

# Wednesdays-Spring 2022

## **Canvas, Pottery, Jewelry - Oh My!**

**Studio for Art and Craft**

Wed March 9,16,23,30 @noon-1

576 E Main Street, Cobleskill, NY

In this 4 week class complete a canvas painting, make wire wrapped pendant, and create with string art pyop (pick your own piece)

\$45 material fee payable to Studio.

Max 15

## **Improvisation and You**

**Julia Walter & friends from  
Theater Project of Schoharie County**

Wed March 16,30, April 13,27, May 11,25 @3-5pm

Cobleskill Community Library

Improvisation class for beginners and advanced students to work on characterization, plot, improvisation games and fun. This class is open to everyone - people who have experience onstage and people who think they might like to try being onstage. This class is open to students of any age

Please wear clothes that are comfortable.

## **Springtime Favorites**

**Studio for Art and Craft**

Wed April 6,13,20,27@noon-1

576 E Main Street, Cobleskill, NY

In this 4 week class enjoy the art of Hydro dipping an Easter egg, make your own clay windchimes, make a fluid pour planter

\$45 material fee payable to Studio.

Max 15

## **Fit for Life**

**Travis Hyer**

Mon/Wed April 4, 6, 11, 13 @ 10-11am

Power Up Gym

469 NY 7 Richmondville, NY

**This** group fitness training is designed 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. Max 5

## **Everyone's a Critic**

**Don LaPlant**

Wed April 6,13,20,27 @1:30-3

Cobleskill Community Library

Want to become a more insightful, observant, appreciative viewer of film, television, and theatre? Join former theatre & film professor Don LaPlant for a class that will change the way you watch, think about, and discuss popular entertainment forms. Students will learn basic analytical techniques and theories, and apply them in classroom discussions of selected works. Topics will include elements of plot structure, characterization, themes, and production choices.

No materials are required, but a pen and notebook might be helpful.

Max 15

## **Nutrition and Health - A Doctor's Perspective**

**Cyril Kozak, MD**

Wed April 13@10-noon

Cobleskill Community Library

“Food as Medicine and Medicine as Food” is what Hippocrates said. What we have been taught for the past 50 years or more about nutrition has been reversed, in many instances, over the past 10 years. We will attempt to cover the basics of good nutrition in disease prevention and how to experience a healthier and happier life. Join us for this interactive class. With your participation, it should be a dynamic and informative experience for all.

Bring an interest in nutrition and an open mind.

## **Tai Chi**

**Kathryn Sorrentino**

Wed April 27, May 4,11,18 @9:30-10:30am

Zoom

A gentle, low impact activity. Strength building for better balance and prevention of falls by improving posture, promoting flexibility, and increasing awareness between mind and body. It is a pain-free range of motion which helps improve circulation.

## **Fire and Ice**

**Studio for Art and Craft**

Wed May 4,11,18,25@noon-1

576 E Main Street, Cobleskill, NY

In this 4 week class, create your own bowl on the pottery wheel, design with fused glass to make a coral bowl , and combine clay and glass in your own soap dish.

\$45 material fee payable to Studio.

Max 15

## **Brush Up Your Shakespeare**

**Don LaPlant**

Wed May 4,11 @1:30-3

Cobleskill Community Library

Were you put off by the complexity of Shakespeare's language when you had to read his plays in school? Ready to give it another try now that you're older and wiser? Students in this no-pressure, interactive class will focus on learning how Shakespeare's language works in order to make reading and understanding these classic plays easier and more enjoyable. No previous theatre experience is required.

Max15

## **Lavender: How to Successfully Grow in Zone 5**

**Jeanne Gostling**

Wed May 25 @10-noon

Lavender Manor Farms LLC

5111 State Route 145 Cobleskill, NY

Learn which varieties of lavender do well in the northeast. Amend your soil correctly. Select plants for your intended purpose: landscaping, culinary, crafts and fresh cuttings. Develop growing strategies to insure your plants survive. Detect disease early and mitigate it. Winterize to survive.

You may want to bring note-taking material and a clipboard.

Weather prudent clothing and footwear

Max 20

## **Christman's Sanctuary Hike and Birthday Event**

**Carolyn Melszer, Don & Shirley Martin**

Wed June 1 @2-4pm and 6-7pm

221 Larson Lane, Delanson NY

On June 1, Friends of W.W.Christman will celebrate his birthday at the Christman's Sanctuary. This is an annual event where some of the friends will be reading his poetry and those of others. Earlier that afternoon Carolyn will be leading a hike on the 120 acre preserve which includes a beautiful 30-foot waterfall. The hike is less than 2 miles, not always level but maintained. We will meet at the Martin's house at 2:00pm for the afternoon hike.

Please, park your car at the Martin's House (*221 Larson Lane, Delanson, NY*) because parking at the preserve is very limited. Their house is about 3 miles East of Quaker Street off of Schoharie Turnpike (left turn) into Larson Lane. After the hike, there will be snacks at the Martin home.

Shirley will be attending the poetry readings in the preserve at 6:00 pm if anyone cares to join her.

Wear comfortable shoes, bring bug spray and water.