

FRIDAYS - FALL 2025

F58 Bridge - Learn and Play

Fri ongoing starting Sept 5, 10-noon

Community Library- Program Room

Sandy MacKay

Min 4

Join our group to learn, relearn, or just to play Bridge. Bridge is FUN, and . . .
Bridge is to all other card games as Chess is to Checkers – engage your brain!

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

F59 Seed Saving for the Home Gardener

Fri Sept 5, 1 - 2:30 pm

Elizabeth Brown

Cornell Cooperative Extension Cobleskill

Min 3

Do you want to expand your plant collection at minimal cost? Have a favorite tomato you'd love to grow again next year? Join Schoharie Master Gardeners for a fun workshop on how and why to save seeds to grow next season.

Directions: CCE Cornell Cooperative Extension, 173 S. Grand St Cobleskill NY 12043

F60 Civilian Response to Active Shooter Events

Friday, Sept 12, 19, 10: 00 - 11:30 am

UPD Chief William Henn

SUNY Cobleskill- CANR or Curtiss Mott

The Civilian Response to Active Shooter Events (CRASE) course, designed and built on the Avoid, Deny, Defend (ADD) strategy developed by ALERRT in 2004, provides strategies, guidance and a proven plan for surviving an active shooter event. Topics include the history and prevalence of active shooter events, civilian response options, medical issues, and considerations for conducting drills. Participants in this four (4) hour Train-the-Trainer course will receive a manual and PowerPoint presentation suitable for use in their own presentations.

Bio- SUNY Cobleskill Chief of University Police with over 20 years in the field of Law Enforcement across 3 states. Police instructor for over 10 years who recently achieved Master Police Instructor. Teaching CRASE since 2020.

Directions: Participants will receive directions once the room is determined.

F61 Learning about Past Life Regression Using Hypnosis

Fri, Sept 12, 19, 1:30 - 3 pm

Susan M Cimino-Cary

ZOOM

Explore how hypnosis can be used to explore past lives. I will even share a past life experience a friend of mine had about my husband (in this life) and me, which took place several hundred years ago.

Bio- Susan was a Social Worker for 30+ years. She is a certified hypnotist and performs hypnosis and Reiki.

F62 VV - Northern Thailand's Caves, Food, and Culture

Fri, Sept 26, 1:00 - 2:30 pm

Emily Davis & Mike Warner

CCE Cobleskill

Travel with us on our adventures for a month in Northern Thailand!

Bio- Cave explorers and vagabonds

Directions: CCE Cornell Cooperative Extension, 173 S. Grand St Cobleskill NY 12043

F63 Fall Walk Through Ann Lee Pond Nature & Historic Preserve

Fri, Oct 10, 1 - 3 pm

Chris Cash

Ann Lee Pond, near Albany Airport

Come 'peak' at the color changes of Fall during a nature walk along the paths around Ann Lee Preserve, including the pond and Shaker buildings. We'll be identifying some plants (including some pinxters) and trees, and listening to the melodies of the birds. The basic hike is between 1 to 2 miles.

Bio- Retired SUNY Professor of Plant Science with decades of experience.

Participants should bring walking shoes, bug spray, sun protection, water bottle; must have ability to walk through wood lots and wet areas

Directions: 12 Airline Drive Albany, N.Y., near Albany Airport and Shaker Village

Participants will need to self transport to site or carpool

F64 PROVINCIAL French Cuisine

Jeannette Balins

Fri, Oct 17, 12:30 - 5 pm

Worcester, NY

RSVP by 10/1/25

Min 5 / Max 10

This menu reflects the type of food popular in Provincial France:

"Frisee aux Lardons" (Curly Endive and Bacon Salad)

"Soupe au Pistou" (Vegetable Soup with Garlic, Basil and Tomato)

"Coq au Vin" (Chicken simmered in Red Wine with Onions and Mushrooms)

"Clafoutis aux Cerises" (Sweet Cherry Cake)

Bio- Formerly chef/owner of A Taste of Europe

Participants should please bring an apron and small containers for the samples you will take home

Fee: \$30 per person; Payable to SCHOOL. Sign up and pay by 10/1/25. No refunds after that date.

Directions: 2607 County Hwy 39, Worcester

F65 Verlaine - The Number Wisdom Connection

Fri, Oct 24, 1 - 3 pm

Carol Sarcona

Stamford Library

Min 3 / Max 10

Have you ever strived towards developing, and achieving, a more focused, inspirational direction through your journey of life? Carol will present an Exploration of the Field of Continuous, Creative Intelligence. She will discuss the significance of numbers as "doorways" leading to a deeper, more insightful understanding of the mundane and soul level qualities of harmony and balance in our lives. She will spend time on a review of the year 2025 as well as looking ahead at what your personal numbers hint about the year 2026.

Bio- Carol attended, as well as participated, in various programs of the Theosophical Society, NYC. For over six years, she has been an ongoing program presenter at Stamford Village Library.

Participants should bring writing materials.

Directions: Stamford Library, 117 Main St. Stamford ,N.Y.

Participants will need to self transport or carpool

F66 Ghosts of New York State

Heather Johnson

Fri, Oct 31, 1 - 3 pm

ZOOM

Min 4

Many of us have experienced inexplicable occurrences involving people or animals who have already left this stage of life. My daughter had a woman in an old-fashioned blue dress who came to talk and read with her. Let's read various New York State ghost tales found in one of several books you can discover at used book stores, and be ready for goose bumps as we share those stories as well as our own. We'll also talk about possible explanations. So, find a book of ghost stories from New York State at your local library or a used bookstore and be ready to share a story or two during our class meeting.

Bio- Masters Degree plus 60 hours in education.

Participants should bring: A book of ghost stories from New York State

F67 Five Rivers Environmental Hike

Kathy Livingston

Fri., Nov. 7, 1 - 3 pm

Delmar, NY

Raindate- TBD

Min 2

Join us as we visit the Five Rivers Environmental Education Center! It is a living museum near Delmar, NY, comprising over 450 acres of fields, forests, and wetlands. With over 10 miles of trails for exploration, Five Rivers fosters discovery, spiritual refreshment and physical fitness through wholesome year-round outdoor recreation.

We will hike the pond area looking for migrating birds, as well as the old orchard, marsh, and old fish stocking areas. Time can then be spent inside the Educational Center looking at the exhibits, photography display, and resident wildlife ambassadors.

Bio- In recognition of outstanding interpretive programming, the National Park Service has designated Five Rivers a National Environmental Study Area.

Participants should dress for the weather.

Directions: Five Rivers Environmental Education Center is located in Delmar, NY, at 56 Game Farm Road. See Google Maps and enter your address for step by step directions to Five Rivers. The property is located at 42.608676°N, 73.889757°W.

No pets.

F68 DECK-A-DANCE:

Finding Your Own Intuitive Voice with Oracle Cards

Fri., Nov. 14, 10 - 1 pm

Corbie Mitleid

CCE Cobleskill

Min 6 / Max 16

Tarot is the most well-known divination system in use today, with thousands of volumes, courses, and instructors. But what do you do with the new Oracle decks that have nothing to do with standard Tarot archetypes? Because there is no 'tradition' associated with them, there's no standard way to read them.

That's where the adventure begins. Come join internationally-acclaimed psychic medium and Certified Tarot Master Corbie Mitleid to discover how to tap into your own intuitive voice through these non-traditional decks. No experience required – just an open mind and an ability to think outside the (card) box!

Participants should bring: One NON TAROT based deck – usually called Oracle Decks, and a journal if they like.

Directions: CCE Cornell Cooperative Extension, 173 S.Grand St, Cobleskill NY 12043

F69 Narcan: Everything You Want (and Need) to Know

Fri., Nov. 14, 1:30 - 2:45 pm

David DeSando R.Ph.

CCE Cobleskill

Narcan can help someone survive an opiate overdose. Hospital Pharmacist David DeSando will teach you how and when to administer this life-saving drug. Did you know you can obtain Narcan for free? You will learn how to obtain it so that you can show others where to get it in case someone they know may benefit from having it available.

Bio- David DeSando is a Hospital Pharmacist with over 25 years of experience in a clinical setting.

Participants should bring paper and pen

Directions: CCE Cornell Cooperative Extension, 173 S.Grand St, Cobleskill NY 12043

F70 VV - Seeking Sunshine- Florida, Caribbean Cruise & Mexico

Fri., Nov. 21, 10 - 11: 30 am

Beth Brandel

ZOOM

When we travel to an area, we prefer to spend more than one week. We are retired, right? In March, 2025, we spent one week at a timeshare in Hollywood, FL (right on the boardwalk!), one week on an MSC cruise - Puerto Rico & Jamaica / Vegan seminars (1,500 Vegans and 3,500 carnivores onboard) and one week in our timeshare at the Occidental Xcaret resort in Riviera Maya, with our daughter Julia, where monkeys swing in the trees! We enjoyed beautiful scenery and pleasant temperatures!

Bio- Seasoned traveler