

Wednesdays-Fall 2022

Gems and Jewelry

Al Smith

Wed Sept 7, 14, 21, 28; 3-4:30 pm

Min 4/ Max 25

The Community Library

Community Room

As a graduate gemologist, Al will expand your knowledge of the 4C's of valuing diamonds. Additional topics will cover describing birthstone gems, and how jewelry is designed using CAD. We've added extra time so you can get your questions answered.

Functional Integrated Training

Travis Hyer

Mon/Wed: Sept 12, 14, 19, 21; 10-11am

Power Up Gym

1469 NY 7, Richmondville, NY

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

Garden Walk and Talk

Chris Cash

Wed Sept 21; 1- 3 pm

In-person, location TBA

Min 10/ Max 20

Do you want to learn and ask questions about home gardening issues? This class will be a simple chat about common garden concerns such as pruning, soil health, common pests, how to keep your favorite plants blooming, preparing your gardens for winter and other topics folks want to inquire about. The class will be held at a residence location or property in the Cobleskill area.

Stamford Cemetery Tour

Karen Cuccinello

Wed Sept 14; 1-2 pm

2 Mountain Ave., Stamford. NY

I will give short bios on about 20 people in the Stamford cemetery. Some of the folks I will talk about were veterans, mover and shakers, author Ned Buntline and some unique gravestones.

Intro to Equine Energy Work

Catherine Fellows

Wed Sept 28; 10-noon

365 Boughton Rd.,

Worcester, NY

Equine Energy Work utilizes the horses own responses to release deep accumulated pain and tension in muscles and connective tissue. Through the use of 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 like Reiki, Cranio Sacral work and/or Myofascial work and Feldenchrist Technique 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.

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, please make sure that you are wearing close toed shoes - boots of some kind are best. We will be outside so clothing appropriate to the weather. Bug spray, sun glasses, hats, head nets, umbrellas also as needed for your comfort level. Carrots will be provided :)

Floral Design

Angela Bornn

Wed Oct 5, 12, 19, 26 and Nov 2, 9, 16, 23; 10-noon

Middleburgh Library

Join Angela Bornn as she introduces you to the fundamentals of Floral Design.

Classes 1-4: We will be using inexpensive artificial flowers from the "Dollar Store", or any that you may have on hand. Please bring the following items to the first class: an assortment of small, medium, and large "silk" flowers, wire snips, masking tape, and a container.

Classes 5-8: We will work with fresh flowers, and discuss the materials needed for the first of these classes.

A handout of basic principles and a breakdown of what principle we will be using in each class will be provided. There is no material fee.

Fighting Fallacies, Falsehoods, and Flim-Flam

Wed Oct 5, 12, 19; 1-2:30

Don LaPlant

The Community Library

Min 3 / Max 25

In today's media landscape, it's unfortunately very easy to find examples of unsupported claims, flawed arguments, faulty reasoning, manipulative rhetoric, misleading charts, and information taken out of context to make a point. Logical fallacies crop up every day in Facebook posts, discussion forums, newspaper editorials, and even "news" shows. This course is intended to help students recognize common misinformation techniques and arm themselves against logical fallacies, bad arguments, and misleading data. Learn how to avoid falling prey to persuasive-but-illogical arguments.

Students should bring: something to take notes with

Back Barn Brewing- Tours and Brews

Wed Oct 5; 3-5 pm

Brenda Schworm

7082 Western Turnpike (Rte 20),

RSVP by Sept. 28

Delanson,NY

Learn about the origins of the Back Barn Brewing Co. in two parts. 1st part will talk about the historic barn renovations. 2nd part will learn about the beer brewing process with flights of beer samples provided.

Fee: \$10.00 per person payable to SCHOOL by 9/28. No refunds after that date.

Bringing Outdoors indoors - Clay and Glass projects

Wed Oct 5, 12, 19 ,26; noon-1

Studio for Art & Craft, Cobleskill

\$45 material fee payable to Studio

In this 4-week class you will make a clay bird dish and add glass to it getting a really cool effect, make a Gnome out of clay, and choose from a selection of pottery to paint.

Note: View picture of projects on inside back cover.

Home Decor in Glass and Wood

Wed Nov 2, 9, 16, 23; noon-1

Studio for Art & Craft, Cobleskill

\$45 material fee payable to Studio

In this 4-week class you will make a fused glass and clay luminary, a fused glass crackle dish, and pour a fluid pour piece.

Note: View picture of projects on inside back cover.

Reducing Inflammation

Wed Oct 26, 1:30-3 pm

The Community Library

Dr. Cyril Kozak

Dr. Kozak will discuss how using nutrition and lifestyle changes can reduce inflammation, thereby reducing disease in the body. Questions encouraged.

Assassination of John F. Kennedy

Wed Nov 2; 2-3 pm

ZOOM

Ron Ketelsen

Fifty-eight years ago, shortly after noon on November 22, 1963, John Fitzgerald Kennedy, the 35th President of the United States, was assassinated as he rode in a motorcade through Dealey Plaza in downtown Dallas, Texas. Crowds of excited people lined the streets to wave at the Kennedys. The car turned off Main Street at Dealey Plaza around 12:30 p.m. As it was passing the Texas School Book Depository, gunfire suddenly reverberated in the plaza. Bullets struck the president's neck and head and he slumped over toward Mrs. Kennedy. The car sped off to Parkland Memorial Hospital just a few minutes away. But little could be done for the President. A Catholic priest was summoned to administer the last rites, and at 1:00 p.m. John F. Kennedy was pronounced dead, 30 minutes after the fatal shot was fired. After conducting some 25,000 interviews and running down tens of thousands of investigative leads, the FBI found that Lee Harvey Oswald acted alone in firing the gunshots that killed President Kennedy.

The Hero's Journey

Wed Nov. 9; 1-3 pm

The Community Library

Don LaPlant

Min 3 / Max 25

In his influential book *The Hero with a Thousand Faces*, Joseph Campbell outlined "The Hero's Journey," a pattern of plot events and character types that are repeated in mythology, folklore, literature, and religious texts from around the world across history. This journey has served as a popular model for novelists, screenwriters, playwrights, and television writers to follow to this day. Students in this class will learn the basic components of this journey, enabling them to recognize and appreciate its influence in film, tv, and literature.