

## **Mondays - Spring 2023**

### **M8: Old Jefferson Cemetery Tour      *Mon. May 22; 9:30 am - 11:30 am***

*Kevin Berner*

Jefferson, NY

*(Rain Date is Mon. June 5 at 1 pm)*

Min 5 / Max 20

Many of the early settlers of the town of Jefferson were buried in the Old Jefferson Cemetery. Around a dozen Revolutionary War soldiers can be found there. Many of the early businessmen and those responsible for the development of the town were laid to rest there as well. We will visit the cemetery and a select group of individuals will be described. You will learn about some of their life stories, tragedies, and their impacts on the town.

The site cannot be driven to. We will walk a short distance down a mowed trail to access the cemetery. This cemetery is not the large active Evergreen Cemetery.

**Directions:** Meet at the Maple Museum, 221 Creamery St., Jefferson, NY 12093 and we will walk to the cemetery from there.

### **M16: Novice Watercolor Painting, By a Novice**

*Mon. Apr. 17, 24, May 1, 8, 15; 6-7:30 pm*

*Heather Johnson*

SUNY- Cobleskill: Warner 110

Min 5 / Max 20

I have always admired watercolor paintings, but never had instruction. I went online and found so many resources, I could try teaching myself. I have been fairly successful and I would like to share my experience with you. The materials will be an investment but they are relatively inexpensive. We will start with the color wheel and you will leave the first class with a simple finished painting. Please recognize that this will involve painting between class times in order to improve.

Participants need to bring supplies: Try OCEAN STATE JOB LOTS and FIVE BELOW for good prices. Mixed-media paper spiral book or comparable, selection of art brushes including fine point and #8 +/- round, hard lead pencil and rubber eraser, two mugs or glass jars, selection of at least 12 art-quality watercolor tubes or pads, small spray bottle, paper plate or pallet, several sheets of paper towels, masking tape. A tablet, laptop, etc. would help in the latter sessions but is not necessary.

### **M17: Puerto Rican Cooking a la Cocina Conmigo**

*Mon. Apr. 17, 24, May 1, 8, 15; 1-3 pm*

St. Vincent de Paul, 138 Washington Ave., Cobleskill

*Marge Dafeldecker*

Min 4 / Max 8

There will be a review of the base for Puerto Rican cooking- Sofrito. We will prepare a different offering for each class. Samples will be available to take home. A variety of dishes include rice/meat/stew with pigeon peas, Pastelon (a type of shepherd's pie with many variations), some sample fritters (eg. cornmeal or rice flour fritters), tembleque- a coconut flan-like dessert, and coquito (Puerto Rican coconut eggnog with rum).

**Fee:** Cost will be \$5 per session per person (Instructor to collect full amount at first class). Register by April 10. No refund after April 10.

**Directions:** St. Vincent de Paul, 138 Washington Ave., Cobleskill. Parking past church and entry on the side below the sanctuary.

**M27: Your Skin**

**Mon. May 15; 4-5 pm**

Middleburgh Library Community Room

*Eric Dohner MD, Michael Weinberg PA, John Stafford NP*

Max 45

Your skin is your protection from the outside world so taking care of it is vitally important. Dr Dohner and his staff will review the best and most economical ways to do this. We will also review pictures of dangerous spots and rashes that you should watch out for.

**Directions:** 323 Main Street, Middleburgh, NY

**M28: If Your Legs are Giving You Problems**

**Mon. May 8; 4-5 pm**

Middleburgh Library Community Room

*Eric Dohner MD*

Max 45

If your legs are giving you problems, it may be varicose veins. Find out the best and easiest solutions.

**Directions:** 323 Main Street, Middleburgh, NY

**M45: American Political Thought**

**Mon. Mar. 13, 20, 27, and Apr. 3, 10; 4:30-5:30 pm**

*Chris Iozzo*

SUNY-Cobleskill: Warner 110

There will be no required readings for this course. The format will be one of a lecture. In this course we will be discussing both the political theory and common understandings and misunderstandings that were around at the time of the Founding of the United States of America. We will be reviewing texts and thoughts surrounding works such as the thoughts on self-rule of the philosophers John Locke, Aristotle, and Montesquieu. Other readings for discussions will include, The Mayflower Compact, Washington's Farewell Address, the Federalist Papers, the writings of John Adams, Thomas Jefferson, Alexander Hamilton, and James Madison. Bringing the class to current political thought, we will touch on the arguments made by Calhoun, Woodrow Wilson, FDR, Reaganites, Neo-cons, and the TEA party.

**M48: What's It Like to Write a Book?**

**Mon. Mar 27; 2-3:30 pm**

Sharon Springs Library

*Chris Keefer*

Max 60

Ever thought about writing a book? Join long-time writer and debut novelist Chris Keefer who will discuss the creative process, and the complicated tasks of getting a work into print. Her new book, *No Comfort for the Undertaker: A Carrie Lisbon Mystery*, will be available for purchase after the class, and can also be purchased online.

**Directions:** Sharon Springs Library, 129 Main St. (Rt. 10), Sharon Springs, NY 13459

**M63: Wild Flower Walk**

**Mon. May 15; 9-11 am**

McFail's Cave Nature Preserve, Carlisle

(Rain Date TBD, if Needed)

*Emily Davis*

Walk on the McFails Cave property owned by the National Speleological Society. Over 35 species of wildflowers have been found here over the years. You will also see karst features and cave entrances. The trail can be muddy and uneven. Good boots, camera, walking sticks and flower ID books or apps are recommended.

**Directions:** McFail's Cave Nature Preserve, Carlisle - on Lykers Rd. (just north of the intersection with Ice Cave Road)

**M64: Try Your Hand at Playing an Accordion      **Mon. Apr. 3; 10-11:30 am****

588 Middle Road, Delanson NY 12053

*Russ Pokorny*

Min 2 / Max 6 (or more if student has own)

Russ will demonstrate how piano accordions work and the group will play a few simple pieces of music together.

Participants should bring: Some elementary skill at playing a keyboard and reading music would be useful. We have 6 accordions for folks to use. Otherwise, bring yours.

**Directions:** 588 Middle Road, Delanson NY 12053

**M69: Dragonflies & Damselflies**

**Mon. July 10; 1-3 pm**

*Anne Donnelly*

Landis Arboretum, Lape Road, Esperance

(Rain Date- TBD)

Dragonflies love hot summer days! You will learn what to look for, how to tell dragonflies from damselflies, how to recognize habitat preferences, and how to capture and identify using a field guide. We will walk around the various Arboretum ponds with different habitats and will capture, identify, and release these winged jewels. Children are welcome for this class, as they are the very best dragonfly catchers!

**Directions:** Meet at the Farmhouse, Landis Arboretum, Lape Road, Esperance, NY

**MXX: End of Semester Luncheon**

**Mon. May 22; 11:30 am - 3 pm**

**SAVE THE DATE!**

Location: Will Advise

Save the date of May 22, 2023, for our in-person End of Semester Luncheon. Details are still being worked out, so further info will follow later in the Spring. We want to honor and thank all of our SCHOOL instructors, committee members, Board members, and members, as well as show-case some of the highlights of our SCHOOL experiences during the semester.

Fee and Directions will be forthcoming closer to the date.

## MONDAYS AND WEDNESDAYS

### **MW5: Smartphone Savvy- Android**

**No.1- Mon. May 1; 3-4:30 pm** at the Middleburgh Library  
**and also**

**No.2- Wed. May 17; 3-4:30 pm** at the Community Library, 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.

### **MW50: Functional Integrated Training**

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

*Travis Hyer*

Power Up Gym

Max 5

Group fitness training for seniors. This class works all parts of the body and is accessible to all. Maximum benefits result from attending all four sessions. 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