A scenic autumn landscape featuring a calm lake in the foreground, a fallen log partially submerged, and a dense forest of trees with vibrant yellow, orange, and red foliage. The sky is a clear, pale blue.

**ROSLYN
HERRICKS
EAST WILLISTON**

**Adult Continuing
Education**

Fall 2023

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

Roslyn • Herricks • East Williston

Adult Continuing Education

(516) 801-5091 • (516) 801-5095 (FAX)

www.roslynschools.org

DIRECTOR

Cynthia Younker

OFFICE STAFF

Andrea Rubin (Roslyn)
Linda Weiershauser (Herricks)

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,

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

Dear Community Residents,

On behalf of the Roslyn, Herricks, and East Williston school districts, I am pleased to present our Fall 2023 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*

Adult Continuing Education

Fall 2023

Classes begin the 1st week of October

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

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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.

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ADULT EDUCATION CALENDAR back cover

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

Secure online registration: 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 #			*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.			
REFUNDS & CREDITS 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

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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 _____	
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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 Oct 2 8:30-9:45 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

422 • INTERVAL TRAINING SECTION II (VIRTUAL)

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

423 • INTERVAL TRAINING SECTION III (VIRTUAL)

12 Fridays starting Oct 6 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 Oct 3 9:30-10:45 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

Lower-Impact Workout

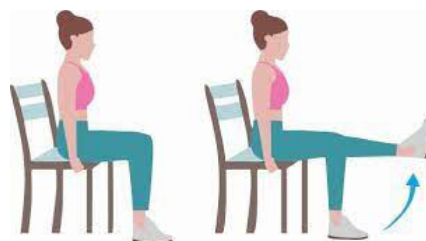
NON-IMPACT AEROBICS

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 Oct 2 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 Oct 5 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 Oct 5 10:00-11:00 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

Exercise & Fitness



BASKETBALL

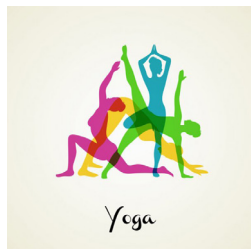
Scott Bitterman

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 Oct 4 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 Oct 4 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 Oct 5 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 Oct 4 5:00-6:00 PM
FEES: Resident \$64 Gold Card \$56 Non-Resident \$72



LATIN DANCE MOVES

Richard Fiore

This course is being offered to those wishing to gain the necessary skills for Latin dancing. Emphasis will be placed on developing fundamental techniques such as hip, body and arm movements as well as feet positions, footwork and more. All of these aspects will be covered in each of the dances which include Rumba, Merengue, Bachata and Cha Cha. This course is suitable for first-time dancers as well as those with previous experience. It is designed to build confidence and enhance social enjoyment on the dance floor. Join us for an exciting experience as you learn to dance Latin style! Enrollment with a partner is recommended; however, singles are welcome. Participants should wear comfortable clothes and leather bottom shoes. For safety, sneakers or any other soft bottom shoes are not recommended. **This class is in person.**

ROSLYN HIGH SCHOOL / ADULT ED EXERCISE ROOM

495 • LATIN DANCE (IN PERSON)

8 Thursdays starting Oct 5 7:30-9:00 PM
FEES: Resident \$112 Gold Card \$104 Non-Resident \$120

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 2023, New York State Law requires all power boaters born after Jan 1st, 1983 (40 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 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 • AMERICA'S BOATING COURSE

5 Thursdays starting Oct 5 7:30-9:30 PM
followed by 2 Bonus weeks - Piloting/Charting

FEE: \$75 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, Oct 18

7:30-9:00 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 Nov 1

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 Thursdays, Nov. 2 & Nov. 9

7:00-9:00 PM

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

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.***

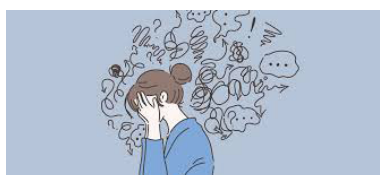
501 • MAKING PAPER WORK (VIRTUAL)

1 Monday, Oct. 2

7:00-8:30 PM

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

New!



CULTIVATING SELF CARE TO MANAGE ANXIETY

Jeanne Clark

Self-care is the key to having a happy life, but many people don't take the time to learn how to practice simple techniques that will bring peace into their lives. In this workshop, you will learn how to recognize the root causes of anxiety and get a better understanding on how to manage it. This course will delve into the principles of meditation and provide you with the tools to achieve an emotionally calm and stable state utilizing relaxation training techniques, mindfulness techniques, energy healing, spirituality, and humor. Wear comfortable clothing and bring a mat. Your instructor is a Registered Nurse and board-certified Nurse Coach with years of experience assisting people with stress management. ***This class is in person.***

ROSLYN HIGH SCHOOL ROOM 137

511 • SELF CARE TO MANAGE ANXIETY

1 Monday, starting Oct. 16

7-9:00 PM

FEES: Resident \$35 Gold Card \$30 Non-Resident \$40

New!



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, Oct. 16

7:00-8:30 PM

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

What's a Gold Card?

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Games & Crafts



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)

6 Wednesdays starting Oct 4 7:00-9:00 PM
FEES: Resident \$150 Gold Card \$140 Non-Resident \$160

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)

12 Mondays starting Oct. 2 6:30-8:30 PM
FEES: Resident \$128 Gold Card \$120 Non-Resident \$136



MAH JONGG



Lisa Kimoto

Learn how to play this popular tile-based game of skill, strategy, calculation and luck. This course is for beginners and for those that haven't played in a long time and want to get back into the game. This course will teach you how to play a game that you will enjoy for a lifetime. ***Attendance at the first two classes is required.*** You must bring a 2023 Mah jongg card to class. Cards can be purchased at www.nationalmahjonggleague.org or local card shops. ***Please do not purchase a card from Amazon. This class is in person.***

ROSLYN HIGH SCHOOL English Study Center

635 • MAH JONGG (IN PERSON)

8 Mondays starting Oct. 2 7:00-9:00PM
FEES: Resident \$160 Gold Card \$150 Non-Resident \$170



CROCHET: FOR BEGINNERS



PAT KORN

Come and learn the basics of crocheting. You will learn to read patterns and be introduced to different projects. Please bring LIGHT colored plain yarn worsted weight and a package of assorted aluminum hooks by Susan Bates. Hooks sizes should be F, G, H, I, J, and K. Come relax, meet new friends, laugh, and be inspired. ***This class is in person.***

ROSLYN HIGH SCHOOL LIBRARY

662 • CROCHET (IN PERSON)

10 Thursdays starting Oct. 5 6:30-8:30 PM
FEES: Resident \$108 Gold Card \$100 Non-Resident \$116

KNITTING: ADVANCED



PAT KORN

For those who have completed the beginner knitting course or have previous experience knitting, you will learn more about knitting techniques and create more advanced projects. Please bring any previous work you have completed to class. Please bring plain light yarn for practice and a variety of needles. Other materials will be discussed in class. Fun and laughter at no extra charge. ***This class is in person.***

ROSLYN HIGH SCHOOL LIBRARY

661 • KNITTING ADVANCED (IN PERSON)

12 Tuesdays starting Oct. 3 6:30-8:30 PM
FEES: Resident \$128 Gold Card \$120 Non-Resident \$138

Art & Crafts

New!



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)

8 Thursdays starting Oct. 5 6:00-8:00 PM
FEES: Resident \$128 Gold Card \$120 Non-Resident \$136



New!

HOLIDAY CRAFTS

Laura Graney

You will make a variety of fun, colorful, and holiday-themed and/or seasonal crafts including a Cinco de Mayo craft, a festive gnome, a Hamsa wall decoration, a fall button tree canvas, and holiday ornaments. A \$95 materials fee will be collected at the beginning of the first class. ***This class is in person.***

ROSLYN HIGH SCHOOL ROOM 114

672 • HOLIDAY CRAFTS (IN PERSON)

5 Mondays starting Nov. 13 6-7:30PM
FEES: Resident \$92 Gold Card \$84 Non-Resident \$98

JEWELRY MAKING



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 (IN PERSON)

5 Mondays starting Oct. 2 6-7:30PM
FEES: Resident \$92 Gold Card \$84 Non-Resident \$98



New!

CROCHET AMIGURUMI OWL

Laura Graney

Amigurumi is the Japanese art of knitting or crocheting small, stuffed yarn creatures. This class requires familiarity with crocheting, it is not a beginner's class. You will be crocheting in the round with a small crochet hook to make a small, 3D, adorable stuffed owl. A \$45 materials fee will be collected at the beginning of the first class. ***This class is in person.***

ROSLYN HIGH SCHOOL ROOM 114

674 • CROCHET AMIGURUMI OWL (IN PERSON)

4 Tuesdays starting Oct. 3 6-7:30PM
FEES: Resident \$64 Gold Card \$56 Non-Resident \$72

Computer Skills



SEEING CREATIVELY WITH DIGITAL PHOTOGRAPHY

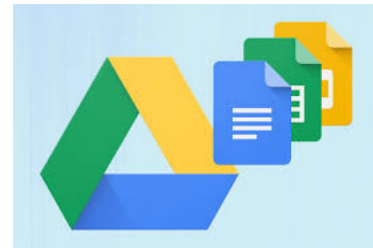
Anisha Kall

Develop your creative and photographic skills with a series of fun projects, using a camera, smartphone, or tablet. This is a classroom workshop, using computers to create finished photographic pieces. You will also learn different methods of storing, editing, and presenting your images. Please bring your camera, smartphone or tablet to class. **This class is in person.**

ROSLYN HIGH SCHOOL/COMPUTER LAB ROOM 140

170 • DIGITAL PHOTOGRAPHY (IN PERSON)

8 Tuesdays starting Oct. 3 6:30-7:30 PM
FEES: Resident \$92 Gold Card \$84 Non-Resident \$98



EVERYTHING GOOGLE

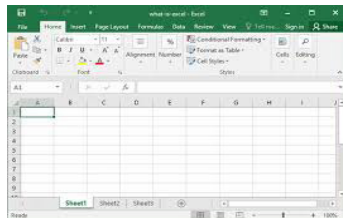
Terrylynn Bayon

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: 12/6, 12/7, 12/13, & 12/14 6:30-8:30 PM
FEES: Resident \$64 Gold Card \$56 Non-Resident \$72



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 Oct. 4 6:30-8:30 PM
FEES: Resident \$128 Gold Card \$120 Non-Resident \$136



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 Oct. 5 6:30-8:30 PM
FEES: Resident \$128 Gold Card \$120 Non-Resident \$136

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 Thursday, Oct. 12 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, Nov. 27 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, Oct. 17 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 that aims to simplify the complexities of Medicare. It provides a comprehensive understanding of Medicare parts A, B, C, and D, and covers topics such as when to enroll in Medicare and what the annual enrollment period is. The course also delves into original Medicare, Medicare Advantage Plans, Prescription Drug Plans, and Medicare Supplement Plans. It includes an overview of the changes for 2024 and provides an opportunity for participants to have their questions answered. By taking this course, individuals can gain a better understanding of their Medicare options and make more informed decisions about their healthcare coverage. **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. 25 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 – 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 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. 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

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.

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.

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***

JEANNE CLARK, RN, MSN NC-BC is a Registered Nurse who has been practicing for 30 years. She has a Masters of Science in Nursing with a specialization in public health, and is also a board-certified Nurse Coach. Experienced in working with people who struggle with Generalized Anxiety Disorder, she helps them empower themselves to achieve their wellness goals. ***Self Care to Manage Anxiety***

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***

RICHARD FIORE is a professional Dance Educator with a passion for playing a key role in helping others to realize their full dance potential through the continued development and refinement of dance skills. He teaches group ballroom, rhythm and Latin dance, as well as private and special events choreography sessions. Richard holds professional teaching degrees in dance from the Imperial Society of Teachers of Dancing. ***Latin 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, Holiday crafts, Crochet Owl***

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, Digital Photography***

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***

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, Crochet***

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 20 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***

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***

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

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Roslyn, NY

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POSTAL CUSTOMER



ROSLYN • HERRICKS • EAST WILLISTON ADULT CONTINUING EDUCATION FALL 2023

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

 Schools are closed in Roslyn and Herricks

Fall courses begin in October

We have classes that are virtual and classes that are in-person

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

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