

## 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

Fall 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.

## CALENDAR

Chappaqua Continuing Education 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: September 25<sup>th</sup> and October 9<sup>th</sup>
- Wednesday: November 22<sup>nd</sup>
- Thursday: September 28<sup>th</sup> and November 23<sup>rd</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 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

**BOTANICAL ART STUDIO: NUTS, LEAVES AND BERRIES** with Linda Cerrone   
There is great satisfaction in learning to draw and paint botanical subjects. Botanical art encompasses anything in the world of plants, fungus, lichens, etc., and how they are affected by the other components of their environment: such as pollinators, their surroundings, and symbiotic relationships. The process of learning art through botanicals gives the student a strong traditional art foundation and teaches the artist to observe, take notes and create accurate drawings. Teaching artist Linda Cerrone will take you through the processes artist use to create accurate renditions. This class will include introductions to drawing and painting botanically and is appropriate for students from beginner to advanced. Class is conducted in a relaxed, fun and nonjudgmental manner. Supply list will be emailed prior to class.

6 Tuesdays • September 19 to October 24 • 7-9pm • HGHS, Art Studio 1 • \$180


**COLORED PENCIL ESSENTIALS FOR BEGINNERS AND BEYOND**   
with Linda Cerrone

Ever wondered how artists get beautiful painterly effects from colored pencils? Whether you are new to colored pencil or wish to expand your skills this class will encourage you with interesting lessons and guidance to help you learn this beautiful medium. This class is suitable for students with a simple knowledge of drawing to students with more experience. Attention will be given to the needs of artists of all levels, with lessons in beginners skills that offer additional on-topic class work for those that have moved beyond. Classes are relaxed and non-judgmental. Supply list will be emailed prior to class.

6 Thursdays • November 2 to December 14 (no class 11/23) • 7-9pm  
HGHS, Art Studio 1 • \$180

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

5 Thursdays • September 21 to October 26 (no class 9/28) • 7-9pm  
HGHS, Art Studio 1 • \$150

**INTRODUCTION TO ACRYLIC PAINTING** with Katie Goldberg   
Learn how to use this versatile medium to create vibrant paintings. Discover color mixing, texture making, composition, and various techniques that will enable you to expand your art practice. Each week's focus will yield a complete painting based on that lesson's theme. Students will be given a short list of supplies before the first class, and the instructor will bring many extras each week.

5 Mondays • November 13 to December 11 • 7-9pm • HGHS, Art Studio 1 • \$150

**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 • October 26 to November 16 • 7:30-8:30pm • HGHS, Art Studio 2  
\$80 (\$20 additional material fee will be collected at the first class)

**LINE AND WASH IS NOT FOR LAUNDRY: THE PORTAL PROJECT**   
with Linda Cerrone

Explore the versatile combination of watercolor and pen and ink with this themed art class. Portals are an opening from one space to another. Doors, windows, keyholes, a hole in a

cement wall, each opening offers a view or passage to another place. Portals can also represent a passage to another dimension, time or a memory. We all have a portal that is special to us. It can be the front door to your home, vacation destination or a favorite view. Which of these would you choose to create a meaningful piece of artwork of? In this six-session class, students will learn to combine two distinct mediums to create two separate pieces of art during the six classes. Each artwork will be focused on the class's theme. Students can use a picture of their own or another source. The class will help to turn your photos into unique finished art works while you learn useful art skills. Class is conducted in a fun, relaxed and non-judgmental atmosphere. Supply list will be emailed prior to class.

6 Tuesdays • November 7 to December 12 • 7-9pm • HGHS, Art Studio 1 • \$180

### **MIXED MEDIA DEMYSTIFIED** with Katie Goldberg

Learn to create dynamic pieces of art even if you are a novice. The instructor will demonstrate and share techniques in monoprinting, collage, assemblage, mark making, and painting, unlocking the secrets to creating multi-layered unique artworks. A short list of simple art supplies will be emailed to students before the first class, but most materials will be provided by the instructor.

4 Mondays • October 2 to October 30 (no class 10/9) • 7-9pm • HGHS, Art Studio 1 • \$120

## ART VIRTUAL CLASSES & TOURS

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

### **ARTISTS FROM HISTORICALLY UNDERREPRESENTED COMMUNITIES**

#### **Great Women Artists** with Sue Altman

Women have had an impact on the art world since Medieval times. In the Renaissance and Baroque eras, artists such as Lavinia Fontana, Rachel Ruysch and Artemisia Gentileschi were very successful. More recent, well-known artists such as Mary Cassatt, Georgia O'Keefe, and Frida Kahlo will be discussed as well as contemporary powerhouses like Julie Mehretu, Alice Neel and Betty Saer.

Tuesday • November 7 • 7-8:15pm • Online • \$24

#### **Famous African American Artists** with Sue Altman

From colonial times to the present day, African American artists have had an impact on the art world. This course covers the artists of the Harlem Renaissance, famous names like Jacob Lawrence, Augusta Savage, Faith Ringold, and Romare Bearden, as well as some self-taught artists. Also included are some contemporary standouts like Kehinde Wiley, Kara Walker, and Mark Bradford.

Tuesday • November 14 • 7-8:15pm • Online • \$24

#### **Famous Asian American Artists** with Sue Altman

This class focuses on artists that like Yoko Ono, Nam June Paik, and Isamu Noguchi that made their mark in the late 20<sup>th</sup> century as well as more contemporary Asian and Asian American artists like Yayoi Kusama and Ai Weiwei whose compelling and powerful works have made an impact on our society.

Tuesday • November 21 • 7-8:15pm • Online • \$24

#### **Great Artists of Latin America** with Sue Altman


This class explores many significant artists of Mexico, Central and South America, including the groundbreaking contributions of the Mexican Muralists, the unique paintings of Frida Kahlo and Fernando Botero, and the cutting edge work of contemporary artists in performance art, installations, and conceptual media.

Tuesday • November 28 • 7-8:15pm • Online • \$24

#### **Important LGBTQ+ Artists** with Sue Altman

This class covers artists from the Renaissance to the present day who are known to be LGBTQ+, (though it was often not publicly acknowledged at the time), and how their identity impacted their work. It also explores artists whose art was used for social change or whose sexual identity fundamentally shaped their creativity. Some of the artists discussed are Michelangelo, John Singer Sargent, David Hockney, Keith Haring, Diane Arbus, and many more.

Tuesday • December 5 • 7-8:15pm • Online • \$24


**GILDED AGE MANSIONS OF THE HUDSON RIVER VALLEY** with Ginny Poleman   
Let's venture north of Westchester County to explore some of the remaining mansions built by New York's 19<sup>th</sup> century wealthy and powerful businessmen and politicians, including two Presidents, FDR and Martin Van Buren. With vintage photographs, learn about the stunning homes' designs, and their renowned architectural firms like McKim, Mead & White, and Alexander Jackson Davis (who also contributed to the design of the Lyndhurst mansion).

Thursday • September 21 • 7-8pm • Online • \$20

**HISTORY OF CENTRAL PARK WEST: When the Wealthy Moved into Luxury Apartments** with Ginny Poleman

"The Dakota may as well be in the Dakotas!" they said when the luxury apartment building was put up on the unelectrified 8<sup>th</sup> Avenue--soon to be renamed Central Park West--across the street from Central Park. Soon, hotels, churches, museums, and more luxury apartment buildings followed in The Dakota's wake. Learn how this neighborhood of shacks, free-roaming goats, and a community of predominantly African Americans called Seneca Village, was taken over to become the exclusive address of the rich and famous.

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

**THE BRITISH MUSEUM** with Marisa Horowitz-Jaffe 

Founded in 1753, the British Museum in London is the first national public museum of the world. Housing art and artifacts from every known culture, the Museum led the way in knowledge of human history. Explore the world-famous works located within these walls, from The Rosetta Stone to the Elgin Marbles, and discover the fascinating royal history of the museum itself.

Monday • December 4 • 6:30-7:30pm • Online • \$20

**THE CHRYSLER BUILDING: One of America's Favorite Buildings** with Ginny Poleman 

The Chrysler Building may be one of the world's most iconic skyscrapers and impressive examples of high Art Deco architectural design, but did you know its construction was fueled by rival architects and automobile competitors? In the early days of the Great Depression, the Chrysler Building was part of the Race to the Sky to surpass the height of the Woolworth Building and be crowned the tallest in the World. Join Ginny, as we explore the stories behind the construction and design of this New York City skyline beauty, from the spire that mysteriously appeared overnight to its top-ten ranking as America's Favorite Architecture by the American Institute of Architects.

Thursday • December 14 • 7-8pm • Online • \$20

**THE GETTY VILLA MUSEUM OF GREEK AND ROMAN ART** with Marisa Horowitz-Jaffe 

Step into the ancient world through the Getty Villa Museum in Los Angeles. Discover Greek and Roman artifacts housed in a recreated Ancient Roman country mansion. Founded in 1954 by oil tycoon J. Paul Getty, the museum invites visitors to travel back to the classical era in building influenced directly from The House of Papyrus in Pompeii.

Monday • November 13 • 6:30-7:30pm • Online • \$20

**THE GILDED AGE PALACES OF NEWPORT, RHODE ISLAND** with Ginny Poleman 

What started off as eclectic cottages scattered on the cliffs of the resort town of Newport, RI, like Edith Wharton's Lands' End--of which she found "incurably ugly"--developed into a row of American palaces, each outdoing the next, in the 1890s. See nearly one hundred vintage and contemporary photographs while learning how the "new" wealthy of the Gilded Age used American Beaux Arts architect Richard Morris Hunt to build some of the most extravagant homes in the nation, many of which are public museums today.

Thursday • October 19 • 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. Archaeological methods and hidden gems are all to be discovered!

Monday • October 23 • 6:30-7:30pm • Online • \$20

### SAT/ACT SUMMER BOOT CAMP with LogicPrep

This intensive course familiarizes students with the content and strategies that are essential for both the SAT and ACT. Students will gain insight into their strengths and weaknesses on the tests and how to choose which test to ultimately take. SAT/ACT diagnostic exams provided for no extra charge. **Students must be in 11<sup>th</sup> grade to register.**

Monday-Thursday • August 28 to August 31 • 6:30-9pm • HGHS, Library  
\$375 (\$20 additional materials fee) • Limit 20 students

### INTRODUCTORY PSAT/SAT PREP COURSE with LogicPrep

This course will introduce students to the new Digital PSAT and SAT, familiarizing them with the technology, format, and content of the exam. This course will help students get comfortable with the new digital exam and review the topics that are central to the SAT Verbal and Math sections. **Students must be in 11<sup>th</sup> grade to register.**

4 Thursdays & 1 Wednesday (9/27) • September 7 to October 5 (no class on 9/28)  
6:30-8:30pm • HGHS, Library • \$375 (\$20 additional materials fee) • Limit 20 students

### FALL ACT PREP COURSE with LogicPrep

This course will cover the content and strategies central to all four ACT sections: English, Math, Reading, and Science. The course is designed to familiarize students with both the content and strategies involved in the test, so students will be strongly encouraged to participate in proctored practice tests (no extra charge). **Students must be in 11<sup>th</sup> or 12<sup>th</sup> grade to register.**

6 Thursdays • October 26 to December 7 (no class 11/23) • 6:30-8:30pm  
HGHS, Library • \$450 (\$20 additional materials fee) • Limit 20 students

### FALL SAT PREP COURSE with LogicPrep

This course will cover the most frequently tested SAT Math and Verbal topics and give students the tools they need to succeed on test day. Since the class is designed to help students gear up for the real exam, they will be strongly encouraged to participate in proctored practice tests (no extra charge). **Students must be in 11<sup>th</sup> or 12<sup>th</sup> grade to register.**

5 Thursdays • October 26 to November 30 (no class 11/23) • 6:30-8:30pm  
HGHS, Library • \$375 (\$20 additional materials fee) • Limit 20 students

### WINTER ACT PREP COURSE with LogicPrep

This course will help students advance their knowledge of the ACT content and become familiar with successful strategies for the exam. Since most students in the class will be taking the exam in the spring, proctored practice tests (no extra charge) will be strongly encouraged and reviewed in class. **Students must be in 11<sup>th</sup> grade to register.**

5 Thursdays • January 11 to February 8 • 6:30-8:30pm • HGHS, Library  
\$375 (\$20 additional materials fee) • Limit 20 students

### WINTER SAT PREP COURSE with LogicPrep

This course will help students advance their knowledge of the Digital SAT content and become familiar with successful strategies for the exam. Since most students in the class will be taking the exam in the spring, proctored practice tests (no extra charge) will be strongly encouraged and reviewed in class. **Students must be in 11<sup>th</sup> grade to register.**

7 Thursdays • January 11 to February 29 (no class 2/22) • 6:30-8:30pm  
HGHS, Library • \$525 (\$20 additional materials fee) • Limit 20 students

## CULINARY

### A NIGHT IN JERUSALEM with Amy Rosen

This class is all about healthy and delicious Jerusalem Cuisine. Come join Chef Amy in preparing delicious Middle Eastern classics: Hummus, Oven roasted chicken shawarma, Jerusalem salad and Israeli Couscous with Spinach and Mushrooms. Please bring containers to take food home.

Tuesday • December 5 • 7-8:30pm • HGHS, Kitchen  
4 \$60 (includes \$20 material fee) • Limit 11 students

### **A TASTE OF INDIA** with Amy Rosen

Make a delicious Indian meal that will have your family ready to book flights. In this class, you will make easily repeatable dishes that you can add to your monthly repertoire. Dudhi Kofta Curry (Indian Squash Dumplings), Chicken Tikka Masala, Chole Peshawari (stewed chickpeas), Indian Chicken Curry and Jasmine Rice with sauteed onions and peas are on the menu. Please bring containers to take food home.

Tuesday • October 17 • 7-8:30pm • HGHS, Kitchen  
\$60 (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.

Wednesday • September 27 • 7-9pm • HGHS, L-215 • \$30

### **CHICKEN 3 WAYS** with Amy Rosen

Spend the evening with Chef Amy Rosen and update your family dinners with 3 easy weekly meals that you and your family will love. Boneless Chicken Thighs with apricots, olives and shallots, Hassel Back Chicken Cutlets with Cheese and bacon and Paprika Chicken with green beans and fingerling potatoes are on the menu. Please bring containers to take food home.

Tuesday • October 10 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

### **COOKIES FOR THE HOLIDAYS** with Amy Rosen

Deck the Halls with these delicious and beautiful cookies, turn them into a cookie board for all to share. Snowball Cookies, Chewy Double Chocolate Peppermint Cookies, Red velvet white chocolate chip cookies and Chocolate cookie cups with cheesecake filling are on the menu. Please bring containers to take food home.

Tuesday • November 28 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

### **FRENCH BISTRO COOKING** with Amy Rosen

In this class, you will take your culinary skills to Paris where Chef Amy makes a delicious French meal that will have your family ready to book flights. Vegetable Tian, French Onion Upside down Tart, Chicken Paillard and French Apple Cake are on the menu. Please bring containers to take food home.

Tuesday • October 3 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

### **GLUTEN FREE HEALTHY COOKING** with Amy Rosen

Gluten free cooking can be delicious and creative. Chef Amy Rosen will create healthy meals and desserts that the whole family will enjoy and not miss the gluten. Cauliflower Steaks with creamy polenta and mushroom ragu, Chicken and falafel waffles, Quinoa and roasted vegetable bowls, Coffee Cake Muffins and Chocolate Chia Pudding Mousse are on the menu. Please bring containers to take food home.

Tuesday • November 14 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

### **LATIN AMERICAN CUISINE NIGHT** with Amy Rosen

Travel with Chef Amy Rosen to Latin America and enjoy the numerous flavors of Latin cuisine that we can put on our own kitchen tables for weekly dinners. Galinhada (one pot chicken, rice, saffron, turmeric), Ceviche, Brazilian Cheese Puffs, Arepas and Carne Guisada (Latin Beef Stew) are on the menu. Please bring containers to take food home.

Tuesday • October 24 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

## **PLANT AHEAD: Quick Vegan Meals For Omnivores** with Elisa Bremner MS, RD, CDN

Everyone can improve their health with more vegetables. But how do you make it quick and delicious? This class will explore healthy hacks and secret shortcuts to help you to get a satisfying meal on the table in under 30 minutes. Recipes: Spaghetti Bolognese, Crispy Tofu Slabs and Creamy Tuscan Mushrooms. Please bring your re-usable container for leftovers!

Wednesday • October 25 • 7-8:30pm • HGHS, Kitchen  
\$50 (includes \$20 material fee) • Limit 11 students

## **SOUP NIGHT** with Amy Rosen

Cold winter nights are coming! Prepare for your family these hearty and healthy soups that will keep them warm: Thai Red Curry Chicken Soup, Potato soup with beef chili, Butternut Bisque Soup and Spiced Cauliflower Soup. Please bring containers to take food home.

Tuesday • December 12 • 7-8:30pm • HGHS, Kitchen  
\$60 (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. Crispy Chicken with sticky Asian Sauce, Sticky Asian Rice, Asian Meatballs, Asian Cucumber Salad and Yaki Udon Stir Fried Udon Noodles are on the menu. Please bring containers to take food home.

Tuesday • September 19 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

## **UP YOUR THANKSGIVING SIDE DISH** with Amy Rosen

The Turkey is the main event at any Thanksgiving, but your guests will rave about these creative side dishes that are colorful, delicious and unique. Sweet potato stacks, Insane Chipotle Mac and Cheese, roasted green beans with roasted beets, fried shallots and goat cheese, Stuffed Butternut Squash with tempeh and Roasted Vegetable Galette are on the menu. Please bring containers to take food home.

Tuesday • November 7 • 7-8:30pm • HGHS, Kitchen  
\$60 (includes \$20 material fee) • Limit 11 students

## EXERCISE

### **20-20-20** with Michelle Saccurato

This workout includes 20 minutes of Low Impact AEROBICS plus 20 minutes of WEIGHTS plus 20 minutes of CORE STRENGTH. All levels are welcome. Exercise mat needed. Ankle weights are optional.

10 Mondays • September 18 to December 4 (no class 9/25, 10/9) • 6:30-7:30pm  
HGHS, Fitness Center • \$170

### **BELLY DANCING** with Suzi Myers Tipa

Hot Hips: Heat up your autumn with this fun and fabulous introduction to Middle Eastern dance and Hawaiian Hula! You'll awaken your inner goddess as you learn the secrets to swiveling your hips in different styles of "belly dance," and you'll explore the beauty and storytelling of Hawaiian Hula, with the added benefit of a workout! Please bring a scarf to tie around your hips. We will dance barefoot, but you can wear ballet slippers if you prefer. Note: exposing your belly not required, sense of adventure and sense of humor required!

6 Tuesdays • September 26 to October 31 • 7:20-8:05pm • HGHS, Dance/Yoga Studio • \$95

### **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. Ankle weights are optional.

10 Wednesdays • September 20 to November 29 (no class 11/22) • 6:30-7:30pm  
HGHS, Fitness Center • \$170

### **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 • October 12 to November 2 • 6:30-7:30pm • HGHS, Fitness Center • \$80

### **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!

6 Tuesdays • September 26 to October 31 • 6:30-7:15pm • HGHS, Dance/Yoga Studio • \$95

### **LINE DANCING ADVANCED BEGINNER** with Suzi Myers Tipa

Bring you Line Dancing to a higher level. Line Dancing Advanced Beginner is a continuation of your Line Dancing experience. Continue to improve your dancing skills while sneaking in a bit of exercise. Please wear comfortable shoes that you can easily move in.

*Prerequisite:* Line Dancing class or equivalent.

6 Tuesdays • November 7 to December 12 • 6:30-7:15pm • HGHS, Faculty Lounge • \$95

### **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 Wednesdays • September 20 to October 18 • 7:15-8:15pm • HGHS, Gym D  
\$120 • Limit 14 students

Section B: 5 Wednesdays • September 20 to October 18 • 8:15-9:15pm • HGHS, Gym D  
\$120 • Limit 14 students

Section C: 5 Wednesdays • November 1 to December 13 (no class 11/8, 11/22)  
7:15-8:15pm • HGHS, Gym D • \$120 • 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.

5 Wednesdays • November 1 to December 13 (no class 11/8, 11/22) • 8:15-9:15pm  
HGHS, Gym D • \$125 • Limit 12 students

### **PILATES** with Michelle Saccurato

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

10 Wednesdays • September 20 to November 29 (no class 11/22) • 7:40-8:40pm  
HGHS, Fitness Center • \$170

### **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.

6 Tuesdays • November 7 to December 12 • 7:20-8:05pm • HGHS, Faculty Lounge • \$95



### **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 • September 19 to November 21 • 6:30-7:30pm  
HGHS, Fitness Center • \$170 • Limit 12 students

Section B: 10 Tuesdays • September 19 to November 21 • 7:30-8:30pm  
HGHS, Fitness Center • \$170 • 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.

10 Mondays • October 2 to December 11 (no class 10/9) • 7-8:15pm  
HGHS, Faculty Lounge • \$190

## 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.

Tuesday • October 10 • 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 • October 26 • 5-7pm • Online • \$30 (Free for Chappaqua Seniors)

### **LEARN HOW TO TRAVEL FOR FREE** with Cindy Greenstein

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

In addition, Cindy will help you understand the various ways to redeem rewards for the most value, talk about card benefits and will share some of her favorite cards. Cindy will *point* you to free travel!

Wednesday • October 25 • 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 • November 27 • 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.

Thursday • October 12 • 6-8pm • Free (registration required) • Online

Saturday • November 18 • 10am-12pm • Free (registration required) • Online

### **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.

Wednesday • September 27 • 7-8pm • HGHS, L-216 • \$20 (Free for Chappaqua Seniors)

### **PLANNING CONSIDERATIONS FOR NEW YORK'S NEW MEDICAID ELIGIBILITY REQUIREMENTS FOR LONG TERM CARE** with Sara Meyers

Serious changes to New York's Medicaid program will soon go into effect, impacting the ability for seniors to obtain the home care services they need. Join elder law attorney Sara Meyers, Esq. for a program highlighting some of the most important changes--including the imposition of a lookback period for Medicaid Home Care as well as modifications to the consumer-directed Medicaid program. Learn what steps can be taken to prepare in light of the changes. Sara Meyers practices exclusively in the fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families.

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

### **QUICKEN BEGINNER'S WORKSHOP: Get a Head Start On Organizing Your Finances and Be Ready For Tax Time** 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 • November 8 • 7-8:30pm • HGHS, L-217 • \$25

**RETIREMENT PLANNING TODAY** with Scott Turner, CFP® and Steven Klimaszewski, CFP®  
Have market downturns ever 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 • October 10 to October 24 • 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 • October 2 • 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 • October 5 to November 30 (no class 11/23) • 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 • October 5 to November 30 (no class 11/23) • 7:15-8:30pm  
HGHS, L-216 • \$175 • Limit 12 students

### **BRIDGE: Supervised Play** with Khalid Al Doori



Take your Bridge game to a higher level through supervised play! Learn strategy, scoring, bidding and defensive strategies. Make friends and join a regular game. Students must know how to play bridge or have taken the Bridge for Intermediate Beginner class. All levels welcome.

8 Thursdays • October 5 to November 30 (no class 11/23) • 5-6pm • HGHS, L-216  
\$160 • 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 • October 16 to November 13 • 7-9pm • HGHS, iLab • \$140 • Limit 12 students

**CANASTA: Supervised Play** with Lori Greene

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

4 Mondays • November 20 to December 11 • 7-9pm • HGHS, iLab • \$110 • 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.

6 Tuesdays • September 19 to October 31 (no class 10/24) • 7-9pm • HGHS, iLab  
\$165 • 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!

6 Tuesdays • November 7 to December 12 • 7-9pm • HGHS, iLab • \$165 • Limit 12 students

## GARDEN & HOME

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

**DESIGN A WINTER WREATH** with Deborah Taft

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

Monday • December 4 • 7-8:30pm • HGHS, Cafeteria  
\$30 (\$20 materials fee will be collected in class) • Limit 12 students

**FLORAL DESIGN BASICS: Master the Art of Arranging, Creating and Gifting**

with Tania Dainson

Uncover the secrets of floral arranging in this beginner-friendly class. Learn essential techniques to create captivating centerpieces with seasonal themes. With a dedicated focus on Thanksgiving dinner party centerpieces, you'll gain practical skills to design unique arrangements for any occasion. Let your creativity flourish with easily accessible materials and leave with a completed centerpiece to compliment your table.

Monday • November 6 • 7-9pm • HGHS, Cafeteria  
\$70 (includes \$40 material fee) • Limit 10 students

**GROWING GREAT GARLIC** with Deborah Taft

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

Monday • October 16 • HGHS, L-215 • 7-8:30pm • \$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 offers the perfect introduction to organizing, prioritizing, and optimizing your space.

Wednesday • October 18 • HGHS, L-216 • 7-8:30pm • \$25

**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.

Section A: Wednesday • October 11 • 7-8:30pm • HGHS, L-217  
\$30 (Free for Chappaqua Seniors)


Section B: Wednesday • November 1 • 7-8:30pm • Online  
\$30 (Free for Chappaqua Seniors)

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


Monday • November 13 • HGHS, Cafeteria • 7-8:30pm  
\$30 (\$20 material fee will be collected in class) • Limit 12 students

## HEALTH & WELLNESS


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

**AMERICAN RED CROSS ADULT CPR/AED** with Rachel Marino, MA, LAT, ATC   
Please join Rachel Marino for this class as students will learn how to save someone's life using CPR and an AED. The class is a combination of video and teacher-led instruction, complemented by supervised, corrected practical exercises. You will have the certification card sent to you via email upon the completion of the class.


Thursday • November 9 • 6:30-8:30pm • HGHS, Fitness Center  
\$30 (\$36 material fee collected in class for the certification card that will be emailed to you upon completion of the class)

**DIVORCE DETOX: BUILDING A FUTURE AS A NEWLY SINGLE ADULT**   
with Integrative Nutrition Health Coach Suzy Wood  
Divorce is the #2 most stressful event anyone can go through. People often feel grief for the loss of the relationship and sadness for a future that will be different than what they intended. This workshop is for newly single (or soon to be single) adults who want to build confidence, find balance, and reduce stress as they navigate their new future.

Wednesday, October 11 • 6:30-8pm • HGHS, L-216 • \$30

**GET HEALTHY AND SAVE THE PLANET, ONE GREEN BITE AT A TIME**   
with Elisa Bremner MS, RD, CDN  
This is an interactive workshop where you will learn about the impact of your food on the planet and get practical tips on how you can take climate action with your fork! Optimize your health by incorporating more whole plant foods into your diet. This class includes an easy meal demo with a recipe provided. If you would like to cook along, a recipe with a shopping list will be emailed in advance.

Wednesday, October 18 • 7-8pm • Online • \$20

**HELP! I CAN'T GET MY TEEN/YOUNG ADULT TO EAT HEALTHY**   
with Integrative Nutrition Health Coach Suzy Wood  
When our kids were little, we as parents, had more control over what they ate. Once they became teens, the allure of junk food, fast food, and sugary drinks was often too much for them to resist. In their quest for independence, they make food choices that sometimes go against the best advice or encouragement from their parents. What can we do as parents to help our teens and young adults sail through this rite of passage to a place where they ultimately make healthier food and lifestyle choices?

Monday, October 16 • 6:30-8pm • HGHS, L-216 • \$30

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

Would you like to feel less stress, tension and discomfort? Come and take a transformative journey of well-being and self-awareness and learning how to cultivate a calm and centered state of being even in the face of life's challenges. Join Eve Silver, a certified Alexander Technique teacher, in this century-old method designed to enhance your mind-body connection and improve your overall quality of life. This engaging 4-week Zoom workshop will delve into the simple but profound principles that have helped millions of people over the years to stress a lot less by knowing how to bring more relaxation and ease into their life whenever they want.

4 Tuesdays • November 7 to November 28 • 6:30-7:30pm • Online • \$100

## **INTRODUCTION TO STRATEGIES ON SELF-DEFENSE**

with Officer Michelle Mazzocchi

We often find ourselves in situations where we are alone. Whether it is going out for a walk/run or walking to our cars at night after work or shopping—we can find ourselves in an isolated location. This class will provide information regarding self-defense. You will learn attributes that attackers or predators use to identify vulnerable targets. In addition, you will learn verbal and physical defense strategies and tactics that can be used for your protection. Officer Mazzocchi will conduct a question-and-answer session at the end of class.

Thursday • November 2 • 6-7:30pm • HGHS, Faculty Lounge • \$30

## **ISN'T THAT SWEET!?** Facts and Myths About Sugars and Sugar Alternatives

with Courtney Gravenese, MS, RDN

Confused by all of the information about sugars, sweeteners and sugar alternatives you hear in the news, from influencers and even well-meaning family? Some are demonized while others seem to be under a health halo. Join Registered Dietitian and Exercise Physiologist Courtney Gravenese as she breaks down the most up to date health and weight loss facts about nutritive sweeteners (like honey), non-nutritive sweeteners (like sucralose), sugar alcohols (like sorbitol) and novel sweeteners (like monk and stevia leaf). They are in a lot more foods and beverages than you think. Bring your questions!

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

## **REDUCE FOOD CRAVINGS WITHOUT DEPRIVING YOURSELF**

with Integrative Nutrition Health Coach 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.

Monday, October 2 • 6:30-8pm • HGHS, L-216 • \$30

## **SLEEP WELL FOR WELLNESS** with Courtney Gravenese, MS, RDN

Ahh, sleep! So important, yet so out of reach for many of us. In this course, students will learn the many health benefits of adequate sleep, the negative health effects of chronic sleep disruption/deprivation (including weight gain!) and common causes of sleep disturbances. This course is designed to provide practical guidance on lifestyle changes and simple diet tweaks that will lead to improved quantity and quality of sleep. Bedtime stress management techniques like box breathing and positive visualization will be practiced, Current research on the effectiveness and safety of over-the-counter supplements will also be reviewed.

Tuesday, September 19 • 6:30-8pm • HGHS, L-216 • \$30

## **WEIGHT LOSS WITHOUT DIETING** with Integrative Nutrition Health Coach 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?

Monday, October 23 • 6:30-8pm • HGHS, L-216 • \$30

**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 • November 29 • 6:30-8:30pm • HGHS, L-217  
\$30 (\$40 material fee collected in class)

## HOBBIES

**BLOGGING FOR FUN AND MONEY** with Rich Mintzer   
It is estimated that there are currently over 31 million blogs. Why not join the fun and start one of your own? Blogs are a great way of sharing your thoughts, opinions and/or expertise on a topic or several topics. They can also boost your business (if you have one) and even boost your status in your industry. In addition, a blog can serve as excellent samples of your writing should you want to write for websites or monthly/weekly publications. Blogs are fairly easy to write but need to be well constructed to get the responses you're looking for, whether it's validation, new business or smiles from your friends and neighbors.

3 Thursdays • November 2 to November 16 • 7-8:30pm • HGHS, L-217 • \$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 • October 16 to November 13 • 7-8:30pm • HGHS, L-217 • \$125

**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 Tuesdays • October 3 to October 24 • 7-8:30pm • HGHS, L-216 • \$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 • October 4 to November 29 (no class 11/22) • 7-8pm • HGHS, L-215 • \$160

**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 • October 5 to October 26 • 7-8:30pm • HGHS, L-217 • \$95

## PHOTOGRAPHY & TECHNOLOGY

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

### **FALL FOLIAGE PHOTOGRAPHY** with Deborah Tual



A step-by-step guide on how to capture the beauty of the season and make your fall foliage photos stand out. For all skill levels and all camera devices/smartphones.

Tuesday • September 26 • 7-8pm • Online • \$20

### **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 plus hidden settings and features. Improve your photography by knowing how to use and control your iPhone camera and learn pro photography tips on getting the best results. For all skill levels. More suitable for iPhones Xs/Xr and later (11-15).

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

### **PHOTO EDITING ON YOUR IPHONE, ORGANIZATION AND STORAGE**

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 iPhones Xs/Xr and later (11-15).

Tuesday • November 28 • 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 Salsnikow

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.

9 Wednesdays • October 11 to December 13 (no class 11/22) • 5:30-7pm • Online  
\$210 (\$115 for Chappaqua Seniors)

### **FRENCH INTERMEDIATE** with Monique Salsnikow

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.

9 Wednesdays • October 11 to December 13 (no class 11/22) • 7:15-9:15pm • Online  
\$240 (\$130 for Chappaqua Seniors)

### **FRENCH ADVANCED CONVERSATION** with Monique Salsnikow

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.

11 Tuesdays • September 10 to December 19 • 7-9pm • Online  
\$295 (\$160 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 • September 21 to November 2 (no class 9/28) • 6:30-7:30pm • Online  
\$120 (\$65 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. This class will be customized to the level of knowledge of the Italian language of the students.

5 Thursdays • November 9 to December 14 (no class 11/23) • 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

9 Mondays • October 16 to December 11 • 6-7pm • Online  
\$180 (\$100 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.

9 Mondays • October 16 to December 11 • 6 -7pm • Online  
\$180 (\$100 for Chappaqua Seniors)

### **SPANISH INTERMEDIATE** with Diana Walker

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

*Prerequisite:* Spanish for Beginners or equivalent.

10 Tuesdays • October 3 to December 5 • 7-8pm • Online  
\$200 (\$110 for Chappaqua Seniors)

### **SPANISH ADVANCED** with Diana Walker

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

*Prerequisite:* Spanish Intermediate or equivalent.

10 Tuesdays • October 3 to December 5 • 6-7pm • Online  
\$200 (\$110 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 has taught 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.

**TANIA DAINSON** is the owner of Monet's Garden, a floral shop and wedding design studio in Chappaqua, Tania will bring a unique blend of expertise as a Licensed Landscape Architect with 30 years of experience. Her focus on native plants adds depth to her floral creations. With Tania's guidance, students learn to harmonize colors, textures, and forms for captivating floral compositions. Her passion for promoting native plants and extensive industry experience make her an invaluable instructor. Discover the enchanting world of floral design as Tania shares her knowledge, where nature and creativity intertwine seamlessly.

**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 thing's 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/memorialist 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 of Horace Mann for 6 years. In addition, Mami has private tutoring (individually/in groups).

**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 Master's Degree in Italian Studies from SUNY Stony Brook. She has been teaching Italian, French and Spanish for over 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®**, CFTA, 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.

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

**STEVEN KLIMASZEWSKI** is a 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.

**LOGICPREP** has been providing students with the knowledge, skills, and confidence necessary for success for over 15 years. LogicPrep's engaging and insightful instructors are passionate about helping students achieve their academic goals. Students in the SAT/ACT courses will receive extensive materials and opportunities to take proctored practice exams.

**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.

**RACHEL L MARINO, MA, LAT, ATC** has been the Head Athletic Trainer at Horace Greeley High School since 2013. She plays a vital role in ensuring the health, safety, and overall well-being of athletes. An Athletic Trainer is a healthcare professional who specializes in providing medical care and injury prevention for student-athletes participating in high school sports programs. As a part of this role, Rachel instructs CPR/First Aid and AED to the staff and coaches to ensure the safety of students, family, and the community.

**MICHELE MAZZOCCHI** is the School Resource Officer at the Horace Greeley High School. Officer Mazzocchi has been a police officer for over nine years. In addition, she was a Correction Officer for Westchester County for two years.

**SARA MEYERS, Esq.** practices exclusively in the fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families. She has been named to the 2013-2022 New York Metro Super Lawyers list in Elder Law and is a member of the firm of Enea, Scanlan & Sirignano, LLP in White Plains and Somers NY. 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](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.

**RICH MINTZER** is an author and ghostwriter for over 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. In addition to being an author, Rich Mintzer is an award-winning blogger and ghost-blogger who can help you join the growing blogosphere.

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

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

**GINNY POLEMAN** is a graduate of Cornell University, a trained docent for the Municipal Art Society's official Grand Central Terminal tour, as well as a trained educational guide for 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). You can learn more about Ginny at [www.nycencounterstours.com](http://www.nycencounterstours.com).

**AMY ROSEN** is a cooking instructor with over 10 years of experience. She is a homestyle cook and private chef who has created delicious dishes her entire life. In addition to her cooking classes for adults, she runs afterschool cooking programs and the cooking program for Next Level Camp. To learn more about Amy, visit her website [www.amyrosencookingbydesign.com](http://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. SALKNIKOW** 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 Certified Professional Photographer from Stamford, CT with 25+ years of experience and has been teaching photography for the past decade. She enjoys sharing her experience, expertise, and love of photography with others.

**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 Cisqua and Hackley and continues to tutor students and teach classes in Westchester.

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

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

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

**SUZY WOOD** is an Integrative Nutrition Health Coach and Owner of True Wellness Within, LLC where she works with adults to get control of their health by analyzing both food and lifestyle choices. After a busy career in high tech and living abroad for over 10 years, Suzy returned to Westchester and now helps people find more balance in their lives, reduce stress, eat better, and regain the vitality they used to have. 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**  
**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 #** \_\_\_\_\_