

Wednesdays - Spring 2023

W9: Researching Your Family History

Wed. May 24; 10 am-noon

Judd Hall, 163 Main St., Jefferson, NY

Kevin Berner

Min 5 / Max 30

Using my personal research as an example. I will give suggestions about techniques for learning about your family history. I'll discuss the following - where to look for information, how family tree programs work, and restoration of old photographs. Ideas for developing a book on your own family history will be presented.

W12: Food and Health, You Are What You Eat

Wed. May 3, 10:30-noon

Cornell Cooperative Extension

173 S. Grand Street, Cobleskill, Ny

Cyril Kozak, MD

Max 25

Our grandparents had many healthy practices that we no longer follow. Appropriate nutrients are lacking in manufactured food. I will give an explanation of what healthy food is and what is lacking in the grocery store. We will discuss gut health, the microbiome and the holobiome as related to nutrition.

W19: The Olde Tater Barn- History & Lunch

Wed. June 14, 11 am – 2 pm

138 Tater Barn Road, Route 30A, Central Bridge, NY

Ethel Benninger & Kate Slater

Register / sign up now and pay by 6/07/23.

Min 5 / Max 40

Join the Benninger family at the Olde Tater Barn on Route 30A outside of Central Bridge to learn the history and evolution of the farm businesses- from its origins as a true potato farm owned by the Roy family, where the barn served as a potato storage building to transitioning under the Benninger ownership from fertilizer sales to a simple Party Barn idea, to a full-blown destination event center with food services. We will learn a bit about what it took to convert the empty barn to its present state, tour the grounds and building, and then be welcomed to an (optional) lunch (menu details will be provided closer to the date).

Fee: \$22 per member/ \$27 each for guests, incl. Tax and tip; Payable to SCHOOL. Sign up and pay by 6/7/23. No refunds after that date.

Directions: 138 Tater Barn Road, Route 30A, Central Bridge, NY

W22: Hummingbird Winery Tour & Tasting

Wed. June 7; 1 pm

1442 Burtonsville Road, Fultonville, NY

The Schicks, Ken and Kimm

Register/sign up by May 24

Min 10 / Max 30

You will hear the compelling history of this unique business and then find out the sources of the products they sell, many of them local. Ken and Kimm will explain the complexities of winemaking culminating with tasting, of course! (5 free). Following your tasting, you can browse the charming gift shop brimming with locally gathered handmade items, including wine!

Directions: Corbin Hill Road (off Rt. 20 East of Carlisle), to Rt. 30 A, Right onto Burtonsville Road. 1442 Burtonsville Road, Fultonville, NY.

W41: Intro to Equine Energy- Parts I and II

Wed. May 10; 10am-noon
SUNY - Cobleskill: Equine Center

Catherine Fellows

Equine Energy Work utilizes the horse's own responses to release deep accumulated pain and tension in muscles and connective tissue. Using light touch and gentle movement in a relaxed state, the human can open doors to improved health and performance while enhancing communication and relationship with the horse. It is similar to Reiki, CranioSacral work and/or Myofascial work for humans, except I will demonstrate the Masterson Method techniques of Bladder Meridian and Light Touch on horses. There is no horse experience necessary - humans will not be asked to interact with or even get close to the horses unless the human is interested in getting on the horse side of the fence. This will be an opportunity to observe horse/human interaction and the power of the energy that connects all things.

You do not need to have attended the Fall 2022 course to join us. Participants will be given the opportunity to try the techniques themselves, if they are comfortable being close to the horses.

The demonstration will take about 1 1/2 to two hours. If you are interested in being close enough to the horses to touch them and to try doing the energy work yourself, please make sure that you are wearing close-toed shoes - boots of some kind are best. Time permitting, I will include a brief demo of some of the more advanced techniques we are trained to use.

We will be in the horse barn so wear clothing appropriate for the weather. Bug spray, sunglasses, hats, head nets, also as needed for your comfort level. (Carrots will be provided :)

Please feel free to contact me ahead of time for more information. Phone calls work best
-607-435-9834.

Directions: From Rte. 7 near the campus police building: Schoharie Pkwy North, (a right if you are heading West on 7, a left if you are heading east on 7). Follow the signs for the Dairy Complex, bear left up the hill just after the Coby Cafe on your right. The Equestrian Center is the last set of buildings past the Dairy Complex on your right and past the Canine Building that will be on your left. The indoor riding arena will be on your right. The parking area is a right turn just past the indoor arena (usually one or two horse/stock trailers are in the lot).

W49: Profiles in Courage

Wed. Mar. 29, Apr. 5, 12, 19, 26; 10-11:30 am

Cornell Cooperative Extension
173S. Grand Street, Cobleskill, NY

Anna Marie Collins

Max 15

We will focus on American individuals who have had a profound positive influence on our nation's history. The scope can be 1492 – 2023. This is an opportunity to delve a little deeper into the life of a person whom you are passionate about, or perhaps investigate someone you don't know much about. Each class member will do research and share it with the class (10-15 minutes). If you need help in choosing a subject, Anne Marie will be happy to help you.

W53: Libby for Overdrive**Wed. Mar. 22; 1-2:30 pm**

The Community Library, 110 Union St., Cobleskill

Kimberly Zimmer

Max 20

Are you interested in using your device to download books, audiobooks and magazines? Are you currently downloading but paying for your books? I will introduce you to the Libby App on the Overdrive platform and demonstrate how you can get your books and magazines for free. All you need is your library card and a device. Note: If you have used the Overdrive App it is no longer supported and you will need to move to the Libby App.

Bring your laptop, tablet, kindle/Fire, phone, power cords, Amazon passwords and your library card. Don't have a library card? Stop into your local library and staff will assist you. Reminder for a new card you will need identification and a piece of mail.

W54: Dotting and Clay Fun**Wed. Mar. 8,15,22,29; noon-1pm**

576 Main Street, Cobleskill, NY

The Studio for Art and Craft

Max 15

In this 4 week class we will make a dot mandala flower pot and 2-3 clay garden stakes. (See picture on inside back cover.)

Fee: \$45 per person; Payable to Studio at time of first class

W55: Clay and Glass Gifts**Wed. Apr. 5, 12, 19, 26; noon-1pm**

576 Main Street, Cobleskill, NY

The Studio for Art and Craft

Max 15

In this 4 week class, we will create windchimes out of clay, paint 2 wine glasses, and create a fluid pour wine caddy. (See picture on inside back cover.)

Fee: \$45 per person; Payable to Studio at time of first class

W76: Sing Your Way to Happiness**Wed. Mar. 15, 22, 29; 1-2pm**

Onsite: 111 Early Woodland, Cobleskill

Kathy Burgin

Max 20

Exercise your brain and your body by releasing endorphins. Come sing along with me to music from our past. Each week we'll have different selections.

March 15 – 50s and some Irish Songs for St. Patrick's Day

March 22 – Folk Songs from the 60s and 70s

March 29 - Broadway show tunes

Song sheets will be provided. Generate a sense of positive mood, happiness and enjoyment – release some of that anxiety by singing!!

Directions: Located at 111 Woodland Drive. Early Woodlands is located off Barnerville Road, right outside of Cobleskill. When you turn into the driveway, follow the one-way circle almost all the way around to the main building and use the center entrance.

W77: Middays in May, Movie Matinees

Wed. May 3, 10, 17, 24, 31 ; 1 - 2:30 pm

The Community Library, 110 Union St., Cobleskill

Don LaPlant

Min 5 / Max 40

Based on popular demand following previous film classes offered by SCHOOL, this course will focus on screenings of award-winning, short (10 - 45 minute) films. Former film and theater professor Don LaPlant, will introduce the selected films and lead the discussions. No lectures, no PowerPoint slideshows, no homework assignments--just watching movies and talking about them afterwards. Join us for interesting films, good conversation, and free popcorn every Wednesday in the month of May.

WEDNESDAYS AND MONDAYS

MW50: Functional Integrated Training

Mon/Wed Mar. 6, 8, 13, and 15; 10-11 am

Power Up Gym

Max 5

Travis Hyer

Group fitness training for seniors. This class works all parts of the body and is accessible to all. Following your four free sessions, you have the option of becoming a member (if you are not already) OR joining the Functional Integrated Training class 8 week program, or both

Directions: Power Up Gym, 1469 NY 7, Richmondville, NY 12149

MW5: Smartphone Savvy- Android

No.1- Mon. May 1 at 3-4:30 pm at Middleburgh Library

and

No.2- Wed. May 17 at 3-4:30 pm at The Comm Lib Cobleskill

Mary Carrier, MVLS (Mohawk Valley Library System)

Min 2 / Max 10

Gain confidence with your smartphone! Learn the basics about apps, settings, and general use. We will spend time on navigation and settings to customize your experience. Whether you use your phone for calls, text messages, email or searching on the internet, there is something here for everyone!

Participants should bring: Your smartphone. Google ID & password (optional).

Note: The material covered at both sessions is essentially the same. However, due to the volume of material to be covered, or in case you want a refresher, participants can sign up for and attend one or both sessions.