

PERSONAL GROWTH

SU PARENT / CHILD SEWING WORKSHOP

Learn basic sewing skills together by each completing a finished garment made to your size out of fabric. You will both learn the sewing machine, which is provided, to create several stitch samples and complete a paper pattern that can be used again after completing the class. See your email for list of materials. Instructor: C. Allen

NCC 2109-01 S 2/2-16 9am-1pm SRC \$55pp

BEGINNER SEWING WORKSHOP

Want to learn how to use a sewing machine? You will learn terms and tools, layout and cutting, pressing techniques, zipper and hem applications, and stitch samples. You will create one finished dress made to your size in cotton fabric on the sewing machine provided. See your email receipt for list of materials. Instructor: C. Allen

NCC 2094-01 S 2/23-3/9
9am-1pm SRC \$95



UB CHICKEN SCRATCH EMBROIDERY **NEW**

Is a traditional embroidery style that is regaining popularity and a common style also known as Amish embroidery or snowflake embroidery. Chicken Scratch embroidery shares many stitches in common with cross stitch, but the fabric used is typically a gingham fabric. Supplies needed for class: Gingham fabric, embroidery thread, needle, and hoop.

PG211-0204CT M 2/4-11 6-8:30pm CT \$69

SASHIKO DENIM REPAIR (BORO) NEW

Boro is the age old Japanese art of mending textiles and is literally translated as rags or scraps of cloth. As far back as the 17th century, peasants, merchants and artisans would patch up clothing and quilts using scraps of old kimonos or hemp fabric, making the garment last long enough to be passed down through generations. Sashiko is a form of embroidery, using a running stitch, and is literally translated to little stabs. It's sturdy method makes it ideal for boro and perfect for mending denim. Supplies needed for class: sashiko thread, sashiko needles, knuckle ring thimble (optional), small pieces of fabric (linen, thick cotton, or denim), fabric pins, fabric marker or chalk, ruler (optional) scissors.

PG212-0304CT M 3/4-11 6-8:30pm CT \$69

CAKE DECORATING 101 NEW

Have you ever wanted to decorate cakes like some of the top professionals in the industry but do not know where to start? In this introductory class students will learn the ins and outs of basic cake decorating techniques to help you start your cake decorating journey. Students will learn how to apply basic icing and frosting techniques and then work their way to experimenting with designs such as flowers, stars, and writing. This class is hands on and it will help you whether you are starting from scratch or you know a little something about cake decorating. The Wilton Ultimate Cake Decorating Tools is recommended for self-purchase and use in class. There is a one-time \$20 food fee payable to the instructor at the first class meeting.

CU153-0226CT T 2/26-4/16 6-8pm CT \$209



UB AMERICAN MAHJONG

Seasons, Flowers and Winds are just a few of the suits found among the 152 tiles shuffled for a game of Mahjong. Join this exploratory class where you will learn the history of the game and play etiquette for a traditional table of four. This exciting game is one of luck, wit and will as you decide the hand to play, draw, discard or call as tiles are cast until the lucky one cries Mahjong! Instructor: P. Gordon

PG203-0205CT T 2/5, 12, & 19 6:30-8:30pm CT \$79

CAREGIVER SUPPORT NETWORK: FIND THE C.A.R.E. YOU NEED

How can you live a balanced life when providing heart-centered care to your family? Join us for this inspiring wellness class to explore solutions to empower caregivers: 1) Complete a Caregiver Assessment 2) Explore strategies to thrive in turbulent times 3) Discuss the role of Health Care Proxy & Power of Attorney 4) Review the M.O.L.S.T. & Five Wishes forms. Caregivers can successfully manage a myriad of ever-changing needs and often benefit from Coaching, Advocacy, Resources and Education. Tuition Includes 60 Minutes of Life Coaching from Adult Ed

Instructor M. Perlmutter, CSL www.ClutterFreeLifeCoach.com.

HA124-0220CT W 2/20-3/20 6-8:30pm CT \$159
HA124-0514CT T 5/14-6/11 6-8:30pm CT \$159

CONQUER YOUR CLUTTER & C.H.A.N.G.E. YOUR LIFE

Are you ready to live an empowered life with renewed energy, clarity, balance and peace? Join us for this motivating wellness class to discover solutions to C.H.A.N.G.E. your life: 1) Clarify The Impact Of Clutter 2) Highlight Hope, Faith & Vision 3) Achieve Health & Wellness Goals 4) Now Learn How To Conquer Clutter 5) Get Organized By "The Power Of One" and 6) Enjoy The Benefits Of An Organized, Clutter-Free, Time-Efficient Life.

Tuition Includes 60 Minutes of Life Coaching from Adult Ed
Instructor M. Perlmutter, CSL www.ClutterFreeLifeCoach.com.

PG187-0102CT R 3/14-4/11 6-8:30pm CT \$159
PG187-0513CT M 5/13-6/10 6-8:30pm CT \$159

IF I CAN'T FIND MY KEYS... HOW CAN I FIND MY PURPOSE?

Americans spend one year of their life looking for lost or misplaced items. Are you ready to reclaim your home, your time and your life? Join us for this motivating wellness class to discover solutions that can empower you to Conquer Chronic Disorganization: 1) Clear Clutter 2) Organize Your Home 3) Manage Time Effectively 4) Achieve Health & Wellness Goals. Take heart in knowing that you can pave the way to an organized, time-efficient life.

Tuition Includes 60 Minutes of Life Coaching from Adult Ed
Instructor M. Perlmutter, CSL www.ClutterFreeLifeCoach.com.

HA125-0304CT M 3/4-4/01 6-8:30pm CT \$159
HA125-0502CT R 5/2-30 6-8:30pm CT \$159

PERSONAL GROWTH

HOW TO PUBLISH A BOOK WITH AMAZON **NEW**

Publishing a book on Amazon is not as daunting as it seems. Free tools are available to help you create an eBook, paperback, and audiobook. Join Middletown author **Marianne Sciucco** (Blue Hydrangeas, Swim Season) for a two-hour workshop to learn how to prepare your manuscript for publication, upload your files to the Amazon publishing sites, position your book for the market, and promote your book once it's available to the public. To enhance your experience it is suggested that you bring a fully charged laptop or tablet to this class.

DCB 2249-01 S 4/27 10am-noon KSU \$35



BLOGGING FOR AUTHORS & OTHERS **NEW**

Blogging is a sure way to establish a presence on the internet and build your discoverability. In this two hour course, Middletown author **Marianne Sciucco** will teach you how to: set up your blog, decide what to blog about, drive traffic to your site, find followers, and more. This course will be helpful to authors and others with a business or product to sell.

DCB 2250-01 S 4/27 1-3pm KSU \$35

INTRO TO WILDLIFE REHABILITATION

Rehabilitating wildlife and returning healthy animals back to the wild can be a very rewarding experience. This workshop is designed to provide information and insight to those who are considering becoming wildlife rehabilitators. It will cover zoonosis, rules and regulations, test and exam, cost, time, equipment, networking, contacts, and more. There will also be information on rehabilitating specific types of wild animals. Q&A: During lunch and at the end of the course.

Instructor: E. Monfett & R. Evans, licensed rehabilitators

NCC 1994-01 S 3/23 10am-3pm KSU \$69

ALL ABOUT DONKEYS

Contrary to public perception, the donkey is a very sweet, calm, smart, playful and affectionate animal. Come interact one-on-one with a herd of miniature and standard donkeys (and one zonkey!) and experience firsthand why the donkey is perhaps the most under-appreciated and misunderstood of man's most valuable domesticated animals. **Instructor: S. Stiert**

NCC 1171-01 S 6/1 12:30-4:30pm Ulster Park \$45
(Rain date 6/8)

ANIMAL SCIENCE OFFICE ASSISTANT CERTIFICATE

27 credits

Developed through a close collaboration of SUNY Ulster faculty, regional veterinarians, and licensed veterinary technicians. This program meets the training needs of both students and practicing veterinary professionals.

Learn more about this program at www.sunyulster.edu/academics.

Contact an admissions specialist who can help you map out a path to success at 845-687-5022 or admissions@sunyulster.edu

COMPLEMENTARY HEALTH & WELLNESS

We offer a variety of health and wellness modalities to enhance each other, which adds to making a more holistic practice. If there is a modality you are interested in taking that we do not offer please email macaleup@sunyulster.edu with your suggestion.

PSYCHIC DEVELOPMENT & REIKI I CERTIFICATION: PLUS ANIMAL REIKI

Experience guided imagery meditation and attunements. Use Reiki or Shoden to promote healing and stress management. Learn the theories, history, hand positions, precepts and principles of Reiki. You will focus on self-healing, quick healing in-chair and healing on tables, as well as by-osen scanning, and kenkyoko ho (dry wash). Animal Reiki offers targeted pain and stress reduction techniques through light touch. *Approved for 8 NCBTMB CE hours.* **Instructor: L. Salluzzi**

NCC 1736-01 M 3/4-4/1 6-8pm KSU \$95
No class 3/11

PSYCHIC DEVELOPMENT & REIKI II CERTIFICATION

Receive the ancient initiations; the three Reiki II ancient symbols for healing. Learn and practice distance and hands-on healing using these symbols. In Reiki I you learned to align and channel 10% of the Reiki healing energy. In Reiki II you are ready to channel 90% of the energy through the ancient initiations passed on by the Reiki Master. *Approved for 8 NCBTMB CE Hours.* **Instructor: L. Salluzzi**

NCC 1738-01 M 4/8 & 29 6-9pm KSU \$95
5/6 6-8pm

PSYCHIC DEVELOPMENT & ADVANCED REIKI CERTIFICATION

Learn level I and II of the six levels to Reiki Master/Teacher, the highest level of Reiki healing but is not exclusively for those wishing to go on to the master level. This class will enhance the Reiki energy with the Kundalini energy from within and you will learn breathing techniques to facilitate this. You will also receive two more ancient symbols for healing yourself and others. *Approved for 8 NCBTMB CE hours.* **Instructor: L. Salluzzi**

NCC 1730-01 M 1/7-28 6-8pm KSU \$95
NCC 1730-01 M 5/13-6/10 6-8pm KSU \$95

No class 5/27

REIKI PRACTICE CLINIC

Reiki practitioners from all schools. Each meeting will begin with Healing Circle Meditation & Attunement, questions about healing will be addressed after circle and then the clinic begins! The class will share the healing energy on tables. Bring pillows and mats for comfort. You must be at least a reiki 1 practitioner to attend. You will practice reiki on one another with instructions and guidance when needed as requested by the Reiki Master. **Instructor: L. Salluzzi**

3 SESSIONS

NCC 2097-01 M 2/4 & 11 6-9pm KSU \$95
2/25 6-8pm

2 SESSIONS

NCC 2125-01 M 6/17 & 24 6-8pm KSU \$49