

# BREWSTER

## adult education

Class Offerings for Spring 2010



#M128 For Animal Lovers (page 10)



#F500 Computerized Indoor Golf (page 6)



#W302 Kripalu Yoga (page 6)

HS

JFK

CVS

HWMS

HWMS

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BROCHURE VALID  
THRU JUNE 2010

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## CLASSES AT A GLANCE

*You are enrolled in a class as soon as your registration form is received unless otherwise notified.*

**\* Bold print classes are new offerings.**

### MONDAY

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#M136	<b>"OUR VOCABULARY"</b>	<b>11</b>
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#M140	JAMALONG: Music for Parents and Tots, Ages 2½ to 4½	11
#M142	<b>JAPANESE THROUGH PLAY FOR PARENTS AND LITTLE ONES: Grades 1 - 3</b>	<b>11</b>
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#O810	YOUTH FENCING: Ages 8 - 12	12
#O812	TEEN FENCING: Ages 12 - 17	12
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## ACADEMIC

### #TH400 SAT PREPARATION FOR THE MAY 2010 EXAM

Thursdays, 6:30 – 9:30 pm  
8 weeks  
HS 149 and 150

Educational Services Center Staff  
\$360  
March 4

ESC's test preparation program covers the math and verbal skills, including essay writing and critical reading, required by the SAT test. Each 3 hour class is divided into math and verbal sessions. The math section reviews basic mathematical concepts, basic and advanced algebra, geometry, and SAT specific math. Verbal work includes sentence completion, reading comprehension, grammar, vocabulary building, and essay writing. Test taking strategies are an integral part of the program. All instructors are certified high school teachers. Register through Adult Ed and receive a discounted rate. Students must **register 72 hours prior to the first class**. For additional information, call 845-356-8963 or check the web at [www.esctestprep.com](http://www.esctestprep.com).

### NEW #M100 THE ROOSEVELTS OF THE HUDSON VALLEY: A Tale of Two Families

Mondays, 7:00 – 9:00 pm  
2 weeks  
MS 36

Leon DiMartino  
\$45(Seniors \$40)  
March 15

One was a Republican and the other a Democrat. Both men have ancestral ties to the original Dutch settlers of the Hudson Valley Region. Learn how these two men left their mark of distinction on our nation, the world, and the Hudson River Valley.

### NEW #M102 HISTORY OF THE HUDSON VALLEY – Part I

Mondays, 7:00 – 9:00 pm  
4 weeks  
MS 36

Leon DiMartino  
\$90 (Seniors \$80)  
April 5

Learn about the history of the Hudson River Valley Region including how modern towns developed out of the early Dutch settlements. Learn about the local folklore and historic characters of the region: Benedict Arnold, Sybil Ludington, Major John Andre, Daniel Ninham, and Henry Wells among others.

### NEW #M104 HISTORY OF THE HUDSON VALLEY – Part II

Mondays, 7:00 – 9:00 pm  
4 weeks  
MS 36

Leon DiMartino  
\$90 (Seniors \$80)  
May 3

Continue to explore the valley's history through such well known personalities as De Witt Clinton, Thomas Paine, and the Marquis Lafayette and their influence on the early modern development of the region. The story continues with the introduction of steam boats, railroads, a modern bridge, and highway system that leads to regional industrial and economic development. Pete Seeger, Clearwater Sailings, and the River Keeper influences on the region are also discussed.

### #T200 WRITING MAGAZINE ARTICLES AND ESSAYS FOR PUBLICATION

Tuesdays, 7:00 – 9:00 pm  
6 weeks  
MS 37

Priscilla Whitley  
\$110 (Seniors \$100)  
April 13

Magazine articles cover a wide range of "how to" for parents, women, children, seniors, cooks, gardeners, collectors, and sports enthusiasts to name only a few. They can also be interviews, profiles, travel experiences, and health and fitness insights. Essays offer the opportunity to express a myriad of thoughts and feelings, from intimacy and humor to personal musings and insights. The list is endless, as are the magazines devoted to them. No matter which style one prefers, or if one would like to explore both, this course will show you how to put your article together, to identify what a magazine is looking for, and to get your submission noticed and read. We will also devote time to reading and critiquing each other's work. Handouts will be given on each topic covered. Please bring a 3 ring binder and a writing tablet to each class. Materials fee payable to the instructor the first night of class: \$5.

**Early registrations determine if a course will run or not. So, register early!**

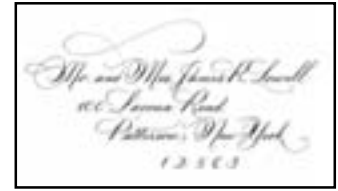
## THE ARTS & THE CRAFTS

### NEW #M148 CALLIGRAPHIC ROUNDHAND

Mondays, 7:00 – 9:00 pm  
6 weeks  
MS 51

Anne Tascio  
\$120 (Seniors \$105)  
April 19

This beautiful calligraphic style is a favorite for bridal invitations and calligraphic decorative art. You will leave this class with working knowledge and experience in creating the graceful lettering of the turn of the century. Expertise will develop as you practice script penmanship from the 1900's



using dip nibs and an oblique pen holder. Please bring to class an oblique holder, Hunt nibs 22 and 56, water based black ink and practice pad. Supplies may be purchased from the instructor, fee payable the first night of class: \$15.

### #W328 BASIC WIRE JEWELRY TECHNIQUES

Wednesdays, 6:30 – 9:00 pm  
4 weeks  
MS 51

Lisa Dawson  
\$110 (Seniors \$100)  
April 7

Learn techniques for making jewelry with sterling silver wire and beads. Using hand tools, students will complete projects designed to teach basic wire techniques. The instructor has prepared cost-effective kits containing silver and stones or glass beads. The cost of each kit is approximately \$18-\$25. The kit is designed to teach students how to make standard wire elements and clasps used to make jewelry. A list of the tools will be provided. Make sure that your e-mail address is clearly written on the registration form. Advanced projects will be available for returning students.

### NEW #W300 PORTRAITS AND FIGURES

Wednesdays, 6:30 – 9:00 pm  
8 weeks  
MS 34

James Sparks  
\$165 (Seniors \$150)  
April 7

This class is designed for all skill levels and will cover color theory, design, and techniques in various media (student's individual choice) for use in figure and portrait studies. Exercises will be specifically designed to demystify control of the various media to achieve a personal interpretation of the subject. In a relaxed, supportive environment, this course will be both fun and inspiring with the use of critiques and historical art references to supplement the learning process. Enrollees will receive lots of individual attention.

### NEW #TH402 EXPLORING YOUR CREATIVE SIDE: A Look at Materials and Techniques Used to Create Art Journals

Thursdays, 6:30 – 9:00 pm  
5 weeks  
MS 34

Lisa Dawson  
\$125 (Seniors \$110)  
April 8

This class is for anyone who has wanted to create art but has been afraid to take a formal class. No previous art skills or experience is required. Through a series of exercises students will be introduced to basic design concepts as well as materials and techniques used to create visual art. Students will draw on their personal experiences to create a personal art journal through experimentation and playful discovery. Materials fee payable to the instructor the first night of class: \$30.

### #TH404 BEGINNER AND INTERMEDIATE SEWING

Thursdays, 7:00 – 9:00 pm  
6 weeks  
MS 51

Kirsten Vermeulen  
\$110 (Seniors \$100)  
April 15

The instructor will go over the operation of each sewing machine, spinning the bobbin, and simple stitch use. You will learn how to make a waistband with elastic, to hem, and to sew in a zipper and pockets. Those with more experience may work on an individualized project. Please bring an extension cord, scrap fabric, a zipper, sewing notions (needles, thread, scissors, straight pins), and your sewing machine to the first class.

## COMPUTER & DIGITAL TECHNOLOGY

The IT department has upgraded all computers to the 2007 version of Microsoft Office. If you are not familiar with MS 2007, don't be left behind. Keep up with technology and sign up for a class today.

### #M106 COMPUTER BASICS FOR BEGINNERS

Mondays, 6:30 – 9:30 pm  
3 weeks  
CVS Library

Margaret Carey  
\$105 (Seniors \$90)  
March 8

This class is designed for those with very little computer experience. You will learn the parts of a computer; how to use a mouse, windows basics, accessing programs such as Microsoft Word 2007 and Internet basics. You will be taught how to open, save and print files. Pre-requisite: Must be familiar with the keyboard and know how to type. Class size limited to 12 students.

### #M108 INTRODUCTION TO MICROSOFT WORD: 2007

Mondays, 6:30 – 9:30 pm  
3 weeks  
CVS Library

Margaret Carey  
\$105 (Seniors \$95)  
April 5

This course is designed to help you develop your Microsoft Word skills. It covers text entry, formatting, spell check, bulleting, numbering, tables, using templates, and much more. Learn tips and tricks to make the most of your documents. Pre-requisite: Computer Basics or good working knowledge of your computer.

### #M110 INTRODUCTION TO MICROSOFT EXCEL: 2007

Mondays, 6:30 – 9:30 pm  
3 weeks  
CVS Library

Margaret Carey  
\$105 (Seniors \$95)  
April 26

Microsoft Excel is a versatile program used for mathematical calculations, accounting and data manipulation. It can also simplify graphing and analyzing data. Topics include Introduction to the Worksheet; Creating the Data Worksheet; Entering Data; Formatting Data; Entering a Sum; Charts and Graphs; Importing and Exporting Data. Prerequisite: Good working knowledge of computers and/or Introduction to MS Word.

### #TH406 ITUNES OVERVIEW

Thursday, 7:00 – 9:30 pm  
One night only  
HS 115

Donald Gambino  
\$40 (Seniors \$35)  
March 18

Learn to manage music on the Mac or PC with free iTunes software. Organize, search, share, burn music & playlists onto CDs. Create customized playlists for any event, presentation, party, or mood. See how to buy from the online iTunes Store, and choose from millions of songs. Download free Podcasts; watch videos, TV shows, and more. NOTE: We strongly recommend that this course be taken prior to an iPod or iPhone class. (For a complete course description, visit [www.DonaldGambino.com](http://www.DonaldGambino.com).) Prerequisite: Basic computer experience. This class is for both Mac and Windows PC users.

### #TH408 UNDERSTANDING AND USING A DIGITAL CAMERA

Thursday, 7:00 – 9:30 pm  
One night only  
HS 115

Donald Gambino  
\$40 (Seniors \$35)  
March 25

Get to know your digital camera so you can take pictures that you envision! See what those buttons, dials, ports, connectors, cables, and menu items are for, and see the variability between camera makes and models. Learn important tips to best use the controls to produce images. A demo of the image-taking process and explanations of the digital camera feature set will be shown. Note: Bring your camera to class with charged batteries and cables. (For a complete course description, visit [www.DonaldGambino.com](http://www.DonaldGambino.com).) This class is for both Mac and Windows PC users.

**Non-residents are welcome!**

### #T202 GOOGLE EARTH / GOOGLE MAPS - DEMO: What in the World Can You Do with It?

Tuesday, 7:00 – 9:30 pm  
One night only  
HS 115

Donald Gambino  
\$40 (Seniors \$35)  
April 6

See famous places of the world; view tall buildings in a single click; and fly over streams, oceans, canyons, and famous places like the Eiffel Tower, NYC landmarks, famous ruins of civilizations. See your own neighborhood and house. All this from satellite photos with amazing detail! It's great for getting directions, market research and demographic info. Google Earth program is free for Mac or PC with info overlays, like interstate roads or railroads, various terrain, dining, ATMs, schools, airports, famous places, linked videos, and more. (For a complete course description, visit [www.DonaldGambino.com](http://www.DonaldGambino.com).) This class is for both Mac and Windows PC users.

### #TH410 iPHOTO OVERVIEW: Organize, Find, Fix, and Share Photos on Your Mac

Thursday, 7:00 – 9:30 pm  
One night only  
HS 115

Donald Gambino  
\$40 (Seniors \$35)  
April 8

See how to download photos from a digital camera, CDs, or disks to the computer using iPhoto for the Mac (only) in this 1-session demo class. Organize, search, arrange keywords; edit, create slide shows with music & transitions; make printouts; share photos via email; design and order hard-cover coffee table books – and more! If you take photos and use a Mac, this course is a necessity for everything you do with images. Optional: bring a digi-cam with photos and cables to class, or a CD or USB Memory device with photos. Prerequisite: basic computer experience. (For a complete course description, visit [www.DonaldGambino.com](http://www.DonaldGambino.com).) This class is for Mac users only.

## FINANCE & BUSINESS

### #T204 TAX SMARTS AND INCOME TAX Q & A FOR 2009 RETURNS: Learn to Save \$\$\$ and Reduce Taxes Legally

Tuesday, 7:00 – 9:00 pm  
One night only  
MS 35

Ivan Kollar  
\$25  
March 9

Learn to reduce your taxes by gaining a better understanding of how they are calculated by the Federal government. We will examine the factors that impact your taxes, and what you can do to change them. Retirement plans, such as 401(k)s and Roth IRAs, will be discussed along with stocks, bonds, annuities, and securities. Learn the effects of having a mortgage or filing as a married couple. This course will help you develop a personal action plan to take advantage of the best tax strategies for you in 2009 and 2010.

### #T206 UNDERSTANDING MEDICARE: Parts A, B, and D

Tuesday, 6:00 – 7:30 pm  
One night only  
MS 35

Bernadette Pacific  
\$20 (Couples \$25)  
April 6

If you are becoming a Medicare Beneficiary or have been a Medicare Beneficiary, you should educate yourself on your Entitled Benefits under this program. The instructor will discuss benefits under Hospital Part A and Medicare Part B programs. She will also try to help you untangle the new Part D Prescription Drug Program. Learn how to read a Medicare EOB Form, and how to file a Medigap claim. Many changes have been made to this program the past few years. It will be very worthwhile to take the time and attend this class. You may bring examples of your EOB forms or problem medical bills from Medicare. If you have a copy of [2010 Medicare & You](#), please bring it to class. Copies will be available for the first 10 enrollees.

**Let us know how we are doing.  
BrewsterAdultEd@aol.com  
or download survey form:  
[www.brewsterschools.org/adult-ed/](http://www.brewsterschools.org/adult-ed/)**

### #T208 HOW TO DRASTICALLY CUT COSTS IN DIFFICULT FINANCIAL TIMES

Tuesday, 6:00 – 8:00 pm  
One night only  
MS 35

Beverly Nathan  
\$45  
March 16

The instructor, strictly a consumer advocate, will show you how to drastically cut costs if your retirement plan or your savings plan has lost a lot of money. Learn how to save thousands of dollars if you have lost your job or feel that your job is in jeopardy. Topics to be discussed are: ways to save money by investing on your own with no-load mutual funds, the benefits of credit unions, buying used cars, home, and life insurance, and methods to reduce school and county taxes on your home. Other money saving methods will be discussed. Optional materials fee payable to the instructor: \$20.

### #T210 ENTREPRENEURSHIP: Starting Your Own Business

Thursday, 8:00 – 10:00 pm  
One night only  
MS 35

Beverly Nathan  
\$45  
March 16

From this lively and informative seminar, you will learn behind the scenes practical information on how to start a successful home-based, second-income business which can then become full time. With little money down, learn how to decide on a business or product to sell with minimal problems, including franchising. Avoid making major financial mistakes and psychological wear and tear by taking this class. Optional materials fee payable to the instructor: \$20.

### #T212 GETTING GREAT REAL ESTATE DEALS IN DIFFICULT TIMES

Tuesday, 6:00 – 8:00 pm  
One night only  
MS 36

Richard Nathan  
\$45  
March 16

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent. Learn the pros and cons of foreclosures, short sales, rent with option to buy, owner financing, buying for no money down, how to buy or sell investment property, primary homes, multi-families, and vacation homes. After this class you will know how to research property at the tax assessor's office and the county clerk's office as well as various other methods to research a property, including web sites. Optional materials fee payable to the instructor: \$20.

### #T214 SECRETS THAT WALL STREET DOES NOT WANT YOU TO KNOW

Tuesday, 8:00 – 10:00 pm  
One night only  
MS 36

Richard Nathan  
\$45  
March 16

Have you just come into some money? Do you have some money to invest? This lively, fact packed seminar is a must for those who want to learn from a consumer advocate. Since he has nothing to sell you, the instructor will be blunt and straight forward about things that you are not supposed to know and were never taught in school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners, and investing in mutual funds on your own. After taking this course you will have confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. IT IS TIME TO TAKE CHARGE OF YOUR MONEY! Optional materials fee payable to the instructor: \$20.

**With a staff of over 300 instructors, BAE can arrange classes not listed in the brochure for your business, club or organization.**

**Contact: BrewsterAdultEd@aol.com**

### #T216 HOW TO BUILD A FUN AND PROFITABLE HOME-BASED BUSINESS

Tuesday, 6:00 – 9:00 pm  
One night only  
MS 36

James W. Farnham  
\$45 (Seniors \$40)  
April 6

How do you pick a home-based business? What does it take to become successful and how do you get paid? Regardless of the company you choose, you'll learn skills and activities that, step by step, will lay out what it takes to earn more money and have more fun. Gain access to 70 different ways to market your products and services. Discover one simple tool that's guaranteed to get you more referrals, get your prospects to choose you over and above the competition, and flat out dominate your market. No hype, no fluff... just straight-up, practical information on how to get the job done.

### NEW #W330 RETIREMENT INCOME PLANNING

Wednesday, 7:00 – 9:00 pm  
One night only  
MS 35

Michael Durante & George Waters  
\$10 (Couples \$15)  
March 24

You may be retired for longer than you think. This course is for those who are retired and those thinking about retirement. The basis of the course is to address questions you may be considering such as: Will I be able to maintain my lifestyle? Can I retire now or should I wait? How should my assets be allocated? Will my money last? Where will my retirement income come from? You will also learn the financial risks of retirement, understand the benefits of creating a retirement income plan, and what you can do today to better prepare for retirement. Durante & Waters, LLC is a Fee-Only, Investment Management and Financial Planning firm located in Brewster, New York.

### #TH414 PRESERVING FAMILY ASSETS UNDER THE NEW LAW

Thursday, 7:30 – 9:00 pm  
One night only  
MS 36

Neil R. Lubarsky  
\$15 (Couples \$20)  
April 29

Learn how to legally avoid estate taxes and nursing home costs by estate planning and asset protection techniques that may be used to ensure that loved ones, rather than Uncle Sam, inherit assets. Topics include: the effects of recent changes in the law on estate taxation, Medicaid eligibility, how to make the value of a home virtually disappear for estate and gift tax purposes, the use of Credit Shelter Trusts, and the role of family limited partnerships.

## FITNESS, SPORTS & RECREATION

### #M112 AEROBIC WORKOUT AND BODY SCULPTING

Mondays, 7:30 – 8:30 pm  
8 weeks  
CVS Gym

Michele Dugan  
\$50 (Seniors \$40)  
April 5

This class is the ultimate full body workout designed for all fitness levels. No fancy, hard to follow choreography; the free style moves can be done from low to high impact. The sculpting portion of the class will focus on legs, arms, abs, gluts. Sometimes it will be done as an interval class while other times the sculpting will follow the aerobic workout. Please bring weights and a mat. Before you start any exercise program, it is recommended that you check with your physician.

### #T252 ZUMBA

Tuesdays, 7:00 – 8:00 pm  
8 weeks  
MS Gym

Dolly Pinto  
\$80 (Seniors \$75)  
April 6



Hypnotic Latin rhythms fused with easy-to-follow moves create a calorie-burning, body-energizing hour of fun and fitness. A fusion of Latin and International dance music themes create a fun and effective fitness system, allowing participants to dance away their stress and worries. Before you start any exercise program, it is recommended that you check with your physician.

## FITNESS, SPORTS & RECREATION

### #T218 PILATES

Tuesdays, 6:30 – 7:30 pm  
8 weeks  
CVS Gym

Deborah Arconti  
\$80 (Seniors \$75)  
April 6

Experience the benefits of Pilates! Stand taller; feel leaner; gain coordination, balance, and a better feeling about your body. Pilates helps develop core strength and stability while promoting muscle strength, endurance, and flexibility. This class is appropriate for beginners; modifications will be given for those with special conditions. Please bring a Yoga or Pilates mat, water, and a towel. Before you start any exercise program, it is recommended that you check with your physician.

### #W302 KRIPALU YOGA FOR HEALTH, WELL-BEING, AND STRESS REDUCTION

Wednesdays, 6:30 – 7:30 pm  
8 weeks  
CVS Gym

Rosemary Martin  
\$80 (Seniors \$70)  
April 7

Class will begin with warm-up movements and yogic breathing techniques (pranayama) to prepare you for yoga postures (asanas). The heart of each class is a sequence of postures that stretch, strengthen, balance, and increase flexibility in your body. Modifications of postures will be offered for all enrollees including those with specific conditions, such as back problems and arthritis. Return home at the end of this 8 week session with a foundation for a rewarding home practice to get the most from your yoga experience. Please bring a yoga mat and water, and wear loose comfortable clothes. It is advisable to eat only a very light meal 2 hours prior to class. Before you start any exercise program, it is recommended that you check with your physician.

### #TH416 GET FIT WHERE YOU SIT

Thursdays, 6:00 – 6:45 pm  
8 weeks  
CVS Great Hall

Cheryl Aiello  
\$75 (Seniors \$70)  
April 8

Learn how to improve your health through an amazing form of adaptive exercise. Since you will be supported by a chair, you will be able to receive the healing and restorative benefits of yoga that have been known to many for thousands of years. Yoga exercises relax your body and mind, improve your musculoskeletal fitness and flexibility and elevate your overall health and well being. For those with disabilities, weight challenges, recovering from an injury or illness, or just unable to get to the floor, the benefits of yoga practice in a chair in the comfort of your own home can still be yours. Come join us and experience yoga's incredible health and fitness potential. No experience necessary. Wear loose, comfortable clothing. Before you start any exercise program, it is recommended that you check with your physician.

### NEW #TH418 YOGA FOR COMPUTER USERS

Thursdays, 6:50 – 7:35 pm  
5 weeks  
CVS Great Hall

Cheryl Aiello  
\$50 (Seniors \$45)  
April 8

Sitting at your desk or a computer for hours can be very challenging on our modern bodies which were evolved to run, jump, hunt, gather, play hard and rest fully. This can cause not only discomfort in the hands, wrists, shoulder and neck but can be the cause of tendonitis, carpal tunnel syndrome and other problems. In this class you will learn yoga poses that you can perform at your desk and/or away from your desk. In a very short while you will feel the benefits that counteract the negative affects that long hours of computer use can cause.

### NEW #TH424 CARDIO SCULPT INFUSION

Thursdays, 7:00 – 8:00 pm  
8 weeks  
CVS Gym

Carol Doherty  
\$80 (Seniors \$75)  
April 8

Get ready for looking and feeling great by burning fat and toning your abs. A mix of aerobics, kickboxing, toning, and mat workouts will help you increase your cardiovascular endurance. The mat workouts will also focus on your inner and outer thighs, hips, and gluts! All levels of fitness are welcome. Please bring an exercise mat and light weights (2, 3 or 5 lbs.). Before you start any exercise program, it is recommended that you check with your physician.

### #TH420 ZUMBA

Thursdays, 6:30 – 7:30 pm  
8 weeks  
MS Gym

Sandy Melo  
\$80 (Seniors \$75)  
April 8



ZUMBA, the new workout rage of 2008, is a fitness program inspired by Latin music. It is more like dancing than exercise, incorporating Latin and international music, such as, Meringue, Salsa, Mambo, Calypso, Rock, etc. The class format combines fast and slow rhythms that tone and sculpt the body in an aerobic fashion for a unique blend of cardio and muscle conditioning. You can burn as many as 800 calories per class. Before you start any exercise program, it is recommended that you check with your physician.

### NEW #TH422 RESIST A BALL

Thursdays, 6:15 – 7:00 pm  
8 weeks  
CVS Gym

Carol Doherty  
\$80 (Seniors \$75)  
April 8

The stability ball (Resist-A-Ball) was originally designed for use in the rehabilitation of patients with neurological disorders and spinal injuries. The Resist-A-Ball has now crossed over into the general fitness arena, designed to increase core strength (stomach and back) and stability. In this class you will learn correct form and proper positioning and exercises that will tone and strengthen your entire body. Read the chart on Resist-A-Ball box so that you buy the correct size for your height. Before you start any exercise program, it is recommended that you check with your physician.

### #0800 RPM SPINNING

Select from Gold's RPM schedule  
8 weeks  
Gold's Gym  
160 Route 52, Carmel 845-228-2818

Staff  
\$75  
Register anytime thru May 28

RPM is the indoor cycling workout where you ride to the rhythm of powerful music. Take on the terrain with your inspiring team coach who leads the pack through hills, flats, mountain peaks, time trials, and interval training. Sweat and burn to reach your endorphin high. If you would like to SPIN twice a week, just double the class fee. You will be able to choose from 6 time slots to accommodate your schedule. It is requested that you sign up for the class ½ hour prior to class time to reserve your spot as club members. Before you start any exercise program, it is recommended that you check with your physician. For more information call the Adult Ed office: 845-279-5051 x154.

### #W304A, #W304B GOLF

Wednesdays  
5 weeks  
Centennial Golf  
184 John Simpson Road, Carmel  
845-279-5051

Staff  
\$125  
May 5  
Section A: 5:00 – 6:00 pm  
Section B: 6:00 – 7:00 pm

Attend 5 one hour group lessons with expert instruction by Golf Professionals. Long and short games will be covered. Students with clubs may bring a 5 or 7 iron to the first class; clubs will be provided at no extra charge for others. Free golf balls. **Pre-registration is a must.** All classes will be held out of doors. Questions: 845-279-5051, x154. (Select A or B section) No class on May 26.

### NEW #F500 COMPUTERIZED INDOOR GOLF

Fridays, 6:30 – 7:30 pm  
6 weeks  
CVS Gym

Andrew Webb  
\$100  
April 9

Indoor golf lessons include a high tech swing analysis computerized system that allows you to see exactly what your swing is doing and what the ball flight will be. The instructor will walk you through the basics of golf while providing each participant with an in depth swing analysis that will allow you to track your progress through the course. With an experienced teaching professional and the high tech simulator, you are bound to play better. Take this class and then sign up for #W304 to achieve maximized improvement. Class size is limited to 8, so register early.

### #0802 AQUATONE FOR ADULTS

Tues., Wed., Thurs. 7:00 – 8:00 pm  
8 weeks  
Putnam Fitness & Racquet Club  
111 Old Route 6, Carmel 845-225-0888

Staff  
\$80  
On going, register anytime

Be good to your body by developing and maintaining functional health by joining this water workout. The class will focus on resistance training, flexibility, and cardio endurance while adding no stress on your joints. Before you start any exercise program, it is recommended that you check with your physician. **Classes run through the summer. However, you must register with Brewster Adult Ed no later than May 21, 2010, to receive this special pricing. Please specify on your registration form the day of the week you would like to attend.**

### #0804 ADULT TENNIS LESSONS

By appointment, Tues., Wed., Thurs.  
6 weeks, 1 hour lessons  
Putnam Fitness & Racquet Club  
111 Old Route 6, Carmel 845-225-0888

Staff  
\$138  
Ongoing

It is never too late to learn how to play tennis. This sport is a wonderful way to exercise and tone your body. Learn strokes, footwork, tennis etiquette and game play. Flexible classes offered Tuesday – Friday between 11:30 am – 3:00 pm and 5:00 – 6:30 pm. Saturday hours are from 12:00 noon – 3:00 pm. Once you register through Brewster Adult Education, call Putnam Fitness & Racquet Club to let them know your availability. Before you start any exercise program, it is recommended that you check with your physician. **Classes run through the summer. However, you must register with Brewster Adult Ed no later than May 21, 2010, to receive this special pricing. Please specify day of the week**



you would like to attend.

### #F502 ADULT FENCING: Ages 18 to 101

Fridays, 6:30 – 7:30 pm  
10 weeks  
Putnam County Fencing Center  
999 Route 22, Brewster 845-278-7232

Staff  
\$150  
March 12

Whether you want a good aerobic workout, get into shape, or just refresh old fencing skills, this course meets the challenge. This program provides basic conditioning skills along with solid fencing technique. Classes last one hour, and all necessary fencing equipment is provided. Before you start any exercise program, it is recommended that you check with your physician. **Classes reflect a substantial discount off the regular class fees when you register through Brewster Adult Education.**

### #W306A, #W306B SELF-DEFENSE FOR WOMEN: Ages 15 to Senior Citizen

Wednesday, 7:30 – 9:00 pm  
One night only  
Bushido School of Karate  
1511 Route 22, Brewster 845-279-8500

Sensei Cheryl Werdal  
\$15  
Session A: March 10  
Session B: June 9

An important and necessary 1½ hour workshop for women, especially teens preparing for college. Learn the facts you probably didn't know concerning violent crimes against women and how you can avoid being a victim. Look for warning signs, practice easy and effective self-defense, and learn about your most valuable weapon!

### #M114A, #M114B, #M114C, #M114D

### INTRODUCTORY KARATE FOR TEENS AND ADULTS

Mondays, By Appointment  
2 classes per week for 1 month  
Call Bushido School of Karate  
1511 Route 22, Brewster 845-279-8500

Sensei Cheryl Werdal  
\$89  
Session A: March 1  
Session B: April 5  
Session C: May 3  
Session D: June 7

A great way to get an introduction to our hybrid style of karate! While primarily focusing on the blocks, kicks, and strikes found in traditional karate, we also blend elements from Aikido, Ju-jitsu, boxing and Judo to bring you the most effective self-defense and an awesome full-body workout. You will begin to realize all the benefits in just a short time in our disciplined and structured beginner karate program, including feeling terrific and looking great. Receive a free uniform when you enroll. At their discretion, students may purchase a uniform as well. Weekday classes are held in the late afternoon; Saturday classes are held mid-morning. Before you start any exercise program, it is recommended that you check with your physician. **All classes reflect a substantial discount off the regular class fees when you register through Brewster Adult Education.**

### #TH426 BACKYARD BEEKEEPING

Thursdays, 6:30 – 9:00 pm  
2 weeks  
MS 36

Rich Focht  
\$75 (Seniors \$70)  
April 8

Beekeeping is a great and safe family hobby. If you have an interest in nature, you'll appreciate these hard working pollinating bees. They will maximize the fruit, flowers, and vegetables in your garden. You will enjoy the fresh, raw organic honey and bee pollen that these gentle creatures produce. Don't forget the bee's wax which has a multitude of uses. The instructor will provide a step by step approach for success.

## HEALTH & WELLNESS

### #M116 and #T220 LEARN THE SECRETS: Weight Loss, Toxins, Hormones, Stress, Energy and more!

Monday, 7:00 – 8:30 pm (#M116)  
Tuesday, 6:30 – 8:00 pm (#T220)  
One Night Only  
MS 38

Dr. Ellie Fella  
\$20 (Seniors \$15)  
Monday, May 3  
Tuesday, April 13

Weight Loss: what foods to avoid and what foods to eat. Toxins: how to avoid and eliminate them from your body. Hormones: how to keep them balanced. Stress: how stress affects your health and what to do about it. Energy: how to improve your energy and vitality. After this session, you will come away with natural solutions to rebuild, improve, and maintain your health.

### #T222 LYME DISEASE: An Integrated Approach

Tuesday, 7:00 – 9:00 pm  
One night only  
MS Library

Andrea Candee  
\$40 (Seniors \$35)  
April 20

It's time for a fresh approach to this scourge of suburban living that really works! Learn: a) how to protect yourself and your pets from picking up ticks using a safe and natural preparation; b) about herbal and nutritional supports to antibiotic therapy that help promote increased immune response, stamina and improved memory function; 3) the botanical approach to side effects associated with long-term antibiotic therapy; 4) about a health supporting diet that creates an unfriendly environment for the spirochete and other microorganisms; and 5) an herbal detoxification/cleansing program to strengthen the body after withstanding the chemical, bacterial and emotional stresses with long-term antibiotic therapy. This seminar will provide you with the tools to develop an attitude of taking charge of your own wellness while on medical support. Handouts provided. The instructor's books will be available for purchase.

**Classes start promptly at their designated times.**

## HEALTH & WELLNESS

### #T224 COPING WITH STRESS SUCCESSFULLY

Tuesdays, 6:30 – 8:30 pm  
2 weeks  
MS 35

Ellen Kratka  
\$60 (Seniors \$54)  
April 20

While your friends complain of increasingly stressful lives, you can turn stress into a thing of the past and create a life of enjoyment, satisfaction, and ease. This program is designed to give you a deeper understanding of the causes and effects of stress on your body and your life as well as arm you with a toolbox of strategies and techniques for reducing and even eliminating stress in a range of situations. Although walk-ins are welcome, there is a 6 enrollee minimum requirement to run this class, so **please register no later than 72 hours in advance.**

### NEW #T226 MIRACLES 101

Tuesdays, 6:30 – 8:30 pm  
2 weeks  
MS 35

Ellen Kratka  
\$60 (Seniors \$54)  
May 4

You may have read about instances of miraculous healing around the world. You too, can make miracles happen in your physical and emotional health. In this workshop you will learn the means to achieve everything from instantly ridding yourself of viruses to clearing traumas from the past to preventing disease in the future with a process so simple that anyone can do it. Although walk-ins are welcome, there is a 6 enrollee minimum requirement to run this class, so **please register no later than 72 hours in advance.**

### #W308 HEALING FOODS AND HERBS

Wednesday, 7:00 – 9:00 pm  
One night only  
MS Library

Andrea Candee  
\$40 (Seniors \$35)  
April 7

Great-grandmother was wiser than we thought! She was self-reliant, knew how to make use of what was around her... and so can you! Find out how versatile produce can be... gain new respect for the lowly onion, over-ripe banana, stinky garlic, burning hot cayenne peppers, and more with Master Herbalist, Andrea Candee. Handouts provided. The instructor's books will be available for purchase.

### #W310 HEARTSAVER CPR: Adult and Pediatric + AED

Wednesday, 6:30 – 9:30 pm  
One night only  
CVS Library

Meg Miller  
\$45 (Seniors \$40)  
May 5

This course teaches the basic techniques of adult, pediatric and infant CPR and the use of an AED (Automated External Defibrillator). Students will also learn about using barrier devices in CPR and giving first aid for choking as well as learning how to recognize the signs of 4 major emergencies: heart attack, stroke, cardiac arrest, and foreign-body airway obstruction. How to recognize breathing difficulties in infants and children will also be addressed. This course is suitable for all, such as, educators, daycare employees, babysitters, firefighters, police, family members of patients at high risk for sudden cardiac death, or those who may have a need to respond to an emergency. You will receive the American Heart Association Heart Saver AED certificate after completing the class.

### #TH428 UNLOCK YOUR MIND AND BEGIN THE JOURNEY OF MEDITATION

Thursdays, 7:00 – 8:00 pm  
6 weeks  
CVS 160

Rosemary Martin  
\$70 (Seniors \$65)  
April 15

Have you heard about the benefits of meditation and wondered what the practice is like? This workshop will introduce you to different forms of meditation. With a world that is evermore stressful, meditation will benefit people who are ill or overwhelmed. It also promotes well-being in healthy people. Meditation produces a state of deep relaxation, quiets the mind, and takes us beyond the internal dialogue of a mind that is not imprisoned by the past or the future.

## HOME IMPROVEMENT

### #O806 FENG SHUI WORKSHOP

Saturdays, 2:30 – 5:00 pm  
2 weeks  
Dragon & Crane

Susan Harrick  
\$125  
March 13

American Chinese Cultural Center  
481 Route 202/Stoneleigh Avenue, Somers 914-669-0888

Learn how to apply Feng Shui in your life to activate and enhance four areas of your life: Success/Wealth, Relationships, Health and Wisdom. Learn powerful formulas and principles that were formally reserved for the royalty and the wealthy by the Feng Shui Masters. This will be a participation class where you will go home and apply what you learn and come back to the next class with your questions. **Reservations are required: mail registration to Brewster Adult Ed prior to March 8.**

### #T228 PLANNING A RENOVATION OR ALTERATION TO YOUR HOME: Important Considerations

Thursday, 6:30 – 9:00 pm  
One night only  
MS 35

Dale R. Paegelow  
\$35 (Couples \$45)  
March 23

If you are planning a renovation or alteration to your home, then this session is a must. The instructor, a licensed architect, master planner, building inspector, interior designer, author, and forensic architect, will take you through the correct steps of planning your renovation or alteration to eliminate unnecessary aggravation. He will happily discuss how to hire a licensed contractor, what building contracts really are, how does an architect create designs and plans, who files what plans with your town, and more. When it comes to insurance claims or buying/selling your home, don't be caught in a legal bind. Come with questions; you will get answers. Please see [www.cromlech-architect.com](http://www.cromlech-architect.com) for more information.

### NEW #W312 SAVE \$\$\$ USING RENEWABLE ENERGY: An Overview in Your Home

Wednesday, 7:00 – 9:00 pm  
One night only  
MS 36

Paul Morini  
\$15 (Couples \$20)  
April 21

Renewable energy options are becoming more affordable every day, as well as providing a high growth industry with many job opportunities. Learn about solar electric (Photovoltaic), solar thermal (hot water), geothermal and wind energy systems. The class will provide a basic overview of each technology, including how to evaluate a site for each system as well as the state and federal incentives available for each type of system.

### #TH430 CHOOSING PAINT COLORS FOR YOUR HOME

Thursday, 7:00 – 8:30 pm  
One night only  
CVS 155

Mary Bajor  
\$25 (Seniors \$20)  
April 15

Find out how to choose the right color palette for your home interior. While paint is the least expensive way to alter the appearance and mood of a room, choosing paint color can be overwhelming. Learn how to choose paint color to create rooms that reflect your personality and enhance your décor. Don't settle for beige or white walls when you can learn how to decorate with color. You may bring along fabric swatches.

### #TH432 CREATING INVITING SPACES

Thursday, 7:00 – 8:30 pm  
One night only  
CVS 155

Mary Bajor  
\$25 (Seniors \$20)  
April 22

Would you like to freshen up your interiors but don't have a big budget? Join us for this one-night only class of decorating inspiration and education. We'll discuss practical and affordable ideas for creating a focal point in your room, how to select paint color and complete the look with lighting, artwork and accessories. Learn tips for arranging furniture to create attractive and comfortable spaces.

See note on page 14.

## LANGUAGE

### #M118 CHINESE: Beginner, Level I

Mondays, 6:30 – 8:00 pm  
7 weeks  
MS 39

An-Yu Carol Tsai  
\$130 (Seniors \$120)  
April 5

"Ni hao!" Welcome to China, the world's most populous country with five thousand years of history. This beginner's course is designed for adults who have no previous Chinese language experience. Learn a little about the origin of the language and speak some common conversation through various interpersonal activities. You will also be introduced to some basic traditional Chinese characters and 5 traditional tones, as each tone has a different meaning. Materials fee payable to the instructor the first night of class: \$5.

### #M120 JAPANESE: Beginner, Level I

Mondays, 6:30 – 8:00 pm  
7 weeks  
MS 35

Sharon Nakazato  
\$130 (Seniors \$120)  
April 12

This class is designed to meet the needs of beginner's and those with little Japanese language experience. This class will open new doors to a fascinating foreign society and culture. Utilizing games, puzzles, and simple interactive conversations, participants will develop a basic feeling for the language and how it is used. You will be introduced to aspects of Japanese culture that will enrich your daily life.

### #M122 AMERICAN SIGN LANGUAGE: Beginner, Level II

Mondays, 6:00 – 8:00 pm  
10 weeks  
MS 241

MaryLou Castellano  
\$200  
March 15

This class is a continuation of ASL: Beginner, Level I (#T230), or for those with some knowledge of sign language. Required text: *A Basic Course in American Sign Language*, by Tom Humphries, Carol Padden and Terrence J. O'Rourke, 1994, second edition, T.J. Publishers, Inc., Silver Spring, MD. (Lessons 6 – 10).

### #M124 ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL): Beginner and Intermediate

Mondays and Wednesdays, 6:00 – 9:00 pm  
Follows school calendar  
HS 110

BOCES Staff  
\$10  
June 7

English for Speakers of Other Languages is geared to individuals who need to improve their listening, reading, and writing skills. Students will learn important survival skills which will help them to adapt to a new environment. Participants may register at any time. For more information, contact BOCES at 914-248-2416. **Bring fee first night of class.**

### #T230 AMERICAN SIGN LANGUAGE: Beginner, Level I

Tuesdays, 6:00 – 8:00 pm  
10 weeks  
MS 241

MaryLou Castellano  
\$200  
March 16

American Sign Language (ASL) is the sign language used by deaf people in the United States. This is designed to help students learn the vocabulary and sentence structure needed to communicate in everyday life situations. Each student learns expressive and receptive skills and within every level there is always a range of fluency and learning styles. Required text: *A Basic Course in American Sign Language*, by Tom Humphries, Carol Padden and Terrence J. O'Rourke, 1994, second edition, T.J. Publishers, Inc., Silver Spring, MD. (Lessons 1 – 5).

### #W314 ITALIAN: Beginner, Level I

Wednesdays, 6:30 – 8:30 pm  
7 weeks  
MS 35

Bob Lundry  
\$140 (Seniors \$125)  
April 28

Welcome to Italy, land of flashy Ferraris, high fashion, opera, pizza, cappuccino, and much, much more. Taking a conversational approach, stressing fundamentals, good pronunciation, and sample dialogues, the instructor will help you to build your vocabulary quickly, starting with words that are in both languages. By the end of this session, you will have learned correctly phrased sentences that will make you understood in every day situations. Materials fee payable to the instructor the first night of class: \$5.

### #TH434 SPANISH: Beginner, Level I

Thursdays, 6:30 – 8:00 pm  
7 weeks  
MS 37

Kate Warycha  
\$100 (Seniors \$90)  
April 15

You may wake up one morning and find many people around you speaking Spanish. Don't be left out. This introductory course targets the grammar and vocabulary that is necessary for non-native Spanish speakers to communicate successfully according to a unique situation in real life. Students will learn to introduce themselves and deal with situations that involve food, time, and the community among others. Materials fee payable to the instructor the first night of class: \$5.

### #TH436 SPANISH: Beginner, Level II

Thursdays, 8:00 – 9:30 pm  
7 weeks  
MS 37

Kate Warycha  
\$100 (Seniors \$95)  
April 15

Whether it's while walking down the street or while flipping through the channels on your TV, you're probably going to hear someone speaking Spanish these days. This course is best for those who have some basic knowledge of the Spanish language and are looking to go further in depth with the grammatical structures and vocabulary used in everyday conversation. Materials fee payable to the instructor the first night of class: \$5.

## MUSIC, DANCE & THEATER

### #M126 GETTING PAID TO TALK: Making Money with Your Voice

Monday, 6:30 – 9:00 pm  
One night only  
MS 38

TBA  
\$25 (Seniors \$20)  
April 12

Have you ever been told that you have a great voice? This exciting class will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the Internet in your area. The instructor will cover the basics, including how to prepare the all important demo, how to be successful and earn great income. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will have a chance to record a commercial script under the direction of a Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. **Please register no later than 10 days prior to the class.**



### #T232 LINE DANCE

Tuesdays, 6:15 – 7:15 pm  
6 weeks  
JFK Gym

Rich Focht  
\$60 (Seniors \$55)  
April 13

This course will take you from a non-dancing beginner to a professional looking line dancer. The instructor will show you how to adapt various line dances using choreographed steps in simple patterns to create unique dances which can be applied to any type of music. Selections from the sixties to the present, incorporating the cha cha, waltz, swing, and others, will be used. This class is lots of fun, appropriate for all age levels, and good aerobic exercise.

## MUSIC, DANCE & THEATER

### #T234 SALSA AND SWING

Tuesdays, 7:15 – 8:15 pm  
6 weeks  
JFK Gym

Rich Focht  
\$60 (Seniors \$55)  
April 13

Learn the basics of Swing, sometimes called "Lindy" or "Jitterbug". Bring a friend to this fun class and prepare yourself to show off whenever you are out dancing or at family celebrations. Salsa is done to a moderate tempo; swing can be done to almost any music. So the next time you go out, you won't be afraid to get up on the dance floor.

### #T236 GUITAR: Beginner, Level I

Tuesdays, 6:00 – 7:00 pm  
7 weeks  
MS 250

Vince Malacarne  
\$90 (Seniors \$80)  
April 13

Experience Vince Malacarne's simple approach to learning the guitar in seven easy lessons. Start playing songs right away using simple chords. Students will learn to tune their guitar and four notes to get started the first night. Learn music theory, guitar techniques, and good practice habits. Class members will have the opportunity to play as a group to experience ensemble performing. Textbook fee payable to the instructor the first night of class: \$10.

### #T238 GUITAR: Beginner, Level II

Tuesdays, 7:00 – 8:00 pm  
7 weeks  
MS 250

Vince Malacarne  
\$100 (Seniors \$90)  
April 13

Learn to play complete songs, to solo on blues, rock, acoustic styles, and to have a successful experience at being a "garage band member." Before you register for this class, contact the instructor to see if you qualify: 845-278-4715. Textbook fee payable to the instructor the first night of class: \$10.

### #T240 GUITAR: Beginner, Level III

Tuesdays, 8:00 – 9:00 pm  
7 weeks  
MS 250

Vince Malacarne  
\$120 (Seniors \$110)  
April 13

If you have taken Guitar, Level II (#T238), this class is the next logical step towards intermediate guitar. You will learn who the innovative guitarists are and know how to handle being in front of an audience. Individual needs will be addressed. If you have not taken any of Vince Malacarne's classes, but feel that this is the level class for you, please contact the instructor before you register to see if you qualify: 845-278-4715.

### #W316 BALLROOM DANCING: Beginner, Level I

Wednesdays, 7:00 – 8:00 pm  
6 weeks  
JFK Gym

Rich Focht  
\$80 per couple (Seniors \$70)  
April 14

Enjoy a night out and brush up on your basic skills while learning new dances you always wanted to know. The instructor will cover the basic waltz, fox trot, and cha cha. Time permitting, requests will be honored.



### #W318 BALLROOM DANCING: Beginner, Level II

Wednesdays, 8:05 – 9:05 pm  
6 weeks  
JFK Gym

Rich Focht  
\$80 per couple (Seniors \$70)  
April 14

This class is for those with some Ballroom experience or have taken Ballroom Dancing: Beginner, Level I (#W316). The first night Rich will assess your basic skills and then move on to the Rumba, teaching some of its many variations. Time permitting, requests will be honored.

**For directions to a particular school, see page 15.**

## PETS

### #M128 FOR ANIMAL LOVERS: Learn How You Can Help Local Wildlife

Monday, 7:00 – 9:00 pm  
One night only  
MS 233

Maggie Ciarcia  
\$25 (Seniors \$20)  
March 22

Have you ever found a baby bird or injured squirrel? Have you ever come across an animal that needed help and you didn't know what to do or who to call? Come and enjoy a two hour presentation given by a local licensed NYS wildlife rehabilitator. Find out about wildlife rehabilitation, what types of animals we encounter here in our neighborhoods, and learn if you have what it takes to become a licensed wildlife rehabilitator. A PowerPoint presentation will introduce you to many animals which have been rehabbed and released right here in Putnam and Westchester counties.

### #TH412 DOG TRAINING: Beginner

Thursdays, 6:30 – 7:30 pm  
8 weeks  
HS parking lot, far end by treatment plant

Linda Lukens  
\$115  
May 6

Beginner Dog Obedience is a basic manners dog training course that will educate you and your dog. You will learn how to teach your dog to sit, down, stay, not to pull when walking, heel, leave-it, and come. Normal adolescent and puppy problems, such as, jumping, nipping, and stealing, are also covered. Methods used are positive and humane. Dogs must be at least 3½ months old. Please bring proof of UP-TO-DATE INOCULATIONS to the first class. Materials: 6 foot cloth or leather leash (no ropes or flexi-leashes), paper towels, and small plastic bags to clean up any mess. Call instructor prior to class at 845-228-0341. Note: Classes will be held outside, so you may want to bring a towel or cushion for your dog.

## SAFETY

### #T242 PRE-LICENSING

Tuesday, 4:50 – 10:00 pm  
One night only  
MS 38

Mid-Hudson Safety Associates, Inc.  
\$35  
May 18

This is the five hour course mandated by NYS Department of Motor Vehicles for all NYS permit holders (four hours of instruction with a multiple choice test at the end of the session). The course will result in the issuance of the MV-278 form needed for road test appointment. Registration must be completed prior to the beginning of class. Bring your permit to class. Refunds will not be issued for non-attendance. Problems: 845-471-5445. **High school students are welcome!**

### #W320A, #W320B, #W320C DEFENSIVE DRIVING

Wed. and Thurs., 6:20 – 9:30 pm  
2 nights  
MS 38

Mid-Hudson Safety Associates, Inc.  
\$45 (Seniors \$40)  
Section A: March 24 and 25  
Section B: April 21 and 22  
Section C: May 19 and 20

Learn driving techniques which will improve the odds for preventing accidents and moving violations. Earn 10% liability and collision insurance discount for 36 months following completion. Remove four points from your driving record. Registration must be completed prior to the beginning of class. Bring your license or permit. Refunds will not be issued for non-attendance. Problems: 845-471-5445. **High school students are welcome!**

**You are automatically registered for a class upon receipt of your registration form and check. You will be notified ONLY if the class is canceled. Please do not call to confirm your registration.**

## SPIRITUAL & METAPHYSICAL

### #M130 INTRODUCTION TO HEALING WITH THE ANGELS

Monday, 7:00 – 9:00 pm  
One night only  
MS 37

Kathanna Knapp  
\$30 (Seniors \$25)  
April 5

Approximately 75% of all Americans believe in angels. Angels are all around us waiting for an invitation to bring health and richness to our lives. Learn how to tap into the healing gifts of angles and which Archangel is assigned to work with you. Each student will receive an angelic healing.

### #M132 DECISION MAKING USING YOUR INTUITION

Monday, 6:30 – 9:30 pm  
One night only  
MS 37

Kathanna Knapp  
\$40 (Seniors \$35)  
April 12

We all have the gift of intuition although most people do not recognize the messages from their inner guidance system. Many times intuitive messages are shrugged off as imagination. In this experimental class we will be using Dowsing Kinesiology and other ways to tap into your intuition to help get answers to your personal life's questions.

### #M134 HOW TO TALK WITH THE OTHER SIDE

Monday, 7:00 – 9:00 pm  
One night only  
MS 37

Cindy Miller  
\$30 (Seniors \$25)  
March 22

Do you want to learn how to connect with your angel or departed loved one? No one is lost in the eyes of God. Deepen your understanding as you soul search and see how you are able once again to conquer and transform your life. Join Cindy in a fun filled evening of learning how to receive messages in writing, and learn the name of your angel as you improve communication with all your spiritual helpers. Although walk-ins are welcome, there is a 6 enrollee minimum requirement to run this class, so **please register no later than 72 hours in advance.**

### **NEW** #M136 "OUR VOCABULARY"

Monday, 7:00 – 9:00 pm  
One night only  
MS 38

Cindy Miller  
\$30 (Seniors \$25)  
April 5

The power of our words are so important that we can self-sabotage our preferred creations and slip back into old patterns. Learn how to speak with God so we are clear on what we want and how to utilize Spirit to help make our dreams into a reality.

### **NEW** #M138 "MY PURPOSE"

Monday, 7:00 – 9:00 pm  
One night only  
MS 38

Cindy Miller  
\$30 (Seniors \$25)  
April 19

Are you trying to understand and find your purpose? Are you having a hard time knowing why you are here? What you want to do? This session will give you tools so you can figure out all your possibilities and discover more about you. Cindy will also discuss how intuitive divine insight can be applied in understanding your purpose.

### **NEW** #T244 ENERGY HEALING

Tuesday, 7:00 – 9:00 pm  
One night only  
MS 36

Michael Rosenbaum  
\$25 (Seniors \$20)  
April 13

The physical body is surrounded by an electric/magnetic field, which is the template around which the physical body builds itself. Learn how this energy field can be worked with to create healing and balance in the physical body. Learn how you can heal cuts and bruises 50% faster than normal with much less pain. Learn how you can use self-healing energy techniques to absorb the universal energy field to help prevent the onset of disease. Michael has studied and practiced energy healing for over 20 years and has over 1,000 hours of training in different energy healing techniques.

**Voice Mail: 845-279-5051, x154  
Allow 24 hours for a reply.**

## NEW #T246 THE SOUL

Tuesday, 7:00 – 9:00 pm  
One night only  
MS 36

Michael Rosenbaum  
\$25 (Seniors \$20)  
April 27

We are spiritual beings having a human experience right now; the human part, the ego personality, contains only a part of our total energy and a small part of our total knowledge. Learn about who you are as a soul and how parts of the soul's energy live in different levels of existence simultaneously. Learn how you can begin to tap into the parts of yourself that have knowledge of previous lifetimes on earth and knowledge about other levels of reality including the Astral plane and the Mental plane. Most people lead their lives and make decisions based on the limited knowledge of the ego/personality. Learn how you can begin to allow the soul's wisdom to direct your life to bring more balance and peace into your daily living. Learn how you can discover what your soul's purpose is for this lifetime. Michael has been studying and practicing metaphysics for over 20 years.

### #W322 WHAT IS IT LIKE ON THE OTHER SIDE?: Secrets Revealed

Wednesday, 7:00 – 9:00 pm  
One night only  
MS 38

Loretta Chaney  
\$30 (Seniors \$25)  
April 7

Hear information about the afterlife that has never been previously disclosed. Loretta is a gifted psychic who has made thousands of visits to the places we go when we die and leave this world. Come, hear incredible first-hand accounts of what it's like on the 'other side.' Although walk-ins are welcome, there is a 6 enrollee minimum requirement to run this class, so **please register no later than 72 hours in advance.**

## TOTS TO TEENS

**The best gift to give your children is one of education. Expand their experience by signing them up for tots to teens offerings.**

### #M140 JAMALONG: Music for Parents and Tots, Ages 2½ to 4½

Mondays, 4:30 – 5:15 pm  
5 weeks  
JFK 29

Kate McGunnigle  
\$50  
April 12

Make music together with your child. This class is based on the concept that all children can learn to sing in tune, keep a beat, and participate with confidence in the music of our culture, provided their early environment supports such learning. By emphasizing actual music experiences rather than by concepts about music, children are introduced to the pleasure of making music instead of passively receiving from the TV or CD's. Parents and caregivers are invited to join early childhood music teacher Kate McGunnigle in music, movement, and fun. Instruments will be provided.

### **NEW** #M142 JAPANESE THROUGH PLAY FOR PARENTS AND LITTLE ONES: Grades 1 to 3

Mondays, 4:45 – 5:30 pm  
6 weeks  
JFK 11

Sharon Nakazato  
\$75  
April 12

Come and play games, do simple puzzles, and share an introduction to a really fun language. Adults and children have enjoyed this natural and easy way to become familiar with some basics of Japanese, the language of anime and manga and oh, so much more.

### #M144 AN INTRODUCTION TO CHINESE: Grades 1 to 3

Mondays, 4:30 – 5:30 pm  
6 weeks  
JFK 10

An-Yu Carol Tsai  
\$75  
April 12

This introductory program is designed for children, grades 1 to 3. Give your child a head start learning a language that will be necessary to know in the business world in the future. The children will learn how the Chinese language originated, some basic tones (each tone has a different meaning), basic words, and culture through various art and craft activities.

## TOTS TO TEENS

### #T248 SPANISH FOR LITTLE ONES: Ages 4 to 6

Tuesdays, 4:15 – 5:00 pm  
6 weeks  
JFK 11  
Antonia M. Dominguez-Rudolph  
\$75  
April 13

This is a class designed for pre-kindergarten and kindergarten age children, giving them an opportunity to learn another language while having fun. Youngsters will become familiar with numbers, colors, shapes, and much more while improving their motor skills doing arts and crafts. Through song and stories, your child will soon learn Spanish vocabulary. This is the best age for a child to learn a second language. Materials fee payable to the instructor the first night of class: \$5.

### #W324A, #W324B CREATIVE PLAYTIME FOR TODDLERS

Wednesdays, 5:30 – 6:15 pm  
5 weeks  
JFK 10  
Janice Nastasi  
\$50  
Session A: March 17  
Session B: May 5

This is a hands-on theme class for 2½ to 4 year olds with a parent. Join us in 45 minutes of seasonal activities, story time, simple book making, and crafts. A snack related to the presentation of that day will be provided by the instructor. This is a great social and educational opportunity with creative fun. A snack and materials fee payable to the instructor: \$5 per class.

### #M146 PRE-TEEN GUITAR: Beginner, Level I, Ages 8 to 12

Mondays, 4:00 – 5:00 pm  
6 weeks  
MS 250  
Kim Papa  
\$75  
April 5

Learn the basics of guitar with a fun and easy method book. The book comes with a CD that you can use to practice with at home. You will learn chords and different strums, and how to read music, all in a fun atmosphere. Take this class with a friend and start your own musical group. Please bring your own guitar. Textbook fee payable to the instructor the first night of class: \$15.

### #T250 PRE-TEEN KEYBOARD: Beginner, Level I, Ages 8 to 12

Tuesdays, 4:00 – 5:00 pm  
6 weeks  
MS 249  
Kim Papa  
\$75  
April 6

Using an easy method book and a CD, which can be used to practice at home, learn to read music and play some simple tunes. This class is a wonderful opportunity for youngsters to be introduced to one of the most popular musical instruments. Please bring your own keyboard or call the instructor if you don't have one (845-279-7738). Textbook fee payable to the instructor the first night of class: \$15.

#O808A, #O808B, #O808C, #O808D

### INTRODUCTORY KARATE FOR KIDS: Ages 4 to 12

By Appointment  
2 classes per week for 4 weeks  
Bushido School of Karate  
1511 Route 22, Brewster 845-279-8500  
Sensei Cheryl Werdal  
\$89  
Session A: March 1  
Session B: April 5  
Session C: May 3  
Session D: June 7

A great introduction for your child to beginner level karate classes and all their benefits. Kids develop self-discipline and confidence while learning self-control and the rewards of accomplishing goals. Our fun and exciting classes are taught by qualified instructors with years of experience to bring out the best in kids of all ages. Each session provides 8 lessons, plus a free uniform. At their discretion, students may purchase a uniform as well. Weekday classes are held in the late afternoon; Saturday classes are held mid-morning. **All classes reflect a substantial discount off the regular class fees when you register through Brewster Adult Education.**

Gift certificates are perfect for all occasions.

#W326A, #W326B

### LITTLE EAGLES: An Introduction to Karate for Toddlers

Wednesdays, 3:30 – 4:15 pm  
6 weeks  
Bushido School of Karate  
1511 Route 22, Brewster 845-279-8500  
Sempai Evelyn Schwartz  
\$125  
Session A: April 7 – May 12  
Session B: May 19 – June 23

This fun and exciting 45-minute class meets once a week for six weeks. Toddlers 36 to 48 months practice coordination, interact with others, learn to share and take turns, and develop "listening & learning" skills. Free Bushido Karate uniform when you register for the first time. **All classes reflect a substantial discount off the regular class fees when you register through Brewster Adult Education.**

## PUTNAM COUNTY FENCING CENTER

999 Route 22, Brewster 845-278-7232

Start dates:  
Monday Groups, March 8  
Tuesday Groups, March 9  
Thursday Groups, March 11  
Friday Groups, March 12  
Saturday Groups, March 13

### #O810 YOUTH FENCING: Ages 8 to 12

Mon. 4:30 pm, Fri. 3:30 & 4:30 pm, Sat. 10:00 am  
10 weeks  
Staff  
\$150

If your child has ever been curious about fencing, then this is the class for them. Your child will learn the fundamentals of fencing in a fun, enjoyable environment. Classes last one hour, and all necessary fencing equipment is provided. Please enter day and time of your selection on the registration form. You will be contacted by PCFC.

### #O812 TEEN FENCING: Ages 12 to 17

Tues. 6:00 pm, Thurs. 4:00 pm, Sat. 12:00 noon  
10 weeks  
Staff  
\$150

This is similar to the youth program, but provides a more intense instructive approach. The class is intended for beginners and intermediate fencers and covers fundamentals of all three weapons: foil, epee, and sabre. Classes last one hour, and all necessary fencing equipment is provided. Please enter day and time of your selection on the registration form. You will be contacted by PCFC.

### #O814 HORSEBACK RIDING: Ages 4 to Adults of All Ages

Tuesdays, 5:30 – 6:30 pm, 6:30 – 7:30 pm  
Thursdays, 5:30 – 6:30 pm, 6:30 – 7:30 pm  
8 lessons  
Crossroads Equestrian Center  
83 Big Elm Road, Brewster 845-279-4953  
Staff  
\$400  
By appointment, April 6

Crossroads Equestrian Center is offering Horsemanship classes from beginner to advanced levels. Classes will cover all the skills required to become a well rounded horseman, including basic horse care, safety, grooming techniques, tacking and un-tacking your horse as well as riding. Students will be grouped by ability with no more than 6 students per instructor. All ages over 4 years old are welcome. Crossroads offers safe, well trained horses and ponies from beginner level up to advanced level. Wear long pants, socks, and boots with a heel. Riding helmets will be provided if students do not have their own. Other lesson times available upon request. Once your registration is received, Crossroads will call to schedule your class to accommodate your availability. There is an indoor riding ring, so lessons will be given rain or shine. Please note the day, time, the age and the riding level of enrollee on the registration form. **By registering through Brewster Adult Education, you will be saving over 20% on the class fee.**

Early registrations determine if a course will run or not. So, register early!

## PUTNAM FITNESS & RACQUET CLUB

111 Old Route 6, Carmel 845-225-0888

All Putnam Fitness & Racquet Club classes offered:

Club Hours: Monday – Friday at various hours. Saturday and Sunday from 8 am – 1 pm.

Tennis classes not offered on weekends. All classes taught by professional staff in their area of expertise.

**All classes based on enrollees availability. Once you register through Brewster Adult Education, call the fitness club and ask for Bernadette to schedule your class. QUESTIONS: Call Brewster Adult Education. 845-279-5051 x154.**

### #0816 PARENT & TOT SWIM

By appointment, see above  
6 weeks, ½ hour lessons  
Putnam Fitness & Racquet Club

Staff  
\$120  
Ongoing

Help your tot learn to swim while in the comfort of your arms. The tot will be introduced to bubble blowing, kicking, floating and jumping. Water safety principles will be taught so that you can always make sure that your child will be safe in the water.

### #0818 YOUNGSTER SWIM CLASS: Ages 5 to 7

By appointment, see above  
6 weeks, ½ hour lessons  
Putnam Fitness & Racquet Club

Staff  
\$120  
Ongoing

This class is a must for your youngster. Your child should be prepared to be safe in the water and can do this by learning stroke and swim techniques.

**Classes run through the summer. However, you must register with Brewster Adult Ed no later than May 21, 2010.**

### #0820 PEE WEE TENNIS: Ages 4 to 7

By appointment, see above  
6 weeks, ½ hour lessons  
Putnam Fitness & Racquet Club

Staff  
\$72  
Ongoing

Introduce your child to this wonderful sport that will last a lifetime. Your child will learn racquet and tennis basics, footwork, and eye/hand coordination in a safe and fun atmosphere with a tennis professional. Please bring your own tennis racquet. Class limited to 6 students.

### #0822 JUNIOR TENNIS: Ages 8 to 12

By appointment, see above  
6 weeks, one hour lessons  
Putnam Fitness & Racquet Club

Staff  
\$150  
Ongoing

Students will learn racquet and tennis basics, proper stroke production, scoring, game play, tennis etiquette and more. Please bring your own tennis racquet, wear comfortable clothing and sneakers. Tennis provides great exercise, is fun and a wholesome activity for the years to come. Class limited to 6 students.

## MEET THE INSTRUCTORS

**CHERYL AIELLO** is a multi certified Yoga instructor registered with the Yoga Teachers Alliance. She is a Professional Yoga Therapist, Certified Lotus Palm Thai Yoga Massage Practitioner, and Certified Holistic Health Counselor.

**DEBORAH ARCONTI** is AFAA certified and has been teaching Pilates for over 8 years.

**MARY BAJOR** is the owner of A Beautiful Room, a Brewster, NY, based interior decorating company specializing in the design and fabrication of custom window treatments and soft furnishings. Mary is a WCAA Certified Window Treatment Consultant and Certified Workroom Professional, providing personalized window treatment service from design and fabrication to installation. She is also an associate member of the Interior Design Society, specialists in residential interior design. A Beautiful Room also provides one-day interior redesign services, using what the client already owns to create comfortable and attractive spaces. Paint color consultations are also offered to help clients choose color schemes for their homes. For more information please visit the company's website at [www.abeautifulroom.net](http://www.abeautifulroom.net) or call (845) 216-5928.

**ANDREA CANDEE** ([www.AndreaCandee.com](http://www.AndreaCandee.com)) is a master herbalist with a consultation practice in South Salem, NY. Her book, *Gentle Healing for Baby and Child* (Simon & Schuster) was awarded The National Parenting Center's Seal of Approval. She lectures for The NY Botanical Garden, corporate workplace wellness programs and throughout the country about natural approaches to health and well-being. To receive her free e-letter, click on "Did You Know?"

**MARGARET CAREY** has been teaching computer classes for Brewster Adult Education since 2003. She brings with her twenty years of experience in the computer industry. You can find her online at Key to Computing ([www.keytocomputing.com](http://www.keytocomputing.com)).

**MARYLOU CASTELLANO** graduated from the New York School for the Deaf in 1975. After receiving her Associates Degree from the Community College of Denver, she worked for AT&T for 20 years where among her duties was to teach ASL to co-workers.

**LORETTA CHANEY** is a psychic medium with over 25 years of experience. She is a referral psychic for the world-renowned author and medium James Van Praah. Drawing from her remarkable out-of-body experiences, Loretta lectures on the subject of life after death and is currently at work on a book about the 'other side.' She has appeared on WCCC FM and WHCN FM in Hartford, CT, and WSNG AM Talk in Torrington, CT. She was also featured in four episodes of 'Beyond the Realm' on White Plains Cable Television.

**MAGGIE CIARCIA** has been a licensed NYS wildlife rehabilitator for 14 years, specializing in small mammals and wild turkeys. She also holds both a Federal US Fish and Wildlife license and USDA license to collect and possess. Maggie offers wildlife rehabilitation workshops in Westchester, Putnam, and Dutchess Counties, accompanied by her non-releasable opossum, Baby O.

**LISA DAWSON** describes herself as an artist/designer/instructor who works in many different art forms; her favorite is creating Art Jewelry in sterling silver. Lisa studied fine and commercial art at Dutchess Community College in Poughkeepsie, NY, and Pace University in Briarcliff Manor, NY. She also studied jewelry at the Westchester Center for the Arts and at The Brookfield and Gilford Craft Centers in CT. She has been creating art for 36 years and teaching adults for the past four years.

**LEON DI MARTINO** has taught courses on the historic Hudson River Valley region as a part-time adjunct instructor at both Westchester and Dutchess Community Colleges and is an active member of the Kent Historical Society. Leon earned a Bachelors Degree from Pace University and a Masters Degree from Fordham University's Graduate School with majors in both history and education.

**CAROL DOHERTY** has been teaching fitness for over 11 years and holds certifications in kickboxing, resist-a-ball, mat Pilates, senior citizen fitness, primary group fitness instruction, and personal training with the AFAA, Reebok spin certified, ISMA personal training certified, and certified cancer wellness specialist. Carol is also an adjunct professor at the Westchester Community College.

**ANTONIA M. DOMINGUEZ-RUDOLPH** received her BS in Secondary Education from Western Connecticut State University with a major in Spanish. She is currently teaching Spanish in HHWMS, Brewster.

**MICHELE DUGAN** is a certified fitness instructor and has been teaching since 1990. She teaches aerobics, kickboxing, step, cycle, and body sculpt classes.

**MICHAEL DURANTE** is a Certified Financial Planner® practitioner, Certified Divorce Financial Analyst™ and MBA. He has been in financial services since 1987. Mike is a principal of Durante & Waters, LLC which is a Fee-Only Investment Management and Financial Planning firm, located in Brewster, NY.

**JAMES W. FARNHAM**, MS, MBA, has toured the U.S. and Canada as a professional speaker and author. With over 20 years experience in insurance and financial services, Jim wrote two e-books, "Make Money Without Going to Work" and "Network and Grow Rich!" Jim was also a contributing writer to a third e-book, "The Solo Professional: Navigating the Business Side of Your Business."

**ELLIE FELLA, D.C.** is a board certified chiropractor and wellness practitioner. In practice since 2001, she specializes in healthy weight loss, nutritional cleansing, increasing energy and vitality, treating fibromyalgia, chronic fatigue, and digestive disorders as well as numerous musculoskeletal disorders. She has received advanced training in neurology, exercise physiology, nutrition, posture and scoliosis correction, pediatrics, and stress management techniques. Dr. Fella has a wellness practice in Hopewell Junction and Pawling.

**RICH FOCHT** is a member of the National Teachers Association for Country Dance and was its NYS Director. He is president of Turn On To Country, Ltd., and the Country Music Association newsletter publication. Rich also is the proprietor of Hummingbird Ranch in Staatsburg, NY, where he beekeeps and produces maple syrup for consumer use.

**Non-residents are welcome!**

**[www.brewsterschools.org/adult-ed/](http://www.brewsterschools.org/adult-ed/)  
Voicemail: 845-279-5051 x154**

## MEET THE INSTRUCTORS

**DONALD GAMBINO** is a computer artist, consultant, and trainer since 1983 and has taught thousands of students at all levels and abilities. He was the Chairperson of the Computer Art Department at the School of Visual Arts in NYC, where he created the BFA program in computers. He currently has a consulting and training business and is an educator and specialist in software, hardware, and digitalware. ([www.donaldgambino.com](http://www.donaldgambino.com)).

**SUSAN HARRICK** is a certified Diamond Feng Shui Practitioner who studied with Marie Diamond, one of the acclaimed teachers in the book and movie *The Secret*. Susan holds an MA in Psychology and a BA in Business.

**KATHANNA KNAPP** is an Interfaith Minister and a Master Intuitive Energy Healer with a busy practice in NY and CT. She has been working with Energy, Angels, Crystals, Aromatherapy, Chanting and Toning, and the healing uses of Essential oils since 1998 and has incorporated them into her Energy Healing practice. Her popular classes have assisted in opening a number of people up to discovering their own special spiritual and psychic gifts for healing and guidance.

**IVAN KOLLAR** has been in the Financial Service Industry since 1989. He is a tax practitioner and owns his own firm, Financial Foundations, in Brewster.

**ELLEN KRATKA** has worked as a life and business coach, wellness consultant, and energy healer for 13 years. She is certified in several types of energywork, including The Healing Codes, Shamballa, Versicolor Flame and Soulwavework, and works with other modalities, such as, Heart Healing (self-created), Immunics, kinesiology, Quantum K, a variety of Meridian Tapping Techniques and more. She also helps leaders build values-driven organizations. Ellen specializes in teaching her clients processes they can do themselves by calling on their innate life force, love, and higher wisdom. Visit: [www.theLoveandLight.net](http://www.theLoveandLight.net) and [www.empower-your-team.com](http://www.empower-your-team.com).

**NEIL R. LUBARSKY, ESQ.,** holds a law degree from Harvard and a Masters Degree in Tax Law from NYU. His current work focuses on estate planning, elder law, and tax law. A frequent lecturer and contributor to print media, Neil has served as editor of *Westchester 60+*.

**LINDA LUKENS** has been training dogs for over 30 years. She is the owner of Common Ground Dog Training School in Putnam County.

**BOB LUNDREY** has a BA from Iona, an MA from Notre Dame, and an MBA from LIU. As a Fulbright scholar, he attended the University of Florence, Italy, to study language and literature. Currently retired and living in Somers, Bob has been teaching Italian in local Adult Education programs and during the winter in Naples, FL.

**VINCE MALACARNE,** a 7-string guitarist, attended Berklee School of Music in Boston, MA. He is proprietor of Malacarne Music (an instructional studio), author of articles for various music publications, composer, vocalist, solo artist. He has over 30 years of teaching experience in both guitar and piano.

**ROSEMARY MARTIN, RYT,** is a certified Kripalu Yoga and registered yoga teacher with the Yoga Alliance. She has been teaching yoga, ballet, and dance movement for many years, including workshops at the Kripalu Center in NYC and CA. Rosemary has also taught workshops for women recovering from breast and ovarian cancer, guiding individuals in meditation, stress management, visualization and relaxation skills with study of energy and chakra systems throughout the body.

**KATE MCGUNNIGLE** received her BA in Liberal Arts from NYU and her MA in Music Composition from Purchase College. She has worked for 20 years as a singer and songwriter in NY and has also taught music theory and voice at Purchase College. Kate works for The Hospice at both Phelps Hospital and The Palliative Care Center in White Plains. She is also a certified and insured Reflexologist.

**SANDY MELO** is a Certified AFAA Group Fitness Instructor and a Certified Zumba Instructor. She also holds certifications through AANA/ISMA as a Personal Trainer, Yoga, Pilates, Body Bar, Kid & Teen Fitness, Senior Adult and Bender Ball specialist. Sandy has been in the fitness business for over 14 years. She enjoys helping people reach their goals and is an avid believer that exercise will help keep you young... both inside and out.

**CINDY MILLER** is an intuitive who speaks with God, angels, and the other side. She is a certified Angelspeake facilitator trained by Trudy Griswold and Barbara Mark, coauthors of the best selling series of Angelspeake Trilogy. Cindy was chosen to be a VIP reader in NYC at the largest gathering of psychics to help promote the television show, "Psychic Detective." She is also the founder of Trinity Productions, an interfaith mind, body, and spirit learning center. ([www.sacredgrounds.bz](http://www.sacredgrounds.bz) or 203-426-9448).

**MEG MILLER** is a Certified American Heart Association CPR Instructor with over 15 years teaching experience in Emergency Medical Services. She is an EMT and Certified EMT Lab Instructor with the Putnam County Bureau of Emergency Services, the region's state of the art training facility.

**PAUL MORINI** has a degree in electrical engineering and is currently working in the alternative energy field.

**SHARON NAKAZATO** holds a BA and MA from the University of Michigan and has studied in the graduate departments of Tokyo and Sophia Universities. A licensed teacher of Japanese Brush Calligraphy, she has lectured in many areas of Japanese culture, including music, art, poetry, literature, and comparative culture. In addition to classes in Japanese brush and language, she has taught art and worked for some years in a variety of media including oil and acrylic, printmaking and collage. A prize-winning artist, her work is in various private collections.

**JANICE NASTASI** is a certified NYS elementary school teacher with over 20 years experience and an avid craftswoman.

**BEVERLY NATHAN** is a consumer advocate (not a commissioned saleswoman). She has transformed her part-time home based business into a full-time business housed in an office complex.

**RICHARD NATHAN** is a consumer advocate (not a commissioned salesman) who has been successfully helping students deal with real estate agents, car salesmen, and financial salesmen. He has been teaching in various community colleges, public schools, and continuing education programs since 1986.

**BERNADETTE ANN PACIFIC, RMC,** has been in the medical billing field for 30 years. She was formerly with Blue Cross-Blue Shield of Florida and New York. She moved to Brewster from Florida, where she was the owner of her own medical consulting and billing business.

**DALE R. PAEGELOW, AIA,** is a registered architect in NY and CT.

**KIM PAPA** received a BS in music from Mercy College and an MS in Music Education from Western Connecticut State University. She has been performing and teaching for over 25 years. Kim is currently teaching at her home/recording studio in Brewster, is a pre-school specialist, performs as a bassist in The Norm Hathaway Big Band, and is a freelance guitarist and bassist. Kim has her own business as a piano tuner 845-279-7738.

**DOLLY PINTO** is a group exercise instructor certified with Aerobics & Fitness Association of America (AFAA), a classically trained dancer, a competitive skater, and ballroom dance instructor. She brings experience in dance and fitness to her Zumba classes.

**MICHAEL ROSENBAUM, ACHP** (*Advanced, certified hypnotherapist*) has been practicing mind/body medicine for over 15 years and has been a meditation teacher for over 20 years. He has over 3,000 hours of training in metaphysical studies, advanced hypnotherapy, energy healing, past-life and spiritual regression. He has studied with some of the most renowned teachers in the alternative healing field - Barbara Brennan, Dr. Michael Newton, Dr. Yvonne Christman, and Patricia Hayes. Michael was an integral contributor to the development of the alternative health care "Center for Health and Healing" of Northern Westchester Hospital. He has a private practice in Katonah and Goldens Bridge, NY, and can be reached at 914-218-9000.

**EVELYN SCHWARTZ** is a 2nd degree black belt in karate and is currently programs director at the Bushido School of Karate for all curriculum. Evelyn has been instructing "Little Eagles" classes since 2001.

**JAMES SPARKS** received his BFA in painting from Washington University and an MFA in studio art from USC. He has been a professional photographer, painter, and educator for over 25 years. His artwork is in numerous public and private collections.

**ANNE TASCIO** began taking calligraphy classes in the early 1980's and has continued to improve her craft and technique. She runs her own calligraphic business, Benedicite, in Brewster. Anne is currently enrolled as a mature adult student at WCC, pursuing a visual arts degree.

**AN-YU CAROL TSAI** is a graduate of Fu-Ren Catholic University, Taipei, Taiwan and is a native Mandarin speaker. She teaches at the Mid-Hudson Chinese Language Center and is an instructor at the Chinese Language and Culture club at the Gayhead Elementary School in Hopewell Junction, NY. She has AP Chinese certification and is currently working on her teacher's certification.

**KIRSTEN VERMEULEN** was born and grew up in the Netherlands. She started sewing at age 11, taught by her mother and grandmother, who were professional seamstresses. She owns her own sewing business, Dutch Touch Inc., in Carmel, NY.

**KATE WARYCHA** is a recent graduate of SUNY New Paltz with a BA in Spanish. She is currently working toward certification in Secondary Education.

**GEORGE WATERS** is a Certified Financial Planner® practitioner and has an MBA. He has been in financial services since 1975. George is a principal of Durante & Waters, LLC which is a Fee-Only Investment Management and Financial Planning firm, located in Brewster, NY.

**ANDREW WEBB** has been a teaching professional throughout the Hudson Valley for several years. He has taught both private lessons and clinics at the Beekman Country Club, the James Baird State Park, and local athletic clubs in the area.

**CHERYL WERDAL** is the co-owner of the Bushido School of Karate, Inc. Cheryl is a 2nd degree black belt sensei and has been training in the martial arts since 1991.

**PRISCILLA WHITLEY** has been a freelance writer for most of her life. She attended the University of Missouri School of Journalism as well as Fordham University, and has worked at Simon and Schuster. She is an ongoing contributing writer to the Hersam Acorn Press and has been published in various magazines, newspapers, and anthologies throughout the country. She is a member of the National Association of Women Writers, the Hudson Valley Writer's Center, and the Antioch Writer's Workshop.

The Brewster Adult Education brochure will no longer be mailed to your home. You will be able to access current brochures on line the first week in August for fall classes, and the first week in February for spring classes. Please add our contact information on your computer and in your phone book.

[www.brewsterschools.org/adult-ed/](http://www.brewsterschools.org/adult-ed/)  
Voicemail: 845-279-5051 x154

## DIRECTIONS TO CAMPUS BUILDINGS

The **Henry Wells Middle School** is located on the corner of Route 312 and Farm-to-Market Road. For classrooms numbered in the 200's, park in the upper level parking lot on Route 312; for double digit classroom numbers and the gym, park in the lower level parking lot on Farm-to-Market Road. Enter the parking lot and park to the right. Enter through the double doors. MS 51 is just to your left as you enter, the gym is straight ahead, and the other rooms are down the hall to your right. For classrooms numbered in the 100's, you may park in the upper or lower level lots.

The **CVS Intermediate School** is located on Farm-to-Market Road. Enter the parking lot and park to the extreme left. This building is attached to the middle school. You can recognize it by the red, yellow, and blue window sashes. All classes are on the main level.

For the **High School**, follow Farm-to-Market Road to the traffic light; turn onto Foggintown Road. For classrooms, park in the front and enter through the main entrance. For the weight room and cafeteria take the first driveway on the left to the back of the building.

**JFK Elementary School** is opposite the High School on Foggintown Road. Enter the parking lot and go left for classrooms, entering the main door. For the gym, park on the right side of the building (about 75 feet).

If you still have questions about directions, please call the district office before 3:30 pm at 845-279-8000 ext. 0 (operator) for clarification.

**Adult Education classes will not be held on school grounds March 26 - April 2 and May 31, 2010.**

### REGISTRATION INFORMATION

- Early registration is encouraged.
- Classes are open to adults age 21 and over unless otherwise noted.
- Senior citizen status is extended to those participants over the age of 60.
- Participants do not have to be residents of Brewster Central School District.
- **Unless otherwise notified, you are enrolled in a class as soon as your registration form is received.**

### FEES

- The Adult Education Program is nonprofit and self-supporting. All fees are based on operational costs.
- Fees are listed under course descriptions.
- There is no non-resident fee.
- Make checks or money orders for classes payable to: Brewster Adult Education and mail it with your registration to: Susan M. Kamm, Coordinator of Adult Education, Henry H. Wells Middle School, 570 Route 312, Brewster, New York 10509.
- Fees will be refunded ONLY if the class is cancelled. The student assumes the risk of all changes in business or personal affairs.
- Once a course has begun tuition vouchers will be given in lieu of refunds.
- Whenever necessary, participants must furnish their own supplies or pay the instructor a materials fee to cover costs.

### MAKE UP DATES

- In the event an adult education class needs to be rescheduled, participants should contact the instructor for makeup date(s). Any day the Brewster Public Schools are closed, the Adult Education Program will not be held. In case of inclement weather, classes will be rescheduled. Comcast Channel 22 and the following radio stations will be advised: WHUD (100.7 FM), WAXB (105.5 FM), WLNA (1420 AM), WLAD (800 AM), and WCBS (880 AM); or call 845-279-8000 x0 prior to 3:30 pm.

**All classrooms are handicap accessible.  
See top of page for directions.**

### NOTICE

- Adult Education instructors are retained to teach courses in their fields of expertise. There are no better instructors to be found.
- Instructors are not permitted to use the classroom for personal gain or to solicit clients or customers. Therefore, the Adult Education program is not responsible for any advice, contact, or consultation given beyond the classroom setting and course curriculum.
- We do not assume any responsibility or liability, either real or implied, for the person, property, or injury of any Adult Education student whether on district property or off-site.
- There are no childcare arrangements during BAE classes. Parents, please plan accordingly.
- Smoking in school buildings and on school property is prohibited.
- Brochures are available at the School District Office on Farm-to-Market Road and the Seven Stars Restaurant on Route 22.

### LOCATION

- Unless otherwise indicated classes will be held in the CV Starr School (CVS), 20 Farm-to-Market Road; Henry Wells Middle School (MS), 570 Route 312; JFK Elementary School (JFK), 35 Foggintown Road; or Brewster High School (HS), 50 Foggintown Road. Directions to each building are given above.

### SPECIAL

- Gift certificates are available.
- Specific courses may be organized providing there is enough interest and an instructor is available. Call the Adult Ed office and leave a message.

***Interested in a class not listed?  
Interested in teaching a course?  
Contact us at: 845-279-5051 x154  
and leave a message or  
e-mail at BrewsterAdultEd@aol.com***

Please mail in your registration as early as possible. Since all courses have a minimum enrollment, you may be the one person whose registration may decide whether or not the class runs. It is not necessary to call for availability, just mail in your registration. When we receive your registration form, you will be notified if there is a problem; otherwise, you are enrolled and attend class. If you just show up on the night of the class, you may be disappointed.

- Fill out the registration form CLEARLY, especially contact numbers and e-mail address. This is for your benefit.
- Complete a separate registration form for each class.
- **INCLUDE:** A separate check or money order for EACH CLASS payable to: BREWSTER ADULT EDUCATION.
- **MAIL TO:** Susan M. Kamm, Coordinator of Adult Education, Henry H. Wells Middle School, 570 Route 312, Brewster, NY 10509.

## BREWSTER ADULT EDUCATION REGISTRATION FORM — Spring 2010

Print Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Print Mailing Address: \_\_\_\_\_ Town/City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Ext. \_\_\_\_\_ (C) \_\_\_\_\_

I am over 21 (circle one):    yes    no

Course No.	Course Title	Start Date	Fee	Check #

## BREWSTER ADULT EDUCATION REGISTRATION FORM — Spring 2010

Print Name: \_\_\_\_\_ E-mail Address: \_\_\_\_\_

Print Mailing Address: \_\_\_\_\_ Town/City \_\_\_\_\_ Zip \_\_\_\_\_

Phone: (H) \_\_\_\_\_ (W) \_\_\_\_\_ Ext. \_\_\_\_\_ (C) \_\_\_\_\_

I am over 21 (circle one):    yes    no

Course No.	Course Title	Start Date	Fee	Check #

Jane Sandbank, Ed.D, Superintendent of Schools  
 Timothy J. Conway, Ed.D, Assistant Superintendent for Business  
 Manya Bouteneff, Ed.D, Director of Curriculum, Instruction and Professional Personnel  
 Steven C. Moskowitz, Director of Information Technology

**BCSD SCHOOL BOARD**  
 Dr. Stephen Jambor, President,  
 A. Gerald Schramek, Vice-President,  
 Joseph A. Charbonneau, Roger Gross,  
 Alberta Kozma, Sean Mitts, Dr. Bruce Shaffer

**BREWSTER** adult education

Visit us on the web at: [www.brewsterschools.org/adulted/](http://www.brewsterschools.org/adulted/)



**Spring 2010 CLASS SCHEDULE**

Dr. Jane Sandbank  
 Superintendent of Schools

Susan M. Kamm  
 Coordinator of Adult Education  
 Brewster Central School District  
 Henry H. Wells Middle School  
 570 Route 312  
 Brewster, New York 10509  
 Voicemail: 845-279-5051 x154  
 e-mail: BrewsterAdultEd@aol.com

Non-Profit Org.  
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 PAID**  
 Brewster Central  
 School District

**TO: OCCUPANT or  
 BOXHOLDER**

**Please read an IMPORTANT MESSAGE  
 on the bottom of page 14.**