

Duanesburg Central School
Adult Education – Fall 2009
Coordinator – Kathy Lavigne

The Adult/Continuing Education Program thanks all community members for their continued support of this program. Please review the following Fall 2009 Semester course offerings, meeting days, times, place and registration fees. Classes will take place at **either** the MS/HS campus, 163 School Drive, Delanson, NY 12053 or the elementary school campus, 165 Chadwick Road, Delanson, NY 12053. Please take note of the location of the class you are registering for. Register in advance by calling 895-8310, ext. 400, or 895-2580, ext. 100. Classes with less than 10 registrants will not be held. The Insurance and Point Reduction class needs to be prepaid. All other DCS registration fees will be collected at the first session of each class, and **checks are to be made payable** to **DCS ADULT Education**. Mail checks to Kathy Lavigne, Duanesburg Elementary School, 165 Chadwick Road, Delanson, NY 12053. Resident Senior Citizens (62+) living in the school district may register for a standard reduced rate or as indicated. Students and non-residents of the school district may attend.

DCS CLASS OFFERINGS – FALL 2009

MONDAY

Understand Stocks, Bonds, & Mutual Funds - Frank Guiffre, 1wk, 6:30-8:30pm, **HS 104**, \$5. Learn the basics of stocks, bonds, and mutual funds, the true backbone of most portfolios. Discover how to use the Internet and daily newspapers to track your investments. This course will help you understand the differences and the similarities of various types of investments, and will show you how proper asset allocation will lower your overall risk. Understand the benefits of using mutual funds to build a balanced portfolio and help plan for a successful retirement. This course is strictly educational and there will be no attempt to promote any specific investments. For more course information, please email fguiffre@hallidayfinancial.com. **Mon, 11/9**

MONDAY/WEDNESDAY

Introduction to Microsoft Word 2003 - Kathy Lavigne, 7-8:30pm, 3 nights, **HS 203 Computer Lab**, \$25 (Sr. Citizens - \$20). This is an introductory course on the use of Microsoft Word 2003. Basics will be covered including all toolbar functions, the mouse, and printing a document. This is the perfect class for those who have no computer skills and for those who need to brush up. Limit – 14. Dates: Mon.-10/5, Wed.-10/7, Wed.-10/14 **Mon, 10/5**

Excel 2003 for Beginners/Intermediate – Kathy Lavigne, 7-8:30pm, 3 nights, **HS 203 Computer Lab**, \$25 (Sr. Citiz. \$20). Registrants must have knowledge of Microsoft Word and the functions of the toolbar. Excel is database spread sheet software. Students will learn to data sort several columns of information, data fill, add/subtract columns of figures, and more. Bring your questions with you. Limit – 14. Dates: Mon.-10/19, Wed.-10/21, Mon.-10/26. **Mon 10/19**

SWING DANCE - Mon&Wed, 7-8:30pm, **HS Cafe**, 4 nights, \$30 (Sr Citizens - \$25). Join us and have some fun learning basic/beginner ballroom steps including the waltz, fox trot, swing, executing turns, and some Latin steps as well. Couples and singles are welcome. Wear comfortable shoes that you can dance. Bring a water bottle. Dates: Mon.-11/2; Wed, 11/4; Mon, 11/9; and Wed, 11/11. **Mon, 11/2**

TUESDAY

WEIGHT LOSS SUPPORT GROUP - A free support group for those interested in meeting for ½ hour every Tuesday to help support each other in a weight loss goal. The instruction of the class will be shared with attendees, 6 - 6:30pm, 7 wks, **elementary room 402**. Be prepared to be weighed in each week and have your goals outlined for the first class. There will be an assignment each week to help each participant to stay focused on eating healthy. **Tue., 10/6**

TUESDAY/THURSDAY

STEP AEROBICS - Kathy Lavigne, (**Tues. & Thur.**), 6:30-7:30pm, 7wks, \$30 (Sr Citiz.-\$25), **elementary gym**. A cardiovascular workout - key to heart health, and helps to lower both stress and cholesterol levels! Wear loose fitting clothing, aerobic footwear; **bring a standard step**, a mat/towel for floor work, and a water bottle. (10/6- 11/19) **Tue, 10/6**

WEDNESDAY

ADULT VOLLEYBALL - Phil Peacock, Wed & Friday nights, 7-9pm, 8wks, (14 nights) **HS Gym**, \$25. Dates are subject to change to accommodate HS sports teams. Dates: Wed-9/16, 9/23, 9/30, 10/7, 10/14, 11/4, 11/11, Tue-10/20, & Fri-9/18, 9/25, 10/9, 10/16, 10/23. **Wed, 9/16 & Fri 9/18**

WEDNESDAY CONT'D

INSURANCE & POINT REDUCTION DRIVER TRAINING – Brian Sydow, 6-hours, 2wks, 6:30 – 9:30pm, \$45-Adult / \$40-Students & Sr. Citizens, **HS Room123**. This is a 6-hr accident prevention program taught within the classroom. The course consists of films, lectures, student participation and other visual aids. All students completing the course receive a 10% reduction off liability and collision insurance premiums each year for three years, and a 4-point reduction off your license with DMV. Students with driver's permits may take this class. ***MUST have 20 people prepaid in advance*** to run this class. Please ***make checks payable to DCS Adult Education*** and ***mail your check to Kathy Lavigne, at Duanesburg Elementary School, 165 Chadwick Road, Delanson, NY 12053.***

Class limit – 40.

Wed, 10/28 & 11/4

THURSDAY

YOGA – Marcella Luongo, 7-8:30pm, \$45 (Sr. Citz \$35), 8wks, ***elementary school library-room 302***. Marcella, a Hatha yoga instructor for over 15 years, welcomes beginners and experienced students in this class. You will learn to stretch, breathe deeply, relax and relieve stress and tension. A great exercise for all ages, body types and fitness levels. Wear loose clothing, bring a mat/towel and a water bottle.

Thur, 10/1

DANCE OFF the POUNDS – A free ½ hour of dance movement, 6-6:30pm, 7wks, Kathy Lavigne, ***elementary school gym***. This is for those folks who need a little help jump starting their weight loss program. Come and walk to the music – you will be in constant motion for ½ hour. Wear loose clothing and bring a water bottle.

Thur, 10/6

PUT YOUR RETIREMENT PLAN on the RIGHT TRACK – Frank Guiffre, 1wk, 6:30-8pm, **HS Room 104**, \$5. Have you figured out how to triple your income during retirement? Most retirees derive their income from three primary sources: Social Security retirement benefits, qualified retirement plans, and individual savings/investments. Traditionally, retirement was spent relaxing with minimal financial concerns. Retirement is now often defined by activities such as travel, returning to school, volunteer work, or the pursuit of favorite hobbies or sports. With proper planning, these needs can be met. We will show you ways to figure how much retirement will cost and provide strategies during your accumulation years to reach that goal. This course will define specific retirement plans and offer strategies in order to meet your goals to live a long, comfortable retirement. Feel free to email fguiffre@hallidayfinancial.com for more course information.

Thur, 10/22

FRIDAY

FALL BASKETBALL for STUDENTS – Kyle O'Brien, 5wks, at DACC-221 Victoria Dr., Friday nights beginning 10/2 – 10/30. Sessions will consist of 20 minutes of skills and drills followed by games. Checks can be made payable to the DACC. The fee is \$25.00 for members and \$35 for non-members.(family rate available) If you have questions contact the DACC at 895-9500 or Kyle O'Brien at 875-9176. These time frames will be followed:

- Boys GRADES 3&4, 6:30-7:30,
- Boys GRADES 5&6, 7:30-8:30
- Girls GRADES 5-7, 6:30-7:30
- Boys GRADES 7&8, 7:30-8:30

Fri, 10/2

SATURDAY

SEW DAY ESCAPE with Maureen Rynish, 8hrs, (8am-4pm), HS Cafeteria. A free class for unfinished sewing projects, those who need help finishing something up, and who have ideas to share. You will need to bring your sewing machine, basic sewing knowledge, and your materials. If you have an extra extension cord, bring it along. Bring a bag lunch and ESCAPE!

Saturday, 11/7

WINTER COURSE OFFERING

SKI or SNOWBOARD LESSONS – Get prepared to enjoy winter again, while you learn the basics of Skiing or Snowboarding, taught by the certified staff of the Schenectady Ski School at Maple Ski Ridge location on Wednesdays or Thursdays from 7:00-8:00 pm beginning 1/13/2010 – 2/18/2010. This 6-week session will get you moving down the slopes at your own pace. Lessons include: tickets, rentals and time to practice skills after your lesson. The fee is \$225 for residents or \$250 for non-residents and paid directly to Maple Ski Ridge - For adults ages 20 and older. Visit their website: www.mapleskiridge.com, or call them directly at 381-4700 to register.

**DUANESBURG CENTRAL SCHOOL
ADULT EDUCATION SCHEDULE**
Fall 2009

Non-Profit Organization U.S. POSTAGE Paid Permit #4

**CARRIER ROUTE
PRE-SORT**