

HOW TO REGISTER

Register online at www.chappaquaschools.org/cce or by mail by completing the form on page 20 of this catalog. To ensure enrollment, register early because most classes have limited enrollment. To help ensure that a class will run, please register in advance. If there is insufficient enrollment before the start of a class, it will be cancelled.

REFUND POLICY

Refunds are made **ONLY WHEN A CLASS IS CANCELLED OR FILLED**. The student assumes the responsibility for any changes due to business or personal affairs. It is possible to transfer to another class if there is an opening. A full refund will be issued if your course is cancelled due to low enrollment or if filled. There are no refunds or credits once a course begins. Students assume full responsibility for choosing the appropriate course level. Please contact the office before you register if you have a question about the level or the material.

To cancel a registration, contact the office at least **5 FULL BUSINESS DAYS** prior to the class start date. Students will receive a full refund, less a \$10 processing fee. No credit will be given for missed classes or if you are unable to attend a rescheduled make-up class. There are no refunds or credits once a course begins.

LOCATION OF CLASSES

Fall 2022 Continuing Education classes will be a hybrid of virtual or in person. In person classes will meet at Horace Greeley High School (HGHS), 70 Roaring Brook Road in Chappaqua. Online classes will be conducted on Zoom, and links will be emailed to participants prior to the start of the class.

COVID-19

The CCE program will continue to put safety first during the COVID-19 pandemic. CCE students who choose to participate in a class that meets in-person will need to follow safety procedures, which may include wearing face masks in our school buildings, social distancing, hand-cleaning, completing a daily symptom self-check and having your temperature taken upon entering our buildings.

PLEASE NOTE that the Chappaqua Central School District may need to move all classes to Zoom due to COVID-19 at any point during the program.

CALENDAR

Continuing Ed classes will not be held on school holidays or when schools are closed due to inclement weather -- check www.chappaquaschools.org or call 238-7201, ext. 2318.

Classes WILL NOT be held:

- Monday: Sept. 26th and Oct. 10th
- Tuesday: Sept. 27th and Oct. 4th
- Wednesday: Oct. 5th and Nov. 23rd
- Thursday: Nov. 24th

CHAPPAQUA SENIOR CITIZENS

Chappaqua Central School District residents who are sixty or older can enroll in a class at a reduced rate, if marked accordingly. If no Chappaqua Senior rate is listed, the class is not reduced. To obtain the reduced rate, Chappaqua Seniors must register in advance and provide a senior number upon registration. To obtain a number, seniors must present proof of address and age to the District's Business Office by calling 238-7200 ext. 1007 or ext. 1008, or by emailing MaMarchionno@chappaquaschools.org.

RESIDENTS OF OTHER DISTRICTS & AGE REQUIREMENTS

Any interested person 18 or older is welcome. Students under 18 may register for college test prep.

ART & ART APPRECIATION

COLORED PENCIL ESSENTIALS - Drawing with Color with Linda Cerrone

Colored pencil drawings can be vibrant and bold or delicate and soft. Work in this medium is often referred to as colored pencil painting, an accurate description of the beautiful painterly effects achieved by the artists working with them. The versatility of colored pencils allows them to be used for many styles and purposes. Let Linda Cerrone introduce you to the techniques that artists use to create successful colored pencil drawings. Each class you will be taught an essential skill and shown how to put it to use. This class is suitable for artists with some basic drawing experience and is presented in a casual, fun, and pressure free atmosphere. Supply list will be emailed prior to the beginning of class.

5 Thursdays • November 10 to December 15 (No class 11/24) • 7-9pm • HGHS, Art 1 • \$130

DRAWING ESSENTIALS - Skills to Fill Your Artist's Toolbox with Linda Cerrone

Have you ever wondered what skills successful artists use to create realistic drawings? Maybe you love to draw but you are missing some essential lessons to take your art to new heights. Drawing essentials will guide you through the steps to achieve success by using tried and true methods taught by art schools around the world. Simple lessons will take you step by step through important skills such as line and form, shading, perspective, ellipses, and how to see as an artist and more. This class is appropriate for artists from beginning to intermediate. All you need is a few simple drawing materials and Linda Cerrone's fun and nonjudgmental style to expand your drawing abilities. Supply list will be emailed prior to the beginning of class.

6 Thursdays • September 29 to November 3 • 7-9pm • HGHS, Art 1 • \$155

EXPERIMENTS WITH WATERCOLOR - Using Unique Tools and Materials **to Add Texture and Special Effects to Your Paintings** with Linda Cerrone

Part science and part art, but 100% fun! Have you ever wondered how successful watercolorists achieve a wide range of textures and unusual effects? Each class will concentrate on a specific material or tool, how to create with it and how to use it in your art. These unusual materials include plastic wrap, fibers, alcohol and salt and more. This class is taught in Linda Cerrone's signature fun and nonjudgmental style. Supply list will be emailed prior to the beginning of class.

5 Tuesdays • September 20 to November 1 (no class 9/27, 10/4) • 7-9pm
HGHS, Art 1 • \$130

FALL SIMPLE WATERCOLOR CARDS AND GIFTS with Linda Cerrone

Why give the same card or small gift that anyone can pick up at a store? Using simple watercolor techniques and supplies you can create lovely giftable art and cards. A painting that is a personalized memento from your hand and heart. Each class will take you through a step-by-step process with teacher guidance to produce unique finished pieces. While creating each design you will learn essential watercolor skills to advance your own abilities. This class is appropriate for all levels of artists. A fun and non-judgmental art class that gives you great art instruction and cards/gifts to make. You get wonderful artworks to share and will leave the workshop with the ability to create many more! Supply list will be emailed prior to the beginning of class.

6 Wednesdays • September 21 to November 2 (no class 10/5) • 7-9pm • HGHS, Art 1 • \$155

INTRODUCTION TO HAND LETTERING/MODERN CALLIGRAPHY

with Jenn Waller

In this introductory course for absolute beginners, you will learn the basics of hand lettering also known as modern calligraphy. You will also be introduced to different writing/font styles and design elements such as adding shadows, embellishments, and composition. These sessions are intended to give you a taste of many aspects of hand lettering that you can then practice and further improve upon at home.

4 Thursdays • October 27 to November 17 • 7-8pm • HGHS, Art 3
\$80 (\$18 material fee collected in class)

LINE AND WASH IS NOT FOR LAUNDRY! with Linda Cerrone

Line and Wash, Autumn Inspiration: An easy, versatile, and portable art form that you can do anywhere. Line and wash is art made with ink pens and watercolor washes. Artists use this medium for field study, nature journaling, architectural drawing, landscapes, plein-air, still lifes, portraits, archeological studies and more! It is easy to pick up and can be enjoyed by artists from beginners to more advanced. With only a small journal and a few travel-sized art supplies, artists from beginners to the more advanced can create wonderful, finished pieces. Artist Linda Cerrone will guide you through the process of creating line and wash pieces from your own photos and how to work in the field. Classes are presented in a relaxed and nonjudgmental atmosphere, and we will cover an essential skill and then put it to use. Supply list will be emailed prior to the beginning of class.

6 Tuesdays • November 8 to December 13 • 7-9pm • HGHS, Art 1 • \$155

MUST SEE TREASURES OF THE GREAT NYC MUSEUMS with Sue Altman

This three-week series will explore the following:

Must-See Treasures of the Metropolitan Museum of Art

One of the greatest museums in the world, the Metropolitan holds many wonderful masterpieces. In this lecture you will learn which are the most important works in this incredible collection, across the span of human history.

Must-See Treasures of the Museum of Modern Art

In the 20th Century, NYC became the epicenter of the art world. In this lecture we will explore many groundbreaking European artists in this important museum such as Picasso, Matisse, and Mondrian, and Americans such as Hopper, Pollock, Johns, and many more.

Must-See Treasures of the Other Great Museums in NYC

Beyond the major two museums, there is much to explore in NYC: well-established institutions such as the Frick, Whitney and Guggenheim and lesser-known ones such as the Cooper Hewitt, Neue Galerie, Museum of Art and Design, and many others.

3 Thursdays • October 20 to November 3 • 6:30-8pm • HGHS, L-215 • \$75

PAINTING THE SEASONS IN WATERCOLOR AND GOUACHE with Katie Goldberg

Students will create each week a watercolor and/or gouache painting themed for fall and winter seasons. Instructor will provide still life and photographic references and demonstrate various techniques along with step-by-step instructions for composition, construction, and completion. A short list of supplies will be emailed before the first class.

4 Mondays • November 21 to December 12 • 7-9pm • HGHS, Art 1 • \$105

PAINTING WITH COLLAGE with Katie Goldberg

Two fun mediums combine to make this a unique, fun, art class. Acrylic painting and paper collage will form the basis of the art. The instructor will guide you through step-by-step techniques to create your own mixed media framed artwork. A short list of supplies will be emailed prior to the first class. The instructor will also bring additional supplies each week to enrich your project.

4 Mondays • October 3 to November 7 (no class 10/10, 10/24) • 7-9pm • HGHS, Art 1 • \$105

ART VIRTUAL CLASSES & TOURS

-- All classes will meet online --

-- A ZOOM meeting link will be emailed at a later date --

GILDED AGE MANSIONS OF RIVERSIDE DRIVE with Ginny Poleman

Along the Hudson River is a place where President Ulysses S. Grant lies, and Billy Joel once romanticized in "New York State of Mind" -- Riverside Drive, the *other* Millionaire's Row. Developed later than the luxurious Fifth Avenue and Central Park West, the hilly, curving Riverside Drive runs along Riverside Park (also designed by Central Park's Frederick Law Olmstead and later Calvert Vaux), and still features architectural beauties like the Schinasi marble home, the Beaux Arts Soldiers' and Sailors' Monument, and the country's tallest church, Riverside Church. Learn this and more during this one-hour webinar.

Thursday • October 20 • 7-8pm • Online • \$20

GILDED AGE MANSIONS OF WESTCHESTER with Ginny Poleman

If you've been watching Julian Fellowes newest series, *The Gilded Age*, on HBO, then you'll recognize some of the magnificent homes of the period that were built in Westchester! Ginny Poleman will take you on a virtual tour of these historical homes (now, many are museums) and tell you the tales of the wealthy who lived there. We'll cover Jay Gould's Lyndhurst, John D. Rockefeller's estate Kykuit, the more modest Glenview Home -- the home of the Hudson River Museum, as well as others!

Thursday • September 29 • 7-8pm • Online • \$20

HISTORY OF THE FLATIRON BUILDING with Ginny Poleman

The Fuller Building, or more commonly known as the Flatiron Building, was never the tallest building in Manhattan, but it was one of the first to be built with a steel skeleton. It was so skinny on its north end, people in 1902 thought it might topple over! Learn this and other fun facts, like the phrase "23 skidoo" was coined on its corner.

Thursday • November 17 • 7-8pm • Online • \$20

HISTORY OF THE NEW YORK PUBLIC LIBRARY AND ITS STEPHEN A. SCHWARZMAN BUILDING with Ginny Poleman

Not only does the imposing Beaux Arts building on 5th Avenue and 42nd Street house millions of books, the Schwarzman building also contains collections of ancient manuscripts, historical maps, and other paraphernalia (like the original toys that inspired the Winnie the Pooh books). How did they get there? Hear the stories of how the robber barons of the Gilded Age -- names like Astor, Carnegie, Lenox, and one of New York's Governors, Samuel J. Tilden -- started the library's collection; see antique photos showcasing the design and construction of its magnificent building; learn about the collection and the lions out front (Patience & Fortitude); and discover the significance of the location in mid-town Manhattan.

Thursday • December 15 • 7-8pm • Online • \$20

HOW TO READ AND INTERPRET A WORK OF ART with Sue Altman

This course details the many aspects that make up a work of art and teaches you what to look for when examining them. Some of these are use of line, colors, perspective, focal point, symbols, and the many other choices and decisions that each artist makes when creating their works. We will look at works from many eras; from the Medieval Age to the 20th Century, to hone our skills in finding the meaning, intentions, and importance of the art we view; enhancing any gallery or museum visit.

5 Thursdays • November 10 to December 15 (no class 11/24) • 6:30-8pm • Online • \$120

KING TUT: His Treasures, His Tomb, and His Life with Marisa Horowitz-Jaffe

On November 26, 1922, British archeologist Howard Carter entered an Ancient Egyptian pharaoh's tomb, finding the chambers miraculously intact. The world was stunned to find all the treasures and the mummy of the now famous King Tutankhamun, a young pharaoh who ruled all of Egypt 3,500 years ago. In honor of this year's 100th anniversary of this ground-breaking archeological discovery, this program explores the life of the young king, what his world was like, and all the golden treasures miraculously found still in his tomb. Virtually explore the chambers and learn about the boy king.

Monday • December 5 • 6:30-7:30pm • Online • \$20

POMPEII: A CITY FROZEN IN TIME with Marisa Horowitz-Jaffe

In the year 79 CE, Mt. Vesuvius erupted on the coast of Italy which destroyed numerous neighboring cities. This inadvertently created time capsules of the low-lying cities of Pompeii and Herculaneum, allowing future archaeologists to learn first-hand about daily ancient Roman lives. Travel back in time to when Pompeii bustled as a commercial port and busy trading town, with the hum of busy streets as we explore Roman daily life before the devastating eruption. We'll go through the eruption's timeline, and spot differences among the coastal cities and the volcano's catastrophic effects on them.

Monday • November 14 • 6:30-7:30pm • Online • \$20

THE GIZA PLATEAU: More Than Just Pyramids with Marisa Horowitz-Jaffe
Step into a time when pyramids were being built along the Nile River! This program focuses on the vast amount of archeological remains found on the Giza plateau which goes far beyond the famous pyramids. Explore inside the Great Pyramid and discover workmen villages, cemeteries for high-ranking officials, ships buried beneath the sand, and the true story of the Great Sphinx.

Monday • November 28 • 6:30-7:30pm • Online • \$20

COLLEGE PREP

SAT/ACT SUMMER BOOT CAMP with WilsonPrep

This intensive course introduces strategies that apply to both SAT/ACT exams and teaches content normally covered within four weeks of tutoring. This course will jump-start the test prep process, making students better prepared to take an earlier SAT and/or ACT. Students will learn their SAT/ACT strengths and weaknesses and what test to focus on moving forward. SAT/ACT diagnostic exams provided for no extra charge. **Students must be in 11th grade to register.**

Monday-Thursday • August 29 to September 1 • 6:30-9pm • HGHS
\$200 (\$10 course binder fee) • Limit 20 Students

INTRODUCTORY PSAT/SAT PREP COURSE with WilsonPrep

This course introduces students to PSAT/SAT format and strategies. Although a beginner course, it can be taken in conjunction with Summer Boot Camp. Because PSAT and SAT strategies are the same, this course prepares students for both exams. **Students must be in 11th grade to register.**

4 Tuesdays & 1 Monday (10/3) • September 6 to October 11 (no class 9/27, 10/4)
6:30-8:30pm • HGHS • \$400 (\$25 material fee) • Limit 20 Students

ACT PREP COURSE with WilsonPrep

This course introduces students to ACT format and strategies. This course is intended for beginners; however, it can be taken in conjunction with the Summer Boot Camp or the PSAT/SAT Prep Course. **Students must be in 11th grade to register.**

6 Tuesdays • October 25 to December 6 (no class 11/22) • 6:30-8:30pm • HGHS
\$480 (\$25 material fee) • Limit 20 Students

ADVANCED SAT PREP with WilsonPrep

This course is meant as a continuation course. It is recommended that students have taken the Summer Boot Camp and/or PSAT/SAT introductory course before taking this course. **Students must be in 11th grade to register.**

5 Tuesdays • October 25 to November 29 (no class 11/22) • 6:30-8:30pm • HGHS
\$400 (\$25 material fee) • Limit 20 Students

ACT WINTER INTRODUCTORY COURSE PREP with WilsonPrep

This course introduces students to ACT format and strategies and is meant as a beginner course. **Students must be in 11th grade to register.**

5 Tuesdays • January 10 to February 7 • 6:30-8:30pm • HGHS
\$400 (\$25 material fee) • Limit 20 Students

SAT WINTER INTRODUCTORY PREP COURSE with WilsonPrep

This course introduces students to SAT format and strategies and is meant as a beginner course. **Students must be in 11th grade to register.**

7 Tuesdays • January 17 to March 7 (no class 2/21) • 6:30-8:30pm • HGHS
\$560 (\$25 material fee) • Limit 20 Students

CULINARY

A NIGHT IN TUSCANY: Rustic Italian Cooking with Amy Rosen

Take a trip with Chef Amy Rosen to the rich and vibrant flavors of Tuscany. Tuscan Rosemary Chicken Under a Brick, Five Herb Risotto Mini Cakes, Tuscan Salad with fresh lemon and olive oil vinaigrette and Lemon Lime Ricotta Cheese Cookies are on the menu. Please bring containers to take food home.

Wednesday • September 28 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

BBQ/SMOKING 101 with Alan Elsner

Grilling and barbecuing/smoking are terms that are used interchangeably, but they're not the same thing. Learn the differences and all of the tools and techniques to produce great BBQ. Topics include types of BBQs/Smokers, fuels, fire starting and maintaining temperature, meats, and sauces. You will learn the mechanics of smoking, and the preparation of various meats.

Thursday • October 6 • 7-9pm • HGHS, L-215 • \$30

CHICKEN 3 WAYS with Amy Rosen

Spend the evening with Chef Amy Rosen and update your family dinners with 3 easy weekly meals that you and your family will love. Skillet Chicken, Malaysian Chicken Skewers, and Asian Chicken Wings are on the menu. Please bring containers to take food home.

Wednesday • October 12 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

FOOD OVER 40! with Courtney Gravenese, MS, RDN

What are the most common nutritional deficiencies seen among adults over 40? Are you getting adequate protein in your diet and what is the best way to calculate protein needs? What are the most successful ways to lose weight and keep it off? What are the key supplements you should be taking? Our nutrition needs change as we age, that's a fact. Whether you are 'only' 40 or any age over, this course will offer tips to help you manage your weight, optimize energy levels and stay healthy by improving diet. Take this class alone or in conjunction with the *Fitness Over 40!* class!

Thursday • October 20 • 6:30 -7:30pm • HGHS, L-217 • \$20

GREEN BITES – Save the Earth, One Bite at a Time with Elisa Bremner, MS, RD, CDN

Explore some of the world's most sustainable foods and learn easy ways to reduce your carbon "foodprint" -- all while improving your physical and financial health.

Recipes: Savory Overnight Oats, "Cheesy" Broccoli Soup, Vegan Stuffed Mushrooms.

Bonus: Take home a kit for growing your own food - no green thumb required!

Bring your re-usable container for leftovers!

Monday • October 31 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

LATIN AMERICAN CUISINE NIGHT with Amy Rosen

Join Chef Amy Rosen and enjoy the varying taste of Latin Cuisine. Steak with Chimichurri Sauce, Dominican Rice and Bean, Ceviche and Mexican Hot Chocolate Cookies are on the menu. Please bring containers to take food home.

Wednesday • October 26 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

PLANT POWERED, FUN & EASY with Elisa Bremner, MS, RD, CDN

An introduction to the health benefits of plant-based eating (all eating styles welcome!), demonstration of 3 simple recipes to get started, and resources available for anyone looking to increase the amount of vegetables in their diet. Recipes: Vegan Nut-free “Cheese” Sauce with Homemade Tortillas, No-cook Mediterranean Couscous, Berry Crisp. Bring your re-usable container for leftovers!

Monday • October 17 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

SOUP NIGHT with Amy Rosen

Keep your family warm on cold winter nights with these delicious soups: Spiced Chickpea Stew with Coconut and Turmeric, Carrot-Parsnip Soup with Parsnip Chips, Creamy Corn Soup with Basil and Creamy Cauliflower Soup with Rosemary Olive Oil. Please bring containers to take food home.

Wednesday • December 7 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

THANKSGIVING SIDES with Amy Rosen

Rock your Thanksgiving with these delicious side dish upgrades: Sweet Potato Pie with Candied Pecans, Chipotle Mac and Cheese, modern twist on Green Bean Casserole and Wild Rice with Cranberries, Toasted Almonds and Scallions. Bring containers to take food home.

Wednesday • November 9 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

VEGETARIAN DINNERS with Amy Rosen

Join Chef Amy Rosen and spice up your vegetarian nights with these fun recipes: Roasted Chiles Rellenos with Black beans, Polenta Lasagna, Butternut Risotto with Leeks and Spinach, Chipotle Sweet Potato and Quinoa Tacos. Bring containers to take food home.

Wednesday • November 30 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

WHERE’S THE BEEF? Expanding Ideas About Protein with Elisa Bremner, MS, RD, CDN

Protein is all the rage, but how much do you really need and what are the best sources? How healthy is Beyond and Impossible anyway? How can vegans make sure they are meeting their protein needs? Find out the latest research. Practical plant-based protein recipes for breakfast, lunch and dinner will be demonstrated and tasted! Bring your re-usable container for leftovers!

Monday • November 14 • 7-8:30pm • HGHS, Kitchen
\$30 (\$20 material fee collected in class) • Limit 10 Students

EXERCISE

BELLY DANCING with Suzi Myers Tipa

Hot Hips: Heat up your autumn with this fun and fabulous introduction to Middle Eastern dance and Hawaiian Hula! You’ll awaken your inner goddess as you learn the secrets to swiveling your hips in different styles of “belly dance,” and you’ll explore the beauty and storytelling of Hawaiian Hula, with the added benefit of a workout! Please bring a scarf to tie around your hips. We will dance barefoot, but you can wear ballet slippers if you prefer.

Note: exposing your belly not required, sense of adventure and sense of humor required!

5 Tuesdays • November 8 to December 6 • 6:30-7:15pm • HGHS, Dance/Yoga Studio • \$70

CARDIO-STRENGTH with Michelle Sacurato

This class will incorporate low-impact cardio intervals with weights or your own body weight to build strength, get lean and toned, and develop coordination and balance. Floor work, abdominal exercises and stretching will be included. All levels are welcome! Exercise mat and weights required.

Section A: 10 Mondays • September 19 to December 5 (no class 9/26, 10/10)
7:20-8:20pm • HGHS, Fitness Center • \$150 • Limit 12 Students

Section B: 10 Wednesdays • September 21 to December 7 (no class 10/5, 11/23)
6:30-7:30pm • HGHS, Dance/Yoga Studio • \$150 • Limit 12 Students

FITNESS OVER 40! with Courtney Gravenese, MS, RDN

Stay strong and maintain muscle by building a great at-home weight training program! Many men and women want to start weight and resistance training but either don't know where to start or think they need to join a gym. This class will provide participants with exercises and a strong, safe fitness routine that can complement their existing cardiovascular exercises. Bring a water bottle, exercise bands and a mat if you have, no worries if you don't. The whole idea is to guide you with equipment you have at home and just your body weight. You can do this! Take this class alone or in conjunction with the *Food Over 40!* class.

Thursday • October 27 • 6:30 -7:30pm • HGHS, Fitness Center • \$20

INTRODUCTION TO THE ALEXANDER TECHNIQUE with Karla Booth

The Alexander Technique has been used for over 100 years by actors, musicians, doctors, and athletes interested in learning how to change movement patterns and habits contribute to stress and tension in the body. These classes will be an introduction to F. M. Alexander, the person and his unique approach to changing postural habits that can be applied to any activity: walking, sitting, standing, playing an instrument, singing, brushing your teeth, playing the violin, or sitting at the computer. This method gives us a better understanding of how to move in a way that is integrated and easy and to help us understand the incredible design of the body/mind connection. Learn how to find more ease and fluidity in your daily life.

4 Wednesdays • October 19 to November 9 • 6-7pm • HGHS, Faculty Lounge • \$100

LINE DANCING with Suzi Myers Tipa

Dust off your cowboy boots and join us to learn (or re-learn!) some classic country line dances, as well as some new favorites, all while sneaking in a bit of exercise. Please wear comfortable shoes that you can easily move in. No experience necessary, all levels welcome!

5 Tuesdays • September 20 to November 1 (no class 9/27, 10/4) • 6:30-7:15pm
HGHS, Dance/Yoga Studio • \$70

MINDFULNESS MEDITATION with Kathryn Ward

Mindfulness meditation helps to calm the brain, allowing the practitioner to find some quiet space within. This class will provide instruction for those who are new; space and a group to practice with for those who already have a practice: all are welcome. Each week, we'll spend some time talking at the beginning, and then launch into a guided meditation. Over the course of our ten sessions, we'll work our way up to 20 minutes of meditation time. This is a skill that can be taken home and can be taken off the mat and into the world.

10 Mondays • October 3 to December 12 (no class 10/10) • 6:30-7pm
HGHS, Dance/Yoga Studio • \$75

PICKLEBALL: Beginner's Series with Manny Boya

Pickleball is a racket sport created for all ages and skill levels. The game combines elements of badminton, tennis, and ping-pong; players use solid wooden paddles to hit a whiffle ball over a net to score points. Students will learn all aspects of this game, including rules and strategy from an International Pickleball Teaching Association Level 2 instructor. This course will offer lots of practice time along with individual and doubles games. Paddle required, wear sneakers and comfortable attire.

Section A: 6 Tuesdays • September 20 to November 8 (No class 9/27, 10/4) • 7-9pm
HGHS, Gym D • \$180 • Limit 16 Students

Section B: 5 Tuesdays • November 15 to December 13 • 7-9pm
HGHS, Gym D • \$150 • Limit 16 Students

PICKLEBALL: Advanced Beginner's Series with Manny Boya



Take your Pickleball game to a higher level through Pickleball: Advance Beginner Series. Students will increase their skill and knowledge of game, including strategy and technique from an International Pickleball Teaching Association Level 2 instructor. This course will offer lots of practice time, supervised play, along with individual and doubles games. Students must know how to play Pickleball or have taken the *Pickleball: Beginner's Series* class. All levels welcome. Paddle required, wear sneakers and comfortable attire.

Section C: 6 Thursdays • September 29 to November 3 • 7-9pm
HGHS, Gym D • \$180 • Limit 16 Students

Section D: 5 Thursdays • November 10 to December 15 (no class 11/24) • 7-9pm
HGHS, Gym D • \$150 • Limit 16 Students

PILATES with Michelle Saccurato

Pilates is an excellent method for improving core strength, alignment, flexibility, and mind-body awareness -- these are essential components of movement and function to protect a healthy back. Rev up the workout by using a weighted ring for added resistance to the core, and more. Pilates ring and mat needed.

10 Wednesdays • September 21 to December 7 (no class 10/5, 11/23) • 7:35-8:35pm
HGHS, Dance/Yoga Studio • \$150

POUND ROCK OUT WORKOUT with Suzi Myers Tipa

POUND is a great way to burn calories and bang out your stress, too! POUND is a 45-minute group fitness class that combines cardio and strength training with drumming to achieve a full-body workout. Using lightly weighted Ripstix™ drumsticks, you can expect to burn between 500-900 calories per class and perform over 15,000 reps per session! Ripstix can be ordered at www.poundfit.com. You will need a yoga mat or towel to work on.

10 Tuesdays • September 20 to December 6 (no class 9/27, 10/4) • 7:15-8pm
HGHS, Dance/Yoga Studio • \$135

SMALL-GROUP PERSONAL TRAINING with Denise Weber

This multifaceted class will contain all of the benefits of working with a certified personal trainer/group fitness instructor while exploring different modalities of training to help you achieve your fitness goals. Using traditional dumbbells and weight training techniques, cardio intervals and circuit training, the workouts will vary from week to week to help you get fit and have fun in a class. It will keep you coming back for more week after week! Some experience with weights would be helpful. Please bring a yoga/exercise mat, water bottle and small fitness ball to class.

Section A: 10 Tuesdays • September 20 to December 6 (no class 9/27, 10/4)
6:30-7:30pm • HGHS, Fitness Center • \$150 • Limit 12 Students

Section B: 10 Tuesdays • September 20 to December 6 (no class 9/27, 10/4)
7:30-8:30pm • HGHS, Fitness Center • \$150 • Limit 12 Students

TRX STRENGTH TRAINING with Michelle Saccurato

Developed in the field by U.S. Navy Seals, TRX training is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells. TRX

is designed to improve your balance, endurance, flexibility, and core strength. This class is appropriate for all fitness levels.

10 Mondays • September 19 to December 5 (no class 9/26, 10/10) • 6:30-7:15pm
HGHS, Fitness Center • \$135 • Limit 10 Students

VINYASA YOGA and MEDITATION with Kathryn Ward

The purpose of yoga is to calm the mind. Linking breath and movement is the core of this practice which supports concentration and calm in addition to the physical exercise component which will bring new strength and flexibility. We'll start with basics for the first two weeks to support those who are new or returning to the practice. After that, the pace will pick up. Our practice will invite you to be vigorous but, of course, the primary principle of yoga is listening to yourself and adjusting as necessary. Variations will be offered as needed. After an hour of practice, we'll have 15 minutes to calm the body: first, a breathing practice, followed by meditation; then, final relaxation.

10 Mondays • October 3 to December 12 (no class 10/10) • 7:15-8:30pm
HGHS, Dance/Yoga Studio • \$170

FINANCE

-- A ZOOM meeting link will be emailed at a later date for online classes --

ESTATE PLANNING FOR FAMILIES WITH CHILDREN - The Importance of Estate Planning

with Sara Meyers

Estate planning is not only for the elderly or wealthy. When children are involved, the importance only grows. It's never too early to take control of your future by ensuring that the proper estate planning documents are in place. Join elder law attorney Sara E. Meyers, Esq. for an in-depth look at essential planning documents including the Last Will and Testament, Health Care Proxy and Power of Attorney.

Tuesday • November 15 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

FINANCIAL PREPARATIONS FOR SELLING YOUR HOME & MOVING

with Scott Turner, Steven Klimaszeski and Frances Torres

Selling your home and moving can be one of the most stressful times in your life. Join Certified Financial Planners Scott Turner and Steven Klimaszewski, along with Real Estate Agent Frances Torres, to discuss the steps you can take to maximize the value of your home, get your financial life organized so that you take advantage of the tax breaks available to homeowners during a sale and make smart decisions regarding the cash-out of the equity in your home.

Monday • October 3 • 7-8pm • HGHS, L-216 • \$20 (Free for Chappaqua Seniors)

CANCELLED -- IMPROVING YOUR KNOWLEDGE OF LIFE INSURANCE

This workshop is designed to help students enhance their understanding of basic life insurance concepts, including: the different types of life insurance; key features of each type; the role life insurance plays in estate and business planning; and the current product trends in today's life insurance marketplace. We will also address fundamental questions such as: best ages to buy term vs. permanent coverage, calculating how much to buy, how underwriting works, and what to look for in reviewing existing in-force policies. As time permits, we will touch on the use of life insurance trusts and the taxation of life insurance benefits.

Thursday • November 17 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

INVESTMENTS/FINANCIAL PLANNING FOR WOMEN with Ann Herrero

Women make terrific investors. They are as financially literate as men are, but studies suggest that their confidence sometimes lags behind. Assess your attitude toward your finances and boost your financial confidence to be a smarter investor. How do I select a Financial Advisor? What questions should I ask in my meetings and financial reviews with my advisor? How do I build and diversify my portfolio on my own? What are the elements of a financial plan? Join us for a lively discussion and bring your own questions to discuss. Learn about modern portfolio theory and how you can use it to achieve peace of mind and financial security.

Tuesday • October 18 • 5-7pm • Online • \$30 (Free for Chappaqua Seniors)

LEARN HOW TO TRAVEL FOR FREE with Cindy Greenstein

During her more than 20 years of marriage, Cindy Greenstein (*The Points Mom*) has used credit card points to travel the world while rarely paying for airline flights and hotel rooms. Some of her five-figure family travel savings include trips to Aspen (\$26,000); Greece (\$23,000) and London (\$15,000). Cindy, an attorney and former certified public accountant, founded The Points Mom to share her credit card rewards program expertise with family, friends and small business owners who don't have the time to learn how to maximize their points. In this class, Cindy will share her knowledge with you and guide you in obtaining and using "the right cards" based on your spending habits to maximize your rewards for free travel. She will compare credit card flexible rewards programs and discuss why airline and hotel cards are not always the best option for purchases. In addition, Cindy will help you understand the various ways to redeem rewards for the most value, talk about card benefits and will share some of her favorite cards. Cindy will point you to free travel!

Wednesday • October 19 • 6:30-8pm • HGHS, L-217 • \$25

MEDICARE 101 with Jim Farnham

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/ not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

Wednesday • October 19 • 6-8pm • Free (registration required) • Online

Saturday • November 12 • 10am-12pm • Free (registration required) • Online

QUICKEN BEGINNER'S WORKSHOP with Nancy Barletta

Organizes your finances using Quicken desktop version. This class is for people who have never used or are new to Quicken. We will cover how to set up a new file, common mistakes, bill paying and budgeting. You will be able to email the teacher your goals and any questions before the workshop so that we can make sure to cover what the group is most interested in.

Thursday • November 10 • 7-8:30pm • HGHS, L-217 • \$25

RETIREMENT PLANNING TODAY with Scott Turner and Steven Klimaszewski

If you are not feeling confident that your money will last throughout your retirement, come learn how you can create the retirement plan that you want based on the following:

- Defining your goals for a successful retirement
- Learning financial planning basics and what strategies will combat inflation and taxes
- How to allocate your investments based on your anticipated spending
- How to take distributions from your investments
- How to avoid investing too conservatively
- How to determine your insurance needs and what estate planning techniques and documents you need for the distribution and management of your estate

3 Tuesdays • October 11 to October 25 • 7-9:30pm • HGHS, L201 (Upper L Commons)
\$50 (optional \$40 workbook available for purchase at first class)

CANCELLED -- UNDERSTANDING LONG-TERM CARE INSURANCE: What You Need to Know with James Relyea

Over the past 10-15 years, the interest in long-term care insurance has risen dramatically. This course is designed to answer questions and acquaint students with the basic types and features of long-term care insurance policies. It will give students insights into the current state of the long-term care insurance industry, the factors affecting insurability and premium pricing, the most common policy designs, the steps in the underwriting process, and key questions to ask when considering the purchase of long-term care insurance.

Thursday • October 27 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

UNDERSTANDING THE CURRENT ESTATE TAX AND ASSET PROTECTION

LAWs: How the Administration May Change the Playing Field with Neil Lubarsky

If you have not updated your estate plan to keep pace with changes to estate tax laws, you may end up paying far more than necessary. Do you want to avoid estate taxes legally and prevent nursing home costs from depleting your family assets? Do you want to know what the current administration may do? Are you concerned about your estate being diverted to a child's spouse? Do you want to minimize probate costs and delays for your heirs? In this workshop, attorney Neil Lubarsky explains how to pass assets to children free of estate tax, protect your home and other assets from future nursing home costs, ensure that money intended for your children and grandchildren does not pass inadvertently to in-laws and others, and avoid problems from arising when your will is probated.

Monday • October 17 • 7-8:30pm • HGHS, Academic Commons
\$30 (Free for Chappaqua Seniors)

UTILIZING A TRUST FOR YOUR ELDER LAW AND ESTATE PLANNING NEEDS

with Sara Meyers

Join elder law attorney Sara E. Meyers, Esq. for an in-depth look at the various trust options for estate and Medicaid planning. Learn the benefits and differences between revocable and irrevocable trusts and discover which best fits your needs.

Tuesday • September 20 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

GAMES & FUN

BRIDGE FOR BEGINNERS with Khalid Al Doori

Learn to play bridge from scratch! This class is for players new to the game. Students learn the rules one at a time and will play hands starting in the very first lesson! This is a relaxed environment that makes bridge easy and fun.

7 Thursdays • October 6 to November 17 • 6:30-8pm • HGHS, L-216 • \$175 • Limit 12

CANASTA: Beginner's Series with Lori Greene

This five-week course gives an introductory overview of the rules and strategy to playing Canasta, a form of rummy using two full decks of cards. Through open and supervised games, students learn the art of playing and have fun while doing it. At the end of the series students will feel confident in their abilities to play a game with friends or on their own.

5 Mondays • September 19 to October 31 (no class 9/26, 10/10) • 7-9pm
HGHS, iLab • \$125 • Limit 12 Students

CANASTA: Supervised Play with Lori Greene

Take your canasta game to a higher level through supervised play! Learn strategy, scoring, special hands and defensive strategies. Make friends and join a regular game. Students must know how to play Canasta or have taken *Canasta: Beginner's Series*. All levels welcome.

4 Mondays • November 7 to November 28 • 7-9pm • HGHS, iLab • \$100 • Limit 12 Students

HOCUS POCUS MAGIC with Dave Ferst

This five-week course will teach students basic principles in sleight of hand magic and is open to all levels. Previous students are welcome. Learn misdirection, timing, and how magic works from world-renowned magician/ mentalist/memoirist MagicDave. At course completion, you will have knowledge of card, coin, mind reading, puzzle and impromptu tricks, and will be able to entertain your friends and family using magic!

5 Tuesdays • October 11 to November 8 • 7-8:30pm • HGHS, L-216 • \$120

MAH JONGG: Beginner's Series with Katie Goldberg

Bam! Crack! Dot! Learn this fascinating ancient game of skill and luck. The instructor breaks down the layers of the game into an easy, fun challenge. Loved for generations by all ages, mah jongg is a great way to get together with friends and keep your mind stimulated while having fun. Students are required to purchase the current NMJL card, which is available from the instructor at the first class or online from the National Mah Jongg League.

5 Tuesdays • October 11 to November 8 • 7-9pm • HGHS, iLab • \$125 • Limit 12

MAH JONGG: Supervised Play with Katie Goldberg

Take your mah jongg game to a higher level! Learn scoring and betting, winning and defensive strategies, and different styles of playing the hand. Students must know how to play mah jongg or have taken the Beginner course. All levels welcome. The current NMJL card will be available for purchase from the instructor, if needed. As always, prizes for the winners!

5 Tuesdays • November 15 to December 13 • 7-9pm • HGHS, iLab • \$125 • Limit 12

GARDEN & HOME

DESIGN A PINECONE WREATH with Deborah Taft

Choosing from an array of shapes and sizes, we'll use hot glue to attach pinecones to a base. We'll look at symmetrical and freeform wreaths and you'll decide which fits your style and then create it. Leave with a completed wreath that will last for years. If time permits, we'll also look at some other ways to use pinecones in winter decorations.

Monday • November 7 • 7-8:30pm • HGHS, Cafeteria
\$30 (\$15 material fee collected in class) • Limit 10 Students

DESIGN A WINTER WREATH with Deborah Taft

Learn to make a wreath with a variety of locally sourced evergreens and accent plants like boxwood and holly. You'll learn the basics of working with metal wreath forms as well as simply adorning pre-made grape vine wreaths. As time and interest permits, we can also cover garland, swags, table runners, and/or centerpieces, all made with the same materials. Leave with at least one completed wreath.

Monday • December 5 • 7-8:30pm • HGHS, Cafeteria
\$30 (\$15 material fee collected in class) • Limit 10 Students

FRESH LOCAL GREENS ALL WINTER: Growing Your Own Shoots and Sprouts with Deborah Taft

Sprouting beans, alfalfa, radishes, broccoli, even wheat and nuts is easy and yields a superior fresh food packing a big nutritional punch. Pea and sunflower shoots are extremely popular in the best restaurants and at your farmers market and are equally easy to grow. Sample a wide range of shoots and sprouts, learn about their uses and storage, and how to grow them in your own kitchen. Leave with a simple sprouter full of your first crop. If you bring a shallow dish that will hold soil, you'll also go home with a crop of presoaked peas or sunflowers for shoots.

Monday • October 24 • 7-8:30pm • HGHS, L-217 • \$30 (\$8 material fee collected in class)

GROWING GREAT GARLIC with Deborah Taft

In the Northeast, autumn is garlic-planting time. These hardy little plants start their growth in October and then suspend operations until the spring wakes them up. Learn how to prepare the soil for garlic, properly crack and plant the cloves, and what your garlic will need in the spring to make next year's meals more delicious! Seed garlic will be available for purchase.

Monday • October 3 • 7-8:30pm • HGHS, L-217 • \$30


ORGANIZING MADE SIMPLE: Easy Techniques for Creating A Stress-Free Home with Alissa Dorfman

Everyone's home should be a place of efficiency and peace and yet so many find themselves bogged down by clutter and disorder. Fighting against the tide of stuff in our homes can feel like an uphill battle. This class will start you on the path to a more stress-free and organized home. Come learn easy-to-implement tips and strategies from fellow Chappaqua resident and two-time Best of Westchester winner, Alissa Dorfman. This class will help anyone who is willing to start the process of improving their space. Whether you are just moving to town and setting up your new home, or you are an empty nester looking to downsize 20 years of clutter, this class offers the perfect introduction to organizing, prioritizing, and optimizing your space.

Wednesday • October 26 • 7-8pm • HGHS, L-217 • \$20


PREP & STAGE YOUR HOME TO SELL with Mary Ann Bayer and Celia Szava
Would you like to sell your home more quickly...and at top dollar? Then stage it! Staging is the process of preparing your house, so it appeals to the highest number of potential buyers, thereby selling it more swiftly and for more money. This class will offer tips and help you decide what needs to be done to prepare your home for today's market.

Wednesday • November 9 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

THANKSGIVING AND WINTER GARLAND 5 WAYS with Deborah Taft 
Starting with a simple -- but beautiful! -- twine and pinecone garland, we'll also look at different macramé, paper, felt, and greenery garlands. Most of these projects can be kept for years. You'll leave with at least one completed garland and lots of great ideas for more. Perfect for the holiday season!

Monday • November 21 • 7-8:30pm • HGHS, Cafeteria
\$30 (\$15 material fee collected in class) • Limit 10 Students

HOBBIES

INTRODUCTION TO PLAYWRITING with Serena Norr 
Join Serena Norr, playwright, director, and founder of *Let's Make a Play*, for a 6-week immersive playwriting class for adults. In the class, every student will develop their own 10-minute play. Starting from idea to a full play, the class will include a discussion about the structural components of developing plays as well as character development, tone, and setting the scene. Class will also include readings and analysis of text, group sharing, and feedback through the development of students' drafts. The last class will end in a staged reading of the students' 10-minute plays. No experience necessary -- the program is for all creatives.

6 Wednesdays • October 12 to November 16 • 6:30-8:30pm • HGHS, Library • \$160

SUBURBAN SONGWRITERS! with Nina Ossoff
Join Nina Ossoff, a multiplatinum/multigenre songwriter, and take your dream of songwriting and make it a reality! This class will focus on taking your song from "idea" to finish. The class will cover lyrics, melodic structure, and song forms. You will learn how to take your song to the next level. Included in the course will also be industry tips.

8 Wednesdays • October 12 to December 7 (no class 11/23) • 7-8pm • HGHS, L-215 • \$160

WRITING MEMOIRS with Rich Mintzer
A memoir is defined as a nonfiction narrative writing based in the author's personal memories. The assertions made in the work are thus understood to be factual. In this class, students learn how to go about putting a memoir together which includes doing personal/family research, outlining the book and deciding which aspects or their personal stories should (or should not) be included. Memoirs are one of the most popular genres of books. In some cases one person's story can reach out and touch many other individuals, while for other authors their memoir is written so family members can learn more about their background and personal history. Whether a memoir ends up as a series of short stories or a full-fledged published (or self-published) book, it is a personal undertaking that can prove quite satisfactory.

4 Thursdays • October 27 to November 17 • 7-8:30pm • HGHS, Library • \$95

WRITING YOUR FIRST BOOK with Rich Mintzer
Whether you have a brilliant idea for a whodunit or want to start working on your autobiography, this class will help you put pen to paper in a friendly, supportive environment providing the motivation you need to catapult your work off the pages of your notebook. We will discuss the entire book process; from deciding on a topic, honing characters (if you are writing fiction) and developing an outline and table of contents, to working your way through a manuscript, one chapter at a time. We will also discuss editing, research, rewrites and how to take your book to market via agents or self-publishing options. Whether you are writing a memoir, non-fiction book, novel or children's book, this is the place to begin the process.

4 Thursdays • September 29 to October 20 • 7-8:30pm • HGHS, Library • \$95

PHOTOGRAPHY & TECHNOLOGY

-- A ZOOM meeting link will be emailed at a later date for online classes --

CAPTURE YOUR PARENT'S LIFE STORY ON VIDEO with David Vogel

How much do you really know about your parents and those who came before you? Why not have your parent's stories and the history of your family on video so you have it to share with your children and future generations. Learn how to capture those stories yourself using your smartphone. You'll discover stories you never heard before, and the process will forge a more meaningful relationship with your parents while they are still here. This workshop will cover all the basics including how to shoot with a smartphone, what questions to ask and how to conduct an interview, how to edit the video or find a freelance editor, and how to share the videos with family and friends. No prior video production or video editing experience is required. A tripod and wired microphone are recommended for the class but not required (they can be purchased from the instructor for an additional cost of \$30).

4 Tuesdays • October 25 to November 15 • 7-8pm • Online • \$80

DIGITAL CAMERA FEATURES AND SETTINGS: Beyond Auto (For DSLR & Mirrorless Cameras) with Deborah Tual

This course explores the key digital camera features and settings, so you learn how and when to use them and take the camera off *auto*. Learn about the shooting, focusing and metering modes, as well as depth of field, motion blur/freeze/pan, exposure compensation, histograms, bracketing, and more. You will need to bring your digital camera, fully charged battery, camera manual and note-taking materials to each session.

3 Tuesdays • October 11 to October 25 • 6:30-8:30pm • HGHS, L-217 • \$90

DIGITAL PHOTO RESTORATION: Rescue, Restore and Revive Old Photos



with Deborah Tual

Learn the basics and how to start to correct and fix your own images, such as removing scratches, cleaning up stains, correcting exposure and color, and repairing and removing details. Basic tools that are available on the most popular photo editing software will be explained, and how and when to use them.

Wednesday • November 16 • 6:30-7:30pm • Online • \$20

FOOD PHOTOGRAPHY: Take Amazing Photos of Food with Deborah Tual

Explore techniques of photographing food that will help you to create mouth-watering images with interest and impact, whether you are at home or at a restaurant. Topics include light and lighting, composition, props and backgrounds, camera angles, editing, and more. This is an information-packed class that will help you take better food photos right away -- for all skill levels and for any type of camera or iPhone.

Wednesday • September 21 • 6:30-8pm • Online • \$25

IPHONE PHOTO EDITING AND ENHANCEMENTS with Deborah Tual



Learn how to edit and enhance your photos with confidence using the *Photos* app on your iPhone. The built-in editing and enhancement tools -- including adjusting light and color, adding filters, cropping and straightening - are amazing and you can easily fine tune your photos in just a few minutes. For all skill levels and iPhone models with the latest iOS version.

Tuesday • November 29 • 6:30-8:30pm • Online • \$30

IPHONE PHOTOGRAPHY: Use your iPhone Camera to its Full Potential

with Deborah Tual

Take better photos and get the best results from your iPhone by knowing the basics: settings, techniques, lenses, lighting, focusing, exposure, composition and more. Improve your photography by knowing how to use and control your iPhone camera.

Thursday • November 3 • 6:30-8:30pm • Online • \$30

WEBSITE DESIGN AND DEVELOPMENT: A Checklist for a Successful Website

with Deborah Tual

Plan, design and develop an effective and successful website with a step-by-step guide to the art and science of building and improving a website with a better user experience, a successful look and feel, and optimal web page functions. Topics covered include getting visitors to your website (for free), making a great first impression, getting people to know, like and trust you, and achieving your goals and objectives. This class is for anyone who wants to update or improve their current website or start from scratch.

Thursday • September 29 • 6:30-8:30pm • Online • \$30

SELF DISCOVERY & WELLNESS

SLEEP WELL FOR WELLNESS with Courtney Gravenese, MS, RDN

Ahh, sleep! So important, yet so out of reach for many of us, especially given the additional stressors from the pandemic. In this course, students will learn the importance of adequate sleep, the negative health effects of chronic sleep disruption/deprivation (including weight gain!) and common causes of sleep disturbances. This course is designed to provide practical guidance on lifestyle changes that will lead to improved quantity and quality of sleep. Current research on the effectiveness and safety of over the counter supplements will also be reviewed.

Wednesday • November 2 • 6:30-8pm • HGHS, L-217 • \$30

YUMMY MINDFUL SCARF KNITTING WORKSHOP with Jessica Meyrowitz

Experience the mindful and meditative benefits of knitting to calm the mind and focus your thoughts. Jessica takes knitting a step further by providing simple and quick tips to enhance the mindfulness of your knitting as well as your everyday life! As a workshop participant you will learn how to knit using It's a...Yummy's yarn and oversized needles. At the end of the workshop, you will have learned a skill and will be leaving with your very own Yummy creation. This workshop is appropriate for all ages and experience levels. Be mindful, creative, socialize, have fun and learn a new skill!

Wednesday • November 2 • 6:30-8:30pm • HGHS, L-216

\$30 (\$40 material fee collected in class)

YUMMY MINDFUL THROW KNITTING WORKSHOP with Jessica Meyrowitz

If you have taken one of our *It's A Yummy Mini-Scarf Knitting Workshops*, or have knitting experience and love to knit, then this next level class is for you! Knitters will get their own Yummy tote bag, Yummy circular knitting needles, Yummy pattern and Yummy Yarn in Natural, along with personalized instruction to knit a gorgeous, chunky YUMMY Throw! Participants get to keep their materials so that they can continue other projects on their own or for future classes. Join us and have a fun creative experience with a great group of knitters!

3 Wednesdays • November 30 to December 14 • 6:30-8:30pm • HGHS, L-216

\$90 (\$250 material fee collected in class)

WORLD LANGUAGES

-- A ZOOM meeting link will be emailed at a later date for online classes --

FRENCH FOR BEGINNERS with Monique Salkinow

This course is for those who have no or some previous French study. Emphasis will be on everyday vocabulary and use of verbs. Come learn the basics of grammar and idiomatic expressions in an atmosphere designed to develop your confidence.

11 Wednesdays • September 21 to December 14 (no class 10/5, 11/23) • 5:30-7pm

Online • \$240 (\$125 for Chappaqua Seniors)

FRENCH INTERMEDIATE with Monique Salnikow

Acquire the ability to speak French along with the correct accent in a congenial atmosphere. This course is for those with some knowledge of the language who prefer to strengthen the basics before moving ahead. Each session is customized around the student's aptitudes and knowledge. This is a highly focused, enriching course with an emphasis on communication.

11 Wednesdays • September 21 to December 14 (no class 10/5, 11/23) • 7:15-9:15pm
Online • \$275 (\$140 for Chappaqua Seniors)

FRENCH ADVANCED CONVERSATION with Monique Salnikow

Fine-tune your French with a native speaker! This course is intended for students with a good knowledge of French who would like to improve their conversation and understanding of idiomatic expressions, pronunciation, and vocabulary skills. The course emphasizes being able to converse in French with relative ease on any number of topics.

11 Tuesdays • September 20 to December 13 (no class 9/27, 10/4) • 7-9pm
Online • \$275 (\$140 for Chappaqua Seniors)

ITALIAN FOR BEGINNERS with Antonietta Gliubizzi

In this class we will develop an appreciation for the language and structure by focusing on basic vocabulary and pronunciation. We will explore different themes each week and practice them in simple conversations. Some of the topics include greetings, days of the week, months, numbers, telling time, weather, colors, clothes, etc. Culture will be incorporated through use of authentic material, songs and short videos.

5 Thursdays • September 29 to October 27 • 6:30-7:30pm
Online • \$100 (\$50 for Chappaqua Seniors)

ITALIAN INTERMEDIATE with Antonietta Gliubizzi

In this class we will focus on the 4 skills of language learning: listening, reading, speaking and writing. Students will work on broadening their vocabulary and review the grammar. Basic Italian conversation will be practiced during class and Italian culture will be discussed as well.

5 Thursdays • November 3 to December 8 (no class 11/24) • 6:30-7:30pm
Online • \$100 (\$50 for Chappaqua Seniors)

JAPANESE FOR BEGINNERS with Mami Fujisaki

The course is designed to introduce elementary Japanese to students with no/little/a little previous background in the language. Basic vocabulary, grammar, and sentence structures will be taught, and students can carry on a simple conversation. Hiragana and some introductory kanji will be introduced. Required Text: Kodansha's *Hiragana Workbook*.

10 Mondays • October 3 to December 12 (no class 10/10) • 7:15-8:15pm • Online
\$200 (\$100 for Chappaqua Seniors)

JAPANESE INTERMEDIATE with Mami Fujisaki

In this course, students build on the skills acquired in Beginning Japanese. The spoken language, basic grammatical forms and Hiragana writing are continuously focused. Hiragana and Katakana are used in writing/reading and some kanji are introduced. Students will enjoy expressing themselves more in Japanese.

10 Mondays • October 3 to December 12 (no class 10/10) • 5:45-7pm • Online
\$215 (\$110 for Chappaqua Seniors)

SPANISH FOR TRUE BEGINNERS with Isabel Irizarry

Spanish for True Beginners is a blended learning experience with both synchronous and asynchronous experiences to ensure that students are able to practice all modes -- speaking, listening, reading and writing. Zoom sessions will meet as a whole class and students can reinforce concepts on assigned work as their schedule permits. Familiarity with Google Slides is a plus.

10 Mondays • October 3 to December 12 (no class 10/10) • 6-7pm • Online
\$200 (\$100 for Chappaqua Seniors)

SPANISH INTERMEDIATE with Diana Walker

This course is intended for students who have already had some experience studying and speaking Spanish and would like to increase fluency. Students will give short presentations and conduct dialogues in real situations. Present and past tenses are covered.

Prerequisite: *Spanish for Beginners* or equivalent.

10 Tuesdays • October 11 to December 13 • 7-8pm • Online
\$200 (\$100 for Chappaqua Seniors)

SPANISH ADVANCED with Diana Walker

This course focuses on enhancing the oral, writing and comprehension skills by reading Spanish articles and books. Students also improve their Spanish speaking ability through active class discussion and presentations. Past, conditional, and future tenses are covered.

Prerequisite: *Spanish Intermediate* or equivalent.

10 Tuesdays • October 11 to December 13 • 6-7pm • Online
\$200 (\$100 for Chappaqua Seniors)

ABOUT THE INSTRUCTORS

KHALID AL DOORI is a Ruby Life Master Bridge Player and an accredited ACBL teacher since 2010. He has won many local and regional titles. Al Doori teaches at surrounding adult education centers and country clubs.

SUE ALTMAN is a former high school art teacher who now teaches continuing education courses on art and art history at many venues including Westchester Community College, The Learning Collaborative in Rockland County and others. You can learn more about Sue at www.artworkslectures.com.

NANCY BARLETTA has over 25 years of experience in financial services including investment banking, corporate finance, and for the last 17 years has owned her own company Quest Financial Solutions, LLC, which helps businesses and individuals organize and manage their finances in daily life and during events such as divorce and estate planning and settlement.

MARY ANN BAYER is a Licensed Associate Broker, Realtor, and Accredited Staging Professional. Mary Ann has represented both sellers and buyers for more than 15 years. She works with the Chappaqua COMPASS office.

KARLA BOOTH, AmSAT is a Senior Teacher of the Alexander Technique, Teacher for the Institute for Music and Health and Yoga Instructor with many years of experience practicing and teaching various forms of meditation.

MANNY BOYA is an International Pickleball Teaching Professional Association Level 2 Certified Pro and USAPA Ambassador for the USA Pickleball Association.

ELISA BREMNER, MS, RD, CDN, has spent 15 years empowering people of all ages and abilities to make healthful choices, with fruits and vegetables a primary focus. Through Arc, she teaches disabled adults skills for planning and cooking produce-rich meals. On the JCCA campus, she encourages students and staff to “make half your plate vegetables” through workshops, consultations, and demos. Elisa holds a BS in Communication from Cornell University and an MS in Nutrition Education from Teachers College.

LINDA CERRONE is a local artist with 38 years of professional experience in a wide variety of mediums. She has studied at UArts, SUNY Purchase, The Bronx Botanical Gardens and the Lasdon Arboretum. Linda is a naturalist and botanical artist with an expertise in regional flora and fauna. She currently creates work in graphite, pen and ink, watercolor, charcoal, and acrylic, and has been sharing her love of art and nature by teaching for 20 years.

ALISSA DORFMAN was born and raised in Washington, D.C., and has a B.S. from Cornell University. A long time Chappaqua resident, she founded Alissa Dorfman Home Organizing in 2015. Combining her skills from a career in Retail Buying and her home life raising three girls, Alissa embarked on a mission to help all Westchester residents organize, prioritize, and optimize their space! She has given many talks and tips over the years to the community and is honored to have been named twice as Best of Westchester in the Professional Organizer category.

ALAN ELSNER is a certified BBQ Judge and a former Pitmaster at award-winning Delaney BBQ and BrisketTown in Brooklyn, NY. He also is a lover of all things meat.

JIM FARNHAM, MBA, MS has traveled the U.S. and Canada as a professional speaker and author. He has over twenty years of experience in insurance, financial services, retirement planning, and strategies for income distribution during retirement.

DAVID “Magic Dave” FERST is a world-renowned magician/mentalists/memorist who has been performing since the age of six. He is a top consultant in the magic field teaching sleight of hand to some of the world’s finest entertainers. He also performs for many charities such as Memorial Sloan Kettering, St. Jude’s Children’s Hospital, Orange Grove Medical Center, National Leukemia/Lymphoma Association, and many others.

MAMI FUJISAKI was born, raised, and educated in Tokyo, Japan. She has taught college level Japanese at NYU and Cooper Union. Mami created the Japanese program and taught at Horace Mann where she was

Department Chair of World Languages for 6 years.

ANTONIETTA GLIUBIZZI was born and raised in Italy. She has a degree in Foreign Languages and Literatures (English and French) from University of Rome “La Sapienza” and a Masters Degree in Italian Studies from SUNY Stony Brook. She has been teaching Italian, French and Spanish for 15 years. She has always had a passion for languages and cultures from around the world.

KATIE GOLDBERG is a classically trained fine artist residing in Mt. Kisco. She holds a B.F.A. from Alfred University and teaches mixed-media art classes throughout Westchester.

COURTNEY GRAVENESE, MS, RDN is a nutrition consultant and health educator in the New York Metro area. She is a Registered Dietitian/ Nutritionist and holds a Master of Science in Nutrition and Exercise Physiology from Teachers College-Columbia University. Courtney has more than twenty years of experience including worksite wellness, individual and group nutrition education, fitness training, recipe analysis and health writing for various organizations in the area. She is the host of a weekly video podcast, ‘Courtney on Health’. Her combined degree in both nutrition and exercise physiology makes her uniquely qualified to field a wide variety of health and wellness questions and concerns from clients.

LORI GREENE has been teaching canasta privately for the last ten years. She is passionate about the game and particularly loves how her groups have continued playing long after their lessons have ended. Lori previously worked as a vice president of human resources in investment banking and has held various part-time and volunteer positions.

CINDY GREENSTEIN is former lawyer and CPA and now a mom of three young adults. Her focus is on family travel and her website is ThePointsMom.com. She loves to travel and she travels A LOT. She rarely pays for airline flights and hotel rooms because she knows how to take advantage of her credit cards and everything they have to offer. She can point you to free family travel.

ANN HERRERO, CFP®, CTFA, CDFA™ is a financial planner with over 25 years of experience in the financial industry including fixed income trading, private banking and trust accounts. She is a Certified Financial Planning™ Professional, a Certified Trust and Financial Advisor, and a Certified Divorce Financial Analyst. She has an M.B.A. in finance and portfolio management from Pace University and is past president of the Financial Planning Association of the Greater Hudson Valley.

MARISA HOROWITZ-JAFFE has been teaching, studying and living ancient history for over 25 years. Her background includes double Bachelors degrees in Egyptology and Roman Archeology from The University of Michigan, and a Master’s degree from Harvard University in Art and Museum Education. She spent two decades working in elite NYC art museum education departments and founded Museums With Marisa to bring her passions directly into the communities. Please visit www.MuseumsWithMarisa.com for more information.

ISABEL IRIZARRY grew up speaking Spanish and living in different parts of the Spanish-speaking world including Spain, Colombia and Puerto Rico. She is currently a teacher at Horace Greeley High School. Isabel enjoys creating engaging, meaningful experiences using authentic material.

STEVEN KLIMASZEWSKI is a Certified Financial Planner™ Professional and a Certified Fund Specialist with over 25 years of experience in financial services, including two decades of teaching retirement planning classes. Steve specializes in retirement distribution planning for pre-retirees and retirees. He has successfully helped hundreds retire using a segmentation or bucketing methodology to guide asset allocation strategies.

NEIL LUBARSKY, Esq. is a Harvard Law graduate who also possesses an L.L.M. (Master of Law Degree) in taxation from NYU. He has been a practicing estate planning and elder law attorney for over 30 years.

SARA MEYERS, Esq. practices exclusively in elder law and has spent the past two decades protecting the rights of New York’s senior and disabled populations. She is a member of the firm of Enea, Scanlan & Sirignano, LLP in White Plains and concentrates her practice on elder law, estate planning, special needs planning, guardianships, and long-term care planning strategies, with a focus on Medicaid home care and nursing home. Ms. Meyers has been named to the 2013-2021 New York Metro Super Lawyers list in Elder Law.

JESSICA MEYROWITZ is a knitter and designer that creates handmade products using an oversized, 100% merino wool yarn. Her company, It’s a... Yummy, is a provider of Yummy Yarn and hand knit products including throwns, baby blankets, pillows, wraps, hats, scarves and belts as well as DIY knitting kits. Jessica sells the products, the yarn and the DIY kits on her website itsayummy.com. Additionally, she teaches Yummy Mindful Knitting Workshops - a hot new trend in the Wellness Community - at various corporations for team-building and at destination spas including Canyon Ranch, Rancho La Puerta, Red Mountain Resort, Golden Door, Lodge at Woodloch and Ocean House.

RICH MINTZER is an author and ghostwriter for the past 30 years and has penned over 80 books. Titles include the business and personal memoirs of a variety of individuals from various walks of life. He has taught writing classes in Manhattan and at Westchester Community College. He has also done speaking engagements on writing a book throughout Westchester over the past 10 years.

SERENA NORR is a playwright, director, and founder of Let’s Make a Play, a playwrighting program for kids and adults. Her plays have been performed at the Omaha Fringe Festival, White Plains Performing Arts Center, the New Deal Creative Arts Center, Players Theater with the Rogue Theater Festival, the Tank, the Short Play Festival, and University of Alabama as well as Zoom productions. Her plays, “OTHER” was published in Theatre Unbound’s “Bittersweet” Monologue Collection and “Zoom Like No One is Watching” will be published in the “UNTITLED COVID SHORT PLAY ANTHOLOGY” (2022). She is a member of the Dramatists Guild, Westchester Collaborative Theater, Cut Edge Collective, and participant in the 2021 Kennedy Center Playwriting Intensive and Women’s Theatre Festival (WTF) Directing Program. To learn more about Serena, visit her website www.letsmakeaplay.com.

NINA OSSOFF is multi-platinum/multi-genre songwriter. Songs recorded by: Daughtry...Halestorm...Shindown...Theory of a Deadman...Pati Austin...Irma Thomas...Southside Johnny and the Asbury Jukes...The Cheetah Girls...Hillary Duff...Citizen Soldier...Push...and many others. Movie/TV credits include: Miss Congeniality...Bring It On...Centerstage...Barbershop...Entertainment Tonight...The Young And The Restless...and The Bold And The Beautiful. Nina Ossoff currently teaches songwriting at Montclair State University and mentors privately.

GINNY POLEMAN is a graduate of Cornell University, a trained docent for the Municipal Art Society's official Grand Central Terminal tour, as well as a trained educational guide for 4th-through 12th-graders at Manhattan's largest art museum. Additionally, she offers private tours for her own company, NYC Encounters, covering New York City Art, Architecture, and History. You can follow her on Instagram (@Art_Encounters) and Facebook (@NYC.Encounters).

JAMES RELYEA is an independent consultant in life and long-term care insurance, Certified Financial Planner (CFP), Certified Insurance Consultant (CIC), and Certified Long-Term Care Specialist (CLTC).

AMY ROSEN is a cooking instructor with 10 years experience. She is a homestyle cook who has created delicious dishes her entire life. In addition to her cooking classes for adults, she runs the cooking program for Next Level Camp for the past 5 summers. To learn more about Amy, visit her website at www.amyrosencookingbydesign.com.

MICHELLE SACCRATO has taught exercise classes for over 20 years. Her philosophy is, "Exercise at any age to increase your quality of life. Keep moving and breathing!" Her qualifications include a B.S. and M.S. in math special education, a Pilates mat certification, and she is an AFAA certified group fitness instructor and senior fitness study student.

MONIQUE N. SALNIKOW was born and educated in France and has been conducting French classes for over twenty years.

CELIA SZAVA is a Certified Staging Professional with The Real Design Company.

DEBORAH TAFT is the owner of Mobius Fields, a small-scale mixed vegetable and flower farm in Westchester. She uses nutrient-dense and regenerative growing practices and teaches from those perspectives. This mission of her farm includes helping her neighbors grow the most nutritious food possible. On Saturdays, Mobius Fields can be found at the Tarrytown and Sleepy Hollow Farmers Market.

SUZI MYERS TIPA studied acting at the Lee Strasberg Theatre Institute and improv at Chicago City Limits in NYC. She has taught Latin and international dance and Zumba for SUNY Purchase. She is co-founder and company manager for World Dance Theatre, a not-for-profit professional dance company dedicated to the promotion of cross-cultural understanding through the arts. She currently performs with World Dance Theatre and with Pat Cannon's Foot and Fiddle Dance Company.

FRAN TORRES is a Licensed Agent for Houilhan Lawrence. For over 20 years, Fran has been representing buyers and sellers in Northern Westchester providing award winning personnel attention to each and every one.

DEBORAH TUAL is a professional photographer with over 25 years of experience. Her North Stamford studio specializes in portrait photography (business, family, children) and event photography. Deborah is a certified professional photographer and an approved business instructor through the Professional Photographers of America.

SCOTT M. TURNER has been in the financial services business for over 20 years. He specializes in financial consulting for individuals, families, and small businesses with an emphasis on asset management and retirement planning. Scott is a CFP®, Certified Financial Planner™ Professional, and a Fellow of the Society of Actuaries. He is one of fewer than 50 people nationwide who have both designations.

DAVID VOGEL has over 25 years of experience working in Hollywood and New York City on feature films, documentaries, music videos, and national TV commercials. After creating a legacy video of his 82-year-old father, he launched Heirloom Family Documentaries, a legacy video production company that uses a 100% remote video production approach to capture the life stories of parents and grandparents from anywhere in the US.

DIANA WALKER is a native Spanish speaker from Argentina. This accomplished, creative, and energetic teacher challenges students by creating unique instructional programs tailored to specific needs. Diana has taught at Rippowam Cisqua and Hackley and continues to tutor students and teach classes in Westchester.

JENN WALLER has been making greeting cards and personalized gifts for family and friends for many years. Over the pandemic she really honed her skillset focusing on hand lettering/modern calligraphy and is eager to share her craft with aspiring students.

KATHRYN WARD has been practicing yoga for more than 20 years and started teaching it in 2015. She sees yoga as a path to connecting body and mind and as an important tool for cultivating mindfulness in daily life.

DENISE WEBER is a fitness professional with over 30 years of experience and multiple certifications. She loves to use fitness to improve the quality of life for her clients and students.

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