



ARLINGTON CENTRAL
SCHOOL DISTRICT

ARLINGTON

Continuing Adult/Community Education Program Fall 2020 Course Schedule

Welcome to Arlington's Continuing Adult/Community Education Program. We are proud to offer the following classes to Arlington and area resident adults, children, teens, and seniors.

In these strange times, due to COVID restrictions, and while we need to maintain social distancing, we have decided to **hold ALL of our classes virtually**. It's the next best thing to being here!

You will need a phone, laptop, computer, or tablet with camera access in order to participate in these classes. A "HOW TO" workshop will be hosted online on September 30 and October 1, from 6:30 – 7pm, to introduce you to how to attend your classes. A tutorial will be available on the district website for the duration of the fall semester.

Once you are registered, you will get an invitation to join a ZOOM class along with a password. It will only be good for one person, for one class. This will happen weekly to keep the class "secure".

If you have any questions or would like to teach a class, feel free to call:

Karen Turcio, Coordinator
845-486-4860 x 32102

PERFORMING ARTS

Line Dancing



Dance away the stress & worry of the week during ACSD's Thursday Night Dance Party with Line Dance Duo, Colleen Axelrod & Aisha Phillips *** pending BOE approval

\$100 • Thu 10/08 - 12/10

Beginner Line Dance Party

This beginner class teaches the fundamental steps of Line Dancing while having a seriously, ridiculous fun time! No experience needed - just clear the floor, put your dance shoes on, and get ready to boot scoot boogie!
Course #6441 • 6 - 7:15pm

Improver Line Dance Party

The Thursday Night Dance Party continues on into the night with our improver class! This class is for experienced dancers who want to improve their skills learning more complex dances while still having serious ridiculous fun!
Course #6442 • 7:30 - 8:45pm



Guitar

Tim Holmes

*** pending BOE approval

Learn the basics of rhythm and lead guitar including tuning, tablature, chord progressions, riffs, strumming patterns, basic finger-style and 12 Bar Blues. *Students will need an acoustic guitar, a tuner and some picks.*



\$140 • Tues 10/13 - 12/8

Guitar for Kids (ages 10-14)

Course #6241 • 5 - 5:50pm

Guitar for Beginners (HS and Adult)

Course #6242 • 6 - 6:50pm

Guitar Level II (HS and Adult)

Pre-Requirement Beginner Course or other experience

Course #6243 • 7 - 7:50pm

Astrology & Your Horoscope

Susan Olin-Dabrowski

*** pending BOE approval

For most people the word 'horoscope' means a prediction about what their day is going to be like. But for an astrologer a horoscope is a picture of what is happening in space at a particular moment in time. It shows the positions of the sun, moon and planets in space and their relationships with one another and the earth. In this class you will learn about the fundamentals of astrology through exploring your own personal horoscope (also called your natal chart.) When registering for the class, be sure to fill in the information requesting your birth date, time and place. Your natal chart will be emailed to you for the first class.

Course #6251 • Tues 10/13 - 11/3
\$84 • 1:30 - 3pm



Look for these happy faces for classes designated for elementary and middle school aged students. Parents/Guardians must escort students to and from classroom but are not required to stay.



Cornell Cooperative Extension Dutchess County

Arlington Continuing Education Program has made a partnership with Cornell Cooperative Extension in presenting a variety of workshops. CCEDC Master Gardener Volunteers will lead the way in educating and presenting the following classes.

“Fall” in Love with Gardening All Year.
The arrival of autumn does not mean you need to stop gardening. Learn how to do great fall garden activities.

\$40 (each course) ▪ 6 - 7:30pm

Gardening Activities for Autumn

- Bulbs for all Seasons
- An Introduction to Seed Saving for the Home Gardener
- Root Cellaring for Year-Round Fresh Produce
- Putting your Garden to Bed in the Fall

These workshops will all be covered in this 4 part series. You will learn how to plant bulbs including how to prepare sites, keeping your plantings safe from unwanted critters and more. Preserve your favorite variety of plants and vegetables by how to home-save seeds. And, while you are at it, learn which varieties of vegetables you can plant and keep growing until the depths of winter. Harvesting and root cellaring, the art and science of storing raw vegetables for winter consumption, will keep your plate full longer. And, finally, what to do to get your garden into shape for early next spring's planting.

Course #6231 ▪ Tue 10/6 - 10/27
\$40 ▪ 6 - 7:30pm

Gardening for Baby Boomers: 10 Ways to Garden Smarter as We Get Older

A four-class series to reframe the question: Not *whether* we can maintain our home landscapes, and still enjoy gardening, into our senior years... but *how* we will do it! This program takes a new look at your landscape and gardens - the design AND the plantings - and gives you new ideas to accommodate both your aesthetic standards and increasing physical limitations. Includes extensive plant lists and many other note-taking tools and original reference handouts.

Course #6431 ▪ Thu 10/8 - 10/29
\$40 ▪ 6 - 7:30pm

PERSONAL ENRICHMENT

Retirement, Medical Insurance, Social Security and more...

The decisions you make today can have a tremendous bearing on the total amount of benefits you stand to receive over your lifetime.
Join Jean Riordan, CFP®, MBA, CLTC. (***) pending BOE approval) for this valuable workshop designed especially for baby boomers. All classes are free of charge and run from 6 – 8pm.

Transitioning to Medicare

When and how do I sign up for Medicare? How does Medicare work with the insurance I've already got? What happens to my insurance when I retire? Learn how health insurance works after you leave your job.
Course #6471 ▪ Thu 10/15

Tax Planning in the Four Stages of Retirement

In retirement your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Attend this 2 part workshop to learn what you should do and what you should avoid when it comes to taxes before and during retirement.

Course #6771 ▪ Tue/Thu 10/27 & 10/29

Managing Health Care in Retirement

With health care spending projected to grow annually, health care costs remain the largest threat to retirement savings. Make health care a critical part of your retirement income plan and gain a better understanding of: coverage options, including Medicare, health care costs in retirement, and steps you can take to develop a plan with your advisor.
Course #6271 ▪ Tue 11/10

Social Security

Prepare for your retirement and learn how to get the most out of your social security benefits; how to navigate the decisions surrounding the program, including understanding your options, how to get started, how to maximize your benefits and more.
Course #6272 ▪ Tue 11/17

NOTARY PUBLIC REVIEW WORKSHOP

Victor Bujanow, CIC
*** pending BOE approval

This workshop and is a must for those preparing to take the New York State Notary Public test. It will provide you with a comprehensive view of the Notary Public office including becoming fully aware of the authority, duties and responsibilities involved in becoming a Notary Public Officer and to illuminate situations that a Notary Public officer is likely to encounter, including avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. **This class is for test preparation only.** An 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam will be given. All materials will be provided including text and website links to NYS Department of State licensing information, booklets and forms. *A one-time \$15 examination fee is required payable to the Department of State at the time you register for the exam at the test center. Upon passing the exam, students will receive an application form to submit with a \$60 license fee (good for 4 years).*
Course #6271 ▪ Tues 10/20
\$54 ▪ 5:30 – 8:30pm

LANGUAGES

Conversational Languages

Planning to travel or have a desire to familiarize yourself with the language? Classes are designed to teach basic language skills through light reading, conversing and simulated situations. Have a notebook and pen available.
\$128 ▪ 6:30 - 8pm



Conversational Spanish - Level I

Course #6273 ▪ Tues 10/13 - 12/15

HEALTH, FITNESS & WELL-BEING

For all fitness classes, bring a water bottle and towel. Wear loose fitting, comfortable clothing and sneakers.

I - Liq (Tai Chi) Chuan

Sam F.S. Chin

*** pending BOE approval

Combine the art consisting of Taoist principles found in Tai chi Chuan, a-Kua, Hsing-Yi, and I-chuan practice (chi flow, balancing, yin and yang) with Zen concepts of mindfulness and awareness. Learn to attain a clear mind and relax every joint to release physical and mental blockages for better health. Chi brings improvement in overall health and an awareness of your strength, your limits, and the ability to use this understanding for self-defense. I-Liq Chuan benefits the whole nervous and intrinsic systems to bring total control, harmony and awareness to mind and body.

Course #6263 ▪ Tue 10/13 - 12/8
\$72 ▪ 7 - 8pm

Meditation

Susan Olin-Dabrowski, B.S., CHt.

*** pending BOE approval

Learn how to better manage stress and improve the quality of your life with meditation! During this program you will have the opportunity to experience a variety of meditation forms including simple quieting meditation, guided imagery, and various styles of mindfulness meditation. No experience is necessary. All levels are welcome to participate.

Course #6363 ▪ Wed 10/14 - 11/4
\$84 ▪ 6:30 - 8pm

Self-Hypnosis for Stress Management

Susan Olin-Dabrowski, B.S., CHt.

*** pending BOE approval

During this program you will learn about the Hypnotist's model of the Mind and how to tap into the energy of the subconscious using Self-Hypnosis to better manage stress, create effective autosuggestions and how to practice self-hypnosis to feel safer, calmer, and more balanced. Experience guided group hypnosis while you learn to build better habits for managing stress.

Course #6151 ▪ Mon 11/9 - 11/30
\$84 ▪ 6:30 - 8pm

Hula Hoop for the Heart

Ashley Minard

*** pending BOE approval



For all ages, shapes, sizes, and genders, bring out your inner kid as you get a great cardio workout and strengthen and tone your body while burning an average of 400 calories per hour.

Adult hula hoop dance fitness is a rhythmic art

form and a moving meditation which relieves stress and clears the mind after a long day of school or work. It is an excellent cardiovascular workout as it tones and strengthens the entire body. Hula hooping increases balance and energy, flexibility, coordination, improves mood, self-esteem and confidence simultaneously as you "discover yourself within the hoop." Students will need an adult size hula hoop which can be obtained (borrow or purchased) from instructor. Contact information will be sent upon registration.

Course #6367 ▪ Wed 10/14 - 12/16
\$96 ▪ 5:30 - 6:30pm

Belly Dancing

AYLEEZA (Lisa Quatrocchi)

*** pending BOE approval

Celebrate womanhood as you learn the ancient art of belly dancing. Suitable for woman of all ages, sizes, shapes and backgrounds, physically, this course will challenge you to strengthen your buttocks, abs, thighs and arms and to extend your posture while boosting your spirit and confidence. Be prepared to dance in bare feet. Have you been curious about taking a dance class or advancing further in the art of belly dance but have been too concerned with whether you're up to the task. Through class interaction, emotional movement pieces and feedback we will create a bridge into our powerful dancing self.

Course #6365 ▪ Wed 10/14 - 12/9
\$110 ▪ 6:45 - 8pm



YOGA

Gina Luna-Maserjian

*** pending BOE approval

These 60 minute online classes include pranayama, meditation, asana, and relaxation; folding all the essentials and benefits needed for a good Yoga foundation, including important tips to tailor your Yoga practice for your individual needs. Registration must be received 2 weeks prior to start of course as class size is limited.

Yoga for all Levels

Course will cover yoga basics and essentials for a full yoga practice consisting of: meditation, stretching, toning & strengthening, yoga asana and relaxation. Learn fun and playful ways to be with yourself on and off the mat while increasing your flexibility and strength, both emotionally and physically. Students should create a yoga space, close enough to a wall, if possible, and will need a sticky mat, 2 blocks, 1 strap, 2 yoga blankets, or large towels, or cushion.

Course #6362 ▪ Wed 10/14 - 12/9
\$92 ▪ 4 - 5pm

Restorative Yoga

Allow yourself the gift of the benefits of a restorative yoga practice. Using the support of your props you will find your body to release, tension melt away, and a deep sense of relaxation, balance and well-being. As you let go, the breath becomes fuller, your body releases and tension melts away for a peaceful connection with yourself. Students should create a yoga space, close enough to a wall, if possible, and will need a sticky mat, 4 yoga blankets, 1 bolster, 2 blocks, 1 strap, and a chair for the class.

Course #6461 ▪ Thu 10/15 - 12/10
\$92 ▪ 4 - 5pm

LEARNING
IS A TREASURE THAT WILL
FOLLOW ITS OWNER
EVERYWHERE.

Chinese Proverbs
InspirationBoost.com

SPORTS



Baton Twirling (5 - 12 yrs old)

Allison Stuart

*** pending BOE approval



Twirling is the fun and unique sport that enhances coordination and fine motor skills and fosters sportsmanship, goal setting, memory skills and exercise. Twirlers will learn

skills and routines in small groups via ZOOM. Registrations are due by October 16 so that batons (\$25 payable to instructor) can be ordered prior to the start of class. *Payment and distribution of batons information will be emailed to students once registered.*

Course fee is \$60 for the fall semester and is due with registration. *Registration and payment for Part II of this course will begining February 2 will be due in early January.*

Course #6205 ▪ Tues 10/20 - 1/26/21
\$60 ▪ 6 - 6:45pm



DRIVER SAFETY

Registration for these classes is due 3 days prior to class to guarantee class and placement. You will need to have your permit and a pen available for class.

5 hour Pre-Licensing Course

David Gatta

*** pending BOE approval

This course is mandated by New York State Department of Motor Vehicles for all New York State permit holders. Every student needs to obtain a NY State Driver's Permit and bring it with them to class. Course will result in the issuance of MV-278 form, which is needed for road test appointment.

Weekday classes:

\$30 ▪ Mondays	▪	3:30 - 8:30pm
Course #61551	▪	10/26
Course #61552	▪	11/23
Course #61553	▪	12/7
Course #71551	▪	1/11/21
Course #71552	▪	2/8/21
Course #71553	▪	3/22/21
Course #71554	▪	4/12/21
Course #71555	▪	4/26/21
Course #71556	▪	5/10/21
Course #71557	▪	6/14/21

Register online:

<https://arlingtonschools.revtrak.net>.

In these strange times, due to COVID restrictions, and while we need to maintain social distancing, we have decided to hold ALL of our classes virtually. It's the next best thing to being here!

You will need a phone, laptop, computer, or tablet with camera access in order to participate in these classes. A "HOW TO" workshop will be hosted - A tutorial will be available on the Continuing Ed page on the Arlington website for the duration of the fall semester.

Once you are registered, you will get an invitation (in ample time) to join a ZOOM class along with a password. It will only be good for one person, for one class. This will happen weekly to keep the class "secure".

Check the webpages out throughout the semester for class additions.

If you have any questions or would like to teach a class, feel free to call:

Karen Turcio, Coordinator
845-486-4860 x 32102

ARLINGTON REGISTRATION INFORMATION

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Once you are registered, you will get an invitation to join a ZOOM class along with a password. It will only be good for one person, for one class. This will happen weekly to keep the class "secure".

- Students may now register online and pay with a credit card: <https://arlingtonschools.revtrak.net>
- Students may also register by printing out the registration form below and mailing it to Arlington High School with payment.
- Registration is requested one week prior to the start date of classes (unless specified otherwise) but registrations will be accepted through the first week of classes providing there is availability in the class.
- **Early registration is encouraged to assure placement and to avoid possible class cancellation due to insufficient enrollment.**
- Confirmations are only sent to those who submit a working email address.
- You will be notified if there is a change in the class you signed up for.
- Those registering online will get an automatic confirmation/receipt.
- Those who pay by check: your canceled check is your receipt.
- **REFUNDS WILL BE GRANTED ONLY IF CLASS IS CANCELLED.**
- Senior Citizens (those over 62), who are Arlington residents, may take a 10% discount on most classes (except where noted otherwise). Please include copy of driver's license or Golden Admiral Card when registering.
- High school students are permitted to take all classes.
- Middle school students are permitted to take classes providing they are accompanied by a parent/guardian who will also be taking the course.
- Courses designed for younger students do not require parents to take the course (unless specified otherwise), however, parents are obligated to walk children to and from their classes.
- **All classes will be held online.**

Arlington's Spring 2021 schedule will be posted in January
 Arlington's website: www.arlingtonschools.org and on <https://arlingtonschools.revtrak.net>

Register online and pay with a credit card: <https://arlingtonschools.revtrak.net>

or... *Make checks/money orders payable to:* **Arlington Central School District**

Drop off or mail payment and registration form to: **Arlington Continuing Education** at Arlington High School
 1157 Route 55 LaGrangeville, NY 12540

ARLINGTON Continuing Education REGISTRATION FORM

Name _____

Address _____

Day Phone: _____ Evening Phone: _____

Email Address: _____

	Name	Age	Course Title	#	Time	Fee
1						
2						
3						
4						
			TOTAL			\$