### **Cherry Valley-Springfield Central School District**



VOLUME 31, NO. 2 FEBRUARY 2024

# Student Voices STUDENT CHOICES



This fall CVS was invited to participate again in the Otsego Community Foundations Student Voices, Student Choices Competition. This year's program started off with a work day at Hartwick College where students engaged with teams from all participating schools to learn about the process of researching and developing plans surrounding community problems, and partnering with nonprofits. It was at that workday that this year's team of students from the National Honor Society was able to isolate the issue that they wanted to tackle. Hygiene poverty, an issue that students at our school and all schools in our area deal with on a daily basis. They also selected the Cherry Valley Food Pantry as the nonprofit they wanted to partner with. Upon returning

back to CVS the student group set to work, researching and developing a plan that would not only be effective to address the problem but one that students and community members would feel comfortable and welcome using as hygiene poverty has a huge stigma. Over the course of many work periods and time together the HQ became the plan.

Presenting their community issue and plan to tackle it on November 20 to a group of panelists, in front of family, friends, peers and the community at Hartwick College. The competition was nothing short of amazing, as every school had a project that addressed community issues that their group felt was worthy of time and attention. One of the incredible parts of the Student Voices, Student Choices

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Competition is that every school receives at least \$1000 towards the project they have developed- Everyone, every community wins! As results were announced and CVS had not yet been announced, we were excited to be a contender for one of the top prizes, but it wasn't just any prize we were awarded, but the Grand Prize of \$5000!

Our students have now shared their vision for the HQ-The place to go for what you need, with their peers at a 7-12 assembly on January 5th as we returned from break. The HQ will not only have hygiene items, but also household products and gently used clothing, winter gear, etc. The HQ will be accessible to all students through a group of trusted adults selected by the team. Additionally, the School Based Health Center staff will also have access, when community members are at the SBHC with their child and a

need is recognized, staff can open the room to that family. The HQ is completely anonymous and allows students, and community members to select items needed in their home without the stigmas and in an atmosphere that mirrors a shopping experience.

Now the real work begins! The student group is already working on the next steps and plans to have the HQ open at the start of this coming school year, an ambitious but achievable goal with our nonprofit partner- The Cherry Valley Food Pantry. Keep an eye out for more information as the HQ comes to life, we look forward to sharing it with everyone in September 2024 at the annual open house night.

Mrs. Schecter, NHS Advisor and the Student Voice, Student Choice Team—Charlise Canary, Lexi Dygert, Carly Spaulding, and Liam Rockwell.

# Superintendent's MESSAGE

Dear Parents/Caregivers,

I trust this message finds you well. As we reflect on the past few months since our November Newsletter, it is evident that our students have been actively engaged in various endeavors, showcasing their talents and dedication. From All-County preparations in chorus and band to gearing up for January Regents, participating in basketball at different levels, and getting ready for the upcoming spring musical, our students have been making remarkable contributions.

We believe in providing opportunities for our students to be active and involved in diverse aspects of their education. It is heartening to witness their enthusiasm and commitment to their pursuits.

In the coming months, students in grades 3-8 will begin taking state exams. It's important to remember that these exams offer only a snapshot of your child's performance. We, as educators, understand the multifaceted nature of student growth and potential. I encourage you to engage in conver-

sations with your child about their learning experiences and inquire about the ways in which you can support them.

I would also like to draw your attention to the upcoming Capital Project vote on February 13. In a recent Capital Project Newsletter sent to every household in the District, you'll find details about necessary improvements to the main building and transportation facility. Additional visual resources can be accessed on our school website under the District tab labeled Capital Project. Should you have any questions or concerns, please do not hesitate to reach out to me via phone or email.

As we navigate through the winter months, I join you in hoping for an early spring. The challenges posed by the weather, with its mix of rain and snow, have been notable, but we will get past it as it is central New York!

Be well, *TheriJo Snyder*, Superintendent

## CAPITAL PROJECT VOTE • FEBRUARY 13, 2024 Band Room Entrance

PROPOSITION 1A: Updates to our buildings and facilities
PROPOSITION 1B: Resurface track and replace fencing\*
\*Proposition 1B can only pass if proposition 1A passes

PROPOSITION 2: Use of capital equipment reserve for purchase of new tractor





December 7 was the ribbon cutting for the School-Based Health Center. What an exciting day! Erin Williams and Ethan Sheldon give thank you cards signed by both the elementary and secondary students to Ginny Hastings, a generous donor to the SBHC.

## **School Based Health Center**

Cherry Valley-Springfield Central School District is proud to share that our new School-Based Health Center (SBHC) has had a great first two months. Since our ribbon-cutting in early December, we have enrolled more than 100 students, which is over 20% of our school population. We are very pleased with this strong start and ready to enroll more! To that end, we wanted to provide some important details for families who may still be undecided about whether our SBHC is the right fit for your student and family.

First, although providing primary and preventive medical, dental, and mental health services right in the school is a new concept for many of us in this district, it's a tried-and-true healthcare model. Schools across the country started pioneering SBHCs in the 1960's, and Bassett Healthcare Network's program just celebrated its 30th anniversary. The program has grown in that time (ours is Bassett's 22nd SBHC) and has earned recognition for providing access to high quality care—for example, they are recognized by the National Committee for Quality Assurance as a Patient-Centered Medical Home.

The benefits of enrolling your child in School-Based Health are broad. Perhaps the most basic is the convenience: parents don't need to use personal time or lose work hours to drive students to appointments for regular checkups, follow-ups, mental health counseling, or dental work. Perhaps the most important is the cost savings. The SBHC will bill students' health insurance for all services provided, including physical examinations, but no family will ever have to pay out-of-pocket for any service provided at the SBHC. Any

additional costs not covered by insurance are covered by the School-Based Health Program. If your child already has another pediatrician, the SBHC team can also work with that practitioner if care is needed in school.

There are other benefits that, for some families, can be the most important. Students attending health appointments using a hall pass rather than a half-day absence from school helps reduce the academic impact of an illness or injury. Bassett also has telehealth arrangements with pediatric specialists at the University of Rochester who can help treat rare cases of illness—asthma, for example—making specialized appointments much easier to arrange.

Whatever enrollment choice you make, remember that our SBHC will be able to handle various needs—like physical exams needed for sports or working papers—regardless of whether or not a student is enrolled. Plus, our school nurse's office will still be available for all the services it is now.

School-Based Health Centers begin teaching children about the importance of good health habits and responsibility that lasts a lifetime. We are pleased to partner with Bassett Healthcare Network to offer this critical service to you and your family!

Want to enroll your child? Visit Bassett.org/CVS-Enroll or call 607-695-1450 to request an enrollment package be mailed to you at home.

Learn more about Bassett's School-Based Health Program by visiting Bassett.org/SBH or calling toll-free at 844-ALL-SBHC (844-255-7242).

## **Counseling Office News**

National School Counseling Week 2024, "School Counseling: Standards-Based, Student-Focused," sponsored by the American School Counselor Association (ASCA), will

be celebrated from Feb. 5–9, 2024, to focus public attention on the unique contribution of school counselors within U.S. school systems and how students are different as a result of what school counselors do. National School Counseling Week highlights the tremendous impact school counselors can have in helping students achieve school success and plan for a career.

School counselors are actively engaged in helping students examine their abilities, strengths, interests and talents; work in a partnership with parents as they encounter the challenges of raising children in today's world; focus on positive ways to enhance students' academic, career and social/emotional development; and work with teachers and other educators to provide an educational system where students can realize their potential and set healthy, realistic and optimistic aspirations for themselves. School counselors are certified, experienced educators with a master's degree in school counseling. The combination of their training and experience makes them an integral part of the total educational program.

"School counselors work with all students to remove barriers to learning by addressing students' academic concerns, career options and social/emotional skills," said Jill Cook, ASCA executive director. "School counseling programs help to increase student achievement and provide a much-needed resource for students, parents, teachers and administrators. School counselors are integral to student success."

#### About the American School Counselor Association

The American School Counselor Association (ASCA) promotes student success by expanding the image and influence of school counseling through leadership, advocacy, collaboration and systemic change. ASCA helps school counselors guide their students toward academic achievement, career planning and social/emotional development to help today's students become tomorrow's productive, contributing members of society. Founded in 1952, ASCA has a network of 51 state and territory associations and a membership of approximately 43,000 school counseling professionals. For additional information on the American School Counselor Association, visit schoolcounselor.org.

#### Dates to remember:

**Thursday February 8**—Outward Bound and Odyssey presentations for 8th-11th graders

**Tuesday February 12**—10th grade CTE Informational Meeting

### Peer Conflict vs Meanness vs Bullying

#### Helping School Communities, Parents & Staff Identify the Key Differences

Sometimes people think that **peer conflict, meanness** and **bullying** are the same thing, but they aren't. Peer conflict is a part of everyday experience, which we navigate the complexities of how we interact. Knowing what to look for and learning strategies to handle bullying are crucial for staff members in order to create a positive school culture. Review the comparison below to understand the key differences:

# Peer conflict is an argument or disagreement in where both sides express their opposing views.

**Definition:** 

## Behavior: Example:

Ethan and Amy were playing hide and seek and Ethan finds Amy. She accuses Ethan of cheating with his eyes open and an argument ensues.

#### Meanness

Meanness can be subjective and can be motivated by angry feelings and/or being socially rude (i.e. bluntness). It is not a frequent occurrence

Equal power between those involved. A one-off situation where the behavior may have the intent to hurt, but nobody else is pulled into the conflict.

involved. Generally feels

Mary tells Anthony that he can't play four square during recess because he is the worst player in the whole third grade.

#### **Bullying**

Bullying has the goal to continuously hurt, harm or humiliate with emotional or physical aggression/threats towards a targetted victim(s) The person who is bullying misuses their power (i.e. older, stronger, popular, etc) and continues behavior when they realize it is hurting someone.

Dan has joined the Computer Club so John calls him a "geek". John also then convinces the other kids in their group to call him "geek".

Sources: https://www.weareteachers.com/difference-between-meanness-and-bullying https://www.pacer.org/bullying/resources/questions-answered/conflict-vs-bullying.asp





We held our annual Spelling Bee in December, and our two champions moving on to the regional competition are *Kaitlyn Kretser* (8th grade) and *Kilian Redden* (7th grade). The 2024 Regional Spelling Bee Competition has been scheduled for Saturday, February 3 at the SUNY Oneonta's Goodrich Theater beginning at 10:00 a.m. The public is invited to watch the competition. Many thanks to our Spelling Bee Coordinator Ms. Wathen, and our judges, Mrs. Haig and Mr. Rhodes for organizing this year's bee, and congratulations to *Kaitlyn* and *Killian*!





#### **Jared Campbell**

Jared Campbell's presentation is unlike any other assembly you will bring into your high school, middle school or elementary school. He reaches students through the power of music with songs he's written about some of the most crucial elements to living out your life with purpose. His message focuses on overcoming obstacles, anti-bullying, respect, leadership and having an amazing outlook on life."





Enrolling for the 2023-24 and 2024-25 School Years

#### Eligibility:

- Child age 3-5 years old AND
- Household income meets free school lunch threshold OR
  Family is receiving SNAP/Food Stamps, TANF, or SSI OR
- Child is in foster care OR
- Child is experiencing homelessness (e.g. living in a shelter, temporarily with familylfriends, campground, or other non-permanent nighttime residence)

### Head Start Offers Children

- A safe place to learn and explore
- · Outdoor playtime and field trips
- · Exposure to books and computers
- Nutritious meals and snacks
- Activities to enhance social skills and peer relationships



607.433.8055 www.ofoinc.org/hs



The foreign language club would like to Thank the school community for your support of our annual candy kiss sale in december. Your generosity is overwhelming.

GRACIAS

## **Spanish News**

Señora Ahrens' Spanish classes visited with the Elementary classes and sang Holiday songs right before the break. We enjoyed spending time with the students and their teachers, and some of the students also joined in to sing with us.







#### **Students from Stem Classes**

















# Elementary Positive Patriots & Golden Essentials

For our monthly Community Meeting, each classroom teacher selects a student who demonstrates the CV-S Core Values of Power in Positivity; Respect; More Grit; and Do the Right Thing as well as other character traits from the Positivity Project. Congratulations to the following elementary students on being named Positive Patriots for January 2024.

#### **Positive Patriots January 2024**

Preston Delade Gialiyah Young
Khaylan Olsen Kara Van Scooter
Gertie Fassett Abbigail Smith
Sarah Rood Isabella Hoag
Brynlee Morton Eliana Laymon

Emma Dawson Avery Hotaling-Van Buren

Bentley Black Sawyer Yacobucci Fern Wright Colton Mahar



Each Essentials teacher also selects a class for the Golden Essential award. Congratulations to the following classes for earning the award for January!

#### **Golden Essentials January 2024**

Mrs. Licenziato Music Art Mrs. All Library Mrs. Gage STEM PK-2 Mrs. Lowry **STEM 3-6** Mrs. Licenziato Mrs. Licenziato Health PE-Mrs. Pierce Mrs. Loucks PE-Mr. Whiteman Miss Babcock



#### **Special Education**

The Committee on Special Education Office is in full swing as we approach the annual review season. If you have a child who receives Special Education services you will soon be contacted by the Counseling Office to select a meeting date and time. We look forward to seeing you soon!

Also, please log onto our school website and check out our Special Education page. We have updated our links to provide you with some great resources as you navigate through the CPSE and CSE processes.

www.cvscs.org>departments>special education

#### **Water Bottles**

We have noticed more students using CIRKUL water bottles. We have also been seeing an increase in hyperactivity and disruptive behaviors. With this in mind the Wellness Committee has done some research into the CIRKUL cartridge contents. Despite the products being sugar free, with no artificial colors or flavorings, some of these are the equivalent of energy drinks, have artificial sweeteners (sucralose or stevia) and/or have added caffeine. As a reminder students are not allowed to have energy drinks in school or at school sponsored activities such as athletics, field trips, drama club, etc. per the parent letter from Ms. Snyder dated 12/1/2022.

Please review the contents of the cartridges that your child is using in their CIRKUL and refrain from use of the energy drink cartridges when in school and consider opting for non-caffeinated cartridges when in school.

Thank you for your assistance with promoting water and healthy options for your child.

## **Music Department News**

#### All-County 2024

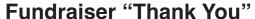
The following students were accepted into the 2024 All-County Music Festival through audition or nomination:

Elementary Band: Blake Eissler, Alexis Hotaling-VanBuren, Jocelyn Kerzick, Luke Rathbun, Skyler Smith, and Cora Waterfield

Elementary Choir: Isabella Bennett, Gianna Jicha, Gabriella Murray, Amelia Nemo, Brynlee O'Leary, Kristin Reckeweg, Kaylie Rood, and Sebella Schaffer Junior High Band: Jillian Harris, Kilian Redden, Darin Royce, and Levi Tracy Junior High Choir: Kadence Brumleve, Alex Dowd, Julieanna Iglesias, Kilian Redden, and Levi Tracy

Senior High Band: Ethan All, Anna Baker, and Graham Barown

The first All-County concert will be held at Edmeston Central School on February 3 at 2:00 p.m. The Senior High Choir, Junior High Band and Jazz Band will perform. The second concert will be held at Cooperstown Central School on March 2. The Elementary Band and Elementary Choir will perform at 1:00 p.m. The Senior High Band and Junior High Choir will perform at 2:30 p.m.



Thank you to everyone who supported the Music Department's annual fruit and candle sale. The money raised will be used to purchase or repair equipment and supplies, provide additional opportunities for our students, and celebrate our students' hard work. Mrs. Oram, Mr. Lyford, and all of the students greatly appre-

ciate the support of our community, our colleagues, Ms. Snyder, Mr. Keane, Mrs. Wright, and the CV-S Board of Education.





## The Wizard of Oz











### **Art News**

On January 11, Art students traveled to the Armory Studios in Schenectady to see the Monet Immersive Experience. This included a reconstruction of Monet's garden, lilly pond, and studio. Then they watched a VR experience that took them from Monet's atelier at Giverny, to London, the Netherlands, and Norway all by entering into Monet's paintings. The exhibit ended in a large room filled with video projections of Monet's paintings.





Elementary students share their gratitude!



### Let Me Run

In the Spring of 2023 Cherry-Valley Springfield Central School organized our first Let Me Run team for boys in fourth and fifth grade. Let Me Run is a nonprofit wellness program that inspires boys to be themselves, be active, and belong. With a comprehensive curriculum that applies the power of running, the program encourages boys to develop their psychological, emotional and social health, in addition to their physical health. This is a seven-week program and the boys meet twice a week. During these seven weeks the boys train to run a 5k race. Last year the 14 boys who participated

ran a 5k at Glimmerglass State Park through Clarks Sports Center. It was an incredible experience for the boys and their families to see their growth and watch them complete the 5k road race. The cost of this program is \$125.00 per boy plus the entry fee to the 5k road race. We are looking for donations and sponsors to help offset some of the cost for families so we can once again have a Let Me Run team. If you have any questions about this program or would like to make a donation please contact Gary Wannamaker at 607- 264-3265 ext. 530 or email at gwannamaker@cvscsd.org. Thank you.

## **Sports News**

#### Senior Recognition • Congratulations To Our Seniors!



**Varsity Girls:** Kailey Barnes, Mia Dubben, Morgan Huff, Gabby Jicha, Daphne West, Erin Williams



**Varsity Boys:** CVS—Trevor Campagna, Camden Decker, Max Horvath, CJ Hurley, Duane Lefevre, Bryant Rockwell, Dalton Stocking



**Biddy Basketball Clinic** 

The Varsity boys' basketball team sponsored a clinic for the boys in grades 3-6.



#### Girls Basketball at Syracuse

The CV-S basketball program (Biddy grades 3-6, modified, JV and varsity girls attended a college game at Syracuse University. Over 40 girls attended the game



CV-S Boys Basketball Teams Attended a Colgate Basketball Game

#### **Boys Basketball at Colgate**

The CV-S basketball program (Biddy grades 3-6, modified, JV and varsity boys attended a college game at Colgate University. Over 80 attended the game!



## Being a Head Coach is HARD Work. Here are 9 Things Coaches Want Parents to Understand

- 1: We CARE about your Child Even if your child doesn't get much playing time, we care about them. Nothing is ever personal. We love your child. Everyone has a Role. They are all different. But they are all important. Help us celebrate their role.
- 2: TIME There are only two people who understand the time commitment of a coach. The Coach and their Spouse. We are always "on," constantly thinking about our team. We sacrifice our Family time to be with your child. We don't need a pat on the back. Just respect this fact.
- **3:** We LOVE this job. But it is a hard job. Please don't steal our Joy. Our Passion. Our Commitment. We are losing too many coaches. Help Support us.
- **4:** Coaches want to WIN more than you do. We are very competitive. We put our heart and soul into this job. We are not perfect. Neither are you. No one is. Strategy or X's and O's matter much less than you think. We are at practice every day. Trust what we see and do.
- **5:** Everything is EARNED. You get what you earn. Don't blame the coach. Encourage your child to be committed. It is your child's job to get in the weight room, shoot in the

- driveway, go to the gym or field, etc. Encourage them to do this. You get what you earn.
- **6: Trust the PROCESS** Team Sports are the ultimate lab setting for life. There will be bumps in the road. It is guaranteed. It is part of the process. Accept this fact. Trust the Process. The life lessons learned will last a lifetime.
- 7: Winning is HARD. Other teams want to win too. Other teams put time in too. Other teams compete too. The season is a grind, and the process is more important than the prize. Learning how to win . . . and how to lose . . . is an important part of this process.
- 8: Your child GETS it. Your child understands. They are at every practice. They know their strengths. They know their weaknesses. They know their role. Don't feed their youthful insecurities by questioning the coach. This will hurt their experience and the team.
- 9: Finally, and Most Importantly, this is your child's experience, not yours. This is important. Let them enjoy the experience with your support. Don't judge them. Don't be critical. Just be there. Tell them you LOVE watching them play. Be a fan of the TEAM

## **Sports News**

















Girls on the Run will be starting soon! Girls in grades 3, 4, and 5--registration begins in February! Be on the lookout for registration information! If you are new to GOTR and have specific questions about the program, please

contact Mrs. Lowry tlowry@cvscsd.org anytime.



We are creating a Veterans Wall in our school to honor all Cherry Valley-Springfield Alumni who have served, or are serving in our armed forces.



Please send an 8 X 10 picture in uniform, along with your information: name, branch of service, years of service, rank, description of service, etc.

CHERRY VALLEY-SPRINGFIELD CENTRAL SCHOOL ATTN: DEB WHITEMAN PO BOX 485, CHERRY VALLEY, NY 13320

PLEASE HELP US SPREAD THE WORD TO ALL ALUMNI FROM CV-S CLASS OF 1988-PRESENT

# Principal's LIST

Student	Grade
Abdallah, Lyla A	7
Ackerman, Jackson E	7
Carley, Brandon	7
Cornelia, Tucker J	7
Crews, Natalee	7
Ellis, Vivianna	7
Finch, Justeena	7
Glowicki, Nicholas	7
Haig, Gavin	7
Harris, Jillian	7
Herring-Duke, Lailajune	7
Houk, Alexiona	7
Hribar, Cole	7
Lusk, Bailea	7
Redden, James K	7
Rockwell, Landon	7
Tracy, Levi	7
Williams, Shyanne	7
Arnold, Chloe	7
Beauregard, Willow	7
Ackerman, Allison	8
Arnold, Chloe	8
Barown, Heath	8
Beauregard, Willow	8
Butts, Matti	8
Cade, Hunter	8
Erkson, Colin	8
Field, Abigail E	8
Fox, Emily	8
Haig, Logan	8

Student	Grade
Kretser, Kaitlyn	8
Monser, Austin	8
Rockwell, Sophia	8
Royce, Darin	8
Thayer, Bailey	8
Bard, Liliana	9
Canary, Ava	9
Dresser, Hadlei	9
Gray, Destiny	9
Hickling, Ayden	9
Laymon, Caden	9
Lusk Jr., Brian J	9
Nemo, Isabella	9
O'Leary, Landin	9
Rockwell, Savanah	9
All, Ethan	10
Baker, Anna	10
Barnes, Trace M	10
Barown, Graham	10
Glowicki, Raymond A.	10
Lusk, Andrew J	10
Lusk, Caraline A	10
Sheldon, Hannah B	10
Ward, Madison A	10
Beauregard, River	11
Cade, Kristopher	11
Canary, Charlise	11
Carley, Katelyn	11
Dygert, Lexi	11
Falkowski IV, John	11

Student	Grade
Frasier, Jacob	11
Gridley, Jonathan	11
Harrington, Lucas	11
Meade, Karsin C	11
Munson, Matthew	11
Oram, Abigail B	11
Rockwell, Caleb	11
Rockwell, Liam	11
Rood, Maddison L	11
Spaulding, Carly	11
Whiteman, Brin	11
Aramini, Mina	12
Barnes, Kailey	12
Brodie, Karis	12
Calhoun, Ava R	12
Campagna, Trevor	12
DeLade, Gianna	12
Dubben, Amelia	12
Gallup, Evelyn	12
Horvath, Max	12
Huff, Morgan	12
Johnson, Jacob V	12
Morrison, Hope M	12
Newell, Kody	12
O'Leary, Kelan	12
Rockwell, Hailey	12
Sturtevant, Anjelia	12
Thalheimer, Mason K	12
Voght, Allison	12
West, Daphnee	12

# Honor ROLL

Student	Grade
Anderson, Julian	7
Backus, Brady	7
Brumleve, Kadence	7
Ellis, Alexander	7
Fitzgerald, Gabriel J	7
Leavitt, Kimberli	7
Lusk, Corbin L	7
Pendelton, Warren	7
Snyder, Amanda	7
Abdallah, Samar H	8
Constable, Zaniel	8
Gridley, Oliver J	8
McGovern, Mackenzie	8
Pokorny, Lucas H	8
Rockwell, Logan	8

Grade
8
8
9
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11

Student	Grade
Druse, Kyralynn	11
Moyer, Jackson	11
Rockwell, Alexander	11
Rockwell, Austin	11
Ruggiero, Aiden	11
Valentine, Chloe	11
Crabtree-Grant, Phinneaus	12
Decker, Camden	12
Hurley Jr., Curtis	12
Rockwell, Bryent	12
Ross, Colin	12
Sargent, Brandon	12
Stocking, Dalton	12



## **Thanksgiving Parade**









## Senior Citizen Dinner

Held on December 5, sponsored by the Student Council







## Holiday Celebration

















### CHERRY VALLEY-SPRINGFIELD CS WINTER 2024 CONTINUING ED CLASSES February Update



Call or email Mrs PJ Johnson at (607) 264-3265, x518 or pjohnson@cvscsd.org to register or for more info.

COURSE	DATE/TIME	FEE
AARP SMART DRIVER COURSES: Learn defensive	Saturday, April 13:	\$25/members
driving techniques, proven safety strategies, & new traffic	9 am - 3:45 pm	\$30/non-members
laws & rules of the road.		
BASKETWEAVING: Create either a woven cabin boy	March 23: 9 am ( 4-5 hrs)	\$55-65/1 class
basket or a berry picking basket.		supplies included
CRICUT WINTER WORKSHOPS: Classes tailored to	Feb 17 or Mar 16: 9:30-Noon	\$30/1class
individual needs & skill levels. Join us to learn about	Mar 6: 9:30-Noon or 5:30-8pm	supplies included
machine settings, Design Space & practice with several		
different materials		
GLASS ETCHING: Learn to etch glass on several different	Thursday, Feb 29	\$30/1 class
glass surfaces. Finish 2-3 projects.	9:30-11:30 am or 6-8 pm	supplies included
GREEK COOKING CLASS: Learn about Greek cuisine &	Friday, March 1: 6-8 pm	\$25/1 class
prepare a meal of Greek foods to enjoy.		
JR BEGINNER KARATE ( starts 2/27)	Tuesdays: 5:30-6:30 pm	\$28/6 classes
(Must be 6 year old & in 2nd grade)		
ADULT KARATE BASICS ( starts 2/29)	Thursdays: 5:30-6:30pm	\$28/6 classes
JR KARATE DOUBLES ( starts 2/27)	Tuesdays & Thursdays	\$38/6 classes
	6:30-7:30 pm	
ADULT KARATE ( starts 2/27)	Tuesdays & Thursdays	\$38/6 classes
DIOMEDALL A LIII (III ( ) )	7:30-9 pm	<b>040/5</b> I
PICKLEBALL: A paddle sport that combines elements of	Mondays beg March 4	\$10/5 classes
badminton, tennis, & table tennis. Equipment provided.	6:30-8 pm	Create\$3/walk-ins
POUND: Join us for Pound®, the world's 1st cardio	TBS after February Break	\$40/5 classes
jam session inspired by the infectious, energizing & sweat-		\$10/ walk-ins
dripping fun of playing the drums. Ripstix provided.		A 10/5
RAHINI YOGA: "A heart-centered connection to	Tuesdays beg Jan 30: 6-7 pm	\$40/5 classes
practice <u>not</u> perfection". Breathing & movement to		\$10/ walk-ins
enhance strength, flexibility & balance.		
SPRING SNACK & PAINT: Create a springtime	Saturday, Mar 9: 10 am - Noon	\$30/supplies included
landscape using acrylic paints.		
UKULELE FOR THE FUN OF IT: Learn a few songs to	Wednesdays beg Feb 7	\$25/6classes
strum all while having some fun!	6:30-7:30 pm	Walk-ins \$5/class
UNDERSTANDING ESTATE & ELDER LAW PLANNING:	March 23:	No Fee/1 class
Info will be presented on Advanced Directives for Health	10:00 am - Noon	
Care (Health Care Proxy, Living Will, etc.), Powers of		
Attorney (to grant legal & financial authority), Wills &		
Probate, Trust Planning, & Medicaid.		