

**THE FOLLOWING CLASSES MEET EVERY THURSDAY**  
**MOST CLASSES BEGINNING MARCH 14, 2019**  
**(UNLESS ANOTHER DATE IS SPECIFIED IN COURSE DESCRIPTION)**

**DRAWING FOR ENJOYMENT - INTERMEDIATE – R6 – New! P. Corelli**

This course is geared to the intermediate student who has already completed our beginner course. Continued instruction to build on what you've already learned adding multi-media (acrylic/watercolor etc.) to your experience! We build on what you've learned in our beginner class (see Monday courses). Topics include exercises in light, shading, shapes, composition & perspective. Our goal is to help you draw for relaxation with results that will give you great satisfaction!

**Room 110 – High School**

**8 weeks, starts March 14, 2019**

**7:00-9:00 P.M.**

**Fee: \$86 (Non-Residents \$88)**

**HIKING ROCKLAND & SURROUNDING AREAS**

**BEGINNER – R20 – New!**

**S. Mason**

**K. McGuinness**

Explore off-the-beaten-path parts of Rockland and surrounding natural areas. Learn about the history as well as plants and animals of these areas. Beginner hiking with similar difficulty to the previous "Hiking the Long Path" series (generally 3 miles or less), venturing to spectacular trails right in our local area all within a 30 minute drive of Nanuet!! Participants should be physically fit but not necessarily experienced hikers. Some uneven terrain, so wear appropriate footwear. Bring water and a snack. Each hike will take approximately 2.5-3 hours with numerous stops for discussion and Q & A by members of the NY/NJ Trail Conference. Class will meet once on 4/4/19 in H.S. room 216 for one hour at 7PM to discuss hikes. Hikes will be on Sundays 4/7 & 4/14 (if expected forecast is poor, hikes may be moved to prior Saturday). Depending on your level of fitness, you may consider doing some "pre-training" such as stairs and neighborhood walks – always consult your doctor first.

**Class April 4, 2019 in H.S. Room 216**

**2 Hikes, Sunday, April 7 & 14, 2019**

**Hikes 8:30-11:30 A.M.**

**Fee: \$25**

**HIKING ROCKLAND & SURROUNDING AREAS**

**MODERATE/EXPERIENCED – R25 – New!**

**S. Mason,**

**K. McGuinness**

These hikes will bring somewhat greater challenge to more able hikers. Explore some of the most scenic and interesting places in Rockland and surrounding areas focusing on more hiking and less discussion. We'll take a faster pace and a little more strenuous route than beginner course above. Participants should be physically fit and have some hiking experience as we'll cover some rocky and steep terrain over 3-5 miles. Your efforts will be rewarded with stunning views and unique places that you cannot reach by car!. Appropriate footwear required. Bring water and a snack. Hike will take approximately 3-4 hours with rests and breaks for brief discussion from members of the NY/NJ Trail Conference. Class will meet once on 4/4/19 in H.S. room 216 for one hour at 7PM to discuss hike. Hikes will be on Sundays 4/28/19 & 5/5/19 (if expected forecast is poor, hikes may be moved to prior Saturday). Depending on your level of fitness, you may consider doing some "pre-training" such as stairs and neighborhood walks – always consult your doctor first.

**Class April 4, 2019 in H.S. Room 216**

**2 Hikes, Sunday, April 28 & May 5, 2019**

**Hike 8:30A.M. - Noon**

**Fee: \$30**

(Thursday)

## **iPAD & iPHONE, LEARNING HOW TO LOVE IT – R8 – New! C. O'Connor**

With the iPad and iPhone we have in our hands an incredibly powerful tool, but without the knowledge of how to navigate these features you'll be no closer to exploring the world and universe at your fingertips. This course will guide you through an overview plus such things as using apps, using settings to your advantage, icons, camera, calendar, iMessages and more!

**Room 131 – High School**

**7:00–8:30 P.M.**

**6 weeks, starts March 14, 2019**

**Fee: \$49**

## **RETIREMENT SURVIVAL WORKSHOP – R12 PLANNING WITH CONFIDENCE!**

**L. Rosenwasser**

Deciding whether to retire is both a financial and a personal decision. Not only is it important to be financially able to retire, it's also important to know how you want to live the next part of your life. We will be addressing common questions such as: Do I have enough money to retire? Should I retire or continue working? Should I relocate or stay where I am? This fast moving seminar will be taught by a former college professor with over 35 years of retirement planning experience. **Register with a friend or spouse. 2<sup>nd</sup> enrollee fee is \$10 when registering together!**

**Room 134 – High School**

**7:00-9:00 P.M.**

**One session workshop, March 14, 2019**

**Fee: \$15**

## **ITALIAN INTERMEDIATE - R17– New!**

**J. Bertolino**

This is the series formerly referred to as Beginner and is appropriate for our past Beginner students but also for students who are ready to proceed to a level higher than beginner. The course will cover & review some basic elementary principles combined with situational reading and oral exercises designed to provide a foundation for subsequent conversational facility. Required text, *Parliamo Italiano* (any edition, author Suzanne Branciforte) will continue to be the text used and may be purchased online at a greatly reduced price.

**Room 104 – High School**

**7:00-8:30 P.M.**

**10 weeks, starts March 14, 2019**

**Fee: \$72 (Non-Residents \$76)**

## **YOGA HATHA WITH MARIE – R19**

**M. Gartshore, E- R.Y.T.**



The goal of yoga is the union and health of the body, mind and spirit. This traditional yoga class integrates posture (asanas), breathing techniques (pranayama) and deep relaxation for the whole being. Relieve tension without strain. Final 15 minutes reserved for questions/discussion. Class is open to men and women, beginners as well as intermediate. Wear loose clothing; bring towel, mat or blanket. **Register early!**

**Cafeteria I – Miller School**

**7:00-8:30 P.M.**

**8 weeks, starts March 14, 2019**

**Fee: \$60**

## **HIGH SCHOOL EQUIVALENCY**

The examination will be given at the North Rockland Central School District. For more specific information go to

<http://www.acces.nysed.gov/hse/high-school-equivalency-hse>

Preparation classes are available at BOCES. Call (845) 348-3500 for info.