



Continuing EDUCATION

**ONLINE CLASSES
ONLY**

FALL 2021 Schedule



Contact Information

Karen Ballard - Registrar

(518) 439-4921 ext. 22965
kballard@bethlehemschools.org

Scott Carlton - Fall Director

scarlton@bethlehemschools.org

Kate Burkart - Spring Director

kburkart@bethlehemschools.org

For assistance during the registration period, please call the number above or use the listed email addresses.

ONLINE CLASSES ONLY

Due to the COVID-19 pandemic, all Bethlehem Central School District Fall 2021 Continuing Education classes will be held online, using Zoom or Google Meet (depending on the class). The program will run a limited schedule of classes.

COURSE FEES

Continuing Education course fees vary as outlined in course descriptions. Regardless of base cost, non-residents must add \$10 per course. Payment—in the form of a check or money order—must be submitted at the time of registration. **Each registration must be for ONE course for ONE person with ONE check for that specific course.** PLEASE DO NOT SEND CASH.

In certain courses a limited number of free registrations will be made available to senior citizens (62 and older) who have a Bethlehem Central Senior Citizens Pass (available at the high school main office, 700 Delaware Ave, Delmar). This does not apply to HILL classes. Seniors must include a copy of their senior citizens pass with their registration form to receive the exemption. One exemption per semester, per person is allowed. Classes must have sufficient paid registrations for senior exemptions to be granted.

ELIGIBILITY

Courses are open to all persons ages 21 or over, with the exception of the SAT review courses. For courses accommodating a limited number of students, Bethlehem Central residents will have preference.

REGISTRATION BY MAIL ONLY

Registration must be made in advance by mail only. No drop-off at the high school will be allowed due to health precautions. To register:

- Mail your registration before Friday, September 17.
- Registration received after Friday, September 17 will not be accepted.

Please print the last page (registration form) and mail to Director, Continuing Education, Bethlehem Central High School, 700 Delaware Ave., Delmar, NY.

Please use separate checks for each class. Your check will not be deposited until classes start.

You will NOT receive confirmation of registration. You will be notified only if the class is cancelled or if class limits have been exceeded. In both cases, your check will be returned.

ONLINE CLASS TIMES

Online classes will be held live, at the times they are scheduled. Most Continuing Education courses meet once a week, between 6 p.m. and 9 p.m., and last up to 10 weeks. Exceptions are noted within course descriptions. Please check the schedule of classes in which you are interested.

REFUNDS

Refunds will be given if withdrawal from a class occurs before the start of the first class. Refunds will not be given for missed class sessions.

CANCELLATIONS AND RESCHEDULED CLASSES

The Continuing Education Office may cancel courses with fewer than 12 registrants, since those courses may not meet expenses. In addition, we reserve the right to cancel/reschedule classes due to unforeseen situations.

Class schedules are included in the descriptions of each class. Please read carefully for dates that classes may not meet.

ZOOM AND GOOGLE MEET

Zoom is a video conferencing application that allows people to have face to face meetings with many people online. It is free and easy to access. A Zoom account is not required if you are strictly joining a Zoom meeting as a participant. Your instructor will send you your class meeting link once you are registered.

Google Meet is also a video conferencing tool used for some of the Fall Continuing Education classes. Again, it is free and easy to access. It is helpful to have a Google account to use all the features of Google Meet.

All classes are online via Zoom or Google Meet

There will be no in-person classes this fall due to COVID-19.



Design Your Perfect Wardrobe

Location:	Zoom Class Online Only
Instructor:	Kathy Carlton
Length:	3 weeks
Starting Date:	October 18
Day & Time:	Mondays, 7:00 – 8:00p
Fee:	\$30

Do you have a closet full of clothes and nothing to wear? This 3-part workshop will address a number of topics that will help you develop your perfect wardrobe starting with what you have. We will cover: lies we tell ourselves about how we dress; identifying your style personality; dressing for your body type; creating a capsule wardrobe; recreating inspirational looks from your closet; incorporating trends; style hacks; shopping tips & tricks and a Q & A on "Can I Wear This?" Kathy Carlton is a lifelong clothes fan, personal stylist and shopper. She has worked with women of all ages and life events to find their style groove without sacrificing comfort or pocketbooks. **Limit of 30 students.**

Downsizing - Myths & Facts

Location:	Zoom Class Online Only
Instructor:	Sher, Stone and Fortin
Length:	One night only
Date:	Thursday, October 21
Time:	7:00-8:30p
Fee:	\$15

Have you been thinking of downsizing? Is now a good time to sell? In this workshop, you'll learn: how to get top dollar in this sellers' market; how to handle it when one spouse is ready and the other is not; how to know when to list your house; simple steps to organizing, decluttering and donating; simple updates with the biggest return; why inspections can make or break a deal; and real estate pitfalls to avoid. Nina Sher is a licensed real estate salesperson with Hunt Real Estate and retired BCSD French and Spanish teacher; Judi Stone is an interior designer and owner of Take2Artworks; and Lisa Fortin is Branch Manager of Homestead Funding. Both Nina and Judi will also share their best tips from their own personal downsizing stories. **Limit of 30 students.**

NEW CLASS!

Drawing from Observation

Location:	Zoom Class Online Only
Instructor:	Osborne
Length:	6 weeks
Starting Date:	October 5
Day & Time:	Tuesdays, 6:00 – 8:30p
Fee:	\$50

In this class, students will be introduced to drawing from observation. The instructor will guide students through basic drawing techniques to capture images from observation. The instructor provides a fun way of drawing that results in successful and proficient drawings. Supply list given upon registration. **Limit of 20 students.**

Find the Right College at the Right Price

Location:	Zoom Class Online Only
Instructor:	Dr. Skarlis
Length:	Two weeks
Dates:	October 14 and October 21
Day & Time:	Thursdays, 7:00– 8:00p
Fee:	\$25

This two-session workshop is for parents of high school sophomores and juniors. Dr. Dean Skarlis of The College Advisor of New York will outline the steps you need to find a best-fit college. Some of the topics he will cover are: The top five factors colleges expect to see in applicants; the financial aid process and strategies to reduce college costs; rankings/schmankings; understanding why "fit" is critical; SAT/ACT strategy; how to make the most of college visits; writing the essay...and more. The information covered in this presentation will help you in your child's college search. **Limit of 30 students.**

How to Pay for College

Location:	Zoom Class Online Only
Instructor:	Caleb Keyser
Length:	One night only
Starting Date:	October 7
Day & Time:	Tuesday, 6:00– 7:30p
Fee:	\$15

We all know what a difference a college education can make. This webinar will cover the student loan landscape, available options parents have when building a college funding plan, and resources you can turn to for more information and assistance. See why it's never too late to start a college funding plan. Caleb Keyser is an Investment Advisor Representative with Eagle Strategies Wealth Management LLC. **Limit of 30 students.**

Important Battles in American History

Location:	Zoom Class Online Only
Instructor:	Wilson
Length:	5 weeks
Starting Date:	September 29
Day & Time:	Wednesdays, 6:00-8:00p
Fee:	\$50

American military history is one of tragedy and triumph, sacrifice and courage. There have been many battles fought, not all of which were victories. But despite the outcome, each battle has proven to add another layer to the rich history that is shared by all Americans. With so many battles to choose from, this workshop will focus on a handful of battles that dramatically impacted American history. The battles we will cover are as follows: The Battle of Plattsburg, Jeb Stuarts' Gettysburg Campaign, Doolittle Raid, Operation Market Garden, US Invasion of Panama. **Limit of 25 students.**

Introduction to Excel & Google Sheets

Location	Google Meet Class Online Only
Instructor	Farrell
Length:	2 weeks
Date:	October 5 and October 12
Day & Time:	Tuesdays, 7:00-8:30p
Fee:	\$25

This basic course will teach students to learn how to prepare basic spreadsheets, graphs, and charts for personal, educational or business applications using Google Sheets. Please have a Google account prior to the start of class to access Google Sheets and save your work to Google Drive. **Limit of 20 students.**

Introduction to Google Applications

Location	Google Meet Class Online Only
Instructor	Farrell
Length:	2 weeks
Date:	October 19 and October 26
Day & Time:	Tuesdays, 7:00-8:30p
Fee:	\$25

You will need a Gmail account for this class. Explore the many applications that your free Google account has to offer including documents, sheets, presentations and much more. **Limit of 20 students.**

Investing and Estate Planning 101

Location:	Zoom Class Online Only
Instructor:	Bryant & Martin
Length:	One night only
Date:	October 18
Day & Time:	Monday, 6:00-8:00p
Fee:	\$15

Don't leave your heirs a mess! Are you wondering if you have set your investment accounts up properly and have the appropriate estate documents in place? Or are you just starting out with a new family and want to know if you have everything set up appropriately. Learn how to best plan for wealth accumulation, insurance needs, college expenses and to learn about the estate planning documents all parents need including wills, power of attorney, health care proxies, living wills, trusts, and long-term care planning. Conor Bryant is a CERTIFIED FINANCIAL PLANNER™ and Ed Martin is a Principal Attorney at Lavelle & Finn, LLP and focuses his practice on estate planning and business law. **Limit of 30 students.**



Medicare Made Clear

Location:	Zoom Class Online Only
Instructor:	Yuhasz
Length:	One night only
Date:	October 12
Day & time:	Tuesday, 6:00–8:00p
Fee:	\$15

Whether you are approaching Medicare age, are already on Medicare, or a caregiver who assists parents or elderly relatives, finding the right Medicare coverage can be difficult. Having proper knowledge is essential for picking the right Medicare plan. In this zoom workshop, you will learn all about Medicare basics, its parts, premiums, deductibles, how and when to apply and the qualifications for available assistance programs. Come join us to learn more. Mary Yuhasz will be presenting from Mosaic Wealth Strategies Group, Ltd. **Limit of 30 students.**

Planning Your Cash Flow in Retirement

Location:	Zoom Class Online Only
Instructor:	Caleb Keyser
Length:	One Night Only
Date:	October 7
Day & Time:	Thursday, 6:00– 7:30p
Fee:	\$15

Taxes are no joke! Join us for an interactive event to understand how taxes will affect your retirement plan, and what can be done today to protect your cash flow, maximize every dollar you've saved, and time a successful retirement. Caleb Keyser is an Investment Advisor Representative with Eagle Strategies Wealth Management LLC. **Limit of 30 students.**

Retirement & Discussion on Changes to Social Security

Location:	Zoom Class Online Only
Instructor:	Bryant
Length:	One night only
Date:	October 12
Time:	Wednesday, 6:00-8:00p
Fee:	\$10

Are you wondering if you saved enough for 30+ years of retirement? If you are wondering how much is enough, or if it may be too late to get serious about saving for retirement, this course is for you. Topics include: Cash Management, Strategies for Successful Investing, Calculating the Cost of Retirement, Sources of Retirement Income, and changes in Social Security. Conor Bryant is a Certified Financial Planner™ at Bryant Asset in Delmar. **Limit of 30 students.**

Roadmap to Retirement: Top IRA Planning Mistakes to Avoid

Location:	Zoom Class Online Only
Instructor:	Prinzo
Length:	One night only
Date:	October 7
Time:	Thursday, 6:00-7:30p
Fee:	\$15

This workshop will help you learn about the most costly mistakes you can make regarding your Individual Retirement Account, and how to avoid these unfortunate situations. The purpose of the course is to make sure that your road map to retirement is clear and accurate so that you'll stay on track toward your retirement goals. Sign up now to learn about the best ways to maximize your IRA savings for yourself and your beneficiaries. **Limit of 30 students.**

SAT Review: Critical Reading & Writing Subtests

Location:	Zoom Class Online Only
Instructor:	Maset
Length:	4 classes
Dates:	Sept. 20, Sept. 22, Sept. 28, Sept. 30
Time:	6:00-7:30p
Fee:	\$100 plus book listed below

This class will prepare students to take the Verbal section of the SAT offered in the fall of 2021. The course will be completed right before the October 2nd SAT exam. For the first class, students must have Official SAT Study Guide 2020 Edition (available on Amazon) <https://www.amazon.com/Official-SAT-Study-Guide-2020/dp/1457312190>. **Limit of 25 students.**

SAT Review: Math

Location:	Zoom Class Online Only
Instructor:	Maset
Length:	4 classes
Dates:	Sept. 13, Sept. 15, Sept. 20, Sept. 27, Sept. 29
Time:	6:00-7:30p
Fee:	\$120 plus book listed below

This class will review formulas, concepts and problems for the mathematics portion of the SAT for students who plan to take the exam during one of the fall administrations. Students must have The Official SAT Study Guide 2020 edition - published by the CollegeBoard (available on Amazon) for the first class. **Limit of 25 students.**

Writing Workshop

Location:	Zoom Class Online Only
Instructor:	Higgins
Length:	8 weeks
Starting Date:	October 18
Day & Time:	Mondays, 6:30-8:30p
Fee:	\$60

So you've always wanted to write a book or you've always written something-stories, letters, a journal? Perhaps there is a story you've always wanted to tell? This eight-week online workshop offers a supportive environment for your writing, with practical exercises and strategies to inspire and improve your work. In addition to mini-lectures, the virtual class will consist of large and small group discussion and exercises. Online resources available outside of class. Taught by Ellen Higgins, Ph.D., a professional writer, editor, and teacher. **Limit of 15 students. No senior exemptions.**

Yoga

Location:	Zoom Workout Online Only
Instructor:	Adams
Length:	10 weeks
Starting date:	October 5
Day & time:	Tuesdays, 6:45-8:00p
Fee:	\$60

This class will focus on the development of body awareness and alignment, flexibility and strength training through the practice of the physical poses of Yoga known as Asanas. Tone and strengthen your muscles, ligaments, joints and nerves. Support and maintain the smooth functioning and health of all of the body's systems. Dress in comfortable clothes that allow stretching and have your yoga mat and blanket handy. Please refrain from eating a heavy meal two hours prior to class. **Limit of 50 students.**

Zumba

"Ditch the Workout. Join the Party!"

Location:	Zoom Workout Online Only
Instructor:	Jaime-Benitez
Length:	10 weeks
Starting date:	October 6
Day & Time:	Wednesdays, 6:30-7:30p
Fee:	\$50

Zumba is the most popular workout in the fitness world today! You have undoubtedly been hearing about Zumba around town, and in the media. It's time for you to enjoy your cardio workout to international music! Here is a link to a recent class: June final - YouTube. Zumba fuses hypnotic Latin rhythms and easy-to-follow moves to create a one-of-a-kind fitness program that will blow you away. Our goal is simple: We want you to want to work out, to love working out, and to get hooked. Zumba® Fanatics achieve long-term benefits while experiencing an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! You will love it! **Limit of 50 students.**



Non-Profit Org.
U.S. Postage
PAID
Albany, NY
Permit No. 79

ECRWSS

Reminder

You must send a separate check for each class you are registering for.

POSTAL CUSTOMER

ONLINE CLASSES ONLY

for Fall 2021

Continuing **EDUCATION** Registration Form

Use this form for **Continuing Education Courses**. Please use one form per person (photocopies are acceptable). Write one check per course payable to "Bethlehem Central School District."

PLEASE PRINT and FILL OUT FORM COMPLETELY. INCOMPLETE FORMS WILL NOT BE PROCESSED. PLEASE WRITE CLEARLY.

Check here if you are a senior citizen
(If box is checked, please submit a copy of your BC Senior Card)

REMINDER: All classes will be held remotely via Zoom or Google Meet. The instructor will send you the link to the course several days prior to the start of the class.

IMPORTANT: You must add your email address below or the instructor will not be able to send you the link to the course.

Name: _____

Address: _____

Home phone: _____ Alternate Phone: _____

EMAIL ADDRESS: _____

Course Title #1 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check # : _____

Course Title #2 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check # : _____

Course Title #3 _____

Starting Date: _____ Day, Time & Session: _____

Fee: _____ Check # : _____

Mail checks and registration forms to:
Director, Continuing Education - Bethlehem Central High School
700 Delaware Avenue
Delmar, NY 12054

******Remember: You will not be notified that you are registered for a class. You will be notified only if the class you registered for is cancelled or full. Checks will not be cashed until your class begins.******

Office Use Only

Date Received _____

Check Money Order

Initials _____