

## 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 spots available. 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 2023 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, 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](http://www.chappaquaschools.org) or call 238-7201, ext. 2318.

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

- Monday: Apr. 3<sup>rd</sup> and May 29<sup>th</sup>
- Tuesday: Apr. 4<sup>th</sup>
- Wednesday: Apr. 5<sup>th</sup>
- Thursday: Apr. 6<sup>th</sup>

## 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.

## ART & ART APPRECIATION



### **BLACK AND WHITE MEDIUMS, PENCIL, AND CHARCOAL** with Linda Cerrone

Three different artistic mediums. What Makes them different? What makes them similar? Black and white media can be dramatic and bold or subtle and intricate. Each separate medium has its own charms and complexities to discover. In this six-class session, Linda Cerrone will explore each individual discipline for two classes. You will learn a basic skill each class and put it to practice. Come learn texture drawing and mark making that you can use to expand your drawing skills. Supply list will be emailed prior to class.

6 Thursdays • March 16 to April 27 (no class 4/6) • 7-9pm • HGHS, Art 1 • \$170

### **COLORED PENCIL STUDIO** with Linda Cerrone



If you enjoy colored pencil but want to expand your skills beyond just coloring and into blending and shading realistically, this is the class for you. Take your drawing skills a step further with time trusted drawing methods in a studio type setting with still lifes set up for you each week. The still lifes will be supported by simple lessons on important colored pencil, drawing and composition skills. Join artist Linda Cerrone in this casual and non-judgmental class where you can expand your artistic skills with colored pencils and have some fun too! Supply list will be emailed prior to class.

5 Thursdays • May 11 to June 8 • 7-9pm • HGHS, Art 1 • \$140

### **INTRODUCTION TO HAND LETTERING/MODERN CALLIGRAPHY WITH BRUSH PENS** with Jenn Waller

In this introductory course for absolute beginners, you will learn the basics of hand lettering also known as modern calligraphy (not to be confused with traditional calligraphy). We will use large tip brush pens. You will also be introduced to different writing/font styles and design elements such as adding shadows. 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 • May 11 to June 1 • 7-8pm • HGHS, Art 2

\$80 (\$20 additional material fee will be collected at the first class)

### **LINE AND WASH IS NOT FOR LAUNDRY: Spring Subjects and Prep for Outside Excursions** with Linda Cerrone



An easy, versatile, and portable art form that you can do almost 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 you 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 manage creating when you are in the field. Classes are presented in a relaxed and nonjudgmental atmosphere. In each class we will cover an essential skill needed for line and wash and then put it to use. Supply list will be emailed prior to class.

5 Tuesdays • May 9 to June 6 • 7-9pm • HGHS, Art 1 • \$140

### **MIXED MEDIA EUROPEAN ADVENTURE** with Katie Goldberg



No travel required! Each week we will immerse our creativity in a different European city, using collage and paint to form the pages of our travelogue. Topics covered will be collage and painting techniques, composition, color mixing, and simple book binding. Instructor will provide ephemera and theme related elements; however, students are encouraged to also bring any souvenir or travel papers and items. A short list of supplies will be emailed before sessions begin.

5 Mondays • April 10 to May 8 • 7-9pm • HGHS, Art Studio 1 • \$140

## **PAINT THE SPRING SEASON** with Katie Goldberg

Each week we will create an entire painting based on a spring theme, using watercolor, gouache, and/or acrylic paint (artist's choice). Subjects such as florals and landscapes will be explored, along with composition, color mixing, and materials usage. Instructor will provide imagery, props, and some materials. Students will receive a short list of basic art supplies before the sessions begin.

4 Mondays • May 15 to June 12 (no class 5/29) • 7-9pm • HGHS, Art Studio 1 • \$115

## **SKETCHBOOK ESSENTIALS** with Linda Cerrone

Sketchbooks are a tool artists use to record the ideas that are sparking their creativity. They can be messy and filled with experiments, ideas, and mistakes or they can be well planned out, elaborate, finished works of art. Join Artist Linda Cerrone in exploring the whys and how's, and the care and keeping of an artistic sketchbook. Each class Linda will introduce you to a technique, style, or artist in sketch booking and provide a prompt for you to explore in your own sketchbook. Watercolor, pen and ink, pencil/graphite, colored pencil collage, or watercolor pencil, pick your favorite medium and start filling your book! This is a fun casual class where you will learn the basics for how to form good habits and practices that will help you become a better artist. Supply list will be emailed prior to class.

6 Tuesdays • March 14 to April 25 (no class 4/4) • 7-9pm • HGHS, Art 1 • \$170

## ART VIRTUAL CLASSES & TOURS

-- All classes will meet online --

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

## **HOW ARTISTS HAVE PICTURED AMERICA FROM THE REVOLUTION TO THE SOCIAL JUSTICE MOVEMENTS OF THE 20<sup>th</sup> CENTURY** with Sue Altman

In this course, the instructor will explore five distinct eras of American History interpreted by visual artists including:

1. The Colonial and Revolutionary period.
2. Manifest Destiny and the Western Expansion
3. The Civil War and Reconstruction
4. Immigration, the World Wars, and the Great Depression
5. Social Justice Movements of the Mid and Late 20<sup>th</sup> Century

5 Tuesdays • March 28 to May 2 (no class 4/4) • 6:30-7:30pm • Online • \$100

## **MORE GILDED AGE MANSIONS OF WESTCHESTER** with Ginny Poleman

As a continuation of Gilded Mansions of Westchester 1 or as a stand-alone, Ginny ventures further covering Westchester's most magnificent mansions (many still standing!) Using vintage and current photographs, we'll virtually travel around Westchester from the Sound Shore to the Hudson River looking at the many early 20<sup>th</sup>-century homes now repurposed as country clubs, college buildings, and catering venues. Some of the homes we will explore will be JP Morgan in South Salem, "Carrollcliffe" in Tarrytown and "Estherwood" in Dobbs Ferry.

Thursday • April 27 • 7-8pm • Online • \$20

## **THE GILDED AGE MANSIONS OF LONG ISLAND** with Ginny Poleman

Straight off the screen of Julian Fellowes drama, the Gilded Age on HBO, this webinar will cover some of the most magnificent mansions built (and still standing!) on Long Island. Hear the stories behind the homes of the 19<sup>th</sup> and early 20<sup>th</sup> centuries wealthiest, names like Guggenheim, Vanderbilt, Woolworth, Roosevelt, and Otto Kahn (on which the Monopoly game's top hat character is based!)

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

### **THE HISTORY OF ROCKEFELLER CENTER** with Ginny Poleman

The history of 5<sup>th</sup> Avenue continues with this exploration of Rockefeller Center. The country's largest Christmas Tree, Saturday Night Live, and the giant, 8-ton sculpture of Prometheus are just some of the highlights of this city-within-a-city. Did you know that Rockefeller Center is made up of nineteen buildings; is the "grandest plaza in all of New York" — according to John D Rockefeller, Jr.; and is the largest privately-owned building complex in the world? Learn how Rockefeller financed this grand construction project during the height of the Great Depression creating an Art Deco masterpiece with fine art and popular public venues.

Thursday • March 30 • 7-8pm • Online • \$20

### **THE LOUVRE MUSEUM** with Marisa Horowitz-Jaffe

The Louvre is the world's most visited museum as well as a national and historic landmark in Paris. Housing some of the most well-known works of art in the world and located in an ancient palace, this program takes us inside its most celebrated treasures. We'll also discover the fascinating architectural history of the building's pre-museum life. Part 1 of a 3-part series.

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

### **THE FRICK MUSEUM** with Marisa Horowitz-Jaffe

Internationally recognized as one of the preeminent small art museums in the country, the Frick Collection on the Upper East Side of NYC features some of the best-known paintings by major European artists. It is known for its distinguished Old Master paintings and outstanding examples of European sculpture and decorative arts. Explore this personal collection by Henry Clay Frick's family, including the mansion where the museum is housed, in this online virtual tour. Part 2 of a 3-part series.

Monday • March 27 • 6:30-7:30pm • Online • \$20

### **THE WHITNEY MUSEUM OF AMERICAN ART** with Marisa Horowitz-Jaffe

The Whitney Museum of American Art was founded almost a century ago in order to celebrate and acknowledge the artistic contributions of American artists. The museum also emphasizes showcasing works by living artists, in addition to world famous artists from the past 150 years. Let's explore this unique museum and visit works by Edward Hopper, Andy Warhol, Jasper Johns, and more! Part 3 of a 3-part series.

Monday • April 17 • 6:30-7:30pm • Online • \$20

### **THEN AND NOW MDTOWN: 5TH AVENUE'S HOTELS, CHURCHES, AND MANSIONS** with Ginny Poleman

Join Ginny on this time-traveling presentation down one of Manhattan's most illustrious avenues, from Central Park concluding at Rockefeller Center. Using vintage photos, Ginny will show what was once 5<sup>th</sup> Avenue's Millionaire Row with neighbors named Vanderbilt and Whitney, and how it's transformed into a canyon of glass office skyscrapers, art deco buildings, and big-box retailers, as well as showcasing 19<sup>th</sup> century remnants of Gilded Age churches, private clubs designed by McKim, Mead, & White, and repurposed mansions like the Cartier and Gucci stores.

Thursday • March 16 • 7-8pm • Online • \$20

## CULINARY

### **A NIGHT IN TEL AVIV** with Amy Rosen

Travel to the Land of Milk and Honey with Chef Amy Rosen and learn some great Israeli recipes that you can make at home. Roasted Carrot Hummus, Falafel, Za'atar Roasted Tofu with Chickpeas, Tomatoes and Lemony Tahini, and Swiss Chard Fritters are on the menu. Please bring in containers to take the food home.

Tuesday • May 16 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **APPETIZERS FOR SUMMER FUN DAYS** with Amy Rosen



Join Chef Amy Rosen to learn how to up your appetizer game for Fun Summer Parties, your guest will all rave about. Savory Corn Fritters, Baked pears with goat cheese and honey, Bacon wrapped dates stuffed with blue cheese, Japanese Beef Negimaki, Tomato and Goat Cheese Tart are on the menu. Please bring in containers to take the food home.

Tuesday • May 23 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 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 • May 18 • 7-9pm • HGHS, L-215 • \$30

## **BOWLS FOR DINNER** with Amy Rosen



Come join Chef Amy Rosen in making healthy filled bowls for dinner. Roasted Vegetable Bliss bowl over grains, Spaghetti squash with pesto chicken bowl with zucchini and mushrooms, Stuffed Acorn Squash bowl with Wild Rice Salad, Thai Winter Bliss Zoodle bowl with zoodles, shrimp, fresh vegetables. Please bring in containers to take the food home.

Tuesday • March 28 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **COOKING FROM THE ISLES OF GREECE** with Amy Rosen



Take a culinary journey with Chef Amy Rosen and prepare healthy flavorful Greek cuisine. Greek Meatballs with Tzatziki Sauce, Greek Bake with roasted vegetables, lemony potatoes and Milopita: Greek-Styled Apple Spice Cake and Loaf are on the menu. Please bring in containers to take the food home.

Tuesday • May 9 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **HOLA FROM MEXICO** with Amy Rosen



Join Chef Amy Rosen in cooking delicious authentic Mexican foods that you will want to make for your family. Chicken stuffed Chile Rellanos, Mexican Street Corn, Mexican-style rice and Sopapilla Cheesecake Dessert are on the menu. Please bring in containers to take the food home.

Tuesday • May 2 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **IMPOSSIBLE ALTERNATIVES** with Elisa Bremner, MS, RD, CDN



Beyond and Impossible have revolutionized the plant-based market. But are these meat alternatives all they're cracked up to be? Let's talk about ultra-processed food, meat alternatives and their effect on health and the environment. Most importantly, learn quick, easy, delicious alternatives to what you find in the supermarket. Recipes: Chicky Seitan Cutlets, Pizza Burgers, Vegan Bacon. Please bring your re-usable container for leftovers!

Tuesday • March 21 • 7-8:30pm • HGHS, Kitchen • \$50 (includes \$20 material fee)  
Limit 11 students

## **ITALIAN ROMANCE DINNER** with Amy Rosen



Make a delicious Italian meal that will have your family ready to book flights. Chicken Saltimbocca, Polenta Fries, Broccolini Bread-stuffed with mozz, sauteed onions, Ravioli Dolce Cookies-pocket cookies stuffed with cherry preserve. Please bring in containers to take the food home.

Tuesday • April 11 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **LET'S BAKE COOKIES FROM AROUND THE WORLD** with Amy Rosen



Come and join Chef Amy Rosen as she teaches some delicious new cookies from around the world that you can add to your repertoire. German Chocolate Cookies, Irish Ginger Snap Cookies, Italian Lemon-Lime Ricotta Cookies and Mexican Hot Chocolate Cookies are on the menu. Please bring in containers to take the food home.

Tuesday • April 25 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **MEATLESS TUESDAY IN 15 MINUTES** with Elisa Bremner, MS, RD, CDN



If everyone went vegetarian for just one day, the U.S would save 100 billion gallons of water, and we would reduce greenhouse gas emissions by 1.2 million tons of carbon dioxide. So what's stopping you? If it's time or difficulty, here's your answer. Learn recipes and hacks that will help you get healthy meals on the table fast, no drive through required! Recipes: Easy Homemade Hummus, Gorgeous Greek Bowls, Black Bean Tacos, Creamy Miso Udon. Please bring your re-usable container for leftovers!

Tuesday • April 18 • 7-8:30pm • HGHS, Kitchen • \$50 (includes \$20 material fee)  
Limit 11 students

## **SPICY HEALTHY ASIAN COOKING** with Amy Rosen



Come join Chef Amy Rosen in a Spice filled healthy Asian cuisine night that you can easily make for your family. Asian Summer Vegetable Rolls, Asian Chicken Wings, Asian Lettuce wraps with ground Turkey and Asian Noodle Bowl are on the menu. Please bring in containers to take the food home.

Tuesday • March 14 • 7-8:30pm • HGHS, Kitchen • \$55 (includes \$20 material fee)  
Limit 11 students

## **EXERCISE**

### **BODY SCULPTING** with Michelle Saccurato



This class will focus on improving core strength, increase flexibility and burning calories by guiding you through a range of traditional weight training exercises. You will use exercise bands, dumbbells, and ankle weights. All levels are welcome. Exercise mat needed.

10 Wednesdays • March 15 to May 24 (no class 4/5) • 6:30-7:30pm  
HGHS, Fitness Center • \$165

### **CARDIO-STRENGTH** with Michelle Saccurato

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 needed.

Section A: 10 Mondays • March 13 to May 22 (no class 4/3) • 6:30-7:30pm  
HGHS, Fitness Center • \$165 • Limit 12 students

Section B: 6 Thursdays • March 16 to April 27 (no class 4/6) • 7:40-8:40pm  
HGHS, Fitness Center • \$100 • Limit 12 students

### **FITNESS OVER 40!** with Courtney Gravenese, MS, RDN



This 4-week series will provide participants with weight and resistance training exercises and a strong, safe fitness routine that can complement their existing cardiovascular program. Each week, we will rotate through different exercises strengthening all muscle groups using exercise bands, fitness center equipment and your own body weight. Learn to build a great at-home weight training program to stay strong and maintain muscle. Bring a water bottle, resistance bands and a mat if you have them...no worries if you don't.

4 Thursdays • April 13 to May 4 • 6:30-7:30pm • HGHS, Fitness Center • \$80



## **INTERNATIONAL DANCE** with Suzi Myers Tipa

Expand your horizons and explore the world through international dance and music! In this series, we will learn a dance from a different culture every week. From Hawaii to Ireland, from India to West Africa, from Mexico to Italy and beyond, you'll exercise your muscles and your mind in this invigorating class! Please wear comfortable clothing appropriate for exercise, and flat dance shoes or sneakers.

5 Tuesdays • March 21 to April 25 (no class 4/4) • 6:30-7:15pm  
HGHS, Dance/Yoga Studio • \$75

## **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 • May 2 to May 30 • 6:30-7:15pm • HGHS, Dance/Yoga Studio • \$75

## **PICKLEBALL: Beginner Series** with Robert Delman

Pickleball is a paddleball sport (similar to other racket sports) that combines elements of badminton, table tennis, and tennis. Players use solid paddles made of composite materials to hit a perforated plastic wiffle ball over a net. This is for brand new players as well as players wanting to learn more. Topics to be covered are the basic rules, scoring as well as more advanced topics such as dinking, shot placement, positioning and strategy. Paddle required, wear sneakers and gym attire.

Section A: 5 Mondays • April 10 to May 8 • 7:15-8:15pm • HGHS, Gym D  
\$120 • Limit 14 students

Section B: 5 Mondays • April 10 to May 8 • 8:15-9:15pm • HGHS, Gym D  
\$120 • Limit 14 students

Section C: 4 Mondays • May 15 to June 12 (no class 5/29) • 7:15-8:15pm • HGHS, Gym D  
\$95 • Limit 14 students

## **PICKLEBALL: Supervised Play** with Robert Delman

Come join other pickleball enthusiasts for an hour of round robin supervised play. Our USPTA Pickleball Professional will be on hand to provide on court coaching and strategy. Paddle required, wear sneakers and gym attire.

4 Mondays • May 15 to June 12 (no class 5/29) • 8:15-9:15pm • HGHS, Gym D  
\$95 • Limit 14 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 15 to May 24 (no class 4/5) • 7:40-8:40pm  
HGHS, Fitness Center • \$165

## **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.

5 Tuesdays • March 21 to April 25 (no class 4/4) • 7:15-8pm  
HGHS, Dance/Yoga Studio • \$75

## **SMALL-GROUP TRAINING** with Denise Weber

Taught by a certified Group Fitness Instructor/Personal Trainer with over 30 years of experience, this multifaceted class combines the elements of a group fitness setting, the one-to-one attention of a personal trainer, and cardiovascular training, designed to help you achieve your fitness goals. Work at your own pace while building endurance and strength. Enjoy the camaraderie, support and fun that a group setting offers. Challenge yourself each and every week with new workouts. Some experience with weights helpful. Please bring a yoga/exercise mat, water bottle and small, soft exercise ball (appx. 9 inches diameter) to class.

Section A: 10 Tuesdays • March 21 to May 30 (no class 4/4) • 6:30-7:30pm  
HGHS, Fitness Center • \$165 • Limit 12 students

Section B: 10 Tuesdays • March 21 to May 30 (no class 4/4) • 7:30-8:30pm  
HGHS, Fitness Center • \$165 • Limit 12 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.

9 Mondays • March 27 to June 5 (no class 4/3, 5/29) • 7-8:15pm  
HGHS, Faculty Lounge • \$155

## **ZUMBA** with Suzi Myers Tipa



Take the "work" out of workout, by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and World rhythms take over, you'll see why Zumba® Fitness classes are often called exercise in disguise. It's a total workout, combining all elements of fitness – cardio, muscle conditioning, balance, and flexibility, boosted energy and a serious dose of awesome each time you leave class.

5 Tuesdays • May 2 to May 30 • 7:15-8pm • HGHS, Dance/Yoga Studio • \$75

## FINANCE

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

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



Our busy lives often leave little time to focus on matters related to our aging. It's important, however, to set aside time to plan for what's ahead - now more than ever. Join elder law attorney Sara Meyers, Esq. as she explains how to best organize your affairs and ensure all necessary documents are in order—from last wills, trusts, and advance directives to insurance policies and bank records. Discover what estate and elder care planning options are available to you and your loved ones as well as eligibility requirements for New York's Medicaid home care and nursing home programs. Ms. Meyers practices exclusively in the fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families. She is a member at Enea, Scanlan and Sirignano, LLP in White Plains and Somers, NY.

Tuesday • March 28 • 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 • April 20 • 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!

Tuesday • April 11 • 6:30-8pm • HGHS, L201 (Upper L Commons) • \$25

## **MAXIMIZING YOUR SOCIAL SECURITY** with John Brenkovich



Prepare for your retirement and learn how to get the most out of your social security benefits. Learn to manage longevity risk and strategies to maximize the amount of money you receive throughout retirement. Among the topics included are spousal benefits, the impact of divorce, death, delaying benefits, early retirement, and taxation.

Monday • March 13 • 6:30-8pm • Online • \$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 • April 11 • 6-8pm • Online • Free (registration required)

Saturday • May 13 • 10am-12pm • Online • Free (registration required)

## **PLAN AHEAD FOR TAXES IN RETIREMENT** with Scott Turner, CFP® and Steven Klimaszewski, CFP®

You have accumulated money during your working years in order to enjoy your retirement years, but the tax deductions you enjoyed while working may lead to taxes in retirement. Come hear about the taxes you will pay on the income you receive in retirement and how you can reduce your tax burden. The instructors will cover the three categories of taxable income:

- Tax-free (e.g., Roth IRAs, health savings accounts)
- Fully taxable (e.g., pension and Traditional IRA withdrawals)
- Partially taxable (e.g., Social Security, rental income)

The instructors will also give insights into what your tax burden might be and provide some tips on how to invest tax-efficiently.

Tuesday • March 28 • 7-8pm • HGHS, L-216 • \$20 (Free for Chappaqua Seniors)

## **PROTECTING YOUR ASSETS FROM THE COST OF LONG-TERM CARE**



with Sara Meyers

Join Westchester elder law attorney Sara E. Meyers, Esq. as she covers effective strategies for protecting your assets from the cost of long-term care. Learn to draft a sufficiently broad power of attorney, use a revocable living trust as an effective estate planning tool, and plan for the transfer of your primary residence. Ms. Meyers practices exclusively in the fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families. She is a member at Enea, Scanlan and Sirignano, LLP in White Plains and Somers, NY.

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

## **QUICKEN BEGINNER'S WORKSHOP** with Nancy Barletta



Organizes your finances using Quicken desktop version. This workshop is for people who have never used or are very 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.

Wednesday • May 3 • 7-8:30pm • HGHS, L-217 • \$25

## **RETIREMENT PLANNING TODAY** with Scott Turner, CFP® and

Steven Klimaszewski, CFP®

Has the recent market downturn caused you to rethink your ability to retire? If you are not feeling confident that your portfolio is designed to last throughout your retirement, come learn how you can modify it while designing the retirement plan that you want. The instructors will teach you:

- The basics of financial planning and what strategies will combat inflation and taxes
- How to define your goals for a successful retirement
- 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 • April 18 to May 2 • 7-9:30pm • HGHS, L201-Upper L Commons

\$50 (optional workbook available for purchase (\$40) 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 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 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 24 • 7-8:30pm • HGHS, Academic Commons

\$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.

8 Thursdays • March 16 to May 11 (no class 4/6) • 6-7:15pm • HGHS, L-216

\$175 • Limit 12 students

### **BRIDGE FOR INTERMEDIATE BEGINNER** with Khalid Al Doori



Bridge For Intermediate Beginner is a continuation of the Bridge for Beginners class or students who have experience playing bridge. This class will begin with an initial review of the topics from the Bridge for Beginners class. Students will improve their skills as the class will cover more bidding conventions starting with the most essential ones and covering various playing techniques. You will improve your knowledge of play and defense techniques.

8 Thursdays • March 16 to May 11 (no class 4/6) • 7:15-8:30pm • HGHS, L-216

\$175 • Limit 12 students

**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 • April 24 to June 5 (no class 5/8, 5/29) • 7-9pm • HGHS, iLab  
\$135 • Limit 12 students

**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 11 to May 9 • 7-9pm • HGHS, iLab • \$135 • 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!

5 Tuesdays • May 16 to June 13 • 7-9pm • HGHS, iLab • \$135 • Limit 12 students

5 Mondays • April 10 to May 8th • 7-9pm • HGHS, Faculty Lounge  
\$135 • Limit 12 students

## GARDEN & HOME

**DESIGN A SPRING WREATH** with Deborah Taft

Using a grapevine base, we'll choose from seasonal greens and flowers, dried flowers, and a few artificial elements to design and construct beautiful spring wreaths. You will leave with a completed wreath as well as some basic techniques that will allow you to create your own whenever the mood or materials appear. Just in time for Mother's Day!

Monday • May 1 • 7-8:30pm • HGHS, Cafeteria  
\$30 (\$15 additional material fee collected in class) • Limit 12 students

**GROWING CULINARY MUSHROOMS IN A BUCKET** with Deborah Taft

With just a few simple materials, you can grow a variety of edible mushrooms in your own home. We'll use a common plastic bucket and widely available substrate to start your crop of oyster mushrooms. We'll be drilling holes and handling sawdust or straw, so come dressed to get a little bit dirty!

Monday • April 24 • 7-8:30pm • HGHS, Cafeteria  
\$30 (\$15 additional material fee collected in class) • Limit 10 students

**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 22 • 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, Alissa's class offers the perfect introduction to organizing, prioritizing, and optimizing your space.

Wednesday • April 19 • HGHS, L-216 • 7-8:30pm • \$25

## **PLANNING YOUR ORGANIC VEGETABLE GARDEN** with Deborah Taft

Get ready for the growing season! 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 part 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.

Monday • April 10 • 7-8:30pm • HGHS, L-217 • \$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 • April 12 • 7-8:30pm • HGHS, L-217 • \$30 (Free for Chappaqua Seniors)

## HEALTH & WELLNESS

### **FOOD OVER 40! - Including New Guidelines for 2023** with Courtney Gravenese, MS, RDN

What are the most common nutritional deficiencies seen among adults over 40? Are you getting adequate plant-based OR animal 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? Plus, as we head into spring and summer...filling up on sun-protective foods! Nutrition needs change as we get 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.

Wednesday • March 22 • 6:30-8pm • HGHS, L-216 • \$30

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

The Alexander Technique has been used for over 100 years by individuals interested in improving their wellbeing. In this 4-session class, we will experiment with how different ways of thinking can affect your level of tension and stress. Through experimentation and practice you will identify and release thought patterns that will allow you to obtain greater ease in mind and body.

4 Wednesdays • April 19 to May 10 • 6:30-7:30pm • HGHS, Faculty Lounge • \$100

### **REDUCE FOOD CRAVINGS WITHOUT DEPRIVING YOURSELF** with Suzy Wood

Have you ever heard of anyone being addicted to chicken? Or broccoli? No, never. But, cookies, cakes, and salty snacks, 100%. Why do these foods have a grip on us like no one's business, especially when we're under stress? In this interactive session, we're going to learn why we have cravings for all the wrong foods and how to make new habits to reduce those cravings. You'll leave the class empowered, inspired, and with an action plan.

Wednesday, March 29 • 6:30-8pm • HGHS, L-216 • \$30



## **WEIGHT LOSS WITHOUT DIETING** with Suzy Wood



Sick of dieting? Tired of the restrictions, rules, and expensive meals and powders? They might work for a while...but then they don't. The weight returns leaving us feeling disheartened and frustrated. There's got to be a better way. Rather than being constrained, limited, and burdened with a list of "off-limit" foods, you'll learn how abundance is key in shedding pounds and inches. You'll discover how stress is linked to weight gain and learn which foods sustain and nourish you without compromising on taste. Wouldn't it be great to never feel deprived or say "I'm on a diet" again?

Wednesday, April 12 • 6:30-8pm • HGHS, L-216 • \$30

## **HOBBIES**

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

### **COMEDY WRITING: Let's Get Funny!** with Rich Mintzer

Here's your chance to flex your funny bone and create something funny. From a standup comedy routine to jokes for the next family event, from funny stories to enhance business presentations to a humor book, comedy is always welcome as a stress release in these tough times. In this class, we'll talk about what makes something funny, how to write humor, and for those who dare get up in front of others to perform, how to survive on stage. We will also discuss how to get your humor published. So...let's get FUNNY!

3 Thursdays • May 4 to May 18 • 7-8:30pm • HGHS, Library • \$75

### **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 Mondays • March 27 to May 1 (no class 4/3) • 7-8:30pm • HGHS, L-216 • \$125

### **INTRODUCTION TO ACTING** with Jeana Reilly



Join Award-Winning Actress Jeana Reilly for a 4-week beginning acting class for adults. In the class, each student will explore monologues, scene study, character development, improv and more! No experience necessary - the program is for all creatives who love storytelling.

4 Wednesdays • March 22 to April 19 (no class 4/5) • 6:30-7:30pm • Online • \$80

### **INTRODUCTION TO PLAYWRITING** with Serena Norr

Join Serena Norr, playwright, director, and founder of Let's Make a Play, for a 4-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.

4 Mondays • April 10 to May 1 • 7-8:30pm • HGHS, Library • \$100

### **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 • April 12 to May 31 • 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 • March 23 to April 20 (no class 4/6) • 7-8:30pm • HGHS, Library • \$95

## **YUMMY MINDFUL 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 your 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!

Wednesday • April 19 • 6:30-8:30pm • HGHS, L-217

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

## **YUMMY MINDFUL SCARF 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. This workshop is appropriate for all ages and experience levels. Be mindful, creative, socialize, have fun and learn a new skill!

Wednesday • March 22 • 6:30-8:30pm • HGHS, L-217

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

## **PHOTOGRAPHY & TECHNOLOGY**

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

## **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 are amazing, and you can easily fine tune your photos in just a few minutes. Extra features as well as photo storage and organization tips will be discussed along with third-party photo editing apps to take your photos to the next level. For all skill levels. More suitable for iPhone models X (10) and later, using iOS software version 16 and later.

Wednesday • May 3 • 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. For all skill levels and more suitable for iPhone models X (10) and later.

Section A: Wednesday • April 12 • 6:30-8:30pm • Online • \$30

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

## **PHOTOGRAPHY TRIO: Composition, People and Places** with Deborah Tual



Instantly improve your photos by learning how to see the world like a professional photographer and create images with interest and impact using composition guidelines. Plus, learn the dos and don'ts of photographing your family and friends so everyone looks their best and techniques to capture the beauty and unique aspects of the places in your travels near and far. For all skill levels and all types of cameras and smartphones.

Wednesday • May 24 • 6:30-8:30pm • Online • \$30

## 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 use of verbs. Come learn the basics of grammar and idiomatic expressions in an atmosphere designed to develop your confidence.

12 Wednesdays • March 15 to June 7 (no class 4/5) • 5:30-7pm • Online  
\$280 (\$150 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 15 to June 7 (no class 4/5) • 7:15-9:15pm • Online  
\$315 (\$165 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 14 to June 6 (no class 4/4) • 7-9pm • Online  
\$315 (\$165 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 • March 16 to April 20 (no class 4/6) • 6:30-7:30pm • Online  
\$100 (\$55 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 • April 27 to May 25 • 6:30-7:30pm • Online

\$100 (\$55 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 are taught, and students can carry on a simple conversation. Hiragana and some introductory kanji will be introduced. Text: Kodansha's Hiragana Book

8 Mondays • April 10 to June 5 (no class 5/29) • 7:15-8:15pm • Online

\$160 (\$85 for Chappaqua Seniors)

### **JAPANESE INTERMEDIATE** with Mami Fujisaki

In this course, students build on the skills acquired in the previous classes – Adjectives, Verbs (dictionary forms/polite forms/te-forms) and all the sentence structures. The spoken language and writing short passage with basic grammatical forms are continuously focused. Hiragana, Katakana and some Kanji are used in writing/reading. Students will enjoy expressing themselves more in Japanese.

8 Mondays • April 10 to June 5 (no class 5/29) • 5:45-7pm • Online

\$175 (\$95 for Chappaqua Seniors)

### **SPANISH FOR TRUE BEGINNERS** with Diana Walker



This course focuses on the development of communication language skills: listening, speaking, reading and writing. These four skills will be approached and practiced in order to help students immerse and interact in a Spanish language context.

7 Thursdays • April 27 to June 8 • 7-8pm • Online • \$140 (\$75 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.

7 Tuesdays • April 25 to June 6 • 7-8pm • Online • \$140 (\$75 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.

7 Tuesdays • April 25 to June 6 • 6-7pm • Online • \$140 (\$75 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](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 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.

**ELISA BREMNER, MS, RD, CDN**, has spent over 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.

**JOHN BRENKOVICH** is a Certified Financial Planner (CFP) professional. He graduated from Pace University’s Lubin School of Business with a BA in Finance and began his career as a Financial Advisor in 1988. He teaches financial courses in 3 adult continuing education schools in the New York metro area.

**LINDA CERRONE** is a NY and CT based teaching artist and teacher. Linda has been working for nearly forty years creating and teaching fine art in a wide range of mediums. Mediums that have sparked interest and study for her are; graphite, pen and ink, charcoal, watercolor, line and wash, acrylic, murals, hand painted furniture, restoration of vintage painted furniture, folk art painting, faux finishes, trompe l’oeil, and a concentration in botanical and nature art. Linda enjoys sharing her artistic gifts through creation, sales and shows of her many fine art originals and by enriching and expanding the skills of her many art students throughout the region.

**ROBERT DELMAN** is a USPTA Pickleball Professional as well as a USPTA Tennis Instructor. He is passionate about all racket sports and is eager to share his enthusiasm with new and veteran players alike.

**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. Mami has taught at NYU, Cooper Union, and Horace Mann School for 27 years where she created the Japanese program. She was the Department Chair of World Languages at Horace Mann for 6 years. In addition, Mami has private tutoring (individually/in groups).

**ANTONIETTA GLIUBIZZ** 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 over 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.

**MARISA HOROWITZ-JAFFE** has been teaching, studying and living ancient history for over 25 years. Her background includes double Bachelor’s 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 CFP®, 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 over 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 Somers NY. Ms. Meyers practices exclusively in the fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families. Ms. Meyers has been named to the 2013-2022 New York Metro Super Lawyers list in Elder Law. For more information, visit [www.esslawfirm.com](http://www.esslawfirm.com).

**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](https://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 playwriting 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](https://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...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).

**AMY ROSEN** is a cooking instructor with over 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](https://www.amyrosencookingbydesign.com).

**MICHELLE SACCURATO** 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** is 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 advocate for activities that strengthen, support, and promote community and joyful living.

**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.

**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.

**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 Cisca 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.

**SUZY WOOD** is an Integrative Nutrition Health Coach. After living abroad for over a decade, Suzy returned to Westchester, left her career in high tech marketing, and found her true calling. She started True Wellness Within, LLC where she helps people get their lives and health back in control with her signature TrueYou program. By looking at lifestyle and food choices, her clients learn how to reduce food cravings, lower stress and anxiety, and find more balance in their lives. More information can be found at [TrueWellnessWithin.com](http://TrueWellnessWithin.com).



REGISTRATION

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

**Chappaqua Continuing Education | HGHS**  
**70 Roaring Brook Road**  
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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.

Course\_\_\_\_\_

Section (if applicable)\_\_\_\_\_

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Birth date\_\_\_\_\_

Address\_\_\_\_\_

Telephone\_\_\_\_\_

Town\_\_\_\_\_

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Course\_\_\_\_\_

Section (if applicable)\_\_\_\_\_

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Birth date\_\_\_\_\_

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

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