



- WORK HARD
- PLAY HARD
- LEARN FOREVER

Continuing EDUCATION

SPRING 2020 Schedule
including **HILL** Classes



Contact Information

Karen Ballard - Registrar

(518) 439-4921 ext. 22965
kballard@bethlehemschools.org

Kate Burkart - Spring Director

kburkart@bethlehemschools.org

Scott Carlton - Fall Director

scarlton@bethlehemschools.org

For assistance during the registration period, please call the number above or use the listed email addresses.

COURSE FEES

Continuing Education course fees vary as outlined in course descriptions. Regardless of base cost, non-residents must add \$10 per course. Payment—in the form of a check or money order—must be submitted at the time of registration. **Each registration must be for ONE course for ONE person with ONE check for that specific course. PLEASE DO NOT SEND CASH.**

In certain courses a limited number of free registrations will be made available to senior citizens (62 and older) who have a Bethlehem Central Senior Citizens Pass (available at the high school main office, 700 Delaware Ave, Delmar). This does not apply to HILL classes. Seniors must include a copy of their senior citizens pass with their registration form to receive the exemption. One exemption per semester, per person is allowed. Classes must have sufficient paid registrations for senior exemptions to be granted.

Fees for materials and supplies should not be included with the course fee when you register but should be paid to the instructor when class meets.

ELIGIBILITY

Courses are open to all persons ages 21 or over, with the exception of SAT review courses, drivers' education and the Five-Hour Driver course. For courses accommodating a limited number of students, Bethlehem Central residents will have preference.

REGISTRATION

With the exception of the Five-Hour Driver Prelicense course, registration must be made in advance.

To register:

- **Mail your registration before Friday, February 14 or**
- **Drop off your registration at the High School main office by February 14, from 9 a.m.-3 p.m.**
- **Registration received after Friday, February 14 will not be accepted.**

For both methods, please use the registration form provided (on the back page of this brochure). The registration form is also available on the district website (<http://bethlehemschools.org>).

Please use separate checks for each class. Your check will not be deposited until classes start.

You will NOT receive confirmation of registration. You will be notified only if the class is cancelled or if class limits have been exceeded. In both cases, your check will be returned.

CLASS TIMES/LOCATIONS

Most Continuing Education courses meet once a week, between 6 p.m. and 9 p.m., and last up to 10 weeks. Exceptions are noted within course descriptions. Please check the schedule of classes in which you are interested.

Most classes are held at Bethlehem High School, 700 Delaware Ave. Delmar, but classes are held in other buildings. Note class locations in course descriptions.

REFUNDS

Refunds will be given if withdrawal from a class occurs before the start of the first class. Refunds will not be given for missed class sessions.

CANCELLATIONS AND RESCHEDULED CLASSES

The Continuing Education Office may cancel courses with fewer than 12 registrants, since those courses may not meet expenses. In addition, we reserve the right to cancel/reschedule classes due to unforeseen situations.

Classes will not be held when school is not in session. Notification of cancellations due to weather will be given via local broadcast stations and at bethlehemschools.org. You can also sign up to have school cancellations sent to you via e-mail through the district's School Messenger system. Visit bethlehemschools.org for more information.

No classes will be held April 10-19. There may be other dates when a specific class does not meet. Please see course listings. In most cases, class time lost due to weather cancellations will be made up at the end of the course.

Reminder

You will NOT receive confirmation of registration. You will be notified only if a class is full or cancelled.



Ballroom Dancing I

Location:	Eagle Elementary Cafeteria & Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	March 2
Day & time:	Mondays, 6:30-8:00p
Fee:	\$50 per person or \$70 per couple

Don't sit still at weddings, parties or clubs anymore. Get up and dance! This course will include the waltz, rumba, fox trot, swing, meringue and jitterbug. Students must bring in a pair of shoes to dance in. Sneakers or rubber soled shoes are not recommended. Partners preferred. **Limit of 20 couples. No class on April 13.**

Ballroom Dancing II

Location:	Eagle Elementary Cafeteria & Gym
Instructor:	Pietropaoli
Length:	8 weeks
Starting date:	March 3
Day & time:	Tuesdays, 6:30-8:00p
Fee:	\$50 per person or \$70 per couple

Just what you've asked for! Review the basics, and add more to the dance steps taught in Course I. Also, learn the cha-cha, tango and mambo! Get in step and "Put on your dancing shoes!" Please bring an extra pair of shoes to dance in. Sneakers and rubber soled shoes are not recommended. Partners Preferred. **Limit of 20 couples. No class on March 10, April 14 and May 5.**

Barre Sculpt

Location:	Glenmont Elementary Gym
Instructor:	Halvorsen
Length:	6 weeks
Date:	March 19
Day & time:	Thursdays, 7:00-7:45p
Fee:	\$45

This fun class is a blend of ballet and strength conditioning that creates a challenging workout. This is a sculpting workout for the entire body, using small isometric movements to create lean, dense musculature and movement control. All levels are welcome and modifications are provided when needed. **Please bring a yoga mat to first class. Limit of 30 students. No class on April 16.**

NEW CLASS!

Basics of Adoption Law

Location:	High School - Room D132
Instructor:	Williams
Length:	One night only
Date:	March 18
Day & Time:	Wednesday, 6:00-7:30p
Fee:	\$15

This course will cover the basics of adoption law, the different types of adoption that are available,

and other (non-adoption) methods of family formation (i.e. fertility treatments, surrogacy). **Limit of 25 students.**

NEW CLASS!

Caring for Your Skin & New Makeup Techniques

Location:	High School - Room D134
Instructor:	Boyd
Length:	One night only
Dates:	Tuesday, March 24
Day & Time:	Thursdays, 6:00-7:30p
Fee:	\$15

Skin care is a multi-billion dollar industry world wide. Learn the benefits of caring for the skin for maintaining health and looking young, ingredients to avoid and how to choose the best products. Whether it's everyday or for a special event looking vibrant and attractive is everyone's goal. Learn the new makeup techniques for all ages, what brands to consider and where to buy. Amp up your style and pizzazz! Jill Valerie Boyd is an image consultant, aesthetician and author of Ageless & Iconic Style Looking Fabulous At Any Age. **Limit of 25 students.**

Cooking - Indian Cuisine

Location:	High School - Room D124
Instructors:	Shilpi Debuka
Length:	6 weeks
Starting Date:	March 10
Day & Time:	Tuesdays, 6:00-8:00p
Fee:	\$85 (plus \$15 materials fee)

Indian cooking and Indian food is getting worldwide publicity recently because of its nutritional and medicinal value. In this hands-on class, you will learn how to make and sample vegetarian Indian dishes (e.g. Lentil soup, Khichdi, Vegetable Pilaf, etc.) If the class would like to learn to prepare other vegetarian dishes, the instructor will add those dishes to the class. **Limit of 12 students. No class on April 14. Please bring \$15 materials fee to class. No senior exemptions.**

Cooking - Learn to Make Baklava

Location:	High School - Room D124
Instructors:	Khalife
Length:	One night only
Date:	March 11 or April 22 (choose one)
Day & Time:	Wednesday, 6:30-8:30p
Fee:	\$15 (plus \$15 materials fee)

In this hands-on class, you will learn how to make Baklava from scratch, and get to take your own batch home. This dessert is very popular in the Eastern Mediterranean region. Robert Khalife grew up in Lebanon and has been making Baklava for over 25 years to the delight of his family and friends.

Please specify which date you are choosing on your registration form. **Limit of 10 students per class. Please bring \$15 materials fee to class. No senior exemptions.**

Cooking - Lebanese Cuisine

Location:	High School - Room D124
Instructors:	Khalife
Length:	One night only
Date:	March 25
Day & Time:	Wednesday, 6:30-8:30p
Fee:	\$15 (plus \$10 materials fee)

In this hands-on class, you will learn how to make and will sample several Lebanese dishes (e.g. Tabbouleh, Hummus, Fattoush, Spinach pies and Meat pies). **Limit of 14 students. Please bring \$10 materials fee to class. No senior exemptions.**

Crochet

Location:	High School - Room D126
Instructor:	Cooper
Length:	6 weeks
Starting Date:	March 19
Day & Time:	Thursdays, 6:00 - 8:00p
Fee:	\$45

This class will teach you the basics of crochet, as well as providing the opportunity to brush up on skills. We will learn how to read a crochet pattern and explore a variety of possible projects. Beginners - please bring a crochet hook, I, J or K and a skein of light colored acrylic worsted weight yarn. Experienced crocheters - just bring whatever you are currently working on. **Limit of 15 students. No class on April 16. No senior exemptions.**

Digital Photography - Editing

Location:	High School - Room D128
Instructor:	DeBerry
Length:	7 weeks
Starting Date:	March 12
Day & Time:	Thursdays, 7:00- 9:00p
Fee:	\$65

In this class, you'll learn how to turn good photos into showstoppers. We will use Photoshop and Lightroom to organize, enhance, and manipulate your photos. You will learn cropping, sizing, retouching, layers, masks, coloring, and more. We will combine in-class tutorials, informatory step-by-step handouts, group and individual learning, a series of projects, and critiques to maximize your experience and set you up to take your photography to the next level. Leave class with a beautiful portfolio of images. Bring a flash drive to class to store photos. **Limit of 22 students. No class on April 16. No senior exemptions.**



Downsizing - Myths & Facts

Location:	High School - Room D132
Instructor:	Sher, Fortin, Sandler and Stone
Length:	One night only
Date:	March 5
Time:	Thursday, 7:00-8:30p
Fee:	\$10

Are you an empty nester? Recently retired or divorced? Have you been thinking of downsizing? In this workshop, we will discuss what this involves: downsizing vs. rightsizing, the best "order" in which to sell and buy, the art of pricing your home correctly, preparing your home for sale (including de-cluttering and easy updates), local options for downsizing, the current Bethlehem market and other topics. Sher is a licensed real estate salesperson with Hunt Real Estate and retired BCSD French and Spanish teacher; Judi Stone is owner of Take2Artworks; Lisa Fortin is Branch Manager of Homestead Funding; Roberta Sandler is Co- Director of Grassroot Givers. **Limit of 30 students.**

Drawing from Nature

Location:	High School – Room D125
Instructor:	Osborne
Length:	6 weeks
Starting Date:	March 10
Day & Time:	Tuesdays, 6:00 – 8:30p
Fee:	\$50

Learn the basics of drawing using observational skills. In this class you will be using nature as your motivation. The class will explore the use of value, contrast, gradation, contour and other lines and finally color to create your own drawings of nature items. You will be using charcoal, graphite, paper, mylar, lore pencils and pastels. For the first class, please bring a drawing/sketch pad (9x12 minimum), an ebony pencil and a white eraser. **Limit of 20 students. No class on April 14.**

Estate Planning – Taking the Mystery Out

Location:	High School – Room D118
Instructor:	Richard Fuerst, Esq. R. A. Feurst Law Group, P.C.
Length:	One night only
Date:	March 4
Day & Time:	Wednesday, 6:30 – 8:30p
Fee:	\$10

Want to take the mystery out of wills, health care proxies, powers of attorney and trusts? If you have an interest in carefully planning for your future and for the future of your loved ones, we promise to explain the ins and outs of these important estate planning strategies – in simple, non-legal terms. For instance, regardless of your health, you can learn the advantage of having a health care proxy and/or living will. You'll also learn why thoughtful planning will benefit you and your family as we discuss -- based on the latest legal and government changes -- nursing home and Medicaid considerations, as well as avenues open in order to reduce wealth transfer taxation. Richard Fuerst, experienced local attorney and workshop facilitator, will sensitively consider all your estate planning questions in this interactive workshop. **Limit of 25 students.**

Find the Right College at the Right Price

Location:	High School - Room D130
Instructor:	Dr. Skarlis
Length:	One night only
Date:	March 26
Day & Time:	Thursday, 6:30– 8:30p
Fee:	\$15

This workshop is for parents of high school sophomores and juniors, Dr. Dean Skarlis of The College Advisor of New York will outline the steps you need to find a best-fit college. Some of the topics he will cover are: The top five factors colleges expect to see in applicants; the financial aid process and strategies to reduce college costs; rankings/schmankings: understanding why "fit" is

critical; SAT/ACT strategy; how to make the most of college visits; writing the essay...and more. The information and handouts you will take home from this presentation will help you in your child's college search. **Limit of 28 students.**

Five-Hour Driver Prelicense Class

Location:	High School - Room D216
Instructor:	Bell's Driving School Instructors
Length:	One night only
Dates:	February 5 or April 1 (Students attend only ONE of these dates.)
Time:	3:00-8:00p (Includes half-hour break)
Fee:	\$40 Check (No Cash)

This course must be completed before scheduling a road test for a NYS driver's license. Students pre-register by leaving their name with Ms. Appleby in the athletic office up to a month in advance. This class may close out so pre-register EARLY! Students register with instructor 15 minutes before class. Please bring payment to class. Make check payable to Bethlehem Central School District. Payment and a valid NYS learner's permit are required to register. **Limit of 28 students.**

Guided Meditation

Location:	High School - Room D136
Instructor:	Ramkumar
Length:	6 weeks
Starting date:	March 11
Day & time:	Thursdays, 7:00–8:00p
Fee:	\$50

Are you looking to improve your life, have more energy and be relaxed? Join Janaki Ramkumar for guided meditation sessions that are proven to rejuvenate and recharge you. There is absolutely no experience necessary, no special clothes or ability required. This guided meditation only requires you to relax. We will be starting the session with a spiritual story and we will continue with the guided meditation. Tune your mind off for a few minutes and this program will give you more energy, relaxation, productivity, and concentration. **Limit of 20 students. No class on April 16.**

Hudson Valley Community College at BCHS

Earn college credit with a class taught by HVCC instructors at Bethlehem Central High School. Registration for this class is through HVCC. To register, visit www.hvcc.edu/enroll. Do NOT use the registration form on back page for this HVCC class. Limit of 25 students. No class on February 17 and April 13.

COURSE TITLE:	EDUC 110 - FOUNDATION OF EDUCATION IN AMERICA
COURSE LOCATION:	High School - Room D132
LENGTH:	14 weeks
STARTING DATE:	January 27
DAY/TIME:	Mondays, 6:00 – 8:50p
POSSIBLE CREDITS:	3.0



NEW CLASS!

Image, Colors, Style and Home Decor

Location:	High School - Room D134
Instructor:	Boyd
Length:	One night only
Date:	April 7
Day & Time:	Tuesday, 6:00-7:30p
Fee:	\$15

Surrounding yourself with your true expression is often captured with your favorite colors and home décor. Mirroring your image becomes an absolute comfort. Your home becomes your sanctuary. This class focuses on your personal style and preferences and how they are reflected in your home. Jill Valerie Boyd is an image consultant with a master's in counseling. She is the author of *Ageless & Iconic Looking Fabulous At Any Age*. **Limit of 25 students.**

Important Battles in American History

Location	High School - Room D210
Instructor	Wilson
Length:	5 weeks
Starting Date:	March 4
Day & Time:	Wednesdays, 6:15-8:00p
Fee:	\$45

American military history is one of tragedy and triumph, sacrifice and courage. There have been many battles fought not all of which were victories. But despite the outcome, each battle has proven to add another layer to the rich history that is shared by all Americans. With so many battles to choose from, this workshop will focus on a handful of battles that dramatically impacted American history. The battles we will cover are as follows: The Battle of Plattsburg, Jeb Stuarts' Gettysburg Campaign, Doolittle Raid, Operation Market Garden, and U.S. Invasion of Panama. **Limit of 25 students.**

NEW CLASS!

Interview Dressing - You Want that Job!

Location:	High School - Room D134
Instructor:	Boyd
Length:	One night only
Date:	March 31
Day & Time:	Tuesday, 6:00-7:30p
Fee:	\$15

Why do people with the same qualifications as yours get the job? Come learn what the HR Professionals look for and what you need to know. Your image can become a game changer. Jill Valerie Boyd is an image consultant and former HR professional. She is the author of *Ageless & Iconic Looking Fabulous At Any Age*. **Limit of 25 students.**

NEW CLASS!

Introduction to Disney 101 - 7 Steps to Building Your Magical Vacation

Location	High School - Room D136
Instructor	Price
Length:	One night only
Starting Date:	April 1
Day & Time:	Wednesday, 6:30-8:30p
Fee:	\$10

Have you always dreamed of a trip to Walt Disney World but are too overwhelmed with all of the details or afraid that a trip is out of your reach? Come hear insider tips and tricks for having the best Disney World vacation experience shared by a professional Disney planner. Whether it's your first or 50th visit, you will be amazed at how much you miss without the guidance of an expert. **Limit of 25 students.**

Introduction to Excel

Location	High School - Room C106
Instructor	Farrell
Length:	2 weeks
Starting Date:	March 5 and March 12
Day & Time:	Thursdays, 7:00-8:30p
Fee:	\$25

This basic course will teach students to learn how to prepare basic spreadsheets, graphs, and charts for personal, educational or business applications using google sheets. Please have a google account prior to the start of class to access google sheets and save your work to your google drive. No senior exemptions. **Limit of 15 students.**

NEW LOCATION!

Intermediate Tai Chi

Location	Glenmont Elementary Cafe/Gym
Instructor	Childers
Length:	10 weeks
Starting Date:	March 11
Day & Time:	Wednesdays, 6:30-8:00p
Fee:	\$80

Tai Chi, the ancient Chinese art of meditation in motion, promotes mental, emotional, and physical healing by combining movement, meditation, relaxation and self-defense. It is reputed to be of therapeutic value for high blood pressure, heart disease, and lung disease. This form of exercise is practiced by people of all ages and physical abilities. It requires no equipment and very little space. Each movement is performed slowly to improve balance, flexibility, concentration, and muscle control. Master Vera Childers is from the Shandong province of China, and has been involved with various sports and dance forms since the age of 5. **Limit of 30 students. No class on April 15.**

Investing and Estate Planning 101

Location:	High School - Room D118
Instructor:	Bryant & Martin
Length:	One night only
Date:	April 20
Day & Time:	Monday, 6:00-8:00p
Fee:	\$10

Don't leave your heirs a mess! Are you wondering if you have set your investment accounts up properly and have the appropriate estate documents in place? Or are you just starting out with a new family and want to know if you have everything set up appropriately. Learn how to best plan for wealth accumulation, insurance needs, college expenses and to learn about the estate planning documents all parents need including wills, power of attorney, health care proxies, living wills, trusts, and long-term care planning. Conor Bryant is a CERTIFIED FINANCIAL PLANNER™ and Ed Martin is a Principal Attorney at Lavelle & Finn, LLP and focuses his practice on estate planning and business law. **Limit of 25 students.**

Italian (Beginner/Intermediate)

Location:	High School - Room D138
Instructor:	Pizzitola
Length:	8 weeks
Date:	March 17
Day & Time:	Tuesdays, 6:00-7:25p (Beginner) Tuesdays, 7:30-8:45p (Intermediate)
Fee:	\$50 (plus \$10 materials fee)

The Beginner class will focus on basics with the emphasis on having fun with learning the Italian language through role-play, conversation, inquiring about directions, shopping, and having a pleasant stay in Italy. The Intermediate class is for people who would like to take a trip to Italy and broaden their knowledge of the Italian language and culture. Emphasis will be on conversation with the past and future tenses if requested. Instructor will collect a \$10 materials fee at the first class. Please indicate Beginner or Intermediate session on the registration form. **Please indicate Beginner or Intermediate session on the registration form. Limit of 25 students. No class on April 14.**

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*[Course descriptions
 continue on page 7]*

Humanities Institute for Lifelong Learning

The University In Our Town

HILL Registration Info:

- Make check payable to Bethlehem Central School District.
- Mail check and registration form to:
HILL Program
c/o Bethlehem Central High School
700 Delaware Ave.
Delmar, NY 12054

CLASS NOTES

- Each HILL course meets 6 times a semester at the Delmar Reformed Church, 386 Delaware Avenue, Delmar, NY 12054.
- Starting dates and times differ for each course. See descriptions.
- **REGISTER EARLY. Courses can be closed based on class size. It is strongly suggested that you submit your Registration Form before February 17, 2020.**
- **REGISTRATIONS ARE NOT CONFIRMED.** You will only be notified if course registration is closed. Registration checks will be deposited after the semester begins and cash refunds will not be available after that date.
- HILL observes Bethlehem Central School District's full-day weather cancellations. Check local stations, the HILL website, hillclasses.org, or the district website, www.bethlehemschools.org.
- Messages with questions about HILL courses should be left at (518) 368-7029. For more information, visit the HILL website, hillclasses.org and the BCSD Adult & Continuing Education page at www.bethlehemschools.org/community/adult-education.

MONDAY P.M.

American Exceptionalism from a Public Policy Perspective

Starts:	Monday, March 2
Time:	1:30 p.m. - 3:30 p.m.
Place:	Delmar Reformed Church

INSTRUCTOR: Zsofia Barta, Assistant Professor, Political Science, UAlbany

How does the United States compare to other countries in health care, education, housing, social welfare, and taxation? What are the reasons for some of the stark differences between the U.S. in these areas and other prosperous countries? The U.S. is famous for having the best universities and hospitals in the world. Yet, it lags behind other countries in international student assessment tests and health indicators such as life expectancy and infant mortality. The U.S. does not provide universal government sponsored health care, and, yet, it spends more on health care than any other country. The U.S. also has historically enacted progressive tax rates, but after-tax inequality is still far greater than in other industrialized nations. This course will explore the politics of health care, education, housing, social welfare, and tax policies to help explain why United States' policies in these areas fail to achieve the expected results.

HILL COMMITTEE

Bruce Bushart
Tom Clash
Jim Demetriades
Maryanne Gridley
Polly Hartman
Barry Isenberg
Allen Israel
Wendy Jordan

Henry Peyrebrune
Dick Ramsey
Debra Renner
Barbara Richer
Martha Rozett
Donna Sawyer

TUESDAY A.M.

Global Warming: Impacts, Uncertainties, & Challenges Ahead

Starts:	Tuesday, March 3
Time:	10:00 a.m. - 12 noon
Place:	Delmar Reformed Church

INSTRUCTOR: Mathias Vuille, Professor, Atmospheric & Environmental Sciences, UAlbany

Climate change is having an increasing and alarming impact on the planet and its inhabitants. Despite a strong consensus within the scientific community about humanity's role in climate change, it has become a divisive topic in the public arena, used by diverse interest groups to advance their particular agendas. Here we will discuss the current scientific understanding of climate change and focus on what we know and where uncertainties remain. We will discuss impacts of climate change that are already being observed today and how they will affect aspects of our daily lives over the coming decades, both locally and globally. This course will examine how we can reduce our vulnerability in the light of such changes by transforming our infrastructure, cities, health system, and energy production. The course will review some of the major technological, socioeconomic, and political challenges our society is facing as it confronts climate change impacts. Finally, we will consider the very real benefits to be obtained by developing and implementing new and innovative adaptation and mitigation strategies.



TUESDAY P.M.

Latin America: Its People and Its Music

Starts: Tuesday, March 3
 Time: 1:30 p.m. - 3:30 p.m.
 Place: Delmar Reformed Church

INSTRUCTOR: Max Lifchitz, Professor, Music & Theater, UAlbany

Today's Latin America is home to rich and varied musical manifestations. Some evince ancient Pre-Hispanic traditions. Others are newer products that demonstrate indigenous thinking while combining European, African and even North-American influences. Lectures will discuss examples of native music; genres, such as concert music, which is clearly based on European forms; dance music with strong African ties; and mestizo music, which is an amalgam of the above elements. In addition, lectures will explore the broader cultures of the people that reside in Latin American and the Caribbean that produced a rich and diverse musical world. We will begin by briefly examining the historical development of Latin American cultures from pre-colonial days to the 20th century with an emphasis on those forces that influenced the rich musical traditions of this vast geographic region. I hope that in a few weeks, course participants will develop an informed acquaintance with Latin America cultures, its people, and the wonderful music they produced.

WEDNESDAY A.M.

Latin America from its Conquest to Independence

Starts: Wednesday, March 4
 Time: 10:00 a.m. - 12 noon
 Place: Delmar Reformed Church

INSTRUCTOR: John Schwaller, Professor, History, UAlbany

Latin American nations, despite being our hemispheric neighbors, are very poorly understood by people in the United States. Many of us forget that a full century prior to English colonization of North America, Spanish settlers had been living in what is now Mexico and South America. When Harvard College was founded, three major universities in the Americas were preparing to celebrate their centennials. Understanding colonial Latin America prior to independence in the early 19th century is critical to understanding why our southern neighbors are at the same time similar to us and yet so completely different. This course will examine Latin America, focusing on areas colonized by the Spanish, from the pre-Hispanic civilizations to the creation of the political, social, and economic systems that Spain developed to govern its colonies. We will also investigate the complex interplay between the Spanish and the native peoples of the Americas, Africa, and Asia that resulted in what one scholar has characterized as the "Cosmic Race."

This class will not meet on Wednesday, April 8, the beginning of Passover. Last class will be Wednesday, April 15.

WEDNESDAY P.M.

Shakespeare's Comic Vision

Starts: Wednesday, March 4
 Time: 1:30-3:30 p.m.
 Place: Delmar Reformed Church

INSTRUCTOR: Martha Rozett, Professor Emerita & Collins Fellow, UAlbany

Shakespeare's comedies were shaped by a long and rich dramatic tradition, and for centuries they have provided writers with character types, comic situations, and very witty jokes and wordplay. This course will focus on five plays from the beginning of Shakespeare's writing career to the end, along with occasional references along the way to memorable comic figures from other plays. After an introduction and overview at the first session, we will devote one class to each of the following, in this order: *The Comedy of Errors*, *The Merchant of Venice*, *Twelfth Night*, *Measure for Measure*, and *The Tempest*. Participants are encouraged to read or watch a performance of each week's play before coming to class and to bring a copy of the play (they can be easily read on your electronic device).

This class will not meet on Wednesday, April 8, the beginning of Passover. Last class will be Wednesday, April 15.

Spring 2020 HILL Registration Form

This form is for HILL classes only.

Fee for each course is \$35. Seating is limited. Please provide all information (including telephone #) requested on this form and enclose. **ONE CHECK FOR ALL HILL COURSES AND ALL REGISTRANTS ON THIS FORM.**

Name: _____ Phone _____

Address: _____

I've enclosed course fees for the following courses:

- American Exceptionalism # registering ____ Name(s): _____
- Global Warming # registering ____ Name(s): _____
- Latin America: People and Culture # registering ____ Name(s): _____
- Latin America Conquest to Independence # registering ____ Name(s): _____
- Shakespeare # registering ____ Name(s): _____



Knitting

Location:	High School - Room D136
Instructor:	Loux
Length:	8 weeks
Starting date:	March 9
Day & time:	Mondays, 7:00-8:30p
Fee:	\$50

Learn how to knit and purl. With just these 2 stitches you can create endless designs. Learn to cast on stitches and bind them off at the end of your work. You will find this relaxing, creative class fun whether you knit for yourself or for someone else. Beginners will finish a small project: dishcloth, hat, scarf, or cowl. Intermediate knitters are welcome to brush up on their knitting skills and tackle a more advanced project: a felted bag, socks, or mittens. Bring a small amount (3 oz.) of WORSTED weight acrylic yarn (light, solid colors such as white, beige, pink) and size 6 or 7 straight needles to the first class for practice. **Limit of 15 students. No class on April 13.**

Medicare Made Clear

Location:	High School - Room D112
Instructor:	Yuhasz
Length:	One night only
Date:	March 31
Day & time:	Tuesday, 6:30-8:00p
Fee:	\$10

Whether you are approaching Medicare age, are already on Medicare, or a caregiver who assists parents or elderly relatives, finding the right Medicare coverage can be difficult. Having proper knowledge is essential for picking the right Medicare plan. At this workshop, you will learn all about Medicare basics, its parts, premiums, deductibles, how and when to apply and the qualifications for available assistance programs. Come join us to learn more. Mary Yuhasz will be presenting from Mosaic Wealth Strategies Group, Ltd. **Limit of 25 students.**

Notary Public Review Workshop

Location:	High School - Room D134
Instructor:	Bujanow
Length:	One night only
Date:	March 10
Day & time:	Tuesday, 6:00-9:00p
Fee:	\$20 (plus \$10 materials fee, paid separately)

This three-hour workshop prepares you to take and pass the New York State Notary Public Exam to become a notary. Confusing laws, concepts and procedures will be clearly explained and clarified. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, and minimizing legal liability. All materials will be provided including website links to NYS

Department of State licensing information, booklets and forms. Victor Bujanow, CIC has been a practicing Notary Public for over 25 years. A materials fee of \$10 can be paid at the beginning of the class. **Limit of 20 students.**

Oil Painting

Location:	High School - Room D125
Instructor:	Somaio
Length:	10 weeks
Starting date:	March 5
Day & time:	Thursdays, 6:30-9:00p
Fee:	\$75

This painting workshop is suitable for any level. Bring your own supplies and project ideas if you like. A materials list will be handed out the first night for those new to oils. Still life, photo references, discussions, and demonstration of oil painting techniques will be available weekly. Learn more about color mixing, traditional layering, and brushwork. New and returning students are welcome. Limit of 20 students. **Limit of 20 students. No class on April 16.**

Pastel Painting

Location:	High School - Room D125
Instructor:	Somaio
Length:	8 weeks
Starting date:	March 2
Day & Time:	Mondays, 7:00-9:00p
Fee:	\$60

This is an introductory course in the technique of Pastel. Finished works will range from a simple colored sketch to a robust finished work comparable to an oil painting. Classes will consist of a brief talk about technique and demonstration followed by a painting session. Mixing and layering colors, working on a variety of textural surfaces and basic color theory will be discussed. Artists with more advanced skills are encouraged to work independently. Imagine yourself as a child drawing with a new box of crayons, the more colors the better. We will use soft, not oil pastels. A materials list will be handed out the first night of class. **Limit of 20 students. No class on April 13.**

Paying for College (& How to Minimize Debt)

Location:	High School - Room D138
Instructor:	Testa
Length:	One night only
Starting date:	March 19
Day & Time:	Thursday, 6:00-7:30p
Fee:	\$15

This workshop helps parents and grandparents prepare for the high cost of a college education. Learn about debt loads that typical American students are carrying after they graduate from

college and how you can avoid or minimize this dangerous trap. We'll also cover financial aid including grants, scholarships, student loan types, parent loans, 403B's, and other investment options. Topics will also include easy tax-advantaged ways to start saving now. Michael Testa is a Chartered Retirement Plans Specialist (CPRS). **Limit of 30 students.**

PiYo

NEW LOCATION!

Location:	Middle School - Cafeteria
Instructor:	Stanco
Length:	8 weeks
Starting date:	March 10
Day & Time:	Tuesdays, 4:15-5:15p
Fee:	\$50

PiYo is a fusion of yoga and Pilates. This class will be taught by a certified yoga instructor and draw upon various styles of yoga to build a practice with Pilates. PiYo techniques allow you to build a strong, lean, and flexible body while cultivating mental well-being. Bring a mat and a bottle of water to this class and wear comfortable clothing. All levels of fitness are encouraged to attend. **Limit of 25 students. No class on April 14.**

Quilting 101

Location:	High School - Room D134
Instructor:	Kirkman
Length:	5 weeks
Starting date:	March 9
Day & Time:	Mondays, 7:00-8:30p
Fee:	\$40 (plus \$20 materials fee, paid separately)

Have you always wanted to learn how to quilt, or has it been a while and you want to brush up on the basics, then quilting 101 is for you! You will learn the basics of quilting including getting to know your machine, cutting blocks, piecing, quilting and finishing. By the end of the class you will have created a mini quilt from start to finish and be ready to tackle your first large quilt! Class requirements: must bring your own machine and have basic knowledge of sewing. Please bring a \$20 materials fee to the first class. **Limit of 12 students. No class on March 16, March 30, or April 13. No senior exemptions.**

Reminder

Each registration must be for one person for one course, paid with one check or money order for that specific course. No cash will be accepted.



NEW CLASS!

Resume & Cover Letter Writing

Location:	High School – Room C106
Instructor:	Farrell
Length:	2 weeks
Starting date:	March 19 and March 26
Day & Time:	Thursdays, 7:00-8:30p
Fee:	\$40 (plus \$20 materials fee, paid separately)

Create or revise your resume and cover letter to promote yourself in your career. Students will learn different resume and cover letter template designs and the fundamentals of excellent resume and cover letter tips and techniques to get hired or get the next promotion. Students should have a google account and drive to save their created documents. **Limit of 15 students. No senior exemptions.**

Retirement & Discussion on Changes to Social Security

Location:	High School - Room D118
Instructor:	Bryant
Length:	One night only
Date:	April 9
Time:	Thursday, 6:00-8:00p
Fee:	\$10

Are you wondering if you have enough saved for 30+ years of retirement? If you are wondering how much is enough, or if it may be too late to get serious about saving for retirement, this course is for you. Topics include: cash management, strategies for successful investing, calculating the cost of retirement, sources of retirement income, and changes in Social Security. Conor Bryant is a Certified Financial Planner™ at Bryant Asset in Delmar. **Limit of 25 students.**

SAT Review: Critical Reading & Writing Subtests - Session I

Location:	High School - Room D114
Instructor:	Flynn
Length:	4 classes
Dates & Times:	Wed. 2/26, 3:30-6:30p, Tue. 3/3, 3:30-6:30p, Thur. 3/5, 3:30-6:30p, Sat. 3/7, 9:30a-12:30p
Fee:	\$120 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the fall of 2020. The course will be completed right before the March 14th SAT exam. For the first class, students must have *Cracking the SAT with 5 Practice Tests, 2020 edition* - published by Princeton Review (available on Amazon). **Limit of 25 students.**

SAT Review: Critical Reading & Writing Subtests - Session II

Location:	High School - Room D207
Instructor:	Leach
Length:	6 classes
Dates:	Sat. 3/28, Sat. 4/4, Sat. 4/25, Sat. 5/2, Sat. 5/9, Sat. 5/16
Time:	8:30-10:30a
Fee:	\$120 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the fall of 2020. The course will be completed right before the June 6th SAT exam. For the first class, students must have *Cracking the SAT with 5 Practice Tests, 2020 edition* - published by Princeton Review (available on Amazon). **Limit of 25 students.**

SAT Review: Math

Location:	High School - Room D102
Instructor:	Corson
Length:	6 classes
Dates:	Fri. 3/6, Fri. 3/13, Fri. 3/27, Fri. 4/3, Fri. 4/24, Fri. 5/1
Day & time:	3:00-5:00p
Fee:	\$120 plus book listed below

This course will review formulas, problems and concepts for the Mathematics portion of the SAT for students who plan to take the exam during one of the spring administrations and will finish prior to the May SAT. Students must have the *Barron's Math Workbook for the SAT – 7th edition* for the first class. **Limit of 25 students.**

NEW CLASS!

Start Contributing to Wikipedia

Location:	High School - Room D132
Instructor:	Jacobson
Length:	3 weeks
Starting date:	April 21
Day & time:	Tuesdays, 6:30-8:00p
Fee:	\$35

How often do you go to Wikipedia to check a fact or get some background information? Have you thought about who is creating the content in Wikipedia? It could be you! Wikipedia and other Wikimedia projects (for data, photographs, and quotes, for example) all exist thanks to the work of individuals around the globe. In this course, you will learn about editing opportunities, the guidelines for editing, the culture of the editing community, wonderful resources that help with editing, and then you will actually start to edit. Bring a laptop with you (wifi provided), and be ready to start what could be a lifelong interest. Prior to the class, please register on Wikipedia as an editor. **Limit of 15 students.**

NEW CLASS TIME!

Tap for Fun and Fitness (Beginner/Intermediate)

Location:	High School Cafeteria
Instructor:	Feldman
Length:	8 weeks
Starting date:	March 10
Day & time:	Tuesdays, 4:30-5:30p
Fee:	\$50

This class will be easy enough for beginners and challenging enough for experienced tappers. Come and work on keeping fit while enjoying the fun and sounds of tap dancing. Basic steps as well as combinations and new steps will be taught. Dance your way to good health! Need tap shoes? Go to allaboutdance.com. **Limit of 30 students. No class on April 14**

Woodworking (Beginning)

Location:	High School - Room F107
Instructor:	Shannon
Length:	8 weeks
Starting date:	March 11
Day & time:	Wednesdays, 6:30-9:00p
Fee:	\$80

Acquaint yourself with woodworking through basic instruction in the use of hand and power tools. Activities will center on students' projects of their choice. A small fee may be required for miscellaneous supplies and students must provide all materials for their projects, including: lumber, glue, sandpaper, etc. Intermediate students are welcome. Please, no skilled craftsmen wanting to use equipment for advanced sawing or planing. **No senior exemptions. Limit of 12 students. No class on April 15.**

Writing Workshop

Location:	High School - Room D120
Instructor:	Higgins
Length:	8 weeks
Starting Date:	March 4
Day & Time:	Wednesdays, 6:30-8:30p
Fee:	\$60

So you've always wanted to write a book or you've always written something—stories, letters, a journal? Perhaps there is a story you've always wanted to tell? This eight-week workshop offers a supportive environment for your writing, with practical exercises and strategies to inspire and improve your work. Participants will be encouraged to set realistic writing goals, explore strategies for meeting them, and work on a project with opportunities to share work. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. **Limit of 15 students. No senior exemptions. No class on April 8 or April 15.**



Yoga

Location:	Hamagrael Gym/Auditorium
Instructor:	Adams
Length:	10 weeks
Starting date:	March 10
Day & time:	Tuesdays, 6:45-8:00p
Fee:	\$60

This class will focus on the development of body awareness and alignment, flexibility and strength training through the practice of the physical poses of Yoga known as Asanas. Tone and strengthen your muscles, ligaments, joints and nerves. Support and maintain the smooth functioning and health of all of the body's systems. Dress in comfortable clothes that allow stretching and bring a yoga mat and blanket. Please refrain from eating a heavy meal two hours prior to class. **Limit of 50 students. No class on April 14.**

Zumba

“Ditch the Workout. Join the Party!”

Locations:	Session I - Glenmont Cafeteria Session II - Eagle Cafeteria and Gymnasium
Instructor:	Jaime-Benitez
Length:	10 weeks
Starting date:	Session I - Monday, March 2 Session II - Wednesday, March 4
Day & Time:	Mondays OR Wednesdays, 6:30-7:30p
<i>Please indicate which session you are choosing on the registration form.</i>	
Fee:	\$50

Zumba® is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. It's time for you to enjoy your cardio workout to international music! Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! **Limit of 50 students. No class on April 13 (session 1); or April 15 (session 2).**

Directions to all locations

can be found on the Bethlehem Central School District website at bethlehemschools.org

Monday		
Ballroom Dancing I	Eagle Elementary Gym/Cafe	6:30-8 p.m.
HVCC: Foundation of Education	High School D132	6-8:50 p.m.
Investing and Estate Planning	High School D118	6-8 p.m.
Knitting	High School D136	7-8:30 p.m.
Pastel Painting	High School D125	7-9 p.m.
Quilting 101	High School D134	7-8:30 p.m.
Zumba Session I	Glenmont Cafeteria	6:30-7:30 p.m.
Tuesday		
Ballroom Dancing II	Eagle Elementary Gym/Cafe	6:30-8 p.m.
Caring for Your Skin & Makeup	High School D134	6-7:30 p.m.
Cooking - Indian Cuisine	High School D124	6-8 p.m.
Drawing from Nature	High School D125	6-8:30 p.m.
Image, Colors, Style & Home Decor	High School D134	6-7:30 p.m.
Interview Dressing	High School D134	6-7:30 p.m.
Italian (Beginner)	High School D138	6-7:25 p.m.
Italian (Intermediate)	High School D138	7:30-8:45 p.m.
Medicare Made Clear	High School D112	6:30-8 p.m.
Notary Public Review Workshop	High School D134	6-9 p.m.
PiYo	Middle School Cafeteria	4:15-5:15 p.m.
Start Contributing to Wikipedia	High School D132	6:30-8 p.m.
SAT Review: Critical Reading	High School D114	3:30-6:30 p.m.
Tap for Fun and Fitness	High School Cafeteria	4:30-5:30 p.m.
Yoga	Hamagrael Gym	6:45-8 p.m.
Wednesday		
Basics of Adoption Law	High School D132	6-7:30 p.m.
Cooking - Learn to Make Baklava	High School D124	6:30-8:30 p.m.
Cooking - Lebanese Cuisine	High School D124	6:30-8:30 p.m.
Estate Planning	High School D118	6:30-8:30 p.m.
Five-Hour Driver Pre-License	High School D216	3-8 p.m.
Important Battles - American History	High School D210	6:15-8 p.m.
Intermediate Tai Chi	Glenmont Elementary Gym	6:30-8 p.m.
Introduction to Disney 101	High School D136	6:30-8:30 p.m.
SAT Review: Critical Reading	High School D114	3:30-6 :30 p.m.
Woodworking (Beginning)	High School F107	6:30-9 p.m.
Writing Workshop	High School D120	6:30-8:30 p.m.
Zumba Session II	Eagle Cafeteria & Gymnasium	6:30-7:30 p.m.
Thursday		
Barre Sculpt	Glenmont Elementary Gym	7-7:45 p.m.
Crochet	High School D126	6-8 p.m.
Digital Photography - Editing	High School D128	7-9 p.m.
Downsizing	High School D132	7-8:30 p.m.
Find the Right College	High School D130	6:30-8:30 p.m.
Guided Meditation	High School D136	7-8 p.m.
Introduction to Excel	High School C106	7-8:30 p.m.
Oil Painting	High School D125	6:30-9 p.m.
Paying for College	High School D138	6-7:30 p.m.
Resume & Cover Letter Writing	High School C106	7-8:30 p.m.
Retirement & Changes to Social Security	High School D118	6-8 p.m.
SAT Review: Critical Reading	High School D114	3:30-6:30 p.m.
Friday		
SAT Review: Math	High School D102	3-5 p.m.
Saturday		
SAT Review: Critical Reading II	High School D207	8:30-10:30 a.m.



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Reminder

You must send a separate check for each class you are registering for.

POSTAL CUSTOMER

View full schedule
on page 9.

Continuing **EDUCATION Registration Form**

Use this form for **Continuing Education Courses Only**. For HILL registration, use the form on page 6. Please use one form per person (photocopies are acceptable). Write one check per course payable to "Bethlehem Central School District."

PLEASE PRINT and FILL OUT FORM COMPLETELY. INCOMPLETE FORMS WILL NOT BE PROCESSED. PLEASE WRITE CLEARLY.

Check here if you are a senior citizen

(If box is checked, please submit a copy of your BC Senior Card)

Name: _____

Address: _____

Home phone: _____ Alternate Phone: _____

Email Address: _____

Course Title #1 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check # : _____

Course Title #2 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check # : _____

Course Title #3 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check # : _____

Mail checks and registration forms to:

Director, Continuing Education - Bethlehem Central High School
700 Delaware Avenue
Delmar, NY 12054

******Remember: You will not be notified that you are registered for a class. You will be notified only if the class you registered for is cancelled or full. Checks will not be cashed until class begins.******

The registration form and this brochure are also available on the district website at www.bethlehemschools.org (Click on the "Community" top link on the menu at the top of the district homepage. Continuing Education can be found here.)

Office Use Only

Date Received _____

Check Money Order

Initials _____