

INDEX TO SCHOOL 2024 SPRING CLASSES- SORTED BY CATEGORY

COURSE NO.

COURSE TITLE

ARTS-CRAFTS-GAMES

FR42	Try Your Hand at Playing the Accordion
TH35	Mahjong
TU41	Confident Beginners Quilt Class
WE39	Soap Making 101
WE40	Blown-Glass Ornament
MO11	Decorative, Quilted, Pot Holders
FR29	Bridge - Learn and Play
MO65	It's Not Your Grandmother's Quilt Anymore

COOKING & NUTRITION

FR6	Planning Healthy Meals
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GARDENING

MO53	Cutler Botanic Garden
TH5	Ready to grow your best garden now
TU52	Beekman 1802 Farm Tour
TU60	Cooperstown Gardens

GARDENING/HISTORY

TH56	Explore Sharon Springs
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HEALTH

FR17	Fall Prevention from a PT's Perspective
MO18	The Laws of Nature for Diet

HIKES AND TOURS

FR70	Thacher Park Hikes
TH69	Albany Pine Bush Hike- Lure of the Lupines
TH71	Opus 40 Nature Hike
WE55	Roses and More in Schenectady

HISTORY

FR51	Explore Middleburgh
MO3	A History of the Pavilion Hotel
MO22	Summit and Hamlets - Then and Now
SA49	Village of Middleburgh Historic Walking Tour
TH13	The Men and Women Who Made Howe Caverns, 1830-2007
TH12	A Guided Tour of The NYS Capitol
TU4	Harriet Tubman
WE30	The Vietnam War Policy of Lyndon Johnson 1965-68
WE57	Democracy in the United States
TH/M15	Even More NYS Lore! Body, Boots and Britches

SCIENCE/HEALTH/SAFETY

FR26	Native Pollinators - Conservation and Challenges
FR24	Dr. Talk- Making the Most of Your Hospital or ER Experience
M/W37	Functional Integrated Training
MO20	Green Roof - Living Roof
MO23	Wildflower Walk
MO28	Experience the Northeast Gardener's Garden
MO62	Introducing Heather Brooke Hill Clydesdales!
TH19	Greenhouse Tour
TH25	History of Vaccines
TH61	Basic Self Defense
TH64	Grow Your Own Culinary Herbs
TU14	SUNY Dairy Barn Tour
TU27	Exploring Genes, Culture, and AI in the Pursuit of Happiness
TU31	Mindfulness and Meditation in Daily Life
TU59	Medicinal Herbs
WE54	Birdwatching (and Listening!) by Sight and Sound
WE32	Understanding Alzheimer's & Dementia
WE33	Recycling and Sustainability
WE36	Seated Tai Chi
WE63	Opioids/Addictions

SHOWS / THEATER

SAT66	TINA - The Tina Turner Musical at Proctors
SAT68	Beautiful- The Carole King Musical- at The Rep
SAT67	Jesus Christ Superstar at Proctors
SUN81	Les Miserables at Proctors

SOCIAL/CULTURAL

FR16	Regional Indian Cuisine Lunch and Market Experience
FR47	Exploring the Relevance of Classical Music in the 21st Century
MO7	Verlaine - The Number Wisdom Connection
TU10	Conversational Spanish Continued
TU48	How to Talk to Strangers
WE21	The Right Words at the Right Time
WE50	Secrets of the Library Catalog and Website
WE58	Silver Screenings

TECHNOLOGY

TH43	Smartphone Savvy - Editing & Organizing Your Photos (Androids & iPhones welcome)
TH44	Internet Safety and Privacy
TH45	What is AI (Artificial Intelligence) and Where is it Heading?
TH46	Understanding Cloud Storage and Google Drive
WE34	Libby for Overdrive
TH8	Staying Safe Online: Social Media Ins and Outs
TU9	Staying Safe Online: Device Safety

VICARIOUS VOYAGES

FR2	VV - Danube Waltz River Cruise
TH1	VV - Rhone River Cruise
TU38	VV - Fabulous and Fouled-Up Visits to Scotland and Paris