



# Continuing EDUCATION

**ONLINE CLASSES  
ONLY**

**SPRING 2022 Schedule**



## Contact Information

### **Karen Ballard - Registrar**

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### **Kate Burkart - Spring Director**

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### **Scott Carlton - Fall Director**

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*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 2022 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. 18**
- **Registration received after Friday, Feb. 18 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.*



**\*New Class\***

**College Planning Essentials**

Location:	Zoom Class Online Only
Instructor:	Prinzo
Length:	One night only
Date:	Thursday April 14
Time:	6:00-7:30p
Fee:	\$15

Join Reid Prinzo to learn more about how to plan for one of life's most important goals. This course is filled with easy-to-understand charts that can help college investors overcome common myths and make well-informed decisions. You will find insights into tuition costs, financial aid, savings strategies and investment options - along with receiving a comprehensive College Planning Essentials guide that you can use after the meeting. **Limit of 30 students.**

**Design Your Perfect Wardrobe**

Location:	Zoom Class Online Only
Instructor:	Kathy Carlton
Length:	3 weeks
Starting Date:	May 12
Day & Time:	Thursdays, 7:00-8:00p
Fee:	\$30

Do you have a closet full of clothes and nothing to wear? This 3-part workshop will address a number of topics that will help you develop your perfect wardrobe starting with what you have. We will cover: lies we tell ourselves about how we dress; identifying your style personality; dressing for your body type; creating a capsule wardrobe; recreating inspirational looks from your closet; incorporating trends; style hacks; shopping tips & tricks and a Q & A on "Can I Wear This?" Kathy Carlton is a lifelong clothes fan, personal stylist and shopper. She has worked with women of all ages and life events to find their style groove without sacrificing comfort or pocketbooks. **Limit of 30 students.**

**Downsizing - Myths & Facts**

Location:	Zoom Class Online Only
Instructor:	Sher, Stone and Fortin
Length:	One night only
Date:	Thursday, March 10
Time:	7:00-8:30p
Fee:	\$15

Have you been thinking of downsizing? Is now a good time to sell? In this workshop, you'll learn: how to get top dollar in this sellers' market; how to handle it when one spouse is ready and the other is not; how to know when to list your house; simple steps to organizing, decluttering and donating; simple updates with the biggest return; why inspections can make or break a deal; and real estate pitfalls to avoid. Nina Sher is a licensed real estate salesperson with Hunt Real Estate and retired BCSD French and Spanish teacher; Judi Stone is an interior designer and owner of Take2Artworks; and Lisa Fortin is Branch Manager of Homestead Funding. Both Nina and Judi will also share their best tips from their own personal downsizing stories. **Limit of 30 students.**

**Drawing from Observation**

Location:	Zoom Class Online Only
Instructor:	Osborne
Length:	6 weeks
Starting Date:	March 2
Day & Time:	Wednesdays, 6:00-8:30p
Fee:	\$50

In this class, students will be introduced to drawing from observation. The instructor will guide students through basic drawing techniques to capture images from observation. The instructor provides a fun way of drawing that results in successful and proficient drawings. Supply list given upon registration. **Limit of 20 students.**

**\*New Class\***

**Family Name Sign Craft Class**

Location:	Zoom Class Online Only
Instructor:	Connors
Length:	One night only
Date:	Wednesday, April 6
Time:	6:00-7:30p
Fee:	\$50

Join Tara Connors from Bash Parties for this craft class where we'll make these beautiful, personalized Family Name Signs. Materials are included in the fee (including a reusable plastic stencil with your family name), participants will need to provide their own glue gun. You can pick up your craft kits at the main entrance of Bethlehem Central High school starting March 30th between the hours of 7:30 - 3:00. When registering for the workshop, please note what family name you'd like for your sign. **Limit of 30 students.**

**Find the Right College at the Right Price**

Location:	Zoom Class Online Only
Instructor:	Dr. Skarlis
Length:	One night only
Date:	Wednesday, March 9
Time:	Thursdays, 6:30-8:30p
Fee:	\$25

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 30 students.**

**\*New Class\***

**Hanging Planters Craft Class**

Location:	Zoom Class Online Only
Instructor:	Connors
Length:	One night only
Date:	Wednesday, May 4
Time:	6:00-7:30p
Fee:	\$50

Be Spring ready with these modern, colorblock hanging planters! Join Tara Connors from Bash Parties for this craft class where we'll make 3 hanging planters. Materials are included in fee, and with a variety of colors included in your craft kit you'll really be able to make these your own. Participants will need to provide their own glue gun. You can pick up your craft kits at the main entrance of Bethlehem Central High School starting April 27th between the hours of 7:30-3:00. **Limit of 30 students.**

**Important Battles in American History**

Location:	Zoom Class Online Only
Instructor:	Wilson
Length:	5 weeks
Starting Date:	March 16
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.**

**Investing & Estate Planning 101**

Location:	Zoom Class Online Only
Instructor:	Bryant & Carbone
Length:	One night only
Date:	Monday, May 2
Time:	6:00-8:00p
Fee:	\$15

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 Aaron Carbone is a Principal Attorney at Vella, Carbone, & Associates 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
Dates:	March 22
Time:	6:00-7:30p
Fee:	\$15

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.

### Oil Painting

Location:	Zoom Class Online Only
Instructor:	Somaio
Length:	8 weeks
Starting date:	March 17
Day & Time:	Thursdays, 6:30-9:00p
Fee:	\$30

This painting workshop is suitable for any level. Use your own supplies and project ideas if you like. A materials list will be given 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. No class on April 21.**

### Retirement & Discussion on Changes to Social Security

Location:	Zoom Class Online Only
Instructor:	Bryant
Length:	One night only
Date:	Wednesday, May 4
Time:	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

Location:	Zoom Class Online Only
Instructor:	Leach
Length:	7 weeks
Starting Date:	March 18
Days & times:	Tuesdays, 7:00p-8:30p (Mar. 8 & Apr. 26 classes are 7:00p-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 2022. The course will be completed right before the May 7th SAT exam. For the first class, students must have Princeton Review SAT Premium Prep, 2022: 9 Practice Tests + Review & Techniques + Online Tools available on amazon and other retailers. **Limit of 25 students. No class on April 19.**

### SAT Review: Math

Location:	Zoom Class Online Only
Instructor:	Ryan
Length:	6 weeks
Starting Date:	March 12
Day & time:	Saturdays, 8:30a-10:00a
Fee:	\$120 plus book listed below

This class will review formulas, concepts and problems for the mathematics portion of the SAT offered in the spring of 2022. The course will be completed right before the May 7th SAT exam. For the first class, students must have SAT Math Workbook - (Barron's Test Prep) 7th Edition by Lawrence S Leff (Paperback) available online at Target and Barnes and Noble. **Limit of 25 students. No class on April 16 or April 23.**

### \*New Class\*

### St. Patrick's Shamrock Wreath Making Craft Class

Location:	Zoom Class Online Only
Instructor:	Connors
Length:	One night only
Date:	Wednesday, March 9
Time:	6:00-7:30p
Fee:	\$50

Celebrate St. Patty's Day with a new Shamrock Wreath! Join Tara Connors from Bash Parties for this craft class where we'll make fun, personalized Shamrock Wreaths. Materials are included in fee, you can pick up your craft kits at the Bethlehem High School main entrance, starting March 2nd between the hours of 7:30 - 3:00. When registering for the class, please note what letter you'd like for your wreath. **Limit of 30 students.**

### Watercolor Workshop

Location:	Zoom Class Online Only
Instructor:	Somaio
Length:	8 weeks
Starting Date:	March 14
Day & Time:	Mondays, 7:00p-9:00p
Fee:	\$30

Students without any experience, basic watercolor experience, intermediate and advanced levels are welcome. Through expressive interpretation of still life, landscape and figurative subjects, students will practice watercolor techniques including transparent wash, dry brush-on, wet-on-wet and resist while discovering their own artistic voice. A variety of painting styles will be explored. Students will also work on independent projects in discussion with the instructor. **Limit of 20 students. No senior exemptions. No class on April 18.**

### Writing Workshop

Location:	Zoom Class Online Only
Instructor:	Higgins
Length:	8 weeks
Starting Date:	March 7
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 online 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 18.**

### Yoga

Location:	Zoom Workout Online Only
Instructor:	Adams
Length:	10 weeks
Starting date:	March 8
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 have your 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 19.**

### Zumba

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

Locations:	Zoom Workout Online
Instructor:	Jaime-Benitez
Length:	10 weeks
Starting date:	March 9
Day & Time:	Wednesdays, 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 19.**



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**Reminder**

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

**POSTAL CUSTOMER**

**ONLINE CLASSES ONLY**

*for Spring 2022*

*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 \_\_\_\_\_