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Huntington, N.Y.

ADULT EDUCATION

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

POSTAL PATRON

FALL 2021

Dated Material

ADULT EDUCATION PROGRAM – FALL 2021

Huntington High School – Huntington, New York
Resident HUFSD \$60 – Non-Resident \$70 – Resident Senior Citizen \$20

Name

School District

Address Town:..... Phone No.

Email.....

Course Day Fee

REGISTRATION MAIL-IN FORM

Fill out the adjoining registration form. Use a 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**

Checks must be received prior to the first class.

ONLINE PAYMENT

Link - <https://bit.ly/3s80Ptj>

Use this link to register and pay for your class(es). Once on the page of class listings, you may use the filters to narrow down the display to specific days. Click "View Details" on any class you would like to attend to see further information and register. After filling in the registration information, choose "Buy Now" to checkout or "Add to Basket" to return to the class offerings and select additional classes. When proceeding to checkout, you will have the option to login or create a MySchoolBucks account. You can also checkout as a guest.

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 **Tuesday, September 21, 2021**
HUNTINGTON HIGH SCHOOL LOBBY

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

BOARD OF EDUCATION

Christine Biernacki, President • Xavier Palacios, Vice President
Kelly Donovan • William Dwyer • Thomas Galvin • Michele Kustera • Theresa Sullivan

ADULT EDUCATION OFFICE HUNTINGTON HIGH SCHOOL

Monday-Thursday Evening 6:00-9:00 PM
Telephone: 631-812-2380
Email: 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 the 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 **Tuesday, September 21, 2021** from 6:00-9:00 p.m. (**Inclement weather date: September 23, 2021**), in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

ON-LINE: You may register on-line at <https://bit.ly/3s80Ptj> (see front of brochure for instructions)

FEES: \$60.00 for District residents
\$20.00 for Senior Citizen residents
\$70.00 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** as these will be collected during class. Indoor masking will be required for all, regardless of vaccination status. Health screening must be done at home prior to arrival at each class session.

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 \$20.00 (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 enrollment 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 FALL 2021

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

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

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

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

MONDAY**WATERCOLOR – BEGINNER/INTERMEDIATE** 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 are helpful but not necessary. We will work from photos for reference.

Materials needed**Tube Watercolor Paints:**

(Winsor & Newton recommended, 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

CROCHET 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**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 TBA
Southdown Gym 7:00-8:30**8 Sessions- No Senior Citizen 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.**

SOCCER CO-ED (Indoor) Ryan Mock
HS 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 ESSENTRICS** Martine Resta
Jefferson School Gym 6:00-7:00**FEE: \$45 Resident - \$55 Non-Resident****6 Sessions – 10/12,10/19,10/26,11/9,11/16,11/23****No Senior Citizen Discount**

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.

MINDFULNESS Margaret Matthews
Room 127 7:00-9:00

Explore mindfulness and discover new paradigm shifts that will elevate your life. These new habits will strengthen your mind and body. Learn to reduce anxiety, increase well being. Incorporating mindfulness practices into your daily life will help you live a happier more fulfilling life.

PICKLEBALL –
BEGINNERS/ADVANCED BEGINNERS Pat Cunningham
Woodhull GYM 6:00-7:30**No Senior Citizen Discount**

Come learn the hottest new game sweeping the country. Pickleball is a combination of tennis, Ping-Pong, racquetball and badminton. The game is played on a badminton size court with lightweight paddles and plastic perforated balls. Please bring your own paddle.

Maximum 12**FINANCIAL WORKSHOP** Vincent Sama
Room 125 7:00-8:00

This informative Financial Workshop will cover a different topic each week as follows:

Week 1 – “Rules of the Road”

Week 2 – “Ready or Not? Preparing for the Unexpected”

Week 3 – “Stocks: The Nuts and Bolts”

Week 4 – “Focus on Fixed Income”

Week 5 – “An Investor’s Tour of Mutual Funds”

Week 6 – “Retirement By Design”

Week 7 – “Tax-free Investing: It’s Not What You Make, It’s What You Keep”

Week 8 – “Preparing Your Estate Plan”

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.

PREPARATION FOR CITIZENSHIP TBD
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. **Workbook Fee \$17**

**INTRODUCTION TO COMPUTERS –
USING MICROSOFT OFFICE**
Room- HS Library Computer Room
FEE \$67 - \$77 Non-Resident

Richard Gress
7:30-9:30

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.

WEDNESDAY

ITALIAN – BEGINNER
Room 126

Francesco Frasca
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 TRAVEL
Room 124

Christina Mercier-EI Sakka
6:30-8:30

For those who hope to travel again in France. For those who are interested in the culture, food, sites, and basic vocabulary and expressions to get around. This is not a grammar course, nor a Beginner French course. The class will be taught in English, but will cover phrases, expressions, and basic conversational French for ordering in a restaurant, asking directions, taking public transportation, visiting tourist sites, and making small talk in each of these situations. Emphasis on French culture and cultural differences.

KNITTING
1st Fl. Fac. Dining Rm

Marty Grace Ambrosio
6:30-8:30

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

BELLY DANCE
Jefferson Gym

Lori Smith
7:30-8:30

This fun fitness program is a full body workout and is beneficial to all age groups and body types. The program is an introduction to basic principles of belly dancing. You will learn various groups of movements that will help improve concentration, posture, muscle control, flexibility and balance all while strengthening your core. Let's get started by slimming your hips, defining your waist, increasing upper body strength and burning calories while dancing to exotic music and high-energy drum solos. Wondering what to wear to a belly dance class? Yoga pants, tank tops or T-shirts will work just fine as we tighten, tone, shimmy and shake together.

MICROSOFT OFFICE ADVANCED
Room-HS Library Computer Room
8 Sessions

Richard Gress
7:30-9:30

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 students 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
Jefferson Cafeteria
8 Sessions

Richard Wos
7:00-8:30

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
HS Gym

David Bruckart
8:30-10:30

10 Sessions

Play full or half court games in our gym. For men 21 and over.
Minimum 20

THURSDAY

ZUMBA GOLD
Woodhull Gym

Janeen Wasoski
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.

SMALL BUSINESS
ADMINISTRATIVE HELP
Room 124

Christina Mercier-EI Sakka
6:30-8:30

Business help for busy people. Pull your small or home-based business into the 21st century. Help with organizing your office and work life, the creation of customized forms, simple marketing material (business cards, flyers, invoices, etc.), or help with creating a logo. PowerPoint makeovers as necessary. Course will be geared to members' needs.

ITALIAN – INTERMEDIATE/ADVANCED
Room 126

Francesco Frasca
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
Room 107

Jen Fazin
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 \$30.00 payable at the first class.

ECONOMICS**Room 123**

This economics class will cover basic economic theory and practice. There will be a workbook fee which will be discussed at the first class.

TBD**7:00-9:00****TAI CHI CHI KUNG****HS Library****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!

Dr. Michael Posner**7:00-8:15****PHOTOGRAPHY LESSONS****Room 124**

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.

Robert Mayer**7:30-9:30**

This class will cover the following basic photographic skills:

- On the artistic level, we will cover elements such as: 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**Room 251****4 Sessions: 10/14,10/21,10/28,11/4****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.

Richard Gress**7:30-9:30****FALL COURSES 2021**

Basketball For Men	Wed.
Belly Dance	Wed.
Ceramics	Thurs.
Crochet.....	Mon.
Economics.....	Thurs
Financial Workshop.....	Tues.
French Travel	Wed.
Hatha Yoga	Mon.
How to Work with Google Drive.....	Thurs.
Introduction to Computers-.....	Tues.
Using Microsoft Office	
Italian – Beginner	Wed.
Italian- Intermediate/Advanced.....	Thurs.
Knitting.....	Wed.
Microsoft Office Advanced	Wed.
Mindfulness	Tues.
Pickleball	Tues.
Photography.....	Thurs.
Preparation for Citizenship.....	Tues.
Soccer for Men (Indoor)	Mon.
Small Business Administrative Help.....	Thurs.
Spanish – Beginner	Mon.
Spanish – Intermediate/Advanced	Tues.
Stretch and Tone with Essentrics.....	Tues.
Tai Chi Chi Kung.....	Wed.
Tai Chi Chi Kung.....	Thurs.
Watercolor	Mon.
Zumba Gold.....	Thurs.

SEMINARS/FOOD FOR THOUGHT

How to Excel in Interviews

It's Not What You Say- It's How You Say It

Navigating Medicare

Savvy IRA Planning For Baby Boomers

Social Security Planning

SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

HOW TO EXCEL IN INTERVIEWS

Room 109

FEE: \$10 Resident - \$15 Non-Resident

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. **Seminar is 10/14.**

Joe Fallarino

7:00-9:30

IT'S NOT WHAT YOU SAY – IT'S HOW YOU SAY IT

Room 109

FEE: \$10 Resident - \$15 Non-Resident

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, 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. **Seminar is 11/4.**

Joe Fallarino

7:00-9:30

SOCIAL SECURITY PLANNING – Bud Levy, CFP, CPA, MBA What Everyone Needs To Know (especially boomers)

Thursday, 10/14

Room 110

FEE: \$10 per person - \$15 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 known 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, how to integrate benefits with other retirement income sources, and how to coordinate benefits with your spouse to maximize 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.

7:00-9:00

SAVVY IRA PLANNING FOR BABY BOOMERS

Strategies To Get More Out Of Your Individual

Retirement Account

Bud Levy, CFP, ChFC, MBA

Tuesday 10/19

7:00-9:00

FEE: \$10.00 Resident - \$15.00 Non-Resident

Baby Boomers are asking: which type of retirement account is right for me, can I still contribute and how much, what do I need to know about withdrawals – when, how much and how are they taxed, and what happens to my IRA when I die. In this workshop, you will learn important IRA rules for traditional and Roth IRA's and Roth conversions; how direct and indirect rollovers work; and special considerations for spousal and inherited IRA's. You will also learn three common IRA mistakes and how to avoid them; four strategies for smart IRA planning, recent rule changes based on the SECURE Act, and how to coordinate your IRA planning with your overall investment, retirement, and estate planning and with Social Security retirement benefits. All attendees will receive the "Baby Boomers Guide To IRA Planning" which summarizes key IRA provisions.

NAVIGATING THE MEDICARE LANDSCAPE Gwen Busterna

Monday, 10/25

6:00-7:00

Room 110

FEE: \$10 Resident - \$15 Non-Resident

Exciting New Changes to Medicare for 2021, 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.

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

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.).

Tues. & Thurs.

6:30-9:30

E.S.L. (ENGLISH AS A SECOND LANGUAGE)

Huntington High School, Room 204

FEE \$25.00

Tues. & Thurs.

6:30-9:30