



**ROSLYN  
HERRICKS  
EAST WILLISTON**

**Adult Continuing  
Education**

**Fall 2022**

**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)

## DIRECTOR

Cynthia Younker

## OFFICE STAFF

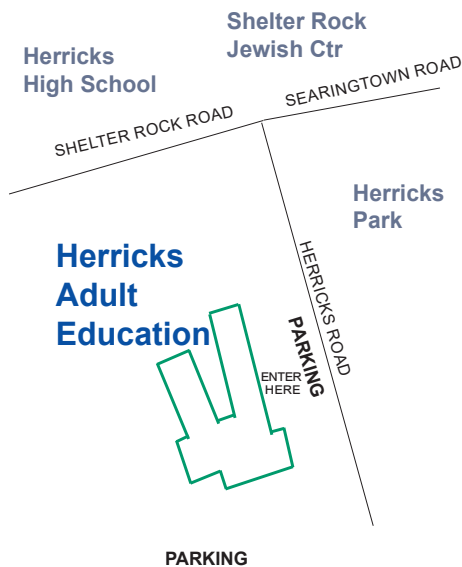
Andrea Rubin

## ADULT EDUCATION ADVISORY COMMITTEE

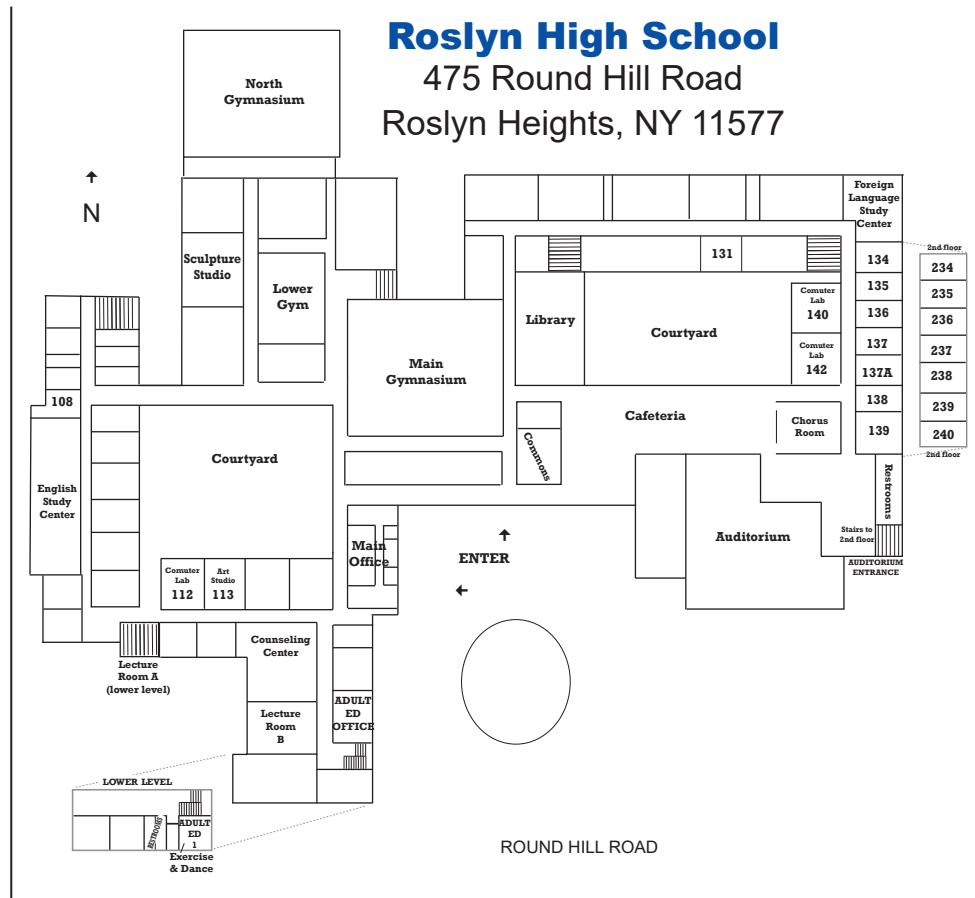
Alan Flyer, <i>Chairperson</i>	Rupila Kalra-Lall	Erica Rubrum
Shirley Chefetz	Cheryl Lenowitz	Jodi Stuhl
Maryann Combs	Melissa Rubin	Ann Tountas
Francine Fabricant		

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

**Herricks  
Community Center**  
 999 Herricks Road  
 New Hyde Park, NY 11040



**Roslyn High School**  
 475 Round Hill Road  
 Roslyn Heights, NY 11577



**All daytime classes will take place virtually**  
**Evening classes are virtual or in person**

# Contents

<p><b>ADULT EDUCATION ADVISORY COMMITTEE</b> . . . . . 2</p> <p><b>OUR LOCATIONS</b> . . . . . 2</p> <p><b>REGISTRATION FORMS</b> . . . . . 4</p> <p><b>HOW TO REGISTER</b> . . . . . 5</p> <p><b>BOATING</b></p> <p style="padding-left: 20px;">America’s Boating Course . . . . . 6</p> <p><b>GAMES &amp; CRAFTS</b></p> <p style="padding-left: 20px;">Beginner Canasta . . . . . 6</p> <p style="padding-left: 20px;">Crochet . . . . . 6</p> <p><b>EXERCISE, FITNESS, SPORTS &amp; DANCE</b></p> <p style="padding-left: 20px;">Interval Training . . . . . 7</p> <p style="padding-left: 20px;">Non-Impact Aerobics . . . . . 7</p> <p style="padding-left: 20px;">Stretch &amp; Tone . . . . . 7</p> <p style="padding-left: 20px;">Core &amp; Balance Combo . . . . . 7</p> <p style="padding-left: 20px;">Barre Workout. . . . . 8</p> <p style="padding-left: 20px;">Basketball. . . . . 8</p> <p style="padding-left: 20px;">Bollywood Workout. . . . . 8</p> <p style="padding-left: 20px;">Yoga . . . . . 8</p> <p style="padding-left: 20px;">Zumba . . . . . 8</p> <p><b>ART</b></p> <p style="padding-left: 20px;">Watercolor Painting . . . . . 9</p> <p><b>LIFESTYLES, HEALTH &amp; WELLNESS</b></p> <p style="padding-left: 20px;">Meditation. . . . . 9</p> <p style="padding-left: 20px;">Face Reading . . . . . 9</p> <p style="padding-left: 20px;">Insomnia: A Natural Approach . . . . . 9</p> <p style="padding-left: 20px;">Organize Your Life . . . . . 10</p> <p><b>COMPUTER SKILLS</b></p> <p style="padding-left: 20px;">Excel . . . . . 10</p> <p style="padding-left: 20px;">iPad/iPhone . . . . . 10</p> <p><b>FINANCE</b></p> <p style="padding-left: 20px;">Planning for Child w/Special Needs . . . . . 11</p> <p style="padding-left: 20px;">Keep Incoming Flowing in Retirement . . . . . 11</p>	<p><b>COURSES FOR SENIORS</b></p> <p style="padding-left: 20px;">Estate Planning &amp; Elder Law . . . . . 11</p> <p style="padding-left: 20px;">Medicare Made Easy . . . . . 11</p> <p><b>SENIOR CITIZEN PROGRAMS</b></p> <p style="padding-left: 20px;">Adult Day Program . . . . . 12</p> <p style="padding-left: 20px;">Herricks Senior Citizens, Inc . . . . . 12</p> <p style="padding-left: 20px;">Herricks Leisure Club . . . . . 12</p> <p><b>LANGUAGES</b></p> <p style="padding-left: 20px;">French . . . . . 13</p> <p style="padding-left: 20px;">Italian . . . . . 13</p> <p style="padding-left: 20px;">Spanish . . . . . 13</p> <p><b>TOURS &amp; TRIPS</b></p> <p style="padding-left: 20px;">NYC Food Tour . . . . . 14</p> <p style="padding-left: 20px;">Art Lovers Tour . . . . . 15</p> <p style="padding-left: 20px;">Holiday Lights Tour . . . . . 15</p> <p style="padding-left: 20px;">NYC Walking Tours . . . . . 16</p> <p><b>VIRTUAL TOURS &amp; PRESENTATIONS</b></p> <p style="padding-left: 20px;">History of the Original Penn Station . . . . . 17</p> <p style="padding-left: 20px;">The Gilded Age Mansions of LI. . . . . 17</p> <p><b>GENERAL INFORMATION</b> . . . . . 18</p> <p><b>OUR INSTRUCTORS</b> . . . . . 19</p> <p><b>ADULT EDUCATION CALENDAR</b> . . . . . back cover</p>
---	---

***Daytime classes will take place virtually.***

***Evening classes are in person or virtual.***

***Please make note when registering if your class is in person or virtual.***

**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 <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					Gold Card #
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 #	<input type="text"/>	<input type="text"/>	<input type="text"/>	*CVC #	Exp. date
Cardholder's name (print)			Signature		
<p><i>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.</i></p> <p><b>REFUNDS &amp; CREDITS</b></p> <p>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.</p>					

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 <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					Gold Card #
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 #	<input type="text"/>	<input type="text"/>	<input type="text"/>	*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		
<p><i>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.</i></p> <p><b>REFUNDS &amp; CREDITS</b></p> <p>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.</p>					

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

# How to Register

All day classes will take place virtually - Some evening classes in person

## 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).

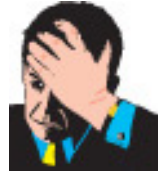


### CHECK

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** and check or credit card number are required for each person in each course. Be sure to include the correct course number.

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. A 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 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 on space availability in that section.

# 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 2022, New York State Law requires all power boaters born after Jan 1st, 1988 (34 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 \$75 CHECK TO OYSTER BAY POWER  
SQUADRON**

**320 • 5 Wednesdays starting Sept. 28 7:30-9:30 PM**  
followed by 2 Bonus weeks - Piloting/Charting  
FEE: \$75 payable to Oyster Bay Power Squadron

### What happens after I register?

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

If the class is virtual, you will receive a Zoom link or virtual instructions **from your instructor.**

# Games & Crafts



**New!**  
**In Person**

## BEGINNER CANASTA

**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)

6 Wednesdays starting Oct. 19 7:00PM-9:00 PM  
FEES: Resident \$150 Gold Card \$130 Non-Resident \$160

### What's a Gold Card?

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



## CROCHET: BEYOND THE BASICS

**Anita Greenhut**

If you've crocheted before and you're not a total beginner, this course is for you! We will review all the basics of crochet including how to chain, single crochet, ½ double & double crochet, treble crochet and how to crochet a granny square, increasing and decreasing and finishing your work.

We will learn several new stitches and create a scarf using them all. Then we will make a matching hat, learning to crochet in the round. We will then make fingerless gloves or mittens when we learn how to make a cable or basketweave while crocheting.

Please have a skein of "Red Heart" Super Saver Acrylic or #4 worsted yarn for the first class to use for practice and a scissors and J crochet hook. We will discuss during the first class types of yarn for the projects we will be making. ***This class is virtual.***

### 636 • CROCHET (VIRTUAL)

6 Wednesdays starting Oct. 12 6:30-8:30 PM  
FEES: Resident \$75 Gold Card \$60 Non-Resident \$85

# 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. Bring your own exercise mat and weights. **This class is virtual.**

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

12 Mondays starting Oct 31 8:30-9:45 AM  
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

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

12 Wednesdays starting Nov 2 8:30-9:45 AM  
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124

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

12 Fridays starting Nov 4 8:30-9:45 AM  
FEES: Resident \$114 Gold Card \$90 Non-Resident \$124



Secure online registration:

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

Visa, MasterCard, Discover, Amex  
and eChecks accepted

## 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 Oct 17 10:40-11:40 AM  
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112



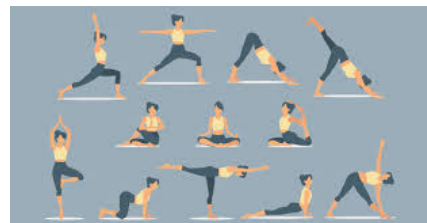
### STRETCH & TONE

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 Oct 20 10:00-11:00 AM  
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112



### CORE & BALANCE COMBO

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 Oct 20 9:15-10:00 AM  
FEES: Resident \$78 Gold Card \$63 Non-Resident \$88

# Exercise & Fitness



## BARRE WORKOUT

**Frances Pincus**

Barre is a challenging, invigorating full-body workout to give you a lean frame and dancer's build. This workout is designed to sculpt, tone, and lengthen your muscles from head to toe using your own body weight, light weights, planks, pushups, squats, leg and core exercises. All you need is a pair of grippy socks and a mat. We will provide the ballet barre and/or body bar and weights. **Class size limited. This class is in person.**

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

### 470 • BARRE WORKOUT (IN PERSON)

12 Thursdays starting October 13 7:00-8:00 PM  
FEES: Resident \$102 Gold Card \$78 Non-Resident \$112



## ZUMBA®

**Debby Snider**

Zumba blends joyful world rhythms with easy-to-follow dance moves to create a fun total-body workout. We sweat, we laugh, and we sing along! It's a supportive and comfortable environment for students of all levels. Zumba is moving millions of people worldwide to health and joy. Come join us! **This class is offered in person or virtually.**

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

### 442 • ZUMBA (IN PERSON)

10 Tuesdays starting Nov. 8 7:00-8:00 PM  
FEES: Resident \$95 Gold Card \$76 Non-Resident \$105

### 443 • ZUMBA (VIRTUAL)

10 Thursdays starting Nov. 10 10:00-11:00 AM  
FEES: Resident \$95 Gold Card \$76 Non-Resident \$105



## 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**

### H41 • BASKETBALL (IN PERSON)

10 Wednesdays starting Oct 12 8:00-9:30 PM  
FEES: Resident \$100 Gold Card \$80 Non-Resident \$110

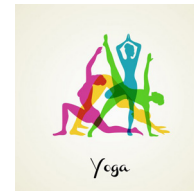
## MINDFUL YOGA

**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. **This class is virtual.**

### 428 • MINDFUL YOGA (VIRTUAL)

12 Tuesdays starting Oct 18 9:30-10:30 AM  
FEES: Resident \$100 Gold Card \$80 Non-Resident \$110



## YOGA – All Levels

**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 / Room 113**

### H45 • YOGA (IN PERSON)

10 Wednesdays starting Oct 12 7:00-8:00 PM  
FEES: Resident \$95 Gold Card \$76 Non-Resident \$105



## BOLLYWOOD LIFESTYLES

**Paulomi Bhatt**

This is a different kind of workout class for anyone from the fitness crazy to the little bit lazy. Each class you will have fun and burn calories, all on Bollywood music. A perfect blend of Zumba, Bhangra and Bollywood dancing. At the same time we will be concentrating on working on our abs. Come experience for yourself. Please bring in a bottle of water, and a yoga mat. **This class is in person.**

**HERRICKS COMMUNITY CENTER / GYM**

### H43 • BOLLYWOOD LIFESTYLES (IN PERSON)

8 Wednesdays starting Oct. 12 7:00-8:00 PM  
FEES: Resident \$75 Gold Card \$60 Non-Resident \$85



# Lifestyles, Health & Wellness



## 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 further 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 virtual.**

### 510 • MEDITATION (VIRTUAL)

3 Tuesdays starting Oct 18  
FEES: Resident \$48 Gold Card \$36 Non-Resident \$58

2:30-3:30 PM



## A NATURAL APPROACH TO INSOMNIA

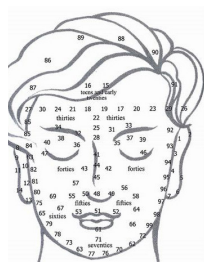
**Marie F. Regis**

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 virtual.**

### 525 • INSOMNIA (VIRTUAL)

1 Tuesday, Nov. 8  
FEES: Resident \$36 Gold Card \$28 Non-Resident \$46

2:30-4:00 PM



## FACE READING : A Tool for Understanding Others and Ourselves

**Marie. F. Regis**

Knowing your audience is the first step to creating harmonious relationships and real communication. Learn to read the basic personality type of your clients, business associates, family and friends by examining the shape and markings of their face. Based on Chinese medicine, the Five Element Theory classifies five personality types, which become the basis of how individuals process their experience of the world and their go-to strategy for dealing with stress. This method gives us a framework for understanding and accepting one another even in polarizing times. **This class is virtual.**

### 425 • FACE READING (VIRTUAL)

1 Tuesday starting Nov. 15  
FEES: Resident \$36 Gold Card \$28 Non-Resident \$46

2:30-4:00 PM

## ART



## WATERCOLOR PAINTING

**Kiril Tzochev**

Students of all levels will appreciate the classical techniques of watercolor. Subject matter will include still life and landscapes. Several weeks of drawing instruction will prepare a foundation for painting technique. Students will learn color theory, use of light and shadow, as well as wet and dry brush techniques. A materials list will be provided at the first class (estimated cost for materials is \$35-\$80). Bring two 2b pencils, kneaded eraser and 18"x24" Strathmore drawing paper to the first class. **Class size limited. This class is in person.**

**ROSLYN HIGH SCHOOL / ROOM 113**

### 325 • WATERCOLOR PAINTING (IN PERSON)

8 Tuesdays starting Oct. 18  
FEES: Resident \$128 Gold Card \$96 Non-Resident \$140

7:30-9:30 PM

## Lifestyles, Health & Wellness

### ORGANIZE YOUR LIFE . . . FOR LIFE!

**Jody Berman**

Getting organized is about how things work, not about how things look. In these three interactive sessions, you'll learn tools and gain motivation to organize your space and your life. After all, what good is having it all, if you can't find anything? Find what's missing...find what matters. 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.



**The Organize Your Life classes are virtual and will take place over Zoom.**

#### SECTION 1: Too Much Paper!

Learn how to conquer your piles with tools to create a system for handling, retaining, and retrieving paper.

##### 501 • TOO MUCH PAPER (VIRTUAL)

1 Monday, Oct 17 7:00-8:30 PM  
FEES: Resident \$30 Gold Card \$23 Non-Resident \$40

#### SECTION 2: Too Little Time!

Learn what time is really about and how to make the most of it, including how to turn time-wasters into time-savers.

##### 502 • TOO LITTLE TIME (VIRTUAL)

1 Monday, Oct 24 7:00-8:30 PM  
FEES: Resident \$30 Gold Card \$23 Non-Resident \$40

#### SECTION 3: Take Back Your Space!

"Clutter represents unmade decisions." Learn how to make decisions on all your "stuff".

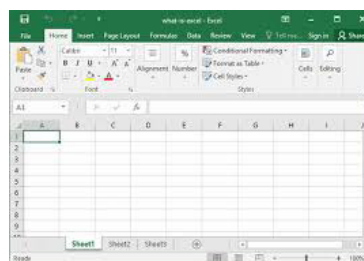
##### 503 • TAKE BACK YOUR SPACE (VIRTUAL)

1 Monday, Oct 31 7:00-8:30 PM  
FEES: Resident \$30 Gold Card \$23 Non-Resident \$40

**Secure online registration:**  
[roslynschools.revtrak.net](http://roslynschools.revtrak.net)

**Visa, MasterCard, Discover, Amex  
and eChecks accepted**

## Computer Skills



### MICROSOFT EXCEL

**Terrylynn Bayon**

This course will enable you to become ever 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, which is a key to success in today's world. In Excel, you will learn more about entering data, formatting rows, columns and cells, inserting mathematical formulas, automatically filling cells, sorting, and creating charts.

Learning how to use this universal product will make both 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 Oct. 12 6:30-8:30 PM  
FEES: Resident \$150 Gold Card \$120 Non-Resident \$165

### 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 iPhone) and your questions to class 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 Oct. 13 6:30-8:30 PM  
FEES: Resident \$150 Gold Card \$120 Non-Resident \$165

# Finance

## 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, and protecting your assets from the costs of long-term care and other perils that can arise during retirement...all while having your money last through your lifetime and the lifetime of your spouse. 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 practices has offices in Syosset and Hauppauge.*

**Roslyn High School Room 137**

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

1 Monday, Oct. 24 7:00-9:00 PM  
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37



## 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 with a financial planning practice in Syosset and Hauppauge.*

**Roslyn High School Room 137**

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

1 Monday, Oct. 17 7:00-9:00 PM  
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

# Courses for Seniors



## 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, Oct 25 7:00-8:30 PM  
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37



## MEDICARE MADE EASY

**Julie Ward-Abdo**

Turning 65 or thinking about retiring? Do you have questions concerning what steps need to be taken in regard to Medicare planning?

Medicare Made Easy is designed to eliminate the confusion of Medicare. This course is an informational seminar which will give you a better understanding of the A-B-C & D's of Medicare. You will learn about original Medicare, Medicare Supplement Plans, Medicare Advantage Plans and Prescription Drug Plans. The discussion will highlight the changes for 2023. You will have the opportunity to have your questions answered. **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, Oct 26 6:30-7:30 PM  
FEES: Resident \$27 Gold Card \$21 Non-Resident \$37

# Senior Programs

## **HERRICKS COMMUNITY CENTER** **999 Herricks Road, New Hyde Park**

### **HERRICKS LEISURE CLUB**

Coordinator – Jeanette Kovalsky  
President – Frank Vendinello  
THURSDAYS, starting at 9:30 am  
**516-627-0275**

### **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 exercise, aerobic exercise, exercise for arthritis, line dancing, jewelry making, yoga, Tai Chi, painting and ceramics classes for a suggested donation of \$1.00 each class. 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 or Angela 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.

# Languages

## **ITALIANO - Conversational or Intermediate** **Renee Wasserman**

This introductory course provides students with a basic ability to communicate effectively in Italian in everyday, realistic situations. The focus is on real scenarios such as work, school, and social situations. The conversational class will meet in person and the intermediate class will be virtual. The classes will be dynamic with active participation by students, while always respecting their own expectations and rhythm of learning. Learn to speak with spontaneity and joy, at the same time enjoying stimulating, relaxing, productive, and funny communication. *The instructor will recommend a textbook for purchase at the first session.*



*This class is offered in person and virtually.*

**Roslyn High School Room 138**

- |  |
|--|
| <b>761 • ITALIAN CONVERSATIONAL (IN PERSON)</b><br>10 Thursdays starting Oct 13<br>6:00PM-7:30 PM<br>FEES: Resident \$150 Gold Card \$120 Non-Resident \$165 |
| <b>765 • ITALIAN INTERMEDIATE (VIRTUAL)</b><br>10 Thursdays starting Oct 13<br>10:30AM-12:00 PM<br>FEES: Resident \$150 Gold Card \$120 Non-Resident \$165   |



**Some classes will take place virtually and some will be in person. Please take note.**

**Secure online registration:**  
**[roslynschools.revtrak.net](https://roslynschools.revtrak.net)**

**Visa, MasterCard, Discover, Amex  
and eChecks accepted**

## **FRENCH - Conversational or Intermediate** **Renee Wasserman**

*Parlez-vous français?* (Do you speak French?) Learn this beautifully melodious and poetic language. Begin to speak and understand French at a fundamental level while interacting with the teacher and classmates. The conversational class will meet in person and the intermediate class will be virtual. This class is for beginners, as well as for people with some knowledge of the language who wish to take a refresher. Join us in this lively and stimulating class that will cover a variety of topics. *The instructor will recommend a textbook for purchase by students at the first session.*



*This class is offered in person and virtually.*

**Roslyn High School Room 138**

- |   |
|---|
| <b>751 • FRENCH CONVERSATIONAL (IN PERSON)</b><br>10 Mondays starting Oct 17<br>6:00PM-7:30 PM<br>FEES: Resident \$150 Gold Card \$120 Non-Resident \$165 |
| <b>755 • FRENCH INTERMEDIATE (VIRTUAL)</b><br>10 Mondays starting Oct 17<br>10:30AM-12:00PM<br>FEES: Resident \$150 Gold Card \$120 Non-Resident \$165    |

## **SPANISH-BEGINNER VIRTUAL - DAY OR EVENING** **VAMOS Á HABLAR ESPAÑOL!** **(LET'S SPEAK SPANISH!)**

**Elizabeth C. Mazzei**

These classes are designed to give students a solid foundation and understanding of the fundamental structure of the language, and to help them build basic proficiency in speaking by practicing with the teacher and classmates, and with an emphasis on correct pronunciation. Reading and writing skills will also be incorporated. All the essential keys to successfully learn the Spanish language, which you will have the opportunity to continue to build upon in forthcoming levels. Have fun learning this beautiful language in a relaxing but stimulating and productive class. The instructor will inform students about a workbook to be purchased at the first session (not included in the course fee). *This class is virtual.*



- |  |
|--|
| <b>730 • SPANISH BEGINNER EVENING (VIRTUAL)</b><br>8 Tuesdays starting Oct 18<br>6:30-8:30 PM<br>FEES: Resident \$150 Gold Card \$120 Non-Resident \$165   |
| <b>731 • SPANISH BEGINNER DAY (VIRTUAL)</b><br>10 Wednesdays starting Oct 12<br>11:00AM-12:30PM<br>FEES: Resident \$150 Gold Card \$120 Non-Resident \$165 |

# NEW YORK CITY TRIPS

*Roslyn Adult Education is pleased to bring back in-person trips into New York City with your guides: Art & Susan Zuckerman. The Zuckermans are authors and guides who have lectured and led tours extensively throughout the New York area. The tours are conducted in a spacious and comfortable van complete with a high ceiling, large windows and running board for easy entrance. Space is limited, so sign up early.*

## ***New York City Food Tour*** ***Guides: Art & Susan Zuckerman***

This tour will take you on an educational and gastronomic journey through the neighborhoods of Manhattan. You will be sampling food from various ethnic neighborhoods both in and off the van. The tour includes history, anecdotes and trivia as you travel throughout the city and sample food from Harlem, Little Italy, Chinatown, the lower East Side and more. All food and history lovers are welcome! There will be a lot of walking on this trip. All food samples/meals are included in the price. Itinerary is subject to change.



### **Course #944: New York City Food Tour**

Tuesday, October 25, 2022

Rain or Shine

9:00am to approx. 6:30pm

Resident: \$115 • Non-Resident: \$140

Meet the van at Roslyn Central Administration

Parking lot on Harbor Hill Road.

**PRICE INCLUDES TRANSPORTATION BY VAN**

**GUIDED TOUR & ALL FOOD SAMPLES**

This trip entails walking; wear comfortable shoes. Itinerary is subject to change based on availability. Return time is approximate because of traffic and a full day of activities.

### ***IMPORTANT TRIP INFORMATION***

- Please **register early** as space is limited on all trips.
- Check your calendar carefully before registering — there are **no refunds**.
- There is **no senior discount** on trips.
- Preference is given to **residents** of the Roslyn, Herricks and East Williston School Districts.
- Some of the trips offered by Roslyn Adult Education involve extensive walking, standing, climbing of stairs, and other moderate physical exertion. Please inquire **in advance** if you have any concerns about physical challenges that may make it difficult for you to participate fully. There will be no refunds or credits after the fact for anyone who is unable to participate fully in an activity.

# NEW YORK CITY TRIPS

## Art Lovers Tour of New York

**Guides: Art & Susan Zuckerman**

The perfect tour for art lovers! Travel throughout NYC in a comfortable van and visit dozens of sites of the great masters. Discuss their stories and their lives on this full day adventure! Learn about Marc Chagall, Isamu Noguchi, Al Hirschfeld, El Greco, Franco the Great, and many more. Enjoy stories of the great artists like Picasso's comment on Gertrude Stein's nudity, Goya's obsession with the Duchess of Alba, the Diego Rivera controversy with Lenin and the Rockefellers and many others. The full day tour will include a lunch break with lunch on your own.



### Course #945: Art Lovers Tour of New York

Thursday, November 17, 2022

Rain or Shine

9:00am to approx. 6:30pm

Resident: \$95 • Non-Resident: \$120

Meet the van at Roslyn Central Administration

Parking lot on Harbor Hill Road.

PRICE INCLUDES TRANSPORTATION BY VAN

Lunch on your own.

This trip entails walking; wear comfortable shoes. Itinerary is subject to change based on availability. Return time is approximate because of traffic.

## Holiday Lights Tour

**Guides: Art & Susan Zuckerman**

Travel through Brooklyn, The Bronx and Manhattan to see amazing homes and sites lit up and decorated in splendor during the holiday season. The tour takes place in a spacious van, with frequent stops to get out and view the displays up close. Along the way, you will see sights such as Central Park's Holiday Markets, The multicolored snowflakes of Columbus circle, the tree at Rockefeller Center, Park Avenue's "boulevard of Lights," the world's largest Menorah, 5th Avenue's displays and much more. The tour will include an early dinner break with dinner on your own.

### Course #946: Holiday Lights Tour

Thursday, December 15, 2022

Rain or Shine

3:30pm to approx. 10:30pm

Resident: \$95 • Non-Resident: \$120

Meet the van at Roslyn Central Administration

Parking lot on Harbor Hill Road.

PRICE INCLUDES TRANSPORTATION BY VAN

Dinner on your own.

This trip entails walking; wear comfortable shoes. Itinerary is subject to change based on availability. Return time is approximate.



# NEW YORK CITY WALKING TOURS

*Roslyn Adult Education is pleased to introduce Ginny Poleman's Walking Tours of New York City. Participants will meet Ginny at a designated site and she will guide you on any of these exciting tours. (Please note: transportation to the tour sites is not provided by Roslyn Adult Education)*

## ***Poems, Oreos, and Cowboys: A Walking Tour of Historical Chelsea***

What do the Night Before Christmas, Oreos, and cowboys in New York City have in common? Learn that and much more as you take this two-hour walk through the history of Chelsea including a look at the former National Biscuit Company building—now Chelsea Market, the funky Hotel Chelsea, and the General Theological Seminary (the world's oldest Episcopal seminary.) Join Ginny Poleman, as she shares the stories of this revitalized area of restaurants, high-end shops, art galleries and mid-19th century brownstones.



### **Course #950: A Walking Tour of Historic Chelsea**

Wednesday, October 12, 11-1pm

2-hr Walking Tour - Transportation not provided

Resident: \$30 • Non-Resident: \$40

This trip entails a lot of walking; wear comfortable shoes.

## ***The Slow Down Walking Tour of Grand Central Terminal***

How many times have you walked with speed and purpose through Grand Central Terminal without stopping to look at this world class landmark? This in-person two-hour walking tour will give you reason to stop and admire this magnificent Beaux Arts building like never before. Learn about the hidden and more obvious secrets of Grand Central Terminal with Ginny Poleman.



### **Course #951: A Walking Tour of Grand Central**

Wednesday, October 26, 11-1pm

2-hr Walking Tour - Transportation not provided

Resident: \$30 • Non-Resident: \$40

This trip entails a lot of walking; wear comfortable shoes.

## ***A Walking Tour of the old Farley PO and the New Moynihan Hall***

The old Farley Post Office is one of the last vestiges of McKim, Mead, & White's architectural designs in the old Penn Station neighborhood. See how this Beaux Arts beauty is being painstaking conserved to its former glory, and how the rest of the building was repurposed as the new, modern train hall, honoring the original Penn Station during this two-hour walking tour with Ginny Poleman.



### **Course #952: A Walking Tour of Old Farley & New Moynihan**

Wednesday, November 16, 11-1 pm

2-hr Walking Tour - Transportation not provided

Resident: \$30 • Non-Resident: \$40

This trip entails a lot of walking; wear comfortable shoes.



# NEW YORK CITY VIRTUAL TOURS

*Ginny Poleman will present Zoom Webinars designed to take you on interesting journeys as you sit in the comfort of your home.*

## ***History of the Original Penn Station***

One of the New York City's most devastating architectural losses was the original Beaux Arts masterpiece Penn Station, designed Charles McKim of the Gilded Age's McKim, Mead & White. Learn what made building the station possible, how it connected Manhattan to the country, and its ultimate demise in this informative webinar with Ginny Poleman.



### **Course #960 History of the Original Penn Station**

Thursday, November 3, 11am-12pm

1-hr Zoom Webinar - Ginny Poleman will send Zoom Link

Fee: \$20

## ***The Gilded Age Mansions of Long Island***

Straight off the screen of Julian Fellowes drama, the Gilded Age on HBO, this webinar will cover some of the most magnificent mansions built (and still standing!) on Long Island. Hear the stories behind the homes of the 19th and early 20th centuries wealthiest, names like Guggenheim, Vanderbilt, Woolworth, and Otto Kahn (on which the Monopoly game's top hat character is based!)



### **Course #961 The Gilded Age Mansions of LI**

Thursday, December 8, 11am-12pm

1-hr Zoom Webinar - Ginny Poleman will send Zoom Link

Fee: \$20

## ***IMPORTANT TRIP INFORMATION***

- Please **register early** as space is limited on all trips.
- Check your calendar carefully before registering — there are **no refunds**.
- There is **no senior discount** on trips.
- Preference is given to **residents** of the Roslyn, Herricks and East Williston School Districts.
- Some of the trips offered by Roslyn Adult Education involve extensive walking, standing, climbing of stairs, and other moderate physical exertion. Please inquire **in advance** if you have any concerns about physical challenges that may make it difficult for you to participate fully. There will be no refunds or credits after the fact for anyone who is unable to participate fully in an activity.

**Some Classes will take place virtually and some in person. Please make note when registering.**

## **General Information**

### **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 5. 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.

### **LOCATIONS**

Some classes will be via Zoom or Google Meet and some classes will be in person. Be sure to confirm locations.

### **BOOKS AND MATERIALS**

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

### **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, Zoom Webinars or Boating Safety. 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).

### **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.

# Our Instructors

**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*

**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. *Secrets of Organizing Your Life*

**PAULOMI BHATT** has diplomas in Indian classical dancing (Bharat Natyam) and folk dancing. She worked as an actress and choreographer in India, and has taught Indian dances to both adults and children. She also holds a Bachelor of Commerce degree. *Bollywood*

**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*

**EMMA FOSTER** was born in the UK and moved to the US in 1994. She has been living in Roslyn since 1996 and her 3 children are all RHS graduates. Emma has been playing canasta for 10 years and teaching for 5 years. *Beginner Canasta*

**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*

**ANITA GREENHUT** has been knitting and crocheting almost her entire life. She is a teacher and administrator in the NYC schools, as well as a lecturer at several area colleges. She is a graduate of NYU with a masters from Queens College in math education. *Crochet*

**AMY KATZ** taught for five years, first in an elementary school and then at Huntington Learning Center. Her two children attended Roslyn Schools, where she had a tenure as PTA/PFA President. She started playing canasta 10 years ago. *Beginner Canasta*

**ELIZABETH C. MAZZEI** has more than 25 years of experience teaching Spanish at Nassau Community College and at adult programs including Great Neck, Manhasset, and Half Hollow Hills. She is a graduate of Adelphi University. *Spanish*

**FRANCES PINCUS** is a licensed Zumba instructor. She teaches in gyms and dance studios throughout the area. She has a BBA Degree from Baruch College and works for the Roslyn School District in the Buildings and Grounds Department. *Barre Workout*

**GINNY POLEMAN** is a graduate of Cornell University, a trained docent for the Municipal Art Society's official Grand Central Terminal tour, and a trained educational guide for 4th through 12th graders at Manhattan's largest art museum. She offers private tours covering New York City Art, Architecture, and History. *NYC Walking Tours, NYC Virtual Tours*

**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, Face Reading*

**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 Adult Education for more than 20 years. *Interval Training*

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

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

**DEBBY SNIDER** has been teaching dance fitness classes for over 12 years. She is licensed to teach Zumba, Zumba Toning, and Zumba Gold, in addition to other fitness platforms. Debby is also a leadership and personal development coach focusing on helping clients tap into joy and overall wellness. *Zumba*

**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*

**KIRIL TZOCHEV** earned an MFA from the Academy of Fine Arts in Sofia, Bulgaria. He has taught in a number of programs in our area including Briarcliffe College, Art League of Long Island and Nassau County Museum of Art, as well as the Herricks and Great Neck Adult Education programs. *Watercolor Painting*

**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*

**RENEE WASSERMAN** is a highly experienced teacher of foreign languages in public schools and adult programs on LI. She has been multilingual all her life and has lived in Turkey, Mexico, the Netherlands, and Belgium. She has a degree in linguistics from Queens College. *French & Italian*

**ART & SUSAN ZUCKERMAN** are authors and guides who have lectured and led tours extensively throughout the New York area. They operate their own tour company and host a weekly program on WVOX radio in Westchester County. *NYC Trips*

Secure online registration: [roslynschools.revtrak.net](https://roslynschools.revtrak.net)

Visa, MasterCard, Discover, Amex and eChecks accepted

Roslyn Adult Continuing Education  
P.O. Box 367  
Roslyn, NY 11576

Non-Profit  
Organization  
U.S. Postage  
**PAID**  
Permit No. 52  
Roslyn, NY

\*\*\*\*\* ECRWSS \*\*\*\*\*  
**POSTAL CUSTOMER**



# ROSLYN • HERRICKS • EAST WILLISTON ADULT CONTINUING EDUCATION **FALL 2022**

OCTOBER	NOVEMBER	DECEMBER	JANUARY
2 3 4 5 6 7 8	1 2 3 4 5	1 2 3	1 2 3 4 5 6 7
9 10 11 12 13 14 15	6 7 8 9 10 11 12	4 5 6 7 8 9 10	8 9 10 11 12 13 14
16 17 18 19 20 21 22	13 14 15 16 17 18 19	11 12 13 14 15 16 17	15 16 17 18 19 20 21
23 24 25 26 27 28 29	20 21 22 23 24 25 26	18 19 20 21 22 23 24	22 23 24 25 26 27 28
30 31	27 28 29 30	25 26 27 28 29 30 31	29 30 31

■ Schools are closed in Roslyn and Herricks

Fall courses begin in October

**Many classes will take place virtually, some are in-person**

**516-801-5091 / FAX: 516-801-5095**

**SECURE ONLINE REGISTRATION:**  
<https://roslynschools.revtrak.net/>