



# CHAPPAQUA CONTINUING EDUCATION

For over 40 years, the Chappaqua Continuing Education Program (CCE), through the Chappaqua Central School District, has provided enriching courses for residents (18 years old or older) of Chappaqua and the surrounding communities.

This spring is all about experiencing new classes, exploring hobbies and interests, and reconnecting with your community and friends!

We are happy to announce that CCE has an exciting line-up for the spring. Our program will be a hybrid of in-person classes, which will meet at Horace Greeley High School (HGHS), and online classes via Zoom, which can be taken from the comfort of your home! We have added many new and interesting classes to the spring schedule while continuing many of the favorites from years past.

**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 will 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.**

We are committed to an enriched experience for all and look forward to adding many new and diverse classes in the future!

Please feel free to email me at [FrColandreo@chappaquaschools.org](mailto:FrColandreo@chappaquaschools.org) with any questions or comments.

We look forward to seeing you in class!

Francine Colandreo Flamino  
Director, Chappaqua Continuing Education

## **HOW TO REGISTER**

Register online at [www.chappaquaschools.org/cce](http://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**

Spring 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, unless otherwise noted. Online classes will be conducted on Zoom, links will be emailed to participants prior to the start of the class.

## **CALENDAR**

Continuing Ed classes will not be held on school holidays or when schools are closed due to inclement weather. Closings are announced on local radio stations or call 238-7201, ext. 2318.

### **Classes WILL NOT be held:**

Monday: April 11 & May 30

Tuesday: April 12

Wednesday: April 13

Thursday: April 14

## **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](mailto: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.

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**Have a class to teach?** Visit [www.chappaquaschools.org/TeachCCE](http://www.chappaquaschools.org/TeachCCE)

# ART & ART APPRECIATION

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

## **ART OF THE RENAISSANCE** with Sue Altman

This course covers the period from the 14th century and the seeds of the Renaissance through the 15<sup>th</sup> century as focus turned towards realistic representation of the natural world, to its peak in the 16<sup>th</sup> with artists such as Leonardo, Raphael and Michelangelo. We will also explore the differences between the art of Italy and Northern Europe.

6 Tuesdays • April 26 to May 31 • 6:30-7:30pm • HGHS, L-215 • \$120

## **BOTANICAL ART: WATERCOLOR SKILLS** with Linda Cerrone

In the world of Botanical Art, the use of watercolor is a very popular medium. Artists use the attributes of watercolor to show the incredible range of subject's nature provides us. Watercolor can create luminous colors, precise detail, a variety of textures, warm glowing light, and rich shadows. In this session you will learn important watercolor skills that will help you take your artistic abilities further. Techniques that will be explored are glazing, washes, layering, color theory, color mixing, creating texture, water as a tool, and more. Basic artistic skills are a must for this class. If you can draw simple flowers, fruits or leaves or have taken any of the Botanical Art classes offered at CCE, you are ready for this next step! Classes are presented in a fun and non-judgmental manner. Each class we will explore a skill and then put it to use. Supply list will be emailed prior to the beginning of class.

7 Tuesdays • March 15 to May 3 (no class 4/12) • 7-9pm • HGHS, Art 1 • \$165

## **DRAWING 101: Learn to Draw** with Katie Goldberg

Drawing is a basic skill that can be learned. It's not about talent, it's all about the eye-hand-brain connection. Learn to unleash that communication, acquire a new skill, and have fun at the same time in this stress-free class. You'll overcome your frustration and fear of drawing. Bring a pencil and a spiral bound sketchbook to the first class. An expanded list of art supplies will be discussed but not mandatory.

6 Mondays • April 18 to May 23 • 7-8pm • Online • \$120

## **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 is a personalized memento from your hand and heart. During this workshop you will learn the skills to make several finished pieces from beginning to end. You get wonderful artworks to share and will leave the workshop with the ability to create many more! Join local artist Linda Cerrone for a fun and easy class anyone can enjoy. Supply list will be emailed prior to the beginning of class.

6 Wednesdays • March 16 to April 27 (no class 4/13) • 7-9pm • HGHS, Art 1 • \$140

## **UNLEASH THE POWER OF YOUR CREATIVITY: Visual Journaling for Everyone** with Krysty Krywko

Have you always wanted to step into a creative practice, but aren't sure how? Visual journaling focuses on deconstructing and demystifying the creative process so you can find your creative groove. Using a simple sketchbook and basic art supplies, each class will be an interactive journey, where students will engage with paint, words, and images. Your sketchbook becomes your playground where you are free to practice, explore, and make mistakes. Students will also be provided with ways they can connect their practice to their daily lives. No artistic experience is necessary. Please bring a sketchbook along with an open heart and an open mind--all other materials will be provided by the instructor.

4 Thursdays • April 28 to May 19 • 7-8:30pm • HGHS, Art 1 • \$90 (\$10 material fee)

## ART VIRTUAL TOURS

-- All classes will meet online --

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

### **ART HISTORY FOR TRAVELERS: France, Italy, Greece, Spain, The Netherlands and the UK** with Sue Altman

This is a class for armchair travelers, those who want to relive the joys of a past trip or those planning one in the future. Each class explores a different country and their essential contributions to art history.

6 Tuesdays • March 8 to April 19 (no class 4/12) • 6-7:30pm • Online • \$140

### **BEFORE THE MALL: SHOPPING DURING THE GILDED AGE - LADIES MILE** with Ginny Poleman

Remember shopping before Amazon? Back at the turn of 20<sup>th</sup>-century NY, there was the Lady's Mile--a string of large department stores lined up for ladies to window shop and purchase anything from a shirtwaist to a sack of potatoes. More than 400 of the beautiful buildings from the late 19<sup>th</sup> century are still standing. Take a virtual walk up 6<sup>th</sup> Avenue with Ginny Poleman as she guides you through the history of shopping in New York City with names long gone, like Siegel-Cooper, and some very familiar, like Macy's.

Wednesday • April 6 • 7-8pm • Online • \$20

### **CLEOPATRA: Her Cunning Intelligence, Extraordinary Life and Tragic Death** with Marisa Horowitz-Jaffe

This program explores who Cleopatra Ptolemy XII truly was. We'll learn about her family, her military brilliance, her marriage, and children with Julius Caesar, and how she ruled as the very last pharaoh of Ancient Egypt. Let's explore the myths and facts that surround this fascinating woman.

Monday • March 28 • 7-8pm • Online • \$20

### **FASHION AND BEAUTY IN ANCIENT EGYPT** with Marisa Horowitz-Jaffe

Just like us, ancient Egyptians had makeup boxes, mirrors, jewelry, and hair pieces. Take a peek inside an Egyptian's vanity set! We'll explore why only pharaohs are portrayed with beards, why both men and women wore makeup and large black wigs, and various ways you could portray yourselves with the ancient resources available.

Monday • March 14 • 7-8pm • Online • \$20

### **IMPRESSIONISM at the METROPOLITAN MUSEUM OF ART** with Marisa Horowitz-Jaffe

Discover the unique history and background of the Impressionist movement through the backdrop of The Metropolitan Museum of Art's stellar collection. We move through time to understand how this new form of artistic expression began, and visit works to visually explain how radical artwork became. Cassatt, Degas, Monet, Renoir and famous post-Impressionists such as Vincent Van Gogh are discovered. World class favorites, such as Monet's "Water Lilies," and Van Gogh's "Starry Night" will all be discussed.

Monday • April 4 • 7-8pm • Online • \$20

### **MORE OF THE HISTORY OF CENTRAL PARK** with Ginny Poleman

With 483 acres and 163 years to cover, let's continue the discussion of Central Park with three more sessions on this spectacular jewel of Manhattan.

Central Park Week 1: The Olmstead & Vaux plan versus what's there today: the Gates, Sculptures, and Buildings

Central Park Week 2: What's up North? The Harlem Meer, North Woods, and Conservatory Garden

Central Park Week 3: The natural splendor of Central Park: the history & design of its curated landscape

3 Wednesdays • March 16 to March 30 • 7-8pm • Online • \$60

**THE HISTORY OF PENN STATION** with Ginny Poleman 

One of New York City's most devastating architectural losses was the original Beaux Arts masterpiece Penn Station, designed Charles McKim of the Gilded Age's McKim, Mead & White. Learn what made building the station possible, how it connected Manhattan to the rest of the country, and its ultimate demise in this informative class with Ginny Poleman.

Wednesday • April 20 • 7-8pm • Online • \$20

**VIRTUAL CRUISE DOWN THE NILE RIVER** with Marisa Horowitz-Jaffe  
Take a tour down the Nile River from the comfort of your home! Our river cruise begins in the Delta Valley with a stop at the Great Pyramids and the new Grand Egyptian Museum. Then, we make our way down the Nile River with our first stop at the Temple Complex of Karnak, one of the most famous Ancient Egyptian sites. We continue south and visit Esna and Dendera, exploring the unique architecture and stunning color remnants inside the temples. Archeological methods and hidden gems are all to be discovered!

Monday • March 21 • 7-8pm • Online • \$20

## **CULINARY**

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

**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 • May 5 • 7-9pm • HGHS, L-215 • \$30

**CHICKEN 3 WAYS** with Amy Rosen

Bored of your weekly meals at home, join Amy Rosen and learn how to make exciting and delicious homestyle chicken dinners for your family. A fully hands-on cooking class, Amy will guide you in the preparation and cooking of Chicken prepared 3 different ways. One sautéed, one stuffed and one made in a cast iron pan. The flavors will entice your family to sit down to the table and enjoy eating a home cooked meal together. Recipes and shopping list will be provided in advance so participants can cook along.

Wednesday • March 30 • 7-8:30pm • Online • \$30

**FAST AND FRESH VEGETARIAN DINNERS FOR SPRING** with Amy Rosen 

Preparing meals without meat still allows for endless possibilities in the kitchen. Join Amy Rosen as we explore a range of truly delicious nutritional well balanced and satisfying spring vegetarian meals using seasonal ingredients that can be put on the table in no time. A fully hands on cooking experience. Enjoy Meatless Eggplant "meatballs", Quinoa Burgers, Cauliflower Steaks with Polenta and Mushroom Ragu, Spaghetti Squash with homemade pesto and mixed vegetables. Recipes and shopping list will be provided in advance so participants can cook along.

Wednesday • April 6 • 7-8:30pm • Online • \$30

**GLUTEN-FREE COOKING** with Amy Rosen 

Gluten Free Cooking can be delicious and creative. We will create healthy meals that the whole family will enjoy. Gluten-Free Gratin with Roasted Tomatoes, White Beans, and Kale, Gluten Free Eggplant Parmesan and Chocolate Molten Lava Cakes. Recipes and shopping list will be provided in advance so participants can cook along.

Wednesday • March 16 • 7-8:30pm • Online • \$30

**PERFECT APPETIZERS FOR YOUR SUMMER PARTY** with Amy Rosen 

Summer is the time to enjoy friends and family coming over for dinner. Learn how to make delicious appetizers which will delight your guests. Enjoy Cucumber Towers, Tomato, Basil and Goat Cheese Tartlets, Fish Ceviche, Steak Crostini with homemade onion jam. Recipes and shopping list will be provided in advance so participants can cook along.

Wednesday • April 27 • 7-8:30pm • Online • \$30

**START SIMPLE WITH MYPLATE** with Elisa Bremner, RDN 

The USDA MyPlate was introduced 5 years ago to help Americans choose a healthy diet. How can you use this tool to make good choices, manage weight, control diabetes or prevent chronic disease? Our RD will demonstrate how to use it with visual examples, provide resources and cook a complete meal that fills MyPlate! Recipes and shopping list will be provided in advance so participants can cook along.

Monday • March 14 • 7-8pm • Online • \$20

**WASTE NOT, WANT IT: Food That's Good for Us and The Planet**   
with Elisa Bremner, RDN

In this class we will explore the impact of food on the environment and learn some easy tricks for reducing your carbon footprint while improving your physical and financial health. Your “practical dietitian” will also help you find a recipe for whatever you have in your fridge/pantry. Recipes and shopping list will be provided in advance so participants can cook along.

Monday • March 21 • 7-8pm • Online • \$20

## EXERCISE

**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.

10 Mondays • March 14 to May 23 (no class 4/11) • 6:30-7:30pm  
HGHS, Fitness Center • \$150

**INTRODUCTION TO THE ALEXANDER TECHNIQUE** with Eve Silver 

The Alexander Technique has been used for over 100 years by individuals interested in learning how to change movement patterns and other habits that contribute to stress and tension in the body. This series of 6 classes will be an introduction to a unique approach to changing postural habits. What you will learn can be applied to any activity: walking, sitting, standing, to name a few. This method will give you a better understanding of how to move in a way that is integrated with the body and mind giving you tools to find more ease and fluidity in your everyday life.

6 Wednesdays • April 27 to June 1 • 6-7:15pm • HGHS, Faculty Lounge • \$150

**PICKLEBALL: Beginner 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. Whether you're a beginner or an advanced racket sport athlete, 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 • March 22 to May 3 (No class 4/12) • 7-9pm  
HGHS, Back Gym • \$175 • Limit 16 students

Section B: 6 Thursdays • March 31 to May 12 (no class 4/14) **NEW DATE** • 7-9pm  
HGHS, Back Gym • \$175 • Limit 16 students

Section C: 6 Tuesdays • May 10 to June 14 • 7-9pm  
Location TBD (HGHS, Back Gym or Seven Bridges MS) • \$175 • 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 • March 16 to May 25 (no class 4/13) • 7:30-8:30pm  
HGHS, Fitness Center • \$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](http://www.poundfit.com). You will need a yoga mat or towel to work on.

12 Tuesdays • March 8 to May 31 (no class 4/12) • 7:15-8pm • HGHS, Fitness Center • \$160

**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 • March 15 to May 24 (no class 4/12) • 6:30-7:30pm  
HGHS, Fitness Center • \$150 • Limit 10 students

Section B: 10 Tuesdays • March 15 to May 24 (no class 4/12) • 7:30-8:30pm  
HGHS, Fitness Center • \$150 • Limit 10 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 Wednesdays • March 16 to May 25 (no class 4/13) • 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 for 5 minutes; meditation for 5 minutes; final relaxation for 5 minutes.

10 Mondays • March 7 to May 16 (no class 4/11) • 7-8:15pm • HGHS, Faculty Lounge  
\$160 • Limit 12 students

## **FINANCE**

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

### **ACCOUNTABLE AGING: Preparing for the Elder Years with Sara Meyers**

Learn how to best organize your affairs, ensure all necessary documents are in order (from last wills, trusts, and advance directives to insurance policies and bank records), as well as what estate and elder care planning options are available to you and your loved ones.

Tuesday • March 22 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

### **FINANCIAL PREPARATIONS FOR SELLING YOUR HOME & MOVING**

with Scott Turner, Steven Klimaszkeski 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 Broker, Usha Subramaniam 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.

Wednesday • April 6 • 7-8pm • HGHS, L-216 • \$20

### **GETTING THE MOST FROM YOUR AMERICAN EXPRESS PLATINUM CARD**

This class will focus on making sure you know how to take advantage of the generous benefits that you get with your personal and business American Express Platinum Cards. We will also talk about for which purchases you should be using these cards to maximize your rewards. Of course, we will review how to get the best deals when using your Amex points for travel. Cindy is here for questions, advice, etc. Everyone should be logged in to their Amex accounts before attending the Zoom class so make sure you know how to log in to your account before the class.

Wednesday • March 23 • 6:30-8pm • Online • \$25

### **GETTING THE MOST FROM YOUR CHASE SAPPHIRE CARD**

This class will focus on making sure you know how to take advantage of the generous benefits that you get with your Sapphire PREFERRED and Sapphire RESERVE cards. We will also talk about for which purchases you should be using these cards to maximize your rewards. Of course, we will review how to get the best deals when using your Chase points for travel. I am here for questions, advice, etc. Everyone should be logged in to their Chase accounts before attending the Zoom class so make sure you know how to log in to your account before the class.

Wednesday • April 20 (new date) • 6:30-8pm • Online • \$25

**IMPROVING YOUR KNOWLEDGE OF LIFE INSURANCE** with James Relyea 

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 • May 19 • 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.

Thursday • May 5 • 5-7pm • Online • \$30 (Free for Chappaqua Seniors)

**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 • April 28 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

**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.

Tuesday • March 22 • 6-8pm • Free (registration required) • Online

Saturday • May 21 • 10am-12pm • Free (registration required) • Online

**QUICKBOOKS BEGINNER'S WORKSHOP** with Nancy Barletta 

If your New Year's resolution is to finally organize your business finances this workshop is for you. We will start from the beginning and answer questions from people who have tried to set up a file but are having issues. There are a lot of aspects to the software so in this class we will go over the basics:

- Setting up a new file from the beginning with categories that are personalized for your business
- Download your banking information and categorize transactions
- Reconcile your bank accounts and set up reports for yourself and/or your accountant
- Set-up your vendor list and pay bills

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- Set-up your customer list and create invoices

Nancy Barletta will be using Quickbooks Desktop Pro 2020 and will be taking questions in advance to discuss during the class.

Tuesday • May 3 • 7-9pm • Online • \$30

**RETIREMENT PLANNING TODAY** with Scott Turner and Steven Klimaszewski  
The strategies that you used to accumulate money are very different than the strategies that you will use to make sure your money lasts 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 the basics of financial planning and what strategies will combat inflation and taxes
- How to allocate your investments based on your anticipated spending
- 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 • April 19 to May 3 • 7-9:30pm • HGHS, Academic Commons  
\$50 (optional \$30 workbook available for purchase at first class)

## **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 the 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 new 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 will explain 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 • April 25 • 7-8:30pm • HGHS, Academic Commons  
\$30 (Free for Chappaqua Seniors)

## **UTILIZING A TRUST FOR YOUR ELDER LAW AND ESTATE PLANNING**

**NEEDS: The Pros and Cons** with Sara Meyers

Take 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 • May 10 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

## **GAMES & FUN**

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

**CANASTA: Beginner's Series** with Lori Greene

This six-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.

6 Mondays • April 18 to May 23 • 7-8:30pm • Online • \$150 • Limit 12 students

**CANASTA: Strategy and Special Hands** with Lori Greene

Learn strategies and tips to bring your Canasta game to a higher level and play to win. Topics will include Special Hands, Signaling your Partner, Aces, Sevens and Wild Cards. Tips for playing on the Canasta Junction App. Note: Students must know how to play canasta or have taken Canasta Beginner's Series.

Thursday • April 28 • 7-8:30pm • Online • \$25 • Limit 12 students

**HOCUS POCUS MAGIC** with Dave Ferst

This eight-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!

8 Tuesdays • March 22 to May 17 (no class 4/12) • 7-8:30pm • HGHS, Library • \$160

**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 • April 19 to May 17 • 7-9pm • HGHS, iLab • \$125 • Limit 12 students

**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!

4 Tuesdays • May 24 to June 14 • 7-9pm • HGHS, iLab • \$100 • Limit 12 students

## **GARDEN & HOME**

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

**GROWING GREAT TOMATOES** with Deborah Taft

Everybody loves tomatoes but they can be challenging to grow. We'll talk about varieties to choose, trellising, and pruning methods. Tomatoes are considered "heavy feeders" so we'll discuss how to keep them well-fed. Because they are susceptible to many pests and diseases, we'll spend some time talking about identifying problems as well as organic controls for them. Bring your questions! There will be an opportunity to purchase tomato seedlings from Deb after class.

Monday • May 23 • HGHS, L-217 • 7-8:30pm • \$30

**GROWING HERBS** with Deborah Taft

Fresh herbs add great flavor to everything you cook. We'll talk about how herbs can enhance your landscape, find a spot in your vegetable garden and be grown in containers. We'll talk about annual and perennial herbs (as well as one or two biennials) and how they need to be managed, how to get them going, and how to harvest to extend their productive life through the growing season. Bring a pot and we'll plant it with 2 live herb plants.

Monday • May 2 • 7-8:30pm • HGHS, L-217 • \$30 (\$5 material fee)

**ORGANIC VEGETABLE GARDENING 101** with Deborah Taft

Learn what to consider in planning a garden, from choosing a site to selecting crops, quantities to grow for your family, and when to get started. What does it take to turn a path of your lawn into a garden plot? We'll talk about siting requirements, turf removal, soil analysis and amendments. Is it best to build boxed beds, a raised bed or just plant in a smooth piece of ground? We'll look at all of these options and more. We'll take time to talk about your specific challenges. Leave with copies of Deb's favorite seed catalogs.

Monday • April 4 • HGHS, L-217 • 7-8:30pm • \$30

**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 • March 9 • 7-8:30pm • Online • \$30 (Free for Chappaqua Seniors)

## **HOBBIES**

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

**SUBURBAN SONGWRITERS!** with Nina Ossoff 

Join Nina Ossoff, a multiplatinum/multigenre songwriter, and take your dream of songwriting and make it a reality! Suburban Songwriters 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 • March 30 to May 25 (no class 4/13) • 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. For those who have thought about writing a memoir this class can get you started.

4 Thursdays • April 7 to May 5 (no class 4/14) • 7-8:30pm • HGHS, L-216 • \$90

**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 course provides a place to begin the process.

4 Thursdays • March 10 to March 31 • 7-8:30pm • HGHS, L-216 • \$90

# PHOTOGRAPHY & TECHNOLOGY

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

## **A COMPLETE GUIDE TO BUYING AND SELLING ON EBAY** with Peter Silverman

This comprehensive course will help beginners and knowledgeable eBuyers alike. Learn to set up eBay and PayPal accounts, navigate the system and understand how to participate in both buying and selling. Learn how to search through all of the millions of items for sale for exactly what you want, save custom searches, maintain a “watch” list and favorite sellers. Learn the tips, tricks and traps of on-line auctions so you can avoid mistakes and spot great deals. Learn to create your own auction listings including how to describe and price your items, post photos, determine shipping costs, create restrictions, and get paid. Learn about the importance of timing your listing, getting and giving feedback and how to communicate with buyers.

3 Thursdays • April 28 to May 12 • 7-9pm • HGHS, Studio 6 • \$75

## **CREATING A FAMILY LEGACY VIDEO** with David Vogel

Learn the art of capturing the life stories of your parents or grandparents on video without the need for a professional. Create a legacy to share with future generations and simultaneously forge a more meaningful relationship with your elders while they are still with you. This workshop will explain first how to shoot with a smartphone, tripod, and microphone, next what questions to ask and how to conduct an interview, then how to edit like a pro or utilize a freelance online editor, and finally how to share the videos with friends and family. No prior video production or video editing experience is required. Tripod and wired microphone is recommended for the class but not required. Tripod and wired microphone can be purchased at additional cost of \$30 directly from the teacher.

4 Wednesdays • March 23 to April 20 (no class 4/13) • 7-8pm • Online • \$80

## **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, branding, 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 phone.

Wednesday • March 16 • 7-8:30pm • Online • \$25

## **IPHONE PHOTOGRAPHY: Use your iPhone Camera to its Full Potential**

with Deborah Tual

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

Section A: Monday • April 4 • 6:30-8:30pm • Online • \$30

Section B: Wednesday • June 1 • 6:30-8:30pm • Online • \$30

## **PHOTOGRAPHY: DSLR Camera Features & Settings: Beyond Auto Mode**

with Deborah Tual

This course explores the key DSLR 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, and bracketing. Skill-building exercises will get you up and off your chair to develop your skills with aperture, shutter speed, and ISO. Bonus material provided between sessions. Sharing images and discussions are part of every session. Camera Types: DSLR only (no point-and-shoot). You will need to bring your digital camera, fully charged battery, camera manual and note taking materials to each session.

3 Wednesdays • March 23 to April 6 • 6:30-8:30pm • HGHS, L-217 • \$90

**PHOTOGRAPHY: People and Places** with Deborah Tual

Learn how to see the world like a professional photographer - the dos and don'ts of photographing your family and friends and techniques to capture the beauty and unique aspects of the places in your travels.

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

**PHOTOGRAPHY: The Art of Composition** with Deborah Tual

This class will introduce the artistic aspects of photography. Learn how to see a subject in different ways and create better images with confidence and creativity using elements of composition like symmetry, lines, shapes, perspective, depth, and dimension, as well as color and more.

Wednesday • April 20 • 8-9pm • Online • \$20

## **SELF DISCOVERY & WELLNESS**

**FOOD AND FITNESS OVER 50!** with Courtney Gravenese, MS, RDN 

How can you slow muscle loss as you get older? What are the most common nutritional deficiencies seen among adults over 50? What are the best sources of protein and how much do you need? Whether you are 'only' 50 or any age over, this course will offer tips to help you optimize energy levels, reduce injury, improve nutrition and guide you down a pathway to wellness as you age. Explore the unique nutritional needs and exercise strategies to keep both women and men strong, healthy and feeling their best.

Monday • March 28 • 7-8:30-pm • HGHS, L-217 • \$30

**HOW TO EFFECTIVELY NAVIGATE MIDLIFE TRANSITIONS** 

with Marina Benzaquen

This workshop offers a new perspective on how to approach the unique changes and challenges that midlife frequently presents. We will discuss common transitions that adults in midlife face and methods of bridging the gap between point A and point B. You will learn how to take stock of where you are now and gain clarity on your values and priorities using practical and valuable methods including the Life Wheel and value mapping. These tools will allow you to identify and map out a path that aligns most closely with who you want to be. This workshop will give you an opportunity to tap into YOU, your goals and your desires so that you feel empowered to thrive through transitions and approach the next chapter(s) of your life with intention, alignment, passion, and commitment.

Wednesday • April 27 • 7-8:30pm • HGHS, L-217 • \$25

**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 stressors of 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 to provide practical guidance on lifestyle changes that may lead to improved quantity and quality of sleep. Current research on the effectiveness and safety of over the counter supplements will also be reviewed.

Tuesday • April 26 • 7-8:30pm • HGHS, L-217 • \$30

**YUMMY MINDFUL KNITTING WORKSHOP** with Jessica Meyrowitz 

Experience the mindful and meditative benefits of knitting at a Yummy Mindful Knitting Workshop! The act of knitting calms the mind and focuses 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, in addition to feeling accomplished, centered and more focused. This workshop is appropriate for all ages and experience levels. Be mindful, creative, socialize, have fun and learn a new skill!

Tuesday • March 15 • 7-9pm • HGHS, L-216 • \$30 (\$40 material fee collected in class)

**YUMMY BELT MAKING WORKSHOP** with Jessica Meyrowitz   
Experience the mindful and meditative benefits of creativity with the Yummy Belt Making Workshop! Being creative calms the mind and focuses your thoughts. Jessica takes creative arts a step further by providing simple and quick tips to enhance the mindfulness of our crafting as well as your everyday life. As a workshop participant you will create a Yummy Belt using Yummy yarn and suede. At the end of this fun and easy hands-on workshop you will be leaving with your very own Yummy creation, in addition to feeling accomplished, centered and more focused. This workshop is appropriate for all ages and experience levels. Be mindful, creative, socialize, have fun and learn a new skill!

Tuesday • April 26 • 7-9pm • HGHS, L-216 • \$30 (\$25 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 Salnikow

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

12 Wednesdays • March 16 to June 8 (no class 4/13) • 5:30-7pm • Online  
\$250 (\$135 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.

12 Wednesdays • March 16 to June 8 (no class 4/13) • 7:15-9:15pm • Online  
\$300 (\$150 for Chappaqua Seniors)

**FRENCH ADVANCED CONVERSATION** with Monique Salnikow

Fine-tune your French with a native speaker - almost as good as going to Paris! 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.

12 Tuesdays • March 15 to June 7 (no class 4/12) • 7-9pm • Online  
\$300 (\$150 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.

6 Thursdays • March 10 to April 21 (no class 4/14) • 6:30-7:30pm • Online  
\$120 (\$65 for Chappaqua Seniors)

### **INTRODUCTION TO JAPANESE** with Mami Fujisaki

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

10 Mondays • March 14 to May 23 (no class 4/11) • 7:15-8:15pm • Online  
\$200 (\$100 for Chappaqua Seniors)

### **INTERMEDIATE JAPANESE** 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. Katakana and some kanji are introduced. Students will enjoy expressing themselves more in Japanese.

10 Mondays • March 14 to May 23 (no class 4/11) • 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.

12 Mondays • March 7 to June 6 (no class 4/11 and 5/30) • 6-7pm • Online  
\$225 (\$125 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.

12 Wednesdays • March 16 to June 8 (no class 4/13) • 7-8pm • Online  
\$225 (\$125 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.

12 Wednesdays • March 16 to June 8 (no class 4/13) • 6-7pm • Online  
\$225 (\$125 for Chappaqua Seniors)

## **ABOUT THE INSTRUCTORS**

**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](http://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 real estate agent, REALTOR, and accredited staging professional. Mary Ann has represented both sellers and buyers for more than 10 years with the Chappaqua office of Houlihan Lawrence.

**MARINA BENZAQUEN** is a life coach specializing in helping women thrive through change and transition. She is the owner of Marina B Coaching, LLC and lives in Chappaqua, NY with her four children.

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

**ELISA BREMNER, RDN** 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.

**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/mentalizer/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 & CPA and now a mom of three young adults. Her focus is on family travel and her website is [ThePointsMom.com](http://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.

## Chappaqua Continuing Education

**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 and is excited to rejoin the Continuing Ed program. Isabel enjoys creating engaging, meaningful experiences using authentic material.

**MARISSA 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](http://www.MuseumsWithMarisa.com) for more information.

**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.

**KRYSTY KRYWKO** is the founder and head artist of The Creative Badass Project, based in Chappaqua. She has blended her life-long passion of writing, painting, and teaching into a unique method of providing space for her students to dive into their creativity. Krysty believes the creative experience is something that everyone has a right to practice. She holds an Ed.M in Curriculum Development and an Ed.D. in International Education Development, and is also a certified creativity coach.

**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 2013-2019 New York Metro Super Lawyers list in Elder Law.

**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.

**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 throws, 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](http://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.

**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...Plush...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 4<sup>th</sup>-through 12<sup>th</sup>-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 [www.amyrosencookingbydesign.com](http://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.

**EVE SILVER** qualified as an AmSat certified Alexander Technique Teacher from ACAT-NY in 2014. Eve has a private practice in Katonah and offers group workshops and online courses. Her greatest joy in teaching this method is watching the transformation of her students as they achieve physical, mental and emotional healing. In addition to teaching the Alexander Technique, Eve is an interior design consultant and an advocate for activities that strengthen, support and promote community and joyful living.

**PETER SILVERMAN** is a tech-savvy, business professional with over 35 years of experience in various technology and communication industries as well as over 20 years of eBay experience. Peter and his wife have been antiques dealers for over 30 years, leveraging Peter's eBay skills since 1999 to buy and sell many of their vintage items. Peter is a seasoned veteran and has had a great deal of success not only using eBay personally but in helping others to take advantage of the buying and selling power that eBay offers.

**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 Broker 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.

**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.

# REGISTRATION

Make check payable to the **Chappaqua Central School District** and mail to:

**Chappaqua Continuing Education | HGHS  
70 Roaring Brook Road  
Chappaqua, NY 10514**

Medical professionals should be consulted prior to commencing any health or fitness related activity. By submitting this registration form, I acknowledge that the registered participant has no existing physical condition that would prevent him/her from safely participating in the enrolled activity. Participation in these activities is voluntary. I understand the risks involved in the activities and accept full responsibility. I agree to release and discharge the Chappaqua Central School District, the Chappaqua Continuing Education Program, its officers and employees from responsibility, liability or claims for any injuries or damages arising from participation in this Continuing Education Program. CCE does not assume responsibility for property loss or personal injury.

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**Course** \_\_\_\_\_ **Section (if applicable)** \_\_\_\_\_

**Name** \_\_\_\_\_ **Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Town** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_ (Important for enrollment verification and cancellation notification.)

**Course Fee \$** \_\_\_\_\_

**Are you a resident of Chappaqua Central School District? Y N**

**CHAPPAQUA SENIOR CITIZENS ONLY:**

**Chappaqua Senior Citizen #** \_\_\_\_\_

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**Course** \_\_\_\_\_ **Section (if applicable)** \_\_\_\_\_

**Name** \_\_\_\_\_ **Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Town** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_ (Important for enrollment verification and cancellation notification.)

**Course Fee \$** \_\_\_\_\_

**Are you a resident of Chappaqua Central School District? Y N**

**CHAPPAQUA SENIOR CITIZENS ONLY:**

**Chappaqua Senior Citizen #** \_\_\_\_\_