

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.

Please Note: In the event of a district snow day, your class will be canceled.

REGISTRATION CLOSES TWO WEEKS BEFORE YOUR CLASS STARTS

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

Center for Advanced Technology Building

400 Warrior Way, Schenectady, NY 12303

INTERESTED IN TEACHING A CLASS?

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 or email AdultEducation@mohonasen.org

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

DO NOT SEND CASH! A separate check must be issued for each course.

Please indicate course title on each check. 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 canceled 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 canceled.

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.

**Mohonasen does not specifically endorse any of our Adult Education providers or courses and the opinions, beliefs, and practices of the presenters are entirely their own.*

Monday

MONDAY

GETTING PAID TO TALK/ AN INTRODUCTION TO VOICE OVER A SINGLE-EVENING WORKSHOP AND Q&A

By: Voice Coaches
Location: VoiceCoaches/White Lake Studios
Address: 26 Vly Road, Albany, NY
Fee: \$25
Length: One night
Date: March 9
Time: 6:30–9 p.m.
Limit: 10 people

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 to advertisements and beyond, we encounter recorded voices everywhere! In this one-night class, your instructor will take you behind-the-scenes in the voice over field for a fun and realistic look at how the voice over field really works. You'll gain inside perspective on developing skills, and how to leverage your voice's strengths and interests, and more. You'll also have an opportunity to record a sample professional voice over under the direction of the instructor.

About The Instructor: With more than 30 years as a voice over artist and voice over producer, your instructor is part of the team at Voice Coaches with clients including major television networks, gaming designers, audio book publishers and more. Learn more at voicecoaches.com

MONDAY

GENTLE YOGA

By: Jean Sefcovic, Certified Yoga Instructor, NYS Licensed Massage Therapist
School: High School
Room: Library
Four weeks: 3/23, 3/30, 4/13, 4/20
Fee: \$75
Time: 6–7 p.m.

Please come & enjoy a time to relax, rejuvenate and reconnect at your own level. We practice gentle warm-ups, postures, (Asanas) breath awareness, (Pranayam) and relaxation (Savasana). Please come in comfortable clothes, bring your own mat & a friend! Blankets, blocks & straps can be useful. Benefits of Yoga: a healthier, stronger and more relaxed you. Improved flexibility, a great sense of calm and well-being, increased oxygen intake. Keep Healthy!

Monday/Tuesday

MONDAY/TUESDAY

AARP - SMART DRIVER COURSE

By: AARP Instructor
School: High School
Room: 62
Fee: Members \$25; Non-Members \$30 - Must bring your AARP card & Driver's license and attend both nights
Length: Two nights
Dates: May 11 & 12
Class time: 6–9 p.m.
Limit: 25 people

This is a 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.**

MONDAY/TUESDAY

AARP - SMART DRIVER COURSE

By: AARP Instructor
School: High School
Room: 62
Fee: Members \$25, Non-Members \$30 - Must bring your AARP card & Driver's license and attend both nights
Length: Two nights
Dates: June 8 & 9
Class time: 6–9 p.m.
Limit: 25 people

This is a 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.



Tuesday

TUESDAY

PAINT WITH PEGGY

By: Peggy Porter
 School: High School
 Room: 67
 Fee: \$25 per class
 Length: One night per painting
 Class Time: 6–9:30 p.m.
 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 and select which classes you want to attend. Try it! It's FUN! Peggy can be contacted @ paintwithpeggy@gmail.com or phone at 518-925-2238.

FEBRUARY 10: KEEPING WATCH

Supply Fee: \$30 (to be collected in class)

Lighthouses are always popular. Participants will be painting a lighthouse with a Keeper's cottage on a bluff, overlooking the sea. The painting depicts a sunny day with fluffy clouds. A pattern for the lighthouse is provided. If time permits, a few sailboats can be added on the water as well!

MARCH 17: BIRCH FOREST

Supply Fee: \$30 (to be collected in class)

In this fun, new painting, participants create a dense forest featuring a few prominent birch trees in the foreground. Peggy will guide you through every step of color mixing and brush strokes to create this interesting landscape.

APRIL 14: FORGOTTEN GATE

Supply Fee: \$30 (to be collected in class)

This is a nostalgic painting reminds us of simpler times. Participants will create a path to an old, forgotten gate that leads to a sunny field. Peggy will explain and demonstrate how to create the path, nearby bushes and flowers and the rickety gate. You may want to picnic in the distant field!

TUESDAY

BEGINNING LINE DANCING

By: Sue Kaupelis
 School: Pinewood Elementary School
 Room: Cafeteria
 Fee: \$50
 Length: Seven weeks
 Dates: 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/14
 Time: 6–7:30 p.m.

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

BEGINNER-TO-INTERMEDIATE GUITAR

By: Don & Mike Warren
 School: Draper Middle School
 Room: 104
 Fee: \$50
 Length: Four weeks
 Dates: 3/10, 3/17, 3/24, 3/31
 Time: 7-8 p.m.
 Limit: 30 people

Beginner to Intermediate Guitar & Ukulele Classes - Learn a Song! Open to All Ages: From 10 to 100!

Bring your guitar, bass, or ukulele and embark on a musical adventure that promises fun and fulfillment.

- No Instrument? No Problem: We're here to assist you in finding the perfect guitar or ukulele to start your journey.
- New to Music? Welcome Aboard: Don't worry if you've never played before. We'll start from the basics and have you strumming in no time.

Beginners: Discover the joy of music as you learn essential chords, techniques, and rhythms. By the end of the course, you'll be playing a full song with the group and sharing the joy of music!

Novice - Intermediate: Elevate your skills with creative techniques and a deeper understanding of the guitar. You'll finish the course with the ability to add your own flair to our final class song.

Meet Your Instructor: Don Warren, a passionate musician with a heart for teaching. Learn more about Don's approach and experience at Warrenlessons.com

What to Bring: Your guitar, a pick (if you prefer), a tuner, and a pen. Missing something? Let us know, and we'll help you out.

TUESDAY

LEARN TO SEW OR IMPROVE THE SKILLS YOU ALREADY HAVE

By: Barb Nackley
 School: High School
 Room: 40
 Time: 6:15- 8:15 p.m.
 Fee: \$150 (some small supplies are included)
 Length: Eight weeks
 Dates: 2/10, 2/24, 3/3, 3/10, 3/17, 3/24, 3/31, 4/14
 Level: Beginner to intermediate

Course Description: Want to learn to sew or improve your sewing skills? This class is perfect for complete beginners and people who have sewn in the past but need a refresher.

Please bring to the first class:

- Sewing Machine
- 1 ½ yards of cotton fabric for the tote bag
- Coordinating thread
- Sharp fabric scissors

TUESDAY

ZUMBA

By: Laurie Zinnershine
 School: Bradt
 Room: Gym
 Session I: 2/10, 2/24, 3/3, 3/10, 3/17, 3/24
 Fee: \$48 – for session 1
 Session II: 4/14, 4/21, 4/28, 5/5, 5/12, 5/19
 Fee: \$48 – for session 2
 Time: 6-7 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!

TUESDAY

MEDICARE 101

By: Vicki Beyer
 School: High School
 Room 62
 Fee: Free
 Length: One night
 Date: April 14
 Time: 6-7 p.m.

Class Description: This is a great educational presentation to review the basics of Medicare. It is perfect if new to Medicare or can be a refresher



Wednesday

WEDNESDAY

CARDIO SCULPT 101 - FUN FITNESS FOR ALL LEVELS

By: Kim Aquilo

School: Center for Advanced Technology (CAT Building)

Room: 110 B

Session I: 2/11, 2/25, 3/4, 3/11

Fee: \$50

Session II: 3/25, 4/1, 4/15, 4/22

Fee: \$50

Time: 5:15 - 6 p.m.

Join us for a high-energy, fast-paced group fitness experience that combines heart-pumping cardio with muscle-sculpting strength training. Whether you're looking to boost your metabolism, improve circulation, or just have fun while getting fit—this class is for you!

What to Expect:

- Warm-Up: Get your body ready to move
- Cardio Bursts: High-intensity intervals to elevate your heart rate
- Strength Training: Push-ups, planks, squats, and more to tone and build lean muscle
- Variety: Fresh formats and choreography to keep it exciting

Benefits:

- Boosts metabolism and burns fat
- Improves circulation and lowers blood pressure
- Reduces risk of heart disease

What to Bring:

Towel, water, and your own bands/weights if you have them.

WEDNESDAY

CUPCAKE/CAKE DECORATING

By: Tara Connors (Bash Parties)

School: High School

Room: 40

Fee: \$35 (Plus \$35 supply fee to instructor) BRING TO FIRST CLASS

Length: Two nights

Date: April 22 & April 29

Time: 6-7:30 p.m.

Level: Beginner to intermediate

Limit: 15 people

Course description: Learn a variety of techniques to make beautiful and fun spring cakes and cupcakes in this sweet course. Each week, we'll cover new topics like with how to fill and use a piping bag with decorating tips to using candy in unusual ways as decorations. We'll be making cupcakes in class, but all skills can be applied to cakes as well! Instructor will provide all supplies, including take home containers and each week participants will take home the cupcakes that they decorated.

About your instructor: Tara Connors started Bash Parties in 2013, which hosts in-home activity-based events, including a cupcake decorating themed party.

WEDNESDAY

BEGINNING BALLET AND MODERN DANCE

By: Beth Jacobs

School: High School

Room: Cafeteria A

Fee: \$75

Length: 10 Weeks

Dates: 2/11, 2/25, 3/4, 3/11, 3/18, 3/25, 4/1, 4/15, 4/22, 4/29

Time: 6-7 p.m.

The class blends vocabulary and history of classical ballet, Russian ballet technique, British RAD ballet and American Ballet styles together with elements of Graham, Ailey and other modern dance idioms. The teacher was a professional ballet and modern dancer in NYC and elsewhere. Wear work out clothing and have hair secured in place and away from face, no swing ponytails. Wear socks, ballet shoes or bare feet.

WEDNESDAY

EXPANSIVE YOGA

By: Antoinette Furbert, Certified Yoga Instructor, B.S.

School: Center for Advanced Technology

Room: 110 B

Session I: 2/25, 3/4, 3/11, 3/18, 3/25, 4/1

Fee: \$72

Session II: 4/15, 4/22, 4/29, 5/6, 5/13, 5/20

Fee: \$72 (\$132 for both sessions)

Class Time: 6:30-7:30 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 starts 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: Four nights: 2/25, 3/4, 3/11, 3/18

Time: 6:30–8:30 p.m.

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.

WEDNESDAY

BEGINNER CROCHET: INTRODUCTION TO THE ART OF CROCHET

By: Maureen J. Pivacek

School: High School

Room: 68

Time: 6-7:30 p.m.

Fee: \$140 (All materials are included)

Length: Three nights

Dates: 4/15, 4/22, 4/29

Level: Beginner

Limit: Six people per class

Course Description: Discover the relaxing & creative world of crochet; this course is designed for absolute beginners. Over the span of three 1 1/2 hour sessions, you'll learn foundational crochet techniques, such as chain, single crochet, and read simple patterns. By the end of this course, you will complete a small project. All materials and tools shall be provided by Maureen's yarn boutique. Left-handed individuals are welcome too! Bring your enthusiasm! I'll bring the rest.

WEDNESDAY

INTRODUCTION TO MAKING A CHUNKY BLANKET

By: Lisa Miccio

School: Mohonasen High School

Room: 40

Time: 6-8 p.m.

Fee: \$80 (All Materials are included)

Length: One Night, please indicate on registration form which night you will be attending and two color choices. (Listed below)

Dates: 2/11, 3/4, 4/1, 5/6

Level: Beginner, no prior knitting experience necessary

Limit: Five people per class

Colors to choose from (list on registration):

- | | |
|--------------|----------------|
| ▪ IVORY | ▪ SAGE |
| ▪ TAUPE | ▪ ISLE |
| ▪ TRUFFLE | ▪ BUTTERSCOTCH |
| ▪ LIGHT GRAY | ▪ CORNFLOWER |
| ▪ DARK GRAY | ▪ FRENCH LILAC |

Course Description: Learn how to make your own chunky blanket. Together will learn the basics of making a blanket from making your cast on loop and first row to understanding how to make different style boarder edges, joining two skeins of yarn together seamlessly, when to change colors and casting off. At the end you will have your very own beautiful blanket, ready to learn new stitches! Easy and fun!

THURSDAY

ZUMBA

By: Laurie Zinnershine

School: Bradt

Room: Gym

Session 1: 2/12, 2/26, 3/05, 3/12, 3/19, 3/26

Fee: \$48 for Session 1

Session 2: 4/16, 4/23, 4/30, 5/7, 5/14, 5/21

Fee: \$48 for Session 2

Time: 6-7 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.

Virtual Classes

TUESDAY

MEDICARE 101

By: James W. Farnham, MBA, MS
 ZOOM WEBINAR
 Fee: Free
 Length: One night
 Date: February 10
 Time: 6–8 p.m.

You must self-register in advance for this educational event.

After registering, you will receive an attendance email containing information on joining the webinar.

At the online registration page, please fill in your first name only and leave your last name blank. Please self-register, again, with your first name only.

Please register at: <https://bit.ly/4phr3Gf>

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, High-Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make; help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

TUESDAY

NOTARY PUBLIC REVIEW WORKSHOP

By: Victor Bujanow, CIC
 ZOOM WEBINAR
 Fee: \$55
 Length: One night
 Date: March 24
 Time: 5:30–9:30 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.

THURSDAY

MEDICARE 101

By: James W. Farnham, MBA, MS
 ZOOM WEBINAR
 Fee: Free
 Length: One night
 Date: June 11
 Time: 10 a.m.–12 p.m.

You must self-register in advance for this educational event.

After registering, you will receive an attendance email containing information on joining the webinar.

At the online registration page, please fill in your first name only and leave your last name blank. Please self-register, again, with your first name only.

Please register at: <https://bit.ly/43A3XCe>

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, High-Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make; help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

SATURDAY

MEDICARE 101

By: James W. Farnham, MBA, MS
 ZOOM WEBINAR
 Fee: Free
 Length: One night
 Date: April 18
 Time: 10 a.m.–12 p.m.

You must self-register in advance for this educational event.

After registering, you will receive an attendance email containing information on joining the webinar.

At the online registration page, please fill in your first name only and leave your last name blank. Please self-register, again, with your first name only.

Please register at: <https://bit.ly/4r2C9QR>

Are you currently enrolled in Medicare? Will you be turning 65 over the next year or two? Learn about eligibility, how and when to enroll, when you can make changes, and the insurance options available to you. Review and compare what services are covered/not covered under Medicare Parts A, B, C and D. Detail the costs associated with medical and drug insurance. Explore and evaluate Original Medicare, Medicare Supplement Insurance, High-Deductible Medicare Supplement Insurance, Prescription Drug Plans and Medicare Advantage Plans. This program will simplify the choices you need to make; help you make more well-informed decisions and explain what Medicare means for you! This is an educational event.

Registration **FORM**

SPRING 2026

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

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

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

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

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

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

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

Registration **FORM**

SPRING 2026

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

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

Course Title		
Day(s)	Session(s) (If applicable)	
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 2026



IMPORTANT DATES

Classes begin the week of February 10, 2025
(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

CAT Building

400 Warrior Way Schenectady, NY 12303

CONTACT US

Continuing Education Inquiries: (518) 356-8303

Email: AdultEducation@mohonasen.org