

Red Hook Continuing Education

Spring 2022

Performing and Creative Arts

Let's Play Piano! (ZOOM)

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 \$99

You, Too, Can Write Poetry! (ZOOM- NEW)

You want to write. You really do.

You buy notebooks - and pens, but you don't write.

You dream of writing, your head writes, but there are no words on the paper.

All that will change (painlessly) in just 6 short weeks! Whether you know in your heart you can write or have a deep belief that you are not good enough, this class is for you. We will write and read together, we will laugh and perhaps cry, but most importantly we will get the words out. We will create a private Facebook page for sharing writing and poems generated during our course. The group will meet weekly via zoom with twice a week writing prompts and inspirations, sent by email. **Instructor: Beverly Kipp is a nurse, grandmother, bread baker and writer of prose and poetry. She was a contributing writer for About Town espousing on a variety of quirky and interesting topics. She is currently a member of an online poetry group of wise and wonderful women writers who write both for fun and for publication. Beverly says, "Come, write poetry with me.**

It will be fun, I say. And I will be right".

6 Tues, 4/19-5/24 6:30-7:30 \$65

An Introduction to Voiceovers

"Wow, you have a great voice!" How many times have you heard that? Or maybe you listen to your favorite audiobooks, commercials, or cartoon characters and think, "I could do that!" Want to earn income using your talents from the comfort of your home? Explore the growing remote voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover the current trends in the industry and how easy and affordable it can be to learn, set up, and work from home. You'll learn about different types of voiceovers and the tools you'll need to find success. Your instructor 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 in a follow up call. You owe it to yourself to finally explore the possibilities of this fun and rewarding field!

90 min video class- Upon registration you will be contacted by VFA to schedule your class for a day and time of your convenience. \$49

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 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. Lessons will be scheduled at time convenient for student and instructor.**

5 - half-hour lessons \$110

Personal Growth and Wellness

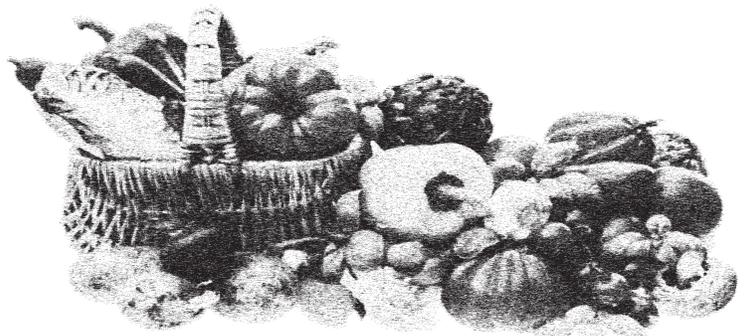
Vegetarian + Nutrition Cook-Alongs (ZOOM)

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 right from your own kitchen during this exciting, virtual class. Recipes will be sent one week in advance of each class.

ON THE MENU: Spanakopita Egg Casserole, Double Chocolate Chia Pudding, Black Bean Burgers + Sweet Potato Fries, and Stuffed Roasted Peppers, just in time for spring and summer!

Instructor: Alana Berg (Naturally Lana's), Certified Holistic Nutritionist, Certified Culinary Nutrition Expert

4 Mon, 4/4- 4/25 6:00-7:30 \$65



Navigating the Medicare Landscape (ZOOM)

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? What is the "Free" coverage advertised on TV all about, who's eligible? 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. **Anyone seeking information on NYSHIP or Union Plans must contact their union directly, no info will be provided. Instructor: Gwen Busterna, Senior Insurance coordinator.

Choose one date only

Tues, 4/26 6:30-7:30 \$20

Mon, 5/23 6:30-7:30 \$20

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, 5/5 6:00-9:00 Fee: \$50

Please mail additional \$10 material fee directly to:

Victor Bujanow

24 The Concourse

Niverville, NY 12130

The Mystery of Chakras (ZOOM)

Are you curious to find out what chakras are and how they function in our daily lives? Chakra is not a word that is familiar to most of us. We are all energetic beings made up of subtle energy and our chakras are considered the energy centers. In this workshop, you will learn the basic functions and locations of chakras in your body, how they originated, and how they influence day-to-day living and well-being.

Instructor: Lorraine E. Cucci is an RN, Certified Reflexologist, Usui Reiki Master practitioner/teacher, Energy and Integrative Healthcare practitioner. As a nurse for almost 40 years, Lorraine has been able to combine her natural gifts with her holistic approaches to health and wellness and assist clients to discover natural approaches in their path to healing.

3 Tues, 4/26-5/10 7:00-8:30 \$50

Communication Skills workshop (ZOOM)

Join Aviva Chansky Guttman for a workshop designed to help partners increase attunement, listening, empathy, and connection skills. Through this workshop, which involves role playing dialogue exercises facilitated by the instructor, partners will learn non-confrontational communication methods which provide a safe forum for increased connectivity and decreased conflict. Partners of any type are encouraged to attend as this method can be applied to romantic partners, close friends, siblings, parents and adult children and other relationship dyads. At the conclusion of this workshop, you will be able to communicate through this method at home and at work, which will result in more effective communication and understanding between you and your partner in any relationship. **Instructor: Aviva Chansky Guttman, LCSW 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, 4/4 7:00-8:30 \$35

Emotional Freedom Technique Basics (Tapping) (ZOOM-NEW)

EFT- Emotional Freedom Technique (commonly known as "tapping") is a helpful method of self-soothing conducted by gentle finger tapping on energy points (also known as meridians) along our bodies. EFT encourages relaxation of emotional and physical guardedness. Tapping helps us deescalate and allows us to compassionately and positively assess and address challenges, difficult situations, and limiting fears and beliefs. It can be practiced anywhere and is a simple, effective, and accessible tool for self-care. This class is suitable for beginners or those who would like to brush up on their practice. **Instructor: Aviva Chansky Guttman, LCSW 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.**

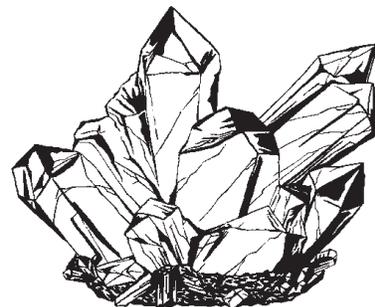
Mon, 4/25 7:00-8:30 \$35

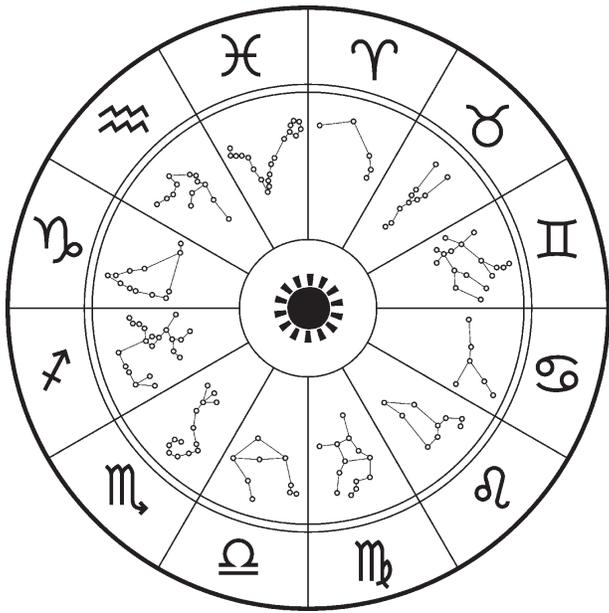
Introduction to Crystals (ZOOM)

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, 4/29 & 5/6 5:30-7:00. \$35





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, 5/25. 6:00-8:00. \$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, 5/13 & 5/20. 5:30-7:00. \$35

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 _____

<i>Course (Please specify section/date)</i>	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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Permit 255



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

Body Mindfulness, Balance, and Flexibility (ZOOM)

This class is a gentle workout which promotes body awareness and includes standing and floor work and is appropriate for all ages and fitness levels. We work on strength, flexibility and balance while lengthening the body and improving posture. It includes relaxation, breathwork and meditation segments which balance and increase energy. Wear loose comfortable clothing and bring a mat. **Instructor:** Mimi Czajka Graminski has been teaching movement classes for over 20 years in community and private studio settings. Her class combines the work of Ruth Ingalls with Chi Kung (ancient Chinese yoga). Mimi has studied Chi Kung for over 15 years and includes this approach to wellness in her classes.

6 Wed, 4/20-5/25 6:00-7:00 \$65

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 be held in the 3-5 gym. Masks will be required for indoor classes.

8 Wed, 4/20-6/8 5:00-6:00 \$85

