

# Community Education Program

## Winter 2023 Classes as of 3/12/2024

### Winter Classes Begin

January 16<sup>th</sup> with most concluding at the end of March.

No classes January 15<sup>th</sup>, February 19<sup>th</sup>-23<sup>rd</sup>

Check website for updates to schedules:

[www.barkercsd.net/adulted](http://www.barkercsd.net/adulted)

**Please register by January 10<sup>th</sup> to ensure that your class is not canceled due to low enrollment.**

*Let us know...*

We would like to hear from you. If you have any questions, looking for a new class, have suggestions, or would you like to teach and share a hobby with the community...

Please Contact: Mary Eadie, Director of Community Education at 716-795-3110, [meadie@barkercsd.net](mailto:meadie@barkercsd.net)

## Special Programs

### AARP Smart Driver

High School Cafeteria  
Use Middle School Entrance

Rescheduled to Tuesday, May 7 and Wednesday May 8  
6:00 – 9:00 PM

The AARP Smart Driver™ Course includes a focus on areas where drivers could benefit from additional training. This program is beneficial for all ages! A minimum of 15 people are required to hold this class. Participants must attend both evenings to qualify for discounts. Participants of the course will qualify for a discount on their automobile insurance. Participants will also qualify for a 3-point reduction on their driver's license for any points previously accrued for moving violations. Check with your insurance provider for specifics. There is no Barker Senior discount for this course.

Instructor: George Laskey

Cost: \$25.00 AARP Members/\$30.00 Non-Members  
**Checks made payable to AARP – Not to BCS**  
Include AARP # on Check Please

2 Classes

### Community Band

Band Room

Mondays, 7:00 – 9:00 PM

The Barker Community Band has been performing music in Barker and neighboring communities for over 40 years. This ensemble makes appearances at charity events, churches, parks and schools. It is a year-round course and is open to anyone with a background in instrumental music. Questions – contact Marcia Frost at [rmfrost88@yahoo.com](mailto:rmfrost88@yahoo.com)

Contact: Marcia Frost

**Free but must be registered.**

### American Legion Post #425 Military Museum

Available Upon Request

The American Legion Post #425 has a classroom across from the High School cafeteria. It is a Military Museum, which was started in the Yorker House south of the school. It contains memorabilia from the Civil War through today. You can see pictures of Barker Veterans starting with WWI, uniforms from different wars, books, pictures and hundreds of artifacts. This room is a great history resource room for all teachers and students, and the community. Set up an appointment for anyone who would like to look back in history of our country, please contact Donald Coates at 716-778-5291 or Mary Eadie at: [meadie@barkercsd.net](mailto:meadie@barkercsd.net).

## Regular In-House Classes/Programs

<b>Antique Auto Restoration</b>	Room 161	Starts 1/23 <b>No Class 2/20</b>	Tuesdays 4:00 – 6:00 PM
Come and explore the various techniques used to accomplish sheet metal work, welding, painting, cleaning and other tasks necessary to restore antique automobiles. No formal instruction given. There will be a charge for all materials used. <b>Lab Fee: Participants will be charged for, and will be responsible for, all supplies used in course.</b>			
Instructor: Tom Mallon	\$40.00 (Seniors \$20.00)		8 weeks
<b>Basketball</b>	High School Gym	Starts 1/22 <b>No Classes 2/19, 2/21</b>	Mondays & Wednesdays 7:00 – 9:00 PM
Competitive basketball for the recent and not-so-recent player. A congenial atmosphere is maintained to ensure that all participants have an enjoyable evening. No instruction will be provided. <b>Sorry, adults only, No STUDENIS, and you must be registered to participate.</b>			
Instructor: Jared Morgan	\$50.00 (Seniors \$25.00)		8 weeks
<b>Body Sculpting</b>	Elementary Gym	Starts 1/16 <b>No classes 2/20, 2/22</b>	Tuesdays & Thursdays 7:30 – 8:30 PM
This fast-paced class will help you strengthen, tone and shape your body. Following the interval training concept, low impact movements are alternated with weight-bearing exercises to challenge and meet your fitness goals. You will need a mat and weights. Trisha is a certified and experienced fitness instructor.			
Instructor: Trisha M. Hook	\$45.00 (Seniors \$22.50)		8 weeks
<b>Ceramics</b>	Room 183 (Art Room, High School South Entrance)		Thursdays, 6:00 - 8:00 PM Classes: 3/7, 3/14, 3/21, 4/11
Create functional and decorative pieces with a variety of hand-building techniques. Class is for beginners. No experience is necessary. There is a separate \$25 lab fee for materials to be paid with registration.			
Instructor: Krista Beth Feltz	\$20.00 (Seniors \$10.00) <b>Lab Fee: \$25-no discount, please send with registration</b>		4 weeks
<b>Crochet For All Skill Levels</b>	Room 183 (Art Room, High School South Entrance)	Starts 1/22 <b>No classes 1/15, 2/19</b>	Mondays 6:30 – 8:00 PM
<b><i>Twisted and hooked!</i></b> For experienced and beginners. Learn the basic steps in crocheting and how to read a pattern to create your own special treasures! Each class will cover different parts of crocheting. We will discuss additional materials you will need to buy for a specific project that you could make during the remainder of classes if you so choose. You will need to bring a skein of medium yarn and an 'H' hook to start.			
Instructor: Demerise Eadie	\$40.00 (Seniors \$20.00)		8 weeks
<b>Family/Lap Swim</b>	Pool	Class starts 1/17 <b>No Classes 2/19, 2/21</b>	Mondays and Wednesdays 6:30 – 7:30 PM
Family or individual swim time. An area will be designated for lap swimming. Please note if you will lap swim, family swim, or both when registering. <b><i>Parents must accompany students and stay in the pool area at all times.</i></b>			
Staff Lifeguards	\$40.00 (\$20.00 Seniors)		8 weeks
<b>Greeting Card Class</b>	Room 183 (Art Room, High School South Entrance)		Thursday, 6:00 – 8:00 PM Classes: 1/18, 2/1, 2/15, 2/29
Do you enjoy stamping, coloring and scrapbooking but don't have the time to do large projects? Come join us and make greeting cards! Each week we will demonstrate cards using stamping, coloring with Copic markers, watercolor, embossing and more. We provide all of the materials to make 5 complete cards with envelopes. You will need to bring a tape/dot runner with refills or a bottle of liquid glue. Dot runners may be purchased at Walmart or any large craft store. Lab Fee for materials - \$13 per class.			
Instructor: Mary Kersch	\$20.00 (Seniors \$10.00) <b>\$13.00 Lab fee per class - for materials, pay at class</b>		4 weeks

<b>Hall Walking</b>		<b>Starts 1/16</b> <b>No classes 1/15, 2/19-23</b>	<b>Mondays – Thursdays</b> <b>6:00 – 8:00 PM</b>
What better way to exercise than walking! Come walk with us in the halls of Barker Central School. Please wear comfortable clothing and good, comfortable walking shoes or sneakers. You may bring a water bottle, or water fountains are available. This exercise is designed for all ages and levels. Coat hooks are available by Room 161 near the art rooms with the skylights. If you bring your child to walk, they must be with you at all times. <b>Hall walkers must be registered and sign-in each night at the High School south side entrance.</b>			
No Instructor	Free		8 weeks
<b>Knitting For All Skill Levels</b>	Room 183 (Art Room, High School South Entrance)	<b>Starts 1/16</b> <b>No classes 2/20</b>	<b>Tuesdays</b> <b>6:00 – 8:00 PM</b>
Learn the creative and fun activity of knitting! This class is for experienced and beginner knitting. Each week will focus on a different topic, including tools, stitches, patterns and history. You will need to bring a pair of single-point knitting needles and a skein of yarn (any size will do for this first practice session). We will discuss additional materials you will need to buy for a specific project that you will make during the remainder of classes.			
Instructor: Karen Davis	\$40.00 (Seniors \$20.00)		8 weeks
<b>Medicare 101</b> <b>Understanding Your Options</b>	Jan 30-High School Cafeteria <b>March 19-Board Room</b>	<b><i>2 Dates Available:</i></b> Tuesday, January 30 <b>or</b> Tuesday, March 19	<b>6:00 – 7:30 PM</b>
Medicare is Confusing! What are Parts A, B, C & D? When do I have to enroll? What will I pay? What is a Medicare Advantage Plan? What is a Medicare Supplement Plan? What about late enrollment penalties, Extra Help, EPIC or Medicare Savings Programs? What kind of plans might work best for me? This one-day class will help people understand how the federal Medicare program works and provide a general overview of the variety Medicare insurance options available to beneficiaries.			
Instructor: Jason Myers	<b>Free – you must register to attend, please note preferred date on registration.</b>		
<b>Quilting – Alaska Ruler I</b>	Room 183 (Art Room, High School South Entrance)		<b>Saturday, February 3</b> <b>9:00 AM– 3:00 PM</b>
Creative Grids Alaska Ruler quilting. You will learn how to make the blacks that are featured inedita Sitar’s Alaska quilt by cutting a multitude of shapes in a variety of sizes such as 45° wedges, diamonds, squares and half-square triangles all with the same ruler and piecing them together to make a beautiful keepsake! You can attend either quilting class or both.			
Instructor: Janice Stoll	\$25.00 (Seniors \$12.50)		1 Day
<b>Quilting – Alaska Ruler II</b>	Room 183 (Art Room, High School South Entrance)		<b>Saturday, March 2</b> <b>9:00 AM– 3:00 PM</b>
Creative Grids Alaska Ruler quilting. A continuation of the first class but all are welcome and you need not attend Feb. 3 to join this one!			
Instructor: Janice Stoll	\$25.00 (Seniors \$12.50)		1 Day
<b>R.A.D. Defensive Systems Course</b>	Cafetorium/ Elementary Cafeteria	<b>Ladies Only</b>	<b>Postponed, not enough registrations</b>
The RAD system of self-defense is specifically tailored 4-week course offered by the Town of Somerset Police Department that is designed for women to develop and enhance their options for self-defense. The course is broken down into 4 sessions of 3 hours each and consists of both PowerPoint instruction and hands on tactics. <b>Free to any High School female student.</b> Additional information and pre-registration can be done with the Somerset Police Department. Fee includes materials provided for course.			
Instructor: Somerset Police	\$40.00 (Seniors \$20)/Free to Female HS Students		4 Weeks
<b>Stretch and Tone Your Body</b>	Elementary Gym	<b>Starts 1/16</b> <b>No classes 2/20, 2/22</b>	<b>Tuesdays and Thursdays</b> <b>6:30 – 7:30 PM</b>
This class is for everyone - men and women! Do you want to feel better, get active and have fun too? Come join Trisha for this class that focuses on stretching, joint movement, flexibility, and strength training. All exercises are done standing or sitting in a chair. There is no exercising on the floor. We have a good time socializing and exercising. Trish is a certified fitness instructor.			
Instructor: Trisha M Hoock	\$45.00 (Seniors \$22.50)		8 weeks

<b>Volleyball</b>	High School Gym	<b>Starts 1/23</b>	Tuesdays and Thursdays 7:00 – 9:00 pm
Mixed volleyball for all skill level players to participate in a fun environment so all have an enjoyable evening. <b>Sorry, adults only, No STUDENTS, and you must be registered to participate.</b>			
Instructor: Jim Harris	\$50.00 (Seniors \$25.00)		8 weeks
<b>Water Aerobics</b>	Pool	Classes start 1/17 <b>No Classes 2/19, 2/21</b>	Mondays and Wednesdays 5:30 – 6:30 PM
This water aerobics class will instruct participants through very low impact aerobic exercise that encourages cardiovascular fitness. Come firm and tone those muscles through water resistance workouts using rhythmic exercises put to music for you. Instructors are certified lifeguards. All workouts will be in the shallow end of the pool and the class size is limited to 30 participants.			
Instructor: Beth VeRost	\$45.00 (Seniors \$22.50)		8 weeks
<b>Wine Glass Painting <b>New!</b></b>	Room 183 (Art Room, High School South Entrance)		Thursday, April 18 6:00-8:00 PM
Painting is not just for the canvas! Create your own custom wine glass, hand-painted by you! Price includes 2 wine glasses & glass paint. Examples provided, but feel free to bring in your own ideas! This class is designed for those that don't have much painting experience, to an advanced painter. The process is simple and you will love your finished product! Supply fee of \$10 per person. Please bring a small box or container to bring your glasses home in.			
Instructor: Krista Beth Feltz	\$15.00 (Seniors \$7.50) <b>Lab fee: \$10.00 - no discount, please send with registration</b>		1 Night
<b>Yoga <b>Back!</b></b>	<b>Changed to 446 in Elementary behind the Library</b>	Starts 1/18 <b>No class 2/22</b>	Thursdays 7:00 – 8:00 PM
In this class, postures are practiced to align, strengthen and promote flexibility in the body. Breathing techniques and meditation are also integrated. You can expect an emphasis on simplicity, repetition, and ease of movement. Full-body relaxation and balance are the goals, as we make a full circuit of the body's range of motion. Please bring a yoga mat with you.			
Instructor: Molly Burke	\$40.00 (Seniors \$20.00)		8 weeks
<b>Zumba <b>Back!</b></b>	Jr. High Gym – Use left-side door entrance to gym	<b>Starts 1/29</b> <b>No class 2/19</b>	Mondays 7:15-8:15
The most awesome workout ever! Dance to great music, with great people, and burn a ton of calories without even realizing it. We take "work" out of workout. The ultimate dance-fitness party will groove you into shape. No experience or partner needed. All fitness levels welcome. Wear comfortable clothes, sneakers and bring a water bottle. Crystal is a licensed instructor.			
Instructor: Crystal Adams	\$40.00 (Seniors \$20.00)		8 weeks

### Online Classes/Programs – **NEW COURSES**

*Year-end can be hectic and stressful while still joyful.*

*Join an online class in the comfort of your home and take some time just for you or with someone!*

<b>Acupressure to Relieve Stress, Anxiety, Insomnia &amp; More</b>	Online		Monday, April 22, 2024 7:00 – 8:30 PM
Acupressure is an ancient healing art and self-help tool. It can offer great relief with no side effects and help you feel your best. Along with the specific points to help relieve stress, insomnia, anxiety, irritability and even weight gain, learn the Nine Master Pressure Points which are the most helpful and most frequently prescribed to help and assist every system in your body.			
Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night

<b>Soothe Those Achy Joints</b>	Online		<b>Rescheduled to September 26</b> 7:00 – 8:30 PM
Do you have joints that ache – a knee or hip or back? Whether you have arthritis, bursitis or just creaky joints, this workshop is for you. Joint lubrication exercises are quite simple and easy to do yet produce rather remarkable results by helping to free your joints of pain. We'll also discuss which nutrients are needed to help keep your joints healthy.			
Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night
<b>Vitamins &amp; Herbs: Facts &amp; Fallacies</b>	Online		Monday, March 4, 2024 7:00 – 8:30 PM
Confusion abounds about vitamin supplements. Do you need them? Which ones are best? How do you choose? In this workshop, you will learn the 7 guidelines that determine if a supplement is well balanced or a waste of money. (The instructor DOES NOT sell any supplements). Also, we'll discuss what current research says about: antioxidants, phytochemicals, anti-aging nutrients, colloidal minerals, chelated minerals, sustained release formulas, as well as Collagen, Glucosamine Chondroitin, Melatonin, Ginkgo, Ginseng & Echinacea.			
Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night
<b>Just Breathe! Techniques to Calm, Center &amp; Balance</b>	Online		Monday, March 11, 2024 7:00 – 8:30 PM
Breathing in specific ways can have amazing and powerful healing benefits on mind and body. Breath work is the single most powerful thing you can practice for improving energy levels, health, and well-being. In this workshop, you will learn ancient breathing exercises that will: neutralize stress by reprogramming your nervous system; increase energy and vitality; increase brain function; improve immune response; decrease depression and anxiety; and help strengthen your back and abs from the inside out. This powerful technique for optimum health of mind and body is literally right under your nose.			
Instructor: Janice Novak	\$30.00 (\$15.00 Seniors)		1 night
<b>Face Yoga</b>	Online		Tuesday, January 23, 2024 7:00 – 8:30 PM
There are 19 flat muscles in your face, all of which can be strengthened and toned, just like arm or leg muscles. Facial exercises can take years off your appearance by reducing frown and forehead lines, reducing 'puppet mouth' lines, lifting and firming neckline, making upper and lower cheeks fuller, reduce puffiness and sagging around eyes, improve circulation and nutrient flow into cells and improve lymph circulation. Learn simple exercises that will rejuvenate your face. You will need a regular teaspoon for a few of the exercises and a little of your favorite facial moisturizer.			
Instructor: Janice Novak	\$30.00 (Senior \$15.00)		1 night
<b>Hips, Thighs &amp; Otherwise</b>	Online		Wednesday, January 31, 2024 7:00-8:30 PM
If you've noticed hip/thigh/butt spread, you are not alone. In this workshop, you will learn: my famous '10 Minute Miracle Exercise' series to strengthen lower body muscles quickly and, in the process, increase metabolism and bone density; decrease 2 inches off saddlebag area in 2 weeks; trim inches off lower body by getting rid of excess water weight; breathing technique to stimulate fat metabolism; acupressure points for lymph circulation and drainage. If you don't have time, money, or inclination to haul yourself to a gym, you will love these powerful and effective techniques. You will need a resistance band, tied in a loop for some of the exercises.			
Instructor: Janice Novak	\$30.00 (Senior \$15.00)		1 night
<b>Online Cooking with Tess – Soups Instant Pot or Not &amp; Bowls</b>			Saturday, February 24, 2024, 5:00 – 7:30 PM
Adult cooking class with Tess Georgakopoulos, "Chef Tess" Learn to create creamy chicken & wild rice, creamy broccoli-cheddar soup and Italian bread bowls with your family at home. One soup will use an instant pot/electric pressure cooker and one cooking pot for another. This is an online fun inter-active Zoom class. Chef Tess noted her information has a copyright and asks that the supply list packet which will be provided prior to class so you can shop and the recipe cards not be shared as they are for the participant(s) in the same household. Please note, due to the costs associated with this course, no Senior Discount is available.			
Instructor: Tess Georgakopoulos			\$40.00
<b>Online Cooking with Tess – Focaccia, Stromboli, Calzones! Oh My!</b>			Saturday, April 20, 2024, 5:00 – 7:30 PM
Adult cooking class with Tess Georgakopoulos, "Chef Tess" Learn to focaccia, Stromboli, and calzones! This is an online fun inter-active Zoom class your immediate family can enjoy together. Chef Tess noted her information has a copyright and asks that the supply list packet which will be provided prior to class so you can shop and the recipe cards not be shared as they are for the registered participant(s) in the same household. Please note, due to the costs associated with this course, no Senior Discount is available. See Community Ed page for more info.			
Instructor: Tess Georgakopoulos			\$40.00

# BCS Community Education Registration Form Winter 2023-2024

## Please complete all information and sign to be registered

**Please Print and Fill Out Completely**

First Name		Last Name	
Street Address			
City		Contact Number	
Zip Code		Contact Email	
Emergency Contact Name		Emergency Contact Number	

*Contact information is used to keep you informed of other important information.*

**Please Note:**

- 1.) A separate registration form is needed for each participant.
- 2.) Registration must accompany payment.
- 3.) No refunds issued after classes begin.
- 4.) You can assume your registration has been accepted unless you are notified otherwise.

Course(s)	Cost
Total Due	\$
Check Number	
Are you a District Senior Citizen (55+) with a Barker Senior Citizen Card for a course discount?	
Yes	No

**Payment/Mailing Information:**

Payable to:  
 Barker Central School Community Education  
 (Unless otherwise noted)

Mail Registration & Payment to:  
 Director of Community Education  
 Barker Central School District  
 1628 Quaker Road, Barker, NY 14012

**Questions, please contact:** Mary Eadie, Director of Community Education  
 716-795-3110 or [meadie@barkeresd.net](mailto:meadie@barkeresd.net)

**For updated Community Education information and schedule:**  
 Please visit the BCS website at: [www.barkeresd.net/adulted](http://www.barkeresd.net/adulted)

**Looking for a new class, or would you like to teach and share a hobby?**  
 Please let us know as we are always looking for new classes to share with the community!


**WAIVER AND RELEASE OF ALL CLAIMS:**

This agreement is between named participant on this form and the Barker Central School District (including the Barker Central School District Community Education Program, its Community Education Coordinator, its Community Education instructors, and other related members, agents, authorized guests, and affiliated organizations.) The participant will be participating in the following Community Education activities and/or classes as acknowledged on the registration form. The participant further agrees to abide by the policies of the Barker Central School District and its Community Education Program.

I hereby state that I do not have any ailments or physical condition that would prevent or inhibit me from fully participating in the specified activities and/or classes. I understand that there is a risk of injury inherent in the foregoing community education classes and/or activities. I hereby accept and assume all risks inherent in the specified Community Education classes and/or activities. I undertake this activity at my own risk. I voluntarily assume full responsibility for any losses, property damage, or personal injuries sustained in the specified activities and/or classes. I further agree to hold harmless and indemnify the Barker Central School District from any and all claims, demands, actions and costs that might arise out of participation in the specified activities and/or classes.

In consideration for the opportunity to participate in the Barker Central School District Community Education Program, to the maximum extent permitted by law, I hereby release the Barker Central School District, its Board of Education members (in their official and unofficial capacities), its employees, and its volunteers from any and all liability, claims, costs, expenses, attorney fees, demands, actions, and causes of action, whatsoever, arising out of or related to any losses, damages, or injuries (including death) that may be sustained during participation in the Barker Central School District Community Education Program or while on the premises of where the classes and/or activities are conducted.

I further agree that the Barker Central School District will not be liable to me for any damages, losses, personal injury or property damage, caused by or resulting from any cause whatsoever, including but not limited to the negligence of the Barker Central School District, the Barker Central School District Community Education Program, its Community Education Coordinator, its Community Education instructors, or other related members, agents, authorized guests, or affiliated organizations.

 Participant Signature \_\_\_\_\_ Date \_\_\_\_\_