunch at The Skene Manor
Enjoy a visit to The Skene Manor, Whitehall’s castle on the mountain. It is one of the few remaining castles in northeast New York. The castle was constructed of stone blocks cut right out of the mountain that frames the manor. This magnificent structure shows turn-of-the-century craftsmanship rarely duplicated today. Our morning will begin with a tour of The Skene Manor where we will experience the grandeur that exemplified turn-of-the-century wealth. We will then enjoy a lunch of homemade soup, sandwiches, beverages and dessert, which will be served in the tea room. You will be contacted prior to the trip for your sandwich order. All who visit rave about the lunch and the dedication of the volunteer staff who run the manor. Now, experience it for yourself! Course fee includes a $20 materials fee.

Autumn Reflection Scene
Join us in The Living Room Art Gallery located in Historic St. Agnes Cemetery for step-by-step instruction on how to create a beautiful autumn landscape similar to the one pictured below. All materials, including paints, brushes and canvas are provided. This relaxing lesson in art is appropriate for beginner and intermediate painters. Learn to paint in a stress-free environment! Class size will be kept small to allow for a lot of one-on-one attention. Delicious baked goods from the famed Schuyler Bakery, coffee and tea are included. Course fee includes $45 material fee.

Please note: several of these trips and tours includes a materials fee for admission and/or meals. This fee is non-refundable five business days prior to the start of the course. Directions and additional information about off-campus tours and trips are posted at www.hvcc.edu/communityed/courseinfo. Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your place.
The Saugerties Lighthouse

Join us at the Saugerties Lighthouse, an 1869 landmark on the Hudson River that now stands proudly as a living museum and a renowned bed and breakfast. Step back in time over a hundred years to experience the charm and rustic simplicity of life in the middle of the river. Furnished as it may have looked in the early 20th century, the lighthouse contains a small museum, gift shop, parlor, kitchen, keepers’ quarters, and two guest bedrooms. The operational light-tower offers a panoramic view of the Hudson River Valley and Catskill Mountains.

Because of its location on the river, tours must be scheduled with tide schedules in mind. The lighthouse can be reached via a half-mile nature trail of dirt and rock paths with wooden bridges and boardwalks and sandy trails. It is at the end of Lighthouse Drive in the village of Saugerties. Suitable, comfortable shoes are recommended. Course fee includes $8 materials fee.

50338 $18
1 Session, Meet at the lighthouse, Saugerties, NY
Thurs., 10/12, 11 a.m. - 1:30 p.m.
Cynthia Serbent, Coordinator

Murder at Cherry Hill: A Dramatic Tour
Re-enacts a Fateful Evening

A rifle shot, a scream, and the Cherry Hill household erupts into chaos! On May 7, 1827 a notorious murder occurred at Cherry Hill mansion that resulted in two sensational trials and Albany’s last public hanging. Join us at Historic Cherry Hill to investigate the scene of the crime and relive the differing perspectives of those who witnessed that fateful night. Attendees will receive our popular “Murder at Cherry Hill” book and enjoy light refreshments at the end of the program. Historic Cherry Hill is a historic house museum in Albany, and the five-generation home of the Van Rensselaer family from 1787-1963. It is located in Albany’s South End, on South Pearl Street between First and McCarty Avenues. Please dress for the weather (rain or shine) and wear comfortable shoes. Inside, the tour will take participants up and down two flights of stairs; outside, participants will walk over some uneven ground. Course fee includes $18 materials fee.

50651 $28
1 Session, Cherry Hill
Fri., 10/27, 4 - 6 p.m.
Paula Johannesen, Coordinator

Knickerbocker Family Mansion - Ghosts, Tour and Lunch

The Knickerbocker Historical Society will be our hosts as they tell us about the history of the Knickerbocker Mansion, which dates from about 1770. They will arrange for historical ‘ghosts’ to give moving first-hand accounts of their lives and experiences, and they will explain the renovations — the not-for-profit Society rescued the mansion from certain demolition and has continued to restore it. Our visit concludes with a chance to tour the mansion and to a colonial lunch cooked with authentic recipes, a delicious side to the history of the mansion! Course fee includes $25 materials fee.

50750 $28
1 Session, Cherry Hill
Sat., 10/28, 4 - 6 p.m.
Marie D’Entrone, Coordinator

Capitol Hauntings: A Historical Ghost Tour of the New York State Capitol

Explore the haunted history of one of New York State’s architectural treasures, the Capitol building in Albany. Find out about the night watchman who still makes his rounds, despite his death in a 1911 fire. Search for the missing murals above the Assembly Chamber and hear about the eccentric artist who painted them.

Examine the strange gothic creatures carved in stone on the famous Million Dollar Staircase. These and other “strange incidents” will be the subject as we “walk the halls” with Stuart W. Lehman, education coordinator for the New York State Capitol. Our Capitol Hauntings tour begins at the base of the senate staircase on the first floor of the Capitol.

Be prepared to show photo ID.

50051 $10
1 Session, Plaza Visitor Center on the North Concourse
Mon., 10/30, 3:30 - 5 p.m.
Marie D’Entrone, Coordinator

Tour & Book at the Batcheller Mansion

We will be treated to a first person tour of the Batcheller Mansion by Mr. George S. Batcheller (portrayed by local author and Victorian historian Hollis Palmer). The Batcheller Mansion is an icon of Saratoga. Built in 1873-74, the house had to be finished in time to host a reception for President Grant. Anyone who has ever been by the house considers the outside to be imposing and those who have been fortunate enough to be inside have experienced the house’s true magnificence and warmth. The entire experience takes about 90 minutes and allows guests to appreciate what it was like to live in the Victorian house the New York Times called “Saratoga’s Crowning Glory.” The tour includes going up and down stairs. Course fee includes $20 materials fee.

50820 $30
1 Session, the Batcheller Mansion in Saratoga
Tues, 10/10, 1 - 3 p.m.
Marie D’Entrone, Coordinator

Course descriptions are subject to change without notice.
Fall in Fields and Forests – Exploring Nearby Nature Preserves
Nature puts on a glorious display in the fall. Fall foliage reports become a part of the daily weather forecast. But nature has even more to offer – fascinating seed pods, colorful fungi, migrating butterflies and birds, and animals preparing for winter. Our first class will be a classroom orientation at the college including a photo preview and various facts about what we might see. In subsequent sessions, we will walk through selected preserves in our local counties taking time to observe, learn about, and enjoy the plants, wildlife and natural beauty around us. 
50883 $18
5 Sessions Fri., 9/15, 10 a.m. - Noon, WIL 113 Fri., 9/22-10/13, 10 a.m. - Noon in the fields Betty and John Nickles, Instructors

Historical Hike: Discovering Past Land Use
Journey back in time on a two-mile hike to read the history written in the landscape. By looking for clues that explain changes in forest composition, we’ll discover how people used the land over the last 300 years and evidence of past climatic changes. We’ll find evidence of old farms, roads, pastures, and logging, and how these activities have changed the forest we see today. The forest holds many clues, and this class will have you acting as a detective to unearth the history of the land. Wear sturdy walking shoes and dress for the outdoors. Course fee requires $8 materials fee.
50826 $18
1 Session, Dyken Pond Tues., 9/26, 1 - 3 p.m.
Lisa Hoyt, Instructor, Director, Dyken Pond Environmental Education Center Paula Johannesen, Coordinator

PLEASE NOTE:
Fees for materials are non-refundable less than five business days prior to the start of the course.

Trip to Cooperstown
We will meet in Cooperstown to visit the Fenimore Museum and the Farmers’ Museum. Both museums will be open that day from 10 a.m. until 5 p.m. for self-guided tours. In addition, we will be given a guided tour of the Iroquois Storage Facility, which is not normally open to the public. The Fenimore Museum has an excellent collection of American folk art paintings, sculpture and objects in their ongoing exhibits and an outstanding collection of American Indian objects and art. Other galleries will feature paintings by Frank Farmer and Tracy Helgeson, and exhibits “Hamilton’s Final Act” and “The Art of Figure Skating Through the Ages: The Dick Button Collection.”

Just across the street is the Farmers’ Museum, a complete assemblage of a 19th century village and collections of utilitarian objects used in 19th century towns and farms. Our tour of the Iroquois Storage Facility begins at 10 a.m. after meeting up at 9:45; all participants will be given maps with the directions to it (only a short distance away from the museums). Only 20 can go through the storage facility at one time so if we have more sign up, an additional tour will be held at 11 a.m. Those waiting for the second tour can begin touring the Fenimore Museum as there is so much to see. Lunch is on your own with nice cafes in both museum locations and many fine restaurants to pick from within the village of Cooperstown. The fee includes all day admissions to both museums and the storage facility tour as well. Course fee requires $24 materials fee.
50852 $39
1 Session, Wed., 9/6, 9:45 a.m. meet in the parking lot to the right of the Fenimore Museum Marilyn Sassi, Instructor

Tour of the Times Union
Come along for a wonderful opportunity to tour the Times Union, our local newspaper. We will hear about careers at the Times Union, the newsroom and the production facility (press room and plate-making).
50848 $10
1 Session, Times Union Building Tues., 9/12, 10 - 11:30 a.m.
Jean Chenette, Coordinator

Ten Broeck Mansion Tour with a German Lunch
The elegant Ten Broeck Mansion was the home of two of Albany’s most prominent families. It was originally built in 1798 as a Federal-style country home for merchant and Mayor Abraham Ten Broeck, who had served as a major general of the Albany militia during the Revolutionary War and distinguished himself at the Second Battle of Saratoga in 1777. Architectural details from this period include a delicate roof balustrade on the outside and a superb spiral staircase within. In 1848, the home became the residence of banker and philanthropist Thomas Worth Olcott and underwent modifications that included the addition of Greek Revival porticos to the doorways and marble mantels in the main first-floor rooms. Today the home reflects Olcott’s era of occupancy and contains a collection of furnishings from the late 18th and early 19th centuries, as well as some fine portraits on loan from the Albany Institute of History and Art. Also of note are the house’s intact wine cellar (which was only discovered in the 1970s) and its attractive gardens.
After parking at the rear of the mansion gardens, stroll the garden path to enter the mansion and have a tour followed by a hearty German lunch. Vegetarian meal options are available upon request. Course fee includes $30 materials fee.
50845 $40
1 Session, Ten Broeck Mansion in Albany, NY Tues., 9/26, 11:30 a.m. -1:30 p.m.
Jean Chenette, Coordinator
The Development of the Rensselaer Technology Park from Two Perspectives

In the late 1970’s the economy of upstate New York was in poor condition. Manufacturing jobs were moving overseas or to the “sun belt.” We were labeled the “rust belt” and told that our best days were in the past. Then a man with a remarkable vision, RPI President George Low, stepped forward with the message that we had a bright future as a center for high technology. At the core of his vision was a proposal to develop the Rensselaer Technology Park in North Greenbush. The presenters, including the developer and those who were part of local government, will discuss how Low’s vision became a reality. They will also share insights into some of the behind-the-scene details that went into various projects in the Tech Park.

50846 $10
1 Session, Rensselaer Tech Park
Thurs., 10/26, 1 - 3 p.m.
Jean Chenette, Coordinator
Presenters: Michael Wacholder, William Dedrick and James Flanigan

Hiking for the Inexperienced and Newly Retired - Two-hour orientation and three two-hour hikes

For those who always wanted to enjoy the outdoors but never had the time or did not know where to start, this course will open the door. October is a great month to take those first steps. The leaves are turning, the air has a freshness and with a little preparation you can be out there enjoying nature and getting a little exercise. What to wear, where to go and how to be safe will be covered. Hike locations and directions will be given at the orientation and the hikes will be about two hours in length.

50082 $10
4 Sessions, DCC B05
Thurs., 10/5, Orientation 10 a.m. - noon
Hikes on Thurs., 10/12 - 10/26
10 a.m. - noon or after,
meeting at hiking locations
Taconic Hiking Club volunteer instructors
Macia Hopple and Joanna Ezinga

Cruise on the Hudson and Champlain Canal with Mohawk Maiden Cruises

Climb aboard the MV Caldwell Belle, the only authentic chain-driven stern-wheel paddle boat on the Champlain Canal, for a tour filled with the rich history of the canal and Hudson River accompanied with historic narration and beautiful scenery throughout.

Our tour will sail 10 miles down the Hudson River through Lock C5, one of the deepest on the Champlain Canal, to the Saratoga National Historical Park in Stillwater (the site of the Turning Point of the American Revolution). From the boat you can view the war cannons on Bemis Heights. We will also cruise past the waterfalls in Northumberland and view the cascades at Ft. Miller.

Experience an afternoon of nature watching, education and plain relaxation! Be sure to bring your binoculars and a thirst for nature and history. Wear sneakers or appropriate footwear for walking safely on the boat. Caldwell Belle has an enclosed climate controlled bottom deck with tables, chairs and a small snack bar for those who wish to enjoy the sights away from the elements.

Following our cruise, we will have a 1 hour tour of the Hudson Crossing Park.

Mohawk Maiden Cruise’s port is located next to Lock C5 on the Champlain Canal near the Village of Schuylerville in the town of Saratoga. Course fee includes $23 materials fee.

50719 $33
1 Session, meeting at The Mohawk Maiden Cruises dock
Boarding Begins at 12:40 p.m.
Tues., 10/10, 1 - 4:30 p.m.
Lea Darling, Coordinator

Walking Tour of Troy’s Historic Washington Park and Surrounding Homes, with Tea

Enjoy taking a step back in time to see and experience the genteel living of the nouveau rich of Troy’s Washington Park. You will be able to see firsthand, the loving care taken to rehabilitate and update many of these one-of-a-kind homes of the emerging upper middle class of the 19th century and visit their own private park. A tea reception will be held in our last home visit on the tour.

There will be lots of walking on mostly uneven surfaces: sidewalks, grass, roads, and some home interiors with multiple flights of stairs, climbing up and down. Wear comfortable walking shoes as you will be on your feet for all of the tour. Meet in Washington Park across from the front of 195 2nd Street. Parking is along the bordering streets of Washington Park - Washington Place, Second Street, Third Street and Washington Street. Course fee includes $15 materials fee.

50322 $25
1 Session, Meet in Washington Park across from the front of 195 2nd Street
Tues., 9/26, 10 a.m. - 12:30 p.m.
Lea Darling, Coordinator

DO YOU ENJOY TEA?
See The World of Tea at Whistling Kettle on page 34.
Historic Grant’s Cottage Tour
Guide Steven Trimm will provide a tour of the historic cottage and share little-known stories about U.S. Grant. Grant Cottage is full of marvelous, unexpected and sometimes improbable - but true tales. Steve will share all of them with you. Following his program, we will depart for a tour of the college and we’ll have the chance to marvel at the fall season views of the Berkshires, Catskills and Green Mountains from Promenade Point. We may even have a secret family member of Grant’s with us to share more stories of the illustrious President U.S. Grant. This may be up to a 2.5-hour program and requires standing during the cottage segment of the tour. Please wear comfortable shoes and dress warmly. We will meet at the Grant Cottage Visitor’s Center to begin our tour. Course fee includes $5 materials fee.

1 Session, meeting at the Grant Cottage Visitor’s Center
Tues., 10/3, 10 a.m. - 12:30 p.m.
Lea Darling, Coordinator

A Short Talk and a Long Stroll Through the Victorian Village of Round Lake
Travel with the Round Lake village historian and past mayor Bill Ryan, along with two deputy historians, Mike Roets and Scott Rigney, as they describe the founding of Round Lake and take us on a walk through this magical little village. Begun in September 1868, the Round Lake Camp Meeting Association of the Troy Conference of the Methodist Episcopal Church was born as a camp meeting town. These first camp meetings drew 2,000 to 8,000 people for each of the 10 days. Find out where the village’s famous organ came from, why the streets are arranged in a hub and spoke pattern, what the term “camp houses” means, what Victorian architecture looks like, and why someone would build an octagonal house. We will also be entertained with a short organ program before class on their famous antique pipe organ.

You will be walking on even and uneven surfaces for up to a mile. Wear appropriate footwear and be prepared to stand for up to 1.5 hours. Some folks may want to bring a small folding chair. This class will begin at the auditorium, 2 Wesley Avenue, in Round Lake. Parking will be at the Round Lake Methodist Church, 34 George Ave. Please give yourself enough time to walk five minutes to the auditorium. Course fee includes $10 materials fee.

1 Session, 2 Wesley Avenue in Round Lake
Tues., 9/12, 10 a.m.-noon
Lea Darling, Coordinator

Self-Care through Yoga and Meditation
The American Meditation Institute’s easy-gentle yoga and breathing class is taught the same way it was thousands of years ago: as preliminary practices to prepare both the body and mind for daily meditation. You’ll learn the simple, therapeutic pleasures of focusing and stilling the mind, expanding your breathing capacity, relieving stiffness and stress, detoxifying the lymph system, stretching muscles and invigorating internal organs. Most students feel less stress and inflexibility after the very first class. You’ll move with more ease, gain physical confidence and enhance the flexibility and health of your body. When your body is stiff or in pain, the mind is often distracted and cannot help you experience the positive effects of meditation. Course fee includes $30 materials fee.

3 Sessions, American Meditation Institute
Thurs., 9/14 - 9/28, 1 - 2:30 p.m.

Historic Huguenot Street
Join Leslie C. Johnson, secretary of Le Federation Franco-Americaine du New York and a faculty member at Hudson Valley Community College, to travel back in time and experience the story of the French Huguenots.

The history of the Huguenots began in 1517 in Wittenberg, Germany, when Martin Luther launched the Protestant Reformation. The Reformation spread throughout Europe as thinkers such as Luther and John Calvin, a Frenchman, influenced people to break their ties to the Roman Catholic Church and embrace new manners of Christian worship that focused on the central importance of Biblical texts and a personal relationship with God. Calvin was especially important in France where his followers, drawn primarily from the middle class and skilled artisans, came to be called Huguenots.

This day trip includes free time to explore the museum and gift shop as well as walking the short distance to the streets of artistic New Paltz. Round-trip bus transportation from HVCC is included with this trip. The bus will return to HVCC at approximately 6 p.m. Course fee includes $50 materials fee.

1 Session, Huguenot Street in New Paltz
Sat., 10/14, 8:30 a.m. Departure
Leslie Johnson, Coordinator
Another Morning at the MiSci Museum
The Museum of Innovation and Science (miSci) in Schenectady celebrates science, invention, and imagination and is home to the Suite-Bueche Planetarium. During our morning, we will spend 45 minutes in the planetarium viewing the digital show “Saturn: Ring World,” which features an up-close view of Saturn and a look inside the Cassini-Huygens spacecraft, which began orbiting Saturn on July 1, 2004. We will also take part in one of their most popular classes, Optical Illusions and Brain Games.

The class will illustrate how artists and scientists have created techniques to fool the mind and take advantage of the way the eyes and brain process images. Later, you will be free to explore the museum on your own. Course fee includes $10 materials fee.

$20
1 Session, miSci in Schenectady
Mon., 9/18, 10 a.m. - 12:30 p.m., meeting at The Museum of Innovation and Science
Marie D'Entrone, Coordinator

Wildlife Trail Cameras
Have you ever wondered what wildlife may be passing through your property or which animals visit public lands? View photographs of wildlife caught on motion-detection cameras mounted at the Dyken Pond Environmental Education Center and learn how these cameras are being used to gain insight into wildlife conservation. Natural history of each mammal will be covered and if you are interested in purchasing your own camera, we’ll cover basic camera functions and tips for getting the best photographs. Students must withdraw by 9/12 for a full refund.

$18
1 Session, WIL 113
Tues., 9/19, 9:30 - 11 a.m.
Lisa Hoyt, Instructor

A Visit to Via Aquarium in Schenectady
Experience the wonders of the ocean in your backyard! The Via Aquarium is the Capital Region’s only full-scale aquarium. Explore over 25,000 square feet of oceanic treasure as you embark on an exciting self-guided tour and visit over 2,000 creatures of the sea. Our interactive, self-guided tour will take you through lakes, rivers, streams, kelp forests and coral reefs! Course fee includes $12 materials fee.

$22
1 Session, Thurs, 9/7, 1 - 3 p.m.
meet at the Aquarium entrance
Jean Chenette, Coordinator

Day Trip to Fort Ticonderoga and Narrated Boat Tour on Lake Champlain
Join Leslie C. Johnson, secretary of Le Federation Franco-Americaine du New York and a faculty member at Hudson Valley Community College, to experience living history at Fort Ticonderoga.

This large 18th-century fort was built by the French at a narrows near the south end of Lake Champlain in northern New York. The site controlled a river portage between Lake Champlain and Lake George, and was a key battleground in conflicts over trade routes between the British and the French.

Later, we will step aboard a 60-foot, 49-passenger tour boat to travel around the Ticonderoga Peninsula. In 90 minutes, you will enjoy centuries of stories that floated across this ancient lake.

This day trip incudes free time to explore the various museums on the fort grounds and experience the daily routines of 18th century military life, along with a stop at the King’s Garden to explore one of the oldest cultivated landscapes in America. Round-trip bus transportation from HVCC and boxed lunch is included with this trip. The bus will return to HVCC at approximately 6 p.m. Course fee includes $74 materials fee.

$89
1 Session, Fort Ticonderoga
Tues., 9/19, 8:30 a.m. departure

$89
1 Session, Fort Ticonderoga
Sat., 10/7, 8:30 a.m. departure
Leslie Johnson, Coordinator

PLEASE NOTE: Fees for materials are non-refundable less than five business days prior to the start of the course.
Pet Education Certificate Program

The Pet Education Certificate course offers a variety of resources to help begin or enhance your career working with animals, including but not limited to: pet-sitting, kennel work, daycare training, working for a veterinarian, and other animal-related fields. Topics include pet health and illness, communication, basic hygiene care for pets, and even writing a resume and preparing for an interview. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet First Aid/CPR class and complete at least 54 hours of internships at an approved animal care facility within six months of the end of the course.

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P.E.T.S. Basics of Grooming School

This course is an introductory course to prepare you for a career in the grooming business. This course is also beneficial to pet owners who wish to advance their knowledge in pet hygiene. Prerequisite: Pet Education Certificate course. In order to successfully complete this program and be eligible for a certificate, you must successfully complete the online course, complete a pet CPR/First Aid class and complete at least 20 hours of internships at an approved animal care facility within six months of the end of the course.

<table>
<thead>
<tr>
<th>Course Code</th>
<th>Course Title</th>
<th>Course Type</th>
<th>Course Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>50362</td>
<td>P.E.T.S. Basics of Grooming School</td>
<td>Online Course</td>
<td>11/9 - 12/14</td>
<td>$400</td>
</tr>
</tbody>
</table>

Pet CPR and First Aid

Whether you are a pet owner or just a pet lover, this class will provide critical knowledge that could help save a pet’s life. Students will need to purchase at least one textbook as part of the online portion of this course. Approximate cost is $20.

<table>
<thead>
<tr>
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<th>Course Type</th>
<th>Course Dates</th>
<th>Cost</th>
</tr>
</thead>
<tbody>
<tr>
<td>50105</td>
<td>Pet CPR and First Aid</td>
<td>Online Course</td>
<td>10/4 - 10/25</td>
<td>$86</td>
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<tr>
<td>50363</td>
<td>Pet CPR and First Aid</td>
<td>Online Course</td>
<td>11/1 - 11/22</td>
<td>$86</td>
</tr>
</tbody>
</table>

Starting a Pet Business

In order to stand out in the pet industry today you need to think outside the box and do your research. This course will save you time and money by giving you the tools to do it right the first time. You will be guided to free resources to start your business. Course includes a 30-minute personal phone consultation with Pet Estates Inc. owners Don or Mary Lynn Gagnon.

<table>
<thead>
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<th>Course Dates</th>
<th>Cost</th>
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<tr>
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<td>Starting a Pet Business</td>
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<td>50578</td>
<td>Starting a Pet Business</td>
<td>Online course dates: 12/1 - 12/15</td>
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</table>

Tools & Techniques for the Professional - Entering a Client’s Home Safely with a Pet in the Household

Professionals (police, fireman, pet sitters, nurse, etc.) will get the training and tools needed to help keep them safe when entering a home with pets. Topics covered include: canine aggression and reading body language, how to diffuse a potentially dangerous situation involving dogs and more.

<table>
<thead>
<tr>
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<th>Course Dates</th>
<th>Cost</th>
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<tr>
<td>50579</td>
<td>Tools &amp; Techniques for the Professional - Entering a Client’s Home Safely with a Pet in the Household</td>
<td>Online Course</td>
<td>11/3 - 11/24</td>
<td>$205</td>
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</tbody>
</table>

Paralegal Certificate Course

This intensive, nationally-acclaimed program is designed for beginning and advanced legal workers. You will be trained to assist trial attorneys, interview witnesses, investigate complex fact patterns, research the law and assist in preparing cases for courtroom litigation. The instruction is practice-oriented and relates to those areas of the law in which legal assistants are in most demand.

The online paralegal course is split into two parts: Introduction to Paralegal Studies and Advanced Paralegal Concepts. All registered students will be enrolled in both sections, which will be completed consecutively.

Introduction to Paralegal Studies provides the foundation for the study of paralegalism. During the seven-week course, you will gain an understanding of the American legal system and learn how you can be of assistance in the exciting field of law. Coursework is equivalent to 45 class hours of study.

Advanced Paralegal Concepts takes over where the introduction leaves off. In this seven-week course, you will learn the advanced skills of legal research and writing, formal and informal advocacy, and appellate procedure. Coursework in the advanced course is equivalent to an additional 45 class hours of study.

This is an accelerated course. While there are no prerequisites, you will be expected to complete a significant amount of homework and you can anticipate spending an average of 12 hours per week reading and completing writing assignments.

Successful graduates of this program will be awarded a certificate of completion. To receive the certificate, you must pass six quizzes and successfully complete five legal document writing assignments.

Please note: paid access to the Westlaw online legal library is offered through the Center for Legal Studies and is strongly recommended to complete the second part of the course. Students have access to Westlaw at Hudson Valley Community College. However, at this time, the Westlaw database can only be accessed from the Marvin Library on campus. Textbooks that accompany the instruction of this course are available for purchase in the college’s bookstore or through the Center for Legal Studies at 1(800) 522-7737. Additional information for the Paralegal Certificate Course can be obtained at www.legalstudies.com.

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<thead>
<tr>
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<th>Course Type</th>
<th>Course Dates</th>
<th>Cost</th>
</tr>
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<tr>
<td>50104</td>
<td>Paralegal Certificate Course</td>
<td>Online Course</td>
<td>10/16 - 12/1 &amp; 1/8 - 2/23</td>
<td>$1289</td>
</tr>
</tbody>
</table>
Jump Start
Your Career or
Find a New One!

ONLINE CAREER TRAINING PROGRAMS

Certified Medical Administrative Assistant with Medical Billing and Coding
$3,195
CRN: 50099, 500 Hours

CPC Medical Administrative Assistant with Medical Billing and Coding is geared towards students who are interested in obtaining a career in the healthcare industry, but have little to no experience within the sector.

Upon completion of this program, you will be prepared to sit for the Certified Professional Coder (CPC) exam, offered by the American Academy of Professional Coders (AAPC) and the Certified Medical Administrative Assistant (CMAA) exam offered by National Healthcare Association (NHA). Vouchers for both exams are included with this program.

Medical Transcription and Medical Terminology
$1,995
CRN: 50101, 300 Hours

This program will give you the knowledge and skills to start a new career as a medical transcriptionist. To work in this field, you need to understand and correctly spell medical terms. This program includes complete medical terminology training to set you up for success.

Your transcription equipment and materials are included.

Veterinary Assistant
$1,995
CRN: 50100, 225 Hours

This program will prepare you to become a productive member of a veterinary team. You’ll learn about every aspect of veterinary assisting, including anatomy and physiology, animal restraint, laboratory sample collection, assisting in surgery and dentistry, prescription preparation, and taking radiographs.

*All course prices are subject to change without notice.

Over 100 other great career training programs available online!
http://careertraining.ed2go.com/hvcc

Program Features:
• One-On-One Instructor Assistance
• 24-Hour Access
• All Materials and Books are Included!
• Certificate Upon Successful Completion
• Courses Start Anytime
• 3-6 Months of Instruction

Prepare for employment in some of today’s hottest careers with a comprehensive, affordable, and self-paced online career training program.

Complete any of these programs entirely from your home or office and at any time of the day or night.

For detailed objectives, outlines, demos, frequently asked questions, pricing and program ratings call us or visit our website.

(518) 629-7339
http://careertraining.ed2go.com/hvcc

HUDSON VALLEY COMMUNITY COLLEGE
INSTRUCTOR-LED
ONLINE COURSES

24-Hour Access
Discussion Areas
Six Week Format

Our instructor-led online courses are informative, fun, convenient and highly interactive. We focus on creating warm, supportive communities for our learners. New course sessions begin monthly. Visit our website to view start dates for courses that interest you.

Complete any of these courses entirely from your home or office and at any time of the day or night.

Prices start as low as: $99

A to Z Grant Writing
Learn how to research and develop relationships with potential funding sources, organize grant writing campaigns and prepare proposals.

Accounting Fundamentals
Give yourself skills that are in high demand by exploring corporate accounting with a veteran instructor.

Conversational Japanese
Whether you want to learn for business travel or just for fun, you'll find this course makes it easy and enjoyable for beginners.

Creating WordPress Websites
Discover how to easily create blogs and websites with WordPress, the world’s most popular Web publisher.

Discover Sign Language
Discover the fun of learning sign language and using your hands to communicate with Deaf people.

GMAT Preparation
Taking this course will provide you with test taking techniques and methods for improving your score on the GMAT exam.

Grammar Refresher
Gain confidence in your ability to produce clean, grammatically correct documents and speeches.

Homeschool with Success
In this course you will delve into the history of homeschooling and examine its status today in all 50 states.

Human Anatomy and Physiology
Gain a greater appreciation and understanding of the marvelous complexity of the human body.

Intermediate Microsoft Excel
Take your Microsoft Excel skills to the next level as you master charts, PivotTables, Slicers, Sparklines and other advanced Excel features.

Introduction to Google Analytics
Learn how to track and generate traffic to your website, create reports and analyze data with Google’s free, state-of-the-art Web analytics tools.

Introduction to Lightroom 5
Learn how to use the tools in Adobe Photoshop Lightroom 5 to organize and edit your images, fine-tune lighting and color, and develop an efficient image processing workflow.

Introduction to Microsoft Access
Take control over your data! Whether you’re a novice or an experienced database user, this course will show you how to harness the full power of Microsoft Access.

Introduction to Microsoft Excel
Become proficient in Microsoft Excel and discover countless shortcuts, tricks, and features for creating and formatting worksheets quickly and efficiently.

Mastering Public Speaking
In this fun and hands-on course, you will find out how to talk confidently and persuasively to both large audiences and small groups.

Nonprofit Fundraising Essentials
Take your first step toward a rewarding career in fundraising for nonprofit organizations!

Writing Essentials
Master the essentials of writing so you can excel at business communications, express yourself clearly online and take your creative literary talents to a new level.

Over 250 Online Courses Available!

http://www.ed2go.com/hvcc
Getting Paid to Talk: Voice-Overs as a Profession

Have you ever been told you have a great voice? From audio books and cartoons to documentaries, commercials and more, this class will introduce you to the growing field of voice-over. Learn what the pros look for, how to prepare, and where to find work in your area! We’ll discuss industry pros and cons and play samples from working voice professionals. In addition, you’ll have an opportunity to record a short professional script under the direction of our teacher. This class is lots of fun, realistic and a great first step for anyone interested in the voice-over field. For more info please visit: www.voicecoaches.com.

|$15
1 Session, ADM 101
Mon., 10/2, 6:30 - 9 p.m.
Creative Voice Development, Instructor

English as a Second Language

This course is designed for students who want to improve their basic English language skills by participation in a variety of communication activities. Emphasis will be placed on vocabulary development, conversation, understanding basic elements of English grammar, understanding American idioms and customs, improving reading and writing, and exploring interesting topics as a basis for discussion. Students should increase their overall language proficiency through conversation, group activities and the use of language learning websites and software. There is no required textbook. Materials will be provided by the instructor and will include access to websites and software for developing language skills.

|$395
14 Sessions, BTC 305
Wed., 10/18 - 2/7, 6 - 9 p.m.
No class 11/22, 12/27 & 1/3
Susan Gallagher, Instructor

Grammar Refresher

Whatever your goals, a grasp of English grammar will help you refine your communication skills. You’ll explore the basics of English grammar, like sentence structure and punctuation, and more advanced concepts, like logic and clarity. Along the way, a patient hands-on instructor will always support you. Have some fun with grammar lessons that include a touch of humor, straightforward, accessible examples, and lots of interactive exercises. Reacquaint yourself with old rules, meet some new ones, and discover your own grammatical strengths. This course is taught online through Ed2go. You will receive your online Ed2go username and password via email within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc.

|$99
Online Course Dates: 10/18 - 12/8

Learn a New Language!

It is never too late to learn a new language. Whether you are planning a trip or just looking to obtain a new skill, take one of our online language courses. These courses are taught online through Ed2go. You will receive your online Ed2go username and password within one week of registration. More detailed information about these courses can be found at www.ed2go.com/hvcc.

<table>
<thead>
<tr>
<th>Course</th>
<th>Price</th>
</tr>
</thead>
<tbody>
<tr>
<td>Instant Italian</td>
<td>$99</td>
</tr>
<tr>
<td>Speed Spanish</td>
<td>$99</td>
</tr>
<tr>
<td>Beginning Conversational French</td>
<td>$99</td>
</tr>
<tr>
<td>Conversational Japanese</td>
<td>$99</td>
</tr>
<tr>
<td>Discover Sign Language</td>
<td>$99</td>
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</tbody>
</table>

LITERACY VOLUNTEERS OF RENSSELAER COUNTY

Tutor Training Workshop Sessions

Our tutor training module workshop prepares volunteers to provide free tutoring to Basic Literacy Learners and/or English Language Learners. Participants will learn how to tutor adults using an interactive and learner-centered whole language approach. Upon completion, tutors will be paired with students to begin providing 2 hours of one-to-one or small group instruction per week. Become a partner in building a literate community!

|$35 materials fee with scholarships available for eligible participants.

A one hour volunteer opportunities information session is helpful to attend prior to enrolling in the tutor training workshop series. For more information and to register, call Literacy Volunteers of Rensselaer County at 274-8526 or visit us online at www.lvorc.org.

FALL 2017 SESSIONS

Faith Lutheran Church
50 Leversee Road
Troy, NY 12182
Mondays, 6 - 9 p.m.
Sept. 11, 18, 25
Oct. 2, 16, 23, 30
Dec. 11

Rensselaer Public Library
676 East Street
Rensselaer, NY 12144
Thursdays and Mondays, 12:30 - 3:30 p.m.
Nov. 2, 6, 9, 13, 16, 20, 27
Jan. 8

WINTER 2018 SESSIONS

HVCC Viking Child Care Center - DCC Room BO5
Williams Road, Troy 12180
Saturdays, 9:30 a.m. - 4 p.m.
Jan. 6 (morning), 13, 20 & 27,
Feb. 3 (snow make up date, if needed),
March 10 (morning)

SPRING 2018 SESSIONS

Church of St. Mary
163 Columbia Turnpike
Rensselaer, NY 12144
Wednesdays, 6 - 9 p.m.
March 7, 14, 21, 28, April 11, 18, 25,
May 2 (snow make up date, if needed),
June 6
Computers

Computer Basics for Absolute Beginners
Do you feel like a deer in the headlights when you try to use a computer? Do you need computer skills for your job hunt or so you can keep up with your children or grandchildren? This hands-on course will walk you through the basics so you can take charge of your computer. Learn how to turn the computer on and off, use a mouse and computer keyboard, work with the Windows desktop, menus, and windows and open and close programs. Learn how to "surf the Web" with Google and Yahoo to find information and evaluate the results, how to use email, and how to keep your computer and internet activities safe from criminal attacks, identity theft and email fraud. Learn how to create folders, save files, and find them again! A step-by-step textbook is included. Course fee includes a $7 computer fee and $26 materials fee for the required textbook. This is a hands-on class, and you will need your Hudson Valley username and password.

50128 $129
6 Sessions, WIL 111
Mon., Wed., Fri., 11/6 - 11/17, 9 a.m. - 11 a.m.
Judith Gustafson, Instructor

Getting Started with Google Drive
In our connected world, storing documents and files "in the cloud" has many advantages. Among these are real-time collaboration and the ability to access your files wherever you are and on whatever connected device you have.

This workshop will provide and introduction to the free storage options offered through Google Drive, tips on how to organize your files in the cloud, and an introduction to Google's cloud-based word processor, Google Docs. Course fee includes $3 computer fee. This is a hands-on class, and you will need your Hudson Valley username and password.

50877 $39
4 Sessions, BTC 204
Mon., 10/16 - 10/23, 6:30 - 8:30 p.m.
David Hansen, Instructor

Help! My Photos are Trapped in my Phone!
Phones have now become the primary device for photographing important life events, but what happens to all of those photos once they are captured by our phone? What options exist for printing those photos to share with others? And, how can we transfer photos to free up space on our devices?

You will learn how to work with photos that are "trapped" inside your phone and discover how to create online albums and collages, as well as options for online and offline backup storage and various online tools for photo editing. Course fee includes $3 computer fee. This is a hands-on class, and you will need your Hudson Valley username and password.

50876 $39
2 Sessions, BTC 204
Mon., 11/6 - 11/13, 6:30 - 8:30 p.m.
David Hansen, Instructor

Introduction to Excel
Interested in learning Excel or just brushing up your skills? Regardless of your profession, this class offers valuable skills that you shouldn’t miss out on. You’ll learn how to navigate Microsoft Excel and enter, edit and format data. We will cover conversion to PDFs, controlling data input, choosing the right layout for your needs and protecting your work. We also will use built-in functions such as sum, average, min and max, and apply conditional formatting to highlight data in your worksheet that meets specific conditions and rules. Basic computer knowledge is required to take this class. This is a hands-on class, and you will need your HVCC username and password. Course fee includes a $5 computer fee.

50552 $69
4 Sessions, BTC 204
Sat., 10/14 - 11/4, 9 - 11 a.m.
Mizanur Rahman, Instructor

Online Computer Courses
Learn a new computer software program completely online from your home or office and at any time day or night. These instructor-led courses are informative, fun, convenient and highly interactive. These courses are taught online through Ed2go. You will receive your online Ed2go username and password within one week of registration. More detailed information about these courses can be found at www.ed2go.com/hvcc.

Online course dates: 10/18 - 12/08/17 $99
50730 Intro to Photoshop CC
50875 Intro to Microsoft Word 2013
50874 Creating WordPress Websites
50873 Intro to QuickBooks Online
50731 Intro to Microsoft Access 2013

Computer Accounts
If your course requires a computer account, and you are a new student, you will receive two envelopes, one containing your username and the other your password, in the mail.

If you are a returning student and you no longer have your username and/or password you can contact the Office of Community and Professional Education at (518) 629-7339, and we can reset your password and send both your username and new password to you in the mail. Please make this request at least one week before your course begins.

If you do not have your username and password on the day your class begins, you can come to the Office of Community and Professional Education (during business hours) in the Guenther Enrollment Services Center, Room 252 and with photo ID we can reset your password. Students can also go to the Computer Learning Center in the basement of the Marvin Library to have their password reset.

Your username is defined as the first initial of your first name, followed by a hyphen(-), followed by up to 13 characters of your last name (all lower case no spaces or other special characters). The password is randomly generated. Please go to http://my.hvcc.edu and use the MyHudsonValley Portal to change your password to something that will be easier to remember. You will find more detailed information regarding computer access at www.hvcc.edu/login-help.html.

Bring both your username and password to your course, as you will need it to access the computer during class. Course instructors do not have the ability to reset or view student passwords. It is the student’s responsibility to ensure they have this information when they begin a class.
Cooking Classes

A Taste of Italy
After her trip to Italy in April, The Chic Chef has been inspired to bring back some chic Italian flavors to warm the soul on those chilly nights. These hands-on interactive classes will allow you to taste your creations! Possible menu items may include: crostini trio of broccoli rabe, cannellini bean and ricotta; roasted heirloom tomatoes with basil and burrata; pecorino flan with tomato sauce; garlicky shrimp with bread crumbs; zucchini flowers; chicken saltimbocca; and stuffed white fish and traditional panna cotta. Course fee includes $20 materials fee.

50894 $69
2 Sessions, DCC 135
Wed., 10/11 - 10/18, 6 - 8:30 p.m.
Mirissa Casey, The Chic Chef, Instructor

One Day Only: Homemade Pasta
Have you always wanted to learn how to make homemade pasta? This fun, hands-on class with The Chic Chef will teach you some simple ways to make homemade egg pasta to impress friends and family at special gatherings. Tastings for this menu may include: roasted squash ravioli; butternut squash ravioli with sage brown butter sauce; simple roasted Roma tomato sauce; and fettuccini with white truffle butter sauce and mushrooms. Course fee includes $10 materials fee.

50895 $39
1 Session, DCC 135
Mon., 9/18, 10 a.m. - 1 p.m.
Mirissa Casey, The Chic Chef, Instructor

The Art of Risotto
Join The Chic Chef as she teaches you the easy steps to create a perfect risotto. In this fun, hands-on class you will prepare and taste three different varieties of risotto. Possible menu may include: risotto with mushrooms, peas and sausage; asparagus risotto; and a scrumptious seafood risotto. Make sure you wear your stretchy pants! Course fee includes $10 materials fee.

50896 $34
1 Session, DCC 135
Wed., 10/4, 6 - 8:30 p.m.
Mirissa Casey, The Chic Chef, Instructor

Soups!
Warm your body and tantalize your taste buds with these refreshing takes on soups! Learn the basics of soup making and then experiment to create your own variations. This souped-up menu may include: coconut Thai lemongrass soup; carrot ginger soup; Mexican tortilla soup; and classic clam chowder! Course fee includes $10 materials fee.

50897 $34
1 Session, DCC 135
Wed., 11/1, 6 - 8:30 p.m.
Mirissa Casey, The Chic Chef, Instructor

Thanksgiving 101
Whether you are cooking for two or 22, join The Chic Chef as she shares her favorite recipes and healthy tips for this traditional holiday time.

Part I: butternut squash, apple and ginger soup; root vegetable gratin; and roasted pork tenderloin with a savory caramel sauce

Part II: bread stuffing with maple sausage, bacon and apple; sweet potato puree; pear cranberry chutney; and sage-rubbed roasted turkey with gluten-free gravy. Course fee includes $20 materials fee.

50892 $69
2 Sessions, DCC 135
Wed., 11/8 - 11/15, 6 - 8:30 p.m.
Mirissa Casey, The Chic Chef, Instructor

Thanksgiving Desserts Made Easy
Thanksgiving should be about spending time with family and friends … not hours in the kitchen! This one-day course will teach you how to make no-bake cranberry cheesecake and pumpkin rolls with cream cheese filling - desserts that are sure to be a hit at Thanksgiving. Course fee includes $28 materials fee.

50926 $35
1 Session, DCC 135
Sat., 11/18, 9:30 a.m. - 12:30 p.m.
Sarah Diamond, Instructor

The college has created a dedicated new space (Day Care Center, room 135) for our cooking classes! Learn from local chefs, cooks and bakers, and discover healthy food ideas for your busy lifestyle!
Beginner Cookie Decorating Class
Learn the use of royal icing to decorate cookies. If you’ve never worked with royal icing or have dabbled just a little, this class will help you get the ball rolling. We will briefly talk about the basics of baking cookies and offer tips and tricks of the trade but then we’ll move right into the world of decorating - Halloween theme in October and Christmas theme for December. We will learn, hands-on, the various decorating techniques used with two different types of royal icing: piping consistency and flood consistency. There are five to six cookie designs planned and we will keep things rolling to get them all completed by the end of class. You will be taking them home with you along with an icing recipe, a decorating tool, cooking cutter, and of course a buttercup cookie. You will leave with loads of inspiration to further enjoy the art of cookie decorating! Open to ages 12 and up. Students must withdraw one week prior to the start of the course for a full refund.

50855 $65
1 Session, DCC 135
Sat., 10/28, 9:30 a.m. - Noon

50856 $65
1 Session, DCC 135
Mon., 12/11, 6 - 8:30 p.m.
Cindy Burek of Buttercup Cookie, Instructor

Buttercream Flowers
Learn how to make roses, carnations, daisies and sunflowers. You will also learn how to make leaves to go with your creations. Course fee includes $14 materials fee.

50835 $25
1 Session, DCC 135
Sat., 11/4, 9 - 11 a.m.
Kathleen Brennan-Claydon, Instructor

Crazy for Cupcakes
Learn how easy it is to decorate cupcakes for all occasions. During this course you will learn basic decorating techniques and how to make four different frostings. You will leave with one dozen decorated cupcakes. Each class will have a theme to correspond with an upcoming holiday: Halloween in October and Christmas in December. Course is open to anyone 8 years old to adult. Course fee includes a $14 materials fee.

50827 $25
1 Session, DCC 135
Sat., 10/21, 9 - 11 a.m.

50828 $25
1 Session, DCC 135
Mon., 10/23, 6 - 8 p.m.

50829 $25
1 Session, DCC 135
Sat., 12/9, 9 - 11 a.m.

50834 $25
1 Session, DCC 135
Wed., 12/13, 6 - 8 p.m.
Kathleen Brennan-Claydon, Instructor

Learn to Bake Sweets with Your Lil’ Sweetie
You will work with your child (ages 5 - 10) to create delicious cider donuts and apple bread. This is a chance to spend quality time with your lil’ sweetie and learn recipes you’ll both want to create over and over again. Course fee includes $25 materials fee and is for one parent and one child. Both must be registered.

50890 $39
50891 child’s registration
1 Session, DCC 135
Mon., 10/16, 5:30 - 7:30 p.m.
Sarah Diamond, Instructor

Tour the World with Food
Each week, we will explore a different cuisine! In week one, we take on Italian foods and learn to make delicious sauce and meatballs from scratch. Week two takes us to Mexico, where we will be making enchiladas and stuffed Poblano peppers. The Middle East is our next destination. We will learn to make spinach pies and tzatziki. We finish up week four back in America, learning to make perfect chicken and dumplings and roasted vegetables. Course fee includes $75 materials fee.

50893 $125
4 Sessions, DCC 135
Mon., 11/6 - 11/27, 6:30 - 9 p.m.
Sarah Diamond, Instructor

Southern Soul Food
Learn how to make traditional and authentic Southern cuisine with instructor Nevillene White, owner of Soul Kitchen in Albany. This four-session class will teach students how to make golden fried chicken, candied yams and savory collard greens seasoned with smoked turkey wings. Each week, we will learn a different recipe and for the last course we will recreate the entire meal and dine together. Students will also learn the history of soul food and its importance and relevance to American culture. This class will excite your senses and intellect. Get ready to experience the love of soul food! Course fee includes $25 materials fee.

50861 $115
4 Sessions, DCC 135
Tues., 10/3 - 10/24, 6:30 - 8:30 p.m.
Nevillene White, Instructor

WHAT TO EXPECT
Most cooking classes are hands-on and interactive and all are led by qualified instructors. Please wear comfortable clothes/shoes with hair pulled back. Unless indicated, you will have an opportunity to taste the dishes prepared in class.
Fat-Burning Salad Dressings
Everyone knows it’s the dressing that makes the salad. But not everyone realizes it’s the dressing that can either help you burn more fat or store more fat. In this workshop, we will learn the secret to making delicious fat-burning recipes that are simple and quick. It’s the type of fat you use that can really maximize your metabolism! Once you know how to put the ingredients together, you will have an opportunity to experiment with your own creative inventions. After taking this class, you may never see leftover vegetables in the fridge again! Course fee includes $8 materials fee.
50830 $21
1 Session, DCC 135
Mon., 9/18, 6:30 - 8:30 p.m.
Melanie Teliska, Instructor

Fat Loss Fritters
Sound like an oxymoron: fat loss fritters? We will discover how to choose the right balance of ingredients with simple preparation that even your kids may enjoy. Although these scrumptious whole food delights may have your kids begging for more, they will nourish your metabolism in a way that will ward off cravings for sugar and processed food. Get excited to offer your family a whole new way to hide more veggies in their food! Course fee includes a $5 materials fee.
50832 $25
1 Session, DCC 135
Fri., 11/10, 6 - 8 p.m.
Hollan Bonjukian of Tru Fitness, Instructor

Eating Healthy for Your Active Lifestyle
Simple changes and small steps can bring some quick, satisfying results to an active lifestyle. Learn about a simple, fun delicious way to do food, as well as eat-at-on-the-run options, pre-workout ideas and much more will be discussed. Come ready to taste, prepare and share. Students must withdraw by 9/18 for a full refund.
50908 $50
1 Session, DCC 135
Mon., 9/25, 11 a.m. - 1:30 p.m.
Anita DeCelle, Instructor
Jean Chenette, Coordinator

WOULD YOU LIKE TO TEACH A COOKING CLASS?
We would like to hear from you.

Fat Burning Foods

Back to School Fun Foods
Are you looking for foods your kids will love to eat? This course will use products you may already have in the house to create a fun family meal or after school snack. Examples include: Cheez-It encrusted chicken: pulled chicken with three sauces; and peanut butter and jelly – three ways. Course fee includes $8 materials fee.
50882 $21
1 Session, DCC 135
Mon., 9/18, 6:30 - 8:30 p.m.
Melanie Teliska, Instructor

Fat Burning Sweets
You can have your sweets and lose fat at the same time! In this practical workshop, we will make chocolate brittle, a fat loss pudding and coconut cream custard along with some other goodies that will knock your socks off…and maybe even a couple pounds! Course fee includes a $5 materials fee.
50831 $25
1 Session, DCC 135
Fri., 11/3, 6 - 8 p.m.
Hollan Bonjukian of Tru Fitness, Instructor

Sign up for all three Fat Loss classes (CRN 50833) for $65 and save $10.
Driver Education
This course is intended to educate students (age 16 or older) on appropriate driving skills and habits. This course includes 24 hours of classroom instruction and 24 hours of behind the wheel training and observation. Students must complete all scheduled classes in order to be eligible for the Motor Vehicle Certificate MV-285. If you know you have to miss a class for any reason, please wait and take this course at another time. One make-up session for an excused classroom absence with college approval is allowed for an additional $25 fee, and is scheduled for a date to be determined.

The MV-285 Student Certificate of Completion allows:

1. NYS Junior Permit holder to schedule a road test
2. Young drivers a possible reduction in automobile insurance cost (participation is dependent upon insurance provider participation)
3. A 17 year old to receive a senior license (MV-285 form must be submitted to local DMV to attain this benefit)

When registering via mail or fax, please indicate a first and second choice for driving times using the course codes adjacent to the selected driving time. If you are registering online or on the phone, you will be asked to select your drive time when you select your class time. Driving times are available first-come, first-served.

The course fee for Driver Education is $425.
50144
Mon., 9/11, 6 - 7 p.m. Orientation, BTC Auditorium
Wed., 9/13 - 1/10, 6:30 - 8 p.m., Classroom, BTC 219

Drive Times Available
50145     Mon., 4 - 5:30 p.m.
50146     Tues., 4 - 5:30 p.m.
50147     Sun., 7:30 - 9 a.m.
50148     Sun., 9 - 10:30 a.m.
50150     Sun., 10:30 - Noon

50153
At TEC-SMART in Malta
Thurs., 9/14, 6 - 7 p.m. Orientation, TEC-SMART 125
Sun., 9/17 - 1/14, 10:30 a.m. - Noon, Classroom, TEC-SMART 125

Drive Times Available
50155     Sun., 7:30 - 9 a.m.
50156     Sun., 9 - 10:30 a.m.
50157     Sun., Noon - 1:30 p.m.
50158     Sun., 1:30 - 3 p.m.

Defensive Driving
This course will award all New York State motorists with a 10 percent reduction in motor vehicle liability and collision insurance premiums for a three-year period. Also, drivers who have incurred violation points on their record will receive a four-point reduction.

The course is certified with the Department of Motor Vehicles and the National Safety Council. The program consists of six hours of classroom instruction including films, lecture and discussion. You will be taught accident prevention techniques along with useful refresher material. Course materials include a student workbook and a certificate upon completion. Late arrivals will not be permitted to stay and all fees will be forfeited. The courses are taught by certified instructors from Bell’s Driving School. Please note you must attend both sessions.
50159     $40
1 Session, ADM 104
Tue., 11/28 & Thurs., 11/30, 6:30 - 9 p.m.

For more information:
Office of Community and Professional Education
Guenther Enrollment Services Center, Room 252
80 Vandenburgh Avenue // Troy, NY 12180
(518) 629-7339
communityed@hvcc.edu
MOTORCYCLE SAFETY CLASSES

Hudson Valley Community College is proud to partner with the Capital Area Motorcycling School, Inc. (CAMS) to offer a wide array of motorcycle courses. Whether you are a beginner or advanced rider, we have a course for you!

**Basic Rider Course for License Waiver** $275
- The fast track for receiving your motorcycle license!
- 18-hour course - three-hour online course plus 15 hours of classroom and riding exercises
- Motorcycle/scooter and helmet provided
- Prerequisites: must be able to ride a bicycle and possess a valid NYS driver’s license.
- Offered 7 days per week through Aug. 25 and weekends through Oct. 31

**Basic Rider Course 2 for License Waiver** $225
- Eight-hour course: three-hour online course plus five hours of riding exercises
- Designed for riders with some street riding skills
- Taken on your own street legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver’s license AND a valid NYS motorcycle permit that you have had for about one year.

**OTHER MOTORCYCLE COURSES OFFERED**

**Basic Rider Course 2** $155
- Five-hour course
- For the rider who wants to improve their skills
- Taken on your own street-legal, registered and insured motorcycle/scooter
- Prerequisites: must possess a valid NYS driver’s license AND a valid NYS motorcycle license

**Other Motorcycle Courses Offered Seasonally**
- Introductory Motorcycle Experience
- Basic Rider Course Practice
- Ultimate Bike Bonding Rider Course

"The instructors were fantastic! Having no experience riding a motorcycle, at the end of the class I was very well prepared and confident!"

"Could not have had better instructors. They taught us everything from start to finish."

**Which course is for you?**

For help with choosing the right course for you, please email camstraining@nycap.rr.com or call Barbara at (518) 813-1717.

Visit www.hvcc.edu/rider for current schedule, full course descriptions and other important information.

For registration or course availability questions contact:
Hudson Valley Community College
Office of Community & Professional Education - (518) 629-7339 or communityed@hvcc.edu

Register Today!
Hi-Lo Aerobics
This is a combination Hi-Lo impact class designed with both men and women in mind. Each class adheres to the exercise guidelines set forth by the American College of Sports Medicine. The one-hour class includes a complete cardiovascular workout and a stretching and strength training component that will tone muscles and burn fat. Routines are set to contemporary music by the original artists. Energize and have fun. This class is designed for all levels - everyone will be successful! 50067 $70
12 Sessions, MCD 192
Mon., 9/11 - 12/4, 7 - 8 p.m.
No class 10/9
Chrissy Sarratori of Abs In, Inc., Instructor

Zumba
Zumba is the hottest class to hit the fitness world! This hour-long dance-based fitness class is set to international rhythms. No experience in dance or aerobic classes is required and Zumba is open to all fitness levels. This class will help you sculpt a tight mid-section without getting on the floor. Wear sneakers and light clothes. Bring a water bottle! 50061 $70
12 Sessions, MCD 192
Mon., 9/11 - 12/4, 5:45 - 6:45 p.m.
No class 10/9
Chrissy Sarratori of Abs In, Inc., Instructor

Butts and Guts
Butts and Guts...need it say more? This 45-minute class is all about tightening and toning those troublesome tushies and tummies. The class will focus intensely on ab and glute work that also breaks a sweat and will give you results in inches lost, sculpted spots, and just plain confidence in how you fit in your clothes and carry yourself. Say goodbye to boring crunches and traditional butt lifts. This is a program that changes the way you see your core and backside forever! 50387 $85
10 Sessions, AMZ 306
Tues., 9/12 - 11/14, 5:30 - 6:15 p.m.
Blythe Hurlburt, Instructor

Core Camp
Lose that weight around the midsection with this fast-track fitness class strategically designed to deliver results! Think Bootcamp meets Pilates. You will be inspired through high-intensity intervals of metabolically-altering cardio drills that are geared to fire up your metabolism. You will learn the best middle-whittling core moves out there. Melt the external fat and reveal the lean chiseled muscle that you will be developing. This program will begin and end with a thorough fitness and nutrition assessment so you will see the incredible results from investing in yourself. Join us in Core Camp and whittle your middle this year! 50069 $75
12 Sessions, MCD 192
Sun., 9/10 - 12/10, 6:45 - 7:30 a.m.
No class 11/12 & 11/26
Hollan Bonjukian of Tru Fitness, Instructor

Cardio and Core with Stability Ball
Bring your stability ball and a mat to class and we’ll supply the fun workout! A certified instructor will provide calorie burning cardio and a body-sculpting workout.
50887 $70
12 Sessions, MCD 192
Wed., 9/13 - 12/6, 7 - 8 p.m.
No class 11/22
Chrissy Sarratori of Abs In, Inc., Instructor

Butterfly Beach
Ride the waves on the Butterfield Beach. This hour-long surf class includes a warm-up followed by surf drills and a fun-filled beach party. Make new friends and have a blast in the sun! 50360 $90
4 Sessions, MCD 192
Wed., 9/13 - 10/4, 6:30 - 7:30 p.m.
Caroline Wunsch of Total Body Trifecta, Instructor

Zumba
Zumba is the hottest class to hit the fitness world! This hour-long dance-based fitness class is set to international rhythms. No experience in dance or aerobic classes is required and Zumba is open to all fitness levels. This class will help you sculpt a tight mid-section without getting on the floor. Wear sneakers and light clothes. Bring a water bottle! 50061 $70
12 Sessions, MCD 192
Mon., 9/11 - 12/4, 5:45 - 6:45 p.m.
No class 10/9
Chrissy Sarratori of Abs In, Inc., Instructor

Metabolic Blast Bootcamp
Shred fat, sculpt lean muscles, lose inches and gain metabolic power before your day begins! Those who get their workout done before the day kicks off experience increased metabolic burn throughout the rest of the day…resulting in a whole day’s worth of success! This inspiring fitness journey will empower you with an atmosphere of camaraderie and support to achieve noticeable changes using the proven techniques of interval training. Course fee includes $25 materials fee.

What you receive:
• 36 classes of high-intensity interval training
• Expert coaching from a nationally-certified personal trainer
• Nutritional support
• Weekly food journal
• Fitness assessment
• 24-7 online support and individual attention
• Injury prevention techniques
• Supercharged motivation
• Accountability
• Powerful encouragement
• An adrenaline kick to start your day that will fire up your metabolism
• A Metabolic Class Achievement T-Shirt

What you give:
• Three hours of your time a week
• 100 percent effort
• $225 course fee
50068 $225
36 Sessions, MCD 192
Mon., Wed. & Fri., 9/11 - 12/8, 6 - 7 a.m.
No class 10/9, 11/22, 11/24
Hollan Bonjukian of Tru Fitness, Instructor

Cardio, Kick and Core
Come train with us and learn basic kickboxing moves while engaging your core! This hour-long cross-training workout begins with a warm up followed by cardio kickboxing combinations, cool down and body strengthening. It is set to energizing music from popular artists. Modifications are offered for all fitness levels and abilities. You will need a pair of 3- to 5-lb. weights, a Pilates/yoga style mat, water, towel and sneakers. Get ready to sweat and have fun!
50916 $35
6 Sessions, MCD 192
Tues., 10/24 - 11/28, 6:45 - 7:45 p.m.
Caroline Wunsch of Total Body Trifecta, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.
Pilates for Runners
Want to run effortlessly? Want to bulletproof your hips and knees against injury? Ready to become a force to be reckoned with? If you answered “yes” to any of these questions, then this class is for you! If you just want to become a better runner, join us for Pilates for Runners. This training will help you overcome common problems to runners including: plantar fasciitis, runner’s knee and shin splints. Although there will be no running in class, this program is no walk in the park. You will learn the ‘golden’ exercises that will unlock your inner runner, by targeting the common weak spots; gluteus medius, lower back, abdominals and spine, while lengthening the hamstrings, tightening the quads and conditioning the feet. If you are not a runner, you’ll be “runner ready” when you are through! If you are a runner, this class will be transformational for you. Please bring a foam fitness roller with you. For more information, contact Hollan Bonjukian at (518) 496-0337 or trufitnessanswers@gmail.com.
50070 $75
12 Sessions, MCD 192
Sun., 9/10 - 12/10, 7 - 7:45 a.m.
No class 11/12 & 11/26
Hollan Bonjukian of Tru Fitness, Instructor

Barbarian Sandbag Blast
Break out of your fitness plateau and take it to the next level with the Barbarian Sandbag workout. Beginners and pros will achieve amazing feats with simple non-stop, multi-muscle moves that ramp up your cardio, build strength and blast your body into a fat burning machine that may experience an increase in metabolic activity 18-24 hours after a single session. Using an individualized sandbag “weight” to swing, push, pull and balance, you’ll discover the missing secret of most strength training programs, "variable angular resistance," which comes from the flexible structure of the weight unlike the fixed grip of dumbbells. A special Barbarian sandbag will be provided for each student with an appropriate weight for the semester.
50505 $75
12 Sessions, MCD 192
Sun., 9/10 - 12/10, 9 - 9:45 a.m.
No class 11/12 & 11/26
Hollan Bonjukian of Tru Fitness, Instructor

Pilates Mat - Beginner
Pilates is a precise method of exercise which focuses on movements designed to strengthen and lengthen the body. This class will focus on the “core” and you will practice the controlled movements designed to stretch and strengthen muscles without adding bulk. Just bring a mat (yoga style “sticky” mat works best) and experience what Pilates can do for your body and mind. This class is designed for the beginner Pilates student with little or no experience.
50107 $64
11 Sessions, AMZ 306
Mon., 9/11 - 11/27, 5:15 - 6 p.m.
No class 10/9
Sarah Hoffman of Total Body Trifecta, Instructor

Pilates Mat - Intermediate
This course is a continuation of the Pilates method. It will incorporate the basic and intermediate level exercises into a more intense style of class. This class level is appropriate for students who have had at least two semesters (one year) of experience practicing Pilates. Just bring a sticky mat and a 14-inch Pilates Magic Circle (ring).
50109 $64
11 Sessions, AMZ 306
Mon., 9/11 - 12/4, 6:05 - 6:50 p.m.
No class 9/25 & 10/9
Ellen Ehrlich of Total Body Trifecta, Instructor

NOTE: McDonough 192, where many of our fitness classes are held, is not air conditioned.
HEALTH & FITNESS

Nia
Nia is a cardiovascular wellness class that blends the power of kicks, punches and strikes with the fun of dance and the calming influence of yoga. Nia invigorates your body/mind/spirit while providing a workout that burns calories, tones muscle and makes you feel great all over! Challenge and indulge yourself in a Nia workout and empower your body/mind/spirit. No previous dance experience is needed. This class will be barefoot or you may bring ballet shoes to wear. Wear comfortable clothes and bring a mat and water to class.

Christine Sultan of Total Body Trifecta, Instructor

Cardio Kickboxing
Cardio Kickboxing is an hour-long, total body workout designed to improve your cardiovascular endurance with a core of continuous kickboxing combos to work your upper and lower body and your heart. The class begins with a warm up, followed by basic kickboxing moves that become more intense as the class progresses. Modifications will be offered to accommodate all ages and fitness levels. The class ends with a cool down, core strengthening and stretching. Please bring three 5-lb. hand weights, a mat, towel and water. Get ready to have fun and sweat!

Christine Sultan of Total Body Trifecta, Instructor

Kick I.T.
Back by popular demand! The Kick is for kickboxing. The I.T. is for interval training. This class is open to all participants who want to mix cardio combinations of punches and kicks with muscular endurance in alternating bouts that are fun and varied. Bring a set of 3-5 lb. hand-weights, a towel and a mat. Fitness attire and supportive sneakers are recommended.

Christine Sultan of Total Body Trifecta, Instructor

Yoga I: Foundations of Practice
This course is of value to students of any age, with or without previous experience in yoga. We will focus patiently on classic postures and breathing exercise to bring balance and well-being to the body, mind and spirit. With the development of physical flexibility and calmness of mind, we also lay the foundations for a rewarding lifelong practice of yoga. Please bring a mat designed for yoga and wear loose, comfortable clothes.

Christine Sultan of Total Body Trifecta, Instructor

Tabata: Burn Fat and Get Fit
You will see the difference this training can make in how you look and feel! This class focuses on your Core, Arms and Buttocks! So be prepared to look your best!

Tabata is a High Intensity Interval Training where you perform an exercise for 20 seconds and then rest for 10 and repeat for a total of 8 cycles. Tabata gives you a total body, heart pumping, aerobic and strength-conditioning workout. This interval-based class combines full-body strength training with high intensity cardio bursts designed to tone your body, improve your endurance and clear your mind. Modifications for all fitness levels are provided.

Tabata is a great class for those of us who want to loose weight, shape and tone your entire body for the summer as well as for athletes (e.g. runners and cyclists) to build their cardiovascular capacity and increase athletic performance. Join us for this fun, new, and exciting workout! It is a great way to start your weekend! Bring a light set of hand weights (3 - 5 lb), a mat, and a water bottle.

Christine Sultan of Total Body Trifecta, Instructor

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**Kettlebells**

Ready to kick all your fitness goals into high gear? Kettlebells are a Russian strength and conditioning tool that are rapidly taking over the health and fitness world. Of all the different pieces of fitness equipment out there, nothing does the job more effectively and efficiently than kettlebells. The single biggest benefit of kettlebell training is how quickly you can get an effective workout. You can quite easily train every single muscle in your body in short periods of time, while simultaneously improving your strength, endurance and flexibility. Get your metabolism fired up and feel invincible! What you need: an exercise mat, a towel, water bottle and a 5-lb. kettlebell for beginners.

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<td>50059</td>
<td>10 Sessions, MCD 192</td>
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**Lisa Morin of Fitness Professionals On Demand, Instructor**

**Body Conditioning and Toning**

Join us for beginner- to moderate-level conditioning class with Instructor Deb Nuttal. It is never too late to start an exercise program, and Deb will help you get on track to fitness. This is a fun class set to great music! You will strengthen your body, increase endurance, enhance your breathing and de-stress.

Body conditioning is aimed at those just getting back into exercise or new to exercise. You will exercise all muscle groups at a healthy pace and with appropriate tools. We will work to increase your flexibility by improving your range of motion and follow that with a full body workout to strengthen your arms and legs, tighten your core and improve cardiovascular endurance. Each class ends with a relaxation sequence that will leave you feeling relaxed, refreshed and refocused. Modifications will be given to participants who have physical challenges that prohibit them from performing certain exercises. What you need: an exercise mat, light weights, towel and water bottle.

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<td>Mon., 9/25 - 12/4, 4:45 - 5:30 p.m.</td>
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**Deb Nuttal of Fitness Professionals On Demand, Instructor**

**Got Back Pain?**

**Learn the Facts Behind Treatments That Work Without Pills or Surgery**

Are you aware there are many tests performed to diagnose back pain and many of them are inaccurate or just plain wrong? Did you know that analgesics are the #1 recommendation from the medical profession and the data shows this is useless? Are you aware that there are many things you can do to resolve your back pain and get your life back? Learn the facts from Eileen Kopsaftis, a physical therapist who has trained for over twenty years in multiple techniques that effectively resolve back pain. You will be surprised to discover one of the most common causes of back pain that is never tested in a doctor’s office. Being an informed healthcare consumer means making better choices with improved outcomes. Course fee includes $5 materials fee.

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**Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor**

**Nourish Your Body for Lifelong Wellbeing**

Discover the relationship between disease and food, science-based facts about nutrition (not fads), food basics, what promotes disease/what fights disease, what really creates body fat, and much more. You will take practical steps, learning how to shop, prepare, order, and enjoy foods that nourish your body and bring you to an ideal weight while greatly reducing your risk of (or may reverse if present) degenerative disease. You can even eliminate the need for many medications with the right nourishment! You will receive nine hours of detailed information, a written manual with references, and three delicious four-course meals. This class is also recommended by multiple medical specialties. You will be well-fed, informed, and empowered for lifelong wellbeing! Course fee includes $34 materials fee.

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**TAKE A CLASS WITH A FRIEND!**

It’s a fun way to spend time together and learn something new.

Course descriptions are subject to change without notice.

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**HEALTH & FITNESS**

**Fall 2017 (518) 629-7339 • Community Education**

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**HEALTH & FITNESS**

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**HEALTH & FITNESS**

**Fall 2017 (518) 629-7339 • Community Education**

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MELT Away Your Back, Hip, Neck, or Shoulder Pain without Drugs

If you have pain it is most likely that your connective tissue is in need of repair. Are you uncomfortable laying on your back or finding a comfortable position in which to sleep? You may have imbalances in your masses (parts touching the floor) and spaces (parts off the floor). The MELT Method™ rebalances you to allow pain-free positioning. Diet and exercise are very important but they do not address injured fascial tissue!

The MELT Method™ is a unique hands-off bodywork approach that directly impacts your neurofascial system and simulates the results of manual therapy, bringing your body back to a more ideal state of balance. You will use a specialized MELT soft foam roller to perform specific techniques that create global, lasting changes in your body. You will see and feel a difference immediately! Taught by an experienced MELT instructor who has seen her patients benefit in profound ways. This three-class series will teach you how to decompress your neck and back, rehydrate and lengthen your fascial lines, and restore postural balance and symmetry. There are even techniques to address cellulite! You will feel a difference the very first time you MELT! Participants must have the physical ability to get on and off the floor. Please wear comfortable clothing, bring an exercise/yoga mat and a water bottle. Course fee includes $70 materials fee.

50914 $135
3 Sessions, AMZ 306
Thurs., 9/21 - 10/5, 7 - 8 p.m.
Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Move Without Pain

This is NOT an exercise class. It is an education in movement taught by a certified and licensed physical therapist that will teach you to build a firm foundation for a strong future of pain-free mobility. You’ll learn how to restore functional mobility and stability in all three planes of motion using simple movements that “turn off” your pain. Chain reaction is what happens in your body every time you move and it is based on something called applied functional science. If you have knee pain it is most likely being stressed due to your hip or ankle not functioning correctly. Your back pain could be happening because of your hip. Your shoulder or neck may be experiencing pain because of your back. Learn to address the true cause of your pain; don’t just chase the symptoms. You will receive a written manual with pictures for independent success at home and a lifetime of pain-free living. Wear comfortable, loose clothing for ease of movement. All movements are done on your feet; no need to get on and off the floor. Course fee includes $10 materials fee.

50914 $85
3 Sessions, AMZ 306
Thurs., 10/12 - 10/26, 7 - 8 p.m.
Eileen Kopsaftis of Have Lifelong Wellbeing, Instructor

Wing Chun Kung Fu: A Practical System of Self-Defense

Learn the style that Bruce Lee started with! Wing Chun Kung Fu is a close-range combat system that favors speed and sensitivity over strength. Instructor Steve Grogan has been training in this system since 1995, and now he wants to share its beauty and simplicity with you!

This course has been split into three two-hour sessions, with Steve walking you through features of Wing Chun that progress from beginner level to the start of intermediate material. In session one, you’ll learn about the principles that make the system work, like “center-line theory” and “economy of motion.” For session two, Steve will walk through the first form and show you real-world, street-combat applications for each technique. In our final session, you will be introduced to Chi Sao (Wing Chun’s version of sparring) and some advanced techniques.

By the end of this course, you will have a well-rounded understanding of how Wing Chun is structured, and you will be able to understand why it is called “a practical system of self-defense.”

50878 $35
3 Sessions, MCD 192
Thurs., 10/5 - 10/19, 7:15 - 9:15 p.m.
Steven Grogan, Instructor

Metabolic Makeover

If body fat has been a continual battle, you are probably part of the 80 percent who have metabolic inefficiency. It’s not about having a slow metabolism (that’s a myth and you will learn why). Instead of a “FAST” metabolism, this program will equip you to join the ranks of the 20 percent who have a “FAT” metabolism - one that is fine tuned to burn your own body’s fat!

You will gain:
• a noticeably leaner body
• clarity on how the metabolism actually works
• a Paleo-friendly meal plan
• the discovery of the “Fabulous Five Fats” that every efficient metabolism needs and how to use them
• empowerment to identify S.M.A.R.T carbs (specific metabolic and restorative treats)
• practical tools and support to quit sugar forever
• progressive weekly plan with homework that works
• an online support group
• your own copy of the class Metabolic Makeover Cookbook that we will make together

You will invest:
• $225 (Includes $25 materials fee)
• one hour a week plus homework time

50736 $225
4 Sessions, DCC 135
Fri., 10/6 - 10/27, 6 - 8 p.m.
Hollan Bonjukian of Tru Fitness, Instructor

I’m not an extraordinary athlete, an unusually strong person or a fitness model. I am a 40-year-old woman with a passion for moving, teaching, and sharing truths with others in order to bring out their inner capabilities. I am also a triathlete, a coach, a certified nutritional consultant, and a running injury prevention specialist. I have found that truth is the foundation of lasting fitness, and it’s generally not found in black and white extremes. I help my clients separate fitness facts from fiction and learn techniques to overcome the barriers in their bodies, athletics, nutrition and thinking. I believe that success lies not in what we achieve, but in what we overcome, and some things can only be overcome together.

HOLLAN BONJUKIAN

30 Community Education • (518) 629-7339 Fall 2017
High School Equivalency

FREQUENTLY ASKED QUESTIONS

Q: Where can I go to take the TASC exam?
A: The Capital District Educational Opportunity Center (EOC) in Troy is one of many locations in New York State where you can take the exam. Additional testing locations can be found at: www.acces.nysed.gov/hse/hse-testing-maps

Q: Are there any requirements to take the exam?
A: You must be at least 16 years old and meet certain guidelines. For more information on eligibility, please visit: www.acces.nysed.gov/what-hsetasc-test

Q: Is there a cost for the exam?
A: The test is free for a New York State resident.

CERTIFICATE OF RESIDENCE INFORMATION

Some credit-free courses require a Certificate of Residence. If one is required it will be noted.

Why do you need it?
A Certificate of Residence enables Hudson Valley Community College to charge your county for part of your tuition costs. Without a Certificate of Residence, you will be considered a non-resident of New York State and will have to pay the non-resident tuition.

Please note that students who register online will be required to pay the non-resident tuition charges if they do not have a valid Certificate of Residence on file. Once the Certificate of Residence has been posted to the student’s account, a refund of the non-resident tuition charges will be issued.

When do you give it to Hudson Valley Community College when taking a credit-free course?
If you register by phone or fax we ask that you send your Certificate of Residence to our office within five business days. Students who register by mail or in person should submit their certificate at the time of registration.

For information on where to obtain a Certificate of Residence, please visit www hvcc.edu/cashier/cor.
Beginner Cooking Class for Kids
Your kids will learn basic cooking skills and how to navigate around the kitchen in this introduction to the word of food preparation. They’ll discover some basic knife skills, pots and pans basics, how to stock a pantry and important sanitation tips.

We will learn to cook a few favorite “kid-friendly” dishes – loaded nachos, homemade mac and cheese and a fresh veggie platter with homemade ranch dressing. This class is open to children 8 to 12 years old. Course fee includes $8 materials fee. *
50883 $24
1 Session, DCC 135
Sat., 9/23, 9 a.m. - Noon
Melanie Teliska, Instructor

Learn to Bake Sweets with Your Lil’ Sweetie
You will work with your child (ages 5 - 10) to create delicious cider donuts and apple bread. This is a chance to spend quality time with your lil’ sweetie and learn recipes you’ll both want to create over and over again. Course fee includes $25 materials fee and is for one parent and one child. Both must be registered.
50890 $39
1 Session, DCC 135
Mon., 10/16, 5:30 - 7:30 p.m.
Sarah Diamond, Instructor

* = Some Kids on Campus programs require additional forms to be submitted for your child. Please refer to the symbol listed in the course description.

Forms are available at
http://www.hvcc.edu/communityed/forms.html

Form Key
* = Medical History and Consent Form
△ Concussion Acknowledgement Form

Kids On Campus

Fantastic Fall Fun
We will create fabulous fall crafts including: fall-themed string art, festive garlands, mason jars dressed for the season, and more. It is important that you attend both sessions because we will start projects on the first Saturday and finish them on the second Saturday. For ages 12 and up. Course fee includes $20 materials fee. *
50865 $45
2 Sessions, DCC B06
Sat., 10/14 - 10/21, 12 - 3 p.m.
Alexandra Omecinsky, Instructor

Basics of Hand Sewing
For ages 8 - 14
In this fun, hands-on course, you will learn the basics of hand sewing. You’ll start with threading and knotting a needle, then learn basic hand stitches which will help you complete an awesome project you will get to take home. Course fee includes $15 materials fee. *
50929 $34
2 Sessions, DCC B05
Sat., 11/4 - 11/11, 10 a.m. - 12:30 p.m.
Tracy Henry, Instructor

Tay Fisher’s Basketball Clinic
Improve your basketball skills and have fun with former Siena College standout and sharp shooter Tay Fisher. The clinic is open to boys and girls, ages 9 - 15. Because Tay is “trotting the globe” playing basketball around the world, this clinic will be for one day only! Skills covered in these clinics include: improving dribbling skills, dribbling 2 basketballs, catch and shoot techniques, shooting off the dribble, step back dribble, mid- and long-range jump shots, free throws and many more. Please bring a bagged lunch, snacks and drinks. *
50928 $150
1 Session, McDonough Sports Complex
Sun., 9/17, 9 a.m. - 4 p.m
Tay Fisher’s Fundamental Basketball Camp, Instructor

S.A.T. Preparation Course
This course is designed to prepare you for the Scholastic Aptitude Test (math, verbal and writing sections). The schedule of topics will be determined during the first session.

The course will teach strategies for problem solving, vocabulary development, reading comprehension, sentence completion, grammar and essay writing skills.

The classes will use actual SAT questions to familiarize you with the test format and style. Students will develop a more realistic set of expectations for test questions and the skills to master them. The book that will be used in the course is “McGraw Hill’s SAT, 2017 Edition,” and is required for the first class session.
50386 $150
9 Sessions, ADM 104
Wed., 9/27 - 11/29, 7 - 9 p.m.
No class 11/22
Shayne Bishop and Jill Casey, Instructors

College Application and Scholarship Success
High school students: get your college application process moving now so you can enjoy senior year! The right steps and pacing make all the difference. In this one-session workshop we will work on detailed steps that students can take to immediately jump-start their college application process and become stronger candidates for acceptances and merit aid consideration. The course is ideal for families with students in grades 10, 11 and 12, and students are encouraged to attend with a parent/guardian. All attendees must register and pay for the course.
50712 $19
1 Sessions, ADM 104
Tues., 10/10, 7 - 9 p.m.
Kelly Linehan, Instructor

Looking for Drivers Education?
See page 24.
Contemporary Guitar Skills I
This course is designed for beginners and those who have been playing guitar for one year or less. You will be guided through the basics of guitar, including how to tune, play chords and solo. Also covered are major, minor and pentatonic scales, basic soloing skills, theory, technique and ensemble skills. Many musical examples will be illustrated from popular songs, including songs that are of special interest to students. You must provide your own acoustic or electric guitar (a small amplifier should be used with electric guitars). Additional materials will be discussed at the first class; anticipated cost is $20.

50115 $119
12 Sessions, WIL 113
Mon., 9/11 - 12/4, 6 - 8 p.m.
No class 10/9
Gary Cellucci, Instructor

Contemporary Guitar Skills III
This class is for advanced students who have completed Contemporary Guitar Skills II and for those with four or more years of playing experience. Topics include; scales, arpeggios, modes, alternate tunings, scale applications, virtuoso techniques, phrasing, improvising and more.

50879 $119
12 Sessions, WIL 113
Tues., 9/12 - 11/28, 6 - 8 p.m.
Gary Cellucci, Instructor

Rhythmic Analysis and Intro to Drum Set
This course will focus on the theory, history, and application of rhythmic patterns in western music. Students will learn to identify and perform snare drum rudiments on practice pads using proper snare drum technique. We will also talk about the history and application of these rhythms in genres ranging from rock to jazz to classical. Students will also listen to and analyze contemporary forms of music to further understand the way these rhythmic patterns structure and enhance modern compositions. Please see materials list for this class listed at www.hvcc.edu/communityed/courseinfo.

50858 $89
12 Sessions, DCC 138
Wed., 9/13 - 12/6, 6 - 7:30 p.m.
No class 11/22
Danny Sher, Instructor

Songwriting, Recording and Getting Heard
How does a band, solo artist, songwriter or producer get their work heard these days? What are the secrets of getting airplay, writing a great song, making a compelling sounding recording and getting high-visibility gigs? Instructor Sandy McKnight has a 40-year career as a musician, producer and songwriter, and will share his insights in this six-week course. Participants are encouraged to bring in songwriting works-in-progress for review and feedback. Recently back from Midem, an international music conference in Cannes, Sandy has up-to-the-minute information on the rapidly changing landscape of the music business, and he will discuss any topics of interest to you in this class.

50880 $150
6 Sessions, DCC B06
Tues., 10/17 - 11/21, 6 - 9 p.m.
Sandy McKnight, Instructor

Understanding the Vietnam War: Hard Lessons from an American Reckoning
The war in Vietnam was more than the defining experience of a generation. It forever altered the way Americans see themselves. Not since the Civil War has our nation been so compelled to look inward, reflecting upon its identity and role in the world. Yet there remains a cultural tendency to hold the war at arm’s length, as evidenced by how little Americans know of its true causes, major figures, military strategies, and most importantly, its lessons. This four-session course will examine how America slid into one of the most traumatic periods in its history, one that produced heroes and tragedy we still must come to understand.

50854 $39
4 Sessions, ADM 101
Wed., 10/4 - 10/25, 6 - 8 p.m.
Michael Rivest, Instructor

Witches, Ghosts and Hauntings
Author Pauline Bartel is your guide for an excursion into the mysterious world of the supernatural. Learn the myths and realities of witches, ghosts and hauntings from the earliest days to the present time. Then take a side trip into Pauline’s personal world where she reveals her own experiences with spells and spirits. Come along only if you’re unafraid.

50818 $49
3 Sessions, DCC B06
Wed., 10/18 - 11/1, 6:30 - 8:30 p.m.
Pauline Bartel, Instructor

Star-Crossed Majesty: Marie Antoinette, Queen of France
The youngest daughter of the celebrated Empress Maria Theresa of Austria-Hungary, Marie Antoinette was a child of fate. She was born on Nov. 2, 1755, the Feast of All Souls. That same day, a colossal earthquake struck Lisbon, the home of her godparents the King and Queen of Portugal, and left 30,000 fatalities. This ill omen was seen by some as a portent of her short life, which ended at 38 under the blade of the guillotine. One of the most unjustly maligned royals in history, she never uttered the infamous retort “Let them eat cake” when told the people of France were starving. In this course, we will follow the thread of destiny from her sunny, idyllic childhood in Vienna to her tragic end on a scaffold in Paris.

50857 $29
3 Sessions, ADM 102
Thurs., 10/19 - 11/2, 7 - 9 p.m.
Daniel O’Callaghan, Instructor
30-Hour Teaching Techniques and Methodology Course for Driving Instructors
This course is necessary for those driver instructors who intend to teach the New York State Five-Hour Pre-Licensing Program. Upon successful completion of this course and one year experience as an in-car instructor, a driving school instructor’s certificate endorsed for classroom instruction will be issued.

Topics to be discussed include principles of learning, communication in the instructional process, media equipment and its use in the classroom, uses and techniques of questioning, and instructional organization and management. All participants will be required to attend a five-hour pre-licensing program. A college certificate of completion will be awarded to all individuals who successfully complete this course. 3.0 CEUs

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6 Sessions, DCC 137
Mon., 9/11 - 10/23, 3:30 - 9 p.m.
No class 10/9
John Ferrucci, Instructor

The World of Tea
Discover the amazing flavors and powerful health benefits of tea. We will sample different styles and varieties, including herbal teas, and discuss the latest research on this ancient beverage. A food menu is optionally available and can be purchased separately on-site during class. Course fee includes $5 materials fee.

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1 Session, Whistling Kettle in Troy
Fri., 10/13, 6 - 8 p.m.
Kevin Borowsky, Instructor

Affirmative Action and the Constitution
This course will provide an overview of Affirmative Action law in the broader legal context of race and discrimination. We will examine the current rules on Affirmative Action in higher education admissions and employment opportunities. The discussion will include the key Constitutional provisions, Supreme Court rules and federal statutes. We will wrestle with such issues as: Is US law “colorblind”? Should it be?

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1 Session, WIL 113
Fri., 10/13, 1 - 3 p.m.
Stephan Haimowitz, Instructor

Learn to Play Mah Jongg
Whether you are a complete beginner or just need a refresher, join us. This class includes basic instruction and the opportunity to play with people of varying skill levels. Please bring a 2017 National Mah Jongg League, Inc. Official Standard Hands and Rules card. If you have a Mah Jongg set, please bring it with you. Cards can be purchased at www.nationalmahjonggleague.org.

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4 Sessions, DCC B06
Mon., 11/6 - 11/27, 10 a.m. - Noon
Nancy Siegel, Instructor

Become an Even Better Parent
Parenting is the most important and challenging job in the world, yet few parents receive any training. This interactive course will provide information and hone skills to make you an even better parent than you already are. Topics will include: building emotional bonds; communicating effectively; developing realistic expectations; establishing cooperation; preventing and responding to behavior issues; handling strong emotions in parents and children; caring for yourself; decreasing the likelihood of substance abuse; and enjoying the parenting process more.

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6 Sessions, DCC B06
Tues., 9/19 - 10/24, 11 a.m. - 12:30 p.m.,
Tracy Dunn, Instructor

Mastering Your Digital SLR Camera
Get control of your digital SLR camera!

You’ll start out by learning about the many features and controls of your DSLR and look at the lenses you need for the kind of photography you enjoy. Next, we’ll explore exposure controls. You’ll learn about metering, exposure compensation, managing aperture, shutter speed, and ISO. You’ll find out how to use these features to get the right exposure for every shot.

Then we’ll turn our attention to flash photography, managing camera controls, photo files, and even working in manual mode. With these skills, you’ll be able to take your photography to the next level. Finally, the course explores high dynamic range photos and how to master those difficult and tricky exposure situations.

By the end of this course, you’ll truly be a DSLR master, and most of all, you’ll be able to use your camera to take the photos you’ve always dreamed of. This course is taught online through Ed2go. You will receive your online ed2go username and password within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc

Online course dates: 10/18 - 12/8/17
50927            $99

Start an Edible Garden
Grow delicious, nutritious fruit and vegetables in your own backyard!

In this course, you’ll learn how to give your garden a healthy start and keep it growing strong all season. This course is taught online through Ed2go. You will receive your online ed2go username and password within one week of registration. More detailed information on this course can be found at www.ed2go.com/hvcc

Online course dates: 10/18 - 12/8/17
50930            $99
Insurance Personal Lines Agents/Brokers Licensing Course

This course is certified by the New York State Department of Financial Services and is designed for those who wish to become a licensed Personal Lines Agent or Broker. Upon successful completion of this course and the state exam you may apply for a Personal Lines license to act as an insurance agent or broker in the State of New York.

Topics include: introduction to personal property and casualty insurance; NYS and federal insurance laws and regulations, insurance basics and general insurance; policy structure and common policy provisions; dwelling, National Flood Insurance Program, personal watercraft, personal umbrella; NY Property Insurance Underwriting Association; homeowners, auto, excess lines; Terrorism Risk Insurance Act; and other personal lines policies and forms. The course will include glossary review and a practice test to prepare for the state exam. Students must attend all class sessions. Full class schedule available by contacting (518) 629-7339. Course fee includes $50 materials fee. The first class is scheduled for 11/2. 50804 $394 9 Sessions, DCC 138 Victor Bujanow, CIC, Instructor

Identification and Reporting of Child Abuse and Maltreatment

In just two hours, you can fulfill your New York State license requirements. Hudson Valley Community College is certified by the New York State Education Department to provide child abuse recognition and reporting training for professionals: physicians, chiropractors, dentists, registered nurses, podiatrists, optometrists, psychologists, dental hygienists, classroom teachers, school service personnel, administrators and supervisors. You’ll gain critical information about child abuse/maltreatment identification and reporting, behavioral indicators, as well as social service law and other mandates. All necessary forms, which are evidence of completion, are provided at the end of the class. 50192 $29 1 Session, HGB 205 Wed., 11/8, 6 - 8 p.m. Diane Teutschman, Instructor

Setting the Stage for Safer Schools:
A Two-Hour Prevent Violence Training for Persons Seeking Certification in New York State

This training responds to the requirement for a two-hour certification course for teaching assistants, teachers, pupil personnel service professionals and administrators in New York State as part of the Safe Schools Against Violence in Education Act (SAVE).

All participants will receive an approved NYS Education Department certificate upon completion of this training. It also can be used to fulfill the professional development plan requirement to provide a two-hour course for all currently certified educators and staff.

The seminar will highlight information regarding statutes, regulations and policies relative to a safe and non-violent school climate; the warning signs for violent behavior exhibited by a student within a developmental and social context that relate to violence and troubling behaviors in children; how to participate in an effective school community referral process for students exhibiting violent behavior; and classroom management techniques when responding to potentially violent situations or behavior. 50193 $29 1 Session, HGB 205 Wed., 11/15, 6 - 8 p.m. Diane Teutschman, Instructor

HeartCode BLS

This course is designed for health care professionals and other personnel who need to know how to perform CPR and other basic cardiovascular life support skills in a wide variety of in-facility and pre-hospital settings. In order to receive course completion card there are two required steps.

STEP 1 - Completion of online Course (HeartCode BLS)

Go to www.onlineaha.org, select HeartCode BLS, and add it to your cart. Cost is $28.50 and is paid online to the American Heart Association. This self-paced course is accessible anytime from any computer with internet access. Students can access all material included in the HeartCode BLS course for 24 months. This course may be used for initial or renewal completion.

STEP 2 - Register for a hands-on skills session

Once you complete the online course you will be able to print a certificate of completion. After you complete the online course, contact Community and Professional Education to register and pay for a skills session (must take place no more than 60 days following successful completion the online course).

Skills sessions are held at 400 Jordan Road. Students must present American Heart Association HeartCode certificate of completion to be admitted. NO EXCEPTIONS. Beware of copycat websites. Students who arrive without the certificate of completion will not be allowed to stay and will need to re-register and pay for another session. Come prepared! Please review the online course materials before attending. Underprepared students who do not complete the skills session in the one hour of allotted time will need to re-register and pay. 50203 $30 1 Session, 400 Jordan Road, Room 224 Rensselaer Technology Park Tues., 9/12, 5 - 6:30 p.m.

50204 $30 1 Session, 400 Jordan Road, Room 224 Rensselaer Technology Park Sat., 9/30, 9:30 - 11 a.m.
Infection Control
Hudson Valley Community College is certified by the New York State Education Department to provide training in infection control and barrier precautions. Infection control is an essential component of any health care delivery. Infection control measures can be as simple as hand washing and as sophisticated as high-level disinfection of surgical instruments. Implementing these measures can prevent transmission of disease in health care settings and the community. Infection control is a key concept in achieving the New York State Department of Health mission to protect and promote the health of New Yorkers through prevention, science and the assurance of quality health care delivery. The groups who are required to receive this training include: dentists, registered professional nurses, podiatrists, optometrists, licensed practical nurses, dental hygienists, physicians and physician assistants.

50889 $35
1 Session, BRN 207
Mon., 10/16, 6 - 9 p.m.
Barbara Boden, Instructor

DENTAL COURSES

Alternative Dental Assisting Program (ADAP)
This module-based online program, designed specifically for the experienced unlicensed dental assistant, will focus on all required course content areas prescribed by the New York State Education Department. This course will provide adequate preparation to take the New York Professional Dental Assisting, Radiation Health and Safety, and Infection Control exams. You may also choose to sit for the Certified Dental Assistant examination administered by the Dental Assisting National Board. Topic information will be presented in an online distance learning format. Additional self-study is highly recommended since this course is designed as an overview of acquired knowledge. Please note the cost for books, licensing exam and licensing application fees are not included. For more information, call our office at (518) 629-7339.

50001 $1050
Online Class, 8/28 - 12/8/17
Judy DiLorenzo, Ann Gallerie and Gabriele Hamm, Instructors

Do you have a great idea for a course?
Contact our office at 629-7339

Be bold. Be a Viking.

www.hvcc.edu/communityed/apply
A series of two-hour workshops for early childhood teachers, family child care providers, foster families, and parents. All workshops will earn .2 CEUs per two-hour workshop and will meet the childcare training requirements for the New York State Office of Children and Family Services along with the New York State Early Learning Guidelines.

**Coping with Grief:**
*A workshop to help K-12 children deal with grief after a loss*
This workshop will contain information on the stages of grief. It will discuss how to help children cope with their grief after the loss of a grandparent, parent, or other loved one. The goal is to help teachers, counselors, staff, and parents aid children in dealing with their feelings after the death of someone close to them. Death is a complicated topic for even adults to understand and children internalize grief differently. Current research on the topic will be explained and discussed.

50805 $19
1 Session, HGB 205
Wed., 9/13, 6 - 8 p.m.
Presented by Carla Gleason, M.S. Ed.
Teacher Prep. Department Faculty, HVCC
This workshop meets the OCFS Areas 1 and ELG Domain II.

**The Mindful Classroom**
Mindfulness is a mental state achieved by focusing one’s awareness on the present moment, while calmly acknowledging and accepting one’s feelings, thoughts, and bodily sensations. This workshop will discuss mindfulness and how it can be used in most any classroom setting. Attention will be given to the creation of community building activities which allow students a chance to express themselves in a safe, non-judgmental environment.

50803 $19
1 Session, HGB 205
Wed., 9/27, 6 - 8 p.m.
Presented by Olaiya Curtis-Morris, M.S.
This workshop meets the OCFS Areas 1 & 3 and ELG Domain II.

**Exploring Nature in the Early Childhood Classroom**
There is a growing body of research on the benefits of outdoor play, beyond physical development. Research shows that children are more imaginative, creative, and cooperative when they have daily opportunities for outdoor play. Join us for a fun-filled evening discovering the effect of nature on a child’s development, how to incorporate nature into your classroom, and what the benefits of nature are for both the child and the teacher. We will have the opportunity to use the natural environment to create an interactive lesson which you can adapt to your own classroom.

50806 $19
1 Session, HGB 205
Mon., 10/2, 6 - 8 p.m.
Presented by Laura Brewer, M.S. Counseling, B.S Education K-6th
Full time faculty, HVCC
This workshop meets the OCFS Areas 1 & 3 and ELG Domain II, III, IV, V.

**Conferencing with Families**
The workshop will give early childhood educators the opportunity to identify effective conferencing techniques, which includes asking for information, listening to family members, pre-conference questionnaires and how to create collaborative action plans with parents during conferences. Participants are encouraged to share strategies, tips or forms that have supported successful family conferences in the past.

50807 $19
1 Session, HGB 205
Wed., 10/18, 6 - 8 p.m.
Presented by Ann Plourde, M.S. Education, B-Gr.6, B.S Childhood Ed/Special Ed
Faculty, Teacher Prep. Department, HVCC
This workshop meets the OCFS Areas 1, 3 & 4 and ELG Domain II.

**Science for Young Minds**
Would you like innovative ideas for strengthening your center’s science emphasis at the preschool level? Do you want to expand your comfort level with science topics so you can better interest and engage young children? This make-and-take session will leave you with a newfound confidence in how to incorporate science as a routine part of your day and will help to light a spark and love of science within all your children.

50808 $19
1 Session, HGB 205
Tues., 11/7, 6 - 8 p.m.
Presented by Christine Saxe, M.S., Faculty Teacher Prep. Department, HVCC
This workshop meets the OCFS Areas 1 & 3 and ELG Domain II, III, IV, V.

**Understanding and Supporting Children in Foster Care**
Children in foster care come from various backgrounds and experiences. Often times the circumstances that they have encountered affect their educational performance. In this two-hour session we will discuss the basics of the foster care system, general characteristics of children in foster care, challenges that teachers may face when working with children in foster care, and strategies to help children in foster care be successful in the classroom.

50809 $19
1 Session, HGB 205
Thurs., 11/9, 6 - 8 p.m.
Presented by Sarah VanAlstyne, M.S. Literacy, B-Gr.6, B.S. Childhood Ed/Special Ed
Faculty, Teacher Prep. Department, HVCC
This workshop meets the OCFS Areas 1, 3 & 4 and ELG Domain II.

**A Positive Approach to Discipline... Beyond the Time-Out Chair**
Based on the work of Linda Albert (1996) participants will gain skills and knowledge in providing interventions for common discipline problem areas: attention-seeking behavior, power-seeking behavior, revenge-seeking behavior and avoidance of failure behaviors. Techniques to identify each type of behavior and a comprehensive collection of intervention strategies will be shared. Dozens of strategies to build a positive classroom environment/climate and strategies to improve communication with parents will be presented. This is a repeat of the workshop offered last fall.

50892 $19
1 Session, HGB 101
Mon., 12/4, 6 - 8 p.m.
Presented by Antoinette Howard, M.S., Assistant Professor, Teacher Prep. Department, HVCC
This workshop meets the OCFS Areas 1 & 3 and ELG Domain II.
Registration Form

Community & Professional Education

PLEASE - ONLY ONE STUDENT PER FORM. Thank You!

Name: __________________________  __________________________  __________________________
First                Middle                Last

Have you previously attended Hudson Valley Community College? If yes, please list any other names your academic record may be listed under. ______________________________________________________________

SS# __________________________  D.O.B. __________________________  Sex Code __________________________  M=Male/F=Female

Address: ________________________________________________________________

City, State, Zip ______________________________________________________________

Email address: ______________________________________________________________

May we contact you via email?  ☐ Yes  ☐ No

Telephone (Home): __________________________  (Work): __________________________  (Cell): __________________________

PAYMENT INFORMATION

☐ Check  ☐ Voucher/PO (attached)  ☐ Tuition Waiver  ☐ MasterCard  ☐ VISA  ☐ Discover

Card #: __________________________  Exp. Date: __________________________

3# security code: __________________________  Cardholder’s name: __________________________

COURSE INFORMATION

CRN # __________________________  Course Name __________________________  Fee __________________________

CRN # __________________________  Course Name __________________________  Fee __________________________

CRN # __________________________  Course Name __________________________  Fee __________________________

CRN # __________________________  Course Name __________________________  Fee __________________________

TOTAL: $ __________________________

HOW DID YOU RECEIVE OUR BROCHURE?

☐ From Community & Professional Education  ☐ Mail

☐ From a friend  ☐ The college website

☐ Community location (store, library, etc.)  ☐ Other: __________________________

MAIL COMPLETED REGISTRATION AND PAYMENT TO:

Hudson Valley Community Office of Community and Professional Education
80 Vandenburgh Avenue, Troy, New York 12180

The information listed below pertains to all Community and Professional Education unless otherwise noted. Complete cancellation and refund policy information is available at www.hvcc.edu/communityed/cancel.

REFUNDS/CANCELLATIONS
Courses nine weeks or longer
Prior to first class                               100% refund
During first week of classes               75% refund
During second week of classes           50% refund
During third week of classes              25% refund
After third week of classes                 No refund

Courses eight weeks or shorter
Prior to first class                               100% refund
During first week of classes               25% refund
After first week of classes                  No refund

Please Note:
• If the course fee includes a materials fee, the materials fee will not be refunded if refund request is submitted less than five business days prior to the first class.
• Requests for refunds must be submitted in writing. All refunds will take place in the form of a check and typically take 14 - 21 days to be processed.
• Course registrations may not be transferred to another person. If you are unable to attend a class, you may not send someone else in your place.
• All motorcycle courses, creative retirement trips, floral classes and certificate courses have a separate cancellation and refund policy. These are available at www.hvcc.edu/communityed/cancel.
• Courses may be cancelled due to insufficient enrollment. Early enrollment helps reduce this possibility. In the case that a course is cancelled, every effort will be made to notify students and refunds will be issued.

CONTINUING EDUCATION UNITS (CEUs)
Hudson Valley Community College awards Continuing Education Units (CEUs) to those who complete designated courses, workshops and seminars. The Continuing Education Unit (CEU) is a uniform measurement of individual participation in non-credit programs. One Continuing Education Unit represents 10 contact hours (for example, for a designated course 30 contact hours = 3 CEUs). In order to receive CEUs, students must successfully complete courses according to the instructor’s standards. Typically, this involves 75 percent attendance; however, there may be additional requirements. Please be sure to check with your instructor at the beginning of the course. Records kept for those students who accumulate CEUs will be available upon written request from the Registrar’s Office.

PARKING
Parking permits are issued to all students who register for credit-free courses at the time of registration. A parking permit will be mailed to you with your registration confirmation or if you register online, emailed to your HVCC email account and should be displayed accordingly in your vehicle. All drivers are urged to obey traffic laws, and regulations for parking at the college.

How to Register

ONLINE
Our online registration system is available 24 hours a day, 7 days a week.

Go to www.hvcc.edu/communityed/register
NOTE: You can register online until midnight the day (1 day) before a course begins. Please register by phone, fax or in-person if you are registering on the day the course is scheduled to begin. Online registration is not available for students using purchase orders, tuition waivers or learning certificates.

BY PHONE
Please call (518) 629-7339 for easy enrollment with your credit card.

BY FAX
Complete the registration form and fax to (518) 629-8103. Be sure to include credit card information.

BY MAIL
Print and complete the registration form. Be sure to include credit card information or include a check or money order and mail to:
Hudson Valley Community and Professional Education
80 Vandenburgh Avenue
Troy, NY 12180

IN-PERSON
Come to the Office of Community and Professional Education, located in the Guenther Enrollment Services Center, Room 252.
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These short classes are a great opportunity to keep active after the holiday season or to try something new. Been thinking about trying one of our fitness classes, but were afraid to commit to a whole semester? **Here's your chance!**

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<td>4 Sessions, AMZ 306</td>
<td>Wed, 1/10 - 1/31, 4 - 5 p.m.</td>
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<td>60486</td>
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<td>4 Sessions, AMZ 306</td>
<td>Thurs., 1/11 - 2/1, 5:45 - 6:45 p.m.</td>
<td>Jeanne Wein, Instructor</td>
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<tr>
<td><strong>Zumba</strong></td>
<td>$24</td>
<td>4 Sessions, MCD 192</td>
<td>Mon., 1/8 - 1/29, 5:45 - 6:45 p.m.</td>
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<td>60445</td>
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<td>4 Sessions, MCD 192</td>
<td>Wed., 1/10 - 1/31, 5:45 - 6:45 p.m.</td>
<td>Chrissy Sarratori of Abs In., Inc., Instructor</td>
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<tr>
<td><strong>Moderate Hi-Lo Impact Aerobics</strong></td>
<td>$24</td>
<td>4 Sessions, MCD 192</td>
<td>Mon., 1/8 - 1/29, 7 - 8 p.m.</td>
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<td>60446</td>
<td>$24</td>
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<td>4 Sessions, MCD 192</td>
<td>Wed., 1/10 - 1/31, 5:45 - 7:45 p.m.</td>
<td>Chrissy Sarratori of Abs In., Inc., Instructor</td>
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<td><strong>Cardio Kick and Core</strong></td>
<td>$24</td>
<td>4 Sessions, MCD 192</td>
<td>Tues., 1/9 - 1/30, 6:45 - 7:45 p.m.</td>
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<td>Caroline Wunsch of Total Body Trifecta, Instructor</td>
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<tr>
<td><strong>Cardio Kickboxing</strong></td>
<td>$24</td>
<td>4 Sessions, AMZ 306</td>
<td>Wed., 1/10 - 1/31, 7 - 8 p.m.</td>
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<td>Christine Sultan of Total Body Trifecta, Instructor</td>
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<td><strong>Ballet Barre</strong></td>
<td>$24</td>
<td>4 Sessions, AMZ 306</td>
<td>Mon., 1/5 - 1/29, 7 - 7:45 p.m.</td>
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<td><strong>Pilates Mat - Beginning</strong></td>
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<td>4 Sessions, AMZ 306</td>
<td>Mon., 1/8 - 1/29, 5:15 - 6 p.m.</td>
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<td><strong>Pilates Mat - Intermediate</strong></td>
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<td>4 Sessions, AMZ 306</td>
<td>Mon., 1/8 - 1/29, 6:05 - 6:50 p.m.</td>
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<td><strong>Metabolic Blast Bootcamp</strong></td>
<td>$65</td>
<td>12 Sessions, MCD 192</td>
<td>Mon., Wed., &amp; Fri., 1/8 - 2/2, 6 - 7 a.m.</td>
<td>Hollan Bonjukian of Tru Fitness, Instructor</td>
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<td><strong>Core Camp</strong></td>
<td>$20</td>
<td>4 Sessions, MCD 192</td>
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<td><strong>Cardio with Stability Ball</strong></td>
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<td>4 Sessions, AMZ 306</td>
<td>Wed., 1/10 - 1/31, 6:45 - 7:30 a.m.</td>
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<td><strong>Belly Dance is for Every-body</strong></td>
<td>$33</td>
<td>4 Sessions, AMZ 306</td>
<td>Tues., 1/9 - 1/30, 6:30 - 7:30 p.m.</td>
<td>Tammy Stanzione of Ayperi Bellydance, Instructor</td>
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<td><strong>Barbarian Sandbag</strong></td>
<td>$47</td>
<td>4 Sessions, MCD 192</td>
<td>Sun., 1/7 - 1/28, 9 - 9:45 a.m.</td>
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<td><strong>Butts and Guts</strong></td>
<td>$30</td>
<td>4 Sessions, AMZ 306</td>
<td>Tues., 1/9 - 1/30, 5:30 - 6:15 p.m.</td>
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**WANT TO LEARN MORE ABOUT THESE CLASSES?**

Look these classes up in the course index on page 40 to view course descriptions. Please note that January fitness classes scheduled on Mondays will meet on Martin Luther King Day, Monday, January 15.
“I enjoyed it so much in the fall semester, I enrolled again this spring. Very relaxing, and enjoyable, and the instructor was very knowledgeable, talented, and interesting.”

Intro to Folk Music with George Wilson

“I like the workout and mind-body-soul connection.”

Nia with Richele Corbo

“The instructors were great! They are so informative and obviously love what they do. I was taught a lot of techniques to ride safely and effectively.”

Basic Rider Course, with Bill House and Brad Swartz

“Wonderful class, full of encouragement from everyone. Carol is fabulous.”

Basic Watercolor with Carol Bollinger Green

“Marilyn always brings her subject matter to life – her enthusiasm, knowledge of the subject matter, her ability to share – just perfect as-is!”

Trilogy of Childhood with Marilyn Sassi

“The class was very enjoyable and Gary was very friendly. He made me feel comfortable and was very helpful in teaching us to learn how to read music.”

Guitar I with Gary Cellucci

“Jack is a fascinating lecturer and really brings history alive! I am in awe of his encyclopedic knowledge and humor.”

Cradle of America with Jack Casey

“Hollan is a terrific teacher! She is so knowledgeable and so encouraging. I love this class and plan to continue – it’s helped my balance and joint pain.”

Barbarian Sandbag Blast with Hollan Bonjukian

“Jeanne is a fabulous teacher, so encouraging and so clear in her explanations. Please please keep her coming back – we all love her!”

Yoga I with Jeanne Wein

“I enjoyed it so much in the fall semester, I enrolled again this spring. Very relaxing, and enjoyable, and the instructor was very knowledgeable, talented, and interesting.”

Intro to Folk Music with George Wilson