

My Muscles and Me—Self Care Workshop Series

This four-part series will help you understand your muscles/body and how to take care of yourself. Learn the basic functioning of muscle groups, common injuries/problems, and ways to take better care of yourself, as well as preventive measures. Workshops are interactive, so wear comfortable clothing and yoga matt or blanket. Attend all of the classes or those that interest you:

January 22: Head and Neck

January 29: Shoulders and Upper Back

February 5: Lower Back

February 12: Sciatica, Legs, Ankles, and Feet.

Facilitator: Donna (Melan) Torsiello, LMT and NYS Licensed Massage Therapist and owner of Schroon Lake Massage and Wellness Center

When: 6:30 to 8:00 PM on Tuesdays: January 22, 29; February 5, and 12

Where: Auditorium

Fee: None

Birding in the Adirondacks

A give-and-take discussion of common area birds, as well as oddities and nearby boreal species. Learn where and when to expect these birds.

Instructor: Bill Tribou, Birding Enthusiast

When: 6:30 to 8:00 PM on Thursday, February 28

Where: Room 208

Lettering Classes

- 1) **Brush Pen Lettering:** Learn basic lettering technique and some layout ideas for signs, cards, etc. We will do a short lettered quote as a final project that can be framed. This class will include supplies and practice sheets that you can take home.
Fee: \$15
- 2) **Watercolor Lettering:** Learn the “letters that blend” technique and how to do watercolor decorations like simple flowers and backgrounds. You will do a short lettered quote or word as a final project on watercolor paper that can be framed.
Fee: \$20

Instructor: Andrea Aguilar

When: 6:30-8:30 PM on Wednesdays, January 30 and February 6

Where: Wood Shop, Room 123

Register: You may register for one or both classes. Send a check for the fee with your name and email address to: Andrea Aguilar at 4200 Glendale Road, Box 1555, Pottersville, NY 12860

Friday Night at the Movies

Enjoy a recent movie on a big screen in the school's comfortable auditorium.

Facilitators: Neil and Julie Chippendale

Audience: 18 years and older

Where: Auditorium

Fee: None

When: 6:30 PM

Schedule: January 18 - Salmon Fishing in the Yemen
January 25 - Darkest Hour;
February 1 - Julie and Julia
February 8 - Passengers
February 15- The Finest Hours