

## **Beekeeping for the Beginner and Curious Part 2**

Join us again or for the first time to learn about beekeeping. This class is an overview of a beekeeper's year and what it takes to become a beekeeper. The role has changed through the years in light of environmental pressures and the public perception of local food systems and native and non-native pollinators. No live bees will be present but basic hive equipment and tools will be set-up for inspection. Everyone's welcome— no need to have attended Part I.

*Instructor:* Linda L. Gilliland, Issue Leader with Cornell Cooperative Extension of Essex County, and Beekeeper  
*When:* 6:30 - 8:00 PM on Thursday, February 7  
*Where:* Wood Room 123  
*Fee:* None

## **Beginning Yoga**

Explore yoga poses, basic breathing exercises, meditation, and relaxation to develop strength, stability, and flexibility. Each class includes well-instructed poses that are seated, standing, and balancing. Classes end with a few minutes of deep relaxation, and are suitable for beginners or those with some yoga experience.

*Instructor:* Beth Melecci, Certified Yoga Instructor at True North Yoga  
*When:* Wednesdays, January 16, 23, 30; February 6, 13 and 27 (no class on Feb. 20)  
3:30- 4:30 in the Music Room  
6:30 - 7:30 PM in the Auditorium

## **Cybersecurity: A Guide to Online Safety**

The use of online resources such as shopping, social media, and banking, creates an opportunity for your personal information, the security of your home and children, and your financial resources, to be compromised. This workshop will give you the basic guidelines for protecting yourself and children, the do's and don't's of using social media, and how to avoid identity theft.

*Instructor:* Sue Palisano, Director, Schroon Lake Chamber of Commerce  
*When:* 6:30 to 8:30 PM on Thursday, January 31  
*Where:* Room 208  
*Fee:* None

## **Acrylic Painting**

Similar to the popular "Paint and Sip" events, you will create a your own masterpiece during each session. Participants will complete an easy, 11" x 14" acrylic painting with stroke-by-stroke direction from the instructor. This class does not require drawing skills.

*Instructor:* Cindy McKenna, Paint & Sip artist and craft entrepreneur  
*When:* 6:30 to 8:30 PM on Wednesdays, January 23 and February 27  
*Where:* Wood Shop, Room 123  
*Fee:* \$20 per session Please send registration form & fee to:  
Cindy McKenna, 1835 Hoffman Rd., Schroon Lake, NY 12870