Self Development

NHB 05
Wine Tasting  $100
Fri 7-9pm
May 6, 13, 20 and June 3
Jump-start your weekend fun by meeting new friends while sipping and learning about wines of the world. This relaxed class will teach you how to taste, select, serve, and store wines. Tasty food samples served at each session will demonstrate how to best pair food with wine.

Materials fee: $50 includes wine, food and text book.

NSD 17
Critiquing the Critics  $90
Wed 6:45-8:45pm
May 4-June 22 OR
Sun 2:30-4:30pm
Apr 17-June 19
Learn how critics decide what is worth seeing and what is not. Join this course and you will examine some of Hollywood’s under-appreciated gems.

NSD 18
Defensive Driving Point Reduction Insurance Program  $40*
Sat 9am-3:30pm
June 11
Approved by the NYS Department of Motor Vehicles, this six-hour accident prevention seminar will enable you to reduce your liability and collision insurance by 10%, for three years and a reduction of four points in penalties on your driver’s license.

*The $25 registration fee is waived for this course. Sponsored by the NYS Safety Program, this course is recognized by all insurance companies in New York State. Please be punctual, latecomers will be turned away.

NSD 86
German Expressionism:
Vampires, Robots and Doppelgangers  $110
Tue 6:30-8:30pm
May 3-June 21
Learn about the rich contribution of the German Expressionist movement in literature, film, art, and architecture. Examine the abundant creativity that emerged between the world wars analyzing their social, cultural, and psychological significance. The course will focus on multi-dimensional, parabolic novels and short stories of Franz Kafka, Karel Capek, and Bertolt Brecht while also examining cinematic landmarks in rare films.

NSD 89
Self Empowerment NEW!  $90
Sat 10am-12pm
Apr 16-June 18
This unique, uplifting, and empowering workshop will inspire you to be the best possible version of you. Through small group discussions and interactive activities this course will cover topics such as: creating a healthy mindset, navigating relationship to self, others and the world around you, tools in self-care, the importance of mindfulness, and allowing participants to realize they have the power to create the life of their dreams.

NSD 93
The Science of Nutrition NEW!  $90
Wed 6:45-8:45pm
May 4-June 22 OR
Sun 2:30-4:30pm
Apr 17-June 19
This course provides an integrated overview of the assessment of the American diet, general dietary needs, classification and function of energy (macronutrients) and non-energy (micronutrients) yielding nutrients, human physiological processes, metabolic chemical reactions in the body, energy production and balance, nutritional applications throughout the life cycle, and food safety.