

**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: 7:00-9:00 P.M. ON **SEPTEMBER 24, 25, & 26, 2007**
HUNTINGTON HIGH SCHOOL LOBBY

John J. Finello, Superintendent
Dr. Kenneth Card, Director

BOARD OF EDUCATION

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

THE ADULT EDUCATION PROGRAM AS DESCRIBED IN THIS BROCHURE IS FINANCIALLY SELF-SUSTAINING. VISITORS OR SPECTATORS ARE NOT PERMITTED IN CLASS.

REMINDER: BEFORE REGISTERING FOR ANY EXERCISE CLASS PLEASE CONSULT YOUR PHYSICIAN.

REGISTRATION 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.

REGISTRATION PROCEDURE

BY MAIL. The 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 **Monday, September 24, 2007** from 7:00-9:00 p.m., in the lobby of Huntington High School, McKay and Oakwood Roads, Huntington.

FEES: \$55.00 for District residents
\$15.00 for Senior Citizen residents
\$65.00 for all Nonresidents,
except where indicated otherwise in the course description. Fees may be paid by cash or **check made payable to HUFSD**. Separate checks should be made out for each course. **DO NOT INCLUDE FEES FOR BOOKS OR MATERIALS;** these will be collected during class.

CLASS LOCATION: All classes meet in Huntington High School unless otherwise noted. Classes run for eight (8) weeks unless otherwise indicated.

SENIOR CITIZENS. The Board of Education cordially invites HUFSD residents 60 years of age and over to attend any adult education course for a fee of \$15.00 **WHENEVER SPACE IS AVAILABLE** (except those classes marked **limited or special fee**). There are no senior citizen discounts on seminars. Textbooks or special costs must be paid.

REFUNDS. If the course for which you registered does not get the required minimum of 16, it may be canceled and you will be notified by phone when possible. Your refund will be mailed from the School Board Office. **ALLOW EIGHT (8) WEEKS. NO REFUNDS WILL BE MADE AFTER YOU REGISTER UNLESS THE COURSE IS CANCELED.**

The evening program is conducted primarily for adults not attending school. However, the Board of Education invites persons over 16 years old to register and attend adult education classes, where room is available, on payment of standard fees. Exceptions are Basketball and where otherwise indicated.

CALENDAR/FALL 2007

R= REGISTRATION ()= HOLIDAY/SCHOOL CLOSED

C= CLASSES BEGIN *= MAKE-UP DAYS

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

SEPTEMBER

M	T	W	T
	4	5	6
10	11	12	(13)
17	18	19	20
24R	25	26	27

OCTOBER

M	T	W	T
1C	2C	3C	4C
(8)	9	10	11
15	16	17	18
22	23	24	25
29	30	31	

NOVEMBER

M	T	W	T
			1
5	(6)	7	8
(12)	13	14	15
19	20	(21)	(22)
26	27	28	29

DECEMBER

M	T	W	T
3	4	5	6
10	11	12	13
17*	18*	19*	20*

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

FALL COURSES 2007

American Style Smooth Dancing	Thurs.
Beginner's Italian	Tues.
Basketball For Men	Wed.
Golf/Beginners	Thurs.
Hatha Yoga	Thurs.
Intermediate Italian	Mon.
Intermediate Spanish	Thurs.
Introduction to Computers- Using Microsoft Office	Tues.
Microsoft Office Advanced	Thurs.
Painting	Thurs.
Soccer/Co-Ed (Indoor)	Mon.
Spanish for Beginners	Wed.
Tai Chi Chi Kung	Wed.

SEMINARS/FOOD FOR THOUGHT

Auto Insurance Reduction Program
NEW! European Travel Tips
NEW! Ghosts of Long Island
NEW! Getting Organized Financially
How To Improve Your Memory and Concentration!
How To Communicate More Effectively!
How To Enjoy NYC Inexpensively And Imaginatively!
How To Do Twice As Much In Half The Time!
NEW! How To Make An Accordion Book!
NEW! Local Literary Appreciation
10 Biggest Mistakes Retirees Make

MONDAY

INTERMEDIATE ITALIAN

Room 126

Eileen Giarratano

7:00-9:00

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.

SOCCER/Co-Ed (Indoor)

Huntington High Gym

Kieran Mock

8:15-9:45

10 SESSIONS

Sharpen and develop your soccer skills as you join us for co-ed indoor soccer. This fast-paced, high-energy game will keep you running. Multi-levels of play--its fun! Shin guards are required and a water bottle is recommended.

TUESDAY

BEGINNER'S ITALIAN

Room 126

Eileen Giarratano

7:00-9:00

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.

INTRODUCTION TO COMPUTERS -
USING MICROSOFT OFFICE

Richard Gress

Room 218

7:30-9:30

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.

WEDNESDAY

SPANISH for Beginners

James Falletti

Room 127

7:00-9:00

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

BASKETBALL FOR MEN

Johnnie Morales

H.S. Gym

7:45 - 9:45

10 SESSIONS

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

TAI CHI CHI KUNG

Richard Wos

Jefferson Cafeteria

7:00-8:30

10 SESSIONS

LIMITED. NO SENIOR CITIZEN DISCOUNT. Tai Chi is an ancient Chinese self-healing exercise. The therapeutic value of Tai Chi has been acknowledged in China for thousands of years and Tai Chi is the most popular health exercise in China today. The movements enable the body to relax and let gravity 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

AMERICAN STYLE SMOOTH DANCING

Edward Enyart

Woodhull Cafeteria

7:00-9:00

LIMITED. NO SENIOR CITIZEN DISCOUNT. This course includes basic patterns in Fox Trot, Waltz, Tango and Swing & Hustle. These basic ballroom dances are easy to learn and fun to dance. They continue to be popular and a favorite at weddings. Students are requested to wear leather-soled shoes. **Couples only!**

GOLF/BEGINNERS

Robert Mallon

Finley M.S. Gym

7:00-8:30

LIMITED. NO SENIOR CITIZEN DISCOUNT. Learn about the sport of golf from tee to green. Lectures, practice and club selection. Equipment needed: ½ dozen whiffle golf balls, 7 iron, astroturf mat or carpet, sneakers and memo pad.

HATHA YOGA

Carmela Stone Klein

Jefferson Elem.Gym

7:30-9:00

8 SESSIONS

NO SENIOR CITIZEN DISCOUNT. Hatha Yoga energizes the body by releasing fatigue and stress of daily living. Through a variety of basic poses and breathing techniques, Hatha Yoga creates a balance of body, mind and spirit. It also strengthens, increases flexibility, agility, balance and poise. Please wear comfortable clothing. Bring two blankets. Equipment will be discussed at first class. **General level-all students welcome.**

INTERMEDIATE SPANISH

James Falletti

Room 127

7:00-9:00

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. Film and Internet resources are used to develop aural comprehension and to recognize informal usage as opposed to formal usage of Italian.

MICROSOFT OFFICE ADVANCED

Richard Gress

Room 218

7:30-9:30

8 Sessions

FEE: \$67 - \$77 Non-resident

LIMITED. NO SENIOR CITIZEN DISCOUNT. Would you like to learn more about the popular Microsoft Office applications Word, Excel and Powerpoint? Then this is the class for you. Basic knowledge is assumed so students can immediately dig into advanced Word concepts like Mail Merge, Tables for Newsletters, and Advanced Formatting. Excel student will work with practical examples like budgets, financial data, lists, and checkbook registers. Advanced Excel concepts will include filtering, sorting and printing spreadsheet data. Powerpoint users will learn to create, edit and animate information for effective presentations.

PAINTING

Ellen Winter

Room 106

7:00-9:00

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

SEMINARS/FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

HOW TO IMPROVE YOUR MEMORY AND CONCENTRATION!

Howard Goldberg

Tues. 10/2

6:40-7:25

FEE: \$16 - \$21 Non-Residents

Room 123

Have you been misplacing keys, forgetting lunch dates, and losing your car in the mall parking lot? Are you having trouble staying focused and retaining information? This seminar will improve your ability to remember names and words and reduce memory lapses. The instructor is Howard Goldberg, president of Adventures on a Shoestring.

HOW TO COMMUNICATE MORE EFFECTIVELY!

Howard Goldberg

Tues. 10/2

7:25-8:10

FEE: \$16 - \$21 Non-Residents

Room 123

The instructor will give you conversational techniques to help you get what you want in a personal or business situation. He will teach you how to make "small talk," secure better service, strengthen your personal relationships and create instant rapport with strangers. The instructor,

Howard Goldberg, has been interviewed almost 1000 times on radio and television and been written up in the "Wall Street Journal" and "Readers' Digest."

**HOW TO ENJOY NEW YORK CITY
INEXPENSIVELY AND IMAGINATIVELY!**

Howard Goldberg

Tues. 10/2

8:10-8:55

FEE: \$16 - \$21 Non-Residents

Room 123

It is possible to enjoy the New York metro area without going broke in the process. Get valuable information on inexpensive theatrical performances, unique budget restaurants, behind-the-scenes guided tours, free TV shows, historic houses, ethnic celebrations, places which offer Afternoon Tea, picturesque walks and marvelous museums. The instructor is Howard Goldberg, founder of Adventures on a Shoestring, who has researched the area for inexpensive entertainment for the past 44 years.

HOW TO DO TWICE AS MUCH IN HALF THE TIME!

Howard Goldberg

Tues. 10/2

8:55-9:40

FEE: \$16 - \$21 Non-Residents

Room 123

This seminar will give you practical time-saving strategies which will increase your efficiency and productivity. It will cover how to reduce paper work, banish interruptions, combine tasks, learn to prioritize and use peak hours wisely. The instructor Howard Goldberg, will address his time management tips to the specific challenges of each registrant.

GHOSTS OF LONG ISLAND:

Kerriann Flanagan Brosky

STORIES OF THE PARANORMAL

Wed. 10/10

7:30-9:00

Fee \$20 - \$25 Non-Resident

Room 140

This seminar will speak of tales that make up Ms. Brosky's third book, Ghosts of Long Island: Stories of the Paranormal. Ms. Brosky has uncovered paranormal activities throughout Nassau and Suffolk counties. There are farmhouses, inns, cemeteries, trails and a lake - each with a haunted story to tell. If this is something that would interest you, come hear Ms. Brosky bring these locations and tales to life in vibrant detail.

10 BIGGEST MISTAKES RETIRES MAKE

Bud Levy, CFP, CPA, MBA

Wed. 10/17

7:00 - 9:00

Fee: \$20-\$25 Non-Residents

Room 140

More than 90% of all Americans cannot maintain their lifestyle throughout their retirement years! With only one chance at retirement, there's no room for the slightest error with your retirement dollars. Without the luxury of time, any one of these major errors can be disastrous to your financial health. If you want to learn how to avoid these mistakes and position yourself for a safe, secure and rewarding retirement, this workshop is for you.

**AUTO INSURANCE REDUCTION PROGRAMS
NATIONAL TRAFFIC SAFETY INSTITUTE**

**TBA
7:00-10:00**

**Tues.10/2 & Thurs.10/4
FEE: \$55 - \$60 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.

EUROPEAN TRAVEL TIPS

**James Falletti
7:00-10:00**

**Tues. 10/16
FEE: \$20 - \$25 Non-Resident
Room 123**

This seminar is perfect for those who are hoping to travel to Europe for the very first time or even for those who have been abroad and want to learn more about how to get those deals they always hear about. Attendees will see photos and share experiences with others and the instructor, all pertaining to European travel. You will learn about new cultures, foreign etiquettes, foods/beverages, currency, landmarks, cities, people, and misconceptions. The instructor will also show you how and where to get the best deals for your dollar in many countries including Italy, France, England, Belgium, Holland, Spain, and Germany. Even if you are not planning on traveling, this seminar will cater to those explorers at heart and those who just love learning about other cultures outside of the USA. Basic language instruction will also be included.

**NEW! HOW TO MAKE AN ACCORDION BOOK!
Tues. 10/23**

**Martha Ironman
7:00-9:00**

FEE: \$20 - \$25 Non-Residents
Room 114

This book resembles an origami project in that you will fold several pieces of paper to create the "body" of the book. This small book (6 ½ in. x 6 ½ in.) is perfect for gifts! Once you learn how to make it, you will want to make it for many occasions! It makes a great new baby brag book, etc. If you have a special event in mind, feel free to bring stickers, etc. to decorate it! You will create a beautiful accordion book that will hold pictures, mementos, etc. Bring scissors, pencil and a small paper cutter if you have one. We will be making a cloth cover for the book and material will be provided, however if you want a special material please bring ¼ yd. of material with you. All other supplies will be provided.

LOCAL LITERARY APPRECIATION
Tues. 11/13 & 11/20
FEE: \$25 - \$30 Non-Residents
Room 123

James Falletti
7:00-9:00

These seminars will look at an array of local literary pieces from different time periods of New York history and discuss the important significance, ideas, and historical backgrounds associated with each piece. Literary pieces include poetry, novels, short stories, manuscripts, diaries, plays, and much more. These seminars will also give literature connoisseurs a chance to know certain familiar authors from a personal point-of-view, including Huntington's very own Walt Whitman, and New York's Washington Irving.

GETTING ORGANIZED FINANCIALLY
Wed. 12/5
FEE: \$25 - \$30 Non-Residents
Room 123

A.Spronz, M.A;CFP&CDFA
7:30-9:30

If you have not yet taken this favorite class, its time you did. Can you imagine storing all of your essential financial information in a brown paper bag readily available when its time to do your taxes, complete the FAFSA application when your child applies for college and readily available for a child or a spouse to locate necessary information in an emergency. It's easily doable if you have the right forms. All you need will be

distributed at no additional cost in this class.