

Monday

M/W-1 Fit for Life - Travis Hyer

Power-Up Gym, 1469 State Rt. 7, Richmondville

10 to 11 am March 2, 4, 9 & 11

Group fitness training for seniors in Richmondville. 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. These are 4 free "TRY ME" sessions at the gym for those new to the Fit for Life program. Following your 4 free sessions, you have the option of becoming a member OR joining the Fit for Life 8 week program, or both.

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M-1 End of Semester Luncheon

11:30 Bouck Hall Ballroom, SUNY Campus

May 18

Buffet luncheon will be served at noon. The menu for the luncheon will be an Italian Buffet including Penne Alfredo, Sausage Marinara Sauce with Peppers & Onions, Chicken Parmesan, served with Garlic Bread, Salad and Cannoli. Water, hot coffee (regular & decaf) and hot tea assortment Bon Appetite. All Class Presenters are encouraged to attend as guests of the S.C.H.O.O.L Board of Directors' in appreciation for your willingness to serve our "Community of On Going Learners." (Reservations must be made by May 4th.)

1PM a brief business meeting & election will be held.

RSVP by May 4, no refunds after May 4th

M-2 Intro to Floral Design - Angela Bornn

Middleburgh Library

10:30-12:00 - Mar. 9, 16, 23, 30 Apr. 6 13, 20, 27 & May 4

Join Angela for a great hands-on class where you will learn the basics of floral design and learn to create lovely arrangements. Each class, after the first one, is a stand-alone class, but you are guaranteed to learn something that you can use in the future from each one.

Week 1. Flower lecture covering care, processing and design theory. Review class schedule with handouts and supplies needed.

Week 2. Long and low arrangement using fresh flowers and greens.

Week 3. Tall line mass using fresh flowers and greens.

Week 4. Crescent design arrangement using fresh flowers and greens.

Week 5. Permanent Woodland arrangement using dried flowers and found objects.

Week 6. Pave arrangement using fresh flowers and greens.

Week 7. Ikebana using fresh flowers and greens.

Week 8. Technical and Mechanics. Wire leaves and flowers, assemble corsage and boutonnieres.

Week 9. Make up for missed classes.

Students will provide their own materials as listed in the handout given in the first class.

12 max

M-3 Puerto Rican Cooking Part 2 - Marge Dafeldecker

St. Vincent's Church, Cobleskill

1-3pm – Mar 16, 23 Apr 20 & May 4

Join Marge for another semester of learning to make tasty, traditional dishes from Puerto Rico. \$5/session payable to the presenter to cover the cost of the ingredients, unless you cancel at least 10 days prior to each class.

The 4 classes are as follows:

M-3A Arroz con Pollo (Chicken and Rice) – a savory Puerto Rican one-pan dish sautéed in SOFRITO (Marge will review how to make sofrito, the basic sauce/gravy, which we made last semester)

M-3B Arroz con Gandules (Rice with Pigeon Peas) – a traditional island dish served in almost every home on Christmas, made with sofrito with pork, rice and chickpeas.

M-3C Quesadillas/Pastelillos de Queso – Puerto Rican style empanadas (fritters) made of sweet flour dough filled with grated mozzarella cheese, deep-fried and sprinkled with powdered sugar.

M-3D Arroz con Dulce/Coco – typical Puerto Rican Christmas dessert, made with milky rice, coconut, raisins and cinnamon.

M-4 Healthy Crepes with Bolognese Sauce - Rose Marie Trapani

St. Vincent's Church, Cobleskill

1:00-3:00pm - Mar 30

I will demonstrate how to cook crepes with spinach filling, topped with a plant based bolognese sauce. \$5 fee payable to the instructor unless you cancel 10 days prior to class.

M-5 A Neuroscientist's View of the Universe - Dr. JB Goss

Wheeler Hall Rm. 215, SUNY Campus

10:30-12:30pm - Mar 30

How do humans fit into our immense universe? What is our significance in our cosmos composed of a trillion stars? Is there a link between the atomic, astronomical and neuroscientific worlds? This lecture will leave you with as sense about our inner and outer worlds. Students should bring "a sense of wonder" to class.

M-6 Cream Puffs - Dough Making Part 4 - Andrea Clapper

St. Vincent's Church, Cobleskill

1:30-3:00pm - Apr. 6

As requested, this will be a class on making and baking cream puffs or profiteroles. Planned is a vanilla filling. Come and enjoy a tasty treat. \$5 payable to presenter unless you cancel 10 days prior to class.

M-7 About Therapy Dogs - Heather Johnson

Cornell Cooperative Extension, 173 S Grand St., Cobleskill

3:30-4:30pm - Apr. 13

If you think you have a dog that might be a potential therapy dog, if you would like to explore what is involved in having one, or if you are just curious, join us to learn what is involved and what resources are available. I will share some of my many experiences with my dogs.

3 minimum

M-8 Cornell Lab of Ornithology & Six Mile Creek Vineyard - Don Martin

Cornell Lab of Ornithology & Cornell Lab of Ornithology

7:30 am - 6:30 pm - Schoharie Park and Ride – Apr. 27

On this trip we will be visiting the Cornell Lab of Ornithology, which is located about 4 miles northeast of the Cornell campus, and spend about two hours

there.

We will have lunch at Collegetown where there are many cafes. You can check out restaurant listings at:

foursquare.com/p/cornell-university/1192925/list/places-to-eat-in-collegetown

After lunch we will go to Six Mile Creek Vineyard for wine tasting.

The bus leaves at 7:30 am at the Schoharie Park and Ride (please be there by 7:15), and returns at approximately 6:30 pm.

Wear proper outdoor clothing. You may want to bring field glasses and bird field guides.

\$60 members, \$70 non-members, which includes bus, wine tasting and gratuities. Lunch on your own. Payable to SCHOOL by April 1, 2020 (no refunds after April 13, 2020)

25 min 56 max

M-9 Wild Flower Walk - Emily Davis

McFails Preserve

Lykers Rd near the intersection with Ice Cave Road between Cobleskill and Carlisle.

9:30 am - May 11

Meet us at McFails Preserve for a stimulating walk through the woods. Emily and friends will lead us through this wooded area in search of a variety of local wildflowers. The trail winds over rocks, roots and small streams. Don't forget your camera and wildflower guide, if you have one. Please wear appropriate foot gear for mud and slippery rocks. Also, bring your walking sticks!