

HOW TO REGISTER

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

REFUND POLICY

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

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

LOCATION OF CLASSES

Spring 2024 Continuing Education classes will be a hybrid of virtual or in person. In person classes will meet at Horace Greeley High School (HGHS), 70 Roaring Brook Road in Chappaqua, unless otherwise noted. Online classes will be conducted on Zoom and 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 or call 238-7201, ext. 2318.

Classes WILL NOT be held:

- Monday: April 1, April 22 and May 27
- Tuesday: April 2 and April 23
- Wednesday: April 3
- Thursday: April 4

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.

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

INTRODUCTION TO DRAWING PART 1 - Skills For Your Artistic

Journey 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.

Introduction to Drawing Part 1 will guide you 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, ellipses, and how to see as an artist and more. This class is appropriate for artists from beginning to intermediate. All you need is a few simple drawing materials and Linda Cerrone's fun and nonjudgmental style to expand your drawing abilities. Supply list will be emailed prior to the class.

5 Thursdays • March 14 to April 18 (no class 4/4) • 7-9pm • HGHS, Art Studio 1 • \$155

INTRODUCTION TO DRAWING PART 2 - Continuing Your Artistic

Journey with Linda Cerrone

What is the next step in learning how to draw well when you have learned the basics? It is Introduction to Drawing Part 2! Take your skills to the next level with lessons that help you hone your developing abilities. You will be guided with exercises that teach you shading, foreshortening, perspective and more. Important skills for anyone who wants to draw realistically. Class is run in Linda Cerrone's relaxed and nonjudgmental style. Each class will present an essential artistic skill followed by time to practice your newly learned techniques.

Supply list will be emailed prior to the class.

Prerequisite: Introduction to Drawing Part 1 or equivalent experience.

5 Thursdays • April 25 to May 23 • 7-9pm • HGHS, Art Studio 1 • \$155

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

In this introductory course for absolute beginners, you will learn the basics of hand lettering also known as modern calligraphy (not to be confused with traditional calligraphy). We will use large tip brush pens. You will also be introduced to different writing/font styles and design elements such as adding shadows. These sessions are intended to give you a taste of many aspects of hand lettering that you can then practice and further improve upon at home.

4 Thursdays • May 2 to May 23 • 7:30-8:30pm • HGHS, Art 2 • \$80 (\$20 additional material fee will be collected at the first class)

INTRODUCTION TO WATERCOLOR PAINTING with Katie Goldberg

This Watercolor 101 Class will introduce students to this fascinating, portable, non-toxic, affordable medium. Build a solid foundation in the fundamentals of watercolor while creating a fun painting each week. Students will learn how to paint using washes, varieties of brush strokes, and techniques that render texture, shadows, and more. Prior to the first class, students will receive a short list of supplies they'll need to bring.

6 Mondays • April 29 to June 10 (no class 5/27) • 7-9pm • HGHS, Art Studio 1 • \$210

LINE AND WASH IS NOT FOR LAUNDRY! - Distant Journeys, Representing

Depth In Your Art with Linda Cerrone

Line and wash is an art form made with ink pens and watercolor washes. Artists use this medium for field study, nature journaling, architectural drawing, landscapes, plein-air, still lives, portraits, archeological studies and more! It is easy to pick up and can be enjoyed by artists from beginners to more advanced. In our Spring session we will look into how to represent a distant point on a 2D surface. Concepts such as perspective, atmospheric perspective, depth and other important techniques will be explored to help you achieve the appearance of distance in your art. These are lessons useful for rendering landscapes, indoor scenes, and urban landscapes. These skills are necessities for your education in visual art and helpful for beginners through advanced artists. Classes are presented in a relaxed and nonjudgmental atmosphere. Returning students will continue to enhance their skills with studio time to work on their own compositions while receiving guidance and timely mini

lessons to continue building their Line and Wash abilities. While new students will be guided along with tried-and-true methods and lessons to help you begin your Line and Wash journey. Supply list will be emailed prior to the class.

7 Tuesdays • March 12 to May 7 (no class 4/2, 4/23) • 7-9pm • HGHS, Art Studio 1 • \$220

PLAYING WITH WATERCOLOR - Using Unusual Materials To Create Versatile Textures and Cool Effects with Linda Cerrone

A fun and useful three-week workshop filled with fascinating and unique techniques using non-conventional materials. Learn how to create special effects that can be used for realistic textures and atmospheric backgrounds. In addition, they can be used alone to create striking contemporary paintings. All while being easy and enjoyable to learn. Master watercolorists have used these methods to enhance their paintings for ages. Come join the fun experimenting with watercolors in this relaxed and low-pressure workshop. Supply list will be emailed prior to the class.

3 Tuesdays • May 28 to June 11 • 7-9pm • HGHS, Art Studio 1 • \$95

Art - Virtual Tours & Classes

-- All classes will meet online --

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

CRACK THE CODE! DISCOVER HIEROGLYPHICS with Marisa Horowitz-Jaffe

The creation of a formal writing system in Ancient Egypt changed the world. To this day, people are fascinated by its symbols which create this ancient language--all 600 of them! Our program focuses on the hundreds of hieroglyphic symbols, how an ancient person became a scribe, the invention of papyrus, and differences between the various glyphs. An introductory experience to the amazing world of deciphering Hieroglyphs.

Monday • March 18 • 6:30-7:30pm • Online • \$20

GILDED AGE FASHION with Ginny Poleman

Inspired by the sumptuous fashion HBO's Gilded Age television show, this presentation will use vintage photographs, paintings, fashion plates, and images of antique ensembles in museum collections, to examine the evolution of women's fashion from the late 19th to the turn of the 20th century. We'll also learn about the nouveau-riche American fashionistas -- like Alva and Alice Vanderbilt -- who defined fashion of the period. Ginny will discuss the fashion trends including corsets, bustles, jewelry, and their trims and trimmings, and how, later, the progressive roles of women and the Suffragette movement influenced them.

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

GILDED AGE SUPERMODELS & INFLUENCERS with Ginny Poleman

Like today, the public couldn't get enough gossip and images of the beautiful women of the Gilded Age, many of which are immortalized on the statues of New York City, sculpted by the preeminent sculptors of the day. In this program, we'll look at vintage images of these stunners and examine the alluring "professional beauties" who served as fodder for the press for readers across the country and the world. Stories will include the scandals of Evelyn Nesbit and Virginia Gateau; the tragic life of Black model Hettie Anderson, immortalized by artist Augustus St. Gaudens; and the woman who inspired Charles Dana Gibson's Gibson Girl.

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

THE LOUVRE MUSEUM with Sue Altman

This amazing collection in Paris is housed in a building that dates from the 12th Century. Iconic treasures like the Mona Lisa, The Nike of Samothrace and the Code of Hammurabi can be found here as well as important art by Titian, Vermeer, Delacroix, and many others.

Tuesday • March 26 • 7-8:15pm • Online • \$25

THE PRADO MUSEUM with Sue Altman

This great museum in Madrid houses many important Spanish artists like Velasquez and Goya, and many painters from the Netherlands and Flanders. The Garden of Earthly Delights by Bosch is not to be missed.

Tuesday • April 9 • 7-8:15pm • Online • \$25

THE UFFIZI GALLERY IN FLORENCE, ITALY with Marisa Horowitz-Jaffe

Created from the massive art collection from the House de Medici, the Uffizi Gallery is one of the most visited museums in the world. One of the most prominent of Italian museums, it holds a priceless collection from the Renaissance as well as classical Ancient Rome.

Monday • April 29 • 6:30-7:30pm • Online • \$20

THE VICTORIA & ALBERT MUSEUM IN LONDON, ENGLAND

with Marisa Horowitz-Jaffe

Founded in 1852, the V&A is the world's leading museum of art and design, housing a permanent collection of over 2.8 million objects, books and archives that span over 5,000 years of human creativity. Focusing on decorative arts, post-classical sculpture, jewelry, and a number of other areas has created one of the most world-renown and comprehensive collections in the world. Join us as we travel to London and explore the V&A.

Monday • April 8 • 6:30-7:30pm • Online • \$20

VIRTUAL TOUR OF HISTORICAL MURRAY HILL with Ginny Poleman

Imagine life as it was in the 19th Century when the wealthy built their mansions in the toniest neighborhood of Manhattan, Murray Hill. We'll explore the Morgan Library, designed by renowned architect Charles McKim of McKim, Mead, & White -- using no mortar between its marble blocks -- as well as the remaining homes, stables, and private clubs in this historical district. Using vintage and new images, Ginny will give you a then-and-now look of what remains, as well as talk about how the neighborhood got its name.

Thursday • April 25 • 7-8pm • Online • \$20

VIRTUAL TOUR OF SOUTH STREET SEAPORT with Ginny Poleman

Come explore the old and the new at South Street Seaport, featuring the largest concentration of restored early 19th-century commercial buildings in the city, and the newly repurposed Tin Building as a culinary marketplace by Chef Jean-Georges. With vintage and contemporary photographs, this virtual tour will show how South Street Seaport has evolved from one of the first and busiest streets in Manhattan to today's tourist destination featuring the South Street Seaport Museum and its fleet of historical ships, Schermerhorn Row, the Titanic Memorial, and the revitalized Pier 17.

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

Culinary

A NIGHT IN TEL AVIV with Amy Rosen

Embark on a culinary exploration with our "From the Shuk to the Table" cooking class, where you'll unravel the diverse and vibrant tapestry of Israeli cuisine. Braised Chicken with Olives and Citrus, Shakshuka, Creamy Hummus, Chard wrapped Fish with Lemon and Olive, Potato Burekas and Israeli Couscous are on the menu. Please bring in containers to take food home.

Tuesday • April 16 • 7-8:30pm • HGHS, Kitchen • \$60 (includes \$20 material fee)
Limit 11 students

A TASTE OF ITALY with Amy Rosen

Enjoy the taste of Romance as we venture on a delicious trip through Italy. Caponata, Rustica Ribollitas-White Bean Soup, Chicken Saltimbocca, Frittata-Sundried Tomato, Artichoke and Goat Cheese, Pizza-Arugula, Fig, Goat Cheese, Balsamic Glaze and a Margarita, and Orange Polenta Cake are on the menu. Please bring in containers to take food home.

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

A TRIP TO BARCELONA with Amy Rosen

Embark on a flavorful adventure with our “Sabor Español” cooking class, where you’ll immerse yourself in the diverse and vibrant world of Spanish cuisine. Spanish Paella, Spanish Chicken and Rice, Fish Ceviche, Potatoes Bravas and Frixuelos-Spanish Crepes are on the menu. Please bring in containers to take food home.

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

ALOHA FROM HAWAII with Amy Rosen

Embark on a culinary journey to the tropical paradise of Hawaii with our “Aloha Flavors” cooking class. Luau Ribs, Sweet Hawaiian BBQ Crescent Ring, Hawaiian Meatballs, Hawaiian Pineapple Coconut Cookies, Grilled Hawaiian Pizza and Aloha Bread are on the menu. Please bring in containers to take food home.

Tuesday • May 21 • 7-8:30pm • HGHS, Kitchen • \$60 (includes \$20 material fee)
Limit 11 students

APPETIZERS FOR A SUMMER PARTY with Amy Rosen

Join Chef Amy Rosen to learn how to up your appetizer game for fun summer parties that your guest will rave about. Summer Rolls in Rice Paper, Shrimp with Mango Salsa, Variety of Bruschetta, Grilled Edible Cheese Board, Coconut Lime Steak Kebabs in Lettuce Leaf, Malaysian Chicken Skewer and Grilled Summer Pizzette with Caramelized Peaches, Burrata, Arugula and Crispy Serrano are on the menu. Please bring in containers to take food home.

Tuesday • June 4 • 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 • May 8 • 7-9pm • HGHS, L-215 • \$30

COOKING FROM THE ISLANDS OF GREECE with Amy Rosen

Take a culinary journey with Chef Amy Rosen and prepare healthy flavorful Greek cuisine. Feta Bake with Fennel, Broccolini, Red Onion, Potato, Chicken Souvlaki Pita, Mediterranean Kofta Meatballs, Roasted Greek Potatoes with Feta, Greek Souzoukaklia, Shrimp Saganaki and Sokolatopita, and Old Fashioned Chocolate Cake are on the menu. Please bring in containers to take food home.

Tuesday • March 26 • 7-8:30pm • HGHS, Kitchen • \$60 (includes \$20 material fee)
Limit 11 students

HEALTHY EATING COOKING with Amy Rosen

Embark on a culinary adventure with our “Healthy Eating” cooking class, where you’ll explore the art of creating delicious and nutritious dishes. Sesame-Crusted Tuna with Green Tea Noodle Salad, Healthy Turmeric and Coconut Fish Curry, 15-Minute Jacket Sweet Potatoes, Sheet-Pan Tofu with Broccolini, Mushrooms, and Sweet Potatoes, Quinoa Burgers with Tzatziki Sauce, and Olive Oil Cake are on the menu. Please bring in containers to take food home.

Tuesday • April 9 • 7-8:30pm • HGHS, Kitchen • \$60 (includes \$20 material fee)
Limit 11 students

NEW ORLEANS NIGHT with Amy Rosen

Embark on a culinary adventure with our “Creole Delights” cooking class, where you’ll dive into the rich and vibrant flavors of New Orleans cuisine. Shrimp Etouffee, Jambalaya, BBQ Shrimp with Dirty Rice, New Orleans Mufaletta and New Orleans Biscuits are on the menu. Please bring in containers to take food home.

Tuesday • March 12 • 7-8:30pm • HGHS, Kitchen • \$60 (includes \$20 material fee)
Limit 11 students

ONE PAN MEALS with Amy Rosen

Come join Chef Amy Rosen in making delicious meals all in one pan! Paprika Chicken over Green beans, Roasted Red Pepper and potatoes Spanish onions, Skillet Chicken and Farro With Caramelized Leeks, Fish En Papillote-Parchment Paper, Skillet Shrimp Destin with Orzo Recipe, Stuffed Acorn Squash with Ground Turkey, Wild Rice and Currants, and Apple Cinnamon Skillet Blondie are on the menu. Please bring in containers to take food home.

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

TOUR DE FRANCE with Amy Rosen

Embark on a gastronomic adventure with our French cooking class, where you’ll immerse yourself in the elegance and artistry of easy French cuisine. Chicken Coq A Vin, Marseille-Style Shrimp Stew, Steak au Poivre with Red Wine Pan Sauce, Leeks in Vinaigrette, Ratatouille and Pear, and Chocolate Croissant Cakes are on the menu. Please bring in containers to take food home.

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

Exercise

20-20-20 with Michelle Sacurato

This workout includes 20 minutes of Low Impact AEROBICS plus 20 minutes of WEIGHTS plus 20 minutes of CORE STRENGTH. Some toning exercises will be blended with the cardio portion. All levels are welcome. Exercise mat needed. Ankle weights are optional.

10 Mondays • March 11 to June 3 (no class 4/1, 4/22, 5/27) • 6:30-7:30pm
HGHS, Fitness Center • \$185

FITNESS OVER 40! with Courtney Gravenese, MS, RDN

Home-based fitness programs are trending for 2024! This 4-week series will provide participants with weight and resistance training exercises for a strong, safe fitness routine that can complement their existing cardiovascular program. Each week, we will rotate through different exercises to strengthen all muscle groups using exercise bands, dumbbells 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 mat if you have them...no worries if you don’t!

4 Thursdays • April 11 to May 2 • 6:30-7:30pm • HGHS, Fitness Center • \$80

INTERNATIONAL DANCE with Suzi Myers Tipa

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

5 Tuesdays • March 19 to April 30 (no class 4/2, 4/23) • 7:20-8:05pm
HGHS, Dance/Yoga Studio • \$85

LINE DANCING with Suzi Myers Tipa

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

5 Tuesdays • March 19 to April 30 (no class 4/2, 4/23) • 6:30-7:15pm
HGHS, Dance/Yoga Studio • \$85

LINE DANCING ADVANCED BEGINNER with Suzi Myers Tipa

Bring your 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 • May 7 to June 11 • 6:30-7:15pm • HGHS, Dance/Yoga Studio • \$100

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 gym attire and tennis sneakers or other athletic sneakers that provide lateral support.

Section A: 4 Wednesdays • March 13 to April 17 (no class 3/20, 4/3) • 6:15-7:15pm
Westorchard Gym • \$100 • Limit 14 students

Section B: 4 Wednesdays • April 24 to May 15 • 6:15-7:15pm • Westorchard Gym
\$100 • Limit 14 students

Section C: 4 Wednesdays • May 22 to June 12 • 6:15-7:15pm • Westorchard Gym
\$100 • 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, instruction, and strategy. Paddle required, wear gym attire and tennis sneakers or other athletic sneakers that provide lateral support. All levels welcome. Prerequisite: Pickleball: Beginners Series or equivalent.

Section A: 4 Wednesdays • March 13 to April 17 (no class 3/20, 4/3) • 7:15-8:15pm
Westorchard Gym • \$100 • Limit 12 students

Section B: 4 Wednesdays • April 24 to May 15 • 7:15-8:15pm • Westorchard Gym
\$100 • Limit 12 students

Section C: 4 Wednesdays • May 22 to June 12 • 7:15-8:15pm • Westorchard Gym
\$100 • 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.

11 Wednesdays • March 13 to May 29 (no class 4/3) • 7:40-8:40pm
HGHS, Fitness Center • \$200

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 with the one-to-one attention of a personal trainer. Designed to help you achieve your fitness goals, work at your own pace while building endurance, strength and cardiovascular fitness. Enjoy

the camaraderie, support and fun that a group setting offers. Challenge yourself each and every week with new workouts. Some experience with weights helpful. Please bring a yoga/exercise mat, water bottle and small, soft exercise ball (appx. 9 inches diameter) to class.

Section A: 10 Tuesdays • March 12 to May 28 (no class 4/2 & 4/23) • 6:30-7:30pm
HGHS, Fitness Center • \$185 • Limit 12 students

Section B: 10 Tuesdays • March 12 to May 28 (no class 4/2 & 4/23) • 7:30-8:30pm
HGHS, Fitness Center • \$185 • Limit 12 students

THE MELT METHOD with Laura Santucci

The Melt Method is a modality that can help you reduce pain, stiffness, recover faster and get stronger. It is clinically proven to Reduce Chronic Pain while Restoring Overall Well Being. It is great for Athletic Recovery and enhancing athletic performance. Also good for anyone looking to Relieve Tension and Tightness in the Body. In this class you will learn melt specific techniques to hydrate and restore your fascia tissue back to its supple and supportive nature. A Melt Foam Roller will be provided for use in the class or purchase if you want to take it home to practice. All levels welcome. Please bring an exercise mat.

5 Thursdays • May 9 to June 6 • 6:30-7:30pm • HGHS, Yoga Studio • \$95

TOTAL BODY CONDITIONING 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.

11 Wednesdays • March 13 to May 29 (no class 4/3) • 6:30-7:30pm
HGHS, Fitness Center • \$200

TRX STRENGTH TRAINING with Michelle Saccurato

Developed in the field by U.S. Navy Seals, TRX training is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells. TRX is designed to improve your balance, endurance, flexibility, and core strength. This class is appropriate for all fitness levels.

10 Mondays • March 11 to June 3 (no class 4/1, 4/22, 5/27) • 7:40-8:40pm
HGHS, Fitness Center • \$185

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, breathing practice, followed by meditation; then, final relaxation.

9 Mondays • March 18 to June 3 (no class 4/1, 4/22, 5/27) • 7-8:15pm
HGHS, L101 Orange Commons-Orange • \$180

ZUMBA with Suzi Myers Tipa

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

6 Tuesdays • May 7 to June 11 • 7:20-8:05pm • HGHS, Dance/Yoga Studio • \$100

Finance

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

AGING IN PLACE: A GUIDE TO GROWING OLDER AT HOME



with Sara Meyers

Nearly 90 percent of seniors wish to stay in their own home as they age (source: AARP). Join elder law attorney Sara E. Meyers, Esq. and learn how to prepare a home to safely age in place through senior-proofing, necessary legal documents, strategies for bill paying and financial management, as well as an overview of the Medicaid home care program. Ms. Meyers practices exclusively in fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families. She is a partner at Enea, Scanlan and Sirignano, LLP in White Plains, NY.

Thursday • March 14 • 7-8:30pm • HGHS, L-216 • \$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.

Wednesday • March 13 • 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 • March 27 • 6:30-8pm • HGHS, L201 (Upper L Commons) • \$30

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.

Tuesday • March 12 • 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.

Wednesday • April 17 • 6-8pm • Free (registration required) • Online

8 Saturday • May 11 • 10am-12pm • Free (registration required) • Online

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

They say that only two things are certain, death and taxes. You've accumulated money during your working years in order to enjoy your retirement years, but do you have a plan for taking income in the most tax-efficient way? 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 the advantages of staying in the 12% tax bracket, and when you might be subject to Medicare's Income-Related Monthly Income Amount (IRMAA).

Thursday • March 21 • 7-8pm • HGHS, L-216 • \$20 (Free for Chappaqua Seniors)

RETIREMENT PLANNING STRATEGIES with Scott Turner, CFP® and Steven Klimaszewski, CFP®

Are you confident that you'll be able to retire when you want, with the income you need? Is your portfolio designed to last throughout your retirement, regardless of the level of inflation and how the stock market does? Come learn how you can evaluate your ability to retire with the 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
- The basics of asset allocation, and how to align your assets with your anticipated spending
- How to take distributions from your investments in a tax-efficient manner
- How to determine your protection needs, and what estate planning techniques and documents you need for the distribution and management of your estate

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

UNDERSTANDING THE CURRENT ESTATE TAX AND ASSET PROTECTION LAWS: How the administration may change the playing field with Neil Lubarsky

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

Monday • April 29 • 7-8:30pm • HGHS, Academic Commons
\$30 (Free for Chappaqua Seniors)

UTILIZING A TRUST FOR YOUR ELDER LAW AND ESTATE PLANNING NEEDS  with Sara Meyers

Join elder law attorney Sara E. Meyers, Esq. for an in-depth look at trust options for estate and Medicaid planning purposes. Learn the benefits of utilizing a trust as well as the differences between revocable and irrevocable varieties. Ms. Meyers practices exclusively in fields of elder law and trusts & estates, protecting the rights of seniors, the disabled and their families. She is a partner at Enea, Scanlan and Sirignano, LLP in White Plains, NY.

Thursday • May 16 • 7-8:30pm • HGHS, L-216 • \$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.

9 Thursdays • March 14 to May 16 (no class 4/4) • 6-7:15pm • HGHS, iLab
\$210 • Limit 14 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.

9 Thursdays • March 14 to May 16 (no class 4/4) • 7:15-8:30pm • HGHS, iLab
\$210 • Limit 14 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 Beginner for Intermediate Beginner class. All levels welcome.

9 Thursdays • March 14 to May 16 (no class 4/4) • 4:45-6pm • HGHS, iLab
\$210 • 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 • March 18 to April 29 (no class 4/1 & 4/22) • 7-9pm • HGHS, iLab
\$150 • 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 • May 6 to June 3 (no class 5/27) • 7-9pm • HGHS, iLab
\$120 • 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 • April 30 to June 4 • 7-9pm • HGHS, iLab • \$190 • Limit 12 students

MAH JONGG SKILL BUILDER AND STRATEGY SESSION with Katie Goldberg

For Mah Jongg players who want to improve their game, this special session will focus on strategy, betting and scoring, and hints to increase your skill set at the gaming table. Rules, rituals, mannerisms, and courtesies will all be discussed. Learn how to play like a pro!

Tuesday • June 11 • 7-9pm • HGHS, iLab • \$35 • Limit 16 students



Garden & Home

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

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 a Spring dinner party centerpiece, 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 for the weekend!

Thursday • April 18 • 7-9pm • HGHS, Cafeteria • \$75 (includes \$45 material fee)
Limit 10 students

GROWING GREAT TOMATOES with Deborah Taft

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

Monday • May 6 • 7-8:30pm • HGHS, L-217 • \$30

PLANNING YOUR ORGANIC VEGETABLE GARDEN with Deborah Taft

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

Monday • March 18 • 7-8:30pm • HGHS, L-217 • \$30

PREP & STAGE YOUR HOME TO SELL with Mary Ann Bayer and Celia Szava

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

Tuesday • March 12 • 7-8:30pm • Online • \$30 (Free for Chappaqua Seniors)

SPRING ORGANIZING: HIDDEN TRICKS FOR EACH ROOM

with Alissa Dorfman

Spring is coming! Wouldn't you love to have your house back on track and your space reclaimed in time for you to relax this summer? Join Professional Organizer, Alissa Dorfman, a fellow Chappaqua resident and two-time Best of Westchester winner, to gain insight into every room in your house. Learn where the common clutter pitfalls are and how to tackle them. Ask questions and get tips tailored just for you! This class will go through each area of the home and give you ideas and strategies to make them work better for you and your family.

Wednesday • April 17 • 7-8:30pm • HGHS, L-216 • \$30

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 • June 6 • 6:30-8:30pm • HGHS, Fitness Center • \$30 (\$38 additional material fee collected in class for the certification card that will be emailed to you)

FOOD OVER 40: The Best Nutrition For Longevity With New Recommendations for 2024 with Courtney Gravenese, MS, RDN 

Don't just age. Age well! Are you getting adequate plant-based or animal-based protein in your diet and what is the best way to calculate protein needs? Are you eating enough fiber? Which foods can you eat to help reduce inflammation? What are the most successful ways to lose weight and keep it off? (The latest research on the new weight loss medications will be discussed) What are the key supplements you should be taking? Nutrition needs change as we age, that's a fact. Whether you are 'only' 40 or any age above, this course will offer realistic tips to help you manage your weight, optimize energy levels, and stay healthy by improving your diet.

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

FUEL FOR YOUNG ATHLETES: The Essential Guide to Sports Nutrition and Supplementation for Your Student Athlete with Courtney Gravenese, MS, RDN 
Got a high school or middle school athlete? In this course, you will learn about nutrient requirements and common nutrient deficiencies among adolescent athletes, fluid needs, plus amino acid, protein powder, creatine and other popular supplements. Current research regarding the effectiveness and safety of ergogenic aids and other compounds used to improve strength and performance will be reviewed. Bring your or your teenager's questions!

Wednesday • March 20 • 6:30-8pm • HGHS, L-216 • \$30

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 • May 30 • 6-7:30pm • HGHS, Faculty Lounge • \$30

PLANT BASED FOR OMNIVORES: Enhance Your Meals and Save The Planet 
One Green Bite at A Time with Elisa Bremner MS, RD, CDN

Let's stop talking about plant-based restrictions! Adding more veggies to your life means an abundance of delicious, affordable, and easy meals. In this interactive virtual class, Elisa will discuss the benefits of plant based meals and provide practical tips for incorporating plant based meals into your repertoire...for people and the planet! Class includes family-friendly cooking demo, recipes, and meal-planning resources.

Thursday • April 11 • 7-8pm • Online • \$20

RECAPTURE YOUR VITALITY with Suzy Wood 

As individuals and parents, we naturally care for others - sometimes at the expense of our own health and well-being. We have built careers, managed households, volunteered, raised families, chauffeured children, and cared for parents and/or partners. All of a sudden, we find ourselves suffering from digestive issues, poor sleep, cravings, stiffness, feeling depleted, and carrying around a few extra pounds. When diets don't work, we feel like we failed

and lose motivation. We want to recapture the vitality we used to have but there's so much confusing and conflicting information in the health world, we sometimes don't know where to start. Learn actionable steps you can take to revive your energy and make healthier food and lifestyle choices. Join Suzy Wood, Integrative Nutrition Health Coach at True Wellness Within, for this informative workshop.

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

UPLIFT YOUR MOOD WITH FOOD with Suzy Wood

Our mood significantly influences our food choices. When feeling stressed, sad, or anxious, it's common to turn to comfort foods high in sugar, salt, or unhealthy fats for temporary relief. However, these choices can lead to unwanted weight gain, chronic disease, guilt and/or physical discomfort. Conversely, the food we eat plays a crucial role in regulating our mood. Learn what to eat to promote positive emotions and brain health. Discover how certain ways of eating fuel our bodies and minds, stabilize blood sugar levels, and provide a steady release of energy. You'll leave with solutions to improve mood, increase focus, and enhance overall well-being. Join Suzy Wood, Integrative Nutrition Health Coach, for this uplifting and interactive workshop.

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

WEIGHT LOSS WITHOUT DIETING with Suzy Wood

Sick of dieting? Tired of the restrictions, rules, and expensive meals and powders? The weight returns leaving you 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? Join Suzy Wood, Integrative Nutrition Health Coach, for this interactive workshop.

Monday • March 25 • 6:30-8pm • HGHS, L-216 • \$30

WHY CHANGE NOW? SENIORS, LIVE YOUR BEST LIFE!

with Elisa Bremner MS, RD, CDN

This interactive virtual class with a Registered Dietitian will explore why a nutritious plant predominant diet is so important for older adults, and provide easy hacks for improving your diet deliciously, even on a fixed income. Class includes cooking demo, recipes, and meal-planning resources!

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

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 • April 25 to May 9 • 7-8:30pm • HGHS, Library • \$75

HOCUS POCUS MAGIC with Dave Ferst

This 5-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! New students and returning students are welcome to take the course and learn new material.

5 Mondays • April 8 to May 13 (no class 4/22) • 7-8:30pm • HGHS, L-216 • \$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 Mondays • March 25 to April 29 (no class 4/1, 4/22) • 7-8:30pm • HGHS, Library • \$100

LEARN TO KNIT with Jessica Meyrowitz



Want to learn to knit?!? Join Jessica Meyrowitz from It's a...Yummy and experience the mindful, meditative and creative benefits of knitting! As a workshop participant you will learn how to knit a scarf using It's a...Yummy's yarn and oversized needles. At the end of the workshop, you will have learned to knit and you will be leaving with your very own knitted creation--a Yummy scarf! This workshop is appropriate for all ages and experience levels. You will have fun and learn a new skill--knitting!

Wednesday • March 20 • 6:30-8:30pm • HGHS, L-217
\$30 (\$40 additional material fee collected in class)

WRITING MEMOIRS with Rich Mintzer

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

4 Thursdays • March 21 to April 18 (no class 4/4) • 7-8:30pm • HGHS, Library • \$100

Photography & Technology

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

iPHONE PHOTO EDITING & ENHANCEMENTS, PHOTO STORAGE AND ORGANIZATION 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 minutes. Learn pro tips on photo editing from a professional photographer with 20+ years of editing digital images. 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 11 and later, with the latest iOS software (17).

Wednesday • May 1 • 6:30-8:30pm • Online • \$30

iPHONE PHOTOGRAPHY: Use your iPhone Camera to its Full Potential with Deborah Tual

Take better photos and get the best results from your iPhone by knowing camera features and components to improve the quality of your photos, including hidden settings and tools. Pro photography tips will be shared so you know what the features and settings are, what they do and when to use them. Take control and improve your photography skills to create stunning photos. For all skill levels. More suitable for iPhones 11 and later, and with the latest iOS software (17).

Thursday • April 11 • 6:30-8:30pm • Online • \$30

PHOTOGRAPHY: THE ART OF COMPOSITION with Deborah Tual

This session will introduce the artistic aspects of photography. Learn how to see a subject in different ways and create better images with confidence and creativity using elements of composition, such as symmetry, lines, shapes and textures, perspective, depth and dimension, color, and more. For all skill levels and suitable for all cameras/smartphones.

Tuesday • May 21 • 6:30-7:30pm • Online • \$20

World Languages

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

FRENCH FOR BEGINNERS with Monique Salnikow

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

12 Wednesdays • March 13 to June 5 (no class 4/3) • 5:30-7pm • Online
\$290 (\$160 for Chappaqua Seniors)

FRENCH INTERMEDIATE with Monique Salnikow

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

12 Wednesdays • March 13 to June 5 (no class 4/3) • 7:15-9:15pm • Online
\$330 (\$190 for Chappaqua Seniors)

FRENCH ADVANCED CONVERSATION with Monique Salnikow

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

12 Tuesdays • March 12 to June 11 (no class 4/2 & 4/23) • 7-9pm • Online
\$330 (\$190 for Chappaqua Seniors)

INTRODUCTION TO AMERICAN SIGN LANGUAGE (ASL)

with Kathy Telesmanich

Students will focus on the basics of fingerspelling, numbers, colors, vocabulary, facial grammar, and sentence structure. They will also learn about conversational and cultural behaviors to be able to have a beginning level introductory conversation using ASL.

6 Wednesdays • April 10 to May 15 • 7-8pm • Online
\$150 (\$95 for Chappaqua Seniors)

JAPANESE FOR BEGINNERS with Mami Fujisaki

The course is designed to introduce elementary Japanese to students with no/little 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.

7 Mondays • April 15 to June 10 (no class 4/22, 5/27) • 7:15-8:15pm • Online
\$145 (\$85 for Chappaqua Seniors)

JAPANESE INTERMEDIATE with Mami Fujisaki

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

7 Mondays • April 15 to June 10 (no class 4/22, 5/27) • 6-7pm • Online
\$145 (\$85 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.

10 Mondays • March 11 to June 10 (no class 4/1, 4/8, 4/22, 5/27) • 6-7pm • Online
\$210 (\$120 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.

8 Tuesdays • April 9 to June 4 (no class 4/23) • 7-8pm • Online
\$170 (\$95 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.

8 Tuesdays • April 9 to June 4 (no class 4/23) • 6-7pm • Online
\$170 (\$95 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.

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 things meat.

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

DAVID "Magic Dave" FERST is a world-renowned magician/mentalizer/memorizer 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).

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 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. She loves to travel, and she travels A LOT. She rarely pays for airline flights and hotel rooms because she knows how to take advantage of her credit cards and everything they have to offer. She can point you to free family travel.

ANN HERRERO, CFP®, CTFA, CDFATM 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 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 30 years of experience in financial services, including two decades of teaching retirement planning classes. Steve specializes in retirement distribution planning for pre-retirees and retirees. He has successfully helped hundreds retire using a segmentation or bucketing methodology to guide asset allocation strategies.

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

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.

MICHELLE 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 2013-2023 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.

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

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

follow her on Instagram (@Art_Encounters) and Facebook (@NYC.Encounters). You can learn more about Ginny at www.nycencounterstours.com.

AMY ROSEN is a cooking instructor with over 10 years' 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.

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

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

LAURA SANTUCCI has been devoted to fitness and wellbeing for over 25 years. She takes a holistic approach to training the body to achieve better overall performance. Laura has a BS in Exercise Science and multiple fitness certifications plus Breathwork, TRE (Tension Release Exercises) and The Melt Method.

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. The 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.

KATHY TELESMANICH is a deaf and a native American Sign Language (ASL) user. She has worked at the NY School for the Deaf for over 30 years in various capacities. She currently is retired and teaches ASL.

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. She has taught all levels of photography for the past 10 years and created several photography classes in a range of subjects for smartphone and dslr cameras. 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 makes greeting cards, personalized gifts, custom signage and more, specializing in hand lettering/modern calligraphy. She has taught many beginners how to write beautifully in her style. She recently launched an instagram account (@a.to.z_artistry) to showcase some of her work.

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.

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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Name _____ **Birth date** _____

Address _____ **Telephone** _____

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Course Fee \$ _____

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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:

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MISSION STATEMENT

THE MISSION of the Chappaqua Central School District is to create a community for learning, where students, parents and staff are joined in the pursuit of academic excellence and personal growth in a caring environment. We seek to develop each student's full potential through a challenging curriculum, a diversified faculty, and a commitment to intellectual freedom. We will teach basic skills, foster creative and critical thinking, and provide a foundation for life-long learning. We will nourish our students' emotional lives and guide their social development, instilling in them an appreciation of self-worth, of individual difference, and of global interdependence. We will help them learn how to manage freedom and to act ethically so that each may become a responsible, contributing member of society.

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To contact us, or to verify your enrollment in a course, please call 238-7201 ext. 2318, or send an email to FrColandreo@chappaquaschools.org. Checks may not be deposited until classes begin. We reserve the right to substitute instructors when the need arises. Unless your check is returned to you or you receive a call or an email, your registration is automatically accepted. For automatic class confirmation, please include your email address.

Have a class to teach?

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Statement of Nondiscrimination/Equal Opportunity Policy

The Board of Education, its officers, employees, volunteers and business invitees shall not discriminate against any student, employee or applicant on the basis of age, race, creed, color, national origin, sexual orientation (actual or perceived), military status, sex, disability, genetic predisposition or carrier status, or marital status in its educational programs or employment practices. Information concerning grievance procedures is available from the Assistant Superintendent for Human Resources and Leadership Development, School District Central Office, at 66 Roaring Brook Road, Chappaqua, NY 10514, or please call 914-238-7200.