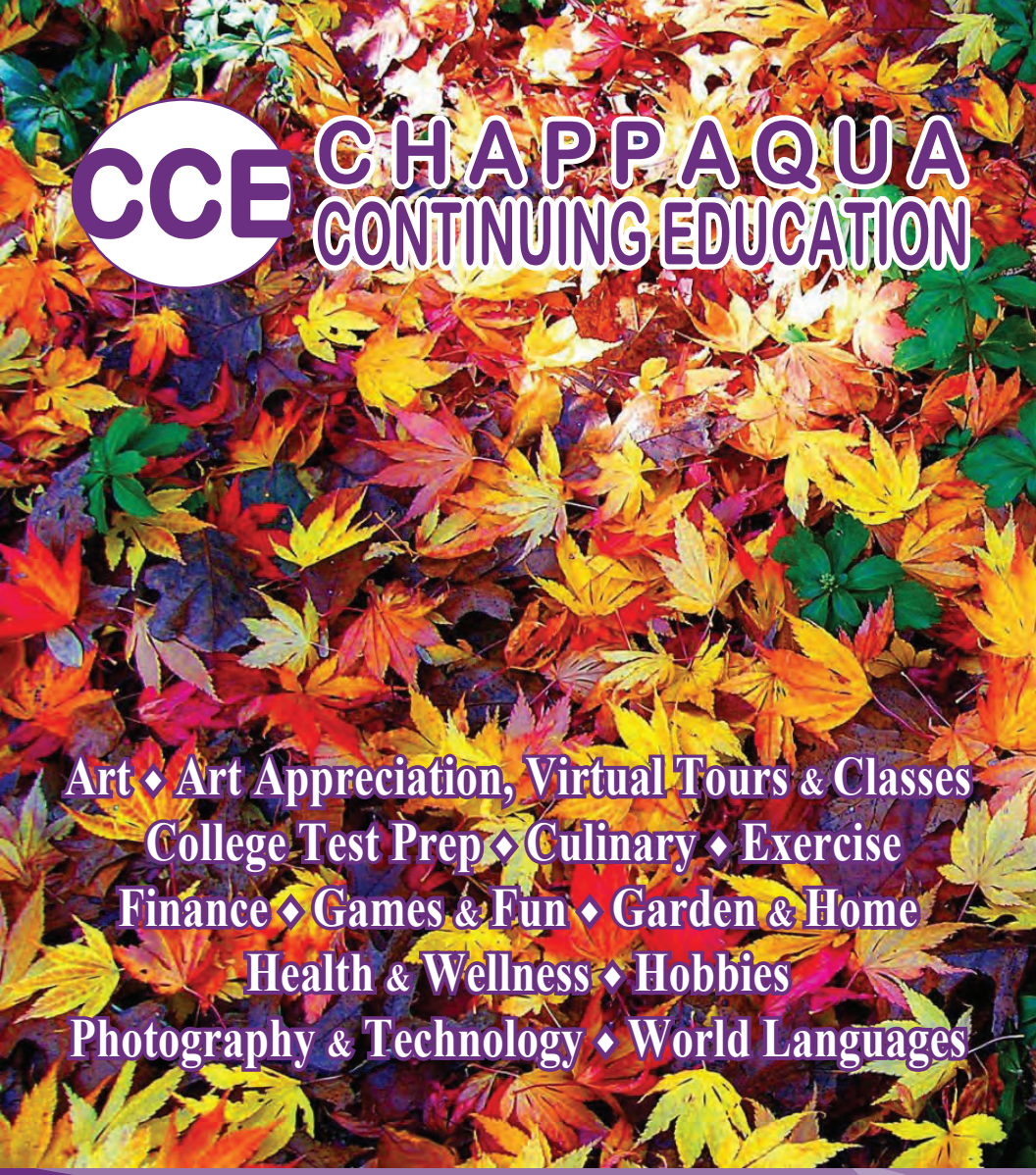


Fall 2026 Program

www.chappaquaschools.org/cce

Chappaqua Central School District

HOW TO REGISTER
REGISTRATION IS NOW OPEN online at www.chappaquaschools.org/cce or by mail using the form on page 20. To ensure your spot, register early as most classes have limited enrollment. To help ensure a class will run, please register in advance. If there is insufficient enrollment for a class, it will be cancelled.

ENROLLMENT VERIFICATION
To contact us, or to verify your enrollment in a course, please call 238-7201 ext. 20318, or send an email to FrColandreo@chappaquaschools.org. 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, include your email address during the online registration process.

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 CCE office before you register if you have a question about the level or the material.

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

LOCATION OF CLASSES
Fall 2026 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. 20318.

Classes WILL NOT be held:

- Monday: September 21, October 12, and November 2
- Tuesday: November 3
- Wednesday: November 11 and November 25
- Thursday: September 24 and November 26

CHAPPAQUA SENIOR CITIZENS
Chappaqua Central School District residents who are 60 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 Laura Moreno at 238-7200 ext. 10007, or by emailing LaMoreno@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.

CCSD Mission Statement

Our mission is to foster a dynamic learning environment where students, families, and educators work together to promote academic excellence, nurture social-emotional well-being, and create a lifelong love of learning. We strive to be an inclusive, connected school community that encourages collaboration and prepares compassionate, responsible, global citizens.

Sponsored by the Chappaqua Central School District

Board of Education
Alissa Dorfman, President
Allison Steinbauer, Vice President
Matt Auerbach
Cailee Hwang
Tim McNamara

Superintendent
Christine Ackerman, PhD

Assistant Superintendent for Business
Joshua Culwell-Block

Chappaqua Continuing Education
Francine Colandreo Flamino, Director
David Hayes, Graphic Designer

Contact Information
Phone: 238-7201 ext. 20318
Email: FrColandreo@chappaquaschools.org
Website: www.chappaquaschools.org/cce

Have A Class To Teach?
Please visit www.chappaquaschools.org/TeachCCE

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.

Art & Art Appreciation

Autumn Landscapes in Watercolor with Katie Goldberg **NEW**
Each week students will create an autumn-themed landscape from prompts and examples given by the instructor. This is not a "paint night" where everyone creates an identical painting. Students are encouraged to bring their own interpretation to the subject matter. This class is designed for students who have already taken *Introduction to Watercolor Painting* or have knowledge of watercolor skills. A short supply list will be emailed before the first class.

3 Mondays • November 9 to November 23 • 7-9pm • HGHS, Art Studio 1 • $115

Design A Life You Love: A Vision Board Workshop with Susie Mordoh **NEW**
This is a 2-hour creative class—part craft session, part gentle manifesting magic. We'll cut, paste, and vision-board our way through what we actually want for this next chapter of life: the goals, the glow-up, the trip you keep talking about, the version of you that feels most you. No art skills needed. No woo-woo experience required (though if you're into that energy, you'll feel right at home). Just bring yourself, an open mind, and a little bit of "why not me?" You will leave with a finished vision board, a little lighter, a little clearer, and surrounded by other people doing the same beautiful work of dreaming on purpose. Because when you can see it, you can start to believe it.

Wednesday • December 2 • 6:30-8:30pm • HGHS, Art Studio 1
$50 (includes all supply and material fees)

Drip Art with Marla Beth Enowitz **NEW**
On a large 12"x14" gallery-wrapped canvas, we will be exploring a drip art technique using an array of acrylic paints, including neons, metallics, and glitter. No experience is necessary, just come ready to experiment, play with color, and embrace the unexpected. You'll explore movement, texture, and learn "drip art" while creating a vibrant canvas that's uniquely yours. You are sure to go home with a masterpiece worthy of a living room wall!

Wednesday • November 4 • 7-8:15pm • HGHS, Art Studio 1
$50 (includes all supply and material fees)

Glam Pumpkin Painting with Marla Beth Enowitz **NEW**
Celebrate the season with a touch of sparkle and style! In this festive workshop, you'll transform an ordinary pumpkin into a stunning fall décor piece using paint, metallic finishes, glitter accents, embellishments, and creative design techniques. Whether your style is elegant and sophisticated, chic and modern, or bold and glamorous, you'll customize your pumpkin to reflect your personal aesthetic. No carving required—just creativity, fun, and a little shimmer! Pumkin is included!

Thursday • October 22 • 7-8:15pm • HGHS, Art Studio 1
$50 (includes all supply and material fees)

Introduction To Hand Lettering / Modern Calligraphy with Brush Pens
with Jenn Waller **NEW**
In this introductory workshop 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.

Thursday • December 3 • 7-9pm • 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 layering. The proper watercolor materials will be discussed and a short supply list will be emailed before the first class.

2 Mondays • September 28 to October 5 • 7-9pm • HGHS, Art Studio 1 • $75

"Meditative Art": Mandalas with Marla Beth Enowitz **NEW**
Join artist Marla Beth Enowitz in a guided workshop that combines mindfulness and art! The practice of mandala art, originating from Buddhist monks, focuses on the creation of repetitive circular symmetrical patterns that foster calmness and focus. On a 6"x 6" canvas panel, we will be using acrylic paint and "dotting tools" to design pinpoint precision patterns that will be full of color and life! You can Google "Mandala Art" at your leisure and look up some images to get excited about!

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

Seasonal Motifs in Watercolor with Katie Goldberg **NEW**
Each week, students will create a painting centered around year-end and winter-themed subjects. The instructor will provide prompts, examples, and inspo. This is not a "paint night" where everyone creates an identical painting. Students are encouraged to bring their own interpretation to the subject matter. This class is designed for students who have already taken *Introduction to Watercolor Painting* or have knowledge of watercolor skills. A short supply list will be emailed before the first class.

3 Mondays • November 30 to December 14 • 7-9pm • HGHS, Art Studio 1 • $115

Watercolor Portraits the Easy Way with Katie Goldberg **NEW**
Learn how to create watercolor portraits using an easy technique used worldwide. This class is designed for students who have already taken *Introduction to Watercolor Painting* or have knowledge of watercolor skills. A short supply list will be emailed before the first class.

2 Mondays • October 19 to October 26 • 7-9pm • HGHS, Art Studio 1 • $75

Art Virtual Tours and Classes

Architectural and Historical Secrets of the New York Botanical Garden
with Ginny Poleman **NEW**
More than just beautiful landscapes of conifers and azaleas, the New York Botanical Garden in the Bronx is a 250-acre oasis. This program will focus on the founding and historical buildings of the landmarked New York Botanical Garden using vintage and current photographs of the stunning Beaux Arts architecture including the iconic Enid A Haupt Conservatory, and the remnants of the original 1840s French Huguenot Lorillard Estate that still sits beside the picturesque Bronx River.

Thursday • November 12 • 7-8pm • Online • $22

Brooklyn's Green-Wood Cemetery: Secrets, Battles and Legends
with Ginny Poleman **NEW**
Before Central Park, New Yorkers escaped the city to the Green-Wood Cemetery—not just a resting place for some of New York City's notable residents—but an oasis tucked away in Brooklyn. On this virtual program, we'll cover the high-Victorian Gothic Revival brownstone gates designed by the distinguished American architect, Richard Upjohn, and the historic chapel designed by Warren & Wetmore (architects of Grand Central Terminal). Using vintage and current photographs, we'll get a glimpse of Beaux Arts mausoleums (some featuring Tiffany glass windows) while listening to the stories of some of New York City's prominent families that eternally reside on the grounds.

Thursday • October 8 • 7-8pm • Online • $22

Civil Rights Tour of the Upper West Side with Leigh Hallingby **NEW**
The Upper West Side of Manhattan is home to many sites connected with important people and moments in the quest for civil rights of all kinds. On our virtual tour, we will begin with an examination of NYC's most prominent memorial to Dr. Martin Luther King, Jr., where we will decode this unusual sculpture. Further stops will relate to such iconic figures as Harry Belafonte, Frederick Douglass, Abraham Lincoln, Eleanor Roosevelt, and Elie Wiesel, among others. Also included is an Upper West Side writer and humorist whom many people are surprised to learn was a civil rights activist. Our virtual tour will end with a stop at the neighborhood's newest civil rights commemoration.

Wednesday • November 18 • 7-8pm • Online • $22

Great Museums of the World: The Prado with Sue Altman **NEW**
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 and Velasquez's *Las Meninas* are not to be missed.

Tuesday • October 6 • 7-8:15pm • Online • $25

Great Museums of the World: The Rijksmuseum with Sue Altman **NEW**
This Amsterdam museum is home to iconic works from the Dutch Golden Age, including works by Rembrandt, Vermeer, and Hals. There are also many examples of still life, landscape, and genre paintings from this especially rich time in art history.

Tuesday • November 10 • 7-8:15pm • Online • $25

Secrets of the Historical Metropolitan Museum of Art's Architecture
with Ginny Poleman **NEW**
The sprawling Metropolitan Museum of Art's 2.2M sq. ft. Fifth Avenue campus is a patchwork quilt-like building engulfing the original 1880 building designed by one of the architects of Central Park, Calvert Vaux. In this program, we'll start with the founding of the museum and its current site, situated within Central Park. Using vintage and contemporary photographs, Ginny will explain the evolution of the 20 interconnected structures, and what's to come with the new Tang Wing of Modern & Contemporary Art designed by Mexican architect Frida Escobedo, the first woman to design a new wing in the Museum's 154-year history.

Thursday • December 10 • 7-8pm • Online • $22

College Test Prep

NEW COMPANY

SAT/ACT Summer Boot Camp with Westchester Prep
This concentrated boot camp familiarizes students with both the SAT and ACT, introducing the essential content and techniques common to both exams. Students will gain insight into their strengths and weaknesses on the tests and how to choose which test to ultimately take. SAT/ACT diagnostic exams provided for no extra charge. Open to 10th-12th grade students.

Monday-Thursday • August 31 to September 3 • 6-8:30pm • HGHS, Library
$400 (includes materials fee) • Limit 20 students

Introductory PSAT/SAT Prep Course with Westchester Prep
This course will introduce students to the PSAT and SAT, familiarizing them with critical Math and English content as well as test-taking skills. This course will help students get comfortable with the digital exam and make better use of its technology features.
Open to 10th and 11th grade students.

5 Wednesdays • September 16 to October 14 • 6:30-8:30pm • HGHS, Library
$400 (includes materials fee) • Limit 20 students

Fall ACT Prep Course with Westchester Prep
This course will cover the content and strategies central to all four ACT sections: English, Math, Reading, and Science. The course is designed to familiarize students with both the content and strategies involved in the test, so students will be strongly encouraged to participate in proctored practice tests (no extra charge). Open to 10th-12th grade students.

6 Wednesdays • October 21 to December 9 (no class 11/11 & 11/25) • 6:30-8:30pm
HGHS, Library • $480 (includes materials fee) • Limit 20 students

Fall SAT Prep Course with Westchester Prep
This course will cover the most frequently tested SAT Math and Verbal topics and give students the tools they need to succeed on test day. Since the class is designed to help students gear up for the real exam, they will be strongly encouraged to participate in proctored practice tests (no extra charge). Open to 10th-12th grade students.

5 Wednesdays • October 21 to December 2 (no class 11/11 & 11/25) • 6:30-8:30pm
HGHS, Library • $400 (includes materials fee) • Limit 20 students

Winter ACT Prep Course with Westchester Prep
This course will develop students' knowledge of ACT content and become familiar with successful strategies for the exam. Since most students in the class will be taking the exam in the spring, proctored practice tests (no extra charge) will be strongly encouraged and reviewed in class. Open to 10th and 11th grade students.

5 Wednesdays • January 13 to February 10 • 6:30-8:30pm • HGHS, Library
$400 (includes materials fee) • Limit 20 students

Winter SAT Prep Course with Westchester Prep
This course will develop students' knowledge of SAT content and become familiar with successful strategies for the exam. Since most students in the class will be taking the exam in the spring, proctored practice tests (no extra charge) will be strongly encouraged and reviewed in class. Open to 10th and 11th grade students.

7 Wednesdays • January 13 to March 3 (no class 2/17) • 6:30-8:30pm • HGHS, Library
$560 (includes materials fee) • Limit 20 students

Culinary

A Day In The Amalfi Coast with Amy Rosen **NEW**
Transport your kitchen to the sun-soaked cliffs of southern Italy. Chef Amy guides this class through the bright, citrus-forward flavors and fresh seafood that define Amalfi Coast cooking: simple, high-quality ingredients prepared with care. Recipes on the menu are Amalfi Lemon Chicken, Spaghetti al Limone (Lemon Spaghetti), Cozze in Brodo (Garlic-Tomato Mussels) and Amalfi-Style Shrimp Scampi. Please bring containers to take food home.

Tuesday • September 29 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

A Night In Jerusalem with Amy Rosen **NEW**
Experience the vibrant, layered flavors of Jerusalem's food culture with Chef Amy, where Middle Eastern spices, fresh produce, and grilled meats come together in dishes built for sharing. Recipes on the menu are Israeli Salad, Sabich-Style Eggplant Tartlets, Shakshuka and Beef Kofta Skewers with Garlic Herb Yogurt. Please bring containers to take food home.

Tuesday • December 1 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

Apples with Daniel Bartush **NEW**
It is almost overwhelming how many different types of apples we have access to in the Northeast. So many different varieties, flavors, textures, and uses. Join Chef Dan, of a local Michelin rated farm-to-table restaurant, for this class where we will sample many different apple varieties and discuss how to use them best. Chef Dan's hope is that you will come away from this class understanding that apples can be more than just a pie ingredient. Dishes include Apple and Celery Root Remoulade Salad, Brown Butter Apple Puree with Pork Tenderloin, Roasted Brussels Sprouts and Apple Cider Syrup, and French Apple Cake. Please bring containers to take food home.

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

Cookies For The Holidays with Amy Rosen **NEW RECIPES**
Fill the kitchen with the smell of warm spices and fresh-baked dough. Chef Amy covers a set of holiday cookie staples perfect for gifting or sharing at a celebration. (Note: this lesson is the one dessert-focused exception in the curriculum, kept by request.) Recipes on the menu are Peppermint Chocolate Chip Cookies, No-Chill Gingerbread Cookies, Classic Holiday Sugar Cookies (Drop-Style) and Quick Chocolate Crinkle Cookies. Please bring containers to take food home.

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

Healthy Eating Cooking with Amy Rosen **NEW RECIPES**
Nutritious doesn't mean boring. Chef Amy focuses this class on building flavorful, well-balanced meals that emphasize lean proteins, fresh vegetables, and wholesome ingredients. Recipes on the menu are Turkey Lettuce Wraps, Grilled Chicken Quinoa Bowl, Baked Cod with Roasted Vegetables, and Stuffed Portobello Mushrooms with Spinach and Feta. Please bring containers to take food home.

Tuesday • October 13 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

Healthy French Bistro Cooking with Amy Rosen **NEW**
Discover that French cuisine can be both indulgent in flavor and light on the body. Chef Amy lightens up bistro classics in this class without sacrificing the techniques that make them special. Recipes on the menu are Nicoise Salad, Quick Chicken Provencal, Moules Mariniere Style Mussels (no wine), and Ratatouille Tian. Please bring containers to take food home.

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

Plant-Powered Protein with Elisa Bremner MS, RD, CDN **NEW**
Skip the expensive, highly processed meat substitutes and learn to make your own delicious plant-based proteins at home! Join Registered Dietitian, Elisa Bremner, as we prepare simple, protein-packed recipes and use them to build colorful, satisfying meal bowls. Recipes include Chicky Seitan Cutlets, Lentil Tofu, Tempeh Bacon, Plucky Pickle Sauce, and Vegan Caesar Dressing. Please bring containers to take your food home.

Wednesday • November 4 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 10 students

Sheet Pan Meals with Amy Rosen **NEW**
One pan, minimal cleanup, maximum flavor. Chef Amy teaches students how to build balanced, complete meals using nothing more than a sheet pan and an oven. Recipes on the menu are Salmon with Asparagus, Chicken Fajitas, Turkey Sausage and Peppers, and Ratatouille Tian. Please bring containers to take food home.

Tuesday • October 6 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

Soups And Stews with Amy Rosen **NEW**
Nothing says comfort quite like a warm bowl of soup or stew. Chef Amy covers techniques in this class for building deep, layered flavor in broths and braises. Recipes on the menu are Classic Chicken Noodle Soup, Lentil Soup, Butternut Squash Soup and Quick Beef and Vegetable Stew. Please bring containers to take food home.

Tuesday • December 15 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

Thanksgiving Sides with Amy Rosen **NEW RECIPES**
The sides often steal the show at Thanksgiving dinner. Chef Amy walks this class through elevated, crowd-pleasing dishes that round out the holiday table. Recipes on the menu are Sweet Potato and Butternut Squash Gratin, Bacon-Wrapped Green Bean Bundles, Quick Fresh Cranberry Sauce, Turkey Sausage and Herb Stuffing, and Sweet Potato Pie. Please bring containers to take food home.

Tuesday • November 10 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

Wild Mushrooms with Daniel Bartush **NEW**
Mushrooms have very short seasons so you have to be ready to cook with them or the moment will pass. Join Chef Dan, of a local Michelin rated farm-to-table restaurant, where he will be looking at some classic fall mushrooms like hen of the woods, chicken mushrooms, oyster mushrooms, chanterelles, and lobster mushrooms. Dishes will include Roasted Mushroom Tartine with Whipped Ricotta and Balsamic Syrup, Pickled Chanterelles and Mushroom Risotto with Fresh Parmesan. Please bring containers to take food home.

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

Winter Squash with Daniel Bartush **NEW**
Join Chef Dan, of a local Michelin rated farm-to-table restaurant, for this class where you will learn about the three main types of winter squash and what makes them unique. In comparing the different varieties, you can expect to learn about the differences in their storability, sweetness and texture. Each of the three dishes we make will highlight one of the types of winter squash. Every squash is delicious in its own way!! Dishes include Tempura Fried Delicata Squash Rings with Sumac Honey, Hubbard Squash Soup with Fried Sage and Honey Nut Squash Creme Brulee. Please bring containers to take food home.

Monday • November 9 • 7-8:30pm • HGHS, Kitchen
$75 (includes $25 material fee) • Limit 11 students

Exercise

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

Section A: 9 Mondays • September 28 to December 7 (no class 10/12 & 11/2)
6:30-7:30pm • HGHS, Fitness Center • $200

Section B: 9 Wednesdays • September 30 to December 9 (no class 11/11 & 11/25)
6:30-7:30pm • HGHS, Fitness Center • $200

Beginner/Intermediate Body Sculpting with Michelle Saccurato
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.

9 Mondays • September 28 to December 7 (no class 10/12 & 11/2) • 7:30-8:15pm
HGHS, Fitness Center • $165

Build and Burn: Intermediate Level (Formally Small Group Training)
with Denise Weber **NEW**
Taught by a certified Group Fitness Instructor/ Personal Trainer with over 30 years of experience, Build and Burn is a 60-minute conditioning class designed to improve and challenge your strength and cardiovascular endurance by combining progressive strength training with dynamic cardio intervals. Utilizing a mix of free weights, steps, resistance tubing and bands, you will work through movement patterns followed by rest intervals meant to torch calories and sculpt lean muscles. Enjoy the camaraderie, support and fun a group setting offers, while striving to take your fitness to the next level. Please bring a yoga/exercise mat, water bottle, resistance tubing with handles and resistance bands to class. A towel is optional.

Section A: 10 Tuesdays • September 22 to December 1 (no class 11/3) • 6:30-7:30pm
HGHS, Fitness Center • $225 • Limit 12 students

Section B: 10 Tuesdays • September 22 to December 1 (no class 11/3) • 7:30-8:30pm
HGHS, Fitness Center • $225 • Limit 12 students

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 • September 29 to October 27 • 6:30-7:15pm • HGHS, Academic Commons
$100

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 • November 10 to December 8 • 6:30-7:15pm • HGHS, Academic Commons
$100

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.

Section A: 5 Mondays • September 28 to November 9 (no class 10/12 & 11/2) • 6-7pm
Westorchard Gym • $145 • Limit 12 students

Section B: 5 Wednesdays • September 23 to October 21 • 6-7pm • Westorchard Gym
$145 • Limit 12 students

PICKLEBALL: Beginner/Intermediate Skills And Drills with Helena Svedin
Pickleball: Beginner/Intermediate Skills and 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 introduce top spin drives and lobs. 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.

Section A: 5 Mondays • September 28 to November 9 (no class 10/12 & 11/2) • 7-8pm
Westorchard Gym • $145 • Limit 12 students

Section B: 5 Wednesdays • November 4 to December 16 (no class 11/11 & 11/25) • 6-7pm
Westorchard Gym • $145 • Limit 12 students

PICKLEBALL: Intermediate/Advanced Skills and Drills with Helena Svedin **NEW**
Pickleball: Intermediate/Advanced Skills and Drills is an instructional class for a student who wants to deepen their understanding of the game of pickleball and work on consistency. In this class, we introduce overheads. We will practice situational play and become more aware of our partner on the court. 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: Beginner/Intermediate Level* or equivalent.

5 Mondays • September 28 to November 9 (no class 10/12 & 11/2) • 8-9pm
Westorchard Gym • $145 • Limit 12 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: 5 Wednesdays • September 23 to October 21 • 7-8pm • Westorchard Gym
$140 • Limit 13 students

Section B: 5 Wednesdays • November 4 to December 16 (no class 11/11 & 11/25) • 7-8pm
Westorchard 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.

Section A: 5 Wednesdays • September 23 to October 21 • 8-9pm • Westorchard Gym
$140 • Limit 13 students

Section B: 5 Wednesdays • November 4 to December 16 (no class 11/11 & 11/25) • 8-9pm
Westorchard Gym • $140 • Limit 13 students

Pilates Sculpt (formally Pilates) with Michelle Saccurato **NEW TITLE**
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. This class is a fusion of traditional Pilates and strength training. It integrates core-focused, alignment driven movements with external resistance (like light dumbbells, resistance bands, balls, or Pilates ring). All levels welcomed! Pilates ring optional. Exercise mat needed.

9 Wednesdays • September 30 to December 9 (no class 11/11 & 11/25) • 7:35-8:35pm
HGHS, Fitness Center • $200

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 • September 29 to October 27 • 7:20-8:05pm • HGHS, Academic Commons
$100

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.

8 Mondays • October 5 to December 14 (no class 10/12, 11/2 & 11/9) • 7-8:15pm
HGHS, Faculty Lounge • $200

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 • November 10 to December 8 • 7:20-8:05pm • HGHS, Academic Commons
$100

Finance

Aging in Place: A Guide To Growing Older at Home with Sara Meyers **NEW**
Nearly 90% of seniors wish to stay in their own home as they age (source: AARP). Join elder law attorney Sara Meyers, Esq. to 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. Sara 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 • October 7 • 7-8pm • HGHS, L-215 • $25 (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 • October 21 • 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.

Tuesday • October 13 • 6-8pm • Free (registration required) • Online

Saturday • November 7 • 10am-12pm • Free (registration required) • Online

Plan Ahead For Taxes In Retirement
with Scott Turner, CFP® & Steven Klimaszewski, CFP®
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 • September 22 • 7-8pm • HGHS, L-216 • $25 (Free for Chappaqua Seniors)

Protecting Family Assets from Estate Taxes, Income Taxes, and Nursing Home Costs
with Neil Lubarsky
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 • October 19 • 7-8:30pm • HGHS, Academic Commons
$30 (Free for Chappaqua Seniors)

Retirement Planning Strategies with Scott Turner, CFP® & Steven Klimaszewski, CFP®
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 • October 6 to October 20 • 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
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 • October 21 • 7-8pm • HGHS, L-215 • $25 (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 • October 1 to December 17 (no class 10/29, 11/12 & 11/26) • 7:15-8:30pm
HGHS, iLab • $235 • 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 • October 1 to December 17 (no class 10/29, 11/12 & 11/26) • 6-7:15pm
HGHS, iLab • $235 • 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 Beginner* class. All levels welcome.

9 Thursdays • October 1 to December 17 (no class 10/29, 11/12 & 11/26) • 4:45-6pm
HGHS, iLab • $235 • 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 • November 9 to November 30 • 7-9pm • HGHS, iLab • $140 • 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 • September 22 to October 13 • 7-9pm • HGHS, Library
$140 • Limit 12 students

Section B: 4 Tuesdays • November 10 to December 1 • 7-9pm • HGHS, Library
$140 • 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 title 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 • September 23 to October 14 • 7-9pm • HGHS, iLab
$140 • 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!

Section A: 2 Tuesdays • October 20 to October 27 • 7-9pm • HGHS, Library • $70

Section B: 2 Tuesdays • December 8 to December 15 • 7-9pm • HGHS, Library • $70

Garden & Home

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

Section A: Monday • December 7 • 7-8:30pm • HGHS, Cafeteria
$55 (includes $25 material fee) • Limit 10 students

Section B: Monday • December 14 • 7-8:30pm • HGHS, Cafeteria
$55 (includes $25 material fee) • Limit 10 students

Entertaining For the Holidays: Host Like A Pro with Susie Mordoh **NEW**
Tired of holiday hosting leaving you exhausted instead of joyful? In this fun, hands-on class, you'll learn the insider secrets to throwing a holiday gathering that looks effortless (because it actually is). In this class, we will cover:

- Simple style tricks to make your table look magazine-worthy (without a magazine budget)
- A stress-free timeline so you're not stuck in the kitchen all night
- Easy make-ahead appetizers your guests will rave about
- The one thing most hosts forget that instantly elevates any party

You will walk away with a ready-to-use hosting playbook, a few new go-to recipes, and the confidence to open your door and actually enjoy your own party this season. Please bring your questions and get ready to host like a pro.

Thursday • November 5 • 6:30-8:30pm • HGHS, L-215 • $35

Floral Design Basics: Master the Art of Arranging, Creating and Gifting
with Tania Dainson **NEW DESCRIPTION**
In this beginner-friendly class, learn essential techniques to create captivating centerpieces with seasonal themes. With a dedicated focus on a fall or winter 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! If time allows, Tania will share her tricks for arranging flowers in your favorite vase. (Feel free to bring the vase to class.)

Section A Thanksgiving Arrangement: Thursday • November 19 • 7-9pm
HGHS, Cafeteria • $95 (includes $65 material fee) • Limit 10 students

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

Section C Holiday Arrangement: Thursday • December 17 • 7-9pm
HGHS, Cafeteria • $95 (includes $65 material fee) • Limit 10 students

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

Monday • October 5 • HGHS, L-215 • 7-8:30pm • $30

Organizing Made Simple: Easy Techniques for Creating A Stress-Free Home
with Alissa Dorfman
Everyone's home should be a place of efficiency and peace and yet so many find themselves bogged down by clutter and disorder. Fighting against the tide of stuff in our homes can feel like an uphill battle. This class will start you on the path to a more stress-free and organized home. Come learn easy-to-implement tips and strategies from fellow Chappaqua resident and two-time *Best of Westchester* winner, Alissa Dorfman. This class will help anyone who is willing to start the process of improving their space. Whether you are just moving to town and setting up your new home, or you are an empty nester looking to downsize 20 years of clutter, this class offers the perfect introduction to organizing, prioritizing, and optimizing your space.

Wednesday • October 14 • HGHS, L-215 • 7-8:30pm • $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.

Thursday • November 19 • 6:30-8:30pm • HGHS, Fitness Studio
$35 (Optional: If the student would like a certification card, there is a $40 additional material fee collected in class. The certification card will be emailed to you.)

Building Better Bones with Amy Bialek and Jill Cantor **NEW**
Join Amy, a physical therapist, and Jill, a Classical Pilates Instructor and IIN Health Coach, for a two-night educational series designed to help you take control of your bone health. Both Amy and Jill are Peer Educators and BoneFit™ certified through the Bone Health & Osteoporosis Foundation. Learn the latest evidence-based strategies for osteoporosis prevention and management, including bone-building nutrition, posture and spine protection, balance training to reduce falls, and the most effective exercises to strengthen your bones safely. Whether you have osteopenia, osteoporosis, or simply want to stay strong and active as you age, this course will give you practical tools you can use immediately. It's never too late to improve your bone health-you really can build stronger bones!

2 Thursdays • November 5 to November 12 • 7-8pm • HGHS, L-217 • $50

Eat The Change: Simple Swaps For A Healthier Planet
with Elisa Bremner MS, RD, CDN **NEW**
Discover how small changes to your plate can benefit your health, your wallet, and the planet. Join Registered Dietitian Elisa Bremner to explore the *Planetary Health Diet* and learn practical ways to reduce your "foodprint" without sacrificing flavor. Cook along if you wish with two easy, delicious recipes: Overnight Oats and Big Mac Salad. Recipes will be provided in advance.

Monday • October 26 • 7-8pm • Online • $22

Eat Well, Live Well! Simple Nutrition Strategies To Improve Health (With New Dietary Guidance When Taking a GLP-1) 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 discuss the most up to date nutrition and lifestyle recommendations if you are taking any of the incretins. (GLP-1, GLP-1/GIPs)

Wednesday • October 14 • 6:30-8pm • HGHS, L-216 • $30

Introduction To The Alexander Technique with Karla Booth Diamond and Stephen McLean **NEW**
The Alexander Technique has been used for over 100 years by actors, musicians, and the general public interested in learning how to change movement patterns and habits that contribute to stress and tension in the body. These classes will be an introduction to F. M. Alexander, the person and his unique method for not only increasing our awareness in how we use our bodies in everyday movement but the ability to understand how our responses contribute to stress. We will learn how to be adaptive in our bodies as well as to use our thinking to change postural tone. The Alexander Technique can be applied to any activity: walking, sitting, standing, playing an instrument, brushing your teeth, or sitting at the computer. This method gives us a better understanding of how to move in a way that is integrated and fluid and adjust and care for ourselves throughout life. Please bring a yoga mat and wear comfortable clothes. Chairs will be provided.

4 Wednesdays • October 7 to October 28 • 6:30-7:30pm • HGHS, Faculty Lounge • $100

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 • November 5 • 5:30-7pm • 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 • November 12 • 5:30-7pm • HGHS, L201 (Upper L Commons) • $30

Introduction To Tai Chi with Karen Kim
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.

9 Thursdays • October 1 to December 10 (no class 10/29 & 11/26) • 6:30-7:30pm
HGHS, Academic Commons • $225 • Limit 12 students

Where Did I Leave My Keys? The Art and Science of Memory with Jill Gold **NEW**
Have you ever walked into a room and forgotten why you were there, or struggled to remember someone's name? You're not alone! In this workshop, Jill Gold, a Certified Functional Medicine Health Coach, will explore the world of memory, including the different kinds of memory our brains use every day and how they change as we age. You will also discuss simple, science-backed ways to support brain health through nutrition, movement, sleep, and stress management, and how they impact your memory and brain function. You'll leave with a better understanding of how your memory works and practical tips and tricks to help keep your brain healthy, active, and thriving.

Wednesday • November 18 • 7-8pm • HGHS, L-216 • $25

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 Tuesdays • September 22 to October 6 • 7-8:30pm • HGHS, L-215 • $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 • October 8 to November 19 (no class 10/29) • 7-8:30pm
HGHS, Library • $180

Basket Weaving: Criss Cross Basket with Robin Ingram **NEW**
Learn how to weave a start-stop basket that is 11" x 11" x 3.5" high with sides flaring out just a little bit. You will shape and fit a rim. Weave in colorful fillers that are on the base that become cross stitches. This basket is so stunning you could hang it on a wall and impress all your guests! This class is appropriate for beginners and experienced weavers alike!

3 Tuesdays • September 22 to October 6 • 6:30-9pm • HGHS, Cafeteria
$105 (includes $20 material fee)

Basket Weaving: Take Two! with Robin Ingram **NEW**
Learn how to weave two different size baskets that nest inside of each other using two different wooden bases. Once you complete the first basket, you will create the second smaller basket using the same steps. There will be a choice of colors for the vertical pieces. These two baskets are perfect for snacks or candy bowls. Perfect accessories to compliment any coffee table. This class is appropriate for beginners and experienced weavers alike!

3 Tuesdays • November 10 to November 24 • 6:30-9pm • HGHS, Cafeteria
$105 (includes $20 materials fee)

Hocus Pocus Magic with Dave Ferst
This three-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.

3 Tuesdays • October 13 to October 27 • 6:30-8pm • HGHS, L-217 • $90

How To Write Your Own Monologue Based On Your Personal Story
with Serena Norr **NEW**
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.

3 Tuesdays • October 13 to October 27 • 7-8:30pm • HGHS, L-215 • $90

Introduction To Jewelry Making: Stringing, Wire Wrapping and Knotting
with Marianne Olbermann **NEW**
Interested in making your own jewelry? These three classes will focus on the basics, giving you a solid foundation in stringing techniques, wire wrapping and simple knotting. You'll be on your way to creating unique and interesting jewelry. All materials and resource material will be supplied.

3 Thursdays • November 5 to November 19 • 6:30-8:30pm • HGHS, Faculty Lounge
$110 (includes $20 material fee)

Introduction To Playwriting with Serena Norr **NEW**
Students will learn how to develop their own short play through a creative three-week writing program with Serena Norr, playwright, director, and founder of Let's Make a Play. Students will learn how to transform their ideas into a play by developing characters, establishing tone, setting, creating structure, and more. The class also includes reading plays, readings and group sharing. For all creatives, no experience is necessary. Worksheets will be provided.

3 Tuesdays • November 10 to November 24 • 7-8:30pm • HGHS, L-215 • $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 • October 7 • 6:30-8:30pm • HGHS, L-217
$30 ($40 additional material fee collected in class)

Photography & Technology

Canva: Basics and Beyond with Rob Kissner **NEW**
Unlock your creativity with Canva, the user-friendly design tool that is changing the way we create digital designs. This course is designed for beginners and will explore how to create an account with Canva and use its simple tools to create invitations, posters, fliers, and anything else you can dream up!

Monday • October 19 • 6:15-7:45pm • HGHS, L-217 • $30

Creating Meaningful Photographs with Any Camera-Discover the Power of Light, Composition and Storytelling with Jen Mullowney **NEW**
Great photographs aren't created by the camera in your hands, but by the way you see the world. Whether you use a DSLR, mirrorless camera, smartphone, or point-and-shoot, this two-session workshop will explore the essential elements of compelling photography: light, composition, timing, and storytelling. Through discussion, practical exercises, and inspiring examples, you'll strengthen your creative eye and learn to photograph with greater intention. Between classes, you'll complete a simple photo assignment to share during our second session. We'll conclude with a supportive group critique focused on creativity, personal vision, and meaningful connection rather than technical perfection. This class is open to photographers of all experience levels.

2 Thursdays • October 15 to October 22 • 6:30-8:30pm • HGHS, L-217 • $70

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 • September 28 • 6:15-7:45pm • HGHS, L-217 • $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.

11 Wednesdays • September 23 to December 16 (no class 11/11 & 11/25) • 5:30-7pm
Online • $280 ($180 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.

11 Wednesdays • September 23 to December 16 (no class 11/11 & 11/25) • 7:15-9:15pm
Online • $315 ($210 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 • September 22 to December 15 (no class 11/3) • 7-9pm • Online
$345 ($230 for Chappaqua Seniors)

Italian For Beginners with Antonietta Gliubizzi
In this class we will develop an appreciation for the language and structure by focusing on basic vocabulary and pronunciation. We will explore different themes each week and practice them in simple conversations. Some of the topics include greetings, days of the week, months, numbers, telling time, weather, colors, clothes, etc. Culture will be incorporated through use of authentic material, songs and short videos.

5 Mondays • September 28 to November 9 (no class 10/12 & 11/2) • 6:30-7:30pm
Online • $115 ($75 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 • November 16 to December 14 • 6:30-7:30pm • Online
$115 ($75 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 • September 28 to December 14 (no class 10/12 & 11/2) • 6-7pm • Online
$230 ($150 for Chappaqua Seniors)

Spanish Beginner Intermediate with Isabel Irizarry **NEW**
This course is intended for students who have already had some experience studying and speaking Spanish and would like to increase fluency. Students will practice task based learning and dialogues in authentic situations. Present and some past tense expressions are covered. Prerequisite: *Spanish for True Beginners* or equivalent.

5 Mondays • November 9 to December 7 • 7:05-8:05pm • Online
$115 ($75 for Chappaqua Seniors)

Spanish Advanced with Diana Walker
This course focuses on enhancing the oral, writing and comprehension skills by reading Spanish articles and books. Students also improve their Spanish speaking ability through active class discussion and presentations. Past, conditional, and future tenses are covered. Prerequisite: *Spanish Intermediate* or equivalent.

7 Tuesdays • October 27 to December 15 (no class 11/3) • 7-8pm • Online
$160 ($105 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 and 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.

AMY BIALEK, MSPT, is a physical therapist with more than 25 years of clinical experience. She is a Peer Educator with the Bone Health & Osteoporosis Foundation (BHOF) and a BoneFit™-trained professional. Amy co-founded the BoneWorks Method to address the growing need for evidence-based education on nutrition, exercise, and lifestyle strategies that help build and preserve bone health-before, during, and after menopause. Amy understands that strong bones are essential for maintaining mobility, independence, and quality of life as we age-and that it's never too early or too late to start investing in bone health.

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.

JILL CANTOR is a certified Classical Pilates instructor, Integrative Health Coach, Bone Health & Osteoporosis Foundation (BHOF) Peer Educator, and BoneFit™-trained professional with more than a decade of experience helping clients of all ages, abilities, and physical limitations move with greater strength and confidence. After a successful career as a tax attorney and CPA, Jill turned her lifelong passion for health and wellness into a second career. Following her own osteoporosis diagnosis, she co-founded the BoneWorks Method to help adults build stronger bones, improve balance, and reduce fracture risk through evidence-based education and exercise.

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.

KARLA BOOTH DIAMOND, M.AmSAT, is a certified Senior Teacher of the Alexander Technique with 36 years of teaching experience. As a dancer and performer, she came to the Alexander Technique because of back pain and she found the re-education of her body usage and movement patterns helped relieve the pain but also gave her more ease and grace. She brings a wealth of experience to teaching and working with individuals and groups and maintains a private practice in Katonah.

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.

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/mentalist/memorist who has been performing since the age of six. He is a top consultant in the magic field teaching sleight of hand to some of the world's finest entertainers. He also performs for many charities such as Memorial Sloan Kettering, St. Judes Children's Hospital, Orange Grove Medical Center, National Leukemia/ Lymphoma Association, and many others.

ANTONIETTA GLIUBIZZI was born and raised in Italy. She has a degree in foreign languages and literatures (English and French) from the 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.

JILL E GOLD, FMCHC, NBC-HWC, combines a background in marketing and communications with a passion for helping people live healthier, more fulfilling lives. She is a Certified Health Coach through the Dr. Sears Wellness Institute and the Functional Medicine Coaching Academy (FMCA) and is also Board Certified by the National Board for Health & Wellness Coaching (NBHWC). Through her company, Wellness2Thrive LLC, Jill offers engaging group workshops and wellness programs, as well as personalized one-on-one health coaching. She is passionate about empowering individuals to make sustainable lifestyle changes that support better health, greater vitality, and improved well-being at every stage of life.

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 NYC and Westchester for 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 High School 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.

STEPHEN MCLEAN, M.AmSAT, is a musician, educator and teacher of the Alexander Technique. As a doctoral-level trumpet player, pianist and band director, he has performed and taught in classical, jazz, gospel, and contemporary settings, and draws on both his performing background and the Alexander Technique to help improve coordination, posture, breathing and overall body awareness so movement and performance can feel more natural and efficient. Stephen is based in Westchester and NYC.

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 2013-2026 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, personal fitness & nutrition coach and is the author of the *Feel the Love Transformation Card* and a book titled, *LOVE IS*.

JEN MULLOWNEY is a documentary and fine art photographer based in Westchester County, New York. Her work has been featured in *Forbes*, *Fortune*, *People*, and *Women's Health*, and exhibited in galleries throughout the Northeast. A contributor to Adorama's 42 West blog, Jen is passionate about helping photographers of all experience levels develop both their technical skills and their creative vision. She believes the most meaningful photographs begin not with the camera, but with learning to truly see.

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.

MARIANNE OLBERMANN has been beading for over 20 years and has been fortunate to combine her avocation with her vocation, managing bead stores and teaching classes in schools, libraries and community centers. The opportunity to share her beading expertise and encourage student creativity is extremely satisfying and rewarding for her.

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 her website 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.

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 farmer's markets.

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.

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 of a.to.z_artistry creates personalized signs and gifts of all kinds.

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.

WESTCHESTER PREP started in 2014 with a student-centered vision: elite tutoring in a friendly, laid-back environment where students could rediscover the joy of learning and feel like they're part of our family. Over a decade of support, our original team is still here, and we've sought out some of the most gifted tutors across the country—who share the same infectious passion for learning, exploring, and teaching—to join our team. We have served thousands of families from all over Westchester and beyond, and we're excited to help your student reach their potential.

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.

……..

Course_____ **Section (if applicable)**_____

Name_____ **Birth date**_____

Address_____ **Telephone**_____

Town_____ **Zip**_____

Email_____ (Important for enrollment verification and cancellation notification.)

Course Fee $_____

Are you a resident of Chappaqua Central School District? Y N

CHAPPAQUA SENIOR CITIZENS ONLY:

Chappaqua Senior Citizen #_____

……..

Course_____ **Section (if applicable)**_____

Name_____ **Birth date**_____

Address_____ **Telephone**_____

Town_____ **Zip**_____

Email_____ (Important for enrollment verification and cancellation notification.)

Course Fee $_____

Are you a resident of Chappaqua Central School District? Y N

CHAPPAQUA SENIOR CITIZENS ONLY:

Chappaqua Senior Citizen #_____