

CONTINUING EDUCATION

Fall 2023

COLUMBIA-GREENE COMMUNITY COLLEGE



HOW TO REGISTER

Fall 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, must courses 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.

Want more information about Columbia-Greene?

Join a weekly virtual information session every Wednesday at 4:00 p.m.

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

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



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

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 fulfill lifelong-learning and personal development goals.

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

Angarda Karch

Amanda Karch

Director of Community Engagement and Professional Development

» LET'S GO! Follow us on Social Media for the latest news!

#CoGreene!







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.

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

Fall 2023

CANNABIS EDUCATION

Cannabis Home Cultivation

Like any plant, growing cannabis with higher yields and better aromas, flavors, and effects can take a bit of effort and knowledge. This self-paced course gives home growers a foundation for growing their best medicine. Students will have access to video content and live/recorded remote Q & A sessions with the instructor. The course material will be available to students aged 21+ for three weeks prior to the date of the live Zoom session.

The New York Marijuana Regulation and Taxation Act permits the home cultivation of medical cannabis for certified patients and designated caregivers registered in the Medical Cannabis Program.

INSTRUCTOR: Rich Koloszyc is a grower and breeder who focuses on outdoor growing in the northeast. He believes in regenerative agriculture, plant medicine, and the right to grow cannabis.

SI 99378-1Z

Taught via Zoom 1 Wednesday October 25, 2023 7:00 p.m. – 8:00 p.m. Fee: \$200



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 1 Thursday October 26, 2023 5:30 p.m. – 9:30 p.m. Fee: \$85

PR 72170-2Z

Taught via Zoom 1 Thursday November 16, 2023 5:30 p.m. – 9:30 p.m. Fee: \$85

\$ 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 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 1 Wednesday October 4, 2023 6:00 p.m. – 7:00 p.m. Fee: \$25

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

Voice Coaches 26 Vly Rd. Albany, NY 12205 October 24, 2023

1 Tuesday 6:30 p.m. – 9:00 p.m.

Fee: \$25

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 1 Wednesday October 4, 2023 7:00 p.m. – 9:00 p.m. Fee: \$45



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 what other services they can offer to make more money, such as dog walking, grooming, and puppy training.

INSTRUCTOR: LeeAnne Krusemark

PR 72168-1Z

Taught via Zoom 1 Friday October 6, 2023 7:00 p.m. – 9:00 p.m. Fee: \$45

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 1 Wednesday October 4, 2023 9:00 p.m. – 10:00 p.m. Fee: \$25



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. 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 October 5, 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
September 14, 2023 6:00 p.m. – 9:00 p.m.
Fee: \$69

BU 68142-2Z

Taught via Zoom 1 Thursday October 26, 2023 6:00 p.m. – 9:00 p.m. Fee: \$69

BU 68142-3Z

Taught via Zoom 1 Thursday
December 7, 2023 6:00 p.m. – 9:00 p.m.
Fee: \$69

\$ Workforce NY tuition funding available. Call 518.697.6510.

COMMUNICATION SKILLS

Introduction to GMRS 2-Way Radio Communication

Learn the basics of 2-way radio communication in this two-hour workshop. GMRS (General Mobile Radio Service) is easy to learn and great for recreational, professional, and emergency communication between family, friends, neighbors, personnel, and one's community. Information about radios, antennas, cables, and other gear will be provided along with time for hands-on operation and instruction on licensing. Students who already own GMRS radios should plan to bring them to the workshop.

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 99377-1A

C-GCC - Room 612 1 Saturday October 7, 2023 10:00 a.m. - Noon Fee: \$15

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. Please note: a list of required skills will be emailed upon registration.

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: October 21, 2023 9:00 a.m. - 11:30 a.m. Fee: \$120

Adobe Photoshop Level 2

This course continues Adobe Photoshop Level I for users who would like to improve and enhance their skills. Students should bring old digital photos and/or a digital camera. Please note: a list of required skills will be emailed upon registration.

INSTRUCTOR: Dan Zunitch

CM 28464-1A

C-GCC - Room 111 2 Saturdays
Begins: November 4, 2023 9:00 a.m. - 11:30 a.m.
Fee: \$120 No class November 11



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 being introduced to folders and files. Please bring email addresses and passwords to class. Students may bring 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: September 9, 2023 Noon. – 2:00 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 acquired in Computer Basics for Seniors Level 1. Students will learn about answering emails, downloading and sending attachments, moving photos from their phones to their computers, and navigating and finding 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 bring 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: October 7, 2023 Noon – 2:00 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. Please note: a list of required skills will be emailed upon registration.

INSTRUCTOR: Dan Zunitch

CM 28462-1A

C-GCC - Room 111 2 Saturdays Begins: September 9, 2023 9:00 a.m. - 11:30 a.m. Fee: \$120

\$ Workforce NY tuition funding available. Call 518.697.6510.

Create a Website with WordPress Level 2

This course builds on WordPress Level 1 for those who would like to continue to improve and add to their skills. Students who currently have a hosting service and/or a domain name will be able to publish their website to their own locations; otherwise, a temporary hosting service and domain name will be provided. Please note: a list of required skills will be emailed upon registration.

INSTRUCTOR: Dan Zunitch

CM 28465-1A

C-GCC – Room 111

2 Saturdays

Begins: October 7, 2023 Fee: \$120 9:00 a.m. - 11:30 a.m.

\$ 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. Students also will learn 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 attaining her bachelor's degree was named in the National Dean's list.

CM 28441-1A

C-GCC – Room 123 2 Tuesdays and 2 Thursdays Begins: September 26, 2023 6:00 p.m. – 8:00 p.m. Fee: \$130

CM 28441-2A

C-GCC – Room 123 2 Tuesdays and 2 Thursdays
Begins: November 7, 2023 6:00 p.m. – 8:00 p.m.
Fee: \$130

\$ Workforce NY tuition funding available. Call 518.697.6510.

Advanced QuickBooks *New!*

In this course, students will go more in depth with all the functions that support a service and product-based business with QuickBooks Online. Topics include managing users, chart of accounts, balance set-up, historical transactions, financial reports, checks, A/P, A/R, budgeting, transfers, purchase orders, payroll, sales tax, connecting banks, manually uploading transactions, bank reconciliations, attachments, and inventory. All topics needed to properly manage a business with QuickBooks will be covered.

INSTRUCTOR: Christina Mergendahl

CM 28484-1A

C-GCC - Room 123 4 Saturdays Begins: October 7, 2023 9:00 a.m. - 1:00 p.m. Fee: \$235

\$ Workforce NY tuition funding available. Call 518.697.6510.

Microsoft Excel Level 1

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. Please note: a list of required skills will be emailed upon registration.

INSTRUCTOR: Dan Zunitch

CM 28448-1A

C-GCC - Room 111 2 Saturdays
Begins: November 4, 2023 Noon - 2:30 p.m.
Fee: \$120 No class November 11

\$ Workforce NY tuition funding available. Call 518.697.6510.

Personalized Computer Help

This is a unique opportunity to receive personal, one-on-one instruction and assistance with computer questions. Students will sign up for one, two-hour 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; using the internet; building websites; streaming; Excel; Photoshop; video editing; managing files; getting started with 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 1 Saturday
September (9, 16, 23, 30) 2:30 p.m. - 4:30 p.m.
October (7, 14, 21, 28) 2:30 p.m. - 4:30 p.m.
November (4, 18) 3:00 p.m. - 5:00 p.m.

Fee: \$85 (per two-hour time slot)

Photo Editing for Websites *New!*

Designed for website designers and maintainers, students will learn the essential skills of editing and managing photographs for websites. Using free software, learn to crop, resize, add borders and captions, and use transparency. Students also will learn the essential concepts of

resolution, color systems, and file formats. Please note: a list of required skills will be emailed upon registration.

INSTRUCTOR: Dan Zunitch

CM 28485-1A

C-GCC - Room 111 2 Saturdays Begins: September 23, 2023 9:00 a.m. - 11:30 a.m. Fee: \$120

ESL AND LEARNING SUCCESS

ESL Bridge-to-College

Columbia-Greene's ESL Bridge-to-College is an intensive, non-credit course that helps academically qualifled 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. The core classroom instruction is supported through supplemental opportunities in the College's Student Success Center and a professional tutor. This class will be offered as a hybrid class. Monday classes will be taught on campus and Thursday classes will be taught online via Zoom.

INSTRUCTOR: Eileen Ordu

SI 99345-1Z

C-GCC – Room 113A and Zoom Mondays and Thursdays
Begins: September 11, 2023 6:00 p.m. – 9:00 p.m.
Fee: \$15 No class November 23

\$ Workforce NY tuition funding available. Call 518.697.6510.

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 precollege level. YES accepts students on an ongoing basis, with 16 hours per week of instruction available beginning in September. Contact the

Workforce New York Office for full eligibility and funding details at 518.697.6510.

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.

HEALTH PROFESSIONAL DEVELOPMENT

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, MA, is an adjunct instructor at Columbia-Greene Community College.

HE 36302-1A

C-GCC - Room 124 1 Wednesday September 27, 2023 5:00 p.m. - 9:50 p.m. Fee: \$85

\$ Workforce NY tuition funding available. Call 518.697.6510.

Introduction 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 October 2, 2023 7:00 p.m. – 10:00 p.m. Fee: \$50

\$ Workforce NY tuition funding available. Call 518.697.6510.

NYSED First Aid for Coaches *New!*

This two-day course will provide participants with practical sports-related first aid and CPR/AED knowledge and skills, to provide the safest environment for athletes who participate on interschool athletic teams. Students will learn how to provide immediate help to an athlete before appropriate medical help arrives, as well as how to protect the health and well-being of student athletes and proper conditioning to prevent injuries. The class will include the American Heart Association BLS or Heartsaver CPR/AED certification requirements. Required text: Sport First Aid, Fifth Edition, by Melinda Flegel.

INSTRUCTOR: Stacy Collier-Deieso

HE 366299-1A

C-GCC - Room 124 2 Wednesdays Begins: October 18, 2023 5:00 p.m. - 9:00 p.m. Fee: \$160

\$ 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. The instructor will administer the American Heart Association First Aid/CPR certificate exam at the end of the class. 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

HE 36239-1A

C-GCC - Room 124 1 Wednesday September 20, 2023 5:00 p.m. - 9:00 p.m. Fee: \$85

\$ Workforce NY tuition funding available. Call 518.697.6510.

SECURITY GUARD TRAINING

Eight-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 a retired Assistant Professor of Criminal Justice at Columbia-Greene Community College.

PR 68333-1A

C-GCC - Room 136 1 Saturday September 30, 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
December 2, 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 Eight-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 136 1 Friday and 1 Saturday
Begins: November 17, 2023 8:00 a.m. – 4:00 p.m.
Fee: \$160

\$ Workforce NY tuition funding available. Call 518.697.6510.

Fall 2023



DOG TRAINING

Obedience Level 1

This course provides an introduction to obedience training. Please note that success is based on how well participants work on the content at home with their dogs. Topics and commands covered include leash manners (informal heel), formal heel, sit and sit stay, down and down stay, place, recall, climb, and leave it/okay. Advanced challenges will be provided for dogs who may already have familiarity with some of the commands.

INSTRUCTORS: Danyelle and Jerry of Specter K9 have been training dogs for nearly a decade and are dedicated to helping owners build better relationships with their dogs. They offer clients their expertise in puppy rearing, basic obedience, advanced obedience, behavior modification/aggression management, personal protection, and service dog training.

SI 99061-1A

C-GCC – Student Center 6 Tuesdays Begins: September 12, 2023 5:30 p.m. – 7:00 p.m. Fee: \$465

FIBER ARTS

Bundle Dyeing

Bundle dyeing is an innovative process that bypasses the need for the dye pot, allowing for the direct transfer of natural dyes and their herbal qualities into cloth. In this workshop, students will learn the basics of natural dyeing, including how to prepare fabric and use local ethically foraged plants, flowers, and food scraps, as dye material.

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

AR 44368-1A

C-GCC - Room 706 1 Saturday
September 9, 2023 1:00 p.m. - 3:00 p.m.
Fee: \$100 (includes supplies)

Introduction to Sewing Machines *New!*

If you have never touched a sewing machine, or the last time you did was in a junior high school home economics class, this is the perfect workshop to develop basic machine sewing skills! In addition to teaching students how to successfully thread a machine, the instructor will teach the basics of sewing by making a simple fabric wallet.

INSTRUCTOR: Diana Rupp

AR 44371-1A

C-GCC - Room 105 1 Saturday October 7, 2023 10:00 a.m. - Noon Fee: \$65



Quilting 101 *New!*

This four-part workshop teaches students all the basics of making a patchwork quilt from piecing the top to assembling the layers and binding. Some basic machine sewing experience is required.

INSTRUCTOR: Diana Rupp

AR 08103-1Z

Taught via Zoom 4 Tuesdays Begins: October 10, 2023 6:00 p.m. – 7:00 p.m. Fee: \$135

Zip-o-riffic Pillow *New!*

The pièce de résistance: a pillow cover with an invisible zipper and tidy French seams that would rival any similar style found at high-end home furnishing boutiques! This workshop will teach a number of valuable sewing skills with an emphasis on invisible zipper installation and professional looking results.

INSTRUCTOR: Diana Rupp

AR 44372-1A

C-GCC – Room 105 1 Saturday November 18, 2023 10:00 a.m. – Noon Fee: \$65

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 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: September 12, 2023 6:00 p.m. - 8:30 p.m. Fee: \$139

AR 16164-2A

C-GCC - Room 509 6 Tuesdays Begins: October 31, 2023 6:00 p.m. - 8:30 p.m. 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 cover 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: September 13, 2023 6:00 p.m. - 8:30 p.m.

Fee: \$139

AR 16422-2A

C-GCC - Room 509 6 Wednesdays
Begins: October 25, 2023 6:00 p.m. - 8:30 p.m.
Fee: \$139 No class November 22

The Figure in Extended Pose

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 Thursdays Begins: October 26, 2023 9:00 a.m. - Noon

Fee: \$100

Hudson Valley Plein Air

Let the great outdoors be your studio! In this class, students will use pastels, watercolors, or



oils to capture the beauty of the Hudson Valley. Instruction will begin with surface preparation, broadly blocking in the scene through creating a fully realized composition. A strong emphasis will be placed on color, structure, composition, and capturing the ever-changing natural light. Techniques include blending, layering, color mixing, lifting, working wet on wet, glazing, and brush and paper selection and use. Teaching methods will include instruction, demonstration, individualized attention, and support through the process. The instructor will choose the first location and the class will collectively choose the rest.

INSTRUCTOR: Luis Macia

AR 44367-1A

Offsite 6 Wednesdays Begins: September 13, 2023 9:00 a.m. – Noon Fee: \$85

Introduction to Abstract Painting

This course is 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, hardedged, 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: October 5, 2023 6:30 p.m. - 8:30 p.m. Fee: \$160

The Joyful Habit of Watercolor

Learn to "crack the code" of this wonderful medium and enjoy its magic! Watercolor can be incredibly versatile. Whether students are just beginners or have worked with watercolor and want to keep their practice growing, come and experience the joyful habit of painting and sketching in watercolor. For the fall semester, students will use the beautiful autumn landscape as inspiration, with reference materials and photos in the classroom.

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

C-GCC – Room 509 4 Fridays Begins: September 29, 2023 1:30 p.m. – 4:00 p.m. Fee: \$75

AR 16468-2A

C-GCC - Room 509 5 Fridays
Begins: November 3, 2023 1:30 p.m. - 4:00 p.m.
Fee: \$90 No class November 24



Master the Techniques of Drawing

From the beginner to advanced student, this drawing course, through lectures, demonstrations, assignments, and individual instruction, will help build the confidence and skills needed to become a proficient draftsperson. If students are interested in casual drawing, improving their fundamental designs for painting, or enhancing their visual communication at the workplace, they will find these time-tested methods invaluable. The materials list will be sent upon registration.

INSTRUCTOR: Robert A. Lahm is a graduate of the Newark School of Fine and Industrial Arts (Advertising Design and Illustration) and Montclair Art Museum School.

AR 16466-1A

C-GCC – Room 509 6 Sundays Begins: September 10, 2023 9:00 a.m. – Noon Fee: \$139

AR 16466-2A

C-GCC - Room 509 6 Sundays Begins: October 29, 2023 9:00 a.m. - Noon Fee: \$139

Renaissance Style of Portrait Painting

Working with classic portraits from the Renaissance to the Romantic Periods, students will learn the basics of how to build an accurate drawing. Students will begin with the Brunaille Technique (monochromatic in browns) to achieve the under painting. Flesh tone areas will be enhanced using the popular period "dead layer" (Verdaccio – a green tint used to achieve realistic flesh tones), and finally, students will learn how to properly mix, apply, and lay color glazes. This class, for beginners through advanced students working in oils, features demonstrations and individual instructions. The materials list will be sent upon registration.

INSTRUCTOR: Robert A. Lahm

AR 16460-1A

C-GCC - Room 509 6 Saturdays Begins: September 9, 2023 1:00 p.m. - 4:00 p.m.

Fee: \$139

AR 16460-2A

C-GCC - Room 509 6 Saturdays Begins: October 28, 2023 1:00 p.m. - 4:00 p.m. Fee: \$139

Studio Painting - Oil/Acrylic/Watercolor

This class is for the beginner and intermediate painter alike. In addition to painting a still life, students should bring multiple photographs to class from which they will create a unique painting. Combine landscape photos with structures, wildlife, people, vehicles, and the like. Meld great photos of pets and/or people into a group portrait – only one's imagination will limit the creation. A finished painting, suitable for framing, is the goal of this class. The materials list will be sent upon registration. Students should be ready to start painting at the first class.

INSTRUCTOR: Robert A. Lahm



AR 16257-1A

C-GCC – Room 509 6 Saturdays Begins: September 9, 2023 9:00 a.m. – Noon Fee: \$139

AR 16257-2A

C-GCC - Room 509 6 Saturdays Begins: October 28, 2023 9:00 a.m. - Noon Fee: \$139

ARTS AND CRAFTS

Ceramics Open Studio

This personal development course encourages adults with studio knowledge to increase their skills and produce projects. Th class is solely 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 Begins: September 11, 2023 Fee: \$400

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 5 Wednesdays Begins: September 6, 2023 6:30 p.m. - 8:30 p.m. Fee: \$160

Landscape Photography in the Catskills

In this class, students will receive hands-on instruction with camera settings, lenses, filters, exposures, and more, while hiking to a waterfall and/or a panoramic overlook. Following the hike, students will review and discuss their images at the Mountain Top Library in Tannersville. The class will meet at 8:00 a.m. at the Mountain Top Library. Please bring a bagged lunch. Students should feel comfortable with Manual Exposure. An SLR or Mirrorless Camera, and a tripod, are recommended but not required.

INSTRUCTOR: Francis X. Driscoll is an award-winning nature photographer and mountaintop resident whose work has appeared in many publications.

AR 16454-1Z

Mountain Top Library 6093 Main St., Tannersville, NY 12485 1 Saturday September 30, 2023 8:00 a.m. – 4:00 p.m. Fee: \$90

Mono Printing Using Gel Plates *New!*

Learn to create one-of-a-kind monoprints using gelli plates and acrylic paints. Spontaneity is the beauty of this medium – a combination of printmaking, mixed media, painting, and drawing all rolled into one. Techniques such as pickup and transfer printing will be covered. Suitable for all levels, including beginners.

INSTRUCTOR: Celia Buchanan is an Artist, Designer, Educator, and Materials Specialist with more than 35 years of industry and educational experience in fine and applied arts. She has extensive technical knowledge in the application and products associated with paints, printing inks, fibers, dyes, craft and mixed media, and encaustic techniques.

AR 44370-1A

C-GCC – Room 509 October 8, 2023 Fee: \$65 1 Sunday 12:30 p.m. – 4:30 p.m.



DANCE

Belly Dance Spirit

Traditional belly dance for beginners and experienced dancers. Students will learn variations of torso, arm and hand movements, travel steps, and short choreographies. The class will then improvise so students can develop their own dance personality. All are welcome! Please 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 has recently performed locally with the Hudson Festival Orchestra and at Hudson Hall for Winter Walk.

DA 57001-1A

C-GCC Room 500
Art Center Theater 4 Mondays
Begins: November 13, 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
Art Center Dance Studio 6 Thursdays
Begins: October 5, 2023 6:00 p.m. - 7:00 p.m.
Fee: \$80

Introduction to Ballroom Dance: Waltz, Foxtrot, Cha-Cha, Swing, Merengue *Undated!*

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 is 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 6 Mondays Begins: September 11 6:45 p.m. – 8:00 p.m.

Tango Nuevo: An Introduction *New!*

Unlike ballroom and show tango, Argentine Tango is completely improvisational, making it uniquely challenging – and rewarding! This introductory-level course will establish a strong foundation of traditional tango movement, connection, and methodology, while also encouraging more "nuevo" experimentation and expression throughout. Using a modern "intercambio" format, all students will learn both the leader and follower roles. Participants will dance with each other; no prior dance experience necessary!

INSTRUCTOR: John Mahoney studied Argentine Tango for seven years in the Hudson Valley, New York, and Montreal, and has performed at the Montreal Queer Tango festival.

DA 57006-1A

C-GCC – Student Center 4 Mondays Begins: November 6, 2023 6:00 p.m. – 7:30 p.m. Fee: \$70

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 are certified by the Empire Safety Council.

DD 68057-1A

C-GCC - Room 612	1 Saturday
September 23, 2023	9:00 a.m 3:15 p.m.
Fee: \$45	

DD 68057-2A

C-GCC - Room 612	1 Saturday
October 28, 2023	9:00 a.m 3:15 p.m.
Faa: \$15	•

DD 68057-3A

C-GCC - Room 612	1 Saturday
November 11, 2023	9:00 a.m 3:15 p.m
Fee: \$45	-

DD 68057-4A

C-GCC – Room 612	1 Saturday
December 2, 2023	9:00 a.m 3:15 p.m.
Foo: \$45	



GARDENING

Ecological Garden Maintenance Basics *New!*

This course will present the basics of garden maintenance, with the health of the environment and ecology in mind. The course will start with soil health, water use, and sunlight needs. Also covered will be best pruning practices; tools and their uses; plant health; and "the right plant for the right place", turf care, and irrigation options.

INSTRUCTOR: Shanti Nagel is the founder of Design Wild and a graduate of the School of Professional Horticulture at the New York Botanic Garden. She has been an industry professional for more than 15 years and is a current instructor at the Brooklyn Botanical Garden.

SI 99379-1A

C-GCC – Room 136 6 Thursdays Begins: October 12, 2023 5:30 p.m. – 7:30 p.m. Fee: \$135



Native Plants for Everyone *New!*

This course will provide an introduction to a variety of native plants that are easy, hearty, and great additions to any landscape. Students will begin by gaining a better understanding of why planting natives is essential to a healthy ecosystem and why their individual plant choices can have a great impact on the life cycle of pollinators, songbirds, and the greater ecology of the region. Students will then learn about a terrific selection of native trees, shrubs, and perennials. Other topics covered include container gardens for decks and patios, mixed border plantings, and sourcing options.

INSTRUCTOR: Shanti Nagel

SI 99380-1A

C-GCC - Room 136 1 Saturday September 23, 2023 1:00 p.m. - 4:00 p.m. Fee: \$70

GENERAL INTEREST

Acting for Film *New!*

This class focuses on scene work and the application of practical and effective techniques designed to encourage spontaneity and realism in performance. Students will develop tools to help them get where they want to go as artists and storytellers. Whether new to acting, have been doing it for years, or want to learn how to work with actors, students will come away with a bag of tricks to use in any creative situation.

INSTRUCTOR: Alex Baack is an award-winning filmmaker, actor, and teacher. He is a graduate of the American Musical and Dramatic Academy and has worked at the Barrow Group Theatre Company. He also starred in the national tour of Lost in Yonkers and has produced and directed several independent features.

HU 44279-1A

C-GCC - Room 505 4 Tuesdays Begins: November 14, 2023 6:00 p.m. - 8:00 p.m. Fee: \$165

Genealogy Workshop: Guidance on Researching Your Ancestors Online *Now!*

Get professional guidance on conducting online genealogy research through this two-hour workshop! The computer-based training will provide students with the tools they need to find web resources available for documenting their ancestors, on both free and subscription websites. This workshop is recommended for those who have basic to moderate online research skills and have accounts with FamilySearch and/or Ancestry.com.

INSTRUCTOR: Holly MacCammon is a professional genealogist and archivist. She has a master's degree in library science from St. John's University and a professional learning certificate in genealogical research from Boston University. She has been researching her own family history for 30 years.

SI 99150-1A

C-GCC - Room 508 1 Saturday October 14, 2023 10:00 a.m. - Noon Fee: \$60

Create a Personal Mandala: Based on Your Birthday and Numerology *New!*

In this workshop, students will explore the mystery of numerology to create their own mandala, according to their birth date, using the Vedic square. Students will learn how to calculate their two prominent numbers, their psychic and destiny numbers, and the qualities and archetypes connected with each number. Discover the colors and shapes associated with each number and see yourself in color and light!

INSTRUCTOR: Melissa Forbes has a BFA in Textile Design from Moore College of Art, and also has attended the National Academy of Design, Parsons School of Design, and the Pennsylvania Academy of Fine Arts.

SI 99384-1A

C-GCC - Room 502 4 Wednesdays Begins: October 18, 2023 1:30 p.m. - 3:30 p.m. Fee: \$110

Hudson-Athens Lighthouse Tour *New!*

The Hudson-Athens Lighthouse Preservation Society takes participants on a guided tour of the beloved Hudson-Athens Lighthouse, built in 1874. The tour offers an opportunity to learn about the important role that the Hudson River played in the development of towns and the role that the lighthouse plays in the safe navigation of river transportation. Go back in time and see how the lightkeepers and their families lived in the middle of the Hudson River and how they weathered the toughest winters! Participants will have the opportunity to climb to the top of the Beacon and enjoy a 360-degree view of the Hudson River.

SI 99383-1Z DEPARTING FROM HUDSON

23 Ferry Street
Hudson, NY 12534
0ctober 14, 2023
10:00 a.m. – 11:30 a.m.
Fee: \$30

SI 99383-2Z DEPARTING FROM ATHENS

4 N. Water Street
Athens, NY 12015
1 Saturday
October 14, 2023
11:00 a.m. – 12:30 p.m.
Fee: \$30



Personalized Genealogy Research Assistance *New!*

This is an opportunity to receive personal, oneon-one instruction and assistance with genealogy research questions. Students will sign up for one time slot where they will be able to ask questions and receive help specific to their research needs. Topics include general questions about genealogy, online genealogy websites, the best genealogy resources, and collections and records to utilize during research. Students must have basic knowledge of genealogy. Windows computers only; no Macs, Chromebooks, tablets or cell phones.

INSTRUCTOR: Holly MacCammon

SI 99381-1A

C-GCC - Room 508	1 Saturday
October 21, 2023	10:00 a.m 11:15 a.m.
October 21, 2023	11:30 a.m 12:45 p.m.
October 21, 2023	1:00 p.m 2:15 p.m.
October 28, 2023	10:00 a.m 11:15 a.m.
October 28, 2023	11:30 a.m 12:45 p.m.
October 28, 2023	1:00 p.m 2:15 p.m.
Fee: \$75 (per time slot)	

Introduction to Astrology

This course introduces 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. Classes 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 99268-1A

C-GCC – Room 105 8 Thursdays Begins: September 21, 2023 6:00 p.m. – 7:30 p.m. Fee: \$160

Podcast Production Clinic *New!*

This four-hour course consists of two parts: the basics of podcasting presentation and a one-on-one question-and-answer session. Whether planning a first podcast or looking to increase skills, this clinic will answer questions and teach students the best practices and production

strategies of podcasting. At a minimum, students should bring a smartphone, but other digital devices are welcome.

INSTRUCTOR: Carmen Borgia is an audio professional with decades of experience in film, radio, and podcasting. His locally produced podcast South – A Nautical Musical won a 2023 Platinum award from the National Audio Theater Audio Palooza Awards.

SI 99382-1A

C-GCC - Room 508 1 Sunday October 1, 2023 Noon - 4:00 p.m. Fee: \$75



Relative(ly) Speaking: Recording Family Oral Histories and Stories

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 that 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 1 Wednesday September 20, 2023 5:00 p.m. - 8:00 p.m. Fee: \$45

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 1 Monday October 2, 2023 6:00 p.m. – 7:00 p.m. Fee: \$25

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. Students also should bring pen and paper for note taking.

INSTRUCTOR: Prudence Mohr

SI 99365-1A

C-GCC – Room 132 4 Mondays Begins: October 9, 2023 6:30 p.m. – 8:30 p.m. Fee: \$90

Told You So! Sincerely, Your Intuition

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 1 Tuesday September 12, 2023 6:30 p.m. – 8:30 p.m. Fee: \$30

HEALTH AND MOVEMENT

Awareness Through Movement®: The Feldenkrais Method®

Verbally guided movement lessons using gravity, breath, and imagination. Sessions are novel, gentle, and slow-paced, fostering self-discovery, ease, articulation, coordination, and are helpful for most everyone including artists, athletes, and those recovering from injury. 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: September 7, 2023 6:00 p.m. - 7:00 p.m.Fee: \$90

For Men: Simple Steps to Feel Great and Lose Weight! *New!*

Some 84 percent of adult American men are overweight! This class is for men who are ready to look and feel their best, regardless of age. Those who have struggled to lose weight and keep the weight off after losing it will acquire the fundamentals of weight loss and vitality. Learn the small steps to bring about big change!

INSTRUCTOR: Geoff Gloak is a health coach and the author of the *Health Doesn't Have to Be Hard* newsletter. He specializes in helping men in midlife and beyond achieve and maintain their health goals. For more information, visit www.coachgloak.com.

HE 72195-1Z

 Taught via Zoom
 1 Saturday

 September 16, 2023
 10:00 a.m. – 11:30 a.m.

 Free
 - 11:30 a.m.

HE 72195-1A

C-GCC - Room 130 1 Wednesday September 20, 2023 6:00 p.m. - 7:30 p.m. Free

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: September 18, 2023 6:00 p.m. – 7:00 p.m. Fee: \$90

HE 62310-2A

C-GCC - Room 612 or Zoom 6 Mondays Begins: November 6, 2023 6:00 p.m. - 7:00 p.m. Fee: \$90

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. Learn more at byouyoga.com.

HE 36292-1A

C-GCC - Room 612 or Zoom 8 Tuesdays Begins: September 5, 2023 5:30 p.m. - 6:30 p.m. Fee: \$100

Tai Chi and Qigong

In this class, students will learn the FUNdamentals of Qigong (pronounced chee-gung) and weave them into a moving form of Qigong known as Tai Chi. Two forms will be taught. The first is adapted from more traditional forms for simplicity and ease of learning, while the second, called the Five Element Form, is more spontaneous and playful.

INSTRUCTOR: David Haines has been a teacher of Qigong and Tai Chi for 40 years. He also has been a practitioner of the Trager® Approach to Movement for 35 years.

HE 62293-1A

C-GCC - Room 612 Begins: October 25, 2023 Fee: \$60 6 Wednesdays 5:00 p.m. – 6:00 p.m. No class November 22

Tai Chi and Qigong for Busy People

In this class, students will learn a daily 20-minute routine integrating Qigong and Tai Chi to help deal with the stressful demands of a busy life. Qigong, an ancient Chinese discipline, emphasizes breathing, meditation, and movement to enhance the flow of energy, or chi, throughout the body, helping to develop dynamic health and wellness. Its advance form, known as Tai Chi, involves moving from one posture to the next resembling swimming through air. Both help to reduce stress, improve posture and flexibility, and increase the emotional and physical balance as well.

Instructor: David Haines

HE 62278-1A

C-GCC - Room 612 6 Wednesdays Begins: September 6, 2023 5:00 p.m. - 6:00 p.m. Fee: \$60



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: September 27, 2023 6:00 |
Fee: \$95 No cla

9 Wednesdays 6:00 p.m. – 7:00 p.m. No class November 22

HOME LIVING

The Basics of Backyard Chickens

There are many choices to make and equally as many mistakes to avoid when raising chickens. Prevent information overload and misinformation by learning the fundamentals and best practices of raising happy and healthy chickens. Topics include planning proper housing and facilities, choosing the right chicken, learning correct feeding and care, and more! Please note this class can be attended either virtually or in person.

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

SI 99363-1A

C-GCC – Room 612 1 Saturday September 30, 2023 3:00 p.m. – 4:30 p.m. Fee: \$65

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. No refunds will be provided within 48 hours of the class.

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 FALL IS IN THE AIR

C-GCC – Staff Cafeteria 1 Thursday September 14, 2023 6:00 p.m. – 8:00 p.m. Fee: \$69

SI 99368-2A HALLOWEEN

C-GCC – Staff Cafeteria 1Tuesday October 3, 2023 6:00 p.m. – 8:00 p.m. Fee: \$69

SI 99368-3A THANKFUL

C-GCC – Staff Cafeteria 1 Thursday November 2, 2023 6:00 p.m. – 8:00 p.m. Fee: \$69

SI 99368-4A CHRISTMAS

C-GCC - Staff Cafeteria 1 Wednesday
December 6, 2023 6:00 p.m. - 8:00 p.m.
Fee: \$69



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 a brief overview of Deaf history and as well as 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 6 Thursdays Begins: September 7, 2023 7:00 p.m. - 8:15 p.m. Fee: \$130

Bonjour, Ou est? *New!*

Based on the attraction for all things French, students will be virtually transported to the country where they will learn, according to their level, the customs and way of life of the French people, and how to speak with the locals. This dynamic course is filled with practical tips and fun facts!

INSTRUCTOR: Henri Montali has been tutoring English speakers of all ages in the French language for many years. He also has taught academic English to French children at the middle and high school levels, as well as daily life English to adult professionals wanting to enhance their language skills.

LA 44271-1Z

Taught via Zoom Begins: October 2, 2023 6:00 Fee: \$120

10 Mondays 6:00 p.m. – 7:00 p.m.



Conversing in Spanish

This offering is an introduction to Spanish and will emphasize how a person initiates language and responds to information and questions in a variety of social situations. Participants also will learn when cultural differences require use of specific Spanish expressions. Speaking and listening will be emphasized, but some reading may be included. The paperback book, *Easy Spanish Phrase Book* by Dover Publications (ISBN number is 0-486-28086-1) is required and available online.

Instructor: Russell Kratz, PhD, is a teacher of English and Spanish who studied Spanish in Costa Rica and has traveled in Spain, Argentina, Costa Rica, El Salvador, and Puerto Rico. He is a published author and a former educational administrator.

LA 44457-1A

C-GCC - Room 136 4 Tuesdays Begins: September 12, 2023 6:30 p.m. - 8:00 p.m. Fee: \$75

MUSIC

Beginner Ukulele

Join us for this hands-on ukulele class for beginners! Students will be introduced to ukulele basics: holding the instrument, scales, chords, 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: September 13, 2023 6:30 p.m. - 8:00 p.m. Fee: \$110

MU 62347-2A

C-GCC - Room 136 6 Wednesdays
Begins: October 25, 2023 6:30 p.m. - 8:00 p.m.
Fee: \$110 No class November 22

Fiddle Tunes and Techniques *New!*

This class is for beginner to intermediate violinists and fiddlers to learn technique and build repertoire. Each session will include new tunes to learn, while focusing on varying instrumental techniques. Music will come from the traditions of Ireland and the British Isles, Old Time America, Quebec, Scandinavia, and more. Supplemental notation will be available, but this class focuses on traditional ear learning. Banjo, mandolin, guitar, and bass are all welcome!



INSTRUCTOR: Mike Pagnani has been performing, teaching, researching, and curating traditional music in the Hudson Valley for more than a decade. He is a multi-instrumentalist, singer, songwriter, and composer, and knows hundreds of traditional tunes.

MU 16025-1A

Art Center Theater
C-GCC - Room 500 6 Mondays
Begins: September 11, 2023 6:00 p.m. - 8:00 p.m.
Fee: \$110

MU 16025-2A

C-GCC - Room 105 6 Mondays
Begins: October 23, 2023 6:00 p.m. - 8:00 p.m.
Fee: \$110 No class October 30

Instant Piano for Hopelessly Busy People

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 some 30,000 students nationally since 1993 at colleges and community education and recreation programs.

MU 62295-1Z

Taught via Zoom 1 Saturday November 4, 2023 9:00 a.m. - Noon Fee: \$65

Instant Guitar for Hopelessly Busy People

This crash course in guitar will teach students basic chords, allowing them to 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 Saturday November 4, 2023 1:00 p.m. – 3:30 p.m. Fee: \$65

Introduction to Songwriting *New!*

This six-week course will explore the basics of songwriting through example and hands-on work. Whether students write on a computer or with a musical instrument and note pad, they will find knowledge and support to make a song from



scratch or make their songs better! Topics include what makes a song (beats, chords, melodies, and lyrics), how songs get written down or recorded, and how to turn an idea into a song.

INSTRUCTOR: Carmen Borgia

MU 16015-1A

C-GCC - Room 136 6 Mondays Begins: October 23, 2023 6:00 p.m. - 7:30 p.m. Fee: \$110

Traditional Acoustic Session

This course is for casual players of acoustic instruments who would like to grow their group playing skills, learn new tunes and songs, strengthen ear learning, improve their instrumental fluency, and receive specific feedback and instruction. Tunes and songs will be pulled from musical traditions of Ireland and the British Isles, Post-Colonial America and Canada, Scandinavia, and more. Please plan to bring your own acoustic instrument – all instruments welcome!

INSTRUCTOR: Mike Pagnani

MU 62348-1A

Art Center Theater
C-GCC - Room 500 6 Tuesdays
Begins: September 12, 2023 6:00 p.m. - 8:00 p.m.
Fee: \$110

MU 62348-2A

 Art Center Theater
 6 Tuesdays

 C-GCC – Room 500
 6 Tuesdays

 Begins: October 24, 2023
 6:00 p.m. – 8:00 p.m.

 Fee: \$110
 No class October 31

PERSONAL FINANCE

Breaking the Debt Cycle

Feeling the stress of financial debt? The class will cover budgeting tips and tricks, spotting "money gobblers", identifying warning signs, and learning about the pros and cons of debt consolidation. By the end, students will have the confidence and tools to prevent and tackle financial debt.

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68396-1Z

Taught via Zoom November 9, 2023 Free 1Thursday 10:00 a.m. – 11:00 a.m.



Build a Basic Budget

Students ready to take control of their budgets should enroll in this free seminar! Join the instructor to learn about the Five-Step Spending Plan. Students also will discover where their money goes, how to establish 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 September 14, 2023 10:00 a.m. – 11:00 a.m. Free

CreditAbility

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.

INSTRUCTOR: Financial Wellness Coach from Greylock Federal Credit Union

FI 68395-1Z

Taught via Zoom October 12, 2023 Free 1 Thursday 10:00 a.m. – 11:00 a.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 1 Tuesday
October 3, 2023 10:00 a.m. - Noon
Free

WRITING

Poetry: Creative Expression

Poetry is the creative expression to explore nature, love, life, and death. Drawing inspiration from poets Keats to Frost, and Dickinson to Collins, this comprehensive introduction to poetry writing is recommended for beginners as well as seasoned writers looking to sharpen their skills. Students will receive an overview of the medium followed by an examination of poetry's different forms and styles. Writing instruction

focuses on using concise language and reviewing and revising students' own work.

INSTRUCTOR: Phyllis Carito, MFA, writer, and teacher. Her published works include two chapbooks and poems in various literary magazines.

HU 44475-1Z

C-GCC - Room 130 or via Zoom
Begins: October 4
5:00 p.m. - 7:00 p.m.
Fee: \$110

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 enroll in 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 1 Thursday October 5, 2023 7:00 p.m. – 9:00 p.m. Fee: \$45

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

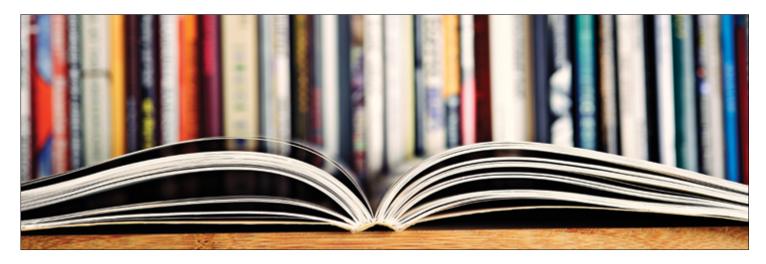
Writing is part of everyday life, whether through emails, social media posts, work projects, or even recording creative thoughts and ideas. Improving is just a matter of knowing simple tricks to make writing more impactful and readable. Good writing may even help obtain a promotion at work or avoid rejection 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.

INSTRUCTOR: LeeAnne Krusemark

HU 99082-1Z

Taught via Zoom 1 Saturday
October 7, 2023 3:00 p.m. – 6:00 p.m.
Fee: \$50





Comedy Writing: How to Be Funny on Paper and Stage

Whether making a dull work presentation more lively, mixing laughter with learning in the classroom, or ultimately wanting to write for print/production or a stand-up routine, this fast-paced session will show how to apply humor to all aspects of 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 1 Tuesday
October 3, 2023 6:00 p.m. – 7:00 p.m.
Fee: \$25

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 and e-book publishing, as well as Amazon option, to see how they compare to traditional publishing. Informative handouts, including a rated description of 50 self-publishing companies, will be included in the class.

PRE-REQUISITE: A Beginner's Guide to Getting Published

INSTRUCTOR: LeeAnne Krusemark

HU 44448-1Z

Taught via Zoom 1 Thursday October 5, 2023 9:00 p.m. – 10:00 p.m. Fee: \$25

Explore the World as a Travel Writer

For those who love to travel and love to write, this is the ideal course! Students will discover 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 their 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 cliches.

INSTRUCTOR: LeeAnne Krusemark

HU 99080-1Z

Taught via Zoom 1 Wednesday October 11, 2023 7:00 p.m. – 9:00 p.m. Fee: \$45



How to Outline and Write an Irresistible Romance

Romance is the number one selling fiction genre. Whether a new or experienced writer, students will sharpen their skills with practical, step-by-step advice, discover the different romance sub-genres, and also will learn 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 1 Tuesday October 10, 2023 6:00 p.m. – 7:00 p.m. Fee: \$25



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 1 Saturday October 7, 2023 11:00 a.m. – 2:00 p.m. Fee: \$50

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 do 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 1 Saturday October 7, 2023 2:00 p.m. – 3:00 p.m. Fee: \$25

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 1 Thursday October 12, 2023 5:30 p.m. – 7:00 p.m. Fee: \$35

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 1 Tuesday October 10, 2023 7:00 p.m. – 9:00 p.m. Fee: \$45

Using Amazon's Kindle Direct to Self-Publish A 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 KIDP 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 1 Wednesday October 11, 2023 6:00 p.m. – 7:00 p.m. Fee: \$25

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 the final reveal. Publishing options also will be discussed.

INSTRUCTOR: LeeAnne Krusemark

HU 99079-1Z

Taught via Zoom 1 Tuesday October 3, 2023 7:00 p.m. – 9:00 p.m. Fee: \$45



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 October 12, 2023 Fee: \$45 1 Thursday 7:00 p.m. – 9:00 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.



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I wasn't a very driven student in high school and didn't feel like I had a lot of options. Now I'm a much different student - very focused, I participate in class, I'm on the Dean's list, and am involved with sports and a lot of activities. The relaxed, comfortable environment lets me be my authentic self, and my professors are real people who are in my corner every step of the way."

MICHAEL MOMA

Class of 2024 East Greenbush, New York