

ADULT EDUCATION PROGRAM – SPRING 2011

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

Name

School District

Address Phone No.

E-Mail

Course Day Fee.....

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.

ONLINE PAYMENT

1. CODE - kcauycy
2. Link - <http://www.TurboRoster.com/Code/kcauycy>

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 onto 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 kcauycy. Follow the steps to select a class, fill out the forms and pay to join.



ADULT EDUCATION

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

SPRING 2011

POSTAL PATRON

Non-Profit Org.
U.S. Postage
PAID
Permit No. 108
Huntington, N.Y.

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 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 Wednesday, February 8, 2011
HUNTINGTON HIGH SCHOOL LOBBY

John J. Finello, Superintendent • Dr. Kenneth A. Card Jr., Director

BOARD OF EDUCATION

William Dwyer, President • John Paci, Vice President
Christine Bene • Elizabeth C. Black • Kimberly Brown • Richard McGrath • 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 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 **Wednesday, February 8, 2011** from 6:00-9:00 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 SPRING 2011

CLASSES RUN FOR EIGHT WEEKS UNLESS INDICATED OTHERWISE.

R = REGISTRATION () = HOLIDAY/SCHOOL CLOSED C = CLASSES BEGIN * = MAKE-UP DAYS

FEBRUARY				MARCH				APRIL				MAY			
M	T	W	T	M	T	W	T	M	T	W	T	M	T	W	T
7	8R	9	10		1C	2C	3C	4	5	6	7	2	3	4	5
14	15	16	17	7	8	9	10	11	12	13	14	9	10	11	12
(21)	(22)	(23)	(24)	14	15	16	17	(18)	(19)	(20)	(21)	16	17	18	19
28C				21	22	23	24	(25)	(26)	27	28	23	24	25	26
				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

SPANISH FOR BEGINNERS

Room 126

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

TBA

7:00-9:00

CROCHETING 1

Library

For those with little to no crochet experience who want to learn the basics of crochet and complete a project in 8 weeks.

10 Maximum

Kelly Hatzmann

7:00-9:00

SIMPLYICIOUS

Finley Room 208

Come and enjoy this class to learn the basics of cooking that is simple and delicious. 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 discussed the first night of class.

Anna Naccarato/Joanne Gurreri

7:00-9:00

SOCCER FOR MEN (Indoor)

Huntington High 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. Multi-levels of play--its fun! Shin guards are required and a water bottle is recommended.

Kieran Mock

8:30-10:00

TUESDAY

SPANISH LEVEL II

Room 126

TBA

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.

CROCHETING 2

Library

Kelly Hatzmann

7:00-9:00

For those with crochet experience who want to learn more advanced techniques in crochet.

THE ESSENCE of YOGA

Jefferson Gym

8 Sessions-No Senior Discount

Jane Voorhees

7:00-8:30

The true practice of Yoga encompasses more than just performing various poses. In this class, we will explore yoga as not just physical exercise, but also as a deeper practice that encompasses the traditional 8 limbs of Yoga. Approached this way, yoga becomes more of a healing and transformational path than just a physical practice. Each class will include 45 minutes of yoga postures and another 45 minutes dedicated to breathing exercises, meditation, relaxation and yogic philosophy. The class is suitable for beginners with no previous yoga experience and also for those with some yoga experience who wish to deepen their practice.

INTRO TO COMPUTER KEYBOARDING

Room 250

Allison Matthews

7:00-8:00

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.

MICROSOFT OFFICE ADVANCED

Richard Gress

7:30-9:30

Room 251

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.

SOCCER FOR WOMEN (Indoor)

Location - TBA

10 Sessions

Linda Roth

8:30-10:00

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

BEGINNER'S ITALIAN

Room 126

Kerri Titone

6:30-8:30

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.

INTERMEDIATE ITALIAN

Room 127

TBA

6:30-8:30

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.

SIMPLYICIOUS

Finley Room 208

Anna Naccarato/Joanne Gurreri

7:00-9:00

Come and enjoy this class to learn the basics of cooking that is simple and delicious. 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 discussed the first night of class.

INTERNET A TO Z

Room 251

Richard Gress

7:30-9:30

4 Sessions: 3/9, 3/16, 3/23, 3/30

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.

VOLLEYBALL - CO-ED Clinic

Basic to Intermediate

Jack Abrams School Gym

No Senior Discount

10 Sessions

Sammy Ciccolella

7:30-9:30

Men and women of all ages, basic to intermediate skill level, for recreational volleyball game play. The focus shall be on actual continuous play and following general rules and techniques as set forth within the NCAA guidelines.

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 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****THURSDAY****BASIC BALLROOM WORKSHOP****Woodhull Cafeteria****10 Sessions**

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!**

Edward Enyart**7:00-9:00****GOLF/BEGINNERS****Woodhull Gym**

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.

Robert Mallon**7:00-8:30****VOLLEYBALL - CO-ED Clinic****Intermediate to Advanced****Jack Abrams School Gym****No Senior Discount**

Men and women of all ages, intermediate to advanced skill level, for recreational volleyball game play. The focus shall be on actual continuous play and following general rules and techniques as set forth within the NCAA guidelines.

Sammy Ciccolella**7:30-9:30****10 Sessions****HATHA YOGA****Jefferson Gym****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.**

Carmela Stone Klein**7:30-9:00****INTRODUCTION TO COMPUTERS -****USING MICROSOFT OFFICE****FEE \$67 - \$77 Non-Resident****Richard Gress****7:30-9:30****Room 251**

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****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.

PREPARATION FOR CITIZENSHIP**TBA****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. We will furnish you with instruction for the proper procedure for becoming a citizen. **Materials fee for workbook \$17.**

ZUMBA**Edna Parker****7:15-8:15**

Zumba is a Latin-inspired, dance-fitness class that incorporates Latin and International music and dance movements. Zumba integrates some of the basic principles of aerobic, interval, and resistance training to maximize caloric-output, cardiovascular benefits, and total body toning. Dancers and non-dancers can easily master a Zumba class because you do not have to know how to dance to succeed at Zumba. Students should bring a water bottle and a towel.

ZUMBA GOLD**Edna Parker****6:00-7:00****Finley Cafeteria**

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.

EXPANDED HORIZONS**WESTERN SUFFOLK BOCES****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****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 Equivalency Exam(G.E.D.).

Tues. & Thurs.**6:30-9:00****E.S.L.(English as a Second Language)****Tues. & Thurs.****6:30-9:00****I-Beginner****NO FEE****Huntington High School, Room 204****THIS COURSE ASSUMES NO KNOWLEDGE OF ENGLISH.****E.S.L.(English as a Second Language)****Tues. & Thurs.****6:30-9:00****II-Intermediate/III-Advanced****NO FEE****Huntington High School, Room 205****THIS COURSE ASSUMES MINIMAL/GOOD KNOWLEDGE OF ENGLISH.**

SPRING COURSES 2011

Basic Ballroom Workshop.....	Thurs.
Basketball For Men	Wed.
Beginner's Italian.....	Wed.
Crocheting I.....	Mon.
Crocheting II.....	Tues.
Essence of Yoga	Tues.
Golf/Beginners	Thurs.
Hatha Yoga	Thurs.
Intermediate Italian.....	Wed.
Internet A to Z	Wed.
Intro to Computer Keyboarding	Tues.
Introduction to Computers- Using Microsoft Office	Thurs.
Microsoft Office Advanced	Tues.
Painting	Thurs.
Preparation for Citizenship.....	Thurs.
Simplylicious	Mon.
Simplylicious	Wed.
Spanish for Beginners	Mon.
Spanish Level II.....	Tues.
Soccer for Men (Indoor)	Mon.
Soccer for Women (Indoor).....	Tues.
Tai Chi Chi Kung	Wed.
Volleyball(Co-ed)Basic/Int.	Wed.
Volleyball(Co-ed)Int./Adv.	Thurs.
Zumba	Thurs.
Zumba Gold	Thurs.

SEMINARS/FOOD FOR THOUGHT

NEW! Astrology 101
Auto Insurance Reduction Program
Friends & Families CPR and First Aid for Children
NEW! Divorce Financial Planning
Getting Paid To Talk, Making Money With Your Voice
NEW! Give Yourself a Financial Checkup
Retirement Planning Today
The Healing Tao
Secrets of the Tarot
Advanced Tarot
NEW! The ROTH Opportunity – To Convert or Not
NEW! Preserving and Protecting: Planning for Special Needs Children
NEW! Successful Women Invest in Themselves
NEW! Navigating a Career Transition
NEW! Introduction To Energy Healing Techniques
NEW! Planning for College: A Parent's Perspective

SEMINARS / FOOD FOR THOUGHT

PLEASE NOTE: SENIOR CITIZEN DISCOUNTS DO NOT APPLY TO SEMINARS

FRIENDS and FAMILIES

CPR and FIRST AID FOR CHILDREN

Thurs. 3/10

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

Room 114

This seminar is designed for parents, grandparents and babysitters who want to learn lifesaving skills. This is non-credential CPR for adult, child and Infant. You will learn how to check for injuries and illness as well as how to respond when a child is having seizures or goes into shock or other medical emergencies.

Maximum number of students is 12. There will be a materials fee of \$20 payable to the instructor, Olena Kropp, on the night of the class.

Olena Kropp

6:30-10:00

ASTROLOGY 101-Learn the Secrets of the Stars!

Room 113

Robert Previto

2 Sessions: Wed. 3/16, 3/23

7:00-9:00

FEE: \$30 Resident - \$35 Non-Resident

Robert Previto, lawyer, playwright and prestidigitator extraordinaire, is now offering this two day introductory course in Astrology! Who is your perfect match? What does your sun sign really mean? How do the Seven Sacred Planets influence our daily lives? If you have ever yearned to unlock the secrets of the stars, this introductory course is aimed at enlightening the fledgling student on the mystery and history of the zodiac, the planets, and the twelve houses of the astrological chart. Learn to unlock the secret keys to this amazing, ancient craft, just in time to enhance your Halloween. Students should bring a pen and paper, their birthdate and if possible, the time of their birth.

PLANNING FOR COLLEGE: A PARENT'S PERSPECTIVE

Room 114

Angela Berner

2 Sessions: 3/10, 3/24

7:00 - 9:00

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

Common App, Supplements, ACT, SAT, FAFSA, CSS, Demonstrated Interest, Early Action, Early Decision... Has this jargon invaded your world yet? For a parent of a high school

student, it is never too early to figure out what everyone is talking about. If it is your first time assisting one of your children through the college process, or even a subsequent one, the process can be both exciting and daunting. This seminar will provide you with an opportunity to explore some resources, both on-line and print, that will help to ease the process for you as the parent. The search is truly a family project and tips for keeping organized, setting up timelines, and staying motivated through the process will be discussed.

GIVE YOURSELF A FINANCIAL CHECKUP Michael Donnelly

Wed. 3/30 7:30-9:00

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

Room 110

This seminar will appeal to individuals of all ages, from those that are accumulating assets for specific goals to those that are retired and looking to recreate their paycheck. It covers market performance, asset allocation, diversification, dollar-cost averaging and best days in the market, as well as emotions, expectations and five steps investors can take.

RETIREMENT PLANNING TODAY

Bud Levy,CFP,CPA 7:00-9:30

Room 110

3 Sessions: 3/3, 3/10, 3/17

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.

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

Wed. 4/13 **Jenny Marcotte**
FEE: \$25 Resident - \$30 Non-Residents **6:30-9:00**
Room 110

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 demo, how to be successful and earn great income in this exciting field. Students will have the opportunity to ask questions and to hear examples 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>

DIVORCE FINANCIAL PLANNING **Michael Donnelly**
Mon. 4/4 **7:30-9:00**

FEE: \$25 Resident – \$30 Non-Resident

Room 110

Once you understand how you can determine the state of your financial health, you should find it easier to get in shape and then stay on track toward your goals, whether they include early retirement, career changes or starting a business.

THE HEALING TAO **Dr. Michael Posner**
Room 113 **7:30-9:00**

3 Sessions: 3/24, 3/31, 4/7

FEE: \$35 Resident - \$40 Non-Residents

Join Dr. Michael Posner in a Wholistic journey of self discovery & growth utilizing the simple practices taught to him by his teacher, internationally acclaimed author, originator & founder of the Healing Tao System, Master Mantak Chia. In these classes, Dr. Posner will transmit to you the essence of Taoist Chinese Yoga. Learn essential daily stretches to keep your spine healthy, Chi Kung breathing exercises to increase your life force energy and simple meditations to balance & heal your organs and emotions, plus much more. This mind-body-spirit approach is the perfect antidote for creating inner calm in today's turbulent times. See for yourself how three ninety minute classes can transform your life!

AUTO INSURANCE REDUCTION PROGRAMS **TBA**
NATIONAL TRAFFIC SAFETY INSTITUTE **7:00-10:00**

Tues. 4/5 & Thurs. 4/7

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.

THE ROTH OPPORTUNITY-TO CONVERT OR NOT **Michael Donnelly**
Room 110 **7:30-9:00**

Tues. 4/5

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

There are good reasons to consider converting your regular Individual Retirement Account(IRA) to a Roth this year, but it might not be the best move for you. This seminar will help you understand and look at the pros and cons for your particular situation.

SECRETS OF THE TAROT **Robert Previto**
Room 113 **7:00-9:00**

3 Sessions; 3/30, 4/6, 4/13

FEE: \$35 Resident - \$40 Non-Resident

Robert Previto, lawyer, playwright, and cartomancer extraordinaire offers this three-day introductory course on the secrets of the tarot! Have you ever wondered how the tarot evolved? Have you ever yearned to unlock the mystic keys that enable tarot readers to cogitate on the past, present, and future? What is the tarot? How does it work? How do we decipher its hidden meanings? Previto dispels the superstitions, reveals the basis of

all tarot revelation, and teaches you the basics of how to read the ancient cards! Geared for beginners, this "can-do" course will introduce you to the tarot system practiced by the adepts, and provide you with true knowledge of its hidden meaning and wisdom. Students are required to bring a notepad and pen, and a tarot deck of their own, preferably Aleister Crowley's Thoth Tarot, or the Rider-Waite Tarot. Decks that appear "gimmicky" should be avoided.

ADVANCED TAROT **Robert Previto**
Room 113 **7:00-9:00**

2 Sessions; 4/27, 5/4

FEE: \$30 Resident - \$35 Non-Resident

In this advanced course, Robert Previto, lawyer, playwright, and cartomancer extraordinaire delves deeper into the meanings and correspondences imbued in the tarot, and further extrapolates the mystic manner in which the tarot communicates its concepts. Emphasis will be placed on the elemental, astrological, and Qabbalistic underpinnings of the tarot, with some attention to numerological understandings, and how the cards interact with each other. Students are strongly advised to have taken The Secrets of the Tarot, Part One, or to already have a working knowledge of the basics of tarot construction. Students are required to bring a tarot deck of their own, preferably Aleister Crowley's Thoth Tarot, or the Rider-Waite Tarot. Decks that appear "gimmicky" should be avoided.

PRESERVING AND PROTECTING: **Steven Wiener**
Planning for children with Special Needs

Mon. 3/21 & Wed. 3/23

FEE: \$30 Residents - \$35 Non Residents

Room 114

This informative seminar will cover the following; Choosing your Advisor, Considering your financial planning options, Establishing a Trust, Funding your Special Needs Trust, Balancing your family's needs, Communicating with family, and Reviewing your plan as needed.

SUCCESSFUL WOMEN INVEST in THEMSELVES

Tues. 3/29 & Thurs. 3/31 **Steven Wiener**
FEE: \$30 Residents - \$35 Non-Residents **7:00-8:30**

Room 110

This seminar will take you from the most elementary financial investment information through a very savvy financial portfolio. There will be individual guidance and plenty of time for a question and answer period. Materials will be provided.

NAVIGATING A CAREER TRANSITION **Steven Wiener**
Tues. 4/12 & Thurs. 4/14 **7:00-8:30**

FEE: \$30 Residents - \$35 Non-Residents

Room 110

If you want to change your career path on your own or if because of today's economy you have been forced to, this seminar will be beneficial in steering you on the right track. Plenty of time for questions and answers and any materials will be provided

INTRODUCTION TO ENERGY HEALING TECHNIQUES

Mon. 3/21 and 3/28 **Darlene Selario**
Fee: \$30 Residents - \$35 Non-Residents **7:30-9:00**

Room 110

Energy healing is based on the view that energy moves through all things, humans, plants, animals (Universal Life Energy). When energy circulates freely, people are healthy, happy, in touch with themselves, and in tune with the universe. This energy has been called many names "prana" India, "chi" Chinese or "qi" (Japanese "ki"). Life-energy needs to flow through our energy channels known as (Chakras). For a multitude of reasons, these energy channels can become blocked of life-energy, which will weaken the energy in one part of the body, and build it to excessive levels in another. When life-energy is blocked, it must be freed in order to bring about a healing of problems that are caused by these blockages. Life-energy may be released and rebalanced through a number of means of energy healing which you will be introduced to in the class (Reiki, Crystals, Aura, Chakras).