

Chatham Adult Education Program

Course Offerings for Fall, 2025

REGISTRATION INFORMATION

Early registration by mail protects against having to cancel a course due to low class size. Please register early! Registration may be done by mail or by phone before the first class session. Late registrations will be accepted if class is not filled. Please call 392-1503 to see if course is filled or cancelled if you are registering late.

To register, send your name, address, phone number, email address, the name of the course and a check for payment. Please use a separate check for each course. Checks should be made payable to Chatham Central School. Mail to the Continuing Education Program, Chatham Central School, Chatham, NY 12037. You may also pay in person at the Business Office, Room 104, located in the MED Elementary School. We accept cash or personal checks in person. Sorry, but we do not accept credit cards. Please do not send cash through the mail.

Pre-register by mail so that the registration reaches the Adult Education office before the first class night. Late registrations will be accepted if course is not filled or not canceled. If registering late, please call 392-1503, email howardt@chatham.k12.ny.us or call 518-392-1534, or email bramahl@chatham.k12.ny.us to find out if a course is filled. Registrants must be 18 years of age, unless otherwise noted. Registrants of other school districts are welcome. There is no extra fee for such registrations.

Unless otherwise notified, your registration is automatically accepted and you are to go directly to class on the date indicated for the first class session. You will not receive a call to confirm registration. You will only receive a call or email if class is canceled or changed. A receipt will be mailed to you upon request.

CANCELLATION OF COURSE

Each course must meet a minimum enrollment before it can be held. If enrollment is insufficient, a course may be canceled and refunds will be issued. You will be notified by phone or email ONLY if a course you registered for has been canceled or changed. Register early to avoid cancellation of a course due to low enrollment.

FEES

The Continuing Education Program is self-supporting. The cost is borne by participants' fees. A registration fee to cover overhead costs is noted for all classes that have no other charge.

IMPORTANT NOTICE

Especially for registrants in sports and physical activities courses. No classes or activities provide insurance coverage to individuals for accident or bodily injury. It is strongly recommended that you obtain your doctor's approval before participating in any of our courses that involve sports, exercise or other strenuous physical activity.

Chatham School District claims the right to use its own discretion when selecting courses for the Chatham Adult Education Program. The beliefs and views expressed in the courses taught are those of the instructors and are not necessarily shared by the Chatham Central School District or its administrators.

REFUNDS

Adult Education is a self-supporting program. Total refunds will be made if a class is canceled or filled, or if a student cancels registration BEFORE the start of the first session. NO refunds will be made after the first class begins.

MATERIAL COSTS

Additional cost for materials, supplies and/or textbooks will be collected by the instructor, as noted in the class description. Do not include these fees in the registration check unless told otherwise.

LITERACY CONNECTIONS

If you know someone who wants to learn to read, contact Literacy Connections c/o Hudson Area Library, 51 North 5th Street, Hudson, NY 12534 Phone 518-828-1792, extension 104.

HOLIDAYS

There will be no classes held on October 13th or November 11th as School is not in session due to the Columbus Day and Veterans Day Holidays. All sessions will be made up a week later.

SCHOOL CLOSINGS

If school is closed due to holiday or inclement weather, or if school closes early due to a weather related event, no classes will be held that evening. Call 392-2400 and press "2" for school closings. It is the instructor's responsibility to see that their class participants are notified of any other emergency cancellations and to reschedule the class.

MONDAY EVENING COURSES:

Adult Recreational Program Men's Basketball Night

Coordinator: Ron Dixon

Location: Chatham Middle School Gym

When parking, please remember not to block the bus garage entrance gate on Library Place

Individual In Charge: Ron Dixon

Basketball Nights are on Mondays, 7:30-9 pm, continuing through the end of May. Please note the following:

1. THERE IS A NO PAY, NO PLAY POLICY. You must be pre-registered and pay in advance.
2. AGE 21 AND OLDER ONLY, WITH PROOF OF AGE REQUIRED
3. CHATHAM SCHOOL DISTRICT RESIDENTS AND/OR TAXPAYERS ONLY
4. SORRY, NO HIGH SCHOOL STUDENTS

Open to any interested male adult with some basketball experience, age 21 or older, who RESIDES IN THE CHATHAM SCHOOL DISTRICT. Teams are not permanent. No bodily injury or accident insurance is included. Registration fee of \$10 on the date you begin no matter what that date is throughout the school year. Call 392-1503 if you have any questions. Send \$10 annual (school year) registration fee along with name, 911 address, email address for notification of location changes, and telephone number to Chatham Adult Ed Office, CCSD, 50 Woodbridge Avenue, Chatham, NY 12037

Fitness Walking Program TO START DECEMBER 1 DUE TO CONSTRUCTION

Location: Chatham High School Hallways

Walking for physical fitness has proven its health benefits in a number of studies; however, it can be dangerous to walk on the street because of traffic, inclement weather, or even an encounter with someone's unfriendly dog. Now you can walk in the safe, clean halls of the High School. You may walk from 5:00 to 7:30 p.m. on any Monday through Friday that school is in session. If school is closed or canceled, this program will be canceled too. There is an annual \$5 registration fee. Please register by sending the fee along with your name, email address and phone number.

Wu Ming Qigong for Women's Breast Health

Instructor: Marlene Tuczinski

Location: Chatham Middle School Cafe

This is a special women's health program focused on improving breast health using ancient Chinese wisdom and techniques. We will discuss how to look at the body as a whole to better understand its dynamic and invisible web of energy or Qi (chee) interconnections. We will talk about the foods to eat, and what foods draw energy from your digestive system. We will also explore how emotions affect our digestive system and create imbalances in our health and immunity. To support this knowledge, we will learn and practice seven ancient Wu Ming Qigong movements that support positive Qi to flow through the breast area and aid digestion. The program is offered in two classes to allow a full understanding and practice of the seven movements. These are standing movements, so please wear loose clothing.

Two Sessions - One session on Monday, October 6 and next session on Thursday, October 9.
Cost is \$10 6:00-7:00pm

TUESDAY EVENING COURSES:

Tai Chi Chi Kung

Instructor: Judith Occhipinti, Certified Healing Tao Instructor

Location: Chatham Middle School Cafeteria

Tai Chi Chi Kung provides us a way to get in touch with ourselves and the world around us... Through a combination of slow movement, meditation and breathing, we can decrease stress, improve our health and become reacquainted with the joy of life.

The practice of Tai Chi Chi Kung provides us with a stronger mind, body and spirit connection. In this five week course, you will learn one simple but complete Tai Chi Chi Kung form.

Easy enough for seniors – all ages welcome. Wear loose, comfortable clothing.

Five week class beginning Tuesday, September 30, 6:30 -7:30pm. Cost is \$70

!! PLEASE ENTER BUILDING FOR CLASS AT GYMNASIUM DOOR ENTRANCE !!

Yoga and Ayurveda

Instructor: Mary Flynn

Location: Chatham Elementary School Library

"In this 5 class workshop we will practice yoga and learn the basics of Ayurveda.

In Ayurveda we break down the various energies into 3 types also called Dosha. Each person has a specific Dosha and can find balance in varying ways. Yoga postures, foods, temperature etc... can all bring a person in or out of balance. We will learn which Dosha we are and which postures can help to balance us. We will also go over various foods, herbs and essential oils that can help. Each class will start with information and then go into a moving practice.

Wear comfortable clothes for moving.

Five week class beginning September 30, 6:00pm – 8:00pm. Cost is \$70

A Positive Light – (Previous Getting it Together Class)

Instructors: Tonya Oakley and Nicole Shove

Location: Chatham Elementary School Faculty Room

This Class is designed to bring people together in the Community. This includes socialization amongst peers and the instructors. Various crafts, activities and games are included as well as refreshments. Class size is limited to 20 people on a first come, first served basis.

Refreshments and materials fee of **\$15** is payable at first class. Class size limited to 20 on a first-come, first-served basis.

Five sessions beginning October 7, Tuesdays, 5:30-7:30pm. Cost is \$45

Savvy Social Security Planning

Instructor: Chelsea Whiteman

Location: Chatham Elementary School, Room 313

You've paid into the Social Security system for years. Soon it will be your turn to collect. Find out why advance preparation is essential and how some little-known rules can help you make the most of this very valuable benefit. We'll answer the following questions: Will SS be there for me? How much can I expect to receive? When should I apply for SS? How can I maximize my benefits? Will SS be enough to live on in retirement? At this informative seminar you will learn important rules and strategies for collecting your retirement benefits and coordinating SS with other sources of retirement income.

One session on Tuesday, October 14, 6:00-8:00 pm. Cost is \$10 per person or \$15 per couple.

WEDNESDAY EVENING COURSES:

Country Line Dancing

Instructor: Penny Gutto

Location: Chatham Elementary School Cafeteria

This is a beginner's line dancing class. Each dance will be broken down and taught in sections and then we will put the music on and practice the dance. We will learn two to three dances each week and will review the dances at the beginning of each class before moving on to other dances. By the end of the six weeks, you will have a good start on your dance library. Get ready to boot, scoot, boogie, and have some fun. Cowboy boots are not necessary, but feel free to wear them if you'd like.

Six sessions beginning Wednesday, September 24, 6:30-8:00 pm.

Cost is \$40 for all sessions or \$8 per drop in fee per class.

Needle Felting Course – (100% Wool) Intermediate and Wet (2 projects)

Instructors: Melinda Kerner

Location: Chatham Elementary School Faculty Room

Class 1. We will create a Woodland being. I will introduce you to the armature, we'll make the body structure and he will stand on his/her own. FACES the second week! Then we'll wet felt a cloak, because all woodland beings need a cloak. From there accessories and base.

Cost: \$65.00 5 weeks-Wed nights 5:30-8:00 - Oct.1, 8, 15, 22, 29

limited space

This includes wool, wire, & locks, top coat, base, ideas to make accessories.

You will need a needle felt set-up ie: foam base, needles, wire cutters, pliers, and your Imagination. If you do not have one, it's extra\$. Please advise.

Class 2. Wet Felting Class We'll be making Wrist warmers.

You will finish these in class and be able to take them home. You will learn how to lay out your wool, viscose, and specialty fibers. Then we will roll and roll and roll some more to fit your wrist warmers to you.

Cost \$50.00 1 Night- Wed night 5:00-9:00- Nov.5th limited space

This includes all materials

You will need to bring an old bath towel.

Stress Release Sampler : Tips, Techniques & Movements to Relieve your Body and Mind.

Instructor: Connie Zilligen

Location: Chatham Middle School Library

We all know that stress can lead to all sorts of challenges in our lives from health to our relationships. Who hasn't been told to lessen their stress?

How, in our busy lives, do we find the tools to de-stress that will actually do the trick???

That is what this Sampler is all about. I'm going to bring my Treasure Chest of tips, techniques and movements for 7 weeks so that we can play, learn and discover what works best for us.

Each class will start with words of wisdom from various disciplines and schools of thought. Then we'll jump right into exploration mode. You will go home with many options for lessening your stress load.

Please dress in comfortable clothes that allow for freedom of movement.

All movement abilities are welcome.

Everyone who participates must take responsibility for their own limitations and we'll discover what works best for you.

What I offer is not medical or therapeutic advice.

7 Sessions starting September 24 – November 5. 6:00-7:00pm Cost is \$70

Chair Fitness

Instructor: Curt Anthon

Location: Chatham Elementary School Room 310 (Music Room)

A low-impact workout using a chair for support and resistance, focusing on improving balance, flexibility, core strength, and cardiovascular health through seated and standing exercises.

Stretches, arm movements, light cardio and strength building.

Five week sessions as follows: October 1 - 29

Cost is \$60 for all sessions or \$15 drop in fee per class. 6:00-7:00pm

Four Energy Gates

Instructor: Marlene Tuczinski

Location: Chatham Middle School Cafe

The ancient Chinese practice of Wu Ming Qigong recognizes the importance of stimulating four specific Qi (chee) or energy gates of the body to improve and maintain overall health and wellness. In this class, we will locate each energy gate and briefly discuss its role in achieving balance and well-being throughout our energy body and our physical body. We also will learn and practice the specific

technique we can use to stimulate and open each of the four energy gates to improve the flow of Qi, and when practiced properly, naturally heal associated ailments and conditions.

These are standing movements, so please wear loose clothing.

One Session – Wednesday, October 8, 6:00-7:00pm Class Fee: \$40.00

How to Drastically Cut Costs in Difficult Financial Times

Instructor: Bev Nathan

Location: Chatham Elementary School, Room 313

Bev formerly worked at a credit union where she showed members how to drastically cut their costs.

If you are trying to drastically cut costs because your retirement plan or savings plan has lost a lot of money, or your income does not meet your expenses and you want to learn how to save thousands of dollars, this course will greatly help you.

Bev Nathan, who is strictly a consumer advocate, will explain how to save thousands of dollars. To be discussed are ways to save money by investing on your own with no -load mutual funds or index funds, the benefits of credit unions, buying used and new cars wisely, buying home and life insurance wisely and methods to reduce your school and county taxes on your home. There are many other ways to save a considerable amount of money and these will be discussed in detail. Also, 100's of money saving websites will be discussed.

Optional material fee \$20 paid to instructor at class.

One session, Wednesday, October 29, 6:00-8:00pm. Cost is \$45

Entrepreneurship:- Starting your own Business with Little Money Down

Instructor: Bev Nathan

Location: Chatham Elementary School, Room 313

From this lively and informative seminar you will learn behind the scenes practical information on how to start a successful home-based, second-income business which can then become full-time. With little money down, you will learn how to decide on a business or product to sell with minimal problems. You will also learn how to avoid making major financial mistakes. Taking this course will save you time, money and psychological wear and tear. Also, to be discussed will be franchising.

Bev Nathan is a successful business person for over 20 years. She presently runs her full time business in an office complex.

Optional material fee of \$20 payable to instructor at class.

One session, Wednesday, October 29, 8:00-10:00pm. Cost is \$45

Secrets That Wall Street Does Not Want You to Know When Investing Your Money

Instructor: Richard Nathan

Location: Chatham Elementary School, Room 316

Richard Nathan, a consumer advocate has been successfully teaching this course for over 20 years. His sole purpose is to protect you – the consumer

Have you just come into some money or have some money to invest? This lively, fact packed seminar is a must for those who want to learn from strictly a consumer advocate, Richard Nathan. Since he is not a salesman and has nothing to sell you, he will be blunt and straightforward about things that you are not supposed to know and were never taught in high school or college. You will be taught how not to be ripped off when buying or leasing cars, buying insurance, investigating long term care insurance, investing with or without financial planners and when investing in mutual funds on your own. After taking this course, you will have the confidence to invest on your own or be able to interview financial planners so you can find those who are truly working for you. You will learn how to stretch and save your hard earned money. IT IS TIME TO TAKE CHARGE OF YOUR MONEY!!!

Optional material fee of \$20 payable to instructor at class.

One session, Wednesday, October 29, 6:00-8:00 pm. Cost is \$45

Getting Great Real Estate Deals When Buying or Selling in Difficult Times

Instructor: Richard Nathan

Location: Chatham Elementary School, Room 316

Because of difficult times in the economy, there are some excellent deals in real estate. Rick Nathan is strictly a consumer advocate and is not a real estate agent and he will teach you how to get these great deals. You will be taught the pros and cons of foreclosures, short sales, rent with option to buy, owner financing and buying for no money down. You will also be shown how to wisely buy or sell investment property, primary homes, multi-family homes and vacation homes. After this class you will know how to research property at the Tax Assessor's Office, the County Clerk's Office, and various other methods to research a property including the use of web sites. You will also discuss how to sell your home with or without a realtor.

Optional material fee \$20 paid to instructor at class.

One session, Wednesday, October 29, 8:00-10:00pm. Cost is \$45

THURSDAY EVENING COURSES:

YOGA for Health and Vitality

Instructor: Stephanie Gaylord

Location: Chatham Elementary School Library

Using simple and effective movements, breathing techniques, and simple meditations to help you feel better, move better, and live better.

6 Sessions, October 9 –November 13, 6:00-7:00pm Cost is \$60

Medicare 101

Instructor: Candy Marrero

Location: Chatham Elementary School Room 313

MEDICARE 101 CLASS: Candy Marrero will guide you through the Medicare process and teach you the A/B/C/D's of Medicare. This is an educational class that will give you step by step instructions from beginning (which starts 3 months before you turn 65 or retire), to the end (to where you actually are signed up for Medicare). Candy will walk you through and make sure you get it! At the end of the class you will wonder why everyone else makes it all seem so complicated.

One session on Thursday, October 2, 6:00-8:00pm. Cost is \$10 per person or \$15 per couple.

Zumba with Ida

Instructor: Ida Drake

Location: Chatham Elementary School Cafe

Zumba is a Latin inspired dance fitness program that blends International music with contagious and easy to follow dance steps to form a "fitness party" that is downright addictive. You will be taken through moves that will be both fun and exhilarating. There are no levels.

Please bring comfortable clothing, a bottle of water, and a towel. Time 6:00-7:00pm

6 Weeks starting October 2 – November 6. Cost is \$48 for all classes or \$10 Walk-In

Belly Dancing

Instructor :Donna Barrett

Location: Chatham Middle School Cafe

Learn some classic belly dance movements to traditional music. Follow the leader for warm-up, isolations and drills, then try out the movements in improvisational dance in your personal style. Wear soft, stretchy clothing or belly dance clothes if you have them.

Donna Barrett teaches community education belly dance classes at Columbia-Greene Community College in Hudson. Most recently she performed in Hudson with the Hudson Festival Orchestra, in Poughkeepsie for Hips of the Hudson, and in Kingston at the Midtown Kingston Arts District benefit and at Tilda's Kitchen.

4 Thursday classes starting October 16 – November 6, 6:00-7:30pm. Cost is \$50

Wu Ming Qigong for Women's Breast Health

Instructor: Marlene Tuczinski

Location: Chatham Middle School Cafe

This is a special women's health program focused on improving breast health using ancient Chinese wisdom and techniques. We will discuss how to look at the body as a whole to better understand its dynamic and invisible web of energy or Qi (chee) interconnections. We will talk about the foods to eat, and what foods draw energy from your digestive system. We will also explore how emotions affect our digestive system and create imbalances in our health and immunity. To support this knowledge, we will learn and practice seven ancient Wu Ming Qigong movements that support positive Qi to flow through the breast area and aid digestion. The program is offered in two classes to allow a full understanding and practice of the seven movements. These are standing movements, so please wear loose clothing.

Two Sessions - One session on Monday, October 6 and next session on Thursday, October 9.
Cost is \$10 – 6:00-7:00pm

SATURDAY - ZOOM COURSE:

Online – Instant Piano for Hopelessly Busy People

Instructor: Craig Coffman

Location: Your choice with computer

In just a few hours, you can learn enough secrets of the trade to give you years of musical enjoyment. Learn to play piano the way professionals do-using chords. Since this class is being held online with ZOOM you will be able to sit at your piano or keyboard at home and take this course with no pressure at all. And since this course includes an online book and online follow up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. The course is partly lecture/demonstration and partly hands-on instruction.

Topics include:

How chords work in a song

How to get more out of sheet music by reading less of it

How to form the three main types of chords How to handle different keys and time signatures

How to avoid “counting”

How to simplify over 12,000 complex chords

One ZOOM session Saturday, October 18, 9:00AM - Noon. Cost is \$69 (this includes \$29 material fee)

Online – Instant Guitar for Hopelessly Busy People

Instructor: Craig Coffman

Have you ever wanted to learn the guitar but simply find it difficult to find the time? In just a few hours you can learn enough about playing the guitar to give you years of musical enjoyment, and you won't have to take private lessons to do it. This crash course will teach you some basic chords and get you playing along with your favorite songs right away. Since this class is being held online with ZOOM, you will be able to sit at home with your guitar and take this class without any pressure at all. And since the class includes an online book and online follow-up video lessons, you will be able to continue your practice and study on your own. An optional periodic online question and answer session is also included. A recording of the class is included as well. Class limited to 15 students. For ages 13+.

Topics include:

How chords work in a song

How to form the three main types of chords

How to tune your guitar

Basic strumming patterns

How to buy a good guitar (things to avoid) and How to play along with simple tunes

One ZOOM session on Saturday, October 18, 1:00-3:30 PM. Cost is \$69 (this includes \$29 material fee)

Instructors For Fall, 2025

Curt Anthon - Yoga

Curt has a strong movement background; - he was a competitive athlete and dancer as a teen then, as a young adult, a professional dancer, teacher and choreographer.

During this time he took interest in Qigong, TaiChi, Yoga and Fitness eventually earning certifications in each field. As a 'lifelong learner' he continues to enjoy, study and practice.

Donna Barrett

Donna has a Professional Certificate in Arts Administration from New York University School of Continuing and Professional Studies, a MA in Painting from the University at Albany, a BFA in Art History and a BS in Nursing from the University of Texas, Austin.

Craig Coffman – Online Piano and Guitar Classes for Hopelessly Busy People

Name: Craig Coffman

Address: 10029 E. Seismic Ave., Mesa, AZ 85212

Cell: 602-750-3173

Email: craig.coffman@justonceclasses.com

Website: chordsarekey.com

Position Desired: Music Instructor

Education: Western Seminary, Portland Oregon Master of Divinity 1983

Illinois Wesleyan University, Bloomington, Illinois BA Sociology 1976

Work Experience: 1993-present

Chords are Key, Gilbert, Arizona President

Seminar Instructor Instant Piano & Instant Guitar

Has successfully taught Instant Piano and Guitar to over 30,000 students in 15 States and also overseas.

1975-present

Private Piano Instructor-Operates private piano studio

2008-present Music

Director-Light of Christ Church, Gilbert, AZ

Ida Drake – Zumba

Ida has lived in Chatham for 25 years. She is currently working with the Chatham School District in the Transportation Dept. as a Bus Attendant as she loves the kids! A certified Zumba Instructor who has been teaching for 10 years. "My passion is dancing so come put your dancing shoes on and give Zumba a try"!

Stephanie Gaylord – YOGA for Health and Vitality

Stephanie is the owner of Roots Holistic Wellness at 25 Main St. Chatham. Stephanie is a Yoga Therapist who works with people to help them develop a toolbox of practices to help them deal with various forms of pain, injuries, anxiety, autoimmune disease, IBD, etc.. Stephanie graduated from Chatham in 2007, MCLA in 2011 and is working on her Yoga Therapy certification.

Penny Gutto – Country Line Dancing

I started taking lessons in the fall of 2012. I remember feeling like I would never get the hang of it. But, I practiced whenever I could and continued with the lessons, and little by little, the dance steps started to fall into place. Line dancing is a great form of exercise, so as long as you keep moving, it's all good. I do line dancing every week at the Tri-Village Rod & Gun Club in Valatie. I taught beginning line dancing at the Kinderhook Elks Club in the summer of 2021 and 2022. I am a member of a line dancing Facebook group so I always see new dances as they come out. When I see something I like, I print the dance steps off the computer and watch videos until I learn the dance. I still make mistakes, but it's ok...I laugh and keep going. I saw a meme that said something like "there are no wrong steps; just a variation of a step!" And, that is very true. It's important to know that you won't remember every dance right away. It takes time, so don't give up. This is a beginner's line dancing class. Each dance will be broken down and taught in sections and then we will put the music on and practice the dance. We will learn two to three dances each week and will review the dances at the beginning of each class before moving on to other dances. By the end of the six weeks, you will have a good start on your dance library. Get ready to boot, scoot, boogie, and have some fun. Cowboy boots are not necessary, but feel free to wear them if you'd like. I really enjoy sharing my love of line dancing and I hope you will enjoy dancing as much as I do.

Melinda Kerner – Needle Felting

Melinda lives in Chatham with her husband Chris and worked for the Chatham School District from 2000 - 2025 (Currently Retired) as well as working at the Columbia County Agricultural Society, Inc. "I have been a crafty person as far back as I can remember. I started my needle felting adventure in 2019. I enter my creations in the Chatham Fair every year. I sell on ETSY, a few local shops and to friends."

Candy Marrero – Medicare 101

Candy Marrero has been a benefits trainer and health insurance specialist for more than 25 years with an emphasis specifically on Medicare for 18 years. Candy provides education and direction in a simplified manner so that it is easily understood by everyone.

Bev Nathan - Cutting Costs in Difficult Financial Times & Entrepreneurship

Bev Nathan is a successful business person for over 20 years. She started a part-time home-based business and when she retired it was a successful full-time business in an Office Complex. Bev Nathan formerly worked at a Credit Union where she showed members how to drastically cut their costs. Bev is strictly a consumer advocate. Her sole purpose is to protect the consumer.

Rick Nathan - Wall Street Secrets & Getting Great Real Estate Deals

Instructor Richard Nathan, a consumer advocate, has been successfully teaching this course for over 20 years. His sole purpose is to protect you, the consumer.

Richard Nathan has been buying and selling real estate for the past 24 years. He has successfully taught this seminar in Mass., Ct., NY, PA and NJ for the past 20 + years.

Tonya Oakley—A Positive Light

Tonya has lived in Chatham all of her life, from Kindergarten to Graduation in 2004. She is a wife, and a mother of 3. She loves to help people. She has worked with children at Okay Kids

Day Care. She is currently working as a CNA since 2017. For the past 15 years she has worked with Customer Service. Let's not forget—she has been a huge volunteer in the “Getting it Together Class” since 2002 and knows everyone there!

Judith Occhipinti – Tai Chi

Judith has been a tai chi chi kung instructor for over 20 years. She is currently a member of the Healing Tao Instructors Association and the National Qigong Association.

Nicole Shove – A Positive Light

Nicole graduated from Chatham High School in 2004. She is creative and talented and has volunteered with children in the past. She also helps and volunteers with elderly and handicapped adults who need assistance. She will make a great assistant to the instructor.

Marlene Tuczinski

Marlene has studied Taiji and has been studying with Grand Master Nan Lu for several years. Master Lu has certified her as an instructor of Dragon's Way Qigong.

For more, go to touchthemoonwellness.com.

Chelsea Whiteman - Savvy Social Security Planning

Born and raised in Chatham, Chelsea is a Financial Advisor with Cetera Investors in Latham, NY. She has been providing clients with financial solutions, guidance and tools to meet their financial goals for over 12 years - specializing in retirement income strategies.

Connie Zilligen – Stress Release Sampler

Connie is officially a movement therapist who works with the body and mind to help marvelous human beings to navigate our world. She draws from her Certifications in Spacial Dynamics® (movement therapy & hands-on techniques); Lymph Mojo™ (Lymph system assessment & techniques); and Radiant Lotus Women's Qigong™ Level 1.

She holds a degree in Early Childhood & Elementary Education and has a strong interest in the power of play. Grounding, healing through nature and energy work has each helped her grow into who she is today. Her work is based in Universal Unconditional Love and Neutral Compassion.