



CONTINUING EDUCATION

Spring 2023

COLUMBIA-GREENE COMMUNITY COLLEGE



PERSONAL ENRICHMENT



CAREER DEVELOPMENT

Welcome to C-GCC's Community Engagement and Professional Development

Columbia-Greene Community College's Office of Community Engagement and Professional Development (CEPD) provides educational opportunities,

personal enrichment, career development, and cultural programs for residents of Columbia and Greene counties.

Non-credit and continuing education courses, training programs, workshops, and community events will help you fulfill your lifelong-learning and personal development goals.

Questions? Contact Amanda Karch, Director of CEPD, at amanda.karch@sunycgcc.edu, or call 518.697.6370.



Amanda Karch

Director of Community Engagement and Professional Development



» LET'S GO!

Follow us on Social Media for the latest news!

#CoGreene!



ON OUR COVER



TOP:
Fiber arts instructor Diana Rupp will be teaching Indigo

Dyeing, Introduction to Embroidery, Naturally Dyed Yarn, and Tapestry Weaving (p. 10). Diana is the founder of Make Workshop and the author of *Sew Everything Workshop* (Workman).



BOTTOM:
This photo was taken at our Residential Electrical Wiring class,

which is being offered in two 7-week sessions beginning January 23rd (p. 7).

Photo by Hudson-based photographer David McIntyre.

HOW TO REGISTER

Spring 2023

BY PHONE: 518-697.6370 Mastercard, Visa, American Express, and Discover cards are accepted over the telephone for all non-credit course registrations. Please have all registration and card information on-hand when calling.

IN-PERSON: Registration and payment may be made in person at Suite 107 in the Main Building of the Columbia-Greene Community College campus at 4400 Route 23, Hudson, NY 12534.

Accessibility

C-GCC provides an inclusive campus for all students. Got questions? Contact the Office of Accessibility Services at oasweb@sunycgcc.edu.

Materials

Some courses require additional books and supplies not covered by the course fee. These supply lists will either be provided upon registration, by the instructor prior to class, or within the course description.

Refunds

Occasionally, courses must be canceled prior to their start because of low enrollment or unforeseen circumstances. If this occurs, students will be notified by telephone. If the College cancels a course, the registration will be refunded in full. Those wishing to withdraw from a course must request a refund before the class begins. No refunds will be made after the first class, unless otherwise noted.

COVID Vaccine Requirements

All on-campus students must provide valid evidence of vaccination. Please check the appropriate Department of Health website for vaccine availability.

Tuition Funding: Columbia-Greene Workforce New York

Columbia-Greene Workforce New York, located in the Professional Academic Center at C-GCC, provides a variety of employment-based services and offers grant-based tuition assistance for eligible people and programs that lead to industry-recognized credentials in high-demand fields. Eligible CEPD courses are noted in the course descriptions. For more information call 518.697.6510.

\$ Look for this symbol to find courses eligible for Workforce NY support.

Want more information about Columbia-Greene?

Our weekly virtual information sessions held every Wednesday at 4:00 p.m.

Register at <http://go.sunycgcc.edu/admissionsweeklyinformationsessions> or call 518.697.6500.

CAREER DEVELOPMENT COURSES

Spring 2023

COMPUTER SKILLS

Adobe Photoshop Level 1

This course is for new users of Adobe Photoshop who would like to edit and enhance photographs. Learn the essential concepts and get started in the workspace. With Photoshop, one can remove unwanted objects, correct poor lighting, and have fun by fixing messy hair and more. Students may turn photos into greeting cards and artwork by applying text, borders, and other decorations. Learn to scan old, damaged prints and restore them.

INSTRUCTOR: Dan Zunitch, a seasoned IT professional, owns Business Point Systems, a career training company providing technology education and high-value career skills to businesses and individuals for more than a decade.

CM 28368-1A
C-GCC – Room 111 2 Saturdays
Begins: February 18, 2023 9:00 a.m. – 12:30 p.m.
Fee: \$120

Adobe Photoshop Level 2

This course continues Adobe Photoshop Level 1 for users who would like to improve and enhance their skills. Students should bring old digital photos and/or a digital camera.

INSTRUCTOR: Dan Zunitch

CM 28464-1A
C-GCC – Room 111 2 Saturdays
Begins: April 1, 2023 9:00 a.m. – 12:30 p.m.
Fee: \$120

Computer Basics for Seniors Level 1

This course provides an introduction to computers for senior citizens. Starting with the very basics, students will learn essential skills and terminology that will unmask the mystery of the computer. Topics include using the mouse and keyboard, booting and logging in, finding and running programs, using the Internet, reading email, viewing photos, and an introduction to folders and files. Please bring email addresses and passwords to class. Students may use their own laptops if they have their login ID and password. Please note the instructor cannot

fix individual computer problems or find lost passwords during class.

INSTRUCTOR: Dan Zunitch

CM 28444-1A
C-GCC – Room 111 4 Saturdays
Begins: February 4, 2023 1:00 p.m. – 3:00 p.m.
Fee: \$120

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Computer Basics for Seniors Level 2

This course builds upon the skills learned in Computer Basics for Seniors Level 1. Students will learn how to send and reply to emails, download and send attachments, move photos from their phones to their computers, and navigate and find folders and files. Additional skills will be taught, time permitting. Please bring email addresses and passwords to class, as well as cell phone and data cables. Students may use their own laptops if they have their login ID and password. Please note the instructor cannot fix individual computer problems or find lost passwords during class.

INSTRUCTOR: Dan Zunitch

CM 28445-1A
C-GCC – Room 111 4 Saturdays
Begins: March 18, 2023 1:00 p.m. – 3:00 p.m.
Fee: \$120

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Create a Website with WordPress Level 1

In this course students will build a live, working website using WordPress, one of the world's most popular platforms for web hosting and content management. Students will learn how WordPress works, how to use a hosting service, what tools are required to build and maintain a WordPress site, and more. Through a series of hands-on exercises, students will install and configure the WordPress software; choose and configure a theme; create pages, posts, and menus; and enhance sites with widgets and plug-ins.

INSTRUCTOR: Dan Zunitch

CM 28462-1A
C-GCC – Room 111 2 Saturdays
Begins: March 4, 2023 9:00 a.m. – 12:30 p.m.
Fee: \$120

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Introduction to QuickBooks Online

This introductory course will cover the basic features in QuickBooks and how these features apply to best practice bookkeeping principles. The course will teach how to effectively and efficiently use QuickBooks to manage daily bookkeeping tasks and develop an understanding of how the data is entered, processed, and reviewed. Please note that this is an in-person class that covers the online version of QuickBooks.

INSTRUCTOR: Christina Mergendahl is an accounting professional with 20+ years of experience. She holds an MBA and while attending her undergrad was named in the National Dean's list.

CM 28441-1A
C-GCC – Room 111 2 Tuesdays and 2 Thursdays
Begins: February 21, 2023 6:00 p.m. – 8:00 p.m.
Fee: \$130

CM 28441-2A
C-GCC – Room 111 2 Tuesdays and 2 Thursdays
Begins: April 18, 2023 6:00 p.m. – 8:00 p.m.
Fee: \$130

\$ Workforce NY tuition funding available.
Call 518.697.6510.



Live Streaming Bootcamp

Have you ever wanted to try streaming but don't know where to begin? How does a streamer get online for the first time? How do streamers earn money? Why do they need software when they already have a webcam? Using the popular Open Broadcast Studio (OBS), students will learn the fundamentals of streaming. In the very first class, students will broadcast a basic stream to all three of the most widely used platforms: YouTube, Facebook, and Twitch. In subsequent classes, students will learn to use OBS to create the highest quality content for streaming.

INSTRUCTOR: Dan Zunitch

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

CAREER DEVELOPMENT COURSES

CM 28479-1A

C-GCC – Room 111

Begins: March 4, 2023

Fee: \$120

2 Saturdays
1:00 p.m. – 4:30 p.m.

Microsoft Excel Introduction

This class is an instructor-led training course for new users of Microsoft Excel who would like to create professional quality spreadsheets for business or personal applications. Participants will become familiar with the user interface and the ribbon, learn how to enter data and save a workbook; learn to create a basic spreadsheet; create and enter formulas to perform calculations, manipulate data, and apply formatting to modify a worksheet; print the contents of a workbook; and learn strategies for managing large workbooks.

INSTRUCTOR: Dan Zunitch

CM 28448-1A

C-GCC – Room 111

Begins: February 4, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.

💰 Workforce NY tuition funding available.
Call 518.697.6510.

Microsoft Excel Advanced

This class is an instructor-led training course for intermediate level users of the Excel spreadsheet software application. Participants will learn how to streamline repetitive tasks and display spreadsheet data in a more visually effective way. Topics include using advanced formulas, techniques, and options to organize worksheets and table data; creating and modifying charts; analyzing with Pivot Tables, Slicers, and Pivot Charts; adding graphics to a spreadsheet; and more advanced ways to customize and enhance workbooks.

INSTRUCTOR: Dan Zunitch

CM 28449-1A

C-GCC – Room 111

Begins: April 15, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.

💰 Workforce NY tuition funding available.
Call 518.697.6510.

Video Editing on a Budget

This class will be taught with Adobe Premiere, one of the leading packages in the industry

used for everything from home videos to full-length Hollywood movies. The instructor also will provide a brief presentation and demonstration of free or low-cost editing software. Students will learn the basics of video editing: cut, join, transition, combine movies with still snapshots, add titles, and adjust for poor lighting. Students will work on classroom examples and share specific problems of general interest to the class. Time permitting, optional topics such as creating a DVD or an animated GIF may be covered.

INSTRUCTOR: Dan Zunitch

CM 28475-1A

C-GCC – Room 111

Begins: March 18, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.



Personalized Computer Help *New!*

This provides a unique opportunity to receive personal, one-on-one instruction and assistance with computer questions. Students will sign up for one time slot, where they will be able to ask questions and receive help specific to their needs. Students may bring a laptop or use the computers available in the classroom. Topics include general computer questions – email; the internet; website building; streaming; Excel; Photoshop; video editing; file management; starting an application; and more. Students must have basic knowledge of their applications. Windows computers only; no Macs, Chromebooks, tablets, or cell phones.

INSTRUCTOR: Dan Zunitch

CM 28480-1A

C-GCC – Room 111

April 15, 2023

April 15, 2023

April 22, 2023

April 22, 2023

April 29, 2023

April 29, 2023

April 29, 2023

1 Saturday
1:00 p.m. – 2:45 p.m.

3:00 p.m. – 4:45 p.m.

1:00 p.m. – 2:45 p.m.

3:00 p.m. – 4:45 p.m.

9:00 a.m. – 10:45 a.m.

11:00 a.m. – 12:45 p.m.

1:00 p.m. – 2:45 p.m.

April 29, 2023

May 6, 2023

May 6, 2023

May 6, 2023

May 6, 2023

Fee: \$85 (per time slot)

3:00 p.m. – 4:45 p.m.

9:00 a.m. – 10:45 a.m.

11:00 a.m. – 12:45 p.m.

1:00 p.m. – 2:45 p.m.

3:00 p.m. – 4:45 p.m.

CAREER AND BUSINESS SKILLS

Become a New York State Notary Signing Agent

If you are currently a New York Notary Public and have always wanted to explore earning additional income, this seminar is for you! After completing this introductory course, students will have the opportunity to work on a freelance basis with mortgage, title, and signing companies who hire employees to notarize and present mortgage loan documents. Please note: students must be a current Notary Public in order to become a Signing Agent.

INSTRUCTOR: Victor Bujanow is a NYS Notary Public, Certified Notary Signing Agent, statewide Notary Public college adjunct instructor, and a member of The American Society of Notaries.

PR 72170-1Z

Taught via Zoom

February 23, 2023

Fee: \$85

1 Thursday

1:00 p.m. – 4:00 p.m.

PR 72170-2Z

Taught via Zoom

April 27, 2023

Fee: \$85

1 Thursday

5:00 p.m. – 8:00 p.m.

💰 Workforce NY tuition funding available.
Call 518.697.6510.

Earn Extra Money Mystery Shopping

Students will learn how to sign up with many legitimate mystery shopping companies without fees, avoid the pitfalls and scams, create a required mystery shopping resume and profile, and take care of legalities and taxes regarding this income. Participants will receive a list of 25 legitimate companies to which they can apply.

PREREQUISITE: How to Start Any Home Business: 250 Business Ideas!

INSTRUCTOR: LeeAnne Krusemark is an author, speaker, business owner, Chamber of Commerce Past President, and guest instructor at more than

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

CAREER DEVELOPMENT COURSES

200 colleges from Maine to Hawaii, as well as an adjunct online professor of publishing through ed2Go at some 2,000 facilities worldwide.

PR 24243-1Z

Taught via Zoom

March 8, 2023

Fee: \$25

1 Wednesday

5:00 p.m. – 6:00 p.m.

Entrepreneurship: Starting Your Own Business with Little Money Down

This informative seminar will teach students the behind-the-scenes, practical information on how to start a successful home-based second-income business. With little money down, students will learn how to decide on a business or product with minimal issues, how to avoid making major financial mistakes, and best practices in franchising. By taking this course, students will save time, money, and mental wear and tear. An optional materials fee of \$20 will be payable to the instructor.

INSTRUCTOR: Bev Nathan was self-employed for many years and has been successfully teaching students how to start their own businesses and save money for more than 35 years.

PR 28338-1A

C-GCC – Room 130

March 20, 2023

Fee: \$55

1 Monday

8:00 p.m. – 10:00 p.m.

Workforce NY tuition funding available.
Call 518.697.6510.

How to Start Any Home Business: 250 Business Ideas!

Taught by a Chamber of Commerce Past President and award-winning business owner, this comprehensive course will offer workshop-style information on more than 250 legitimate home business ideas, mandatory legal documentation, ways to market products and services, how to take tax deductions (this workshop included), and more.

INSTRUCTOR: LeeAnne Krusemark

PR 24103-1Z

Taught via Zoom

March 8, 2023

Fee: \$45

1 Wednesday

6:00 p.m. – 8:00 p.m.



Getting Great Real Estate Deals When Buying or Selling Properties

This course will teach students the pros and cons of foreclosures, short sales, and rentals with the option to buy, as well as skills in owner financing and buying with no money down. Students also will learn the best practices in buying and selling investment properties, as well as how to research a property through a variety of methods. An optional materials fee of \$20 will be payable to the instructor.

INSTRUCTOR: Rick Nathan has been teaching people how to protect their money, invest wisely, and how to buy and invest in real estate for more than 26 years.

BU 24069-1A

C-GCC – Room 132

March 20, 2023

Fee: \$55

1 Monday

8:00 p.m. – 10:00 p.m.

Getting Paid to Talk

For students who have ever wondered how to work in voice-over, this workshop is a realistic first step. An easy-to-access remote learning system will take students behind the scenes at Voice Coaches' main studios in Albany, NY, where voice-over content is produced for clients including Netflix, Discovery, HGTV, Disney, Lifetime, Nickelodeon, and others. From audio books, training material, animation, and commercials to socially relevant content, television, and much, much more, today's voice-over field has become a great way to leverage individual voice qualities and communication skills.

INSTRUCTOR: Members of the Creative Voice Development Group in Albany, NY

PR 32184-1Z

Taught via Zoom

January 24, 2023

Fee: \$20

1 Tuesday

6:30 p.m. – 8:00 p.m.

PR 32184-2Z

Taught via Zoom

March 22, 2023

Fee: \$20

1 Wednesday

6:30 p.m. – 8:00 p.m.

How to Make Extra Cash Pet Sitting

Learn how to make extra money after school or work by watching dogs or other pets! Students will learn about feeding, watering, and exercising pets, as well as how to make a good impression and what questions to ask when interviewing for a pet sitting job. Students also will discover what to do when a dog has behavioral issues, and will learn about other services to make more money, such as dog walking, grooming, and puppy training.

INSTRUCTOR: LeeAnne Krusemark

PR 72168-1Z

Taught via Zoom

March 10, 2023

Fee: \$45

1 Friday

7:00 p.m. – 9:00 p.m.



Make Money at Home with a Virtual Assistant or Word-Processing Business

Students will discover how and where to find clients, 50 ways to advertise and market services, effective home office equipment choices, and 100 ways to make money with a computer. These services are in demand, so learn to be your own boss, set your own hours, and make more money.

PREREQUISITE: How to Start Any Home Business: 250 Business Ideas!

INSTRUCTOR: LeeAnne Krusemark

PR 24104-1Z

Taught via Zoom

March 8, 2023

Fee: \$25

1 Wednesday

8:00 p.m. – 9:00 p.m.

Monetize Websites, Blogs, and Social Media with Affiliate Marketing

Earn a passive monthly income from selling other people's products by placing a merchant-provided advertisement link on your site and get a commission for every sale, click, or lead.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

CAREER DEVELOPMENT COURSES

Learn where to find 1000+ free and low-cost opportunities and how to avoid scams or links that won't offer a beneficial ROI (return on investment). Learn how to find high, recurring, and second-tier commissions, along with SEO (search engine optimization) secrets to increase a site's ranking and visibility on platforms like Google.

INSTRUCTOR: LeeAnne Krusemark

PR 24246-1Z

Taught via Zoom

1 Thursday

March 9, 2023

6:00 p.m. – 7:00 p.m.

Fee: \$25

Notary Public Seminar

This seminar provides preparation for the New York State Notary Public Test. Topics include situations that a Notary Public may encounter including conflicts of interest, professional ethics, proper fees, special situations, when to defer to an attorney, and minimizing legal liability. All materials included. The link to schedule an exam is at exams@dos.ny.gov.

INSTRUCTOR: Steven E. Williams is a member of the American Society of Notaries as well as a practicing Mobile Notary, Mortgage Loan Signing Agent, and a New York State licensed Mortgage Loan Originator.

BU 68142-1Z

Taught via Zoom

1 Thursday

January 26, 2023

6:00 p.m. – 9:00 p.m.

Fee: \$69

BU 68142-2Z

Taught via Zoom

1 Thursday

March 23, 2023

6:00 p.m. – 9:00 p.m.

Fee: \$69

BU 68142-3Z

Taught via Zoom

1 Thursday

May 4, 2023

6:00 p.m. – 9:00 p.m.

Fee: \$69

\$ Workforce NY tuition funding available.
Call 518.697.6510.



COMMUNICATION SKILLS



Anger Management *New!*

Learn how to cope with anger in healthy ways through assertiveness, problem-solving, restructured thinking, conflict resolution, empathy, forgiveness, and stress management. This course utilizes the evidence-based and nationally recognized "What's Good About Anger?" curriculum, and students will receive a fourth edition copy of the accompanying book. A certificate of completion will be awarded after completion of the full 12 weeks. For students court-ordered to participate in an Anger Management course, the court systems of Columbia and Greene Counties recognize this curriculum.

INSTRUCTOR: Megan Gardner is a Certified Anger Management Specialist and has been approved by the National Anger Management Association. She also holds a master's degree in Social Work.

HE 72192-1A

C-GCC – Room 136

12 Thursdays

Begins: January 26, 2023

6:00 p.m. – 7:00 p.m.

Fee: \$55

HE 72192-1Z

Taught via Zoom

12 Thursdays

Begins: January 26, 2023

2:00 p.m. – 3:00 p.m.

Fee: \$55

Refresh Your Communication Skills

Is it time to refresh your oral communication skills? Learn how to start, sustain, and exit engaging conversations. Speak confidently on special occasions, while proposing a toast, making an apology, congratulating an achievement, offering condolences, and thanking someone. Build confidence by delivering one-minute impromptu talks. Explore the impact of active listening, barriers to communication, non-verbal communication, feedback, and storytelling. Types of speeches and the basic anatomy of a speech will be covered.

INSTRUCTOR: Cynthia White has been an active member of Taconic Toastmasters for five years, a magician's assistant, and lecturer on magic for 20+ years.

PR 72043-1A

C-GCC – Room 134

3 Mondays

Begins: March 27, 2023

6:00 p.m. – 7:30 p.m.

Fee: \$60

\$ Workforce NY tuition funding available.
Call 518.697.6510.

ESL AND LEARNING SUCCESS

ESL Bridge-to-College

Columbia-Greene's ESL Bridge-to-College is an intensive, non-credit course that helps academically qualifying non-native English speakers learn the advanced English language skills required for college success. The course consists of two complementary instructional modules that provide college-level skills preparation in grammar, reading, and writing. Supplemental opportunities in the College's Student Success Center and a professional tutor augment the core classroom instruction. This class will be offered in the hybrid format with Monday classes taught on campus and Thursday classes taught online, via Zoom.

INSTRUCTOR: Eileen Ordu

SI 99345-1Z

C-GCC – Room 113A and Zoom

Mondays and Thursdays

Begins: January 23, 2023

6:00 p.m. – 9:00 p.m.

No class February 20, 2023

Fee: \$15

\$ Workforce NY tuition funding available.
Call 518.697.6510.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

CAREER DEVELOPMENT COURSES

Young Adults Education for Success Program (YES), Ages 18-21

The Young Adults Education for Success (YES) Program provides one-on-one and group instruction for adults ages 18-21 striving to improve their prospects for workplace and career success. This course prepares students for the High School Equivalency TASC Exam, formerly known as the General Education Development test, or GED. Program services include a workplace skills assessment, and instruction in reading, writing, and mathematics up to the pre-college level. YES accepts students on an ongoing basis, with 16 hours per week of instruction available beginning in September.

INSTRUCTOR: C-GCC staff

SI 99246-1A

C-GCC – Room 117

Tuesdays, Wednesdays, and
Thursdays

Begins: Ongoing

3:00 p.m. – 7:00 p.m.

💰 Workforce NY tuition funding available.
Call 518.697.6510.

HEALTH PROFESSIONAL DEVELOPMENT

Intro to Medical Terminology

Medical terminology is the first step to any career in the medical field and also is a great way to understand your family's medical visits. No prior experience is necessary! This highly specialized language involves word building with root words, prefixes, suffixes, and abbreviations. Students will leave with a solid foundation of medical language, as well as basic medical billing and coding terminology. After submitting and passing the open-book exam included in the workbook that students receive in class, they will earn a Certificate of Completion.

INSTRUCTOR: LeeAnne Krusemark

HE 36055-1Z

Taught via Zoom

1 Monday

March 6, 2023

7:00 p.m. – 10:00 p.m.

Fee: \$50

💰 Workforce NY tuition funding available.
Call 518.697.6510.

Standard First Aid/CPR/AED Course

This American Heart Association Standard First Aid Course provides individuals with the knowledge and skills necessary to recognize and provide basic care for injuries and sudden illnesses until medical personnel arrive. The course covers all required topics such as recognizing emergencies, prioritizing care, rescue breathing, Adult CPR, and wounds. At the end of the class, the American Heart Association administers the First Aid/CPR certificate exam. The certification earned for this course is valid for two years. This class is not for professional recertification for EMT First Responders.

INSTRUCTOR: Stacy Collier-Deieso, MA, is an Adjunct Instructor at Columbia-Greene Community College.

HE 36239-1A

C-GCC – Room 124

March 29, 2023

Fee: \$85

1 Wednesday

5:00 p.m. – 9:50 p.m.

💰 Workforce NY tuition funding available.
Call 518.697.6510.



Basic Life Support for Healthcare Professionals

Receive or renew your Basic Life Support certification in one evening. This course is appropriate for healthcare professionals, nursing students, and anyone else in need of certification.

INSTRUCTOR: Stacy Collier-Deieso

HE 36302-1A

C-GCC – Room 124

April 5, 2023

Fee: \$85

1 Wednesday

5:00 p.m. – 9:50 p.m.

💰 Workforce NY tuition funding available.
Call 518.697.6510.

RESIDENTIAL ELECTRICAL WIRING

Introduction to Residential Electrical Wiring Part 1

In this seven-week course, students will begin learning the fundamentals of residential electrical wiring. Topics include safety, basic electrical theory, residential wiring techniques, and residential electrical requirements as they pertain to the National Electrical Code. Textbook and toolkit included. Class takes place in the Construction Technology Building.

Learn more at sunycgcc.edu/electrical.

INSTRUCTOR: James Hayes is a Licensed Master Electrician with over 30 years in the electrical field. He currently teaches full-time electrical classes at Dutchess County Boces CTI.

PR 72172-1A

C-GCC – Room 814

6 Mondays and 7 Wednesdays

Begins: January 23, 2023

6:00 p.m. – 9:00 p.m.

Fee: \$450

No class February 20

💰 Workforce NY tuition funding available.
Call 518.697.6510.



To register, call **518.697.6370** or visit sunycgcc.edu/community-services.

CAREER DEVELOPMENT COURSES

Introduction to Residential Electrical Wiring Part 2

This seven-week class continues the Introduction to Residential Electrical Wiring Part 1. Students completing both Part 1 and Part 2 will have a strong foundation to use their skills to enhance their employability or further their education in the electrical field. Textbook and toolkit included. Class takes place in the Construction Technology Building.

INSTRUCTOR: James Hayes

PR 72173-1A

C-GCC – Room 814 7 Mondays and 7 Wednesdays
Begins: March 20, 2023 6:00 p.m. – 9:00 p.m.
Fee: \$450

💰 Workforce NY tuition funding available.
Call 518.697.6510.

SECURITY GUARD TRAINING



8-Hour Pre-Assignment Training Course for Security Guards

Prior to obtaining a security officer's license in New York State, students must attend and pass this course. Topics covered include the role of the security guard, legal powers and limitations, emergency situations, access control and identification, public relations and communication, ethics, and conduct.

INSTRUCTOR: William DeLuca served as a police officer for 21 years and is certified as a Master and General Topics Instructor by the New York State Bureau for Municipal Police. He also is Assistant Professor Emeritus of Criminal Justice at Columbia-Greene Community College.

PR 68333-1A

C-GCC – Room 136 1 Saturday
February 11, 2023 8:00 a.m. – 4:00 p.m.
Fee: \$90

💰 Workforce NY tuition funding available.
Call 518.697.6510.

Annual In-Service Training Course for Security Guards

This eight-hour mandated in-service training course is for all security guards in New York State and must be completed on a calendar-year basis for each year succeeding the completion of the mandated 16-hour On-the-Job Training Course for Security Guards. Topics covered include the role of a security guard, legal powers and limitations, emergency situations, communications and public relations, access control, report writing, ethics and conduct, and elective topics.

INSTRUCTOR: William DeLuca

PR 68424-1A

C-GCC – Room 136 1 Saturday
March 4, 2023 8:00 a.m. – 4:00 p.m.
Fee: \$90

💰 Workforce NY tuition funding available.
Call 518.697.6510.



16-Hour On the Job Training Course for Security Officers

This 16-hour course must be completed within 90 days of employment as a security officer and provides detailed information on the duties and responsibilities of a security officer. Topics covered include the role of the security officer, legal powers and limitations, emergency situations, communications and public relations, access control, ethics and conduct, incident

command system, and terrorism. Students must have completed the 8-Hour Pre-Assignment Training course to attend this class. Successful completion of this course requires passing a written examination.

INSTRUCTOR: William DeLuca

PR 68346-1A

C-GCC – Room 134 2 Saturdays
Begins: March 25, 2023 8:00 a.m. – 4:00 p.m.
Fee: \$160

💰 Workforce NY tuition funding available.
Call 518.697.6510.



TRAINING FOR EDUCATORS

Identifying and Reporting Child Abuse/Neglect

This training is now a requirement for all professionals certified or licensed by the New York State Education Department. The focus of the two-hour session is identifying and reporting child abuse and maltreatment as required by Chapter 544 of the Laws of 1988. Students must bring their license and/or permit number to class.

INSTRUCTOR: Cynthia Engel, R.N., is a nursing instructor at Columbia-Greene Community College and approved as a provider of the course work by the New York State Education Department.

PR 68280-1A

C-GCC – Room 128 1 Thursday
March 23, 2023 4:00 p.m. – 6:00 p.m.
Fee: \$25

💰 Workforce NY tuition funding available.
Call 518.697.6510.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

CAREER DEVELOPMENT COURSES



Introduction to Residential Electrical Wiring 1 & 2

Learn the fundamentals of residential electrical wiring. Topics include safety, basic electrical theory, residential wiring techniques, and residential electrical requirements as they pertain to the National Electrical Code. Students completing these courses will have a strong foundation to enhance their employability or further their education in the electrical field.

Part 1 Begins January 23, 2023

Monday and Wednesday evenings from 6:00 p.m. - 9:00 p.m.

Part 2 Begins March 20, 2023

Monday and Wednesday evenings from 6:00 p.m. - 9:00 p.m.

Class takes place in the Construction Technology Building.

\$ Workforce NY tuition funding available. Call 518.697.6510.

INSTRUCTOR: James Hayes is a Licensed Master Electrician with more than 30 years in the electrical field. He currently teaches electrical classes full time at Dutchess County Boces CTI.

Learn more at www.sunycgcc.edu/electrical

Interested in Opening an In-Home Daycare?

Beginning January 2023, the *Family Child Care Training Program* will provide comprehensive training, equipment, and physical plant modifications for those interested in operating an in-home daycare program. Starting with an informational session, the *Family Childcare Training Program* includes mandatory health and safety training, as well as Office of Children and Family Services Orientation, CPR/First Aid for adults and children, and education about business practices. **Training and other supports will be provided at no cost to eligible participants through grants from Columbia-Greene Workforce NY.**

The *Family Child Care Training Program* is offered through a partnership between Columbia-Greene Community College's Office of Community Engagement and Professional Development; Child Care Connections, a childcare resource and referral program of Family of Woodstock, Inc.; and Columbia-Greene Workforce, NY.

For more information and next steps, please contact Columbia-Greene Workforce NY at **518.697.6510** or email Chris Nardone, Director Columbia-Greene Workforce NY, at **Christopher.Nardone@sunycgcc.edu**



To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

Spring 2023

FIBER ARTS

Indigo Dyeing: Shibori and More

In this class, students will learn a variety of dyeing techniques including Shibori, the Japanese resist-dyeing technique that involves twisting cloth and binding it to create a vast array of patterns on fabric. The class fee includes three items for students to take home. Things may get messy, so wear okay-to-mess clothes or bring an apron or smock!

INSTRUCTOR: Make Workshop founder Diana Rupp, author of *Sew Everything Workshop* (Workman)

AR 44358-1A

C-GCC – Room 509

May 6, 2023

Fee: \$100 (includes supplies)

1 Saturday

Noon – 2:30 p.m.



Introduction to Embroidery

By mastering just a few easy stitches, students will gain the skills to create original works of art using a variety of hand embroidery methods. Perk-up your jeans and tee-shirts, and/or be able to complete a design by your favorite needlework artist. No experience necessary!

INSTRUCTOR: Diana Rupp

AR 44354-1A

C-GCC – Staff Cafeteria

March 5, 2023

Fee: \$65 (includes supplies)

1 Sunday

Noon – 2:00 p.m.

Knitting a Scarf with Wool

This class will teach the basics of knitting with soft and renewable wool yarn. Topics to be



covered include casting on and off; knit, purl, garter, ribbing, cable, and seed stitches; and joining yarn. Continental English or American knitting will be taught with full support for right or left-handed knitters, and a five-foot scarf with all pattern stitches represented will be the class project. The phone number for Countrywool is 518.828.4554; a materials list will be provided upon registration.

INSTRUCTOR: Claudia Krisniski, owner of Countrywool, has been teaching facets of the fiber arts for more than 35 years.

AR 08816-1Z

Taught via Zoom

Begins: January 26, 2023

Fee: \$45

2 Thursdays

6:00 p.m. – 8:00 p.m.

Knit a Seamless Basic Sweater

This three-session class will cover constructing a pullover sweater with raglan sleeves, knit completely in the round, from the bottom hem to the neck with only a bit of sewing needed at the underarms. Class will meet February 10, March 3, and April 7, 2023.

PREREQUISITE: Knit a Scarf with Wool or basic knit/purl/decrease/increase skills

INSTRUCTOR: Claudia Krisniski

AR 08929-1Z

Taught via Zoom

Begins: February 10, 2023

Fee: \$65

3 Fridays

6:00 p.m. – 8:00 p.m.

Naturally Dyed Yarn ***New!***

Get your hands on the magic of color and yarn! In this workshop, students will explore the process of dyeing a variety of natural fiber yarns. Students will learn to prepare yarn for dyeing, mix colors,

and create a rainbow of results using low-impact fiber reactive and natural dyes. Students will walk away with a range of their own hand-dyed yarns, perfect for knitting, weaving, crocheting, and anything else they can dream up!

INSTRUCTOR: Diana Rupp

AR 08754-1A

C-GCC – Room 509

February 12, 2023

Fee: \$100 (includes supplies)

1 Sunday

1:00 p.m. – 3:30 p.m.

Tapestry Weaving

Learn the basics of hand weaving with yarn, fabric, and raw wool. In addition to learning how to create fabric and one-of-a-kind works of art using a variety of patterns and techniques, students will be given a small weaving frame loom that they can take home along with extra yarn to continue working long after the workshop ends. All supplies are included with the course fee.

INSTRUCTOR: Diana Rupp

AR 16027-1A

C-GCC – Staff Cafeteria

April 15, 2023

Fee: \$85 (includes supplies)

1 Saturday

11:00 a.m. – 1:30 p.m.

DRAWING AND PAINTING



Drawing from Life

In this class, students will develop their hand-eye coordination, focusing on really seeing what's in front of them. Line, mass, light source, and the use of negative space will be explored in a variety of exercises. Students will work with a range of

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

mediums to enable the development of a full complement of techniques. (Model fee included)

INSTRUCTOR: Luis Macia is an accomplished artist originally from New York City. He was an apprentice to the noted watercolorist Irwin Greenberg, as well as the social realist, Max Ginsburg, and his work has appeared in solo and group shows in New York City and the Hudson Valley.

AR 16164-1A
C-GCC – Room 509 **6 Tuesdays**
Begins: January 24, 2023 **6:00 p.m. – 8:30 p.m.**
No class February 21, 2023 **Fee: \$139**

The Figure in Color

To bring the figure to life, students will use pastels and/or watercolors to study and capture line, form, mass, light, and negative space. Instruction will begin with surface preparation, broadly blocking in the figure to create a fully realized composition. Techniques for watercolor and pastel will include blending, layering, color mixing, lifting, working wet on wet, and brush and paper selection and use. Teaching methods will include instruction, demonstration and individualized attention and support through the process. (Model fee included)

INSTRUCTOR: Luis Macia

AR 16422-1A
C-GCC – Room 509 **6 Wednesdays**
Begins: January 25, 2023 **6:00 p.m. – 8:30 p.m.**
No class February 22, 2023 **Fee: \$139**

The Figure in Extended Pose ***New!***

This course is for students who wish to work on a single pose for the entire class to explore the figure in greater depth. Pastels, watercolors, and/or oil will be used to study and capture line, form, mass, light, and negative space to create a fully realized picture. Students will develop control and confidence as they become more aware of the potential of these mediums. Teaching methods include instruction, demonstration, individualized attention, and support through the process. Students will use time-honored techniques to foster individual growth and artistic vision. (Model fee included)

Instructor: Luis Macia

AR 44366-1A
C-GCC – Room 509 **4 Saturdays**
Begins: March 11, 2023 **10:00 a.m. – 12:30 p.m.**
Fee: \$100

Introduction to Abstract Painting

New!

This course is designed for beginner abstract painters. Throughout the class, students will demystify media, surfaces, materials, and techniques, and discover the joys of moving paint. Students will try out expressionistic, improvisational, hard-edged, minimal, maximal, and geometric styles. Students also will contrast intuitive and planned approaches while learning about color and composition; no experience required!

INSTRUCTOR: Paul Sunday has been a practicing multi-disciplinary artist for more than 30 years. His work has been published internationally and exhibited widely in New York.

AR 08252-1A
C-GCC – Room 509 **5 Thursdays**
Begins: March 2, 2023 **6:30 p.m. – 8:30 p.m.**
Fee: \$160



The Joyful Habit of Watercolor

In this class, students will learn fun techniques and useful theory, while developing the powers of observation and expression, with the goal of making watercolor a life-enriching habit. Students can use this habit to make art at home, or for journaling and travel. Students also will see works of other artists and illustrators to inform and encourage their personal style. Each series offers a new theme for maximum en-JOY-ment! A materials list will be sent prior to the first class.

INSTRUCTOR: Kelly Kynion, a graduate of the Cooper Union School of Art; a textile designer; and the founder of Columbia County Sketchers.



AR 16468-1A
Taught via Zoom **4 Thursdays**
Begins: February 2, 2023 **1:30 p.m. – 3:30 p.m.**
Fee: \$75

AR 16468-2A
C-GCC – Room 509 **4 Fridays**
Begins: March 10, 2023 **1:30 p.m. – 4:00 p.m.**
Fee: \$75

AR 16468-3A
C-GCC – Room 509 **3 Fridays**
Begins: April 21, 2023 **1:30 p.m. – 4:00 p.m.**
Fee: \$60

The Personal Still Life ***New!***

In this exciting new class, students will bring one item from home that they would like to include in their still life and receive instruction on how to assemble groups of items for their composition. Pastels, watercolors, and/or oil will be used to study and capture line, form, mass, light, and negative space to create a fully realized picture. Students will develop control and confidence as they become more aware of the potential of these mediums. Teaching methods include instruction, demonstration, individualized attention, and support through the process. Students will use time-honored techniques to foster individual growth and artistic vision.

INSTRUCTOR: Luis Macia

AR 44365-1A
C-GCC – Room 509 **3 Tuesdays**
Begins: March 21, 2023 **6:00 p.m. – 8:30 p.m.**
Fee: \$55

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

ARTS AND CRAFTS

Ceramics Open Studio

This personal development course encourages adults with studio knowledge to increase their skills and produce projects. This course is meant for personal enrichment, not production work. The fully furnished studio has a regular firing schedule and dedicated studio space during Art Center hours; access will be arranged at time of registration. Instruction will be tailored to individual needs and can encompass the wheel, sculpture techniques, and ceramic chemistry. Students must contact the instructor before enrolling at ceramics.cgcc@gmail.com, or 845.246.0282.

INSTRUCTOR: Fred Koschetzki, MA University of Denver, MFA Southern Illinois University; Ceramics Art Program Director at Columbia-Greene Community College. <http://ceramicartists.com>.

AR 08452-1A

C-GCC – Room 503

Fee: \$400

Begins: January 23, 2023

Contemporary Collage

This workshop, a deep dive into collage, possibly the most joyful and liberating genre a visual artist can explore, will cover materials, grounds, tools, techniques, tips and tricks, and a bit of context and theory for added value. Supportive feedback sessions, in-class practice, and productive prompts and assignments will enable students to have a new body of work in five short weeks! All levels of experience are welcome. Supplies will be discussed at the first class and can be purchased afterwards.

INSTRUCTOR: Paul Sunday

AR 08909-1A

C-GCC – Room 105

Begins: April 4, 2023

Fee: \$160

5 Tuesdays

6:30 p.m. – 8:30 p.m.

Let's Make a Wreath *New!*

In this exciting new class, students will go through the steps of creating a beautiful, one-of-a-kind wreath for their front door or to give as a gift. Come enjoy the beauty of spring; all supplies are included!

Instructor: Christina Mergendahl owns Crafted

by Chrissy Creations and has been an avid crafter for many years.

AR 08553-1A

C-GCC – Room 612

March 29, 2023

Fee: \$50

1 Wednesday

6:00 p.m. – 8:00 p.m.



Pottery Wheel Throwing

Learn the fundamental skills of throwing on a potter's wheel or improve existing skills. This course offers individualized instruction based on skill level. Individuals new to the wheel will acquire the skills necessary to create cups, bowls, plates and more. Glazing techniques and kiln firing also will be covered. All supplies are included; class is limited to five students.

NOTE: The studio is open for finishing work during the week. Time slots must be pre-arranged.

INSTRUCTOR: Fred Koschetzki

AR 08961-1A

C-GCC – Room 503

Begins: March 22, 2023

Fee: \$200

5 Wednesdays

6:00 p.m. – 8:00 p.m.

BUSINESS

Earn Extra Money Mystery Shopping

See **page 4** for class description.

PR 24243-1Z

Taught via Zoom

March 8, 2023

Fee: \$25

1 Wednesday

5:00 p.m. – 6:00 p.m.

Entrepreneurship: Starting Your Own Business with Little Money Down

See **page 5** for class description.

PR 28338-1A

C-GCC – Room 130

March 20, 2023

Fee: \$55

1 Monday

8:00 p.m. – 10:00 p.m.

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

How to Start Any Home Business: 250 Business Ideas!

See **page 5** for class description.

PR 24103-1Z

Taught via Zoom

March 8, 2023

Fee: \$45

1 Wednesday

6:00 p.m. – 8:00 p.m.

Getting Great Real Estate Deals When Buying or Selling Properties

See **page 5** for class description.

BU 24069-1A

C-GCC – Room 132

March 20, 2023

Fee: \$55

1 Monday

8:00 p.m. – 10:00 p.m.



Getting Paid to Talk

See **page 5** for class description.

PR 32184-1Z

Taught via Zoom

January 24, 2023

Fee: \$20

1 Tuesday

6:30 p.m. – 8:00 p.m.

PR 32184-2Z

Taught via Zoom

March 22, 2023

Fee: \$20

1 Wednesday

6:30 p.m. – 8:00 p.m.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

How to Make Extra Cash Pet Sitting

See **page 5** for class description.

PR 72168-1Z

Taught via Zoom

March 10, 2023

Fee: \$45

1 Friday
7:00 p.m. – 9:00 p.m.



Make Money at Home with a Virtual Assistant or Word-Processing Business

See **page 5** for class description.

PR 24104-1Z

Taught via Zoom

March 8, 2023

Fee: \$25

1 Wednesday
8:00 p.m. – 9:00 p.m.

Monetize Websites, Blogs, and Social Media with Affiliate Marketing

See **page 5** for class description.

PR 24246-1Z

Taught via Zoom

March 9, 2023

Fee: \$25

1 Thursday
6:00 p.m. – 7:00 p.m.

COMMUNICATION SKILLS

Refresh Your Communication Skills

See **page 6** for class description.

PR 72043-1A

C-GCC – Room 134

Begins: March 27, 2023

Fee: \$60

3 Mondays
6:00 p.m. – 7:30 p.m.

\$ Workforce NY tuition funding available.
Call 518.697.6510.

COMPUTER SKILLS

Adobe Photoshop – Level I

See **page 3** for class description.

CM 28368-1A

C-GCC – Room 111

Begins: February 18, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.

Adobe Photoshop – Level II

See **page 3** for class description.

CM 28464-1A

C-GCC – Room 111

Begins: April 1, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.

Computer Basics for Seniors Level 1

See **page 3** for class description.

CM 28444-1A

C-GCC – Room 111

Begins: February 4, 2023

Fee: \$120

4 Saturdays
1:00 p.m. – 3:00 p.m.

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Computer Basics for Seniors Level 2

See **page 3** for class description.

CM 28445-1A

C-GCC – Room 111

Begins: March 18, 2023

Fee: \$120

4 Saturdays
1:00 p.m. – 3:00 p.m.

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Create a Website with WordPress – Level I

See **page 3** for class description.



CM 28462-1A

C-GCC – Room 111

Begins: March 4, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Introduction to Quickbooks Online

Please see **page 3** for class description.

CM 28441-1A

C-GCC – Room 111

Begins: February 21, 2023

Fee: \$130

2 Tuesdays and 2 Thursdays
6:00 p.m. – 8:00 p.m.

CM 28441-2A

C-GCC – Room 111

Begins: April 18, 2023

Fee: \$130

2 Tuesdays and 2 Thursdays
6:00 p.m. – 8:00 p.m.

\$ Workforce NY tuition funding available.
Call 518.697.6510.



Live Streaming Bootcamp

See **page 3** for class description.

CM 28479-1A

C-GCC – Room 111

Begins: March 4, 2023

Fee: \$120

2 Saturdays
1:00 p.m. – 4:30 p.m.

Microsoft Excel Introduction

See **page 4** for class description.

CM 28448-1A

C-GCC – Room 111

Begins: February 4, 2023

Fee: \$120

2 Saturdays
9:00 a.m. – 12:30 p.m.

\$ Workforce NY tuition funding available.
Call 518.697.6510.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

Microsoft Excel Advanced

See **page 4** for class description.

CM 28449-1A

C-GCC – Room 111

2 Saturdays

Begins: April 15, 2023

9:00 a.m. – 12:30 p.m.

Fee: \$120

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Video Editing on a Budget

See **page 4** for class description.

CM 28475-1A

C-GCC – Room 111

2 Saturdays

Begins: March 18, 2023

9:00 a.m. – 12:30 p.m.

Fee: \$120

DANCE

Belly Dance Spirit

Traditional belly dance for beginners and experienced dancers. Music inspires four classes for students to develop their own dance personality. Focus is on dancing in a small space; improvising variations of torso, arm, and hand movements; travel steps; and spins. All are welcome. Wear stretchy, exercise clothing or belly dance clothes if you have them - no jeans, please. Dance shoes or socks are required.

INSTRUCTOR: Donna Barrett is an experienced and regionally recognized belly dance instructor. She dances regularly with local troupes and leads her own troupe, the Wild Rose Belly Dance.

DA 57001-1A

C-GCC Room 505

Art Center Dance Studio

4 Mondays

Begins: March 20, 2023

6:00 p.m. – 7:30 p.m.

Fee: \$50



Fusion Groove Movement Class

Experience a truly unique dance class that fuses different dance styles from around the world! Laugh, smile, and sweat while learning combinations that blend the dance styles of India, West Africa, Spain, Latin America, and the United States. This class welcomes people of all fitness levels, and even those who have no formal dance training will have a great time! Please note that this class can be attended either virtually or in-person.

INSTRUCTOR: Anna Mayta has been a dance improviser, choreographer, and instructor for more than 15 years. She currently directs her own dance company, Mayta Fusion Dance, located in the Hudson Valley.

DA 57003-1A

C-GCC – Room 505 or via Zoom

Art Center Dance Studio

Begins: January 25, 2023

Fee: \$80

6 Wednesdays

7:00 p.m. – 8:00 p.m.

DA 57003-2A

C-GCC – Room 505 or via Zoom

Art Center Dance Studio

Begins: March 8, 2023

Fee: \$80

6 Wednesdays

7:00 p.m. – 8:00 p.m.



Introduction to Ballroom Dance: Waltz, Swing, Merengue, Rhumba

Students will look great and have fun while dancing to their favorite songs! Increase enjoyment, feel comfortable, and gain confidence on the dance floor at social events and weddings. Soon to be wed? Bring "first dance" music! No

experience necessary as students will learn the basic steps. This class is for couples only; both must register and the price is per person. Participants should wear comfortable shoes that slide easily.

INSTRUCTORS: Guy Apicella and Janice Lynch have more than 20 years each of dancing experience. They have taught dance classes both at Columbia-Greene Community College and Ulster County Community College.

DA 57002-1A

C-GCC – Student Center

Begins: April 10, 2023

Fee: \$45

4 Mondays

6:45 p.m. – 8:00 p.m.

Introduction to Hawaiian Hula Dance

Students will learn the basic Hula steps and arm movements associated with this beautiful dance. Students also will learn the footwork and arm movements to two Awana Hulas: Blue Hawaii and Lovely Hula Hands. The instructor will present a short history of the Hula, and the differences between Kahiko (ancient Hula) and Awana (modern Hula), and also will demonstrate the use of traditional Hawaiian instruments: puili sticks, ipu, and ukulele. Grab comfortable clothes and soft-soled shoes and join us!

INSTRUCTOR: Janice Lynch has taken 10 years of Hula instruction from Kumu Hula Evelyne Poeling and award-winning instructor Mac Freeman.

DA 57005-1A

C-GCC – 505

Arts Center Dance Studio

Begins: April 11, 2023

Fee: \$45

4 Tuesdays

6:45 p.m. – 8:00 p.m.

DEFENSIVE DRIVING

Defensive Driving

Students who complete this course will qualify for a reduction of up to four points from their driving record for violations received during the 18 months prior to completing the course and will become eligible for a minimum insurance reduction of 10%. Students may repeat this course every 18 months for point reduction only. Offered in cooperation with the NYS Department of Motor Vehicles, the NYS Department of Insurance, and the Empire Safety Council. Class begins promptly at 9 a.m.

INSTRUCTORS: Victor Bujanow and Deborah Harpine

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES



are certified by the Empire Safety Council.

DD 68057-1A
C-GCC – Room 612
January 28, 2023
Fee: \$45

1 Saturday

9:00 a.m. – 3:15 p.m.

DD 68057-2A
C-GCC – Room 612
February 18, 2023
Fee: \$45

1 Saturday

9:00 a.m. – 3:15 p.m.

DD 68057-3A
C-GCC – Room 612
March 18, 2023
Fee: \$45

1 Saturday

9:00 a.m. – 3:15 p.m.

DD 68057-4A
C-GCC – Room 612
April 15, 2023
Fee: \$45

1 Saturday

9:00 a.m. – 3:15 p.m.

DD 68057-5A
C-GCC – Room 612
May 6, 2023
Fee: \$45

1 Saturday

9:00 a.m. – 3:15 p.m.

ESL AND LEARNING SUCCESS

ESL Bridge-to-College

See **page 6** for class description.

SI 99345-1Z
C-GCC Room 113A and Zoom
Begins: January 23, 2023
No class February 20, 2023

Mondays and Thursdays

6:00 p.m. – 9:00 p.m.

Fee: \$15

\$ Workforce NY tuition funding available.
Call 518.697.6510.

Young Adults Education for Success Program (YES), Ages 18-21

See **page 7** for class description.

SI 99246-1A
C-GCC – Room 117

Tuesdays, Wednesdays,
and Thursdays

3:00 p.m. – 7:00 p.m.

Begins: Ongoing



GENERAL INTEREST

A Celebration of Sacred Stars ***New!***

Join the instructors for an evening filled with ancient traditions and stories, with a touch of astronomy. Students will start their evening learning about the circumpolar constellations and their special significance to the Inuit, Anishinaabe, and Ancient Egyptian cultures. Students will unlock the secrets to the Great Pyramid of Giza and Rapa Nui through alignments to Orion and the Pleiades. If cloud cover allows, students will seek out these constellations in the night sky. At the end of the class, students will create a 3D origami star mobile.

INSTRUCTORS: Kelly Ann Radzik and Christina Mergendahl

SI 99375-1A
C-GCC – Room 502
March 14, 2023
Fee: \$35

1 Tuesday

6:00 p.m. – 8:00 p.m.

Calm, Composed, and Resilient

HeartMath's practical and easy-to-learn techniques self-regulate emotions, reduce stress, improve health and relationships, and build a greater capacity to navigate life's challenges. This scientifically-validated system of stress intervention techniques quantifiably and dramatically boost health and performance of individuals and organizations. Understanding

the mechanics of stress gives students the advantage of being more aware and sensitive to their own stress level as well as knowing when and how to take proactive steps. Please note the first class will be 7:00 p.m. – 9:00 p.m.

INSTRUCTOR: Alison Murphy, LAc., is a licensed acupuncturist, meditation coach, Chinese Medicine practitioner, tarot interpreter, palm analyst, sound healer, classical guitarist, and GMRS radio enthusiast.

SI 99359-1Z

Taught via Zoom

Begins: January 25, 2023

Fee: \$80

6 Wednesdays

7:00 p.m. – 8:00 p.m.

SI 99359-2Z

Taught via Zoom

Begins: March 15, 2023

Fee: \$80

6 Wednesdays

7:00 p.m. – 8:00 p.m.

Develop Your Intuitive Skills

Like a muscle, intuition needs exercise to become strong, flexible, and reliable. In this class, the instructor will help students learn how to get in touch with their intuition and guide them along the path to developing it. Intuition is an important resource in business and personal life. The class will do a guided imagery exercise for students to "meet" their intuition. By the end of the evening, students will be doing intuitive readings for each other! Bring a notebook and an open mind.

INSTRUCTOR: Prudence Mohr, Certified Tarot Master/Instructor (Certified by the Tarot Certification Board)

SI 99254-1A
C-GCC – Room 132
March 28, 2023
Fee: \$30

1 Tuesday

6:30 p.m. – 8:30 p.m.

Exploring Olana: Native Plants in the Landscape and Historic House Interiors ***New!***

On this tour, Glenda Berman will share her extensive knowledge of Olana's artist-designed landscape, while comparing the naturalistic landscape with Olana's Mingled Flower Garden. While walking along a one-mile carriage road designed by landscape artist, landscape designer, and environmental visionary Frederic Church, Berman will explore various soil types, the importance of native flora and pollinators, and more. The tour will culminate in a 45-minute tour of the Main House at Olana.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

INSTRUCTOR: Glenda Berman is a Cornell Cooperative Extension Master Gardener and holds a BA in Environmental Science from SUNY Purchase. Berman has worked for more than 30 years promoting ecological awareness and nature appreciation in community groups and schools. Glenda also partners with the Columbia Land Conservancy and is a Landscape and Historic House Guide at Olana.

SI 99373-1Z

Olana State Historic Site

5720 State Route 9G

Hudson, NY 12534

April 22, 2023

Fee: \$35

1 Saturday

2:30 p.m. – 5:00 p.m.



Introduction to Astrology *New!*

This course is designed to introduce beginners to the complex study of astrology using the birth chart. Students will begin by orienting themselves with the birth chart and introducing the concept of archetypes and their importance in the study of astrology. The course will cover all the basic building blocks of a birth chart and the instructor will use astrologically inspired art to create a more immersive experience as students learn about the different elements and energies in astrology.

INSTRUCTOR: Isabel Romero is a self-taught student of Astrology for five years and currently offers astrological consultations professionally. She also has taught American History, Ancient Roman History, Arabic, and Drawing.

SI 99268-1Z

Mountain Top Library

6093 Main St.

Tannersville, NY 12485

Begins: March 4, 2023

Fee: \$160

8 Saturdays

10:00 a.m. – 11:30 a.m.



Meditation and the Art of the Tarot

Explore the Major Arcana through art, history, contemplation, and Joseph Campbell's stages of the hero's journey. Meditating with the tarot is a powerful tool for self-discovery and its original purpose. By analyzing and reflecting on the symbology of Pamela Coleman-Smith's illustrations, students will gain an understanding of the tarot's deep spiritual meaning. Suitable for beginner to accomplished tarot students. Includes seldom-taught tarot facts and instruction on using sound tones for each card. Students must have a Rider-Waite deck.

INSTRUCTOR: Alison Murphy

SI 99360-1Z

Taught via Zoom

Begins: January 26, 2023

Fee: \$200

12 Thursdays

7:00 p.m. – 9:00 p.m.



Relative(Iy) Speaking: Recording Family Oral Histories and Stories *New!*

Learn how to interview family, friends, and neighbors, and capture archival-quality audio recordings of their life stories. In this course, students will learn interview techniques, including how to put their interviewee at ease, and how to choose a microphone, from cell phones through professional quality devices. Using recordings from class, students will learn

how to remove extraneous content and format files for easy sharing and archival storage.

INSTRUCTOR: Brett Barry is an audio producer and owner of Silver Hollow Audio, which specializes in spoken-word recordings. He teaches digital media production at SUNY New Paltz and is the producer and host of the award-winning Catskills podcast, Kaatscast.

SI 99374-1A

C-GCC – Room 508

Begins: April 4, 2023

Fee: \$70

2 Tuesdays

6:00 p.m. – 8:00 p.m.

Save Money with Extreme Couponing

Learn how to save money every day with extreme couponing. Coupons are not just for groceries; the savings can add up to hundreds or even thousands of dollars every year. This comprehensive workshop will teach students where to find all different types of coupons, even for high-ticket items, how to find the best coupon apps and websites, and how to match coupons with sales for maximum savings. The workshop is taught by someone who has used many couponing secrets to save thousands.

INSTRUCTOR: LeeAnne Krusemark

SI 99333-1Z

Taught via Zoom

March 11, 2023

Fee: \$25

1 Saturday

11:00 a.m. – Noon

Tarot in Your Life

Throughout this class, students will explore the fascinating world of the tarot. Various tarot decks will be examined to discover the many interpretations of characters and symbols. A short history of the tarot also will be discussed. The class will culminate in students completing sample readings for each other to further develop their relationship with the tarot cards. Please note that a Rider Waite Tarot Deck is required for the class and must be purchased ahead of time.



To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

Students also should bring pen and paper for note taking.

INSTRUCTOR: Prudence Mohr

SI 99365-1A

C-GCC – Room 132

4 Mondays

Begins: April 3, 2023

6:30 p.m. – 8:30 p.m.

Fee: \$90

HEALTH AND MOVEMENT

The Art of Zentangle: One Stroke at a Time

Join us as we explore mindful meditation through simple line drawing techniques. Each class will leave students feeling calm, focused, and creatively accomplished. A basic Zentangle kit is included and an additional short materials list will be given in the first class.

INSTRUCTOR: Andrea Porrazzo became a Certified Zentangle Teacher in 2013 and has been teaching it ever since. She also has practiced meditation since 1982.

HE 72185-1A

C-GCC – Room 136

3 Saturdays

Begins: March 11, 2023

10:00 a.m. - Noon

Fee: \$105



Awareness Through Movement®: The Feldenkrais Method® *New!*

Verbally guided movement lessons using gravity, breath and the imagination. The method is novel, gentle, and slow-paced, fostering self-discovery, ease, articulation, and coordination.

They are helpful for most everyone including artists, athletes, and those recovering from injury, serving as a bridge to doing more of what you want to be doing. Lessons take place lying down, but may incorporate sitting, kneeling, and standing.

INSTRUCTOR: Debra Wanner is a performing artist and a Certified Feldenkrais Practitioner in Catskill, NY. She has been helping people move with enhanced awareness and skill since 2003.

HE 72193-1A

C-GCC – Room 612

6 Thursdays

Begins: March 9, 2023

6:00 p.m. – 7:00 p.m.

Fee: \$90



Fundamentals of Golf

This introductory course covers the basics from tee to green. Learn the fundamentals of the golf swing and gain an understanding of the various clubs. The class starts with how and when to hit with a driver, fairway woods and irons, followed by pitching and chipping usage, and technique. The final session will offer guidance on putting technique, alignment, and green reading. This class will benefit golfers of any skill level.

INSTRUCTOR: Gerard Ecker, United States Golf Teachers Federation (USGTF), has been a Level 3 Golf Instructor since 2010 and an instructor at Thunderhart Golf Course and Sunnyhill Resort and Golf Course for 12 years.

PH 62051-1A

C-GCC – Gymnasium

4 Tuesdays

Begins: April 4, 2023

6:00 p.m. – 8:00 p.m.

Fee: \$120

Pilates Mat Class

When it comes to Pilates, mat work is a great place to begin and learn the basics. All of the fundamental movements and Pilates exercise principles are incorporated in the mat exercises

that accommodate any fitness level. These exercises will help build strength and confidence in the Pilates method. Improve strength, flexibility, balance, and posture by incorporating floor-based Pilates movements that stimulate the deep “core” muscles of hips, abdomen, lower back, and spine. Focus will be on breathing and improving mental clarity.

INSTRUCTOR: Suzanne Hazelton is a Certified Instructor for Body Be Well Pilates in Catskill, NY.

HE 62310-1A

C-GCC – Room 612 or Zoom

6 Mondays

Begins: January 23, 2023

6:00 p.m. – 7:00 p.m.

No class February 20, 2023

Fee: \$90

HE 62310-2A

C-GCC – Room 612 or Zoom

6 Mondays

Begins: March 27, 2023

6:00 p.m. – 7:00 p.m.

Fee: \$90



Relax and Rejuvenate Guided Meditation

New!

Allow The Wicked Warrior to take you on a relaxing guided meditation journey where students will create their own Medicine Space and connect with their Next Best Version. In addition, students will take away stress releasing and empowering strategies.

INSTRUCTOR: Kassie Alnwick is a Reiki Master practitioner, a Certified Spiritual Life Coach, and a mystic.

HE 36109-1A

C-GCC – Room 505

Arts Center Dance Studio

1 Monday

February 6, 2023

6:00 p.m. – 7:00 p.m.

Fee: \$25

Self-Compassionate Communication

New!

When a friend is struggling, we know to offer them kind words and open hearts. But when faced with our own struggles, many people lack

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

the language of self-compassion to have the same kindness for themselves. In this course, a small group of participants will hold sacred space for themselves and each other. Class sessions will include open discussions, guided meditations, light movement, and time for introspection and journaling. Participants will be given a workbook to complete outside of class.

INSTRUCTOR: Maya Greene has been teaching Communication Studies at Columbia-Greene Community College for 16 years. She is trained in Mindful Self-Compassion and has been leading women's circles and retreats in the Hudson Valley and Western Massachusetts for five years.

HE 72194-1A
C-GCC – Room 505
Art Center Dance Studio
Begins: April 6, 2023
Fee: \$90

4 Thursdays
6:00 p.m. – 7:30 p.m.

Stretch and Flow: Yoga with Julia

Through each movement, students will flow through different yoga poses, build strength, tone muscles, find length and flexibility, and return to balance. This class is well suited for students who are looking for a chance to slow down at the end of the day. While no experience is necessary, students should have a mat. Two blocks and a blanket can also make the practice more accessible.

INSTRUCTOR: Julia Shea is a 500-hour certified yoga instructor who approaches yoga from a gentler, slow flow angle while incorporating many yoga styles into her practice and teaching.

HE 36292-1A
C-GCC – Room 612 or Zoom
Begins: January 31, 2023
Fee: \$100

8 Tuesdays
5:30 p.m. – 6:30 p.m.

Tai Chi and Qigong for Everyday Life

Tai Chi and Qigong are well established and proven ways to maintain and improve quality of life. Through easily acquired exercises, students will learn to create better balance, reduce stress, and find a greater sense of ease in their movements. Additionally, this class will emphasize how, by using the principles behind these practices, students can learn to integrate them into their everyday lives.

INSTRUCTOR: David Haines has been a teacher of Qigong and Tai Chi for more than 20 years and a practitioner for some 30 years.

HE 72191-1A
C-GCC – Student Center
Begins: March 15, 2023
Fee: \$80

8 Wednesdays
5:00 p.m. – 6:00 p.m.

Zumba and Sculpting

In this Zumba and Sculpting class, students will be mixing low-intensity and high-intensity movements for an interval-style, calorie-burning fitness class. The class will include traditional-style Zumba with intervals of resistance training to improve strength and develop muscle tone. This total workout combines cardio, muscle conditioning, balance, and flexibility that is super effective and loads of fun! Students will need hand weights (eight pounds at most), a mat for floor work, and water. No heels or hard-soled shoes, please.

INSTRUCTOR: Theresa Rossi has been teaching fitness classes for more than 13 years, including cardio-kickboxing, toning classes, and Zumba.

HE 62358-1A
C-GCC – Student Center
Begins: January 25, 2023
No class February 22 and April 12, 2023

13 Wednesdays
6:00 p.m. – 7:00 p.m.
Fee: \$95

HOME LIVING



Beginner Cookie Decorating

Students interested in working with royal icing, or who have dabbled just a little, are encouraged to get the ball rolling in this exciting class! Step-by-step instructions will be provided and five (5) cookie designs will keep things rolling in each class. Students will take home their cookies, the

instructor's icing recipe, a sugar cookie recipe, decorating tool, cookie cutter, and a packet of sprinkles/decorations. Open to ages 10 and up.

INSTRUCTOR: Cindy Burek has been teaching cookie decorating classes for seven years at local businesses and hotels, in addition to other local community colleges. She owns Buttercup Cookie (www.buttercupcookie.com).

SI 99368-1A Valentine's Theme
C-GCC – Staff Cafeteria
February 2, 2023
Fee: \$65

1 Thursday
6:00 p.m. – 8:00 p.m.

SI 99368-2A Easter Theme
C-GCC – Staff Cafeteria
March 29, 2023
Fee: \$65

1 Wednesday
6:00 p.m. – 8:00 p.m.

SI 99368-3A Spring Theme
C-GCC – Staff Cafeteria
April 25, 2023
Fee: \$65

1 Tuesday
6:00 p.m. – 8:00 p.m.

Starting Your Small Farm

This course is for students actively thinking about starting a small farm. Tools and information essential to the foundations of farming will be examined so participants can apply the basic principles to their own operation. A start-up plan will be developed, and each participant will learn the basics of agronomics, develop resources, understand proper equipment investment, and much more.

INSTRUCTOR: Nicole Childrose, PhD, has owned, operated, and consulted for small farms, horse boarding facilities, and animal rescues, and has diversified operations with livestock, poultry, and ultra-niche crops. She also is an Associate Professor of History and Division Co-Chair of the Technical Professions at Columbia-Greene Community College.

SI 99369-1Z
Taught via Zoom
Begins: April 1, 2023
Fee: \$65

2 Saturdays
7:00 p.m. – 8:30 p.m.

Is Beekeeping Right for You?

Beekeeping is fast becoming a part of the movement towards self-sufficiency, but is it right for you? In this class, students will explore reasons and expectations; skills and challenges; planning; costs; and time commitment needed to be successful. If it turns out that beekeeping isn't right for you, students also will learn other

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

meaningful ways to support honeybees. This class is specifically designed for students who have never raised honeybees.

INSTRUCTOR: Linda Aydlett has been a beekeeper for more than a decade and has taught aspiring beekeepers in Columbia and Greene Counties for the past several years. She is the founder of the Columbia County Beekeepers Club and a Cornell University Certified Master Beekeeper.

SI 99167-1A

C-GCC – Room 134
February 4, 2023
Fee: \$35

1 Saturday
9:00 a.m. – 11:00 a.m.

SI 99167-1Z

Mountain Top Library
6093 Main St.
Tannersville, NY 12485
February 11, 2023
Fee: \$35

1 Saturday
Noon – 2:00 p.m.

Beekeeping 101: Get Ready for Spring!

This introduction to the art of beekeeping is the perfect starting point to help students set up their own backyard hive, while also learning colony dynamics that a beekeeper must understand in order to manage a colony. Over the course of several months, students will be taken step-by-step through basic tasks and spring management techniques that will help ensure their first honeybee colony is off to a good start. No experience necessary. Please note this class meets once per month, for three months.

INSTRUCTOR: Linda Aydlett

SI 99358-1A

C-GCC – Room 134
February 18, 2023
March 18, 2023
April 15, 2023
Fee: \$75

3 Saturdays
9:00 a.m. – 11:00 a.m.

SI 99358-1Z

Mountain Top Library
6093 Main St.
Tannersville, NY 12485
February 25, 2023
March 25, 2023
April 22, 2023
Fee: \$75

3 Saturdays
Noon – 2:00 p.m.

Second Year Beekeeping: Now What?

Congratulations, you've made it through your first season of beekeeping! Now that it's a new

spring season, students will discuss what they should be doing for the upcoming year as their colony evolves and changes. Students also will discuss their goals, what worked, what didn't, and other hive management topics to improve their beekeeping skills and help their apiary thrive. This class is for "newbees" wanting to expand upon a successful first year!

INSTRUCTOR: Linda Aydlett

SI 99356-1A

C-GCC – Room 134
March 4, 2023
Fee: \$40

1 Saturday
9:00 a.m. – 11:00 a.m.

SI 99356-1Z

Mountain Top Library
6093 Main St.
Tannersville, NY 12485
March 11, 2023
Fee: \$40

1 Saturday
Noon – 2:00 p.m.



LANGUAGES

Basic Conversational American Sign Language (ASL) Level 1

In this exciting offering, students will learn basic conversational phrases, sentence structure, vocabulary, numbers, and the manual alphabet. Also covered will be Deaf history and the uniqueness and beauty of Deaf culture.

INSTRUCTOR: Diane Barkstrom has been teaching for 28 years at many different levels and institutions, and is currently an adjunct faculty

member at Columbia-Greene Community College. She is a member of the ASL Teacher's Association and holds a National Interpreter Certification.

LA 44479-1A

C-GCC – Room 132
Begins: January 31, 2023
Fee: \$130

6 Tuesdays
5:30 p.m. – 6:45 p.m.

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**



Basic Conversational American Sign Language (ASL) Level 2 *New!*

This course is a continuation of Basic Conversational American Sign Language Level 1. Students who have previously taken the Level 1 course are encouraged to take this exciting new offering to expand their knowledge of American Sign Language!

INSTRUCTOR: Diane Barkstrom

LA 44480-1A

C-GCCC – Room 132
Begins: January 31, 2023
Fee: \$130

6 Tuesdays
7:00 p.m. – 8:15 p.m.

**\$ Workforce NY tuition funding available.
Call 518.697.6510.**

Conversational Japanese – Elementary

Learn essential Japanese key words and phrases for personal enrichment, travel, or just plain fun. Throughout this enjoyable six-week course, students will learn useful Japanese greeting phrases and vocabulary, and practice speaking with drills, interactive exercises, and dialogues. Students also will learn Hiragana, a Japanese writing system.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

INSTRUCTOR: Rika Kobayashi, MA, graduated from Columbia University and has licenses to teach Japanese and English. She has been a Japanese-language lecturer for undergraduate students and has taught at the secondary level in Japan.

LA 44466-1Z

Taught via Skype Meet Now

6 Mondays

Begins: March 6, 2023

5:30 p.m. – 6:50 p.m.

Fee: \$125

Conversational Japanese - Beginner 1

Throughout this course, students will acquire new phrases and vocabulary, study writing and reading Hiragana, and learn more about Japan's unique culture! Master essential Japanese key words and phrases for personal enrichment or just plain fun. Students will practice speaking with drills, interactive exercises, and dialogues, and will learn lessons 1-6. Students who have studied Japanese previously and are looking to brush up their conversation skills are highly recommended to start with this class, as the focus will be on speaking practice.

INSTRUCTOR: Rika Kobayashi

LA 44476-1Z

Taught via Skype Meet Now

6 Mondays

Begins: March 6, 2023

7:00 p.m. – 8:20 p.m.

Fee: \$125

and basic music theory. Time during each class will be devoted to playing exercises and songs, but students will get more from the class if they can devote time each week to practice on their own. Students must bring their own ukulele to class.

INSTRUCTOR: Carmen Borgia, a professional musician and sound mixer, has taught at The School of Visual Arts in New York City and Seton Hall University in New Jersey. He also hosts live, weekly ukulele jams in Catskill.

MU 62347-1A

C-GCC – Room 136

6 Wednesdays

Begins: March 22, 2023

6:30 p.m. – 8:00 p.m.

Fee: \$110

Instant Piano for Hopelessly Busy People *New!*

In just a few hours, students will learn enough secrets of the trade to give them years of musical enjoyment! Using their at-home pianos or keyboards, students will learn to play piano the way professionals do, using chords. The course includes an online book, online follow-up videos, and a recording of the class.

INSTRUCTOR: Craig Coffman has taught this class to more than 30,000 students nationally since 1993. He has taught at colleges and for community education and recreation programs.

MU 62295-1Z

Taught via Zoom

1 Tuesday

February 21, 2023

6:30 p.m. – 9:30 p.m.

Fee: \$59

Instant Guitar for Hopelessly Busy People *New!*

This crash course in guitar will teach students basic chords so they can play their favorite songs right away! The course includes an online book, online follow-up videos, and a recording of the class.

INSTRUCTOR: Craig Coffman

MU 62326-1Z

Taught via Zoom

1 Wednesday

February 22, 2023

6:30 p.m. – 9:00 p.m.

Fee: \$59



Beginner Ukulele

Join us for this hands-on ukulele class for beginners! Students will be introduced to ukulele basics: holding the instrument, scales, chords,

PERSONAL FINANCE

Breaking the Debt Cycle *New!*

Feeling the stress of financial debt? Join us to discuss budgeting tips and tricks, how to spot “money gobblers,” identify warning signs, and the pros and cons of debt consolidation. By the end, students will have the tools to feel empowered to prevent and tackle financial debt.

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68396-1Z

Taught via Zoom

1 Thursday

April 13, 2023

9:30 a.m. – 10:30 a.m.

Free



Build a Basic Budget *New!*

Students ready to take control of their budgets should plan to take this free seminar! Join the instructor to find out about the Five-Step Spending Plan. Students will learn where their money goes, how to set up an emergency fund, and how to set smart goals. By the end of this workshop, students will have the tools needed to become a budgeting pro!

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68394-1Z

Taught via Zoom

1 Thursday

February 9, 2023

9:30 a.m. – 10:30 a.m.

Free

CreditAbility *New!*

For students who are unsure of their credit, this workshop will help them understand who looks at their credit, and how to build good credit and a good credit score.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68395-1Z

Taught via Zoom

March 9, 2023

Free

1 Thursday

9:30 a.m. – 10:30 a.m.

How to Drastically Cut Costs in Difficult Times

For students looking to drastically cut their costs and save thousands of dollars, this course is ideal. Taught by a consumer advocate, students will learn how to buy new and used cars wisely, how to buy home and life insurance prudently, how to save money by investing on their own with no-load mutual or index funds, and methods to reduce school and county taxes on private homes. Additional ways to save money will be discussed, along with specific money-saving websites. An optional materials fee of \$20 will be payable to the instructor.

INSTRUCTOR: Bev Nathan

FI 24236-1A

C-GCC – Room 130

March 20, 2023

Fee: \$55

1 Monday

6:00 p.m. – 8:00 p.m.



Navigating the Medicare Maze

This educational seminar will enable those over the age of 65 to understand their Medicare Health Insurance options. When the time comes to take advantage of this benefit, the process can be complex and time consuming. Seminar participants will receive an overview of the major features of Medicare including original Medicare, hospital insurance, medical insurance, Medicare Advantage, and prescription drug coverage. Medicare supplements and the relative benefits of national versus local networks also will be discussed.

INSTRUCTOR: Erik Lehtinen is an independent financial consultant based in Columbia County known for his expertise in advanced Medicare planning and review.

FI 24244-1A

C-GCC Room 105

April 4, 2023

Free

1 Tuesday

10:00 a.m. – Noon

Secrets that Wall Street Doesn't Want You to Know When Investing Your Money

This lively, fact-packed seminar is perfect for students who are looking to invest. Taught by a skilled consumer advocate, the class will help students avoid being deceived when buying or leasing cars, as well as how to buy insurance; how to investigate long-term care insurance; and how to invest with or without financial planners when investing in mutual funds. Students will gain the confidence to invest on their own, and how to find the best financial planners for their needs. An optional materials fee of \$20 will be payable to the instructor.

INSTRUCTOR: Rick Nathan

FI 24102-1A

C-GCC Room 132

March 20, 2023

Fee: \$55

1 Monday

6:00 p.m. – 8:00 p.m.

WRITING

The Art of Flash Fiction

Flash fiction is a short form of storytelling. Characterized by hundreds, rather than thousands of words, flash fiction is not a medium that tolerates fragmented storytelling. This comprehensive introduction to writing flash fiction will allow students to focus on use of concise language in writing, review published examples, and write and revise a story of their own as they work towards a finished product. Students should bring their existing work as well as their ideas for a story to class.

INSTRUCTOR: Phyllis Carito, MFA, is a writer, poet, and educator. Her published works include a novel, two poetry books, and stories and poems published in various anthologies and literary magazines.

HU 44452-1A

C-GCC Room 136 or via Zoom

Begins: March 28, 2023

Fee: \$110

4 Tuesdays

5:00 p.m. – 7:00 p.m.

A Beginner's Guide to Getting Published

Students interested in publishing freelance writing by selling a magazine article, short story, poem, or even a novel to a traditional publisher should attend this comprehensive workshop. Topics include becoming a "published" writer overnight, submitting manuscripts correctly, writing irresistible query letters, and more.

INSTRUCTOR: LeeAnne Krusemark

HU 24211-1Z

Taught via Zoom

March 7, 2023

Fee: \$45

1 Tuesday

6:00 p.m. – 8:00 p.m.



Be a Better Writer: 10 Easy Tips to Improve Your Writing Now!

Writing is part of everyday life, whether for emails, social media posts, work projects, or even creative output. Improving is just a matter of knowing simple tricks to make writing more impactful and readable. Effective prose may even help get a promotion at work or avoid rejection from a publisher! In this hands-on session, students will use examples and exercises in real time to learn how to make sentences flow properly while still maintaining reader interest. Students will leave with a workbook full of writing tips and tricks, included in the class fee.

INSTRUCTOR: LeeAnne Krusemark

HU 99082-1Z

Taught via Zoom

March 11, 2023

Fee: \$45

1 Saturday

3:00 p.m. – 5:00 p.m.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

PERSONAL ENRICHMENT COURSES

Comedy Writing: How to Be Funny on Paper and Stage

Whether you need to make a dull work presentation more lively, mix laughter with learning in the classroom, or ultimately want to write for print/production or perform your own stand-up routine, this fast-paced session will show you how to apply humor to all aspects of your life. Students will learn the anatomy of a joke, how to use their powers of observation to sharpen their wit, write different types of jokes, and use humor to entertain and influence people.

INSTRUCTOR: LeeAnne Krusemark

HU 99081-1Z

Taught via Zoom

March 4, 2023

Fee: \$25

1 Saturday

3:00 p.m. – 4:00 p.m.

Explore 50 Different Self-Publishing Options

Self-publishing is all the rage, but is it the best option? In this class, students will discover the pros and cons of many self-publishing options, including print-on-demand, e-book, or Amazon to see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies, are included in the class.

PRE-REQUISITE: Beginner's Guide to Getting Published

INSTRUCTOR: LeeAnne Krusemark

HU 44448-1Z

Taught via Zoom

March 7, 2023

Fee: \$25

1 Tuesday

8:00 p.m. – 9:00 p.m.



Explore the World as a Travel Writer

If you love to travel and love to write, this course is for you! Learn how to use all the senses in a new destination to create more detailed and in-depth descriptions that capture and maintain readers' interest, and whether or not to include photos with your work. Students also will learn how to find and submit their finished products to print and online markets, the business side of travel writing (how to take travel tax deductions), and how to avoid worn-out travel writing clichés.

INSTRUCTOR: LeeAnne Krusemark

HU 99080-1Z

Taught via Zoom

March 4, 2023

Fee: \$25

1 Saturday

2:00 p.m. – 3:00 p.m.

How to Outline and Write an Irresistible Romance

Romance is the number one selling fiction genre. Whether new or experienced writers, students will sharpen their skills with practical, step-by-step advice, discover the different romance sub-genres, and also learn how to create a unique setting, introduce their protagonist (lead character), percolate friction, and write relatable dialogue as well as intimate scenes. Publishing options also will be discussed.

INSTRUCTOR: LeeAnne Krusemark

HU 99078-1Z

Taught via Zoom

March 4, 2023

Fee: \$25

1 Saturday

Noon – 1:00 p.m.

How to Write Your Life Story

Students don't need to be famous to have a legacy to leave behind! Create an inspirational autobiography for family, friends, and others. Learn how to recall vivid memories, analyze events and people who shaped their lives, and bring their story to life. The handout, included in the class fee, will have an outline to help students organize and write their memoirs step-by-step. Printing and publishing options also will be discussed.

INSTRUCTOR: LeeAnne Krusemark

HU 99077-1Z

Taught via Zoom

March 4, 2023

Fee: \$25

1 Saturday

11:00 a.m. – Noon

Introduction to Screenwriting for Television or Movies

In this comprehensive session, students will learn about special screenwriting terms and formats for television and the big screen as well as how to plot a story, develop characters, and execute work in the proper screenwriting format. Discover the difference between a Treatment, a Spec Script, and a Shooting Script, and when to use each. Students also will get an inside look into the business of selling scripts to agents and producers.

INSTRUCTOR: LeeAnne Krusemark

HU 44456-1Z

Taught via Zoom

March 11, 2023

Fee: \$25

1 Saturday

1:00 p.m. – 2:00 p.m.

Meet the Publisher Q&A – Get Your Manuscript Critiqued

Ever wanted to talk to a real agent or publisher? Tired of having manuscripts critiqued by non-professionals or paying an editor too much money to change what's written to their voice? Email one page of an in-progress manuscript for an in-class critique of one page of poetry, article, short story, screenplay, novel, non-fiction book, or children's book. (Optional: Students can send their manuscript to the instructor after the class for a professional critique, for an added fee).

INSTRUCTOR: LeeAnne Krusemark

HU 44417-1Z

Taught via Zoom

March 4, 2023

Fee: \$25

1 Saturday

4:00 p.m. – 5:00 p.m.

Start a Free Blog!

Online blogging is a great way to get the word out about a service, product, or other information. In this class, students will learn how to start a free blog with WordPress, choose a blog template, emphasize blog content with a creative name, use a unique voice to share expertise, and more. Students also will learn how to earn an income with their blog, including links to other websites and blog advertising, as well as how to increase internet rankings.

INSTRUCTOR: LeeAnne Krusemark

HU 44474-1Z

Taught via Zoom

March 9, 2023

Fee: \$45

1 Thursday

7:00 p.m. – 9:00 p.m.

To register, call **518.697.6370** or visit **sunycgcc.edu/community-services**.

FULFILL THAT RESOLUTION WITH A C-GCC SCHOLARSHIP



\$300 to \$2,500* grants are available from the HRBT Foundation Education Matters Scholarship

The HRBT Foundation established the Education Matters Scholarship to help eligible students begin or continue their education at Columbia-Greene.

Find out more at sunycgcc.edu/HRBTeducationmatters or call the Columbia-Greene Community College Foundation at **518.697.6369**.

**Based on credit hours*

PERSONAL ENRICHMENT COURSES

Using Amazon's Kindle Direct to Self-Publish Your Book for FREE!

For students looking to publish a paperback novel or short eBook now or in the future, this class will provide a step-by-step introduction on how to create an Amazon KDP account, format and upload a manuscript to the platform, easily create a book cover from available templates, determine pricing and royalties, develop a sales pitch for an Amazon page, and write an Amazon author bio.

INSTRUCTOR: LeeAnne Krusemark

HU 44477-1Z

Taught via Zoom

March 11, 2023

Fee: \$25

1 Saturday

Noon – 1:00 p.m.

Write a Riveting Mystery, Suspense, or Crime Story

Become a mystery writer for fun or profit! Students will discover the different sub-genres and the three-act story structure of mystery writing, and create an intriguing cast of characters. Students also will learn how to research and pick their setting, make sure their opening grabs readers' attention, and use "red herrings" to misdirect their readers and create suspense until they're ready for the final reveal. Publishing options also will be discussed.

INSTRUCTOR: LeeAnne Krusemark

HU 99079-1Z

Taught via Zoom

March 4, 2023

Fee: \$25

1 Saturday

1:00 p.m. – 2:00 p.m.



Writing for Online Blogs, Magazines, and Websites

In this fast-paced session, students will learn how to find ideas, sources, and more than 1,000 opportunities that pay. Students will be taught how to conduct interviews and create interesting content, protect a copyright, write query letters,

and then use this credibility to sell other articles or even a self-published novel.

INSTRUCTOR: LeeAnne Krusemark

HU 44463-1Z

Taught via Zoom

March 11, 2023

Fee: \$25

1 Saturday

2:00 p.m. – 3:00 p.m.

If any non-credit course or class is canceled because of inclement weather or emergency closings, or a satellite location is closed, classes will automatically be extended an additional week.

C-GCC's policy is to take affirmative action to provide equal opportunity in all of its activities for all qualified persons, to prohibit discrimination, and to promote the full realization of equal opportunity. This policy of non-discrimination applies to all persons without regard to an individual's race, color, national origin, religion, creed, age, disability, sex, gender identity, sexual orientation, familial status, pregnancy, predisposing genetic characteristics, military status, domestic violence victim status, or criminal conviction. Employees, students, or applicants may not be subjected to harassment that is prohibited by law, or treated adversely or retaliated against based upon a protected characteristic.

To register, call **518.697.6370** or visit sunycgcc.edu/community-services.



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To correct your name or address on our list, send the entire address panel and mailing label to: **Office of Community Engagement, COLUMBIA-GREENE COMMUNITY COLLEGE,**
4400 Route 23, Hudson, NY, 12534



RETURN² LEARN

LEARN SOMETHING NEW EVERY DAY!

Have you been wanting to finish a degree program, skill up for a promotion, or try college for the first time? Try a class or two here at Columbia-Greene, to find out if college is right for you! Here are a few online classes to consider:

Introduction to Sociology
Principles of Leadership
BEGINS FEBRUARY 7

Introduction to Cannabis Cultivation
Introduction to Cannabis Processing
BEGINS MARCH 21

Want more information about Columbia-Greene's programs, tuition, financial aid, schedules, and more? Our Admissions experts can meet you at your home or work, or can schedule an on-campus meeting and tour. Call us at **518-697-6500** or email **admissions@sunycgcc.edu** to get started.

sunycgcc.edu/return2learn

