

flour tortillas topped with melted pepper jack cheese, blue cheese, and a hint of ranch. Last up, fried mac-and-cheese, with creamy marinara sauce.

**Romantic Dinner for 2:** We start with a salad of oven-roasted beets with goat cheese over a bed of crisp mixed greens, blended with a traditional French vinaigrette. Then, a pan-seared Porterhouse steak with a red wine peppercorn au jus, complete with steak house sides. We finish this meal with a delicious molten lava cake with fresh whipped cream.

**FRENCH – INTERMEDIATE** Christina Mercier-EI Sakka  
**Room 125 6:30-8:30**  
 This class is for those that have mastered the beginner level of French and are ready to move on. It will provide a continuation of the French language – grammar, vocabulary, as well as conversation.

**ITALIAN – INTERMEDIATE** Francesco Frasca  
**Room 126 7:00-9:00**  
 This class is for those students who have a basic knowledge of Italian. More advanced vocabulary and sentence structure will be taught. We will concentrate on pronunciation and conversation. Students are encouraged to participate in class and speak to each other about daily life in Italian.

**INTRODUCTION to CERAMICS** Devin Auricchio  
**Room 107 7:00-9:00**  
 Students will use kiln fired clay to explore hand-building techniques and will make use of the pottery wheel. Pinch, coil, slab and slip, and scoring processes will be introduced and will enable students to pursue a variety of individual paths of creativity. Projects may include making bowls, vases, flower pots, boxes and sculptural pieces in which self expression and individuality will be encouraged. Students will also have the opportunity to apply surface designs and paint/glaze their finished pieces. Pottery tools are to be purchased by each student prior to the first class. **Bring a medium sized plastic container with you to the class. Materials** (to be purchased by students)  
 Clay tools- wooden knife, cutting wire, sponge, pin tool (or kit) and plastic container. **Clay, glaze etc. will be provided - there will be a materials fee of \$25.00 payable at the first class**

**ECONOMICS** TBD  
**Room 123 7:00-9:00**  
 This Economics class will cover basic Economic theory and practice. There will be a workbook fee which will be discussed at the first class.

**TAI CHI CHI KUNG** Dr. Michael Posner  
**High School Library 7:00-8:15**  
**6 SESSIONS:2/28, 3/7, 3/14, 3/21, 3/28, 4/4**  
**FEE: \$45 Resident, \$55 Non-Resident**  
**NO SENIOR CITIZEN DISCOUNT**

What if I could show you how to relax, get healthier and improve your energy level; would you be interested? There is only one catch; you have to commit to six 75 minute classes. Is your life worth it? Well if it is then I recommend that you register for Tai Chi Chi Kung classes with me. This class is for winners who will make the necessary effort to get what they want and need. Tai Chi is a series of 13 movements that is practiced in a slow ballet like fashion called a form. It is a moving meditation that is renowned for its relaxation and improved health benefits. Please come if you want to benefit and make the commitment. I am looking forward to your success!

**PHOTOGRAPHY LESSONS** Robert Mayer  
**Room 124 7:30-9:30**  
 This Photography class is for Beginner to Advanced and all levels in between if you have a strong passion for Photography and the desire to learn. **Camera requirements:** Point and shoot, DSLR or any other format camera will do.  
 This class will cover the following Basic photographic skills:  
 -On the artistic level, we will cover elements like: Light, Exposure, Exposure Compensation, Composition, Depth of field, leading lines and more.  
 -On the technical level, we will cover elements like: ISO, Shutter Speed, Aperture, Selective Focus, Bokeh, Manual Focusing, Histogram and more.  
 -Types of photography covered: Landscape, Portraiture (adults and children), Wildlife and Sports.

**HOW TO WORK WITH GOOGLE DRIVE** Richard Gress  
**Room 251 7:30-9:30**  
**4 Sessions: 3/14, 3/21, 3/28, 4/4**  
**FEE: \$30 Resident, \$40 Non-Resident**  
 Google Drive is the new way to create and reference your documents in the cloud. Learn how to use Google Docs, Sheets and Slides as an internet-based alternative to Microsoft Office.

**HOW TO EXCEL IN INTERVIEWS** Joe Fallarino  
**Wednesday - March 6th 7:00-9:00**  
**FEE: \$10 Resident - \$15 Non-Resident**  
**Room 109**  
 This seminar is designed to give you new career skills and strategies that will make you more dynamic and effective in your job. This seminar is designed for those who want to: 1) Build a strategy to advance in their career 2) Develop Leadership & Management Skills 3) Learn how to more effectively persuade, influence and lead others and 4) Become more confident and assertive in their career.

**NAVIGATING THE MEDICARE LANDSCAPE** Gwen Busterna  
**Monday – April 15th 7:00-8:30**  
**Room 110**  
**FEE: \$10 Resident - \$15 Non-Resident**  
 Exciting New Changes to Medicare for 2019, and how will they benefit you! Gain understanding of your Part D Prescription Drug Plan & Deductible and the smart ways to reduce your prescription drug costs. New special programs for Medicare/Medicaid Recipients. Learn the differences of a Supplemental Plan vs. an Advantage Plan. Make sure you are getting the appropriate coverage and all discounts you are entitled to.

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## SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

**FRIENDS and FAMILIES** Olena Kropp  
**CPR and FIRST AID FOR CHILDREN** 6:30-10:00  
**Monday - February 25**  
**FEE:\$25 Resident - \$30 Non-Resident**  
**Room 114**  
 This seminar is designed for parents, grandparents and babysitters who want to learn lifesaving skills. This is non-credentialed CPR for adult, child and infant. You will learn how to check for injuries and illness as well as how to respond when a child is having seizures or goes into shock or other medical emergencies. **Maximum number of students is 12.** There will be a **materials fee of \$20** payable to the instructor, Olena Kropp, on the night of the class.

**JOB EFFECTIVENESS TRAINING** Joe Fallarino  
**Monday - March 4th 7:00-9:00**  
**FEE: \$10 Resident - \$15 Non-Resident**  
**Room 109**  
 This seminar is designed to give you new career skills and strategies that will make you more dynamic and effective in your job. This seminar is designed for those who want to: 1) Build a strategy to advance in their career 2) Develop Leadership & Management Skills 3) Learn how to more effectively persuade, influence and lead others and 4) Become more confident and assertive in their career.

**HOW TO EXCEL IN INTERVIEWS** Joe Fallarino  
**Wednesday - March 6th 7:00-9:00**  
**FEE: \$10 Resident - \$15 Non- Resident**  
**Room 109**  
 Let's face it, you can be good at what you do - but if you're weak at selling yourself - you won't impress anyone and you won't land the job you want. During this seminar you will learn how to: 1) Sell yourself with confidence and poise 2) Move beyond superficial interview answers 3) Know how to articulate your value and 4) Stand out as the best candidate for the job

**IT'S NOT WHAT YOU SAY –IT'S HOW YOU SAY IT** Joe Fallarino  
**Wednesday - March 13th 7:00-9:00**  
**Room 109**  
 Why do some speakers succeed while many bore their listeners? In this seminar, you will learn ready-to-use strategies for any speaking engagement including speeches, sales presentations,

## EXPANDED HORIZONS

**WESTERN SUFFOLK BOCES - SUFFOLK COUNTY**  
**SPECIAL OCCUPATIONAL TRAINING COURSES: FOR INFORMATION CALL 667-6000 x327.**  
**REGISTRATION WILL BE AT BOCES OR ON THE FIRST NIGHT OF CLASS. ENROLLMENT IS ON A FIRST COME, FIRST SERVED BASIS, SPACE IS LIMITED, REGISTER EARLY.**  
 Students will work at their own level and their own pace with individualized instruction.

**Adult Basic Education (G.E.D.)** Tues. & Thurs.  
**Huntington High School, Room 206 6:30-9:30**  
**FEE \$25.00**  
 If you do not have a high school diploma, this is your opportunity to get assistance in reading, math, general basic skills or career information. This course will prepare you to take the New York State High School Equivalency Exam (G.E.D.).

job interviews, making a toast, eulogies and much more. This seminar will help you say it better –whether you are talking to one person or one thousand and you'll gain the confidence from knowing you can get your message across in powerful and dynamic ways.

**PASSPORT TO RETIREMENT –** Bud Levy, CFP, CPA, MBA  
**3 Sessions -Tuesdays, 3/26, 4/2, 4/9 7:00-9:30**  
**Room 110**  
**FEE: \$20 per person - \$30 per couple**  
 This exciting course will prepare you for a financially secure retirement by showing you how to determine your retirement income needs and develop a personalized plan to achieve your retirement goals. You will discover key strategies for maximizing retirement income and obtaining the highest payout from Social Security. You will learn how to optimize your investment portfolio and create an asset allocation –pre-retirement and post-retirement. This course will show you how to “flip the switch” on your nest egg to generate an inflation adjusted income stream for life. Additional topics include how to reduce your taxes, protect your assets, provide for health care and preserve your estate. Each participant will receive a 140-page workbook with worksheets, illustrations, and key descriptions designed to reinforce concepts learned during the course. Whether you plan to retire in the next ten years or you are already retired, the information you learn in this course will deliver rewards throughout your life. **Workbook fee of \$20.00 payable to instructor.**

**NAVIGATING THE MEDICARE LANDSCAPE** Gwen Busterna  
**Monday – April 15th 7:00-8:30**  
**Room 110**  
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**ADULT EDUCATION PROGRAM – SPRING 2019**  
 Huntington High School – Huntington, New York  
 Resident HUFSD \$55 – Non-Resident \$65 – Senior Citizen \$15

Name .....

School District .....

Address .....Town:.....Phone No. ....

E-Mail .....

Course ..... Day ..... Fee .....

**REGISTRATION MAIL-IN FORM**

Fill out the adjoining registration form. Use photocopy or separate sheet for each additional course.  
 Make checks payable to HUFSD.  
**Do not include extra class fees for books or materials.**

Mail along with **separate checks for each course to:**

**Adult Education, HUFSD, Box 1500**  
**Huntington, NY 11743**  
**to be received prior to the first class.**

**ONLINE PAYMENT**

Link - <http://www.TurboRoster.com>

**LINK** - Please enter this link into the address bar on any internet page. It will ask you to log in or sign up for TurboRoster. Please sign up for TurboRoster and create a profile by filling out the information requested. 3 more steps will follow, Class Selection, Forms that Need to be filled out, and credit card information or check request. If you need any support, please email [help@turboroster.com](mailto:help@turboroster.com)



**ADULT EDUCATION**  
 Huntington Union Free School District  
 P.O. Box 1500  
 Huntington, New York 11743

**SPRING 2019**

**Dated Material**

Non-Profit Org.  
 U.S. Postage  
**PAID**  
 Permit No. 108  
 Huntington, N.Y.

## ADULT EDUCATION PROGRAM

Sponsored By  
HUNTINGTON UNION FREE SCHOOL DISTRICT

Education continues throughout one's lifetime. Our Adult Education Program offers a wide variety of courses to serve the needs of life-long learners. Come and enjoy our many offerings!

### REGISTRATION INFORMATION:

MAIL-IN: MUST BE RECEIVED PRIOR TO FIRST CLASS  
IN-PERSON: 6:00-9:00 P.M. ON **Wednesday, February 6, 2019**  
HUNTINGTON HIGH SCHOOL LOBBY

Inclement weather registration date – February 13, 2019 6-9pm

Mr. James W. Polansky, Superintendent • Mrs. Beth McCoy, Director

### BOARD OF EDUCATION

Jennifer Hebert, President • Bari Fehrs, Vice President  
Christine Biernacki • Lynda Tine-D'Anna • Tom DiGiacomo • William Dwyer • Xavier Palacios

### ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Tel. 812-2380 Monday-Thursday Evening  
During each Semester Session  
Or E-mail Adulted@hufsd.edu

**THE ADULT EDUCATION PROGRAM AS DESCRIBED IN THIS BROCHURE IS FINANCIALLY SELF-SUSTAINING. VISITORS OR SPECTATORS ARE NOT PERMITTED IN CLASS.**

**REMINDER: BEFORE REGISTERING FOR ANY EXERCISE CLASS PLEASE CONSULT YOUR PHYSICIAN.**

## REGISTRATION PROCEDURE

**BY MAIL.** All courses may be registered by mail and will be filled in order that forms and checks are received. Mail-in registration must arrive prior to the first class. **NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED AND THAT YOU ARE TO COME TO THE FIRST CLASS MEETING. NO LETTERS OF ACCEPTANCE WILL BE SENT.**

**IN PERSON.** Register for all classes **Wednesday, February 6, 2019** from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington. (**Snow Date Registration February 13, 2019**)

**ON-LINE.** You may register on-line at **TURBOROSTER.com** (see front of brochure for instructions)

**FEES:** \$55.00 for District residents  
\$15.00 for Senior Citizen residents  
\$65.00 for all Non-residents,

except where indicated otherwise in the course description.

Fees may be paid by cash or **check made payable to HUFSD**. Separate checks should be made out for each course. DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS; these will be collected during class.

**CLASS LOCATION:** All classes meet in Huntington High School unless otherwise noted. Classes run for eight (8) weeks unless otherwise indicated.

**SENIOR CITIZENS.** The Board of Education cordially invites HUFSD residents 60 years of age and over to attend adult education courses for a fee of \$15.00(except those classes marked **limited or no senior discount**). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid. **ID required the first night of class.**

**REFUNDS.** If the course for which you registered does not get the required minimum of 10, it may be cancelled and you will be notified by phone when possible. Your refund will be mailed from the School Board Office. **ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELLED.**

The evening program is conducted primarily for adults not attending school. However, the Board of Education invites persons over 16 years old to register and attend adult education classes, where room is available, on payment of standard fees. Exceptions are Basketball and where otherwise indicated.

## CALENDAR SPRING 2019

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

\*R = REGISTRATION ( ) = HOLIDAY/SCHOOL CLOSED \*\*CB = CLASSES BEGIN \*\*\* = INCLEMENT WEATHER REGISTRATION DATE

FEBRUARY				MARCH				APRIL				MAY			
M	T	W	TH	M	T	W	TH	M	T	W	TH	M	T	W	TH
4	5	6*R	7	4	5	6	7	1	2	3	4	6	7	8	9
11	12	13***	14	11	12	13	14	8	9	10	11	6	7	8	9
(18)	(19)	(20)	(21)	18	19	20	21	15	16	17	18	13	14	15	16
25**CB	26**CB	27**CB	28**CB	25	26	27	28	(22)	(23)	(24)	(25)	20	21	22	23
								29	30						

WHEN HUNTINGTON UNION FREE SCHOOL DISTRICT SCHOOLS ARE CLOSED DUE TO INCLEMENT WEATHER OR OTHER REASONS, ADULT CLASSES WILL NOT MEET.

### MONDAY

**FUN WITH WATERCOLORS** Liz Fusco  
**Room 108 6:30-8:30**

**NO SENIOR CITIZEN DISCOUNT.** Learn the basics of Watercolor, including color mixing, layering and dry brush techniques. Get to know the best material to use for the most successful results. You will gain confidence in applying graded washes and detail to create a finished painting! Some drawing skills helpful but not necessary. For beginner through intermediate. We will work from photos for reference.

**Materials –Tube Watercolor Paints:**

(I recommend Winsor & Newton, not Cotman)

Cadmium Yellow

French Ultramarine Blue

Scarlet Lake

Permanent Rose

Cadmium Lemon

Alizarin Crimson

Sap Green

**Hot Press White watercolor paper (140 lbs. weight)**

Small mixing palette

1 HB pencil

1 4B pencil

Kneaded eraser

Tracing paper

Artist tape

Clear gridded ruler

Foam core board (Dollar Tree)

**Watercolor Brushes:**

1 Round #4 brush – preferably natural hair – one really good brush will last a long time! (I recommend Winsor & Newton Series 7 Kolinsky Sable 4 Round)

1 cheap synthetic brush for mixing

### COOKING: PLANT-BASED RECIPES for OPTIMAL HEALTH

Laura Liepa

7:00-9:00

**Finley School – Room 207**

Are you interested in including more plant-based dishes into your diet, but are unsure how to begin? This class will teach you how to prepare simple plant-based meals and dishes as well as principles behind meal planning and vegan cooking.

**Material fee of \$25 collected at the first class.**

**CROCHETING** Kelly Hatzmann  
**HS Library 7:00-9:00**

For crocheters of any level looking to learn the basics, review or improve techniques. Crocheters are encouraged to bring in projects(and any materials needed) that they are interested in or working on currently.

**14 Maximum**

**POWERPOINT** Christina Mercier-EI Sakka  
**Professional Presentation Makeovers 6:30-8:30**

**Room 251**

**FEE \$67 - \$77 Non-Resident**

**NO SENIOR CITIZEN DISCOUNT.** If you have the basic skills for a simple PPT presentation but want to make it more professional looking, this course will show you how. Working with templates and master slides, inserting graphics, making bullets work. Bring your own presentation and we will step it up a level with "makeovers."

**STREET LAW** TBA  
**Room 124 7:00-9:00**

This class will provide an understanding of the law and legal issues regarding people, government, law and community in America. Students will develop a practical understanding of the U. S. legal system. **There will be a workbook fee which will be discussed at the first class.**

**SPANISH – BEGINNER** Francesco Frasca  
**Room 126 7:00-9:00**

Some of us are fortunate to be able to learn a new language by living in another country, but most of us are not. In this class you will be able to begin learning the language and get acquainted with a foreign culture. At the beginning we will give emphasis to pronunciation and with the help of cognates and learned vocabulary, be able to communicate with each other.

**HATHA YOGA** Linda Kundla  
**Southdown Gym 7:00-8:30**

**8 Sessions- No Senior Discount**

Hatha yoga for beginners or students who wish to improve their yoga skills. We will be stressing body alignment and balance. Yoga will bring you peace and tranquility and greatly improve your flexibility and balance. **Must bring a yoga mat and 2 blocks and at least 2 blankets. Students should wear comfortable clothing.**

**\*This class will start on March 4th**

**SOCCER CO-ED (Indoor)** Kieran Mock  
**Huntington High Gym 8:30-10:00**

**10 SESSIONS**

Sharpen and develop your soccer skills as you join us for indoor soccer. This fast-paced, high-energy game will keep you running. Shin guards are required and a water bottle is recommended.

**Minimum 10**

### TUESDAY

**STRETCH AND TONE WITH ESSEINTRICS** Martine Resta  
**Jefferson School Gym 6:00-7:00pm**

**No Senior Discount**

**FEE: \$45 Resident, \$55 Non-Resident**

**6 Sessions – 3/19, 3/26, 4/2, 4/9, 4/16, 4/30**

Created by Miranda Esmonde-White (best-selling author of "Forever Painless" and "Aging Backwards" and as seen on PBS) Essentrics® is a unique fitness program that changes the shape of your body through a dynamic and fluid combination of stretching and strengthening. Scientifically designed to work through the muscle chains, this workout will loosen joints and rebalance the entire body while developing lean, strong muscles. Essentrics® is low impact and effective for injury prevention and recovery, pain and stress relief. It will leave you feeling great! Designed for all ages. Bring a mat.

**SPANISH – INTERMEDIATE/ADVANCED** Francesco Frasca  
**Room 126 7:00-9:00**

To Be or to Be (Ser o Estar) that is the question? This course is for people with a basic knowledge of Spanish with emphasis on grammar made easy but not tedious. We will practice pronunciation and learn phrases and conversation needed in everyday life.

**HISTORY OF THE US I** John Vicari  
**Room 125 7:00-9:00**

This class will discuss the United States from the Colonial Period to the end of the Civil War. Topics include the development of the Colonies, their interaction with Native Americans, the revolution of the Colonies, the establishment of the Constitution, westward expansion, cultural development, early reform movements, slavery and the Civil War.

**INTRODUCTION TO COMPUTERS –** Richard Gress  
**USING MICROSOFT OFFICE 7:30-9:30**

**Room- HS Library Computer Room**

**FEE \$67 - \$77 Non-Resident**

**LIMITED- NO SENIOR CITIZEN DISCOUNT.** The goal of this course is for the student to become a confident computer user. The course uses the popular Microsoft Office applications Word and Excel. You will learn to create business letters and other documents in Word. Word topics include document formatting, creating tables and effective printing of your documents. Excel spreadsheet creation for information storing is detailed as well as the use of formulas and functions to create budgets and other financial tools. Students receive a diskette with sample Word and Excel files as well as the files they create during class.

### WEDNESDAY

**ITALIAN– BEGINNER** Francesco Frasca  
**Room 126 7:00-9:00**

This course will introduce you to the basic principles of Italian focusing on pronunciation, reading and writing which will help you develop a useful vocabulary for business, travel or personal enrichment. Through class participation and independent study, you will acquire a fundamental level of comprehension.

### FRENCH – BEGINNER/BEGINNER PLUS

Christina Mercier-EI Sakka

**Room 124**

This class is for the beginner student as well as those who have taken beginner French and want to continue on a beginner level. Basic grammar and extensive vocabulary stressed. An elementary level of conversation will be taught, focusing on "functions"; introducing oneself, greetings, directions, ordering in a restaurant and other basics for French travel.

**KNITTING** Martha Reilly  
**1st Fl. Fac. Dining Rm. 6:30-8:30**

This class is open to current knitters or people with previous knitting experience. Come join this lively knitting group to gain more experience and knitting ideas. Knitters should bring projects they are working on. Bonus projects will be discussed at the first meeting.

**DANCE: EAST COAST SWING & LINDY HOP** Noreen Healy  
**Jefferson School Gym 6:00-7:30**

Participants will learn the basics of East Coast Swing and Lindy Hop dances and enhance their dancing skills. All dance levels are welcome and you do not need a partner to attend as we will switch partners throughout the class.

**US CITIZENSHIP TEST PREPARATION** John Vicari  
**ROOM 123 7:00-9:00**

This course will prepare you to take the U.S. Citizenship test. This course will cover topics such as Civics, U.S. Government, History, Geography, Reading and Writing. We will also cover tips on how to study for the test and how to prepare yourself for the test.

**E.S.L. (English as a Second Language)** Chet Lukaszewski  
**For Parents of Enrolled ELL Students 7:00-9:00**

**Room 204**

This is a beginner class to learn to speak English. It is only for parents of ELL students enrolled in this school district. There is no fee for this class.

**\*Esta es una clase de principiantes para aprender a hablar Inglés. Es sólo para los padres de estudiantes ELL inscritos en este distrito escolar. hay cuota para esta clase.**

**MICROSOFT OFFICE ADVANCED** Richard Gress  
**Room-HS Library Computer Room 7:30-9:30**

**8 Sessions**

**FEE: \$67 - \$77 Non-resident**

**NO SENIOR CITIZEN DISCOUNT.** Would you like to learn more about the popular Microsoft Office applications Word, Excel and Powerpoint? Then this is the class for you. Basic knowledge is assumed so students can immediately dig into advanced Word concepts like Mail Merge, Tables for Newsletters, and Advanced Formatting. Excel student will work with practical examples like budgets, financial data, lists, and checkbook registers. Advanced Excel concepts will include filtering, sorting and printing spreadsheet data. Powerpoint users will learn to create, edit and animate information for effective presentations.

**TAI CHI CHI KUNG** Richard Wos  
**Jefferson Cafeteria 7:00-8:30**

**8 SESSIONS**

**NO SENIOR CITIZEN DISCOUNT.** Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai Chi has been acknowledged in China for thousands of years and Tai Chi is the most popular health exercise in China today. The movements enable the body to relax and let gravity melt away tension blocks. It is one of the safest exercise methods known. The way we live determines the amount of tension and nervousness we accumulate in our bodies. Most of us live in an unhealthy environment in which there is too little exercise, poor eating habits, and conditions that create emotional tension. The primary purpose of Tai Chi is to help let go of physical and emotional tension.

**BASKETBALL FOR MEN** David Bruckart  
**H.S. Gym 8:30-10:30**

**10 SESSIONS**

Choose up sides and play full or half court games in our gym. For men over 21 years. **Minimum 20**

### THURSDAY

**ZUMBA GOLD** Janeen Wasoski  
**Woodhull Gym 6:00-7:00**

**NO SENIOR CITIZEN DISCOUNT**

Zumba Gold is Latin and International dance rhythms created in the original Zumba and bring them to the active older adult, the beginner participant, and other special populations that may need modifications for success. It is fun, different, easy and effective. It's great for the mind, body and soul of this expanding active older adult population. Students should bring a water bottle and a towel.

**COOKING** John King  
**Finley School – Room 207 7:00-9:00**

**3 Sessions – 3/7, 3/14,3/21**

**FEE: \$35 Resident, \$45 Non-Resident**

**\*Material fee for the 3 classes: \$30 collected at first class.**

Learn to prepare foods from around the globe, perfect your knife handling skills, and garner a variety of kitchen tips during this 3-class course. Class participation is welcome, or simply sit back, enjoy the show, and taste the savory results.

**Soup's On:** Comfort food for the soul, this class will bring fresh ingredients to life. Sauté, simmer and stew, then serve with love. Creamy Seafood Bisque topped with diced shrimp, an old favorite. Next up- Chicken Tortilla soup with a bit of spice to warm you on a cold winter night. Finally, a wonderful Canadian cheese soup.

**Small Plates:** We start off with an old favorite, Jumbo Sea Scallops wrapped in bacon, topped with water chestnuts then roasted crisp. Then, hamburger sliders that will have your family wanting to come back for more and more. Next, classic quesadillas with a twist-shredded buffalo chicken between two