

Monday Fall 2019

M-1 Intro to Floral Design - Angela Bornn

Middleburgh Library 323 Main St, Middleburgh

10:30 – noon Sept 9, 16, 23, 30, Oct 7, 14, 21, Nov 4

max 12

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. We will discuss the materials needed at the first class.

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. You may also be interested M-5 Floral Design Workshop.

M-2 Palatine House - Long Ago - Crickit Rockwell

Palatine House 1743 Museum 102 Warner Hill Rd, Schoharie

1-3pm Sept 16

A history of the Palatine House as it used to be, as presented by Crickit who once lived in the house.

Monday Fall 2019

M-3 Puerto Rican Cooking - Marge Dafeldecker

St. Vincent's Church 138 Washington St., Cobleskill

1 – 3 pm Sept 23, 30, Oct 14, and 28

\$3 per session payable to the presenter to cover the cost of the ingredients, unless you cancel at least 10 days prior to each class.

Puerto Rican Cooking:

M-3A Puerto Rican Cooking – Sofrito: Description and preparation of SOFRITO, the basic sauce/gravy used to prepare rice, bean, soup, stew, meat and other dishes. Sofrito means to sauté and various fresh vegetables, herbs and spices are used to make it.

M-3B Puerto Rican Cooking - Pastelillos: the Puerto Rican version of empanadas. We will prepare the meat using sofrito and make the dough to roll these. Then we will deep-fry some.

M-3C Puerto Rican Cooking - Plantains: We will explore the various ways that these relatives of bananas are used in Puerto Rican cuisine. We will make tostones / fried plantains.

M-3D Puerto Rican Cooking - Flan: the Spanish custard-like dessert that is served throughout the Hispanic world, with some Puerto Rican variations. We will make at least two variations.

Recipes will be provided for each of these dishes.

Monday Fall 2019

M-4 Ravioli - Laminating Pasta with Herbs/Flowers - Rosie Trapani

St. Vincent's Church 138 Washington St., Cobleskill

1 – 3pm Oct 21

max 12

\$5 payable to presenter unless you cancel at least 10 days prior to class

A short cut to making homemade ravioli using dumpling/wonton wrappers. I will demonstrate how to press herb and edible flowers between dough sheets, and how to shape, seal, and cook ravioli made with ready-made wrappers. I will be using a ricotta cheese filling. The ravioli will be served with a basic tomato basil sauce.

M-5 Floral Design Workshops - Angela Bornn

Nov 11 from 10-12:30 Middleburgh Library 323 Main St, Middleburgh

Nov 18 from 10-11:30 Bouck Hall Ballroom

max 12

2 Floral Design Workshops

First class – Bring your own silk or other artificial flowers and a container that you like but have no idea what to use it for.

Second class – Angela will direct you in the making of the SCHOOL Fall luncheon centerpieces that will be used that same day. Supplies will be provided.

Monday Fall 2019

M-6 Fall 2019 Luncheon

Bouck Hall Ballroom 1st floor

11:30 - 2:00 Nov 18

\$15 per person by Nov 4

End of Semester Luncheon

Bring any displays from this past semester; tables will be provided for displays.

Buffet luncheon will be served at noon.

The menu for the luncheon will include: Chicken Marsala, Potato du Jour, Vegetable du Jour, Salad, dinner roll, Bakers Choice Dessert, coffee, hot tea assortment, water.

All Class Presenters are encouraged to attend as guests of the S.C.H.O.O.L. Board of Directors in appreciation for your willingness to serve our community of "On Going Learners."

1:15 ~ 2:00 PM Entertainment : Michael VanDow, retired theater professor from SUNY, will share many folk songs from his early years as a camp counselor.

Everyone is encouraged to attend this fall and bring a guest. We have unlimited seating for this Fall Luncheon.

Monday Fall 2019

(Try Me) Fit for Life - Travis Hyer

Power-Up Gym 1469 State Rt 7, Richmondville

10 – 11am Oct 7, 9, 14, 16

4 free sessions

Group fitness training for seniors. The focus includes flexibility, balance, strength, endurance, agility, and functional training to improve overall health, fitness and performance. Fit for Life was designed to add both life to your years and years to your life with emphasis on maintaining and improving your independence during activities of daily living (squatting, pushing pulling, lifting, etc.) as well as recreational activities such as hiking, golfing, traveling and biking. These are 4 free "TRY ME sessions" at this gym for those new to the Fit for Life program. Following your 4 free sessions, you have the option of becoming a member OR joining the Fit for Life 8 week program, or both.