

## Friday

### **F-1 Five Days in Havana, Cuba - Paula Marshman**

Wheeler Hall rm. 205, SUNY Campus

1:00-3:00pm, Mar. 20

Join Paula Marshman as she provides you with an overview of her recent trip to Cuba, including the culture of Havana, interactions with locals and how Cuba's history has impacted the capital city. Cultural life was experienced by meeting with local artists, musicians, dancers, entrepreneurs and university professors in urban planning and current politics. A visit to Hemingway's home was included!

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### **F-2 Cruise the Baltic Sea - Beth Brandel**

Wheeler Hall rm. 205, SUNY Campus

1:30-3:00pm, Mar. 27

Join us on a cruise through the Baltic countries: Germany, Poland, Latvia, Estonia, Russia, Finland and Sweden. Marvel at these seafaring countries who were trading partners hundreds of years ago in the Hanseatic League. St. Petersburg, Russia is especially beautiful.

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### **F-3 How to use Essential Oil - Anne Mattice Strauch**

Cobleskill Community Library

11:00- 12:00pm. Mar. 20 Apr. 3, 10, 17, 24 May 1

This is a practical introduction to essential oils in your everyday life, for your beauty, cleaning, health and wellness! Each session will have a different theme.

F-3A The Essentials

F-3B Healthy Habits

F-3C Toxin Free Cleaning

F-3D Pets

F-3E Gardening Go To

F-3F Summer Solutions

Optional fee per class: \$10 for your choice of two items to make and take home.

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### **F-4 Basic Self-Defense - Brad Fichthorn**

Cobleskill Community Library

11:00-1:00pm, Mar. 27

This class will be a demonstration of the basic self-defense moves you can do to protect yourself when you are out and about. Come join us and learn how to protect yourself!

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**F-5 Women Who Served 1860's thru 1950's with Connections to Schoharie County - Karen Cuccinello**

Wheeler Hall rm.205, SUNY Campus

1:00-2:00pm, Apr. 3

Discussion on how women served, including bios on women who served from Schoharie County during the Civil War, WW1, WW2, Korean War and the Cold War. They served in the military, Red Cross, Salvation Army, Cadet Nurse Corps, WOW's and Rosie the Riveters.

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**F-6 The Hazards of Ticks - Ph.D. Illona "Iggy" Gillette-Ferguson**

Wheeler Hall rm. 230, SUNY Campus

2-3:30pm, Apr. 3

We hear so much in the press about ticks and tick-borne disease. Prepare for the warm weather this spring by learning about ticks and how to prevent having these unwelcomed passengers! The class will cover types of ticks, the diseases they carry and the latest in tick news. It will also cover basic steps you can take to protect yourself on outings

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**F-7 Polymers, Plastics and Why Don't We Like Styrofoam? - Joe Sprague**

Wheeler Hall rm. 205, SUNY Campus

1:00-2:00pm, Apr.10, 17, 24 May 1

This is the Plastic Age. From food containers to clothing, to the skin of modern jet aircraft, we are living in a world of plastic. But we also live in a world awash in an ocean of plastic waste. So, is this stuff good or bad? This is a chemistry class of polymers, macromolecules that make up our loved and hated plastics. How are they made? How do they get their amazing properties and is there anything that prevents them from being recycled? No chemistry experience required.

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**F-8 Intro to Genealogy - Catherine C. Adams**

Wheeler Hall rm. 205, SUNY Campus

2:15-3:45pm, Apr. 10, 17, 24 May 1

Class 1: Getting started, things you need to know, staying organized, sourcing materials.

Class 2: Finding records in New York State and Online. Evaluating both direct evidence and indirect evidence.

Class 3: Transcription, Pedigree Charts, Family Group sheets and research logs.

Class 4: Mastering Genealogical Proof, producing a finished work, publication.

min 6 max 30

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**F-9 Miss Lodema's Tea Room at the Roseboro**

noon May 8

Once known for its high teas and tea dances, the Roseboro in Sharon Springs is excited to bring back some of that tradition. Come join us for good eats and meet Ron, the singing proprietor. Fancy hat optional! Ron Ketelsen, Roseboro Hotel \$24 members, \$29 nonmembers. Reservations due by April 1, 2020.

No refunds after April 24, 2020.

minimum 20

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**F-10 Hike Across the Mohawk River - Carolyn Melszer**

Mohawk Valley Gateway Overlook Pedestrian Bridge

10:00- 12:00pm, May 15

Hike across the Mohawk River on the beautiful new Mohawk Valley Gateway Overlook Pedestrian Bridge. We will begin on the bridge and continue onto the canal way path for about 1 mile and then return. The trail is flat and covered with gravel. An easy and beautiful walk. There is an excellent deli that can supply fresh and delicious sandwiches, desserts and refreshments. Wear walking shoes such as sneakers or boots and bring a container of water.

Meet at 1 Bridge Street in Amsterdam.

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**F-11 Weave a Placemat or a Dishtowel on a Pampa Loom - Ginny Ogno**

Cobleskill Community Library

11-1:30 pm, May 22, 29

You will learn simple weaving techniques on an adjustable loom. Easy and enjoyable. Teacher will supply all weaving supplies needed. We will weave one placemat or one large dishtowel. Students need to bring a scissor, crochet hook and a cone of cotton called sugar 'n cream (704-yard cone from Walmart, JoAnn Fabrics or Hobby Lobby) - any color you like. No fee if you bring your own yarn.

8 max