

WEDNESDAYS - FALL 2024

WE4: Bowls, Wraps & Salads - Food for Every Meal

Lisa Marie Pressley

Wed, Sept 11, 4:30-7 pm

Min 2 / Max 15

Tagua Nut Cafe, Cobleskill

Be inspired! Lisa, a cook and hospitality professional, is excited to offer you a course on how to make easy, quick, cost effective & delicious meals for anybody & any meal. She is currently in charge of Tagua Nut, where the class will be held. Eat healthy on a budget. We've all stood in front of our refrigerator trying to figure out what to eat. Lisa will simplify the process so that you never have to wonder again. It's easier than you think to eat healthy and anyone can do it. Find out why she started this journey to nutritious food. We will be creating a meal choosing from a selection of proteins, vegetables, grains and fruits and nuts. This is a great course for those who want more plant-based foods or are considering dietary changes. We'll eat some of what we create together. But in the end, it's just delicious food for everyone. You'll get recipes and ideas to create amazing menus.

Students should bring: Own aprons.

Fee: \$15 payable to SCHOOL. Register and pay by Sept. 1. No refunds after Sept.1

Directions: Tagua Nut Cafe, 509 Main St, Cobleskill, NY

WE5: Intro to Tarot Cards

Lisa Marie Pressley

Wed Oct 9 & 16, 4:30 - 6:30 pm

Min 4 / Max 15

Tagua Nut Cafe, Cobleskill

Lisa has practiced and read Tarot readings for over 20 years professionally with a large client base. If you've ever been intrigued in what it's all about, this is the class for you! She will teach you how to read the cards & provide you with a brief history of Tarot and what it means. You will begin to understand the symbols on the cards which can help you answer the "questions of the universe." This class has two sessions. IF you want to buy Tarot cards, Lisa has a preferred set that she can order for you, including a booklet. The cost is \$20 for both, sent in with your registration. SCHOOL must receive your check by Sept. 27.

Fee: \$20 IF you want a deck of Tarot cards & book (which are optional). Register and pay by Sept.27 for cards..

Directions: Tagua Nut Cafe, 509 Main St, Cobleskill, NY

WE6: Polish Cuisine

Jeannette Balins

Min 4 / Max 8

Wed Nov 6, 12:30 - 4:30 pm

Worcester, NY

If you have ever wanted to put together a typical Polish meal, this is the class for you! The menu will consist of Cheese/Potato Perogies, Golabki (Pork and Beef stuffed cabbage), Kapusta (Polish - style Sauerkraut), and Chrusciki (Sweet Crisps) for dessert. All ingredients will be provided and you will take some of this feast home.

Students should bring: Own apron.

Fee: \$45 payable to SCHOOL. Register and pay by 10/23/24. No refunds after 10/30/24.

Directions: 2607 Cty Hwy 39, Worcester, NY 12197

WE7: German Cuisine

Jeannette Balins

Min 4 / Max 8

Wed Nov 13 12:30 - 4:30 pm

Worcester, NY

We will cook a few classic German dishes: "Spinatsuppe" mit Griesskloeschen" (Spinach soup with Farina dumplings), "Jaegerschnitzel" (pork cutlets in a flavorful wine sauce, topped with mushrooms and bacon, "Spaetzle" (tiny dumplings), "Rotkraut" (red cabbage cooked with apples, onions, etc.). For dessert we will work with "Marzipan".

All ingredients will be supplied and you will be bringing home what you created!

Students should bring: Own apron.

Fee: \$45 payable to SCHOOL. Register and pay by 10/30/24. No refunds after 11/06/24.

Directions: 2607 Cty Hwy 39, Worcester, NY 12197

WE8: European Christmas Cookies

Jeannette Balins

Min 4 / Max 8

WE, Nov 20, 12:30 - 4:30 pm

Worcester, NY

These cookies are not super complicated to make, but oh, so delicious!

- Austrian "vanillekipferl" (delicate Almond Vanilla crescents)
- German "Pfeffernuesse" (spicy cookies finished with a lemon sugar glaze)
- Bulgarian "Medeni Kurabii" (honey cookies)
- Polish "rogaliki" (Cream Cheese dough crescents filled with walnuts, jam and dried currants)
- Swedish "Pepperkakor" (Orange-scented Ginger cookies)

All ingredients will be supplied and you will take some home!!

Students should bring: Own aprons.

Fee: \$35 payable to SCHOOL. Register and pay by Nov 6. No refunds after Nov. 13

Directions: 2607 Cty Hwy 39, Worcester, NY 12197

WE16: Hummingbird Hills Winery

Kimm & Ken Schick

Min 10

Wed Oct 2, 1 - 3 pm

1442 Burtonville Rd, Fultonville, NY

Have a wonderful experience in a wonderful setting. Join Kimm and learn how they took an old dairy farm and turned it into a winery with their own vineyards. We will also take you on a tasting journey as well. Taste fruit wines, grape wines, specialty wines, and yes, even cooking wines!

Students should bring: Bring cash to winery (\$1's)

Fee: For tastings \$1 ea for 8 or less, 9-\$8, 14-\$12. Pay at venue

Directions: 1442 Burtonville Rd, Fultonville, NY (Rt. 20 to Corbin Hill Rd. to Burtonville Rd.)

WE25: The Right Words at the Right Time Part 2

Anna Marie Collins

Wed Sept 4, 11, 18, 25; 10- 11:30 am

Cobleskill Cooperative Extension

In her first book, *The Right Words at the Right Time*, Marlo Thomas invited more than 100 celebrities to share the moment when just the right words changed their lives, or as she says, "a moment of awakening, a lightbulb that revealed a truth that has stayed with them for a lifetime, or a challenge that moved them to action." Her second book will be the main focus of this class, *The Right Words at the Right Time: Your Turn! Book 2*, where she has culled stories from everyday people who share their stories of the moment when the right words at the right time rocked their world.

Join Anna Marie as she facilitates our discussion, based on either book, of the particular people that resonate the most with us.

Copies of the books will be available to borrow if you don't wish to purchase a copy. Each person's story is fairly short, and you can opt to read as few or as many of the chapters as you wish.

Directions: Cobleskill Cooperative Extension, 173 S. Grand Street, Cobleskill, NY 12043

WE40: Gems and Jewelry

Al Smith

Min 4 / Max 25

Wed Sept. 4, 11, 18, 25; 3 - 4:30 pm

Community Room in Community Library

As a graduate gemologist, Al will expand your knowledge of the 4C's of valuing diamonds. Additional topics will cover describing birthstone gems, and how jewelry is designed using CAD. We've added extra time so you can get your questions answered.

Directions: Community Library, 110 Union St., Cobleskill, NY 12043

WE41: Sheldon Jackson - National Hero

Robert Stark

Wed Nov. 20, 11 - 12:15 pm

St. Vincent's R/C Church, Cobleskill

Sheldon Jackson grew up on a farm near Esperance. He was sickly, but brilliant and dedicated to missionary work among settlers of the American west and native tribes from Mexico to Canada. He is most famous for saving the Alaskans from starvation. Michner wrote about him in ALASKA. Jackson addressed the US Congress, visited four presidents in the White House, published magazines and newspapers, and held the top offices of the Presbyterian Church. He established churches, schools, and a college. Learn about this dynamic, inspiring, and colorful national hero whom history has let fall through the cracks.

Directions: St. Vincent de Paul Church, 138 Washington Ave., Cobleskill, NY 12043. Parking lot is just past the church and the entry is on the side below the sanctuary.

WE45: Seated Tai Chi

Kathryn Sorrentino

Wed Sept 18, 25, Oct. 2, 9, 16, 23, 10:00 - 10:45 am

Min 2 / Max 8

ZOOM

Seated TaiChi is for everyone and anyone. If you are having a rough day or can't stand for any length of time, or just want to know what Tai Chi offers for future reference, this is for you!! Gentle, effective to do anytime, anywhere. Gotta love it!

Students should bring: loose fitting clothes and an unobstructed area. Preferably a chair with no arms but not necessary.

WE47: Blown Glass Ornament

Emilie Hazelton

Wed Nov 13, 12 - 1 pm

Min 2 / Max 10

Studio for Art and Craft, Cobleskill

Learn how to blow your own glass ornament. Choose your colors, warm the glass and blow your own ornament.

Fee: \$25 to Studio for Art and Craft

Directions: Studio for Art and Craft, 576 Main Street Cobleskill NY 12043

WE48: Fused Glass Wind Chime

Emilie Hazelton

Wed Oct 23, 12 - 1:30 pm

Min 2 / Max 10

Studio for Art and Craft, Cobleskill

Create your own fused glass wind chime. Learn how to cut, nip, and grind glass to shape decorative pieces and melt in the kiln.

Fee: \$25 to Studio for Art and Craft

Directions: Studio for Art and Craft, 576 Main Street Cobleskill NY 12043

WE49: Mosaic Tray

Emilie Hazelton

Min 2 / Max 10

Wed Oct. 30, 12 - 1 pm

Studio for Art and Craft, Cobleskill

Create your own mosaic tray. Learn how to cut and design with the glass and then grout it all together.

Fee: \$25 to Studio for Art and Craft

Directions: 576 Main Street Cobleskill NY 12043

WE50: Paint Your Own Ornament

Emilie Hazelton

Min 2 / Max 10

Wed Nov. 6, 12 - 1 pm

Studio for Art & Craft, Cobleskill

Glaze two different ornaments with the same or different techniques. Lots of designs to choose from.

Fee: \$20 for materials, payable at Studio.

Directions: Studio for Art and Craft, 576 Main Street, Cobleskill, NY 12043

WE62: History of Halloween

John Jarvis

Wed Oct. 30, 2:30 - 3:30 pm

Middleburgh Library

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.

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

WE66: Silver Screenings 2: Return of the Movies!

Don LaPlant

Max 40

Wed Sept 18, Oct 16, Nov 20, Dec 18, 1:00 - 3:30 pm

The Community Library

Back by popular demand! This film series will continue to highlight small, independent, and foreign films where senior citizens are shown as real, dynamic, engaging characters who drive the action. Join us for mid-day matinees, free popcorn, and lively post-screening conversations.

Directions: The Community Library, 110 Union Street, Cobleskill, NY 12043

WE68: The Mabee Farm: Life in the Historic Mohawk Valley

Michael Diana

Schenectady Historical Society

Wed Sept. 25, 1 - 3 pm

Rotterdam Junction, NY

The oldest farm in the Mohawk Valley (1705), Mabee Farm Historic Site offers today's visitors vibrant educational and recreational opportunities. With its deep history and riverside beauty, it's the perfect place to explore the heritage of rural Schenectady County and the Mohawk Valley.

Mabee Farm is home to three 18th century houses, an 18th century Dutch Barn, a number of wooden outbuildings, and our modern Franchere Education Center. Walk across weathered pine floors in the home of 18th century settlers. Say hello to our resident farm animals. Ogle the hand-pegged Dutch Barn (1760s) or just meander through our orchards, gardens, and forest trails. Tied to the dock float our reproduction 18th century bateaux, giving visitors an idea of how goods were shipped on the Mohawk River when Schenectady was America's frontier.

Fee: \$10 per person payable to SCHOOL, tips welcome. Register and pay no later than Sept. 11. No refunds after Sept. 11.

Directions: 1100 Main Street, Rotterdam Junction, NY 12150

WE70: Experiencing Art

Michelle Bosma

Min 7 / Max 35

Wed Oct 16, 1 - 4 pm

Fenimore Art Museum

Art uses its own language, including color, shape, and form. In a one-hour program presented by Michelle Bosma, the Manager of Special Programs, we will experience art in community, practice using vocabulary that describes our aesthetic experiences, and explore what our aesthetic sense teaches us about the world. Following our class, we will be given a guided tour of Fenimore Art Museum's permanent collections. We will then have time to wander the museum taking in their changing exhibits.

Fee: \$25.00 per person payable to SCHOOL

Directions: Fenimore Art Museum, 5798 State Highway 80, Cooperstown, NY 13326