

"Hacks to Make Life Easier, Safer, and Fun!"

(Friday 4:30 p.m. – 5:30 p.m.)

Learn lots of tips to be even smarter at cooking, car safety, child care, smart shopping, smart phones, friendships, etc. (Learn why to keep saran wrap in your fridge!)

Facilitator for "Hacks to Make Life Easier, Safer, and Fun!"

Arlene is a Teacher, Innovator, Business Owner, Fraternal Grand Master, included in "2004 Marquis Who's Who in America", comedian and current hack-addicted gal!

"Archery 101" (Max 12) (Fri. 9:00 a.m. – 10 a.m. and Sat. 9:00 a.m. – 10 a.m.)

This Archery class will focus on basic form, strategies, and safety on the archery range. **All equipment provided.**

Facilitator for "Archery 101"

An employee of Cornell Cooperative Extension and 4-H Camp Staff.

"Pressed Flower Candle Holder" (Sat. 10:15 a.m. – 11:45 a.m.) Fee \$4.00

Students will be provided with a glass candle holder and real pressed flowers to modpodge on the glass. The result is a one of a kind frosted glass candle holder unique to each individual's taste and creativity.

"Pasta Tie-Dyed T Shirt" (Fri. 4:30 p.m. – 5:30 p.m.) Fee: \$5

A different take on a tie-dyed t shirt. Campers will bring their own white tee shirt. Using different shapes of pasta and spray fabric dye, campers will create their own unique design. Spaghetti, elbows, cavatappi or bow tie pasta ..where will you take your pasta creation!?! This is an easy and fun project to do with kids and grandkids. Campers need to bring their own white t shirt.

Facilitator for "Pasta Tie Dyed T Shirt" and "Pressed Flower Candle Holder"

Judy Taggart has been at 4C Camp since its inception. Crafting is a relaxing outlet that I love to share with others.

"Alcohol Ink on Ceramic Tiles" (Sat. 2:15 p.m. – 4:15 p.m.) Fee: \$20

Each student will get a 4" X 4" or 3" x 6" ceramic tile. Instructor will supply the ink, alcohol and other supplies for you to make a finished piece of art.

Facilitator for "Alcohol Ink on Ceramic Tiles"

Judy Baker is a self-taught artist and being creative makes her happy. Besides alcohol ink, I also work in watercolor and acrylics.

"Make the State Flower of Hawaii - a Beautiful Hibiscus" (Fri. 2:15 p.m. – 4:15 p.m.) Fee: \$8

Learn to make a paper hibiscus flower to go with our Hawaiian theme. You will choose your color for your flower. Parts will be pre-cut and participants will create the flower centers, shape petals, color and assemble the hibiscus. All materials included.

Facilitator for "Make the State Flower of Hawaii - a Beautiful Hibiscus"

Amy is a physical therapist and a pelvic floor therapist at Bassett. Several years ago, she became intrigued with making flowers from crepe paper. Through many tutorials and hands-on classes with masters of the art, Amy has perfected the craft and welcomes you to create for yourself.

"Learn to Play Horseshoes" (Fri. 9 a.m. – 10 a.m.)

Learn the rules and play a game of horseshoes. The horseshoe pit will be available throughout the weekend. Just get others to play with you.

Facilitator for "Learn to Play Horseshoes"

Leon has taught horseshoes at 4-C Camp for 5 years.

"Hand Knitting a Pouff" (Fri. 10:15 a.m. – NOON)

Learning to knit by hand. Each camper will need to bring their own oversized yarn – at least an inch wide. The yarn can be easily found by searching the internet for "yarn for hand knitting a Pouff". Suggestions: Hobby Lobby, Yarn Bee, Chunky Knit Velvet.

Facilitator for "Hand Knitting a Pouff"

Teddy has taught knitting for years at 4C Camp. This is the first year to teach hand knitting a Pouff.

"A Book About Me" (Fri. 9 a.m. – 10 a.m.)

Through a series of questions, students will write about different life events. It will be fun to reminisce.

Facilitator for "A Book About Me"

I have been teaching scrapbooking and cardmaking for over 30 years. I love helping people discover fun and creative ways to preserve their memories. I believe it is important to document our journey through life.

“Let’s Make Some Cards” (Fri. 10:15 a.m. – 11:45 a.m.)

We will be making cards from scratch using cardstock, printed paper, and ephemera. Students will create at least three cards.

Facilitator for “Let’s Make Cards”

Harriet Dunne has been teaching scrapbooking and cardmaking for over 30 years. I love helping people discover fun and creative ways to preserve their memories.

“Beginning Bird Watching” (Fri. 9:00 a.m. – 11:00 a.m.)

Students will be introduced to common bird species specific to the location of the workshop, and taught to identify these species by sight and by sound. We will also discuss bird behaviors indicative of breeding.

Facilitators for “Beginning Bird Watching”

Charlie Scheim and Sandy Bright are not ornithologists, but have been active birders for over two decades, participating in citizen science bird counts for local and national Audubon chapters, New York State, U. S. Geological Surveys, and Cornell Laboratory of Ornithology. Binoculars are very helpful. We can bring a few extras. Some birders use a camera instead of binoculars, if the camera has a telephoto lens.

“Diamond Painting” (Sat. 10:15 a.m. – 11:45 a.m.)

We will be making refrigerator magnets.

Facilitator for “Diamond Painting”

I was brought up in Schenectady and lived here most of my life. I enjoy scrapbooking and diamond painting. This is the first time I am teaching diamond painting.

“Stained Glass Effect Wooden Garden Décor” (Fri. 2:15 p.m. – 4:15 p.m.)

Sandy Morley will have attendees design a board layout, drill holes, select acrylic disc colors and attach acrylics to board to produce a colorful window decoration or hang outside or in a garden.

“History, Culture, and Learn to Hula Dance” (2:15 p.m. – 5:30 p.m.)

I will discuss a bit about hula, its meaning and beginner hula steps. Along with this I will bring a real Hawaiian Ipu (gourd drum) that my husband will play. I also have a set of Poi Balls, a ukulele, and pui pui sticks to demonstrate a couple of instruments used in the dance.

Facilitator for “History, Culture, and Learn to Hula Dance”

Ramona has taught several classes at 4C Camp including belly dancing. I love to teach and hula is a bit easier and less strenuous than belly dancing. She will provide handouts with steps for dance hand movements and instructions on each step.

“Tin Can Flower Wall Vases” (10:15 a.m. – NOON)

Decoupage the tin can, paint the wood flowers, place filler, attach hanging ribbon.

Facilitator for “Tin Can Flower Wall Vases”

Gail started teaching craft classes when she moved into the area in 2022.

“Mahjong Teaching and Playing” (Fri. 10:15 a.m. – NOON) and Sat. 2:15 p.m. – 4:15 p.m.) (Maximum # of students: 8/Minimum # of students: 4)

Ever play mahjong? Want to learn more about this fun and exciting game? Mahjong is a tile-based game that was developed in the 19th century in China and is played in groups of four. All former and current players welcome, as well as those who have never played. Any current players, please bring your National Mahjong playing cards. Also, anyone who has a game, please bring it, too.

Facilitator for “Mahjong Teaching and Playing”

Sandy Gregory is an avid player of Mahjong and will enjoy teaching others how to play.

“Bird House Building” (Fri. 2:15 p.m. – 4:14 p.m.)

Assembling pre-cut pieces to create one of two different bird houses.

Facilitator for “Bird House Building”

Paul is a retired electrician, dragged to camp by my wife. Now I’m teaching a class with fellow camper Jim Youngs. Jim retired 2 years ago working in the maintenance dept. He enjoys woodworking as a hobby and is excited to work with Paul in this project.

“Making a Ribbon Wreath” (Sat. 2:15 p.m. – 4:15 p.m.)

Campers will use pre-cut, wired ribbon bundles and using twine they will attach these bundles to a wreath ring, creating a beautiful one-of-a-kind wreath for their home.

Facilitator for “Making a Ribbon Wreath”

Vivian Jeffers Turnbull is a poetry writer who also enjoys cooking and crafting. I am a sewer, a painter, and a wreath maker.

“Decoupage Shells (2)” (Fri. 2:15 p.m. – 4:15 p.m.)

Using napkins to decorate shells - with poly for outside use.

**“Carving a Letter Opener – Part 1” (Fri. 9 a.m. – 10 a.m.)
AND “Carving a Letter Opener – Part 2” (Sat. 10:15 a.m. to NOON)**

We will collect branches from the area to carve. Safety instructions my prime concern – PEOPLE ON BLOOD THINNER MAY NOT TAKE THIS CLASS! Then we will use sharp tools to carve the branch.

Facilitator for “Decoupage Shells” and “Carving a Letter Opener”

Lucille is a multi-crafter, always trying new things and ready to share new crafts with others. This is one of them. It's fun and beautiful as well as useful. That's my thin!.

“Origami” (Sat. 4:30 pm. – 5:30 p.m.)

Folding paper into fun things.

Facilitator for “Origami”

I am a fun-loving Mom of one (and only) Emma. I enjoy baking and origami. I hope to make people smile.

“Aqua Aerobics/Stretch” (Sat. 4:30 p.m. – 5:30 p.m.)

Maximum # of students: 8

Pool Exercise

Facilitator for “Aqua Aerobics/Stretch”

Penny Downin has been a Physical Therapy Assistant for 30 years. She enjoys the outdoors and traveling.

“Take A Hike! Hike the Shankitunk property with a Master Naturalist” (Sat. 10:15 a.m. – 12:00 Noon)

Walk with Master Naturalist, Heather Morse. On last year's walk, we encountered various types of flora and fauna, including turtles, mushrooms, wildflowers, fungi, and insects just to name a few. The walking terrain will be fairly easy, but be prepared for wet conditions and ticks. Appropriate hiking/walking shoes a must.

Facilitator for “Take A Hike! Hike the Shankitunk property with a Master Naturalist”

Heather was born and raised in upstate New York. She enjoys gardening, chicken farming, raising mushrooms, and the outdoors. She loves to share her knowledge of local flora and fauna with others.

“Worship Service” (Sun. 9:00 a.m. – 10 a.m.)

We will gather together for singing, praying, and a brief message.

Facilitator for “Worship Service”

Tom Briggs, Mayor of the Village of Franklin, completed a Walk to Emmaus and recently was instrumental in turning a decommissioned United Methodist Church into a new, vibrant Community Church. He hopes to gather with others on Sunday morning for worship service.

**“Movement, Meditation, and Chanting with Karen”
(Sat. 4:30 p.m. – 5:30 p.m.)**

This class incorporates 3 practices to enhance overall well-being and cultivate inner peace. We will start with gentle movement while seated in a chair as we focus on breathing and stretching, creating a relaxed state. Next, we will experience the ancient Hawaiian practice of reconciliation and forgiveness, known as the Ho'oponopono prayer. This meditation will be enriched with a Metta (loving-kindness) approach. We will finish the class with an uplifting chant of Sat Nam (true essence) with finger movements, also known as Kirtan Kriya. This practice helps increase activity in areas of the brain that are central to memory and is recommended by the Alzheimer's Research and Prevention Foundation. Please join me for these accessible practices and feel immediate benefit.

Facilitator for “Movement, Meditation, and Chanting with Karen”

Karen is a 200-hour registered yoga teacher (RYT 200), trained in the Bhakti tradition, under the guidance of Gopi Kinnicutt. Her training was completed at Yoga Mandali in Saratoga Springs, NY. She brings to the mat years of mentoring, guiding, and helping people. Karen first became interested in yoga six years ago when she was pursuing various ways to stay fit, young, and active. When life got messy, her yoga practice became her refuge and conduit for working through anxiety, depression, and grief. From these experiences, Karen brings compassion, humility, and openness to her classes, where all are welcome. Let her guide you as you flow through your own personal journey in a warm and safe environment, one breath at a time.

“Games: Horseshoes, Cornhole” (Fri. 4:30 p.m. – 5:30 p.m. and Sat. 4:30 p.m. – 5:30 p.m.) The games will be set up for some friendly competition.

“Open Swim” – Pool (minimum two – do not swim alone).

“Flower Arranging” (Sat. 2:15 p.m. – 4:15 p.m.)

Flowers will be provided for you to learn flower arranging.

Facilitator for “Flower Arranging”

Lila Shaffer is a local florist who works at Birdsong.

