

## Mondays, Fall of 2015

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### M – 1 **Self Esteem** with Tom Bowes

9 am – 12 noon CNAR 201 Conference Room Sept. 14 & 21

In a hands-on workshop environment, we will explore the attitudes and behaviors that build self-esteem. As we enter new stages in our lives, we can refresh our resolve. We will describe the situations and behaviors that reduce our feelings of value. Becoming more internal in our own validation, we can assume greater control over our own destiny. Participants are expected to bring an attitude of openness to a new experience in personal growth. (2 sessions)

### M – 2 **Hiking the Cobleskill Creek Trail** with Jeannie Irvine

Sept. 14, (rain date Sept. 21) 1:30 pm

This 2 mile, round trip trail begins on the Warnerville Cutoff and loops around between the creek and the railroad tracks. Benches are available along the way making this a great exercise route for all abilities.

### M – 3 **Step into the 18<sup>th</sup> Century New York along the Mohawk Valley.**

#### **RESCHEDULRD for late May or early June 2016**

Spring 2016 9 am – 5 pm. Bus transportation, guide fees and admission fees included \$45 for members \$55 for non-members. 20 person minimum to use a bus. Paul Anderman will be our guide.

Meet at 9 am I- 88 @ Schoharie Park and Ride

10:00 – 10:45 Old Fort Johnson

11:30 am Stone Arabia Church

12:15 pm Palatine Church

12:30 pm Fort Klock and lunch stop (please pack a lunch or use nearby Subway Shop)

2:00 pm Nellis Tavern / Palentine Settlement Society

3:15 pm Fort Plain Museum and drive by Van Alstyne Home, Canajoharie.

4:45 pm Return to Schoharie Park and Ride near I88.

### M – 4 **Learn to Bake Biscotti** with Rosie Trapani

1:30 pm at St. Vincent de Paul's church hall on Washington St.

Oct. 5, 2015 Limit of 15 students. Learn to prepare this Italian treat.

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**M-5 The Effect of Scientific Discovery and Technology on Society** with Anne Myers

Oct. 5, 19, 26 and Nov. 2 at 2 pm On Campus location Wheeler 204

Following a general introduction on Oct. 5, we will examine the effects of Scientific Discovery and Technology on the areas of agriculture, medicine and the environment.

**M - 6 SCHOOL Luncheon** Champlin Hall Nov. 16, 2015

Save the Date! Gather at 11:30 am. Buffet Luncheon @ noon. Announcements and program to follow.

Menu and Prices to follow

You are welcome to bring samples of class work to display.

All presenters and program leaders are invited as our non-paying guests.