

# Continuing Education



## GENERAL INFORMATION

Please read before registering for any class.

*Unless you are notified otherwise, you may assume you are in the course for which you registered.*

**No school credit is given for any course.**

Whenever a particular school is closed during the day, whether for planned vacations, inclement weather, or for other emergency reasons, classes scheduled for that school will not meet that night. *All cancelled classes will be made up.*

*Parking is prohibited in fire lanes.* Please respect parking regulations and handicapped parking spaces.

**PLEASE NOTE:** In the event of a district snow day, your class will be canceled.

## IMPORTANT DATES

**CLASSES BEGIN THE WEEK OF  
FEBRUARY 12, 2024**

*(unless otherwise noted)*

**REGISTRATION CLOSES TWO WEEKS  
BEFORE YOUR CLASS STARTS.**

We are always looking for new courses and teachers. We would like to hear from you if you feel you are qualified to teach a course or have suggestions or ideas for new courses. If you are interested, call the Adult Education Office at (518) 356-8303. If you would like your name added or taken off our mailing list or are receiving duplicate brochures, please call (518) 356-8303 and leave the pertinent information.

## SCHOOL LOCATIONS:

### **Bradt Elementary**

2719 Hamburg Street, Schenectady, NY 12303

### **Pinewood Elementary**

901 Kings Road, Schenectady, NY 12303

### **Mohonasen High & Draper Middle School**

2072 Curry Road, Schenectady, NY 12303

## REGISTRATION

Complete a Continuing Education registration form and mail it with a check made payable to:

**Mohonasen Continuing Education  
Mohonasen High School  
2072 Curry Road  
Schenectady, New York 12303**

Continuing Education Inquiries: (518) 356-8303

Email: [AdultEducation@mohonasen.org](mailto:AdultEducation@mohonasen.org)

Swim Program Inquiries: (518) 356-8270

**DO NOT SEND CASH! A separate check must be issued for each course.** Please indicate course title on each check. All registration for classes must be mailed to the above address. Registration for classes cannot be made by telephone.

If you register after classes begin, you will be assessed a late charge of \$5. Refunds will be issued automatically for all classes cancelled due to insufficient enrollment.

If you decide to withdraw from a class after registration closes, but before a class begins, you will receive a refund less a \$5 service charge. No refunds will be given for one- or two-night courses after registration closes, unless the course is cancelled. *You will not receive a refund after the second class of any course.*

Your continuing education program is a self-sustaining program with all expenses paid out of registration fees. Therefore no refunds may be given after classes have started.

**CHECKS ARE CASHED AFTER THE FIRST CLASS.**

**SEE PAGES 10-11 FOR REGISTRATION FORMS**

# STEP BY STEP TOGETHER! DECORATIVE PAINTING CLASSES – ACRYLIC PAINT AND WATERCOLOR PAINT! AND MORE

Class minimum 6, maximum 8-10. Instructor: Lynn Circe, One Stroke Certified level 2; Wilson Bickford Trained Teacher; and Certified Grumbacher Painting instructor. Please contact Lynn if you have class questions.

e-mail: [lynnosclasses@yahoo.com](mailto:lynnosclasses@yahoo.com). Or attend the open house.

**SUPPLIES:** list available at open house. You will need basic supplies at class: example: paper towels, pallets/ plates, water bowl, something to cover your portion of the table, pen (see class supply list for brushes needed per class.) Bring a non-alcoholic beverage and dress casual to paint.

**SUPPLY FEES:** Payable to Lynn at class. Please don't include them with your registration payment. Thank you.

## MONDAY

### OPEN HOUSE

Orientation-Decorative Painting

By: Lynn Circe, O.S.C.I

School: Mohonasen High School

Room: Art Room 67

Fee: FREE

Length: 1 night: Feb 12 (7:00-8:00 p.m.)

SNOW-CANCELLATION MAKE UP DATE: 2/14

**LYNN'S WELCOME BACK OPEN HOUSE** - No Charge, Registration is not required. Stop to check out new class samples. Pick-up supply lists. Door prize. Watch a painting demo at 7:30 p.m. Ask questions about the class and registration is possible at Open House for classes that still have openings. Please bring checks for the school to pay for any classes you register for. The classroom is in the back of the school. Park next to the tennis courts. Enter through the closest door to the tennis courts.

**ALL NEW STUDENTS SHOULD ATTEND THE OPEN HOUSE** and start with a beginner class. Please contact Lynn if you can't attend to make arrangements to receive a copy of the supply list(s) if you register for any classes.

## WEDNESDAY

### DECORATIVE PAINT- FERNS, WILDFLOWERS

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 NR \$20

Length: 1 night: Feb 28 - 6:30-8:30 p.m.

Skill Level: Beginner

Paint a variety of flowers, stems, ferns. Then paint which ones you like on your canvas.

**Supply fee: \$4** includes paint, canvas surface, and more.

Pick up the supply list at the open house.

## WEDNESDAY

### DECORATIVE PAINT - LAKE SCENE

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 NR \$20

Length: 1 night: March 6 - 6:30-9:00 p.m.

Skill Level: Beginner+

Paint a lake scene with an adirondack chair.

**Supply fee: \$5** – includes paint, canvas surface, and more.

Supply list at the open house.

## MONDAY

### DECORATIVE PAINTING- LILACS

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 NR \$20

Length: 1 night: March 11 - 6:30-8:30 p.m.

Skill Level: Beginner

Paint a lovely group of lilacs on a 17" x 14" wrapped canvas.

**Supply fee: \$5** includes paint, canvas and more.

Supply list at open house.

## WEDNESDAY

### DECORATIVE PAINT- FLOWER ARRANGEMENT

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$25 NR \$30

Length: 2 nights: March 27 & April 10 - 6:30-9:00 p.m.

Skill Level: Intermediate

Paint flowers, pine cones, and a bird nest with eggs on a 16" x 20" canvas, and more.

**Supply fee: \$6.** Includes paint, canvas and more.

Supply list at open house.

## MONDAY

### DECORATIVE PAINTING- TULIPS

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$15 NR \$20

Length: 1 night: April 15 - 6:30-9:00 p.m.

Skill Level: Beginner+

Paint a tulip garden on a 17" x 14" wrapped canvas. Welcome Spring!

**Supply fee: \$5** includes paint, canvas and more.

Supply list at open house.



## STEP BY STEP TOGETHER! PAINTING CLASSES! CONTINUED

### WEDNESDAY

#### DECORATIVE PAINT- GRISTMILL

By: Lynn Circe, O.S.C.I. Level II

School: Mohonasen High School

Room: Art Room 67

Fee: R \$25 NR \$30

Length: 2 nights: April 24 & May 1- 6:30-9:00 p.m.

Skill Level: Intermediate

Paint a reflective gristmill on a 16" x 20" canvas. A Ros Stallcup design.

Supply fee: \$6

Supply list at open house.



Monday

### MONDAY

#### BEGINNER-TO-INTERMEDIATE GUITAR

By: Don & Mike Warren

School: Draper Middle School

Room: 104

Fee: R & NR \$50

Class Time- 7:00 to 8:00 p.m.

Length: 4 classes

Dates: 3/4, 3/11, 3/18, 3/25

Limit 30

Ages 10 and up

Bring your guitar, bass or ukulele and prepare to enjoy a rewarding and fun experience.

- No guitar? No problem. Contact me.
- No prior experience or musical ability? No worries.

Beginners: You will learn how to play basic chords, techniques, rhythm/strumming and timing. By the end of the course, you will enjoy getting to contribute to the group, as you play through a recognizable song.

Novice - Intermediate: By the end of the course, you will be able to contribute to the final song in a variety of creative ways, to take your playing up a level and apply new-found techniques to add to your abilities as a guitarist.

Past attendees have raved about how much they enjoyed this fun, informative and easy going experience. This course is taught by Don Warren of Warren Lessons. Read about Don at

[Warrenlessons.com](http://Warrenlessons.com)

What to Bring An acoustic guitar, guitar pick if you like, clip-on headstock tuner, & pen.

### MONDAY

#### GETTING PAID TO TALK/AN INTRODUCTION TO PROFESSIONAL VOICE OVER

By: Voice Coaches

LOCATION: Creative Voice Development Group

Address: 26 Vly Road, Albany, NY

Fee: R & NR \$25

Length: 1 night-March 4 or June 4 (6:30 to 9:00 p.m.)

Class Limit: 25

**THIS CLASS IS OFFSITE** Join us for an upbeat, single-evening insider's look into the growing field of professional voice over.

From audio books, training material, animation, gaming, and commercials to socially relevant content, television, and much, much more, today's voice over field has become great way to leverage your individual interests, voice qualities, and communication skill in a whole new way. Learn about how the industry really works today, trends in opportunity in your community, and areas of future growth and hear about the top traits casting professionals look for when hiring voice professionals. You'll also hear samples from working voice over artists.

And because this class is small, you'll have the opportunity to record a sample professional voice over under the direction of our instructor, who can offer feedback and advice.

If you've ever wondered how to begin in voice over part time, full time, or for supplemental or retirement income, this workshop is a great, upbeat, and most importantly, realistic first step.

# Monday/Tuesday

## MONDAY

### GENTLE YOGA

By: Jean Sefcovic, Certified Yoga Instructor

NYS Licensed Massage Therapist

School: Mohonasen High School

Room: Library

Session 1 (4 weeks) 2/26, 3/4, 3/11, 3/18

Fee: R & NR \$60 or (Only one class \$18)

Session 2 (4 weeks) 4/8, 4/15, 4/22, 4/29

Fee: R & NR \$60 or (Only one class \$18)

Class Time: 6:00 to 7:00 p.m.

Invite a practice time in your life for Yoga. Yoga means the union of body/mind/spirit. Classes include; gentle warm-ups and postures (Asanas), breath awareness (Pranayam) and relaxation (Savasana). Wear comfortable clothes, bring your own mat & a friend! Some of the many benefits of practicing Yoga can be a healthier, stronger and relaxed you. You could also enhance improved flexibility + a greater sense of calm and well-being. Keep Healthy!

## MONDAY/TUESDAY

### AARP - SMART DRIVER COURSE

By: AARP Instructor

School: Mohonasen High School

Room: 62

Fee: Members \$25 - Must bring your AARP card and Attend both nights

Length: 2 nights: May 13 & 14

Class time: 6:00-9:00 p.m.

This is an 6-hour classroom refresher course for drivers 50 and over. The impacts of aging on driving are highlighted. A 10% discount on collision & liability and 4 points reduction available upon completion. A New York State driving license is required, please bring it to class. Checks should be made out to AARP. Limit 25

# Tuesday/Thursday

## TUESDAY/THURSDAY

### COUCH TO 5K TRAINING PROGRAM

By: Elise Netoskie

School: Mohonasen High School Campus

Session: 8 weeks April 9-May 30

Fee: R \$35 NR \$45 (One-time registration fee regardless of number of sessions attended)

Class Time 6 p.m. - 7 p.m.

Kick start a new chapter in your health and fitness journey! Whether you're new to running or a seasoned runner coming back from taking the winter off, this class is for you. If you are able to jog for 1 minute, come join us in this 8 week Couch to 5k training program! Workouts will gradually increase to build our endurance up to run 3.1 miles - a full 5k race together! The first class will meet in front of Mohonasen High School. Our runs will take place on Mohonasen's campus and other local locations depending on the interest of the group. Materials needed: sneakers, water, watch or cellphone with a timer.

# Wednesday

## WEDNESDAY

### MEDICARE 101

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR - FREE

Length: 1 night: April 17 - 6:00 to 8:00 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/46oksQS>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you!

## WEDNESDAY

### HOW MONEY WORKS

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR - \$5

Length: 1 night: May 8 6:00 to 7:30 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/3LCu02E>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions. You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three "Ds" of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility
- Discover the power of tax-deferred saving
- Demonstrate what is meant by the "time value of money"
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- You will have the opportunity to ask questions and get answers from a financial expert.

# Tuesday

## TUESDAY

### BEGINNING LINE DANCING

By: Sue Kaupelis  
 School: Pinewood Elementary School  
 Room: Cafeteria  
 Fee: R & NR \$45.00  
 Length: 6 weeks: 2/27, 3/5, 3/12, 3/19, 4/9, 4/16  
 Class Time: 6:00-7:30 p.m.  
 START DATE: February 27

Start with some basic steps – Learn some simple line dances for fun and exercise at the same time. If you are brand new, this class is for you! **ALL registrations must be mailed in.**

## TUESDAY

### PAINT WITH PEGGY

By: Peggy Porter  
 School: Mohonasen High School  
 Room: 67  
 Fee: R & NR \$25 per class  
 Supply Fee \$30 per class  
 Length: 1 night per painting  
 Class Time: 6:00 -9:30  
 Skill Level: All – Beginners welcome  
 Limit: 8 students per class

Have you ever wanted to try oil painting? Are you afraid you can't paint because you can't draw? WELCOME to "Paint with Peggy"! In each class you will create an oil painting. Peggy is a certified Alexander Art Instructor and Wilson Bickford Painting Partner. Each evening the student creates a complete oil painting. These classes do not require drawing skills, and they are also NOT paint-by-number. At the beginning of class every student is provided with a blank canvas, brushes, palette of paints, etc. Then, through classroom instruction, each person creates their own, unique oil painting. Any level of painter will enjoy the classes. Look at photographs of the paintings at: [www.paintwithpeggy.com](http://www.paintwithpeggy.com) and select which classes you want to attend. Try it! It's FUN! Peggy can be contacted @ [paintwithpeggy@gmail.com](mailto:paintwithpeggy@gmail.com) or phone at 518-925-2238.

### MARCH 19th: MORNING WALK

This peaceful country scene is a pleasure to paint! Using pastel sunrise colors, we create a soft sky, and a distant treeline. The old house is set at the edge of the woods and a path is added that goes by the house. The painting is completed with a large tree in the foreground. A person walking a dog in may be added, if time allows.

Don't worry! A pattern is provided for the building and Peggy will demonstrate and guide you through every step as you create this lovely oil painting.

### APRIL 16th: SUMMER STORM

An evening summer lightning storm crackles across the night sky in this scene. Lights are on in the homes in this lakeside village. We use a limited palette of oil paints to create this dramatic scene with a stormy sky. Join us!!

### MAY 7th: SUMMER LAKE

Join Peggy to paint a relaxing summer scene that could be in the Adirondacks! Distant houses across the lake, reflections in the water and a large tree on the shore in the foreground create a beautiful oil painting. Layering colors on the foliage creates a lush tree that you will want to sit under. Come join us, it's fun!

## TUESDAY

### ZUMBA!®

By: Laurie Zinnershine  
 School: Bradt  
 Room: Gym  
 Session 1/6 weeks: 2/13, 2/27, 3/5, 3/12, 3/19, 3/26  
 Fee: R & NR \$48 – for session 1  
 Session 2/6 weeks: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21  
 Fee: R & NR \$48 – for session 2  
 Class Time: 6:00-7:00 p.m.

**PLEASE LIST TUESDAY ON YOUR REGISTRATION**

ZUMBA!® is a fusion of Latin, International and popular music/ dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party!

**MUST PRE-REGISTER**





## WEDNESDAY

### CUPCAKE/CAKE DECORATING

By: Tara Connors (Bash Parties)  
 School: Mohonasen High School  
 Room: 40  
 Fee: R \$20 NR \$35 (Plus \$30 Supply fee to instructor)  
 Length: 2 nights: Feb. 28 & March 6 - 6:30-8:30 p.m.  
 Skill Level: Beginner/intermediate  
 Limit 15

Learn a variety of techniques to make beautiful and fun cupcakes in this sweet course. Week one, we'll cover how to assemble and use different decorating tips for writing and borders then make four cupcakes using our decorating bags and other supplies. Week two, we'll cover how to pipe flowers and make another four cupcakes. All of the skills and techniques taught can be applied to cake decorating as well! Instructor will provide all supplies and each week participants will take home the cupcakes that they decorated. About your instructor: Tara Connors started Bash Parties in 2013 which hosts activity based events, including a cupcake decorating party.

## WEDNESDAY

### EXPANSIVE YOGA

By: Antoinette Furbert, Certified Yoga Instructor, B.S.  
 School: Pinewood  
 Room: Gym  
 SESSION I: 5 weeks: 2/28, 3/6, 3/13, 3/20, 3/27  
 Fee: R & NR \$60  
 SESSION II: 6 weeks: 4/10, 4/17, 4/24, 5/1, 5/8, 5/15  
 Fee: R & NR \$72  
 Class Time: 6:00 to 7:00 p.m.  
 Level: MIXED

Come experience the benefits of a yoga practice that blends the Celebration of the Heart and the Science of Biomechanics. Expansive Yoga is a yoga practice which integrates the mechanical laws of movement with balanced energetic action in the performance of asana to tone muscles, increase strength and flexibility while increasing awareness and sense of wellbeing. Thus, each practice start with a heart-oriented theme that is intertwined with the postural instructions. Classes are dedicated to serving and empowering each student, while cultivating lighted heartedness, playfulness, and joyful awareness. Classes are designed using progressively sequencing instruction to assist students of all levels toward advancing their practice.

Expansive Yoga is absolutely perfect for everyone at every level!

## WEDNESDAY

### BOATING SAFETY

By: Jack Hochmuth  
 School: Draper Middle School  
 Room: Library  
 Fee: \$10  
 Supply Fee: \$20 (to be collected first night of class)  
 Length: 4 nights: 3/6, 3/13, 3/20, 3/27  
 Class Time: 6:30 to 8:30

This course meets the New York State and U.S. Coast Guard requirements for Personal Watercraft (PWC) Operation and Youth and Adult Boating Certification. Upon successful completion, participants will receive a boating certificate that is good for life and can be used to operate a PWC (e.g., Jetski) or as a youth boater able to operate a vessel independently. (To operate a PWC independently, a person must be at least 14 years old and have their boating certificate on board.) This course teaches the fundamentals of safe boating operation, including accidents and emergencies; boating related activities; boats and motors; equipment; fueling and ventilation; marine environment; numbering and registration; personal watercraft; and rules of the road. The course is for adults and children 10 years of age and older. Limit 25 participants.



## Tuesday

### TUESDAY

#### ESTATE PLANNING

By: Glenn J. Witecki, Esq. Attorney and Counselor at Law  
 School: Mohonasen High School  
 Room: LGI  
 Fee: R & NR \$5  
 Length: 1 night: April 16  
 Class Time: 6:00 to 8:00

#### Avoiding Probate through the use of a Revocable Trust – the Under-Appreciated little brother of Irrevocable Medicaid Trusts

Where there is a Will there is a way, but where there is a Trust there is often a better way! Gain an in-depth understanding of when a Revocable Trust may benefit you as we explore the uses of Revocable Trusts in preventing Will challenges and offering enhanced flexibility to your estate plan. Learn the hierarchy of intestate inheritance and who has a right to challenge your Will. Also, learn the process of implementing a Trust and titling assets to the Trust. (A Trust only controls assets that are actually titled to the Trust, either directly during one's lifetime or after death by beneficiary designation). A complete discussion will be had about the benefits of using Revocable Trusts instead of Wills to pass your assets to your beneficiaries. You will have an opportunity to ask specific questions pertaining to your own circumstances to learn how a Revocable Trust may benefit you. Note that a Revocable Trust does not provide asset protection in the Long-Term Care context.



## Thursday

### THURSDAY

#### ZUMBA!®

By: Laurie Zinnershine  
 School: Bradt  
 Room: Gym  
 Session 1/6 weeks: 2/15, 2/29, 3/7, 3/14, 3/21, 3/28  
 Fee: R & NR \$48 for Session 1  
 Session 2/6 weeks: 4/18, 4/25, 5/2, 5/9, 5/16, 5/23  
 Fee: R & NR \$48 for Session 2  
 Class Time: 6:00-7:00 p.m.

#### PLEASE LIST THURSDAY ON YOUR REGISTRATION

ZUMBA!® is a fusion of Latin, International and popular music/dance themes creating a dynamic, exciting, hypnotic, and effective fitness experience! The routines feature aerobic/fitness interval training with a combination of fast and slow rhythms that tone and sculpt the body with easy to follow dance steps. Beginner to advanced everyone is welcome to join the party!

#### MUST PRE-REGISTER

### THURSDAY

#### NOTARY PUBLIC REVIEW WORKSHOP

By: Victor Bujanow, CIC  
 Zoom meeting  
 Fee: R & NR \$ 55  
 Length: 1 Day: March 28 5:30 p.m. - 9:30 p.m.

#### MUST PRE-REGISTER AND PROVIDE EMAIL FOR ZOOM INVITE

This workshop prepares you for the New York State Notary Public test and will provide you with a comprehensive view of the Notary Public office. Confusing laws, concepts, and procedures will be clearly explained and clarified. Examples will be provided to illuminate situations that a Notary Public officer is likely to encounter. Topics include avoiding conflicts of interest, maintaining professional ethics, charging proper fees, handling special situations, when to defer an attorney, and minimizing legal liability. This workshop is a must for Notary Public candidates to become fully aware of the authority, duties and responsibilities involved in this office. All materials will be provided including website links to NYS Department of State licensing information, booklets and forms. Also featured is an 80 question Practice Exam which attempts to emulate the actual New York State mandatory exam.

**INSTRUCTOR:** Victor Bujanow, CIC has been a practicing Notary Public and Notary Signing Agent for over 25 years. In addition to the Notary Public Workshops he has been teaching Insurance Pre-Licensing Courses as well as Continuing Education courses at several New York State Colleges.



## SATURDAY

### MEDICARE 101

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – FREE

Length: 1 Day: Feb. 24 - 10:00 AM to 12:00 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/3SEQog6>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare Medicare Parts A, B, C and D. Explore and evaluate Original Medicare, Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make, help you become more well-informed and explain what Medicare means for you!



## SATURDAY

### HOW MONEY WORKS

By: James W. Farnham, MBA, MS

School: ZOOM WEBINAR

Fee: R & NR – \$5

Length: 1 Day: March 9, 12:30 to 2:00 p.m.

You must register in advance for this educational event. At the registration page, please fill in your first name only and leave your last name blank.

Please register at: <https://bit.ly/3ER8mnu>

After registering, you will receive a confirmation email containing information about joining the webinar.

You are invited to a Zoom webinar!

This webinar is for anyone who wants to learn more about personal finance. Whether you're just starting out or looking to improve your financial skills, this program will provide you with the information you need to make sound financial decisions. You will learn about:

- How to save money for short-term and long-term goals
- How to invest your money wisely and avoid the high cost of waiting
- Identify and outline the three “Ds” of investing
- Uncover and illustrate the Rule of 72
- Paying off debt and the effects of compounding (both good and bad!)
- Review the Theory of Decreasing Responsibility
- Discover the power of tax-deferred saving
- Demonstrate what is meant by the “time value of money”
- Apply important concepts and principles to protect your financial assets
- Make it clear why you need a financial plan and know your financial independence number
- You will have the opportunity to ask questions and get answers from a financial expert.

# Registration **FORM**

Please use separate form for each class and registrant. You may copy this form. **PLEASE PRINT!**

Course Title		
Dates Held or Session		
Your Name		
Street		
City	State	Zip
Phone (HOME)	(CELL)	(E-mail)
School District of Residence		
Fee Paid \$	Check No.	

---

Course Title		
Dates Held or Session		
Your Name		
Street		
City	State	Zip
Phone (HOME)	(CELL)	(E-mail)
School District of Residence		
Fee Paid \$	Check No.	

---

Course Title		
Dates Held or Session		
Your Name		
Street		
City	State	Zip
Phone (HOME)	(CELL)	(E-mail)
School District of Residence		
Fee Paid \$	Check No.	

# Registration **FORM**

**SPRING 2024**

Please use separate form for each class and registrant. You may copy this form. **PLEASE PRINT!**

Course Title		
Dates Held or Session		
Your Name		
Street		
City	State	Zip
Phone (HOME)	(CELL)	(E-mail)
School District of Residence		
Fee Paid \$	Check No.	

Course Title		
Dates Held or Session		
Your Name		
Street		
City	State	Zip
Phone (HOME)	(CELL)	(E-mail)
School District of Residence		
Fee Paid \$	Check No.	

Course Title		
Dates Held or Session		
Your Name		
Street		
City	State	Zip
Phone (HOME)	(CELL)	(E-mail)
School District of Residence		
Fee Paid \$	Check No.	



**POSTAL CUSTOMER**

**MOHONASEN CONTINUING EDUCATION | SPRING 2024**



**IMPORTANT DATES**

Classes begin the week of February 26, 2024  
(unless otherwise noted).

**SCHOOL LOCATIONS**

**Bradt Elementary**

2719 Hamburg Street, Schenectady, NY 12303

**Pinewood Elementary**

901 Kings Road, Schenectady, NY 12303

**Mohonasen High & Draper Jr. High**

2072 Curry Road, Schenectady, NY 12303

**CONTACT US**

**Continuing Education Inquiries:** (518) 356-8303

**Email:** AdultEducation@mohonasen.org

**Swim Program Inquiries:** (518) 356-8270