

## ADULT EDUCATION PROGRAM – SPRING 2013

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

2. Link - <http://www.TurboRoster.com/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](mailto:help@turboroster.com).

**CODE** - please sign onto [www.turboroster.com](http://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

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

## SPRING 2013

## POSTAL PATRON

Dated Material

# 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, February 13, 2013**  
HUNTINGTON HIGH SCHOOL LOBBY

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

## BOARD OF EDUCATION

Emily Rogan, President • John Paci III, Vice President  
Tom DiGiacomo • Jennifer Hebert • Richard McGrath • Xavier Palacios • Adam Spector

## ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Tel. 812-2380 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, February 13, 2013** from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

**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 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 adult education course for a fee of \$15.00 **WHENEVER SPACE IS AVAILABLE** (except those classes marked **limited, special fee 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 canceled and you will be notified by phone when possible. Your refund will be mailed from the District Business 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 SPRING 2013

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

R = REGISTRATION

( ) = HOLIDAY/SCHOOL CLOSED

C = CLASSES BEGIN

\* = MAKE-UP DAYS

### FEBRUARY

M	T	W	T
4	5	6	7
11	12	13R	14
18	19	20	21
25C	26C	27C	28C

### MARCH

M	T	W	T
4	5	6	7
11	12	13	14
18	19	20	21
25	(26)	(27)	(28)

### APRIL

M	T	W	T
1	2	3	4
8	9	10	11
15	16	17	18
22	23	24	25
29	30		

### MAY

M	T	W	T
		1	2
6	7	8	9
13	14	15	16
20	21	22	23

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

## MONDAY

### SPANISH FOR BEGINNERS

Room 126

Basic grammar and extensive vocabulary stressed. An elementary level of conversation will be taught.

Carlos Pumar

7:00-9:00

### CROCHETING

Library

For those with little to no crochet experience who want to learn the basics of crochet and complete a project in 8 weeks. Crocheters are encouraged to bring in projects that they are working on or need help with. **16 Maximum**

Kelly Hatzmann

7:00-9:00

### STREET LAW

Room 124

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.**

TBA

7:00-9:00

### COOKING- SIMPLE & DELICIOUS

Finley Room 208

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 with a different main course each week. There will be a materials fee that will be discussed the first night of class.

Joanne Gurreri

7:00-9:00

### DIGITAL PHOTOGRAPHY I

Room 251

10 Sessions

**FEE: \$67 Resident-\$77 Non Resident Limited. No Senior Citizen Discount**

This course is designed to be both fun and informative and is appropriate for both beginner and those who want to enhance their photographic skills. We will cover basic camera functions, lighting, composition, and manipulation. Create memorable photographs, restore old ones or take the perfect portrait. Learn to capture the images of winter, the birth of spring or an amazing landscape. You will be instructed in the basics of Adobe Photoshop to take your photos to the next level. Students should have a working knowledge of computers.

Beth Laraia

6:30-8:30

### YOGA in the IYENGAR STYLE

Southdown Gym

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.

Linda Kundla

7:00-8:30

### SOCCER FOR MEN (Indoor)

Huntington High Gym

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.

Kieran Mock

8:30-10:00

## TUESDAY

### RAHINI YOGA & MEDITATION

Jack Abrams Cafeteria

No Senior Discount

Yoga is the union of mind, body and spirit. Yoga brings a state of well-being, contentment, flexibility, poise and balance. Please wear comfortable clothing and bring a mat. **Maximum 15**

Deidre Mayer

4:15-5:15

### BRIDGE for Beginners

High School Library

No Senior Discount

Learn the basics of bidding and play of the hand. Class will consist of a lesson followed by play of the hands plus analysis.

Walter Gesla

7:00-9:00

## SPANISH LEVEL II

Room 126

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.

Carlos Pumar

7:00-9:00

## SIGN LANGUAGE

Room 123

We will introduce you to the structure and grammar of American Sign Language as well as look into the culture/community of those who use ASL as their primary language. You will learn to speak with your hands through the use of videos, hands-on activities and interaction of the language.

Peter Brosoff

7:00-9:00

## AMERICAN HISTORY

Room 127

This American History class covers events before 1865, ending with the Civil War and the surrender of the South. There will be a workbook fee which will be discussed at the first class.

TBA

7:00-9:00

## THE ESSENCE of YOGA

Jefferson Gym

8 Sessions-No Senior Discount

True yoga is about centering yourself and coming into the present moment. We learn to do this through the yoga practices of physical postures, breath work and meditation. These practices also increase our flexibility, open our joints, reduce our stress and calm our busy minds. This class is suitable for any level. Please bring yoga mat, a pillow to sit on and a small blanket.

Jane Voorhees

7:00-8:30

## INTRO TO COMPUTER KEYBOARDING

Room 250

Learn how to touch-type properly using a computer. Develop essential keyboarding skills and techniques. Practice drills are used throughout the course to increase typing speed and accuracy. Additional activities and dictation exercises will be used in this course for added reinforcement. Proper keying technique will be taught throughout the course.

Allison Matthews

7:00-8:00

## INTRODUCTION TO COMPUTERS – USING MICROSOFT OFFICE

Room 251

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.

Richard Gress

7:30-9:30

## VOLLEYBALL FOR WOMEN

Location - TBA

10 Sessions

Intermediate to advanced players welcomed. Knee pads are required and a water bottle is recommended. **Minimum 14 women.**

Linda Roth

8:30-10:00

## WEDNESDAY

### BEGINNER'S ITALIAN

Room 126

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.

Melissa Caravello

6:30-8:30

**INTERMEDIATE ITALIAN****Room 127****TBA****6:30-8:30**

A continuation of the beginners' Italian course for people who want to extend their 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.

**KNITTING****Library****Martha Reilly****7:00-9:00**

This class is open to knitters of all levels. Current knitters can bring projects they are working on. Beginners should bring a ball of worsted weight yarn and size 8 needles. Bonus projects will be discussed at the first meeting.

**DIGITAL PHOTOGRAPHY II****Room 251****Beth Laraia****6:30-8:30****10 Sessions****FEE: \$67 Resident-\$77 Non Resident****Limited. No Senior Citizen Discount**

This advanced Digital Photography course is about understanding technology, effective implementation and achieving the results one envisions. Skills are necessary to overcome the barrier that machinery poses between you and great results. This course allows you to develop the concepts of photography learned in the beginner Digital Photography course.

**COOKING- SIMPLE & DELICIOUS****Finley Room 208****Anna Naccarato****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 with a different main course each week. There will be a materials fee that will be discussed the first night of class.

**CHINESE FOR BEGINNERS****Room 123****Annie Hsiao****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".

**INTERNET A TO Z****Room 250****Richard Gress****7:30-9:30****4 Sessions 4/3, 4/10, 4/17, 4/24****FEE: \$30 Resident, \$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****H.S. Gym****Johnnie Morales****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****Jefferson Cafeteria****8 Sessions****Richard Wos****7:00-8:30**

**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 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.

**THURSDAY****ADVANCED BRIDGE****High School Library****No Senior Discount****Walter Gesla****7:00-9:00**

Bridge instruction for those with knowledge of Bridge. Learn the bidding and play of the hand. Class will consist of a lesson followed by play of the hands plus analysis.

**SOCIAL DANCE****Woodhull Cafeteria****10 Sessions****Edward Enyart****7:00-9:00**

**LIMITED. NO SENIOR CITIZEN DISCOUNT.** This course includes basic steps in the Foxtrot, Waltz, Cha Cha, Rumba and Swing. You will also learn to join steps together and how to lead and follow so you can dance comfortably and stay in time with the music. Students are requested to wear leather-soled shoes. **Couples only!**

**GOLF/BEGINNERS****Finley Gym****Robert Mallon****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.

**INTRODUCTION to CERAMICS****Room 107****Devin Auricchio****7:00-9:00**

Students will use air dry 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 their finished pieces. Clay and pottery tools are to be purchased by each student prior to the first class.

**Materials** (to be purchased by students).

Amaco Stonex Air Dry Clay- 25 lbs

Clay tools- wooden knife, cutting wire, sponge, pin tool (or kit)

Acrylic paints and paint brushes

Any gloss medium or Deco Art Gloss Medium Spray

**IYENGAR YOGA****Jefferson Gym****Carmella Stone Klein****7:30-9:00****8 Sessions**

**NO SENIOR CITIZEN DISCOUNT.** Yoga is the union of mind, body and spirit. In Iyengar yoga, postures are presented accentuating precision and alignment. Through the use of various props such as blocks and blankets, individuals are able to access better alignment and intelligence, and address any specific physical conditions. This process brings a state of well-being, contentment, flexibility, poise, balance and equanimity. Please wear comfortable clothing and bring two blankets, and a mat. **General level—all students welcome.**

**MICROSOFT OFFICE ADVANCED****Room 251****Richard Gress****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.

**ECONOMICS****Room 126****TBA****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.

**PAINTING****Room 108****Ellen Winter****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. If you know you will be using a table top or floor easel and you have one, please bring it with you.

**PREPARATION FOR CITIZENSHIP****Room 124****TBA****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****Woodhull Gym****Diane Dentico****6:00-7:00****NO SENIOR CITIZEN DISCOUNT**

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****Woodhull Cafeteria****Janeen Wasoski****5:45-6:45****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.

**SPRING COURSES 2013**

American History .....	Tues.
Basketball For Men .....	Wed.
Beginner's Italian .....	Wed.
Bridge - Beginner .....	Tues.
Bridge - Advanced .....	Thurs.
Ceramics .....	Thurs.
Chinese For Beginners .....	Wed.
Cooking .....	Mon.
Cooking .....	Wed.
Crocheting .....	Mon.
Dance .....	Thurs.
Digital Photography I .....	Mon.
Digital Photography II .....	Wed.
Economics .....	Thurs.
Essence of Yoga .....	Tues.
Golf/Beginners .....	Thurs.
Intermediate Italian .....	Wed.
Internet A to Z .....	Wed.
Intro to Computer Keyboarding .....	Tues.
Introduction to Computers- Using Microsoft Office .....	Tues.
Iyengar Yoga .....	Thurs.
Knitting .....	Wed.
Microsoft Office Advanced .....	Thurs.
Rahini Yoga & Meditation .....	Tues.
Painting .....	Thurs.
Preparation for Citizenship .....	Thurs.
Sign Language .....	Tues.
Spanish for Beginners .....	Mon.
Spanish Level II .....	Tues.
Soccer for Men (Indoor) .....	Mon.
Street Law .....	Mon.
Tai Chi Chi Kung .....	Wed.
Volleyball for Women .....	Tues.
Yoga in the Iyengar Style .....	Mon.
Zumba .....	Thurs.
Zumba Gold .....	Thurs.

**SEMINARS/FOOD FOR THOUGHT****NEW!** Addressing Long Term Care

Auto Insurance Reduction Program

Financial Strategies 101-Dollars &amp; Sense

Friends&amp;Families CPR and First Aid for Children

Getting Paid To Talk, Making Money With Your Voice

**NEW!** Meditation not Medication**NEW!** Social Security Planning**NEW!** Your Family, Your Future**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.)****Huntington High School, Room 206****Tues. & Thurs.****6:30-9:00****NO FEE**

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.).

**E.S.L.(English as a Second Language)****I-Beginner****Huntington High School, Room 204****Tues. & Thurs.****6:30-9:00****NO FEE****THIS COURSE ASSUMES NO KNOWLEDGE OF ENGLISH.****E.S.L.(English as a Second Language)****II-Intermediate/III-Advanced****Huntington High School, Room 205****Tues. & Thurs.****6:30-9:00****NO FEE**

**THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE OF ENGLISH.**

# SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

**FRIENDS and FAMILIES**  
**CPR and FIRST AID FOR CHILDREN**  
**Tuesday 2/26**  
**FEE: \$25 Resident - \$30 Non-Resident**  
**Room 114**

**Olena Kropp**  
**6:30-10:00**

This seminar is designed for parents, grandparents and babysitters who want to learn lifesaving skills. This is non-credential 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.**

**MEDITATION not MEDICATION**  
**Room 113**

**Dr. Michael Posner**  
**7:00-8:30**

**3 Sessions: Thursdays - 4/4, 4/11, 4/18**  
**FEE: \$35 Resident - \$40 Non-Residents**

Transform your stress into vitality! Learn from Dr. Michael Posner a 36 year practitioner of Tai Chi, Yoga, and meditation how to instantly relax under any circumstance. Utilizing time proven methods which include meditation, body alignment and breathing exercises, you will learn how to center yourself in the present moment. The benefits include relaxation, inner peace, the ability to accept the moment and ways to increase your life force energy

**SOCIAL SECURITY PLANNING**  
**What Everyone Needs To Know (especially boomers)**

**Bud Levy, CFP**

**Thursday 2/28**  
**Room 110**

**FEE: \$20 per person - \$30 per couple**

After being told for years that Social Security is "going broke," baby boomers are realizing that it will soon be their turn to collect. But the decisions you make now can have a tremendous impact on the total amount of benefits you stand to receive over your lifetime. This informative workshop not only covers the basics but also reveals little know strategies for maximizing your benefits. You will learn: the 5 factors to consider in deciding when to apply for benefits, when it makes sense to delay benefits with other retirement income sources, and how to coordinate benefits with your spouse to maximize the total benefit amount. Each attendee will receive a free copy of "The Baby Boomer's Guide To Social Security" which summarizes key provisions of Social Security's retirement benefits.

**YOUR FAMILY, YOUR FUTURE**  
**Wednesday - 4/10**  
**Room 113**

**Michael Donnelly**  
**7:00-8:30**

**FEE: \$25 Resident - \$30 Non Resident**

This presentation addresses the multitude of issues involved when juggling financial obligations of raising a family while still planning for your long term financial future.

**GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE**

**AN INTRODUCTION TO PROFESSIONAL VOICE OVERS**  
**Jenny Marcotte**

**Monday - 4/8**  
**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/gppt>

**ADDRESSING LONG TERM CARE**  
**Tuesday - 4/2**  
**Room 113**

**Michael Donnelly**  
**7:00-8:30**

**FEE: \$25 Resident - \$30 Non Resident**

This seminar explains what Long-Term Care is, who needs it and what options people have if they need it. The presentation emphasizes that, without proper planning, the potential costs associated with the need for LTC can be devastating to the family and to the assets built over the years.

**AUTO INSURANCE REDUCTION PROGRAMS**  
**NATIONAL TRAFFIC SAFETY INSTITUTE**  
**Tues. 4/9 & Thurs. 4/11**

**FEE: \$35 - \$40 Non-Resident**  
**Room 114**

Learn the skills of safe driving. At the same time, reduce your automobile liability and collision premium at least 10% for a period of 3 years. Drivers with point accumulation will also be allowed a four-point credit by the Motor Vehicle Department.

**FINANCIAL STRATEGIES**

**101-Dollars & Sense**

**Michael Donnelly**

**Thursday - 3/21**

**7:00-8:30**

**Room 113**

**FEE: \$25 Resident - \$30 Non Resident**

This seminar explains the advantages of smart financial management. The seminar reviews five financial management components: Cash Management, Risk Management, Estate Planning, Investment Strategies, Tax Reduction Strategies and Retirement Programs.