



SUMMER 2022 SCHEDULE OF CLASSES

INDOOR RECREATION

You must have a SUNY Oneonta Guest Pass to engage in these activities. Pass will be sent to members at no cost upon registration for this class.

SWIMMING: Pool is located in the Chase Physical Education Building and is open only when SUNY classes are in session from September 1, 2021 through May 10, 2022 as follows:

Monday – Friday 12 noon to 2:00 pm and 8:00 pm to 10:00 pm
Saturday & Sunday 2:00 pm to 5:00 pm

Other activities available with Guest Pass from September 1, 2021 through August 31, 2022 as follows:

WALKING: Track located in the Field House, available anytime the building is open

TENNIS: Outdoor courts only, available anytime

RACQUET BALL: Courts located on lower level in the Chase Physical Education Bldg.
Available Mondays, Wednesdays, Fridays, 12 noon to 1:00 pm

SILK SCARF PAINTING 101

Elaine Downing

Monday, June 6

1:30 pm – 3:30 pm

Learn how to paint on silk. Play with color and go home with two fabulous and unique scarves. Quick, easy, and lots of fun. May be a little messy, so wear clothes and shoes that may get a little “artful”. I provide all materials required, including aprons.

Fee: \$10

Location: Elaine’s garage, 183 River St., Oneonta. Park in the driveway or across the street on Duane St.

Maximum Enrollment: 6

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

TRAVEL TO ECUADOR: GALAPAGOS ISLANDS, THE AMAZON BASIN, THE ANDES, AND MORE!

Charles Hartley

Tuesday, June 7

1:00 pm – 2:30 pm

The course will consist of an illustrated lecture highlighting our 33 day tour in Ecuador; the Galapagos Islands on land and under the sea, a trip to the Amazon Basin home of indigenous people and jungle wildlife, a trip along the Andes including horseback riding at altitude, a brief brush with Carnival at a seashore resort, and how to survive Covid-19 in a foreign country.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 30

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

GENEALOGY BASICS

Diane Carlton

Thursday, June 9

1:00 pm – 2:30 pm

How does one start researching one's roots? This introductory class will discuss basic resources, tips and tricks, how to use the resources, how to keep track of all you've learned, and what to do with all the information you have gathered.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 35

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

MR. DOWNIE'S BARN

Jim Johnson

Tuesdays, June 14, 21, 28

10:00 am – 12:00 Noon

In the summer of 1910, eight - year old Mary Downie watched her father's barn being built on upper East Street in Oneonta, and wrote an account of its construction. Her story provides a rare, personal view of the barn- building process in upstate New York in the first few decades of the century. The class will follow her step -by step- account of how the barn was built, and will cover the local agricultural economy at the time. It will also include a farm visit for a look at the barn as it stands today.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 25

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

PRACTICING MEDITATION IN THE TIMES OF STRIFE: HOMAGE TO THE FOUR DIRECTIONS

Lanny Harrison

Monday, June 20

10:30 am – 12:00 Noon

The class will begin with guided sitting meditation. There will be a short contemplation about how we experience strife - be it warfare in the world or in our own lives. We will then do a short physical warmup and proceed to a guided movement in the Four Cardinal Directions. We will explore how each Direction influences your movement. How do we express our experience of strife in this 360 degree mindfulness journey? How does the practice of Meditation fit in here? We will end with questions/comments/discussion.

Location: ZOOM (link will be emailed)

Maximum Enrollment: enrollment is not limited

Registration: Not required, open enrollment

RATHER BE READING BOOK CLUB

Pat Norton-White **Wednesdays, July 6, August 3, Sept. 7, Oct. 5** **11:00 am – 12:00 Noon**

Book lovers unite! Stories have always brought people together. After a second long Covid winter, if you are like me, you are longing to get together with others, especially fellow book enthusiasts! Join us for a relaxed and informal opportunity to simply chat about books and meet others with a common interest. Read the selected book before you come and plan on enjoying the company of others while discussing a book each session.

BOOKS TO BE READ, IN ORDER:

1. *The Alice Network* by Kate Quinn
2. *A Man Called Ove* by Fredrick Bachman
3. *The Silent Patient* by Alex Michaelides

4. *Apples Never Fall* by Liane Moriarity

Cost: Students will need to obtain a copy of each of the four novels

Location: Swart Wilcox House Lawn, Wilcox Avenue, Oneonta

Maximum Enrollment: No maximum

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

SILK SCARF PAINTING 101

Elaine Downing

Friday, July 8

1:30 pm – 3:30 pm

Learn how to paint on silk. Play with color and go home with two fabulous and unique scarves. Quick, easy, and lots of fun. May be a little messy, so wear clothes and shoes that may get a little “artful”. I provide all materials required, including aprons.

Fee: \$10

Location: Elaine’s garage, 183 River St., Oneonta. Park in the driveway or across the street on Duane St.

Maximum Enrollment: 6

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GENIUS PEOPLE IN PHYSICS: GALILEO, KEPLER, NEWTON, AND EINSTEIN

Charles Hartley

Tuesday, July 12

1:00 pm – 2:30 pm

By telling the stories of Galileo Galilei, Johannes Kepler, Isaac Newton, and Albert Einstein I hope to explain why these four are considered true geni in the field of physics. What did each do to be considered a genius? (And why I don’t consider someone like Steven Hawking to be a genius.)

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 30

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

BOAT TRIP ON OTSEGO LAKE - CANCELLED

William Harmon

**Wednesday, July 13
(raindate July 20)**

9:00 am – 12:00 Noon

We will learn about Otsego Lake geology, biology, water quality, including threats to and management of environmental concerns. Discussion of the character of Otsego Lake, it’s problems and citizen concerns and the history of management. Use of scientific equipment and observations of the biota used in water quality analysis. Extended question and answer session addressing any items of interest to the attendees.

Location: Meet at SUNY Biological Field Station, Thayer Boat House on Otsego Lake, NYS Rte. 80, Cooperstown

Maximum Enrollment: 24

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

“UKULELE STEVE”, ROUND 4

Steve Gilbert

Monday, July 18

10:00 am – 12:00 pm

In my previous performance course, I described how, after my retirement, I started performing for residents of Binghamton-area Senior Living Centers and Nursing homes, and how--when the pandemic made such performances impossible--I began recording songs and disseminating them via Facebook and email distribution lists. This discussion set the stage for me to sing, strum and talk about some of the great songs I play. In the current course, I'll pick up where I left off, and you'll help me choose the songs you want to hear and learn more about! There will be lots of singing and a bit of reminiscing about what these songs mean to you. I hope it will be both a little enlightening and a lot of fun!

Location: ZOOM (link will be emailed)

Maximum Enrollment: enrollment is not limited

Registration: Not required, open enrollment

AGING PROGRAMS AND SERVICES

Alicia Chase, Supervisor of

Thursday, July 21

10:00 am – 11:00 am

Otsego County Office of the Aging

Office for the Aging will be providing an overview of all programs and services available through their offices. Programs are provided with funding from Federal and State Grants under the Older American's Act as well as local County match. Programs are developed to meet the needs identified by clients and designed to promote independence and quality of life to allow older adults to age in their home for as long as possible.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 35

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

INDIA: TAJ AND TIGERS

Daniel Palm

Wednesday, July 27

10:00 am - 12:00 Noon

This course is a narrated photo journey focused on four cultural sites, including the Taj, and wildlife viewed in three national parks. Additional topics include the street food of Delhi experienced by the Palms as well as activities experienced celebrating an Indian national holiday, Holi.

Location: Room 104, Morris Conference Center, SUNY Oneonta

Maximum Enrollment: 35

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370

JUSTICE FOR CHILDREN OF AMERICA - CANCELLED

Jeri Wachter

Wednesday, August 10

1:00 – 2:30 pm

In 2016 an estimated, 1 in 100 U.S. children were removed from their families by the child welfare system, experienced termination of parental rights, and most within the first few years of life. In 2018, 728,280 children were arrested and entered the juvenile justice system, of those, approximately 60% have a history in the child welfare system. While these numbers are down considerably across the country, hundreds of thousands of children in the US continue to be abused and criminalized, with little to no access to justice nor the essentials for a dignified life.

In this session, we'll touch upon the history of both the child welfare and juvenile justice systems, explore points of agency, government and community involvement, inherent systemic bias's, challenges, and disparities, and the impact on the lives and health of children and families. We'll also look at more recent, evidenced based children, family and community centered policies and practices from across the country which are being implemented to help transform the lives of the children, families and communities who have been historically and disproportionately represented.

Location: ZOOM (link will be emailed)

Maximum Enrollment: enrollment is not limited

Registration: Not required, open enrollment

FROM HAMSTERS TO HORSES

Stacie Haynes, Executive Director

Wednesday, August 17

1:30 – 2:30 pm

The Susquehanna SPCA is a 501(c)3 private, independent, nonprofit organization founded in 1917. We are committed to bring about a time when there are no more homeless animals, and our goal is for every companion animal to be guaranteed a loving home. Visit the Susquehanna SPCA and tour their new facility. Learn about the important impact they have helping people and their animals in need.

Location: SSPCA, 5082-5088 NYS Route 28, Cooperstown

Maximum Enrollment: No maximum

Registration: To register please email ccaloneonta@stny.rr.com or call 607-441-7370