

## **SU** BUILD A \$30K KITCHEN FOR \$10K

Are you hesitating, even dreading to undertake a major renovation and its expense? In this fun and informative class, you will examine a newly renovated kitchen that utilized previously installed cabinets, countertops, and appliances, achieving like-new results for a fraction of the cost. Bring a tablet or laptop so you can explore and learn about a website offering used cabinets and appliances, and engage in a “scavenger hunt” to identify key details involved in the renovation process. There will be time to ask about skills and tools needed to handle some or all of the work required to do a total gut renovation, saving significant money in the process, and achieving like-new results. **Instructors: Richard & Vindora Wixom** did this renovation together over the course of 2 months, and are still on speaking terms!

**NCC 2165 R 3/12 7-9pm Lake Katrine \$39**

## **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 4. 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**

**PG203-0324CT T/R 3/24-4/02 6:30-8:30pm CT \$99**

## **BEGINNER GOLF CLINICS**

A program for adult players new to the game of golf or those who have played for a year or two but have not had formal instruction. You will be taught how to grip, swing, drive, pitch, chip and putt. In addition, learn golf etiquette and how to properly “address the ball”. This program will be offered at Fallsview Golf Course, Ellenville. **Instructor: Golf Pro., M. Girardi**

**HF110-0513FV T 5/13-6/17 6-7pm FV \$129**

# COMPLEMENTARY HEALTH & WELLNESS

## **SU** REIKI I & CHAKRA

Learn self-healing reiki 1, called SHODEN in Japan, the beginning teachings. Self-healing, quick healing in chairs, healing on tables covered with a focus on the meaning and important information about each chakra as it pertains to your own healing while you learn to help others to heal.

**Instructor: L. Salluzzi**

**NCC 1750 M 2/24-3/23 6-8pm KSU \$95**

No class 3/16

## **REIKI II**

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. **Instructor: L. Salluzzi**

**NCC 1738 M 3/30-4/20 6-8pm KSU \$95**

## **ADVANCED REIKI**

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. **Instructor: L. Salluzzi**

**NCC 1730 M 4/27-5/18 6-8pm KSU \$95**

## **INTRO TO REFLEXOLOGY**

This will cover an overview and history of Reflexology. You will receive a Foot Map, experience a hands-on demonstration along with learning self-care techniques that you can bring home and use on yourself and family members. This class will also cover as to when Foot Reflexology is appropriate. **Instructor: L. Hughes**

**NCC 2156 S 3/21 10am-1pm KSU \$39**

## **REFLEX II**

“How to Conduct a Thorough Reflexology Session.” This will cover techniques, opening relaxation, relaxation techniques, a general outline of a Foot Reflexology session and Zone Therapy. You must bring your Intro to Reflexology handouts with you to class. **Instructor: L. Hughes**

**NCC 2157 S 4/4 10am-1pm KSU \$39**

## **SU** INTRO TO EXERCISE SCIENCE FOR STRENGTH TRAINING

Interested in taking a more proactive approach to your health and fitness? Then this series of lectures/discussions with hands-on demonstrations and assessments is designed for you. This will provide an overview of muscular/skeletal anatomy, the biomechanics of how joints and muscles work and our body’s physiological response to strength training and exercise. You will learn how to assess your posture, flexibility, range of motion and core strength. This is designed to help you improve your fitness experience while staying injury-free and healthy. Note: Some of the functional assessments will be done on the floor. Please bring a towel or a yoga mat.

**Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS**

**NCC 2103 W 3/25-4/15 6-7:30pm KSU \$79**

## **HEALTHY KNEES WORKSHOP**

Chronic problems such as osteoarthritis affect nearly one third of older active adults. Osteoarthritis typically occurs as a result of poor joint mechanics. It can cause pain and discomfort in the knee, which may be the result of improper movement of the hips and ankles. You will learn about the mechanics of the knee joint and its intimate relationship with the muscles of the hips and ankles, how the knee joint functions and how to perform exercises correctly to strengthen the knee. This course is not designed to diagnosis. Note: Some of the functional assessments and exercises will be performed on the floor. Please bring a towel or a yoga mat.

**Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS**

**NCC 2104 W 4/22 6-8pm KSU \$39**

## **CORE & LOW BACK STABILIZATION WORKSHOP**

Back pain affects almost 80% of the American population and is typically due to poor mechanics of the spine as well as weak stabilization muscles. Any imbalance in the strength and flexibility of these muscles can result in undo tension, malalignment of the spine as well as pain and discomfort while performing everyday activities. You will learn about the mechanics of your spine, how your back and core muscles function together and how to perform exercises correctly for strengthening your core and low back. This course is not designed to diagnosis. Note: Some of the functional assessments and exercises will be performed on the floor. Please bring a towel or a yoga mat.

**Instructor: D. Hamburg, M.S., Exercise Physiologist, ACSM CES, HFS**

**NCC 2105 W 4/29 6-8pm KSU \$39**