



ARLINGTON CENTRAL  
SCHOOL DISTRICT

# ARLINGTON

## Continuing Adult/Community Education Program Winter/Spring 2025 Course Schedule

Welcome to Arlington's Continuing Adult/Community Education Program. We are proud to offer the following classes to Arlington and area resident adults, seniors, teens, and children.

Fall classes are being offered as follows:

- Some classes will be held in person, some will be held remotely (online), and others will be offered both remotely (online) and in person giving students a choice. Students taking classes offered online will be sent a Zoom link to join once class is established.
- All are welcome to take our courses! You do not have to be in the Arlington School District to register.
- **Register at:**  
<https://arlingtonschools.revtrak.net/Continuing-Education/>

If you have any questions or would like to teach a class, feel free to call:

*Linda Pucci, Coordinator*  
**845-486-4860 x 32102**

*Look for these happy faces for classes designated for elementary and middle school aged students.* 😊😊😊

*Parents/Guardians must escort students to and from classroom but are not required to stay.*

*There is not transportation for classes.*

### ARTS and CRAFTS

*Arts and craft classes are designed for all levels. Novice, beginner, and experienced artisans are welcome and all will work at their own pace*

#### Fresh Flower Topiary Workshop

*Anna Konys of Always in Bloom*

Come join us for some floral therapy and take home your own beautiful creations, plus a handful of knowledge! You will create a topiary using fresh flowers to include mixed color alstroemeria with other colorful spring flowers to enjoy or gift to someone you love. Hands-on experience and step-by-step guidance -Suitable for beginners -All Course Materials will be provided (you will need to bring a pair of clippers and gloves if desired) Bring home your masterpiece!

**\$65 Course #2308 ▪ Rm 1214**  
**Weds ▪ 3/12 ▪ 6:30 - 8:30pm**

#### Fresh Flower Arrangement Spring Basket Workshop

*Anna Konys of Always in Bloom*

Come join us for some floral therapy and take home your own beautiful creations, plus a handful of knowledge! You will create a basket with fresh spring flowers perfect for your holiday table. -Hands-on experience and step-by-step guidance -Suitable for beginners -All Course Materials will be provided (you will need to bring a pair of clippers and gloves if desired) -Bring home your masterpiece!

**\$65 Course #2403 ▪ Rm 1214**  
**Thurs ▪ 4/10 ▪ 6:30 - 8:30pm**

#### Woodworking 101

##### Charcuterie Cutting Board Workshop

*Alec Cerrato* 18+

Join this class and make your own custom Charcuterie cutting board! Real wood always looks so stunning, and in this class, you'll be able to arrange your own blend of walnut, maple, and cherry to create your own beautiful cutting board. You will receive a great introduction to woodworking and take home your masterpiece! In the first class, we will prepare material and cutting boards to size. Shop safety will also be covered in depth. We'll then arrange and glue up our boards. In the second class, the chips will fly as we work on routing the sides of the cutting boards and sand the boards. In the final class we will finish up the boards and apply the oil and beeswax finish.

**\$148 ▪ 6:30-8:30pm ▪ Room 1315**  
**Course #2426 ▪ Th ▪ 3/13-4/3**

#### Corn Hole Game Workshop

*Alec Cerrato* 18+

You know Corn Hole! You love Corn Hole! Why not make your own Corn Hole game so you can play more often and wow your friends! All materials are provided and included in the course fee. Please wear long pants and closed-toed shoes. No loose clothing like baggy sleeves or scarves. Be sure to wear clothing you don't mind working in, you'll want to be comfortable and protected. We will get dusty!

**\$198 ▪ 6:30-8:30pm ▪ Room 1315**  
**Course #2427 ▪ Th ▪ 4/24-5/15**

#### Learn the Art of Needle Felting

*Luanne Donnadio* 16+

This course is designed to teach students what felting is- the history of felting and how to master the technique of using a felting needle. Whether for a beginner or someone more advanced this course will provide basic instruction for someone to achieve the necessary skill in completing a small soft sculptured figure. All supplies are provided for this class: (\$30 fee for supply kit to be paid directly to instructor on the first night of class; if you take more than one class and bring your needles and foam to class the fee will be \$15 – discuss with instructor) If you have wool allergies, this class is not good for you since we will be felting wool!

#### Paddy the Leprechaun

You will learn to felt your very own Leprechaun!

**\$25 Course #2410 ▪ Th 2/27-3/6**

**+Supplies Fee: \$30 for kit-payable** directly to the instructor on the first night of class. **Room 1214 ▪ 6-8pm**

#### Spring Furry Friend:

You will learn to felt your choice of a dog, cat or bunny furry friend.

**\$25 Course #2411 ▪ Th 4/3-4/10**

**+Supplies Fee: \$30 for kit-payable** directly to the instructor on the first night of class. **Room 1214 ▪ 6-8pm**

#### Garden Fairy:

You will learn to felt your very own felted Garden Fairy.

**\$25 Course #2413 ▪ Thur 5/8-5/15**

**+Supplies Fee: \$30 for kit-payable** directly to the instructor on the first night of class. **Room 1214 ▪ 6-8pm**

#### Celebration Bear:

You will create a celebratory bear, whether for a special birthday, or our nations birthday in red, white & blue!

**\$25 Course #2414 ▪ Thur 6/12-6/19**

**+Supplies Fee: \$30 for kit-payable** directly to the instructor on the first night of class. **Room 1214 ▪ 6-8pm**

#### Candle Making

*with Sonia, the Candle Lady*

Learn the basics of candle making including beeswax taper candles and melts! They make

excellent gifts or just to treat yourself. You will learn about containers, fragrance oils, labels, wax and wicks and will receive step-by-step instructions to take home for future reference. The course fee includes all supplies and you take the candle or melt you make home!

### **February is the month of love!**

#### **Learn to make a 3-wick heart shaped container candle.**

You will have the choice to select from two fragrance oils in floral or sweet. You'll leave with a heart shaped 3-wick container candle just in time for Valentine's Day.

**\$46 ▪ 6:30 - 8:30pm**

**Course #2301 ▪ Wed 2/5 ▪ Rm 1214**

### **In Celebration of St. Patrick's Day**

#### **Shades of Green is the color of the month!**

Pick from a Fresh or Woodsy Fragrance Oil which we will add to the blended wax with different shades of green. You will leave with a green 7-ounce container scented candle.

**\$46 ▪ 6:30 - 8:30pm**

**Course #2302 ▪ Wed 3/5 ▪ Rm 1214**

### **Beeswax Pastel Colored Tapered Candles!**

Make your own Beeswax Honeycomb 8x8 tapered candles. You will learn how to trim the wick; roll the beeswax sheet; decorate the candle and tie it with lace edge and hemp rope. The Beeswax Candles are unscented and you will have the choice to select from spring pastel colors.

**\$50 ▪ 6:30 - 8:30pm**

**Course #2303 ▪ Wed 4/9 ▪ Rm 1214**

### **Home is where Mom is!**

#### **Happy Mother's Day!**

Not all waxes are the same. A special wax made specifically for melts will be used and poured into an 8-cavity melt container. You will have the opportunity to select from a floral or fruit scent and then add your choice of dried flowers to the heart shaped melt container. A non-electric small wax warmer will be included so that you can enjoy the melt you made. You'll leave with an 8- Cavity Melt and Wax Warmer.

**\$46 ▪ 6:30 - 8:30pm**

**Course #2304 ▪ Wed 5/7 ▪ Rm 1214**

### **Watercolors Fundamentals**

Peter Dama, BFA, MFA

Watercolors are one of the most convenient and versatile mediums in the fine arts. This workshop is for those interested in trying watercolors for the first time or those who have tried watercolors and would like to improve their skills. Through demonstrations and exercises, students will learn the techniques and properties of

working in watercolor, including materials, color, and drying time. Students will be guided step-by-step toward completing finished paintings. This workshop will give students a solid foundation in watercolors to build upon and enjoy for years to come. Reference and source materials provided.

**Materials/Art Supplies:** A pad/block of watercolor paper 9" x 12" or 11"X 14". Graphite pencils 2H & HB, Kneaded Eraser. A color mixing palette of your choice (Plastic or ceramic is fine). 4-5 paint brushes. Dick Blick Sable Detail Round #1, #2 & #4, & Dick Blick Studio Sable Round #4 &/or #6, Watercolor Paints (A selection based on the Six Color Palette). Winsor & Newton™ Cotman Watercolors™ 10 Color Paint Set. The colors of this set include: Lemon Yellow Hue, Cadmium Orange Hue, Cadmium Red Deep Hue, Permanent Rose, Dioxazine Purple, Ultramarine, Cerulean Blue Hue, Hooker's Green Light, Burnt Sienna, and Lamp Black. Roll of paper towels, Container for water, Masking tape.

**9:30-11:30am ▪ Room 2311**

**\$138 ▪ Course #2601 ▪ Sat 2/1 – 3/22**

**\$138 ▪ Course #2602 ▪ Sat 4/5 – 5/31**

*No class on 4/19*

### **Drawing Fundamentals**

Peter Dama, BFA, MFA

This course is designed to give a beginning student all the integral tools they need to draw confidently. Learn how to sketch competently in a positive, encouraging environment that will give you the skills to bring your work to the next level. The class is designed to introduce all the basic aspects of successful drawing—rendering simple shapes, understanding light and shadow, creating volume and measuring proportion—building on each step exponentially while introducing the figure, still-life, and landscape to the proceedings. Exercises that stress constraining value and tonal control will further refine the student's basic knowledge until they can confidently produce solid imagery, enabling them to concentrate more on the fluid expression of their marks on paper instead of the simple reportage of their subject, whether it be drawing from life, still-life, landscape, or their own imaginations. Reference and source materials provided. **Materials/Art Supplies:** 6 pencils (2H, HB, H, B, 2B, 3B), 3 charcoal pencils (soft, medium, hard), and 4 compressed sketch sticks (2 charcoal, 2 conté), white charcoal pencil. Also includes 1 standard eraser, 1 kneaded eraser, 1 blender/smudge stick, and 1 dual barrel sharpener. 9"x12" or bigger sketch pad

**\$138 ▪ 11:45am – 1:45pm ▪ Room 2311**

**Course #2603 ▪ Sat 2/1 – 3/22**

**Course #2604 ▪ Sat 4/5 – 5/31**

*No class on 4/19*

### **Cartooning Fundamentals**

Peter Dama, BFA, MFA

Cartooning is the art of clarity, simplification, caricature, and pantomime. One of the earliest forms of illustration, cartoons can be humorous, serious, satirical, bizarre, featured in print, film, online or any other visual media. Cartooning is a simple yet powerful and fun way to express yourself through art. Discover basics like anatomy, foreshortening, shading, environment, and composition. first in a series of short value studies, and a vocabulary as a cartoonist. This class will introduce the student to constructive drawing, expressive gesture, and finishing techniques with the goal of introducing students to a full range of cartooning styles, this course will give students a well-rounded base and get them started on mastering the styles they desire to doodle in. We'll how to study the fundamentals of simple perspective and anatomy. This course is largely about drawing technique but will concern itself with the 'acting' or pantomime of characters as well! Reference and source materials provided. **Materials Needed for Class:** Marker Paper – Strathmore 11 x14 makes a good pad. It has the transparency you need for tracing while being great for working in pen and ink as well as pencil. Mechanical pencils and leads: – HB. 0.5mm or 0.7mm. Or good wood graphite pencils. HB, or one of each from 4B to a 2H. Markers: a Faber-Castell Pitt Artist brush pen, and varying thicknesses of Pigma Micron pens. Erasers: One kneadable & One white plastic. **\$138 ▪ 5:30-7:30pm ▪ Room 2311**  
**Course #2101 ▪ Mon 2/3 – 3/31**  
*No class on 2/17*  
**Course #2102 ▪ Mon 4/28 – 6/23**  
*No class on 5/26*

### **Acrylic Painting Fundamentals**

Peter Dama, BFA, MFA

Acrylics are famous for their versatility. They can be used straight from the tube to look like oil paints. Instructive and inspirational, this course brings together the diverse styles of the American Realists Painters and Impressionists Painters to illustrate the versatility and creative excitement of acrylics. You'll learn their tips, tricks, and techniques in step-by-step instructions. This class covers all the basic, and some not-so-basic acrylic techniques. The students will work from their choice of American Realism Painter Edward Hopper, or Impressionist Painter Claude Monet, or Post-Impressionist Painter Vincent Van Gogh. Each lesson will show the student exactly how to re-create these painting

details in the appropriate style and how their techniques might be replicated. Reference and source materials provided.

**Materials Needed for Class:** Acrylic Paints: Titanium White, Cadmium Red, Cadmium yellow, Orange, Ultramarine Blue or Cobalt Blue, Alizarin Crimson, Raw Sienna, Hooker's Green Hue Permanent (or deep green permanent), Cerulean Blue (or Cobalt blue), Burnt Sienna, Phthalo, Mars Black, Viridian Green, Burnt Umber, Cadmium Orange Hue, Ultramarine Blue (or phthalocyanine blue), Dioxazine Purple. Disposable palette paper, paper towels, water container, small spray bottle for water. 4-5 Acrylic Paint Brushes- Pre-set packages of various thicknesses or hand select a variety of sable & Bristol filberts thickness from skinny/fine to 1" thick. Purchase sizes and brands of your choice. 1 Stretched Canvas: 12 x 12". Liquitex Acrylic Gloss Medium and Varnish.

**\$138 ■ 5:30-7:30pm ■ Room 2311**  
**Course #2324 ■ Tue 2/4 – 3/25**

### **Landscape Painting in Pastels Fundamentals**

Peter Dama, BFA, MFA

The inherent "looseness" of pastels makes them a medium perfect for recording Landscapes. Implied details, as values, colors, and textures are recorded with broad applications and streaks of deliberate marks. This course will cover the fundamentals of landscape painting in Pastels. The class will cover the concepts of color, color mixing, value, and design. Students will be taught how to focus on learning to see in terms of mass, form, detail and line. From these fundamentals, students will proceed to work on their own studio landscape paintings. Photographs will be available for reference material or work from their own source material. This class is perfect for artist who want to learn more modern techniques about landscape painting in pastels and beginners who want to start learning landscape pastel techniques. Landscapes are filled with interesting lines, shapes, and complex colors. Every so often, these elements arrange themselves into aesthetic compositions and all that's left is for the artist is to record them. Pastels, like other forms of art media, are available in various "levels" of quality. Introductory sets are quite affordable and can be used with success by beginner and intermediate artists alike. Reference and source materials provided.

**Materials Needed for Class:** Set of 15 Pastels, Pad of Grey Pastel Paper 16 x 20"  
**\$138 ■ 5:30 - 7:30pm ■ Room 2311**  
**Course #2305 ■ Wed 4/2– 5/28**

No class on 4/16

### **Crochet**

#### **All Level Class**

Tina Baglione

For those who want to learn the fundamental stitches of crocheting or have some experience to learn additional stitches and patterns, this class is geared to all levels. Using a variety of stitches, students will complete a project by the end of the session. Bring 2 skeins of acrylic #4 yarn and a set of crochet hooks to include F, G, H, I, J, K  
**\$84 ■ 6:30 - 8:30pm ■ Rm 1112**  
**Course #2206 ■ Tue ■ 2/4 – 3/25**  
**Course #2207 ■ Tue 4/22 – 6/10**

### **Creating with Watercolors for all Levels**

Rebecca Paul Smith

This introductory course explores the basics of watercolor experimentation. Bring your own materials such as a 9x12 watercolor pad and brushes. What color supplies can be used: watercolor pencils, watercolor tubes, or even a watercolor palette. No experience necessary.

**\$44 ■ Room TBD ■ 4-6pm**  
**Course #2311 ■ Wed 4/23 – 5/14**

### **Digital Photography for Beginners**

Rebecca Smith-Paul



Got a new camera? Learn the basics of how to use a digital camera and software, and how to download and upload pictures using Photoshop photography software. Bring a digital camera, flash drive, SD card and USB cable. Students will send pictures to be developed to a retail outlet of their choice at their expense.

**Course #2210 ■ Wed 5/21 - 6/11**  
**\$60 ■ 6:30 - 8:30pm ■ Room 1222**

## **PERFORMING ARTS**

### **Introduction to Guitar**

Pat Horgan

Learn how to play complete songs on the guitar and also how to "jam" with other musicians. You'll learn two dozen "everyday" chords that will enable you to play hundreds of popular songs. You will learn basic scales that will enable you to improvise your own solos. You will need a guitar (acoustic or electric), an extra set of strings, electronic tuner and some guitar picks. Pat Horgan has been teaching for 20 plus years, has shared the stage with The Charlies Daniels Band, The Smithereens, Monkees and many others.

**\$110 ■ 6 - 8pm ■ Room 1214**  
**Course #2434 ■ Th 2/20-4/10**

### **Belly Dancing**

AYLEEZA (Lisa Quattrochi)

Have you been curious about taking a dance class or trying the art of belly dance but have been too concerned with whether you're up to the task? In Belly Dance Style by Ayleeza you have a chance to evolve in a more organic way. Through fun Class interaction, Emotional movement pieces and dancing combinations we will create a bridge into our powerful dancing self. \*\*All types of music will be used, including Country and Pop music besides Middle Eastern Music. All Levels Welcome!

**\$96 ■ 7 - 8pm ■ Dance Room**  
**Course #2224 ■ Mon 3/3 – 4/28**  
No class on 4/14 & 4/21

### **Line Dancing**



Dance away the stress & worry of the week during ACSD's Thursday Night Dance Parties with Line

Dance Duo:

Colleen Axelrod & Aisha Phillips.

*Classes will be taught in the Café C/D and Online*

You may choose either location. (10 wks)  
**Thu 2/27 – 5/8 ■ (no class on 4/15)**

### **Beginner Line Dance Party**

This beginner class teaches the fundamental steps of Line Dancing while having a seriously, ridiculous fun time! No experience needed, bring comfortable shoes that allow you to boot scoot boogie.

**\$135 ■ Course #2405 ■ 6 - 7:15pm**  
**Improver Line Dance Party**

The Thursday Night Dance Party continues on into the night with our improver class! This class is for experienced dancers who want to improve their skills learning improver & intermediate dances while still having seriously ridiculous fun!

**\$135 ■ Course #2406 ■ 7:30 - 8:45pm**

### **Social Dancing**

Esther Odescalchi

### **Introduction to Social Dancing (Ballroom, Swing, Latin)**



Learn the joy of dancing with a partner whether you are preparing for your wedding dance or just want to have fun. Studies show that social dancing makes you smart. No other activity integrates so many brain functions at once - kinesthetic, rational, musical, and emotional. Social Dancing encompasses music, motion, rhythm, and mathematics and is an excellent exercise in a pleasurable atmosphere offering social interaction, romance, memory training and fun.



**\$98 ▪ Course #2213 ▪ 6 - 7pm**  
**Tues 1/28 - 3/18 ▪ Cafe B**  
**\$98 ▪ Course #2214 ▪ 6 - 7pm**  
**Tues 4/8 - 6/3 ▪ Cafe B**  
*(no class on 4/15)*

### **Intermediate/Advanced Social Dancing (Ballroom / Latin)**

This class is for experienced dancers. Continue to enjoy the benefits of social dancing as described above and learn new patterns & dances. Dance of your choice.

**\$98 ▪ Course #2215 ▪ 7 - 8pm**  
**Tues 1/28 - 3/18 ▪ Cafe B**  
**\$98 ▪ Course #2216 ▪ 7 - 8pm**  
**Tues 4/8 - 6/3 ▪ Cafe B**  
*(no class on 4/15)*

### **Disco Hustle Special**

This class focuses on the disco hustle, a partner dance that originated in the 1970's and is still popular in ballrooms and nightclubs. It's a fast-moving dance that combines elements of the swing dance and the 1970's line dance called "The Hustle".

**\$98 ▪ Course #2217 ▪ 8 - 9pm**  
**Tues 1/28 - 3/18 ▪ Cafe B**

### **Salsa/Merengue/Bachata Special**

Both the Merengue and Bachata are social couple dances originated in the Dominican Republic (Merengue being the national dance of the Dominican Republic). Both dances are now danced all over the world. The Merengue is quite an easy dance to master even for people with no dance experience. The Bachata is easy for those who are somewhat familiar with other ballroom dances because its basic elements incorporate turns and hand movements from dances such as the salsa or the cha-cha. Today, Bachata is played at all dance venues

**\$98 ▪ Course #2218 ▪ 8 - 9pm**  
**Tues 4/8 - 6/3 ▪ Cafe B**  
*(no class on 4/15)*

## **CULINARY ARTS**

### **Cookie Decorating Workshops**

Jessica Flynn *of Jessica's Sweets Shop*



Spend an evening with Jessica's Sweets Spot, learning to decorate sugar cookies! Our step-by-step instruction makes it easy for even a beginner to learn the basics of cookie decorating. Each class will involve decorating 6 cookies, and all of the necessary materials will be provided. Just come as you are and be ready for some fun!

### **Kick those Winter Time Blues!**

You will decorate winter wonderland themed cookies.

**\$55 ▪ Course #2420 ▪**  
**Winter Wonderland**  
**Fri 1/24 ▪ 6-8:30pm ▪ Room 1120**

**\$55 ▪ Course #2510 ▪**  
**Bake me some cookies!**  
**Fri 1/31 ▪ 6-8:30pm ▪ Room 1120**

### **Valentine's Cookies**

You will decorate Valentine's themed cookies.

**\$55 ▪ Course #2511**  
**Gnome one like you (Kids' Class)**  
**Fri 2/7 ▪ 6-8pm ▪ Room 1120**  
**\$55 ▪ Course #2110**  
**Sweet Treats (Valentine's Day Class)**  
**Mon 2/10 ▪ 6-8:30pm ▪ Room 1120**  
**\$55 ▪ Course #2321**  
**Oui, Oui, in Paris ~**  
**Galentine's Day Class**  
**Wed 2/12 ▪ 6-8:30pm ▪ Room 1120**

### **St. Patrick's Day Cookies**

**\$55 ▪ Course #2512**  
**Luck of the Irish**  
**Fri 3/14 ▪ 6-8:30pm ▪ Room 1120**

### **Easter Cookies**

You will decorate Easter themed cookies.

**\$55 ▪ Course #2322**  
**Some bunny loves you...**  
**Wed 4/9 ▪ 6-8:30pm ▪ Room 1120**  
**\$55 ▪ Course #2514**  
**Here comes Peter Cottontail...**  
**(Kids' Class)**  
**Fri 4/11 ▪ 6-8:30pm ▪ Room 1120**

### **Mother's Day**

**\$55 ▪ Course #2513**  
**Spa Day**  
**Fri 5/9 ▪ 6-8:30pm ▪ Room 1120**

## **Culinary Classes with Chef Gina**

Chef Gina of Personal Plates, LLC

Personal Plates, LLC is a woman-owned small business providing cooking classes in Dutchess County, NY.

Recipes will be beginner friendly with the only requirement of a desire for learning culinary life skills. Students will be able to eat the food they prepare or take home. Classes will run about 2-2.5 hours to include student clean-up of their station and dishes. All supplies and ingredients are included in the registration fee.

### **Chef & Chef Jr**



Cooking class series for younger chefs, ages 6 and older, to cook alongside their adult guardian.

### **Knife Skills**

**Vegetable Pan Fried Gyozas**  
**\$145 ▪ Course #2606**  
**Sat 1/25 ▪ 1-3:30pm ▪ Room 1119**

### **Valentine's Theme**

**Red Velvet Surprise Cupcakes with Buttercream Frosting**  
**\$145 ▪ Course #2607**  
**Sat 2/8 ▪ 1-3:30pm ▪ Room 1119**

### **Homemade Pasta from Scratch**

**Spaghetti & Meatballs**  
**\$145 ▪ Course #2608**  
**Sat 2/22 ▪ 1-3:30pm ▪ Room 1119**

### **Knife Skills**

**Street Corn & Pico De Gallo Tacos (GF)**  
**\$145 ▪ Course #2609**  
**Sat 3/8 ▪ 1-3:30pm ▪ Room 1119**

### **Latin Classics**

**Colombian Arepas three ways, Cheese, Chicken & Shrimp (GF)**  
**\$145 ▪ Course #2610**  
**Sat 3/22 ▪ 1-3:30pm ▪ Room 1119**

### **Homemade Pasta from Scratch**

**Homemade Chicken Tenders with Alfredo Pasta**  
**\$145 ▪ Course #2611**  
**Sat 4/5 ▪ 1-3:30pm ▪ Room 1119**

### **Let's Bake!**

**Chocolate Lava Cake with Ice Cream (GF available)**  
**\$145 ▪ Course #2612**  
**Sat 4/26 ▪ 1-3:30pm ▪ Room 1119**

### **Latin Classics**

**Sweet Empanadas from Scratch**  
**\$145 ▪ Course #2613**  
**Sat 5/3 ▪ 1-3:30pm ▪ Room 1119**

### **Knife Skills**

**Rainbow Spring Rolls**  
**\$145 ▪ Course #2614**  
**Sat 5/17 ▪ 1-3:30pm ▪ Room 1119**

### **Homemade Pasta from Scratch**

**Cheese Ravioli with Marinara**  
**\$145 ▪ Course #2615**  
**Sat 6/14 ▪ 1-3:30pm ▪ Room 1119**

## **Adults Night Out**

Bring a friend or make a friend while learning to cook from scratch. This cooking class series is geared to adults looking to learn new skills and techniques. Some experience in the kitchen is recommended.

### **Knife Skills**

**Chili with Sweet Jalapeno Cornbread (GF)**  
**\$95 ▪ Course #2616**  
**Sat 1/25 ▪ 4-6:30pm ▪ Room 1119**

### **Valentine's Theme**

**Date Night: Shrimp & Mushroom Risotto and Flourless Chocolate Torte**  
**\$95 ▪ Course #2617**  
**Sat 2/8 ▪ 4-6:30pm ▪ Room 1119**

### **Homemade Pasta from Scratch**

**Steakhouse Pasta & Caesar Salad**  
**\$95 ▪ Course #2618**  
**Sat 2/22 ▪ 4-6:30pm ▪ Room 1119**

### **Knife Skills**

**Easy PB Pan Fried Gyozas with Salad**  
**\$95 ▪ Course #2619**  
**Sat 3/8 ▪ 4-6:30pm ▪ Room 1119**

### *Latin Classics*

**Beef Empanadas with Sofrito and White Rice & Pink Beans**

**\$95 ▪ Course #2620**

**Sat 3/22 4-6:30pm ▪ Room 1119**

***Homemade Pasta from Scratch***

**Vegan Primavera**

**\$95 ▪ Course #2621**

**Sat 4/5 ▪ 4-6:30pm ▪ Room 1119**

***Let's Bake!***

**Cheesecake & Toppings Board**

**\$95 ▪ Course #2622**

**Sat 4/26 ▪ 4-6:30pm ▪ Room 1119**

### *Latin Classics*

**Carne Frita o Guineos En Escabeche con Arroz y Gandules**

**\$95 ▪ Course #2623**

**Sat 5/3 ▪ 4-6:30pm ▪ Room 1119**

### *Knife Skills*

**Shrimp Spring Rolls with Salad**

**\$95 ▪ Course #2624**

**Sat 5/17 ▪ 4-6:30pm ▪ Room 1119**

***Homemade Pasta from Scratch***

**Pan Seared Chicken Thighs & Arugula Pappardelle**

**\$95 ▪ Course #2625**

**Sat 6/14 ▪ 4-6:30pm ▪ Room 1119**

## **PERSONAL ENRICHMENT**

### **Lego® Club**

**LEGO® Education inspires learning you can build on**

You can build just about anything with Legos® This will be an open build class where students will work together to create, engage in teamwork, and make friends! What will we build...well the sky is the limit! There is no transportation for this class, parents must pick up students by 4:15pm.

**Titusville Elementary ▪ 3:15 –4:15pm**

**\$55▪#2150 ▪ Cafeteria ▪ Mon 1/27-3/10**

**\$55 ▪ #2350 ▪ Cafeteria ▪ Wed 2/5-3/12**

Makeup classes to be held on Fridays

### **IRA Planning and Strategies**

Jean Riordan, CFP

IRA planning is a complex process, and the decisions you make today can tremendously impact your overall retirement plan. Attend, and you will learn about the following: -Strategies for IRA planning -Rollover options for your retirement plan funds - Common required minimum distribution mistakes -The difference between indirect and direct rollovers -How to coordinate your IRA planning with your overall retirement, estate, tax, education, Social Security, and financial plans -Various options for spousal IRA beneficiaries ...And much more! **Course #2250 ▪ Tues 4/29 No Fee ▪ 6:15 - 8pm ▪ Room LGI**

### **Tax Planning Through the Four Stages of Retirement**

Jean Riordan

In retirement, your tax rate may vary widely over the years based on the timing and order in which you use different sources of money to pay for your living expenses. You want to apply the tax code in an organized and efficient way. Attend and you'll learn the following: • Address how taxes impact Social Security and Medicare • Surprises that often make retirement more expensive • What the Social Security "tax trap" is and how you can avoid it • Why tapping assets in the wrong order can trigger higher Medicare premiums •Why you need to manage taxes even before you retire •Mistakes to avoid when it comes to your investment portfolio, health care. **No Fee ▪ 6:15 - 8pm ▪ Room LGI Course #2251 ▪ Tue 5/6**

### **Investing in Today's Markets**

Jean Riordan, CFP

Have you ever wondered if your portfolio was properly invested? With all the uncertainty today and the volatility of the markets, most people are concerned about investing risk. Unlike generations prior, we are solely responsible for providing ourselves with an income stream that will be needed for decades— a daunting task! Attend and you'll learn the following: Basics of investing - Different types of investments available today -How proper asset allocation can help reduce risk in your portfolio Types of strategies to reduce market timing -Tax strategies to help increase investment returns- Types of retirement accounts -Rebalancing and Risk ...And much more!!

**Course #2252 ▪ Tue 5/13**

**No Fee ▪ 6:15 - 8:pm ▪ Room LGI**

### **Retirement Planning Boot Camp**

Jean Riordan, CFP

Did you know that most people spend more time planning a week-long vacation than they do their retirement? This boot camp series aims to change that and better position you for your golden years. Upon completion of our 3-class series, you'll have a good understanding of some of the most common challenges pre-retirees (and many retirees) encounter. Our series will cover five key areas; investing (including how to provide an income stream that outlives you), IRA strategies (rollover options and common RMD mistakes), tax planning (knowing the actions you should be taking throughout each stage of retirement), healthcare (managing expenses, transitioning to Medicare, and long-term care), and estate planning (how to prepare for a smooth transition of your assets). We encourage everyone to attend all three sessions to get the most out of boot camp.

However, you can participate in individual classes if your schedule doesn't permit.

**Course #2253 ▪ Module 1 ▪ Tue 5/20**

**No Fee ▪ 6:15 - 8pm ▪ Room LGI**

**Course #2253 ▪ Module 2 ▪ Tue 5/27**

**No Fee ▪ 6:15 - 8pm ▪ Room LGI**

**Course #2253 ▪ Module 3 ▪ Tue 6/3**

**No Fee ▪ 6:15 - 8pm ▪ Room LGI**

## **COLLEGE 101**


### **FINANCIAL PLANNING**

**Mastering Financial Aid: Essential Insights on the New FAFSA & College Funding**

Stephanie Mauro

This is an informative and comprehensive seminar designed to equip students, parents, and educators with crucial knowledge and strategies to navigate the complex world of financial aid. This seminar provides a deep dive into the intricacies of college funding, focusing on the latest information and updates in realm of financial aid. Participants will gain a solid understanding of the financial aid process, enabling them to make decisions and maximize their opportunities for securing financial assistance. Led by Stephanie Mauro, this seminar combines expert guidance, interactive discussions, and real-world examples to provide attendees with actionable knowledge and resources. This seminar will provide you with the essential insights needed to navigate the complex landscape of college funding successfully. **No Fee ▪ Room 1114 ▪ 6:30 - 7:30pm Course #2703 ▪ Th 3/6 Course #2704 ▪ Th 4/3**

## **COLLEGE ENTRANCE EXAM REVIEW CLASSES**

 Our online SAT Review classes are designed to be completed in time to take the May 3rd and future SAT exams.

Students will receive one text book to use for both classes. Bring notebook, pen, pencils, eraser, highlighters. and calculator (for Math only).

### **SAT Verbal Prep Class**

Ms. Lori Tse

Review vocabulary, improve reading skills, and writing, including sentence structure and completion. **3:30 - 5:30pm \$165 ▪ Course #2228 ▪ Room 2134 Thu 2/4 – 3/25**

### **Math SAT Review Class**

TBD

Review the math curriculum, including word problems, fractions, decimals, and equations. **3:30 – 5:30pm \$165 ▪ Course #2104**



## NOTARY PUBLIC REVIEW WORKSHOP

Victor Bujanow, CIC

This online workshop is a must for those preparing to take the New York State Notary Public test. It will provide you with a comprehensive view of the Notary Public office including becoming fully aware of the authority, duties and responsibilities involved in becoming a Notary Public Officer and to illuminate situations that a Notary Public officer is likely to encounter, including avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. **This online class is for test preparation only.** An 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam will be given. All materials will be provided including text and website links to NYS Department of State licensing information, booklets and forms. *A one-time \$15 examination fee is required payable to the Department of State at the time you register for the exam at the test center. Upon passing the exam, students will receive an application form to submit with a \$60 license fee (good for 4 years).*  
**\$54 • Course #2238 • Tue 3/25**  
**5:30 – 9:30pm • Online**

## CERTIFICATION COURSES

### Adult and Pediatric CPR/AED CERTIFICATION



Robert Parrinello CFSHM, EMT, PlumSafety.Net

This course will prepare you to recognize and care for breathing and cardiac emergencies involving adults, children, and infants. It will teach you Cardiopulmonary Resuscitation (CPR) and can help you save a life during a cardiac or breathing emergency. Expert training and OSHA compliant. Upon successful completion of this course, you will receive a digital certificate for CPR and AED valid for two years from American Red Cross. Course includes First Aid/CPR/AED eBook Participant's Manual. Course Duration 4 hours, Certification Valid 2 Year  
**5-9pm • Library Classroom**  
**\$129 • Course #2119 • Mon 3/24**  
**\$129 • Course #2120 • Mon 4/28**  
**\$129 • Course #2121 • Mon 5/19**  
**\$129 • Course #2122 • Mon 6/23**

### ALLERTRAIN™ ALLERGY & GLUTEN FREE CERTIFICATION

Robert Parrinello CFSHM, EMT, PlumSafety.Net

AllerTrain™ is the leading food allergy and gluten-free training program for the food service industry and accredited by the American National Standards Institute

(ANSI). This course will cover: Food Allergies, Gluten Free and Food Intolerances, Sensitivities & Emergencies. Following the successful completion of the course final exam, each participant will be issued an AllerTrain™ Certificate of Achievement that is accredited by ANSI. Certificate is valid for 3 years. Includes AllerTrain™ workbook with exam answer key, Classroom Instruction, & Certification Exam. Course Duration 4 Hours. **5-9pm • Library Classroom**  
**\$129 • Course #2123 • Mon 4/7**  
**\$129 • Course #2124 • Mon 6/16**

### SERVSAFE® FOOD SAFETY MANAGER CERTIFICATION



Robert Parrinello  
CFSHM, EMT,  
PlumSafety.Net

**Become a Certified Food Protection Manager.** Successful completion of the course and final exam will provide you with a Certified Food Protection Manager (CFPM) Certification valid for 5 years. This is a 2-part course and you must attend both sessions. Participants will receive SERVSAFE® eBook study guide and practice tests.  
**\$235 • Course #2236 • Mon 5/5 & 5/12**  
**5-9pm • Library Classroom**  
**\$235 • Course #2237 • Mon 6/2 & 6/9**  
**5-9pm • Library Classroom**

## HEALTH, FITNESS & WELL-BEING

For all fitness classes, bring a water bottle and towel. Wear loose fitting, comfortable clothing and sneakers.

### YOGA These classes include



pranayama, meditation, asana, and relaxation; folding all the essentials and benefits needed for a good Yoga foundation, including important tips to tailor your Yoga practice for your individual needs.

### Yoga for all Levels

This 75-minute all-levels practice will explore the fundamentals of a yoga practice as well as meditation, pranayama, asanas and alignment. Please bring a sticky mat, 2 blocks and a yoga strap (at least 8 feet).

Gina Luna-Maserjian

**4 – 5:15pm Dance Room**  
**\$96 • Course #2312 • Wed 2/5 – 3/19**  
**\$96 • Course #2313 • Wed 4/2 – 5/28**  
**No class 4/16**

Sandi Grafmuller

**6 – 7:15pm Dance Room**  
**\$96 • Course #2314 • Wed 2/5 – 3/19**  
**\$96 • Course #2315 • Wed 4/2 – 5/28**  
**No class 4/16**

## Chair Yoga

Gina Luna-Maserjian

Chair yoga is a gentle way to improve mobility, strength, flexibility, and balance. A folding chair is used as a supportive prop to modify the poses so they are accessible to just about everyone. This helps deepen your understanding of the poses and enhances your yoga experience. This class is suitable for students of all levels and abilities as well as students working through injuries. Please bring: sticky mat, 2 yoga blocks, towel, and yoga strap. **4 – 5:15pm • Room 1422**  
**\$96 • Course #2416 Thurs 1/30 – 3/20**  
**\$96 • Course #2417 Thurs 4/3 – 5/29**  
**No class on 4/17**



The Zumba® program fuses hypnotic Latin rhythms and easy-to-

follow moves to create a one-of-a-kind fitness program. Our goal is simple: We want you to want to work out, to love working out, and achieve long-term benefits while having an absolute blast in one exciting hour of calorie-burning, body-energizing, awe-inspiring movements meant to engage and captivate for life! For men and women of all ages, all levels, this workout is great for your body and your heart. You'll burn calories, lose weight, laugh and have a fun time while working with a variety of Latin rhythms. No dance experience necessary.

Stephanie Paniccio Vito

**\$85 • Course #2317 • Wed 2/5 – 3/26**  
**6:30 – 7:30pm • Room 1422**

**\$85 • Course #2318 • Wed 4/9 – 6/4**  
**6:30 – 7:30pm • Room 1422**

**No class on 4/16**

### TRI-Zone: Strength, Conditioning & Core

Mary Beth Neils

This 45-minute full body workout is designed to tap into different energy systems while building muscular & core strength/stability and enhancing aerobic capacity. You will need a set of dumbbells (5 lbs. is recommended) and a mat. Thigh bands add to the workout but are optional. **Dance Room • 5:30 – 6:15pm**  
**\$75 • Course# 2230 • Tue 1/7 – 2/18**  
**No class on 2/4**

### Intro to Strength Training

Mary Beth Neils

Come learn the importance of strength training, along with exercises for each muscle group that you can perform with dumbbells or resistance bands. **6:30 – 8pm**  
**\$15 • Course# 2231 • Tue 1/21**

### Strength Training

Mary Beth Neils

This 45-minute full body workout is a traditional strength training workout. Focus

is on muscular strength and endurance. Dumbbells are needed (minimum weight suggested is 5 lbs.), and a mat.  
2:45 – 3:30pm ▪ Dance Room  
\$75 ▪ Course# 2233 ▪ Wed 1/15 – 2/26  
*No class on 1/29*

### TRI-Zone Kickboxing, Strength & Core

Mary Beth Neils

This 45-minute full body workout is designed to tap into different energy systems while burning calories through kickboxing cardio drills, strength drills and deep core work. You will need a set of dumbbells (5 lbs. is recommended) or weighted cardio kickboxing gloves, and a mat. ▪ Dance Room ▪ 6 – 6:45pm  
\$75 ▪ Course# 2232 ▪ Thu 1/23 – 3/6  
*No class on 1/30*

### Walking - Natural Fitness

Pam Strauss

Whatever your age, ability or body type, a lifetime of fitness is right at your feet! No expensive equipment needed, just a sturdy pair of sneakers. Each class will include simple stretching, a walking phase appropriate to your fitness level, and a cool down. Group walking in a comfortable indoor environment will make your workout a pleasure. Bring hand weights for more of a workout. Tue & Thu ▪ 6 - 7 pm \$45 ▪  
Course #2810 ▪ 1/21 – 3/13  
\$45 ▪ Course #2811 ▪ 3/25 - 5/22  
no class 4/15 & 4/17 ▪ Main Lobby

## SPORTS

### Baton Twirling (5 - 12 yrs old)

Allison Labate



*Twirling is taught at Union Vale Middle School, 1657 E. Noxon Road, LaGrangeville*

Twirling is the fun and unique sport that enhances coordination and fine motor skills and fosters sportsmanship, goal setting, memory skills and exercise. In addition to learning various twirling techniques, students will participate in a few competitions through the course of this full year program. Orientation day will be held on October 10 to meet with instructor to be measured for a baton and costume. *A \$25 fee is payable to instructor for student's baton on October 10.* Course fee is \$85 for the fall semester and is due with registration.  
6 - 8pm ▪ Union Vale MS Gym  
\$85 ▪ Course #2234 ▪ Tues 2/5 – 5/7

### Pickleball

Dave Gatta



Participate in the fastest growing sport in America. During this one-hour session there will be warm up activities

and game play. Please bring a pickleball paddle and dress for physical activity- active clothing and sneakers.

Vail Farm Elementary School Gym

\$80 ▪ Course #2320 ▪ Wed ▪ 5:30-6:45pm  
3/5/25 – 4/23/25 (class will be held on Thursday, 3/27 instead of Wed 3/26 only)  
\$80 ▪ Course #2321 ▪ Wed ▪ 7-8:15pm  
3/5/25 – 4/23/25 (class will be held on Thursday, 3/27 instead of Wed 3/26 only)

## TRIPS



### Yankees vs Mets Baseball Game

Yankees take on the Mets  
in the Bronx!

Enjoy Field Level Seats to watch the game. Leave your car at Arlington HS and head down to Yankee Stadium via coach bus. We will leave the high school at 10:30am to ensure we arrive to the stadium on time. Bring money for drinks, food, souvenirs, etc. Tickets are limited, be sure to register early to guarantee your seat.  
*Arlington HS music parking lot – from main entrance, first parking lot on the right.*

Saturday, May 17<sup>th</sup>

1:05 Game Time

10:30pm – 7pm

Depending on length of game

Course #2651 ▪ \$180

An adult must accompany minors  
Sorry, no discounts or refunds.



## GYPSY

Here she is, boys. Here she is, world.

The most awarded performer in Tony history! ...The greatest musical of all time...A star turn for the ages.

6-time Tony Award winner

Audra McDonald

plays the mother of all roles in a revelatory new production, helmed by Tony Award-winning visionary director George C. Wolfe; Choreographed by Tony Award-nominated Camille A. Brown. Book by Arthur Laurents; Music by Jule Styne; Lyrics by Stephen Sondheim

- ❖ Orchestra and front row balcony seats for a 3pm Matinee show. Runtime: 2 hours and 45 minutes with one intermission.
- ❖ We will take a Charter Bus from Arlington High School at 10am and will return immediately after the show

- ❖ Recommended for ages 8 and up, children under the age of 5 are not permitted. All children must be accompanied by an adult.
- ❖ Wheelchair seating is available in the rear Orchestra, please let me know asap if you will need accommodations.
- ❖ It is recommended to bring snacks/lunch for bus ride and extra money for snacks and souvenirs.

\$155 Course #2650

Sunday 3/23 ▪ 10:30am – 7:30pm

Sorry, no discounts or refunds

## DRIVER SAFETY

### 5-hour Pre-Licensing Course

Mr. David Gatta

This course is mandated by New York State Department of Motor Vehicles for all New York State permit holders. Every student needs to obtain a NY State Driver's Course will result in the issuance of MV-278 form, which is needed for road test appointment. This course is being taught **ONLINE** via Google Meet. A compatible computer, laptop, or Chromebook to participate is required. Registration is due 3 days prior to class to guarantee class and placement. Once registered, you will be requested to submit a copy of your permit. Upon submission, you will receive a Google Meet link prior to the day of the class.

Use this link for dates and registration:  
<https://arlingtonschools.revtrak.net/Continuing-Education/>

## DRIVER EDUCATION:

### 2025 Winter/Spring Driver Education Program at Arlington High School

**Course Start Date:**

Monday, February 3, 2025

**Course End Date:**

Saturday, June 7, 2025

(End date may extend due to weather, or unforeseen closures. No classes will be held during Spring Break)

**Registration Opens:**

Sunday, December 22nd, 2024

**Registration Closes:**

Friday, January 24th, 2025

**Course Fee: \$650**

**MANDATORY Informational Meeting:**

Monday, January 27, 2025

from 6:30-8pm in the LGI.

\*All students interested in taking driver education must attend this meeting accompanied by a parent or guardian.

Use this link for more information and registration:

<https://arlingtonschools.revtrak.net/RW-Drivers-Ed/>



ARLINGTON CENTRAL  
SCHOOL DISTRICT  
Arlington Continuing Adult  
Community Education Program  
Arlington High School  
1157 Route 55  
Lagrangeville, NY 12540

# POSTAL PATRON

Non-Profit Organization  
US Postage  
**PAID**  
Deposit, NY 13754  
Permit 9

## ARLINGTON REGISTRATION INFORMATION

- Students may now register online and pay with a credit card: <https://arlingtonschools.revtrak.net>
- Students may also register by printing out the registration form below and mailing it or dropping it off to Arlington High School with payment.
- Registration is requested one week prior to the start date of classes (unless specified otherwise) but registrations will be accepted through the first week of classes providing there is availability in the class.
- Early registration is encouraged to assure placement and to avoid possible class cancellation due to insufficient enrollment.
- Confirmations are only sent to those who submit a working email address.
- You will be notified if there is a change in the class you signed up for. If you are not contacted, simply attend your first class.
- Those registering online will get an automatic confirmation/receipt.
- Those who pay by check: your canceled check is your receipt.
- **REFUNDS WILL BE GRANTED ONLY IF CLASS IS CANCELLED.**
- Classes cancelled due to inclement weather, etc. will be posted on the Arlington website: [www.arlingtonschools.org](http://www.arlingtonschools.org).
- These classes will be made up at the end of the course.
- Senior Citizens (those over 62), who are Arlington residents, may take a 10% discount on most classes (except where noted otherwise). Please include copy of driver's license when registering.
- High school students are permitted to take all classes.
- Middle school students are permitted to take classes providing they are accompanied by a parent/guardian who will also be taking the course.
- Courses designed for younger students do not require parents to take the course (unless specified otherwise), but parents are obligated to walk children to and from their classes.
- All classes (unless specified) will be held at:
- Arlington High School 1157 Route 55, Lagrangeville (1/2 mile west of the Taconic State Parkway)
- **Classes will not be held:** Classes will not be held: 2/19, 2/20, 3/25, 3/26, 3/27, 3/29, 4/1, 5/24, 5/27.
- Smoking is strictly prohibited on school premises.
- **Please be aware that some of these activities may have unusual risks and it may be necessary for you to sign a waiver before participation.**

Register and pay online with a credit card: <https://arlingtonschools.revtrak.net>

or... Make checks/money orders payable to: Arlington Central School District

Drop off or mail payment and registration form (below) to:

Arlington Continuing Education at Arlington High School  
1157 Route 55 Lagrangeville, NY 12540



## ARLINGTON Continuing Education REGISTRATION FORM

Name \_\_\_\_\_

Address \_\_\_\_\_

Day Phone: \_\_\_\_\_ Evening Phone: \_\_\_\_\_

Email Address: \_\_\_\_\_

	Name	Age	Course Title	#	Time	Fee
1						
2						
3						
4						
			<b>TOTAL</b>			<b>\$</b>