

**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 9 and SEPTEMBER 10, 2008**
HUNTINGTON HIGH SCHOOL LOBBY

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

BOARD OF EDUCATION

Christine Bene
Elizabeth C. Black
Kimberly Brown
William Dwyer
Richard McGrath
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Emily Rogan

**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. All courses may be registered by mail and will be filled in order that forms and checks are received. Mail-in registration must arrive prior to the first class. **NOTE: UNLESS YOU ARE NOTIFIED OTHERWISE, YOU ARE TO ASSUME THAT YOU ARE REGISTERED AND THAT YOU ARE TO COME TO THE FIRST CLASS MEETING. NO LETTERS OF ACCEPTANCE WILL BE SENT.**

IN PERSON. Register for all classes **Tuesday, September 9 and Wednesday, September 10, 2008** 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 2008

R= REGISTRATION ()= HOLIDAY/SCHOOL CLOSED

C= CLASSES BEGIN *= MAKE-UP DAYS

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

SEPTEMBER

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

OCTOBER

M	T	W	T
		(1)	2
6	7	8	(9)
(13)	14	15	16
20	21	22	23
27	28	29	30

NOVEMBER

M	T	W	T
3	(4)	5	6
10	(11)	12	13
17	18	19	20
24	25	26	(27)

DECEMBER

M	T	W	T
1	2	3	4
8	9	10	11
15*	16*	17*	18*

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

FALL COURSES 2008

Beginner's Italian	Tues.
Basketball For Men	Wed.
Cooking with a Flair	Thurs.
Cooking with a Flair- Vegetarian	Tues.
Golf/Beginners	Thurs.
Hatha Yoga	Thurs.
Intermediate Italian	Mon.
Intermediate Spanish	Thurs.
Internet A to Z	Mon.
Intro to Computer Keyboarding	Thurs.
Introduction to Computers- Using Microsoft Office	Thurs.
Knitting	Mon.
Marketing for the Small Business	Tues.
Microsoft Office Advanced	Tues.
Painting	Thurs.
Preparation for Citizenship	Tues.
Retirement Planning Today	Wed.
Scrapbooking Crop	Tues.
Soccer for Men (Indoor)	Mon.
Soccer for Women (Indoor)	Tues.
Social Ballroom Dance	Thurs.
Spanish for Beginners	Wed.
Tai Chi Chi Kung	Wed.

SEMINARS/FOOD FOR THOUGHT

Auto Insurance Reduction Program
NEW! Family CPR
Getting Organized Financially
How To Improve Your Memory and Concentration!
How To Communicate More Effectively!
How To Enjoy NYC Inexpensively And Imaginatively!
Seventy-five Great Ideas for Earning Extra Income!
NEW! Six Steps To Take For Increasing Your Wealth
While You Wait To Win The Lottery
NEW! Suddenly Single: A Case Study Approach
NEW! Universal First Aid for the Community

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.

INTERNET A TO Z

Room 218

Richard Gress

7:30-9:30

4 Sessions:10/27,11/3,11/10,11/17

FEE: \$30, \$40 Non-Resident

This fun beginner's course will give you everything you need to know to successfully use the internet. It launches you from the realities of life into the virtual universe we call cyberspace. You will learn about the Internet Explorer browser, the difference between various search engines and how to effectively use them, and how to download files. This course will also arm you with the tools to analyze and validate sites you are accessing.

KNITTING 101

Room 124

Martha Reilly

7:00-9:00

Have you always wanted to learn to knit but didn't know how to begin? Well here's your chance. In this beginners class you will learn how to cast on, knit, and purl so that you will be able to try simple knitting needles to begin this fun adventure.

SOCCER FOR MEN (Indoor)

Huntington High Gym

Kieran Mock

8:30-10:00

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

Eileen Giarratano

Room 126

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.

COOKING WITH A FLAIR- VEGETARIAN

John Gurrieri

Finley Room 208

7:00-9:00

Tired of the same old meat and potatoes? In eight weeks this course will teach you eight main dishes that are totally meatless. Learn how to enjoy a variety of vegetables in an assortment of dishes that you will be proud to serve to family and friends. These recipes may have dairy, eggs and cheeses in them. There will be a materials fee that will be discussed the first night of class.

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.

MARKETING FOR THE SMALL BUSINESS

David Benjamin

Room 124

6:00-8:00

One of the greatest investments you can make in the success of your small business is in smart, thoughtful marketing. Success is not driven by what you spend on marketing but by

how well you integrate marketing into the very fabric of your business offerings. This course will help you to build the framework of a complete marketing program that is practical and ready to implement and augment as you evolve marketing's role within your company. Ability to plan and implement practical marketing initiatives designed to thoughtfully grow your business. Upon completion of this course, participants will understand how marketing impacts their company and be able to implement practical marketing tactics.

PREPARATION FOR CITIZENSHIP

David Benjamin

Room 127

7:00-9:00

This course is offered to help members of the community prepare for the American citizenship test. This course will cover information about our Constitution, Government, the history of the United States and American Holidays. We will furnish you with instruction for the proper procedure for becoming a citizen. **Materials fee for workbook \$17.**

SCRAPBOOKING CROP

Martha Ironman

Room 113

7:00-9:00

Are you finding you have the supplies but never have the time to scrapbook? Catch up on your scrapping with this weekly scrapbooking crop! Bring all of your supplies and scrap for 2 hours each week. You will have the use of a Sizzix machine, complete with an alphabet, and various dies, a scrap paper exchange, as well as a sticker exchange. Get new ideas, try different techniques and scrap all of your pictures during this 8 week session. Come with a friend or make new ones!

SOCCER FOR WOMEN (Indoor)

Linda Roth

Location - TBA

7:00-9:00

10 Sessions

Intermediate to advanced players welcomed age 25 and older. A non-competitive soccer scrimmage. Bring a dark and white T-shirt. Shin guards are required and a water bottle is recommended.

WEDNESDAY

SPANISH FOR BEGINNERS

Room 127

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

David Crimi

7:00-9:00

RETIREMENT PLANNING TODAY

Room 110

3 Sessions: 10/29, 11/5, 11/12

FEE:\$20 per person,\$30 per Couple

This exciting workshop will prepare you for a financially secure retirement. Learn how to pinpoint your needs and determine if you can retire early. You will discover three little-known techniques For maximizing retirement income, obtaining the highest payout from Social Security and your 401k/403b retirement plans, and ensuring that you never outlive your money. By attending this workshop, you will learn how to reduce your taxes, manage investment risks, protect your life savings from potential costs of long-term health care and preserve your estate. Above all, this course shows you how to develop a personalized plan to achieve your retirement goals. There is a workbook material fee of \$20 per person or couple, payable to the instructor, at the first class.

Bud Levy,CFP,CPA

7:00 - 9:30

BASKETBALL FOR MEN

H.S. Gym

10 SESSIONS

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

Johnnie Morales

8:30-10:30

TAI CHI CHI KUNG

Jefferson Cafeteria

10 SESSIONS

LIMITED. NO SENIOR CITIZEN DISCOUNT. Tai Chi is an ancient Chinese

Richard Wos

7:00-8:30

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

SOCIAL BALLROOM DANCING
Woodhull Cafeteria

Edward Enyart
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!**

COOKING WITH A FLAIR
Finley Room 208

John Gurrieri
7:00-9:00

Come and enjoy this class to learn the basics of Cooking with Flair. You will learn traditional recipes from Southern Italian cooking to Louisiana Cajun Cooking. This class will be fun, tasty and you will learn some great cooking tips. This will be an eight week course with a different main course each week. There will be a materials fee that will be discussed the first night of class.

GOLF/BEGINNERS
Finley M.S. Gym

Robert Mallon
7:00-8:30

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

HATHA YOGA
Jefferson Elem.Gym
8 SESSIONS

Carmela Stone Klein
7:30-9:00

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

David Crimi

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.

INTRO TO COMPUTER KEYBOARDING

Allison Pollard

Room 251

7:00-9:00

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

**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.

PAINTING

Ellen Winter

Room 106

7:00-9:00

Tues. 10/7

8:15-9:00

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.

SEVENTY-FIVE GREAT IDEAS FOR EARNING EXTRA INCOME!

H.Goldberg

Tues. 10/7

9:00-9:45

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

Room 123

Are you tired of straining to pay for essentials as well as those little extras that make life so meaningful? Or are you considering the possibility of a new career or business? This fast-paced workshop, led by Howard Goldberg, president of Adventure on a Shoestring, will give you detailed advice about expanding your money-making horizons. He is familiar with the metro area's economy and its revenue yielding possibilities.

FAMILY C.P.R.

Cristine Papasodero

Professional Emergency Training Services

7:00-9:30

Tues. 10/14 & 10/21

Room 114

FEE: \$45

Early action saves lives! This course is designed for parents, grandparents, and babysitters who want to learn life saving skills. Each student will become proficient in Adult, Child and Infant CPR and will also learn how to relieve a foreign body airway obstruction. A participation card is given for this class, but it is **not a credential.**

UNIVERSAL FIRST AID for the COMMUNITY

Cristine Papasodero

Thurs. 10/16 & 10/23

7:00-9:00

Room 114

FEE: \$40

This course is designed for those seeking a simple, practical approach to help develop basic First Aid knowledge, skills, and

confidence to respond to an emergency. Certification issued upon completion.

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

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

**Tues. 10/28 & Thurs. 10/30
FEE: \$35 - \$40 Non-Resident
Room 114**

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

**GETTING ORGANIZED FINANCIALLY
Thurs.10/30
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.

**SUDDENLY SINGLE: A CASE STUDY APPROACH
THURS. 11/13
FEE: \$25 - \$30 Non-Residents
Room 123**

**A.Spronz,MA,CFP&CDFA
7:30-9:30**

The loss of a spouse through death or divorce, even if anticipated, may not come with sufficient time to prepare emotionally and financially for the new circumstances that must be faced. Dealing with the financial issues is the most frightening and characteristic of a larger number of people. The financial matters then will be the

focus of our work in this class. The case study approach allows class participant to learn from the experiences of others.

**SIX STEPS TO TAKE FOR INCREASING YOUR
WEALTH WHILE YOU WAIT TO WIN THE LOTTERY**

**A. Spronz, MA, CFP&CDFP
7:30-9:30**

Tues. 11/25

FEE: \$25-\$30 Non-Residents

Room 123

Once you win the Lottery, or the Publishers' sales gimmicks, you'll have more than you can handle just fending off the people who want to tell you how to spend, gift, save or squander your money. Now is the best time to think about what you will do with your winnings. Six Steps To Take For Increasing Your Wealth will give you a jump start on that lucky day. You may even find that you can make your own good luck while waiting. Learn just the few steps to take now that will guarantee you a return on the investment you make when you register for this class. This is more than your lottery ticket can promise.

