INTERNET A TO Z **Richard Gress** Room 251 7:30-9:30

4 SESSIONS: 3/10, 3/17, 3/24, 3/31 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 vou are accessing.

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.

SEMINARS/FOOD FOR THOUGHT

Addressing Long Term Care Auto Insurance Reduction Program **NEW!** Crochet Social Friends & Families CPR & First Aid for Children Getting Paid To Talk, Making Money With Your Voice 60 Minute Money Seminar Social Security Planning

SPRING COURSES 2016

American History	Tuesday
Basketball For Men	Wednesday
Ceramics	Thursday
Chinese - Beginner	Wednesday
Cooking	Monday
Cooking	Wednesday
Crocheting	Monday
Economics	Thursday
ESL For Parents Of ELL Students	Wednesday
French - Beginner	Tuesday
Hatha Yoga	Monday
Internet A To Z	Thursday
Introduction to Computer - Using Microsoft Office	Tuesday
Italian - Beginner	Thursday
lyengar Yoga	Thursday
Knitting	Wednesday
Microsoft Office Advanced	Wednesday
Rahini Yoga	Wednesday
Painting	Thursday
Pastels	Tuesday
Photography	Thursday
Preparation For Citizenship	Tuesday
Spanish - Beginner	Wednesday
Spanish - Advanced	Tuesday
Soccer For Men (Indoor)	Monday
Street Law	Monday
Tai Chi Chi Kung	Wednesday
Tai Chi Chi Kung	Thursday
Watercolor	Monday
Zumba Gold	Thursday

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. & THU
Huntington High School, Room 206	6:30-9:
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 Equivalence Exam(G.E.D.)

IRS E.S.L. (English as a Second Language) I-Beginner 9:00 Huntington High School, Room 204 THIS COURSE ASSUMES NO KNOWLEDGE OF ENGLISH **TUES. & THURS** E.S.L. (English as a Second Language)

II-Intermediate/III-Advanced 6:30-9:00 Huntington High School, Room 205 **NO FEE** THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE OF ENGLISH

SEMINARS / FOOD FOR THOUGHT PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

Monday 2/22 7:00-8:30

FRIENDS AND FAMILIES

CPR AND FIRST AID FOR CHILDREN

Olena Kropp Room 114

6:30-10:00 This seminar is designed for parents, grandparents and babysitters who what options people have if they need it. The presentation emphasizwant to learn lifesaving skills. This is non-credential CPR for adult, child es that, without proper planning, the potential costs associated with and Infant. You will learn how to check for injuries and illness as well | the need for LTC can be devastating to the family and to the assets as how to respond when a child is having seizures or goes into shock | built over the years. Registration deadline of 3/1 for this seminar. or other medical emergencies. Maximum number of students is 12. There will be a materials fee of \$20 payable to the instructor, Olena AUTO INSURANCE REDUCTION PROGRAMS Kropp, on the night of the class.

CROCHET SOCIAL

Cecile O'Brien Room 109 6:30-8:30

if you need help along the way Cecile will be there to guide you. this seminar. Registration Deadline of 3/8 for this seminar.

SOCIAL SECURITY PLANNING

WHAT EVERYONE NEEDS TO KNOW (ESPECIALLY BOOMERS)

Room 110

Bud Levy, CFP, CPA, MBA 7:00-8:00 Thursday 3/3 Money- It's Not How Much You Make, It's How Much You Keep 7:00-9:00 FEE: \$10 per person - \$15 per couple Perhaps you're thinking to yourself that long-term financial security is After being told for years that Social Security is "going broke," baby impossible on your income. The truth is, no matter what your income boomers are realizing that it will soon be their turn to collect. But the level, you CAN achieve financial security. This seminar will teach you decisions you make now can have a tremendous impact on the total three very simple concepts: amount of benefits you stand to receive over your lifetime. This infor- 1) How to eliminate debt quicker, using less money mative workshop not only covers the basics but also reveals little known 2)How to protect your income with less money strategies for maximizing your benefits. You will learn: the 5 factors to 3) How to build retirement quicker with less money consider in deciding when to apply for benefits, when it makes sense to By registering for this workshop now, you will learn how to apply these delay benefits, how to integrate benefits with other retirement income concepts which will make a significant impact on your financial future. sources, and how to coordinate benefits with your spouse to maximize Registration deadline of 3/10 for this seminar. the total drawdown from Social Security. Each attendee will receive a free copy of "The Baby Boomer's Guide to Social Security" which summarizes key retirement benefit provisions. Registration Deadline of 2/25 for this seminar.

GETTING PAID TO TALK, MAKING MONEY WITH YOUR VOICE AN INTRODUCTION TO PROFESSIONAL VOICE OVERS **Jenny Marcotte**

Room 110 Monday - 3/21 6:30-9:00 FEE: \$25 Resident - \$30 Non-Residents 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 TUES. & THURS. demo, how to be successful and earn great income in this exciting field. **6:30-9:00** Students will have the opportunity to ask questions and to hear ex-NO FEE amples 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 Registration deadline of 3/7 for this seminar.

ADULT EDUCATION PROGRAM - SPRING 2016

Huntington High School - Huntington, New York Resident HUFSD \$55 - Non-Resident \$65 - Senior Citizen \$15

	Name		
ICARE	School District		
Tuesday - 3/15	Address	Town	Phone No.
Tuesday - 3/15 FEE: \$15 Resident - \$20 Non Resident Long-Term Care is, who needs it and ney need it. The presentation emphasiz- ing, the potential costs associated with	E-Mail		
they need it. The presentation emphasiz- ning, the potential costs associated with	Course	Day F	ee

REGISTRATION MAIL-IN FORM

Fill out the adjoining registration form. Use photocopy or separate sheet for each additional course. Make check payable to HUFSD. DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS

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

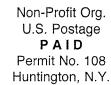
Adult Education, HUFSD, Box 1500 Huntington, NY 11743 to be received prior to the first class.

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.

CODE - please sign into 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 jhauvco. Follow the steps to select a class, fill out the forms and pay to join.



mmunity

ADULT EDUCATION

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

POSTAL PATRON

FEE: \$25 Resident - \$30 Non-Resident | This seminar explains what Long-Term Care is, who needs it and

NATIONAL TRAFFIC SAFETY INSTITUTE TBA

ADDRESSING LONG TERM CARE

Michael Donnelly

Room 113

Room 114

7:00-10:00

Tues, 4/5 & Thurs, 4/7 FEE: \$35 - \$40 Non-Resident 4 Sessions: Tuesday - 3/15, 3/22, 3/29, 4/5 | Learn the skills of safe driving. At the same time, reduce your automo-

FEE: \$30 Resident - \$35 Non Resident | bile liability and collision premium at least 10% for a period of 3 years. Bring your Crochet and come socialize with other Crocheters! You Drivers with point accumulation will also be allowed a four-point credit can all exchange ideas and patterns and have some fun! Of course by the Motor Vehicle Department. Registration deadline of 3/22 for

60 MINUTE MONEY CLASS Michelle Marie Re' Room 112

Thursday 3/17 Fee:\$15 Resident - \$20 Non Resident

SPRING 2016

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: Register for all classes Wednesday, February 3, 2016 from 6:00-9:00 p.m., Huntington High School Lobby An inclement weather registration date is set for February 10, 2016 from 6-9pm.

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

BOARD OF EDUCATION

Tom DiGiacomo, President • Jennifer Hebert, Vice President Christine Biernacki • William Dwyer • Bari Fehrs • Xavier Palacios • Emily Rogan

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 ar- 7:00-9:00 rive prior to the first class. NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED Come and enjoy this class to learn the basics of cooking that is simple and delicious. 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 3, 2016 from 6:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington. An inclement weather registration date is set for February 10, 2016 from 6-9pm. **ONLINE:** 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 south-down Gym made payable to HUFSD. Separate checks should be made out for each course. DO NOT INCLUDE FEES FOR BOOKS OR MATERI- 7:00-8:30 ALS: 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 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 SPRING 2016

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE

****INCLEMENT WEATHER REGISTRATION DATE *R= REGISTRATION DATE ()= HOLIDAY/SCHOOL CLOSED

	FEBR	UARY	
м	т	w	тн
1	2	3*R	4
8	9	10****	11
(15)	(16)	(17)	(18)
22**CB	23**CB	24**CB	25**CB
29			

MARCH]	APRIL			
М	Т	w	TH		м	т	w	тн
	1	2	3		4	5	6	7
7	8	9	10		11	12	13	14
14	15	16	17		18	19	20	21
21	22	23	24		(25)	(26)	(27)	(28)
(28)	29	30	31					

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

MONDAY

WATERCOLOR - BEGINNER/INTERMEDIATE Anne Gunthner

Room 108

7:00-9:00 dry brush glazing and much more. Basic composition and color theory will be covered, as well. Please bring a watercolor paper pad(no larger than12"x16") watercolor FRENCH - BEGINNER brushes (suggested sizes: #2, #6, #10 rounds and #3/4" flat); watercolors (preferably Deidre Mayer in tubes) a small mixing tray, paper towels and a small bowl for water. Students may Room 204 choose subject matter from either still life or landscape (photographs). Further information will be discussed first night of class.

CROCHETING

Kelly Hatzmann

l ibrary 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.

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.

COOKING - SIMPLE & DELICIOUS Anna Naccarato Finley Room 207

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 Room 124 discussed the first night of class.

HATHA YOGA Linda Kundla

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. Please bring a sticky mat and 2 blankets. *This class will start Monday, March 7th.

SOCCER FOR MEN (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 fastpaced, high-energy game will keep you running. Shin guards are required and a water bottle is recommended. **MINIMUM 10**

TUESDAY

PASTELS - BEGINNER/INTERMEDIATE

Anne Gunthner



**CB = CLASSES BEGIN

<u>MAY</u>

M T W TH

2 3 4 5

9 10 11 12

16 17 18 19

23 24 25 26

NO SENIOR CITIZEN DISCOUNT

Versatility, immediacy, luminosity, brilliance, ease of use- these are just a few of the many attributes of working in pastel. Learn to create beautiful, vibrant paintings using this often misunderstood medium of the art world. Basic supplies, techniques and compositional theory will be discussed. Students should bring EITHER a pad or a few sheets of pastel paper, a firm board to back your 6:30-8:30 paper with, a box of pastels (brands and quality will be discussed the first night tos to work from. An easel (either table or floor model) is recommended. 12 MAXIMUM

SPANISH - ADVANCED LEVEL **Carlos Pumar** Room 126

7:00-9:00

12 MAXIMUM

NO SENIOR CITIZEN DISCOUNT A continuation of the Beginner Spanish course for people who want to extend their Techniques covered will include creating textures; washes; lifting out; wet-on-wet; fluency and accuracy in speaking, reading and writing the Spanish language.

6:30-8:30

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

AMERICAN HISTORY

TBA **Room 126**

7:00-9:00 12 MAXIMUM

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.

INTRODUCTION TO COMPUTERS –

USING MICROSOFT OFFICE Richard Gress

The goal of this course is for the student to become a confident computer user. para esta clase. 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 MICROSOFT OFFICE ADVANCED document formatting, creating tables and effective printing of your documents. Excel Richard Gress spreadsheet creation for information storing is detailed as well as the use of formulas Room 251 and functions to create budgets and other financial tools. Students receive a diskette 7:30-9:30 with sample Word and Excel files as well as the files they create during class.

PREPARATION FOR CITIZENSHIP

Room 251

7:30-9:30

7:00-9:00

This course is offered to help members of the community prepare for the Amer- Power-point users will learn to create, edit and animate information for effective ican citizenship test. This course will cover information about our Constitution, presentations. Government, the history of the United States and American Holidays. We will furnish you with instruction for the proper procedure for becoming a citizen. BASKETBALL FOR MEN MATERIALS FEE FOR WORKBOOK \$17 Johnnie Morales/David Bruckart

WEDNESDAY

RAHINI YOGA Deidre Mayer Jack Abrams Gym 4.00-2.00

and experience the joy of yoga

SPANISH – BEGINNER



Francesco Frasca Room 126 7:00-9:00

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

KNITTING Library

at the first class. Come relax and enjoy the power of group knitting.

COOKING - SIMPLE & DELICIOUS Anna Naccarato Finley Room 207 7:00-9:00

Come and enjoy this class to learn the basics of cooking that is simple and delicious. Basic grammar and extensive vocabulary stressed. An elementary level of conver-You will learn traditional recipes from Southern Italian cooking. This class will be fun, sation will be taught. 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 INTRODUCTION to CERAMICS discussed the first night of class.

CHINESE – FOR BEGINNERS

Annie Hsiao

Room 123 7:00-9:00

The main textbook used in class will be "Speak Mandarin in One Thousand Words". the opportunity to apply surface designs and paint/glaze their finished pieces.

E.S.L. (ENGLISH AS A SECOND LANGUAGE): FOR PARENTS OF ENROLLED ELL STUDENTS

Chet Lukaszewski 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.

FEE \$67 - \$77 NON-RESIDENT *Esta es una clase de principiantes para aprender a hablar Inglés. Es sólo para 7:00-9:00

FEE: \$67 - \$77 NON-RESIDENT High School Library LIMITED. NO SENIOR CITIZEN DISCOUNT. 7:00-8:15

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.

H.S. Gvm

8:30-10:30

Choose up sides and play full or half court games in our gym. For men over 21 M. Ellen Winter MINIMUM 20 Room 108 vears.

TAI CHI CHI KUNG

NO SENIOR DISCOUNT Richard Wos

No experience necessary. The basics of yoga will be introduced at a pace that is Jefferson Cafeteria comfortable, safe and non-intimidating. The class emphasizes body alignment and 7:00-8:30

IYENGAR YOGA Carmella Stone Klein

Jefferson Gym 6:30-8:00

This class is open to knitters of all levels with some knowledge of how to knit. Current Yoga is the union of mind, body and spirit. In Iyengar yoga, postures are presented Selective Focus, Bokeh, Manual Focusina, Histogram and more. blocks and blankets, individuals are able to access better alignment and intelligence, life and Sports. 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.

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

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. The three main topics of the class are dialogue, vocabulary, and grammar. The class will Projects may include making bowls, vases, flower pots, boxes and sculptural pieces focus on frequently used phrases and sentences to allow for "daily life" communication. in which self expression and individuality will be encouraged. Students will also have 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.

ECONOMICS

TRΔ **Room 123**

LIMITED- NO SENIOR CITIZEN DISCOUNT los padres de estudiantes ELL inscritos en este distrito escolar. hay hay cuota 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 8 SESSIONS Dr. Michael Posner

6 SESSIONS 3/3, 3/10, 3/17, 3/24, 3/31, 4/7 FEE: \$45 RESIDENT, \$55 NON-RESIDENT LIMITED. NO SENIOR CITIZEN DISCOUNT Would you like to learn more about the popular Microsoft Office applications Word, Do you have problems with relaxing or letting go of your stress? Do you have poor Excel and Power-point? Then this is the class for you. Basic knowledge is assumed posture, circulation or joint pain? Do you need to clear out your head and to stop unnecessary negative emotions? Then Tai Chi might be the answer for you! 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. Tai Chi helps to create balance to the energy system similar to the way Acupuncture works. It is rooted in creating present moment awareness and calmness in the spirit. The benefits of Tai Chi are vast and can improve you in body, emotions, mind and Spirit. Chi refers to life force energy, when practicing Tai chi you learn to conserve energy that you would normally waste, if you need improved energy levels and better health, then try Tai Chi!

10 SESSIONS OIL PAINTING

LIMITED. NO SENIOR CITIZEN DISCOUNT. 7.00-9.00 For beginner to intermediate students. Work from reference photos (please bring one or two) or a still life I will have set up. Demonstrations will be given during the 8 SESSIONS first three classes. Bring an 8x10 or larger draw pad, pencil, and a good eraser. If you LIMITED. NO SENIOR CITIZEN DISCOUNT. have paints etc., bring them in and we will discuss what you might need to be added breath awareness. Each class ends with soothing and relaxing restorative poses or Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai to your set. Also bring an 11x14 canvas. Supply lists will be given out at first class. stretches. Bring blocks, straps and a towel or blanket. It is a great way to explore Chi has been acknowledged in China for thousands of years and Tai Chi is the most If you know you will be using a table top or floor easel, bring one with you. Soft pastel

7:00-8:30

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 Com-8 SESSIONS pensation, Composition, Depth of field, leading lines and more. NO SENIOR CITIZEN DISCOUNT -On the technical level, we will cover elements like: ISO, Shutter Speed, Aperture, of class) and a roll of paper towels. Also, please bring several reference pho-hitters should bring projects they are working on. Group projects will be discussed accentuating precision and alignment. Through the use of various props such as

MAXIMUM 15 popular health exercise in China today. The movements enable the body to relax artists are welcome. 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 PHOTOGRAPHY LESSONS accumulate in our bodies. Most of us live in an unhealthy environment in which there **Robert Maver** is too little exercise, poor eating habits, and conditions that create emotional tension. Room 124

The primary purpose of Tai Chi is to help let go of physical and emotional tension. THURSDAY