

Tuesdays

What's for Lunch?

Kimberly Ferstler

Tues Sept 28, Oct 5,12,19,26, Nov 2 11:30-12:30

Cornell Cooperative Extension

Join CCE nutrition educator, Kimberly, for a 6-week series of classes to learn about both the "why" and "how" of eating healthy. One hour a week includes a nutrition lesson and time for a cook-along dish. In each class you can choose to cook-along and prepare something for lunch that day. Each recipe will be easy to prepare using typical kitchen tools. The recipe for each week will be shared in advance so you'll have time to purchase ingredients and gather equipment. The recipes generally make 4-6 servings.

Paradise Lost: American Imperialism in the Caribbean

Marianna Tomasino

Tues Oct 5,12,19,26, Nov 2,9 1-2

The Gathering Place

While devouring the US part of the North American continent, European explorers from Spain, France and Portugal continued their quest for MORE (money, land, power, bounty, etc.) by colonizing the islands and countries of the Caribbean including Cuba, Guatemala, Haiti, Dominican Republic, Grenada and Puerto Rico. This often meant the destruction of entire cultures. This course will teach you the US has a dark side despite our reputation for "being a shining star on the hill."

The World of Trees

Chris Cash

Tues Sept 7,14,28 10-11:15

SUNY tennis court parking lot

Our adventure will be an introduction to identifying trees by observations of leaves, bark, and plant shapes and colors. We will also chat about the environment trees prefer and the benefits they bring to our world. Bring your questions and any type of field guide, if you have one, and perhaps a small notebook. Time will be spent sitting for discussion and walking outside. First class will be at the campus athletic parking lot by the tennis courts (by the field house). The other classes' location TBD.

Beginning Quilters III

Sharon Aitchison

Tues Oct 5,12,19,26 Nov 2,9,16,23 10-3

The Gathering Place

While this class is for beginning quilters, it is structured for those who have had previous experience sewing and maintaining their equipment, have all their own tools and good working order sewing machine, and have learned the basics of quilting prior to this class. We will move along at a fairly rapid pace. Bring your own lunch, rotary cutter and mat, rulers, pins, scissors, threads, power cord, access to fabrics.

Max 5 students

Tuesdays

Herkimer Home State Historic Site and Hike

Carolyn Melszer

Tues Sept 21 10-2

200 State Rt 169, Little Falls

We'll meet at 10 AM at the Herkimer Home State Historic Site located at 200 State Route 169, Little Falls, NY 13365. A representative at the home will give us a tour of the museum and house. After the tour we'll continue hiking along the canal way, which leads from the Herkimer Home. The hike is about 1.7 miles, 3.4 miles round trip. We will accommodate anybody who would like to keep the walk to 1.7 miles.

Cost is \$5 payable to SCHOOL with your registration. No refund after Sept 14, 2021.