

Dansville Central Schools Adult Education Catalog

Winter 2019



There may be several sessions on the same evening. Sessions could be in any of the three buildings. Pre-registration is required. Payments due one week before start of class. A registration form is on the last page of this document. Please be sure to look at specifics for each class listed within this document. Minimum registration for each session. You may contact Kim Derrenbacher (info below) to confirm class registration. **PAYMENTS TO BE MADE AT THE DISTRICT OFFICE TO MRS. VAUNE CRAWFORD OR MRS. BRENDA STAUBER.**

For more information, please contact Kim Derrenbacher at derrenbacherk@dansvillecsd.org or 585-335-4010

ACTIVE PARENTING OF TEENS – FREE!

Description: This 6-session class is a must for anyone raising a teenager (or soon to be teenager). We will explore the fascinating and sometimes frustrating brains of adolescents by looking at *why* their behavior is necessary as they move towards adulthood, *how* their drive for independence and pushing boundaries can be achieved through risky or safe activities, and *what* we can do as parents/caregivers to help them navigate these challenging years successfully. This workshop is strength-based and utilizes cutting-edge research and proven techniques to help adults manage their own stress, and communicate in a way so teens will listen, while establishing mutual respect and setting reasonable limits. Participants receive a workbook, resource folder, and unlimited 1:1 coaching (and venting) sessions after course completion with a certified parent educator. Welcome to the No-Judgment Zone!

Instructor: DeAnna Croteau, Cornell Cooperative Ext. Family & Consumer Science Educator

Dates: Feb 27, Mar 6, 13, 18, 27, and April 1, **Time:** 6-8pm

Location: Dansville High School Library

Registration: Call 585-991-5420 | 585-335-1752 or email dlc292@cornell.edu, more information at www.ccelivingstoncounty.org

CPR FOR FAMILY CAREGIVERS - \$5.00 per session

Take 1 hour of your life to possibly save a life of someone you will probably know.

Bystanders who perform chest-compression- only CPR instead of traditional CPR with mouth-to-mouth resuscitation (rescue breathing) save more lives, a study shows. Researchers found that adults who experienced cardiac arrest in a non-hospital setting, such as a restaurant or mall, were 60% more likely to survive if they received compression-only CPR than if they received traditional CPR or no CPR until an emergency medical services (EMS) crew arrived at the scene. Benefits of Chest-Compression- Only CPR The researchers say chest-compression- only CPR may be easier to learn and remember than traditional CPR, which alternates between chest compressions and mouth-to- mouth resuscitation. Non-medical personnel may be more willing to perform chest-compression- only CPR, as they may not want to do mouth-to- mouth resuscitation -- especially on strangers.

Instructor: Jim Welch

Dates: 2 different sessions (only need to attend one): Tuesday, February 26 at 5:30 pm -or- Wednesday March 13 at 6:30pm. **Location:** High School Pool Area

Avoid Deny Defend™: Civilian response to an active shooter - \$5.00 per person per session

Description: The Avoid Deny Defend™ campaign is designed to provide all civilians with knowledge that will empower and instill confidence to survive an active shooter attack whether at work, church, the movie theater or anywhere else they may be. It is not intended to frighten, but to empower and strengthen the ability to survive.!

Instructor: Deputy Robert Holt, Livingston County Sheriff's Office. **Date:** Monday, March 18. **Time:** 6:00-7:00pm.

Location: HS Library

WOODWORKING - \$30 for 6 classes per person, plus cost of materials

Description: This woodworking class is designed for the beginner. Experienced woodworkers are welcome. The first night will be a time for students to get guidance as to what they would like to make and do. The first night is to also learn the basic skills of woodworking and review the woodworking equipment, safety and general procedures. Come in with a project or choose one from the reference material available.

Instructor: Joanne Quanz. **Dates:** March 6th, 13th, 20th, 27th & April 3rd & 10th. 6:00-8:00pm

Location: HS Technology Room # 146. **Note:** Additional cost – lumber & hardware for your specific project

Class size limited to six participants.

MASTER THE GOOGLE SUITE - \$5.00 per person per session

Come learn how to use the Google Suite in four easy lessons. Google Docs is for text documents; Sheets for creating spreadsheets (budgets, etc.); Draw to create visual documents (posters, cards, etc.). Gmail and Calendar will show you how to use these organizational tools to their full advantage. Sign up for all four or just one or two!

- GMAIL & CALENDAR: **Date:** Wednesday, March 13, 6:30-7:30pm
- GOOGLE DOCS: **Date:** Wednesday, March 20, 6:30-7:30pm
- GOOGLE SHEETS: **Date:** Wednesday, March 27, 6:30-7:30pm
- GOOGLE DRAW: **Date:** Wednesday, April 3, 6:30-7:30pm

Instructor: Kim Derrenbacher. **Location:** HS Library Presentation Room

QUILTING - \$20 for 3 classes plus cost of materials

Fabric Pieced and Quilted Creation

Description: Have you admired a quilted item and wondered how it was made? Not sure even where to begin? This three session workshop is just for you. You will learn how to thread a sewing machine, sew a straight line and use a rotary cutter and ruler while you create two quilted pot holders or a small table runner. Piecing your creation, layering it and quilting it will follow. By the end of the third session, you will take home your completed project. Sewing machines and thread will be provided. *You will need to purchase your own fabric, a list will be provided upon sign up.*

Instructor: Lynne Blum. **Dates:** Mondays, March 18th, 25th and April 1st. **Time:** 6 - 7:30 pm.

Location: HS FACS (Family and Consumer Science) Room # 144. **Note:** Class size is limited to 8 people.

EAT RIGHT FOR LIFE - \$10 per person

Eat Right for Life - 5-week program – each session is 1 hour

Description: The majority of illnesses, chronic diseases, and everyday ailments like being tired, worn out, and sore are largely preventable. What you eat makes a huge difference in how you feel and your body's capacity to fight illness. The Eat Right for Life 5-week program focuses on five categories for making healthy food choices.

- Conquer Your Carbs
- Give Yourself an Oil Change
- Get Obsessed with Fruits and Veggies
- Select Healthy Proteins
- Drink the Right Beverages

Participants are challenged to work toward transforming unhealthy behaviors into healthy habits that will promote a lifetime of better health. Each participant will receive an Eat Right For Life Book and Companion Cookbook.

Cost: \$10.00 - Includes book "Eat Right for Life book and Companion Cookbook." Checks made to UR Medicine Noyes Health and collected at the first class.

Instructor: Lorraine Wichtowski, Noyes Health community health educator. **Dates:** March 6, March 13, March 20, March 27, April 3. **Time:** 5:30-6:30. **Location:** High School, Room 178. **Note:** Class size limited: maximum 20

FUNCTION BASED THINKING AND COMMUNICATION STRATEGIES - \$5.00 for each 2-class session

Under the guidance of Dr. Brad Ervin and Steven French, participants will explore potential functions behind student behavior as well as nonverbal and verbal intervention strategies available for responding appropriately to these behaviors. Self-Awareness, active listening, and the conflict cycle will all be explored throughout this training.

Instructors: Dr. Brad Ervin and Steven French

Dates: Session 1: March 6th and 7th -OR- Session 2: March 13th and 14th

Time: 6:00-8:00pm **Location:** HS Library

SELF DEFENSE FOR WOMEN - NO CHARGE FOR STUDENTS; \$25 FOR 2-CLASS SESSION FOR ADULTS

Description: Prepare young women to protect themselves from those who intend to do them harm and empower them mentally and physically. Minimize the risk of being assaulted. Prepare to be safe and smart when traveling alone.

Practice proper methods of how to defend self in a variety of real-life situations. This self-defense course will consist of the following: situational awareness, defensive tactics, basic fighting skills, and how to recognize and avoid attacks.

Instructor: Fred Miner, certified self-defense instructor

ADULTS: Dates: Monday and Tuesday, March 11 & 12, 6:00pm (please sign up for both sessions).

Location: Primary School gymnasium

STUDENTS: Dates: Tuesday, March 12 from 3:30-4:30 and Tuesday March 19 from 3:30-4:30. (please sign up for both sessions). **Location:** HS Cafeteria.

JOE GRANITA - PICKLEBALL - \$10 PER PERSON EACH SEASON

Beginning Monday April 16th. Pickleball will be held every Monday and Wednesday 6:30 pm - 9:00 pm & Saturdays 1:00 pm - 4:00 pm at the Dansville middle school gym (GCC). No need to register--Just show up and play! Check out the facebook page: "Dansville Pickleball"

Adult Education Registration Form

Please complete the information below and return it to the Dansville High School, ATTN: Kim Derrenbacher

Participant's Information:

Name (please print): _____ (first) _____ (last)

Phone Number(s): _____ Email: _____

Please check the boxes of the session (s) you plan on attending:

ACTIVE PARENTING OF TEENS (NO CHARGE)	<input type="checkbox"/> Wednesdays, Feb 27, Mar 6, 13, 20, 27, and April 2
\$5.00 AVOID, DENY, DEFEND™: Civilian response to an active shooter	<input type="checkbox"/> _____, _____
MASTER GOOGLE SUITE <input type="checkbox"/> \$5.00 GMail / Calendar <input type="checkbox"/> \$5.00 Google Docs <input type="checkbox"/> \$5.00 Google Sheets <input type="checkbox"/> \$5.00 Google Draw / Graphics	<input type="checkbox"/> Wednesday, March 13, 6:30-7:30pm <input type="checkbox"/> Wednesday, March 20, 6:30-7:30pm <input type="checkbox"/> Wednesday, March 27, 6:30-7:30pm <input type="checkbox"/> Wednesday, April 3, 6:30-7:30pm
\$5.00 CPR FOR FAMILY CAREGIVERS <input type="checkbox"/> Session 1 -OR- <input type="checkbox"/> Session 2	<input type="checkbox"/> Tuesday, February 26, 5:30 <input type="checkbox"/> Wednesday March 13, 6:30pm
\$5.00 FUNCTION BASED THINKING AND COMMUNICATION STRATEGIES <input type="checkbox"/> Session 1 and 2 -OR- <input type="checkbox"/> Session 3 and 4	<input type="checkbox"/> Session 1 & 2, March 6 & 7, 6:00-8:00pm <input type="checkbox"/> Session 2 & 3, March 13 & 14, 6:00-8:00pm
\$10.00 EAT RIGHT FOR LIFE (5 sessions)	<input type="checkbox"/> Wednesdays, March 6, 13, 20, 27 and April 3, 5:30-6:30pm
SELF DEFENSE FOR WOMEN (2 sessions) \$25.00 ADULTS STUDENTS (NO CHARGE)	<input type="checkbox"/> ADULTS: Monday AND Tuesday, March 11 & 12, 6:00pm (please sign up for both sessions) <input type="checkbox"/> STUDENTS: Tuesday, March 12 AND Tuesday, March 19, 3:30-4:30
PICKLEBALL (no need to pre-register) \$10 PER SEASON	Mondays, April 16 and on, 6:30-9:00pm Wednesdays, April 17 and on, 6:30-9:00pm Saturdays, 1:00-4:00pm
\$20.00 QUILTING (3 sessions)	Mondays -- March 18 and 25, April 1, 6:00-7:30 pm.
\$30.00 WOODWORKING (6 sessions)	Wednesdays -- March 6th, 13th, 20th, 27th & April 3rd & 10th, 6:00-8:00pm

COMMENTS: