

TUESDAYS - SPRING 2026

TU14 Confident Beginners Quilt Class

Sharon Aitchison

Tuesdays ongoing 10-4 beginning Feb. 3

Max 7

St. Vincent's Social Hall

This class is for students who have already completed classes with this instructor, including sewing and machine maintenance as well as beginner quilting. Students will have their own machines and tools for classes, as well as a good understanding of quilting.

Directions: St. Vincent's Catholic Church, 138 Washington Ave., Cobleskill, NY

TU15 Conversational Spanish

Margaret Dafeldecker

Tues. Mar. 17, 24, 31,

Apr. 7, 14, 21, 28, May 5, 12; 1:15 - 3:15 pm

Min 2 / Max 6

St. Vincent's Quiet Room

This CONVERSATIONAL Spanish class is a continuation of previous classes. However, new participants are welcome to join former students. We will prepare and present conversations re: travel, shopping, leisure time, family, etc., and then keep the conversations going with questions and comments. It is advisable that all participants have a minimum of 3 yrs. H.S. Spanish or the equivalent. We will focus on speaking in Spanish at each session.

Bring an open mind, an adventurous spirit and a 'chatty' tongue.

Directions: St. Vincent's Catholic Church, 138 Washington Ave., Cobleskill, NY

TU16 Cultivating Mindfulness and Practicing Meditation

Doreen Russo

Tues., Mar. 17, 24, 31, Apr. 7; noon - 1 pm

Max 15

St. Vincent's Quiet Room

This course is for anyone who wants to learn about, or learn more about, mindfulness and meditation and how to establish a regular meditation practice. Mindfulness is about paying attention in a particular way to what's happening in the present moment. It has been called "the art of conscious living," and is known for enhancing people's health and well-being by helping them manage stress, reduce anxiety, increase their self-compassion and gratitude for others, and feel more ease and joy in life. Meditation is the practice at the heart of mindfulness. Class time will be spent discussing both the essence of mindfulness and its applications in daily life as well as how to meditate, and doing short guided meditations. Beginners and more experienced practitioners are welcome. Join us!

Bio: Doreen Russo has been studying and regularly practicing mindfulness and meditation for over 10 years, and teaching a variation of this course for three years.

Directions: St. Vincent's Catholic Church, 138 Washington Ave., Cobleskill, NY

TU17 Journey Reimagined: How to Slow Your Biological Age

Nasreen Haque

Tues., Mar. 24 from 4:30-7:30

SUNY Warner 110

** This course is from the F25 semester that had to be postponed after 2 sessions. Those 2 sessions will be in a video that will be shared with students beforehand to review. This semester's class will pick up where Nasreen left off last semester. **

Aging is not just about wrinkles or birthdays. It's about reclaiming time, energy, and evolution—on your terms. Across different communities, stories of elders who defy age have always coexisted with silent struggles—heart disease, diabetes, memory loss. The paradox? We are living longer but not necessarily better. "Journey Reimagined" challenges the notion that aging is simply *decline*. Instead, it's a remix—a conscious process that we can influence biologically, culturally, and socially- in which Aging positively may be considered a Civic Responsibility.

Bio: Chief Scientific Officer, Genomic Observatory, New York, NY.; Adj. Assistant Professor, Brooklyn College,CUNY,NY

TU18 Growing Microgreens at Home

Pamela Hart

Tues, Apr.14, 11 am - noon

Cornell Cooperative Extension- Cobleskill

Microgreens are nutrient dense tiny greens that can be grown at home in a short amount of time in limited space. Learn about the basic steps of growing microgreens from sowing to harvesting.

Bio: Master Gardener for Cornell Cooperative Extension, Schoharie County

Directions: CCE, 173 S. Grand Street, Cobleskill, NY

TU19 Arms Limitation Talks

Salvador Rivera, PhD

Tues. Apr 28; 5 - 7 pm

SUNY-Cobleskill: Warner 110

This course will discuss efforts to promote disarmament around the world with a special emphasis on nuclear disarmament.

Bio: Dr. Rivera is a Full Professor at SUNY Cobleskill. He has 33 years experience teaching Political History and Sociology courses in New York state.

TU21 Microsoft WORD Tips and Tricks

Mary Carrier- MVLS

Min 2 / Max 16

Tues., May 26 at 3 - 4:30 pm

Schoharie Library

Learn editing tips using alignment, tabs, columns, bullets, and more! We will also take this time to explore Microsoft's artificial intelligence tool, Copilot.

Participants should bring Please bring your laptop with Microsoft Word. I have 6 laptops to loan for those who cannot bring one.

Bio: 20+ years experience as a computer instructor; MSE - Adult Education ;MSIS - Information Science

Directions: Mary Beatrice Cushing Library (Schoharie Library) 103 Knower Ave., Schoharie, NY

TU22 Microsoft PowerPoint

Mary Carrier- MVLS

Min 2 / Max 16

Tues., June 2 at 3 - 4:30 pm

Middleburgh Library

Create your own PowerPoint slideshow presentation, start to finish. Add images and animation, use audio for video clips, record audio for narration of slides (for viewing the PP presentation at a later time), how to use Presenter Mode, etc. This class covers basic to intermediate PowerPoint features.

Participants should bring: Please bring your laptop with Microsoft PowerPoint. Access to Google slides will also be acceptable. I have 6 laptops to loan for those who cannot bring one.

Bio: 20+ years experience as a computer instructor; MSE - Adult Education ;MSIS - Information Science

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

TU23 The Impact of AI

Mary Carrier- MVLS

Min 2 / Max 16

Tues., June 16 at 3 - 4:30 pm

Sharon Springs Library

Artificial Intelligence is here in our everyday life. How is AI impacting you personally? We'll look at the good, bad, and in-between of how AI is impacting our world. Join me for this eye-opener.

Participants should bring: Just yourselves- This will be a presentation and discussion.

Bio: 20+ years experience as a computer instructor; MSE - Adult EducationMSIS - Information Science

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

TU24 Working with Zoom

Mary Carrier- MVLS

Min 2 / Max 16

Tues., June 30 at 3 - 4:30 pm

Middleburgh Library

Get the most of your experience with the online platform, Zoom. Focus of this class will be on hosting a Zoom meeting effectively. Learn about Zoom etiquette, how to debug problems with audio and video, how to use your View options, and more!

This will be a presentation. The instructor is willing to provide a 30 minute practice session to be scheduled after the class with individuals needing this experience.

Bio: 20+ years experience as a computer instructor; MSE - Adult Education ;MSIS - Information Science

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

TUESDAYS AND THURSDAYS - SUMMER 2026

TU/TH25 Water Fitness

Linda Carpenter

Every T and Th July 2 - Aug 28 at 5 - 6 pm

(Weather Permitting)

Cobleskill Town Pool

Want to do a water workout and cool off at the same time? Linda will be leading a water workout at the Cobleskill Village pool this summer. It will be held Tuesday and Thursday nights, 5-6pm whenever the pool is open.

Fee: Buy a pool pass at the pool.

Directions :Cobleskill Village Pool, 112 Pleasantview Drive, Cobleskill. Behind the Cobleskill Diner