



Non-Profit Org.
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Permit No. 108
Huntington, N.Y.

ADULT EDUCATION

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

POSTAL PATRON

FALL 2022

Dated Material

ADULT EDUCATION PROGRAM – FALL 2022

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, PO 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 PM On **Wednesday, September 14, 2022**
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 **Wednesday, September 14, 2022** from 6:00-9:00 PM in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

ON-LINE: You may register on-line at www.myschoolbucks.com (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.

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 2022

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	3	4**CB	(5)	6		1	2	3				1
(5)	6	7	8	(10)	11	12	13	7	(8)	9	10	5	6	7	8
12	13	14*R	15	17	18	19	20	14	15	16	17	12	13	14	15
19	20	21	22	24	25	26	27	21	22	(23)	(24)	19	20	21	22
(26)	(27)	28	29	31				28	29	30		(26)	(27)	(28)	(29)

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

MONDAY

FINANCIAL WORKSHOP

Room 125

5 Sessions 10/17 - 11/14

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

Week 1 – “Rules of the Road”

Week 2 – “Stocks: The Nuts and Bolts”

Week 3 – “Focus on Fixed Income”

Week 4 – “An Investor’s Tour of Mutual Funds”

Week 5 – “Retirement By Design”

The prospectus contains more complete information, including the fund’s investment objectives, risks, and charges and expenses as well as other important information that should be considered. Your financial advisor can provide a prospectus, which should be read carefully before investing.

Vincent Sama

7:00-8:00

CROCHET

HS Library

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

Kelly Hatzmann

7:00-9:00

SPANISH – BEGINNER

Room 126

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.

Olivia Roberts

7:00-9:00

HATHA YOGA

Southdown Gym

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.**

Kelly Mckay

7:00-8:30

SOCCER CO-ED (Indoor)

HS 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. **Minimum 10**

Ryan Mock

8:30-10:00

TUESDAY

WATERCOLOR

Beginner to Intermediate Level

Room 108

No Senior Citizen Discount

Learn the basics of watercolor, including color mixing, layering and dry brush techniques. Get to know the best material to use for the most successful results. You will gain confidence in applying graded washes and detail to create a finished painting! Some drawing skills helpful but not necessary. For beginner through intermediate. We will work from photos for reference.

Daniel Van Benthuisen

7:00-9:00

Materials

Needed: Tube watercolor paints (Winsor & Newton recommended, NOT Cotman) French Ultramarine Blue, Cerulean Blue, Yellow Ochre Light, Turner’s Yellow, Burnt Sienna, Alizarin Crimson, Sap Green, Chinese White

Watercolor Paper:

HOT PRESS 140 lbs (I suggest “watercolor block”: gummed on 4 sides)

Medium sized plastic watercolor mixing palette

1 HB pencil

Kneaded Eraser

Artist tape

Tracing Paper

Clear Plastic Ruler

Foam Core Board

Water Color Brushes

1½ inch Hake Brush

Short Handle Round #3 (Winsor Newton Recommended)

Short Handle Round #10 (Winsor Newton Recommended)

STRETCH AND TONE WITH ESSEINTRICS

Jefferson School Gym

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

6 Sessions

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.

Martine Resta

6:00-7:00

PICKLEBALL

Beginners

Advanced beginners/ Intermediate

Woodhull Gym

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

Pat Cunningham

6:00-7:30

7:30-9:00

SPANISH – INTERMEDIATE/ADVANCED

Room 126

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.

Olivia Roberts

7:00-9:00

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.

Richard Gress

7:30-9:30

WEDNESDAY

PICKLEBALL

Beginners
Advanced Beginners
Woodhull GYM

Pat Cunningham
6:00-7:30
7:30-8:30

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

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 251

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

Library

8 Sessions

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

Richard Wos

7:00-8:30

BASKETBALL FOR MEN

HS Gym

10 Sessions

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

David Bruckart

8:30-10:30

INTRODUCTION to CERAMICS

Room 107

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.

Jen Fazin

7:00-9:00

THURSDAY

ZUMBA GOLD

Woodhull Gym

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.

Janeen Wasoski

6:00-7:00

SMALL BUSINESS ADMINISTRATIVE HELP

Room 125

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****TBD****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****TBD****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.

PHOTOGRAPHY LESSONS**Room 124****TBD****7:30-9:30**

This photography class is for beginner to advanced and all levels in between if you have a strong passion for Photography and the desire to learn. **Camera requirements:** Point and shoot, DSLR or any other format camera will do.

This class will cover the following Basic photographic skills:

- On the artistic level, we will cover elements like: Light, exposure, exposure compensation, composition, Depth of field, leading lines and more.
- On the technical level, we will cover elements like: ISO, shutter speed, aperture, selective focus, bokeh, manual focusing, histogram and more.
- Types of photography covered: landscape, portraiture (adults and children), wildlife and sports.

HOW TO WORK WITH GOOGLE DRIVE**Room 251****Richard Gress****7:30-9:30**

4 Sessions: 10/6, 10/13, 10/20, 10/27

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.

FALL COURSES 2022

Basketball For Men	Wed.
Belly Dance	Wed.
Ceramics	Wed.
Ceramics	Thurs.
Crochet.....	Mon.
Economics.....	Thurs.
Financial Workshop.....	Tues.
French Travel	Wed.
Hatha Yoga	Mon.
How to Work with Google Drive.....	Thurs.
Italian Intermediate.....	Thurs.
Introduction to Computers-Using Microsoft Office	Tues.
Knitting.....	Wed.
Microsoft Office Advanced	Wed.
Pickleball	Tues.
Pickleball	Wed.
Photography	Thurs.
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.
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 The Medicare Landscape

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 date 10/13

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 date 10/12

Joe Fallarino

7:00-9:30

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

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.

Seminar date 10/20

7:00-8:30

SAVVY IRA PLANNING

FOR BABY BOOMERS

Room 109

Fee: \$10.00 per person - \$15.00 per couple

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; recent rule changes based on the SECURE Act, and how to coordinate your IRA planning with Social Security and your overall retirement plans. All attendees will receive the "Baby Boomers Guide to IRA Planning" which summarizes key IRA provisions.

Seminar date 10/27

Bud Levy, CFP, ChFC, MBA

7:00-8:30

NAVIGATING THE MEDICARE LANDSCAPE Gwen Busterna

Room 110

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

Understand Medicare Plan Better. What's the difference between plan types? What's with all these commercials offering "Free" coverage? What am I eligible for? Find out! Misconception can sometimes lead to poor decision making. Get the facts in the inclusive seminar. ** Anyone seeking information on NYSHIP or Union Plans must contact their union directly, no information will be provided**

Seminar date 10/24

6:00-7:00

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