

# MONDAY - SPRING 2025

## MON3: El Bosque Renovations

How a 1957 house became a 21st century dream home

*Beth Brandel*

**Mon., Mar. 31; 10 am - noon**

ZOOM

My husband, Lanny, inherited a house in Pebble Beach, CA when his uncle passed away in Oct, 2022. It was occupied by a tenant (who had been there 20 years), but when a 100 ft. Monterey Pine fell in the middle of the house during an atmospheric river event in March, 2023, she promptly moved out. What to do? Keep it, sell it, renovate it? Knowing that we loved the Monterey Peninsula, we decided to contact an engineer and architect. Thus began the process which has taken almost 2 years. We welcome you to be an armchair traveler through our journey.

## MON15: Historic Businesses of Jefferson

*Kevin Berner*

**Mon., May 5; 10 am - noon**

*Min 5 / Max 15*

Judd Hall, Jefferson, NY

Jefferson in the past had a very active business community where residents could purchase just about anything they wanted. After the first settlement in the 1790s the population increased rapidly before peaking in 1840. Although it is difficult to document the businesses of the early period, we have a good record of them starting in the 1870s. Kevin will present a description of the businesses during the town's heyday.

Directions: Judd Hall, 163 Main Street, Jefferson, NY 12093

## MON19: Ayurveda and Metabolic Diseases

*Diane Carrk*

**Mon., Mar. 17; 4:30 - 6:30 pm**

*Min 10 / Max 20*

SUNY Cobleskill- Room TBD

Ayurveda is a 5000 year old medicine still in practice today. Practices within **Ayurveda** include; what's your body Dosha/Constitution? *Ama* is the toxic byproduct of poor digestion. Undigested foods become residues that remain throughout the body in channels and organs. *Agni* is the digestive fire that can become weak, i.e., metabolic diseases.

Come and experience the benefits of what steps are needed to restore digestion and practice prevention. You'll discover what your primary and secondary doshas are and from there determine the best path for you individually for digestion and the effects some "foods" are having on your systems

## **MON21: Pinkster Festival**

*Chris Cash*

***Mon., Mar 24; 4:30 - 6 pm***

SUNY Cobleskill- Room TBD

Pinkster azaleas are native to this region and are part of the local history. In the 17-1800's Pinkster (Pinxter) Festival was a weeklong celebration by the Dutch and a holiday for slaves. At one time the festival was a major east coast holiday which today is almost forgotten.. This class will provide a glimpse into our region's history, Dutch celebration of Pentecost, slavery and our local Pinkster Azaleas.

## **MON24: Beginner Spanish**

***Mon Mar 24, 31, Apr 7, 21, 28, May 5; 1:30 - 3 pm***

*Marge Dafeldecker*

Quiet Room-St. Vincent's, Cobleskill

*Min 2 / Max 5*

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 BEGINNER 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.

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY. Parking lot is just past the church and the Quiet Room is on the upper level at the back right corner of the main sanctuary.

## **MON26: Wild Flower Walk**

*Emily Davis/ Mike Warner*

***Mon., May 12; 9 - 11 am***

McFail's Cave Preserve, Carlisle, NY

*Rain date: May 13*

Join Emily as she leads a walk on the McFail's 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. Participants should bring: Good boots, camera, walking sticks and flower ID books or apps are recommended. Also bug spray and a cell phone.

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

## **MON28: To the Heroic Dead:**

### **Monuments and the Formation of Civil War Memory**

*Joy Giguere*

**Mon., April 21; 10 - noon**

ZOOM

In this course, Joy will provide an overview of the history of Civil War memorialization in the North and the South, including the development of Memorial Day and Confederate Decoration Day ceremonies, the process for funding and erecting monuments, and how those monuments shaped the public memory of the war, its causes and consequences. Given the debates in recent years surrounding Confederate monuments and their place in 21st century America, particular emphasis will be given to the fashioning of the Southern "Lost Cause" and the meaning of postwar Confederate identity. No prior background in Civil War history is necessary for students wishing to participate in this course.

## **MON31: Complex Relationship of Europeans and Native Americans**

*Heather Johnson &*

**Mon., Apr. 21 and 28; 3:30 - 5 pm**

*Jeannie Irvine*

Cobleskill Cooperative Extension

This class will cover two aspects of what happened when European culture collided with the Native American culture in NY and elsewhere. Heather will share the history of the Iroquois Confederacy before and after the influx of Europeans, and will reference the book, "The Musket and the Cross", by Walter D. Edmonds. Jeannie will cover the history of the widespread practice of kidnapping on both sides and its outcomes, referencing in particular the autobiographies of Herman Lehmann ("Nine years among the Indians, 1870-1879") and Nelson Lee ("Three Years Among the Comanches: The Narrative of Nelson Lee, Texas Ranger"), the biography "The Narrative of the Life of Mary Jemison" by James E. Seaver, and the book concerning the Native American Boarding Schools, "Kill the Indian, Save the Man" by Ward Churchill. Jeannie has extra new copies of Lehmann's book for \$6 for anyone interested.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY

## **MON38: Try Your Hand at Playing the Accordion**

*Russ Pokorny*

**Mon., Apr. 7; 10 -11:30 am**

*Min 2 / Max 6*

Delanson, NY

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 a few accordions for folks to use, or bring your own.

Directions: 588 Middle Road, Delanson NY 12053

## **MON46: SCHOOL Reception and Annual Meeting**

*SCHOOL*

***Mon., May 19; 1-3 pm***

Chieftans, Cobleskill

We will have a reception (with light fare) as a Thank You for our instructors and the annual meeting afterwards. It will be held at Chieftans, 1-3 pm on May 19, 2025. Please join us in thanking the instructors for all the hard work they put into their classes.

**Fee:** Total will be \$15 each for members. We request a \$5 deposit with your registration. There will be an additional fee of \$10 to be collected at the door. (There is no charge for our instructors.) Refunds available until May 1, 2025.

**Directions:** Chieftans, 584 Main Street, Cobleskill, NY

## **MON61: Police Dog Training, Care and Handling**

*Officer Carlianne Ferretti*

***Mon., Mar 10; 4 - 5 pm***

*NYS University Police at Cobleskill*

SUNY Cobleskill - Room TBD

Officer Ferretti of the NYS University Police at Cobleskill will introduce participants to K9 Reyes. Reyes is a German Shepherd trained in Explosives Detection, Tracking and Patrol and he has been serving the local community since March 2022. Officer Ferretti will explain the training, special accommodations for care at home, and what it is like to live and work with a K9. They will also provide a demonstration of Reyes' skills.

## **MON71: Getting to Know Your Weeds and Garden Tour**

*Carole Henry*

***Mon., Apr 28; 10 am - noon***

*Min 10 / Max 40*

Albany County CCE/ Voorheesville

Discover what is considered a weed and how to identify based on type. We will discuss weed management strategies and the mistakes that homeowners make in controlling problem weeds. Then we will go on a tour of our CCE Demonstration Gardens to explore what Spring has to offer.

**Fee:** \$10 per person payable to SCHOOL. Register and pay by 2 weeks before. No refunds after April 14.

Participants should bring: Dress for the weather.

**Directions:** Cornell Cooperative Extension Albany Co., 24 Martin Road, Voorheesville, NY 12186

## **MONDAYS AND WEDNESDAYS**

### **M/W30: Functional Integrated Training**

*Travis Hyer*

***M/W Apr. 7, 9, 14, 16; 10 - 11 am***

*Max 5*

Power-Up Gym, Richmondville

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 NY 7, Richmondville, NY 12149