

Tuesday Fall 2019

T-1 Creative Nonfiction Writing and Poetry - Beth Cash

Community Library 110 Union St., Cobleskill

10:30 - 11:45am Aug 13, 20, Sept 3,10,17,24

max 12

This six week class is an opportunity to work and read your creative nonfiction or poetry in a supportive environment. Reading selections, prompts, and writing times will be provided at each session. We'd love to have you join us!

T-2 Zim Smith Rail Trail Hike - Carolyn Melszer

Zim Smith Trailhead

10 – noon Sept 10

Hike on rail trail that starts at the Shenantaha Creek Park in East Line, NY to Round Lake. The hike is about 2 miles long one way. (There will be transportation provided to return to the starting point). The trail is paved and flat and goes to the Victorian hamlet Round Lake Village. Carolyn Melszer will give directions to the trailhead to those who register, and she is willing to lead the way from the Schoharie Park and Ride.

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T-3 From Confederation to Union; How the United States became United - Anne Myers

Methodist Ch Cobleskill Chapel St Cobleskill

3-4pm Sept 17, 24, Oct 1, 8, 15, 22, 29, Nov 5

The course will cover the movement after the American Revolution from the Articles of Confederation to creating the Constitution of the United States and the issues involved. We will apply this to Schoharie itself, how it might move from a confederation of townships into a united Schoharie County.

T-4 Composting 101 - Scott Mills

Cornell Cooperative Extension 173 South Grand St, Cobleskill, NY

1 - 2 pm Sept 24

What is compost? How do you compost? What is organic? We will learn about nature's natural process of breaking down dead plant material and turning it back into soil, the benefits of composting, and what one can and cannot compost. Also covered are multiple methods and scales of composting, passive and active composting, and the element of time in composting.

Tuesday Fall 2019

T-5 Intro to Dungeons and Dragons - Clayton Edmunds

Community Library 110 Union St., Cobleskill

6-8 pm Oct 1, 8, 15, 22, 29, Nov 5

max 6

Join us on an adventure set in the epic fantasy medieval world of Dungeons and Dragons! Customize your character in a world filled with magic, dragons, and perilous journeys. No previous experience is necessary. We will be focusing on the 5th edition of D&D. This course will cover character creation, role playing, and game play.

The recommended book for this course is the 5th edition D&D Players Handbook. Members of the class get a group discount for buying the Players Handbook from Games-A-Plunder.

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T-6 Fun Botany for Plant Lovers - Anne Donnelly

Anne Donnelly's home 5045 State Rt 145, Cobleskill

1 – 3pm Oct 15

max 15

Some folks regard plants as “really, really slow animals-with feelings and emotions,” while others think of them as “salad that isn’t dead yet.” Regardless of your point of view, plants are endlessly fascinating. Did you ever wonder why leaves turn color in autumn? Why do plants grow towards light? What is the relationship between photosynthesis, respiration and transpiration? What do those mysterious numbers on the fertilizer bag mean to a plant?

If you have wondered about these questions or have some of your own, this class will be fun – using basic botany to explain some of these mysteries. We will make this mostly field trip if weather permits, so come dressed accordingly.

Tuesday Fall 2019

T-7 An Apple a Day Plus Chocolate ... - Anne Rogan

CANR Hall 111

3:15-4:30pm Oct 15

\$5 payable to presenter unless you cancel at least 10 days prior to class

Please join us for a tasting of NYS apples paired with chocolate produced in NYS and New England. The pairing provides time for a discussion of the health benefits of both apples and chocolate. Who needs probiotics when you have local apples and chocolate? Bring your questions and taste buds! The apples are the product of Middlefield Orchard, which you can visit on your own. It is at 2274 State Hwy 166, Cooperstown, NY 13326

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T-8 Toxic Stress and Resilience: ACEs For All Ages - Dr. Susan Emerson (Strasser)

Wheeler Hall 130

2:30-4pm Nov 5, 12

min 5

The Adverse Childhood Experiences study in the 1990's made clear that childhood stresses are associated with a lifetime of health issues including 'medical' issues such as heart attacks and cancers as well as problems with mental and behavioral health. We now know that toxic stress can even change how genes are expressed, and that these changes can be passed on to the next generation. We'll discuss ACE as well as toxic stress beyond childhood and the new(er) science of Resilience which can help prevent and reverse the toxic effects of severe stress in yourself and others.

T/Th-1 Water Aerobics - Jerry Peters

Bouck Hall Pool

11 – noon Sept 17 - Nov 26

\$5 per session

Water Aerobics is available every Tuesday and Thursday from 11 - noon, September 17 through November 26, at the pool in Bouck Hall. Sign up with SCHOOL to enjoy this low impact form of exercise that has proved popular with many of our members. Speak to Jerry Peters at the pool about payment options.

(Try Me) Tai Chi for the Beginner - Kathryn Sorrentino

Yoga Den 513 W Main St, Cobleskill

3 pm Sept 24, Oct 8, 22, 29

20 max

4 free sessions

Tai Chi is a low impact mind/body connection that can improve balance and strength, improve cognition, reduce pain and prevent falls, just to name a few benefits. This program is also for those who may need to do sitting or standing. 4 free sessions are offered, after which you may enroll in the 6 week interval programs