

CONTINUING EDUCATION

FALL **2024**

COLUMBIA-GREENE COMMUNITY COLLEGE

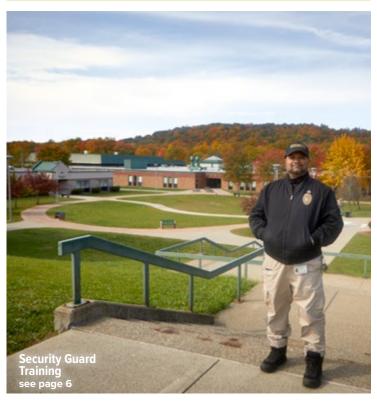




DISCOVER THE JOY OF LEARNING

with more than 100 career development and personal enrichment classes this Fall!





Welcome to C-GCC's Community Engagement and Professional Development



Columbia-Greene Community College's Office of Community Engagement and Professional Development (CEPD) provides educational opportunities, personal

enrichment, career development, and cultural programs for residents of Columbia and Greene Counties.

Non-credit and continuing education courses, training programs, workshops, and community events will help fulfill lifelong-learning and personal development goals.

Questions? Contact Amanda Karch, Director, at amanda.karch@sunycgcc. edu, or call 518.697.6370.

Amarda Karch

Amanda Karch

Director of Community Engagement and Professional Development

Tuition Funding: Columbia-Greene Workforce New York

Columbia-Greene Workforce New York, located in the Professional Academic Center, provides a variety of employmentbased services and offers grant-based tuition assistance for eligible people and programs that lead to industry-recognized credentials in high-demand fields. Eligible courses are noted in the course descriptions. For more information call 518.697.6510.

S Look for this symbol to find courses eligible for Workforce NY support.



WE MOVED! >> The Office of Community Engagement and Professional Development is in the Professional Academic Center

(PAC), Suite 709. Come visit us in our new space:

columbiagreene.edu/CEmap.

HOW TO REGISTER

Fall 2024



BY PHONE: 518.697.6370 Mastercard, Visa, American Express, and Discover cards are accepted over the telephone for all non-credit course registrations. Please have all registration and card information on-hand when calling.

IN-PERSON: Registration and payment may be made in person at Suite 709 in the Professional Academic Center of the Columbia-Greene Community College campus, 4400 Route 23, Hudson, NY 12534.

Accessibility

The College provides an inclusive campus for all students. Have questions? Contact the Office of Accessibility Services at oasweb@sunycqcc.edu.

Materials

Some courses require additional books and supplies not covered by the course fee. These supply lists will either be provided upon registration, by the instructor prior to class, or within the course description.

Refunds

Occasionally, courses must be canceled prior to their start because of low enrollment or unforeseen circumstances. If this occurs, students will be notified by telephone. If the College cancels a course, the registration will be refunded in full. Those wishing to withdraw from a course must request a refund at least 24 hours before the class begins. No refunds will be made after the first class. unless otherwise noted.

» LET'S GO!

Follow us on Social Media for the latest news!

#CoGreene!









CAREER DEVELOPMENT COURSES

Fall 2024

CANNABIS EDUCATION

Cannabis Home Cultivation

Growing cannabis with higher yields and better aromas, flavors, and effects can take a bit of effort and knowledge. This self-paced asynchronous course gives home growers aged 21+ a foundation for growing their best cannabis. Students will have access to three hours' worth of video content and supplemental reading in the month leading up to the remote Q&A session with the instructor. The course material will also be available to students after the course ends.

The state of New York began permitting the home cultivation of cannabis for all adults 21+ in June 2024

INSTRUCTOR: Rich Koloszyc is a grower and breeder who focuses on outdoor growing in the northeast. He believes in regenerative agriculture, plant medicine, and the right to grow cannabis.

SI 99378-1Z

 Taught via Zoom
 1 Wednesday

 October 23, 2024
 7:00 p.m. – 9:00 p.m.

Fee: \$125



CAREER AND BUSINESS SKILLS

Become a New York State Notary Signing Agent

After completing this introductory course, students will have the opportunity to work on a

freelance basis with mortgage, title, and signing companies who hire employees to notarize and present mortgage loan documents. Please note: students must be a current Notary Public to become a Signing Agent.

INSTRUCTOR: Victor Bujanow is a NYS Notary Public, Certified Notary Signing Agent, statewide Notary Public college adjunct instructor, and a member of The American Society of Notaries.

PR 72170-1Z

Taught via Zoom 1 Tuesday September 10, 2024 2:30 p.m. – 6:30 p.m. Fee: \$95

PR 72170-2Z

Taught via Zoom 1 Tuesday November 12, 2024 5:30 p.m. – 9:30 p.m. Fee: \$95

Workforce NY tuition funding available. Call 518.697.6510.

Earn Extra Money Mystery Shopping

Students will learn how to sign up with many legitimate mystery shopping companies without fees, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. Participants will receive a list of 25 legitimate companies to which they can apply.

PREREQUISITE: How to Start Any Home Business: 250 Business Ideas

INSTRUCTOR: LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce past President, and guest instructor at more than 200 colleges nationwide.

PR 24243-1Z

Taught via Zoom 1 Thursday
October 17, 2024 6:00 p.m. – 7:00 p.m.
Fee: \$30

Financial Statements and Budgeting for Business *New!*

This course will introduce the basics of financial statements and the master budgeting process. Topics will include the creation of income statements and balance sheets, understanding cash flow, and designing budgets to meet current and future goals. The class is specifically designed for working adults, small business owners, and employees who just want to get a better understanding of these tools to better manage their financial decision-making.

INSTRUCTOR: Dr. Stacey Hills is an Associate Professor of Business at Columbia-Greene Community College, as well as a Treasurer on multiple non-profit Boards of Directors.

BU 28254-1A

C-GCC – Room 136 1 Monday October 21, 2024 6:00 p.m. – 8:30 p.m. Fee: \$75

Getting Paid to Talk

For students who have ever wondered how to work in voice-over, this workshop is a realistic first step. An easy-to-access remote learning system will take students behind the scenes at Voice Coaches' main studios in Albany, NY, where voice-over content is produced. From audio books, training material, animation, and commercials, to socially relevant content, television, and much more!

INSTRUCTOR: Members of the Creative Voice Development Group in Albany, NY

PR 32184-1Z

Voice Coaches 26 Vly Rd. Albany, NY 12205

Albany, NY 12205 1 Wednesday October 23, 2024 6:30 p.m. – 9:00 p.m.

Fee: \$30

PR 32184-2Z

Taught via Zoom 1 Wednesday November 20, 2024 6:30 p.m. – 8:00 p.m.

Fee: \$30



How to Start Any Home Business: 250 Business Ideas!

Taught by a Chamber of Commerce past President and award-winning business owner, this comprehensive course will offer workshop-style information on more than 250 legitimate home business ideas, mandatory legal documentation, ways to market products and services, how to take tax deductions (this workshop included), and more.

INSTRUCTOR: LeeAnne Krusemark

PR 24103-1Z

Taught via Zoom 1 Thursday
October 17, 2024 7:00 p.m. – 9:00 p.m.
Fee: \$50

CAREER DEVELOPMENT COURSES

How to Make Extra Cash Pet Sitting

Students will learn about feeding, watering, and exercising pets, as well as how to make a good impression and what questions to ask when interviewing for a pet sitting job. Students also will discover what to do when a dog has behavioral issues, and what other services they can offer to make more money.

INSTRUCTOR: LeeAnne Krusemark

PR 72168-1Z

Taught via Zoom 1 Friday October 11, 2024 7:00 p.m. – 9:00 p.m.

Fee: \$50

Make Money at Home with a Virtual Assistant or Word-Processing Business

Students will discover how and where to find clients, 50 ways to advertise and market services, effective home office equipment choices, and 100 ways to make money with a computer. These services are in demand, so learn to be your own boss, set your own hours, and make more money.

PREREQUISITE: Explore 250 Home-Based Business Ideas

INSTRUCTOR: LeeAnne Krusemark

PR 24104-1Z

Taught via Zoom 1 Thursday
October 17, 2024 9:00 p.m. – 10:00 p.m.

Fee: \$30

Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click, or lead! Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment).

INSTRUCTOR: LeeAnne Krusemark

PR 24246-1Z

 Taught via Zoom
 1 Wednesday

 October 16, 2024
 7:00 p.m. - 9:00 p.m.

Fee: \$50

Notary Public Seminar

This seminar provides preparation for the New York State Notary Public Test. Topics include situations that a Notary Public may encounter including conflicts of interest, professional ethics, proper fees, special situations, when to defer to an attorney, and minimizing legal liability. All materials included. The link to schedule an exam is at exams@dos.ny.gov.

INSTRUCTOR: Steven E. Williams is a member of the American Society of Notaries as well as a practicing Mobile Notary, Mortgage Loan Signing Agent, and a New York State licensed Mortgage Loan Originator.

BU 68142-1Z

Taught via Zoom 1 Thursday
September 19, 2024 6:00 p.m. – 9:00 p.m.

Fee: \$85

BU 68142-2Z

 Taught via Zoom
 1 Thursday

 October 24, 2024
 6:00 p.m. – 9:00 p.m.

Fee: \$85

BU 68142-3Z

Taught via Zoom 1Thursday
December 5, 2024 6:00 p.m. – 9:00 p.m.
Fee: \$85

S Workforce NY tuition funding available. Call 518.697.6510.

COMMUNICATION SKILLS

Become a More Confident and Memorable Speaker *New!*

Improve presentation skills by becoming more practiced, confident, and memorable! Students will learn tips and tricks for speaking in-person, on stage, or via Zoom, as well as skills for interviews, both in person and online.

INSTRUCTOR: Helen Jonsen has decades of experience as a journalist, media coach and relations professional, speaker, writer, and executive producer. She received her B.A. in Journalism and Communications from Fordham University.

PR 44124-1A

C-GCC – Room 136 2 Wednesdays Begins: November 6, 2024 6:30 p.m. – 8:00 p.m. Fee: \$85



Introduction to GMRS 2-Way Radio Communication

GMRS (General Mobile Radio Service) is easy to learn and great for recreational, professional, and emergency communication between family, friends, neighbors, personnel, and one's community. Information about radios, antennas, cables, and other gear will be provided along with time for hands-on operation and instruction on licensing. Students who already own GMRS radios should plan to bring them to the workshop.

INSTRUCTOR: Alison Murphy, LAc., is a GMRS radio enthusiast.

SI 99377-1A

C-GCC – Room 706 1 Saturday November 9, 2024 10:00 a.m. – Noon

Fee: \$25

COMPUTER SKILLS

Adobe Photoshop Level 1

This course is for new users of Adobe Photoshop who would like to edit and enhance photographs. Learn the essential concepts and get started in the workspace. With Photoshop, one can remove unwanted objects, correct poor lighting, and have fun by fixing messy hair and more. Learn to scan old, damaged prints and restore them.

PREREQUISITE: Basic computer skills

INSTRUCTOR: Dan Zunitch, a seasoned IT professional, owns Business Point Systems, a career training company providing technology education and high-value career skills to businesses and individuals for more than a decade.

CM 28368-1A

C-GCC – Room 111 2 Saturdays Begins: October 12, 2024 12:30 p.m. – 3:00 p.m. Fee: \$135

Adobe Photoshop Level 2

This course continues Adobe Photoshop Level I for users who would like to improve and enhance their skills. Students should bring old digital photos and/or a digital camera.

INSTRUCTOR: Dan Zunitch

CM 28464-1A

C-GCC – Room 111 2 Saturdays Begins: October 26, 2024 12:30 p.m. – 3:00 p.m. Fee: \$135

CAREER DEVELOPMENT COURSES

Computer Basics for Seniors Level 1

Starting with the very basics, students will learn essential skills and terminology that will unmask the mystery of the computer. Topics include using the mouse and keyboard, booting and logging in, finding and running programs, using the Internet, reading email, viewing photos, and folders and files. Please bring email addresses and passwords to class. Personal laptops may be used if students have their login ID and password. Please note the instructor cannot fix individual computer problems or find lost passwords during class.

INSTRUCTOR: Dan Zunitch

CM 28444-1A

C-GCC – Room 111 4 Saturdays Begins: September 14, 2024 9:00 a.m. – Noon

Fee: \$155

Workforce NY tuition funding available. Call 518.697.6510.

Create a Website with WordPress Level 1

In this course, students will build a live, working website using WordPress, one of the world's most popular platforms for web hosting and content management. Students will install and configure the WordPress software; choose and configure a theme; create pages, posts, and menus; and enhance sites with widgets and plug-ins.

PREREQUISITE: Basic computer skills

INSTRUCTOR: Dan Zunitch

CM 8462-1A

 $\begin{tabular}{ll} C-GCC-Room 111 & 3 Saturdays \\ Begins: September 14, 2024 & 12:30 p.m. - 3:00 p.m. \\ \end{tabular}$

Fee: \$155

Workforce NY tuition funding available. Call 518.697.6510.

Microsoft Excel Level 1

This class is for new users of Microsoft Excel who would like to create professional quality spreadsheets for business or personal applications. Participants will learn how to enter data and save a workbook; create a basic spreadsheet; create and enter formulas to perform calculations, manipulate data, and apply formatting to modify a worksheet; print the contents of a workbook; and learn strategies for managing large workbooks.

PREREQUISITE: Basic computer skills

INSTRUCTOR: Dan Zunitch

CM 28448-1A

C-GCC – Room 111 2 Saturdays
Begins: October 12, 2024 9:00 a.m. – Noon
Fee: \$135

Workforce NY tuition funding available. Call 518.697.6510.

Microsoft Excel Level 2

Participants will learn how to streamline repetitive tasks and display spreadsheet data in a more visually effective way. Topics include using advanced formulas, techniques, and options to organize worksheets and table data; creating and modifying charts; analyzing with Pivot Tables, Slicers, and Pivot Charts; adding graphics to a spreadsheet; and learning advanced ways to customize and enhance workbooks.

INSTRUCTOR: Dan Zunitch

CM 28449-1A

C-GCC – Room 111 2 Saturdays Begins: October 26, 2024 9:00 a.m. – Noon

Fee: \$135

Workforce NY tuition funding available. Call 518.697.6510.

Personalized Computer Help

This is a unique opportunity to receive one-on-one instruction and assistance with computer questions. Students may bring a laptop or use the computers available in the classroom. Topics include website building; general computer questions; email; using the internet; streaming; Excel; Photoshop; video editing; managing files; getting started with an application; and more. Students must have basic knowledge of their applications. Windows computers only; no Macs, Chromebooks, tablets, or cell phones.

INSTRUCTOR: Dan Zunitch

CM 28480-1A

C-GCC – Room 111 1 Saturday September (14, 21, 28) 3:30 p.m. – 5:30 p.m. October 5 12:30 p.m. – 2:30 p.m. 2:30 p.m. – 4:30 p.m.

October (12, 19, 26) 3:30 p.m. – 5:30 p.m. November 2 3:30 p.m. – 5:30 p.m.

Fee: \$95 (per two-hour time slot)
Call 518.697.6370 for alternative times

\$ Workforce NY tuition funding available. Call 518.697.6510.

ESL AND LEARNING SUCCESS

ESL Bridge-to-College

Columbia-Greene's ESL Bridge-to-College is an intensive, non-credit course that helps academically qualified non-native English speakers learn the advanced English language skills required for college success. The course consists of two complementary instructional modules that provide college-level skills preparation in grammar, reading, and writing. The core classroom instruction is supported through supplemental opportunities in the College's Student Success Center and a professional tutor. This class will be offered as a hybrid class. Monday classes will be taught on campus and Thursday classes will be taught online via Zoom.

INSTRUCTOR: Eileen Ordu

SI 99345-1A

C-GCC – Room 113 & Zoom Mondays & Thursdays Begins: September 9, 2024 6:00 p.m. – 9:00 p.m.

Fee: \$15

No class November 28

Young Adults Education for Success Program (YES), Ages 18-21

The Young Adults Education for Success (YES) Program provides one-on-one and group instruction for adults ages 18-21 striving to improve their prospects for workplace and career success. This course prepares students for the General Education Development test, or GED. Program services include a workplace skills assessment, and instruction in reading, writing, and mathematics up to the pre-college level. YES accepts students on an ongoing basis, with 16 hours per week of instruction available beginning in September. Contact the Workforce New York Office for full eligibility and funding details at 518.697.6510.

INSTRUCTOR: C-GCC staff

SI 99246-1A

C-GCC – Room 117 Tuesdays, Wednesdays, and Thursdays

Begins: Ongoing 3:00 p.m. – 7:00 p.m.



CAREER DEVELOPMENT COURSES

HEALTH PROFESSIONAL DEVELOPMENT

Basic Life Support for Healthcare Professionals

Receive or renew your Basic Life Support certification in one evening. This course is appropriate for healthcare professionals, nursing students, and anyone else in need of certification.

INSTRUCTOR: Stacy Collier-Deieso, MA, is an Adjunct Instructor at Columbia-Greene Community College.

HE 36302-1A

C-GCC – Room 404 1 Tuesday October 1, 2024 5:00 p.m. – 9:00 p.m. Fee: \$90

S Workforce NY tuition funding available. Call 518.697.6510.



Basic Life Support Skills Testing Only

This course is for students who have taken the American Heart Association Basic Life Support Certification Course online, and only need to complete their in-person skills testing. Students must bring a printed copy of their online AHA BLS Completion Certificate. Information on the online BLS Certification Course can be found here: https://cpr.heart.org/en/courses/basic-life-support-course-options

INSTRUCTOR: Stacy Collier-Deieso

HE 77200-1A

C-GCC – Room 404 1 Tuesday September 17, 2024 5:00 p.m. – 7:00 p.m.

Fee: \$60

S Workforce NY tuition funding available. Call 518.697.6510.

Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field. No prior experience is necessary!

Students will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook that students receive in class, they will earn a Certificate of Completion.

INSTRUCTOR: LeeAnne Krusemark

HE 36055-1Z

Taught via Zoom 1 Wednesday October 9, 2024 6:00 p.m. – 9:00 p.m. Fee: \$60

Workforce NY tuition funding available. Call 518.697.6510.

Standard First Aid/CPR/AED Course

This American Heart Association Standard First Aid Course provides individuals with the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until medical personnel arrive. The course covers all required topics such as recognizing emergencies, prioritizing care, rescue breathing, Adult CPR, and wounds. The instructor will administer the American Heart Association First Aid/CPR certificate exam at the end of the class. The certification earned for this course is valid for two years. This class is not for professional recertification for EMT First Responders.

INSTRUCTOR: Stacy Collier-Deieso

HE 36239-1A

C-GCC – Room 404 1 Tuesday September 24, 2024 5:00 p.m. – 9:00 p.m. Fee: \$90

Workforce NY tuition funding available. Call 518.697.6510.

SECURITY GUARD TRAINING

8-Hour Pre-Assignment Training Course for Security Guards

Prior to obtaining a security officer's license in New York State, students must attend and pass this course. Topics covered include the role of the security guard, legal powers and limitations, emergency situations, access control and identification, public relations and communication, ethics, and conduct.

INSTRUCTOR: William DeLuca served as a police officer for 21 years and is certified as a Master and General Topics Instructor by the New York State

Bureau for Municipal Police. He also is a retired Assistant Professor of Criminal Justice at Columbia-Greene Community College.

PR 68333-1A

C-GCC – Room 134 1 Saturday October 5, 2024 8:00 a.m. – 4:00 p.m. Fee: \$90

Workforce NY tuition funding available. Call 518.697.6510.

Annual In-Service Training Course for Security Guards

This eight-hour mandated training course is for all security guards in New York State and must be completed on a yearly basis for each year succeeding the completion of the mandated 16-hour On-the-Job Training Course for Security Guards. Topics covered include the role of a security guard, legal powers and limitations, emergency situations, communications and public relations, access control, report writing, ethics and conduct, and elective topics.

INSTRUCTOR: William DeLuca

PR 68424-1A

C-GCC – Room 134 1 Saturday December 7, 2024 8:00 a.m. – 4:00 p.m. Fee: \$90

S Workforce NY tuition funding available. Call 518.697.6510.

16-Hour On the Job Training Course for Security Officers

This 16-hour course must be completed within 90 days of employment as a security officer and provides detailed information on the duties and responsibilities of a security officer. Topics covered include the role of the security officer, legal powers and limitations, emergency situations, communications and public relations, access control, ethics and conduct, incident command system, and terrorism. Students must have completed the 8-Hour Pre-Assignment Training course to attend this class. Successful completion of this course requires passing a written examination.

INSTRUCTOR: William DeLuca

PR 68346-1A

C-GCC – Room 134 1 Friday and 1 Saturday Begins: November 15, 2024 8:00 a.m. – 4:00 p.m. Fee: \$160

S Workforce NY tuition funding available. Call 518.697.6510.

Fall 2024



Beyond Beautiful Writing: An Introduction to Calligraphic Sensibilities and Cultures *New!*

The class will begin by savoring calligraphic forms from around the world, grounding students in breath, posture, and good company. Students will then try their hand at several scripts: Arabic in huluth style; introductory Chinese brush work in pictogram and seal scripts; and Sini script, where Arabic forms are rendered in the Chinese style.

INSTRUCTOR: Jena Argenta is the founding Director of Brush & Reed Fine Art Calligraphy Studio. She has taught for more than a decade and is the author of six tutorial books.

AR 44386-1A

C-GCC - Room 105 1 Sunday October 6, 2024 10:00 a.m. - Noon Fee: \$105

Contemporary Analog Collage

Using different kinds of materials, students will learn to hand-cut, design, and arrange images to tell their stories and create something uniquely meaningful to them. Students will be able to think about composition and how to produce a cohesive work using easily acquired materials, as well as their imaginations.

INSTRUCTOR: Kathryn Velis Turan has been a working artist for more than 20 years, focusing on mixed media fiber and paper art. Her work has been shown nationally and internationally.

AR 44381-1A

C-GCC - Room 509 5 Thursdays Begins: September 12, 2024 6:30 p.m. - 8:00 p.m. Fee: \$150 No class October 3

Mono Printing Mixed Media Collage *New!*

This is a perfect opportunity to explore various applications and techniques, using GelPlate mono printing. If you are a painter, photographer, or a

creative person, this workshop will culminate in the creation of unique papers to use in a one-ofa-kind abstract collage!

INSTRUCTOR: Celia Buchanan is an Artist. Designer. Educator, and Materials Specialist with more than 35 years of industry and educational experience in fine and applied arts.

ΔR 44383-1Δ

C-GCC - Room 509 1 Sunday October 20, 2024 1:00 p.m. - 4:00 p.m. Fee: \$70

Plaster Masks *New!*

In this workshop, students will be making masks of their own faces! The class will start by casting each students' face in plaster, followed by using paint and craft materials to decorate as they wish. Please note: skin will come in contact with petroleum jelly and plaster gauze for this class.

INSTRUCTOR: Tamara Christians specializes in fun, vibrant projects that combine food science and art.

AR 44385-1A

C-GCC - Room 509 1 Wednesday October 30, 2024 6:00 p.m. - 9:00 p.m. Fee: \$70

CERAMICS

Ceramics Open Studio

This course encourages adults with studio knowledge to increase their skills and produce projects. The class is solely for personal enrichment, not production work. The fully furnished studio has a regular firing schedule and dedicated studio space during Art Center hours; access will be arranged at time of registration. Instruction will be tailored to individual needs and can encompass the wheel, sculpture techniques, and ceramic chemistry. Students must contact the instructor before enrolling at ceramics.cgcc@gmail.com, or 845.246.0282.

INSTRUCTOR: Fred Koschetzki received his MA from the University of Denver, and his MFA from Southern Illinois University. He is the Ceramics Art Program Director at Columbia-Greene Community College. http://ceramicartists.com.

AR 08452-1A

C-GCC - Room 503 Begins: September 9, 2024 Fee: \$450



Pottery Wheel Throwing

Learn the fundamental skills of throwing on a potter's wheel or improve existing skills. This course offers individualized instruction based on skill level. Individuals new to the wheel will acquire the skills necessary to create cups, bowls, plates and more. Glazing techniques and kiln firing also will be presented. All supplies are included. Please note that each class is limited to five students.

INSTRUCTORS: Fred Koschetzki or Jess Cropper-Alt, who is a full-time artist and operates a small production studio. She earned her BFA from the New York State College of Ceramics at Alfred University in 2013 and has extensive technical knowledge in ceramics.

AR 08961-1A

C-GCC - Room 503 5 Wednesdays Begins: October 16, 2024 6:00 p.m. - 8:00 p.m. Fee: \$250

Instructor: Fred Koschetzki

AR 08961-2A

C-GCC - Room 503 5 Mondays Begins: September 9, 2024 6:00 p.m. – 8:00 p.m. Fee: \$250

Instructor: Jess Cropper-Alt

AR 08961-3A

C-GCC - Room 503 5 Thursdays Begins: September 12, 2024 6:00 p.m. - 8:00 p.m. Fee: \$250 Instructor: Jess Cropper-Alt

AR 08961-4A

C-GCC - Room 503 5 Mondays Begins: October 21, 2024 6:00 p.m. - 8:00 p.m. Fee: \$250

Instructor: Jess Cropper-Alt

AR 08961-5A

C-GCC - Room 503 5 Thursdays Begins: October 24, 2024 6:00 p.m. - 8:00 p.m.

Fee: \$250

Instructor: Jess Cropper-Alt

FIBER ARTS

Handspinning Yarn

Do you have sheep, alpacas, llamas, bunnies, sheep dogs, or mohair goats in your life? Fashion yarn from their fur in a timeless fashion by hand on a drop spindle, or more quickly with a spinning wheel! No experience is necessary to participate.

INSTRUCTOR: Claudia Krisniski, owner of Countrywool, has been teaching facets of fiber arts for more than 40 years. Using natural fibers, she is dedicated to enhancing the local fiber community's health and productivity.

AR 08860-1Z

Countrywool 59 Spring Rd. Hudson, NY 12534 October 6, 2024

son, NY 12534 1 Sunday ober 6, 2024 11:00 a.m. – 1:00 p.m.

Fee: \$50



Introduction to Sewing Machines

If you have never touched a sewing machine, or the last time you did was in a home economics class, this is the perfect workshop to develop basic machine sewing skills! In addition to teaching students how to successfully thread a machine, the instructor will cover the basics of sewing by making a simple fabric wallet.

INSTRUCTOR: Make Workshop founder Diana Rupp, author of *Sew Everything Workshop*.

AR 44371-1A

C-GCC – Staff Cafeteria 1 Saturday September 28, 2024 10:00 a.m. – 12:00 p.m. Fee: \$85

AR 44371-1A

C-GCC – Staff Cafeteria 1 Saturday November 2, 2024 10:00 a.m. – 12:00 p.m.

Fee: \$85

Knitting a Wool Scarf

This class will teach the basics of knitting with soft and renewable wool yarn. Topics to be covered include casting on; knit, purl, garter, ribbing, cable, and seed stitches; joining yarn; and casting off. Continental, English, or American knitting will be taught with full support for right or left-handed knitters.

INSTRUCTOR: Claudia Krisniski

AR 08816-1Z

Countrywool
59 Spring Rd.

Hudson, NY 12534 2 Sundays November 3 and 17 11:00 a.m. – 1:00 p.m.

Fee: \$75

Quilting 101

This four-part workshop teaches students the basics of making a patchwork quilt from piecing the top to assembling the layers and binding. Some machine sewing experience is required.

INSTRUCTOR: Diana Rupp

AR 08103-1Z

Taught via Zoom 4 Tuesdays Begins: October 1, 2024 6:00 p.m. – 7:00 p.m.

Fee: \$145

Zip-o-riffic Pillow

The pièce de résistance: a pillow cover with an invisible zipper and tidy French seams that would rival any similar style found at high-end home furnishing boutiques! This workshop will teach a number of valuable sewing skills with an emphasis on invisible zipper installation and professional looking results.

INSTRUCTOR: Diana Rupp

ΔR 44372-1Δ

 $\begin{tabular}{lll} C-GCC-Staff Cafeteria & 1 Saturday \\ November 2, 2024 & 1:00 p.m. - 3:30 p.m. \\ \end{tabular}$

Fee: \$75

DRAWING AND PAINTING

Create in Watercolor

Find your inner watercolorist while making note cards and postcards. In this course, students will explore color theory, color mixing, composition, art history, watercolor techniques and tricks, and building or improving drawing skills. Participants will

engage in a variety of fun exercises while building skills and confidence. Homework will be encouraged if students have the time - and no shame if you don't! Every level of skill is welcomed and encouraged.

INSTRUCTOR: Karen Martin is a working artist with a degree in art and design from Long Island University.

AR 16079-1A

C-GCC – Room 509 4 Thursdays Begins: October 3, 2024 10:00 a.m. – 12:30 p.m. Fee: \$95



Drawing from Life

In this class, students will develop their hand-eye coordination, focusing on really seeing what's in front of them. Line, mass, light source, and the use of negative space will be explored in a variety of exercises. Students will work with a range of mediums to enable the development of a full complement of techniques. (Model fee included.)

INSTRUCTOR: Luis Macia is an accomplished artist originally from New York City. He was an apprentice to the noted watercolorist Irwin Greenberg, as well as the social realist, Max Ginsburg, and his work has appeared in solo and group shows in New York City and the Hudson Valley.

AR 16164-1A

C-GCC – Room 509 6 Tuesdays Begins: October 8, 2024 6:00 p.m. – 8:30 p.m. Fee: \$155

Drawing Marathon

Open to all levels of skill, this "marathon" is a great opportunity to work from a live model and/or a beautiful still life. Stay all day or come and go as you please! A live model will create short poses up to 20 minutes for the first four hours, followed by a long pose for the remainder of the day. Students won't break a sweat at this marathon; all the work is done with artists' tools!

INSTRUCTOR: Luis Macia

AR-44373-1A

C-GCC – Room 509 1 Sunday November 24, 2024 10:00 a.m. – 6:00 p.m.

Fee: \$35

Indoor-Outdoor Fallscapes

The large windows in the Professional Academic Center (PAC) give students the opportunity to capture the outdoors while staying indoors. Students will use pastels, watercolors, or oils to capture the beauty of the Hudson Valley. Teaching methods will include instruction, demonstration, individualized attention, and support through the process. Individuals may set up outside on mild days!

INSTRUCTOR: Luis Macia

AR 16150-1A

 $\begin{array}{lll} \text{C-GCC} - \text{PAC Lower Lobby} & 6 \text{ Sundays} \\ \text{Begins: October 13, 2024} & 10:00 \text{ a.m.} - 1:00 \text{ p.m.} \end{array}$

Fee: \$85

Introduction to Abstract Painting

In this class, students will relieve any self-doubt or apprehension about facing a blank canvas, while exploring various approaches, styles, and materials for making abstract paintings. Reveal your inner artist! No experience required.

INSTRUCTOR: Nancy O'Hara is a working artist in Hudson, NY and has exhibited her work in group and solo shows in the Hudson Valley, California, New York City, and along the East Coast.

AR 08252-1A

C-GCC – Room 509 5 Thursdays Begins: October 24, 2024 6:30 p.m. – 8:30 p.m. Fee: \$160



Master the Techniques of Drawing

From the beginner to advanced student, this drawing course will help build the confidence and skills needed to become a proficient draftsperson through lectures, demonstrations, assignments, and individual instruction. If students are interested in casual drawing, improving their fundamental designs for painting, or enhancing their visual

communication at the workplace, they will find these time-tested methods invaluable.

INSTRUCTOR: Robert A. Lahm is a graduate of the Newark School of Fine and Industrial Arts (Advertising Design and Illustration) and Montclair Art Museum School.

AR 16466-1A

C-GCC – Room 509 6 Sundays Begins: September 15, 2024 9:00 a.m. – Noon Fee: \$150

AR 16466-2A

C-GCC – Room 509 6 Sundays Begins: October 27, 2024 9:00 a.m. – Noon

Fee: \$150

No class November 24

Painting Animals in Oils and Acrylics

Beginner and advanced artists can create beautiful paintings of their favorite pets, wildlife, and farm animals in oil or acrylic paints. Topics include composition, perspective, basic shapes, values, transitions of shadows, and central focal points. Students will also learn how to master fur, feathers, eyes, ears, noses, paws, talons, beaks, antlers, horns, bills, and muzzles. The course will include lectures and individual instruction.

INSTRUCTOR: Robert A. Lahm

AR 44377-1A

C-GCC – Room 509 6 Saturdays Begins: September 14, 2024 1:00 p.m. – 4:00 p.m. Fee: \$150

AR 44377-2A

C-GCC – Room 509 6 Saturdays
Begins: October 26, 2024 1:00 p.m. – 4:00 p.m.
Fee: \$150
No class November 23

Pen and Ink Workshop *New!*

This class is an intensive on creating form from line and shading using a variety of techniques and tools. Cartridge pen and speedball pen and ink on Bristol pad can provide a broad range of effects capturing bright lights and deep shadows. These techniques also serve to strengthen drawing skills.

INSTRUCTOR: Luis Macia

AR 44382-1A

C-GCC – Room 509 2 Wednesdays Begins: October 9, 2024 6:00 p.m. – 8:30 p.m. Fee: \$50

Studio Painting – Oil/Acrylic/ Watercolor

This class is for beginner and intermediate painters alike. In addition to painting a still life, students should bring multiple photographs to class from which they will create a unique painting. Combine landscape photos with structures, wildlife, people, vehicles, and the like. A finished painting, suitable for framing, is the goal of this class.

INSTRUCTOR: Robert A. Lahm

AR 16257-1A

C-GCC – Room 509 6 Saturdays Begins: September 14, 2024 9:00 a.m. – Noon Fee: \$150

AR 16257-2A

C-GCC – Room 509 6 Saturdays Begins: October 26, 2024 9:00 a.m. – Noon Fee: \$150

No class November 23



Watercolor Embossing *New!*

This workshop is designed to push the boundaries of traditional watercolor painting by incorporating the beautiful technique of embossing. Students will learn the fundamental principles of watercolor painting, including color blending, brush techniques, and composition. Discover the captivating world of embossed watercolors, where textures and dimensions come to life.

INSTRUCTOR: Celia Buchanan

AR 44384-1A

C-GCC – Room 509 1 Sunday December 1, 2024 1:00 p.m. – 4:00 p.m. Fee: \$70

COOKING AND BAKING *NEW!*

Aromatic Bitters *New!*

This class will start with an experiment using bitters and salts to transform a non-alcoholic drink. Students will then use pre-aged flavoring notes to create a "wet" bitter that will be ready for use at the completion of class, as well as a dry "chaos blend" to steep and age at home.

INSTRUCTOR: Tamara Christians is a 25-year veteran of hospitality, serving both as chef and food and beverage manager. She has instructed culinary art and food science since 2013 and is a resident culinary instructor for Burlington County.

CK 40168-1A

 $\begin{array}{lll} \text{C-GCC} - \text{Staff Cafeteria} & 1 \text{ Wednesday} \\ \text{November 20, 2024} & 6:00 \text{ p.m.} - 8:00 \text{ p.m.} \end{array}$

Fee: \$70

Cooking and Baking Jewish Favorites *New!*

In this course, students will learn to make honey cake and apple cake for Rosh Hashanah, blintzes, rugelach and mandel bread, eggplant matzo lasagna, and chicken soup with matzo balls!

INSTRUCTORS: The Sisterhood Ladies of Congregation Anshe Emeth offers extensive experience cooking Jewish recipes. They have prepared cookbooks in the past and catered numerous luncheons and dinners at the synagogue.

CK 40166-1Z

Congregation Anshe Emeth 240 Joslen Blvd. Hudson, NY 12534

Hudson, NY 12534 4 Tuesdays Begins: September 24, 2024 6:00 p.m. – 8:00 p.m.

Fee: \$65

No class October 1 and October 22



Curds and Whey: Making Mozzarella from Scratch

Dig into the food science behind what turns milk into cheese! Students will begin by watching a demonstration using rennet and acid to create mozzarella curd, then stretch their own curd into the sweet, tender cheese known as mozzarella. The class will finish with a side-by-side tasting of commercial versus homemade cheese. The mozzarella you stretch is yours to take home.

INSTRUCTOR: Tamara Christians

SI 99387-1A

C-GCC – Staff Cafeteria 1 Wednesday

September 18, 2024 6:00 p.m. – 8:00 p.m.

Fee: \$70

Tea Bombs *New!*

The "hot chocolate bomb" craze meets the teapot! In this class, students will create their own tea blend of botanicals, then package them in liquid sugar spheres that will melt once placed in a mug of hot water. The tea balls are yours to take home.

INSTRUCTOR: Tamara Christians

CK 40167-1A

C-GCC – Staff Cafeteria 1 Wednesday October 16, 2024 6:00 p.m. – 8:00 p.m.

Fee: \$70

DOG TRAINING

Obedience Level 1

This course provides an introduction to obedience training. Topics and commands covered include leash manners (informal heel), formal heel, sit and sit stay, down and down stay, place, recall, climb, and leave it/okay. Please note: anyone wishing to view the facility or speak with the instructors in person must make an appointment with Specter K9. Please do not visit the facility without an appointment.

INSTRUCTORS: Danyelle and Jerry of Specter K9 have been training dogs for nearly a decade and are dedicated to helping owners build better relationships with their dogs.

SI 99061-1A

Specter K9
Germantown, NY
6 Saturdays
Begins: September 14, 2024 9:00 a.m. – 10:30 a.m.
Fee: \$475

DANCE

Belly Dance Spirit

Traditional belly dance for beginners and experienced dancers! Students will learn variations of torso, arm, and hand movements; travel steps; and short choreographies using sample combinations. Classes focus on improvisation and individual expression. Pease wear stretchy exercise clothing or belly dance clothes if you have them. Dance shoes or socks are required.

INSTRUCTOR: Donna Barrett is an experienced belly dance instructor who has recently performed locally with the Hudson Festival Orchestra and at Hudson Hall for Winter Walk.

DA 57001-1A

C-GCC – Room 500 Art Center Theater

Begins: October 21, 2024

4 Mondays 6:00 p.m. – 7:30 p.m.

Fee: \$60



Fusion Dance Lecture/Movement

This course will enable students to understand, be inspired by, and learn about different cultures through dance. Each class will include a discussion of the history and cultural aspects of the specific dance forms, as well as a basic introduction to the steps and combinations. Dance inspiratiown will come from Spain, India, West Africa, the USA, Chile, and the Caribbean.

INSTRUCTOR: Anna Mayta has been a dance improviser, choreographer, and instructor for more than 15 years. She currently directs her own dance company, Mayta Fusion Dance, located in the Hudson Valley.

DA 57004-1A

 $\begin{array}{lll} \text{C-GCC} - \text{Room 505} & \text{6 Wednesdays} \\ \text{Begins: September 11, 2024} & \text{6:00 p.m.} - \text{7:00 p.m.} \\ \text{Fee: $90} \\ \end{array}$

Tango Nuevo: Intro

Argentine Tango is completely improvisational, making it uniquely challenging - and rewarding as a partner dance. This course establishes a strong foundation of traditional tango technique, while also exploring more "nuevo" forms of musicality, connection, and non-verbal communication. All students learn both the leader and follower roles and rotate partners throughout class.

INSTRUCTOR: John Mahoney has studied Argentine Tango and Butoh in New York and Montreal. He also participates in Five Rhythms and dance meditation events.

DA 57006-1A

C-GCC - Room 505 6 Tuesdays Begins: October 29, 2024 6:00 p.m. - 7:30 p.m.

Fee: \$90

DEFENSIVE DRIVING

Defensive Driving

Students who complete this course will qualify for a reduction of up to four points from their driving record for violations received during the 18 months prior to completing the course and will become eligible for a minimum insurance reduction of 10%. Students may repeat this course every 18 months for point reduction only. Offered in cooperation with the NYS Department of Motor Vehicles, the NYS Department of Insurance, and the Empire Safety Council.

INSTRUCTORS: Victor Bujanow and Deborah Harpine are certified by the Empire Safety Council.

DD 68057-1A

C-GCC - Room 612 1 Saturday September 7, 2024 9:00 a.m. - 3:15 p.m. Fee: \$50

DD 68057-24

C-GCC - Room 612 1 Saturday October 5, 2024 9:00 a.m. - 3:15 p.m. Fee: \$50

DD 68057-3A

C-GCC - Room 612 1 Saturday November 9, 2024 9:00 a.m. - 3:15 p.m. Fee: \$50

DD 68057-4A

C-GCC - Room 706 1 Saturday December 7, 2024 9:00 a.m. - 3:15 p.m. Fee: \$50

GARDENING

Ecological Landscape Care Basics

In this class, students will explore the 10 beginning principles of ecological garden care, including rethinking the lawn, maintaining biomass, loving your soil, planting for ecology, and much more. The class will go in-depth on each principle and explore changes they can make to improve the ecology and health of any property size. Students will leave with specific goals and projects for their own property.

INSTRUCTOR: Shanti Nagel is the founder of Design Wild and a graduate of the School of Professional Horticulture at the New York Botanic Garden. She has been an industry professional for more than 15 years and is a current instructor at the Brooklyn Botanical Garden.

SI 99379-1A

C-GCC - Room 136 3 Thursdays Begins: October 10, 2024 5:30 p.m. - 7:30 p.m. Fee: \$120



GENEALOGY

Audio Recording Oral History

Learn how to interview family, friends, and neighbors, and capture archival-quality audio recordings of their life stories. In this course, students will acquire interview techniques, including how to put their interviewee at ease, and how to choose a microphone, from cell phones through professional quality devices. Using recordings from class, students will learn how to remove extraneous content and format files for easy sharing and archival storage.

INSTRUCTOR: Brett Barry is an audio producer and owner of Silver Hollow Audio that specializes in spoken-word recordings. He teaches digital media production at SUNY New Paltz.

SI 99374-1A

Mountain Top Library 6093 Main St. Tannersville, NY 12485

1 Wednesday October 2, 2024 10:00 a.m. - 1:00 p.m.

Fee: \$55

Personalized Genealogy Research Assistance

This is an opportunity for students to receive personal assistance from a genealogy professional. These sessions are available to beginners as well as those who are more experienced with family history research.

INSTRUCTOR: Holly MacCammon is a professional genealogist and archivist. She has a Master's in Library Science from St. John's University and a professional learning certificate in genealogical research from Boston University.

SI 99381-1Z

Taught via Zoom 1 Thursday Oct. Thursdays (3, 10, 17, 24) 6:00 p.m. - 7:30 p.m. Fee: \$85 (per time slot)

GENERAL INTEREST

Bikepacking in Practice: How to Plan a Bicycle Trip with Overnight Camping *New!*

Bikepacking is an adventure activity accessible to anyone with a bicycle and camping equipment. Topics in this course include how to find a route that matches your fitness, gear storage on the bicycle, environmental hazards, and emergency preparedness. Attendees will receive two routes for overnight bikepacking trips in Columbia and Greene Counties, a trip planning checklist, 30+ pages of slides filled with resources, and personalized tips for extra comfort from an experienced guide.

INSTRUCTOR: Tyler Burton is a NYS DEC Licensed Guide (#9095), and owner/lead guide for Lichen Bike Tours.

SI 99398-1A

C-GCC - Room 706 1 Tuesday October 8, 2024 5:30 p.m. - 8:30 p.m. Fee: \$75

Hudson-Athens Lighthouse Tour

The Hudson-Athens Lighthouse Preservation Society takes participants on a guided tour of the beloved Hudson-Athens Lighthouse, built in 1874. The tour offers an opportunity to learn about the important role that the Hudson River played in the development of towns and the role that the Lighthouse plays in the safe navigation of river transportation. Please note: the ferry boat is covered and tours will run rain or shine.

SI 99383-1Z Departing from Hudson

23 Ferry St.

Hudson, NY 12534 1 Saturday
September 28, 2024 10:00 a.m. – 11:30 a.m.
September 28, 2024 Noon – 1:30 p.m.

Fee: \$30

SI 99383-2Z Departing from Athens

4 N. Water St.

Athens, NY 12015 1 Saturday
October 12, 2024 10:00 a.m. – 11:30 a.m.
October 12, 2024 Noon – 1:30 p.m.





Introduction to Dreams and Dream Journaling *New!*

This course will guide students through the process of self-exploration through dream work. The class will be introduced to creative tools, enabling them to extract the creative essence from their dreams. Whether you're new to dream exploration or seeking to deepen your understanding, this course offers a rich exploration of the art of dreaming and its potential for profound personal insight and transformation.

INSTRUCTOR: Annecy Baez is an educator, psychotherapist, writer, author, and winner of the 2007 Marmol Prize for first Latinx fiction.

She trained in Robert Moss' innovative Dream Teacher Training Level 1 in 2008 and has been studying dreams since childhood.

SI 99393-1A

C-GCC – Room 132 3 Saturdays Begins: October 12, 2024 11:00 a.m. – 1:00 p.m. Fee: \$115

Learn to Play Mah Jongg

Learn the exciting game of Mah Jongg in four lessons! The course fee includes everything needed to play the game, including a thorough instruction booklet and the 2024 National Mah Jongg League card.

INSTRUCTOR: Ann Israel is a noted Mah Jongg teacher, author, blogger, and lecturer. Her book, *Mah Jongg – The Art of the Game*, has been reviewed by multiple sources, including the *New York Times*. She has taught Mah Jongg around the country to hundreds of students.

SI 99386-1A

C-GCC – Staff Cafeteria 4 Mondays Begins: October 21, 2024 5:00 p.m. – 7:00 p.m. Fee: \$110

Relationships Mandala *New!*

In this course, students will learn how to make a relationship mandala based on two people's numbers, or you can make one for yourself, a personal mandala. Come experience this meditative painting practice using the ancient number grid, the Vedic Square, and a 9x9 table, to create a mandala from two birth dates.

INSTRUCTOR: Melissa Forbes has a BFA in Textile Design from Moore College of Art, and has attended the National Academy of Design, Parsons School of Design, and the Pennsylvania Academy of Fine Arts.

SI 99401-1A

C-GCC – Room 706 4 Mondays Begins: October 28, 2024 10:30 a.m. – 12:30 p.m. Fee: \$120



Save Money with Extreme Couponing

Learn how to save money every day with extreme couponing. This comprehensive workshop will teach students where to find all different types of coupons, even for high-ticket items; how to find the best coupon apps and websites; and how to match coupons with sales for maximum savings.

INSTRUCTOR: LeeAnne Krusemark

SI 99333-1Z

Taught via Zoom 1 Wednesday October 9, 2024 5:00 p.m. – 6:00 p.m. Fee: \$30

Wildlife Tracking: A Window to the Wild *New!*

Learn basic and advanced techniques for identifying wildlife through the tracks and signs they leave behind! Students will gain a great understanding of local ecology, while developing practices that can be applied to their home, personal, and professional lives. Bring deeper connection, harmony, and inspiration into all that you do!

INSTRUCTOR: Dan Yacobellis has been teaching tracking and outdoor skills for 18 years. He runs Tamakoce Wilderness Programs, and is certified by Tracker Certification North America as a Level 3 Track & Sign.

SI 99391-1A

C-GCC – Room 105 4 Sundays Begins: October 13, 2024 10:00 a.m. – 12:30 p.m. Fee: \$165

HEALTH AND MOVEMENT

Awareness Through Movement®: The Feldenkrais Method®

Verbally guided movement lessons using gravity, breath, and imagination. Sessions are novel, gentle, and slow-paced, fostering self-discovery, ease, articulation, and coordination, and are helpful for most everyone. Lessons take place lying down, but may incorporate sitting, kneeling, and standing. Please plan to bring a mat with you to the class.

INSTRUCTOR: Debra Wanner is a performing artist and a Certified Feldenkrais® Practitioner in Catskill, NY.

HE 72193-1A

C-GCC – Room 612 6 Thursdays Begins: October 10, 2024 6:00 p.m. – 7:00 p.m. Fee: \$105



Introduction to Modern Nutrition *New!*

In this course, students will learn basic nutrition information, including major macromolecules and sources of each. Students will learn how to find reliable health information and will practice reading and evaluating nutrition labels. The course also will cover the positive effects of adopting a plant-based diet.

INSTRUCTOR: Margaret Clayton is an Adjunct Instructor at Columbia-Greene Community College and has more than 12 years of experience as a Director of Nutritional Wellness for a behavioral health care company.

HE 72201-1A

C-GCC – Room 706 3 Saturdays Begins: September 28, 2024 10:00 a.m. – 11:00 a.m.

Fee: \$85

Meditate to Feel Great *New!*

Meditation is a great way to improve your physical, mental, and spiritual health. This class is for all who are interested in meditation, from beginners to experienced meditators looking to explore a variety of techniques. We'll also explore simple health practices to support your meditation and overall well-being. Please note that this class meets every other week, beginning on September 17.

INSTRUCTOR: Geoff Gloak is a health coach, life coach, and Core Energetics practitioner. He uses holistic coaching and somatic practices to help his clients achieve and maintain their personal goals and overall happiness.

HE 72202-1A

C-GCC – Student Center 5 Tuesdays Begins: September 17, 2024 6:30 p.m. – 7:30 p.m. Fee: \$75

Pilates Mat Class

Pilates mat is a great place to begin and learn the basics. The fundamental movements and Pilates exercise principles are incorporated in the mat

exercises that can accommodate any fitness level. Improve strength, flexibility, balance, and posture by incorporating floor-based Pilates movements that stimulate the deep muscles of the body.

INSTRUCTOR: Suzanne Hazelton is a Certified Instructor for Body Be Well Pilates in Catskill, NY.

HE 62310-1A

C-GCC – Room 612 or Zoom 6 Mondays Begins: September 23, 2024 6:00 p.m. – 7:00 p.m. Fee: \$100

HE 62310-2A

C-GCC – Room 612 or Zoom 5 Mondays Begins: November 11, 2024 6:00 p.m. – 7:00 p.m. Fee: \$90

Stretch and Flow: Yoga with Julia

Through each movement, students will flow through different yoga poses, build strength, tone muscles, find length and flexibility, and return to balance. This class is well suited for students who are looking for a chance to slow down at the end of the day. While no experience is necessary, students should have a mat. Two blocks and a blanket also can make the practice more accessible.

INSTRUCTOR: Julia Shea is a 500-hour certified yoga instructor who approaches yoga from a gentler, slow flow angle while incorporating many yoga styles into her practice and teaching. Learn more at byouyoga.com.

HE 36292-1A

C-GCC – Room 612 or Zoom 8 Tuesdays Begins: September 10, 2024 5:30 p.m. – 6:30 p.m. Fee: \$110

Tai Chi and Qigong

Qigong, an ancient Chinese discipline, emphasizes breathing, meditation, and movement to enhance the flow of energy, or chi, throughout the body, helping to develop dynamic health and wellness. Its advance form, known as Tai Chi, involves moving from one posture to the next, resembling swimming through air. Both help to reduce stress, improve posture and flexibility, and increase one's emotional and physical balance.

INSTRUCTOR: David Haines has been a teacher of Qigong and Tai Chi for 40 years. He also has been a practitioner of the Trager® Approach to Movement for 35 years.

HE 62293-1A

C-GCC – Room 612 6 Wednesdays Begins: September 11, 2024 5:00 p.m. – 6:00 p.m. Fee: \$90

Trager® Movement Meets Qigong *New!*

The Trager® Approach to Movement uses touch and a curious mind to effortlessly transform your body and movement perception through new positive sensations. When introduced to traditional Qigong, participants can discover what the originators of Qigong must have experienced more than one thousand years ago. Additionally, students will practice the five-element form that the instructor learned from master Chungliang Al Huang.

INSTRUCTOR: David Haines

HE 72203-1A

C-GCC – Room 612 5 Wednesdays Begins: October 30, 2024 5:00 p.m. – 6:00 p.m. Fee: \$80



HOME LIVING

Artisan Bar Soap Making: From Ancient Craft to Modern Mastery *New!*

Dive into the transformative world of artisan soap making in this comprehensive course that spans from the historical roots of ancient Babylon to the innovative techniques of today. Students will explore the evolution of soap making, understanding the cultural and scientific advancements that have shaped its journey. The course will emphasize the nourishing properties of various natural ingredients, teaching students how to choose and combine these elements to create soaps that are both beautiful and beneficial.

INSTRUCTOR: Dionne Gule is an expert in soap making, with 12 years of experience in skincare product creation.

SI 99397-1Z

Catskill, NY 1 Saturday
October 19, 2024 10:30 a.m. – 1:00 p.m.
Fee: \$90

The Basics of Backyard Chickens

There are many choices to make and equally as many mistakes to avoid when raising chickens. Prevent information overload and misinformation by learning the fundamentals and best practices of raising happy and healthy chickens. Topics include planning proper housing and facilities, choosing the right chicken, learning correct feeding and care, and more!

INSTRUCTOR: Nicole Childrose, PhD, has owned, operated, and consulted for small farms and other organizations, and has diversified operations with livestock, poultry, and ultra-niche crops. She is an Associate Professor of History and Division Chair of the Technical Professions at Columbia-Greene Community College.

SI 99363-1A

Taught via Zoom 1 Saturday September 21, 2024 3:00 p.m. – 4:30 p.m.



Beginner Cookie Decorating

Students interested in working with royal icing are encouraged to get the ball rolling in this exciting class! Step-by-step instructions will be provided as participants decorate five basic cookie designs to take home. Students will be provided the instructor's blogpost, loaded with cookie decorating information and recipes, as well as a goodie bag. Open to ages 10 and up. No refunds will be provided within 48 hours of the class.

INSTRUCTOR: Cindy Burek has been teaching cookie decorating classes for seven years at local businesses and hotels, and community colleges.

She owns Buttercup Cookie (www.buttercupcookie.com).

SI 99368-1A Halloween Theme

C-GCC – Staff Cafeteria 1 Thursday October 10, 2024 6:00 p.m. – 8:00 p.m. Fee: \$75

SI 99368-2A Christmas Theme

C-GCC – Staff Cafeteria 1 Monday November 25, 2024 6:00 p.m. – 8:00 p.m. Fee: \$75



Beginner Plus Cookie Decorating *New!*

This class is the next step in the cookie decorating journey for students who have basic experience using royal icing but want slightly more challenging cookie designs. The class will decorate four or five cookies and learn additional step-by-step instructions while incorporating more fun techniques and tools. Goodie bag included. Open to ages 10 and up. No refunds will be provided within 48 hours of the class.

INSTRUCTOR: Cindy Burek

SI 99400-1A Baking Theme

C-GCC – Staff Cafeteria 1 Tuesday September 10, 2024 6:00 p.m. – 8:00 p.m. Fee: \$85

SI 99400-2A Christmas Theme

C-GCC – Staff Cafeteria 1 Wednesday
December 11, 2024 6:00 p.m. – 8:00 p.m.
Fee: \$85

LANGUAGES

Basic Conversational American Sign Language (ASL) Level 1

In this exciting offering, students will learn basic conversational phrases, sentence structure, vocabulary, numbers, and the manual alphabet. Also

covered will be a brief overview of Deaf history as well as the uniqueness and beauty of Deaf culture.

INSTRUCTOR: Diane Barkstrom has been teaching for 28 years at many different levels and institutions and is currently an adjunct faculty member at Columbia-Greene Community College. She is a member of the ASL Teacher's Association and holds a National Interpreter Certification.

LA 44479-1A

C-GCC – Room 130 6 Mondays Begins: September 16, 2023 7:30 p.m. – 8:30 p.m. Fee: \$130



Conversing in Spanish

This offering is an introduction to Spanish and will emphasize how a person initiates language and responds to information and questions in a variety of social situations. Participants also will learn when cultural differences require use of specific Spanish expressions. Speaking and listening will be emphasized, but some reading may be included. The paperback book, *Easy Spanish Phrase Book* by Dover Publications (ISBN number is 0-486-28086-1) is required and available online.

INSTRUCTOR: Russell Kratz, PhD, is a teacher of English and Spanish who studied Spanish in Costa Rica and has traveled in Spain, Argentina, Costa Rica, El Salvador, and Puerto Rico.

LA 44457-1A

C-GCC – Room 105 4 Tuesdays Begins: September 10, 2024 10:00 a.m. – 11:30 a.m. Fee: \$100

Conversational Japanese Elementary

Learn essential Japanese words and phrases for personal enrichment, travel, or just plain fun. Throughout this six-week course, students will master phrases for greetings and basic conversations, and will practice speaking with interactive exercises and authentic dialogues. Students also will learn about Hiragana, Japanese culture, and Manga.

INSTRUCTOR: Rika Kobayashi, MA, graduated from Columbia University Graduate School and has licenses to teach Japanese and English. She has been a Japanese-language lecturer for undergraduate students and has taught at the secondary level in Japan.

LA 44466-1Z

Taught via Zoom 6 Mondays Begins: September 23, 2024 Noon - 1:00 p.m. Fee: \$125

MUSIC

Beginner Ukulele

Join this hands-on ukulele class for beginners! Students will be introduced to ukulele basics: holding the instrument, scales, chords, and basic music theory. Time during each class will be devoted to playing exercises and songs, but students will get more from the class if they can devote time each week to practice on their own. Students must bring their own ukulele to class.

INSTRUCTOR: Carmen Borgia, a professional musician and sound mixer, has taught at The School of Visual Arts in New York City and Seton Hall University in New Jersey. He also hosts live, weekly ukulele jams in Catskill.

MU 62347-1A

C-GCC - Room 136 6 Wednesdays Begins: September 18, 2024 6:30 p.m. - 8:00 p.m. Fee: \$125



Flute Lessons

Private flute lessons can be for anyone who wants to learn how to play the flute and have fun with it, as well as students preparing for solo performances or auditions. These one-on-one private lessons are for beginners or intermediate-advanced students, and topics covered include how to read music, intonation, sight reading, and basic musical principles. Students can choose the number of lessons they would like.

INSTRUCTOR: Barbara Rizek-McGuckin has over 30 years of experience teaching private lessons and flute ensembles.

MU 62349-1A

C-GCC - Room 505 10 Mondays Begins: September 9, 2024 4:00 p.m. - 7:00 p.m. Beginner lessons (30 mins) Fee: \$35 per lesson Intermediate lessons (45 mins) Fee: \$50 per lesson Advanced lessons (60 mins) Fee: \$60 per lesson



Instant Piano for Hopelessly Busy People

In just a few hours, students will learn enough secrets of the trade to give them years of musical enjoyment! Using their at-home pianos or keyboards, students will play piano the way professionals do, using chords. The course includes an online book, online follow-up videos, and a recording of the class.

INSTRUCTOR: Craig Coffman has taught this class to some 30,000 students nationally since 1993 at colleges, and community education and recreation programs.

MU 62295-1Z

Taught via Zoom 1 Saturday October 5, 2024 9:00 a.m. - Noon Fee: \$75

Instant Guitar for Hopelessly Busy People

This crash course in guitar will teach students basic chords, allowing them to play their favorite songs right away! The course includes an online book, online follow-up videos, and a recording of the class.

INSTRUCTOR: Craig Coffman

MU 62326-1Z

Taught via Zoom 1 Saturday October 5, 2024 1:00 p.m. - 3:30 p.m.

Fee: \$75

Beginner Acoustic Session

This class is perfect for musicians who have little or no experience playing but want to try jamming with others. Songs are limited to a few chords, are played at a slow to moderate tempo, and are drawn from genres such as Folk, Rock & Roll, Traditional, and more. No minimum skill level required, but a rudimentary knowledge of your instrument is recommended. This class works for all instruments, but stringed instruments are ideal. Singers welcome too!

INSTRUCTOR: Mike Pagnani has been performing, teaching, researching, and curating traditional music in the Hudson Valley for more than a decade. He is a multi-instrumentalist, singer, songwriter, and composer, and knows hundreds of traditional tunes.

MU 62348-1A

C-GCC - Room 511 6 Tuesdays Begins: October 1, 2024 5:00 p.m. - 6:30 p.m. Fee: \$125 No class October 15

Intermediate Acoustic Session

New!

This class is for beginner to intermediate musicians who have at least a year of experience with their instrument or have at least some experience playing with others. Songs are not limited by chord or key and are played at tempo. Songs are drawn from a variety of genres and are chosen with class input. This class works for all instruments, but stringed instruments are ideal. Singers welcome too!

INSTRUCTOR: Mike Pagnani

MU 62350-1A

C-GCC - Room 511 6 Tuesdays Begins: October 1, 2024 7:00 p.m. - 8:30 p.m. Fee: \$125

No class October 15

PARENTING *NEW!*

Finding the "Why" *New!*

In this course, students will explore the four main functions of children's behavior. Together the class will explore why children may engage in challenging behaviors and learn to match their response to the function. Parents will leave with a tip sheet of helpful strategies for responding to each function of behavior.

INSTRUCTOR: Kimberly Polstein LMSW has worked with children and families in various settings for 15 years. She has served as a Mental Health Consultant and trainer in the Capital District for the past seven years and is beginning her transition to parent coaching.

SI 99399-1Z

Taught via Zoom 1 Tuesday
October 22, 2024 6:00 p.m. – 7:30 p.m.

Fee: \$65



Parenting: Using FLIP-IT to Address Challenging Behaviors *New!*

In this course, students will learn the strategy FLIP-IT: Transforming Challenging Behavior, from the Devereux Center for Resilient Children. This four-step strategy helps parents maintain strong relationships with their children, understand the root of behaviors, and teach positive coping skills. This course is best for parents with young children ages three to eight, but parents with children of all ages are encouraged to attend.

INSTRUCTOR: Kimberly Polstein

SI 99390-1Z

Taught via Zoom 6 Tuesdays Begins: September 10, 2024 6:30 p.m. – 7:30 p.m. Fee: \$125

PERSONAL FINANCE

Avoid the Gift of Debt: Plan for Holiday Spending *New!*

'Tis the season to be jolly, but not necessarily more in debt from holiday spending! Join us for a spirited and interactive discussion about the gift that nobody wants — the gift of debt.

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68400-1A

Taught via Zoom 1 Thursday
September 19, 2024 10:00 a.m. – 11:00 a.m.

CreditAbility

For students who are unsure of their credit, this workshop will help them understand who looks at their credit, and how to build good credit and a good credit score.

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68395-1Z

Taught via Zoom 1 Wednesday November 20, 2024 10:00 a.m. – 11:00 a.m. Free

Navigating the Medicare Maze

This educational seminar will enable those 65 and over to understand their Medicare Health Insurance options. Seminar participants will receive an overview of the major features of Medicare including original Medicare, hospital insurance, medical insurance, Medicare Advantage, and prescription drug coverage. Medicare supplements and the relative benefits of national versus local networks also will be discussed.

INSTRUCTOR: Erik Lehtinen is an independent financial consultant based in Columbia County known for his expertise in advanced Medicare planning and review.

FI 24244-1A

C-GCC - Room 105 1 Thursday September 5, 2024 10:00 a.m. – Noon Fee: \$5

FI 24244-2A

C-GCC - Room 105 1 Thursday October 10, 2024 10:00 a.m. – Noon Fee: \$5

Preparing for Homeownership

This course is for students who are planning to buy a home in the next few years but aren't ready to put in an offer quite yet. Participants will learn about savings, credit, potential added expenses, insurance, improvements, and more!

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68399-1Z

Taught via Zoom 1 Wednesday October 23, 2024 10:00 a.m. – 11:00 a.m. Free



Wills, Trusts, and Estate Planning

This informative course will offer students the chance to learn about estate planning using a Last Will and Testament and a Revocable Living Trust. There also will be a discussion about Probate; costs, expenses, and attorney's fees associated with Probate; and additional recommended documents such as a Living Will and a Durable Medical Power of Attorney.

INSTRUCTOR: Daniel F. Carbone is a practicing lawyer who has been teaching this course for more than 30 years.

FI 68398-1A

C-GCC – Room 206 1 Tuesday October 1, 2024 6:30 p.m. – 8:30 p.m.





WRITING

A Beginner's Guide to Getting Published

Students interested in publishing freelance writing by selling a magazine article, short story, poem, or even a novel to a traditional publisher should enroll in this comprehensive workshop. Topics include becoming a "published" writer overnight, submitting manuscripts correctly, writing irresistible query letters, and more.

INSTRUCTOR: LeeAnne Krusemark

HU 24211-1Z

Taught via Zoom 1 Thursday
October 10, 2024 7:00 p.m. – 9:00 p.m.

Fee: \$50

A Beginner's Guide to Starting a Free Blog!

Online blogging is a great way to get the word out about a service, product, or other information. In this class, students will explore how to start a free blog with WordPress, choose a blog template, emphasize blog content with a creative name, and more. Students also will learn how to earn an income with their blog.

INSTRUCTOR: LeeAnne Krusemark

HU 44474-1Z

Taught via Zoom 1 Saturday October 19, 2024 3:00 p.m. - 5:00 p.m.

Fee: \$50

Be a Better Writer: 10 Easy Tips to Improve Your Writing Now!

Improving your writing is just a matter of knowing simple tricks to make writing more impactful and readable. In this hands-on session, students will use examples and exercises in real time to learn how to make sentences flow properly while still maintaining reader interest. Students will leave with a workbook full of writing tips and tricks.

INSTRUCTOR: LeeAnne Krusemark

HU 99082-1Z

Taught via Zoom 1 Saturday October 12, 2024 4:00 p.m. – 7:00 p.m.

Fee: \$60

Beginner's Guide to Using FREE ChatGPT (AI) for Writers

ChatGPT (AI) is here to stay and is the future for writers and content creators. Students will learn how to incorporate this cutting-edge technology to gain ideas and inspiration, and write web content, articles, novels, and scripts. Students also will be taught how to register for a free ChatGPT account, input effective writing prompts, build creative content, determine ChatGPT's capabilities and limitations, and understand the ethical and legal considerations of ChatGPT.

INSTRUCTOR: LeeAnne Krusemark

HU 99085-1Z

 Taught via Zoom
 1 Saturday

 October 19, 2024
 1:00 p.m. – 3:00 p.m.

Fee: \$50

Comedy Writing: How to Be Funny on Paper and Stage

Whether mixing laughter with learning in the classroom, or writing for print/production or a stand-up routine, this fast-paced session will teach how to apply humor to all aspects of life. Students will learn the anatomy of a joke, how to use observation to sharpen their wit, write different types of jokes, and use humor to entertain and influence people.

INSTRUCTOR: LeeAnne Krusemark

HU 99081-1Z

Taught via Zoom 1 Wednesday October 16, 2024 5:00 p.m. – 7:00 p.m.

Fee: \$50

Explore 50 Different Self-Publishing Options

Self-publishing is all the rage, but is it the best option? In this class, students will discover the pros and cons of many self-publishing options, including print-on-demand and e-book publishing, as well as Amazon options, to see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies, will be included in the class.

PRE-REQUISITE: A Beginner's Guide to Getting Published

INSTRUCTOR: LeeAnne Krusemark

HU 44448-1Z

Taught via Zoom 1 Thursday
October 10, 2024 9:00 p.m. – 10:00 p.m.

Fee: \$30

Explore the World as a Travel Writer

For those who love to travel and love to write, this is the ideal course! Students will discover how to use all the senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest. Students also will learn how to find and submit their finished products to print and online markets, the business side of travel writing, and how to avoid worn-out travel writing cliches.

INSTRUCTOR: LeeAnne Krusemark

HU 99080-1Z

Taught via Zoom 1 Friday
October 11, 2024 5:00 p.m. – 7:00 p.m.

Fee: \$50

How to Outline and Write an Irresistible Romance

Romance is the number one selling fiction genre. Whether a new or experienced writer, students will sharpen their skills with practical, step-bystep advice. Discover the different romance subgenres, learn to create a unique setting, introduce protagonists (lead character), percolate friction, and write relatable dialogue as well as intimate scenes. Publishing options also will be discussed.

INSTRUCTOR: LeeAnne Krusemark

HU 99078-1Z

Taught via Zoom 1 Friday
October 18, 2024 5:00 p.m. – 7:00 p.m.

Fee: \$50



How to Write Your Life Story

Create an inspirwational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people who shaped your life, and bring your story to life. The handout, included in the class fee, will have an outline to help students organize and write their memoirs step-by-step. Printing and publishing options also will be discussed.

INSTRUCTOR: LeeAnne Krusemark

HU 99077-1Z

Taught via Zoom 1 Saturday October 12, 2024 11:00 a.m. – 2:00 p.m.

Fee: \$60

Introduction to Screenwriting for Television or Movies

In this comprehensive session, students will learn about special screenwriting terms and formats for television and the big screen, as well as how to plot a story, develop characters, and execute work in the proper screenwriting format. Discover the difference between a Treatment, a Spec Script, and a Shooting Script, and when to do each. Students also will get an inside look into the business of selling scripts to agents and producers.

INSTRUCTOR: LeeAnne Krusemark

HU 44456-1Z

Taught via Zoom 1 Saturday
October 12, 2024 2:00 p.m. – 4:00 p.m.

Fee: \$50

Meet the Publisher Q&A – Get Your Manuscript Critiqued

Ever wanted to talk to a real agent or publisher? Tired of having manuscripts critiqued by non-professionals or paying an editor too much money to change what's written to their voice? Email one page of an in-progress manuscript for an in-class critique of a poem, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: Students can send their manuscript to the instructor after the class for a professional critique, for an added fee).

INSTRUCTOR: LeeAnne Krusemark

HU 44417-1Z

Taught via Zoom 1 Saturday October 19, 2024 5:00 p.m. – 6:30 p.m.

Fee: \$40

Using Amazon's Kindle Direct to Self-Publish Your Book for FREE!

For students looking to publish a paperback novel or short eBook, this class will provide a step-by-step introduction on how to create an Amazon KIDP account, format and upload a manuscript to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for an Amazon page, and write an Amazon author bio.

INSTRUCTOR: LeeAnne Krusemark

HU 44477-1Z

Taught via Zoom 1 Thursday October 17, 2024 5:00 p.m. – 6:00 p.m.

Fee: \$30

Write a Riveting Mystery, Suspense, or Crime Story

Become a mystery writer for fun or profit! Students will discover the different sub-genres, the three-act story structure of mystery writing, and how to create an intriguing cast of characters. Students also will learn how to research and pick their setting, make sure their opening grabs readers' attention, and use "red herrings" to misdirect their readers and create suspense until the final reveal.

INSTRUCTOR: LeeAnne Krusemark

HU 99079-1Z

Taught via Zoom 1 Friday October 18, 2024 7:00 p.m. – 9:00 p.m.

Fee: \$50

Write Your First Novel (in 90 Days!)

This intensive course provides a schedule of crafting a novel from start to finish, which students can finish in as little as 90 days! This class also will help students stay motivated throughout the journey. Topics covered include genre selection and developing compelling premises, creating character and plot outlines, time management, self-editing, and how to receive constructive criticism.

INSTRUCTOR: LeeAnne Krusemark

HU 99084-1Z

Taught via Zoom 1 Saturday October 19, 2024 11:00 a.m. – 1:00 p.m.

Fee: \$50

Writing for Online Blogs, Magazines, and Websites

In this fast-paced session, students will learn how to find ideas, sources, and more than 1,000 opportunities that pay. Students will be taught how to conduct interviews and create interesting content, protect a copyright, write query letters, and then use this credibility to sell other articles or even a self-published novel.

INSTRUCTOR: LeeAnne Krusemark

HU 44463-1Z

 Taught via Zoom
 1 Thursday

 October 10, 2024
 5:00 p.m. – 7:00 p.m.

Fee: \$50

To register, call **518.697.6370** or visit **columbiagreene.edu/continuingeducation**

If any non-credit course or class is canceled because of inclement weather or emergency closings, or a satellite location is closed, classes will automatically be extended an additional week.

C-GCC's policy is to take affirmative action to provide equal opportunity in all of its activities for all qualified persons, to prohibit discrimination, and to promote the full realization of equal opportunity. This policy of non-discrimination applies to all persons without regard to an individual's race, color, national origin, religion, creed, age, disability, sex, gender identity, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction. Employees, students, or applicants may not be subjected to harassment that is prohibited by law, or treated adversely or retaliated against based upon a protected characteristic.

LOOKING FOR OTHER COURSES?

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A to Z Grant Writing
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Adobe Illustrator CC
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GRE Prep Series
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Introduction to Interior Design
Introduction to QuickBooks Online
Project Management Fundamentals
Real Estate Investing
Start Your Own Small Business









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POSTAL CUSTOMER

Our mailing lists come from several sources. If you receive more than one of these announcements, please pass the extra copy on to a friend or family member.

To correct your name or address on our list, send the entire address panel and mailing label to:

Office of Community Engagement, COLUMBIA-GREENE COMMUNITY COLLEGE, 4400 Route 23, Hudson, NY, 12534