

INDEX TO SCHOOL 2024 CLASSES – SORTED BY CATEGORY

COURSE NO. COURSE TITLE

ARTS-CRAFTS-GAMES

WE70 Experiencing Art
FR51 Soap Making 101
WE50 Paint Your Own Ornament
TU53 Confident Beginners Quilt Class
WE47 Blown Glass Ornament
WE48 Fused Glass Windchime
WE49 Mosaic Tray
FR34 Bridge – Learn and Play
Th44 Mahjong

COOKING & NUTRITION

WE8 European Christmas Cookies
TH20 Southern Indian Vegetarian Sambar and Rice Varieties
WE6 Polish Cuisine
WE7 German Cuisine
FR74 How to Make Apple Pie Moonshine
MO3 Fermenting for Healthy Gut Microbiome
WE4 Bowls, Wraps & Salads- Food for Every Meal
WE16 Hummingbird Hills Winery

GARDENING / SCIENCE

TH36 Putting Your Garden to Bed for Winter & Weeds- An Ounce of Prevention
MO24 Fruit Tree Grafting & More
FR32 Native Pollinators – Conservation and Challenges Part II
TH39 Improving Soil Health

SCIENCE / HEALTH - SAFETY

FR22 Determining the Root Cause of Disease in Traditional Chinese Medicine
FR30 Dr. Talk – Mobility Tips & Tricks
M/W6 Functional Integrated Training
TH19 Relaxation Therapy
TH75 Herbs for Cold and Flu
TU38 Mindfulness and Meditation
WE45 Seated Tai Chi (Zoom)
MO67 Implicit Bias
TU33 Unveiling the Clock: Why We Age Differently
WE40 Gems and Jewelry
TU57 Train Your Brain: Think Smarter, Not Harder
TU13 Senior Living, Housing, Safety

HIKES & TOURS

FR76 Indian Ladder Autumn Hike – Thacher Park
FR77 Owen D Young Nature Trail Hike
SUN61 Village of Cobleskill – Guided Historic Walking Tour
TH69 Caroga Historical Association Museum
WE68 The Mabee Farm: Life in the Historic Mohawk Valley
FR64 Explore Cherry Valley
MO23 American Chestnut and Fall Color Woodland Walk

HISTORY

MO72	Historic Architecture of Cobleskill
FR15	The Cave Electrician's Widow: The Tragedy at Howe Caverns
TH/FR35	Palatine German Migration to New York 1710 – 1725
TU29	Lest We Forget- Remembering the WWII Fallen from Schoharie County
WE41	Sheldon Jackson- National Hero
TH26	Breakabeen
TH37	Falklands/Malvinas War
FR63	History of American Thanksgiving
WE62	History of Halloween
MO31	Pleasure Grounds of Death: The Rural Cemetery in 19 th Century America

SOCIAL / CULTURAL / EDUCATIONAL

MO73	Opportunities for Youth in Agriculture – FFA
TH42	Writing Your Small Business Plan
MO14	Videos of Schoharie County
WE25	The Right Words at the Right Time Part 2
TH18	Helios Care: The Five Wishes
TU12	Funeral Preplanning
MO9	Get to Know Vijaya
TH17	Understanding Estate Planning, Elder Law and Medicaid
TH21	Understanding Grief – Navigating Loss and Healing
TH60	Reaching Across: Interpersonal Skills for a Divided Nation
TH65	Turning Memories Into Stories
TH71	Verlaine – The Number Wisdom Connection for the Fall & New Year
TU27	Conversational Spanish
WE5	Intro to Tarot Cards
WE66	Silver Screenings 2: Return of the Movies!

TECHNOLOGY

MO56	25 Ways t Use Your Smartphone Camera
MO58	Excel – Data Entry & Formatting
MO59	Word – Basics
TH10	Staying Safe Online: Social Engineering Defense
TH11	Staying Safe Online: Email Safety
TU43	Libby for Overdrive
TU54	What is AI (Artificial Intelligence) and Where Is It Heading?
TU55	Ditch It & Downsize

VICARIOUS VOYAGES / TRAVELOGUES

FR1	VV - Cruise to the Bahamas & San Juan with Holistic Holidays
FR2	VV – Cruise from Iceland to Norway, Amsterdam, Bruges & London
MO28	VV – The Galapagos Archipelagos