

Duanesburg Central School
Adult Education – Spring 2012 Class offerings
Coordinator – Kathy Lavigne

The Adult/Continuing Education Program thanks all community members for their continued support of this program. Please review the following Spring 2012 semester course offerings, meeting days, times, place and registration fees. Classes will take place at both the Jr/Sr HS (163 School Dr.) and Elementary School (165 Chadwick Rd.) in Delanson, NY 12053. Please register in advance by calling 895-8310, ext. 400, or 895-2580, ext. 100 or email klavigne@duanesburg.org. **YOU MUST REGISTER by PHONE or e-MAIL** so we can determine whether a class will take place. Classes with less than required registrants (usually 10 but does vary) will not be held. All DCS registration fees will be collected at the first session of each class, and **checks are to be made payable to DCS ADULT Education**. Resident Senior Citizens (62+) living in the school district may register for a reduced rate as indicated. Students and non-residents of the school district may attend. **No classes** will be held Spring Recess week, 4/6/12 – 4/13/12. Please visit our website: www.duanesburg.org, and if you're interested in offering a class, please call us, as your ideas are always welcome.

MONDAY

YOGA – Marcella Luongo, 7-8:30pm, 6 wks, \$40 (Sr. Citiz \$35), **Elem. Library**, room 302. Come experience the benefits of yoga with Cella, a 20-yr. Hatha yoga instructor. In this class you will receive instruction using hatha yoga postures to increase flexibility, strength and stamina. Classes will incorporate gentle stretching, movement and flow sequences, holding postures for increasing lengths of time, meditation, and relaxation exercises. This class is good for all levels of yoga, from people who have never tried yoga to those who want to deepen their practices. Wear loose clothing and bring a mat/towel. (Last day is 4/23.) **Mon., 3/12**

The Good...The Bad...The Annuity – Frank Guiffre, licensed Financial Advisor with Halliday Financial Group in Albany, NY, 6:30-8pm, 1wk, HS room 104, \$5. The Annuity or “personalized pension” as it is commonly referred to have been an investment vehicle long since insurance companies have been around. Years ago, the word “annuity” made people cringe. To this day the stereotype of high fees, illiquidity, and bad investments still linger. BUT THERE'S HOPE!! The more recent annuities are now more revised, highly regulated, lower fees, and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will include: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass t his legacy along to your loved ones. **Mon., 4/16**

WATER COLOR PAINTING for BEGINNER'S – Karen Cooper, 6:45-8:45pm, 3wks, **Elem. Art Room 402**, \$55 (district Sr. Citiz.-\$50) plus material fee \$10 paid to the instructor. Join Karen Cooper, a member of the Oakroom Artists in Schenectady, who has studied with national and international master watercolorists and has been painting for more than 30 years and teaching in various local school districts. This set of classes will provide you the opportunity to learn about watercolor painting in a relaxed atmosphere. Overview and practice of design, color, painting techniques, and the use of various papers will be covered. You do not have to be an artist to take this class. **We must have at least 5 participants** to run the class which is limited to 12 students for a close one on one opportunity with the instructor. If you have taken this class before with Karen you are welcome to come back and attend again. **Mon. – 4/16, 4/23, 4/30**

STEP AEROBICS - K. Lavigne, (**Mon. & Wed.**), 6:00-6:45pm, 6wks, \$30 (Sr. Citiz.-\$25), **Elem. Gym/Cafe**. Jump start your spring with a cardio-vascular workout (twice a week) - key to heart health, and helps to lower both stress and cholesterol levels! **Wear loose fitting clothing, aerobic footwear; bring a standard step, mat/towel for floor work, and a water bottle.** (Last class is 4/30.) **Mon., 3/19 & Wed., 3/21**

TUESDAY

Understanding Stocks, Bonds & Mutual Funds - Frank Guiffre, Financial Advisor with Halliday Financial Group, 6:30-8:30pm, 1wk, HS room 104, \$5. Learn the basics of stocks, bonds and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments. Please email fguiffre@hallidayfinancial.com for more course information. **Tue, 3/13**

Put Your Retirement Plan on the Right Track - Frank Guiffre, Financial Advisor with Halliday Financial Group, 6:30-8pm, 1wk, HS room 104, \$5. Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work, or the pursuit of favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to email fguiffre@hallidayfinancial.com for more course information. Feel free to bring in your retirement portfolio for a free consultation. **Tue, 3/20**

Paying for College Without Going Broke! - Jason Tabor, Financial Advisor with Halliday Financial Group, 6:30-8pm, 1wk, HS room 104, \$5. Are you and your family sitting around the kitchen table wondering how you are going to pay for your children's college costs? Are you concerned that you will miss out on all of the financial aid, grants and scholarships you deserve? If your answer is “YES”, then you cannot miss this workshop where the following topics will be discussed: Maximizing the college financial aid process; How to avoid costly mistakes when paying the bills; Avoiding scams that could cost you thousands of dollars; Paying for college without sacrificing your retirement savings; Finding the right college for you children and your budget. **Tues, 4/3**

TUESDAY & THURSDAY

PHOTOSHOP – Brian McGarry & Paul Grasso, 5:30-7:00pm, 3wks, (2-Tues. & 1-Thurs.), HS 203 Computer Lab, \$35 (Sr. Citizen-\$25). Participants **MUST** have basic computer literacy skills. This 3-evening class will teach you some of the basic tools in Photoshop. You will come away without fearing this powerful photo enhancement tool. Photoshop is a must in this age of digital photography. Learn some of the basic tools that can turn an “average” photo into a “great” photo. Learn how to open eyes! Or maybe you want to simply remove a pesky sign in the background. After taking this class, you will be able to alter your images with ease! Limit 20 - must have 10.

Tu. 3/20, Tu, 3/27, Th, 3/29

INSURANCE & POINT REDUCTION DRIVER TRAINING – Dianne Grant, 6-hrs, 2 nights, 6:30 – 9:30pm, \$50-Adult / \$45-Students & Sr. Citizens, **HS Room 123**. This is a 6-hr accident prevention program taught in the classroom. The course consists of films, lectures, student participation and other visual aids. Students completing the course receive a 10% reduction off liability and collision insurance premiums each year for three years, and a 4-point reduction off your license with DMV. Students with driver’s permits may take this class. We need at least 15 people registered to run this class. (Limit 30.)

Tue., 4/17 & Thur, 4/19

WEDNESDAY

ADULT VOLLEYBALL - Phil Peacock, (**Wed. & some Fri.**), 7-9pm/8-9:30pm, 13wks, **HS Gym**, \$30 (Sr.Citz. \$25). **MUST HAVE 15 PEOPLE** to run class. Limited to 40 people. A schedule will be available the first night. Times for March are 8-9:30pm to accommodate HS Spring sports teams. The first night, Wed, 3/7, is 8-9:30pm. Beginning 4/4 the time changes back to 7-9pm.

Wed., 3/7

NYS BOATING CERTIFICATION – US Coastguards, Jack & Lynda Hochmuth, 6:30-8:30pm, 4wks, **Elem. room 412**, \$15. NYS law requires persons 10 years and older to obtain a boating license to operate a personal water craft/jet ski. This is an 8-hour class instructed by the US Coastguard for adults and children. Children must be 10 years of age. An exam will be administered the last week. Students who complete the course and pass the exam will be licensed to operate any boat, including a personal watercraft. All classes must be attended. (Limit-25)

Wed. 3/14, 3/21, 3/28, 4/4

SWING DANCE – Kathy Lavigne, 7-8:30pm, 3wks, **HS Cafeteria**, \$25 per person/\$40 couple, (Sr. Citz. - \$20 per/\$30 couple). Join us for a very basic introduction to ballroom dancing to help build confidence on the dance floor. We will have fun learning steps including swing, waltz, fox trot, executing turns, and some Latin steps as well. Wear comfortable shoes that you can dance in (not sneakers). Bring a water bottle.

Wed., 3/21, 3/28, 4/4

THURSDAY

Introduction to Microsoft Word 2010 Workshop – Kathy Lavigne, 1 week 6-8:30pm, **Elem. Library Room 302**, \$25 (Sr. Citizens - \$20). This is an introductory course on the use of Microsoft Word, where basics will be covered including toolbar functions, the mouse, and printing a document, etc., followed by an introductory class on Excel from 12-3pm. This is the perfect class for those who have no computer skills and for those who need to brush up. Limit – 5. A second class will be run if we have more than five registrants.

Thur., 3/8

Introduction to Excel 2010 Workshop – Kathy Lavigne, 1 week 6-8:30pm, **Elem. Library Room 302**, \$25 (Sr. Citizens - \$20). This is an introductory course on the use of Microsoft Word from 8:30-11:30am, where basics will be covered including toolbar functions, the mouse, and printing a document, etc. This is the perfect class for those who have no computer skills and for those who need to brush up. Limit – 5. A second class will be run if we have more than five registrants.

Thur., 3/29

SATURDAY

SEW DAY ESCAPE with Maureen Rynish, 8hrs, (8am-4pm), **HS Cafeteria**. A free class for unfinished sewing projects, those who need help finishing something up, and who have ideas to share. You will need to bring your sewing machine, basic sewing knowledge, and your materials. If you have an extra extension cord, bring it along. Bring a bag lunch and ESCAPE!

Sat., 3/31

Spring Perennial Swap Meet 10am, rain or shine at the **Elementary School parking lot**. If you have any extra perennials you’d like to share. Please have your plants dug, potted/bagged, watered and ready to plant. When you call to register, please include plant type you’ll be bringing. You will be notified the weekend before with the number of people participating so we bring enough to share. If you don’t have any plants and are looking to start a perennial garden, please call we always have extras to share. PLEASE CALL to REGISTER which will determine if we have this plant swap.

Sat., 5/5

**DUANESBURG CENTRAL SCHOOL
ADULT EDUCATION SCHEDULE
Spring 2012**

**CARRIER ROUTE
PRE-SORT**

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U.S. POSTAGE
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