



**ROSLYN
HERRICKS
EAST WILLISTON**

**Adult Continuing
Education**

Spring 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, <i>Chairperson</i>	Francine Fabricant	Erica Rubrum
Shirley Chefetz	Rupila Kalra-Lall	Jodi Stuhl
Maryann Combs	Cheryl Lenowitz	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

Adult Continuing Education Spring 2023

**Classes begin the
2nd week of March**



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

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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
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.			

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* 3-digit security code on the back of your credit card, to the right of the signature box

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

How to Register

Day classes will take place virtually - Most 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).

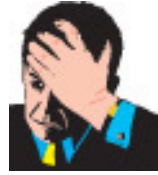


CHECK

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

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 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 Wednesdays starting March 8 7:30-9:30 PM
followed by 2 Bonus weeks - Piloting/Charting

FEE: \$75 [payable to Oyster Bay Power Squadron](#)

**Secure online registration:
roslynschools.revtrak.net
American Express, Visa,
MasterCard, Discover and
eChecks accepted**

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.**

If you're in doubt about whether your registration was received, please call **801-5091.**

**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.**



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

421 • INTERVAL TRAINING SECTION I (VIRTUAL)

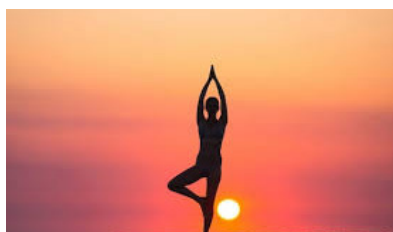
12 Mondays starting Mar 6 8:30-9:45 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

422 • INTERVAL TRAINING SECTION II (VIRTUAL)

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

423 • INTERVAL TRAINING SECTION III (VIRTUAL)

12 Fridays starting Mar 10 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. **This class is virtual.**

428 • MINDFUL YOGA (VIRTUAL)

12 Tuesdays starting Mar 7 9:30-10:45 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

Lower-Impact Workout

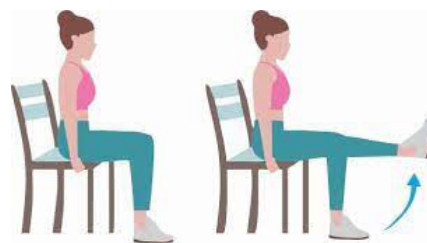
NON-IMPACT AEROBICS

Carin Sanders

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

400 • NON-IMPACT AEROBICS (VIRTUAL)

12 Mondays starting Mar 6 10:40-11:40 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120



CORE & BALANCE

Carin Sanders

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

410 • CORE & BALANCE (VIRTUAL)

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



STRETCH & TONE

Carin Sanders

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

405 • STRETCH & TONE (VIRTUAL)

12 Thursdays starting Mar 9 10:00-11:00 AM
FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

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 Mar 9 6:30-7:30 PM
 FEES: Resident \$108 Gold Card \$96 Non-Resident \$120



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 at East Hills School and Herricks Community Center.**

EAST HILLS SCHOOL CAFETERIA

442 • ZUMBA (IN PERSON)

12 Tuesdays starting Mar. 7 6:00-7:00 PM
 FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

HERRICKS COMMUNITY CENTER / GYM

AEH47 • ZUMBA (IN PERSON)

12 Wednesdays starting Mar. 8 6:00-7:00 PM
 FEES: Resident \$108 Gold Card \$96 Non-Resident \$120



BASKETBALL

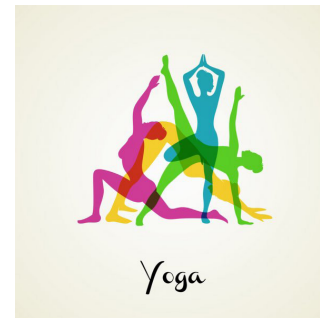
Scott Bitterman

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

HERRICKS COMMUNITY CENTER / GYM

AEH41 • BASKETBALL (IN PERSON)

12 Wednesdays starting Mar 8 8:00-9:30 PM
 FEES: Resident \$120 Gold Card \$112 Non-Resident \$128



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 / Room 113

AEH45 • YOGA (IN PERSON)

12 Wednesdays starting Mar 8 7:00-8:00PM
 FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

ROSLYN HIGH SCHOOL/ADULT ED EXERCISE ROOM

430 • YOGA (IN PERSON)

12 Thursdays starting Mar 9 5:15-6:15PM
 FEES: Resident \$108 Gold Card \$96 Non-Resident \$120

Dance



Secure online registration:
roslynschools.revtrak.net
**American Express, Visa,
MasterCard, Discover and
eChecks accepted**

INTRODUCTION TO LATIN DANCE

Angela Scalera

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

ROSLYN HIGH SCHOOL / ADULT ED EXERCISE ROOM

495 • LATIN DANCE (IN PERSON)

6 Mondays starting March 6 5:30-7:00 PM
FEES: Resident \$90 Gold Card \$84 Non-Resident \$96

Important

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.

Those enrolling in exercise, fitness, dance of 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 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.



BOLLYWOOD DANCE

Jyotika Patel

Have you always wanted to learn a Bollywood dance routine but never had the chance to? Well, here is your chance to fix that and boogie on down to Bollywood beats! Come, learn and enjoy Indian dance techniques such as Bollywood, Bhangra, Folk, Devotional and Semi-Classical. ***This class is in person.***

ROSLYN HIGH SCHOOL / ADULT ED EXERCISE ROOM

439 • BOLLYWOOD DANCE (IN PERSON)

7 Mondays starting March 6 7:15-8:15 PM
FEES: Resident \$84 Gold Card \$72 Non-Resident \$96

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.



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 Mar 7
 FEES: Resident \$35 Gold Card \$30 Non-Resident \$40

2:30-3:30 PM



A NATURAL APPROACH TO INSOMNIA

Marie F. Regis

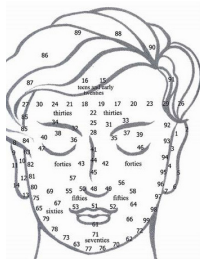
Many of us have difficulties with sleep. The quality of our rest has a major impact on our productivity, our relationships, and our health. The remedies we choose are often counterproductive or have unwanted side-effects. Your instructor will present an Oriental medicine perspective on the physiology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

ROSLYN HIGH SCHOOL ROOM 137

525 • INSOMNIA (IN PERSON)

1 Wednesday, Mar. 15
 FEES: Resident \$30 Gold Card \$25 Non-Resident \$35

7:30-9:00 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 in person.**

ROSLYN HIGH SCHOOL ROOM 137

425 • FACE READING (IN PERSON)

1 Wednesday on Mar. 22
 FEES: Resident \$30 Gold Card \$25 Non-Resident \$35

7:30-9:00 PM



HEALTHY SUSTAINABLE WEIGHT LOSS

Marie F. Regis

What if weight loss was about coming back to the joy of feeling well, refreshed, full of life? Discover a new way of seeing what too many of us has seemed like an impossible challenge. Learn which foods naturally satisfy while helping you to lose unwanted weight. Eat satisfying meals and still lose weight effortlessly. Gain a new appreciation for food; for the gift of change and of feeling light and clear. Join us for this informative talk based on Chinese medicine. **This class is virtual.**

527 • SUSTAINABLE WEIGHT LOSS (VIRTUAL)

1 Tuesday, Mar. 28
 FEES: Resident \$30 Gold Card \$25 Non-Resident \$35

2:00-3:30 PM

Lifestyles, Health, & Wellness



WELLNESS & SELFCARE

With Guided Meditation

Jeanne Clark

Wellness is an active process through which people become aware of, and take steps toward, a more positive existence. Meditation is a practice in which an individual uses a technique, such as mindfulness, or focusing the mind on a particular object, thought, or activity, to train attention and awareness and achieve a mentally clear and emotionally calm and stable state. This 8-week course will teach about the Wellness & Self Care concept and the steps helpful to meditate. Each week, we will discuss a different emotion and participate in a guided meditation. Your instructor is a Registered Nurse and a board-certified Nurse Coach with many years experience assisting people deal with the stress in their lives. This class utilizes relaxation training techniques, mindfulness techniques, energy healing, spirituality and humor. Wear comfortable clothing and bring a mat.

This class is in person.

ROSLYN HIGH SCHOOL ROOM 137

511 • WELLNESS & SELFCARE

8 Mondays, starting Mar 6

6-7:00 PM

FEES: Resident \$90 Gold Card \$84 Non-Resident \$96

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.



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, Mar 13

7:00-8:30 PM

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

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, Mar 27

7:00-8:30 PM

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

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, Apr 3

7:00-8:30 PM

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

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 Mar 8 7:00PM-9:00 PM
FEES: Resident \$150 Gold Card \$130 Non-Resident \$160



JEWELRY MAKING



Laura Graney

No experience is required in this class series as you 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 \$50 materials fee will be collected at the beginning of the first class. ***This class is in person.***

ROSLYN HIGH SCHOOL ROOM 114

670 • JEWELRY MAKING (IN PERSON)

6 Mondays starting March 6 5:30-7:30 PM
FEES: Resident \$90 Gold Card \$84 Non-Resident \$96



GARDENING

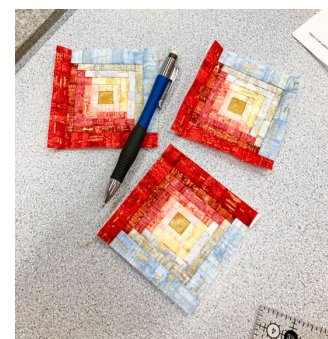
Laura Graney

Just in time for spring! This is a great class for beginners and experienced gardeners alike. Learn about what plants and flowers require to grow, how to compost at home, how to grow your own herbs and spices, why greenhouses are important, and which bugs and worms are beneficial in the garden. Students will create an herb garden mini greenhouse, make tea out of herbs, and create a worm house for an at-home compost project. A \$25 materials fee will be collected at the beginning of the first class. ***This class is in person.***

ROSLYN HIGH SCHOOL ROOM 114

677 • GARDENING (IN PERSON)

4 Wednesdays starting May 3 6:00-7:30 PM
FEES: Resident \$48 Gold Card \$42 Non-Resident \$55



QUILTING

Laura Graney

Hand-pieced quilting is an art that has been part of the fabric of our country's existence. You will learn about the history of quilting and the various types of quilts, patterns, and designs. You will hand-sew and applique a small wall quilt in a log cabin design. A \$30 materials fee will be collected at the beginning of the first class. ***This class is in person.***

ROSLYN HIGH SCHOOL ROOM 114

675 • QUILTING (IN PERSON)

6 Wednesdays starting March 8 5:30-7:30 PM
FEES: Resident \$90 Gold Card \$84 Non-Resident \$96

Crafts, Art, & Art History



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 114

325 • WATERCOLOR PAINTING (IN PERSON)

8 Tuesdays starting Mar. 7 7:30-9:30 PM
 FEES: Resident \$120 Gold Card \$112 Non-Resident \$128



ART HISTORY: EXPLORING MODERN ART



Anisha Kall

Expand your knowledge of the world through art and its history. This course will explore the social, economic, and cultural conditions that gave rise to Modern Art. We will examine how the events and people of the 20th Century shaped people intellectually, artistically, philosophically, and spiritually. The curriculum will begin with the early movements of Modern Art in Europe (Impressionism and Cubism) and expand to New York City, where the shattering of norms and defiant works by the Abstract Expressionists both horrified and delighted the art community. You will learn about the works of artists such as: Paul Cezanne, Pablo Picasso, Salvador Dali, Jackson Pollock, Willem De Kooning, Franz Kline, Artilde Corky, Mark Tothko, Clyfford Still and more. **This class is in person.**

ROSLYN HIGH SCHOOL LECTURE ROOM B

705 • EXPLORING MODERN ART (IN PERSON)

6 Thursdays starting March 9 6:00-7:30 PM
 FEES: Resident \$90 Gold Card \$84 Non-Resident \$96



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.**

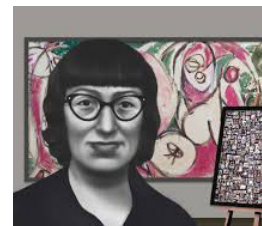
ROSLYN HIGH SCHOOL LIBRARY

660 • KNITTING (IN PERSON)

8 Tuesdays starting Mar. 7 6:30-8:30 PM
 FEES: Resident \$120 Gold Card \$112 Non-Resident \$128



ART HISTORY: EXPLORING THE ROLE OF WOMEN IN MODERN ART



Anisha Kall

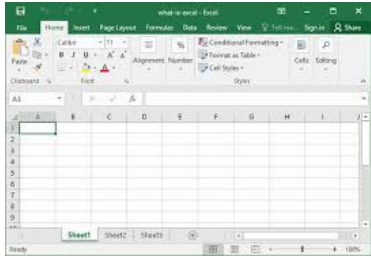
This class will explore the role of the female artists in the Modern Art movement who profoundly influenced the art historical landscape. Despite the fact that they have not been represented as widely as their male colleagues, they helped alter the course of art history by ushering in new forms of expression while confronting long-standing gender barriers. In this course, you will learn about the works of women artists who turned the art world on its head, such as: Lee Krasner, Elaine de Kooning, Joan Mitchell, Helen Frankenthaler and Grace Hartigan. **This class is in person.**

ROSLYN HIGH SCHOOL LECTURE ROOM B

706 • WOMEN'S ROLE IN MODERN ART (IN PERSON)

6 Thursdays starting May 4 6:00-7:30 PM
 FEES: Resident \$90 Gold Card \$84 Non-Resident \$96

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 Mar 8 6:30-8:30 PM
FEES: Resident \$120 Gold Card \$112 Non-Resident \$128

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 Mar 9 6:30-8:30 PM
FEES: Resident \$120 Gold Card \$112 Non-Resident \$128

What happens after I register for a class?

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

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

Secure online registration:
roslynschools.revtrak.net
**American Express, Visa,
MasterCard, Discover and
eChecks accepted**

What's a Gold Card?

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



Finance

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, managing market volatility 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, April 20 7:00-9:00 PM
FEES: Resident \$25 Gold Card \$20 Non-Resident \$30



PLANNING FOR YOUR CHILD WITH SPECIAL NEEDS

Jeffrey R. Silverman

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

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

ROSLYN HIGH SCHOOL ROOM 137

880 • PLANNING SPECIAL NEEDS (IN PERSON)
1 Monday, May 1 7:00-9:00 PM
FEES: Resident \$25 Gold Card \$20 Non-Resident \$30

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, March 28 7:00-8:30 PM
FEES: Resident \$25 Gold Card \$20 Non-Resident \$30



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, May 17 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.

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.

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.

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**

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 Master's 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. **Wellness and Self Care**

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

LAURA GRANNEY 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 Making, Quilting, Gardening**

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. **Modern Art**

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**

PATRICIA KORN is a retired psychiatric nurse who knits to relax. She has been knitting since childhood and loves to create and design. She attended workshops at the Fashion Institute of Technology, sponsored by Craft Yarn Council of America, earning a certificate as a knitting teacher. She has taught privately and in various adult education programs. **Knitting**

JYOTIKA PATEL has over 20 years of dance experience and 10 years of teaching experience. She has worked with both children and adults at various locations including Young Indian Culture Group Ltd. She received her dance education in the UK and performed a group dance for the late HRH Queen Elizabeth II on her Golden Jubilee anniversary in Yorkshire, UK. **Bollywood Dance**



Our Instructors

FRANCES PINCUS teaches Barre Workout classes 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 & Grounds Department. **Barre Workout**

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, Weight Loss**

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. She has a masters in special education from Hunter College and numerous fitness certifications. **Non-Impact Aerobics, Stretch & Tone, Core & Balance**

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

JEFFERY R. SILVERMAN Jeffrey R. Silverman, JD CFP® is a Certified Financial Planner™ practitioner and attorney. His financial planning 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 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**

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

Secure online registration:
roslynschools.revtrak.net

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

What's a Gold Card?

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

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ROSLYN • HERRICKS • EAST WILLISTON ADULT CONTINUING EDUCATION **SPRING 2023**

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

- Schools are closed in Roslyn and Herricks
- No evening classes

Spring courses begin in March

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/>