

## **HOW TO REGISTER**

Register online at [www.ccsd.ws/continuinged](http://www.ccsd.ws/continuinged) or by mail by completing the form on page 20 of this catalog. To ensure enrollment, register early because most classes have limited enrollment. To help ensure that a class will run, please register in advance. If there is insufficient enrollment before the start of a class, it will be cancelled.

## **REFUND POLICY**

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

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

## **LOCATION OF CLASSES**

All Fall 2020 classes are offered online via Zoom.

## **CALENDAR**

Continuing Ed classes will not be held on school holidays or when schools are closed due to inclement weather. Closings are announced on local radio stations or call 238-7201, ext. 2318.

### **Classes WILL NOT be held:**

Monday: September 28 and October 12

Wednesday: November 11 and November 25

Thursday: November 26

## **CHAPPAQUA SENIOR CITIZENS**

Chappaqua Central School District residents who are sixty or older can enroll in a class at a reduced rate, if marked accordingly. If no Chappaqua Senior rate is listed, the class is not reduced. To obtain the reduced rate, Chappaqua Seniors must register in advance and provide a senior number upon registration. To obtain a number, seniors must present proof of address and age to the District's Business Office by calling 238-7200 ext. 1007 or ext. 1008, or by emailing [MaMarchionno@ccsd.ws](mailto:MaMarchionno@ccsd.ws).

## **RESIDENTS OF OTHER DISTRICTS & AGE REQUIREMENTS**

Any interested person 18 or older is welcome. Students under 18 may register for college test prep.



# CHAPPAQUA CONTINUING EDUCATION

*For over 40 years*, the Chappaqua Continuing Education program offered through the Chappaqua Central School District has provided enriching courses for residents of Chappaqua and the surrounding communities who are 18 or older.

This fall is all about staying connected with your own hobbies and interests, with your community, and with your friends!

Chappaqua Continuing Education has an exciting line-up of online classes via Zoom that can be taken from the comfort of your own home!

In order to ensure you have a positive experience using Zoom, we are providing a free, *live* tutorial on Wednesday, September 9<sup>th</sup> from 7-8pm, to help you get started and have a successful online course experience.

The tutorial entitled, ***Taking A Zoom Class***, will be taught by Joshua Culwell-Block, Director of Technology, Innovation and Mathematics for the Chappaqua Central School District. Please register online at [www.ccsd.ws/continuinged](http://www.ccsd.ws/continuinged) to receive a Zoom link.

We look forward to *seeing* you in class!

Maura Marcon  
Director, Chappaqua Continuing Education

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***Have a class to teach?*** Please visit [www.ccsd.ws/TeachCCE](http://www.ccsd.ws/TeachCCE)

# ART AND ART APPRECIATION

-- All classes will meet online --

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

**BOTANICAL DRAWING: Basics and Beyond** with Linda Cerrone  
Learn the basics and beyond of botanical drawing. This class is for all levels and will focus on technique, composition, color theory, execution and materials. A variety of drawing media, including graphite, pen and ink and colored pencil will be introduced. This class will give you the skills to create and experiment with a variety of mediums. Students may work with provided subjects or their own projects with guided assistance from the instructor. An expanded list of art supplies will be provided before the first class.

8 Tuesdays • September 15 to November 3 • 7-8:30pm • \$140

**DRAWING 101: Learn To Draw** with Katie Goldberg



Drawing is a basic skill that can be learned. It's not about talent, it's all about the eye-hand-brain connection. Learn to unleash that communication, acquire a new skill and have fun at the same time in this stress-free class. You'll overcome your frustration and fear of drawing. Bring a pencil and a spiral bound sketchbook to the first class.

6 Mondays • September 14 to November 2 • 7-8pm • \$120

**GREAT MUSEUMS OF THE WORLD** with Sue Altman

This class will take you on a tour of some of the best and most fascinating museums of the world, including the Prado in Madrid, the British Museum in London, the Louvre in Paris and of course New York's Metropolitan Museum of Art.

3 Wednesdays • September 23 to October 7 • 6:30-8pm • \$75

**SIX EXCEPTIONAL ARTISTS OF ALL TIME** with Sue Altman

In this class you will learn about the lives and work of some of the most influential artists in history including Michelangelo representing the Renaissance, Rembrandt from the Baroque era, Turner (Romantics), Degas (Impressionist), Gauguin (Post-Impressionist) and Matisse (Modernist).

3 Wednesdays • November 4 to December 2 (no class 11/11 & 11/25)  
6:30-8pm • \$75

**WATERCOLOR PAINTING** with Linda Cerrone

Explore the wonderful world of watercolor painting. This class is designed for students of all abilities and will cover familiarity with materials, drawing and composition, color theory, brush techniques and execution. Students may work with provided subjects or their own projects with guided assistance from the instructor; providing the skills to create and experiment with the medium in an enjoyable, non-judgmental atmosphere. An expanded list of art supplies will be provided before the first class.

8 Wednesdays • September 16 to November 4 • 7-8:30pm • \$140

**COLLEGE PREP**

-- All classes will meet online --

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

**SAT/ACT SUMMER BOOT CAMP** with WilsonPrep

This intensive course taught online via Zoom introduces strategies that apply to both SAT/ACT exams and teaches content normally covered within four weeks of tutoring. This course will jump-start the test prep process, making students better prepared to take an earlier SAT and/or ACT. Students will learn their SAT/ACT strengths and weaknesses and what test to focus on moving forward.

Monday-Thursday • August 24 to August 27 • 6:30-9:05pm  
\$200 • Limit 20 Students

**PSAT COURSE** with WilsonPrep

This Class taught online via Zoom introduces students to SAT format and strategies. Because PSAT and SAT strategies are the same, this course prepares students for both exams at the same time.

5 Tuesdays • September 8 to October 6 • 6:30-8:35pm  
\$400 (\$25 materials fee) • Limit 20 Students

**ACT CLASS** with WilsonPrep

This course taught online via Zoom preps students for the ACT. The course can be taken in conjunction with the Summer Boot Camp or as a beginner course.

7 Tuesdays • October 20 to December 8 (no class 11/24) • 6:30-8:35pm  
\$560 (\$25 materials fee) • Limit 20 Students

**ADVANCED SAT PREP** with WilsonPrep

This course taught online via Zoom is recommended for students that have taken the Summer Boot Camp or PSAT/SAT introductory course.

6 Tuesdays • October 20 to December 1 (no class 11/24) • 6:30-8:35pm  
\$480 (\$25 materials fee) • Limit 20 Students

# CULINARY

-- All classes will meet online --

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

## **BAKING WITH GOWRI** with Gowri Acher Dantu



A freshly baked cake smothered in frosting makes an irresistible homemade dessert. Intimidated? Start here. Whether you need a birthday cake for someone special or an over-the-top holiday cake, Gowri will teach you how to bake a cake that's moist and mouthwatering every time and how to frost and decorate to impress your family and friends! Learn how to create beautiful delicious cakes in the comfort of your own kitchen.

### **1. CHOCOLATE MOCHA CAKE**

Learn how to make this crowd pleasing super moist chocolate cake finished with chocolate mocha butter cream frosting. A shopping list and recipes will be provided before class.

Thursday • September 17 • 7-9:30pm • \$35 • Limit 10 Students

### **2. AUTUMN PUMPKIN SPICE CAKE**

Learn how to make a seasonal pumpkin spice cake with classic velvety butter cream icing. Serve this delicious cake at your next fall party! A shopping list and recipes will be provided before class.

Thursday • October 15 • 7-9:30pm • \$35 • Limit 10 Students

### **3. RASMALAI CAKE**

Rasmalai Cake is an eggless Indian fusion cake! Diwali, the Festival of Lights is around the corner and this cake is a party highlight, a real crowd pleaser! It's a blend of classic Indian flavors - rose, saffron, cardamom and pistachios - finished with a saffron and cardamom infused whipped cream. A shopping list and recipes will be provided before class.

Thursday • November 5 • 7-9:30pm • \$35 • Limit 10 Students

### **4. RED VELVET WINTER HOLIDAY CAKE**

Red velvet cake is the queen of all layer cakes. It is tall, dramatic, and completely covered in silky cream cheese frosting. Learn how to make a classic red velvet cake showcasing the holiday seasons' colors. A shopping list and recipes will be provided before class.

Thursday • December 17 • 7-9:30pm • \$35 • Limit 10 Students

## **KATHI ROLL** with Monika Bhatt

A Kathi roll is an Indian style wrap, a common street food found in many parts of India. A nourishing, satisfying meal that can be made using a variety of healthy ingredients, served with an assortment of chutneys and sauces. Supply/ingredient list and recipes will be provided ahead of time, so that you can cook along with Monika.

Tuesday • September 15 • 7-9pm • \$30 • Limit 10 Students

## **PLANT POWERED, FUN AND EASY MEALS**

with Elisa Bremner, RDN

Elisa Bremner will share the benefits of a plant predominant diet and inspire you with ways to incorporate more plant foods into your daily life. This virtual class includes a live presentation and food demo, as well as a Q&A with your own “practical nutritionist”. Supply/ingredient list and recipes will be provided ahead of time so that you can gain practical experience cooking along with Elisa.

Wednesday • September 30 • 7-8pm • \$20 • Limit 10 Students

## **WASTE NOT, WANT IT: Food that’s good for us and the planet**



with Elisa Bremner RDN

In this class we will explore the impact of food on the environment and learn some easy tricks for reducing your carbon footprint while improving your physical and financial health. Your “practical dietitian” will also help you find a recipe for whatever you have in your fridge/pantry!

Wednesday • October 14 • 7-8pm • \$20 • Limit 10 Students

## **EXERCISE**

-- All classes will meet online --

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

## **GENTLE YOGA** with Rochelle Mitlak

This gentle yoga class is developed based on Kripalu Yoga. In this class, students will be led through centering, breath work, and asanas or postures. Students will learn to connect the breath with movement in order to develop a more grounded sense of self on the mat and out in the world. This class is suitable for beginners who have wanted to start a yoga practice and are not sure where to begin, as well as yogis who prefer a gentle approach to yoga. Please bring a yoga mat and yoga blanket to class. Blocks and a strap are optional. All props will be explained at the first class.

10 Wednesdays • September 16 to December 2 (no class 11/11 & 11/25)  
6:30-7:30pm • \$130

## **INTRODUCTION TO PURE BARRE MT. KISCO**

with Megan Sachs Goldschein

Pure Barre is a collection of 45- to 50-minute full-body workouts that lifts your seat, tones your thighs, abs and arms, and burns fat. The Pure Barre method focuses on small isometric movements that create a high intensity, low impact workout that delivers quick results. Come see for yourself! Bring a yoga mat and towel.

Monday • October 26 • 7-7:45pm • This class is free (registration is required)

**PILATES** with Michelle Saccurato

Pilates is an excellent method for improving core strength, alignment, flexibility, and mind-body awareness--these are essential components of movement and function to protect a healthy back. Rev up the workout by using a weighted ring for added resistance to the core, and more. Pilates ring and mat needed.

10 Wednesdays • September 16 to December 2 (no class 11/11 & 11/25)  
7:30-8:30pm • \$130

**POUND ROCK OUT WORKOUT** with Suzi Myers Tipa

POUND is a great way to burn calories and bang out your stress, too! POUND is a 45-minute group fitness class that combines cardio and strength training with drumming to achieve a full-body workout. Using lightly weighted Ripstix™ drumsticks, you can expect to burn between 500-900 calories per class and perform over 15,000 reps per session! Ripstix can be ordered at [www.poundfit.com](http://www.poundfit.com). You will need a yoga mat or towel to work on.

8 Tuesdays • September 15 to November 3 • 8:15-9pm • \$115

**SMALL-GROUP PERSONAL TRAINING** with Denise Weber

Enjoy the benefits of working with a certified Master Personal Trainer/Group Fitness Instructor at home! Weights, exercise tubing, bands, stability ball, whatever you have, gather it together and we'll use it to increase muscular endurance and strength while toning the total body. Short, cardio segments interspersed throughout will help to increase caloric burn and improve overall cardiovascular health. Exercise/Yoga mat, water, and a small, soft, exercise ball (approximately the size of a soccer ball) are a must. You may also consider using a stability ball (55-65cm depending on your size), tubing with handles, weights, or dyna bands.

Section A: 10 Tuesdays • September 15 to November 17 • 6:30-7:30pm  
\$130 • Limit 10 Students

Section B: 10 Tuesdays • September 15 to November 17 • 7:30-8:30pm  
\$130 • Limit 10 Students

**VINYASA YOGA** with Kathryn Ward

Vinyasa yoga, based on the practice of K. Pattabi Jois, is a practice where postures often flow from one to the next. The class will start with the standing postures, go to seated postures and finally to some reclining postures. This is a multi-level class, so all are welcome. The first couple of weeks will be focused on those who are beginning yoga or are coming back after a gap so that we can establish proper form and core postures. As we proceed through the 10 weeks, the practice will become more vigorous, but modifications for all levels will be offered. As always, you will be encouraged to listen to your own body and to find your edge, but not go beyond that edge.

10 Mondays • September 14 to December 7 (no class 9/21, 9/28 & 10/12)  
7-8pm • \$130 • Limit 9 Students



## **ZUMBA** with Suzi Meyers Tipa

Zumba® takes the “work” out of workout by mixing low-intensity and high-intensity moves for an interval-style, calorie-burning dance fitness party. Once the Latin and world rhythms take over, you’ll see why Zumba fitness classes are often called exercise in disguise. Super effective and super fun, Zumba is total workout, combining all elements of fitness - cardio, muscle conditioning, balance and flexibility, boosted energy, and a serious dose of awesome - in every class!

8 Tuesdays • September 15 to November 3 • 7:15-8:15pm • \$105

## **FINANCE**

-- All classes will meet online --

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

## **ANALYZING YOUR INDIVIDUAL RETIREMENT SITUATION**

with Scott Turner and Steven Klimaszewski

Learn how to determine if you have enough money to have your money last through retirement, including:

- Defining your income goal.
- Identifying the fixed income sources, such as Social Security and pension.
- Knowing the tax implications of your withdrawals from your investments.

Tuesday • October 6 • 7:30-8:30pm • \$20

## **DEFINED CONTRIBUTION PLANS AND IRAs** with Scott Turner

and Steven Klimaszewski

Learn how to best utilize your employer-sponsored retirement plans and your IRA, including:

- The maximum amount you can contribute each year.
- Whether contributions should be pre-tax or post-tax.
- How best to make withdrawals from the accounts.

Thursday • October 1 • 7:30-8:30pm • \$20

## **INVESTMENTS: Learn The Basic Principles of Investing**

with Scott Turner and Steven Klimaszewski

This class will cover the following topics:

- How to properly diversify a portfolio.
- Understand what stocks, bonds, mutual funds and other investments actually are.
- Understand the difference between investing for growth and investing for income.
- How you can minimize the taxes you pay on your investment gains.

Thursday • September 24 • 7-8:30pm • \$30

**INVESTMENTS/FINANCIAL PLANNING FOR WOMEN**

with Ann Herrero

Women make terrific investors. They are as financially literate as men are, but studies suggest that their confidence sometimes lags behind. Assess your attitude toward your finances and boost your financial confidence to be a smarter investor. How do I select a Financial Advisor? What questions should I ask in my meetings and financial reviews with my advisor? How do I build and diversify my portfolio on my own? What are the elements of a financial plan? Join us for a lively discussion and bring your own questions to discuss. Learn about modern portfolio theory and how you can use it to achieve peace of mind and financial security.

Thursday • October 29 • 5-7pm • \$30 (no fee for Chappaqua Seniors)

**LONG-TERM CARE INSURANCE: What You Need To Know**

with James Relyea

Over the past 10-15 years, the interest in long-term care insurance has risen dramatically. This course is designed to answer questions and acquaint students with the basic types and features of long-term care insurance policies. It will give students insights into the current state of the long-term care insurance industry, the factors affecting insurability and premium pricing, the most common policy designs, the steps in the underwriting process, and key questions to ask when considering the purchase of long-term care insurance.

Thursday • October 8 • 7-8:30pm • \$30 (no fee for Chappaqua Seniors)

**MEDICARE 101** with Jim Farnham

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This course will simplify the choices you need to make, help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

Wednesday • October 7 • 6-8pm • This class is free (registration required)

Saturday • January 16 • 11am-1pm • This class is free (registration required)

**PENSIONS, SOCIAL SECURITY, AND OTHER INCOME SOURCES**

with Scott Turner and Steven Klimaszewski

Learn how to maximize your income sources in retirement, including:

- Determining the best age to begin Social Security.
- Assessing what pension election you should make to protect yourself and your spouse.
- Whether you should buy an annuity or avoid these products.

Tuesday • September 29 • 7:30-8:30pm • \$20



**RAISING FINANCIALLY AWARE KIDS** with Scott Turner and Steven Klimaszewski

This presentation highlights steps to develop lifelong values about money, work, education and more. The key takeaways will be:

- Understanding the difference between “needs” and “wants” and values around money.
- Establishing saving and investing habits at every age.
- Knowing the aspects of debt and borrowing--what to watch for and how those concepts apply to paying for an education.

Please Note: The presentation slides were created by American Century Investments. The presenters are not affiliated with American Century Investments and no products nor investments will be discussed.

Thursday • October 15 • 7:30-8:30pm • This class is free (registration required)

**UNDERSTANDING THE CURRENT ESTATE TAX AND ASSET PROTECTION LAWS** with Neil Lubarsky

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

Monday • October 5 • 7-8:30pm • \$30 (no fee for Chappaqua Seniors)

**GARDEN AND HOME**

-- All classes will meet online --

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

**AUTUMN IN THE GARDEN** with Deborah Taft



The growing season isn’t over yet! There are still things you can plant, yes - even in September. Some will be ready for harvest before the snow falls and some will spend all winter in the ground. We’ll talk about these crops, season extension strategies, and what you should be doing to put your garden to bed for the cold months to give yourself an excellent start in the spring.

Monday • September 14 • 7-8pm • \$20

**GROWING GREAT GARLIC** with Deborah Taft

In the northeast, autumn is garlic-planting time. These hardy little plants start their growth in October and then suspend operations until the spring wakes them up. Learn how to prepare the soil for garlic, properly crack and plant the cloves, and what your garlic will need in the spring to make next year's meals more delicious!

Monday • October 5 • 7-8:30pm • \$30

**PREP & STAGE YOUR HOME TO SELL** with Mary Ann Bayer and Vivien Levy

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

Tuesday • October 20 • 7-8:30pm • \$30 (no fee for Chappaqua Seniors)

## HOBBIES

-- All classes will meet online --

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

**COMEDY WRITING: Let's Get Funny!** with Rich Mintzer

Here's your chance to flex your funny bone and create something funny. From a standup comedy routine to jokes for the next family event, from funny stories to enhance business presentations to a humor book, comedy is always welcome as a stress release in these tough times. In this class, we'll talk about what makes something funny, how to write humor, and for those who dare get up in front of others to perform, how to survive on stage. We will also discuss how to get your humor published. So...let's get FUNNY!

3 Thursdays • October 22 to November 5 • 7-8:30pm • \$65

**CANASTA: Beginner's Series** with Lori Greene

This four-week course gives an introductory overview of the rules and strategy to playing Canasta, a form of rummy using two full decks of cards. Through open and supervised games, students learn the art of playing and have fun while doing it. At the end of the series students will feel confident in their abilities to play a game with friends or on their own.

4 Tuesdays • September 15 to October 6 • 7-8:30pm • \$100 • Limit 8 Students



**CCE FALL CANASTA TOURNAMENT** with Jamie Meadow  
Beginning Monday, September 14, 2020, Chappaqua Continuing Education hosts its own online Canasta Tournament using the Canasta Junction app on a computer or mobile device! Sign up with a partner and have fun with other enthusiasts for three rounds of online tournament play. Partners will be assigned opponents and then have 48 hours to schedule and complete each round. Players are to submit scores to the tournament director, Jamie Meadow. Detailed tournament directions will be emailed in advance.

Monday • September 14 • Time TBD • \$20

**HOCUS POCUS MAGIC** with Dave Ferst

This eight-week course will teach students basic principles in sleight of hand magic and is open to all levels, previous students are welcome. Learn misdirection, timing, and how magic works from world-renowned magician/mentalists/memoirist MagicDave. At course completion, you will have knowledge of card, coin, mind reading, puzzle and impromptu tricks, and will be able to entertain your friends and family using magic!

8 Mondays • September 14 to November 16 (no class 9/28 & 10/12)  
7-8pm • \$125

**IMAGINE IT, DESIGN IT, BUILD IT: Architecture for 2020 and Beyond** with Janny Gedeon



In this “hands on, minds on” course, participants will complete a series of challenges revolving around current issues. They will redesign a public space to make it safer during the pandemic. They will create models of structures for formerly homeless families to live in. They will join the growing tiny house movement by designing their own small home. Participants will learn the basics of architecture and model making. They will come to understand how design can address social issues - all while having a great time! The course will be highly interactive and engaging. No architecture background is required, the goal is to spur creativity and critical thinking. A materials list of common household items will be emailed in advance of the first class.

6 Wednesdays • September 16 to October 21 • 6-7:30pm • \$150

**WRITING YOUR FIRST BOOK** with Rich Mintzer


*The New York Times* once wrote that 81% of people want to write a book. Truth is, only a small percentage will ever actually complete such an endeavor. Whether you have a brilliant idea for a whodunit or want to start working on your autobiography, this class will help you put pen to paper in a friendly, supportive environment. Providing the motivation you need to catapult your work off the pages of your notebook. We will discuss the entire book process; from deciding on a topic, honing characters (if you are writing fiction) and developing an outline and table of contents, to working your way through a manuscript, one chapter at a time. We will also discuss editing, research, rewrites and how to take your book to market via agents or self-publishing options. Whether you are writing a memoir, non-fiction book, novel or children’s book, this course provides a place to begin the process.

4 Thursdays • September 17 to October 8 • 7-8:30pm • \$85 • Limit 9 Students  
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# PHOTOGRAPHY / TECHNOLOGY

-- All classes will meet online --


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

**INTRODUCTION TO ADOBE INDESIGN** with Michael Hortens   
 Adobe InDesign is a desktop publishing software application used to create flyers, brochures, magazines, newspapers and books. Projects created using InDesign can be shared in both digital and print formats. This hands-on introductory course details the most essential Adobe InDesign features for beginner level users. Students will create multi-page documents while learning a variety of text and image layout techniques. Please note: this class will be taught on a MAC computer. Students will need to subscribe to Adobe InDesign in order to participate in class.


5 Tuesdays • September 15 to October 20 (no class 9/28) • 6:30-8:30pm • \$125

**INTRODUCTION TO POWERPOINT** with Deborah Tual   
 Learn the basics of PowerPoint to help you get started creating professional slide presentations. In PowerPoint, you can combine text, graphics, images and multimedia content to create attractive and consistent presentations for PC and Mac. In this hour, you will see how PowerPoint is user-friendly and easy to learn.


Monday • November 9 • 7-9pm • \$30

**PHOTOGRAPHY: DSLR Camera Features & Settings: Beyond Auto Mode** with Dan and Deborah Tual   
 This course walks you through the key camera settings on your DSLR camera so you learn how and when to use them and take the camera off auto mode. Skill building exercises will get you up and off your chair to develop your skills with aperture, shutter speed, ISO, lighting, depth of field, exposure compensation, metering, white balance, and much more. Bonus material is provided between sessions. Skill level: Beginner/Intermediate. Camera types: DSLR only.

4 Mondays • September 14 to October 19 (no class 9/28 & 10/12)  
 7-9pm • \$120

**PHOTOGRAPHY: People and Places** with Deborah Tual   
 Learn how to see the world like a professional photographer - the do's and don'ts of photographing your family and friends and techniques to capture the beauty and unique aspects of the places in your travels near and far.

Monday • November 2 • 6:30-7:30pm • \$20

**PHOTOGRAPHY: The Art of Composition** with Deborah Tual   
 This class will introduce the artistic aspects of photography. Learn how to see a subject in different ways and create better images with confidence and creativity using elements of composition like symmetry, lines, shapes, perspective, depth and dimension, as well as color, and more.

Monday • November 2 • 8-9pm • \$20

**WEBSITE DESIGN** with Deborah Tual



Planning, designing and developing an effective and successful website will be explained in easy-to-follow steps: where to start, site mapping, colors, layouts, content, page-by-page checklists, optimization, testing and analyzing. No coding or experience necessary. This class is for anyone who wants to update or improve their current website or to start from scratch.

Monday • November 16 • 7-8:30pm • \$30

**TAKING A ZOOM CLASS** with Joshua Culwell-Block

In order to ensure you have a positive experience using Zoom, we are providing a free, *live* tutorial on Wednesday, September 9<sup>th</sup> from 7-8pm, to help you get started and have a successful online course experience. The tutorial will be taught by Joshua Culwell-Block, Director of Technology, Innovation and Mathematics for the Chappaqua Central School District.

Wednesday • September 9 • 7-8pm • This class is free (registration required)

## SELF DISCOVERY / WELLNESS

-- All classes will meet online --

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

**ALEXANDER TECHNIQUE: Poise, Breath & Skilled Movement**  
with Karla Diamond

The Alexander Technique is a method for changing postural habits that often create excess tension as we go about our daily activities. This introductory session on the technique will give you an understanding of how to use your body in a way that is stress free. The method is well known among doctors and was written up in the *British Journal of Medicine* as a proven way to enhance recovery from back pain.

6 Wednesdays • October 14 to December 2 (no class 11/11 & 11/25)  
6-7pm • \$150

**MEDITATION FOR STRESS REDUCTION** with Karla Diamond



Learning to deal with daily stress has never been more important. Meditation can be as simple as taking a moment to stop and notice your breath or the development of fuller meditation practice. In this class, we will explore both the simple daily actions that can help you destress as well as developing a daily meditation practice focused on breath, awareness and quieting the mind.

6 Wednesdays • October 14 to December 2 (no class 11/11 & 11/25)  
7-8pm • \$125

**T'AI CHI FOR BEGINNERS and BEYOND** with Robert Chuckrow  
 T'ai Chi is a meditative exercise based on Taoist philosophy and other centuries-old Chinese principles of health, spirituality and self-defense. Its natural, relaxed movements promote inner calm and improve self-awareness, balance and coordination. Recently published studies have confirmed that those who practice T'ai Chi have improved blood pressure, a reduction in fibromyalgia and arthritis pain, improved immune function, and a lowered risk of falls and their resulting injuries.

8 Tuesdays • September 15 to November 3 • 7:15-8:15pm  
 \$130 • Limit 15 Students

## WORLD LANGUAGES

-- All classes will meet online --

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

**FRENCH FOR BEGINNERS** with Monique Salnikow

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

12 Wednesdays • September 16 to December 16 (no class 11/11 & 11/25)  
 6-7pm • \$225 (\$120 for Chappaqua Seniors)

**FRENCH INTERMEDIATE** with Monique Salnikow

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

12 Wednesdays • September 16 to December 16 (no class 11/11 & 11/25)  
 7-9pm • \$300 (\$150 for Chappaqua Seniors)

**FRENCH ADVANCED CONVERSATION** with Monique Salnikow

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

12 Tuesdays • September 15 to December 1 • 7-9pm  
 \$300 (\$150 for Chappaqua Seniors)



## **INTRODUCTION TO ITALIAN: Beginners Level I**

with Alessandro Daniele

This beginner course focuses on the four areas of learning a language - listening, speaking, reading and basic writing - in real situations. Students develop communicative skills while reviewing and learning grammar, as well as discussing Italian culture.

12 Tuesdays • September 15 to December 1 • 6-7:30pm  
\$240 (\$125 for Chappaqua Seniors)

## **INTRODUCTION TO ITALIAN: Level II** with Alessandro Daniele

The aim of the course is to reinforce and refine skills in speaking, oral and reading comprehension, writing and grammar. Italian grammar is reviewed and new topics are presented through intensive listening, speaking, reading and writing practice.

12 Tuesdays • September 15 to December 1 • 7:30-9pm  
\$240 (\$125 for Chappaqua Seniors)

## **SPANISH FOR TRUE BEGINNERS** with Isabel Irizarry

*Spanish for True Beginners* is a blended learning experience with both synchronous and asynchronous experiences to ensure that students are able to practice all modes - speaking, listening, reading and writing. Zoom sessions will meet as a whole class and students can reinforce concepts on assigned work as their schedule permits. Familiarity with Google Slides is a plus.

12 Mondays • September 14 to December 14 (no class 9/28 & 10/12)  
6-7pm • \$225 • (\$120 for Chappaqua Seniors)

## **SPANISH INTERMEDIATE** with Diana Walker

This course is intended for students who have already had some experience studying and speaking Spanish and would like to increase fluency. Students will give short presentations and conduct dialogues in real situations. Present and past tenses are covered. Prerequisite: *Spanish for Advanced Beginners* or equivalent.

12 Wednesdays • September 16 to December 16 (no class 11/11 & 11/25)  
7-8pm • \$225 (\$120 for Chappaqua Seniors)

## **SPANISH ADVANCED** with Diana Walker

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

12 Tuesdays • September 16 to December 16 (no class 11/11 & 11/25)  
\$225 (\$120 for Chappaqua Seniors)

## ABOUT THE INSTRUCTORS

**SUE ALTMAN** is a former high school art teacher who now teaches continuing education courses on art and art history at many venues including Westchester Community College, The Learning Collaborative in Rockland County and others. You can learn more about Suzanne at [www.artworkslectures.com](http://www.artworkslectures.com).

**MARY ANN BAYER** is a licensed real estate agent, REALTOR and accredited staging professional. Mary Ann has represented both sellers and buyers for more than 10 years with the Chappaqua office of Houlihan Lawrence.

**MONIKA BHATT** was born and raised in India. She is a vegan/vegetarian and a gluten-free foodie who follows an Ayurveda diet and mindful lifestyle.

**KARLA BOOTH**, AmSAT, is a senior teacher of the Alexander Technique, teacher for the Institute for Music and Health, and yoga instructor with many years of experience practicing and teaching various forms of meditation.

**ELISA BREMNER**, RDN has spent 15 years empowering people of all ages and abilities to make healthful choices, with fruits and vegetables a primary focus. Through Arc, she teaches disabled adults skills for planning and cooking produce-rich meals. On the JCCA campus, she encourages students and staff to “make half your plate vegetables” through workshops, consultations and demos. Elisa holds a BS in communication from Cornell University and an MS in nutrition education from Teachers College.

**LINDA CERRONE** is a local artist with 38 years of professional experience in a wide variety of mediums. She has studied at UArts, SUNY Purchase, The Bronx Botanical Gardens and the Lasdon Arboretum. Linda is a naturalist and botanical artist with an expertise in regional flora and fauna. She currently creates work in graphite, pen and ink, watercolor, charcoal, and acrylic, and has been sharing her love of art and nature by teaching for 20 years.

**ROBERT CHUCKROW**, whose Ph.D. is in experimental physics, has studied T'ai Chi, Ch'i Kung, and other movement, self-development and healing arts since 1970. He is a certified master teacher of Kinetic Awareness® and has taught T'ai Chi extensively. A multi award-winning author, he has written five books: three on T'ai Chi, one on diet and weight-loss, and one on the tuning of keyboard instruments. He taught physics at NYU, The Cooper Union and Fieldston.

**ALESSANDRO DANIELE** is a native of Italy and acting chairman of the Italian Department at Manhattanville College. His vast teaching experience includes Fordham University and City College, as well as many institutes in Italy.

**GOWRI ACHER DANTU** builds business strategy and analysis for a living. Baking is her passion, hobby and stress buster. She loves to bake for her family and friends. You can check out Gowri's creations at <https://m.facebook.com/GowrisBakes/> or <https://www.instagram.com/Gowri.achar/>.

**KARLA DIAMOND** is a certified senior teacher of the Alexander Technique with 24 years of teaching experience. She has taught workshops around the world and maintains a private practice in Mt. Kisco.

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

**DAVID “Magic Dave” FERST** is a world-renowned magician/mentalists/memorist who has been performing since the age of six. He is a top consultant in the magic field teaching sleight of hand to some of the world's finest entertainers. He also performs for many charities such as Memorial Sloan Kettering, St. Jukes Children's Hospital, Orange

Grove Medical Center, National Leukemia/Lymphoma Association, and many others.

**JANNY GEDEON** is the founder of ArchForKids ([www.archforkids.com](http://www.archforkids.com)). She holds a BS in architecture from City College of NY and a Masters in Urban Design from Hunter College. Founded in 2013, ArchForKids is a leading provider of STEAM (science/tech/engineering/art + design/math) programs in the New York metro area. ArchForKids works with students of all ages, not just kids!

**KATIE GOLDBERG** is a classically trained fine artist residing in Mt. Kisco. She holds a B.F.A. from Alfred University and teaches mixed-media art classes throughout Westchester. She is an avid mah jongg player and an experienced instructor.

**MEGAN SACH GOLDSCHWEIN** is the owner of Pure Barre Mt. Kisco. Pure Barre is a full body workout which focuses on small isometric movements creating a high-intensity, low impact workout.

**LORI GREENE** has been teaching canasta privately for two years. She is passionate about the game and particularly loves how her groups have continued playing long after their lessons have ended. Lori previously worked as a vice president of human resources in investment banking and has held various part-time and volunteer positions.

**ANN HERRERO, CFP<sup>®</sup>, CTFA, CDFP<sup>™</sup>** is a financial planner with over 25 years of experience in the financial industry including fixed income trading, private banking and trust accounts. She is a Certified Financial Planning<sup>™</sup> Professional, a Certified Trust and Financial Advisor, and a Certified Divorce Financial Analyst. She has an M.B.A. in finance and portfolio management from Pace University and is past-president of the Financial Planning Association of the Greater Hudson Valley.

**MICHAEL HORTENS** is an accomplished production artist, graphic designer, illustrator, and teacher offering a solid background of over 20 years of experience and a strong record of performance in design, illustration and production.

**ISABEL IRIZARRY** grew up speaking Spanish and living in different parts of the Spanish-speaking world including Spain, Colombia and Puerto Rico. She is currently a teacher at Horace Greeley and is excited to rejoin the Continuing Ed program. Isabel enjoys creating engaging, meaningful experiences through the use of authentic material.

**STEVEN KLIMASZEWSKI** is a Certified Financial Planner<sup>™</sup> Professional and a Certified Fund Specialist with over 25 years of experience in financial services, including two decades of teaching retirement planning classes. Steve specializes in retirement distribution planning for pre-retirees and retirees. He has successfully helped hundreds retire using a segmentation or bucketing methodology to guide asset allocation strategies.

**VIVIEN LEVY** is a professional stager who helps Westchester-based realtors and homeowners prepare properties for sale.

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

**JAMIE MEADOW** is a member of the Canasta League of America. She is an experienced Canasta instructor teaching and organizing tournaments throughout Westchester County.

**RICH MINTZER**, an author and ghostwriter for nearly 30 years, has penned over 80 books and taught writing classes in Manhattan and at Westchester Community College. He has also done speaking engagements on writing a book throughout Westchester over the past 7 years.

**ROCHELLE MITLAK** is a certified Kripalu yoga instructor and has been dancing and practicing yoga for many years. She values the transformation yoga has brought to her life and wants to inspire others to connect the mind and body.

**JAMES RELYEA** is an independent consultant in life and long-term care insurance, Certified Financial Planner (CFP), Certified Insurance Consultant (CIC), and Certified Long-Term Care Specialist (CLTC).

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

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

**DEBORAH TAFT** is the owner of Mobius Fields, a small-scale mixed vegetable farm in Westchester. She uses organic methods enhanced by biodynamic and nutrient dense growing practices. Mobius Fields can be found on Saturdays during the growing season at the John Jay Homestead Farm Market and the Tarrytown and Sleepy Hollow Farmers Market. Deb is a founding board member of the Westchester Growers Alliance.

**SUZI MYERS TIPA** studied acting at the Lee Strasberg Theatre Institute and improv at Chicago City Limits in NYC. She has taught Latin and international dance and Zumba for SUNY Purchase. She is co-founder and company manager for World Dance Theatre, a not-for-profit professional dance company dedicated to the promotion of cross-cultural understanding through the arts. She currently performs with World Dance Theatre and with Pat Cannon's Foot and Fiddle Dance Company.

**DAN** and **DEBORAH TUAL** are professional photographers with over 25 years of experience. Their North Stamford, CT studio specializes in portrait photography (business, family, children) and event photography. Dan is a past president of the Connecticut Professional Photographers Association and Deborah is a certified professional photographer and an approved business instructor through the Professional Photographers of America.

**SCOTT M. TURNER** has been in the financial services business for over 20 years. He specializes in financial consulting for individuals, families, and small businesses with an emphasis on asset management and retirement planning. Scott is a CFP®, Certified Financial Planner™ Professional, and a Fellow of the Society of Actuaries. He is one of fewer than 50 people nationwide who have both designations.

**DIANA WALKER** is a native Spanish speaker from Argentina. This accomplished, creative and energetic teacher challenges students by creating unique instructional programs tailored to specific needs. Diana has taught at Rippowam Cisqua and Hackley, and continues to tutor students and teach classes in Westchester.

**KATHRYN WARD** has been practicing yoga for more than 20 years and started teaching it in 2015. She sees yoga as a path to connecting body and mind and as an important tool for cultivating mindfulness in daily life.

**DENISE WEBER** is a fitness professional with 30 years of experience and multiple certifications. She loves to use fitness to improve the quality of life for her clients and students.

**WilsonPrep** courses teach all the strategies and skills necessary for testing success. For the past 16 years, WilsonPrep tutors have been motivating students with their dynamic lessons and easy-to-remember, fun strategies. It is WilsonPrep's passion to see students succeed. Students in all courses will receive weekly homework assignments, the WilsonPrep online prep program and opportunities to take practice exams under testing.

# REGISTRATION

Make check payable to the **Chappaqua Central School District** and mail to:

**Chappaqua Continuing Education | HGHS  
70 Roaring Brook Road  
Chappaqua, NY 10514**

Medical professionals should be consulted prior to commencing any health or fitness related activity. By submitting this registration form, I acknowledge that the registered participant has no existing physical condition that would prevent him/her from safely participating in the enrolled activity. Participation in these activities is voluntary. I understand the risks involved in the activities and accept full responsibility. I agree to release and discharge the Chappaqua Central School District, the Chappaqua Continuing Education Program, its officers and employees from responsibility, liability or claims for any injuries or damages arising from participation in this Continuing Education Program. CCE does not assume responsibility for property loss or personal injury.

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**Course** \_\_\_\_\_ **Section (if applicable)** \_\_\_\_\_

**Name** \_\_\_\_\_ **Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Town** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_ (Important for enrollment verification and cancellation notification.)

**Course Fee \$** \_\_\_\_\_

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

**CHAPPAQUA SENIOR CITIZENS ONLY:**

**Chappaqua Senior Citizen #** \_\_\_\_\_

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**Course** \_\_\_\_\_ **Section (if applicable)** \_\_\_\_\_

**Name** \_\_\_\_\_ **Birth date** \_\_\_\_\_

**Address** \_\_\_\_\_ **Telephone** \_\_\_\_\_

**Town** \_\_\_\_\_ **Zip** \_\_\_\_\_

**Email** \_\_\_\_\_ (Important for enrollment verification and cancellation notification.)

**Course Fee \$** \_\_\_\_\_

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

**CHAPPAQUA SENIOR CITIZENS ONLY:**

**Chappaqua Senior Citizen #** \_\_\_\_\_