

FOCUS

An East Greenbush Central School District Publication



Continuing Education Issue
January 2012

CONTINUING EDUCATION 2012 SPRING SEMESTER



REGISTRATION INFORMATION:

- ◇ Registration will take place for five days: **Monday, January 23 through Friday, January 27.**
- ◇ Registration will be conducted between the hours of 10:00 a.m. and 3:00 p.m.
- ◇ Please note – **course registration cannot be accepted prior to Monday, January 23.**
- ◇ For your convenience, you may register by calling the District's Continuing Education office at 207-2150.
- ◇ The time and location of classes will be given at time of registration.
- ◇ All course participants must be registered, as no *walk-ins* will be accepted.
- ◇ The Spring Semester classes will begin the week of February 27, 2012.

TUITION FEES:

- ◇ All course fees will be collected the first evening of each class. Checks should be made payable to: *EGCS Continuing Ed.*
- ◇ Refunds cannot be issued after a student has attended a class.
- ◇ Tuition has been reduced for specific courses, as cited, for Senior Citizens (age 50 or older) of the East Greenbush Central School District who have obtained a *Gold Card*. If you are a District resident and do not have a Gold Card, you may request one at time of registration.
- ◇ The EGCSD Continuing Education program is offered to our community in keeping with the District's philosophy of *School and Community Working Together*.
- ◇ All non-residents of the East Greenbush Central School District will be charged an additional \$10.00 fee per course, with the exception of the Six-Hour Insurance Point Reduction and the Five-Hour Pre-Licensing courses.

GENERAL COURSE INFORMATION:

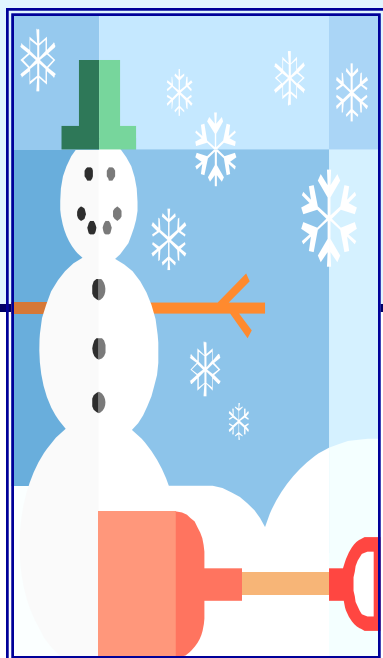
- ◇ Columbia High School students may take Continuing Education courses, upon the advice of their guidance counselor, where credit is desired.
- ◇ Generally, students below high school grade level are not allowed to enroll in classes.
- ◇ A course may be cancelled if there is not sufficient enrollment.
- ◇ Classes will not be in session when there is a school holiday or when schools are closed due to inclement weather.
- ◇ Cancellation of a class, due to inclement weather, will be announced on local radio stations and/or posted on the District's web site (www.egcsd.org).
- ◇ All lost class time will be made up whenever possible.

2012 SPRING SEMESTER COURSE OFFERINGS

<u>CLASSES</u>	<u>DAY OF CLASSES</u>	<u>NUMBER OF SESSIONS</u>	<u>TUITION</u>
Aerobics: Step	Tue./Thurs.	16 sessions	\$60
American Sign Language	Monday	6 sessions	\$40
Cake Decorating 101	Monday	3 sessions	\$60
Capital Community Voices	Tuesday	On-Going	Dues
Computer: Beginning	Monday	8 sessions	\$60
Driver Ed.: Six-Hour Insurance /Point Reduction	TBA		\$40
Driver Ed.: Five-Hour Pre-Licensing	TBA		\$35
East Greenbush/Nassau Community Band	Thursday	On-Going	Free
English For Speakers of Other Languages (ESOL)	TBA	On-Going	Reg. Fee
External High School Diploma Program (EDP)	TBA	On-Going	Reg. Fee
Financial Planning Courses:	TBA		
Wealth Accumulation		1 session	\$20
Understanding Stocks, Bonds and Mutual Funds		1 session	\$20
The Good... The bad... The Annuity		1 session	\$20
Put Your Retirement Plan on the Right Track		1 session	\$20
Paying for College Without Going Broke		1 session	\$20
Long-Term Care Insurance (Frequently Asked Questions)		1 session	\$20
Exit Baby Boomer: The Financial Transition to Retirement		1 session	\$20
General Education Development (GED)	TBA	On-Going	Reg. Fee
Giving Rural Adults a Study Program (GRASP)	TBA	On-Going	Reg. Fee
Keyboarding for Adults and Students	Monday	8 sessions	\$60
Mending: Basic Mending & Alterations	Wednesday	3 sessions	\$35
Quilting: Beginning	Tuesday	8 sessions	\$50
Quilting: Intermediate	Thursday	8 sessions	\$50
Rubber Stamping: Greeting Cards	TBA	1 session	\$20+
Sewing for Beginners	Wednesday	5 sessions	\$40.+
Walk-About	Mon./Tue./Thurs.	Nov.-Jan.	\$30
Yoga with Pilates	Tuesday	5 sessions	\$45
Zumba	Wednesday	6 sessions	\$45

(TBA) - To Be Announced

Senior Citizen Discounts are cited in the course descriptions.



IN CASE OF SCHOOL CLOSINGS

The District will continue to announce its school closings (due to an emergency, a snowstorm, or treacherous road conditions) on the local radio and/or television stations. The District will also post school closings on its web site at: www.egcsd.org

Students should also be aware that changing weather patterns might force the early closing of schools. In that case, all Continuing Education classes would be cancelled for that night as well.

Cancelled classes will be made up whenever possible.

COURSE DESCRIPTIONS

AEROBICS – STEP

(Tuesday/Thursday)

TUITION: \$60 or Drop-In Rate

Step Aerobics has become one of the most popular, most effective and safest forms of aerobic exercise. It is completely low impact; however, by adjusting the height of the step bench, the student can control workout intensity with the greatest effect on hips and thighs. Combining step aerobics with stretching, flexibility and abdominal work, this one-hour class is a complete workout. Hand-held weights may also be used, as directed by the instructor.

Classes run continuously and may be started anytime throughout the school year.

Participants may drop in, pay per class, or register for a specific number of classes.

Bring a mat or towel for floor work, a step bench if you have one, and please wear sneakers and loose, comfortable clothes. A limited number of step benches are available for use on a first come basis.

The use of a step bench is optional. You can still fully participate in class without one and benefit as you would in any low impact aerobic class. For additional information please call Barbara Neiman at 477-9580.

AMERICAN SIGN LANGUAGE

(Monday)

TUITION: \$40

Want to learn a new way of expressing yourself? Gestures and expressions through language - yes language - American Sign Language. Learn how to communicate with basic sign language and have some fun too. It's more than just learning A, B, Cs. Sign

language is a language that creates pictures with your hands to form a language. This class is designed for beginners, wanting to be able to talk with persons who are Deaf or hard of hearing or just for the pure beauty of the language. In fact, many parents are now teaching their children sign language as they learn to talk.

CAKE DECORATING 101

(Monday)

TUITION: \$60

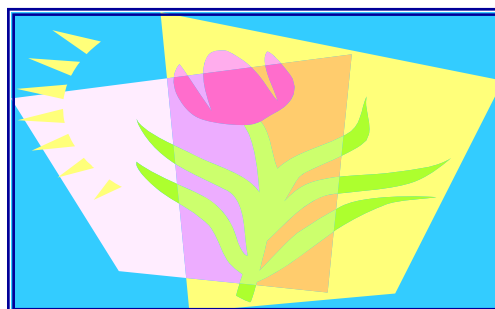
This popular course will include a cake decorating kit. The course will cover description of cake decorating tools, preparing bags and tips, cake preparation, leveling the cake, fillings and frosting, frosting consistency, bag position, pressure control, and cake decorating including: basket weave, rope, shells, stars, writing, colors, roses, rose buds, daisies, leaves, flower sprays, and assembling a cake with flowers.

CAPITAL COMMUNITY VOICES

(Tuesday)

TUITION: Dues

Do you enjoy singing? Come and join the Capital Community Voices. There are no auditions required to join. This chorus is open to all that wish to sing and be a part of a quality performing group (with individual attention given to those who desire it). In the past this group has performed music from Bach to Gershwin and Manilow in public concerts. Performers who were chorus members last semester do not need to register. Capital Community Voices' website is: www.timesunion.com/communities/CCV



COURSE DESCRIPTIONS

COMPUTER: BEGINNING (Monday)

TUITION: \$60 / \$40 Gold Card

This introductory course will enable the participant to understand: Function Keys, Spell Check, Find/Replace, control of the mouse, recognize various programs, File Folders, Windows, Explorer, Desktop Icons, use of the keyboard, and an explanation of the World Web, the Internet, and Email

DRIVER EDUCATION : SIX-HOUR INSURANCE/POINT REDUCTION COURSE

TUITION: \$40

The Six-Hour Driver Training Associates Insurance/Point Reduction course reduces car liability, collision, and no-fault insurance premiums by 10% for 3 years and may remove up to 4 points off your license, as determined by the Department of Motor Vehicles. The course is conducted monthly.

DRIVER EDUCATION : FIVE-HOUR PRE-LICENSING COURSE

TUITION: \$35
The Five-Hour Pre-Licensing course is required before an appointment for a road test may be scheduled. The course is conducted monthly.

EAST GREENBUSH/NASSAU COMMUNITY BAND

TUITION: No Charge (Thursday)

Area residents with prior musical experience in brass, woodwind, or percussion instruments are invited to participate in weekly rehearsal sessions of Community Band. Whether you played in high school, years ago, are a semi-pro, or are playing in a high school

band now; you are invited to join with others interested in making beautiful music together. Informal workshop sessions feature both sight-reading experience and ongoing preparation for community service concerts at area hospitals, nursing homes, and community centers.

ENGLISH FOR SPEAKERS OF OTHER LANGUAGES

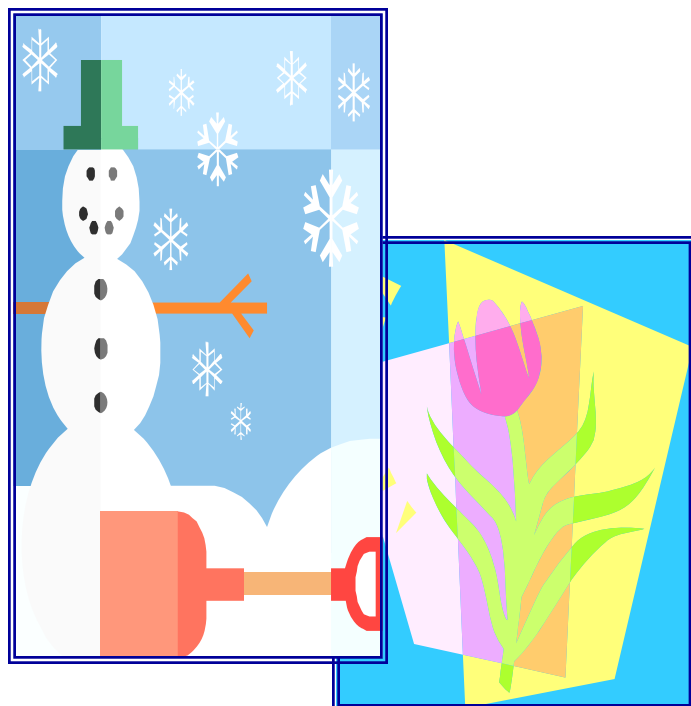
TUITION: Registration Fee

The ESOL Program is an instructional program for foreign born adults to develop written and oral communication skills. These skills include pronunciation, listening comprehension, reading, and writing. Cultural and functional life skills, parenting, family literacy, employability, and employment will also be taught.

EXTERNAL HIGH SCHOOL DIPLOMA PROGRAM

TUITION: Registration Fee

The EDP program provides adults with an opportunity to earn a high school diploma with the skills and knowledge they have acquired in daily living.



COURSE DESCRIPTIONS

FINANCIAL PLANNING COURSES:

TUITION: Each one-session course is \$20

Wealth Accumulation – What should have been a dinner table conversation...

What does it take to be wealthy? What do “rich people” do – that ordinary middle class have not done? What decisions are made by wealthy individuals and how are these decisions executed? What is their thought process and how do financial decisions affect retirement and our desires to create a financial legacy in the future?

These questions provide a thought-provoking framework for classroom discussion while examining the complexities of advanced financial planning and the decision-making process involved with wealth accumulation and preservation. The course will highlight the importance of comprehensive financial planning; demonstrating how decision-making, investment allocation, tax considerations, insurance needs and estate planning work together to provide the necessary elements for financial success! Please feel free to email: jstewart@hallidayfinancial.com to learn more about course topics.

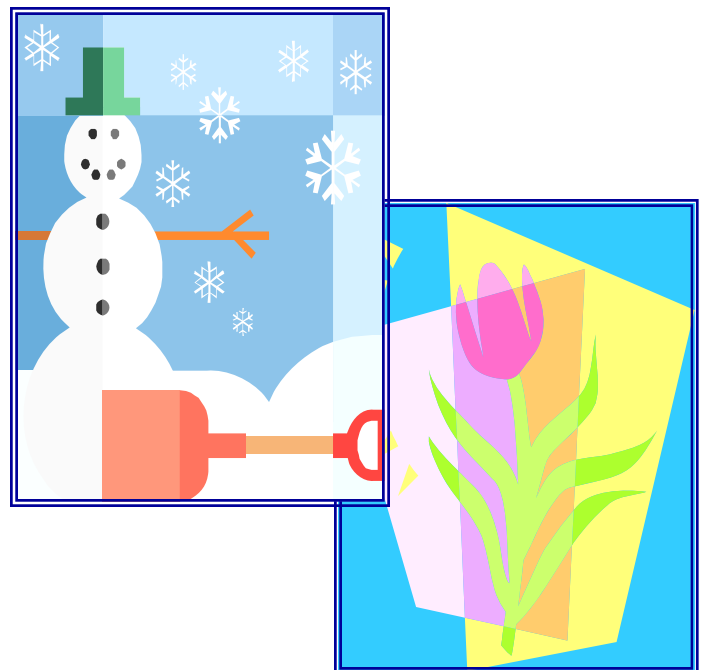
Understanding Stocks, Bonds, & Mutual Funds

Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments. It will also show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This

course is strictly educational and there will be no attempt to promote any specific investments. Please feel free to email: jstewart@hallidayfinancial.com to learn more about course topics.

The Good...The Bad.... The Annuity.

The Annuity or “personalized pension” as it is commonly referred to have been an investment vehicle long since insurance companies have been around. Years ago, the word “annuity” made people cringe. To this day the stereotype of high fees, illiquidity, and bad investments still linger. BUT THERE’S HOPE!! The more recent annuities are now more revised, highly regulated, lower fees, and offer income guarantees. Learn about these new annuities compared to their ancestors and how the revisions of today can be carried forward with your older annuities. Topics discussed (but not limited to) will be: how an annuity works, fees of an annuity, the guarantee of income, the most updated revisions, the tax advantages of this investment, and how you can pass this legacy along to your loved ones. The instructor is Joseph A. Stewart, a licensed Financial Advisor with the Halliday Financial Group in Albany, NY. Please feel free to email: jstewart@hallidayfinancial.com to learn more about course topics.



COURSE DESCRIPTIONS

Put Your Retirement Plan on the Right Track

Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work, or the pursuit of favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to email jstewart@hallidayfinancial.com for more course information.

Paying for College without Going Broke

Are you and your family sitting around the kitchen table wondering how you are going to pay for your children's college costs? Are you concerned that you will miss out on all of the financial aid, grants and scholarships you deserve?

If your answer is "Yes" then you cannot miss this workshop.

We will discuss the following topics and more:

- ◇ Maximizing the college financial aid process
- ◇ How to avoid costly mistakes when paying the bills
- ◇ Avoiding scams that could cost you thousands of dollars
- ◇ Paying for college without sacrificing your retirement savings

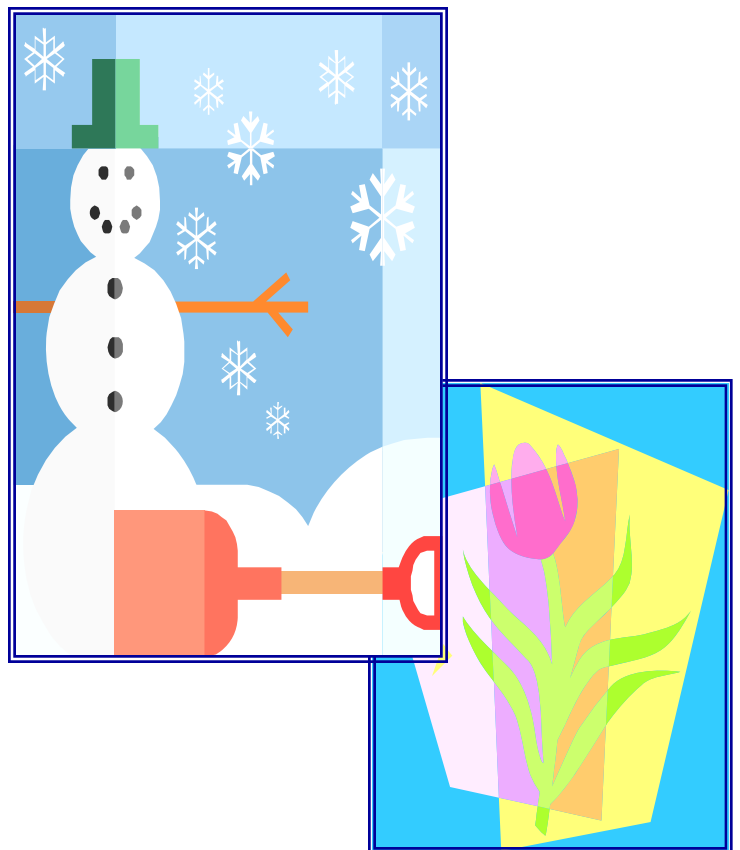
- ◇ Finding the right college for your children and your budget

Please feel free to email:

jstewart@hallidayfinancial.com to learn more about course topics.

Frequently Asked Questions of Long-Term Care Insurance

"Stay out of the Nursing Home Care!" The hottest topic in the industry today involves long-term care. This one night, one hour course will offer you information on the Frequently Asked Questions of Long Term Care. Find out the "must-knows" of Long Term Care. Is it right for you? When should you purchase it? What does it cover?... and more. This course will be a basic understanding without the overload of information that will allow you to be conversational on the topic everyone wants to hear about. Folders handed out at the seminar with more in depth information to be read at your convenience. Please email jstewart@hallidayfinancial.com for more course information.



COURSE DESCRIPTIONS

Exit Baby Boomers: The Financial Transition to Retirement

This informational seminar is for the “Baby Boomer” generation. Over the next several years Baby Boomers will be exiting the workforce and enjoying a long and fruitful retirement. This course will discuss the financial transition that will face this generation. Retirement income that was accumulated over the working years will now be distributed over the course of retirement which can expand 30 years in some cases. With inflation, tax laws, and healthcare costs rising, it is important to know your options. Topics that will be discussed (but not limited to) are rolling over your 401k plan into something YOU can control, asset distribution management, required minimum distributions (RMDs), Individual Retirement Accounts (IRAs), Long-Term Care. This course is strictly educational and there will be no solicitation of a specific investment. The instructor is a licensed Financial Advisor with the Halliday Financial Group in Albany, NY. Please feel free to email: jstewart@hallidayfinancial.com to learn more about course topics.

GENERAL EDUCATIONAL DEVELOPMENT

TUITION: Registration Fee

The GED program is a self-paced curriculum, preparing students for the High School Equivalency Diploma Exam. The syllabus concentrates on reading comprehension, math comprehension, and writing skills. Each student will be required to sign the “Student Agreement” prior to enrolling in the program.

GIVING RURAL ADULTS A STUDY PROGRAM (GRASP)

TUITION: Registration Fee

An individual home study program that prepares students for the GED and family literacy. The goal is to provide a study program for adults who are unable to attend classes at instructional sites.

KEYBOARDING FOR ADULTS & STUDENTS (Monday)

TUITION: \$60 /\$40 Gold Card

This course will teach you the fundamentals of typing. Among various techniques, students will be taught how to use the complete keyboard, keyboarding skills, drills for speed and accuracy, and correction techniques. The course is open to adults and students attending grades 6-12. However, all middle school students must be accompanied by an adult.

MENDING: BASIC MENDING & ALTERATIONS (Wednesday)

TUITION: \$35 / \$20 Gold Card

Participants will learn how to sew on a button, replace elastic in a waist band, mend a tear, put in a hem, and shorten sleeves. Students will be shown how to operate the sewing machines. The school’s sewing machines will be available for class. Students are encouraged to bring items that are in need of fixing with matching thread, and other supplies as needed (elastic, buttons, etc.).



COURSE DESCRIPTIONS

QUILTING: BEGINNING (Tuesday)

TUITION: \$50 /\$30 Gold Card

This class is designed for the Beginner Quilter; someone who can sew with a sewing machine but has never made a quilt, or was not satisfied with the results when they tried it on their own.

Many basic techniques involved in quilt-making will be taught, including but not limited to: rotary cutting (dos and don'ts as well as how-to), triangles, half-square triangles, flying geese, appliqué methods, paper piecing, curves and set-ins, machine and hand quilting, and mitered corners and bindings. Sewing machines will be made available for class participants.

QUILTING: INTERMEDIATE (Thursday)

TUITION \$50 / \$30 Gold Card

This semester's project will be a "Mystery" where participants are given the fabric requirements but do not know what the end product will be. The quilt top will measure approximately 90" x 102". This class is for quilters who know the "basics" of quilting but want more practice & guidance using those skills.

Participants must have a rotary cutter, a mat (approximately 18" x 24"), and plastic ruler (approximately 6"x 24").

FABRIC REQUIREMENTS:

Background: 4 ¼ yards with high contrast to color #1 and color #2.

Color #1: in three tones shades. For example:
1a) Medium - ½ yd. 1b) Medium Dark - 1yd.
1c) Dark - 1/4 yd.

Color # 2: Complementary to Color 1 - 3/4" yd. and has high contrast to your background fabric.

Borders: First - 1 ¼ yd.

Outside (with mix of colors #1 and #2) - 2 yds.

RUBBER STAMPING: GREETING CARDS

TUITION: \$20 MATERIAL FEE: \$10

Experience the fun of creating your own hand-stamped cards. You will be amazed at how easy it is to make beautiful cards. The class participants will make five cards using different stamping techniques and embellishments. A \$10 materials fee will be payable to the instructor the night of class. No Prior stamping experience is necessary—just come and have fun. Please bring scissors and double sided tape or a glue stick.

SEWING FOR BEGINNERS

(Wednesday)

TUITION: \$40+ / \$20 Gold Card

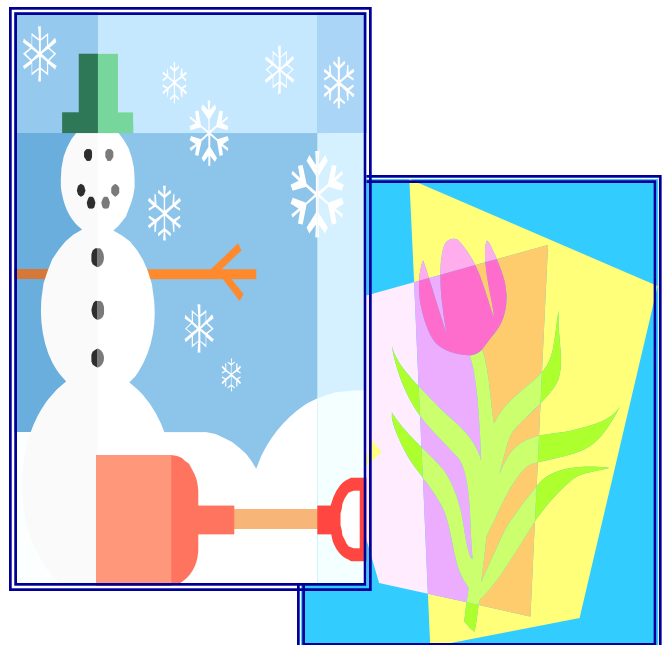
Learn the basics of hand and sewing machine sewing, and using a pattern. The project and a list of required materials will be distributed at the first class.

WALK-ABOUT

(Mon. / Tue. / Thurs.)

TUITION: \$30/\$50/couple

The Walk-About program has been established for the District's residents. It is for individuals who enjoy walking but find it difficult in the cold weather. A pre-measured cycle around a designated area in Columbia High School has been established to log each participant's progress.



COURSE DESCRIPTIONS

HATHA YOGA WITH PILATES (Tuesday)

TUITION: \$45

Improve your body awareness and core strength with a combination of 40 minutes of all-levels classical Hatha Yoga combined with 20 minutes of core strengthening Pilates mat work for varied levels. No footwear is necessary. Participants should wear comfortable clothing. Equipment can be provided on site.

ZUMBA (Wednesday.)

TUITION: \$45 / \$7.50 Drop-In Rate

Zumba is a fun, energizing cardio workout that is easy to follow. You will feel so sensational after this workout that you will want to come back for more! This semester, the first half hour will be Zumba toning, followed by Zumba—a fusion of Latin and International music. You'll salsa, meringue, cha-cha, samba, hip-hop, belly dance, and mambo. No rhythm is required or needed. Come shake and shimmy on the dance floor and burn off tons of calories.

Participants should bring water and a towel. They should wear comfortable, loose fitting clothes to work out in, and dance or regular sneakers.



Important Notices:

Please be sure to check our website's calendar to view changes and updates (www.egcsd.org/calendar).

- ◇ **January 24 - 27, 2012:** The State Education Department has received a donation to restore the January Regents Exams.
- ◇ **April 17 - 18, 2012:** NYS English Language Arts Assessments (grades 3-8).
- ◇ **April 23 - 24, 2012:** NYS Mathematics Assessments (grades 3-8).
- ◇ **May 10, 2012:** The Districtwide Music & Arts Festival date has been changed from May 3, 2012.
- ◇ **May 23 - June 1, 2012:** NYS Science Performance Assessments (grades 4 and 8).
- ◇ **June 4, 2012:** NYS Science Written Assessments (grades 4 and 8).
- ◇ **Last Page:** Board of Education Vice President, Mark Mann, has changed his telephone number to 859-3863.

2011/2012 BOARD OF EDUCATION

The Board of Education is comprised of nine volunteer members from the community who are elected by the District's voters. Public meetings are usually held twice monthly.

The Board encourages community participation and support for the schools.

	<u>Telephone Number</u>	<u>Term Expiration</u>
Shay Harrison (<i>President</i>)	729-5719	June 30, 2013
Mark Mann (<i>Vice President</i>)	859-3863	June 30, 2014
Julie Burke	283-2486	June 30, 2012
Alyssa Blostein	477-7086	June 30, 2014
Karen Curran	283-5654	June 30, 2013
Kathleen Curtin	479-5890	June 30, 2014
Susan Garrigan-Piela	369-4238	June 30, 2012
Katherine Maciol	813-9181	June 30, 2013
JoAnn Taylor	283-5393	June 30, 2012

Superintendent of Schools:

Dr. Angela M. Nagle (207-2531)