



Continuing Education Programs • Croton-Harmon Schools

Calendar: Most classes begin the week of October 6th. See individual course descriptions for the number and time of sessions and the day of week. **Classes will not meet when the District is closed due to weather, and October 13, November 11, and November 27.**

Fees: Send a separate tuition check for each class payable to “**Croton-Harmon Schools.**” Additional fees for materials, textbooks, models, etc. are payable to the instructor at the first class. Senior citizens are eligible for scholarships in most classes that have met enrollment minimums.

Refunds: Fees will be refunded **ONLY** when a class is cancelled or filled. The student assumes the risk of all changes in business and personal affairs.

Location: Classes are held at Croton-Harmon High School, Old Post Road South; Carrie E. Tompkins Elementary School, Gerstein Street; and Pierre Van Cortlandt Middle School, Glen Place.

Residents of other school districts welcome. The Adult Education Program is not responsible for property or personal liability.

- Students may fill out **REGISTRATION FORM** and either mail to the address listed or drop off at the Continuing Education Office on Gerstein Street.

- Students **MUST REGISTER BEFORE CLASSES BEGIN ON OCTOBER 6th!** In addition to mail-in and drop-off registration, students may register ‘in-person’ at the Continuing Education Office between 10:00 am and 1:00 pm, Monday through Friday.

- Students are enrolled as soon as Registration Forms and Fees are received. No further notification will occur unless a course has been cancelled or other difficulties have been encountered.

- When reading descriptions, please note that some classes have delayed start dates (they begin later in the term). In order to guarantee that these classes meet the minimum enrollment, students **MUST** register for them by **OCTOBER 6th.**

Information: For specific information as to course offerings, or to speak to the Director, call 271-5184, x3208 from 10:00 am to 1:00 pm weekdays.

Fine Arts & Crafts

Life Drawing

Beatrice Greenbaum, Instructor

Students will begin with 1-2 minute gesture drawings, working up to 30-minute or longer poses. The medium for this class is optional, but suggested materials include: brown paper, newsprint, and papers with a variety of surfaces; vine or compressed charcoal, ink, thick and thin pens and brushes, kneaded eraser. This class welcomes art students, working professionals and interested people of all abilities.

Monday 8:00-10:00 pm

10 Weeks - Begins October 6

Location: PVC Home Arts Room

Tuition: \$65.00 with a shared model fee paid each week directly to the instructor.

Knitting Circle

Lori Cohen, Instructor

Knitters of all levels of experience are welcome to join this class. Beginners will learn to knit while more experienced knitters learn new skills. We will discuss all types of yarn, pattern reading, knitting tools, techniques and tricks. You might even get to try a knitting machine and a spinning wheel. Experienced knitters should bring a project in progress or one to start in class. Beginners should bring lots of patience and enthusiasm.

Thursday 7:30-9:00 pm Tuition: \$85.00

8 Weeks - Begins October 9

Location: CHHS

The instructor will furnish a pair of 9” needles and a skein of worsted weight yarn for a \$15 materials fee.

Watercolor

Beatrice Greenbaum, Instructor

For students of all abilities who wish to experiment with different applications of this beautiful and versatile medium. Students may work from weekly still life set-up, or work independently with materials brought from home. Participants should bring watercolors, brushes, paper — whatever you feel comfortable using, or call the instructor for a list of suggested materials (914-907-0516).

Wednesday 7:30-9:30 pm Tuition: \$90.00

10 Weeks - Begins October 8

Location: PVC Art Room

Ceramics (Pottery)

Judith Leire, Instructor

This class is designed for both beginners and experienced students. New students will be introduced to hand-building as well as the wheel. For all, independent projects are welcomed and encouraged! Clay is available for a nominal fee. Students are responsible for their own glazes. Just bring your enthusiasm and maybe an old towel.

Tuesday 7:00-9:30 pm Tuition: \$100.00

10 Weeks - Begins October 7

Location: PVC Art Room

Languages

Conversational Spanish

Maria Mordan, Instructor

The conversational approach will be combined with an introduction to the basic structure of the language along with situational phrases and vocabulary. The course is designed for beginning and lower level intermediate students.

Monday 7:30-9:00 pm Tuition: \$95.00

10 Weeks - Begins October 6

Location: CHHS

Italian

Cecilia Sarcone, Instructor

This course is designed for students who wish to learn basic vocabulary, commonly-used phrases, and simple conversation that can be used in Italy when travelling. Emphasis will be on understanding and speaking Italian on an elementary level.

Wednesday 7:30-9:00 pm Tuition: \$95.00

10 Weeks - Begins October 8

Location: CHHS

There will be a book fee paid directly to the instructor.

Conversational Spanish -- Level II

Maria Mordan, Instructor

This class is designed for students who have successfully mastered beginning and lower intermediate levels of Spanish conversation and wish to build upon those skills. This class will be particularly useful for those participants who work or interact frequently with Spanish-speaking people.

Wednesday 7:30-9:00 pm Tuition: \$95.00

10 Weeks - Begins October 8

Location: CHHS

French for Travel

This course is designed for students who wish to learn basic vocabulary, commonly-used phrases, and simple conversation that can be used in French-speaking countries. Emphasis will be on understanding and speaking French on an elementary level.

Tuesday 8:00-10:00 pm Tuition: \$95.00

10 Weeks - Begins October 7

Location: CHHS

REGISTRATION FORM

Please send a separate check for each course,
made payable to Croton-Harmon Schools and mail to:

**Adult Education, Croton-Harmon Schools,
8 Gerstein St., Croton-on-Hudson, NY 10520**

Name _____

Address _____

Email _____

Phone * _____

Course _____ Fee _____

*** We must have a phone number to contact you
if your class is cancelled or delayed.**

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Lifelong Learning

Sushi Workshop #2 **Kazuko DiCroce, Instructor**

NEW!

Participants will learn how to make pressed sushi and sushi balls. Both are the simple ways of enjoying sushi at home, as well as a unique and fun way to make appetizers for parties. You will make home-style sushi with smoked salmon, canned tuna, and vegetables. How to make a tasty miso soup and seaweed salad will also be introduced in the class. Come as individuals or as a group for a fun night of sushi making!

Thursday 7:00-8:30 pm

Tuition: \$25.00

1 Session - November 13

Location: PVC Home Arts

Materials Fee: \$5.00 paid to the instructor.

Cuba: The Forbidden Island

Cameron Kelly, Instructor
Cameron Kelly Programs

Have you always wanted to go to Cuba? Come hear Cameron tell fascinating stories about her many trips to Cuba over the past 12 years. Learn how to go to Cuba legally and why you should go now! Discuss how Fidel Castro and the vibrant Cubans on his small island, so close to the U.S., have had such an important impact on world affairs and what might happen in the future!

Monday 7:30-9:15 pm

Tuition: \$15.00

1 Session - November 3

Location: CHHS

"Canning" Vegetables — Made Easy!

NEW!

Margaret Von Der Meden, Instructor
Cameron Kelly Programs

Have you always wanted to "can" your own vegetables but didn't know how to get started? Learn how to make a tasty tomato sauce and "can" it to enjoy all winter long! Find out where to get the inexpensive equipment that you need to "can" and where to buy discount bulk veggies! Canning your own veggies is more nutritious, saves money and really connects us to our food! A \$5 material fee is payable to the instructor to take home your own jar of sauce and easy recipes!

Wednesday 7:30-9:00 pm

Tuition: \$20.00

1 Session - October 15

Location: PVC Home Arts

A \$5 material fee is payable to the instructor.

Japanese Cooking **Kazuko DiCroce, Instructor**

NEW!

In this workshop participants will learn how to make delicious teriyaki chicken and two side dishes, hijiki seaweed and okura/tofu. The instructor will also demonstrate how to make rice balls and tasty vegetable miso soup. Participants will also enjoy a very traditional meal in class.

Thursday 7:00-8:30 pm

Tuition: \$25.00

1 Session - October 16

Location: PVC Home Arts

Materials Fee: \$5.00 paid to the instructor.

ESL — English as a Second Language **Putnam/Northern Westchester BOCES Staff**

Students will learn **ENGLISH** with speakers of other languages. Beginning students will learn and actively practice vocabulary, grammar, speaking and listening skills necessary for daily living and employment. Classes meet **TWICE** per week, **MONDAY and WEDNESDAY** for 3 hours each day. Classes are **FREE** -- only a \$20 Registration Fee is to be paid to the instructor the first night of class. **YOU MUST REGISTER BY CALLING (914) 248-2416 from 8:30 am to 4:00 pm ONLY! THERE MUST BE 15 STUDENTS TO RUN THIS CLASS.** Monday and Wednesday 6:00-9:00 pm Begins October 6 Location: CHHS

**Register Early By Mail
Classes Begin
October 6th!**

Graphic Design I and II

Stephanie Chase, Instructor

NEW!

This graphic design program is for beginners to get an introduction to the industry standard in design software — Adobe Photoshop and Illustrator. You will learn to layout digital designs containing graphics, images and type — while understanding the principles of line, shape, color and form. You will begin with Graphic Design I concepts such as image manipulation and concept as they relate to composition. **Graphic Design II** is project based. You will acquire the skills to strengthen your ability to present a total graphic concept. You will also learn to access the tool to communicate your design ideas as you build a unique design portfolio.

Wednesday 7:00-9:00 pm

Tuition: \$95.00

6 Weeks - Begins October 8

Location: CHHS Computer Lab 213

Computer Applications:

Word, Excel, PowerPoint

Stephanie Chase, Instructor

This all-in-one comprehensive course is designed to teach specific features as well as advanced tools that are useful in each Office Suite application. By the time you've finished this course, you will know the basic functions of each program, how to use them, and also know how to implement the advanced tools that will make any task you set out to accomplish even easier.

Thursday 7:00-9:00 pm

Tuition: \$95.00

6 Weeks - Begins October 9

Location: CHHS Computer Lab 213

Defensive Driving

Jack Coxen, Instructor

Traffic Safety Consultants, Inc.

**NEW
LOWER
PRICE!**

Save a great deal of money over the next three years on your auto insurance bills! Save your license! Most importantly, learn techniques that may save your life! The law in New York State requires that principal drivers receive a 10% discount on automobile insurance for the liability, collision and no fault premiums for three full years. In addition, successful completion of the course will cause the New York State Department of Motor Vehicles to deduct FOUR (4) POINTS from your driver record. The Defensive Driving Course can be taken once every 18 months for POINT REDUCTION. Upon completion of the course, a certificate will be mailed to you that can be presented to your insurance company to earn the three-year discount. The course is a SIX HOUR classroom instruction program.

Saturday, November 15

9:00 am-3:30 pm (lunch break included)

Location: CHHS Cafeteria

Tuition: \$35.00

Introduction to Photoshop

Paul Gioacchini, Instructor

Photoshop is one of the industry's leading digital imaging tools. In this six week course, participants will learn a variety of techniques, from basic image enhancement and correction to digital matte painting, to developing interactive web graphics. Whether you're already familiar with Photoshop, or just a beginner, you'll have an opportunity to explore digital imaging in greater depth and discover tips and tricks that will make your images stand out!

Monday 7:00-9:00 pm

Tuition: \$95.00

6 Weeks - Begins October 6

Location: CHHS Computer Lab 213

QuickBooks Pro

Instructor TBA

The course is perfect for the student who wants to learn this software program to further their skills and career. The course will cover step-by-step instructions on how to set-up, organize and use the software efficiently. Essential QuickBooks Pro tasks like invoicing, receiving payments, and paying bills will be covered.

Tuesday 7:00-9:00 pm

Tuition: \$95.00

6 Weeks - Begins October 7

Location: CHHS Computer Lab 213

Sprouts and Microgreens:

Your Year-Round

Kitchen Garden!

Cameron Kelly, Instructor

Cameron Kelly Programs

Grow them today. Eat them tomorrow! Sprouts and microgreens are so easy to grow right in your kitchen. You don't need much space, no special equipment and no green thumb! Sprouts add so much to salads and dishes and are just packed with nutrition, more than veggies themselves! Learning how to spend just minutes a day growing your own sprouts is so easy. Taste some varieties of sprouts and then take home your own jar and sprouting seeds and get started sprouting! \$5 material fee paid to instructor.

Wednesday 7:30-9:00 pm

Tuition: \$20.00

1 Session - November 5

Location: PVC

Make Your Own Jams and Jellies: Great Holiday Gifts!

Margaret Von Der Meden, Instructor

Cameron Kelly Programs

Strawberry, peach, blackberry jams and jellies! Mmmm...learn how easy it is to make your own jams and jellies at home in this fun, informative workshop. Margaret will demonstrate this easy process that uses no special equipment. Taste yummy samples and take recipes home! These make wonderful, personalized, inexpensive holiday gifts your family and friends will love!

Monday 7:30-9:00 pm

Tuition: \$20.00

1 Session - October 20

Location: PVC Home Arts

A \$5 material fee is payable to the instructor to take home your own jar

Indian Cooking for Beginners

Serita Nath, Instructor

Serita will introduce students to different Indian spices for cooking. She will demonstrate how to make basic vegetarian curries, rice dishes, ways to make daal (lentil), and how to make yogurt with vegetables such as cucumbers, boiled potatoes and salad. In addition, participants will learn how to make Indian breads and stuffed paranta (bread filled with potatoes and lentils). Students should bring 2 bowls (4" and 8"), rolling pin, cutting board, measuring spoons and knives, snack bags and recipe cards to the first class.

Wednesday 6:30-8:30 pm

Tuition: \$85.00

6 Weeks - Begins October 8

Location: PVC Home Arts

There will be a materials fee of \$30 paid directly to the instructor for ingredients.

Make Your Own Sour Dough Baguettes!

Margaret Von Der Meden, Instructor

Cameron Kelly Programs

Nothing says delicious like crusty home-made bread fresh from the oven. Margaret takes all the guesswork out of making bread with a recipe that is easy and quick! Margaret will demonstrate a tried-and-true way to make baguettes and invite everyone in class to enjoy tasting them! Take home your own "starter" and a foolproof recipe to get started baking! \$10 material fee paid to instructor.

Monday 7:30-9:00 pm

Tuition: \$20.00

1 Session - October 27

Location: PVC Home Arts

CONTINUING EDUCATION PROGRAM — FALL 2014

Croton-Harmon Schools • Croton-on-Hudson, New York 10520

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*Register Early By Mail
Classes Begin October 6th!
New Classes! Lower Prices!*

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Fitness & Health

Banish Belly Bloat with a Gluten-Free Diet

**Lisa Favale, HHC, Instructor
Cameron Kelly Programs**

Do you suffer from bloating, indigestion, and the inability to lose weight? Gluten may be the culprit and a gluten-free diet is helping people all over feel better. Learn how to cook or bake gluten-free. It is easier than you think and it may make you feel like a new person. Taste a delicious gluten-free omelet pizza and take home your own package of gluten-free pizza dough with an easy recipe to make your own at home.

Tuesday 7:30-9:00 pm Tuition: \$20.00
1 Session - October 14
Location: CHHS
\$5 materials fee to instructor to take supplies home

Turn Your personality Around to Help You Lose Weight!

**Lisa Favale, HHC, Instructor
Cameron Kelly Programs**

Are you sabotaging your constant efforts at weight loss by the way you think about yourself and your life? Are you an introvert or extrovert and how does that affect weight loss? Take some fun, easy tests to find out how your personality might keep you from losing the weight you want...and what you can do about it...starting now! Learn how to eat real foods, how to get off the sugar roller coaster, and how to pick a diet that's right for you! Turn your personality traits in a positive direction and watch the pounds melt away!

Thursday 7:30-9:00 pm Tuition: \$20.00
1 Session - October 9
Location: CHHS

Going Vegan **Stephanie Scavelli, Instructor, Cameron Kelly Programs**

Get all of your questions answered about how and why to "go vegan" or just how to begin to transition. Learn why veganism is becoming such an important trend and how you can safely, nutritiously, and deliciously begin to switch your family to a more healthy, plant-based diet! Discover how a vegan diet helps to save our planet. Take home lots of handouts and helpful "how-to" guides.

Wednesday 7:30-9:00 pm Tuition: \$20.00 1 Session - October 23 Location: CHHS

Make Delicious Healthy Kale Chips **Bonnie Rogers, Instructor Cameron Kelly Programs**

Kale chips are the #1 health product in supermarkets across the country because they are loaded with nutrition, low in calories and taste fantastic! Learn how easy it is to dehydrate veggies and fruits to make yummy snacks that give kids the nutrition they need, are easy to carry, and don't need refrigeration to last forever! So drag out that dehydrator or purchase one yourself after you take this inspirational workshop!

Wednesday 7:30-9:00 pm Tuition: \$20.00
1 Session - October 22
Location: CHHS
\$5 materials fee to instructor to take home a bag of kale chips.

Anti-Aging with Common Foods!

**Lisa Favale, HHC, Instructor
Cameron Kelly Programs**

Find out which are the 10 most important anti-aging foods based on the most current research. Figure out how many of them you eat on a regular basis! These foods will do wonders to make you look and feel younger every day! You will be surprised that such inexpensive, easily purchased foods can make such a difference! What you put in your body can make much more of a difference to how you look than any fancy, expensive cream! Taste a delicious green smoothie that Lisa will prepare in class, and take home some easy recipes to get started getting younger!

Tuesday 7:30-9:00 pm Tuition: \$20.00
1 Session - October 21
Location: CHHS

Make Your Own Kefir for Probiotic Health **Lisa Favale, HHC, Instructor Cameron Kelly Programs**

Kefir tastes so refreshing and drinking a little each day supplies you with essential probiotics for good belly health. Probiotics will improve your health making your hair shine, your skin clear, and your nails strong and healthy. Probiotics can help ward off colds and flu and help you keep your energy up. Learn how easy and inexpensive it is to make kefir yourself. Taste some delicious coconut kefir and take home your own jar, with a recipe to help you get started.

Tuesday 7:30-9:00 pm Tuition: \$20.00
1 Session - October 28 Location: CHHS
\$5 materials fee to instructor to take kefir home!

T'ai-Chi

**Robert Chuckrow, Instructor
Movement Arts and Sciences**

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. There is no upper age limit for students, and no equipment or special clothing is required. Chuckrow, whose Ph.D. is in experimental physics, has studied T'ai Chi, Chi Kung, and other movement and healing arts since 1970.

Monday 7:00-8:30 pm Tuition: \$95.00
8 Weeks - Begins October 6
Location: PVC Gym

Yoga

Andrea Naitove, Instructor

This Hatha Yoga class is designed for students at all levels. Gentle exercise, breathing techniques, relaxation and meditation are used to help improve flexibility, strength and stamina. Yoga is excellent for improving fitness, strengthening the immune system and bringing a general feeling of well being. Wear loose comfortable clothing. Bring a towel or yoga mat.

Tuesday 7:30-9:00 pm Tuition: \$95.00
8 Weeks - Begins October 7
Location: PVC Old Gym