

INDEX TO SCHOOL 2025 FALL CLASSES SORTED BY CATEGORY

COURSE NO.

CATEGORY & TITLE

ARTS – HISTORY

WTH39	Art Talks
W24	Make History Come Alive Through Song

ARTS-CRAFTS-GAMES

TU13	Confident Beginners Quilt Class
W35	Soap-making 101
TH41	Crochet Class
F58	Bridge- Learn and Play

SHOWS / THEATER

SUN73	<i>WICKED</i> at Proctors
SUN74	<i>SOUND OF MUSIC</i> at Proctors

COOKING & NUTRITION

W31	Schoharie County Chocolate Jumbles
W33	CLASSIC French Cuisine
W34	TAPAS
TH49	Southern Indian Cooking- Desserts
F64	PROVINCIAL French Cuisine

GARDENING / SCIENCE

M02	Home Composting Presentation & Demo Tour
M04	Foraging in the Northeast- An Introduction
W23	Origin's Café and Tour at Carefree Gardens
TH42	Fall Arrangement with Cross Hill Heirlooms
F59	Seed-Saving for the Home Gardener

SCIENCE / HEALTH / SAFETY

MW08	Functional Integrated Training
M01	Write Your Joys, Fears and Challenges for Healing and Mental Health
TU11	Cultivating Mindfulness and Practicing Meditation
TU21	Line Dancing for Mental Health and Fun
W26	Honest Weight Food Coop Shopping Tour
W37	Healthy Lifestyle in Addition to a Healthy Diet
TH54	Finding Valid Medical Information
F60	Civilian Response to Active Shooter Event
F69	Narcan: Everything You Want (and Need) to Know

SCIENCE / TECHNOLOGY

M07	Create Your Own Video
M05	Digital Literacy- WORD Basics
TU22	Maintaining & Optimizing Your Computer's Performance
W29	Digital Literacy- Computer Basics
W30	Digital Literacy- Internet Basics
W36	Historic Blenheim Covered Bridge Replacement
TH48	Computer Fundamentals and Security

SCIENCE – OTHER

TU10	Preventing Bird-Window Collisions and Why It Matters
TU17	Journey Reimagined- How to Slow Your Biological Age
W27	Reducing Your Household Carbon Impact
W25	Sparkling Wisdom: Explore the World of Gems, Jewelry and Design
W53	Weatherization Workshop
TH50	Capital Coral Tour

HISTORY

SUN	Revolutionary War Flags and the Evolution of the American Flag
M05	History of Halloween
TU09	Women in Wars
TU15	Small Community, Big Ideas- Greater Oneonta
TU19	Gullah Geechee Culture (African American Slavery)
TU20	It's Not Your Grandmother's DAR! Today's Daughters of the American Revolution
W28	Revolutionary War Veterans of Stamford, NY Area
W38	History of American Thanksgiving
TH47	Voting Rights for Immigrants
TH52	The Complex Relationship of Europeans and Native Americans
TH55	Historic Apothecary Treatments
TH56	The History of the Dollhouse
TH57	Live Slave Narratives & Photographs

SOCIAL / CULTURAL / EDUCATIONAL

M03	Beginner Spanish
TU12	The Cause for Newspaper Decline that Nobody's Talking About
TU14	Conversational Spanish
TU16	Contemporary Poetry
TH43	Writing Your Memories
TH46	How Did You Come Up With That? Fun Facts Found Researching Historical Novels
F61	Learning About Past Life Regression Using Hypnosis
F65	Verlaine – The Number Wisdom Connection
F66	Ghosts of New York
FR68	DECK-A-DANCE: Finding Your Own Intuitive Voice with Oracle Cards

HIKES & TOURS

SUN72	Cobus Kill Battlefield Guided Walking Tour
TU18	Willie Wildlife Marsh Hike
W32	Native Stories of Our Past
TH40	Kaaterskill Falls Hike
TH44	Hiking the Long Path
TH45	Fall Splendor at Spruce Lake
F63	Fall Walk Through Ann Lee Pond Nature & Historic Preserve
F67	Five Rivers Environmental Hike

VICARIOUS VOYAGES / TRAVELOGUES

TH51	VV- Journey Out West (SD and CO)
FR62	VV- Northern Thailand's Caves, Food, and Culture
FR70	VV- Seeking Sunshine- Florida, Caribbean