



**ROSLYN  
HERRICKS  
EAST WILLISTON**

**Adult Continuing  
Education**

**Spring 2024**

**In-Person and Virtual Classes  
REGISTER ONLINE**



# Roslyn • Herricks • East Williston Adult Continuing Education

(516) 801-5091 • (516) 801-5095 (FAX)

[www.roslynschools.org](http://www.roslynschools.org)

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## **DIRECTOR**

Cynthia Younker

## **OFFICE STAFF**

Andrea Rubin (Roslyn)

Linda Weiershauser (Herricks)

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## **ADULT EDUCATION ADVISORY COMMITTEE**

Alan Flyer, *Chairperson*

Shirley Chefetz

Maryann Combs

Francine Fabricant

Rupila Kalra-Lall

Cheryl Lenowitz

Erica Rubrum

Jodi Stuhl

Ann Tountas

*The Advisory Committee provides community input into the Adult Continuing Education program. It is the longest continuously active committee in the Roslyn School District,*

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## **Class Locations:**

### **Herricks Community Center**

999 Herricks Road

New Hyde Park, NY 11040

### **Roslyn High School**

475 Round Hill Road

Roslyn Heights, NY 11577

### **East Hills School**

400 Round Hill Road

Roslyn Heights, NY 11577

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*Dear Community Residents,*

*On behalf of the Roslyn, Herricks, and East Williston school districts, I am pleased to present our Spring 2024 Adult Education Program. In addition to some exciting new courses, our curriculum includes our most popular courses, with both in-person and virtual options, offering residents opportunities to expand their knowledge and skills in a variety of subjects.*

*Our commitment to lifelong learning is at the core of our educational philosophy, and we hope that by enrolling in one of our courses you'll discover a new passion or hobby and enjoy socializing with people who share a common interest. The ripple effects of this network extend far beyond the classroom and enriches the social fabric of our communities.*

*Whether it be a fitness, art, computer, or crafting class, we hope you find an offering that inspires you to keep learning!*

*Sincerely,*

*Allison Brown*

*Superintendent*

*Roslyn School District*

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## **Adult Continuing Education Spring 2024 Classes begin the 1st week of March**

*All daytime classes will take place virtually. Most evening classes are in person - some are virtual*

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#### GENERAL INFORMATION:

#### TITLE IX & SECTION 504 OF THE REHABILITATION ACT

No person shall, on the grounds of race, color or national origin, be excluded from participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving federal financial assistance, or be so treated on the basis of sex under most educational programs, or activities receiving federal assistance. For questions or issues concerning Title IX, contact the district's Title IX Coordinator, at 801-5020. Section 504 provides that: "No otherwise qualified individual with handicaps in the United States,...shall, solely by reason of her or his handicap, be excluded from the participation in, be denied the benefits of, or be subjected to discrimination under any program or activity receiving Federal financial assistance..." For questions or concerns, contact Pupil Personnel Services, 801-5060.

#### EQUAL EMPLOYMENT OPPORTUNITY

The Board of Education, its officers and employees, will not discriminate against any employee or applicant for employment on the basis of race, color, national origin, creed or religion, marital status, sexual orientation, handicapping condition, gender or age.

General information continued on page 14

#### What's a Gold Card?

If you're a resident of the Roslyn, Herricks or East Williston school district and are aged 60 or older, a Gold Card entitles you to a discount on many courses. Call **801-5090** to sign up.

**Secure online registration: [roslynschools.revtrak.net](https://roslynschools.revtrak.net)**  
**American Express, Visa, MasterCard, Discover and eChecks accepted**

# Registration Forms

**REGISTER ONLINE: <https://roslynschools.revtrak.net/>**

**PLEASE FILL OUT ONE REGISTRATION FORM PER PERSON FOR EACH COURSE.**

**RESIDENTS OF THE ROSLYN, HERRICKS & EAST WILLISTON SCHOOL DISTRICTS PAY THE RESIDENT FEE  
ASSUME YOU ARE ENROLLED IN A CLASS UNLESS OTHERWISE NOTIFIED**

MAIL or FAX TO: Roslyn Adult Continuing Education, P.O. Box 367, Roslyn, NY 11576 • 801-5091 • FAX: 801-5095

**PROOF OF RESIDENCY REQUIRED FOR ALL PROGRAMS WITH LIMITED ENROLLMENT**

|  |  |   |  |  |  |   |  |
|--|--|---|--|--|--|---|--|
| First Name   |  |   |  | Last Name  |  |   |  |
| Address  |  |   |  | Phone (home) (mobile)  |  |   |  |
| City   |  | State   |  | Zip  |  | Email   |  |
| Course #   |  | Course Title  |  | <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W<br><input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> Sa |  | Start date Time <input type="checkbox"/> am <input type="checkbox"/> pm |  |
| (check one) <input type="checkbox"/> Roslyn resident <input type="checkbox"/> Herricks resident <input type="checkbox"/> E. Williston resident <input type="checkbox"/> Nonresident <b>Gold Card #</b>   |  |   |  |  |  |   |  |
| Course fee \$  |  | Payment method: <input type="checkbox"/> check enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> Amex |  |  |  |   |  |
| Card #   |  |   |  |  |  | *CVC # Exp. date  |  |
| Cardholder's name (print) Signature  |  |   |  |  |  |   |  |
| I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.   |  |   |  |  |  |   |  |
| <b>REFUNDS &amp; CREDITS</b><br>A <u>written</u> request for a refund or credit must be made one week before the first class. Trip refunds must be requested 30 days prior to departure date. For trip cancellations less than 30 days prior to departure, full or partial refunds are contingent upon the ability to sell the seat. There are no refunds on registration fees, books or supplies. There is no provision for a partial fee for taking one session or part of a course. Making up absences in another section of a course depends entirely on space availability in that section. |  |   |  |  |  |   |  |

MAIL or FAX TO: Roslyn Adult Continuing Education, P.O. Box 367, Roslyn, NY 11576 • 801-5091 • FAX: 801-5095

**PROOF OF RESIDENCY REQUIRED FOR ALL PROGRAMS WITH LIMITED ENROLLMENT**

|  |  |   |  |  |  |   |  |
|--|--|---|--|--|--|---|--|
| First Name   |  |   |  | Last Name  |  |   |  |
| Address  |  |   |  | Phone (home) (mobile)  |  |   |  |
| City   |  | State   |  | Zip  |  | Email   |  |
| Course #   |  | Course Title  |  | <input type="checkbox"/> M <input type="checkbox"/> T <input type="checkbox"/> W<br><input type="checkbox"/> Th <input type="checkbox"/> F <input type="checkbox"/> Sa |  | Start date Time <input type="checkbox"/> am <input type="checkbox"/> pm |  |
| (check one) <input type="checkbox"/> Roslyn resident <input type="checkbox"/> Herricks resident <input type="checkbox"/> E. Williston resident <input type="checkbox"/> Nonresident <b>Gold Card #</b>   |  |   |  |  |  |   |  |
| Course fee \$  |  | Payment method: <input type="checkbox"/> check enclosed <input type="checkbox"/> Visa <input type="checkbox"/> Mastercard <input type="checkbox"/> Discover <input type="checkbox"/> Amex |  |  |  |   |  |
| Card #   |  |   |  |  |  | *CVC # Exp. date  |  |
| * 3-digit security code on the back of your credit card, to the right of the signature box   |  |   |  |  |  |   |  |
| Cardholder's name (print) Signature  |  |   |  |  |  |   |  |
| I acknowledge that I have read the policy on refunds and credits below. I also understand that, as an Adult Education student, instructors are prohibited from giving me personal advice, either in or outside of the classroom, and hereby waive any claim against the Board of Education, Roslyn Union Free School District, for loss or damage which I may incur if such prohibition is violated and I in any way rely on such personal advice.   |  |   |  |  |  |   |  |
| <b>REFUNDS &amp; CREDITS</b><br>A <u>written</u> request for a refund or credit must be made one week before the first class. Trip refunds must be requested 30 days prior to departure date. For trip cancellations less than 30 days prior to departure, full or partial refunds are contingent upon the ability to sell the seat. There are no refunds on registration fees, books or supplies. There is no provision for a partial fee for taking one session or part of a course. Making up absences in another section of a course depends entirely on space availability in that section. |  |   |  |  |  |   |  |

**Classes are virtual or in person. Please take note when registering.**

# Virtual Exercise & Fitness

Adult Education is pleased to offer a variety of exercise, fitness and dance programs to meet the needs of students with a range of interests and physical abilities. For your convenience, we have arranged some of the courses by level of exertion. A more strenuous course does not require any special skill, but it does mean that you'll get a more vigorous workout. If you're not sure which course is right for you, please ask!

**IMPORTANT:** Those enrolling in exercise, fitness, dance or sports programs should make certain that specific course requirements and activities are appropriate for them. Check with your physician before participating in any program. The Roslyn Public Schools relies on each individual to seek appropriate medical advice as to his/her capacity to participate, and will not be responsible for any injuries, damages or loss resulting from an individual's inability to do so.

## Higher-Impact Workout

### INTERVAL TRAINING

Barbara Romeo

Start your day with an energetic workout in the privacy of your own home via Zoom. The class has a combination of low-impact aerobics (to increase cardiovascular endurance), weight training and resistance bands (to improve bone density and muscle tone), and abdominal and pelvic exercises (to strengthen and firm the lower back), done in four-minute intervals. You will need an exercise mat and weights. **This class is virtual.**

#### 421 • INTERVAL TRAINING SECTION I (VIRTUAL)

12 Mondays starting Mar 4 8:30-9:45 AM  
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

#### 422 • INTERVAL TRAINING SECTION II (VIRTUAL)

12 Wednesdays starting Mar 6 8:30-9:45 AM  
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

#### 423 • INTERVAL TRAINING SECTION III (VIRTUAL)

12 Fridays starting Mar 8 8:30-9:45 AM  
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120



### MINDFUL YOGA

Linda Cafiero

Being fully present in the moment with all you experience in your mind, body and spirit with patience, compassion and a deeper understanding of your true nature. Wear loose clothing and use a yoga mat. Prior yoga instruction/experience is recommended. **This class is virtual.**

#### 428 • MINDFUL YOGA (VIRTUAL)

12 Tuesdays starting Mar 5 9:30-10:45 AM  
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

## Lower-Impact Workout

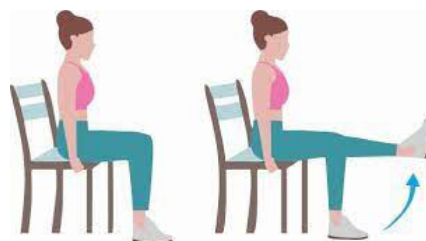
### NON-IMPACT AEROBICS

Carin Sanders

If you are looking for a non-impact, low intensity workout, join us for an hour of fun and fitness. All exercises are performed seated in a chair or standing. Resistance bands and medicine balls are also utilized during the class. **This class is virtual.**

#### 400 • NON-IMPACT AEROBICS (VIRTUAL)

12 Mondays starting Mar 4 10:40-11:40 AM  
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120



### CORE & BALANCE

Carin Sanders

Balance-targeted exercises to strengthen your core and abs, blended with elements of *capoeira*, a Brazilian-inspired system especially suited to building balance and core. A non-strenuous approach to improving your balance. **This class is virtual.**

#### 410 • CORE & BALANCE (VIRTUAL)

12 Thursdays starting Mar 7 9:15-10:00 AM  
FEES: Resident \$84 Gold Card \$72 Non-Resident \$96



### STRETCH & TONE

Carin Sanders

Join us for a wonderful hour of safe, healthy, non-aerobic activity. This virtual class will offer stretching and muscle strengthening activities to music. You will improve both upper and lower body strength. It is advisable to consult your physician before beginning any exercise program. You will need a mat or large towel. **This class is virtual.**

#### 405 • STRETCH & TONE (VIRTUAL)

12 Thursdays starting Mar 7 10:00-11:00 AM  
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

## Exercise & Fitness



### BASKETBALL

**Scott Bitterman**

Come play basketball! Get your cardiovascular exercise in a fun and engaging way. This course is designed to provide maximum participation in 3 to 4 person, half court or 5-person full court basketball. All are welcome to play. **Class size limited. This class is in person.**

**HERRICKS COMMUNITY CENTER / GYM**

#### **AEH41 • BASKETBALL (IN PERSON)**

12 Wednesdays starting Mar 6 8:00-9:30 PM  
FEES: Resident \$136 Gold Card \$128 Non-Resident \$144



### YOGA

**Mia Tojal**

Open to students of all levels, this class draws from a range of yoga traditions including vinyasa, core strength vinyasa, and gentle flow. Explore the postures and fundamental principles of vinyasa yoga, pranayama (control of breath) and meditation. This foundation-building class will work every muscle through movement and breath at a moderate and intuitive pace. Come to learn, play, and perhaps even break a sweat in a supportive setting. No experience required, just your willingness to try and discover your potential. A yoga mat is required; blocks are optional. **This class is in person**

**HERRICKS COMMUNITY CENTER / GYM**

#### **AEH45 • YOGA (IN PERSON)**

12 Wednesdays starting Mar. 6 6:45-7:45PM  
FEES: Resident \$112 Gold Card \$104 Non-Resident \$120

**ROSLYN HIGH SCHOOL/ADULT ED EXERCISE ROOM**

#### **430 • YOGA (IN PERSON)**

12 Thursdays starting Mar. 7 5:15-6:15PM  
FEES: Resident \$112 Gold Card \$104 Non-Resident \$120

## Dance



### ISRAELI DANCE

**Deborah Faust**

This is an introductory class for beginners who would like to learn a variety of circle and line dances. The final class will culminate in a performance for invited guests. Wear comfortable clothing and please bring a water bottle. **This class is in person.**

**ROSLYN HIGH SCHOOL / ADULT ED EXERCISE ROOM**

#### **498 • ISRAELI DANCE (IN PERSON)**

6 Wednesdays starting Mar 6 5:00-6:00 PM  
FEES: Resident \$64 Gold Card \$56 Non-Resident \$72



### INTRODUCTION TO LATIN DANCE

**Angela Scalera**

This course will introduce students to basic/fundamental elements of Latin Dance: basic footwork, rhythm, tempo, turns, partner coordination, etc. The following styles will be taught: Mambo, Salsa, Cha-Cha-Cha, Merengue, Boogaloo as well as Hustle & Swing. All levels are welcome. Wear loose fitting clothes and comfortable shoes. Join with a partner. **This class is in person.**

**ROSLYN HIGH SCHOOL / ADULT ED EXERCISE ROOM**

#### **495 • LATIN DANCE (IN PERSON)**

8 Mondays starting March 4 5:30-7:00 PM  
FEES: Resident \$132 Gold Card \$120 Non-Resident \$144



## Boating



### AMERICA'S BOATING COURSE® For new and experienced boaters

**Thomas Peltier,  
Oyster Bay Sail Power Squadron**

America's Boating Course® (ABC) – This Blended Class (4 Virtual Lessons and 3 In Class Lessons) was created to offer students the best of both worlds. Certified Instructors present the ABC course designed by the *United States Power Squadron-America's Boating Club®* for New and Experienced boaters focusing on topics such as: proper seamanship, boat handling, navigational aids, rules of the road, boating in all weather conditions, using a marine radio, nautical knots and modern navigation techniques including GPS. As required by NYS, this course consists of 8 hours of instruction (4 weeks). The 5th week includes a review of course material. Virtual Lessons - students are expected to have a computer, laptop or tablet with a working camera. Certificate of completion and a laminated 'Safe Boater' card will be distributed after successfully completing the In Class proctored exam. *Bonus offer:* For those who want to learn more, the squadron will provide 2 free weeks of instruction in the art of "Charting and Piloting." In 2024, New York State Law requires all power boaters born after Jan 1st, 1978 (46 or younger) must complete a Boating Safety Course. \*Note: All operators of motorized vessels, regardless of age, will need a Boating Safety Certificate by January 1, 2025.

**Educational Materials will be distributed prior to the first class. Send an email to [OBSEO@boatoysterbay.net](mailto:OBSEO@boatoysterbay.net) to obtain further information.**

Know that the Power Squadron members of Long Island are always available to help you operate your boat safely.

***This class is partly virtual and partly in person***  
***(Syosset High School)***

**\* PLEASE MAKE CHECKS PAYABLE TO:  
OYSTER BAY POWER SQUADRON  
MAIL TO:**

**Oyster Bay Power Squadron  
PO Box 13**

**Oyster Bay, NY 11771**

**PLEASE COMPLETE A REGISTRATION FORM OR  
REGISTER ONLINE TO RESERVE YOUR PLACE AND  
MAIL YOUR \$80 CHECK TO OYSTER BAY POWER  
SQUADRON**

#### **320 • AMERICA'S BOATING COURSE**

5 Wednesdays starting Mar. 6 7:30-9:30 PM  
followed by 2 Bonus weeks - Piloting/Charting

FEE: \$80 **payable to Oyster Bay Power Squadron**

## Lifestyles, Health & Wellness



### A NATURAL APPROACH TO INSOMNIA

**Marie F. Regis**

Many of us have difficulties with sleep. The quality of our rest has a major impact on our productivity, our relationships, and our health. The remedies we choose are often counterproductive or have unwanted side-effects. Your instructor will present an Oriental medicine perspective on the physiology of sleep and an effective strategy on getting a good night's sleep without sleeping pills. ***This class is in person.***

**ROSLYN HIGH SCHOOL ROOM 137**

#### **525 • INSOMNIA (IN PERSON)**

1 Wednesday, Mar. 6

7:00-9:00 PM

FEES: Resident \$30

Gold Card \$25

Non-Resident \$35



### INTRODUCTION TO MEDITATION

**Marie F. Regis**

In this series, the instructor shares meditation techniques that effortlessly calm the mind-body and reduce stress, helping us feel lighter and more joyful moment to moment. We start by using sound and breath to easily relax the body and reduce mental chatter, and techniques to help us let go of distracting thoughts and feelings. Later she will guide us through a body-centered visualization to clear heaviness and stress from the physiology. Marie has been practicing and teaching various forms of meditation for over 30 years; much of what she practices and shares comes from the Taoist traditions of ancient China. ***This class is in person.***

**ROSLYN HIGH SCHOOL ROOM 137**

#### **510 • MEDITATION (IN PERSON)**

3 Wednesdays starting Mar. 13

7:30-8:30 PM

FEES: Resident \$45

Gold Card \$40

Non-Resident \$50

# Lifestyles, Health, & Wellness



## FLIP THIS HOUSE

**William Adlman**

Do you have a desire to get involved with flipping houses, but are not sure where or how to get started? This course will reveal what the instructor has learned in 21 years of buying, renovating, and “flipping” homes. You will learn everything from securing the cash you need to finance your venture, to finding undervalued properties, to negotiating the price so that you can sell the home at a profit. You will learn how to make profitable renovation decisions and how to market your property. The course will cover devising a successful flipping strategy, how to build your dream team, guesstimating the return on your investment, choosing your target market, prioritizing and planning your renovation, and selling. ***This class is in person.***

**ROSLYN HIGH SCHOOL, ROOM 134**

## 535 • FLIP THIS HOUSE

2 Tuesdays, Apr 9 & Apr 16

7:00-9:00 PM

FEES: Resident \$50 Gold Card \$40 Non-Resident \$60



## PASSPORT: TRAVEL TO JAPAN

**Lisa Kimoto**

Learn about all you need to know to plan a once-in-a-lifetime trip to Japan. We will go over topics such as travel logistics, Japanese culture, food, major cities, currency, tax-free shopping, museums, gardens and much, much more. There will be time at the end for participants to ask questions. ***This class is in person.***

**ROSLYN HIGH SCHOOL, ROOM 137**

## 940 • PASSPORT: TRAVEL TO JAPAN

1 Thursday, Apr. 11

7:00-9:00 PM

FEES: Resident \$30 Gold Card \$25 Non-Resident \$35



## MAKING PAPER WORK

**Jody Berman**

Learn how to conquer your paper piles by creating a system for handling, retaining and retrieving paper. Your instructor, owner of So Organized!, is a veteran professional organizer and has been a member of the National Association of Professional Organizers for over 25 years. She is a graduate of the Organizer Coach Foundation Training Program and is a Certified Virtual Professional Organizer. ***This class is virtual.***

## 501 • MAKING PAPER WORK (VIRTUAL)

1 Monday, Mar. 4

7:00-8:30 PM

FEES: Resident \$30 Gold Card \$25 Non-Resident \$35



## DOWNSIZING FOR MOVING OR FOR STAYING

**Jody Berman**

Learn how to approach the process of downsizing and how it's never too soon to get started. Your instructor, owner of So Organized!, is a veteran professional organizer and has been a member of the National Association of Professional Organizers for over 25 years. She is a graduate of the Organizer Coach Foundation Training Program and is a Certified Virtual Professional Organizer. ***This class is virtual.***

## 506 • DOWNSIZING (VIRTUAL)

1 Monday, Mar. 11

7:00-8:30 PM

FEES: Resident \$30 Gold Card \$25 Non-Resident \$35

## What happens after I register for a class?

When you sign up for a class online, via mail or fax, you will receive an email confirmation of your registration.

The Adult Education office will contact you if a class for which you registered will **not** be running, there's a change in schedule, or there's some unusual circumstance. If you're in doubt about whether your registration was received, please call **801-5091**.

## Secure online registration:

[roslynschools.revtrak.net](http://roslynschools.revtrak.net)

**American Express, Visa,  
MasterCard, Discover and  
eChecks accepted**



## Games



### MAH JONGG

**Lisa Kimoto**

Learn how to play this popular tile-based game of skill, strategy, calculation and luck. This course is for the student who has never played Mah Jongg and wants to learn. You will learn about the tiles, how to make a hand, rules of play and much more. **NOTE: Please be sure you can attend the first two classes.** Materials Fee for 2023 Mah Jongg card: \$14 cash or check to Lisa Kimoto. **This class is in person.**

#### ROSLYN HIGH SCHOOL LIBRARY

##### 635 • MAH JONGG (IN PERSON)

8 Mondays starting March 4

7:00-9:00PM

FEES: Resident \$160 Gold Card \$150 Non-Resident \$170



### CANASTA FOR BEGINNERS

**Amy Katz & Emma Foster**

Canasta is back and enjoying renewed interest with people of all ages. Learn the rules, strategies, and scoring with this intriguing and challenging game, including the Rule of Five. *Attendance at every class is required.* There will be a material fee of \$15 paid directly to the instructors.

Amy Katz and Emma Foster are two experienced Canasta teachers, who not only have a true love for playing the game, but have a true passion for teaching it as well. They offer a teaching atmosphere that is not only informative, but entertaining as well. You will be able to play on your own after completing the course. **This class is in person.**

#### ROSLYN HIGH SCHOOL LIBRARY

##### 632 • CANASTA (IN PERSON)

5 Wednesdays starting March 13

7:00-9:00 PM

FEES: Resident \$150 Gold Card \$140 Non-Resident \$160

## Creative Art & Crafts



### ROSLYN RHAPSODY GLEE CLUB

**Christina Cinnamo**

Roslyn Rhapsody is a community choir for people who enjoy singing, arranging, beatboxing, and more. No prior experience is necessary. Everyone is welcome, from experienced singers to total beginners. We will explore fun and familiar repertoire that include a variety of musical styles while working towards a final performance. Please feel free to bring any favorite arrangements of pieces you might have written or sung before, in college or anywhere else. This one hour weekly class is a safe and fun learning environment that will foster creativity, education and the joy of music in everyone. **This class is in person.**

#### ROSLYN HIGH SCHOOL CHORUS ROOM

##### 220 • ROSLYN RHAPSODY GLEE (IN PERSON)

8 Thursdays starting Apr. 4

5:30-6:30 PM

FEES: Resident \$90 Gold Card \$80 Non-Resident \$100



### KNITTING: FOR BEGINNERS

**PAT KORN**

In this knitting course for beginners or those who need a refresher, students will learn about the various yarns and equipment used as well as the basic stitches of knit, purl, cast on, bind off, increasing, decreasing, etc. Participants will produce combinations of patterns utilizing the basic stitches and will learn about color and textures. Students will come away with a beginning understanding of reading patterns, adjusting gauge, and will knit a project suitable for their level of skill.

Please bring to class 10" length aluminum knitting needles US sizes, 6, 7, and 8 Susan Bates Silvalume package. Bring one skein (small up to 200 yards) worsted weight no. 4 acrylic SMOOTH light colored yarn for practice. Other materials will be discussed in class. Come relax, meet new friends, laugh, and be inspired. **This class is in person.**

#### ROSLYN HIGH SCHOOL LIBRARY

##### 660 • KNITTING BEGINNER (IN PERSON)

8 Tuesdays starting Mar. 5

6:30-8:30 PM

FEES: Resident \$120 Gold Card \$112 Non-Resident \$128

# Creative Art & Crafts



## ACRYLIC PAINTING ON CANVAS

**Anisha Kall**

Discover how to express yourself through painting. Participants will learn how light, space, shapes, and lines, can be used to create visuals that inspire a particular mood. The course will cover basic painting techniques like color mixing and paint strokes, as well as techniques such as the grid method. In a relaxed environment, you will be guided to create original works of art and uncover vision and artistic voice. This course is not only a way to take time for yourself, but also to get to know yourself and help you see things in new ways. A supply list will be provided. **Class size limited. This class is in person.**

**ROSLYN HIGH SCHOOL / ROOM 114**

### 225 • ACRYLIC PAINTING (IN PERSON)

10 Thursdays starting Mar. 7 6:00-8:00 PM  
FEES: Resident \$140 Gold Card \$130 Non-Resident \$150



## JEWELRY MAKING BEGINNER

**Laura Graney**

Come learn the intricate art and history of jewelry making. You will learn about different metals, semi-precious stones, types of crystals, and how to wrap wire and weave crystals as you make a fun cocktail ring, a pair of drop earrings, and a woven beaded bracelet. A \$75 materials fee will be collected at the beginning of the first class. Students must have the ability to work with small beads and crystals. **This class is in person.**

**ROSLYN HIGH SCHOOL ROOM 114**

### 670 • JEWELRY MAKING BEGINNER (IN PERSON)

5 Mondays starting Mar 4 6-7:30PM  
FEES: Resident \$92 Gold Card \$84 Non-Resident \$98



## DRAWING

**Anisha Kall**

In the first part of the class, you will learn basic techniques of shading, proportion, and texture using pencils/graphite while drawing assigned projects. You will also explore different drawing materials such as paper, types of erasers, and blending stumps. In the second part of the class, you will apply the drawing techniques you learned to complete drawings in different drawing media such as charcoal, chalk and oil pastels, sanguine, and ink. Supply list will be shared upon enrollment. **This class is in person.**

**ROSLYN HIGH SCHOOL / ROOM 114**

### 326 • DRAWING (IN PERSON)

10 Tuesdays starting Mar. 5 6:00-8:00 PM  
FEES: Resident \$140 Gold Card \$130 Non-Resident \$150



## JEWELRY MAKING INTERMEDIATE

**Laura Graney**

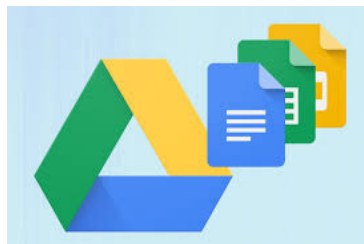
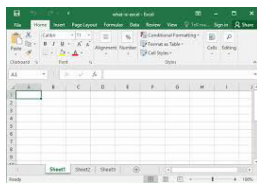
The Intermediate Jewelry Making class will have you weaving an intricate necklace using Swarovski crystals, and making a freshwater pearl, sterling silver, and Swarovski Crystal bracelet. This class uses small crystals and beads, and participants need to utilize fine motor skills. A \$90 supplies fee will be collected at the beginning of the first class. **This class is in person.**

**ROSLYN HIGH SCHOOL ROOM 114**

### 674 • JEWELRY MAKING INTERMEDIATE

5 Mondays starting Mar 4 7:30-9PM  
FEES: Resident \$92 Gold Card \$84 Non-Resident \$98

# Computer Skills



## MICROSOFT EXCEL

**Terrylynn Bayon**

This course will enable you to become more proficient in one of the most powerful software tools in use in business and at home. Join our expert instructor for an in-depth, hands-on class that will provide you with greater facility in Excel. You will learn more about entering data, formatting rows, columns and cells, inserting mathematical formulas, automatically filling cells, sorting, and creating charts.

Learn how to use this universal product. You will make your home and professional life more efficient and productive. Basic knowledge of MS Excel is required. **Class size limited. This class is in person.**

**ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 140**

### 145 • EXCEL (IN PERSON)

8 Wednesdays starting Mar. 6 6:30-8:30 PM  
FEES: Resident \$128 Gold Card \$120 Non-Resident \$136

## EVERYTHING GOOGLE

**Terrylynn Bayon**

You may already know how to “Google” to search the internet, and you may have a Gmail email account, but do you know how to use Google Drive, Google Docs, Google Meets, Google Voice, Google Contacts, Google Calendar, Google Maps, Google Translate and YouTube? Join this introductory class to learn the popular Google features available today. **Class size limited. This class is in person.**

**ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 140**

### 146 • EVERYTHING GOOGLE (IN PERSON)

4 DATES: 5/15, 5/22, 5/23, & 5/29 6:30-8:30 PM  
FEES: Resident \$64 Gold Card \$56 Non-Resident \$72



## GETTING THE MOST OUT OF YOUR iPad® & iPhone®

**Terrylynn Bayon**

If you have an iPad but feel overwhelmed by all of its possibilities, our master computer teacher will help you get the most out of this amazing device. In this beginner class, learn to use maps and email, play music, search and browse the Internet, and find the best apps for your needs from among the many thousands available. Bring your iPad and/or iPhone along with your questions and let us show you what you've been missing! **Note: The class covers Apple devices only. Class size limited. This class is in person.**

**ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 140**

### 199 • iPad & iPhone (IN PERSON)

8 Thursdays starting Mar. 7 6:30-8:30 PM  
FEES: Resident \$128 Gold Card \$120 Non-Resident \$136

## What's a Gold Card?

If you're a resident of the Roslyn, Herricks or East Williston school district and are aged 60 or older, a Gold Card entitles you to a discount on many courses. Call **801-5090** to sign up.





# Finance / Courses for Seniors

## KEEP THE INCOME FLOWING IN RETIREMENT

**Jeffrey R. Silverman**

Studies show that the biggest fear retirees have is running out of money before running out of life. Planning an effective retirement income strategy is more important than ever when facing a retirement that can span more than 25 years. This program will explore concepts that can help you to plan a retirement income strategy with the goal of maximizing income, minimizing taxes, staying ahead of inflation, protecting retirement accounts, and creating strategies that can provide lifetime income no matter how the markets perform. If you are retired or thinking about retirement, you will not want to miss this program. **This class is in person.**

Jeffrey R. Silverman, JD CFP® is a Certified Financial Planner™ practitioner and attorney. His financial planning practice has offices in Syosset and Hauppauge.

**ROSLYN HIGH SCHOOL ROOM 137**

### 887 • KEEP INCOME FLOWING (IN PERSON)

1 Tuesday, Mar. 19 7:00-9:00 PM  
FEES: Resident \$30 Gold Card \$25 Non-Resident \$35



## PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

**Jeffrey R. Silverman**

Parents have numerous issues to consider in planning for the long-term well-being of their children with special needs. With new tax laws and changes in government benefits, planning becomes even more important. This program will examine aspects that need to be considered in developing a life plan that will help to provide the best future possible. Topics will include: creating financial security during uncertain times; strategies to protect your child's assets; special needs trusts; government benefits; guardianship; and future housing. **This class is in person.**

Jeffrey R. Silverman, JD CFP® is a Certified Financial Planner™ practitioner and attorney. His financial planning practice has offices in Syosset and Hauppauge.

**ROSLYN HIGH SCHOOL ROOM 137**

### 880 • PLANNING SPECIAL NEEDS (IN PERSON)

1 Monday, May 6 7:00-9:00 PM  
FEES: Resident \$30 Gold Card \$25 Non-Resident \$35

## ESTATE PLANNING & ELDER LAW: Protecting Your Assets

**Michael J. Greenberg, Esq.**

Learn how to legally avoid estate taxes and nursing home costs, as well as how to keep family assets from ultimately ending up in the hands of your children's spouses, all without surrendering control. You will be taught what needs to be done in order to pass assets to children free of estate taxes, how you can protect your home from future nursing home costs, how you can avoid in-laws from gaining access to your family's estate, and how to avoid problems that may arise out of the probate process. How trusts and other estate planning documents (Will, Living Will, Health Care Proxy, and Power of Attorney) can be used to accomplish these goals will be discussed as part of the presentation. **This class is in person.**

**ROSLYN HIGH SCHOOL ROOM 137**

### 885 • ESTATE PLAN/ELDER LAW (IN PERSON)

1 Tuesday, Apr. 16 7:00-8:30 PM  
FEES: Resident \$30 Gold Card \$25 Non-Resident \$35



## MEDICARE MADE EASY

**Julie Ward-Abdo**

Medicare Made Easy is a course designed to give you a better understanding of Medicare. You will learn about original Medicare and its components - A, B, C, and D. When should you sign up for Medicare? What should you do if you are working and have employer group coverage? What is the difference between Medicare Supplement Plans, Medicare Advantage Plans, and Prescription Drug Plans? This class will allow you to get answers to your questions. **This class is in person.**

Julie Ward-Abdo is a Senior Health Insurance Consultant with Senior Health Plan Finder. She specializes in Medicare Health Plans providing educational seminars for informational purposes only.

**ROSLYN HIGH SCHOOL ROOM 137**

### 870 • MEDICARE MADE EASY (IN PERSON)

1 Wednesday, May 22 6:30-7:30 PM  
FEES: Resident \$25 Gold Card \$20 Non-Resident \$30

# Senior Programs

## **HERRICKS COMMUNITY CENTER**

**999 Herricks Road, New Hyde Park**

### **HERRICKS LEISURE CLUB**

Coordinator – Rosalie Cooper

President – Ann Vendinello

Thursdays, starting at 9:30 am

**516-741-8739**

### **HERRICKS SENIOR COMMUNITY SERVICE CENTER (NUTRITION)**

The Herrick's Senior Community Service Center is non denominational and open to Nassau County residents 60+. We operate on Monday, Tuesday and Friday from 9:00am-2:00pm. We are a congregate meal site offering delicious hot or cold lunches (advanced registration) for a suggested donation of \$3.00. We offer aerobic exercise, exercise for arthritis, line dancing, yoga, Tai Chi, painting and ceramics classes for a suggested donation of \$2.00 each class. Nutrition education and informative programs are presented. Come join us to stay active socially, physically, and mentally. Our menu and activity schedule can be found at [www.herricks.org/scsc](http://www.herricks.org/scsc). Please call Carol, Angela, or Lynn at 305-8976 or 305-8975 before attending for more information. This program is supported by Herricks Community Fund, Herricks UFSD, NCOFA, US Admin. On Aging and the TONH.

*Note: Herricks senior programs are not part of  
Roslyn Adult Education.*

*Online registration is not available for senior programs  
offered at Herricks Community Center.*



### **Sid Jacobson JCC “Our Space” Adult Day Program**

Sid Jacobson JCC is proud to provide adult day programming to the community at multiple sites in Nassau County, including our home base at 300 Forest Drive in East Hills and Herricks Community Center. All SJJCC social model adult day programs provide cognitive, physical and social stimulation through a variety of structured, group activities such as music, art, word games and exercise to those with a neuro-degenerative condition such as Alzheimer's disease, Parkinson's disease, and other frailties. These supervised programs enable individuals to function at their highest capacity for as long as possible while simultaneously providing much needed respite and support to caregivers. In addition, SJJCC facilitates caregiver support groups and educational workshops. We operate Monday/Wednesday/Thursday 10:00am - 2:00pm

These programs are made possible with funds from Nassau County Office for the Aging through the NYS Office for the Aging and the U.S. Administration on Aging, and private contributions. For more information and to schedule an assessment, please contact Christine Pizzo, Adult Day Program Site Supervisor, at 516-484-1545 ext. 788.

# General Information

## 3 WAYS TO REGISTER:

### ON LINE

Please visit: <https://roslynschools.revtrak.net/>

### MAIL

Send a completed registration form to:

**Roslyn Adult Education**

**P.O. Box 367**

**Roslyn, NY 11576**

### FAX

Send a completed registration form to: **(516) 801-5095**

**Registrations are not accepted by phone.**

## 2 WAYS TO PAY:

### CHARGE

American Express, Visa, Mastercard & Discover are accepted. Include account number, CVC number, expiration date, and signature (if using a registration form). Charge information must accompany fax registrations. E-checks are also accepted (online only).

### CHECK

Payable to **Roslyn Public Schools**

(except Boating Safety).

*Note: Accounts are debited electronically*

### Register early!

Don't be shut out – **space in many classes is limited**. Avoid disappointment and send in your registration form as soon as possible.

Where space is limited, **preference is given to residents of the Roslyn, Herricks and East Williston School Districts**.

A **separate registration form** with check or credit card number is required for each person in each course. Be sure to include the correct course number and an email address.

Downloadable paper registration forms are also available online at: [www.roslynschools.org](http://www.roslynschools.org)

Please include all information required on the registration form. **Incomplete forms will not be processed.**

We will contact you only if a class is **not** running or there's a change in schedule. If you don't hear from us, assume the class is running and attend the first session, as listed in the catalog.

## REFUNDS & CREDITS

**Non-attendance does not constitute withdrawal from a course.** Request for a refund or credit must be made **in writing one week before the first class**. A \$5 cancellation fee will be charged if a payment has already been processed. There are **no refunds on processing fees, books or supplies**.

**There is no provision for a partial fee for taking one session or part of a course.** Making up absences in another section of a course depends on space availability in that section.

## CANCELLATIONS

Adult Education reserves the right to cancel any course for which there is insufficient enrollment and to withdraw or modify course offerings. In the event that Adult Education has to cancel a class session, we will make every effort to reschedule it. If the class cannot be rescheduled, we will provide a refund or credit. There are no credits or refunds for classes that are rescheduled as a result of "acts of God".

## INCLEMENT WEATHER

Classes are canceled whenever the schools are closed. Announcements of school closings are posted online at [www.roslynschools.org](http://www.roslynschools.org).

## PROOF OF RESIDENCY

In classes with limited enrollment, preference is given to residents of the Roslyn, Herricks & East Williston School Districts, until one week prior to the first class. Proof of residency may be requested.

## REGISTRATION

Instructions are on page 14. If you sign up for a class and don't hear from us, it means that the class will run as scheduled and that you are registered. We will only contact you if: a class is not running; there's a change in schedule; you're on a waiting list; or there is some unusual circumstance.

## BOOKS AND MATERIALS

These costs are not included in the course fees unless specifically noted. No discounts are available on texts or materials. No refunds on books or supplies.

## LIABILITY

The Board of Education of the Roslyn Union Free School District, its employees and agents hereby disclaim any and all responsibility for any injury, damage, or loss whatsoever in connection with any course offered by the Roslyn Adult Education program. All individuals take such courses at their own risk.

## VISITORS

No auditors or visitors are permitted in any class.

## YOUNG ADULTS

Children under 18 years old are not permitted in classes.

## SENIOR CITIZEN DISCOUNT FOR RESIDENTS

A senior citizen discount is available for many courses and is listed with most course descriptions. There are no senior discounts for any trips, walking tours, or Zoom Webinars. Discounts apply to individuals 60 years or older who reside in the Roslyn, Herricks or East Williston School Districts. Please include your Gold Card number when you register. If you don't have a Gold Card, please call 801-5090.

## PERSONAL ADVICE

Courses providing financial, legal or other professional information are offered for educational purposes only. Students waive any claim against the Roslyn Union Free School District for loss or damage which may result if such prohibition is violated and if students rely on such advice. Instructors are also prohibited from soliciting participants for the sale of professional services, books or other materials not specifically related to the class.

## ADULT PROGRAMS AT THE BRYANT LIBRARY

Adult programs at the library are designed to serve the diversified needs, interests, and expressed desires of the community. Visit [www.bryantlibrary.org](http://www.bryantlibrary.org).



# Our Instructors

**WILLIAM ADLMAN** is a graduate of Hofstra University with an MBA from NYU. He was a national sales manager at various Fortune 500 companies and has been flipping houses for the past 21 years. ***Flip This House***

**TERRYLYNN BAYON** has a BS in computer science from Marist College and an MS in education from Dowling College. She was a computer science teacher at the LI School for the Gifted and has been teaching computer education classes for Roslyn Adult Education since 1992. ***Excel, iPad/iPhone, Everything Google***

**JODY BERMAN** is a veteran professional organizer, owner of So Organized!, and member of the National Association of Professional Organizers for over 20 years. She is also a graduate of the Organizer Coach Foundation Training Program. ***Making Paper Work, Downsizing***

**SCOTT BITTERMAN** is a physical education teacher of 12 years and has been coaching multiple sports for 15 years. He is a certified strength and conditioning specialist and health educator. ***Basketball***

**LINDA CAFIERO** has more than 10 years of experience teaching, and therapeutic experience integrating Eastern and Western stress management practices. She has worked at senior and fitness centers, schools, corporations and health care facilities. She has a degree from the School of Visual Arts. ***Yoga***

**CHRISTINA CINNAMO** is a music educator and freelance vocalist/pianist based on Long Island, NY. She is the current Choral Director and Royal Crown Players advisor at Roslyn High School. Ms. Cinnamo's 10 years of professional experience includes work as a solo vocalist, chorister, piano accompanist, and honor choir conductor. ***Roslyn Rhapsody Glee Club***

**DEBORAH FAUST** has been enjoying Israeli dancing for over 35 years. She started in her high school youth group, performing at temples around Long Island. As a middle school guidance counselor in Syosset, she loves teaching students during their annual Multicultural Week. She also participates in classes at her temple in Commack. ***Israeli Dance***

**EMMA FOSTER** was born in the UK and moved to the US in 1994. She has been playing canasta for 10 years and teaching for 5 years. ***Beginner Canasta***

**LAURA GRANEY** is a successful jewelry and fiber arts designer whose designs have been featured in the Country Music Awards (CMAs) and Teen Choice Awards celebrity goodie bags. Laura has designed pieces for various celebrities including Hillary Duff, Paris Hilton, Courteney Cox, and Brooke Shields. Laura has taught sustainable agriculture, colonial and indigenous history, fiber arts, and gardening for the past seven years. She has a Bachelor's degree in International Business with a minor in Middle Eastern Studies. ***Jewelry***

**MICHAEL J. GREENBERG** is the managing partner at Michael J. Greenberg, P.C., an Estate Planning and Elder Law boutique firm located in NYC. He serves as the Chair of the Legal Committee of the NYC Chapter of the Alzheimer's Association and as a Second Lieutenant/Judge Advocate in the New York Guard. He received his law degree from Emory University School of Law and is admitted to the bar in NY, NJ, Conn., and FL. ***Estate Planning & Elder Law***

**ANISHA KALL** is an experienced Art Educator with a BFA in Photography and a Masters in Painting. She is a licensed educator in NYS and teaches a variety of art courses such as art history, photography, digital photography, painting and film. ***Acrylic Paint, Drawing***

**AMY KATZ** taught for five years, first in an elementary school and then at Huntington Learning Center. She started playing canasta 10 years ago. ***Beginner Canasta***

**LISA KIMOTO** has been a continuing education teacher since 2008, most recently teaching Mah Jongg in neighboring districts and libraries. She has enjoyed teaching and sharing her knowledge of this strategic, fun, and social game for 20 years. ***Mah Jongg, Japan***

**PATRICIA KORN** has for the past 18 years taught knitting and crocheting in adult education programs. In 2005 while attending workshops at the Fashion Institute of Technology, she received a Certification by The Craft Yarn Council as a Teacher of Knitting. Pat enjoys designing and bringing people together by sharing her lifelong hobby. ***Knitting***

**MARIE REGIS** is a licensed acupuncturist with extensive experience as a holistic healer. She has been practicing and teaching meditation for over 20 years. She has a BA in International Business from Auburn University and was a Lieutenant in the U.S. Coast Guard. ***Meditation, Insomnia***

**BARBARA ROMEO** is a certified step aerobics instructor, private trainer, and former instructor at Lucille Roberts. She has been teaching multiple exercise classes for Roslyn's Adult Education program for more than 30 years. ***Interval Training***

**CARIN SANDERS** is a graduate of Clark University, where she was in the Gerontology Certificate Program. She has a Masters in Special Education from Hunter College and numerous fitness certifications. ***Non-Impact Aerobics, Stretch & Tone, Core & Balance***

**ANGELA SCALERA** began her dance studies at age 5. She obtained her B.A. Degree (Dance) from Hunter College. She is a dancer, choreographer, and teacher of various styles of dance. She is a former Adjunct Lecturer at CUNY and has worked as a dance/music therapist with special needs children. ***Latin Dance***

**JEFFERY R. SILVERMAN** Jeffrey R. Silverman, JD CFP® is a Certified Financial Planner™ practitioner and attorney. His financial planning practice has offices in Syosset and Hauppauge. ***Keep Income Flowing; Child with Special Needs***

**MIA TOJAL** is a certified yoga instructor who has been practicing and teaching yoga for many years. She began her career in business where she utilized yoga as an integral part of managing stress and finding balance. She is a graduate of Adelphi University. ***Yoga***

**JULIE WARD-ABDO** is a Senior Health Insurance Consultant with Senior Health Plan Finder. She specializes in Medicare Health Plans providing educational seminars for informational purposes only. ***Medicare***

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| MARCH |    |    |    |    |    |    | APRIL |    |    |    |    |    |    | MAY |    |    |    |    |    |    | JUNE |    |    |    |    |    |    |
|-------|----|----|----|----|----|----|-------|----|----|----|----|----|----|-----|----|----|----|----|----|----|------|----|----|----|----|----|----|
|       |    |    |    |    | 1  | 2  |       | 1  | 2  | 3  | 4  | 5  | 6  |     |    | 1  | 2  | 3  | 4  |    |      |    |    |    |    | 1  |    |
| 3     | 4  | 5  | 6  | 7  | 8  | 9  | 7     | 8  | 9  | 10 | 11 | 12 | 13 | 5   | 6  | 7  | 8  | 9  | 10 | 11 | 2    | 3  | 4  | 5  | 6  | 7  | 8  |
| 10    | 11 | 12 | 13 | 14 | 15 | 16 | 14    | 15 | 16 | 17 | 18 | 19 | 20 | 12  | 13 | 14 | 15 | 16 | 17 | 18 | 9    | 10 | 11 | 12 | 13 | 14 | 15 |
| 17    | 18 | 19 | 20 | 21 | 22 | 23 | 21    | 22 | 23 | 24 | 25 | 26 | 27 | 19  | 20 | 21 | 22 | 23 | 24 | 25 | 16   | 17 | 18 | 19 | 20 | 21 | 22 |
| 24    | 25 | 26 | 27 | 28 | 29 | 30 | 28    | 29 | 30 |    |    |    |    | 26  | 27 | 28 | 29 | 30 | 31 | 23 | 24   | 25 | 26 | 27 | 28 | 29 |    |
| 31    |    |    |    |    |    |    |       |    |    |    |    |    |    |     |    |    |    |    |    | 30 |      |    |    |    |    |    |    |

- <https://roslynschools.revtrak.net/>**