

Chappaqua Continuing Education

HOW TO REGISTER

Register online at www.ccsd.ws/continuinged or by mail by completing the form on page 24 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. Students may enroll the first night of class at the CCE office at Horace Greeley High School, provided the class is running and space is available. If there is insufficient enrollment before the start of a class, it will be cancelled. If you do plan to register the first night of class, call or email to confirm if the course is running and there is space.

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

Classes meet at Horace Greeley High School (HGHS), 70 Roaring Brook Road in Chappaqua, unless otherwise noted.

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: April 6 and May 25

Tuesday: April 7

Wednesday: April 8

Thursday: April 9

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.

RESIDENTS OF OTHER DISTRICTS & AGE REQUIREMENTS

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

MISSION STATEMENT

THE MISSION of the Chappaqua Central School District is to create a community for learning, where students, parents and staff are joined in the pursuit of academic excellence and personal growth in a caring environment.

Sponsored by the Chappaqua Central School District Board of Education

Jane Kimmel Shepardson, President

Holly McCall, Vice President

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Chappaqua Continuing Education

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Contact Information

Phone: 238-7201 ext. 2318

Email: chappedu@ccsd.ws

Website: www.ccsd.ws/continuinged

Enrollment Verification

To contact us, or to verify your enrollment in a course, please call 238-7201 ext. 2318, or send an email to chappedu@ccsd.ws. Checks may not be deposited until classes begin. We reserve the right to substitute instructors when the need arises. Unless your check is returned to you or you receive a call or an email, your registration is automatically accepted. For automatic class confirmation, include your email address.

Have a class to teach?

Please visit www.ccsd.ws/TeachCCE

Statement of Nondiscrimination/Equal Opportunity Policy

The Board of Education, its officers, employees, volunteers and business invitees shall not discriminate against any student, employee or applicant on the basis of age, race, creed, color, national origin, sexual orientation (actual or perceived), military status, sex, disability, genetic predisposition or carrier status, or marital status in its educational programs or employment practices. Information concerning grievance procedures is available from the Assistant Superintendent for Human Resources and Leadership Development, School District Central Office, at 66 Roaring Brook Road, Chappaqua, NY 10514, or please call 914-238-7200.

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Have a class to teach? Please visit www.ccsd.ws/TeachCCE

ART AND ART APPRECIATION

BOTANICAL DRAWING: Basics and Beyond with Linda Cerrone



Learn the basics and beyond of botanical drawing. This class 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. All levels of experience are welcome. Bring your own materials if you'd like. A supply list and starter supplies will be provided at the first class.

8 Tuesdays • March 10 to May 5 (no class 4/7) • 7-9pm • HGHS, Art I • \$180

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 Tuesdays • March 24 to April 14 (no class 4/7) • 6:30-9pm • HGHS, L-217 • \$80

MIXED MEDIA-EUROPEAN ADVENTURE with Katie Goldberg



Each week our creative spirits will visit a different European cultural highlight that will be our inspiration for creative play. Using various mixed media techniques, the culminating project will provide the student with an art-folio travelogue of our adventures. Experience techniques such as painting, stenciling, stamping, embossing, debossing, collage, and appliqué. Instructor provides all art materials. Students bring scissors and apron. \$10 materials fee paid to instructor at first class.

6 Mondays • March 9 to April 20 (no class 4/6) • 7-9pm • HGHS, Art I • \$120

PAPER CRAFTING with Yvette Sanchez



Are you tired of buying expensive cards for Birthdays, Anniversaries, Showers, etc? What if you could make them yourself and have plenty for every occasion? In this class, the instructor will guide you through simple techniques of Paper Crafting to create beautiful handmade cards, scrapbook pages and more. You will learn how to use the latest tools, coordinate color schemes and incorporate embellishment to create simple yet elegant and unique projects that you will be proud to give to friends and loved ones. Enjoy an evening of creativity with guidance from an instructor with over 18 years of experience and go home with 3 different projects. Beginner to Advanced level crafters are welcome.

Section A: Thursday • March 19 • 7-9pm • HGHS, Art I • \$30
(\$20 materials fee collected in class) *Limit 10*

Section B: Thursday • April 30 • 7-9pm • HGHS, Art I • \$30
(\$20 materials fee collected in class) *Limit 10*

Section C: Thursday • May 28 • 7-9pm • HGHS, Art I • \$30
(\$20 materials fee collected in class) *Limit 10*

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 Tuesdays • April 21 to May 5 • 6:30-9pm • HGHS, L-217 • \$80

UNLEASH THE POWER OF YOUR CREATIVITY: Visual Journaling

For Everyone with Krysty Krywko

If you get overwhelmed with ideas that you have...If you previously engaged in creative work but just don't have the time for it anymore...If you've always wanted to engage in some sort of creative work but don't know where to start...Then this workshop is for you! It's a place where you are free to work through your own process and where you will be able to play and explore with art materials in ways that will help access your creativity. Many art classes focus on the product of the experience, and participants often leave the class with a similar piece of art. Visual Journaling focuses on the process so that each participant will truly be engaged with work that speaks only to their deepest self.

Absolutely no art skills are needed for this class. It's all about being willing to face the unknown and to have a sense of adventure. Bring a sketchbook--all other materials will be provided by the instructor.

4 Thursdays • April 16 to May 7 • 7-8:30pm • HGHS, Art I • \$80

(\$5 materials fee collected at first class)

WATERCOLOR PAINTING with Linda Cerrone

Explore the wonderful world of watercolor painting. This class 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. This class will give you the skills to create and experiment with the medium in an enjoyable, non-judgmental atmosphere and is designed for students of all abilities. Bring your own watercolor materials if you would like. A supply list and starter supplies will be provided at the first class.

8 Wednesdays • March 11 to May 6 (no class 4/8) • 7-9pm • HGHS, Art I • \$180

CULINARY**BANANA BLOSSOM SALAD** with Linh Hoang

This refreshing salad is filled with texture and flavor, perfect for a hot summer day. Shredded banana blossom (shredded papaya, mango or cabbage can be substituted if banana blossom is unavailable), red bell peppers, bean sprouts combined with pork or shrimp or shredded chicken. You can also add baby clams, which is surprisingly delicious. The salad is topped off with minced mint, Vietnamese cilantro, roasted peanuts and a generous pour of fish sauce dressing that pulls everything together, sweet, sour and savory!

Tuesday • April 14 • 7-9pm • HGHS, Cafeteria • \$30

(\$10 materials fee collected in class) *Limit 10*

BBQ/SMOKING 101 with Alan Elsner

Grilling and barbecuing/smoking are terms that are used interchangeably, but they're not the same thing. Learn the differences and all of the tools and techniques to produce great BBQ. Topics include: Types of BBQs/Smokers, fuels, fire starting and maintaining temperature, meats, and sauces. You will learn the mechanics of smoking, and the preparation of various meats.

Thursday • May 21 • 7-9pm • HGHS, L-217 • \$30

CHINESE COOKING: Dim Sum, Noodles and Takeout with Darryl Moy



Learn Chinese cooking from a 4th-Generation Chinese-American striving to bring authenticity and tradition back to the kitchen. Learn tips and secrets to prepare traditional dishes and short-cuts and tips to use in your kitchen, making Chinese cooking easy and fun. Menus and recipes for all classes are dependent on available ingredients and subject to change.

1. DIM SUM & THE STEAMY KITCHEN

This class will cover how to prepare savory spare ribs, turnip cake, and sticky rice; favorite dim sum dishes.

Wednesday • March 11 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

2. DIM SUM FUN WITH WONTON WRAPPERS

Wonton wrappers are delicious vehicles for dim sum. Learn how to make easy steamed, boiled and fried dumplings.

Wednesday • March 25 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

3. THE REAL DEAL DUMPLINGS

This class will cover how to prepare hot water dough for Pot stickers and more; a traditional and versatile dough used for dim sum and Chinese appetizer favorites.

Thursday • April 16 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

4. FAVORITE TAKEOUT & NOODLES

This class will cover how to make Hong Kong-Style Pan-fried Noodles, Shrimp with Lobster Sauce, and Mu Shu Pork.

Wednesday • May 20 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

CORN SEAFOOD CHOWDER with Linh Hoang



In this class you will learn how to prepare Corn Seafood Chowder--a beautiful and elegant soup normally served at wedding parties in Vietnam. Lump crab meat, shrimp, egg, shiitake mushrooms, shredded chicken, and corn are blended together in a delicious broth topped with chopped scallion, cilantro, fried shallot and black pepper.

Tuesday • March 17 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

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.

Tuesday • April 28 • 7-9pm • HGHS, Cafeteria • \$30
(10 materials fee collected in class) *Limit 10*

PAKORA-VEGETABLE-GLUTEN FREE APPETIZERS with Monika Bhatt

Pakora is a popular appetizer in India made with a variety of vegan and gluten free ingredients. Familiarize yourself with techniques used to make pakora. This class will also include how to prepare homemade Chutney and how to pair these appetizers with common sauces in your fridge.

Tuesday • March 10 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

PUMPKIN CRÈME BUN with Linh Hoang

A soft, airy bao-like bun made with fresh Kabocha pumpkin. The delicious buns are filled with pureed pumpkin mixed with whipped heavy cream. . .slightly sweet in flavor with a wonderful texture and perfectly balanced.

Tuesday • March 24 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class) *Limit 10*

SHRIMP PINEAPPLE FRIED RICE with Linh Hoang

Learn to make this quintessential comfort food. Shrimp Pineapple Fried Rice is a delicious combination of savory, sweet and spicy ingredients with a tropical twist from the pineapple. It's simple to make and so delicious! Serve it in hollowed out pineapple for a beautiful presentation.

Tuesday • May 5 • 7-9pm • HGHS, Cafeteria • \$30
(\$10 materials fee collected in class)

DANCE AND EXERCISE**CARDIO STRENGTH** with Michelle Saccurato

Torch fat, tone muscle, and get stronger! This low impact cardio workout set to music is followed by strength training using a variety of modalities. Bring a mat, towel and water.

10 Mondays • March 9 to May 18 (no class 4/6) • 6:30-7:30pm
HGHS, Fitness Center • \$130

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 • March 11 to May 20 (no class 4/8) • 6:45-7:45pm • HGHS, F-1 • \$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 • April 27 • 7-8pm • HGHS, Dance Studio

*This class is free (registration is required)

PICKLEBALL: Beginner Series with Manny Boya



Pickleball is a racket sport created for all ages and skill levels. The game combines elements of badminton, tennis, and ping-pong; players use solid wooden paddles to hit a wiffle ball over a net to score points. Students will learn all aspects of this game, including rules and strategy from an International Pickleball Teaching Association Level 2 instructor. Whether you're a beginner or an advanced racket sport athlete, this course will offer lots of practice time along with individual and doubles games.

Equipment provided; wear sneakers and comfortable attire.

6 Thursdays • March 12 to April 23 (no class 4/9) • 7-9pm • HGHS, Gym D • \$125

PILATES with Michelle Sacurato

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. Ring provided in class. Please bring your own mat.

10 Wednesdays • March 11 to May 20 (no class 4/8) • 7:30-8:30pm

HGHS, Fitness Center • \$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 will be provided. Please bring a yoga mat or towel to work on.

8 Tuesdays • March 10 to May 5 (no class 4/7) • 8:15-9pm

HGHS, Dance Studio • \$105

SALSA TO SWING: Ballroom Basics with Suzi Myers Tipa

Learn the basics of your favorite ballroom dances including salsa, merengue, swing, waltz, tango and more, while learning partnering techniques for leading and following. No partner necessary, just your sense of adventure and sense of humor! Please wear dance shoes or sneakers and comfortable clothing appropriate for exercise.

8 Tuesdays • March 10 to May 5 (no class 4/7) • 7:15-8:15pm

HGHS, Dance Studio • \$105

SMALL-GROUP PERSONAL TRAINING with Denise Weber

This multifaceted class will contain all of the benefits of working with a certified personal trainer/group fitness instructor while exploring different modalities of training to help you achieve your fitness goals. Using traditional dumbbells and weight training techniques, cardio intervals and circuit training, the workouts will vary from week to week to help you get fit and have fun in a class. It will keep you coming back for more week after week! Some experience with weights would be helpful. Please bring a yoga/exercise mat, water bottle and small fitness ball to class.

Section A: 10 Tuesdays • March 10 to May 19 (no class 4/7) • 6:30-7:30pm
HGHS, Fitness Center • \$130 *Limit 10*

Section B: 10 Tuesdays • March 10 to May 19 (no class 4/7) • 7:30-8:30pm
HGHS, Fitness Center • \$130 *Limit 10*

TRX STRENGTH TRAINING with Michelle Saccurato

Developed in the field by U.S. Navy Seals, TRX training is a full-body strength workout that utilizes a person's own body weight instead of relying on machines or dumbbells. TRX is designed to improve your balance, endurance, flexibility, and core strength. This class is appropriate for all fitness levels.

10 Wednesdays • March 11 to May 20 (no class 4/8) • 6:45-7:30pm
HGHS, Fitness Center • \$125 *Limit 12*

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 • March 23 to June 8 (no class 4/6, 5/25) • 7:30-8:30pm
HGHS, F-1 • \$130

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 every class!

8 Thursdays • March 12 to May 7 (no class 4/9) • 6-7pm • HGHS, Dance Studio • \$105

FINANCE

AGING IN PLACE WITH MEDICAID HOME CARE with Sara Meyers

Nearly 90 percent of seniors want to stay in their own home as they age (source: AARP). The Medicaid Home Care program can help make aging in place - safely, independently and comfortably - a reality. Join elder law attorney Sara E. Meyers, Esq. for an overview of the program, including what you need to know about eligibility criteria and the application process.

Wednesday • March 18 • 7-8:30pm • HGHS, L-216

\$30 (no fee for Chappaqua Seniors)

FINANCIAL FITNESS with Ilene Amiel

Learn how to become financially fit by organizing all your important documents and creating an accurate picture of your monthly income and expenses. This two-part series will show you how to gain control of your clutter and create a system to easily access all your important documents and create a cash flow budget that reflects your actual expenses.

2 Tuesdays • March 10 to March 17 • 7-9pm • HGHS, L-217 • \$50

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 towards 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 • April 23 • 7-9pm • HGHS, L-216 • \$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 • April 30 • 7-8:30pm • HGHS, L-216 • \$30 (no free for Chappaqua Seniors)

MEDICARE 101 with Jim Farnham

Are you currently enrolled in Medicare, or are you soon-to-be eligible for Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Prescription Drug Plans, Medicare Supplement Insurance and Medicare Advantage Plans. Receive the most up-to-date information and simplify the choices you need to make. This program will help you become better informed and confident about what Medicare means for you!

Monday • March 16 • 6-8pm • HGHS, L-216 • This class is free (registration required)

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 • March 26 • 7-8:30pm • HGHS, iLab

This class is free (registration required).

RETIREMENT PLANNING TODAY with Scott Turner and Steven Klimaszewski

The strategies that you used to accumulate money are very different from the strategies that you will use to make sure your money lasts throughout your retirement. Come learn from two financial specialists with over thirty-five years of experience how you can create the retirement plan that you want based on the following:

- How to allocate your investments for your retirement
- How to avoid investing too conservatively
- What the basics of financial planning are and what strategies will combat inflation and taxes
- How to determine your insurance needs and what estate planning techniques and documents you need for the distribution and management of your estate

3 Tuesdays • April 14 to April 28 • 7-9:30pm • HGHS, iLab

\$50 (optional \$40 workbook available for purchase at first class)

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 • May 4 • 7-8:30pm • HGHS, L-216 • \$30 (no fee for Chappaqua Seniors)

GAMES AND FUN

CANASTA: Beginner's Series with Lori Greene

This six-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.

Section A: 6 Mondays • March 9 to April 20 (no class 4/6) • 7-9pm
HGHS, L-217 • \$150 *Limit 10*

Section B: 6 Mondays • April 27 to June 8 (no class 5/25) • 7-9pm
HGHS, L-217 • \$150 *Limit 10*

CANASTA: Supervised Play with Susan Cott

Take your Canasta game to a higher level! Learn strategy and tips on how to play to win. Students must know how to play canasta or have taken *Canasta: Beginner's Series*.

Section A: 6 Wednesdays • March 11 to April 22 (no class 4/8) • 7-9pm
HGHS, D-4 • \$150 *Limit 10*

Section B: 6 Wednesdays • April 29 to June 3 • 7-9pm
HGHS, D-4 • \$150 *Limit 10*

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 • March 9 to May 4 (no class 4/6) • 7-9pm • HGHS, L-216 • \$150

MAH JONGG with Katie Goldberg

Bam! Crack! Dot! Come learn the basics of this intriguing ancient Chinese tile game of luck and skill. You will learn the "western" style of play as sanctioned by the National Mah Jongg League. The experienced instructor will provide all learning materials as well as the current National Mah Jongg League Card.

6 Thursdays • March 12 to April 23 (no class 4/9) • 7-9pm • HGHS, D-4
\$135 (\$15 materials fee collected in class)

MAH JONGG: Supervised Play with Katie Goldberg

Take your Mah Jongg game to a higher level! Learn scoring and betting, winning and defensive strategies, and different styles of playing the hand. Students must know how to play Mah Jongg or have taken a beginner course. All levels welcome. The current National Mah Jongg League Card will be available for purchase from the instructor, if needed. As always, prizes for the winners!

6 Thursdays • April 30 to June 4 • 7-9pm • HGHS, D-4 • \$135

SUPERPOWER MEMORY WORKSHOP with Marc Sky

Are you terrible at remembering names or forget where you put your car keys? In this workshop you will discover easy and sure-fire ways to instantly recall names, faces, lists, instructions, school work, and English and foreign vocabularies. Whether you're a student looking to get better grades, a sales person who has to remember your customers' names, employed or not, 18-95 years old, you WILL benefit from this course. Workbook is included.

Thursday • April 2 • 6:30-8pm • HGHS, L-216 • \$35

REDUCE STRESS WITH HYPNOSIS with Marc Sky

Stress can take years off your life and cripple your ability to function. Illness is far more likely to occur following highly stressful events in your life. In this workshop you will discover an effortless way to reduce stress and put yourself back in control using quick and easy hypnotic techniques.

Thursday • April 2 • 8:15-9:45pm • HGHS, L-216 • \$35

GARDEN AND HOME

CREATE A SHIITAKE MUSHROOM LOG with Deborah Taft

Grow your own gourmet mushrooms! Learn the basics of using plug spawn to start a mushroom log; techniques which can be applied to many exotic and expensive varieties. Discover the culinary and medicinal uses of these woodland treats and leave with your own one-foot log, which will bloom with mushrooms! We will also talk about the cultivation of Wine Cap mushrooms in wood chips. A choice of Shiitake, Maitake, and Oysters supplies will be available.

Monday • April 27 • 7-8:30pm • HGHS, D-6 • \$30 (\$7 supply fee collected in class)

DESIGN A SPRING WREATH with Deborah Taft

Learn to make a wreath with a variety of locally-sourced foraged and purchased spring elements, both dried and fresh. You'll learn the basics of working with metal wreath forms as well as simply adorning pre-made grape vine wreaths. As time and interest permits, we can also cover garland, swags, table runners, and/or centerpieces, all made with the same materials. Leave with at least one completed wreath.

Monday • May 11 • 7-8:30pm • HGHS, Cafeteria

\$30 (\$10 materials fee collected in class) *Limit 10*

GROWING GREAT TOMATOES with Deborah Taft

Everybody loves tomatoes, but they can be challenging to grow. We'll talk about varieties to choose, trellising, and pruning methods. Tomatoes are considered "heavy feeders" so we'll discuss how to keep them well-fed. Also, because they are susceptible to many pests and diseases, we'll spend some time talking about identifying problems as well as organic controls for them. Bring your questions! Tomato seedlings will be available for purchase after class.

Monday • June 1 • 7-8:30pm • HGHS, L-216 • \$30

GROWING ORGANIC VEGETABLES with Deborah Taft

Learn what to consider in planning a garden, from choosing a site to selecting crops, quantities and when to get started. What does it take to turn a patch of your lawn into a garden plot? Talk about siting requirements, turf removal, soil analyses and amendment. Is it best to build boxed beds, a raised bed, or just plant in a nice smooth piece of ground? Look at all these options, see plans to build a boxed bed and learn to make a raised bed. Leave with copies of Deb's favorite catalogs.

Monday • March 23 • 7-8:30pm • HGHS, D-6 • \$30

ORGANIZING 101 with Katy Winter

Imagine the joy of a home finally decluttered. No more junk drawers, piles of papers, closets overflowing with unworn clothes, self-help organizing books collecting dust on your shelves. So many of us crave order, but find the task overwhelming. The hardest part is getting started! Katy Winter has been decluttering Chappaqua homes for the past six years. This course will simplify the process and offer ideas for transforming target areas. Whether you are a young couple setting up a new home or an empty nester trying to pare down thirty years of memorabilia; whether your goal is to organize a pantry or edit your home from top to bottom, Katy can help you make your life at home easier and happier.

Thursday • May 7 • 7-8:30pm • HGHS, L-217 • \$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.

Monday • March 9 • 7-8:30pm • HGHS, D-6 • \$30 (no fee for Chappaqua Seniors)

HOBBIES

A Giant Awakes™: Understanding China in the Modern World with Jim Levey

In the past 67 years, China has made a phenomenal transformation through a careful blend of capitalism and a centrally planned economy. China's 2025 technology program and *One Belt, One Road* initiative underscores its ambitions for hegemony. Yet, as China takes its place in the modern world, it faces immense difficulties: a growing inequality gap, widespread corruption, and rampant pollution, all of which provoke mounting calls for political reform. The presentation will examine the future of U.S.-China relations in light of ongoing conflicts in trade, military, and other issues. We will examine China's past, from ancient times onward, and explore its history, philosophies, and traditions to try to better understand the underlying forces that explain China today.

6 Tuesdays • April 14 to May 19 • 7-8:30pm • HGHS, L-217 • \$90

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 • April 16 to April 30 • 7-8:30pm • HGHS, D-6 • \$65



TOSCA: Behind the Opera with Cabiria Jacobsen

Join operatic mezzo-soprano Cabiria Jacobsen as she takes you on an entertaining and enlightening journey into the world of Puccini's iconic opera *Tosca*. Explore the heart-breaking story and opulent music. Learn what it takes to mount a production of such magnitude. Discover the larger than life personalities and incredible true stories of the singers, conductors, directors and impresarios who continue to shape the way Puccini's masterpiece is portrayed.

4 Wednesdays • March 11 to April 1 • 7-9pm • HGHS, L-215 • \$90

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 • March 12 to April 2 • 7-8:30pm • HGHS, D-6 • \$85

SELF-DISCOVERY / WELLNESS**ALEXANDER TECHNIQUE** with Eve Silver

In this six-week workshop, learn how the Alexander Technique helps to reduce stress, pain and ultimately improve your sense of calm, focus, posture and ease of movement. Learn how your brain and body interact, allowing you to better coordinate your movements and increase the accuracy of your mind's thoughts and perceptions.

6 Wednesday • April 22 to May 27 • 7-8pm • HGHS, TBD • \$150

AMERICAN HEART ASSOCIATION FAMILY & FRIENDS CPR with Joseph Gentile

This course includes instruction in adult CPR, adult Automated External Defibrillator (AED), child CPR, child AED and infant CPR. Instruction in how to relieve choking in adults, children and infants is also included. The video-based training is complemented by supervised, corrected practical exercises. Please Note: This is not a credentialed class, you will not receive a course completion card.

Thursday • April 16 • 7-10pm • CVAC Building* • \$25 (free for Chappaqua Seniors)

AMERICAN HEART ASSOCIATION HEARTSAVER FIRST AID with Elissa Schilmeister

American Heart Association Heartsaver First Aid is a video-based, instructor-led course that teaches students critical skills to respond to and manage an emergency in the first few minutes until emergency medical services arrives. Students learn duties and responsibilities of first aid rescuers; first aid actions for medical emergencies, including severe choking, heart attack, and stroke; and skills for handling injury and environmental emergencies, including external bleeding, broken bones and sprains, bites and stings.

Thursday • May 7 • 7-9pm • CVAC Building* • \$25 (no fee for Chappaqua Seniors)



HEALTHY ON A BUDGET: Beyond The “Value Meal” with Elisa Bremner, RDN

This class will help students understand the financial benefits of choosing a whole food plant-based diet. Learn tips for planning and shopping to create healthful budget-wise meals. Practice meal prep and simple shortcuts for a more delicious life!

Thursday • April 23 • 7-9pm • HGHS, Cafeteria

\$30 (\$10 materials fee collected in class) *Limit 10*

INTRODUCTION TO CH’I KUNG (QIGUNG) with Robert Chuckrow

For millennia, the Chinese have developed and practiced Ch’i Kung (Qigong) for calming the mind and relaxing, energizing, and healing the body and organs. Ch’i is the basis of Traditional Chinese Medicine, and Ch’i Kung is characterized as “acupuncture without the needles” because it achieves similar effects. Adults of all levels, ages and conditions of health are welcome. A free video of the movements taught will be provided to each participant.

8 Thursdays • March 12 to May 7 (no class 4/9) • 7:30-8:30pm • HGHS, F-1 • \$120

PLANT POWERED FUN AND EASY MEALS with Elisa Bremner, RDN



Registered Nutritionist, Elisa Bremner will share the benefits of a plant predominant diet, ways to implement more plant foods into your daily life and practice easy recipes that don’t require special ingredients.

Thursday • March 26 • 7-9pm • HGHS, Cafeteria

\$30 (\$10 materials fee collected in class) *Limit 10*

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 • March 10 to May 5 (no class 4/7) • 7:15-8:45pm • HGHS, F-1 • \$135

YUMMY MINDFUL KNITTING WORKSHOP with Jessica Meyrowitz

Just in time for Mother’s Day! Come and experience the mindful and meditative benefits of knitting! As a class participant you will learn how to knit a scarf using It’s a...Yummy super soft 100% merino wool yarn and oversized needles. At the end of the workshop, you will have learned a skill and leave with your own creation--a Yummy Mini Scarf! This class is appropriate for both novice and experienced knitters.

Tuesday • May 5 • 7-9pm • HGHS, D-6 • \$30 (\$35 supply fee collected in class)

TECHNOLOGY

A COMPLETE GUIDE TO BUYING AND SELLING ON EBAY with Peter Silverman

This comprehensive course will help beginners and knowledgeable eBayers alike. Learn to set up eBay and PayPal accounts, navigate the system and understand how to participate in both buying and selling. Learn how to search through all of the millions of items for sale for exactly what you want, save custom searches, maintain a “watch” list and favorite sellers. Learn the tips, tricks and traps of online auctions so you can avoid mistakes and spot great deals. Learn to create your own auction listings including how to describe and price your items, post photos, determine shipping costs, create restrictions and get paid. Learn about the importance of timing your listing, getting and giving feedback and how to communicate with buyers. This course will teach you how to navigate eBay’s menus, search for items as well as create your own listings from scratch with photos that sell your items.

3 Wednesdays • April 15 to April 29 • 7-9pm • HGHS, Studio 6 • \$90

APPLE PAY: Apple Card, Apple Cash, Apple Wallet with Donald Gambino



Apple Pay is a mobile payments service and digital wallet app designed to move consumers away from physical wallets into a world where your debit and credit cards are on your iPhone or Apple Watch. Apple Pay allows you to pay using your device instead of a credit card. Learn how to set up and use Apple Pay and its related items on your iPhone, iPad, Mac, and Apple Watch and how its various components work together seamlessly--for you!

Thursday • March 19 • 7-9:30pm • HGHS, L-217 • \$35

iCLOUD: Keep Your Documents Up To Date On All Devices with Donald Gambino

In this two-part lecture and demo class, students will learn how Apple’s iCloud seamlessly integrates apps & information across iDevices, Macs, or PCs. iCloud is an online service provided by Apple. It provides users with an email account, online storage, and backup services. iCloud provides up-to-date music, photos, contacts, calendars, messages, notes, passwords, documents, and more. NOTE: Please email your 3 questions/topics at least 1 day before class starts to your Instructor at Donald_Teacher@mac.com.

2 Thursdays • March 26 to April 2 • 7-9:30pm • HGHS, L-217 • \$70

SETTINGS For iPhone, iPad, iPod Touch: Don’t Be Afraid! with Donald Gambino

Confused about your iDevice’s settings? Wonder what’s the difference between Notifications, Control Center, Do Not Disturb, Hotspots, iCloud, and various Apps’ settings? Not sure which switch should be on or off--and why? Concerned about battery life, privacy, ad tracking, GPS and more? Explore and learn about all the settings and customize them to serve your digital lifestyle.

2 Thursdays • April 16 to April 23 • 7-9:30pm • HGHS, L-217 • \$70



TICK-TOCK: Everything You Need to Know About Your Apple Watch with

Donald Gambino

It's time to learn about Apple's most personal device yet! Learn how to customize your Smartwatch to fit your daily needs. Navigate with Maps, understand its menus, screens, apps, settings and its relationship with your iPhone. Stay in touch with family, friends, business contacts via texts and notifications. Answer phone calls through your watch (like Dick Tracey, cool!). Have Siri on your wrist, whenever you need a question answered. See your workouts, exercise, calories, even your photos on your watch. **NOTE:** email your top 3 questions regarding the Apple Watch at least 1 day before class to Donald_teacher@mac.com

2 Mondays • March 9 to March 16 • 7-9:30pm • HGHS, L-216 • \$70

YOUR DIGITAL WORLD: Privacy and Surveillance...Scammers and Phishers and Hackers, Oh My! with Donald Gambino

In this timely demonstration, lecture, and discussion class, learn to be aware and protect your privacy from scammers, phishing, hacking, and social engineering online & offline. Topics include: current events, best web searching practices, passwords & PINs, VPNs, ad blockers, tracking, biometrics (face, fingerprint, voice, crowds), smart-homes, pesky drones, fake ATMs, Facebook, Google, "the camera game", and more. Links, articles and info will be shared.

Thursday • April 30 • 7-9:30pm • HGHS, L-217 • \$35

WORLD LANGUAGES

FRENCH FOR BEGINNERS with Monique Salnikow

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

12 Wednesdays • March 11 to June 3 (no class 4/8) • 6-7pm • HGHS, D-6
\$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 • March 11 to June 3 (no class 4/8) • 7-9pm • HGHS, D-6
\$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 • March 10 to June 2 (no class 4/7) • 7-9pm • HGHS, D-4
\$300 (\$150 for Chappaqua Seniors)

INTRODUCTION TO ITALIAN: Level II with Alessandro Daniele

This course is a continuation from *Fall 2019 Beginners Level I*. It 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 • March 10 to June 2 (no class 4/7) • 6-7:30pm • HGHS, L-216
\$240 (\$125 for Chappaqua Seniors)

INTRODUCTION TO ITALIAN: Intermediate with Alessandro Daniele

This course is the continuation of *Introduction Level II from Fall 2019*. The aim of the course is to reinforce and refine skills in speaking, oral and reading comprehension, writing and grammar. The Italian grammar is reviewed and new topics are presented through intensive listening, speaking, reading and writing practice.

12 Tuesdays • March 10 to June 2 (no class 4/7) • 7:30-9pm • HGHS, L-216
\$240 (\$125 for Chappaqua Seniors)

INTRODUCTION TO VIETNAMESE LANGUAGE AND CULTURE

with Giang Nguyen

This course is for students who have no prior or formal study speaking, reading, writing or listening to Vietnamese, or some experience with the language but have not been formally taught and still need to build a strong foundation in Vietnamese. Students will learn the Vietnamese alphabet and tones, pronunciation patterns and everyday phrases and vocabulary. In addition, students will learn about Vietnamese culture and customs.

12 Thursdays • March 12 to June 4 (no class 4/9) • 7-9pm • HGHS, L-215
\$300 (\$150 for Chappaqua Seniors)

ITALIAN LANGUAGE, CULTURE, AND CONVERSATION with

Francesca Eugeni McAfee

This course is intended for students with a good grasp of Italian who would like to improve oral and comprehension skills through complete cultural immersion and active conversation with a native speaker. The course embraces the Italian culture through music, cinema, literature, popular media and, of course, cuisine. The lessons are highly interactive and organized around everyday conversation topics. Because discussion topics change with every session, this course is ideal for both new and returning students. In addition to weekly classes, the students in this course will have access to the instructor's website for additional resources.

12 Wednesdays • March 11 to June 3 (no class 4/8) • 7-9pm • HGHS, L-217
\$300 (\$150 for Chappaqua Seniors)

SPANISH FOR TRUE BEGINNERS: Continuation with Isabel Irizarry

This course is a continuation from *Fall 2019 Spanish for True Beginners*. The class provides an opportunity to learn to speak and understand Spanish. It is an introductory course for those who have had little or no previous study of the language.

12 Mondays • March 9 to June 8 (no class 4/6 & 5/25) • 6-7pm • HGHS, D-3
\$225 (\$120 for Chappaqua Seniors)

SPANISH ADVANCED BEGINNER with Diana Walker

This course is a continuation of *Spanish Advanced Beginner from Fall 2019* and intended for students who have already had some experience studying and speaking Spanish and would like to increase fluency. Present and past tenses are covered. Prerequisite: *Spanish for True Beginners*.

12 Mondays • March 9 to June 8 (no class 4/6 & 5/25) • 7-8pm • HGHS, L-215
\$225 (\$120 for Chappaqua Seniors)

SPANISH INTERMEDIATE I with Diana Walker

This course is a continuation of *Spanish Intermediate I from Fall 2019* and 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 Mondays • March 9 to June 8 (no class 4/6 & 5/25) • 6-7pm • HGHS, L-215
\$225 (\$120 for Chappaqua Seniors)

SPANISH INTERMEDIATE II with Diana Walker

This class is a continuation of *Spanish Intermediate II from Fall 2019*, and 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 Intermediate I* or equivalent.

12 Tuesdays • March 10 to June 2 (no class 4/7) • 6-7pm • HGHS, L-215
\$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 II* or equivalent.

12 Tuesdays • March 10 to June 2 (no class 4/7) • 7-8pm • HGHS, L-215
\$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.

ILENE AMIEL, DMM, CDFA® is the owner of Personal Affairs Administrator, Inc. She is a Daily Money Manager and Certified Divorce Financial Analyst with over 25 years of experience managing finances including cash flow and budgets. She has a BS in Business Management from Boston University's Questrom School of Business. For additional information, please visit www.PersonalAffairsAdministrator.com and www.DivorceFinancialConsultant.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.

MANNY BOYA is an International Pickleball Teaching Professional Association Level 2 Certified Pro and USAPA Ambassador for the USA Pickleball Association.

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.

SUSAN COTT has been teaching canasta all over the New York tri-state area, and loves when she sees the light bulb go off for her students as they learn the game and start using the various strategies she has taught them. She is a long-term resident of Armonk, where she has lived for 23 years with her husband and three children.

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.

ALAN ELSNER is a certified BBQ Judge and a former Pitmaster at award-winning Delaney BBQ and BrisketTown in Brooklyn, NY. He also is a lover of all thing's meat.

JIM FARNHAM, MBA, MS has travelled 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. Judes Children’s Hospital, Orange Grove Medical Center, National Leukemia/Lymphoma Association, and many others.

DONALD GAMBINO is a computer artist, consultant, educator, and private trainer since 1983. Former chairperson of the Department of Computer Arts at the School of Visual Arts in Manhattan, he created the school’s B.F.A. program in computer art. For more information, please visit www.donaldgambino.com.

JOSEPH GENTILESCO is a certified American Heart Association Basic Life Support Instructor. A longtime resident of New Castle, he is also an Emergency Medical Technician riding with the Chappaqua Volunteer Ambulance Corps.

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.

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®, CTFA, CDFA™ 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™ 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.

LINH HOANG is a founding partner of VNFOODTOGO. Specializing in traditional Vietnamese Pho (beef noodle soup), spring rolls, summer rolls, fried rice, Bun Cha (roast pork and noodles), and Bun Chay (vegetarian noodles). Dishes can be purchased at the Chappaqua, Hastings, Bronxville, Irvington and the Bronx Botanical Garden Farmer’s Markets.

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.

CABIRIA JACOBSEN DOUGHERTY, operatic mezzo-soprano, has been praised for her “Bea Arthur-esque timing” and for the “richness and power” of her voice. Cabiria has performed at regional theaters throughout the United States, and at Carnegie Hall, the Berkeley Repertory Theatre, and Lincoln Center. She now calls Pleasantville home, where she lives with her two-year-old daughter.

STEVEN KLIMASZEWSKI is a Certified Financial Planner™ 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.

KRYSTY KRYWKOK is a coach, educator, artist, and writer with a Doctorate in International Education Development. All these experiences make an interesting background for the work she does now, which is coaching individuals to access their creativity to make big breakthroughs in their lives.

JIM LEVEY, formerly a partner at American China Mercantile and Senior Manager at IBM and Amdocs, holds a Masters in China Studies from St. John's University and has travelled to China extensively on business. He is now lecturing at continuing education centers in the NY metro area and working to introduce China Studies into the public schools' curriculum.

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.

FRANCESCA EUGENI MCAFEE was born and raised in Italy. She lived in Rome for over 20 years and studied foreign languages. She has direct experience of what it takes to become multilingual, and recently created a website for the teaching of conversational Italian. Francesca is certified in Italian by The American Council on the Teaching of Foreign Languages (ACTFL). For additional information, please visit www.ItalianMyWay.com.

SARA MEYERS, Esq. practices exclusively in elder law and has spent the past two decades protecting the rights of New York's senior and disabled populations. She is a member of the firm of Enea, Scanlan & Sirignano, LLP in White Plains and concentrates her practice on elder law, estate planning, special needs planning, guardianships, and long-term care planning strategies, with a focus on Medicaid home care and nursing home. Ms. Meyers has been named to the 2013-2019 New York Metro Super Lawyers list in Elder Law.

JESSICA MEYROWITZ is the designer and founder of It's a...Yummy. It's a...Yummy began with a love of knitting and a desire to make something interesting and useful while emphasizing the meditative qualities and mindfulness that knitting provides.

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.

DARRYL MOY is an accomplished Chinese cook who was introduced to the kitchen at an early age by his parents. Darryl has extensive experience preparing Chinese banquets for large groups.

DR. GIANG NGUYEN has been working in Applied Linguistics and Second Language Acquisitions for 20 years. She has taught various Vietnamese language programs for expatriate staff at embassies, universities, and other organizations in Hanoi. Dr. Nguyen comes to Chappaqua with extensive experience in teaching Vietnamese for students at different levels and developing pedagogy tailored to the specific demands of the Vietnamese language.

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 Manger 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.

JAMES RELYEA 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.

MEGAN SACH GOLDSCHHEIN 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.

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

YVETTE SANCHEZ has been a paper crafter for almost 20 years. She runs her own business as an Independent Demonstrator for Stampin' Up! and has been instructing students for 18 years.

ELISSA SCHILMEISTERER is a member of Chappaqua VAC and Scarsdale VAC as an EMT and Driver. She currently serves as 2nd Lieutenant at Chappaqua VAC. Elissa has been an EMT for 5 years and is an AHA CPR Instructor.

EVE SILVER is a nationally certified Teacher of the Alexander Technique. In addition to group classes, she teaches privately in Rye and Katonah. Her greatest joy in teaching this method is the transformation people experience that contribute to their physical, mental and emotional healing.

PETER SILVERMAN is a tech-savvy business professional with over 35 years of experience in various technology and communication industries as well as over 20 years of eBay experience. Peter and his wife have been antiques dealers for over 30 years, leveraging Peter's eBay skills since 1999 to buy and sell many of their vintage items. Peter is a seasoned veteran of the entire eBay experience who knows the ins and outs of the system and has had a great deal of success not only using eBay personally but in helping others to take advantage of the buying and selling power that eBay offers.

MARC SKY has been teaching his classes and workshops in adult education schools throughout New Jersey and New York for the past twenty years. He is a psychology graduate from Rutgers University and a hypnotherapist. As a memory expert, Marc teaches easy and practical techniques that anyone can develop.

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 Farmer's Market. Deb is a founding board member of the Westchester Growers Alliance.

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. She 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 20+ years of experience and multiple certifications. She loves to use fitness to improve the quality of life for her clients and students.

KATY WINTER is a professional organizer and pantry stylist extraordinaire based in Chappaqua with a degree in Fashion Marketing from the University of Texas. Believing in a practical and minimalistic approach, she helps clients streamline their homes and simplify their lives through successful home editing.

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.)

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CHAPPAQUA SENIOR CITIZENS ONLY:

Chappaqua Senior Citizen # _____

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Course _____ **Section (if applicable)** _____

Name _____ **Birth date** _____

Address _____ **Telephone** _____

Town _____ **Zip** _____

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Course Fee \$ _____

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