CONTINUING EDUCATION
THREE VILLAGE CENTRAL SCHOOL DISTRICT

ONLINE • MAIL-IN • WALK-IN

Early walk-in registration February 13, 14, 15
Monday-Tuesday-Wednesday ONLY
5 TO 7 PM
Ward Melville HS – Rm. 113A
Auditorium Entrance – South Side of Building

Mail-in registration: See forms on pages 3 – 6
Online registration: Use www.myschoolbucks.com

BOARD OF EDUCATION
Susan Megroz-Rosenzweig, President
Vincent Vizzo, Vice President
Deanna Bavlnka
Irene Gishe
Dr. Jeffrey Kerman
Dr. Shaorui Li
Jennifer Solomon
Inger Germano, District Clerk

Three Village CSD
Continuing Education

Spring 2023
Resident Senior Course Discount
Online Registration Now Available
Dear Community Members,

We would like to welcome you to the Spring season of the Three Village Continuing Education program. Please take a moment to view the brochure, and we hope you will participate in one of the many class offerings.

As always, we thank you for your continued support and hope to see you soon!

Anita Garcia, CEP Coordinator

SCHOOL ADMINISTRATION
Dr. Kevin Scanlon
Superintendent of Schools
Erin Connolly
Executive Director of Student & Community Services
Anita Garcia
Coordinator for Continuing Education Program
Lucyna Woznicki
Site Supervisor for Continuing Education Program
Evelyn (Lynn) Ninia
Office - Continuing Education Program

DISTRICT SCHOOLS
WARD MELVILLE HIGH SCHOOL
380 Old Town Road, E. Setauket
ARROWHEAD ELEMENTARY SCHOOL
62 Arrowhead Lane, E. Setauket
MINNESAUKE ELEMENTARY SCHOOL
21 Highgate Drive, E. Setauket
W. S. MOUNT ELEMENTARY SCHOOL
50 Dean Lane, Stony Brook

NASSAKEAG ELEMENTARY SCHOOL
490 Pond Path, E. Setauket
SETAUKET ELEMENTARY SCHOOL
134 Main Street, E. Setauket
R. C. MURPHY JR. HIGH SCHOOL
351 Oxhead Road, Stony Brook
P. J. GELINAS JR. HIGH SCHOOL
25 Mud Road, E. Setauket

3 QUESTIONS?
Contact Continuing Education
631-730-4389

REGISTRATION INFORMATION

You must be registered in a course before attending. Enrollment is open to anyone 18 years or over. Registrations are processed in the order received. We strongly suggest registering online with myschoolbucks.com upon receipt of the brochure. If we do not have sufficient enrollment at least 2 weeks before the class is scheduled to run, it will be cancelled.

EARLY BIRD REGISTRATION

ONLINE: We now offer online registration through the myschoolbucks.com website. Please note all registrations made online will be pending availability in the course. If the course is full, we will contact you. If you receive a message saying enrollment is full, please call the office to confirm.

MAIL-IN: Fill out a separate registration form (form may be duplicated) per person, per class/trip and mail with a separate check or money order for each course/trip. Do not send cash. If more than one person in a household is taking the same class or trip, you may issue one check to register; however, a separate registration form for each person is still required. Please include the course number and your telephone number on the check. Do not combine payments for multiple courses or trips. Fees are non-refundable. A $35 fee will be charged for any returned check. You will NOT receive notification that the course is running, but will be notified if a course is cancelled due to low enrollment. To avoid disappointment, register early! Make your check or money order payable to TVCSD and send to: Continuing Education Program Ward Melville High School
380 Old Town Road
East Setauket, NY 11733

WALK-IN: Come to the Continuing Education Office, Room 113A, (across from the Auditorium) at Ward Melville High School. MONDAY/TUESDAY/WEDNESDAY February 13-15 5:00 p.m. – 7:00 p.m. Our staff will be available to answer your questions and process your registration. Instructors cannot register you.

FEES: Registration fees are noted as part of each course description. Additional material fees are noted and collected by the instructor. Course fees are charged as follows:
- RESIDENT ADULTS UNDER 60 and employees of the school district: Pay the total ("Res.") amount.
- RESIDENT SENIOR CITIZENS (60s): Upon presentation of proof of residency and age (COPY OF DRIVER’S LICENSE), you pay the stated course fee, plus any materials fee, unless otherwise indicated. If you have taken a course with us in the past, you are listed in our database and need not send proof of age.
- NON-RESIDENTS: (including senior citizens) Pay the "Non-Res." fee as noted in each course description. NO DISCOUNT.
- TRIPS: There are NO DISCOUNTS for trips whether or not you live in the district or are a senior citizen.

REFUNDS: Fees will be refunded for classes that are cancelled due to insufficient registration. Your registration fee guarantees you a space and is the key to our decision to run the course/trip. No fees will be refunded for any other circumstances.

CONFIRMATIONS/CANCELLATIONS: The CEP Office does not mail confirmations for classes. If the class you have signed up for is changed or cancelled, you will be notified.

SCHOOL NOT IN SESSION
April 3-10 & May 29-30
See your class listing for any additional dates.
On the above nights, the CEP Office will be closed as well.

REMEMBER – PLEASE REGISTER EARLY

GENERAL INFORMATION

OFFICE HOURS: The CEP Office will be staffed from 6:00 – 8:00 p.m., Monday through Thursday, whenever school is in session. We are closed on Fridays.
Telephone - 631-730-4389, available 24 hours. Response to messages will be made as soon as possible.

CLASS CANCELLATIONS: If it is necessary to cancel class because of inclement weather, announcements will be made on News12, some local radio stations or posted on the district website: www.threewisconsin.edu. Canceled classes will be rescheduled to the best of our ability, time permitting.

NO SMOKING: Smoking is prohibited on school property.

HEALTH NOTICE: Some physical activities may not be suitable for you. The TVCSD relies on each registrant to seek medical advice as to his/her capacity to participate and will not be responsible for injuries, damages or losses.

MISCELLANEOUS: Please shut off your cell phone during class. If you must take a call, do so outside the classroom. Please refrain from wearing perfume or other fragrances, as many adults are allergic to them.

Fire drills are held on a regular basis. Please take them seriously! Exit the building immediately upon hearing the fire alarm and return only when instructed to do so by TVCSD staff.

Enjoy the semester!

Three Village Central School District admits eligible students to all programs and services without regard to sex, religion, race, color, national origin or handicap.
Description: Parents have numerous issues to consider when raising a child with special needs. As a parent, you will need to explore the financial implications of having a special needs child. This course will offer a comprehensive look at financial planning for a special needs child. You will learn about the topic of special needs trusts, the benefits of using a special needs trust, and the tax advantages of a special needs trust. The course will also cover the topic of insurance and the importance of having adequate coverage for your child. The course will also discuss the importance of estate planning and how to properly structure your estate to benefit your child. Finally, the course will cover the topic of Medicaid and how it can be used to pay for long-term care for your child.
#610B - Pickleball - Beginner Plus  WM 124
Instructor: Deborah Lynch  6:30 TO 7:30
Description: This course is geared toward the player who has had lessons or has played with other pickleball players who have taught them the basic rules of the game. You will learn how to move around the court in a balanced and safe manner, how to execute your serve regularly and where to stand on the court during serves, returns and point play. You should already be familiar with the basics of keeping score. Bring your paddle and improve your game!
Nine sessions: 3/6, 13, 20, 27, 4/17, 24, 5/15, 22, 29
Res: $50 • Res. Sr: $30 • Non-Res: $60

#323 - Paper Piecing Machine Quilting  WM 104
Instructor: Arlene Rogers  7 TO 9
Description: Learn a new quilting technique. We will be exploring how to use paper piecing to make a project. Either a quilt, or a bed runner, or a table runner, it’s your choice. Paper piecing allows even a beginner to create blocks to an exact size with sharp points and elaborate shapes. A supply list will be distributed the first night of class. A portable sewing machine to use in class would be helpful. Bring a notebook for the first night of class.
Seven sessions: 3/14, 21, 28, 4/11, 18, 25, 5/2
Res: $70 • Res. Sr: $40 • Non-Res: $80

TUESDAY
#202 - Do the Write Thing  WM 134
Instructor: Anne Kelly-Edmunds  7 TO 9
Description: Come and be inspired. Everyone has a story to tell. Maybe yours is fiction; maybe it’s a memoir. This creative writing course will guide you on your path as a writer with stimulating story sparks, group discussion and constructive feedback that will help hone your talent. Bring a notebook and pen.
Limit 15.
Four sessions: 4/18, 25, 5/2, 9
Res: $50 • Res. Sr: $30 • Non-Res: $60

#279A - Social Security: Your Questions Answered  WM 124
Instructor: Michael Christodoulou  6:30 TO 8
Description: This course will discuss how Social Security fits into your retirement income plan, when you should start taking benefits and tax considerations.
One session: 4/11
Res: $25 • Res. Sr: $15 • Non-Res: $30

#301 - Colored Pencil and Pastel Techniques  WM 113
Instructor: Patricia Yantz  6:30 TO 9
Description: Students will learn basic colored pencil and pastel painting techniques. Color and composition will be explored as well. No drawing skill is required to work with these vibrant mediums. Step by step demonstrations will be done on a variety of different subject matters. Students will come away with finished works of art. A list of materials will be discussed at the first class. Limit 10.
Four sessions: 3/7, 14, 21, 28
Res: $70 • Res. Sr: $40 • Non-Res: $80

#311 - Beginner Crocheting - Infinity Scarf  WM Teacher's
Instructor: Arlene Mordente  6:30 TO 8
Description: Learn how to make an infinity scarf!
Great project for beginners using easy to learn steps. Finished scarf will look awesome, plus they’re nice to give as gifts! Materials needed: Two skeins of bulky yarn (#4 or #5 weight), size “K” crochet hook and yarn needle. Maximum 8.
Four sessions: 4/11, 18, 25, 5/2
Res: $40 • Res. Sr: $25 • Non-Res: $50

#345 - Introduction to Wine Tasting & Wine Appreciation  WM 122
Instructor: Richard Mora  7 TO 8
Description: An introductory course with a survey of world wine regions and wines, viticulture and winemaking. Come and learn consumer tips on pairing, selecting and buying wine. The final class will be a tasting session and will cover accurately describing and evaluating a wine by its looks, smell and taste. The tasting session will be held on June 6 at Mora’s Fine Wine & Spirits, 280 Route 25A, East Setauket. A $30 materials fee is payable to the instructor at the first class. Limit 20.
Seven sessions: 3/7, 21, 4/11, 25, 5/9, 23, 6/6
Res: $50 • Res. Sr: $30 • Non-Res: $65
#362 - How a Sketchbook Helps

**WM 130**

**You Get in Touch with Your Feelings**

**Instructor:** Kathleen Deyo  6:30 TO 8:30

Description: Vincent van Gogh said “My Sketchbook is a witness of what I am experiencing, scribbling things whenever they happen.” Keep a sketchbook in your pocket, one in your car and one in the bathroom. Learn how to sketch! Students need to bring sketchbook, pencil and eraser to class.

Four sessions:  3/7, 14, 21, 28

Res: $50 • Res. Sr: $30 • Non-Res: $60

#410 - Feed Your Brain, Memory, WM128 Neurological System (Cutting-edge, updated info included.)

**Instructor:** Eileen Weilbacher  7 TO 9

Description: We can do a lot to help protect our brain, memory and neurological system through food, activity, purification (body, air, water) and supplementation (pre- and probiotics, etc.). Learn cutting-edge information regarding helping yourself and loved ones protect themselves with simple lifestyle improvements. Our thoughts definitely play a role, living in the present and learning something new every day (play brain games or an instrument, learn a language, etc). Get outdoors, drink purified water and eat plenty of healthy fats. This will help the body's overall health and well-being and you’ll feel a lot better! Let’s do our best to eliminate the causes of memory loss, inflammation, and dis-ease. We will also discuss what to do if a loved one is experiencing memory loss. Helpful, free resources, what to expect and how to help reduce your stress level will be provided. (It can be frustrating for both the person going through memory loss as well as the caregiver. We all need a little TLC!) Updated with current, cutting-edge information!

Six sessions:  3/7, 14, 21, 28, 4/11, 18

Res: $70 • Res. Sr: $40 • Non-Res: $80

#550B - Getting Paid to Talk: Zoom Class

**Introduction to Professional Voice Overs**

**Instructor:** Creative Voices Will Hahn  6:30 TO 8

Description: If you’ve ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this live online workshop is a great, upbeat, and most importantly, realistic first step. Our easy-to-access live online webinar will take you behind the scenes at Voice Coaches studios, where we regularly produce voice over content for clients including Netflix, Discovery, HGT, Disney, Lifetime, Nickelodeon, and many more. From audio books, training material, animation and commercials to socially relevant content, television and more: today's voice over field has become a great way to leverage your individual voice qualities and communication skill in a whole new way. This class also includes an opportunity to receive a brief one-on-one voice range and quality assessment with our instructor. We hope you will join our community of enthusiastic learners!

One session:  5/2

Res: $45 NO DISCOUNT

#602 - Tai Chi

**WM Cafeteria So**

**Instructor:** Frank Galante  7 TO 8

Description: Learn the basic, first, fundamental movements of Tai Chi. Tai Chi is a self-healing system of slow, graceful exercises that can benefit all ages. It has been medically proven to lower blood pressure and improve health overall. It calms the mind and body. Please wear loose clothing and sneakers.

Four sessions:  5/2, 9, 16, 23

Res: $40 • Res. Sr: $25 • Non-Res: $55

#604 - All Levels Yoga

**Instructor:** Mindful Turtle Yoga Studio  6:30 Route 25A

**Description:** A cohesive style combining various yoga traditions. This class will provide explanations of correct form, alignment and breath and help you develop a solid foundation for your yoga practice. This yoga class is perfect for students of all levels. All levels welcome.

Twelve sessions:  3/7, 14, 21, 28, 4/11, 18, 25, 5/2, 9, 16, 23, 6/6

Res: $145 NO DISCOUNT

#611A - Pickleball - Beginner Plus

**Gelinas Gym**

**Instructor:** Lisa Schindler  7 TO 8:30

Description: This course is geared toward the player who has had lessons or has played with other pickleball players who have taught them the basic rules of the game. You will learn how to move around the court in a balanced and safe manner, how to execute your serve regularly and where to stand on the court during serves, returns and point play. You should already be familiar with the basics of keeping score. Bring your paddle and improve your game!

Ten sessions:  3/7, 14, 21, 28, 4/11, 25, 5/9, 16, 23, 6/6

Res: $80 • Res. Sr: $50 • Non-Res: $100

#611B - Pickleball - Beginner

**Gelinas Gym**

**Instructor:** Lisa Schindler  8:30 TO 10

Description: Be a part of the newest sports craze while having fun and keeping fit! Started in 1965 as a way for three fathers to entertain their children in the summer, pickleball is a blend of badminton, racquetball, tennis and ping pong. This paddle sport for all ages and skill levels has simple rules. Players use a paddle and wiffleball either as doubles partnership or singles competition. Please bring your own paddle which is available on Amazon, www.pickleballcentral.com or Dicks Sporting Goods. Come and learn this exciting and fun sport! Basic skills will be introduced as well as rules and etiquette.

Ten sessions:  3/7, 14, 21, 28, 4/11, 25, 5/9, 16, 23, 6/6

Res: $80 • Res. Sr: $50 • Non-Res: $100

**WEDNESDAY**

#251 - Savvy Social Security

**Zoom Class**

**Planning**

**Instructor:** Evan Levy  7 TO 8

Description: After being told for years that Social Security is “going broke,” baby boomers are realizing that it will soon be their turn to collect. The decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. Learn the basics along with strategies for maximizing your benefits. This program will cover when it makes sense to delay benefits, how earnings affect your benefits, how benefits are taxed, how to integrate benefits with other retirement income sources and how to coordinate benefits with your spouse. Each attendee will receive a free copy of The Baby Boomer’s Guide to Social Security which summarizes key retirement benefit provisions.

One session:  3/8

Res: $25 • Res. Sr: $15 • Non-Res: $35

#265 - Keep the Income Flowing

**WM 122**

**During Retirement - How to Create “Retirement Paychecks”**

**Instructor:** Jeffrey Silverman  7 TO 9

Description: Studies show that the biggest fear retirees have is running out of money before running out of life! Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, staying ahead of inflation, managing market volatility and creating strategies that can provide lifetime income no matter how the markets perform. If you are retired or thinking about retirement, you will not want to miss this program.

One session:  3/22

Res: $25 • Res. Sr: $15 • Non-Res: $35

#266 - The Truth About Annuities

**WM 124**

**The Good, The Bad and the Ugly**

**Instructor:** Jeffrey Silverman  7 TO 9

Description: You've heard the good things. You've heard the bad things. One financial pundit says they're terrible, while the next one says they're great! Meanwhile, BILLIONS of dollars are invested in annuities every year. Are they worth it? How do you decide if an annuity is right for you? Can they protect against market losses? How can they create lifetime income and at what cost? In this class, we'll explain the good and the bad for all types of annuities available. Taxes, investment options, rates of return, death benefits, fees and more. Now might be the time to see whether an annuity should be part of your retirement planning strategy!

One session:  4/19

Res: $25 • Res. Sr: $15 • Non-Res: $35

#273A - Healthcare & Your Retirement

**WM 124**

**Instructor:** Michael Christodoulou  6:30 TO 8

Description: This class will address Medicare coverage and traditional expenses, long-term medical care expenses and strategies to uncover expenses.

One session:  3/22

Res: $25 • Res. Sr: $15 • Non-Res: $35

#273B - Healthcare & Your Retirement

**WM 124**

**Instructor:** Michael Christodoulou  6:30 TO 8

Description: This class will address Medicare coverage and traditional expenses, long-term medical care expenses and strategies to uncover expenses.

One session:  5/3

Res: $25 • Res. Sr: $15 • Non-Res: $35

#298 - Protecting the Family Home

**WM 122**

**Instructor:** Brian Tully, Esq.  7 TO 8

Description: Home sweet home! Have you considered the risks that exist to the family home? For most families the home is the largest asset and certain steps must be taken to protect the home from everyday challenges. For example, have you protected your home from long-term care risks and considered which strategy offers the most flexibility and contingencies and the greatest tax benefits? Have you considered the potential risks of having your family endure the probate process which may open the door to liens, estate recovery and estate contests? Have you taken
steps to ensure that you are secure in your home for your lifetime and that if circumstances change you are not exposing yourself to challenges?

One session: 4/12
Res: $25 • Res. Sr: $15 • Non-Res: $35

#299 - Home Care Medicaid
Instructor: Brian Tully, Esq.
WM 122
7 TO 8
Description: Most people wish to stay out of a nursing home for as long as possible. However, there often comes a time when long-term health care services are needed to keep us safe within our homes.

If done properly, these services can maintain a loved one in their own home or assisted living for years. Paying for that care, on the other hand, can be very expensive and drain a person's life savings. Gratefully, New York has one of the most robust and accessible Medicaid programs that can pay for that care within your own assisted living environment. Community Medicaid, as it's called, has been a lifesaver for New York families for years. Learn how to become eligible for Community Medicaid while protecting your assets and income and also learn about the major changes to the program that are coming soon.

One session: 4/19
Res: $25 • Res. Sr: $15 • Non-Res: $35

#305 - Woodcarving:
Introduction to “Love Spoon” Carving
Instructor: Anthony Quattrone
WM 113
4:30 TO 6:30
Description: Welsh love spoons have a long tradition in gift giving. They can make a great holiday or occasion gift. This class will introduce the participant to “love spoons” and basic woodcarving skills will be used to complete the project. Class discussion will focus on handtools, knife sharpening, types of carving wood, purchasing wood spoon cutouts, Greenwood carving and colroing, the art of decorating “love spoons.” Instructions will be group, individualized and designed around the student’s ability. Basic woodcarving tools are required. There is a $20 class fee payable to the instructor at the first class. Kindly bring hand sanitizer. Limit 12.

Eight sessions: 3/8, 15, 19, 26, 5/3, 10, 17
Res: $70 • Res. Sr: $40 • Non-Res: $80

#317 - Chinese Brushwork Painting
Instructor: Kathleen Deyo
WM 113
6 TO 8:30
Description: This technique is also called “Sumi-e” painting. Students will learn how to paint bamboo, leaves, flowers and landscapes. Students need Sumi-e black ink, a bamboo paint brush set (three brushes; small, medium and large), water container, rice paper, washi paper (Strathmore pad) and a small dish for ink.

Seven sessions: 4/17, 19, 26, 5/3, 10, 17, 24
Res: $70 • Res. Sr: $40 • Non-Res: $80

#330 - Chalk Paint Basics
Instructor: Marguerite Ryan
WM 114
6:30 TO 8:30
Description: Did you ever see those beautiful pieces of painted furniture and say, “Gee, I wish I could do that!!” Well, now you can! This class will show you how to take a piece from drab to fab by using chalk paint. I will show you different techniques in painting and how to apply wax. Must only use nontoxic paint products as instructor is highly allergic. Permitted products include Annie Sloan (available online), Dixie Bell (available online) or Waverly (available at Walmart). Please bring the following supplies: paint, wax, a wax brush, a paint brush and a small chair, shelf or piece of furniture to paint. Don’t be afraid to check out Craigslist or Marketplace for that diamond in the rough. Before attending class, wash your piece thoroughly. I recommend Dawn dish detergent. Limit 10.

Four sessions: 5/3, 10, 17, 24
Res: $50 • Res. Sr: $30 • Non-Res: $65

#430 - Nutrition - Eating
Instructor: Amy Morton
WM 113
Clean & Healthy
5 TO 6
Description: Learn how to “eat clean” and healthful in an easy to digest lecture series (two lectures). Bring health into your life on a regular basis or fine-tune what you already do! Facts, tips and guidance will be offered. Make it simpler and easier! Recipes included.

Two sessions: 4/12 & 4/19
Res: $25 • Res. Sr: $15 • Non-Res: $35

#435 - Whole Food, Plant-Based Nutrition
Instructor: Amy Morton
WM 113
5 TO 6
Description: Learn about the benefits of whole food, plant-based nutrition. Get the facts, the health benefits, the basics and how to start. Even bringing some of this info into your daily life will improve your health for the long-term. Learn how you can easily begin. Recipes included.

Two sessions: 4/26 & 5/3
Res: $25 • Res. Sr: $15 • Non-Res: $35

#540 - Meditation - Introduction
Instructor: Amy Morton
WM 113
7 TO 9
Description: This class is designed for those who would like to learn how to meditate or deepen their practice. Simple techniques help you to focus and breathe, relaxing the mind and body, reducing stress and improving overall health and well-being. Class will include information, techniques, guided meditation and practice. Wear comfortable clothes, use a chair or bring a mat and a small pillow if desired for comfort. A great way to begin or reignite your meditation practice!

Four sessions: 4/12, 19, 26, 5/3
Res: $40 • Res. Sr: $25 • Non-Res: $55

#600 - Pickleball - Intermediate
Instructor: Deborah Lynch
WM 113
Gelinas Gym
7 TO 9
Description: Be a part of the newest sports craze while having fun and keeping fit! Started in 1965 as a way for three fathers to entertain their children while having fun and keeping fit! Started in 1965 as a way for three fathers to entertain their children in the summer, pickleball is a blend of badminton, racquetball, tennis and ping pong. Please bring your own paddle which is available on Amazon, www.pickleballcentral.com or Dicks Sporting Goods. This course is offered to players who know the rules, can serve, receive, and score. Recipes included.

Five sessions: 4/12, 26, 5/17, 24, 6/7
Res: $65 • Res. Sr: $40 • Non-Res: $85

#613 - Zumba Toning
Instructor: Linda Morton
WM 113
Cafeteria So.
6:30 TO 7:30
Description: Emphasis on toning and sculpting to define muscles, adding resistance by using Zumba toning sticks or light weights. Enhances sense of rhythm and coordination while toning target zones, including arms, core and lower body. Please wear sneakers and bring a towel, water and 1 to 3 lbs. weights.

Eight sessions: 3/8, 15, 22, 29, 4/12, 19, 26, 5/3
Res: $55 • Res. Sr: $30 • Non-Res: $65

#616 - Badminton
Instructor: Andrew Wasileski
WM 113
7:30 TO 9:30
Description: Badminton is a fun, high-energy and fast-paced game that really gets the heart pumping and is a great way to stay in shape! Don't worry if you have never played before, we'll show you how. This class is open to beginners through intermediate-level players. Be sure to bring your own racquet. Plastic birdies will be provided. Limit 40.

Ten sessions: 3/8, 15, 22, 29, 4/12, 19, 26, 5/3, 10, 17
Res: $100 • Res. Sr: $55 • Non-Res: $115

#621 - Chair Yoga with
Instructor: Amy Morton
WM 113
5:15 TO 6:15
Description: Chair Yoga is a yoga practice that modifies yoga poses so that they can be done while seated in a chair or standing poses with the use of a chair. These modifications make yoga accessible to people who have various physical limitations, feel stiff and inflexible or those who find other types of yoga classes too challenging. Chair yoga can also serve as a great introduction to yoga for those who are first-time yogis! While using a chair, students can enjoy versions of twists, hip stretches, forward bends and milder effective movements. We will do seated and standing stretches with the chair. Chair yoga is also a wonderful way for office workers to stretch and move at the office. In addition to a good stretch, other health benefits from chair yoga include improved muscle tone, reduction of stress, better sleep and a sense of well-being. Wear comfortable clothes.

Four sessions: 3/8, 15, 22, 29
Res: $45 • Res. Sr: $25 • Non-Res: $55

THURSDAY

#240 - Estate Planning 101 - WILLS v. TRUSTS
Instructor: Amy Raupp, Esq.
WM 113
5:30 TO 8:30
Description: This class will teach you key terms and concepts to understand whether a will or a trust is right for you. Participants will learn about wills, trusts, powers of attorney, healthcare proxies and living wills. Participants will also gain a basic understanding of strategies to preserve their assets and protect their legacies. Other topics to be discussed include estate tax, long-term care, Medicaid planning, the probate process and guardianship.

One session: 4/27
Res: $25 • Res. Sr: $15 • Non-Res: $35

#262 - Retirement Ready in 90 Days
Instructor: Marie Madarasz
WM 113
5:30 TO 8:30
Description: Are you considering retiring in the next few years or are you recently retired? Become retirement ready and develop an income plan that will replace your paycheck in retirement! Learn how to pull all the various financial pieces together in order to have a successful retirement and live the life you have worked hard for. Topics covered in this course include: Do I have enough to retire? How do I create a growing paycheck from my investments? Am I doing the right things with my money for this next phase of my life? How do I take the money in my IRA out in the most tax efficient manner? Am I managing all the risks unique to a retiree?

One session: 5/11
Res: $25 • Res. Sr: $15 • Non-Res: $35
while having fun and keeping fit! Started in 1965 as a way for three fathers to entertain their children in the summer, pickleball is a blend of badminton, racquetball, tennis and ping pong. This paddle sport for all ages and skill levels has simple rules. Players use a paddle and wiffleball either as doubles partnership or singles competition. Please bring your own paddle which is available on Amazon, www.pickleballcentral.com or Dicks Sporting Goods. Come and learn this exciting and fun sport! Basic skills will be introduced as well as rules and etiquette.

Nine sessions: 3/9, 16, 30, 4/13, 27, 5/11, 25, 6/1, 8 Res: $80 • Res. Sr: $45 • Non-Res: $95

#615A - Women's Self Defense/Protection - Ages 18 and Up
Instructor: Sil Crino

Description: Women can be the targets of violent crimes as well as sexual assaults. With that in mind, this empowerment-based self-defense class teaches the physical techniques for basic personal safety and situational awareness to improve your chances in an attack. Avoid becoming a victim and learn to protect yourself from a known or unknown assailant. Your safety is in your hands!
Two sessions: 3/9 & 3/16
Res: $25 • Res. Sr: $15 • Non-Res: $35

#615B - Women's Self Defense/Protection - Ages 18 and Up
Instructor: Sil Crino

Description: Women can be the targets of violent crimes as well as sexual assaults. With that in mind, this empowerment-based self-defense class teaches the physical techniques for basic personal safety and situational awareness to improve your chances in an attack. Avoid becoming a victim and learn to protect yourself from a known or unknown assailant. Your safety is in your hands!
Two sessions: 4/13 & 4/20
Res: $25 • Res. Sr: $15 • Non-Res: $35

#625A - Cane (round handle)
WM 123
Self-Defense/Protection - Men & Women 18 and Older - License Not Required
Instructor: Sil Crino

Description: Learn how to defend and protect yourself from an attacker using a cane or walking stick. We will discuss the differences between both and the importance of self-awareness. Each student will require a wood or metal cane (round handle, wooden preferred) and/or a walking stick. Straight weapons will be available to train with. NOTE: The cane is the only legal weapon you can carry with you anywhere in the world!
Two sessions: 3/23 & 3/30
Res: $25 • Res. Sr: $15 • Non-Res: $35

#625B - Cane (round handle)
WM 123
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Two sessions: 4/27 & 5/4
Res: $25 • Res. Sr: $15 • Non-Res: $35