ADULT EDUCATION PROGRAM – FALL 2011
Huntington High School – Huntington, New York
Resident HUFSD $55 – Non-Resident $65 – Senior citizen $15

Name..........................................................................................................................................................

School District ...........................................................................................................................................

Address .......................................................... 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
1. CODE - jhauyco

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.

CODE - please sign onto www.turboroster.com and select JOIN AS A MEMBER. Fill out the appropriate information requested by TurboRoster. Where it asks for a Code to join a class, please enter the code jhauyco. Follow the steps to select a class, fill out the forms and pay to join.

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 lifelong 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, September 14, 2011
HUNTINGTON HIGH SCHOOL LOBBY

James W. Polansky, Superintendent • Dr. Kenneth A. Card Jr., Director

BOARD OF EDUCATION
Emily Rogan, President • John Paci III, Vice President
Elizabeth C. Black • Kimberly Brown • Jennifer Hebert • Richard McGrath • Adam Spector

ADULT EDUCATION OFFICE
HUNTINGTON HIGH SCHOOL
Tel. 673-2010 Monday-Thursday Evening
During each Semester Session

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, September 14, 2011 from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

FEES: $55.00 for District residents
$15.00 for Senior Citizen residents
$65.00 for all Nonresidents,
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 any adult education course for a fee of $15.00 WHENEVER SPACE IS AVAILABLE (except those classes marked limited or special fee). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid.

REFUNDS. If the course for which you registered does not get the required minimum of 16, it may be canceled 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 CANCELED.

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 FALL 2011

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

SPANISH LEVEL II
Room 126
7:00-9:00
Carlos Pumar
A continuation of the beginners’ Spanish course for people who want to extend their fluency and accuracy in speaking, reading and writing the Spanish language. Numbers, vocabulary, greetings, geography and history are all part of this course which will enable each student to grasp the fundamentals of this romantic language.

CROCHETING
Library
7:00-9:00
Kelly Hatzmann
For those with crochet experience who want to learn more advanced techniques in crochet. 10 Maximum

WEDNESDAY

BEGINNER’S ITALIAN
Room 126
6:30-8:30
Kerri Titone
This course is for students with no or beginner’s knowledge of Italian who want to build a base for fluency and accuracy in speaking, reading and writing the Italian language. Numbers, vocabulary, greetings, geography and history are all part of this course which will enable each student to grasp the fundamentals of this romantic language. Film and Internet resources are used to develop aural comprehension and to recognize informal usage as opposed to formal usage of Italian.
Couples only!

& Hustle. These basic ballroom dances are easy to learn and includes basic patterns in Fox Trot, Waltz, Tango and Swing.

LIMITED. NO SENIOR CITIZEN DISCOUNT.

10 Sessions
BASIC BALLROOM WORKSHOP Edward Enyart
Woodhull Cafeteria 7:00-9:00

COOKING- SIMPLE & DELICIOUS
Anna Naccarato/ Joanne Gurrieri
Finley Room 208 7:00-9:00
Come and enjoy this class to learn the basics of cooking that is simple and delicious. You will learn traditional recipes from Southern Italian cooking. This class will be fun, tasty and you will learn some great cooking tips. This will be an eight week course covering main courses and appetizers. There will be a materials fee that will be discussed the first night of class.

CHINESE FOR BEGINNERS
Annie Hsiao
Room 123 7:00-9:00
The three main topics of the class are dialogue, vocabulary, and grammar. The class will focus on frequently used phrases and sentences to allow for “daily life” communication. The main textbook used in class will be “Speak Mandarin in One Thousand Words”; you should bring the book with you on the first night of class.

INTERNET A TO Z
Richard Gress
Room 251 7:30-9:30
4 Sessions: 10/19, 10/26, 11/2, 11/9
FEE: $30, $40 Non-Resident
This fun beginner’s course will give you everything you need to know to successfully use the internet. It launches you from the realities of life into the virtual universe we call cyberspace. You will learn about the Internet Explorer browser, the difference between various search engines and how to effectively use them, and how to download files. This course will also arm you with the tools to analyze and validate sites you are accessing.

BASKETBALL FOR MEN
Johnnie Morales
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

TAI CHI CHI KUNG
Richard Wos
Jefferson Cafeteria 7:00-8:30
10 SESSIONS
LIMITED. 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 move 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
Johnnie Morales
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

GOLF/BEGINNERS
Robert Mallon
Woodhull Gym 7:00-8:30
LIMITED. NO SENIOR CITIZEN DISCOUNT. Learn about the sport of golf from tee to green. Lectures, practice and club selection. Equipment needed: ½ dozen whiffle golf balls, 7 iron, astroturf mat or carpet, sneakers and memo pad

HATHA YOGA
Carmela Stone Klein
Jefferson Gym 7:30-9:00
8 SESSIONS
LIMITED. NO SENIOR CITIZEN DISCOUNT. Hatha Yoga energizes the body by releasing fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, Hatha Yoga creates a balance of body, mind and spirit. It also strengthens, increases flexibility, agility, balance and poise. Please wear comfortable clothing. Bring two blankets. Equipment will be discussed at first class. General level–all students welcome.

MICROSOFT OFFICE ADVANCED
Richard Gress
Room 251 7:30-9:30
8 Sessions
FEE: $67 - $77 Non-resident
LIMITED. 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.

PAINTING
Ellen Winter
Room 106 7:00-9:00
LIMITED. NO SENIOR CITIZEN DISCOUNT. Painted years ago - or never but thought about it? Now is the time to give it a try! This class is designed for beginners through intermediate painters. Bring any supplies you may have, an 8-inch x 11½-inch or larger sketchpad, pencil, kneaded eraser. Supply lists will be given at first class.

PREPARATION FOR CITIZENSHIP
TBA
Room 124 7:00-9:00
This course is offered to help members of the community prepare for the American citizenship test. This course will cover information about our Constitution, Government, the history of the United States and American Holidays. We will furnish you with instruction for the proper procedure for becoming a citizen. Materials fee for workbook $17.

ZUMBA
TBA
Finley Cafeteria 7:15-8:15
Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric-output, cardiovascular benefits, and total body toning. Dancers and non-dancers can easily master a Zumba class because you do not have to know how to dance to succeed at Zumba. Students should bring a water bottle and a towel.

ZUMBA GOLD
TBA
Finley Cafeteria 6:00-7:00
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.
### FALL COURSES 2011

- **Basic Ballroom Workshop** .......... Thurs.
- **Basketball For Men** ............... Mon.
- **Basketball For Men** .......... Wed.
- **Beginner’s Italian** ............. Wed.
- **Chinese for Beginners** .......... Wed.
- **Cooking** .......................... Mon.
- **Cooking** .......................... Wed.
- **Crocheting** ...................... Mon.
- **Crocheting** ...................... Tues.
- **Digital Photography** .......... Mon.
- **Essence of Yoga** .......... Tues.
- **Golf/Beginners** .......... Thurs.
- **Iyengar Yoga** ............... Mon.
- **Hatha Yoga** .......... Thurs.
- **Intermediate Italian** .......... Wed.
- **Internet A to Z** .......... Wed.
- **Intro to Computer Keyboarding** .......... Tues.
- **Introduction to Computers-Using Microsoft Office** .......... Tues.
- **Knitting-Mittens,Hats,Scarves** .......... Tues.
- **Microsoft Office Advanced** .......... Thurs.
- **Painting** .......................... Thurs.
- **Preparation for Citizenship** .......... Thurs.
- **Spanish for Beginners** .......... Mon.
- **Spanish Level II** .......... Tues.
- **Soccer for Men (Indoor)** .......... Mon.
- **Soccer for Women (Indoor)** .......... Tues.
- **Tai Chi Chi Kung** .......... Wed.
- **Zumba** .......................... Thurs.
- **Zumba Gold** .......... Thurs.

### SEMINARS/FOOD FOR THOUGHT

**NEW! Astrology 101**

Auto Insurance Reduction Program

Friends & Families CPR and First Aid for Children

**NEW!** Planning for Long Term Care

Getting Paid To Talk, Making Money With Your Voice

**NEW!** How To Save for a College Education

Retirement Planning Today

The Healing Tao

Secrets of the Tarot

Advanced Tarot

### EXPANDED HORIZONS

**WESTERN SUFFOLK BOCES**

**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.

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<thead>
<tr>
<th>Course</th>
<th>Days</th>
<th>Time</th>
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<tbody>
<tr>
<td>Adult Basic Education (G.E.D.)</td>
<td>Tues. &amp; Thurs.</td>
<td>6:30-9:00</td>
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<tr>
<td>Huntington High School, Room 206</td>
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<td>NO FEE</td>
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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.).

### SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

<table>
<thead>
<tr>
<th>Friends and Families</th>
<th>Olena Kropp</th>
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<tr>
<td>CPR and FIRST AID FOR CHILDREN</td>
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<tr>
<td>Tues. October 18</td>
<td>6:30-10:00</td>
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<td>FEE: $25 Resident - $30 Non-Resident</td>
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<td>Room 114</td>
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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.**

<table>
<thead>
<tr>
<th>Astrology 101-Learn the Secrets of the Stars!</th>
<th>Robert Previto</th>
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<tr>
<td>Room 113</td>
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<tr>
<td>2 Sessions: Wed. 11/9, 11/16</td>
<td>7:00-9:00</td>
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<td>FEE: $30 Resident - $35 Non-Resident</td>
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Robert Previto, lawyer, playwright and prestidigitator extraordinaire, is now offering this two day introductory course in Astrology! Who is your perfect match? What does your sun sign really mean? How do the Seven Sacred Planets influence our daily lives? If you have ever yearned to unlock the secrets of the stars, this introductory course is aimed at enlightening the fledgling student on the mystery and history of the zodiac, the planets, and the twelve houses of the astrological chart. Learn to unlock the secret keys to this amazing, ancient craft, just in time to enhance your Halloween. Students should bring a pen and paper, their birthdate and if possible, the time of their birth.
PLANNING FOR LONG TERM CARE  
Michael Donnelly  
Room 113  Thurs. 11/10  7:00-8:30  
FEE: $25 Resident - $30 Non Resident  
Planning for long-term care is a difficult task. It involves understanding and making decisions about services and options that are unfamiliar to many of us. These include services and supports, housing and financing options, and legal issues. This seminar will focus on all aspects of the Long term care process and ways you can protect your life savings.

RETIREMENT PLANNING TODAY  
Bud Levy, CFP, CPA  
3 Sessions: Tuesdays – 10/4, 10/11, 10/18  
Room 110  7:00-9:30  
FEE: $20 per person - $30 per Couple  
This exciting workshop will prepare you for a financially secure retirement. Learn how to pinpoint your needs and determine if you can retire early. You will discover three little-known techniques for maximizing retirement income, obtaining the highest payout from Social Security and your 401k/403b retirement plans, and ensuring that you never outlive your money. By attending this workshop, you will learn how to reduce your taxes, manage investment risks, protect your life savings from potential costs of long-term health care and preserve your estate. Above all, this course shows you how to develop a personalized plan to achieve your retirement goals.

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE  
AN INTRODUCTION TO PROFESSIONAL VOICE OVERS  
Jenny Marcotte  
Mon., November 7th  6:30-9:00  
FEE: $25 Resident - $30 Non-Residents  
Room 110  
Have you ever been told that you have a great voice? This exciting seminar will explore numerous aspects of voice over work for television, film, radio, audio books, documentaries and the internet in your area. We will cover all the basics, including how to prepare the all-important demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples of demos recorded by professional voice actors. Class participants will even have a chance to record a commercial script under the direction of our Voicecoaches.com producer! This class is informative, lots of fun, and a great first step for anyone interested in voice acting professionally. Learn more here http://www.voicecoaches.com/gptt

THE HEALING TAO  
Dr. Michael Posner  
Room 113  7:30-9:00  
3 Sessions: 10/6, 10/13, 10/20  
FEE: $35 Resident - $40 Non-Residents  
Join Dr. Michael Posner in a Wholistic journey of self discovery & growth utilizing the simple practices taught to him by his teacher, internationally acclaimed author, originator & founder of the Healing Tao System, Master Mantak Chia. In these classes, Dr. Posner will transmit to you the essence of Taoist Chinese Yoga. Learn essential daily stretches to keep your spine healthy, Chi Kung breathing exercises to increase your life force energy and simple meditations to balance & heal your organs and emotions, plus much more. This mind-body-spirit approach is the perfect antidote for creating inner calm in today’s turbulent times. See for yourself how these ninety minute classes can transform your life!  

SECRETs of the TAROT  
Robert Previto  
Room 113  7:00-9:00  
3 Sessions: 10/5, 10/12, 10/19  
FEE: $35 Resident - $40 Non-Resident  
Robert Previto, lawyer, playwright, and cartomancer extraordinaire offers this three-day introductory course on the secrets of the tarot! Have you ever wondered how the tarot evolved? Have you ever yearned to unlock the mystic keys that enable tarot readers to cogitate on the past, present, and future? What is the tarot? How does it work? How do we decipher its hidden meanings? Previto dispels the superstitions, reveals the basis of all tarot revelation, and teaches you the basics of how to read the ancient cards! Geared for beginners, this “cando” course will introduce you to the tarot system practiced by the adepts, and provide you with true knowledge of its hidden meaning and wisdom. Students are required to bring a notepad and pen, and a tarot deck of their own, preferably Aleister Crowley’s Thoth Tarot, or the Rider-Waite Tarot. Decks that appear “gimmicky” should be avoided.

ADVANCED TAROT  
Robert Previto  
Room 113  7:00-9:00  
2 Sessions: 10/26, 11/2  
FEE: $30 Resident - $35 Non-Resident  
In this advanced course, Robert Previto, lawyer, playwright, and cartomancer extraordinaire delves deeper into the meanings and correspondences imbued in the tarot, and further extrapolates the mystic manner in which the tarot communicates its concepts. Emphasis will be placed on the elemental, astrological, and Qabbalistic underpinnings of the tarot, with some attention to numerological understandings, and how the cards interact with each other. Students are strongly advised to have taken The Secrets of the Tarot, Part One, or to already have a working knowledge of the basics of tarot construction. Students are required to bring a tarot deck of their own, preferably Aleister Crowley’s Thoth Tarot, or the Rider-Waite Tarot. Decks that appear “gimmicky” should be avoided.