

Art & Art Appreciation

“Bead Bar”- Custom Bracelets with Marla Beth Enowitz **NEW**

Enjoy the craft of beading premium bracelet stacks! Our “Bead Bar” will include enamel charms, rose quartz beads, heishi beads, pearls, glitz and glam! Make as many as you want and take them home in an organza jewelry pouch.

Tuesday • May 5 • 7-8:15pm • HGHS, Art Studio 1 • \$50
(includes all supply and material fees)

Custom Votive Candle Holders with Marla Beth Enowitz **NEW**

Glam up your dinner table with gem studded votive candle holders. Receive a pair of prefilled wax and wick votive candle holders to design with rhinestones in a mosaic fashion. These glittery glass votive holders are reusable, by adding in another votive candle each use!

Tuesday • April 21 • 7-8:15pm • HGHS, Art Studio 1 • \$50
(includes all supply and material fees)

Glass Painting: Flower Vase with Marla Beth Enowitz **NEW**

Paint a large (750ml) mason jar and summon in spring! Using oil based (waterproof) paints we will learn to paint various wildflowers and whimsical designs that will elevate any floral bouquet!

Tuesday • April 7 • 7-8:15pm • HGHS, Art Studio 1 • \$50
(includes all supply and material fees)

Introduction to Watercolor Painting with Katie Goldberg

Discover the skills necessary to learn watercolor painting in this dynamic, supportive class. Whether you're picking up a brush for the first time or refreshing your skills, this class is designed to ignite your creativity and build your confidence with essential watercolor techniques. Students will learn how to mix colors, control water ratios, create textures, and art composition. The proper watercolor materials will be discussed, and a short supply list will be emailed before the first class.

2 Mondays • April 13 to April 20 • 7-9pm • HGHS, Art Studio 1 • \$75

Watercolor Landscapes with Katie Goldberg **NEW**

Learn essential techniques for creating vibrant landscape paintings in watercolor. Each week students will learn a variety of methods to create paintings of terrain, water, rocks, skies, buildings, roads, and fields, along with basic perspective, light, and shadow. This class is designed for students who have already taken Introduction to Watercolor or have basic watercolor skills. A short supply list will be emailed before the first class.

3 Mondays • May 18 to June 8 (no class 5/25) • 7-9pm • HGHS, Art Studio 1 • \$115

Watercolor Springtime Botanicals with Katie Goldberg **NEW**

This painting class will focus on the new growing season, painting emerging botanicals such as buds, bulbs, florals, grasses, leaves, trees, and woodlands. Color mixing, textures, hard and soft edges, and perspective are just a few of the topics covered. This class is designed for students who have already taken Introduction to Watercolor or have basic watercolor skills. A short supply list will be emailed before the first class.

3 Mondays • April 27 to May 11 • 7-9pm • HGHS, Art Studio 1 • \$115

Art Virtual Tours and Classes

Iconic Harlem: NYC's Most Storied Neighborhood with Leigh Hallingby **NEW**

On your virtual walk, we will see many of the most iconic locations in Harlem including the Abyssinian Baptist Church, Apollo Theater, Harlem Hospital murals, Harlem Walk of Fame, Schomburg Center for Research in Black Culture, Studio Museum of Harlem, and Sylvia's Restaurant. We will note the vast changes that have taken place on the most famous commercial street in Harlem, 125th Street. We will also explore the landmarked neighborhoods of Strivers Row, Astor Row, and Mount Morris Park. As we virtually walk, we will note the many ways in which great African Americans and others are honored throughout Harlem, including the impressive statues of Harriet Tubman and Adam Clayton Powell, Jr.

Wednesday • March 25 • 7-8pm • Online • \$22

John Singer Sargent with Sue Altman **NEW**

John Singer Sargent is considered the finest portrait painter in American art, though most of his work was done in Europe. This lecture traces his early career as a prodigy, his controversial painting of Madame X, and his later work as a master watercolorist.

Tuesday • March 17 • 7-8:15pm • Online • \$25

Secrets of New York City's Flatiron Building with Ginny Poleman **NEW**

Delve into the intriguing history of the Fuller Building, best known as the Flatiron Building. While it was never the tallest in Manhattan, it was among the first to feature a steel skeleton. Its uniquely skinny north end led many people in 1902 to believe it might topple over! This session uncovers fun secrets, including how the phrase "23 skidoo" originated on its corner, and discusses the building's future as a converted luxury apartment building.

Thursday • March 19 • 7-8pm • Online • \$22

The 50 Best Paintings in NYC with Sue Altman **NEW**

Everyone knows that New York City is home to many of the greatest paintings in the world... but what are the best of the best? This (opinionated) lecture takes you on a visual journey through many museums and other venues to see the paintings most experts consider among the finest works of art ever created.

Tuesday • April 14 • 7-8:15pm • Online • \$25

The History & Secrets of the Alexander Hamilton U.S. Customs House

with Ginny Poleman **NEW**

Now home to the Smithsonian's National Museum of the American Indian, this site was once the nation's Customs House, a key office for collecting tariffs and revenue. Built in 1906 and designed by Cass Gilbert, the Beaux Arts building reflects America's commercial ambitions through its architecture and iconography. But what was on the site going back to the 17th century? Learn these fun facts and hidden secrets of the Alexander Hamilton U.S. Customs House, as well as the highlights of today's museum.

Thursday • April 16 • 7-8pm • Online • \$22

The Hudson River School with Sue Altman **NEW**

The Hudson River School was the first true art movement in America. Originally inspired by the magnificent landscapes that artists found in the Hudson Valley, it then spread far beyond, into the American wilderness and even to other continents. This movement was important not only artistically but also influential as to Western expansion and the early conservation movement. This lecture explores the origin and leaders of the movement and looks at many of the most important works.

Tuesday • May 12 • 7-8:15pm • Online • \$25

Culinary

A Day in Capri with Amy Rosen **NEW**

Join Chef Amy for A Day in Capri, a hands-on cooking class inspired by the sun-drenched flavors of Italy's most iconic island. We'll cook, taste, and savor simple, vibrant dishes that capture the spirit of Capri. Recipes for the evening are: Zucchini alla Scapece, Capri Lemon Shrimp, Pasta Caprese, Capri Lemon Chicken and Capri Beef Rolls in Tomato Sauce. Please bring containers to take food home.

Tuesday • May 19 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

A Night in Tel Aviv with Amy Rosen **NEW**

Experience a Night in Tel Aviv through food--where modern Israeli cooking meets fresh herbs, bright citrus, and unforgettable flavors meant to be shared. Recipes for the evening: Za'atar Lemon Roast, Harissa Baked Salmon, Baharat Beef Skewers, Garlic Shrimp with Chermoula and Spiced Roasted Eggplant with Tahini and Pomegranate. Please bring containers to take food home.

Tuesday • March 24 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

A Taste of India with Amy Rosen **NEW RECIPES**

Join Chef Amy for A Taste of India: a hands-on cooking class filled with bold spices, vibrant flavors, and comforting dishes inspired by Indian home cooking. Recipes on the menu are: Chicken Saag, Aloo Gobi (potato and cauliflower), Coconut Curry Shrimp, Kerala Style Beef Fry and Butter Chicken. Please bring containers to take food home.

Tuesday • April 21 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

A Taste of Paros, Greece with Amy Rosen **NEW**

Join Chef Amy for A Taste of Paros, Greece, a hands-on cooking class inspired by the fresh, soulful flavors of Greek island cooking. In this class, you will prepare simple, seasonal dishes that celebrate the heart of Greek food. Recipes for the evening: Chicken with Lemon, Oregano and Potatoes, Shrimp Saganaki, Cheese Hand Pies (Pitarakia), Greek Meatballs (Keftedes) and Feta Bake. Please bring containers to take food home.

Tuesday • March 17 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

“Amy’s Go to Dinners” with Amy Rosen **NEW**

Join Chef Amy and learn the secrets to “Amy’s Go To Dinners”! In this hands-on cooking class, you will learn uncomplicated meals with minimal stress, designed for both weeknight cooking or for a dinner party! Recipes on the menu are Skillet Chicken, Black Rice, Hanger Steak with avocado chimichurri, Wedding Chicken and Skillet Potato. Please bring containers to take food home.

Tuesday • April 7 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

BBQ/Smoking 101 with Alan Elsner **NEW**

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 6 • 7-9pm • HGHS, L-215 • \$35

Blue Zone Cooking with Amy Rosen **NEW RECIPES**

Discover the flavorful secrets behind the world’s healthiest, longest-living communities. Learn to prepare delicious, plant-forward dishes using whole ingredients, healthy fats, and time-honored techniques that support longevity and everyday wellness. Recipes on the menu are: Lentil & Vegetable Stew, Sauteed Greens with Garlic and Olive Oil, Oatmeal with Fruit, Bean and Vegetable Stuffed Peppers and Sweet Potato and Black Bean Bowl. Please bring containers to take food home.

Tuesday • April 14 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

Cookie and Dessert Workshop with Amy Rosen **NEW RECIPES**

Whether you’re a beginner looking to build confidence or a seasoned home baker craving inspiration, you’ll walk away with helpful tips, new skills, and delicious creations to share (if you don’t eat them first!). Come bake with us and turn simple ingredients into sweet magic. Recipes for the evening: Molten Lava Cake, Olive Oil Orange Cake, Vanilla Bean Rice Pudding, Orange Cardamom Sugar Cookies and Soft Molasses Cookies. Please bring containers to take food home.

Tuesday • May 5 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

Healthy Eating Cooking with Amy Rosen **NEW RECIPES**

Join Chef Amy for a Healthy Eating Cooking Class focused on fresh, wholesome ingredients and simple techniques that make everyday meals both nourishing and delicious. Recipes on the menu are: Grilled Salmon with Lemon and Roasted Vegetables, Lentil and Vegetable Soup, Quinoa Bowl with Roasted Vegetable and Tahini Dressing, Oven Roasted Chicken with Herbs and Vegetables and Mediterranean Chickpea and Cucumber Salad. Please bring containers to take food home.

Tuesday • May 26 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

Homemade Fresh Mozzarella with Daniel Bartush

Join Chef Dan, from a local Michelin-rated farm-to-table restaurant, for this hands-on cooking class where you will learn how to make cheese curds for forming fresh balls of mozzarella. Everyone will have a chance to stretch and form at least one ball of fresh mozzarella from curd. Once you have had it fresh you will never go back! Baguette and seasonal spreads will be provided as an accompaniment to enjoy alongside the fresh mozzarella. Please bring containers to take home any extra food.

Monday • April 20 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 10 students

Recipes from Ibiza, Spain with Amy Rosen **NEW**

Escape to the Mediterranean with Recipes from Ibiza, Spain--a hands-on cooking class featuring bright flavors, fresh ingredients, and easy island-style cooking meant to be shared and enjoyed. Recipes on the menu are: Balsamic Grilled Flank Steak Caprese, Ibiza Styled Garlic Shrimp, Ibiza Style Roast Chicken, Ibiza Style Vegetable Sauté and Ibiza Rustic Rice. Please bring containers to take food home.

Tuesday • April 28 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

Salmon 101 with Daniel Bartush **NEW**

Salmon is the most ubiquitous in the market and very accessible to most home cooks. It is a surprisingly versatile fish that can be prepared using many different techniques. In this class we will consider three different types of salmon and how to best prepare them. There will be a butchery demo and instruction on curing, poaching and searing. Each participant will take home a small filet of cured salmon (gravlax) and will enjoy seasonal sides alongside the different salmon preparations. Please bring containers to take home both the cured fish and leftover prepared dishes.

Monday • March 23 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 10 students

Spring Peas 101 with Daniel Bartush **NEW**

The best time to celebrate these amazing legumes is in the middle of the spring season. This is when their flavor peaks and they are abundant at the farmers market. We will be looking at the three main types of spring peas: Shelling, Snow and Snap peas. In this class you will learn how to select the best peas at the market and how to cook them using different techniques. Dishes include: 1) Chilled English pea soup with creme fraiche and mint oil 2) Charred sugar snap peas and strawberries with burrata cheese and grilled baguette 3) Grilled shrimp with snow peas, herbs and vinaigrette. Please bring containers to take food home.

Monday • June 8 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 10 students

Vegetarian Cooking with Amy Rosen **NEW RECIPES**

Join Chef Amy for a Vegetarian Cooking Class celebrating fresh, seasonal ingredients and simple techniques that turn plant-forward cooking into delicious, satisfying meals. Recipes for the evening: Mediterranean Bean and Vegetable Stuffed Peppers, Creamy Mushroom Pasta, Light Baked Eggplant Parmesan, Roasted Vegetable Grain Bowl and Lemon Tahini Dressing and Caramelized Onion and Spinach Frittata. Please bring containers to take food home.

Tuesday • May 12 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 11 students

Where's The Beef? Expanding Ideas About Protein

with Elisa Bremner MS, RD, CDN **NEW**

Protein is all the rage, but how much do you really need? Is beef better than Beyond? Cook and learn with Elisa Bremner, practical plant-based dietitian. Find out about over-achieving protein foods and how to meet your protein needs on a budget. Together, we'll prepare easy plant based meals for breakfast, lunch and dinner. Recipes include whipped tofu, Greek buddha bowl with protein dressing, vegan pepper "steak". Please bring containers to take food home.

Wednesday • April 29 • 7-8:30pm • HGHS, Kitchen • \$75 (includes \$25 material fee)
Limit 10 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.

Section A: 10 Mondays • March 16 to June 1 (no class 3/30 & 5/25) • 6:30-7:30pm
HGHS, Fitness Center • \$215 • Limit 12 students

Section B: 10 Wednesdays • March 18 to May 27 (no class 4/1) • 6:30-7:30pm
HGHS, Fitness Center • \$215 • Limit 12 students

Beginner/Intermediate Body Sculpting with Michelle Sacurato

This class will focus on improving core strength, increasing 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 EXERCISES ARE MODIFIED TO YOUR FITNESS LEVEL. All levels are welcome. Exercise mat needed.

10 Mondays • March 16 to June 1 (no class 3/30 & 5/25) • 7:30-8:15pm
HGHS, Fitness Center • \$175

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 17 to April 21 (no class 3/31) • 6:30-7:15pm
HGHS, Academic Commons • \$95

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.

5 Tuesdays • May 5 to June 2 • 6:30-7:15pm • HGHS, Academic Commons • \$95

PICKLEBALL: Learn to Play with Helena Svedin

Pickleball is the fastest growing sport in the United States. It's a paddleball sport that combines elements of badminton, table tennis and tennis. This class is for a player with no or limited background in pickleball and other racket sports. We work on hand eye coordination, footwork and the basic rules of the game such as the two bounce rule, the non volley zone and scoring. We practice skills such as serve, return, drop, dink and volley. We learn the basic positioning of the players. We practice playing full games. Paddle required, wear gym attire and tennis sneakers or other athletic sneakers that provide lateral support. Repeat as many times as you like.

5 Mondays • April 20 to May 18 • 6-7pm • Westorchard Gym • \$140 • Limit 13 students

PICKLEBALL: Beginner/Intermediate Skills & Drills with Helena Svedin **NEW**

Pickleball: Beginner/Intermediate Skills & Drills is an instructional class for a student that is familiar with pickleball. The student knows the basic rules, scoring and basic strategy. In this class, we continue working on skills such as serve, return, drop, dink and volley. We practice situational play and work on technique and consistency. Paddle required, wear gym attire and tennis sneakers or other athletic sneakers that provide lateral support. Repeat as many times as you like. Prerequisite: *Pickleball: Learn to Play* or equivalent.

5 Mondays • April 20 to May 18 • 7-8pm • Westorcharde Gym • \$140 • Limit 13 students

PICKLEBALL: Coached Play-Beginners/Intermediate with Helena Svedin

Come join other pickleball enthusiasts for round robin coached play. Our Pickleball Professional will be on hand to provide structure and strategy. This is for a player that know the rules, scoring and basic strategy. The focus is on developing consistency. Paddle required, wear gym attire and tennis sneakers or other athletic sneakers that provide lateral support. Repeat as many times as you like. Prerequisite: *Pickleball: Learn to Play* or equivalent.

Section A: 6 Wednesdays • April 22 to May 27 • 6-7pm • Westorcharde Gym • \$165
Limit 13 students

Section B: 6 Wednesdays • April 22 to May 27 • 7-8 pm • Westorcharde Gym • \$165
Limit 13 students

Section C: 5 Mondays • April 20 to May 18 • 8-9pm • Westorcharde Gym • \$140
Limit 13 students

PICKLEBALL: Coached Play-Intermediate/Advanced with Helena Svedin

Come join other pickleball enthusiasts for round robin coached play. Our Pickleball Professional will be on hand to provide structure and strategy. This is for players that have played for sometime and are consistent, The focus is on further developing the basic strategies and improving teamwork. Paddle required, wear gym attire and tennis sneakers or other athletic sneakers that provide lateral support. Repeat as many times as you like.

Prerequisite: *Pickleball: Coached Play-Beginners/Intermediate* or equivalent.

6 Wednesdays • April 22 to May 27 • 8-9pm • Westorcharde Gym • \$165 • Limit 13 students

Pilates with Michelle Saccurato

Pilates can sculpt, strengthen, and elongate your muscles for a tight yet limber physique. It focuses on improving posture and strengthening the muscles that support the spine. Pilates ring optional. Exercise mat needed.

10 Wednesdays • March 18 to May 27 (no class 4/1) • 7:35-8:35pm
HGHS, Fitness Center • \$215

POUND Rock Out Workout with Suzi Myers Tipa

POUND is a full-body cardio jam session, combining light resistance with constant simulated drumming. The workout fuses cardio, Pilates, and isometric movements into a 45-minute sweat-fest! Burn between 400 and 900+ calories per hour, strengthen and sculpt infrequently used muscles, and drum your way to a leaner, slimmer physique--all while rocking out to your favorite music and leaving all of your tension and frustrations in class! Ripstix will be provided, but please bring a yoga mat or towel to work on.

5 Tuesdays • March 17 to April 21 (no class 3/31) • 7:20-8:05pm
HGHS, Academic Commons • \$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 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 17 to May 26 (no class 3/31) • 6:30-7:30pm
HGHS, Fitness Center • \$215 • Limit 12 students

Section B: 10 Tuesdays • March 17 to May 26 (no class 3/31) • 7:30-8:30pm
HGHS, Fitness Center • \$215 • 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 the basics 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 • March 16 to June 1 (no class 3/30 & 5/25) • 7:00-8:15pm
HGHS, L101 Commons-Orange • \$240

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.

5 Tuesdays • May 5 to June 2 • 7:20-8:05pm • HGHS, Academic Commons • \$95

Finance

Accountable Aging: Preparing for the Elder Years with Sara Meyer **NEW**

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 E. 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. Sara E. Meyers practices exclusively in the fields of elder law & trusts and estates, protecting the rights of seniors, the disabled and their families. She is a partner at Anea, Scanlan and Sirignano, LLP in White Plains and Somers, NY.

Wednesday • March 18 • 7-8:30pm • HGHS, L-216 • \$30 (Free for Chappaqua Seniors)

Inspection Ready: Prepping Your Home for a Smooth Sale with Mary Ann Bayer and Rocky Dedvukaj

Get ahead of the game with this practical course on home inspections! Learn how to prepare your home for sale, tackle common inspection issues, and understand what to expect during the process. Gain insider tips to address potential red flags, boost buyer confidence, and ensure a hassle-free sale. Perfect for homeowners looking to sell with confidence and ease!

Section A: Monday • March 16 • 7-8:30pm • Online • \$30 (Free for Chappaqua Seniors)

Section B: Monday • April 6 • 7-8:30pm • HGHS, L-216 • \$30 (Free for Chappaqua Seniors)

Learn How to Travel for Free with Cindy Greenstein

During her more than 25 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 • May 6 • 6:30-8pm • HGHS, L201 (Upper L Commons) • \$30

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, High Deductible 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.

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

Tuesday • May 12 • 6-8pm • Free (registration required) • Online

Plan Ahead for Taxes in Retirement with Scott Turner, CFP® and

Steven Klimaszewski, CFP® **NEW DESCRIPTION**

You've accumulated money during your working years in order to enjoy your retirement years, but it's not about how much you have--it's about how much you keep. Your assets can be tax-free, fully-taxable or partially-taxable, but there are three numbers that are essential to know: 0%, 12%, and \$218,000. In this class, veteran financial planners Scott Turner and Steven Klimaszewski reveal the strategies used to navigate the three types of retirement income, and why those numbers are so crucial. From neutralizing the tax on Social Security to leveraging the 12% bracket, they'll show you the roadmap to a tax-efficient future.

Tuesday • March 24 • 7-8pm • HGHS, L-216 • \$22 (Free for Chappaqua Seniors)

Prep & Stage Your Home to Sell with Mary Ann Bayer and Celia Szava

Ready to sell your home faster and for the best possible price? Learn the art of staging! Staging involves strategically preparing your home to attract the highest number of potential buyers, ensuring a quicker sale at a premium price. Join our class to discover expert tips and actionable steps to make your home market-ready and irresistible to buyers.

Section A: Wednesday • March 18 • 7-8:30pm • Online • \$30

(Free for Chappaqua Seniors)

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

(Free for Chappaqua Seniors)

Protecting Family Assets from Estate Taxes, Income Taxes, and Nursing Home Costs

with Neil Lubarsky **NEW DESCRIPTION**

If you have not updated your estate plan to keep pace with changes to the estate tax and asset protection laws, you may end up paying far more than necessary. Do you want to avoid estate taxes legally? Do you want to know what the current and future 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 taxes, income taxes, and nursing home costs. You will also learn how to minimize the risk of assets intended for your children and grandchildren inadvertently passing to in-laws and others, and how to avoid problems from arising when your will is probated.

Monday • April 20 • 7-8:30pm • HGHS, Academic Commons • \$30

(Free for Chappaqua Seniors)

Retirement Planning Strategies with Scott Turner, CFP® and

Steven Klimaszewski, CFP® **NEW DESCRIPTION**

Will Your Retirement Assets Outlast Your To-Do List? In other words, is your portfolio designed to last throughout your retirement, regardless of the level of inflation and stock market performance? Market swings and rising prices shouldn't dictate your lifestyle. Join us for a deep dive into the strategies that turn a "maybe" retirement into a confident reality.

What You'll Master in This Course:

- **The Modern Playbook:** Smart strategies to shield your hard-earned savings from inflation and the tax man.
- **Vision Mapping:** How to define, and reach, the goals that make retirement feel like a success.

- **The Science of Spending:** Align your assets so you can spend with confidence, knowing your money is working for you.
- **Tax-Smart Income:** Learn the “how” and “when” of taking distributions to keep more of your money in your pocket.
- **Legacy & Protection:** Secure your family’s future with essential estate planning techniques and the documents you actually need.

3 Tuesdays • April 14 to April 28 • 7-9:30pm • HGHS, K110 • \$50
(optional workbook available for purchase (\$50) at first class)

The Nuts and Bolts of Elder Law with Sara Meyers **NEW**

Join elder law attorney Sara E. Meyers, Esq. for an in-depth look at important issues facing seniors today. Learn effective strategies for protecting a senior’s assets through estate planning, including the necessary documents to have in place (such as a power of attorney, last will and health care proxy) as well as utilizing revocable and irrevocable (Medicaid) trusts and what you need to know about Medicaid’s eligibility criteria and application process. Sara E. Meyers practices exclusively in the fields of elder law & trusts and estates, protecting the rights of seniors, the disabled and their families. She is a partner at Enea, Scanlan and Sirignano, LLP in White Plains and Somers, NY.

Wednesday • April 29 • 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.

1 Tuesday (3/17) & 8 Thursdays • March 26 to May 21 (no class 4/2) • 7:15-8:30pm
HGHS, iLab • \$230 • Limit 14 students

Bridge for Intermediate Beginners 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.

1 Tuesday (3/17) & 8 Thursdays • March 26 to May 21 (no class 4/2) • 6-7:15pm
HGHS, iLab • \$230 • 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 *Bridge for Intermediate Beginners* class. All levels welcome.

1 Tuesday (3/17) & 8 Thursdays • March 26 to May 21 (no class 4/2) • 4:45-6pm
HGHS, iLab • \$230 • Limit 12 students

Canasta: Beginner’s Series with Lori Greene

This 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.

4 Mondays • April 6 to April 27 • 7-9pm • HGHS, iLab • \$135 • 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 *Canasta: Beginner’s Series*. All levels welcome.

2 Mondays • May 11 to May 18 • 7-9pm • HGHS, iLab • \$70 • 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.

Section A: 4 Tuesdays • April 14 to May 5 • 7-9pm • HGHS, Library • \$135
Limit 12 students

Section B: 4 Tuesdays • May 12 to June 2 • 7-9pm • HGHS, Library • \$135
Limit 12 students

Mah Jongg: Beginner's Series Section C with Jan Madalon

Bam! Crack! Dot! Learn this fascinating ancient game of skill and luck where every tile carries centuries of history. The instructor breaks down the layers of the game into an easy, fun challenge. Jan will guide you from that first jumble of tiles to the satisfaction of building a winning hand. By the end of the class, you'll not only have a new skill set but a lifelong passion for a game cherished around the world. Students are required to purchase the current NMJL card, which is available online from the National Mah Jongg League.

4 Wednesdays • April 8 to April 29 • 7-9pm • HGHS, Library • \$135 • Limit 12 students

Mah Jongg: Strategy and Skill Building (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!

Tuesday • June 9 • 7-9pm • HGHS, Library • \$35

Garden & Home

Entertaining 101: Host Like a Pro (Without the Stress) with Susie Mordoh **NEW**

If hosting feels intimidating, this class will help you feel confident and calm, even if you're not "a natural." Using smart event-planning tricks, you'll learn how to create a warm gathering that quietly says, "I'm so glad you're here." Think simple decor, menus, easy timing, and a vibe that feels like you. We'll cover how to plan ahead without overdoing it (unless you want to), set up your space with minimal fuss, and handle last-minute hiccups gracefully. You'll walk away with a repeatable hosting formula that makes entertaining feel fun again.

Wednesday • April 22 • 6:45-8:15pm • HGHS, L-215 • \$30

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 4 • 7-8:30pm • HGHS, L-217 • \$30

Planting Your Organic Vegetable Garden with Deborah Taft

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

Monday • April 13 • 7-8:30pm • HGHS, L-217 • \$30

Spring Flower Arranging with Tania Dainson

Do you love the beauty of fresh flowers but feel unsure about how to display them? Join our Flower Arranging class and transform those simple grocery store bouquets into stunning floral masterpieces! In this class, you will learn tips and tricks to create breathtaking arrangements, explore color harmonies, and discover the art of texture and form--all while using accessible blooms from your local grocery store! We will provide all the flowers, tools and materials you need to create your masterpiece. At the end of the session, you will leave with a beautiful arrangement you've crafted yourself--perfect for your home or as a thoughtful gift!

Section A: Thursday • March 26 • 7-9pm • HGHS, Cafeteria • \$95
(includes \$65 material fee) • Limit 10 students

Section B: Thursday • April 9 • 7-9pm • HGHS, Cafeteria • \$95
(includes \$65 material fee) • Limit 10 students

Section C: Thursday • April 30 • 7-9pm • HGHS, Cafeteria • \$95
(includes \$65 material fee) • Limit 10 students

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 29 • 7-8:30pm • HGHS, L-215 • \$30

Health & Wellness

American Red Cross Adult CPR/AED with Anthony Marino

Please join Anthony 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.

Tuesday • May 26 • 6:30-8:30pm • HGHS, Yoga Studio • \$30

(Optional: If the student would like a certification card, there is a \$38 additional material fee collected in class. The certification card will be emailed to you.)

Eat Well, Live Well! Simple Nutrition Strategies to Improve Health (With Important Takeaways from the New 2026 Dietary Guidelines)

with Courtney Gravenese, MS, RDN **NEW**

No matter what type of meal plan you follow (flexitarian, pescatarian, omnivore, vegetarian, vegan, low-carb, etc.) or if you are on one of the GLP-1s, this course will help you establish an evidence-based, healthful foundation from which to build. Decades of research point to the many foods, compounds and even beverages that may help improve our overall health and reduce risk of certain diseases. Join me to learn about making realistic, small changes to your diet that will lead to greater energy, improved gut health and lifelong benefits. We will also unpack the new 2026 Dietary Guidelines so you can customize them to fit your individualized needs.

Wednesday • April 15 • 6:30-8pm • HGHS, L-215 • \$30

Introduction to Self Defense Part I - Strategies on How to Keep Yourself Safe

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 21 • 6-7:30pm • HGHS, L201 (Upper L Commons) • \$30

Introduction to Self Defense Part II - Advanced Strategies on How to Keep Yourself Safe with Officer Michelle Mazzocchi

This class is designed for those who have taken *Introduction to Self Defense Part I*. In this class, you will further learn about defense strategies and practice with some very light hands on demonstrations. There will be scenario-based learning through visual demonstration watching videos as well as scenario-based acting in class.

Thursday • May 28 • 6-7:30pm • HGHS, L201 (Upper L Commons) • \$30

Introduction to Tai Chi with Karen Kim **NEW**

Tai Chi is a gentle exercise that combines slow, flowing movements with controlled breathing and focus. Designed to balance your body's energy, Tai Chi forms blend both the martial arts and meditation to promote balance and healing of the mind and body. This class will introduce participants to the basic concepts of Tai Chi and teach movements in small, simple steps. The movements used in Tai Chi are accessible to anyone, regardless of ability, age or fitness level.

4 Thursdays • April 9 to April 30 • 6:30-7:30pm • HGHS, Academic Commons • \$100
Limit 12 students

Save The Earth, One Green Bite at a Time with Elisa Bremner MS, RD, CDN **NEW**

Have you heard of the Planetary Health Diet? In this class we will explore the impact of food on the environment and learn some easy tricks for reducing your carbon "foodprint" while improving your physical and financial health. Recipes will be provided in advance so you can cook along if you wish: Overnight Oats and Big Mac Salad.

Wednesday • March 25 • 7-8pm • Online • \$22

Time Management for Real Life: Less Overwhelm, More Breathing Room

with Susie Mordoh **NEW**

If you've ever thought, "I should have this figured out by now," this class is for you. In a warm, zero-judgment space, you'll learn simple time management systems and clever life hacks that make your days feel lighter and more doable. We'll focus on quick organization wins, realistic planning (no perfection required), and small habit shifts that save real time. You'll leave with a few go-to tools you can use immediately and a plan that fits your life.

Monday • April 27 • 6:45-8:15pm • HGHS, L-215 • \$30

The Meditative Mind with Sam Birenbaum

This course offers a balanced blend of meditation theory and practice. Together, we'll explore how meditation affects the brain and body, integrating new insights into our personal practices each session. Topics will span a variety of meditative traditions and techniques, from mantra work to practices centered on love and compassion. Each class will include time for group reflection and open discussion, offering a space for participants to share their experiences after meditation and learn from one another in a supportive environment. Designed to be both comprehensive and enjoyable, the course welcomes all levels of experience. This session will feature a new classroom setting and expanded use of technology. The curriculum continues to evolve, so returning students are warmly encouraged to join again. Please bring a yoga mat, pillow, or blanket if you prefer to sit on the floor; chairs will also be available.

4 Thursdays • May 7 to May 28 • 7-8pm • HGHS, L-215 • \$100

Hobbies

Acting: Introduction to Acting for Non-Actors with Serena Norr

Have you ever wanted to act? Join Serena Norr, playwright, director, and founder of Let's Make a Play for a fun and immersive acting experience where you will learn how to become a range of characters. This includes acting games, scene study, character choices, some improv, and learning how to take direction and modify choices.

3 Mondays • March 16 to April 6 (no class 3/30) • 7-8:30pm • HGHS, Library • \$90

Acting: Advanced Acting and Performance with Serena Norr

Join us for an advanced acting workshop where participants learn how to develop their acting skills into an off-book production. This includes working with scenes and a short play as well as acting games, scene study, character choices, some improv, and learning how to take direction and modify choices. The last class ends in an off-book production.

Prerequisite: *Introduction to Acting for Non-Actors* or equivalent.

6 Thursdays • April 16 to May 21 • 7-8:30pm • HGHS, Library • \$175

Basket Weaving: Tote or Storage Basket with Robin Ingram **NEW**

Learn how to weave a basket that is 12" x 5" x 12" high and some choices of color in the decorative sides, weavers and tape. Attach Shaker tape handles and you'll be able to use this for storage and for all kinds of summer adventures. All materials are supplied and included in class fee. This class is appropriate for beginners and experienced weavers alike!

3 Tuesdays • May 5 to May 19 • 6:30-9pm • HGHS, Art Studio 1
\$105 (includes \$22 material fee)

Hocus Pocus Magic with Dave Ferst

This four-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 again and learn new material.

4 Tuesdays • March 24 to April 28 (no class 3/31 & 4/21) • 6:30-8pm
HGHS, L-217 • \$115

How to Write Your Own Monologue Based on Your Personal Story

with Serena Norr **NEW**

Monologue writing is an incredible tool to tell your own personal story. In this three-week class participants will learn how to develop character, establish setting, set tone, develop backstory, and create the world of their monologues. The class includes readings, prompts, shared text, group work, and a staged reading during the last class. This adult workshop is for writers of all abilities—no experience is necessary. Worksheets will be provided.

3 Mondays • April 20 to May 4 • 7-8:30pm • HGHS, Library • \$90

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 18 • 6:30-8:30pm • HGHS, L-217
\$30 (\$40 additional material fee collected in class)

Photography & Technology

Avoiding E-Scams and Digital Deception with Rob Kissner

In this class, you'll learn how to spot and avoid common scams, including email phishing, phone scams, and suspicious text messages. We'll discuss how scammers try to trick you, what to do if you're caught in a conversation with one, and how to protect your personal information. Stay safe and confident while navigating today's digital world.

Monday • April 20 • 6:15-7:45pm • HGHS, L-216 • \$30

Create Amazing iPhone Videos: 2026 Masterclass for Beginners

with Deborah Tual **NEW**

Learn how to plan, shoot, and edit iPhone videos while mastering essential video settings and creative shooting modes. Ideal for beginner and intermediate skill levels.
For iPhone models 14-17 only, with iOS 26.

Wednesday • April 22 • 7-8pm • Online • \$30

Demystifying ChatGPT and Other AI (Artificial Intelligence) with Rob Kissner
ChatGPT and other generative AI tools are becoming household names. But what exactly are they, and what are they used for? Did you know these chatbots can create images from word prompts, write letters, explain complex topics, write jokes, and much more? How do you access and use these powerful tools? For many, AI can be intimidating. However, it can also be an extremely useful tool. This workshop is designed to be beginner-friendly and will cover how generative AI works and the basics of ChatGPT and other AI tools. It will also provide practical examples of how you might use AI in your daily life.

Monday • March 23 • 6:15-7:45pm • HGHS, L-216 • \$30

iPhone Photography From Point-and-Shoot to Professional: You Can Do It!
with Deborah Tual **NEW**

In this beginner/intermediate class, learn how to use essential iPhone camera features to take better photos. We'll cover camera basics, composition, lighting, focus, exposure, and creative modes--so you know what to use and when. For iPhone models 14-17 only, with iOS 26 installed.

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

Organizing Your Digital Life with Rob Kissner

Is your digital world feeling messy and overwhelming? In this class, you'll learn practical strategies to organize your files, photos, and online accounts, making it easier to find what you need when you need it. We'll explore techniques for centralizing important documents, managing cloud storage, and streamlining your digital workflow. Take control of your digital space and create a system that works for you!

Monday • May 11 • 6:15-7:45pm • HGHS, L-216 • \$30

The Photographic Eye: Train Your Instincts with Deborah Tual **NEW**

Learn to see like a photographer by training your eye for light, composition, and detail. Discover how to turn everyday moments into intentional, visually compelling images. For all skill levels, all digital cameras, and all smartphones (android and iPhone).

Wednesday • May 20 • 7-8pm • Online • \$30

World Languages

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 18 to June 10 (no class 4/1) • 5:30-7pm • Online
\$305 (\$190 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 18 to June 10 (no class 4/1) • 7:15-9:15pm • Online
\$340 (\$225 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 17 to June 9 (no class 3/31) • 7-9pm • Online
\$340 (\$225 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 Mondays • March 16 to April 27 (no class 3/30) • 6:30-7:30pm • Online
\$135 (\$90 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 Mondays • May 4 to June 8 (no class 5/25) • 6:30-7:30pm • Online
\$115 (\$75 for Chappaqua Seniors)

Japanese: Introduction to Japanese with Mami Fujisaki

This course introduces modern Japanese for those with no or little previous Japanese study. The spoken language is emphasized through basic vocabulary, grammar and sentence structures. Hiragana (Japanese alphabet) will be introduced for reading short texts and writing short paragraphs.

9 Mondays • March 23 to June 1 (no class 3/30 & 5/25) • 6-7pm • Online
\$200 (\$125 for Chappaqua Seniors)

Japanese: Advanced Beginning Japanese with Mami Fujisaki **NEW**

This course is for students with some previous experience in Japanese, including those who took the Beginning Japanese or equivalent. In this course, students build solid foundations for understanding, speaking and reading the language, with an emphasis on spoken language. Grammar and vocabulary are taught through interactive dialogues and practical exercises. Basic verbs, vocabulary and sentence patterns are reviewed in the first class. All Hiragana will be used, and Katakana and some Kanji will be introduced.

9 Mondays • March 23 to June 1 (no class 3/30 & 5/25) • 7:15-8:15pm • Online
\$200 (\$125 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 16 to June 1 (no class 3/30 & 5/25) • 6-7pm • Online
\$225 (\$150 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 • April 7 to June 9 • 7-8pm • Online • \$225 (\$150 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. Khalid 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.

DANIEL BARTUSH serves as the Greenhouse and Crops Distribution Manager at a local Michelin-rated farm-to-table restaurant. Previously, he was both a sous chef and market forager at the same establishment. Daniel brings a unique blend of culinary expertise and agricultural know-how to his role. Passionate about both growing and cooking, he is dedicated to connecting the community with fresh, locally sourced ingredients.

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.

SAM BIRENBAUM is a 2016 Horace Greeley graduate and holds a Bachelor of Science in Advertising and Mass Communications from Boston University. He is currently pursuing a master's degree in Psychology at Columbia University Teachers College with the goal of becoming a psychoanalyst, rabbi and establishing a private practice. As a devoted meditator, writer, and artist, Sam has been on a deep spiritual journey for several years focused on appreciation and self-realization. He is passionate about sharing his insights and creating meaningful connections with his students.

ELISA BREMNER, MS, RD, CDN, is a Practical Plant Based Dietitian and Founder of Green Bites, where practical nutrition meets planet-friendly palates! Elisa teaches private and group plant based workshops and consults for JCCA/Pleasantville Cottage School as their Campus Nutritionist. Elisa is passionate about helping clients add more plants to their plate. She holds a BS in Communication from Cornell University and an MS in Nutrition Education from Teachers College.

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.

ROCKY DEDVUKAJ is the owner of SDS Home Inspection Services LLC. He offers a premier full-service home inspection company based in Yorktown Heights, New York.

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.

MARLA BETH ENOWITZ is the colorful catalyst who sparked Marla Beth Designs, Inc. in 2020. With her signature style and unparalleled use of color, audiences can always spot an "MBD" installation. From pieces setting smiles in motion at Maria Fareri Children's Hospital to commissions shipping across the country, this Westchester native reaffirms her well established role as the "Happy Art Artist of Westchester". To learn more about Marla Beth, visit her website, www.MarlaBethDesigns.com.

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 and Medicare.

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. Judes 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 offers private tutoring (individually/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 local artist and painting instructor. With a BFA from Alfred University, she has extensive experience in the creative community. She has worked as a medical illustrator, advertising art director, and graphic designer. Her paintings are currently in shows in New York and Connecticut, along with private collections. In addition, Katie is an avid mah jongg player and experienced instructor who has taught thousands of mah jongg players how to play this beloved ancient game. She has taught extensively throughout Westchester County for over 30 years.

COURTNEY GRAVENESE, MS, RDN is a nutrition consultant and health educator in the New York Metro area. She is a Registered Dietitian/ Nutritionist for Nourish, a telehealth platform, 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. 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 a 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.

LEIGH HALLINGBY is a licensed NYC tour guide. She is passionate about exploring all five NYC boroughs and beyond on foot, mostly through organized walking tours. Leigh is retired from a 36-year career as a non-profit librarian. She loves doing research about the neighborhoods in which she gives tours and sharing information about them with attendees.

ROBIN INGRAM is a retired school administrator and science teacher, has been weaving baskets since 1997 and is a member of the Northeast, Long Island and North Carolina guilds. She has been teaching basket weaving for sixteen years at numerous libraries, historic sites, and adult schools. Other hobbies include weaving on a floor loom, bookbinding and most recently, hand embroidery.

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.

KAREN KIM has been teaching fitness and Tai Chi classes in New York City and Westchester for over 25 years. In addition to her fitness classes, she is an Exercise Physiologist at Northern Westchester Hospital working with Cardiac Rehabilitation patients. Karen is passionate about sharing her knowledge and practice of Tai Chi with her students.

ROB KISSNER is a clinical lecturer of Entrepreneurship at the Hynes Institute. In addition to teaching several core entrepreneurship courses at Hynes, Rob works with a team of faculty across the University to develop Iona’s new Artificial Intelligence minor at Iona. Rob was also the founder and president of The Digital Arts Experience, which provided award-winning after-school classes, summer camps, and workshops to kids and teens all over Westchester County in computer programming, 3D printing & design, animation, and more for ten years.

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 practicing estate planning and elder law attorney for over 30 years.

JAN MADALON is a retired Chappaqua Central School District elementary schoolteacher and a devoted Mah Jongg player for more than a dozen years.

ANTHONY J MARINO has been a Physical Education Teacher and Baseball and Wrestling Coach at Horace Greeley since 2002. He has been a certified CPR Instructor since 2002 and has taught countless Greeley students the important lifesaving CPR and AED skills.

MICHELLE MAZZOCCHI is the School Resource Officer at Horace Greeley High School. Officer Mazzocchi has been a police officer for over ten 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 2013-2025 New York Metro Super Lawyers list in Elder Law and is a partner 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.

SUSIE MORDOH creates moments for people to feel the love. She is a multi-passionate entrepreneur. Susie founded the award-winning event planning company, Greater Than We. She is a certified personal development coach, a personal fitness & nutrition coach and is the author of the *Feel the Love Transformation Card* and a book titled, *LOVE IS*.

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 licensed New York City Sightseeing Guide, a trained docent for the Municipal Art Society, as well as a trained guide for the Metropolitan Museum of Art's Costume Institute and American Collections. See the breadth and depth of her private tours covering New York City Art, Architecture, and History on her website: nycencounterstours.com.

AMY ROSEN is a cooking instructor with over 13 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 www.amyrosencookingbydesign.com.

MICHELLE SACCURATO has taught exercise classes for over 25 years. Her philosophy is, "Exercise at any age to increase your quality of life. Keep moving and having fun!" 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.

HELENA SVEDIN is a Certified (IPTPA) pickleball instructor, positive psychology coach and yoga teacher, as well as, a member of the USA Pickleball Association, teaches the game from a whole-body mind perspective. Originally from Sweden, she moved with her family to the US and currently lives in Greenwich, CT.

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.

SUZI MYERS TIPA has spent her life studying and performing dances around the world, and now loves bringing dance to her neighbors in Westchester. She studied acting and improv in NYC and has taught dance and theatre programs for SUNY Purchase. She brings international dance programming to NYC schools as a teaching artist and spends her copious spare time narrating audiobooks and square dance calling.

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 digital 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.

KATHRYN WARD has been practicing yoga for more than 30 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 uses the many modalities of fitness to improve the quality of life for her clients and students.

REGISTRATION

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