

# Mondays

## About Therapy Dogs

Heather Johnson

Mon Sept 27 2-3:30

Zoom

This class will teach you how to get started as the handler of a therapy dog: how to choose a dog, how to train a dog, how to keep the dog healthy, applying at Therapy Dogs International, testing, annual responsibilities.

## Everyone Has Stories to Tell (Self-publishing)

Heather Johnson

Mon Oct 4 2-3:30

Zoom

It is not difficult nor expensive to write your stories and have them available to the ages by publishing. The result is a professionally bound book that will exceed your expectations. You may even make some money, not counting your labor. We will also discuss non-fiction, essays, memoirs, instructional manuals, poetry anthologies, biographies and autobiographies as options.

## GMOs and Feeding the Future

John McClelland

Mon Oct 18 1-2:30

Zoom

We will discuss the history of GMO crops, the impact GMO crops have had on the world food supply and farming, the challenges the agriculture industry has moving forward, and the controversy around GMO crops.

## Precision Agriculture

Bruce Wright

Mon Oct 25 1-2:30

Zoom

The course will focus on how different types of mobile computers are being used to improve the planting, growing, and harvesting field crops. Also included will be how computers are being used to reduce the emissions produced by diesel engines that power agricultural equipment, the use of GPS satellite technology, and different methods of planting crops.

## Tour of Summit Cemetery

Karen Cuccinello

Mon Sept 20 11-noon (heavy rain date 9/27)

¼ mi south of Summit village

Join us at the Summit Cemetery where Karen will offer some history on about 20 of the interesting folks laid to rest in the Summit cemetery. Wear appropriate clothing for the weather (bug/tick spray, rain gear for light rain, etc.). We will use the rain date in case of heavy rain.

# **Mondays**

## **Fit for Life**

Travis Hyer

M/W Sept 13, 15, 20, 22 10-11

Power-Up Gym  
1469 Rt 7 Richmondville

Group fitness training for seniors. The focus includes flexibility, balance, strength, endurance, agility, and functional training to improve overall health, fitness and performance. Fit for Life was designed to add both life to your years and years to your life with emphasis on maintaining and improving your independence during activities of daily living (squatting, pushing, pulling, lifting, etc.) as well as recreational activities such as hiking, golfing, traveling and biking. Following your 4 free sessions, you have the option of becoming a member (if you are not already) OR joining the Fit for Life 8-week program, or both.

## **Historic New York: A Tour of More Than 120 of the State's Top National Landmarks**

Karen Cuccinello

Mon Nov 1 1-2

The Gathering Place

Karen Cuccinello is the Town of Summit and Village of Stamford Historian who has written over a dozen books on local history. Her latest book is entitled Historic New York: A Tour of More Than 120 of the State's Top National Landmarks. Join us as Karen guides us on a virtual tour of the most memorable historic sites in our state. The Schoharie County sites in the book are the Old Stone Fort and Dr. Christopher Best House. An example of some of the other sites in the book are: Walter Elwood Museum in Amsterdam for its eclectic mix of displays, Museum Village at Old Smith's Clove in Monroe (which sparked her interest in history as a child), Oneida Community Museum (unique as it gives an account of the history of a religious-like cult of the mid 1800's) and Seneca-Iroquois Museum in Salamanca where she learned a lot - particularly about their lacrosse team. (If you wish to get Karen's NYS Book or other history books, she will have copies at the class).