

Red Hook Continuing Education

Fall 2021

Performing and Creative Arts

Let's Play Piano! (ZOOM- NEW)

All of us are musical beings, so come explore the joy of making music on the piano! Whether you've never touched a piano before, previously tried lessons but didn't make it very far, want to get back into the swing of playing piano, or just need a practice buddy, this class serves to meet you where you are and support your musical goals. You must have access to a piano or a keyboard but otherwise all you need to bring is a curious spirit and a love of music. Individual classes are open to children as young as 5 years old, teens, and adults. **Instructor:** Paula Vitolo is a classical pianist and music teacher who began taking private piano lessons at age 5. She is an alumni of Red Hook High School, holds a Bachelor's degree in Music Theory and History from the Crane School of Music at SUNY Potsdam, and a Master's degree in Collaborative Piano from the Longy School of Music of Bard College. Paula has been happily teaching private lessons since 2014 and loves the creativity that is possible in tailoring one-on-one piano lessons to individual learners.

5 - half-hour lessons Fee: \$99

Watercolor Basics (ZOOM)

In this class students will learn the fundamentals of painting in watercolor and how to use supplies to achieve desired effects. This three-part series covers the following topics. 1-Supplies overview, and Basic washes which includes wet-on-wet, glazing, values and brush techniques. 2-Color Triad & Color Mixing, where Betsy will explain the color triad and how to create endless variations from just a few basic colors. We will finish this class with a still-life painting of a lemon. 3- The Hudson River Valley Landscape, where students will embark on painting a signature luminous landscape in Betsy's wet-on-wet style.

Each session will be recorded and emailed to students at its conclusion. Students will receive a supply list via email prior to the start of the course. It can also be found on Betsy Jacaruso's website.

Instructor: Betsy Jacaruso is a talented painter and gifted instructor who teaches watercolor techniques as a way of realizing individual vision. She is the owner of the Betsy Jacaruso Studio and Gallery, in the heart of Rhinebeck. Her current work explores atmosphere and luminosity in landscape.

3 Mon, 9/13-9/27 1:00-2:30 (demo time is one hour with up to a half hour after each class for Q&A) Fee: \$65

What's Your Story? (ZOOM)

Everybody has a story to tell and uncovering the stories that most uniquely define us can be one of the most rewarding and healing creative outlets. Stories build community and help us make sense of ourselves and the world we live in. In crafting and telling stories of our lived experience, we learn to explore the life events that have shaped and defined us, but telling our stories also connects us to others and reveals our shared humanity. In this storytelling workshop, you'll learn how to give shape to your life stories and share them with others in a small group setting. We'll introduce you to the principles of storytelling and incorporate performance techniques, sensory exploration and memory work to bring your stories to life. At the end of the workshop, you will be invited to perform your story at our story slam series, On The Fly.

Instructors: Christina Thyssen is a writer, story coach, and teacher. She holds a Ph.D. in American literature and teaches writing and literature at University at Albany. She is the founder and producer of On The Fly, a monthly Moth-style story slam, and is currently at work on a memoir about raising a special needs daughter.

Caitlin Langstaff is an actor, director, producer, story coach and teacher.

She holds an M.F.A. in theatre and is a member of The Actors Studio and Actors Equity. She was a professor at Suffolk University for 11 years teaching all aspects of theatre. She is co-producer of On The Fly Story Slam. Caitlin and Christina are the founders of Hudson Valley Story Workshops, an organization that teaches storytelling to communities throughout the Hudson Valley

4 Sat, 9/25-10/16 12:00-3:00 Fee :\$145

Self-Growth and the Art of Singing (ZOOM)

Professional singer, voice teacher and holistic health practitioner, Jesse Wicher, will share with you the wonderful life-lessons he has learned through the study of singing. Through lecture and examples, you will explore with him the profound relationship between the breath, body and voice, and personal growth. Highlights include: "Singing with your own voice," "Getting out of the way," and "Letting go of judgments." This engaging one-evening course is perfect for singers, artists, and anyone wishing to create more freedom and joy in their life— **NO SINGING REQUIRED!** Come learn what good singing can teach you about good living!

Instructor: Jesse Wicher is a professional singer and voice teacher who has performed nationally and internationally for over 30 years. He studied Voice at the Eastman School of Music and New England Conservatory and has taught hundreds of students of all ages and experience levels to better meet their singing goals.

1 Mon, 3/22 6:30-9:00 Fee: \$29

1 Mon, 6/7 6:30-9:00 Fee: \$29

Singing Lessons for Everyone (ZOOM)

Learning to sing over the Internet is FUN and EASY! Bring greater enjoyment and satisfaction to your singing by building on the basics of breath support, tonal focus, and musicianship. Whether you are a beginner or an experienced musician, this class will help you get to the next level of your art. Just bring your enthusiasm and a piece of music you love to sing! Classes are open to all ages!

Use a computer, tablet, or smartphone.

Instructor: Jesse Wicher (see bio in class above)

Lessons are 30 minutes of private instruction, scheduled at time convenient for student and instructor.

5 - half-hour lessons Fee: \$99



Professional Development

Microsoft Excel (ZOOM)

Microsoft Excel is a very versatile program that is a valuable tool for personal or business use. For example, you can use it for keeping track of your personal checking, savings, or investment, activity. You can create a contact list of your family and friends. Excel is also widely used in business and can help organize and track data. Knowledge of Excel can increase your marketability. In this class you will learn how to create and format a spreadsheet, build simple formulas, and learn the basic skills of working with a spreadsheet. You will need a computer with a camera and the Excel program on it. Please bring a USB thumb drive to class to save your work. The instructor will be using Windows Excel but will be able to work with Mac as well.

Instructor: Denise Beneway has extensive experience working with technology. She has worked in the Hyde Park School district in the computer lab as well as in the Red Hook School District, in various capacities.

4 Wed, 10/6-10/27 6:30-8:00 Fee: \$55

Notary Public Review Workshop (ZOOM)

This 3-hour workshop prepares you for the NYS Notary Public exam. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer to an attorney, and minimizing legal liability. This workshop is a must for Notary Public candidates to become fully aware of the authority, duties, and responsibilities involved in this office. All materials will be provided including website links to NYS Department of State licensing information, booklets, and forms. Also featured is an 80 question Practice Exam with answer key.

Instructor: Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years. In addition to the Notary Public Workshops he has been teaching Insurance Pre-Licensing Courses as well as Continuing Education courses at several New York State Colleges.

Thurs, 10/14 1:00-4:00 Fee: \$50

Please mail a \$10 material fee to:

Victor Bujanow

24 The Concourse

Niverville, NY 12130

An Introduction to Voiceovers (ZOOM or SKYPE)

Explore the fun, rewarding possibilities of the voiceover industry! Discover current trends and how they make it easy and affordable for just about anyone to get involved. You'll learn about different types of voiceovers and tools you'll need to find success. Your instructor, a professional voice actor from Voices For All, will take notes as you read a real script in this one-on-one video chat setting, and offer some coaching to improve your delivery. You'll receive a professional voiceover evaluation later. One-time, 90-minute, introductory class. 18 and over. Upon registering you will be contacted to schedule your 90-minute class for a day and time of your convenience

Fee: \$49

Personal Growth and Wellness

Navigating the Medicare Landscape (ZOOM-NEW)

Would you like to understand Medicare Better? What are the differences between Original Medicare, Medicare Supplements, Medicare Advantage Plans (HMO, POS, PPO) and the Part D Prescription Drug Plans or PDP? What is the donut hole? Is healthcare reform going to affect your Medicare coverage? Will COVID-19 change how we access medical care? Find out! Misconceptions can sometimes lead to poor decision making in joining or switching a plan. Also, what is new for 2022? New plan choices are coming your way, along with broader options for those who receive Extra Help and/or Medicaid. Are you getting everything you are entitled to with your plan? Tips

on helping to reduce prescription drug costs, save money on your healthcare and dental expenses and accessing more healthcare providers and facilities. Clear up the confusion at this inclusive seminar.

Instructor: Gwen Busterna, Senior Insurance coordinator

Indicate which date you would like on the registration form

Wed, 9/29 7:00-8:00 \$20

Wed, 10/27 7:00-8:00 \$20

Vegetarian + Nutrition Cook-Alongs (ZOOM-NEW)

Enjoy your favorite foods without the added guilt! Learn how to make some of your favorite foods from scratch with a healthier twist, while also identifying the nutritional benefits of the ingredients in each recipe. Cook along with us right from your own kitchen during this fun, hourly virtual class. Recipes will be sent one week in advance of each class. You will also learn tips and tricks on maintaining a healthy immune system! On the menu: Mushroom Lentil Meatballs, Red Lentil Quinoa Cakes + Lemony Avocado Tahini Sauce, Sweet Potato + Kale Sliders, and Creamy Butternut Squash Soup, just in time for the fall season! These recipes can be converted into plant-based meals. **Instructor:** Alana Berg (Naturally Lana's), Certified Holistic Nutritionist, Certified Culinary Nutrition Expert

4 Wednesdays, 9/22-10/13 7:00-8:00 Fee: \$45.



Secrets of Happiness (ZOOM-NEW)

Learn to believe in the happiness you want for your life, all over again! Over the course of five weeks, you will be guided on a joyous journey of self-discovery. Through the practice of time-honored techniques, you will experience your life-transforming power to choose happiness in any situation, reconnect with the spontaneity and wisdom of your inner-child, overcome limiting fears, release attachment to outcomes, and to cultivate a lifestyle that honors and supports your personal truth. Come learn how to give yourself permission to be happy and begin filling each moment with freedom, creativity, and joy! **Instructor:** Jesse Wicher is a Certified Reiki Master Teacher, Psychic and Intuitive Counselor, and Holistic Educator. He is Founder and President of Holistic Arts, an online metaphysical and self-growth practice. He has presented nationally and internationally and leads spiritual tours and retreats to sacred sites around the world.

5 Tues, 9/28 - 10/26 7:00 - 9:00 Fee: \$125

Meditation for Relaxation and Personal Healing (Zoom)

Do you suffer from stress, anxiety, or sleeplessness-- or even high blood-pressure or hypertension? Does your mind never stop going? Meditation can help! Meditation is a simple, easy to learn practice that involves focusing your thoughts and breathing to help you relax into the present moment. Studies show that regular meditation can help promote increased mental clarity and emotional balance, reduce the physical effects of stress, and create a greater sense of well-being. In this interactive course, you will learn the empowering concepts and techniques for successful personal meditation and will find support in crafting your own meditation regimen. Come experience for yourself the abundance of inner peace, personal health, and spiritual connection that come from meditation.

Instructor: Jesse Wicher (see bio in previous listing)

5 Weds, 9/29 - 10/27 7:00 - 9:00 Fee: \$125

Reiki Certification Classes (ZOOM-NEW)

Become a certified Reiki healer. During these in-depth sessions, you will delve deeply into the ancient Japanese art of energy healing. Learn to channel and direct Universal Life Force Energy to help reduce stress, increase vitality, and correct physical, mental, and emotional imbalances. Each course level provides training, course manual, attunement, and in-class experience of advanced techniques useful for healing yourself, family, and friends or for establishing your own Reiki practice. Come experience the life-transforming power of Reiki!

Instructor: Jesse Wicher is a Certified Reiki Master Teacher (full bio under Secrets of Happiness class description)

*Reiki Level I Certification

Saturday, 10/ 2, 10 am - 5 pm Fee: \$175

*Reiki Level II Certification

Saturday, 10/23, 10 am - 5 pm Fee: \$199

*Advanced Reiki Training

Saturday, 11/13, 10 am - 5 pm Fee: \$159

*Multi-Dimensional Reiki

Saturday, 12/4, 10 am - 5 pm Fee: \$159

*Reiki Level III Master & Teacher Certification

Saturday, 12/11, 10 am - 6 pm Fee: \$249

Introduction to Crystals (ZOOM)

Crystals have been treasured for their beauty and healing practices since ancient times. Each one is formed by the earth in different ways and supports the body in different ways. Want to learn more? In this class, you will discover how to integrate crystals into your self-care and spiritual practices. You will be introduced to the energetic, metaphysical, and scientific principles of crystals. We will cover how to choose and care for them. Several crystal meditations will be held. Every student will receive their own crystal.

Instructor: Nichole Martini is an intuitive coach, Reiki practitioner, and yoga teacher living and thriving in the Hudson Valley. Her driving passion is to create sustainable change by supporting her clients to find their own unique pathway to soul expansion, spiritual growth, creative practice, and energetic and physical healing.

2 Fri, 9/17-9/24 5:30-7:00 Fee: \$40

Introduction to Astrology (ZOOM)

Have you ever been curious about what the differences are between your sun, moon, and rising signs? When you hear "Mercury is in my 8th house", would you like to know more about what that means? Join Nichole Martini for a three-part Intro to Astrology course! We will cover the energies of the 12 astrological signs, all the elements of a birth chart including houses, planets, and aspects, as well as assess your own resonance with your rising sign.

Instructor: Nichole Martini (see bio under Crystals)

2 Fri, 10/8 -10/15 5:30-7:00 Fee: \$40

Psychic Clairs (ZOOM-NEW)

Have you ever heard of a psychic clair? Maybe they have been casually referred to in yoga or other spiritual class and you would like to understand what they mean in a deeper way. Perhaps, you know you are emotionally and energetically sensitive, but you haven't quite figured out why you feel and experience the things you do? Spend a few hours with Nichole Martini, spiritual teacher and healer, to explore how we perceive beyond the five senses (psychic clairs). This information has the potential to lead to a healthier and richer life. We will cover what each of the psychic clairs are, how they are discerned, and practice how to use them. Instructor: Nichole Martini (see bio under Crystals)

Wed, 10/27 6:00-8:00 Fee: \$40

Communication Skills Workshop (ZOOM-NEW)

Learn effective and useful skills designed to refine your ability to connect well in any conversation. Develop greater understanding of the benefits of active listening in your professional and personal interactions. By exploring a clear-cut method designed to encourage intentional dialoging you will experience, through interactive practice exercises, the key components of mirroring and validation.

Instructor: Aviva Chansky Guttmann, LMSW assists her clients in developing the tools of connection. She is a trained Imago Relationship Therapist, EFT and EMDR practitioner, develops community programs, and facilitates a Holistic and Empath support group.

Mon, 10/4 6:00-7:30 Fee: \$30

If you have any health issues, please consult your doctor before registering for an exercise class.

REGISTRATION INFORMATION:

IMPORTANT Covid-19 Notes

Most classes are being offered in Zoom format this semester. Instructors will contact you with information about how to participate. Tai Chi is being held outside at the Mill Road Elementary School.

- You will be notified only if class is full or is canceled. Confirmations will NOT be sent.
- Refunds will be given only if class is canceled by Continuing Ed
- Senior Citizens (60+) 10% discount.
- Follow and Like the Red Hook Continuing Ed Face Book page.
facebook.com/rhcontinuinged

Some checks may be held until after classes begin

Email: continuinged@rhcsd.org

or visit us online at www.redhookcentralschools.org

Click on community, then continuing ed

REGISTRATION FORM

Name _____

Address _____

City _____ State _____ Zip _____

Email _____

Phone _____ Phone _____

Course (Please specify section/date)	Fee
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
_____	\$ _____
Total	\$ _____

Enclose check payable to Red Hook Continuing Education
(Sorry, we cannot accept credit cards).

Contact us: continuinged@rhcsd.org • (845) 758-2241 ext. 71351.

Red Hook Continuing Education, 9 Mill Road, Red Hook, NY 12571

RED HOOK CONTINUING EDUCATION

845-758-2241 ext. 71351

Red Hook Central School
9 Mill Road
Red Hook, NY 12571

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NEW THIS

Fall

- Let's Play Piano!
- Navigating the Medicare Landscape
- Vegetarian + Nutrition Cook-Alongs
- Secrets of Happiness
- Reiki Certification Classes
- Psychic Clairs
- Communication Skills Workshop

RESIDENTIAL CUSTOMER

See Covid-19 information on the registration form

Like and follow us on FACEBOOK

Check often for updates and class information

Facebook/rhcontinuinged

Exercise & Fitness

Restorative Stretch (ZOOM)

This class is a gentle workout combining elements of many modalities including chi kung, relaxation and breathing techniques. We will work on strength, flexibility, and balance while lengthening the body and improving posture. The class is appropriate for all ages and fitness levels. Wear loose comfortable clothes and bring a mat.

Instructor: Mimi Czajka Graminski has been teaching movement classes for over 20 years many in community and private studio settings. Her class is based on the work of Ruth Ingalls, who worked with modern dancers and children in NYC and Woodstock. She has studied chi kung for 15 years and includes this approach to wellness in her classes.

8 Wed, 9/22-11/10 6:00-7:00 Fee: \$85

Tai Chi & Qigong (Meets outside)

Qigong (chee-gung) meaning energy development and Tai Chi meaning the supreme ultimate are two of the most widely practiced approaches to mind/body exercises in the world. Involving relaxation, movement and breath awareness, the flow of vital energy is increased in the body reducing tension and blood pressure while improving circulation, balance, and the body's self-healing powers. These slow, gentle movements can be practiced by virtually anyone regardless of age. This class is appropriate for beginners as well as those with previous experience. Instructor: David Haines: has been a teacher of Qigong and Tai Chi for over thirty years. He teaches at colleges and community centers in the Massachusetts & New York area. Additionally, he is on the teaching and Wellness staff at Omega Institute in Rhinebeck, NY. Mr. Haines is also a certified practitioner of the Trager® Approach to movement education.

This class will be held outside at the Mill Road Elementary School. Please meet the instructor at the 3-5 parking lot on Mill Road. If weather is inclement, class will not be held.

**6 Wed, 9/8- 10/20 (no class 9/22) Rain dates are 11/3 and/or 11/10
5:00-6:00 Fee: \$65**

