

Red Hook Continuing Education

Spring 2021

Performing and Creative Arts

Watercolor Basics (ZOOM - NEW)

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, 4/12-4/26 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 - NEW)

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 Sundays, 4/11-5/2 1-4pm Fee: \$130

Self-Growth and the Art of Singing (ZOOM-NEW)

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 or other online platforms – NEW)

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: \$85

Professional Development

An Introduction to Voiceovers (ZOOM or SKYPE)

"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!" Explore the voiceover industry with your instructor, a professional, working voice actor from Voices For All. Discover current trends in the industry and how they make it easy and affordable for just about anyone to get involved. 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. One-time, 90-minute, introductory class. Learn more at <http://www.voicesforall.com/ooo>. 18 and over. You owe it to yourself to finally explore the possibilities of this fun and rewarding field!

Personalized one-on-one video conference date and time will be scheduled at a time convenient for the student and instructor.

Fee: \$49



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.

Session I: Fri, 4/16 1:00 -4:00 Fee: \$45

Session II: Tues, 5/25 5:30-8:30 Fee: \$45

Please mail a \$10 material fee to:

Victor Bujanow

24 The Concourse

Niverville, NY 12130

Personal Growth and Wellness

Essential Oils for All! (NEW - ZOOM)

Learn how essential oils can be used effectively and safely to address physical and emotional health for you and your loved ones. In this class, you will learn about the top ten essential oils and their uses, essential oils for sleep and stress, how to use essential oils safely for children, and how to use oils to promote emotional health in a natural way. Participants will receive samples to use during the course and will make a special touch bottle blend at the end.

Instructor: Barbara Sandifer, is a certified doTERRA essential oil wellness advocate who has been studying and using essential oils for over 5 years. The oils have dramatically changed her overall health and wellbeing. She is passionate about helping others learn about the benefits of using these natural solutions.

4 Thurs, 4/8-4/29 7:30-8:30 Fee: \$45 (\$15 material fee will be paid directly to the instructor. Arrangements will be made for students to pick up and pay for the materials in Red Hook, or have them mailed)

Meditation for Relaxation and Personal Healing (ZOOM-NEW)

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 your 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. Experience for yourself the abundance of inner peace, personal health and spiritual connection that come from meditation.

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. Jesse has presented holistic seminars to both national and international groups and leads annual spiritual tours and retreats to sacred sites around the world.

5 Tues, 4/6 - 5/4 7:00 - 9:00 Fee: \$99

Effective Parent- Teen Communication (ZOOM)

An interactive and engaging workshop. With the instructor's guidance participants will discuss, learn, and practice effective ways to communicate with teens. Through a series of structured (yet crucial) steps participants will discover the keys to active listening, compassionate understanding, and validation of a teen's experience. This will allow for more open and safe discussions about any

topic and yield a wonderful sense of connection. All adults who interact with teens are welcome. Although this workshop is geared toward communicating with teens, this approach is effective in all relationships.

Instructor: Aviva Chansky Guttmann, LMSW, CIRT is an Advanced Imago Relationship Instructor and Licensed Social Worker trained in couples counseling.

Tues, 4/13 6:00-7:30 Fee: \$25

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 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 Thurs, 4/15 & 4/22 5:30-7:00 Fee: \$40

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 (See bio under Intro to Astrology)

Students will pick up their free crystal at the instructor's shop in Red Hook. Nichole will contact you to schedule a time. Please wear a mask.

2 Thurs, 5/6 & 5/13 5:30-7:00 Fee: \$40

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, 4/6-4/20 7:00-8:30 Fee: \$45

Fearless Accountability

Are there goals you always "talk" about achieving, projects that never get finished, weight that never gets lost, or exercise plans that don't get started? Do you beat yourself up about it? If so, you are not alone. The fear mechanism in your brain can keep you from reaching your goals. The good news is that there is an approach that works. By stepping out of your comfort zone bit by bit and having an accountability group to support you in achieving your goals, you will get things done. You may even make a friend or two in the process. With information, exercises, and concrete tools you can learn to become aware of your patterns, make shifts in your behavior, and tackle that fear.

Instructor: Alice Coleman is a Certified Fearless Living Coach and Certified Fearless Trainer. She hosts Fearless Living workshops, Fearless Kids programs, Fearless Living book groups and one-on-one coaching.

6 Wed, 4/21-5/26 7:00-8:30 Fee: \$90



Intro to Budgeting & Financial Planning (ZOOM-NEW)

Do you make a decent salary but are left short of money every month? Do you wish you could make your money go further? Are you interested in learning how to work smarter, not harder? Join us as we explore how to take charge of your finances and create a plan that is in alignment with your financial goals and dreams. Included will be budgeting, reducing expenses, increasing income, and gaining confidence in your ability to manage your money. Instructor: Niyani Armstrong is a Certified Financial Coach and business owner. Her company is dedicated to empowering and educating individuals about personal finances.

6 wed, 4/7-5/12 7:00-8:00 Fee: \$65

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, 4/7 - 5/26 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. For everyone's safety please wear a mask and maintain a 6' distance.

8 Wed, *4/28-6/30 5:00-6:00 Fee: \$85

***Although, 10 weeks are scheduled this class meets for 8 sessions. Two extra weeks are included in case of weather cancelation. The class ends after meeting for 8 weeks or on June 30, whichever comes first.**

Exceptional College Planning (ZOOM)

Phil Vetrano, MBA, is an Independent College Advisor. He helps families and students prepare to optimize their investment in College and gives them a competitive edge in career planning. Coach Phil uses strategic and data-driven methods to identify the best college fit for each prospective student, where they can thrive academically and socially within the family budget.

The Major Issues Facing Parents and Students When Considering College

College is generally hyped up to be the greatest experience ever for most young adults. However, the statistics tells us that unfortunately many are unsuccessful. Whether it be academically, socially, financially, or emotionally, the world of higher education is quite challenging and it

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. Masks and social distancing will be mandatory.

- 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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Permit 255

NEW THIS

Spring

- Watercolors with Betsy Jacaruso
- What's Your Story?
- Essential Oils
- Budgeting & Financial Planning
- Meditation
- Singing

See Covid-19 information on the registration form

Like and follow us on FACEBOOK

Check often for updates and class information

Facebook/rhcontinuinged

is very expensive. Now that the world is in a pandemic, it makes it even more challenging for students and parents to understand what the future holds. This seminar will expand on what the major issues are, and how to help families avoid some of the common pitfalls and to be better prepared for the decisions that lie ahead.

Tues, 4/6 7:30-9:00 Fee:\$35

A Business Approach to "Getting Ready" for College

Audience: Parents & 10th – 12th Graders

Getting ready for college is a major undertaking for HS students and their parents. The topics in this workshop include: selection of HS courses, achieving high scores on SAT/ACT, getting high grades in HS classes, finding time to volunteer, competing and playing sports and/or participating in extracurricular school activities, writing college essays, completing college applications, searching and applying for scholarships, working part time, creating a resume, etc... In this seminar, parents and students will be introduced to a business approach to help them understand the end-to-end process of getting ready for college. This approach will help you manage, plan, and prioritize. Most successful corporations utilize effective strategies to prepare for and achieve goals. They also use this technique to determine if they are ready or not to invest in and proceed with big endeavors before they make a significant investment to start their initiative. Families using this approach can be in a much better position than those who are simply hoping that everything just works out.

Thurs, 4/8 7:30pm – 9:00pm Fee: \$35

College Selection "Best Fit" Factors for Students & Families

There are over 2,300 colleges to choose from in the USA that have at least 1,000 undergraduate students. This seminar is for parent(s) and students to help them narrow down college choices using "Best Fit" factors. This includes learning key activities to evaluate the student's unique talents, skills, preferences, interests, personality, learning styles, and their expectations. Gain

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some insights into effectively determining which colleges align to the students academic, social, and career development needs based on solid research and facts. This data driven method will provide a way to compare colleges and determine which are the best choices for the student. Students applying for the first time or those wanting to transfer with gain meaningful information from this seminar.

Tues, 4/13 7:30pm – 9:00pm Fee: \$35

Savvy College Visits & Planning

When visiting colleges, most students and parents simply sign up for a scheduled Campus tour and attend the College Admissions informational session. Some families miss the opportunity to ask pertinent questions and just go through the motions of the tour. This seminar discusses how students and parents can optimize their college visit and be prepared with a list of the most relevant questions.

Thurs, 4/22 7:30pm – 9:00pm Fee: \$35

HS/College Guidance for the Undecided, Uncertain, & Undeclared

There is a significant financial risk to families who send one or more teenagers away to college without having a strong conviction of what major(s) or career paths their teen will pursue. This seminar will help parents and students understand and address the "Undecided" & "Undeclared" risks and challenges that they face and how to find the path of certainty before it is too late.

Tues, 4/27 7:30pm – 9:00pm Fee: \$35

Improve Acceptance & Scholarship Chances to Selective Colleges

If you are a parent and want to improve your child's chances of gaining acceptance into selective colleges that have 15% - 70% acceptance rates, and be offered a significant scholarship, this seminar will discuss the variety of factors involved and the strategies to consider.

Thurs, 4/29 7:30pm – 9:00pm Fee: \$35