

MONDAYS - FALL 2025

M01: Write Your Joys, Fears and Challenges for Healing and Mental Health

Maxine Christman

Mon. Sept 15, 10:30-noon

Sharon Springs Library

We will discuss various forms of writing to express our thoughts: in a letter, poem or essay. You may use whatever form of writing that will best express your thoughts. No prior writing skills are necessary.

Participants should bring: please bring pen and paper

Directions: Sharon Springs Library, 129 Main Street, Sharon Springs, NY 13459

M02: Home Composting Presentation & Demonstration Tour

Carole Henry

Mon. Sept 22, 10:00-noon

Albany County Cooperative Extension

RSVP by 9/8/25

Min 10

Home composting is a simple yet effective way to contribute to a more sustainable lifestyle by reducing landfill waste and a household's carbon footprint. Using compost in your lawn and garden leads to healthier plant growth and saves money by eliminating needs for chemical fertilizers. We invite you to learn about tumbler, trench, 3-bin, stealth, heap, bokashi, digester, keyhole and vermicompost (red worms). Our tour of the compost demonstration garden will answer your questions. Join us to see which of our 9 methods of home composting is best for you!

Bio: Albany Master Gardener Compost Team led by Ronnie Siegel and Sarah Foster.

Participants should dress for the weather.

Fee: \$10 per person; Payable to SCHOOL. Sign up and pay by 9/8/25. No refunds after that date.

Directions: Cornell Cooperative Extension Albany County, 24 Martin Road, Voorheesville NY 12186

M03: Beginner Spanish

**Mon. Sept 22, 29, Oct 6, 20, 27, and
Nov 3, 17, 24, 1 - 3 pm**

Marge Dafeldecker

St. Vincent's Church Hall

Min 4 / Max 10

Learning a second language can significantly improve your cognitive abilities and potentially delay the onset of age-related mental decline. If you've never had Spanish before, or it's been a long time since you have but Conversational Spanish is too intimidating, this class is for you. 500 million people in the world speak Spanish as their first language, and it is a second language for an additional 100 million. This **beginning** SPANISH class will give you the ability to interact in a simple way and answer questions about yourself, your home, and your possessions. You will learn basic grammar, vocabulary and phrases, and will be able to construct simple statements or questions regarding daily life. Join Marge in this enjoyable and enriching way to exercise your mind.

This class will be a continuation of the beginning class from the spring semester.

New participants can join if they have some knowledge/experience with Spanish or another language other than English.

Directions: St. Vincent de Paul Church, 138 Washington Ave, Cobleskill, NY 12043

M04: Foraging in the Northeast – An Introduction

Fred Breglia

Mon. Oct 20, 10 - 11:30 am

ZOOM

Join Fred, a long-time forager, as he highlights some of the most common edible plants and mushrooms that can be found in local fields and forests. Fred will focus on his favorites from a culinary perspective; very tasty! He will cover spring, summer and fall seasons and what tasty gourmet treats are available in the northeast. He will also give tips on how to prepare and cook the foraged food.

Bio- Over 35 years in the green industry, working at Landis Arboretum for over 28 of them. Currently, serving as Executive Director, Landis Arboretum. ISA Certified Arborist. Long-time Forager/Cook. Big Tree Hunter and official National Big Tree Cadre Measurer. Adirondack 46er. SUNY Cobleskill Alumni of the Year.

M05: Digital Literacy - Word Basics

Mon. Oct 20, 3:30 - 5:00 pm

Mary Carrier MVLS

Sharon Springs Library

Min 2 / Max 6

This third class in the Digital Literacy For Beginners series covers the basics of creating, editing and formatting simple documents. Includes highlighting text, formatting, and saving. (See also W29- Computer Basics and W30- Internet Basics)

Windows Laptops will be provided.

Directions: Sharon Springs Library, 129 Main St., Sharon Springs, NY 13459

M06: History of Halloween

John Jarvis

Mon. Oct 27, 4 - 5 pm

CUMC- Social Hall

Eight hundred years before Jesus of Nazareth was born, year after year an ancient northern European people lived through a real-life night of terror on the last day of their summer. This class will show how this annual experience from almost 3000 years ago has become our 21st Century Halloween. By the way, the devil has nothing to do with any part of Halloween or its history.

Bio- John Jarvis taught high school English in Cobleskill High School and Cobleskill-Richmondville High School for 34 years. When he was in high school, he really wanted to be a history teacher because he always felt that the past was more interesting than the present, which for him was the early 1960s. (There was no Civil War or World War II going on then.) However, one day he had a conversation with his high school principal, who told him to study English rather than history if he wanted to be a high school teacher. John actually listened to Mr. Gugino and studied Secondary Education---English at Oneonta State. But he still loved history more than literature.

Directions: Cobleskill UMC, 107 Chapel St, Cobleskill, NY 12043

M07: Create Your Own Video

Mary Carrier MVLS

Mon. Nov 3, 3:30 - 5:30 pm

Middleburgh Library

Min 2 / Max 12

Make your own movie (mp4 video file) to cherish memories or share with family and friends. Using the web-based product, Canva, we will add pictures and music to your presentation.

Participants should bring: Please create a free account on Canva.com and pre-select your pictures for your project before class. Bring your own laptop or borrow one of ours.

Directions: Middleburgh Library, 323 Main St, Middleburgh, NY 12122

MW08 Functional Integrated Training

Travis Hyer

M/W, Sept 29, Oct 1, 6, 8, 10 - 11 am

Power Up Gym, Richmondville

Max 5

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 State Rt 7, Richmondville, NY 12149