



# Continuing EDUCATION

**ONLINE CLASSES  
ONLY**

**SPRING 2021 Schedule**



## 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.*

## ONLINE CLASSES ONLY

Due to the COVID-19 pandemic, all Bethlehem Central School District Spring 2021 Continuing Education classes will be held online, using Zoom meetings or Google Meet (depending on the class). The program will run a limited schedule of classes.

## 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). 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.

## ELIGIBILITY

Courses are open to all persons ages 21 or over, with the exception of the SAT review courses. For courses accommodating a limited number of students, Bethlehem Central School District residents will have preference.

## REGISTRATION BY MAIL ONLY

Registration must be made in advance via mail only. No drop-off at the high school will be allowed due to health precautions.

To register:

- Mail your registration before Friday, Feb. 12
- Registration received after Friday, Feb. 12 will not be accepted.

Please print the last page (registration form) and mail to: Director, Continuing Education, Bethlehem Central High School, 700 Delaware Ave., Delmar, NY 12054.

**Please use separate checks for each class. Your check will not be deposited until your 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 either case, your check will be shredded.

## ONLINE CLASS TIMES

Online classes will be held live, at the times they are scheduled. 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.

## 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.

Class schedules are included in the descriptions of each class. Please read carefully for dates that classes may not meet.

## ZOOM AND GOOGLE MEET

Zoom is a video conferencing application that allows people to have face to face meetings with many people online. It is free and easy to access. A Zoom account is not required if you are strictly joining a Zoom meeting as a participant. Your instructor will send you your class meeting link once you are registered.

Google Meet is also a video conferencing tool used for some of the Spring Continuing Education classes. Again, it is free and easy to access. It is helpful to have a Google account to use all the features of Google Meet.

**All classes are online via Zoom or Google Meet**

*There will be no in-person classes this spring due to COVID-19.*



### Downsizing - Myths & Facts

Location:	Zoom Class Online Only
Instructor:	Sher, Fortin, Sandler and Stone
Length:	One night only
Date:	Tuesday, March 2
Time:	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. Nina 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 Grassroots Givers. **Limit of 30 students.**

### Find the Right College at the Right Price

Location:	Zoom Class Online Only
Instructor:	Dr. Skarlis
Length:	Two weeks
Dates:	March 25 and March 31
Day & Time:	Thursdays, 7:00-8:00p
Fee:	\$25

This two-session 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/schmanings: understanding why “fit” is critical; SAT/ACT strategy; how to make the most of college visits; writing the essay...and more. The information you will take home from this presentation will help you in your child’s college search. **Limit of 30 students.**

### Guided Meditation

Location:	Zoom Class Online Only
Instructor:	Ramkumar
Length:	8 weeks
Starting Date:	March 4
Day & Time:	Thursdays, 7:00– 8:00p
Fee:	\$50

Are you looking for 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 30 students. No class on April 8.**

### How to Pay for College

Location	Zoom Class Online Only
Instructor	Pearsall & Testa
Length:	One night only (offered twice)
Dates:	Tues., March 23 OR Weds., April 14
Time:	6:00-7:30p
Fee:	\$15

We all know what a difference a college education can make. This webinar will cover the student loan landscape, available options parents have when building a college funding plan, and resources you can turn to for more information and assistance. See why it’s never too late to start a college funding plan. Michael Testa is a Chartered Retirement Plans Specialist (CPRS). Please indicate which class session you plan to attend on your registration. **Limit of 30 students.**

### Important Battles in American History

Location	Zoom Class Online Only
Instructor	Wilson
Length:	5 weeks
Starting Date:	March 17
Day & Time:	Wednesdays, 6:00-8:00p
Fee:	\$50

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, US Invasion of Panama. **Limit of 25 students. No class on April 7.**

### Intro to Excel & Google Sheets

Location	Google Meet Class Online Only
Instructor	Farrell
Length:	2 weeks
Date:	March 9 and March 16
Day & Time:	Tuesdays, 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. **Limit of 20 students. No senior exemptions.**

### Intro to Google Apps

Location	Google Meet Class Online Only
Instructor	Farrell
Length:	2 weeks
Date:	March 23 and March 30
Day & Time:	Tuesdays, 7:00-8:30p
Fee:	\$25

You will need a Gmail account for this class. Explore the many applications that your free google account has to offer including documents, sheets, presentations and much more. **Limit of 20 students. No senior exemptions.**

### Investing & Estate Planning 101

Location:	Zoom Class Online Only
Instructor:	Bryant & Martin
Length:	One night only
Date:	March 31
Day & Time:	Wednesday, 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 30 students.**

### Medicare Made Clear

Location:	Zoom Class Online Only
Instructor:	Yuhasz
Length:	One night only (offered twice)
Dates:	Tues., March 9 OR Weds., May 5
Time:	6:00–8:00p
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. In this zoom 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. **Please indicate which class session you plan to attend. Limit of 25 students.**

### PiYo

Location:	Zoom Workout Online Only
Instructor:	Stanco
Length:	8 weeks
Starting date:	March 10
Day & Time:	Wednesdays, 6:00-7:00p
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. Have a mat and a bottle of water handy for this class and wear comfortable clothing. All levels of fitness are encouraged to attend. **Limit of 30 students. No class on April 7.**



**\*NEW CLASS\***

**Reducing Taxes & Maximizing Retirement - Business Owners**

Location:	Zoom Class Online Only
Instructor:	Prinzo & Pannucci
Length:	One night only
Date:	April 22
Time:	Thursday, 6:00-7:30p
Fee:	\$15

This course is for local business owners who would like to reduce their taxes, maximize retirement savings, and retain employees. You will learn about how changing tax laws will affect your business, how to utilize internal controls, and ways to take advantage of qualified retirement plans to reduce taxes and retain employees. Please join Nathan Pannucci, CPA of Teal, Becker and Chiamonte, and Reid Prinzo, CFA of Bryant Asset Management, to learn more about how you can optimize your business. **Limit of 30 students.**

**Retirement & Discussion on Changes to Social Security**

Location:	Zoom Class Online Only
Instructor:	Bryant
Length:	One night only
Date:	March 24
Time:	Wednesday, 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 30 students.**

**SAT Review: Critical Reading & Writing Subtests - Session I**

Location:	Zoom Class Online Only
Instructor:	Leach
Length:	6 weeks
Starting Date:	March 17
Day & time:	Wednesdays, 6:00-8:00p
Fee:	\$120 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the spring of 2021. The course will be completed right before the May 8th SAT exam. For the first class, students must have Official SAT Study Guide 2020 Edition (available on Amazon). **Limit of 25 students. No class on April 7.**

**SAT Review: Critical Reading & Writing Subtests - Session II**

Location:	Zoom Class Online Only
Instructor:	Flynn
Length:	4 classes
Date & time:	May 15, 9:30a-12:30p; May 22, 9:30a-12:30p; May 24, 3:30p-6:30p; June 3, 3:30p-6:30p
Fee:	\$120 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the spring of 2021. The course will be completed right before the June 5th SAT exam. For the first class, students must have the Princeton Review SAT Premium Prep, 2021: 8 Practice Tests + Review & Techniques + Online Tools (College Test Preparation) - published by Princeton Review (available on Amazon). **Limit of 25 students.**

**SAT Review: Math I**

Location:	Zoom Class Online Only
Instructor:	Abelson
Length:	6 weeks
Starting Date:	March 23
Day & time:	Tuesdays, 6:00-8:00p
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 8th SAT. Students must have The Official SAT Study Guide 2020 Edition - published by the CollegeBoard (available on amazon) for the first class. **Limit of 25 students. No class on April 6.**

**SAT Review: Math II**

Location:	Zoom Class Online Only
Instructor:	Ryan
Length:	6 weeks
Starting Date:	April 24
Day & time:	Saturdays, 9:00-10:30a
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 June 5th SAT. Students must have the Barron's Math Workbook for the SAT - 7th edition for the first class (available on amazon). There will be an additional requirement to watch a video (free) provided by the instructor prior to each class. **Limit of 25 students.**

**Writing Workshop**

Location:	Zoom Class Online Only
Instructor:	Higgins
Length:	8 weeks
Starting Date:	March 8
Day & Time:	Mondays, 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 Zoom workshop offers a supportive environment for your writing, with practical exercises and strategies to inspire and improve your work. In addition to mini-lectures, the virtual class will consist of large and small group discussion and exercises. Online resources available outside of class. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. **Limit of 15 students. No senior exemptions. No class on April 5.**

**Yoga**

Location:	Zoom Workout Online Only
Instructor:	Adams
Length:	10 weeks
Starting date:	March 9
Day & time:	Tuesdays, 6:45-8:00p
Fee:	\$60

This Zoom 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 have a yoga mat and blanket handy. Please refrain from eating a heavy meal two hours prior to class. **Limit of 50 students. No class on April 6.**

**Zumba**

**"Ditch the Workout. Join the Party!"**

Locations:	Zoom Workout Online
Instructor:	Jaime-Benitez
Length:	10 weeks
Starting date:	March 9
Day & Time:	Tuesdays, 6:30-7:30p
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! **No class on April 6.**

**HILL Information** The Humanities Institute for Lifelong Learning (HILL) will also run an online program in Spring 2021. Please visit the HILL website [hillclasses.org](http://hillclasses.org) for information regarding any HILL online courses for spring.



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ECRWSS

**Reminder**

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

**POSTAL CUSTOMER**

**ONLINE CLASSES ONLY**

*for Spring 2021*

*Continuing* **EDUCATION** Registration Form

Use this form for **Continuing Education Courses**. 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)*

**REMINDER:** All classes will be held remotely via Zoom or Google Meet. The instructor will send you the link to the course several days prior to the start of the class.

**IMPORTANT:** You must add your email address below or the instructor will not be able to send you the link to the course.

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 your class begins.\*\*\*\***

**Office Use Only**

Date Received \_\_\_\_\_

Check Money Order

Initials \_\_\_\_\_